



# Washington Running Club Newsletter

Volume 32, Number 1

©2013 Washington Running Club

January 2013

## WRC Takes ~~Third Second~~ First Place in Jingle All the Way 8K!

Contributed by John Kendra, WRC President

WRC runners turned out in force—both in number and individual performance—for the running of the annual JATW 8K race on December 8th. Though our intrepid racers bested all other teams, public accolades were alas not to be ours on that chilly Sunday morn, as faulty initial tallies led race organizers to bestow the Best Team award elsewhere during the post-race ceremony, and relegate WRC to third place. Only the sharp eyes and cage-fighting-honed email tactics of Emily Buzzell finally gave us our rightful due (though still awaiting our award...). We moved up to second place when Drew, initially overlooked somehow, was incorporated onto our balance sheet. Then for reasons unknown, the first place team was mysteriously removed from the results, giving us first place! Table 1 summarizes the WRC results.

	Name	Time	Pace/mi	Place (AG)
1	Kirk Masterson	28:46	5:48	3
2	Ben Stutts	28:52	5:49	10
3	Andrew Killian	30:13	6:05	10
4	Nelson Paz	30:34	6:09	11
5	Emily Buzzell	30:55	6:14	5
6	John Kendra	31:31	6:21	4
7	Emily Farrar	32:29	6:33	4
8	Lucy Rogers	32:41	6:35	7
9	Julia Taylor	33:47	6:48	4
10	Michaela Corr	35:47	7:12	24
11	James Scarborough	43:09	8:41	35

The event utilized the (too-) oft-employed twisty-turny course based (start and finish) at Freedom Plaza in downtown DC, running out and back on Pennsylvania Ave, with the aforementioned contortions---including no less than three hairpin turns---in between.

It's not exuberant newsletter blather to say that these runners "brought it" for this race. It was pretty clear no one got the message that this was a walk in the park. No mistake, this was a collection of sterling performances.

Kirk Masterson, following on his customary (and by now, many have come to believe, absolutely necessary, much like Samson's hair...) and vigorous lowering of pre-race expectations, pulled out the stops, topping by 7 seconds his fine 8K performance earlier in the year at the Rockville Twilighter. WRC rookie Ben Stutts made a great contribution in his first-ever WRC event, dazzling all with a speed for which our Sunday distance runs simply have not provided a showcase. Drew Killian realized some small yet no doubt still-gratifying payback for the frustration of his unexpended NYC marathon training, turning in a terrific 6:05 PR pace. Nelson Paz was seconds behind, reportedly encumbered by an imprudent wardrobe selection (ahem). Seriously, it was evident that Nelson, probably more than anyone, dug deep for this one.



**Figure 1:** (A subset of the) WRC runners at the Jingle All the Way 8K, post-race. (l-r) Ben Stutts, Kirk Masterson, Julia Taylor, Emily Buzzell, and John Kendra

Emily Buzzell demonstrated that she is back in fighting trim, turning in a great 6:14 pace, besting her last year's JATW outing by a couple seconds/mile, while signifying as well that she is in an ideal state for the start of her Boston marathon training. It was with mixed feelings that I watched Emily glide by about two miles into the race and gradually extend her lead. Unlike Drew, I cashed my Marathon training check at the Richmond Marathon four weeks earlier and was reaping the pitiless bounty of four weeks of scant running.

WRC women's impressive showing continued with outstanding performances by new member Emily Farrar out of Washington state; Lucy Rogers, following her dazzling 3:13 at MCM; Julia Taylor, narrowly missing paydirt with a 4th place finish; and lately-prolific (with two 2012 marathons), Michaela Corr. Rounding out the ranks was WRC stalwart and current club Treasurer, James Scarborough.

## Near Future Racing plans

### Cherry Blossom 10 Miler—Coordination

December's most important lottery is over, and the club came back with a fistfull of winners! From these deep ranks, we'll submit the maximum number of teams composed of five (5) members to the Open Women's and Open Men's divisions of the CUCB Running Club [competition](#). Last year, WRC finished 6th and 3rd, respectively, with lots of room for improvement.

#### WRC Dames (5)

Elyse Braner, Cristina Burbach (also CAR), Madeline Harms, Laura Jennings, Julia Taylor

#### WRC Dudes (16)

Gareth Coville, John Kendra, Andrew Killian, Jim Kopetsky, Kirk Masterson, David Pittman, James Scarborough, Robert Trost, William Turanchik, Kit Wells, Jay Jacob Wind, Daniel Yi (also Dojo), Greg Barnhart, Matthew Chesnes, Geoff King (also Dojo), Robert Platt

If one or two additional runners are needed to fill out a team, we might be able to request an entry code "exemption" for latecomers. Please let [Kit Wells](#) know if this could be you. Time is of the essence—exemptions can only be requested in January. Otherwise, if you haven't already entered into this race, your only recourse is either to apply as a [seeded runner](#) or else to purchase a [transferred number](#) in February.

