

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

MAY, 2022

VOL. 22 / No. 5

VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

It's amazing to sit back and look at the fact that the first third of the year has already come and gone. And with so many races starting to come back, it looks as if most of us are going to have a full calendar of events coming up. We are trying to keep the events calendar on the website as up to date as we can. So, make sure to look at what is coming up and to plan your running events accordingly.

It has just come to our attention that the Peters TWP race that had been scheduled in June before the pandemic set in has been reinstated. It will still be held in June. The information for the event is on the website under the calendar tab and it will still be a SDGP event.

UPCOMING RACES

It now looks like the race calendar is starting to fill up. It's nice to see that so many are coming back and even a few new ones are coming into view. Here is a partial list of a few that we have found. And remember that all the club SDGP races will be marked with a *

5/14 – South Fayette 5K – South Fayette H.S.
5/14 – Carmichaels High School 5K – Carmichaels, PA
5/15 – Jefferson Jog 5K – Clairton, PA
5/21 – *Rails to Trails 5K – Barnesville, OH
5/22 – *Stop, Drop and Roll 5K – North Strabane, PA
5/22 – Dice Dragon Run – Schenley Park, PA
5/28 – Celebrate Recovery 5K – Damascus, OH

5/28 – *Ogden 5K/Half Marathon – Wheeling, WV

6/1 – The Big Run 5K – Schenley Park PGH

6/4 – *Run for Alex 5M/2 M – Bentleyville, PA

6/4 – JR Taylor 5K – Bethel Park, PA

6/5 – Greenfield Glide – Schenley Park, PA

6/10 – Riverview 5K – Riverview Park PGH

6/18 – *Hit the trail Community Run 5K – Peters TWP, PA

6/25 – Kyle's Klassic 5K – Hendersonville, PA

6/25 – Ickes Family Life Center 5K – St. Clairsville, OH

WCRRRC AT THE RACES

There were two races that were a part of the SDGP in April.

Bucks for Bucs 5K

A small crowd of 51 finishers took to the cold and hilly course in Houston, PA. Buddy Rose won the race in a time of 20:24. Our first female finisher was Kelley Murdock in a time of 26:17 and Rich Durban was our first male finisher in 22:20.

Boston Trail 5K/Half Marathon

The weather cooperated better for the Boston Trail race. In the 5K we had Rich Durban as our first male at 21:52 and Deb Calmbacher as our first female in a time of 35:06

In the Half Marathon we had Steve Chabala as our first finisher and third overall in his age group in 2:07:43, and Shane Brunazzi a little behind that in 2:15:48.

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.

GRAND PRIX 2022

GRAND PRIX 2022

1.	Bob Pikelis	1	34:56
2.	Mike Romzy	1	35:56
3.	Rich Durbin	2	39:35
4.	Rich Sandala	3	39:37
5.	Kelley Murdock	1	46:18
6.	Gary Lorenzi	1	46:32
7.	Deb Calmbacher	2	48:34
8.	Michael Frere	1	51:50
9.	LouAnn McCullough	1	53:02
10.	Pat Calmbacher	2	54:57
11.	Dave Byers	2	1:05:14
12.	Beth D'Alessandro	1	1:06:11
13.	Joe Lebert	1	1:15:55

LDGP 2022

1.	Tina Seech	1	32:00
2.	Bob Pikelis	2	34:44
3.	Rich Sandala	4	38:04
4.	Danielle Gonzalez	2	42:09
5.	John Titus	2	48:48
6.	Sarah Donley	3	50:43
7.	Gary Lorenzi	1	52:15
8.	Steve Chabala	1	53:20
9.	Scott Harrington	1	55:23
10.	Shane Brunazzi	1	58:34

GRAND PRIX WALK 2022

1.	Sarah Donley	1	1:04:31
2.	Carl Kondrach	1	1:06:16
3.	Stan Czyzewski	1	1:19:12
4.	Blake Headen	3	1:31:13

GRAND PRIX REMINDERS

-- Grand Prix run/walk races are listed in the newsletter each month.

-- Long Distance races can be any 15K or longer.

-- While we attempt to gather time from the results of designated GP races, it is still the member's responsibility to make sure they have been included.

-- Times can be sent electronically from the club website to make sure of inclusion.

--Members completing long distance races **must submit their times since runners can chose any race 15k or longer.**

-- Members can submit times directly to Grace at gracegoffi@verizon.net or the club website.

-- Non-GP times can be submitted to Tom at trettelt@verizon.net or through the website for inclusion in the newsletter.

■ **IMPORTANT---** Times must be submitted within two weeks of the event. Please do not accumulate times and submit all at the end of the year. It is difficult to tabulate and unfair to fellow competitors.

The From Alex With Love Foundation is a non-profit charitable foundation which awards scholarships to local High School students and provides support to families in need.

Over \$5,000 in scholarships may be awarded in 2022. For a complete list of endeavors supported by Alex's Foundation please check our website:

www.FromAlexWithLove.org

WHEN June 4th, 2022

WHERE Bentworth High School
150 Bearcat Dr
Bentleyville, PA 15314

TIME Races start at 9:00am

PACKET PICKUP

Bentworth High School Parking Lot

Friday June 3rd 5:00-8 pm

Saturday June 4th 7- 8:15 am

No race day registration

Contact Jim Loos at:

724-747-2865 or

jimloos@fromalexwithlove.com

for more details

Race Shirts Guaranteed

IF REGISTERED BY MAY 10th

(Subject to Availability After May 10th)

Awards to Top 3 overall Male
& Female runners in each race.

Numerous age categories

(See Website for Details)



**FIVE MILE
RUN**

Moderately challenging
course through beautiful
countryside

5 MILE RECORDS

Male Brandon Gillingham

27:41 2012

Female Anna Beck

29:55 2011

**TWO MILE
RUN**

An out and
back run along
part of the 5
mile course

2 MILE RECORDS

Male Kevin Gregg

10:07 2012

Female Laura Mucho

11:45 2012

ONE MILE

FUN RUN/WALK

An untimed event for
the individual who wants
to support this wonderful
event but does not wish
to compete. It is ideal
for families and is
stroller-friendly!

MAIL ENTRIES TO:
From Alex With Love
101 Ridge Road
Eighty Four, PA 15330

Online Registration At
www.FromAlexWithLove.org
OR www.runsignup.com/runforalex



Contact Jim Loos at:

724-747-2865 or

jimloos@FromAlexWithLove.com

for more details

IMPORTANT INFORMATION

- No race day registration
- Must be parked by 8:30 am
- All roads closed by 8:45 am
- