



Washington Running Club Newsletter

Volume 32, Number 9

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November 2013

New Members

Like the colorful palmate leaves on a Japanese Maple tree, we've raked in several new club members, including **Patrick O'Keefe**, **Kristie Twining**, and **Scott Sanger**.

Patrick O'Keefe, 26, originally from Lee, NH has been an inhabitant of DC for 2.5 years. Patrick has been a non-competitive runner for most of his life and only recently (2013) began entering races. Patrick ran in his first half marathon this spring and will be running his first marathon [MCM] in October.

Kristie Twining, 41, is from Tampa, Florida. She just moved here this week and will be here for 3 years. Her husband is a trail run race director in Tampa and she'd like to get off the beaten path. She is looking forward to some group distance runs as well as weekly training runs. Kristis claims to not be super fast but steady, and is looking forward to running in the cooler air and meeting fellow runners!

We sincerely and warmly welcome everyone!

Grand Prix Nears End of First Year

by David Pittman

The inaugural Washington Running Club Grand Prix racing series is about to come to a close. It has certainly hit some bumps in the road. The Rockville Twilight 8K was flat out canceled due to lightning and the Wilson Bridge Half Marathon was postponed more than a month because of the government shutdown.

The Grand Prix was established as a way to promote greater competition within the club and foster participation in local races. With a number of pre-determined races, you run in four throughout the year (with an optional 5th race outside the series) and qualify for the series. Points are gained based on your results via an age-grade calculator. Only dues-paying WRC members qualify.

In our women's competition, at least three female WRCers have qualified. **Christine Hackman** -- who has made it known she has wanted to win the Grand Prix since the beginning of the year -- leads with a sum of 368.20% for the five races. Just behind her, **Julia Taylor** boosts a combined 364.08% for her five races and **Rachel Clattenburg** carries a sum of 359.73%.

On the men's side, long-time member **Jay Wind** -- who still pays his dues by mailing in a check each year -- leads the standings with a combined score of 378.04%, and average of 75.61% for each race. President **Kirk Masterson**, despite an early commanding lead won't have run enough races to qualify with a tough season of injuries. **Drew Killian** hold a seasonal race average of 69.85%, not good enough to surpass Mr. Wind.

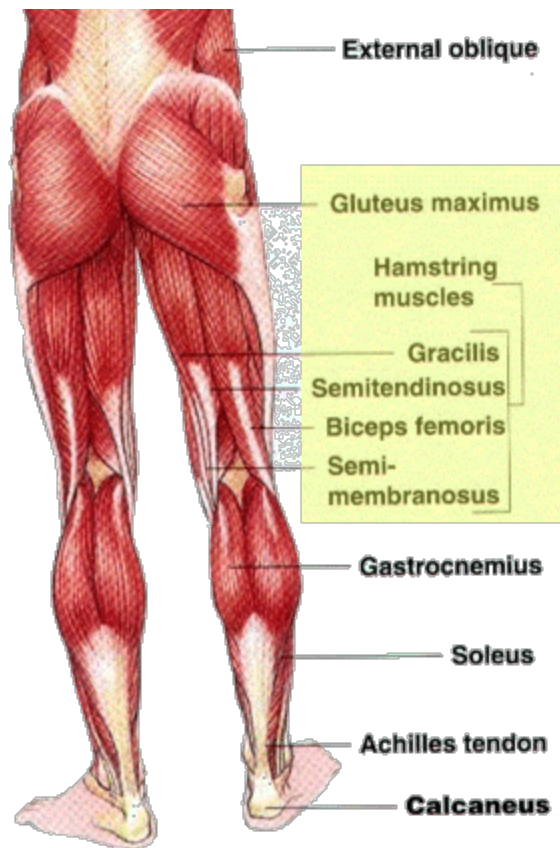
As a final reminder, the Jingle All the Way 8K is the final race of the 2013 Grand Prix. For those looking to qualify,

this is your last chance to run that 4th Grand Prix event. The board is looking for feedback as it gears up for a second iteration of the race series, so feel free to provide your input.

