



Washington Running Club Newsletter

Volume 32, Number 5

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May 2013

New Members

Across the remainder of April and all of May, we've enjoyed a steady influx of new and renewing members of the club. Newbies include **Malcolm Lester** & his family, **Andrew Ackerman**, **Casandra Nied**, and **Lauren Gabler**. Renewing or returning WRC alumni include **Jen Norris** and **Gareth Coville**.

Malcolm Lester, 45, has lived in the District since 1991 and has taken advantage of the great running scene in the area by participating in road, track, and trail events ranging from the 800 to 50-milers. As a result of aging, a new job, and keeping up with three growing children (**Page**, 13, **Teddy**, 11, and **Grant**, 8), his running output has decreased in recent years, but he hopes his [WRC membership](#) will be the motivating spark he needs to regain the joy he has experienced from running and competing.¹ At the very least, Malcolm needs to get back in shape to come close to keeping up with his wife, **Hilary Cairns**, 42, a mainstay in the running and triathlon scene (husband notes proudly that his wife is an All-American triathlete!).

Andrew Ackerman, 31, grew up in Florida and recently got into running as an escape for his job as a financial reporter. He is thrilled that he ran a PR of 1:41:12 at the [Frederick Half Marathon](#) this month but horrified his fiancée with four black toenails.

Casandra Nied, 33, was born and raised in McLean VA. Her family is from Buenos Aires, Argentina. She works and plays downtown, but still lives in McLean, VA with her husband and two-year old little girl who is already a born runner. Aside from running, she enjoys traveling, spending time with family and friends, nutrition and cooking.

We sincerely and warmly welcome everyone!

Cooking with Mom

Run. Work. Eat. Sleep. by Christine Hackman

Mom, aka Ellen Hackman, is a great cook. Despite working full time as a psychologist and arriving home at 5:30P, she got dinner on the table each night for us three kids and Dad just as Dad walked through the door at 6:30P.

Ironically, she could not cook a thing when she and Dad first married, having lived at home her whole life except for that detour through the convent. But, she learned fast, quickly becoming able to produce an endless variety of meals for five, each in 45 minutes or less. She could also crank out an entire set of appetizers, meal and dessert for the dinner parties that she and Dad frequently hosted, and that she still hosts to this day.

Now, Mom had become a psychologist – with Dad's buy-in, of course - by completing her psych BA and MA with all three of us kids being under age 8. This had included a dissertation on the impact of birth order on creativity! And

¹ Veep, Carla Freyvogel, points out that Malcolm started out in life as an ice hockey player! To which Malcolm replies: "Yes, I did start out as a hockey player way back when, growing up in Mass., though I played lacrosse in college ... the people who knew me 35 years ago always ask if I still play hockey, because it was such a passion then; however, the people who have known me from the last 25 years probably would equate me with lacrosse (and running!)"

she had started working full-time immediately after that. She therefore drafted us kids into kitchen chores as soon as we were tall enough to reach the stove.



“When you get home from school, turn the oven on to 350, put the roast in the pan, slice the onion over it, sprinkle the soup mix on that, add a little water, cover it with the lid and put it in the oven. I’ll take it out when I get home.” – Hence, my sister, brother and I learned to cook at an early age. My bro could fry himself a hamburger in grade school. We all enjoy cooking to this day.

And we learned – in fact assumed – that a mom could work full-time. We knew our family was different – nobody else’s mom worked (Kentucky in the 1970s) – but we didn’t think it anything major. That’s just how our life was. I later learned however that several of my friends/cousins saw Mom as a role model – other than their teachers, she was the only working woman they knew.

