

# THE WISSAHICKON WANDERERS

## Water Stop newsletter

An inside review on the Wissahickon Wanderers race performance

April 2006

### WANDERERS DEMONSTRATE MULTI-TASKING SKILLS



Racing in triathlons used to be a boutique sport for the Wanderers. Bernie Brosnan and Petra completed Ironman races and Lola participated in sprint triathlons. But otherwise the Wanderers were strictly runners. Well, that has all changed in the summer of 2006.

As this issue goes to press, Richard Gardner puts the finishing touches on his preparation for the Lake Placid Ironman competition July 23. Meanwhile, Chris Verry and Polly Jansen bagged an Olympic Distance Triathlon in Michigan in early July. Wendy Stevens followed up with a first in her age category in the Anthracite Olympic Distance triathlon in the Lehigh Vallley. Lola continues to race regularly in sprint triathlons,

and Matt and Carnage are in the talking stage of competing in a triathlon.

Wendy gave the following report on the Anthracite Triathlon on July 16 at Mauch Chunk Lake Park in Jim Thorpe, Pennsylvania.

"Very nice, layed back tri - only about 200 people did it," she noted in her report to Wanderers HQ. "I placed 53rd overall. Tough course as I knew. The swim was excellent, warm water - like glass with no wind. I was in the water by 7:40am. I normally can do a mile in 26min. with a wet suit or at least under 30 min. Without one, I did it in 31 min."

Then on to the bike portion." The bike was rolling hills and a

couple of tough hills but awesome. I biked hard. The run was on trails at first and the about the 3rd mile, there was a grueling uphill for about 3 tenths of a mile on road that was in the sun. I could have walked faster!"

Then finish up with the running. "So needless to say, my time for the 10K stunk but it was under an hr. (56 min.). The trail was a little rocky from the bad weather too. But over all, great tri and I want to do it again next year. I need to be in better shape for the hills. I was done with the tri in 2:57 so under 3 hr but I think the run is what got me unfortunately, and plus I biked pretty hard so my legs were worse than rubber for the trail. It is way easier to go from bike to running on pavement, than bike to trail."

All the effort produced a first in her age group for Wendy and she noted "I've never gotten 1st in anything before."

On July 9, Chris and Polly ripped up the Grand Haven

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### WANDERERS RETURN FOR MORE PUNISHMENT

Last year, the Wanderers suffered all forms of torment on the 92-mile River to Sea Relay across the state of New Jersey. First there was the heat and humidity. But you have to expect that on any August day in New Jersey. But then there was the dead battery, and the broken foot which led to some missed

transitions and extra legs for some of the runners, and general transportational mayhem. It was night-fall by the time the Wanderers crawled to the beach at Manasquan to finish the race. Well, the Wanderers are coming back for more!!

The Wanderers have signed up two teams for the August 5 race. One of the teams is composed of veterans from last year's race. **Chris Verry, Polly Jansen, the Great One, Megan Boyle, Dennis Crowne,** and **Randy Clever** all return from last year with **Monica**

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## MULTI-TASKING SKILLS (CONTINUED)



triathlon. First they had to survive an abbreviated swimming leg in heavy surf on Lake Michigan.

"The bike course was fabulous," Chris reported in his race notes submitted to Wanderers HQ. "We had about a mile along the beach, then a mostly flat, shaded, out and back bike course that was topped with most of Polly's family cheering us on. Polly biked a 1:20:55 (3rd in her age) and Chris biked a 1:13:01 (10th in his age). The run was even more beautiful than the bike. It started with a nice down hill down to the boardwalk (which helped get our legs moving)."

The official results showed

Chris finishing in 2:11:14, good for 40th place out of 186 competitors. Polly finished in 2:21:41 in 91st place and SECOND in her age category.

On July 2, Bernie bagged an 8th place finish in the Howell Aquathon, also in Michigan. Bernie will be competing in the Whirlpool Steelhead half Ironman in St. Joseph, Michigan, on August 5, and will then round out his summer season by running in the Howell Melon Festival 10k. Lola is prepping for the Sandy Hook Sprint Tri on July 30, and is hoping to complete a few others this summer. Meanwhile, Chris and Polly are scheduled for the Philadelphia Independence Triathlon on July 31.

Up in Syracuse, New York, Richard Gardner has been toiling all summer in preparation for the Lake Placid Ironman on July 22. Richard made the following log entries on July 13. "I did a 92 mile bike ride Sunday followed by a 30 minute jog and it felt almost (dare I say it?) easy. I think the temperature and cloud cover make all the difference in the world. Although the temperatures reached into the mid 80's, it was mostly cloudy and I experienced significant cooling throughout the day. Forecasts this week in Central New York call for temperatures in the 90's."

"I did a run of 13.5 miles yesterday in the rain (we had over four

inches of rain yesterday!) that was surprisingly difficult. I've been tapering and would have thought I would have felt fairly strong but just the opposite was the case. I did a little weight training on Monday and wonder if that had something to do with my legs feeling like lead. I went to a local pool afterwards and forced the lifeguards to sit in the rain to make sure I was safe during a 2300 meter swim. I was the only one in the pool (all day maybe) so the water was very calm. Finally, I got a short (37 minute bike ride in later when most of the rain had cleared out. Again, it felt harder than it should have."

Hey good luck, Richard!



