

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

APRIL, 2018

VOL. 18 / No. 4

VISIT US ON THE WEB @WWW.WCRRRC.COM (OR .ORG, OR NET)

NEWS AND NOTES

Hello once again and welcome to April. Not only is this the month to celebrate Blake's birthday, but it is when there will be more scheduled races happening. Don't forget to look at the GP rules sheet that was in last month's newsletter. One race that was missed on the schedule is Pittsburgh's Great Race. Both the 5K and 10K will be included, so make a note of the change.

We would also like to welcome another new member to sign up for the club. Hello and welcome to Shannon Cain. Shannon lives in Dunlevy, PA. It's great to have you involved in the club and we hope to see you at some upcoming races in the area.

It was good to see Dave Byers competing in the Run for Joe over the Easter weekend. Dave is still recovering from a major operation and was just 6 weeks removed from being in the ICU. We hope to see him back at full strength very soon.

There are a few more WCRRC travel mugs left from the banquet. If anyone is interested in getting one Bob Pikelis will have them at a few races this year. Just let him know. He also will have the trophies from the Grand Prix 2017 with his, so if anyone wants to pick theirs up he will have them also.

Mike Bruno is starting up a new venture and he is giving the club an opportunity to take advantage of some cool things this summer. Here is the proposal that he is going to offer. If you have any questions you can see him at the National Trail run later this month.

My new outfitter business, Workhorse Transport and Outfitters would be happy to offer the Washington County Road Runners a discount on kayak rental / paddle instruction (for those that need it) at a discounted rate of \$25 per kayak. That will include instruction, PFD and paddle.

Peters Lake Park is a beautiful resource located right here in Washington County. The Park offers a wood chip trail, some easier technical trail running without any elevation and park roads that loop for a total of approximately 1.25 miles. There is also an access road to run on that can add additional mileage for our group runs. The serene setting of the park offers some amazing, picturesque scenery for both running a kayaking.

The address of the Park is 560 Center Church Road, McMurray, PA 15317

Cross Creek Lake is another great resource within Washington County. The Park offers a 258 acre beautiful lake and a nice combination of trails and park roads to do a relaxed group run.

http://www.peterstownship.com/index.asp?Type=B_BASI&SEC=%7B617EFFB1-7E23-42E2-9B34-040FD016D544%7D&DE=%7BA0DA697F-51CA-4F95-A34B-873F0F31C332%7D

<https://www.co.washington.pa.us/164/Parks-Recreation>

I would offer kayaking on the 3rd Wednesday of every month except for September- It would be the second Wednesday due to a guided bike trip from Pittsburgh to DC that I am hosting.

Here is the following dates

Wednesday May 16- 6PM

Wednesday June 20 - 6PM

Wednesday July 18- 6PM

Wednesday August 15 -6PM

Wednesday September 12 -6PM

Peters Lake Park

Cross Creek Lake

Peters Lake Park

Cross Creek Lake

Peters Lake

To report Grand Prix times call Tom Trettel (724) 229-0201 or e-mail trettelt@comcast.net. Or Grace Goffi at gracegoffi@verizon.net. For newsletter information or to submit an article contact Bob Pikelis e-mail r.pikelis@comcast.net.

MORE NEWS TO VIEW

We want to send out congratulations to Felicity and Terry Smith. They are getting ready to bring a new runner in to the world. And Jaminique and Nathan Milliren are going to be bringing their newest runner to some of the local races.

Included in this newsletter is a notice about The Big Run. June 6th is Global Running Day and Fleet Feet stores across the country are setting up runs to celebrate the day. Fleet Feet Pittsburgh is setting up their run in North Park at 6:30 Wednesday night. For more information about the race and to sign up, just visit either the Fleet Feet Pittsburgh web page or go to Run Sign-up and register.

UPCOMING RACES

April and May are bringing a lot of races to the circuit. We tried to gather in as many of them as we could find, so this is not a comprehensive list. Remember that all the Grand Prix Short Distance races are marked with a *.

