

THE WISSAHICKON WANDERERS

Water Stop *newsletter*

An inside review on the Wissahickon Wanderers race performance

April 2006

LAND IMPROVEMENTS PLANNED FOR VALLEY GREEN

The Valley Green section of the Wissahickon is scheduled for a face lift this summer. The Friends of the Wissahickon (FOW) are currently raising funds for the project which will call for renovating the parking lots, planting trees and regrading much of the land in the area to prevent future erosion.

Once the project is completed, the FOW expects to produce a beautifully landscaped setting for the Inn, better access to the area, and an increased capacity to withstand future floods.

The project is expected to cost at least \$350,000 and bulldozers are supposed to begin moving earth



in the summer. The Valley Green area has suffered severe erosion in recent years because of heavy rainstorms. By improving drainage and restoring vital wetland plantings, the FOW hopes that the damage

from future storms can be minimized.

The improvement project at Valley Green is one of three programs that the FOW is undertaking currently. Planning is now being undertaken to restore the 57 miles of trails in the Wissahickon.

A consultant firm has been hired and it is putting together a plan to define, realign and possibly close some trails. The plan will also improve trailhead access and provide better trail signage and create a better system of enforcement of proper trail use.

The third and final component of the FOW's program is to produce a Watershed Protection Initiative to inform homeowners in the Wissahickon watershed how they can reduce water run-off and to persuade property owners to designate sections of their property for conservation easement.

For further information, contact the Friends of the Wissahickon at www.fow.org.



NEITHER RAIN, NOR SLEET NOR SNOW NOR DARK OF NIGHT SHALL STAY THESE WANDERERS FROM THEIR APPOINTED ROUNDS. DENNIS, SUSAN, POLLY, MEGAN, RANDY, AND CHRIS AFTER A THURSDAY NIGHT TRAIL WORKOUT THIS WINTER.

CITY ANNOUNCES SAFETY IMPROVEMENTS

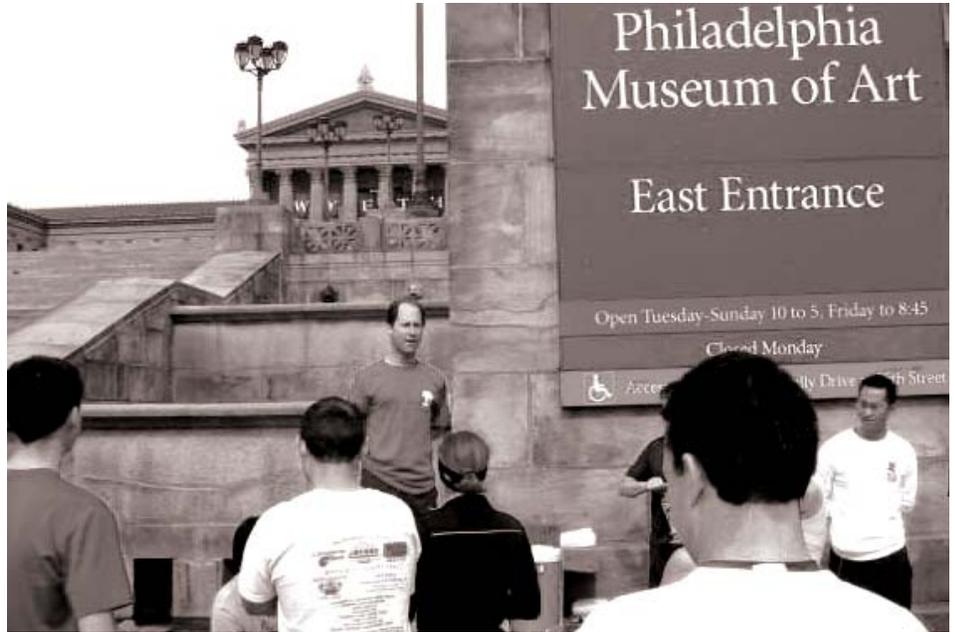
City officials have announced a number of steps to be taken this next year to improve safety in the Wissahickon and Fairmount Park.

The improvement which will probably have the greatest impact for Wanderers is the construction of four towers in the Wissahickon to produce better cell phone reception. Two towers are to be constructed on the north and south sides of Bells Mill Road where it intersects with Forbidden Drive and an additional two towers are to be built near the Valley Green Inn.

Right now, because of the rugged topography, cell phone reception in the Wissahickon is sporadic. City officials believe the new towers will provide blanket coverage in the Wissahickon. Contracts for the Bells Mill Road towers have already been awarded to Verizon and Nextel (one tower apiece). The Valley Green site is more difficult and further engineering is required before locating the towers.

Once the new towers are in place, police said runners will be able to use cell phones for emergencies and be able to communicate with police anywhere in the park.

The city also announced that it will be installing new lighting along



ON APRIL 1ST THE CITY BEGAN IT'S PROGRAM OF CLOSING MARTIN LUTHER KING DRIVE TO MOTORISTS ON WEEKENDS (8AM-5PM) BETWEEN APRIL AND OCTOBER. THE WANDERERS JOINED THE PHILLY RUNNERS CLUB TO CELEBRATE OPENING OF THE CAR-FREE SEASON. KEVIN GRUENFELD, ABOVE, OF PHILLY RUNNERS, GREETES RUNNERS.

Martin Luther King Jr. Drive. \$525,000 has already been allocated for the project and the installation is expected to be completed by spring of 2007.

In addition, \$166,000 has been allocated for the installation of 25 call boxes in Fairmount Park. The work is to be completed by the end of spring 2007.

