



Washington Running Club Newsletter

Volume 32, Number 7

©2013 Washington Running Club

July, August, September 2013

New Members

This summer we've gained several new club members and have already received some renewals for 2014! Newbies include **Susan Emerson, Paul** and **Fiona Karlsen, Robert Kirk** and his son, **Piers Kirk, Andrew Wilcox, Nancy Marsillo, Shinobu Kasukabe** and her husband, **Michael Manning, Katie Tomlinson,** and **Brendan Sullivan.** Renewing or returning WRC alumni include some *especially* early-birds: **Jim** and **Adina Wadsworth.**

Susan Emerson, 39, started running regularly last summer and is finding that she loves the sport. With support from DC Running Coach (DCRC), she has finished two 5K's, an 8K on trails, two 10K's, and the Cherry Blossom 10 Mile Run in the past year. She has met her goal times for most of the road races; and she plans to run in many of these races again.

Susan grew up in New Hampshire and now lives in Chevy Chase, MD and works for the U.S. Environmental Protection Agency. She enjoys running in parks to stay true to her country roots and her love of nature and the outdoors. She ran track and cross country in high school, then took a 20 year break from running to focus on cross training activities including hiking, skiing, yoga, aerobics, and swimming.

Please contact Susan at seaturtleted@gmail.com if you are interested in helping her plan social events for WRC, including picnics in the park, or if you simply wish to introduce yourself and have a conversation about running and club activities.

Paul Karlsen, 35, is new to Washington having recently moved here with his wife Fiona, to take up a three year work assignment. Prior to this Paul was based in London although as a [proud Scot](#) he does not take kindly to accusations of Englishness!

Paul has been running for a couple of years and took part in his first marathon earlier this year (Rotterdam, in a neat 2:58:35). He has now caught a serious case of the marathoning bug and has Chicago lined up for the fall with another to follow in Springtime. And perhaps longer distances in future.

Outside of running, Paul is a keen cyclist and also enjoys hill walking, cooking and drinking too much red wine.

(Editor's note and biased opinion: Paul is also a member of both [Synergy RC](#) and [Enfield & Haringey AC](#). His [athlete profile](#) via British Athletics is about to get a makeover)

Robert Kirk joined WRC with the aim of participating in some of the Sunday runs as he eases his way back in (last marathon was 3 years back); his son **Piers** is more interested in training for middle distance running.

Nancy Marsillo, 55, lives in Warren, NJ. It is a very long run down I-95 for her to get to DC and run with the club, but the REAL reason she joined was because her daughter Freddi just became a freshman at GW, and Nancy anticipates being in DC for many a weekend over the next several years.

Nancy is not really a long distance runner, but pretty much the top item on her bucket list is running the NYC Marathon. While enduring the hardship of being a 3-time-NYC-lottery-reject and patiently waiting her turn for next

year, she decided to fill the time by doing the Philly Marathon in 2011, and is currently training for next month's MCM.

She really enjoys running in DC as it refreshing to see new scenery for a change, and it is FLAT. So, provided she can escape the ghosts of her past injuries, she hopes to finish MCM in the upright position, then tackle the 2014 NYC marathon, for which she is a guaranteed entrant (barring any hurricanes, bombings, locusts, frogs, or other natural or unnatural disasters of course). Then she will probably hang up the marathoning shoes and just run for the fun of it. Nancy would love to meet any other club members doing the MCM and looks forward to seeing y'all while in town for the GW Parents' Weekend October 12-14.

Brendan Sullivan, 23, is a recent college grad and recently moved to the Washington D.C. area from Detroit, Michigan. Most days he can be seen running around Rock Creek Park and Silver Spring.

We sincerely and warmly welcome everyone!

Cool down with a WRC cookout and pool party!

by *Carla Freyvogel*



Thanks to the generosity of our favorite running dentist, Tris, WRC will be having a cookout on September 8th. We hope to see many many faces there, blobbing in the pool and swigging beer.

For those of you who are running the Parks Half Marathon, we will especially welcome you with extra blobbing time and promises to listen to your riveting race reports.

WRC is supplying beer and wine. The rest is up to us. The event is potluck. Someone has already offered to bring fried chicken and our favorite running pastry chef has promised a carrot cake. What would you like to bring?

