



# The Water Stop

## New Year, New Goals

### Wanderers Set Their Resolutions for 2005

*What's your New Year's resolution for 2005?*

*"To run at least a mile every day." ~Jim Trainor*

*"To lose 5 pounds and put on a new race with Fred, Michael, and Dave Thomas."*

*~Pat Barrett*

*"To step more and run less; and to increase my levels of testosterone, serotonin, epinephrine, and endorphins, all for the passion of life!"*

*~Michael Branca*

*"To stay up to date with my paperwork." ~Susan Hurrey*

*"To have more patience."*

*~Petra Kretschmann*

*"To run a sub-30 5k."*

*~Leslie Turchetti*

*"To confront as many GOP faithfuls as possible." ~Bin Ruiter*

## Wanderers Get Down and Dirty

### Wanderers Compete in Dirty Bird 8.88 Mile Trail Race

Birdsboro, PA – On November 28, while most club members were still in post Thanksgiving dinner hibernation, two Wanderers hit the trails in French Creek State Park for the Dirty Bird 8.88 Mile Trail Race.

Just one week after completing the Philadelphia Marathon, Dennis "Hard-Core" Crowne was joined by Susan Hurrey for this muddy event. Pretzel City Sports billed this race as "A Thanksgiving weekend run for those who ate & ate & ate." The race, which turned out to be closer to 15K in length, featured

treacherous surface conditions. Susan had this to say about the race: "Most of the race it felt like I was running through a creek. In the few places where there wasn't running water, there was suck-your-sneaker-off mud. It was a typical Pretzel City Sports trail race with lots of slippery rocks and killer hills. I twisted my ankles a few times, but no serious injuries. Overall I thought it was a fun race and enjoyed playing in the mud."

Susan finished in 156th place in a time of 1:46:57. Dennis was not far behind, finishing in 191st place with a time of 1:56:58.



**In the few places where there wasn't running water, there was suck-your-sneaker-off mud.**

*Susan Hurrey, explaining the challenging terrain of a typical Pretzel City Sports race*



# *Wanderers Impress at this year's Philadelphia Marathon and Rothman 8k Race.*

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Philadelphia, PA – On Sunday, November 21, 2004 the Wanderers once again made an appearance in the Philadelphia Marathon and Rothman 8k. There were a record 7,724 runners and the weather was perfect for a marathon, cloudy and temperatures in the low 50s.

Matthew Palombaro ran a personal best of 2:48:25 placing 85th overall. As amazing as his time was what is even more astonishing is that he even took time out around 15.5 miles to make a pit stop at the port-o-john! Matthew appreciated the cheering by fellow Wanderer Barbara Gorka. “Barb was out around mile 25 cheering which was fantastic. Starting around mile 23, I started to feel a bit depleted and those miles are so boring on Kelly Drive. Her cheering woke me up a bit and I was able to make a final push” according to Matt.

Dennis Crowne was also out on the course and he finished with a time of 4:48:27. While running in the final miles of the marathon Dennis commented that if he collapsed before the finish line to take his sneaker with the chip on it and throw it across the finish line.



Of course that wasn't necessary. Dennis is hard-core. This was his second marathon in less than two months and he's had a great performance in both marathons.

Chris Moore made it to mile 17 but unfortunately had to drop out. “I began experiencing a shooting pain in my hip about mile 15, and despite being on pace, was done by 17.” according to Chris. But it sounds like Chris will be back on the marathon scene very soon. “My efforts will be redoubled, and I'm shooting for Miami or Las Vegas in January and plan to get the 3:10 monkey off my back for good.”

Leslie Turchetti competed in the 8k and had a personal best of 55:34, almost a full 8 minutes faster than her previous 8k time. “My training has been going pretty well this year, so I'm happy with my time.”

And finally, there were quite a few Wanderers out manning the 18/22 mile water stop. Petra was in charge of organizing this water stop and as usual maintained her allegiance to the Wanderers. Petra's declaration before the marathon: “Just the Wanderers with the official team singlet will get water at Falls Bridge!”

