



# Washington Running Club Newsletter

Volume 32, Number 4

©2013 Washington Running Club

April 2013

## New Members

Across the months of March and (most of) April, we've enjoyed a strong uptick in both the quantity and the quality (!) of new and renewing members of the club. Newbies include **Sharon McKew, Farrah Rajabi, Raquel Morgan, Mark Wright, Jerold Paulson**, and **Malcolm Lester** & his family. Renewing or returning WRC alumni include **Brian Savitch** and **Bob Platt**.

Raquel and Mark were both a part of WRC's return to competition up at the Boston Marathon on April 15th, and were recruited by **Emily Buzzell** and **Drew Killian**, who also raced in Boston (see next issue for that story).

**Jerold Paulson**, 53, originally from New York City, arrived in DC in January. He's a veteran of five marathons (a PR of 3:08, but that was twenty years and twenty five pounds ago) and would love to have the time to push himself to qualify for Boston again (did so back in '91). He currently mostly runs on the Mall.

We sincerely and warmly welcome everyone!

## Grand Prix Update

*by David Pittman, Grand Prix Coordinator*

We are about a third of the way through the races of our inaugural Grand Prix racing series with the Cherry Blossom 10 miler now under our belts. There are enough standings to give folks a good glimpse at the competition.

On the men's side, it should come as no surprise that President **Kirk Masterson** has posted a solid average of 79.81% with two races. A few percentage points behind him are **Geoff King** and **Jay Wind**. See what benefit the age-graded scoring can have? **Drew Killian** is the most prolific racer to date, having run in three Grand Prix races.

Remember that folks need at least five races through the year to qualify -- four from the series and one outside. We will take the best results, too, in the calculations. Just to clarify, there are separate men's and women's winners. It's not combined.

And on the women's end, it's much tougher to sort out. Several—**Christine Hackman, Lucy Rogers, Elyse Braner, Raquel Morgan**, and **Julia Taylor**—are within less than 1.5-percentage points of each other. Very close, ladies, but some have only ran one race, leaving much racing to do to qualify for winning.

The next race is the GW Parkway Classic later this month. The Capitol Hill Classic and Lawyers Have Heart 10K are also around the corner. (*Editor's note, the Parkway Classic is now history. Next up: Capitol Hill!*)

Current standings for the 2013 Grand Prix are summarized below, with complete details available online for both [Men](#) and [Women](#), where they will be continuously updated throughout the rest of 2013.

## 2012 WRC Grand Prix: Results through the Cherry Blossom 10 Miler (April 7)

### DUDES

Contestant	M/F	AGE	Total Points	Points Rank	Average Score	Score Rank	No. of Entries
Andrew Killian	M	33	210.44	1	70.15%	9	3
Kirk Masterson	M	37	159.62	2	79.81%	1	2
Geoff King	M	34	152.29	3	76.15%	3	2
Jay Wind	M	63	151.94	4	75.97%	4	2
Ben Stutts	M	24	149.48	5	74.74%	6	2
Gareth Coville	M	33	118.65	6	59.33%	13	2
John Kendra	M	50	78.94	7	78.94%	2	1
Dan Yi	M	32	75.3	8	75.30%	5	1
Max Lockwood	M	43	74.08	9	74.08%	7	1
Nelson Paz	M	35	72.3	10	72.30%	8	1
Kit Wells	M	36	68.04	11	68.04%	10	1
David Pittman	M	28	64.45	12	64.45%	11	1
James Scarborough	M	54	60.63	13	60.63%	12	1

### DAMES

Contestant	M/F	AGE	Total Points	Points Rank	Average Score	Score Rank	No. of Entries
Elyse Braner	F	28	147.76	1	73.88%	2	2
Christine Hackman	F	49	146.12	2	73.06%	4	2
Julia Taylor	F	41	145.24	3	72.62%	5	2
Lucy Rogers	F	26	74.11	4	74.11%	1	1
Raquel Morgan	F	27	73.8	5	73.80%	3	1
Rachel Clattenburg	F	28	70.86	6	70.86%	6	1
Michaela Corr	F	28	63.45	7	63.45%	7	1

# Visualization Made Easy

*Run. Work. Eat. Sleep.* by Christine Hackman

Visualization can help you achieve your goals, running or otherwise. But, how to do it?