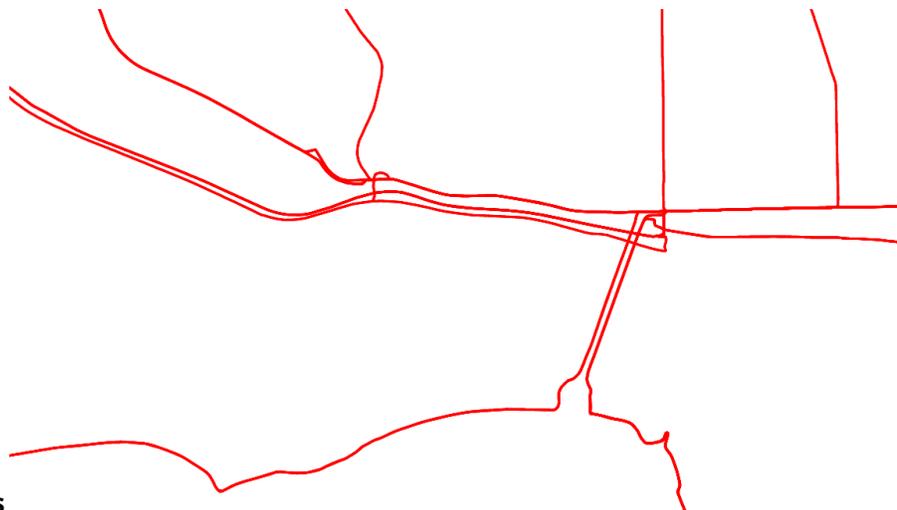
This turned out to be more about Mom than the recipes below. But I got them from her. So, enjoy!

Bleu Cheese Ball (6 appetizer servings?)

- 8 oz cream cheese, softened
- ¼ c. butter, softened
- 4 oz bleu cheese, crumbled
- 2/3 c. chopped black olives
- chopped walnuts to cover surface

1. Mix cheeses and butter.
2. Gently mix in olives (so as not to squish).
3. Form into ball then roll in nuts. Or, mash into a serving dish and press nuts on top.

Serve with triscuits and hopefully whiskey sours. Mmmmm.



All roads

lead to WRC!

Mom's Microwave Popcorn (1 serving; easy to multiply)

- 2 tbsp plain unpopped popcorn
- optional: ¼ tsp oil
- small paper bag (the size you'd use for lunch or take-out)

1. Optional: Mix oil and popcorn in small dish.
2. Put popcorn in bag. Fold top over leaving lots of air space inside bag; place upright in microwave. (Place paper towel or napkin under bag if you used oil.)
3. Microwave as you normally would the pre-packaged stuff (80-120 sec).
4. Season to taste; enjoy!

Seasonings (will stick better if you used oil): salt, parmesan cheese, nutritional yeast, taco or cajun seasoning, curry powder...



Mom's Pickled Beets (6 servings?)



- cooked, sliced beets: 2 1-lb cans, drained, or cook your own
- 1 c. vinegar
- 1 c. water
- 1 c. sugar
- ½ tsp. whole cloves
- ½ tsp. ground allspice

(It's fine to skip or vary the spices.)

1. Bring water and vinegar to boil in saucepan* big enough to hold everything.
2. Stir in sugar and spice; boil until sugar is dissolved.
3. Add beets; simmer 15 min. Strain if desired; I just leave mine in the cooking sauce.
4. Chill in fridge until serving time.

*Non-metallic pan is better, but if you use a metallic pan, pour everything into a different container before chilling.

(Photo captions, in order of appearance: Mom, Ellen Hackman, and bro, George Hackman Jr, June 1984. April 2010: Mom at the stove (green beans); Mom at the grill (brats); Piper hopes for an accident.)

Recent Race Results

Did we miss something? Please report your results to newsletter@washrun.org, and **especially** important, report your **Grand Prix** results to grandprix@washrun.org.

George Washington Parkway Classic 10M

April 21, 2013, Alexandria, VA

9 2007 Kirk Masterson 58:03 5:49

92 4446 Emily Farrar 1:06:42 6:41 (10th woman)

532 4972 Suzy Coffey 1:16:54 7:42 (2nd F55-59)

Crystal City 5K Fridays

April 26, 2013 - Arlington, VA

20 Andrew Killian 17:58

2018 finishers (in triathlon parlance, Drew was "chicked")