April 14 – Pirates Charities 5K – PNC Park, Pittsburgh

April 14 – Bucs for Bucks 5K – Houston, PA

April 14 – Martha's 10K Run – Mt. Lebanon, PA

April 21 – Boston Trail 5K/Half Marathon – Boston, PA

April 21 – Making Ends Meet 5K – North Strabane Park, Canonsburg, PA

April 21 – Phenomenal Hope 5K – North Shore – Pittsburgh, PA

April 22 – * National Tunnel 5K/10K – Cecil Park, Cecil, PA

April 28 – Quantum Spirits Carnegie VFW 5K – Carnegie, PA

May 5 – PGH Marathon 5K – Pittsburgh

May 5 – Woodside Elementary 5K – Wheeling WV

May 6 – PGH Marathon and Half Marathon

May 12 – * Dock to Lock 5K – Rice's Landing, PA

May 12 – Carmichaels Honor Society 5K – Carmichaels, PA

MARCH AT THE RACES

There were a few good races run in March as the weather kept changing daily. We had some warm days, some cool days and quite a few wet days. The big day for races this past month was, actually, the last day of the month. And we had attendance at most of them. Here is a brief synopsis of the races from a pretty cold morning.

Barnesville Rotary Lake 5K

With almost 200 in attendance, Carl and the gang put on a blockbuster race. In the run we had Terry Smith taking the clubs top honor in the men's category with Sarah Donley placing first in the women's class. In the walk, Gary Bennett outwalked all the competition, taking first overall and Kelley Murdock first woman to cross the line.

Just a Short Run

Tina Seech once again took top honors in the 5K portion of the 4 different races. In the 8 Mile we had Greg Mussitsch as the first male club finisher and Emily Sagun as our first female finisher. And in the Half Marathon we had Brittnie Lockhart coming through in a nice time of 1:40:18.

Yough River Trail

All results were not published at print time but Rich Sandala did turn in a time of 1:13:25.

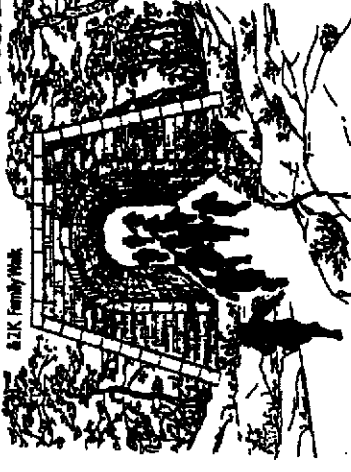
National Tunnel

5K & 10K, 2K Family Fun Walk

Presented by

THE TANDEM CONNECTION
RUNNING & BIKING

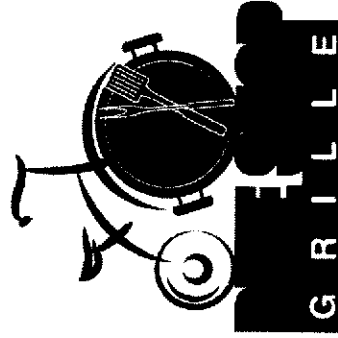
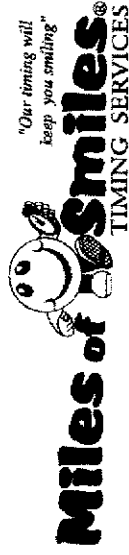
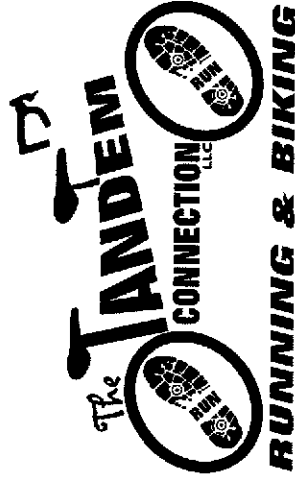
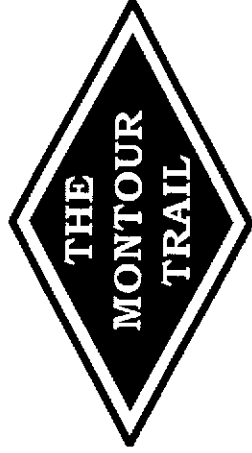
NATIONAL TUNNEL
10K & 5K
2K Family Walk



