



# Washington Running Club Newsletter

Volume 32, Number 3

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March 2013

## New Members

**Hillary Tipton**, 23, originally from Cincinnati, OH, is well into her second year as a DC resident. She graduated from Oberlin College in 2011 and has aspirations of becoming an environmental lawyer or journalist. She is preparing for her sophomore effort at the marathon this fall, and is thrilled to be running with a group again after 8 years of cross country/track in school. She currently works at an immigration law firm in Northern Virginia, where she can be found sneaking out for midday runs whenever possible.

We sincerely welcome Hillary into the club!

## WRC Seeks Another Racing Victory; Grand Prix Update

*by David Pittman, Grand Prix Coordinator*

WRC hopes to improve upon last year's third place team result at this weekend's St. Patrick's Day 8K in Freedom Plaza. The club placed third in this event last year behind the strength of **Emily Buzzell**, **Kirk Masterson**, **Geoff King**, and **Brian Savitch**. WRC also won the Jingle All the Way 8K on the same course in December.

This year will be slightly different as the race has separate men's, women's, and co-ed divisions. WRC is competing in the co-ed division with the top four runners counting toward the team results. However, Pacers, the race organizer, cut off the option to affiliate with a team on March 1, leaving some WRC members without an option to join their club's team.

We wish all those running this weekend (and those running in next weekend's Rock 'n' Roll USA Half Marathon) good luck.

### Grand Prix Update

We are coming up on a busy race stretch for the club. It'll be a very exciting few weeks starting with the St. Patrick's Day 8K on March 10, including the Rock 'n' Roll USA Half Marathon on March 16, and ending with the Cherry Blossom Ten Mile Run on April 7. Hopefully, many of you will be running in at least one event.

The busy stretch also means it'll be a very exciting time for our new Grand Prix series. If you haven't heard of it, please refer [to the page on our website](#) for details. Basically, it's a year-long series seeking to reward WRC members (using an age-grade calculator) for their commitment to running success. Your best five races during the year count in the standings. You must run in four of the races in the stated series which an option of one run outside race in order to qualify.

Let this serve as a reminder to submit your racing results to [grandprix@washrun.org](mailto:grandprix@washrun.org) so we can keep track of the results. We don't know who all runs what races, so it's incumbent on you to send in results. We'll update standings starting next month.

If you're interested, here are some upcoming races in the series:

- Sun Mar 10, 2013 [St. Patrick's Day 8K](#) Washington, DC
- Sat Mar 16, 2013 [Rock 'n' Roll USA Half Marathon](#) Washington DC
- Sun Apr 7, 2013 [Cherry Blossom Ten Mile](#) Washington, DC
- Sun Apr 21, 2013 [GW Parkway Classic](#) Alexandria, VA
- Sun May 19, 2013 [Capitol Hill Classic](#) Washington DC
- Sat Jun 8, 2013 [Lawyers Have Heart 10k](#) Washington DC

## Recent Race Results

### [2013 Al Lewis 10 Miler](#)

Saturday, 05 January 2013 09:00

Kensington, MD

43 **Julia Taylor** F 41 Arlington VA 1:11:54 1:12:03 6

### [GW Birthday Marathon and Relay](#)

February 17, 2013 8:30AM

Greenbelt, MD

OA	Name	Time	Pace	Div	Rank
1	Dojo Racing - OMen A	2:38:39	6:04	Male O	1
2	Dojo Racing - OMen B	2:39:10	6:05	Male O	2
5	Dojo Racing - Coed B	2:53:20	6:37	Coed	1
6	Dojo Racing - Coed A	2:55:46	6:43	Coed	2
13	Dojo Racing - Coed C	3:19:13	7:37	Coed	3

75 teams finishing. Many thanks to **Daniel Yi** for coordinating this very fun day.