Woodson 5K To Benefit National Eating Disorder Association

April 27, 2013 - Fairfax, VA

PLACE	NAME	SEX	Chip	PACE	Gender
25	CHRISTINE HACKMAN	F	21:15	6:51	6

211 finishers

Athleta Iron Girl Columbia Half Marathon

April 28, 2013 - Columbia, MD

63 Jennifer Norris 1405 1:42:33 PB

1421 finishers

Nike Women Half Marathon

April 28, 2013, Washington, DC

BIB	Name	Age	Place	Div	D.Place	FINISH
5234	Emily Farrar	23	59	F20-24	19/2215	1:32:03
5179	Julia Taylor	41	113	F40-44	4/1386	1:34:39
1316	Elyse Braner	29	276	F25-29	70/3744	1:39:39
14966	Daniel Yi	32	1030	M30-34	15/91	1:49:59
11401	Grace Eginton	24	3652	F20-24	721/2215	2:05:21
8120	Carla Freyvogel	55	3653	F55-59	23/333	2:05:21

The North Face Endurance Challenge - Marathon

May 4, 2013, Bear Mountain, NY

7 Nelson Paz 4:41:08

53 Michaela Corr 5:46:10 (9th woman)

DNF - The rattlesnake that Nelson claims to have battled along the treacherous course

Race For Hope 5K

May 5, 2013, Washington DC

12 2539 Daniel Yi 17:59 5:48

Harpers Ferry Half Marathon

May 11, 2013, Harpers Ferry, WV

8 463 JEROLD PAULSON 2:06:34 9:40

Capitol Hill Classic 10M

May 19, 2013, Washington, DC

16 1875 Daniel Yi 37:07 5:59 Civil Rights Racers
23 1876 Benjamin Stutts 37:41 6:04 Hopkins Harriers
109 194 Rachel Clattenburg 42:08 6:47 Washington Running Club
159 2229 Julia Taylor 43:44 7:03 Washington Running Club
405 1406 Jerold Paulson 48:19 7:47 Washington Running Club
278 106 Christine Hackman 46:35 7:30 Washington Running Club
426 1180 Jen Norris 48:39 7:50 Washington Running Club

2013 Save The Trail 5K

May 25 2013, Chevy Chase, MD

18 Rachel Clattenburg 19:39 (6th woman)

Alexandria Running Festival - Half Marathon

May 26, 2013, Alexandria, VA

10. Julia Taylor 1:36:14 (2013 Virginia State Half Marathon Female Masters Champion!)

WASHINGTON RUNNING CLUB BOARD MEMBER MEETING

Saturday, May 11, 2013

Meeting Notes by Kirk Masterson

I. CALL TO ORDER/ESTABLISH QUORUM

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

II. SUGGESTED MODIFICATIONS TO AGENDA

10:05 a.m.

III. PRESIDENT'S REMARKS

10:05 a.m. (10:20)

1. We will stick to this agenda. These meetings are for reporting out and making decisions. The heavy lifting should be done outside of the board meeting so that recommendations can be presented to the board.
2. Recap of last board meeting (I'll do this since we do not have an appointed secretary)
3. Expectations (reiterated): Experiment – I will lend support in any way I can. Do what you can and have fun doing it. Respect each other.
4. Kudos
5. Running store opportunities for WRC at Pacer's

IV. BOARD MEMBER REPORTS

10:10 a.m. (10:28)

1. Vice President (Carla)
 - a. Book - appearance opportunity, leverage running store to draw in people to event and to WRC.
 - b. Appeal - we run then sit; Anatomy of a Runner. Carla to reach out to author (Jay Dicharry, MPT, SCS) to see about hosting an event, potentially at Pacer's. Reach out to Rob Gillanders as another avenue for bringing runners together for best practices.
 - c. 3. Girl's Gotta Run - status update - preferred location Georgetown Campus. Nike as a partner ideal. Need concrete date when we approach partners.
 - i. how to make this happen this time around - lessons learned
 - ii. October, early November for dates. Get on their calendar!
 - iii. Chartered group to reserve space - on campus running club (undergrads) - Michaela will look into it; may not be an official student organization at G'town
 - iv. Trying to reserve space through Graduate Services Office; triathlon club may be an option

(official orgs do so to get funding)

