



# Washington Running Club Newsletter

Volume 32, Number 2

©2013 Washington Running Club

February 2013

## New Members

**Emily Farrar**, 23, from Bainbridge Island, Washington (outside of Seattle) moved to DC in May 2012 after graduating from college, and is working numerous jobs while coaching High School track at Washington-Lee High School in Arlington. She's running to stay in shape and meet new people, and enjoys racing from time to time.

**Nick Williams**, 30ish, originally from Charlotte, NC is finally officially joining the club after running with WRC for 8 years with a 7-year military-forced hiatus in the middle. He will be an occasional Sunday morning long run participant, as it is a long drive from his home in Dover, DE. He could be enticed to come to DC more often by the prospect of racing, beer or blueberry pancakes.

We sincerely welcome Emily and Nick into the club!

## Annual Meeting and Party Recap

*by Kit Wells*

*(This is a brief recap of the evening, with a full-bodied account to follow in the next issue & on the website)*

The club's annual meeting and 2012 year-end party was held on Saturday evening, January 26th, 2013, at James Hoban's Irish Restaurant in Dupont Circle. The club went in a different direction this year and presented four outstanding runner awards. Also recognized was the Alfred tomFelde recipient for 2012.

### Awards for 2012 Highlights

#### Male Runner of the Year – **Kirk Masterson**

Cherry Blossom 10M (59:56), Rockville Twiligher 8K (28:52), Jingle All the Way 8K (28:46)

#### Female Runner of the Year – **Julia Taylor**

Parks Half Marathon (1:35:30), Clarendon Day 10K (42:41, PB), Woodrow Wilson Half (1:32:56, PB), ARMY Ten Miler (1:08:45, PB), 1st Inaugural NYC-in-Arlington Marathon (3:54, CR)

#### Male Rookie/ Most Improved of the Year – **Ben Stutts**

The Hills Are Alive 10K PART II (38:57, backwards & forwards) , Jingle All the Way 8K (28:52)

#### Female Rookie/ Most Improved of the Year – **Michaela Corr**

San Diego Marathon (4:03:10), Spin in the Woods 8K (44:20), Marine Corps Marathon (3:42:20), Jingle All the Way 8K (35:47)

The club awarded the annual [Alfred tomFelde trophy](#) to Secretary of Outreach and Community Events, runner, and dedicated volunteer **Carla White Freyvogel** for all her work for the club.

Elections for the offices of President and Vice President for 2013 were capably facilitated by **Dan Yi**, in which the club respectively chose Kirk Masterson and Carla Freyvogel! Outgoing club President **John Kendra** was presented with a gift from the 2012 Board of Directors, thanking him for his catalytic contributions throughout a highly successful two year tenure. Congratulations to all, and here's to a wonderful year for WRC in 2013!

## Near Future Racing plans

### Cherry Blossom 10 Miler—Coordination

We've recruited members for the maximum number of teams composed of five (5) members to various divisions of the CUCB Running Club [competition](#). Last year, WRC finished 6th among Women's Open and 3rd among Men's Open, with lots of room for improvement.

Exactly as we did last year, WRC will combine forces with the "Dojo of Pain", to supplement our own running fibre, promoting one team up into the Elite Team competition. Here are the team rosters as they currently stand:

#### **Dojo Racing - WRC;** Team Category: Washington Metropolitan Men's *Elite* Teams

- 1 King, Geoff (M34)
- 2 Pruitt, Christopher (M30)
- 3 Rumery, Shawn (M27)
- 4 Stutts, Benjamin (M24)
- 5 Yi, Daniel (M32)

#### **Washington Running Club + Dojo;** Team Category: Running Club Men's Open

- 1 Angell, Christopher (M32)
- 2 Coville, Gareth (M33)
- 3 Martinez, P.J. (M32)
- 4 Masterson, Kirk (M37)

#### **Washington Running Club & Dojo;** Team Category: Running Club Women's Open

- 1 Braner, Elyse (F28)
- 2 Harms, Madeline (F27)
- 3 Jennings, Laura (F31)
- 4 Whittaker, Janet (F38)

#### **Washington Running Club: Dudes;** Team Category: Running Club Men's Open

- 1 Killian, Andrew (M33)
- 2 Pittman, David (M28)
- 3 Wells, Kit (M36)

#### **Washington Running Club: Mixed;** Team Category: Running Club Mixed Masters

- 1 Kendra, John (M50)
- 2 Pemberton, Alan (M60)
- 3 Scarborough, James (M54)
- 4 Taylor, Julia (F41)
- 5 Turanchik, William (M46)

#### **Washington Running Club: Sages;** Team Category: Running Club Men's Open

- 1 Kopetsky, Jim (M52)
- 2 Platt, Robert (M61)
- 3 Trost, Robert (M66)
- 4 Wind, Jay Jacob (M63)

A few (5) slots remain available for some more members to score with WRC at the Cherry Blossom 10 Miler. If this interests you, please contact team entry coordinator [Kit Wells](#).

## Grand Prix Gets Underway for 2013

**David Pittman** is managing the 2013 Grand Prix to concentrate WRC racing efforts! The idea behind a race series 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 slate for the 2013 Grand Prix (also available on the [WRC Calendar](#) on the **new website**)

Sun Feb 17, 2013	<a href="#">George Washington Birthday Classic 10k</a> 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](#), David Pittman.
- We will use the Running Times [age-grade calculator](#) 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 and up on the [website](#).
- The competition will only be open to active, dues-paying WRC members.
- Some race series allow one "at large" race for consideration. That's still 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 or concerns? Contact the [Grand Prix Coordinator](#). Otherwise, good luck!