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## **Master List of Winter Wanderers Workouts**

*\*\*Locations and times of some workouts have changed for the winter months.\*\**

### **Tuesdays, 6:30pm**

Track workouts at Roxborough High School track (behind Gorgas Park)

### **Thursdays, 6:30pm**

Road runs, meet in front of Valley Green Inn (social meet-up post run at the Inn)

### **Saturdays, 8am**

Saturday Morn'n Fun Run - distance and pace vary

### **Sundays, 11am**

Stairclimbing session - meet in parking lot of the Main Street movie theatre in Manayunk



## *Wanderers Announce Formation of New Beginning Runner Group*

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A new group has been added to our Saturday Morn'n Fun Runs. The Beginning Runner group is targeted to individuals who are just getting started with running, or who are just getting back to running after an injury, or for those who just want more of a leisurely-paced run. Distances vary, but runs are approximately 45 minutes to an hour at a ten to eleven minute mile pace. Please spread the word to anyone who may be interested in joining the group. Questions can be directed to Leslie Turchetti (lola\_turch@hotmail.com).

*“ We find ourselves in a unique position to help out those businesses who support the running community. ”*  
*Matthew Palombaro, cake recipient*

## **SUPPORTING LOCAL BUSINESSES WHO SUPPORT RUNNING**

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*by Matthew Palombaro*

Over the past year, the Wanderers have been the recipients of sponsorship from several local businesses. These businesses have helped our club by contributing gift certificates which were used as prizes for our track meets, allowing us to hold our First Annual New Year's Run, and giving cakes to those who completed the Four Corners Run.

We find ourselves in a unique position to help out those businesses who support the running community. Many local businesses rely on word of mouth advertising. Therefore, we can reward their generosity by both patronizing these businesses ourselves and recommending them to friends, family, and other area runners. Please take a look at the list of contributors to our club and be sure to frequent them and recommend their business to others. This will help insure the growth of our club activities as well as increase profits for local community-minded businesses.

*Businesses who have contributed to our Club in the past year include....*

VALLEY GREEN INN ~ CAKE ~ TONIC ON MAIN ~ BELLA TRATTORIA  
THE BARDS RESTAURANT AND BAR ~ CHESTNUT HILL ACADEMY  
THE COUCH TOMATO CAFE ~ WHOLE FOODS MARKET



*Just a Reminder....*

...for all of the latest Wanderer news, photos, races, workouts, and senseless chatter, check out our website!

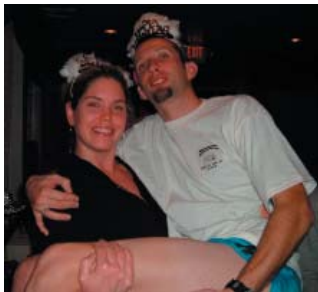
*<http://www.wanderersrunningclub.com>*



# *Happy New Year, 2005!!*

The Wanderers gathered together to ring in the New Year with a midnight run and plenty of good cheer at the Valley Green Inn. Nudity, party hats, noisemakers and tomato pie made for an especially festive evening. A good time was had by all!









# Get to Know.... *Jim Trainor!*

## VITAL STATS

Full Name: James Francis Thomas Trainor  
Birthplace: Philadelphia, PA  
Birthday: April 11, 1961  
Current Home: Roxborough, PA  
Occupation: Electrician  
Favorite Color: blue or grey  
Favorite Food: Veal Parmigiana  
Favorite Drink: Yuengling  
Favorite Place to Run: The Wissahickon, of course!  
Favorite Race: Any race in the Wissahickon  
Running Shoe of Choice: Asics Gels

## *Things you might not know about Jim.....*

- ~ He lived on a farm in Roxborough until he was about 8 months old
- ~ He is the oldest of 12 children!  
(Jim has 7 sisters and 4 brothers)
- ~ He has one daughter, Allison, who is 18 and attends Penn State University
- ~ He plays acoustic guitar and the piano  
(his favorite artist is Jeffrey Gaines)
- ~ He is a "CRAZY Eagles fan!!"
- ~ He has a real Irish temper
- ~ He likes to hang out with his nieces and nephews
- ~ He has a healthy appetite and likes to kid around
- ~ He enjoys trout fishing deer hunting, and is the founding member of the Wanderers Rod and Gun Club (he is known as "The Wanderer")

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## GEAR CORNER

*Tips and Reviews*

*by guest columnist Matthew Palombaro*

### **Snowing Out? Step Out For A Run!**

The cold, dark, and severe conditions of the winter months are a signal to many runners to take their training indoors. Running on the treadmill, however, can get to be tedious. If you find that you need a change of pace and long for some fresh air, why not take your training outdoors? I have found that the same old routes that I run in spring, summer, and fall, transform into something wildly new after a snowfall. Paved roads in my neighborhood become a network of trails once a blanket of snow has covered them.