Sunday
April 22nd, 2018

Cecil Park
Cecil, PA

Benefitting the Montour Trail



National Tunnel 5K/10K
c/o The Tandem Connection
5 Georgetown Rd.
Hendersonville, PA 15317

Application for: National Tunnel 5K, 10K and 2K Family Walk

MAKE CHECKS PAYABLE to "Montour Trail Council" for total of race chosen and mail to:

The Tandem Connection
5 Georgetown Rd.
Hendersonville, PA 15317

Circle Event	5K	10K	Both 5K & 10K	2K
Circle Shirt Size	Unisex: SM	MD	LG	XL 2X

Date of birth / /

NAME	<input type="text"/>	AGE	<input type="text"/>	SEX	<input type="text"/>
ADDRESS	<input type="text"/>				
CITY	<input type="text"/>	STATE	<input type="text"/>	ZIP	<input type="text"/>
EMAIL	<input type="text"/>	PHONE	<input type="text"/>	<input type="text"/>	<input type="text"/>

Emergency Contact:

Emergency Phone:

Waiver: I sign this waiver and understand that it is legally binding on the Montour Trail event for which I have registered. In consideration of the acceptance of the above race entries, I waive, for myself, my heirs, and assigns, all claims for damages which I might have against the race, its organizers, its sponsors, or any other organization, business, or individual as a result of any and all injuries which might be received during the contest. I attest that I will participate in this event as a footrace and that I have sufficiently trained for this event and that I am medically cleared to do so. Furthermore, I hereby grant full permission to use my name and likeness, I also release any photos that may involve myself as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signature _____ Date _____

Parent (if under 18 years old) _____ Date _____

No refunds will be issued for any reason

Race Fees:

Distance	Thru 3/26/18	Thru 4/22/18	Race Day
Both 5K & 10K	\$40	\$45	\$50
5K Run or 10K	\$30	\$35	\$40
2K	\$15	\$20	\$25
2K under 12	\$13	\$14	\$15

Race Fee includes short sleeve tech tee
All pre-registered by April 8th will receive a short sleeve tech tee with the race logo, while supplies last.
Join us after for Hot food, Fun and Awards ceremony

Awards 10K:

Top 3 Male & Female Overall
Top 3 in each age groups: Male & Female divisions
19 & under, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Awards 5K:

Top 3 Male & Female Overall
Top 3 in each age groups: Male & Female divisions
14 & under, 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Late Registration & Packet pickup:

Friday April 20th 10am - 7pm
Saturday April 21st 10am - 7pm

Locations:

The Tandem Connection
5 Georgetown Rd.
Hendersonville, PA 15317
724-745-2453

Race Day Registration & Packet pickup:

April 22nd starting at 7:30 AM

Location:

Cecil Park, 1684 Millers Run Road, Cecil, PA 15321

Online Registration:

<https://runsignup.com/Race/PA/Cecil/NationalTunnel10Kand5Kand2Kfamilyfunwalk>

Weather:

We will run rain or shine, so come prepared

Date:

Sunday April 22, 2018

Start Time:

9:15 AM 5K Run/Walk
10:00 AM 10K
10:15 AM 2K Fun Walk

Location:

Cecil Park
1684 Millers Run Road
Cecil, PA 15321

Course:

The course is a flat, fast crushed limestone surface for both distances, 1.5 Mile out and back for the 5K, and 5K out and back for the 10K.