Details behind the Grand Prix Coordinator's enumeration of current standings can be found [here](#). To provide corrections or clarifications, please contact David Pittman at grandprix@washrun.org.

Posterior Chain strength for optimal running performance

by Max Lockwood



Running is an addictive sport where we run and run and use the same muscles over and over. As with most sports or activities, if one uses the same muscles in the same range of motion on a regular basis, overuse injury or strain is bound to occur.

For runners, overuse injury comes in many forms. In general, what I will refer to as the frontal plane or the *anterior* part of the body (which includes the quadriceps, the shins, the knees and hip flexors) become tight, compromised and overdeveloped when one runs without stretching and strengthening the antagonist muscle or muscles located opposite the flexing muscles, which, in this case, are the *posterior* muscles.

The posterior muscles are located in the back of the body. In athletic circles this posterior set of muscles is referred to as the *posterior chain* including the Achilles area, the soleus and gastrocnemius that, for most, is referred to as the calf, the hamstrings, the glutes, the lower back or lumbar spine and ventures all the way up to the neck.

When the anterior is overworked and developed, the posterior chain weakens and imbalances occur and or asymmetrical gait patterns occur. This scenario is common among runners.

To avoid imbalance and gait dysfunction and remain balanced and run effectively, it is important for there to be proper balance between the anterior and posterior chain of muscles.

As noted, the anterior part of the body is often overdeveloped or disproportionately strong in comparison with the posterior in the case of runners.

This is particularly the case with the quadriceps, the big thigh muscle that sits between the pelvis and knee. In running, the quads tend to take on more work and become over-developed. In runners quads pull you forward and the hamstrings act like breaks as you land. When this happens, the hamstrings are often weakened and tear due to the load created by the contraction of the quadriceps and momentum from the hip flexors.

When the hamstrings weaken, they tighten putting an additional workload on the glutes and or compromise the

natural firing power of the Gluteal anatomy.

This breaking down of these key posterior muscles along with continued overuse of the anterior muscles results in an imbalanced athlete.

Evaluation: Way to assess posterior strength

Each runner has a different body and therefore, the degree of imbalance and strength or weakness ratio of anterior to posterior varies.

There are a few simple ways to assess posterior chain strength

- Single leg squat
- Single leg dead lift
- Bridge

These are a few basic exercises that will give you a sense of your posterior strength. If there is weakness, these exercises will seem difficult and or the glute muscles will not fire sufficiently and you will feel a slight strain or burn in the glutes and or hamstrings.

Remedy: Ways to strengthen the posterior chain.

Below are four basic exercises one can do to strengthen and activate the posterior chain.

- Single leg roman deadlifts
- TheraBand loop lateral sashays
- Lying down hip raises
- Walking lunges

Illustration courtesy of http://www.verticaljumping.com/posterior_chain.html, downloaded on 10/22/2013.

Max Lockwood is a running coach and communications consultant in Washington, DC. He can be contacted at Max.Lockwood@gmail.com

Two From Philadelphia

by Kit Wells

Nick Williams learned that redemption lives close to home, in his second attempt at the marathon this fall in Philadelphia, earning a new personal best. Meanwhile Shinobu Kusakabe positioned herself excellently for a potential breakthrough, cruising through halfway in 1:37:04 and finishing 6th in her division.

Shinobu writes:

"I had a great time at Philly, celebrating its 20th race. Security was tightened at the start/finish but no confusion. Overall, very well managed race with extremely supportive volunteers and spectators.

I'll certainly work for the breakthrough you spoke of! It may require more uphill workout and track workout...I'd welcome advice [for] next time."

And Nick writes (twice!), once back in October:

"Life sped up and I started traveling a lot. I spent some time in the South Pacific and in Europe, and I'm about to take off next Thursday for another trip going to San Diego, then ending up in Bahrain and then Afghanistan again ... I bombed my full in Allentown in early September (3:21) so I'm going to give it another shot in Philly in a month."

and again, after his performance in November:

"Philly was simply a phenomenal race. I and a majority of my out-of-town friends PR'd and logistics were great.