Relay Team Rosters:

Dojo Open Men A: Shawn Rumery, Ryan Johnson, Nick Haffenreffer

Dojo Open Men B: Chris Pruitt, **Daniel Yi, Geoff King**

Dojo Open Men C: **Brian Savitch**, Daniel Mosteller, **Nick Williams**

Dojo Co-ed A: Robert Gillanders, Photine Tsoukalas, **Gareth Coville**

Dojo Co-ed B: **Emily Buzzell, Kit Wells, Ben Stutts**

Dojo Co-ed C: **Liz Lambert, Bill Hamblet, Dave Pittman**

### [GW Birthday Classic 10k](#)

Feb 17, 2013 8:00AM

Alexandria, VA

25 **Andrew Killian** 515 00:39:21 06:20 Lorton, VA Male

105 **Christine Hackman** 60 00:47:58 07:44 Arlington, VA Female

### [Bright Beginnings 5K](#)

Saturday March 2, 2013

Washington, DC

Place NO. Name Gender Age Clock Time Chip Time Pace DIV Age Division Place Overall Sex Place

4 521 **KIRK MASTERSON** M 37 17:18.0 17:15.0 5:34 M3039 2 4

# Cherry Blossom Roster is Set!

by Kit Wells

We've recruited members for the maximum number of teams composed of five (5) members to various divisions of the CUCB Running Club [competition](#). Last year, WRC finished 6th among Women's Open and 3rd among Men's Open, with lots of room for improvement in 2013.

Exactly as we did last year, WRC has combined forces with the "Dojo of Pain", to supplement our own running fibre, promoting one team up into the Elite Team competition. Here are the team rosters as they currently stand:

<b>Dojo Racing - WRC;</b> Washington Metropolitan Men's <i>Elite</i> Teams	<b>Washington Running Club + Dojo;</b> Running Club Men's Open	<b>Washington Running Club &amp; Dojo;</b> Running Club Women's Open
1 King, Geoff (M34)	1 Angell, Christopher (M32)	1 Braner, Elyse (F28)
2 Pruitt, Christopher (M30)	2 Coville, Gareth (M33)	2 Corr, Michaela (F28)
3 Rumery, Shawn (M27)	3 Martinez, P.J. (M32)	3 Harms, Madeline (F27)
4 Stutts, Benjamin (M24)	4 Masterson, Kirk (M37)	4 Jennings, Laura (F31)
5 Yi, Daniel (M32)	5 Munro, Scott (M31)	5 Whittaker, Janet (F38)

<b>Washington Running Club: Dudes;</b> Running Club Men's Open	<b>Washington Running Club: Mixed;</b> Running Club Mixed Masters	<b>Washington Running Club: Sages;</b> Running Club Men's Open
1 Killian, Andrew (M33)	1 Kendra, John (M50)	1 Kopetsky, Jim (M52)
2 Paz, Nelson (M35)	2 Pemberton, Alan (M60)	2 Platt, Robert (M61)
3 Pittman, David (M28)	3 Scarborough, James (M54)	3 Trost, Robert (M66)
4 Wells, Kit (M36)	4 Taylor, Julia (F41)	4 Wind, Jay Jacob (M63)
	5 Turanchik, William (M46)	

Let's plan to convene for a group photo after the race and a brief cooldown. Tentatively, we can meet along the perimeter wall, bordering the pathway North of the Washington (Running Club) Monument. Look for the beautiful WRC banner (!!!!) For exact targeting coordinates, steer [here](#).

## Discount offer to WRC members for the Spring 5K

Bob Platt's RacePacket offers a short-course *a/t.* to the Rock-n-Roll half-marathon and marathon on March 16th.

"I booked my annual Spring 5K on March 16 without realizing that it would conflict with the R 'n R Marathon DC. So, I want to find ways to spread the word for runners that are not planning to race a long distance that weekend ... tell WRC members that if they type in "WRC" as a coupon code, they will receive \$5 off the entry fee."

"For details, please visit: <http://www.racepacket.com/calendar/frace.php?fid=2>"

The race is located at Hains Point, Washington, DC, at 8:00 AM, and the entry fee is \$25 before March 10th.

# WASHINGTON RUNNING CLUB BOARD MEMBER MEETING

*Saturday, February 16, 2013*

*Meeting Notes by Carla Freyvogel*

## **I. CALL TO ORDER/ESTABLISH QUORUM**

In attendance: Kit Wells, David Pittman, Kirk Masterson, Michaela Corr, Carla Freyvogel, Nelson Paz

## **II. PRESIDENT'S EXPECTATIONS**

Kirk went over his expectations of the club as a whole and the board in particular. He wants the board to:

1. Think about our leadership roles
2. Always bring in new ideas
3. Maintain the board as a lean and functional entity, with no drama or bullshit.
4. Have a sense of fun.
5. Feel appreciated. He thanked the entire board for taking this on.
6. Have quarterly meetings at which each member submits reports. These reports should give updates, report progress and new activities. Keep meeting times to 1 hour.

