



Washington Running Club Newsletter

Volume 32, Number 10

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December 2013

New Members

A blizzard of new club members has swept up with our merry mob of malamutes this winter, including **John Hallett**, **Ashley Etue**, **Kenneth Schwartz**, and **Chris Czarnecki**.

John Hallett, 28, hails from Indiana but moved to Petworth in the summer of '09 to attend graduate school. John was a middle-of-the-pack cross-country runner in high school and started to casually reacquaint himself with running a few years ago. Then, in a desperate attempt to avoid working on his thesis, he started training for his first marathon in 2011. John showed up for a Sunday long run on a breezy 19-degree morning in November and was impressed that well over a dozen WRC members were there. He's trying to get serious this winter and wants to run plenty of races from 5k to 10 miles in the spring.

Ashley Etue, 31, is a DC native and has recently returned after spending a few years in central Pennsylvania and Philadelphia. Now living in Silver Spring, she is currently training for the Rock 'n' Roll USA Marathon in the Spring and hopes to beat her PR from Philly in November. She looks forward to joining everyone in track workouts and weekend runs.

We sincerely and warmly welcome everyone!

*Thanks also go to **Laura Jennings**, **Rachel Clattenburg**, **Tris Kruger**, **Gerry Ives**, and **Andrew Ackerman**, for remembering to renew their memberships through 2014. Perhaps to take up the [Ives 3000](#) challenge?!*

Jay Wind, Christine Hackman Take First Grand Prix

by David Pittman, Grand Prix Coordinator

Congratulations to WRCers **Jay Wind** and **Christine Hackman** for winning the inaugural Grand Prix racing series. The two prolific runners averted major injuries throughout the year to race in five of the 14 pre-determined area races that are part of the series. If you aren't familiar, results are based on [age-graded scoring](#) so as to account for the varying distances and diversity within the club.

Christine finished on top of what was a competitive women's division. **Julia Taylor** and **Rachel Clattenburg** were just behind Christine. Julia was in front of Christine for a large chunk of the year before some strong races, particularly at the Capitol Hill Classic this June and the Veterans Day 10K last month. "You've also improved my running—and perhaps that of others—because I decided I wanted to win," Christine said.

On the men's side, only members Jay Wind and **Drew Killian** finished the requisite number of races to qualify for the final standings. Injuries riddled some runners throughout the year.

Great job to all the finishers on a strong year of racing. Christine and Jay will be awarded their prizes at the annual

party on January 25th.

If you have any suggestions for the second year of the Grand Prix, please let members of the board know. The first race is just around the corner with the George Washington Birthday Classic 10K on February 17th.

Jay Wind

Rock 'n' Roll Half Marathon...3:30:12...75.08%

Cherry Blossom...1:13:34...76.86%

Lawyers Have Heart...44:13...77.53%

Annapolis 10 Miler...1:15:19...75.08%

Veterans Day 10K...46:39...73.49%

OVERALL AVERAGE... 75.61%

Drew Killian... 70.42%

Christine Hackman

GW Birthday 10K...47:58...71.41%

St. Patrick's Day 8K...36:24...74.71%

Capitol Hill Classic...46:35...73.53%

Parks Half Marathon...1:45:13...71.94%

Veterans Day 10K...45:16...76.61%

OVERALL AVERAGE...73.64%

Rachel Clattenburg...72.94%

Julia Taylor...72.82%

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

Looking for Guide Runners

This inquiry was received by the club just before Thanksgiving; Kim lives nearby in Capitol Hill.

Hello,

I am a blind runner looking for guide runners for a marathon or 2 next year. Ideally, I would like to run a marathon in the spring and MCM in the fall, assuming I can get in. I have run 3 marathons, with a PR of 4:01:32 in the Richmond Marathon this year. My goal is to get under 4 hours.

Guide running is pretty easy, and I am used to running with people who haven't run as a guide before. Besides the actual race, I need the person to be able to run the weekly long runs with me, or at least most of them.

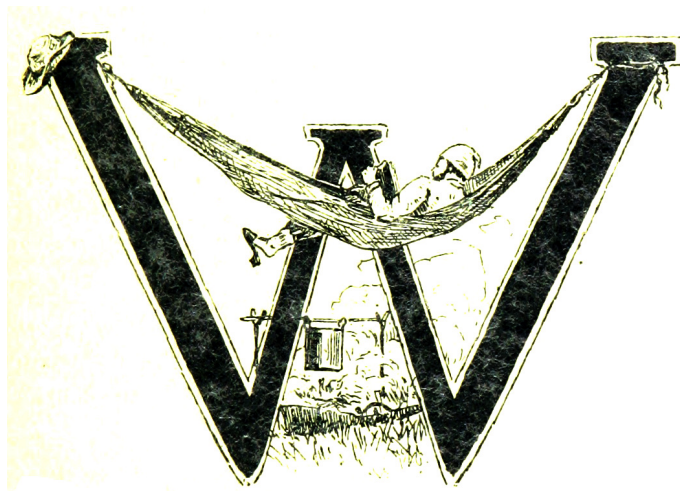
If you are interested in running with me, or have any questions, please email me.