I've had great success using "VAK Training," a simple technique popularized by running coach Owen Anderson.

"VAK" stands for Visual, Auditory, Kinesthetic. You can read the original article [here](#):

Below are my own description of and experiences with VAK visualization.

## How to perform VAK visualization

1. Relax in a comfortable position. Close your eyes if you like.
2. State your desired goal aloud, as if you were doing it right now. E.g., "I am beating Napoleon Bonaparte at the Waterloo 5k on Sunday."
3. See (visualize) yourself doing this in your head. Perhaps you see yourself catching NB from behind, passing smoothly and running away. What does s/he look like while you're doing this? What does the rest of the scene - road, trees, spectators, flowers, birds - look like?
4. If you've got a time goal, can you see the finish-line clock showing you'll finish several seconds early as you run like hell toward the line?
5. Hear (auditory) yourself doing this. How do your footsteps/breathing sound? (Hopefully nice, since you're making this up.) What else do you hear? Spectators cheering for you? Wind in the trees? Birds? Crunchy leaves?
6. Feel (kinesthetic) yourself doing this. How do all your body parts/breathing feel? Strong, smooth, relaxed? How does the weather feel on your skin? How will you feel waiting to make a move? How will you feel making it? How will you feel waiting for the race to start?

## Successes/misfires

Here are three examples of applying this technique to myself:

1. November 2011: I did the Napoleon Bonaparte exercise above. I had never beaten NB before. However, our current 5k times were close enough that I thought maybe I could pull it off.

Race day, NB and I were both there! We started. I felt bad starting out; NB quickly ran off into the distance. "So much for that!" Put head down, resigned to yet another 5k grindfest. Looked up however near the halfway mark, and NB was only a block away!

Threw down to catch up/pass her, but then she locked on and stayed right behind me for well over a mile. Course was very hilly, and I was dying, spending energy left, right and center to keep her from re-passing. But I'd already beaten her in my head several times, and just didn't want to let this go.

She finally let go as we began to climb the last hill about 1/3 mi from the finish, and so I did. She told me after the race that at the bottom of that hill she had decided, "This just isn't worth it."

2. December 2011: Different 5k, different unbeaten Napoleon. This was REALLY a stretch, as NB was a well-known masters runner who had cleaned my clock (1-2 min in 5k) for four years straight. But she presently only had 30 seconds up on me: if she she had a bad day and I had a good day, it could happen. So, I visualized beating her..

At this race, to my great surprise, I got out in front of Napoleon and stayed there through the half-way turnaround.

But, I'd blown a lot of energy doing it, she'd stayed pretty close, and much of the return route would be into the wind. She passed me right after the turnaround.

In desperation, I got right behind her and disciplined myself to **stay there**. I had never done that before in 22 years of racing – don't like following - but I'd seen that win in my head and this was the only way I could think of to get it.

The pace then felt too easy. Waited some more. Finally, about ½ mile from the finish, I pulled out of her shadow and ran like crazy for the finishing line. Beat her by 3 sec. Oh, and lowered my 5k time for the season by 24 seconds!

3. September 2012: I wanted to run 19:5x for 5k at the National Masters 5k Road Championships. I visualized doing this for months prior. But, it was too far from my current capabilities (which meanwhile didn't seem to be improving) and I failed miserably, instead running a super-embarrassing career PW at the race.

### Moral of the story:

Visualize stretch goals, but only ones that are measurably in line with your current capabilities.

## Recent Race Results

### 117th B.A.A. Boston Marathon

April 15, 2013. Hopkinton, MA

OA	Gen	Div	Name	
1562	1470	1101	Savitch, Brian	02:57:10
1679	1579	1	Pemberton, Alan	02:57:52
1901	1784	1316	Killian, Andrew	02:59:03
3531	295	255	Morgan, Raquel	03:08:56
4055	3676	681	Lockwood, Max	03:11:42
5199	648	533	Clattenburg, Rachel	03:17:18
5457	4740	645	Wright, Mark	03:18:23
5704	789	652	Buzzell, Emily	03:19:24