I was nervous about the security plan, but it ended up being a non-issue for runners, though I heard some spectators grumbling about the no backpacks rule inside the cordoned start/finish area

Through 10+ marathons, I've only managed to negative split one before Philly. I attribute my unusually strong home stretch towards the Rocky Steps to familiarity with the course, encouragement from spectators and family, and good old fashioned patience.

As a runner I am always learning lessons about my mind and body, even if it's something I learned a long time ago and should have remembered. I ran terribly in Allentown, PA two months ago and was full of self-doubt leading into this race. I learned each race day is different and anxiety over time goals is a distractor and energy waster. I learned to pull back for most of the first half and wait until 20+ to feel like I'm pushing. I finally learned Clif Blocks are better than gels and compression sleeves are wondrous!

I look forward to running with the club more in the new year when my girlfriend moves to town, so thanks for the encouragement from afar!"

Sounds like they both earning their winged feet the old fashioned way: hard won experience.

Let's get right to it!

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

1. Running: If you haven't already, [this](#) is a great read: the story of a guy who almost dropped out of this year's NYC Marathon, but instead ended up running the last miles with his hero, Meb Keflezighi.

2. Cooking: It's the season to "bring something" to a party. Here are two festive, simple options:

Pumpkin Cranberry Bread – yields 1 loaf, 16 non-runner slices

Appropriated from Nancy Clark's The New York City Marathon Cookbook, Rutledge Hill Press, 1994.

Double the recipe to make two loaves if you don't want to use half-cans of pumpkin, cranberry; freezes well.

1. 1-2 eggs
2. 1 c pumpkin (½ of 16-oz can)
3. 1 c whole cranberry sauce (½ of 16-oz can)
4. ¼ c vegetable oil
5. ½-¾ c sugar
6. ½ - 1 tsp salt
7. 1 tsp cinnamon
8. 2 c flour, half white and half whole-wheat, or as desired
9. 1 tsp baking soda
10. ½ tsp baking powder

Optional (all or any): ¼ tsp ginger; ¼ tsp nutmeg; ¼ tsp cloves; 1 tsp vanilla extract; ½ c chopped nuts.

Preheat the oven to 350 F. Grease a 9"x5" loaf pan.

Beat eggs in bowl large enough to hold everything. Mix in #2-7 plus optional vanilla; stir well. Sprinkle #8 atop that and then #9-10 plus optional spices atop that. Mix spices/ baking soda/ baking powder into flour to avoid spice lumps, then mix combined dry stuff down into wet stuff until everything's moistened. Mix in optional nuts.

Pour into prepared pan; bake 45-60 min until toothpick inserted near center of loaf comes clean. Cool 10 min in pan; remove to cooling rack and cool completely.

Cheddar Cheese Crackers – yields about 3 dozen

From "Dinner in Progress," J & J Morgan, Bon Appetit, 12/1992.

An awesome gift. Time-saving footnotes at end. Note required pre-bake chill.

1. 2 c loosely packed shredded sharp cheddar cheese[i]
2. 6 tbsp (¾ stick) unsalted butter, room temperature[ii]
3. ½ tsp Worcestershire sauce
4. Dash hot pepper sauce (e.g., Tabasco)
5. 1 ¼ c sifted[iii] all-purpose flour
6. Seeds for the top! Poppy, sesame, celery...
7. Cookie sheets; plastic wrap; cooling rack or location

Mix #1-4 in large bowl until well-blended. Add in #5 – but not *all* at once, lest you not need all of it – and mix until thoroughly combined. Dough should be stiff but manageable; use more or less flour to make it so. Roll into 10" log, wrap in plastic and chill at least 3 hour and up to 2 days.

Preheat oven to 350F. Slice log into ¼ inch pieces. Space on cookie sheets; sprinkle with seeds of choice. Bake until edges are golden brown, about 15 min. Cool on baking sheets 15 min; transfer to racks to cool completely.

Store in airtight container.

[i] A little less than ½ pound

[ii] Salted works fine, too

[iii] Sift, schmift. Just fill the measuring cups scantily and you'll be fine.