Kirk's vision for the club include the enhancement of:

1. Membership interaction: how we greet members, how we make people feel part of a club, happy to pay dues and participate
2. Publicity: whether it is publicity for our community outreach, wearing our team singlets, shameless plugs, interaction with other clubs or general recruitment
3. Former members participation
4. Recording our our history, as it happens. So, we need to keep notes of the board meetings, distribute those notes, have current news on the website, etc.

## **III. BOARD MEMBER REPORTS**

Vice President (Carla)

Nothing to report

Treasurer (James)

- a. reports submitted to Kirk and reviewed by Kirk, discussed with Kit before the meeting.
- b. various changes in our website and domain have created a positive change for cash flow.
- c. will report quarterly
- d. will be making changes necessary to comply with non-profit guidelines so if we decide to go that route in the future we will be in good shape

Secretary (Acting)

This slot is vacant for now. Carla is happy to take notes for now.

Membership Officer (David)

- a. 39 dues paying members
- b. Not all paying members are active
- c. Question as we go forward: what is the ideal number?

#### Chief Information Officer (Kit)

- a. Reviewed the situation with the old website and its limitations
- b. With Kit's updates and diligence we now have a centralized repository for all the materials we have collected and we have 2 backup systems in place
- c. We have branded email that is transferable
- d. We have logos and color ways and we need to make a decision and brand ourselves
- e. The possibilities afforded us because of this improvement are practically limitless: profiles of athletes, workout announcements, blog entries, virtual community bonding, etc.

#### Outreach and Community Events Officer (Michaela)

- a. Real headway in the screening of the movie Town of Runners. Georgetown is involved, Ethiopian Women's Lawyers Foundation is on board, panel is being constructed, etc. The outstanding hurdle is a spot in which to show the film. Some options out there. We are just trying to see what they are.
- b. Other options are out there for community outreach: working for the Park Service, working for Dumbarton Oaks, etc. More on this at a later date.

#### **IV. MEMBERS' OPEN FORUM**

- a. We will get announcement out about the next board meetings at least 2 weeks in advance. Meetings will be open to all club members.
- b. Debra Pressley has asked Kit to investigate the idea of making our relationship with USATF official. There are many benefits to us as a club, including some liability protection. Cost should be about \$100 a year, though we may be penalized for letting this lapse. Carla will look into this. Kit will give her the contact information he has.
- c. Vacancies on the Board: Kirk would rather leave spots vacant and let interest reveal itself than appoint people who might not be invested enough in the job. General agreement. Currently Secretary, Race Team Manager and Track Coordinator are all positions that are vacant. Some discussion was given to the idea of appointing a Past President to the board for some historical knowledge.
- d. Relationship with a running store: It was generally agreed that this would be a good thing for us. However, it is best to wait until we have some more solid race results and the website is kicking with activity. It needs to be a mutually supportive relationship in which the named store and WRC each benefit.
- e. Sometimes the club gets approached to help at races or other functions. Do we want to do this? The general idea was we like to help but we need to evaluate each opportunity as it comes in. There may be some projects that we advertise to the club for individuals to act upon if they see fit. There may be others that we respond to as a club. Keep an open mind about this going forward.
- f. Nelson Paz brought up the idea of ways the club can be more welcoming to people who drop in for a run to try us out. Get contact information if you can. Follow up with people to see if they enjoyed themselves. Try to help them find a good partner for the Sunday run. Make sure they don't get out somewhere and get lost! Keeping up a centralized list of members and even training paces on the website is a way for people to learn more about us and see if the fit is good.
- g. Merchandise: We have some and need to get rid of it.
- h. Dean and Deluca: We go around and around about D and D and other options...but we always come back to D and D.
- i. Online application: Use this as an instrument to capture more data on our members, especially new members. This document is in the development stage.
- j. Other ideas to brighten our club: have more social time, have destination runs, publish running routes.