Results:

Chip Timing and results provided by Miles of Smiles
<https://www.smilemiles.com>

Aid Stations:

Aid stations will be every 1.25 miles & will provide basic first aid, water, sport drink, EMS will be on hand for major injuries.

Safety:

Please understand that while we recognize many runners utilize iPods or other music devices for your recreational running, using such devices in a competitive atmosphere is a safety risk for you and other runners because of the number of runners and the narrowness of the trail. Please know that if we determine that there is cause, you can be pulled from the race course by our monitors for the safety of others. Please-no strollers; dogs; roller blades or bicycles.

Questions:

Contact The Tandem Connection - 724-745-2453
Mike Bruno or David Poe

AGE CATEGORIES

5K Runners:

14 & Under

15-19

20-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-69

70+

5K Walkers:

19 & Under

20-29

30-39

40-49

50-59

60-69

70+

(Spotters on course, please
make sure you are walking)

AWARDS:

Top "3" Male/Female Runners &
Walkers overall

Top "3" Male/Female Runners &
Walkers in each age category.

Awards, random drawing and
refreshments at the
Rices Landing Fire Hall
immediately following the race.

Please
place
postage
here.



GREENE COUNTY COMMISSIONERS
-BLAIR ZIMMERMAN, —DAVE CODER—ARCHIE TRADER—
93 EAST HIGH STREET
WAYNESBURG, PA 15370

724-852-5210

www.co.greene.pa.us

GREENE COUNTY DEPARTMENT OF RECREATION

JAKE BLAKER, DIRECTOR
107 FAIRGROUNDS ROAD
WAYNESBURG, PA 15370

724-852-5323

Dock to Lock

5K Run/Walk

Saturday, May 12, 2018

Race Begins at 9:00 AM

Mandatory Registration

7:15-8:15 AM

at Rices Landing Fire Hall

Bus Leaves promptly at 8:30

AM for the start line at

Greene Cove Trail



Sponsors:

**Greene County
Commissioners**

And

**Department of
Recreation**

For More Information

724-852-5323

www.co.greene.pa.us

SATURDAY, MAY 12, 2018
RACE BEGINS AT 9:00 AM
REGISTRATION BEGINS
AT 7:15 AM

Registration Fee:
\$18 Pre-registered by April 27th
\$20 Race Day

• ☐ Run 5K ☐ Male ☐ Female

☐ Walk 5K ☐ Male ☐ Female

Shirt Size: S M L XL XXL

Pre-registration guarantees a T-Shirt.
Shirts will be limited on race day.
Adult sizes only.

Name: _____

Address: _____

Phone: _____

Age as of 5/12/18: _____

Email Address: _____

Make Checks Payable to:
County of Greene

Registration fees are
Non-refundable.

WAIVER

In consideration of this entry being accepted, I the undersigned, intending to be legally bound, for myself, my heirs, executors and administration waive and release any and all rights and claims for damages I may have against the County of Greene, its agents, sponsors, the State of Pennsylvania for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have been sufficiently trained for the completion of a race of this distance and difficulty.

I have read the above statement, I understand it and my signature confirms its full acceptance.

Signature

Parent/Guardian if under 18 years of age

Date: _____

Please Mail Entry and Waiver Form to:
Greene County Department of Recreation
Trail Run, 107 Fairgrounds Road
Waynesburg, PA 15370