Exactly as we did last year, WRC will combine forces with some rarified elements (8 men, 1 woman) enrolled in the "Dojo of Pain", to supplement our own running fibre. There is an idea of promoting one of teams up into the Elite Team competition. Team rosters will be submitted by Kit Wells and Daniel Yi in mid-to-late January, with an opportunity for final adjustments in February.

### Grand Prix proposal for 2013

David Pittman proposes a bona fide Grand Prix to concentrate WRC racing efforts in 2013! The idea behind a race series or grand prix is to add some form of competition within our club. It lets members know these are races fellow runners are targeting and attending. David's picked a set of races that are local, popular, easy to enter, and preferably have a team scoring component. He's also outlined the rules below. It's really very simple.

Here is the current slate for the 2013 Grand Prix (also available on the [WRC Calendar](#))

Sun Feb 17, 2013	<a href="#">George Washington Birthday Classic 10k</a> 600 Dulany St, Alexandria, VA
Sun Mar 10, 2013	<a href="#">St. Patrick's Day 8K</a> Washington, DC
Sat Mar 16, 2013	<a href="#">Rock 'n' Roll USA Half Marathon</a> Washington DC
Sun Apr 7, 2013	<a href="#">Cherry Blossom Ten Mile</a> Washington, DC
Sun Apr 21, 2013	<a href="#">GW Parkway Classic</a> Alexandria, VA
Sun May 19, 2013	<a href="#">Capitol Hill Classic</a> Washington DC
Sat Jun 8, 2013	<a href="#">Lawyers Have Heart 10k</a> Washington DC
Th Jul 4, 2013	<a href="#">TBD</a>
Sat Jul 20, 2013	<a href="#">Rockville Twilight 8k</a> Rockville MD
Sun Aug 25, 2013	<a href="#">Annapolis 10 Mile Run</a> Annapolis MD
Sun Sep 8, 2013	<a href="#">Parks Half Marathon</a> Rockville MD
Sun Oct 6, 2013	<a href="#">Woodrow Wilson Bridge Half Marathon</a> Mt. Vernon, VA
Sun Nov 10, 2013	<a href="#">Veterans Day 10k</a> Washington DC
Sun Dec 8, 2013	<a href="#">Jingle All the Way 8k</a> Washington DC

### Grand Prix Rules and Scoring

- Runners must complete 5 races to qualify for the grand prix.
- You can always run more, but your best five races will count toward your final score.
- You must submit your race results to grand prix coordinator (currently [David Pittman](#)).
- We will use the Running Times age-grade calculator ([here](#)) to calculate points.
- We will use the sum of the points from your best five races to score the grand prix points.
- We will update standings monthly in our newsletter.
- The competition will only be open to active, dues-paying WRC members.
- Some race series allow one "at large" race for consideration. That's an option too.

The overall winner will receive an award and heaps of recognition at the end of 2013. This would be in addition to our runner of the year, who is hopefully a different person. Thoughts, ideas, suggestions? Let David know, so that he can make a final announcement at the annual party later this month.

# Annual Meeting and Party

Contributed by Kirk Masterson, WRC VP

[Article VI of the WRC's bylaws](#) requires that we hold an annual meeting, so we might as well make it a party! Additionally, this is when the club elects its next President and Vice President. If you have the post-Inauguration Ball Blues, this is your chance to rally and revel with your fellow runners in a (nominally) sweat-free environment. Most importantly, this is our chance to recognize outstanding members with our annual awards presentation.

We need **you** and **your nominations** for club officers and club awards!

## Details:

What: Washington Running Club Annual Party/Meeting

When: Saturday, January 26, 2013 from 7 to 11 p.m.

Where: [James Hoban's Irish Restaurant and Bar](#) (1 Dupont Circle NW, D.C., 20036); (202) 223-8440; [www.jameshobansdc.com](http://www.jameshobansdc.com). James Hoban's is easily accessible via Metro's Red Line [Dupont Circle Station](#).  
Dress Code: Casual

## Agenda:

- Have a great time seeing all your WRC running buds while enjoying drinks and scrumptious heavy hors d'oeuvres, all in a great historic pub in DuPont Circle
- Presentation of awards to best WRC runner, Most Improved, Distinguished Club Service, others...
- Elections for WRC President and Vice President for 2013
- Raffle of valuable running swag!