Thank you,
Kim Hawley
kachawley@gmail.com

2013 Year in Rear View

by Kirk Masterson, President

As luck would have it, 2013 is ending. That said, WRC does not leave its running to luck. We put in the [miles](#), wake up before most mortals to run around in circles, and produce [results](#). Although our club boasts stellar [good looks](#) and stylish [singlets](#), it's our members that make us a critical part of the running community. Our Vice President (VP), Carla Freyvogel, broke through the red tape to reinvigorate our Tuesday morning [track sessions](#) at American University's



(AU) Greenberg Track. Many thanks to Carla for working hard to bring track back to WRC and thank you to AU for having us!

You may have also noticed that WRC is once again an official [USATF club member](#), which was made possible by Carla's behind the scenes work. Thank your VP when you get a chance! The Presidential inaugural year was also that of [WRC's Grand Prix](#) racing series. Come to the annual party/meeting on January 25 to find out the series winners and special thanks to David Pittman for bringing the idea to the club and making it a reality!

Early in the year, the club's website was revamped and launched anew, which was made possible by the

extensive research, data gathering, and technical savvy of our Chief Information Officer, Kit Wells. Our website is flexible, *au courant*, and quickly becoming a valuable resource for all runners, local and visiting alike with the resurrection of [WRC's running routes](#). If you haven't looked recently, the interactive maps can help you plan a route to meet your mileage needs and more mapping resources are under development thanks to the geospatial passions of Lauren Gabler and Kit Wells.

What are you doing in the coming New Year ? WRC is preparing for team competitions in the Cherry Blossom Ten Miler and the Boston Marathon. I know that our harriers are already training hard to ensure that the hallowed ground between Hopkinton and Boston is met with the respect it deserves. The next iteration of the Grand Prix series will force you to keep the dust off of your racing flats and participate in the great races our area has to offer. The board is working toward reinstating the club's non-profit status, which will give us additional flexibility to operate in the running community. Stay tuned for more community service projects, happy hours, and camaraderie as we tell tales of races past.

I look forward to your continued support, ideas, and friendship as we move into 2014.

Good health and better miles,

Kirk
President, WRC

Come for the Meeting, Stay for the Party!

Please join the Washington Running Club on Saturday, January 25 for our annual meeting and party. We'll be celebrating another year of [Sunday long runs](#), [Tuesday track workouts](#), snazzy [jerseys](#), and good [press](#), all while being surrounded by the folks who [inspire](#) us along the way. We'll also elect new officers of the board and recognize members who have displayed exemplary acts of service to the club.

Details

- **What:** Washington Running Club annual meeting and party
- **When:** Saturday, January 25 from 6:30 p.m. to 10:30 p.m.
- **Where:** El Prez's Apartment Building - The Williamsburg, 1276 N. Wayne Street, Arlington, VA 22201 - [map](#). The Community room is located on the First Floor, on the Wayne Street side of the building. The building is easily accessible from the Orange Line metro at the Courthouse station. Free Parking is available at [2100 Clarendon Blvd](#) (enter from either Clarendon Blvd on the north side or from N. Veitch Street on the south side). Street parking is also available. Check out this somewhat helpful [parking map](#).
- **Dress:** Casual
- **Cost:** \$10 per person (pay [online in advance](#) or at the door)
- **RSVP:** to Lauren Gabler (lauren.gabler@gmail.com) by Friday, January 18

Agenda

The evening will begin with general announcements from the club followed by a presentation of awards (Runner of the Year, Most Improved Runner, Distinguished Service, etc) and elections for the 2014 President and Vice President. See below for more details.

Bring your appetite - we'll be serving dinner and drinks for all paying attendees. The meal will be catered and will include hors d'oeuvres and a full meal. Drinks will be available in both the adult-friendly and child-friendly formats.

Award Nominations and Board Member Elections

We're accepting nominations for either yourself or others for the following awards:

- Male/female Runner of the Year
- Male/female Most Improved Runner
- Alfred tomFelde Service Award

Please note that awards can only be given to WRC members in good standing. Send your nominations to Lauren Gabler (lauren.gabler@gmail.com) by Friday, January 18.

If you're interested in an elected leadership position with WRC (President and Vice-President) or a non-elected, appointed position (Secretary, Race Team Coordinator, and Track Coordinator), please tell Lauren Gabler by Friday, January 18. Elections for President and Vice President will take place at the annual meeting/party.

And Don't Forget!

Renew your WRC membership for 2014 [online](#) before the annual meeting/party. We'll be accepting membership renewals at the party, but online renewals are greatly preferred.

See you on January 25th!



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.