Dock to Lock
5K Run/Walk

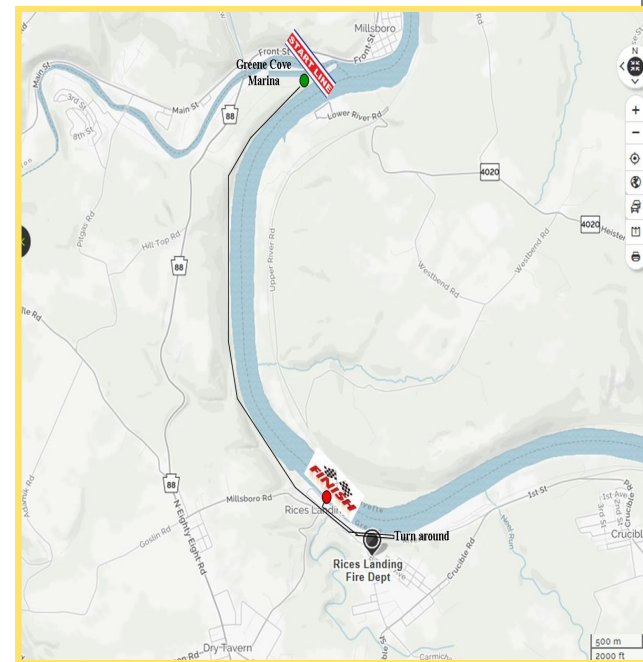
LOCATION

Rices Landing Fire Hall is located at:
66 Bayard Ave

Rices Landing, PA 15357

*Just off Route 88 along the
Monongahela River in Greene County
12 Miles East of I 79

9 Miles South of Turnpike 43 Mon/Fay Exp. M28



COURSE—POINT TO POINT

Crushed Limestone on the Beautiful
Greene River Trail.

SAFETY

Please-No Strollers, Dogs, Roller Blades,
Bicycles, etc. on the trail.

Timing Service

SERJ Racing Services
Uniontown Pa

www.serjracing.com

WCRRC RACE TIMES

BRAVE AMERICAN 5K

Mike Romzy	21:16(A-1)
Hunter Midcap	21:34(A-1)
Carl Kondrach	21:45(A-2)
Rich Sandala	21:48(A-3)
Sarah Donley	24:17(A-3)
Doug Midcap	27:34
Forton Remington	27:53
Kristine Midcap	30:38
Blake Headen	39:18

ELLPORT 5K

Shane Brunazzi	25:19(A-2)
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MAD MARCH 5K

Forton Remington	27:46
Blake Headen	37:44

MAD MARCH 5M

Shane Brunazzi	41:11(A-3)
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MAD MARCH 10M

Rich Sandala	1:13:29(A-2)
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SEMPER GRATIS 5K

Shane Brunazzi	24:26
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SHAMROCK 4M

Carl Kondrach	28:34(A-1)
Sarah Donley	31:23(OA-1)

SHUFFLE 13.1M

Scott Harrington	2:15:34
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MILL CREEK 13.1M

Sarah Donley	1:52:05
Carl Kondrach	1:52:06

JASR 5K

Tina Seech	21:23(OA-1)
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JASR 13.1M

Brittnie Lockhart	1:40:18
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TEAM CASSIE 5K

Carl Kondrach	21:10(A-1)
Rich Sandala	22:12(A-1)
Kelley Murdock	23:31(OA-2)
Sarah Donley	23:37(OA-3)
Steve Chabala	24:15(A-1)
Gary Chabala	24:27(A-1)
Forton Remington	27:21(A-2)
Carrie Perrell	27:52(A-1)
Nick Fossum	31:38(A-1)
Blake Headen	37:59(A-2)

TEAM CASSIE 10M

John Koontz	1:12:58(A-3)
Amy Koontz	1:14:24(OA-2)
Bob Pikelis	1:15:45(A-1)
Jonathan Garet	1:20:16(A-1)
Mark Hospodar	1:45:43

3 CREEKS 13.1M

Carl Kondrach	1:49:00
Sarah Donley	1:49:00

SHAMROCK 26.2M

Mike Bruno	3:12:53
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COOPERS ROCK 10K

Rich Durbin	45:59(A-2)
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YOUGH 10M

Rich Sandala	1:13:25
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POLAR VORTEX 15K

Emery Strotman	59:29(OA-1)
Nate Milliren	1:18:35(A-2)
Jim Loos	1:30:44(A-1)