Time: **Sunday, September 8th, 4 to 8 pm**

Place: Kruger Chalet
9641 Accord Drive, Potomac, MD 20854
SE of the intersection of River Road and Falls Road
Accessible by public transit, T2 Metrobus line, northbound from Friendship Heights. [Schedule](#).

Bring: Family or a nice date if you want, a towel, swim suit and a dish to share.

To RSVP or if you have questions: Contact Carla at carla@washrun.org

Time Change to 8:00 a.m. for Sunday Distance Run; Effective September 8th!

Hurrah, the dog days of Summer are a thing of the past! Effective immediately, the Sunday Distance run will return to its regularly scheduled time of 8:00 a.m.

It's hot out! So, let's cook Southern

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

Cornbread – yields one 9” x 9” x 2” pan (9-16 servings)

Possibly the world's easiest baked good.

<p>¼ cup butter, margarine or oil 1 egg 1 cup milk ¼ cup sugar (can use less) 1 tablespoon baking powder 1 teaspoon salt 1 cup cornmeal 1 cup flour</p>	<p>Preheat oven to 425 F. If using butter or margarine, put in 9x9x2 pan; melt in oven while oven is preheating. (Check occasionally so it doesn't burn.) Grease pan if using oil.</p> <p>Meanwhile: Beat egg in bowl large enough to hold everything; mix in milk (and oil if not using butter/marg), then sugar; sprinkle baking powder and salt on top and mix in. Gently mix in cornmeal and flour.</p> <p>Remove pan with melted butter from oven. Carefully tilt pan to coat sides with butter; pour rest into cornmeal mixture. Mix gently.</p> <p>Pour cornmeal mixture into pan; bake 20-25 min until edges pull away from pan.</p>
--	--

Okra and Tomatoes (4-6 servings)

Good hot, or well-chilled as a salad. Tastes even better after a day or two.

<p>1 lb bag frozen sliced (unbreaded) okra 15 oz can diced tomatoes</p> <p><i>Optional veggies:</i> diced garlic, chopped onion, oil/butter/bacon in which to saute them</p> <p><i>Spices:</i> salt, vinegar, Worcestershire sauce, hot sauce, dried/canned chipotle peppers, liquid smoke. (Think Bloody Mary spices and you won't go wrong.)</p>	<p>If using optional veggies: saute them in medium-large saucepan in fat of your choice until soft.</p> <p>Add okra, tomatoes, and any spices you like. Bring to a boil; reduce heat, cover and simmer until okra is tender (maybe 5 minutes).</p>
---	--

Homemade Sports Drink

Adapted from Nancy Clark's [The New York City Marathon Cookbook](#) (Rutledge Hill Press, 1994).

<p><u>Ingredients:</u> water, lemon or orange juice, salt, sugar or sugar substitute</p> <p><u>Instructions:</u> mix all ingredients; shake well, chill</p> <p><u>Nutrition note:</u> the juice provides potassium, the salt sodium, the sugar drinkability (also helpful carbs) and the water... well, you know.</p>	<p><u>For six servings (approx one cup apiece):</u> six cups water, scant ½ teaspoon salt, ¾ cup lemon juice OR 3/8 cup orange juice, 6 tablespoons sugar (or equivalent amount of sugar substitute).</p> <p><u>For one serving:</u> scant one cup water, pinch salt, 2 tablespoons lemon juice OR 1 tablespoon orange juice, 1 tablespoon sugar (or equivalent amount of sugar substitute).</p>
---	--

(Editor's note: Nancy Clark is a friend and an excellent authority of sports nutrition wisdom. Strong recommend!)

WASHINGTON RUNNING CLUB BOARD MEMBER MEETING

Saturday, August 17, 2013

In lieu of actual recorded minutes, here is a collage of various reports that were submitted or discussed.

I. CALL TO ORDER/ESTABLISH QUORUM

9:00 a.m.