- v. Africa Forum vs. GWIA; Africa Forum may be less bureaucratic (Jess may still not be able to do it - may need higher approval)
2. Treasurer (James)
 - a. Treasurer's reports
 - b. Digest for calendar month (Kirk to work with Kit); all PayPal traffic goes to treasurer (James)
 - c. Write up inventory with unit cost for all merchandise
 - d. T-shirts
 - i. WRC volunteer events - free t-shirts to volunteers
 - ii. Give t-shirts to second or third time people who come to Sunday runs
 - iii. T-shirts to new members, but not to mail out
 - iv. Benefits of membership - building that up, so not concerned about
 - v. Decision: Purchase \$10; get it if you sign up as member (pickup); repeat visitors (at least 2 visits within a short time frame); retroactive for all this year for all members.
3. Membership Officer (David)
 - a. 49 members total; 10 joined since last board meeting; Brian Savitch, Bob Platt; Gerald Paulson; a few mystery people (unknown, just signed up);
 - b. Ease of it encourages payment
 - c. Head counts on Sunday? Every first Sunday of each month - group photo before each run. take a picture and send to webmaster.
 - d. Email last year on value of membership - reinvigorate the idea; members in good standing only? transition to members only; versus to diaspora - insider information; they become public later - being a member gets you fresh information. what are our premium items of membership.
 - e. Racing on teams - must be member from here on out.
 - f. Anybody currently subscriber to newsletter will continue to get newsletter; At end of 2013 - must be member; Kit proposed; James seconded; no objections. motion passed.
4. Chief Information Officer (Kit) (11:32 a.m.)
 - a. contributors to the website - encouraging contributions
 - b. sponsorship to companies now that new website established
5. Outreach and Community Events Officer (Michaela)
 - a. End of this month to August (gone to Brazil)
 - b. Organize community service events
 - c. Park cleanup (rock creek conservancy); Marriott beautify the mall (Nelson has contact)

V. MEMBER'S OPEN FORUM

10:25 a.m. (11:40)

1. one member present - Nelson; post running stretches; provide them with tools to be a better runner; stretching regimen afterwards - may be judged for not doing this. more emphasis on track workouts? one thing that withered away (track workouts) - time to reanimate them - auxiliary activities;
2. Rachel C and Emily B. - once a month destination run - Saturday or federal holiday; point to point run.; take advantage in warmer months to finish on waterfront - coolers of drinks and fruit; picnic; weekday night? beach towels. Short hill on K Street from underneath - Alan P. drills before a run; mix up things during the summer. warm-up or cool-down routines. advanced topics: foster knowledge of sport;

VI. MATTERS FOR BOARD DECISION

10:30 a.m.

1. Grand Prix (men's and women's recognition) - yes - make it explicit on website. awards - what kind of awards? how much?
2. Summer Start Time for Sunday Distance Run - yes. 7 a.m.; first Sunday after memorial day.; summer night dusk run; evolve to two start times when big enough; concession - swing past starting point at 8 a.m. - point person for 8 a.m. start. optional 7 a.m. Open to tweaks depending on membership reception of time changes.
3. Date for Next Board Meeting: August 17, 2013. Time and Location TBD.

VII. MATTERS FOR BOARD REVIEW AND INFORMATION

10:35 a.m.

1. Next Generation Singlet - Julia, Hilary, Rachel C.
2. Back to School Party in lieu of Summer Party - second weekend after Labor Day - approach Tris on party for

WRC; Sunday post run (September 15, 2013) - Pool Party, pot luck.

3. TBD

VIII. NEW BUSINESS

10:50 a.m.

1. Partnership opportunities “the idea” - running stores - limitations - Max presented idea to board - how to get our name out there; running shoe company - small company - technology in outsole; proposal is to get handful of shoe - volunteers to wear them; write down test results - give them feedback; blog about them; bio would be on their website; we mention we partner with them on our site; west coast presence, no east coast presence. Kit - opportunity for runners; emotional investment to test the shoes; strategic thought - trend in marketing of sponsored content - we don't want to be a mouthpiece for anybody else. Tell the story about the running - and the race, only brief mention of product. Their website is to collect first person stories. Tie product review into a story. It's not about the shoes; it's about the club.
2. Budget
3. Trail Etiquette (Kirk)
4. May 23 - Happy Hour
5. Jay Wind Safety and Health Foundation - participation (Roosevelt run 5k late August, September half marathon on towpath) - water stop

IX. ADJOURNMENT

11:00 a.m. (12:26 p.m.)