Over the years, I have accumulated gear that has allowed me to shun the treadmill and run outside all winter long. Here are three of my favorite pieces of equipment;

**Princeton Tec Aurora L.E.D. Headlamp** – This unit has low, medium, and high beams plus two flasher modes. It takes three AAA batteries which last a very long time.

**Gore-Tex Over-Socks** – These are a bit pricy, but I have had mine for 5 years. They allow your feet to breathe and keep water out so that your feet stay warm and dry.

**32 North Inc. Stabilicers Sport** – These are rubber overshoes with replaceable metal studs. In the ice and snow, these provide excellent traction.

# FOUR DAYS OF GLORY *by Michael Branca*

It was Thursday, February 6, 2003 when I finished my fastest, and most memorable Empire State Building Run Up (1,576 steps, 86 floors) in a dripping mess. After my finish, a media frenzy bombarded me with questions, while photographers blinded my eyes with their flash cameras as I staggered across the finish line on the observation deck of the historic skyscraper. "It's not easy being an instant celebrity!" I thought. Actually, my celebrity status began several days before the main event when Michael Vitez, features columnist, and 1997 Pulitzer Prize Recipient in Journalism for the Philadelphia Inquirer, phoned to get permission to write a cover story about my upcoming stair-climb. Now, being a shy, and very modest individual, it only took a nanosecond for me to say "YES!"

I met Michael Vitez (known as MV) on the morning of February 5, 2003 at Valley Green Inn, with my former training partner Julie. MV's outgoing personality made me feel as if I had known him all of my life. My interview took place on the bridle path (aka Forbidden Drive). As Julie and I ran, MV pedaled his bike beside us, asking question after question.

Back in New York City, my stardom continued to shine brilliantly. It was mid-day after the Run Up when a Japanese TV news crew led by a "VA-VA-OOMPH" interviewer asked, "Why did you climb steps today?" "I like to be high," I replied. She paused, then burst into laughter, and I followed suit with tears streaming from my eyes. If laughter is good medicine, we should overdose daily. Next, a representative from New York Road Runners Club invited me to a sit-and-sip (orange juice, that is) session. I proceeded to give him a step-by-step account of my already legendary stair-climb. He invited me to become a member of his club. The deal was sealed with a hand shake as I finished my orange juice.

When I got back home to Philly, my phone was a constant "BUZZ," and my usually quiet neighbors were shouting things like, "Way to go!" "Great job!" and "Yo, Hollywood!" I was invited to talk to a local radio station, and gave the Sports Editor, from the Review, an interview, which he turned into a cover page about my "Four days of glory". The interview made sports story of the year.

I had so much fun, but I must say this: My highlight came at the award ceremony. You see, I've always believed that stair-climbing should be an Olympic sport. Race organizers for the Empire State Building Run Up told me that, if the Summer Olympics come to New York City in 2012, the race will be a demonstration event! And so ended my four days of glory. They ended just as they began - with a hug and kiss from "GOOD OLD MOM!"

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# THIS MONTH'S HEALTHY RECIPE:

## *Chipotle Black Bean Soup*

### *Ingredients:*

- 1 cup dried black beans (about 6 ounces)
- 1/2 cup boiling water
- 1 dried chipotle chile
- 1 teaspoon olive oil
- 1/4 cup chopped onion
- 1 garlic clove, minced
- 2 cups water
- 1/4 teaspoon dried oregano
- 1/8 teaspoon ground cumin
- 1 (16-ounce) can reduced-sodium vegetable broth or chicken broth
- 1/4 teaspoon ground red pepper
- 1 (14.5 ounce) can diced tomatoes and green chiles, undrained



### *Directions:*

Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; bring to a boil, and cook 2 minutes. Remove from heat; cover and let stand 1 hour. Drain. Combine boiling water and chipotle chile in a bowl; let stand 15 minutes or until soft. Drain, seed, and chop.

Heat oil in a large Dutch oven over medium-high heat. Add onion; sauté 2 minutes or until tender. Add garlic; sauté 1 minute. Add beans, chipotle chile, 2 cups water, oregano, cumin, and broth; bring to a boil. Cover, reduce heat, and simmer 3 hours or until beans are soft. Place 1 cup of soup in a blender; process until smooth. Return to pan. Stir in pepper and tomatoes; cook until thoroughly heated.

*To serve:* top with grated cheese, sour cream or crushed tortilla chips.

*Recipe reprinted courtesy of Cooking Light magazine*

## *Have an item for the Water Stop?*

Contact the editors:

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