In the news

WRC Vice President **Carla Freyvogel**, current club member **Charlie Ban**, and club alumnus **Jim Hage** were all quoted at length in Jessica Goldstein's October 25th [article](#) in the Washington Post's Style section (or, "the gateway to the Sports section", as we like to call it).

The excellent lead photo by Katherine Frey is of the start of our Sunday Distance Run, with Liz Lambert, Ben Stutts, Fiona Karlsen, Gerry Ives, Christine Hackman, Megan Haberle, Mike Manning, Carla Freyvogel, Rachel Clattenburg, Emily Buzzell, Drew Killian, and Kit Wells all visible in the foreground.

That it appears Gerry is being chased by a hoard of very fit and accomplished women is no accident.

This isn't the only occasion where WRCers have been prominently featured for *their running lives* in the mainstream (non running trade) news throughout 2013.

Surrounding the chaos of the Boston Marathon, Drew Killian was quoted in the [Nashua Telegraph](#), Mark Wright was quoted in the [Washington Business Journal](#), and Kit Wells was quoted in the [Washington Times](#). In July, Dan Yi was quoted in the [New Yorker](#); in August, Jay Wind was profiled in [ARLnow](#).

Lest we forget, David Pittman has been a [consistent contributor](#) in 2013 to RunWashington, the must-read-venue for which Charlie Ban serves as Editor in Chief.



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.

Freedom's Run - Marathon Results

Saturday, October 12, 2013, Shepherdstown, WV

Place	Bib	Name	Time	Pace	A/G
7	330	Max Lockwood	2:59:47	6:52	43M

358 Finishers

38th Marine Corps Marathon

October 27 2013, Arlington, VA

Bib	Name	Sex	Age	Nettime	Pace
2824	Max Lockwood	M	43	2:51:57	6:33/mi, 115th OA
19825	Andrew Killian	M	34	3:03:17	6:59/mi, 280th OA
290	Daniel Yi	M	33	3:03:28	6:59/mi
30560	Gareth Coville	M	34	3:09:35	7:13/mi
30339	Rachel Clattenburg	F	29	3:10:36	7:16/mi, 46th woman
16650	Hillary Tipton	F	24	3:16:36	7:29/mi, 78th woman
31750	Mark Wright	M	50	3:22:27	7:43/mi
34723	Nathan Nair	M	36	3:29:20	7:58/mi
31956	Jay Jacob Wind	M	63	3:30:51	8:02/mi, 11th AG
21441	Lauren Gabler	F	29	3:42:13	8:28/mi
30654	Jerold Paulson	M	54	3:44:03	8:32/mi
1120	Mary Baker	F	25	4:00:59	9:11/mi
30551	Patrick O'Keefe	M	26	4:12:01	9:36/mi
28822	Nancy Marsillo	F	55	4:36:55	10:33/mi
32516	Robert Platt	M	62	4:53:53	11:12/mi
7006	Anubhuti Mishra	F	26	5:43:50	13:06/mi
8100	Jamie Williams	F	42	5:59:52	13:43/mi

23,468 finishers

2013 ING New York City Marathon

November 3, 2013, New York, NY

Overall	Gender	Age	Bib	First	Last	Age	State/Country	Finish	
3199	340	45	7177	JULIA	TAYLOR	42F	VA USA	03:22:56	07:45

50,266 Finishers

2013 Parks 10K

November 03, 2013, Washington DC

13	Megan Haberle	33F	39:51
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1068 Female Finishers

2013 RALEIGH CITY OF OAKS MARATHON

Raleigh, NC 11/3/2013 7:00 am

27. 649 F 26 Lucille Rogers 3:05:26 7:05, 4th woman
743 Finishers

Veterans Day 10K

November 10, 2013 - Washington, DC

179 1221 Christine Hackman 50F 45:16 7:17 2nd F50-54
1814 finishers

Woodrow Wilson Bridge Half Marathon

November 10, 2013 - National Harbor, MD

40 1227 MEGAN HABERLE 33F 1:26:21 6:36 9th woman OA
226 767 SUZY COFFEY 57F 1:45:29 8:04 5th F50-59
1737 finishers

Stone Mill Fifty Miler Race

Montgomery County, Maryland 11/16/2013 6:00 A.M.

