



TNT Mileposts & Messages

Volume 4 Issue 3

March 2003

Participants rise to challenge for DC Marathon

Team in Training® (TNT) hits the roads of DC on Sunday March 23rd for a hometown marathon. 83 participants will finish their 26.2 miles after raising \$104,060.13 (and counting!) for The Leukemia & Lymphoma Society. The dedication and commitment of all participants this season in the face of snow has been, and continues to be, inspiring. Coaches and participants worked extra hard to keep their training on track despite the lack of cooperation from Mother Nature. TNT recognizes what a challenge the weather has been for all participants and thanks you for your perseverance in fundraising and training for the cause of fighting blood-related cancers.

The National Capital Area Chapter is proud to be joined by the Northern California chapter of TNT who have promised to bring more seasonable weather from the West Coast with them.

Jessica Cash's letter to TNT for the DC Marathon

Hello DC Relay teams, Runners, Run/Walkers, Runners, and Walkers!

I am so excited to be a part of The Leukemia & Lymphoma Society's Team In Training® (TNT) for the fourth time as I get ready to take on the Washington DC Marathon Relay.

TNT is a very special program full of amazing people and incredible experiences. I am proud to be a part of TNT knowing that at least 75.8 percent of all the money raised goes back to the Society's mission to cure blood cancers like leukemia, lymphoma and myeloma.

So, come out and join me as a part of Team BIG 100 as we raise money for the Society and hit the streets of DC this March. Be sure to tune into my show, Murphy & Cash, every weekday morning from 5 a.m.- 9 a.m., on FM 100.3, to hear stories about our participants, honored teammates and spring training.

Good luck to everyone in the Marathon! If you're not with us this time make sure to check TNT out for next season.

Best, Jessica Cash

EDITOR'S NOTE

Good luck to all DC Marathon Participants!

Josh Stahl joins TNT as Campaign Coordinator for Walkers and Run/Walkers.

TNT STAFF

Karen Headley
Campaign Director

Carly Samuelson
Campaign Coordinator

Julie Oplinger
Campaign Coordinator

Susan Goodman
Campaign Coordinator

Josh Stahl
Campaign Coordinator

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Coach's Corner

Training while Traveling Tips by Triathlon Coach Ed Zerkle

Three rules I implement when planning trips for business or pleasure are:

1. Remember that vacation and work travel are not good reasons for missing training, they're excuses!!!
2. If possible, coordinate your travel plans with recovery weeks or post season periods.
3. **ALWAYS PLAN** your workouts **BEFORE** you leave for the trip. There is too much going on while you are away to "figure it out" as you go. Have a solid plan for When, Where, and How you will accomplish each workout; and What equipment you will need to take with you or 'borrow' from local sources when you arrive.

WHEN – I usually plan to do my workouts at the extreme hours of the day when I am on vacation, or business. This helps to eliminate the many excuses that may pop up while on travel (e.g., client asks you to go to dinner) 5 am runs, 8-9 pm swims with local masters teams...these times of day are usually most effective.

WHERE – Ask the client you are going to visit if there is any other "crazy" athletes in their office you could get in touch with. These people are almost always willing and very helpful in identifying local gyms, club teams, masters teams, YMCA's, High School/public tracks, running/riding trails, spinning classes, or other places near your hotel or client site that will be convenient for you. They might even be willing to take you under their wing and be a training partner for the week or lend you their "guest passes" to their private or office gym. Alternatively, get on the web and find a local specialty run/bike store, running/triathlon club, masters swim team, etc. Use the contact information to ask the people in the store/club where local group runs/swims/bikes start and finish, and at what time. Most club and masters teams, or gyms, will let you train with them for free (or a nominal fee). Remember, storeowners and other athletes are just like you and they understand your lifestyle and goals, and will usually do more than you expect to help you out! Also talk to the TNT staff. They can get you in touch with the TNT coach in the city where you are visiting. You can join their training.

HOW – Rental car, public transportation, running to...whatever it takes. Just build your plan. And the key here is to have the directions from your hotel or client site **BEFORE** you leave for the trip. Know how long it should take you to get to each location. Use the concierge in the hotel or the local storeowner/athlete you have met to help you with this.