Alexandria Turkey Trot, 5-Mile

November 28, 2013 - Alexandria, VA

17	12	Charlie Ban	31M	27:29	5:30
37	2366	Andrew Killian	34M	29:58	6:00
48	1777	Megan Haberle	34F	30:35	6:07 7th Woman
158	4470	Julia Taylor	42F	34:43	6:57 6th Woman Masters
820	4025	J Scarborough	55M	43:27	8:42 in costume
4269 Finishers					

Jingle All The Way 8K

December 08, 2013 - Washington, DC

[Results](#), [Team Results](#)

PLACE	NAME	A/TIME	PACE
11	Charlie Ban	31M	26:21 5:18
24	Ben Stutts	25M	28:16 5:41
48	Andrew Killian	34M	29:38 5:58
53	John Hallett	28M	29:56 6:01
59	Megan Haberle	34F	30:20 6:06 9th woman
92	Rachel Clattenburg	29F	31:46 6:23 17th woman
229	Laura Jennings	32F	35:17 7:05
532	Jerold Paulson	54M	39:22 7:53
1048	James Scarborough	55M	43:22 8:38
1740	Shinobu Kusakabe	42F	48:53 9:21
4401 Finishers			

3rd of 93 CO-ED Club Teams

Roll Call

Here's our count of the WRC membership and the newsletter email list. December 30, 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	36	53
2014	11	14	25
Grand Total	133	71	204

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@yahoo.com>](mailto:wrc-members-subscribe@yahoo.com).

Membership Renewal

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

2013 Memberships will expire on January 31, 2014. 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 upcoming **annual party** on January 25th for more 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 30 November 2013)

INCOME

Individual Memberships	\$1,243.18
Family Memberships	\$298.69
Donations	\$53.00
Clothing Sales	\$534.40
Race Services	\$250.00
Team Competition	\$100.00
Pay Pal Misc.	\$40.00
Club Banquet/Awards Party	\$0.00
Interest	\$1.78
TOTAL INCOME	\$2,521.05

EXPENSES

Meetings/Social	\$0.00
Club Banquet/Awards Party	\$908.45
Team Competition	\$106.00
Individual Competition	\$0.00
Clothing/Uniform Purchase	\$817.69
Internet/Web Page	\$10.00
USAT&F Dues/Insurance	\$65.00
Equipment	\$0.00
Printing/Postal	\$0.00
Supplies	\$0.00
Registration Fees - DC	\$40.00
Awards/Trophies	\$0.00
Donations	\$0.00
Other	\$0.00
TOTAL EXPENSES	\$1,947.14

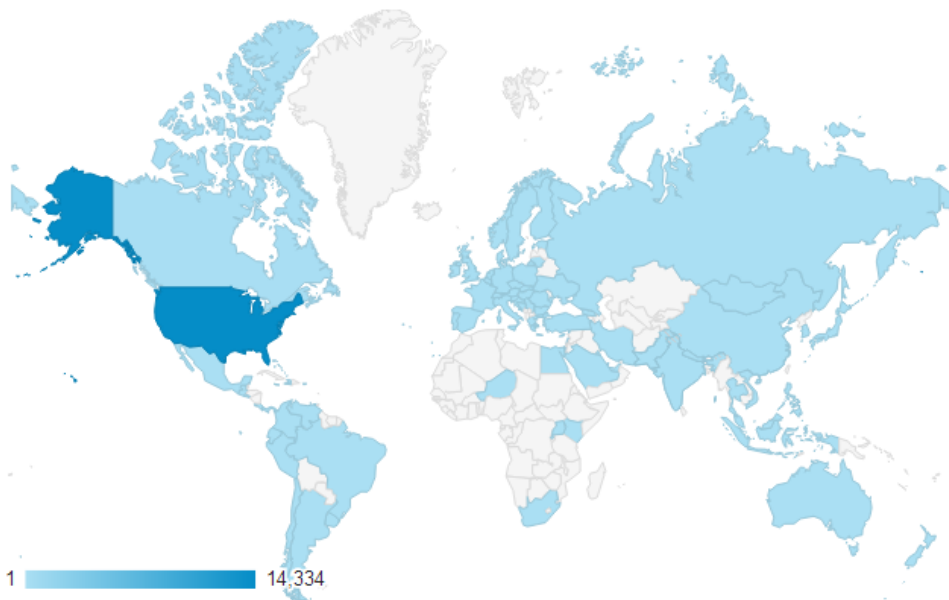
ACCOUNT SUMMARY SINCE BEGINNING OF YEAR

Beginning Balance 1 January	\$3,995.76
Total Income	\$2,521.05
Total Expenses	\$1,947.14
Ending Balance 30 November	\$4,569.67
Net for Fiscal Year	\$573.91

Website Update

Between early February and late December of 2013, washrun.org has received over **15,100** visits, from **9,700** unique visitors, sharing more than **39,000** page views. We have enjoyed visitors from **86** 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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