Place Sex/Tot Num Name S Ag Gun Time Pace
15 13/178 159 Paul Karlsen M 35 8:07:00 9:45
251 Finishers

2013 Anthem Richmond Marathon

November 16, 2013 - Richmond, VA

PLACE	NAME	BIB	HALF	NET	G/PL	D/P	DIVISION
147	John Kendra	1096	1:30:37	3:07:22	130	4	M50-54
577	Lauren Gabler	1125	1:44:22	3:34:03	119	32	W25-29

4798 Finishers

2013 .US National Road Racing Championships

Nov 17, 2013 7:00AM - Alexandria, VA

Rank	Name	Bib	Time	Pace	Age/G	Div	Div Rank
12K Masters							
50	Julia Taylor	175	0:51:57	6:58	42F	F40-44	6
67	Suzanne Coffey	119	0:59:43	8:01	57F	F55-59	4
69	Carla Freyvogel	118	1:02:52	8:26	56F	F55-59	5
12K Open							
176	Bess Stuart		833	1:01:01	8:11	55F	Female 46
205	Amanda Hamilton		780	1:02:37	8:24	33F	F30-34 20

Rock 'n' Roll Las Vegas – Marathon

November 17, 2013 - Las Vegas, NV

9 2252 Max Lockwood Washington, DC 02:56:59

2921 Finishers

GORE-TEX® Philadelphia Marathon

November 17, 2013 - Philadelphia, PA

Marathon

Bib	Name	S/Age	Net	Pace	Plc	Sex	Div
1395	Nicholas Williams	M31	3:00:12	6:52	316	287	61
2676	Shinobu Kusakabe	F42	3:22:30	7:43	1059	159	6
1024	Daisuke Ogata	M38	3:27:42	7:55	1372	1126	189
3288	Scott Sanger	M48	4:04:23	9:19	4539	3012	345

10,889 Finishers

Half Marathon

Bib	Name	Sex/Age	Net	Pace	Plc	Sex	Div
20733	Brian Savitch	M34	1:24:53	6:28	128	109	24

12,466 Finishers

Run for Shelter 10K

November 23, 2013 - Alexandria, VA

3 474 Megan Haberle 33F 0:38:41 6:14 - 1st woman

447 Finishers

WRC BOARD MEMBER MEETING - Saturday, November 23, 2013

- I. **CALL TO ORDER/ESTABLISH QUORUM (Chez Masterson)** 09:20 a.m.
II. **SUGGESTED MODIFICATIONS TO AGENDA** 09:25 a.m.
III. **BOARD MEMBER REPORTS** 09:30 a.m.

A. Vice President (Carla)

- **Town of Runners:** The film idea is now active again, thanks to a follow-up call from Georgetown Law Center. They are willing to show it and they WANT to show it and they can provide us a space, free of charge. If we want the screening to include a speaker or facilitator, we need to provide that person. A panel discussion, which would have been great, has proved too cumbersome. So, I have asked Michaela to follow up with the one or two people she thinks were most enthusiastic and find out about availability. Georgetown would advertise this event in the Georgetown community. We would advertise in the running community. We would be getting credit as co-sponsors. Our cost is \$50 for the film. **Time frame: January 2014.** (YES, descending order of preferred dates for event (7PM): Thurs. Jan 30, Wed. Jan 29, Th. Jan 16, W Jan 15.)
- **Community Involvement:** Do we want to do a winter community project? If so, I suggest the Capital Area Food Bank. They have opening for volunteer groups every Saturday from 9 to noon at their warehouse facility in DC, starting January 25th. We would be sorting food donations. The distributions center provides shuttle service from the Brookland metro station. **Time frame: January, February, March 2014** <http://www.capitalareafoodbank.org/learn/about-cafb/>
- **Track Workouts:** Do we want to continue this? Our arrangement with AU runs through December 31. I would need to renew our USATF membership, which I assume we want to do, and then prepare a new contract. I am happy to do this. I am assuming AU will continue to let us use the track. Do we want to take this opportunity to change the day of the week? Or see if we can get a longer time period? 6 am is very early though I personally I have come to like being finished with

plenty of time to get to work. What do others think? **Time frame and deadline: December 31, 2013.** (Yes, continue the workouts, get the new contract, and renew with USATF for 2 years, estimated at **\$100** (for the discount).

