



Washington Running Club Newsletter

Volume 32, Number 8

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October 2013

New Members

Early into this fall, we've freshly picked another bushel of new club members, including **Anubhuti Mishra, Elizabeth McClure, Zealan Hoover, Nathan Nair, Belinda Reeve, Mary Baker, and Megan Haberle.**

Anubhuti Mishra, 26, shifted to US from India about a month back to pursue a PhD in Organizational Behavior at the Business School in University of Maryland, College Park. She started running 3 years back and has run several Half Marathons. Back in India, she was a member of two really exciting Running groups and wanted to be a part of one in the US as well. Although PhD doesn't leave her with much free time, she can be found running around College Park most days. Anubhuti is going to take part in her first Marathon with Marine Corps Marathon and is looking forward to train with the group on Sundays.

Nate Nair, 36, moved to Georgetown from Seattle. Recently returned to running and has been spending the summer trying to remember that October will be cooler as he trains for the upcoming Marine Corps, his first marathon.

Belinda Reeve, 29, is fresh off the plane from Sydney. Although a Kiwi originally, she won't hold it against you if you think she's Australian. Belinda's working for a year or so at Georgetown University, and plans to run around DC as much as possible while she's here. Who knows, she may even enter a race or two.

Mary Baker, 25, fell in love with running along the banks of the Potomac, the hills of Arlington, and the monuments of DC as an undergrad at Georgetown. She continues the love affair while training for her first marathon, the 2013 Marine Corps Marathon on October 27. She looks forward to meeting fellow runners in DC/NoVa and thanks them in advance for motivating her to roll out of bed and run.

Megan Haberle, 33, grew up in New Hampshire and spent eight years in NYC before moving to DC last spring. She's also logged time in suburban Philly (while attending Swarthmore College) and South Korea (teaching English). Megan is a civil rights lawyer working on housing policy. Since moving to DC, she and her dog have become regulars on the running trails of Rock Creek Park.

We sincerely and warmly welcome everyone!

NEXT BOARD OF DIRECTORS MEETING

10:00 AM, SATURDAY NOVEMBER 16, 2013, CHEZ MASTERSON

WRC President Kirk Masterson is offering up his place for the next quarterly Board of Directors meeting. 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. Check the [calendar](#) for full details. The street address is: Williamsburg Condominium, 1276 N Wayne St Arlington, VA 22201

All WRC members in good standing are both invited and encouraged to attend these board meetings. Those who wish to attend should RSVP by Thursday, November 14th to 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, curbside. After that, the meeting will commence promptly at 10:00 a.m., and last on the order of 90 minutes.

Spectating and Celebrating the MCM

by Carla Freyvogel, WRC Vice President

I will be staking out a spectating spot for the MCM and would love to have other non-running WRC members join me. The spot will be the 16 mile marker, which is also about 10.5. It is at the entrance area of Hains Point. (See this using the excellent course map, <http://www.mcmlocator.com/map>)

I will be joining **Joey Plank** and **Bethany Pribila** as they cheer for their team [Team Racing for Veterans](#) (R4V). Some folks may remember them from their handful of runs with us prior to their move to Minneapolis. They worked hard to establish this charity. The mission of R4V is: to support the rehabilitation of and provide opportunities for veterans in the United States through their involvement in athletics, races and adaptive sports.

Joey and Bethany have invited us to join their celebratory party at [World of Beer](#) in Arlington, VA from Noon to 4 PM (901 N. Glebe RD 105, Arlington, VA 22203).

An exciting day! Good luck to all runners!