POLAR VORTEX 5K

Shane Brunazzi	24:43(A-1)
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JASR 8.1M

Greg Mussitsch	53:46(A-1)
Emily Sagun	1:00:05 (A-1)
Mark Hospodar	1:18:14

RACE FOR JOE 5K

Dave Byers	49:33
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ROTARY LAKE 5K

Terry Smith	22:42(A-1)
Rich Durbin	23:31(A-1)
Sarah Donley	26:27(OA-5)
Carrie Perrell	30:00(A-1)
Eric Perrell	30:01(A-1)
Richard Klempa	31:40(A-2)
Blake Headen	40:53(A-2)
Ella Jane Custer	49:24(A-3)

R. LAKE 5K WALK

Gary Bennett	28:08(OA-1)
Carl Kondrach	29:20(OA-2)
Kelley Murdock	35:24(OA-1)
Felicity Smith	36:03(OA-2)
Rich Respole	42:52(A-2)
Mike Turkaly	46:13
Andrew Grimm	52:24
Chip Grimm	53:18
Stan Czyzewski	54:47
George Macek	54:48

COMMUNITY DAY 5K

Rich Sandala	21:41(A-1)
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C. DAY 5K WALK

Carl Kondrach	30:04(OA-1)
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GRAND PRIX 2018

Ella Jane Custer	1	36:54
Rich Sandal	2	38:46
Gary Chabala	1	39:08
Carl Kondrach	2	39:52
Kelley Murdock	1	42:13
Rich Durbin	1	43:30
Carrie Perrell	2	43:37
Hanka Rydl	1	44:23
Sarah Donley	3	45:16
Terry Smith	1	47:14
Forton Remington	1	47:23
Steve Chabala	2	48:04
Nick Fossum	2	48:26
Scott Harrington	1	50:05
Richard Klempa	1	50:13
Eric Perrell	1	52:00
Blake Headen	2	71:47

LDGP 2018

Bob Pikelis	3	36:16
Emery Strotman	1	37:14
Rich Sandala	3	37:19
Greg Mussitsch	1	37:50
Mike Bruno	3	38:11
Amy Koontz	2	39:45
John Koontz	2	41:32
Carl Kondrach	4	44:33
Jim Loos	1	46:51
Mark Hosposdar	2	46:56
Sarah Donley	4	46:57
Stush Sadowski	1	47:54
Jonathan Garet	1	48:34
Nathan Milliren	1	50:16
Scott Harrington	1	52:00

GRAND PRIX WALK

Gary Bennett	1	51:37
Carl Kondrach	1	55:33
Kelley Murdock	1	63:13
Felicity Smith	1	65:23
Richard Respole	1	67:58
Mike Turkaly	1	68:37
Stan Czyzewski	1	76:14
George Macek	1	87:42
Chip Grimm	1	105:36
Andrew Grimm	1	109:03

GRAND PRIX UPDATE

The first GP standings of 2018 are printed here. Please check to make sure you have been included if you have a qualifying race.

Remember you need five (5) of the selected GP races for the regular and walk GP. For the LDGP, you need four (4) races of your choice at 15K or longer. In all GP's, only your top races will be counted once you meet the minimum race total.

Finally, thanks again to Grace Goffi for doing all the hard work to continue this unique club competition. Grace's work is time-consuming; help her out by making sure your times are submitted on a timely basis and checking to make sure they are all included in the monthly standings.

WCRRC "One of the areas oldest and largest running clubs"
Established 1974

(Please check one)

New Member _____ Renewal _____

(Please print)

Name(s) _____

Address _____

City _____ State _____ Zip _____

Phone _____ Date of Birth ____/____/____ Age ____ Sex ____

Email Address _____

Additional family members _____

Years Running or Walking? _____ Willing to help at club events? _____

Yearly Dues: \$15.00

Mail application and payment to: WCRRC
1427 Willowbrook Drive
Washington, PA 15301

All information given is for the club's records and will be kept confidential.