In attendance: James Scarborough, David Pittman, Kirk Masterson

II. Vice President's Summer Report (Carla Freyvogel)

1. Town of Runners: Still in talks with Georgetown Law Center. My apologies for this being so cumbersome. The movie will be discussed by the group called "Law at the Movies" early in September. Nike continues to be interested in sending a rep, if they schedule works. Stay tuned.
2. Track Workouts: All set to go at AU on Tuesday mornings until the end of the year. I am optimistic that we will gain some momentum with this and get to a point where we have actual workouts as a club.
3. Cookout, September 8th: All scheduled with Tris. I will send out a signup sheet next week so we know who can bring what. Also, that serves as a way to get a body count. If we do not get many guests signed up (6? 8?), I think we should postpone. Deadline for decision should be August 25th. Any chance the club can kick in for beer? Dessert?
4. Other community service: National Public Lands Day is September 28 with Dumbarton Oaks as a designated site. I want to find out more about this. Perhaps this is a raking, planting, pruning day for us? Thoughts?
5. Talk and clinic with Matt Barnes, physical therapist: I am not able to get Jay Dicharry who wrote the book Anatomy of a Runner. However, Matt Barnes, who turned me on to Jay and who has studied with him would be happy to give us a talk and clinic. He would talk about tissue changes and accommodation with training and the relationship of that to injury. He would then teach us some drills that address mobility and stability. I have asked John Kendra if we might use the workout room at the Turnberry, which is centrally located, I think. Not sure of the fees for this (for Matt or the space) but I suspect they will be reasonable. Anyone interested?

Questions, ideas, thoughts? Email me!

III. Chief Information Officer's Summer Report (Kit Wells)

1. The website is up and working stably. We've maintained our increased traffic since the website relaunched. Some of the formatting has been tweaked, but basically it's the same thing as before. The monthly website traffic reports to the board will continue. Our appearance's via "organic" search engines has increased 10-fold since February. The business listings (see [here](#)) are now validated and working to help drive traffic. I still have to implement the photo galleries. The club store for merchandise is up and running now. **I need a generic paypal button from Kirk to put on the generic "payment" page.** RunWashington flatters us by their recent relaunch, using many of the same design choices we made in February including using WordPress with a responsive theme.
2. The email accounts are currently working.
3. The voicemail is working by fielding incoming calls and syndicating them to Carla, Kirk, and me.
4. We are well within our web host, email, and apps quotas. I have done all the background work to be the primary contact for our domain name registration (which is paid up for several more years)
5. Social media is keeping on. Elyse B. has stepped down as admin for the FB group; that leaves Kirk and John Kendra. The account gets eyeballs, **but is vulnerable to spamming.** I need Kirk's help to subscribe content from the main website into the FB group, so that I can stop having to repost. Twitter has been more interesting, frankly, in terms of interacting with outside groups, although it doesn't drive much traffic to the website.

6. My current obsession is iterating upon the maps of our running routes: <http://www.washrun.org/maps/>. Mostly working on the interactive maps now:
 - o <http://www.washrun.org/data/maps/>. The stable version
 - o <http://www.washrun.org/data/maps/index-s.html>. The "small", lightweight stable version, embedded into website's pages.
 - o There is also an unstable "Alpha" of where things are going. Currently very slow to load but visually pleasing. It will get way better very soon.
 - o **I could use new, high resolution photos for the maps in the narrative description and need board members help with this. See <http://www.washrun.org/maps-details/>**
7. The maps project is currently a collaboration mostly with **Lauren Gabler**. We're documenting our work carefully. And we're reaching out to a lot of different nonprofits, governments, and programmers to get this done. I think that it will:
 - o help our current and future members train effectively, comfortably, and safely.
 - o increase visibility of WRC within and beyond the local running community, and perhaps nationally,
 - o set WRC apart as a class act, and help keep things interesting. It's equal parts a tool and an exercise in marketing.
 - o I don't anticipate needing anything from the budget to satisfactorily complete this project. If it gets big, we might want to afford a separate domain name/ web host, or a better version of what we've already got. But not right now.
8. There is an opportunity to participate at a health fair expo @ HUD hq in late September? Might be a nice place to solicit feedback on our maps, promote the club. Any interest by board members in attending?
9. I feel that monthly financial reports could be better, in that right now they are incomplete, omitting deposits sitting in PayPal. It is not enough to casually quote the amount we think is onhand over in PayPal. There is a lack of transparency here. With Kirk and James's consent and assistance, I would like to implement a tool called Mint as a dashboard, just to read what the balances are for both accounts at any given time. This doesn't allow any kind of activity with the accounts: it's a read-only kind of tool. The whole board should be able to see the balances at any given moment. More information here: <https://www.mint.com/what-is-mint/>.
 - o Having this would make sure the most complete information is available, particularly for the newsletters and meeting.
 - o **What I need from the Board ASAP is.**
 - Feedback on using Mint, like at-all. And if not, why not? how else can we solve the transparency problem?
 - Work with Kirk on automating transfers from PP to checking account/ monthly reports from PP to James. If this isn't going to happen, it only further emphasizes the need for dashboard too like Mint.
10. All the materials I have to support a filing by the board officers with the IRS for 501c3 letter of determination are available here: <http://www.washrun.org/about-us/>. Let me know if there's anything else I can do to support this important initiative that has been on hold since ~ 1985. <http://www.irs.gov/Charities-&-Non-Profits/Application-for-Recognition-of-Exemption>. We are bound by our founding documents to go the 501c3 path only.