## PUNISHMENT (CONTINUED)

Ranly the one newcomer. A second team is being organized now and consists of **Dawn Fantasia, Farah Marasigan, Adam Davey, Sharson Tasman and Maureen Mignogna** with two openings to be filled in the next month. Since the race is composed of 14 legs, each Wanderer will run two legs. The River to Sea is scheduled for August 5.

Last year, the Wanderers completed the race at 8:11 pm in an elapsed time of 12:36:30. Not bad considering the adversity the team had to overcome!



## WANDERERS IN THE NEWS

Wanderer relay specialist and Ironman **Bernie Brosnan** was named fireman of the year in 2005 by the Redford, Michigan, fire department. Bernie was honored for his rescue of a man trapped by flames in his residence.....Another veteran Wanderer relay runner **Axel** attended the finals of the World Cup in his **native Germany....Thomas "Pieman" Humphrey** is raising money for the Muscular Dystrophy Association.

The Pieman will be participating in the MS 150 bike ride from Cleveland to Sandusky, Ohio, and back. The Pieman needs sponsors for the two-day event to be held on August 19 and **20!...Sharon Tasman** plans to register for a graduate degree program in nutrition in the fall. Right now, she is weighing offers from Immaculata College and West Chester and Temple Universities.



SUSAN BRANSON RETRACED THE ROUTE OF THE GIRO D'ITALIA IN JUNE SHORTLY AFTER THE COMPLETION OF THE 2006 BIKE RACE.

### DENNIS DOES DELAWARE

Dennis Crowne bagged his first marathon of 2006 on May 21 when he completed the Delaware Marathon in 4:52. Dennis finished in 382nd place out of 504 runners. The Wanderers also entered a relay team in the race. Megan Boyle, Wendy Stevens, Maureen Crowne and Polly Jansen raced to a 4th place finish in the womens division (out of 21 teams) in a time of 3:40:35.

### CHESTNUT HILL CLASSIC SCHEDULED

The fifth annual Chestnut Hill Classic is scheduled for September 16. The race is scheduled to begin

at 9 am. The 5k cross country race is run in conjunction with the Chestnut Hill Academy cross country invitational. The open race is open to all ages and abilities.

### WANDERER TRACK MEET SET

The fourth annual Wanderer track meet is scheduled for Tuesday, August 22. The meet will be held at Roxborough High School starting at 6:30 pm. The races will consist of a mile run, one-half mile, quarter mile, 3,000 meters and a medley relay. All abilities are welcome. The cost is \$5 for each event, but \$3 if multiple events are entered. There is no charge for the relay.



IN MAY, WANDERERS HELD THEIR ANNUAL SPRING TRAIL SERIES BUT WITH A TWIST: CREEK CROSSINGS WERE ADDED. ABOVE: CHRIS AND FRED. BELOW: JENNIFER AND MONICA



WANDERER PHIL ROACH ON A BIKING TRIP IN THE CANADIAN ROCKIES.



ONE OF THE TWO WANDERERS TEAMS THAT COMPETED IN THE FIRST ANNUAL GREEN MOUNTAIN RELAY IN VERMONT.

## CROSSFIT CONFIDENTIAL

**Question:** Coach Pam, what can cyclists, like me, and runners, unlike Carney, do to increase the high-end speed they need to cover a break, bridge up to a group, or, at the end of a race, grab the cash?

**Answer:** Excellent question. This all boils down to two things, lactate tolerance and relative strength. Let's deal with lactate tolerance first. You're training will greatly influence how well you and your body can buffer an acidic environment caused by carbohydrate metabolism. If your training consist all low intensity, comfortable pace, long slow distance cycling or running you simply won't be able to tolerate the discomfort associated with maximum efforts. Now, if instead you push your intensity levels by using high-intensity intervals and short burst of anaerobic efforts your body and mind will be able to tolerate this discomfort more efficiently. Results and comfort have an inverse relationship. As one goes up the other must come down.

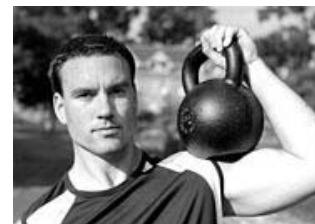
Now let's deal with relative strength. Relative strength refers to how strong you are in relation to your body weight. Getting stronger while maintaining a steady body-weight will make you faster and

more powerful regardless of your athletic endeavor. So get stronger if you want to be faster."

**Question #2:** During the summer months, I like to spend my time down at the beach. But while kicking back and soaking up the rays, I don't want to totally forget about my fitness. Are there any exercises you recommend for me while I'm sun-bathing so that I maintain my training edge?

Yours most truly, Rosie Carnage

**Answer:** Push-ups in the sand add a very unique addition to the simple movement. Let me explain, Get in the upper Push-up position, lower yourself until your chest touches the sand lightly, now, on the way up grip the sand strongly, actually try to crush the sand, and



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.

To submit your question, pls use the "Contact Us" form on the Wanderers web site.

at the same time corkscrew your hands outward so your fingers point away from your body. Picture breaking a stick over your leg. It's that time of action.

By gripping the sand hard and rotating your arms outward you engage a lot more muscle mass and recruit your nervous system more effeciently.

The same exact technique can be applied with Squats. Give it a whirl.



## 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](http://www.WanderersRunningClub.org)

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