### Credit Union Cherry Blossom 10 Miler

April 7, 2013. Washington, DC

Washington Running Club & Dojo (Women's Open) = 3:36:54, 3rd of 9 teams

1264	ELYSE BRANER	F	28	1:07:22	1:07:32	6:44
1773	LAURA JENNINGS	F	31	1:14:26	1:15:04	7:27
920	MADLINE HARMS	F	27	1:15:06	1:18:15	7:31
2011	MICHAELA CORR	F	28	1:18:18	1:18:57	7:50

Washington Running Club: Mixed (Mixed Masters) = 3:18:36, 3rd of 10 teams

196	ALAN PEMBERTON	M	60	1:03:51	1:03:52	6:23
662	JOHN KENDRA	M	50	1:05:30	1:05:35	6:33
236	JULIA TAYLOR	F	41	1:09:15	1:09:24	6:55
7296	JAMES SCARBOROUGH	M	54	1:26:01	1:35:15	8:36

Washington Running Club: Sages (Men's Open) = 4:08:07, 21st of 22 teams

250	JAY JACOB WIND	M	63	1:13:34	1:13:57	7:21
3415	JIM KOPETSKY	M	52	1:20:06	1:23:42	8:01
5483	ROBERT PLATT	M	61	1:34:27	1:42:02	9:2

Dojo Racing - WRC (Washington Metropolitan Men's Elite Teams) = 2:48:13, 2nd of 2 teams

138	CHRISTOPHER PRUITT		30	53:32	53:32	5:21
379	SHAWN RUMERY	M	27	55:57	55:57	5:36
550	BENJAMIN STUTTS	M	24	58:44	58:46	5:52
412	GEOFF KING	M	34	58:53	59:20	5:53
150	DANIEL YI	M	32	59:04	59:04	5:54

Washington Running Club + Dojo (Men's Open) = 2:55:53, 6th of 22 teams

395	SCOTT MUNRO	M	31	54:20	54:26	5:26
488	KIRK MASTERSON	M	37	57:10	57:13	5:43
645	CHRISTOPHER ANGELL	M	32	1:04:23	1:04:25	6:26
1013	GARETH COVILLE	M	33	1:09:57	1:10:49	7:00

Washington Running Club: Dudes (Men's Open) = 3:11:01, 10th of 22 teams

2012	NELSON PAZ	M	35	1:02:09	1:02:49	6:13
881	ANDREW KILLIAN	M	33	1:02:28	1:02:37	6:15
636	KIT WELLS	M	36	1:06:24	1:06:28	6:38
888	DAVID PITTMAN	M	28	1:08:52	1:09:32	6:53

### Alexandria Pi-Miler

March 16th, 2013. Alexandria, VA

Distance: 3.14 Miles

2 Dan Yi M 32 Alexandria VA 0:16:55 2

### Citizens Bank Caesar Rodney Half Marathon

March 17, 2013, Rodney Square, Wilmington DE

92 204 BUZZELL, EMILYHM\_F25-29 6:41 1:27:32 5 9

### Yuengling Shamrock Marathon

Mar 16, 2013 Virginia Beach, VA

Name, Bib, Time, OA Place, Sex Place

ELIZABETH LAMBERT, #1614, 04:13:18, 1202, 388

JAMES SCARBOROUGH, #2967 04:15:47 1319, 873

2604 finishers, 1100 female finishers, 1515 male finishers

### Rock & Roll Marathon and Half Marathon

March 16, 2013. Washington D.C.

#### Half Marathon

Benjamin Stutts #1345 , 01:20:07 06:07

Andrew Killian #1638 , 01:24:41 06:28

Lucille Rogers #5758 , 01:28:50 06:47

Elyse Braner #1586 , 01:28:57 06:48

Raquel Morgan #1853 , 01:29:12 06:49

Rachel Clattenburg #2491 , 01:32:54 07:06

Gareth Coville #2013 , 01:48:01 08:15

#### Marathon

Max Lockwood #5186 , 02:57:08 06:46

Julia Taylor #2160 , 03:23:53 07:47

Jay Wind #4238 , 03:30:12 08:01

### 2013 Fort Hunt 10K

March 10th, 2013. Fort Hunt Park, Alexandria, VA

1 Daniel Yi M 32 Alexandria VA 36:18 36:18 1 1

### St. Patrick's Day 8K

Mar 10, 2013, Washington, DC  
Kirk Masterson 27:24 27 26  
Geoff King 28:13 35 33  
Elyse Braner 31:50 114 19  
Christine Hackman 36:24 317 63

### PVTC Easter Classic "5k"

March 30, 2013, Alexandria, VA  
(really 3.33 mi?: didn't run certified course; Garmin said 3.33):  
Christine Hackman 23:10, 2nd OAF, 1st master.

