

TRAIL

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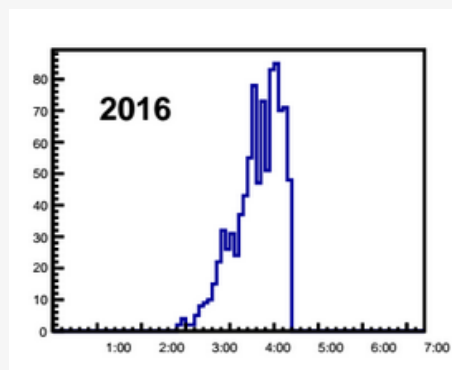
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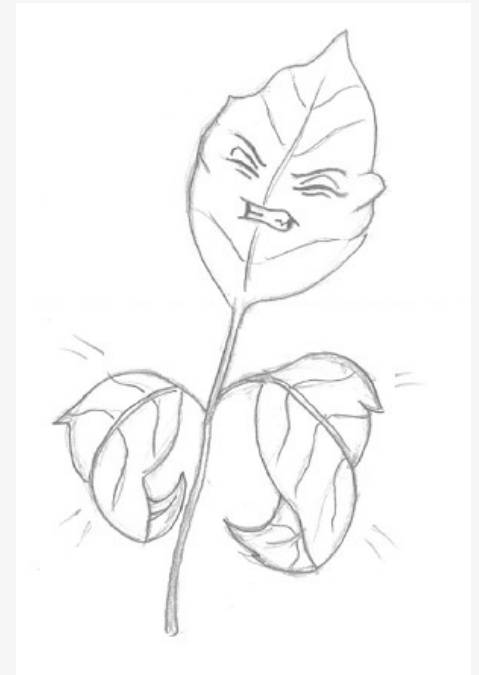


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The Dashing Whippets

by Adam Forkner



Dashing Whippets Running Team, Boston

Founded: 2015

Membership: 100

Homebase: Boston (and NYC)

Motto: "Drop the Hammer!"

Websites: www.boston.dashingwhippets.org
www.meetup.com/dashing-whippets-boston/

As any fan of the breed knows, whippets are an energetic bunch. Agile and athletic, sleek and statuesque, they are also sociable, pack dogs at heart. And of course, whippets are extremely fast. One needn't wonder why the Dashing Whippets Running Team chose this enviable hound as their namesake.

The Dashing Whippets are newcomers to Boston, but not competitive running. Founded by graduates of Brown University and Trinity College in 2009, the Whippets have emerged as an increasingly dominant presence on the New York City running scene. They are frequently spotted zipping around the five boroughs in blue and gold singlets, DWRT on the back, and that damn speedy looking dog on the front.

Defying confinement, the Dashing Whippets launched a Boston chapter in the fall of 2015, led by captains **David Parkinson, Adam Forkner, Laura Huselton, and James Kraemer**. Incorporated as a separate 501(c)(3) with its own USATF and RRCA affiliations, the Boston team is nevertheless closely aligned with the NYC Whippets in coaching, training philosophy, comradeship, and ethos.

The Boston chapter welcomes runners of all backgrounds and abilities, united by a commitment to excelling, and helping others excel, to our fullest potential as athletes. With diverse running goals, we thrive off a vibrant team atmosphere and embrace a culture of encouragement and camaraderie that is driven by dedication, self-sacrifice, and teamwork. It is in this spirit that the Dashing Whippets proudly identify as a run-

ning team rather than a running club.

The Dashing Whippets have enthusiastically embraced Boston, drawing inspiration from the area's vibrant running culture and storied running history. We start and finish our Saturday long runs a few strides from the Boston Marathon finish line, an inspiring reminder of the tradition associated with that legendary stretch of Boylston Street. Tracing these historic steps is oft a source of encouragement, whether we're prodding each other out the door on a frigid morning in February or grinding out the final stretches of a rain-soaked 20 miler.

True to the curious, adventurous nature of our canine namesake, we frequently stray from the Charles River and other well-trodden paths of the city. David Parkinson is probably among a select handful of runners to have logged a 20-mile run entirely within the confines of proper Boston, a feat that requires some clever and unorthodox route planning. David is also our official team navigator and city historian, and enjoys plotting runs to unfamiliar sites and tucked away neighborhoods you won't always find featured in a Fodor's travel guide. Other runs may lead us to Chestnut Hill, Fresh Pond, Castle Island, Jamaica Pond, Franklin Park, the Arnold Arboretum, or various segments of the Charles River or Emerald Necklace. Later this summer we may seek out greener and shadier pastures with an excursion or two to the Blue Hills Reservation or the Middlesex Fells.

Tuesday evenings are Whippet workout nights, often held at one of the Cambridge tracks or along various stretches of the Charles. Our training plans are tailored for

the Boston Marathon, various fall marathons, the BAA Distance Medley races, and several other races of various distances throughout the year. An RRCA-certified coach, Parkinson helps customize plans and workouts to accommodate each Whippet's training and racing objectives. The NYC team's coaching staff is also available to the Boston Whippets as an additional resource.

Whippets are social animals, and our mutual enthusiasm in competitive running provides ample opportunities for festive team get-togethers and post-workout gatherings. A world class runner's town, Boston plays host to many of the nation's premier running competitions—cross country, indoor track, and on the roads—and we're looking forward to planning team events to celebrate our sport at its most competitive and exciting levels.

The Dashing Whippets are also committed to supporting local organizations that complement our mission. We certainly use our share of Boston's public spaces and recreational areas, and we are especially supportive of organizations that enhance the experience for runners in the city. With that in mind, the Whippets joined forces with The Esplanade Association in June as sponsors of the Esplanade Sunset 5K, benefiting the Association's efforts to preserve one of our favorite local running spots, the Charles River Esplanade.

We're always looking for new Whippets. If you're interested in joining us, please check out our website or our Meetup page. Ω