Equipment – For running and biking, take one pair of quick drying clothes for each discipline. This makes it possible to hand wash these clothes with soap in the sink or tub. Tip for cyclists...call local bike stores. I have had surprising luck in having local bike stores lend me rental/demo bikes and/or trainers to ride while I am visiting. Just make sure to call and "reserve" such equipment if available. Make sure you give your frame size, and always offer to bring your own pedals and shoes if you ride clipless pedals. Don't forget your helmet!!

The Hotel – Always try to make a reservation at a Hotel with a gym. Find out what equipment they have (treadmills, exercise bikes, or located near parks, etc.). This is especially important in case of inclement weather or concern over running alone at odd hours or in a strange location.

Don't let travel be an excuse to miss a workout!! It can be a great way to "see" a new city, or experience the culture. It just takes a little extra planning, but in the end you will find the effort was well worth it as you can eliminate the "guilt" from missing workouts! Train safe! - Coach Ed

The Inside Scoop



A special thanks to Jessica Cash and the team at Big Country 100.3 for all their support for TNT in the past, this season (and in advance for future seasons!)

TNT welcomes Austin Grill as our new sponsor.



Congratulations to St. Anthony's Triathlete, Myles Getlan, who has \$5,535 turned in to Paycor and is the winner of the tickets to The Leukemia Ball on March 15th featuring Jerry Seinfeld.

Thanks to The Tanner Charitable Trust and Marilyn Klein for their generous support.

The Doctor Is In: Dr. Jay's Injury Tip

drjaygreenstein@sportandspinerehab.com
Rockville-(301)251-2777 McLean-(703)448-5799
Landover-(301)577-1115 (behind New Carrollton Metro)



Winter weather has affected us all this year. Whether it's traffic, closed offices, or most importantly to those training for a marathon, your training schedule and environment. There are definitely things to keep in mind as winter continues to blow through our lives.

The first thing to keep in mind, be very cautious in increasing mileage or speed dramatically during the winter months. As Sport & Spine Rehab always emphasizes, make sure you are stretching regularly. Cold weather places runners at a greater risk for pulled muscles in the groin and the posterior muscle groups. Running on snow, instead of ice may help prevent falls. Attempt to run wherever you find the most traction. Make sure you are hydrated and run into the wind to decrease the wind chill, which increases with all of the movement sports. (running, walking, biking, roller blading, etc)

If you do get injured, remember the rules for appropriate treatment. Begin with RICE (Rest, Ice, Compression, Elevation) and if you are not feeling better within 5-8 days, seek medical attention. The sooner you get treatment, the better off you will be. After 8 days, treatment can take 1.5 times longer. Please take advantage of the complimentary examination in any of the Sport & Spine Rehab clinics (Rockville, Landover, Columbia, McLean) or email any questions to drjaygreenstein@sportandspierehab.com

March 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>DID YOU KNOW...?</i> 80 percent of children with acute lymphocytic leukemia (one of four major types of leukemia) will survive five years thanks to newer and better treatments.</p>						1
2	3	4	5	6	7	8
9	10	11	12 DC Marathon Bon Voyage	13	14	15 The Leukemia Ball
16	17 St. Patrick's Day	18	19	20	21 DC Marathon Race Expo	22 DC Marathon Race Expo Pasta Party
23 DC Marathon	24 San Diego and Lake Tahoe Re- commitment forms due	25	26	27	28	29 Country Music Long Run
30	31					

Remember the Reason

DC MARATHON PERSONAL HONORED TEAMMATES:

*Brian Barrie
Matthew Bauer
TJ Bugbee
Sam Chester
Tracy Christiansen
Elpidio Collazo
Melvin Conrad
Demetrios Datch
Vijay Date
Almure Davis
Christian Hedrick-McDonald
Janet Hudacsko
Louis Johnson
Annamae Kilcullen*

*Dianne Kyle
Jenny Lesperance
Anne Mangelsdorf
Robin Mellas
Arthur Miller
Teruko Motoo
Robert Nitz Jr.
Marian Olson
Daniel Park
Sandra Reckless
Bart Rogers
Trish Rost
Nancy Rubenstein
Paul Schaffner*

*Dani Shotel
Eleanor Smith
Denise Smith
Kevin Smith
Kayla Suhm
Howard Teller
John Thomas
Janie Ann Tobin
Ruth Tucker
Irwin Robert Weiner
Irwin Weiner
Greg Wolf
Erin Zammett*

TNT HONORED TEAMMATES FOR THE DC MARATHON

Marissa Hull



Aaron Reif



We're with you
every step of the

Althea Griffin (not pictured)



Fundraising Update | Fall Events

Congratulations to our Fundraising Leaders!