### MCRRC Spin in the Woods 8km

April 13, 2013, Great Falls, VA

15	Kit Wells	M	36	37:53	7:38
43	Jen Norris	F	42	46:17	9:19

### George Washington Parkway Classic 10M

April 21, 2013, Alexandria, VA  
9 2007 Kirk Masterson 58:03 5:49

---

## NEXT BOARD OF DIRECTORS MEETING: 10:00 AM, MAY 11, 2013.

WRC President **Kirk Masterson** is offering up his place for the next quarterly Board of Directors meeting. The street address is: 1275 N Wayne St, Arlington, VA. ([map](#)) The location is Metro accessible ([Courthouse](#) on the Orange line) and there are free parking options to be had nearby for those who need to drive.

All WRC members in good standing are both invited and encouraged to attend these board meetings. Those who wish to attend should **RSVP by May 10th** to [president@washrun.org](mailto:president@washrun.org), so that Kirk has an idea of what to have on hand (food and drink). The meeting will be preceded by a preparatory run down to Roosevelt Island and back, starting at 8:30 AM from the same address, starting [curbside](#).

The meeting will commence promptly at 10:00 a.m., and last for whatever the agenda calls for (on the order of 90 minutes) As a heads up, it is Mother's Day weekend, so we intend to cover ground efficiently.

# Cherry Blossom Ten Miler Recap, 2013 Edition

by Kit Wells

After last year's invigorating return to the team competition, WRC appeared even more massively at the Credit Union Cherry Blossom (CUCB) Ten Mile Run on April 7, 2013. With six teams comprising twenty-eight athletes, WRC increased its tally of team scores in the event's modern era (1999 and afterward) to 25 marks. This was another joint partnership with the disciples of the Dojo of Pain.

The Open Women climbed back onto the podium (3rd of 9) with an aggregate time of 3:36:54, faster than last year among a still highly competitive field. Meanwhile, the Mixed Masters broke new ground in also finishing 3rd (of 10) with an aggregate time of 3:18:36. Hardware in the form of medals and carved plaques are being produced as we speak; kudos to all! An awards ceremony is being planned for May: [Swahili Village Restaurant](#) in Beltsville, MD???

Our motley men, however, had some *issues*. We fielded four separate teams across the Metropolitan Elite and Open Men divisions. Our elite team finished 2nd with 2:48:13, but in the ideal configuration we could have finished 3rd in the Men's Open division, along with our other teams which finished 6th, 10th, and 21st (of 22 teams). This might not matter so much, and reasonably round up to the conclusion that the men are holding ground, if only

1. the elite field weren't so anemic (we were second of exactly 2 (two!) teams), and
2. the elite purse weren't also inequitable (the elite team entry cost a premium \$40; the winner took \$1,000 and everyone else got *bupkis, squat, nada*).

By reaching for a chance at greatness, the men came away empty handed, and feeling a little bit disenfranchised.

Nevertheless, a multitude of great performances were enjoyed by our club members, several of which stand out in particular. **Laura Jennings** was hot off her double-gold performance at the Indoors Masters championships.

**Madeline Harms** came back all the way from Minneapolis, and an aside with a broken foot, to race brilliantly with her club. **Elyse Braner** improved upon last year by over a minute. **Julia Taylor**, continuing after her unbelievable streak of PRs including the R&R marathon, could have advanced the Open Women up to 2nd place, but instead was an indispensable scoring member of the Mixed Masters team. **Alan Pemberton, John Kendra, and Jay Jacob Wind** admirably battled the wind and the ravages of time to keep the masters' course fixed.

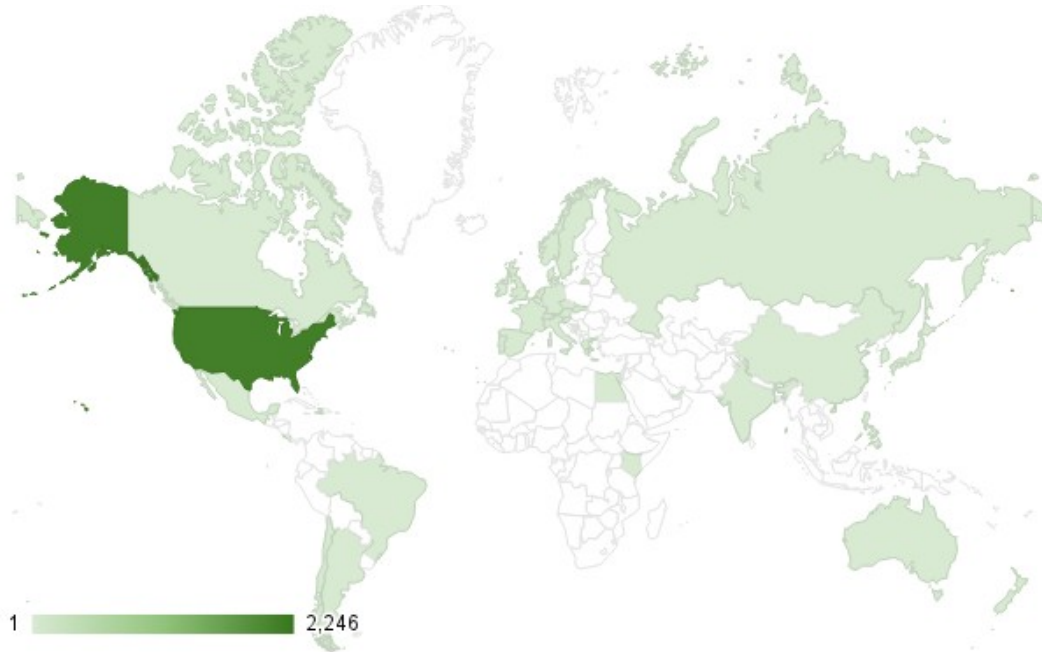
Many interesting developments came within the Open's Men ranks as well. **Ben Stutts**, WRC's rookie of the year for 2012, has been given an exemption for the the Cherry Blossom lottery on the condition that he race with the Metropolitan Elite team. He did, and surprised himself by being one of the scoring members (top three) on that team, coming to the rescue of **Geoff King** and **Daniel Yi** who, although racing smartly and quickly, were unable to deliver the stuff that Stutts struts. **Kirk Masterson** lived up to the pundit's predictions in producing yet another massive personal best. And both **Nelson Paz** and **Drew Killian** made good on the twenty-mile investments they've been diligently storing away all winter, along with the help of training partners **Michaela Corr, Emily Buzzell, Rachel Clattenburg, Raquel Morgan, and Lucy Rogers**, by stamping personal bests of their own.

Of course, everyone's results counted toward the 2013 WRC Grand Prix, which is rolling along splendidly, as capably administered by its designer, **David Pittman**.

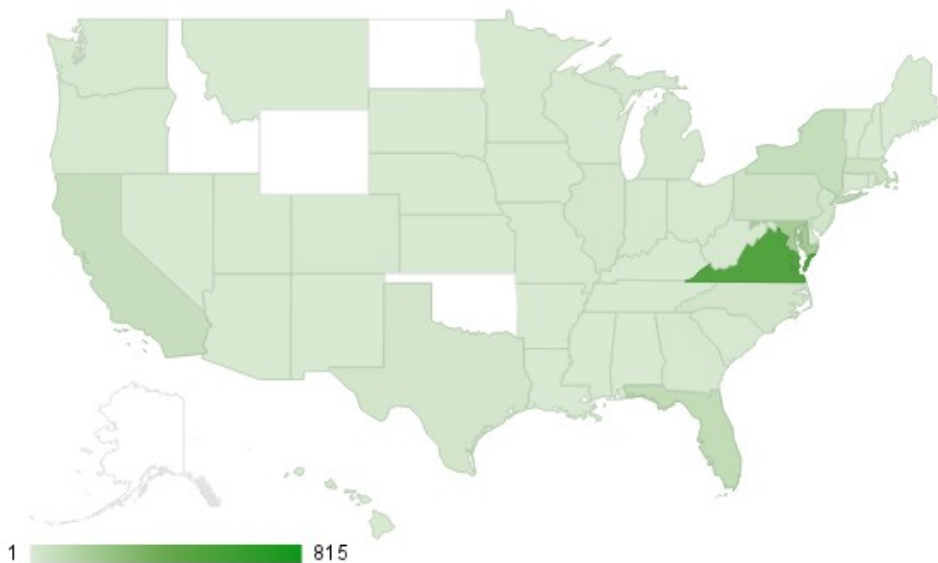
Aside from the racing itself, a marvelous thing happened on the Saturday beforehand, when 7 teammates plus 2 friends met for a late lunch following the bib pickup at the Temple of **Carla Freyvogel** (a.k.a. the National Building Museum). We met at Vapiano (625 H St NW), where everyone could enjoy the carbohydrates they wanted most. It was great opportunity to catch up with Madeline and learn about how her running and graduate studies have been. The chance to hang out more with **Nick Williams**, who wasn't even racing (!) but touched down for the cherry blossom weekend, was also excellent. In fact, Nick wasn't the only pilot at this "training table"! Like the potted herbs that inhabit the center of Vapiano's tables, this bunch had plenty of interesting news and jokes with which to garnish the sometimes unsettled pre-race mind. To lend a different flavor to an already familiar task, to potentially transport the palate, to helpfully soothe the nerves.

