

THE WISSAHICKON WANDERERS

Water Stop newsletter

An inside review on the Wissahickon Wanderers race performance

July 2004

Wanderers Sizzle at Boston Marathon

The Wissahickon Wanderers stepped up to the Big Leagues at the Boston Marathon in April, and showed that they can run stride for stride with the best.

Jeff Hayes and **Matt Palombaro** finished in a dead heat in 518th place in a time of 3:06:58. And that is not all. **Paul Hines** was timed in 3:21:41 and newcomer **Martha Lamb** was recorded in 3:48:52.

Some Wanderers were disappointed with their times, but the performances were truly impressive considering the savage heat.

"I was shooting for 3:30," said

Martha. *"But now I am finding out most people were off their time by about 20 minutes."*

Because of the heat, and to some extent the hilly terrain, there was a lot of suffering out on the course.

"It was without a doubt, the toughest race of my life," noted Jeff. *"I think I was in terrific shape to run a decent time, but with the heat and the hills (both up and down them) and the hydration fears and complications, it made things very challenging."*

More than 20,000 runners competed in the event.



Jeff and Matt crossing the finish line of the toughest race of their careers.

The Wizard of Santa Barbara — Interview with Smoke Kalman

One of the best performances by the Wanderers this year took place not on the road or the track, but in the front office. We're talking about the administrative abilities of the Wanderers' Southern California bureau chief **Laura "Smoke" Kalman**.

The *Bagel Run 5K* held February 1st at the University of California Santa Barbara seemed doomed to disaster from the start. The final decision to hold the race was not made until three weeks before the event. But then Smoke swung into

action working the phone and internet. By race day, 200 runners answered the starting gun (which by the way did not go off). The Water Stop caught up with the cigar-chomping UCSB history prof to ask Smoke how she does it.

Q: As race director, you've seen first hand how much entrants enjoy the race. Has it tempted you to take up exercise yourself?

A: Heavens no! Who was it who said "whenever I feel the impulse to exercise, I lie down until it



goes away?" was it W.C. Fields? Hey, didn't he have "I'd rather be here than Philadelphia" carved on his tombstone?

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Q: Your performance organizing and conducting the Bagel Run is above reproach. Nonetheless, it was on your watch that Arnold was elected governor of California. What do you have to say for yourself?

A: I am very ashamed. but you have to have been here. We were all sick and tired of Gray Davis. That's not to say that everyone I know didn't hold his or her nose and vote for him. I belong to a minority, alas! When I was in high school, I always planned to run for governor. What do you think of a "Smoke for governor of California" campaign? That would make Gray Davis look popular!

Q: What brand of cigar do you endorse?

A: Lately, I have been smoking lots of Upmanns and Macanudos. I like Upmanns because they remind me of a late friend and Macanudos because their taste is so uniform and Walter Mondale smokes them. But I am also very fond of Pleiades and Don Diegos and smoke them regularly. Of course, a Davidoff is a rare treat. I haven't had too much luck with Cohibas, but I suspect that most of the ones I've had have been phonies.

Q: How do you rate the Cheroot and the the Panetella?

A: Not even on my radar screen! I'm a Torpedo, Corona and Robusto girl.

Q: Can you tell us a little bit about your own athletic background? Have you, in fact, ever gone out for a run?

A: I tried running one summer in the 90's when a runner friend came to visit for a week. (We see everything in Santa Barbara, including the ocean, when friends come to visit). She kept talking about how good I'd feel when I crashed through the "wall of pain." Helloooooooooooooo (as Monica Lewinsky would say)!

Q: Speaking of which, do you own any running shoes? Or is it just flip-flops?

A: No, of course not. I do own many, many pairs of flip-flops.

Q: While promoting the Bagel Run, you relied extensively on e-mail. In fact, the mainframe computer at Wanderers Headquarters almost melted down due to the volume and frequency of e-mail. How many e-mails do you send on an average day?

