Saturday

What is the theme of today's column?

It may seem far fetched, but this will tie in at some point. Did you know that on this date in 1682 that Billy Penn founded Philadelphia? Coincidentally, this is also the date that the following activities were founded: 1) booing Santa Claus, 2) the beat down of opposing fans, and 3) jails introduced as part of football stadiums. Philadelphia gets a bit of a bum rap, but it did give us the Penn Relays, Ben Franklin, and Cheese Steaks.

What are the stats?

The run started at the Spectrum Center at 8:05 AM. The temperature was 70 degrees with 65% humidity. There were about 65 runners and walkers in attendance. **Joe S** served as MC. **Steve C**
marked the walk course and
Therese M
went above and beyond marking the run course with flour to ensure that the arrows could withstand any rain that might try to erase them.
Mij P

gave the walk arrows smiley faces because Mij is Mij.

How about the chats?

There is not one chats section per se. Rather it is interspersed throughout the column. Think of it like a lovely stream running through the countryside.

Oh, barf! Were there any announcements?

But, of course. As of Saturday, we are an even eight days away from the gala Women's Distance Festival. And we are nine days away from being announcement-free from the Women's Distance Festival for at least a while. Gentlemen are still needed as volunteers. And so are the likes of **Brian K and Bruce O**. So, women sign up for the race, and men, sign up to volunteer. The Reston Runner web site will accommodate both (thanks,
Will
!).
Dennis H
(always wanting to interrupt now that he's president) recognized
Mark S, Angie S, Jane B
, and himself (of course) as the only four that participated in one of the club's best secrets, Bike to Run Day. I chatted with Angie about her and Mark's ride and a good bit of it was on Route 50 in Loudoun County and western Fairfax. So, I think we need to change the title to Bike to Run

while Risking your Life Day. Angie also outed Mark on dessert sampling at the Taste of Reston. She has nothing to do with it other than snag an occasional crumb from Mark's plate. Looking at the two of them, I'm not even sure they know what a proper dessert is. It should at least contain pastry, chocolate, and/or some type of artificial cream.

Who were today's new runners/walkers?

It's a good thing I don't rely on my faulty memory. Even a pen and paper can prove inadequate when trying to hold simultaneous conversations during new runner introductions. But, I think I got them all and even if I didn't, I'll just make up some names and no one will know. So, we had David from Oak Hill, Shelly from nearby, Sarah from Reston, Opie from Mayberry, Janice from Great Falls, Whitney from Reston, Ezekial from Madagascar, Laura from Sterling having moved here from Pitttsburg, and KC from Ashburn. Now, the big question is, “are all these people legit?”. There might be two questionable listings, but welcome to everyone else and we hope you participate often.

How was the course?

The course was great. I've referred to this in the past as the public nuisance run, but it is interesting, scenic, and was well marked. We ran through Lake Anne Plaza which appears to have recovered from its previous moribund state and was simply vibrant. There was an Expo setting up at the Plaza and they were only too happy to stop all of their preparations to wish us

well as we went past. There was a yoga class where the students were either in the middle of a pose, or were stuck and unable to move. And we saw Bob Simon out walking with a big smile on his face. I told him the next time he designs a town to put more downhills in it and fewer uphills.

The golf course was crowded with Rory McIroy wannabes and the Lake Anne pool was rocking with one of those kid's swim meets that seem to last about 6 days if you're a parent volunteer. All added to the color and life of the run. We merged with the walkers a few times which is always interesting. By the end, Mr. Garmin reported the mileage at 4.8 miles which was enough after traversing the constant finishing incline along the Reston Parkway.

Did anything interesting happen on the run?

No, but that never stops one from writing. I ran with different runners at different times. **Michael F**
continued to advertise the Myrtle Beach non-Marathon because the shirt is comfortable. He also had to burn off some calories after we saw each other at the local Santini's the week before. Michael was there dining while I was there strictly for reporting purposes. (By the way, the reuben was pretty tasty).

As a Bostonian, Michael had to bring up the Bruin's Stanley Cup run. This was incentive enough to get moving on towards another discussion. Next up? **Bill D'Ag**, a Bostonian with a hockey

background. And, not far back running was
Mary
, whose son plays hockey in Reston. Hmmm, I was sensing a pattern here. It's not often that one thinks of hockey as summer approaches. But, maybe it kept us cool, and it's certainly a topic that makes the miles pass faster. Maybe the Caps will actually do something in the playoffs next year.

How about the post run/walk festivities?

Funny you should ask. **Tim C** was kind enough to host a pot luck breakfast at the Midtown condo at the Reston Town Center. Tim first saw it listed on Thursday giving him a day to secure a room and provide all of the basics. No problem. It went off like a well oiled machine.
Bob L
and I learned that the first marathon for both of us was the 1982 Marine Corps Marathon. If I use my current online age, I must have been 6 years old at the time. President
Dennis H
talked about the various meetings he's had with other running and athletic groups, and his ideas about some of the future club activities. I'm all for his agenda and will support it fully unless it fails at which point, I'll be happy to lead the critics of Dennis by circulating statements like, “he was a quiet guy . . . always kept to himself”. No. I'm just kidding. The Challenge series is a great idea (the next one is Saturday, July 9), and there will be more fun events in the future. Stay tuned.