## Website Update

Between February 8th and April 25th, [washrun.org](http://washrun.org) has received over 3,000 unique visits, and shared more than 8,000 unique page views. We have enjoyed visitors in over 41 Nations and 47 U.S. States. Here they are, in descending order of frequency (anyone you know?) Also check out these geospatial "[heatmaps](#)".



United States, United Kingdom, Canada, Japan, Netherlands, Australia, Switzerland, Germany, Belgium, France, Ireland, United Arab Emirates, Austria, Czech Republic, Denmark, Hong Kong, India, South Korea, Singapore, Argentina, Bosnia and Herzegovina, Brazil, Chile, China, Costa Rica, Egypt, Spain, Grenada, Greece, Haiti, Italy, Kenya, Mexico, Norway, **New Zealand**, Philippines, Portugal, Russia, Sweden, Slovenia, Slovakia



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



## Roll Call

*Here's a best attempt at enumerating the WRC diaspora and the club's email list. April 25, 2013*

Most Recent Active WRC Membership	Invited to {wrc-members}	Joined {wrc-members}	Total
pre-2011	95	15	110
2011	2	2	4
2012	9	7	16
2013	16	30	46
Recruit	0	2	2
<b>Grand Total</b>	122	<b>56</b>	<b>178</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 writing to <[wrc-members-subscribe@yahoogroups.com](mailto:wrc-members-subscribe@yahoogroups.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!

### 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.

### Non-Member Newsletter Subscribers

We'd like to encourage the 26 non-member subscribers to this monthly newsletter to show their ongoing support by renewing their membership with WRC. In case you don't know whether this means you, please check with the membership coordinator by writing to [membership@washrun.org](mailto:membership@washrun.org).

Membership dues pay for the club's operational costs, events, and fund member benefits. 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. So be wise—join WRC today!

## Financial Instagram

*The following is a snapshot of the club's war chest. Many thanks to James Scarborough, WRC Treasurer.*

### INCOME

Individual Memberships	\$600.00
Family Memberships	\$210.00
Donations	\$50.00
Clothing Sales	\$35.00
Team Competition	\$100.00
Club Banquet/Awards Party	\$40.00
Interest	\$0.70
TOTAL INCOME	\$1,035.70

### 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 31 March 2013)

Beginning Balance 1 January 2013	\$3,995.76
(+) Total income	\$1,035.70
(-) Total expenses	\$1,024.45
Ending Balance	\$4,007.01
Net for Year	\$11.25

## 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:*

WRC is [registered](#) as [USATF-Potomac Valley](#) club member # **10-0102**.

We have a **new Hotline** for voicemail and SMS text messages! It is **(571) 384-8972**. Free—when you call from work!

Our general email address is now [information@washrun.org](mailto:information@washrun.org). Please send [complaints](#) to [dev.null@washrun.org](mailto:dev.null@washrun.org).

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

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



This work by the [Washington Running Club](#) is licensed under a [Creative Commons License](#).