IV. Discussion guided by "WRC membership proposal" by David Pittman

The general takeaway is that progress is being made on all aspects of this important proposal.

----- Forwarded message -----

From: **David Pittman**
 Date: Sat, Jun 23, 2012 at 4:34 PM
 Subject: WRC membership proposal

WRC board members:

I know I have been dragging my feet on certain recommendations I wanted to offer as membership

director. A lot procrastination, running, and life got in the way. Let me change that. In the spirit of President Kendra's message in our first board meeting this year, I pledge to make WRC a better organization in part with this email.

I have been kicking around several ideas having to do with my area. Let me share some thoughts with you. I wrestled with parts of this because I wasn't sure what exactly is in my domain and what isn't. As WRC revamps its board and organization, we must define and redefine roles. The membership director is basically charged with growing the size of the club and helping make WRC a more desirable group. But really that's everybody's responsibility, from the board down to every member. So I've tried to narrow my focus to only what I or any membership director can do to make WRC a more attractive organization for individuals.

First a general philosophy: any club or organization is more successful when they build a sense of community. WRC should create a bigger, better sense of community whether it's through more regular newsletters with more information on members, more social functions, more races, whatever. Hopefully, my suggestions below fit that mold. These are hopefully some actionable items we can implement. They are only my ideas and thoughts and are certainly open for discussion, interpretation and adjustment.

UPDATE MEMBERSHIP ROLLS

I don't know what information we have on current dues-paying, non-dues paying and inactive but still sort of interested members. Perhaps we need to update this information to make sure we have people's correct contact information, how long they've been a member, when was the last time they've dues, etc. If we have this, we can get in touch with people more easily if we need to. I'm not sure this currently exists and the point of building a phone tree or not being able to reach certain members was brought up I believe at a board meeting.

RECRUITING

This was a point Kit raised recently about reaching out to former members. There were some people who seemingly have dropped off the face of the planet. This could be for a number of reasons. I see no reason why the club can't reach out to these people and extend a personal, welcoming back. If they have disappeared and don't care to return, we could ask them why they left and what we could do better in the future to prevent this from happening again.

MECHANISM TO COLLECT DUES

We need better, more convenient ways to collect dues. For the most part, people write a check or pay in cash at the annual party in January. What if you can't make the party or want to join in the middle of the year? Hopefully, I am not the only person who thinks mailing checks is a bit antiquated. Not that it doesn't have a purpose or should be abandoned, but I think there are easier ways to collect dues from people willing to give us money and be members. It's also silly for us to continue to pay Active.com \$3.25 for a transaction. Don't we all pay them enough already for entry fees? For this, I turn to numbers quoted by Kit earlier this year:

- PayPal: For a \$20 individual membership, the surcharge works out to \$0.88; for a \$30 family membership, \$1.17. If/when WRC is a nonprofit, those surcharges could drop to \$0.74 and \$0.96.
- Google Checkout has rates that match PayPal's.
- Square, a relative newcomer, has similar rates here. Surcharges would be \$0.55 and \$0.825 respectively, with the bonus that people could be paid up in person but without cash via mobile.

Also, our current policy states that dues are renewed each January. If you pay after September, the dues cover all of that year plus the next year. If we have a better account of members, who has paid what and when, and have a better way to collect dues throughout the year, there is no reason why we can't keep a rolling account of members and move to have dues cover your membership for 12 months no matter when you join. For most active members, this period starts in January. But whenever dues expires, you can an email or phone call reminding you to pay. If we have a larger, more dynamic membership, having dues only paid in January could be cumbersome for members, I believe. Have dues cover 12 months whenever

you first pay would probably be more beneficial and fair for those who pay.