- **PVTC Track Meet:** If I am the only person who thinks this would be a blast, I can just go on my own! However, these meets are fun, can be used as a workout if you run multiple events and serve as a great opportunity to recruit and make friends. Since it is in a tricky location, I would suggest we combine it with a group brunch or lunch. Make a morning of it. The meets are on Sundays, January 12th and 26th, and February 9. **Time frame: January/February 2014**
<http://www.pvtc.org> (Action item: promote in the Newsletter and on website)

B. Treasurer (James)

- \$4,569.53 current balance (checking, savings, and pay pal)
- Will pursue the Mint financial dashboard for finances.

C. Membership Officer (David)

- We have had 16 people join since August. Combined with the 60 or so others, we have roughly 75 members. It's hard to tell because some people have lapsed in the last month or two. It's good to see Kit encouraging those people to sign back up. It might be good to **send those folks an email reminder** or we can wait till the party to do that. It's also good to see you're talking about people signing up online before the party rather than re-upping there.

- In the past we've talked about reaching out to old members and inviting them back. Given our growth, I don't know if this is necessary. If old members want to come back, they're welcome. But why should WRC ask for them back when they've already left once?

- I think I wanted to talk last meeting about giving some WRC-branded item as part as paying your dues. This would be some added benefit to joining. I'd be nice to get feedback.

- As far as the Grand Prix goes, participation has been underwhelming from my point of view. We'll likely have 3 women and 2 men qualify. Not huge numbers. One guy hasn't showed up in months and ran attached with another club at a recent race. Sad because he's looking like the winner on the men's side. Kirk suggested combining the genders in future years. This is a good idea.

D. Chief Information Officer (Kit)

- Things are basically good, we need to be 501c3 to make continued progress.
- Received authorization to fund next year's web hosting, due on 2/14/2014. **\$10.**

E. Outreach and Community Events Officer (Michaela)

IV. **MEMBER'S OPEN FORUM**

10:00 a.m.

A. Party Planning Committee proposed, Lauren Gabler self-nominated to participate on committee.

V. **MATTERS FOR BOARD DECISION**

10:10 a.m.

A. Date, time, location, and budget for annual meeting/party

- Proposal: Saturday, January 25th, 7-10PM, Williamsburg Community Room

B. Non-profit 501(c)(3) status for WRC (club only files 990N postcard each year with IRS)

- Get annual financial reports 2008-2013 together (James) and then consider next steps
- File the DC nonprofit report in December 2013 for 2014 Report Year. (use the 2012 report as a template) **\$80**, to forward invoice to James.

VI. **MATTERS FOR BOARD REVIEW AND INFORMATION**

10:45 a.m.

A. Annual meeting (tentative plans, to check with VP)

- Budget (food, beverage, awards)
 - Williamsburg Community Room (\$65 reservation fee, \$350 refundable deposit)
 - Secure room for date of January 25
 - Time frame for reservation (6 or 7 to ??)
 - Need liquor license?
 - HDMI cable on TV? for slide show for meeting
 - Ask Liz Lambert to conduct elections at meeting

- Amenities
 - o Payment mechanism online (for attend annual party)
 - o Keg? Blue Moon!
 - o Cater Some of the Food, potluck for some part of it
 - o Door fee proposal: \$10 per person, kids (under the age of 18) free
 - o Figure out what to afford out of budget (\$700 + receipts)
- Awards (awards committee, soliciting gifts, working with \$150 total)
 - o Male and Female Runners of the Year
 - o Male and Female Grand Prix winners
 - o Alfred tomFelde award (taken to engraver)
 - o Consult with Carla about continuing the Rookie/ Most Improved Award
- Membership renewals (encouraging online renewals prior to event) ([definitely](#))

B. Achieving non-profit status

- Value to WRC
- Financial transparency requirements and improvement
- Need for finding long-term secretary

C. Payment of fees (D.C.)/mandatory filings (IRS)

D. Budget for 2014 and long-range budget development (5 years)

VII. **NEW BUSINESS**

11:00 a.m.