This is the 9th question and the title says 20 questions. What do you do when you run out of questions and answers?

The writer is seen tap dancing with hat and cane. No, there's more. In a sign of support and stupidity, a number of runners were absent from Saturday's run to help **Mary K** complete a 50 mile training run in preparation for her third Vermont 100 miler effort on July 16th and 17th. Mary ran eleven 4.7 mile loops at Burke Lake starting at 6 AM and ending much later. Running a loop or two or even three with Mary were **Dave Y, Deedee L, Dave B, Jim B**, **Marlyssa K**, and **Ellen M**. After running 2 loops early, and doing a 35 mile bike ride and restaurant-fest during the day, Ellen made the mistake of calling Mary to congratulate her on her achievement only to find out that Mary still had two loops left. Ellen dutifully, dusted off the canal gravel and bike grease from her legs and joined Mary for the last loop ending at 6:30 PM. I'm not sure it's proper to congratulate someone on doing a practice run, but nicely done, nonetheless. I believe **Tammy B** is doing a similar practice run this coming week , so I suggest getting your excuses in order.

I*s there anything else for Saturday?*

I'm sure there is, but I've had enough of this.

Sunday

What is the theme of today's column?

The title at the top says Philadelphia, Twenty Questions, and Father's Day. That covers yesterday and today. Pay attention!

I am paying attention, You're just using a cheap trick to reduce the number of ideas you have to come up with. Now, what are the stats?

Man, you're tough. The weather was pretty good although humid. We met at the Lake Audubon pool. The start of the run was at 7 AM.

That's it? Generic weather and where and when we met? How about the number of people there? Was there any wind? Sunny? Who provided the water? Who served as host? Did you even go to the run?

Hold on. You're going to get to the 20 question limit prematurely. And, you're right, I was unable to make it to the run. But I had a reporter stand in for me and then received information from other stringers. It's almost like I was there.

This is garbage. What about the stand in reporter? Doesn't he or she know what occurred?

Ummmm. The stand in showed up late. And then got lost during the run. And then ran a different course anyway. And didn't make it to breakfast. But, other than that, did a great job!

What kind of Bozo operation is this? It's giving me a headache. Just tell us what you know.

On the newish runner front, Tessa A from Clifton joined the Sunday run after a bit of a sabbatical and was running well. The Women's Distance Festival is now a mere week away. On Thursday, June 23rd at 7:30 PM, the club is holding its annual mid-summer run meeting at Potomac River Running at the Reston Town Center. This will be followed by a post run happy hour.

About 50 people finished the 10 mile run. I know this because **Anna B** was kind enough to report it and to be the actual 50th and last person to finish. Ever the gentleman, **Jarrett M** kept Anna company throughout. Anna blamed late night partying for her “performance”. Among the runners passing her were **Jon A, Will F, Bob L, Leslie S, Pat K, Maria N** and probably a fire hydrant.

During the run, Jarrett and Anna dodged the Potomac River Running truck that was setting up cones for the 5K race they were holding. The driver took the truck through the tunnel under South Lakes Drive near the high school so that Anna and Jarrett could enjoy a fireworks display of sparks as the top right side of the truck scraped along the inside of the tunnel.

As far as the race went, the Reston Runners were well represented. **Mij P** was first overall lady. **Deedee L** was second overall lady. **Kim I** was first in her age group and fourth overall lady. In other age group competitions, **Ecris W** was first, **Tammy B** (taking a break from the ultra circuit) was second, **Steve C** was second, **Jeanie R** was third, **Jim B** was third,

Kelly N
was fourth,
Tim N
was fifth, and
Morgan P
was sixth. We also had a number of families running together including
Marc
and
Zoe R, Craig
and
Jamie F, John
,
Whitney
, and
Robin W, Emily
and
Hannah B
, and
Lindsay I.

Breakfast was at Vie de France. Everything was typical. **Maria N** having a veggie omelette. **John N**
keeping everyone at bay by having sardines.
Dave B
eating something reasonable and
Anna B
mooching off the entire table (except
John N
).

So, now we've had 23 questions making a complete shambles of your theme and your column. I hope this is the end.

You're the one asking the questions and it's not quite the end. Today we honor fathers. Everyone has one. Most are special. A father is a guy who gets a tie as a gift and makes it seem like it's the best thing in the world. A guy who acts tough, plays rough, but melts at his child's hug. A leader by example whether he knows it or not. I see dads with younger kids like **G ary G**
and it makes me smile. I see experienced dads with adult kids like
Joe F
and it makes me smile. We have successes and friends, but the greatest honor we have is being a dad. Oh, and the tie in with Philadelphia? It's where a very special guy, my dad was born and grew up. It always makes me smile.

So, consider the mid-summer run on Thursday. And sign up to run or volunteer for the BIG Women's Distance Festival. It will be a fun!