***I don't want to make a big deal on dues because I don't think it's a significant source of income for the club. Am I wrong? The point is, as Kit has said, is to get people to offer something or make a commitment even at \$20 per year to feel an obligation to do more or feel more apart of the organization. As Kit has said: "The goal isn't the money which is largely symbolic; it's the nominal investment of oneself toward the kind of collaboration that great competition has always required."

FRINGE MEMBERS

Per some conversation at a meeting, we need a better way to collect the interest of those not-so-regular members but maybe weed out folks who have never been or never intend to be integral parts of the club. I propose we set some deadline for becoming a member or face being excluded from such activities as racing teams, newsletters, free drinks at happy hours, etc. Of course anybody is still welcome to join us for Sunday runs, but the true 'benefits' of being a member should only be given to those members. Folks are still free to access such information like a change in start time for the Sunday run through our Facebook page and website.

BENEFITS

I believe we need to have something to reward dues-paying members each year with some sort of WRC-branded apparel they can wear while running. This can be a t-shirt, gloves, hat, skull cap or ear muffs, anything really. This would not only say thank you for being part of WRC but also market the club when people wear their gear out while running. My running club in Texas used to do this with great success.

I contacted two local stores to try and see if WRC could get some sort of discount for members. This is a common benefit among area clubs and one I'm pretty sure WRC used to offer. However, I never heard back from the stores. Any suggestions on this?

RACE SERIES

It's too late in the year to start but we could also see about developing a race series for members. Let me explain: We compile a list of local races (maybe one or two a month) where members can compete and sent their results to the club. We weight the results on a per-determined age grading calculator to make it fair with age and gender. At the end of the year, we take the person with the best average from their best five or six races to determine our "WRC Race Series Champion" or something like that. This could create races where WRC could really get behind and have a strong showing. It could also create that sense of community I mentioned before.

If you've made it this far in the email, thank you. I would love to hear what you think about anything I have written above. Am I missing something? Am I right on with anything I've said? Am I totally wrong in some areas? I am hesitant to move forward with some sort of blessing or feedback from other board members. As I said, I think some of these are very actionable, easy-to-take steps to make WRC a better organization.

--

David Pittman
Membership Director

V. ADJOURNMENT

10:30 a.m.

NEXT BOARD OF DIRECTORS MEETING: NOVEMBER 16, 2013. LOCATION TO BE ANNOUNCED

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.

Potomac Valley Track Club Go Fourth 8K

Thursday, July 4, 2013 W&OD Trail, Vienna VA

5K Name	G	Age	Time	M	F	Award
1 Jonathan Baker	M	29	27:15	1		M20-29 1 B.A.A #Unicorns
5 Rachel Clattenburg	F	29	33:16		1	F20-29 1
6 Kit Wells	M	36	33:35	5		M30-39 3
7 Daisuke Ogata	M	38	33:51		6	
12 Jay Jacob Wind	M	63	36:09	9		M60-69 1
18 Jerold Paulson	M	54	38:23	14		M50-59 2
33 James Scarborough	M	55	43:34		24	
41 Benjamin Stutts	M	24	45:47	28:47*	27	M20-29 2

91 finishers
* late start, due to confusing pre-race instructions

Rockville Twiligher 8K

July 20, 2013, Rockville, MD

Cancelled! due to lightning. Zero official finishers.
Daisuke, Fiona, Paul, and Kit ran the course, anyway.

DCRRC's 2013 Track Championship Mile Heats

July 24, 2013, Arlington, VA

Heat 12, Male Under 5:00

46 Ben Stutts 24 M Washington DC 4:46.86 12

38TH ANNUAL ANNAPOLIS 10 MILE RUN

88 2/168 Rachel Clattenburg 629 F 29 Washington DC 33:44 1:07:43 1:07:39
3342 finishers

2013 Larry Noel 15K Race

01 September 2013, Greenbelt, MD

41 James Scarborough M55 Mclean VA 1:35:51 1:35:52 35 9
70 finishers

Roll Call

Here's our count of the WRC membership and the newsletter email list. September 5, 2013

Most Recent Active WRC Membership	Invited to {wrc-members}	Joined {wrc-members}	Total
pre-2011	95	16	110
2011	2	2	4
2012	9	5	14
2013	18	37	55
2014	3	2	5
Grand Total	127	61	188

If you know someone who should be an active member of WRC in good standing, please encourage them to [renew their membership](#) for 2014. 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...2014?!