A: That's an interesting question and one which inspired me to do a little research. I was surprised to find that on average, I only send out about 700 emails a

Wanderer Track Meets Scheduled

The Wissahickon Wanderers are scheduling track meets at the Roxborough High School track on August 17 and 24. The meets will consist of distance runs only. The races will be 800 meters, one mile, 3K, 5K, and a distance medley relay. The meets are open to people of all ages and abilities. For more information, visit our web site <http://www.WanderersRunningClub.org>

month. Many of them are to Snakebite, of course. But email traffic drops on weekends, of course, and varies from day to day, depending on how much I'm teaching. When I'm really smoking, I'll send out 100 emails a day.

Q: We know that Rock Steady was totally exhausted just monitoring your e-mails. How do you stay in e-mail shape?

A: I have a theory that email use is gendered, with women using email far more for far more interesting purposes than men. Have you considered getting a sex change?

Q: Tell us a little bit about how the Bagel Run got started?

A: Thurman Arnold used to say, "*I'm an old man, and most of the stories I remember best never really happened.*" As I recall, you and Snakebite wanted to participate in a run in downtown Santa Barbara but donate the proceeds they raised from sponsors to UCSB Hillel, my favorite charity. The run refused, insisting, as I remember it, that all charitable proceeds go to United Way! Snakebite and I saw red and thought of an alternative run to benefit UCSB Hillel. Without Rock Steady and Snakebite, it would have remained just that--a vision. Ultimately the Bagel Run has become a fun way for the community, jewish and non-jewish, to get together and have a little contact with Hillel. I like it that way.

Q: What was the assortment of Bagels that were served after the Bagel Run?

A: We had a lot of plain and seeded bagels. There were no SWEET bagels. SWEET bagels are an abomination--I'm thinking here of chocolate, cranberry, blueberry, and possibly raisin.

Q: Are you thinking about adding some raspberry danish to the menu for next year's race?

A: Absolutely not. Like Jimmy Carter, I'm a great believer in ethnic purity.

Waterlogged Wanderers Work Wonders on Cabot Trail

The 2004 *Cabot Trail Relay* turned into a real test of character for the Wissahickon Wanderers. The 187 miles of hilly and even mountainous terrain is tough enough, especially when much of the course must be covered in the dark of night. But the burden became even heavier this year when an Icelandic Low decided to park itself off the coast of Cape Breton dousing the Wanderer runners with all sorts of precipitation for almost the entire 26-hour duration of the race.

The Wanderers passed this test on the Cabot Trail with distinction. Sure, there was the usual amount of bickering, backstabbing, and finger-pointing. And yes, race planning could have been a bit tighter as some

team members were virtually pushed out of the van and told to start running.

But the end result was a very solid 43rd finish out of 65 teams. The Wanderers completed the race in approximately 26 hours. (Times were not properly recorded on one of the 17 legs so that the final times are approximations). The Wanderers finished eight hours behind race winners the Aquafina Rocky Road Runners.

The **Purple Piper**, **Phil Roach**, and **Glenn "Rhinestone" Campbell** shouldered the toughest legs running up North Mountain, Smokey, and Mt. McKenzie respectively. Doing double duty out on the course were **Petra Kretschmann**, **Rock Steady**

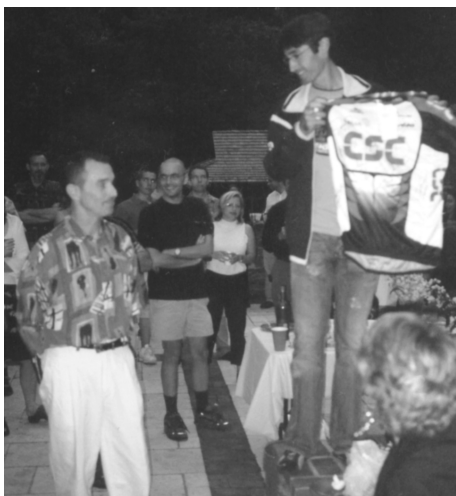
and **Space Ghost**. Each of them ran two legs. Working the nighttime shift beside Rhinestone and Rock were **Martin Pacquet**, **Cheryl Smith**, and **Susan Hurrey** (although Susan got to watch a beautiful if somewhat misty dawn).

Snake Bite and **Patti MacKinnon** were two race veterans who showed their experience and never got rattled by the rolling hills or the varying degrees of moisture on their afternoon legs.