Team Roster for the 2013 MCM

by Kit Wells

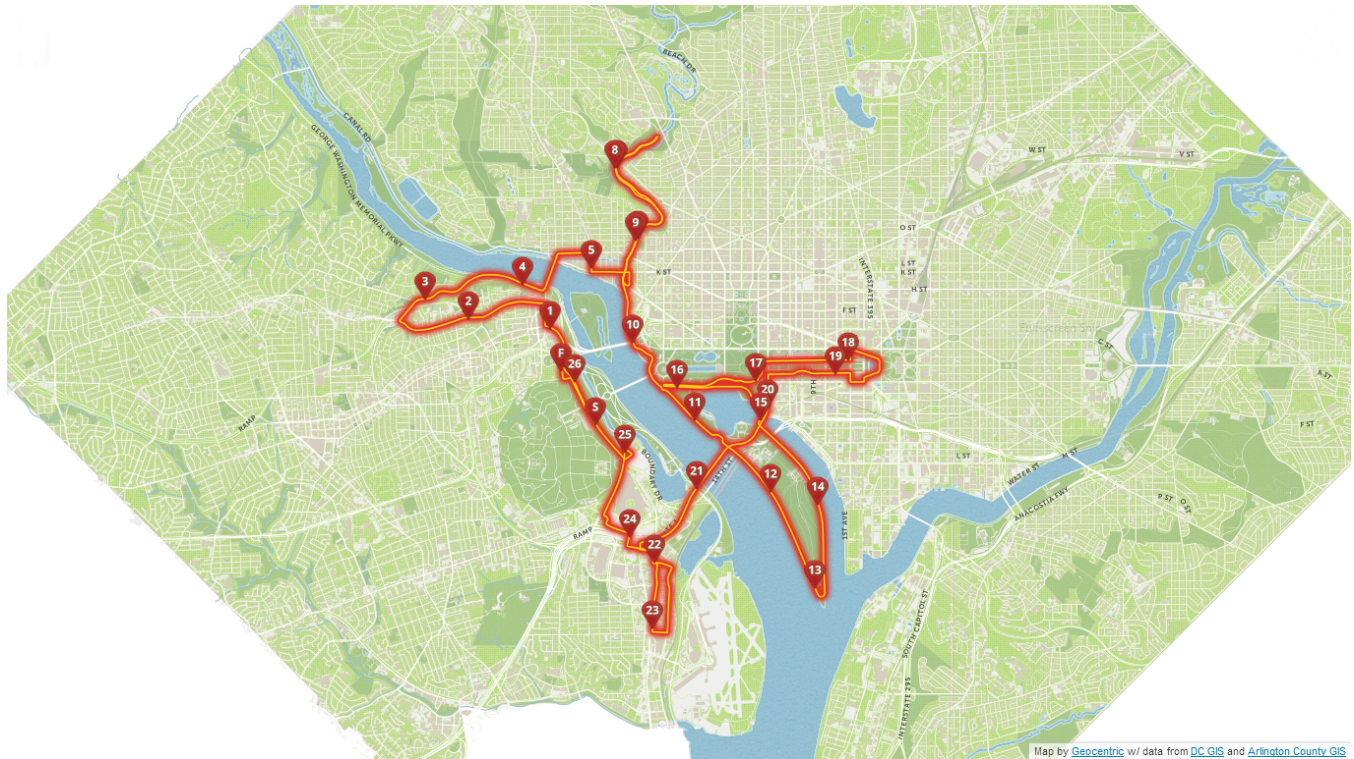
Thanks to the efforts of **Lauren Gabler**, we've entered the Mixed (as in co-ed, not stirred) Open Team competition for the 2013 Marine Corps Marathon. Here are all the WRCers who we know are racing, with a special star (☆) for those who have stepped it up a notch to represent the club.

| | | |
|-----------------------------|-------------------------|-------------------------|
| Rachel Clattenburg, 30339 ☆ | Andrew Killian, 19825 ☆ | Jerold Paulson, 30654 ☆ |
| Hillary Tipton, 16650 ☆ | Lauren Gabler, 21441 ☆ | Nancy Marsillo |
| Mary Baker | Gareth Coville | Jay Jacob Wind |
| Jamie Williams | Daniel Yi | Mark Wright |
| Robert Platt | Nathan Nair | Max Lockwood |
| Anubhuti Mishra | | |

If you would like to score on a team, please contact Lauren at lauren.gabler@gmail.com. She can make last minute changes while verifying the team information during Packet Pick-Up later this week.

Best of luck to everyone; this has been an excellent training cycle for so many of you!

The *Very Pretty* 2013 Marine Corps Marathon Map



We like it!

That First Step

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

The Lord Jesus Christ rolled back the stone, stepped out into the pre-dawn chill and, then, hands on hips, surveyed the dusty road heading west uncertainly. Had three days off really been enough? That whack on Friday had been pretty fierce, even by his standards.

The night's last stars twinkled at him. The cool, dry air felt good. Well, you couldn't ask for better weather. A small grey-brown bird off to his left pecked in the dust for seeds.