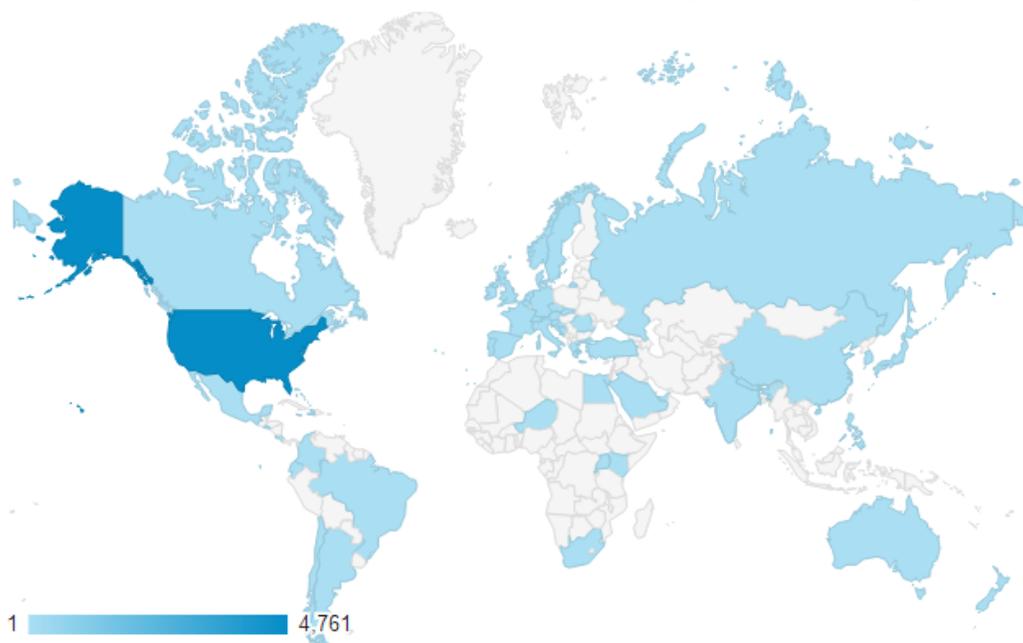
Kit motioned, Michaela seconded

NEXT BOARD OF DIRECTORS MEETING: AUGUST 17, 2013. LOCATION TO BE ANNOUNCED

Website Update

Between February and May, washrun.org has received over 5,000 visits, and shared more than 12,000 page views. We have enjoyed visitors in 50 Nations and 48 U.S. States (but still no love from North Dakota or Wyoming; rude!)

You can help add to the voice of your club by contributing to website's blog! It's super simple because we are using WordPress, which is as easy as writing an email. And yes, there's even [an app for that](#). To request an account for making contributions, please write to Kit at webmaster@washrun.org, and he will hook you up!



Roll Call

Here's our count of the WRC membership and the newsletter email list. May 31, 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	6	15
2013	17	34	51
Recruit	0	1	1
Grand Total	123	58	181

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>.

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 four 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 **24 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.

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	\$720.00
Family Memberships	\$240.00
Donations	\$50.00
Clothing Sales	\$35.00
Team Competition	\$100.00
Club Banquet/Awards Party	\$40.00
Interest + Net Transaction Costs	\$1.04
TOTAL INCOME	\$1,186.04

EXPENSES

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

ACCOUNT SUMMARY (for the period 1 January through 30 April 2013)

Beginning Balance 1 January 2013	\$3,995.76
(+) Total income	\$1,186.04
(-) Total expenses	\$1,024.45
Ending Balance	\$4,157.35
Net for Year	\$161.59

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**.

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

Our general email address is now information@washrun.org. Direct your complaints to dev.null@washrun.org.

To contribute or suggest corrections to this newsletter, please write to: newsletter@washrun.org.

To contribute to the club's website, please write to: webmaster@washrun.org.



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