Duncan MacGuigan, **Andrew MacIsaac** and **Peter McLaughlin** provided the Wanderers with sufficient Celtic pedigree to outdo even the Nova Scotia teams. And they did some excellent running as well!

Bin Reuter Serves Up Performance-Enhancing BBQ for Champions

Members of the Danish CSC professional bicycling team were feted as honored guests of the Wissahickon Wanderers in early



Paul Molino was given a brand new autographed CSC Team Jersey by biking star Bobby Julich to replace the torn jersey currently on display at his Bike Addicts store.

June prior to the *North American Pro Bicycling Championships*. The group included former Tour de France winner Bjarne Riis, current star Bobby Julich, and former bicycling god Sean Yates.

The cookout for the CSC team was actually hosted by Bike Addicts owner Paul Molino and the Quaker City Wheelmen but was held on the grounds of the Wanderers headquarters. Chef for the occasion was Jan Bin Reuter, who served up a delicious menu of beef brisket, pulled pork, bourbon baked beans and coleslaw.

Bin Reuter has been promoting his BBQ products as performance enhancers. A survey later showed that those CSC bikers who consumed the brisket placed higher in the North American Pro champion-



Bill Spaide (l) and Bin Reuter (r) prepared and served more than 100 lbs of BBQ for the CSC feast.

ship than those riders who chose the pulled pork. The high potency baked beans also seemed to elevate riders' performance.

Wanderer Kids Pick up Triathlon Gold

No matter how questionable current performance is, the Wanderers' future is in good hands. **Bernie Brosnan's** children following in the tradition of their Ironman Dad finished first in the *Whirlpool Steelhead* kids triathlon in St. Joseph's, Michigan, last September.



Joe, Ryan and Dalton display their medals with Ironwoman Karen Smyers

The triathlon relay team was comprised of **Dalton Brosnan** who ran one-half mile twice, **Joseph Brosnan** who swam 100 yards, and friend **Ryan Bozich** who biked 2 1/2 miles. They picked up their medals from former Hawaii Ironwoman winner **Karen Smyers**.

Wanderers in the News

Wanderers **Susan Hurrey** and **Dennis Crowne** have been appointed assistant coaches for the PhillyFit team. The program to prepare runners for the marathon is held on Saturdays at Valley Forge Park.

Bernie Brosnan won his age group (30-34) at the *Howell Independence Day Aquathon* in his hometown of Howell, Michigan. Bernie covered the 2k run, 750-meter swim, 2k run in about 34 minutes.

Stephanie Peteraf is running in the *Walt Disneyworld Marathon* next January to raise money for the Arthritis Foundation. Check the Wanderers web site for how you can make a donation.

Shannon Hamilton, daughter of Wanderer relay ace Wayne Hamilton and star supporter in the

Cabot Trail 2002 effort and the *Reach the Beach Relay*, is ranked 13th in tennis in the State of Oklahoma 14 and under division. Shannon was featured in the Sand Springs newspaper this summer for her tennis performance. This month, Shannon came in 6th in the *Missouri Valley Futures* tournament.

Petra Kretschman finished an impressive 105th out of 304 competitors at the *Escape from Fort Delaware Triathlon* in June. Petra completed the Olympic Distance course (1.5K swim, 40k bike, 10k run) in 2:44:38.

Paul Molino, Wanderers hero and owner of the Bike Addicts Bike Shop, is traveling to France this month to see the *Tour de France*. Look for Paul along the road side on the Alpe D'Huez leg.

Stay Informed, Check Out the Wanderers' Site

For the latest information on Wanderer race performance and training techniques, as well as a schedule of local races, check out the Wanderers' web site at www.wanderersrunningclub.org

 <ul style="list-style-type: none"> Home News Photos Calendar Training & Maps Discussions Newsletter Links Contact 	<p>Wanderers Track Meets Aug 17th & 24th @ 6:30 pm - Roxborough High School</p>  <p>We Need You! Please help us make this</p>	<p>Click here to send this page to a friend</p> <p>Weekly Events</p> <p>Tuesdays @ 6:30pm Track workouts</p> <p>Wednesdays @ 5:30pm Cross-country</p> <p>Thursdays @ 6:30pm "NE W" Track Runs</p> <p>Thursdays @ 6 pm Track Runs</p>
		

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