Stick by your club for 2014 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. The online membership option seems to have really taken off, so we're encouraging member to use that for their 2014 renewals as well. It's easy, cost effective, and leaves more time at the annual party for important things.

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 **23 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 contact the [Membership Officer](#). **Subscribers with dormant memberships from 2012 or before will be removed from the newsletter mailing list on January 31, 2014.**

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	\$740.00	
Family Memberships	\$270.00	
Donations	\$53.00	
Clothing Sales	\$555.00	
Race Services	\$250.00	*
Team Competition	\$100.00	
Club Banquet/Awards Party	\$40.00	
Interest + Net Transaction Costs	\$2.49	
TOTAL INCOME	\$2,010.49	

EXPENSES

Club Banquet/Awards Party	\$908.45
Team Competition	\$106.00
Clothing/ Uniform Purchase	817.69
Internet/Website	\$10.00
USATF Dues/ Insurance Filing	\$65.00
Registration Fees - DC	\$40.00
TOTAL EXPENSES	\$1,947.14

ACCOUNT SUMMARY (for the period 1 January through 31 August 2013)

Beginning Balance 1 January 2013	\$3,995.76
(+) Total income	\$2,010.49
(-) Total expenses	\$1,947.14
Ending Balance	\$4,059.11
NET FOR YEAR	\$63.35

* This reflects \$250 from Safety and Health Foundation for the Roosevelt Run 5K on August 28th.

New Singlets for 2013!

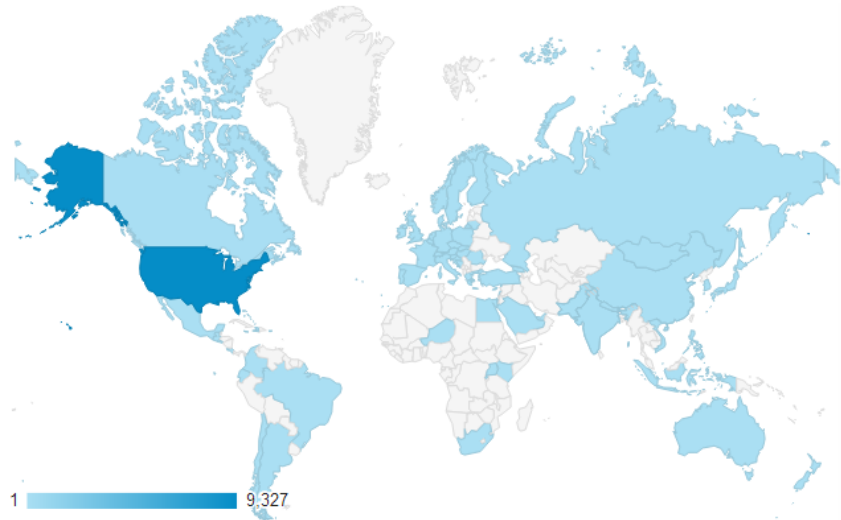
The 2013 series, designed and coordinated by Rachel Clattenburg



Website Update

Between February and September, washrun.org has received 9,800 visits, from 6,400 unique visitors, sharing more than 24,000 page views. We have enjoyed visitors in 73 Nations and all U.S. States (finally).

You can help add to the voice of your club by contributing to the website's blog! It's super simple. To request an account for making contributions, please write to the [webmaster](#), and we'll hook you up!



Current Board Members, 2013

[President](#): Kirk Masterson

[Vice President](#): Carla Freyvogel

[Treasurer](#): James Scarborough

[Membership Officer](#): David Pittman

[Chief Information Officer](#): Kit Wells

[Outreach and Community Events Officer](#): Michaela Corr

Vacant offices, for which we need club members to volunteer and fill:

[Secretary](#): Selection in Progress

[Race Team Manager](#): Selection in Progress

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 information@washrun.org.

Please send 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.



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