## Cost:

- \$10 WRC members
- \$20 non-members
- Special deal, party night only: \$20 gives admission + WRC membership (renewal or first time membership)

## How to RSVP + What You Get:

- RSVP to [washrunclub@gmail.com](mailto:washrunclub@gmail.com). The first 40 RSVPs receive TWO (beer/wine) free drink tickets per guest. Pay admission at the door.
- RSVP deadline: 11:59 p.m. Friday, January 25, 2013
- You can attend without an RSVP; admission fee is still required.
- Drink tickets not picked up by 9:30P night of party will be released to other guests.
- Hors d'oeuvres for all paying guests.

## How to nominate awardees/club officers:

- Nomination deadline: 11:59PM Thursday, January 24, 2013
- Self-nominations for leadership positions are not only permitted, they are highly encouraged; this is no time to be modest. The club is only as strong as its members' participation in its activities. If you are interested in a leadership position in the club (President or Vice President), please send an email to [Kirk Masterson](#). Similarly, if you are interested in any of the non-elected, appointed positions (i.e., Treasurer, Secretaries, and Members at Large), please communicate this to the [incumbents](#) or announced candidates so that you may be considered. And finally, if you want to help the club out in an informal capacity or on a specific initiative, please send an email as well.
- For award nominations please send an email to WRC President, [John Kendra](#). (We already have some nominees...)

**SEE YOU THERE!**

## Roll Call

Here's a best attempt at enumerating the WRC diaspora and the club's new(ish) email list.

Member of WRC in 2012?	Invited to {wrc-members}	Joined {wrc-members}	Total
No	102	23	125
Yes	15	29	44
Total	117	52	169

If you know someone who should be a current 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 having them write to <[wrc-members-subscribe@yahoomgroups.com](mailto:wrc-members-subscribe@yahoomgroups.com)>.

## Membership Renewal for 2013

The club's board members are launching a new, streamlined, and more elegant process for joining the club and renewing memberships, via our [website](#). The goals of this 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. Here are the usual details:

### Annual Dues

Individual Membership: \$20 per year

Family Membership: \$30 per year

### Current Members

**Please renew in advance of the annual meeting and party.** If you are currently a member, then your membership will expire on January 31, 2013. This will help reduce the administrative burden and cash accounting the night of the party so that everyone can focus on celebrating the club's accomplishments during 2012.

### New Members

If you joined on or after September 1, 2012, your membership will be good for the rest of this year and all of next year! If you're not sure, contact Kirk Masterson and he will let you know when you joined WRC.

Your dues pay for the club's operational costs and fund member benefits. These include, but are not limited to:

- City registration and running organization affiliation fees
- Website and member communication costs
- Subsidization of annual party (including awards, when applicable)
- Subsidization of select WRC team races
- Subsidization of WRC racing singlets
- Miscellaneous expenses (bank fees, postage, etc.)
- Other associated operational costs when appropriate and necessary
- Donations to worthy running-related causes.

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.

## Financial Instagram

The following is a snapshot of the club's war chest for the 2012 calendar year through December 31th.  
Many thanks to James Scarborough, WRC Treasurer.

### INCOME

Individual Memberships	\$982.23
Family Memberships	\$210.00
Donations	\$270.00
Clothing Sales	\$285.00
Race Services	\$200.00
Club Banquet/Awards Party	\$65.00
Interest	\$3.50
TOTAL INCOME	\$2,015.73

### EXPENSES

Meetings/Social	\$161.00
Club Banquet/Awards Party	\$947.30
Team Competition	\$37.50
Individual Competition	\$0.00
Clothing/Uniform Purchase	\$930.00
Internet/Web Page	\$460.00
USAT&F Dues/Insurance	\$0.00
Equipment	\$0.00
Printing/Postal	\$0.00
Supplies	\$0.00
Registration Fees - DC	\$130.00
Awards/Trophies	\$120.04
Donations	\$0.00
Other	\$0.00
TOTAL EXPENSES	\$2,785.84

### ACCOUNT SUMMARY (for the period 1 January through 31 December 2012)

Beginning Balance 1 January 2012	\$4,765.87
(+) Total income	\$2,015.73
(-) Total expenses	\$2,785.84
Ending Balance	\$3,995.76
Net for Year	(\$770.11)

## Current Board Members, 2012

President: John Kendra  
Vice President: Kirk Masterson  
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: Kit Wells



This work by the [Washington Running Club](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 United States License](#).