- A. Jingle all the way 8k team entry. Mention in the newsletter.
- B. Cherry Blossom lottery opens Monday, December 2, 2013. (two weeks). Mention in the newsletter.
- C. James S. : "The point came up of "optimal size of the club", whether it needs to be more than 100 members when at times in the past it's been 300. I think it's great to have peoples' membership dues, but the only way they will provide value to the club is by being active in it, by willing to volunteer to do things. So in reaching out to old members, it depends who they are. Is it someone we'd like to have back? And yes, many people in this area belong to multiple clubs, and have their choice of whom they compete for. Can't believe that Jay is as active in as many clubs at once as he is...and still runs his own race management business. But then that's Jay; he loves running and variety, and dealing with a lot of people. (I also belong to NOVA, DCRRRC, PVTC, MCRRC, Howard County Striders, and Chesapeake Bay Running Club) But like NOVA or PVTC, maybe we should put in our membership that members should be expected to participate in volunteer activities for the club when called on."
- D. David's reply: "Thanks for this James. Those discussions about the club's optimal size is exactly what the board needs to be having."

VIII. **ADJOURNMENT**

11:20 a.m.

Roll Call

Here's our count of the WRC membership and the newsletter email list. November 24, 2013

Most Recent Active WRC Membership	Invited to {wrc-members}	Joined {wrc-members}	Total
pre-2011	95	15	110
2011	2	2	4
2012	8	4	12
2013	17	40	57
2014	8	8	16
Grand Total	130	69	199

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 another lap around our closest star 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 across the board.

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

Subscribers with dormant memberships from 2012 or before will be removed from the newsletter mailing list on January 31, 2014. We'd like to encourage the **21 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](#).

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. Thanks to James Scarborough, WRC Treasurer.

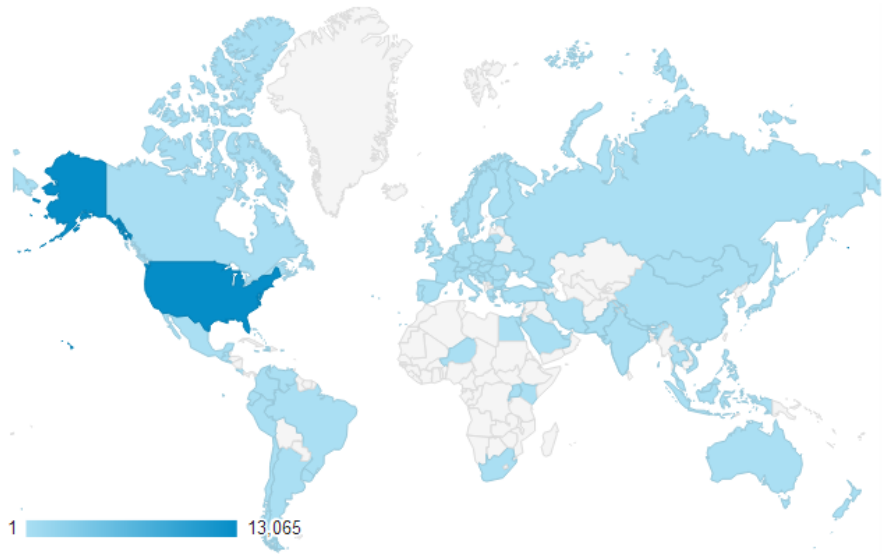
ACCOUNT SUMMARY (for the period 1 January through 22 November 2013)

Beginning Balance 1 January 2013	\$3,995.76
Ending Balance, 22 Nov 2013	\$4,569.53
NET FOR YEAR	\$573.77

Website Update

Between February and late November, washrun.org has received **13,900** visits, from **8,900** unique visitors, sharing more than **36,000** page views. We have enjoyed visitors from 84 Nations!

You can 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

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 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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