## Dean and DeLuca - See you next Sunday!

by Kirk Masterson, President

Despite speculation from unknown sources, the out-of-compliance item 38 of the February 6, 2013 D.C. Department of Health [Food Establishment Inspection Report for Dean & DeLuca](#) regarding “personal cleanliness” was not in reference to WRC club members post-run. After all, the inspection was conducted on a Wednesday and you truly must be present to win this contest. I will simply consider our membership as “not observed.”

I understand and share in your trepidation in continuing our Sunday socializing at this establishment. Get over it. We live in a dirty world and no place is immune, especially the urban environs of Georgetown.

Let’s look on the sunny side of life:

- They are on notice and must take corrective action to fix their discrepancies
- They were permitted to reopen
- No blood, no foul. If you’re reading this, then you survived the health risks previously posed by this establishment
- D&D dirty laundry was aired. All customers now have a heightened sense of what should be rather than to accept what is.
- Tarnished reputation. They are, or at least should be, embarrassed, especially as a purveyor of gourmet foods. What better time to listen to your customers than when you’re already on the knocked to the ground?
- Now is a perfect time to recommend improvements or submit constructive criticism about their Sunday morning goods and services.

The dark side of life is that we have nowhere else to go! At least nowhere comparable that is nearby and could accommodate our post-run socializing that I am aware of. Currently, Plan B = Plan A. Suggestions are welcome, but if you’re going to take time to develop a Plan B, also take some time to improve Plan A.

One thing is for certain: without feedback things will remain the same. The D.C. DOH gave them their feedback; WRC as customers should do the same: [Dean & DeLuca Customer Care](#).

## Website relaunched, desperately seeking authors

by Kit Wells

As most of you have already learned, we’ve flipped the switch on a new website for the club over at [washrun.org](#). It is far from perfect. I can only explain this decision by confessing my secret: it took a quantity of cold beers and delicious slices of [Naked Pizza](#) for fearless leaders Kirk and Carla to wear down my defenses, and convince me to take some risks. What can I say—everyone has a price! So together we did it, and now I guess we’re all doomed.

Just kidding! The site is awesome, so fresh, so clean, fast, and once again OURS. The idea was to *publicly* re-offer as much of the club history as possible, while accelerating the ability to do lots of new stuff. The strange brew of archives and breaking news can inebriate alumni, current members, and recruits alike. More importantly, our website serves a different purpose than these newsletters, which are monthly communications *within* WRC.

The site positively *begs* to be more collaborative, so I am recruiting authors and photographers to contribute posts in the voice of their club. [Posting](#) to the website is easy, and YES, there’s even [an app](#) for that! To sweeten the deal, anything posted at washrun.org will be republished via RSS feeds, Twitter, and Facebook channels, so that nobody misses the information. If you are interested in contributing, please write to me, [kit@washrun.org](mailto:kit@washrun.org).

## Roll Call

*Here's a best attempt at enumerating the WRC diaspora and the club's email list.*

<b>Most Recent Active WRC Membership</b>	<b>Invited to {wrc-members}</b>	<b>Joined {wrc-members}</b>	<b>Total</b>
<b>2010 or before</b>	96	15	111
<b>2011</b>	2	2	4
<b>2012</b>	9	8	17
<b>2013</b>	9	28	<b>37</b>
<b>Recruit</b>	0	3	3
<b>Grand Total</b>	116	<b>56</b>	<b>172</b>

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 having them write to <[wrc-members-subscribe@yahoogroups.com](mailto: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 three dozen souls who already renewed either at the Annual Meeting and Party, mailed in their dues, or did it online, thank you! Everyone else, please come along!

### 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.

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.

# Screening of “Town of Runners” planned for late April

by Michaela Corr

WRC is organizing a screening of [Town of Runners](#), an official selection at both the 2012 Tribeca Film Festival and the Sheffield Doc/Fest. The documentary is based in running-hotbed Bekoji, Ethiopia, featuring two girl runners determined to pursue their dreams despite the harsh realities of young impoverished females in rural Africa.

In honor of the [Nike Women's Half Marathon](#) (NWHM) on April 28th, this event will take place at Georgetown University (official date TBD), with proceeds benefitting the [Girls Gotta Run Foundation](#). WRC is coordinating with Georgetown student groups to convene a post-film expert panel of Georgetown professors, development and gender specialists, and potentially a representative of the [Nike Foundation](#). Additionally, the club has requested space at the NWHM “ExpoTique” to promote the screening and its beneficiaries. Stay tuned for more information!

## Financial Instagram

*The following is a snapshot of the club's war chest for the 2013 calendar year through January 31st. Many thanks to James Scarborough, WRC Treasurer.*

### INCOME

Individual Memberships	\$380.00
Family Memberships	\$150.00
Donations	\$50.00
Team Competition	\$100.00
Club Banquet/Awards Party	\$40.00
Interest	\$0.28
TOTAL INCOME	\$720.28

### EXPENSES

Club Banquet/Awards Party	\$908.45
TOTAL EXPENSES	\$908.45

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

Beginning Balance 1 January 2013	\$3,995.76
(+) Total income	\$720.28
(-) Total expenses	\$908.45
Ending Balance	\$3,807.59
Net for Year	(\$188.17)

## 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



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