The safety improvements were announced by the city police at a meeting held in March by Councilman Michael Nutter and

representatives from a number of city sporting groups. Carnage represented the Wissahickon Wanderers at the meeting, and Kevin Gruenfeld, who helped to set up the meeting, represented the Philly Runners.

Police said additional police units have been patrolling the Wissahickon, and general crime figures are down. However, they said the parking lots at Bells Mill Road have been experiencing a large number of car break-ins.

WANDERERS IN THE NEWS

Compiled by Carnage

Phil Ranly is the proud owner of two Dachshund puppies, Dutch and Bud, right, who arrived in Philadelphia this fall from Ohio. Phil reports that the boys are doing well on their house training. The pair can be seen at some Wanderer workouts. They can run rings around **Susan's** dog Daisy!



Speaking of which, **Susan** has been appointed the Wanderer's new Director of Enforcement. In her new position, the Great One will be making sure that all Wanderers are in compliance with the new fitness standards established at the club. Although acknowledging Susan's dictatorial tendencies,

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WISSAHICKON TRAIL CLASSIC 10K RUN/5K WALK

By: Phil Ranly

On **June 3rd**, the Wissahickon Wanderers will get a chance to show off their trail running skills by participating in the Wissahickon Trail Classic 10K run. The race will showcase some of the favorite Wanderer trails. Wander member, **Phil Ranly**, designed the course. The course will begin on the gentle 1-mile stretch of Forbidden Drive from Northwestern Avenue to the Covered Bridge. From the Covered Bridge, it is up into the hills on the Roxborough side of the park. The course will traverse through the meadows and eventually lead back down to the Rex Avenue Bridge. From there, the course winds through the rolling hills on the Chestnut Hill side of the park, by the Indian Statue and back across the Wissahickon creek at the Covered Bridge. From the bridge, the course heads toward the Andorra Natural area and the finish. Only 1.5 miles of the 6.2 mile course will be on Forbidden Drive.

"I laid out the course to include a little of everything. There are hills, but also some nice gentle stretches to lengthen the stride and



PHIL RANLY FINISHES STRONG IN THE FIGHTING IRISH 5K IN CHESTNUT HILL THIS PAST ST. PATRICK'S DAY. PHIL HAS DESIGNED A BRUISING COURSE FOR THE WISSAHICKON TRAIL RACE.

run at a good pace. I hope it proves to be a challenging, but scenic and enjoyable course," says Phil. *"My favorite section includes the section of trails near the Rex Avenue Bridge. When I first moved to the Philadelphia area 4 years ago, I traversed this section of the park many times."*

The run is cosponsored by the Wissahickon Restoration Volunteers (WRV), a local non-profit working to restore the natural beauty of the park and Access Sports, a group dedicated to providing low income and at-risk youth the opportunity to access a number of sporting events in the Delaware Valley. The event organizers have an ambitious goal of 400 or more participants for this, the inaugural event, along with a number of race sponsors.

"I, like many of the Wanderers, have a deep appreciation for the natural beauty of the park. I got involved with the WRV after learning about the fragile ecosystem of the park, including the many areas overrun by invasive species. Preserving the park for future generations to enjoy requires us to be conscious stewards of the land and trails."

If you would like to volunteer, sponsor or run the race, go to www.wissahickontrailclassic.org or contact Phil at phil@ranly.net.

Happy Trails!

WANDERERS IN THE NEWS

(CONTINUED)

Carnage in announcing the appointment said *"Susan should do a good job rousting out and interrogating slackers."*

We are losing **Justin Fogarty** to his native West Coast. Justin expects to be moving to Santa Cruz, California, sometime this spring. Justin did an awesome job while in Philadelphia, producing a 3:15 marathon, and will be missed.

Birthdays celebrated this past winter included, **Matt, Sir Fred Kenney, and Brian McKenna.**



POLLY JANSEN AND WENDY STEVENS WHOOP IT UP FOR THE WANDERERS AT THE FINISH LINE OF THE MT. PENN MUDFEST.



TALK ABOUT TOUGH! MEGAN BOYLE RAN THE 15K MUDEFEST ON APRIL 15TH WITH A SPRAINED ANKLE.

CROSSFIT CONFIDENTIAL

The WaterStop is inaugurating a new health column called **Crossfit Confidential**. Wanderers can write in to the Crossfit gym experts **Pamela MacElree** and **Jason Brown** to ask for help in solving their training and personal problems.

Dear Pamela:

My training objective this spring is to crush Susan in the Wissahickon trail series in May. But I feel that I need to improve my quad strength in order to excel on the hills and bury her. What should I do? Sincerely, Carnage

Dear Carnage,

First things first, lets not think in terms of one muscle. Your ability to out- perform Susan will depend on your ability to create powerful extensions at the hip, knee, and ankle complexes. This is known as triple extension. This involves many more muscle groups than simply your quads. Your glutes and hamstrings as well as your calves are all key players in this function. Likewise, speed is directly related to how much force you can apply

into the ground. Simply put, its action/reaction, or scientifically known as ground reaction forces and Newton's third law of motion. In order to apply more force into the ground, you must get stronger.

You can use many exercises to develop these qualities, lunges, step- ups, squats, and skips. One of our favorites at CrossFit Philly is **the power step- up:**

Use a platform that sets your knee and hip at 90 degrees (see illustration 1). Step up onto the platform with one foot. Fully extend this leg at both the hip, knee and ankle with enough force to propel you into a hop (see illustration 2).

As you reach full extension of the hip, knee and ankle on your



ILLUSTRATION 1



ILLUSTRATION 2

working leg, the other leg enters into flexion and ends at 90 degree angles. Work one leg for time and then switch to the other.

One last thing to consider is that Susan has been working on her power step ups for two solid months.



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

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