He rolled his shoulders. Did a few neck circles. Shook his legs out. Well, things felt okay... nothing too bad. But... seriously... already?

But it was time to go. His teammates needed him. And now that bird twittered impatiently at him. "Just get ON with it, will you?"

"Well, OKAY then," he retorted. Took a deep breath. And started jogging down the road to Emmaus.

[an excerpt from the distinctly non-Canonical (but ruthlessly effective) gospel of High Mileage]

Recent Race Results

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

Lehigh Valley Health Network Via Marathon

September 8, 2013, Bethlehem, PA

266 NICK WILLIAMS Dover, DE 1913 3:21:03

1361 Finishers

Parks Half Marathon

September 8, 2013, Bethesda, MD

Men

| | | | | | |
|-----|--------|---------------------|------------------|---------|------|
| 50 | 14/170 | 2561 Andrew Killian | 34 Lorton VA | 1:26:19 | 6:36 |
| 52 | 10/165 | 2025 Paul Karlsen | 35 Bethesda MD | 1:26:43 | 6:37 |
| 318 | 54/165 | 2559 Jesse Frantz | 38 Washington DC | 1:45:43 | 8:04 |
| 358 | 37/130 | 2204 Jerold Paulson | 54 Washington DC | 1:47:41 | 8:13 |

1135 finishers

Women

| | | | | | |
|-----|---------|------------------------|------------------|---------|-------|
| 41 | 5/186 | 2641 Julia Taylor | 42 Arlington VA | 1:39:24 | 7:35 |
| 77 | 8/161 | 2577 Christine Hackman | 49 Arlington VA | 1:45:13 | 8:02 |
| 322 | 62/209 | 2027 Fiona Karlsen | 36 London | 1:59:23 | 9:07 |
| 791 | 125/186 | 2380 Liz Lambert | 41 Washington DC | 2:20:20 | 10:43 |

1140 finishers

Navy-Air Force Half Marathon

September 14, 2013 - Washington, DC

| | | | | | | |
|-----|-----------------------|-----|--------------|----|---------|------|
| 51 | 2315 Nelson M Paz | 35M | Washington | DC | 1:24:51 | 6:29 |
| 55 | 1592 John R Kendra | 50M | Falls Church | VA | 1:25:09 | 6:30 |
| 58 | 2228 Daisuke Ogata | 38M | Arlington | VA | 1:25:54 | 6:34 |
| 163 | 1703 Shinobu Kusakabe | 42F | Washington | DC | 1:35:40 | 7:19 |
| 703 | 755 Michaela Corr | 28F | Washington | DC | 1:53:01 | 8:38 |
| 972 | 1448 Zealan Hoover | 23M | Falls Church | VA | 1:57:31 | 8:59 |

2474 finishers

Navy Five Miler

September 14, 2013 - Washington, DC

| | | | | | | |
|----|-------------------|-----|------------|----|---------|------|
| 10 | 10238 Charlie Ban | 31M | Washington | DC | 0:27:40 | 5:32 |
|----|-------------------|-----|------------|----|---------|------|

1358 finishers

EX2 Off-Road Half / 10K Marathon

September 15, 2013, Prince William Forest Park - Triangle, VA

10K

| | | | | | | |
|---|-----|-----|--------|-----|---------------|-------|
| 1 | 103 | Ben | Stutts | 24M | Washington DC | 40:58 |
|---|-----|-----|--------|-----|---------------|-------|

84 finishers

Half Marathon

| | | | | | | |
|----|-----|---------|--------|-----|---------------|---------------------|
| 19 | 294 | Hillary | Tipton | 24F | Washington DC | 1:50:17 (1st woman) |
|----|-----|---------|--------|-----|---------------|---------------------|

206 finishers

37th Annual Metric Running Festival - 26.2km Marathon

Sat, 21 Sep 2013, Columbia, MD

17 Rachel Clattenburg F 29 Washington DC 01:57:32 (1st woman)
302 finishers

St. Luke Wildcat 5k and Fun Run

September 28, 2013, McLean, VA

59 1/2 1814 Carla Freyvogel F 56 26:27 8:31
312 finishers

2013 Metronic Twin Cities Marathon

October 6, 2013, Minneapolis/St Paul, MN

Bib 2301 ANDREW ACKERMAN M31 WASHINGTON DC 3223/8857 2239/4924 374/816 3:59:38
8857 finishers

