



# Washington Running Club Newsletter

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November 2012

## Fall Happy Hour, November 8th

It's been nearly two months since the WRC gathered for a friendly happy hour. Since that time, we have several new regulars on our Sunday runs. How about we get to know each other in a different forum, over your favorite cocktail or non-alcoholic beverage? Club members will convene at Sequoia, a restaurant and bar on Georgetown's waterfront. Please join us for the regular get together.

What: Fall Happy Hour

When: Thursday, Nov. 8, 6pm to 8pm

Where: Sequoia at 3000 K St NW

Metro: The Foggy Bottom (blue/orange line) is the closest stop. There are a number of buses that run through Georgetown as well.

## WRC's Next Day of Service, November 17th, 9am

WASHINGTON RUNNING CLUB JOINS FORCES WITH MARRIOTT FOR ANOTHER DAY OF SERVICE!!!!!!!

THIS TIME: We plant tulip bulbs at the National Mall.

DATE: Saturday, November 17, 2012

TIME: Meet at the top of the Smithsonian Metro stop at 9:00am (accessible by the Blue or Orange line)

LOCATION: National Mall Washington, DC

ATTIRE: Wear sneakers and clothing that is comfortable and that you do not mind getting dirty.

The Marriott Washington Business Council and Microsoft Corporation have partnered with the Trust for the National Mall. They are the official nonprofit partner of the National Park Service dedicated to restoring and improving the National Mall. Let us help make the National Mall the best park in the world!

Along with Marriott employees from the Washington, DC Metro area and their friends and family members we will have the opportunity to work together as a team to transform the appearance of the National Mall. We will take on this challenge by planting tulip bulbs and raking leaves at the Lady Bird Johnson Commemorative Site on the National Mall.

All volunteers must complete the attached NPS Volunteer Services Agreement. If there are children participating in the clean up, their parents will have to complete the attached Volunteer Parent Approval Form. Carla will have that form available at Sunday runs on November 4th and 11th, as well as on site on November 17th.

A picnic lunch will be provided following the event. Lunch and tee shirts will be provided by Marriott. Please email Carla to confirm that you are joining us. A FINAL COUNT IS DUE TO MARRIOTT BY NOVEMBER 12TH.

## Recent Racing News

There have already been many terrific developments for WRC at the races this Fall, with many more hopefully in store. Over the past two weeks in particular, some great performance were made by WRC members at the Army Ten Miler (ATM) and the Marine Corps Marathon (MCM). The following is a best-attempt at capturing all the action. Unfortunately, some errors of omission will inevitably be made, for which we apologize in advance. Aggregating

these results is a labor of love, and WRC badly needs a results guru to keep track of your results for this newsletter. If you are interested in serving you club and can do this, please contact a Board Member, pronto!

Arlington 9-11 Memorial 5K, September 8

John Kendra, 18:27

Jen Norris, 22:27

James Scarborough, 25:19

Parks Half Marathon, September 9

Colin Fishwick, 1:14:13

Brian Savitch, 1:28:00

Alan Pemberton, 1:28:33

David Pittman, 1:32:15

Matthew Newman, 1:33:23

Rachel Clattenburg, 1:35:06

Julia Taylor, 1:35:30

Elyse Braner, 1:39:48

Liz Lambert, 1:54:59

Navy-Air Force Half Marathon, September 16

P.J. Martinez, 1:18:56

John Kendra, 1:24:34

Clarendon Day 10K, September 22

Julia Taylor, 42:41

Woodrow Wilson Half Marathon, October 7

Julia Taylor, 1:32:56

Army Ten Miler, October 21

Alan Pemberton, 1:04:18

Kirk Masterson, 1:05:21

David Pittman, 1:05:32

Julia Taylor, 1:08:40

Marine Corps Marathon, October 28

Daniel Yi, 2:37:33

Lucy Rogers, 3:13:08

Rachel Clattenburg, 3:23:23

Michaela Corr, 3:43:34

This coming weekend, Julia Taylor and Drew Killian are headed up to a recovering New York City for their marathon through the five boroughs on November 4th. Julia has been making remarkable progress in her campaign of races (see above), all pointing to a very fast time, a huge breakthrough personal best, and a competitive placement among masters women. When asked for his thoughts about the race director's decision to press on with the race, despite Sandy, Drew replied:

I've gotten 11 "likes" to my comment on the ESPN [article](#): "This race will be a huge (much needed) fundraiser for the city. It may also serve as a forcing function to accelerate some of the repairs and reopenings. I believe the race organizers are trying to do everything they can to minimize the impact/strain on the city while maximizing the benefit (\$\$\$, spirit, etc) for the city. We should be hoping for a successful event - not criticizing their efforts." Yes, I am still going to run. :)

We wish them both the best of luck, and urge them to be safe, race bravely, and bring back stories. Breaking News Alert: The New York Times, Friday, November 2, 2012 -- 5:21 PM EDT: [New York City Marathon Will Not Be Held Sunday](#). Story is developing, to be discussed at length at the Sunday Distance Run.

One week later, Prez. John Kendra will be racing the [Richmond Marathon](#) on November 10th, in what will be his longest race in several decades. The following weekend, several WRCers are scheduled to compete up at the [Philadelphia Marathon](#). Keep up the good work!

## Sister Clubs: Central Park Track Club

WRC now has a reciprocal drop-in agreement with the venerable [Central Park Track Club](#) (NY)! Thanks in part to Liz Lambert, we've been in touch with CPTC's [Devon Martin](#) and proposed a standing invitation between the two clubs: CPTCers are welcome to drop-in on WRC workouts and events. Devon warmly matched our offer: they are happy to 1) have any WRC members attend CPTC's workouts when they are in New York City, and 2) send their athletes to us when they are visiting the capitol! Now there's no reason for members of either club to train or compete alone when in the other's "turf". At the core of good competition is great cooperation.

## Even more volunteer opportunities: G.O.T.R. DC and NoVa

Girls on the Run DC is looking for help with their December 2nd 5K. They need volunteers, buddy runners - the more the merrier! Michaela Corr already signed up to be a buddy runner (along with some of her grad school friends) and would love to have a WRC contingent participate as well. Here is the [link](#).

Likewise, Girls on the Run NoVa needs the same type of help with their November 18th 5K. Kirk Masterson is recruiting WRCers to spread the love and help out there as well. Here's the [link](#).

## Internal Club Business

If you're reading this newsletter, congratulations, you survived the transition of our email list from Constant Contact to Yahoo! Groups. To date, only 46 out of 172 members of the WRC diaspora have made the transition to the new service. Unfortunately that leaves over 100 members in the lurch! Please feel free to forward this newsletter to your clubmates, or BETTER YET encourage them to subscribe for themselves by writing to [<wrc-members-subscribe@yahogroups.com>](mailto:wrc-members-subscribe@yahogroups.com).

On the near horizon for WRC are brand new online membership signup, online payment options for membership and merchandize, a shared online calendar of WRC activities, a brave proposal for a WRC "Grand Prix" of races in 2013, and the annual meeting/ holiday party in January 2013. Stay tuned!

## Current Board Members, 2012

President: John Kendra  
Vice President: Kirk Masterson  
Secretary of Communications: Jessie Dingwell Kennedy  
Secretary of Membership: David Pittman  
Secretary of Outreach and Community Events: Carla Freyvogel  
Secretary of Racing Activities: Emily Buzzell  
Treasurer: James Scarborough  
Member At Large: Deborah Pressley  
Member At Large: Kit Wells



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