#### **NEXT BOARD OF DIRECTORS MEETING: MAY 11, 2013. LOCATION TO BE ANNOUNCED**

## Roll Call

*Here's a best attempt at enumerating the WRC diaspora and the club's email list.*

<b>Most Recent Active WRC Membership</b>	<b>Invited to {wrc-members}</b>	<b>Joined {wrc-members}</b>	<b>Total</b>
<b>2010 or before</b>	96	15	111
<b>2011</b>	2	2	4
<b>2012</b>	9	8	17
<b>2013</b>	9	29	<b>38</b>
<b>Recruit</b>	0	2	2
<b>Grand Total</b>	116	<b>56</b>	<b>172</b>

If you know someone who should be an active member of WRC in good standing, please encourage them to [renew their membership](#) for 2013. And likewise, if you know of a current member who isn't receiving the newsletter, encourage them to register by having them write to <[wrc-members-subscribe@yahoogle.com](mailto:wrc-members-subscribe@yahoogle.com)>.

## Membership Renewal for 2013

Join the club for 2013 by [renewing your membership](#). The goals of this online initiative are to provide new members with key club information immediately upon joining, for all members to receive confirmation that their dues were received, and to reduce transaction costs for those wishing to renew online.

### Annual Dues

Individual Membership: \$20 per year  
Family Membership: \$30 per year

### Current Members

**2012 Memberships expired on January 31, 2013.** For the three dozen souls who already renewed either at the Annual Meeting and Party, mailed in their dues, or did it online, thank you! Everyone else, please come along!

### New Members

If you joined on or after September 1, 2012, your membership will be good for all of 2013! If you're not sure, please contact the [Membership Officer](#), who will let you know when you joined WRC.

Your dues pay for the club's operational costs and fund member benefits. These include, but are not limited to:

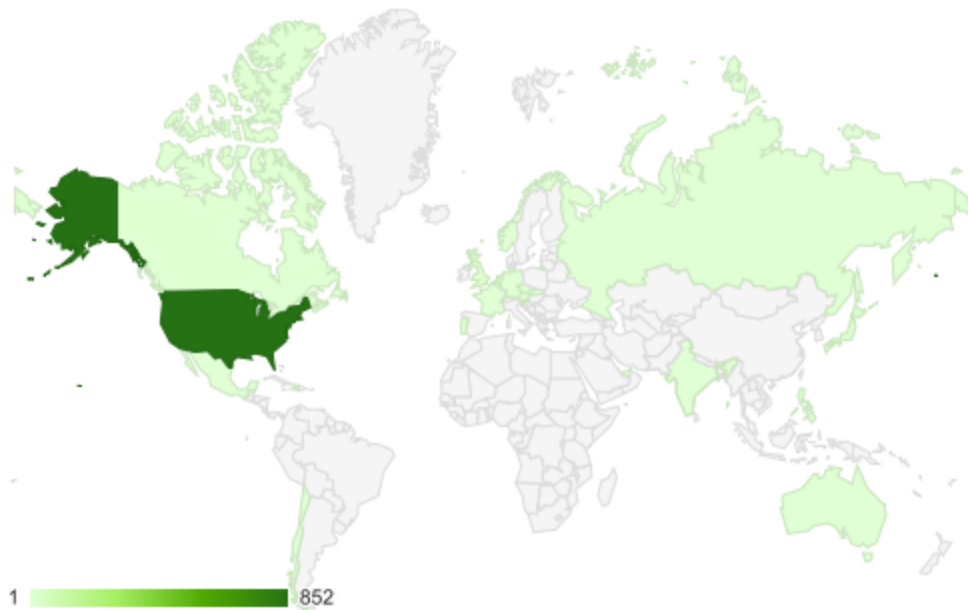
- City registration and running organization affiliation fees
- Website and member communication costs
- Subsidization of annual party (including awards, when applicable)
- Subsidization of select WRC team races
- Subsidization of WRC racing singlets
- Miscellaneous expenses (bank fees, postage, etc.)
- Other associated operational costs when appropriate and necessary
- Donations to worthy running-related causes.

The ultimate financial management and control of WRC is under the direction of a sometimes-foolish WRC President, who is elected by the always wise general membership.