Washington DC Marathon Team Total: \$104,060.13

Jacqueline Weiner-McConarty \$3,785.00

Susan Lausch \$3,362.01

John Park \$3,150.00

Alyssa Walstein \$2,840.00

Jamie Denenberg \$2,640.00

Fundraising Teams

Suzanne Ryan, Jackie Hogan, Susan Koser, Michelle Hudasko \$5,917.20

Meredith Martin, Ryan Bourke, Leigh Angres \$4,452.11

Demetrios & Rachael Datch \$3,895.00

Katherine Thomas and Molly Barrie \$3,440.00

Karen & Kathryn Travers \$3,410.00

Clythie & Pam Clarken, Jeff Edwards \$2,880.00

Country Music Marathon & Half Marathon Team Total: \$28,167.99

Sharon & Darrell Farr \$3,257.66

Maggie Nelson \$3,254.01

Bree Myers \$3,155.00

Patricia Cors \$2,774.00

Ellen Startwout \$2,659.70

St. Anthony's Triathlon Team Total: \$57,695.37

Myles Getlan \$5,535.00

Christine Klein \$5,475.00

Megan Woods \$4,650.87

Steve Servidio \$4,100.00

Chris Ballenger \$3,975.00

Rock'n'Roll Half Marathon
Virginia Beach, VA
Runners & Walkers
August 31, 2003

Disney Triathlon
Olympic Distance
Orlando, FL
September 28, 2003

Athens to Atlanta Inline Road Skate
86 or 38 miles
Atlanta, GA
September 28, 2003

Seagull Century Bicycle Ride
Salisbury, MD
October 12, 2003

Marine Corps Marathon
Washington, DC
Runners & Walkers
October 26, 2003

Dublin City Marathon
Dublin, Ireland
October 27, 2003



Changing lives...one mile at a time!

Informational Meetings for the Fall Season

RESTON, VA
Reston Regional Library
11925 Bowman Towne Drive
Sat., April 12th, 10:30 a.m.

ARLINGTON, VA
Key Bridge Marriott
1401 Lee Highway
Tues., April 15th, 6:30 p.m.

BETHESDA, MD
Bethesda Hyatt
One Bethesda Metro Center
Tues., April 15th, 6:30 p.m.

LEESBURG, VA
Rust Library
380 Old Waterford Road
Sat., April 19th, 10:30 a.m.

WASHINGTON, DC
Metro Center Marriott
775 12th St, NW
Wed., April 16th, 6:30 p.

GAITHERSBURG, MD
Holiday Inn
2 Montgomery Village Ave.
Sat., April 19th, 10 a.m.

SPRINGFIELD, VA
Springfield Hilton
6550 Loisdale Road
Tue., April 22nd, 6:30 p.m.

TYSONS CORNER, VA
Tysons Corner Marriott
8028 Leesburg Pike
Wed., April 23rd, 6:30 p.m.

ALEXANDRIA, VA
Alexandria Hospital Health
Education Center
4320 Seminary Road
Thurs., April 24th, 6:30 p.m.

COLLEGE PARK, MD
American Legion
9218 Baltimore Ave.
Sat., April 26th, 10 a.m.

WASHINGTON, DC
Metro Center Marriott
775 12th St, NW
Tues., April 29th. 6:30 p.m.

ARLINGTON, VA
Key Bridge Marriott
1401 Lee Highway
Wed., April 30th, 6:30 p.m.

BETHESDA, MD
Bethesda Hyatt
One Bethesda Metro Center
Wed., April 30th, 6:30 PM

JOIN US FOR OUR FALL SEASON KICK-OFF CELEBRATION!

Tyson's Corner Marriott
8028 Leesburg Pike
Vienna, VA 22182
Sat., May 3, 2003 8:30 a.m.