Baltimore Running Festival - 5K

Baltimore, MD - Sat, Oct 12th, 2013

18 Naoko Simonds F44 8041 20:03

Bank of America Chicago Marathon

October 13, 2013, Chicago, IL

555 Karlsen, Paul (GBR) Bethesda, MD Bib 1050 M35 1:26:21 2:54:56

Dead Man's Run 5K

October 19, 2013 - Congressional Cemetery, Washington, DC

2 114 Hillary Tipton 24F Washington DC 0:19:26 6:16 (1st woman)

23 35 Jay Jacob Wind 63M Arlington VA 0:23:05 7:26

217 finishers

5K for Public Education

October 19, 2013 West Chester, PA

31 Jesse Frantz 38M 25:03* 8:04

81 finishers, * employed talented eldest daughter as rabbit in first mile

Army 10 Miler

October 20, 2013, Arlington, VA

| PLACE | NAME | BIB | 10K | NET | DIV | GENDER | DIVISION |
|-------|----------------|------|-------|---------|-----|--------|----------|
| 313 | KIRK MASTERSON | 290 | 38:15 | 1:02:16 | 33 | 293 | M35-39 |
| 510 | ALAN PEMBERTON | 1449 | 40:24 | 1:04:59 | 1 | 479 | M60-64 |
| 1061 | JULIA TAYLOR | 1528 | 43:06 | 1:09:24 | 5 | 102 | W40-44 |
| 1967 | ELYSE BRANER | 71 | 46:04 | 1:13:53 | 81 | 280 | W25-29 |
| 2453 | DAVID PITTMAN | 1113 | 49:16 | 1:15:50 | 300 | 2067 | M25-29 |

Roll Call

Here's our count of the WRC membership and the newsletter email list. October 18, 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 | 5 | 14 |
| 2013 | 17 | 39 | 56 |
| 2014 | 6 | 6 | 12 |
| Grand Total | 129 | 67 | 196 |

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 way back 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. 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, 2013, your membership will be good for all of 2014! 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 **22 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!

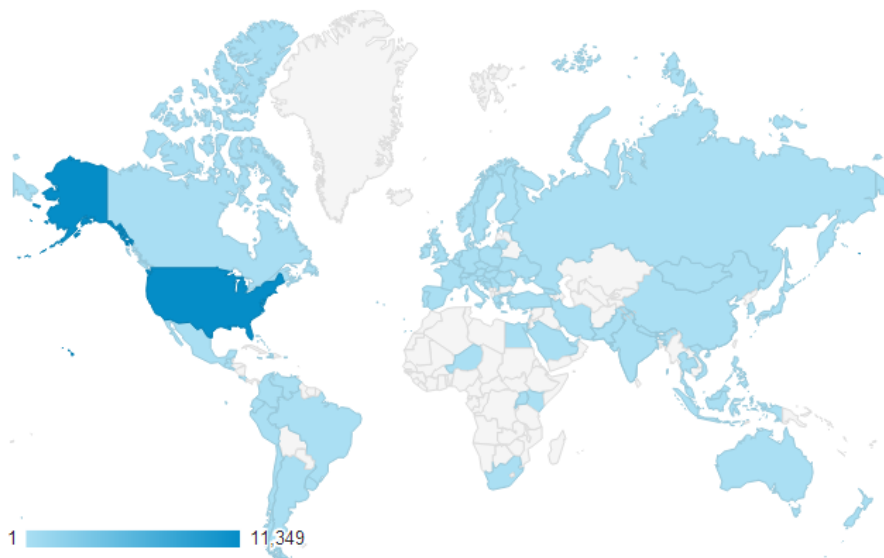
Financial Instagram

The next update of the club's war chest will come after October 31st, and be included in the November newsletter. Thanks to James Scarborough, WRC Treasurer.

Website Update

Between February and mid-October, washrun.org has received **12,000** visits, from **7,600** unique visitors, sharing more than **30,000** page views. We have enjoyed visitors from 83 Nations!

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](mailto:webmaster@washrun.org), 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](#), [Race Team Manager](#), Track Coordinator.

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.



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