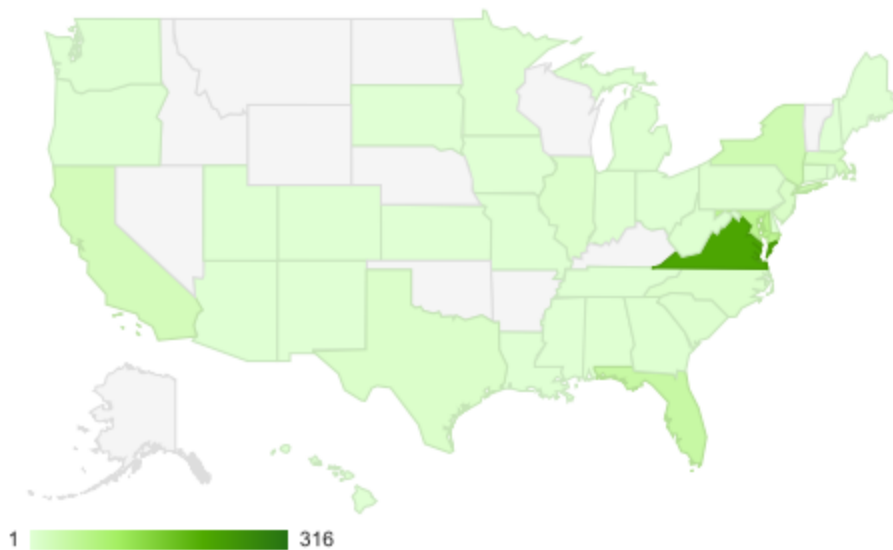
## Question: "Who Visits Our Website, Anyway?"

Answer: **Lots** and lots of people do! Between February 8th and March 8th, we've received over 900 unique visits, and shared more than 3,000 unique page views. We have friends and admirers in 23 Nations and 40 U.S. States. Here they are, in descending order of frequency (anyone you know?) Also check out these geospatial ["heatmaps"](#).

United States, United Kingdom, Japan, Canada, Netherlands, United Arab Emirates, Australia, Germany, India, Austria, Belgium, Chile, Czech Republic, France, Haiti, Mexico, Norway, Philippines, Portugal, Russia, Singapore, Slovenia, Slovakia.



District of Columbia, Virginia, Maryland, Florida, New York, California, Massachusetts, New Jersey, Texas, Illinois, North Carolina, Connecticut, South Carolina, Pennsylvania, Delaware, Georgia, Michigan, West Virginia, Alabama, Indiana, Minnesota, Arizona, Colorado, Louisiana, Missouri, New Hampshire, Ohio, Oregon, Tennessee, Utah, Washington, Hawaii, Iowa, Kansas, Maine, Mississippi, New Mexico, Rhode Island, South Dakota



Hey Vermont and New Zealand: come on, now! Where is the love?

# Financial Instagram

The following is a snapshot of the club's war chest for the 2013 calendar year through February 28th. Many thanks to James Scarborough, WRC Treasurer.

## INCOME

Individual Memberships	\$580.00
Family Memberships	\$210.00
Donations	\$50.00
Clothing Sales	\$35.00
Team Competition	\$100.00
Club Banquet/Awards Party	\$40.00
Interest	\$0.55
TOTAL INCOME	\$1,015.55

## EXPENSES

Club Banquet/Awards Party	\$908.45
Team Competition	\$106.00
Internet/Web Page	\$10.00
TOTAL EXPENSES	\$1,024.45

## ACCOUNT SUMMARY (for the period 1 January through 28 February 2013)

Beginning Balance 1 January 2013	\$3,995.76
(+) Total income	\$1,015.55
(-) Total expenses	\$1,024.45
Ending Balance	\$3,986.86
Net for Year	(\$8.90)

## Current Board Members, 2013

President: Kirk Masterson

Vice President: Carla Freyvogel

Secretary: Selection in Progress

Treasurer: James Scarborough

Membership Officer: David Pittman

Chief Information Officer: Kit Wells

Race Team Manager: Selection in Progress

Outreach and Community Events Officer: Michaela Corr

Track Coordinator: Selection in Progress

Other essential club functions:

Grand Prix Coordinator: David Pittman

Newsletter Editor: Kit Wells

*Nota bene:*

Our general address has changed, and is now: [information@washrun.org](mailto:information@washrun.org).

To submit contributions or corrections to this newsletter, please write to: [newsletter@washrun.org](mailto:newsletter@washrun.org).

To contribute to the club's website or social media, please write to: [webmaster@washrun.org](mailto:webmaster@washrun.org).



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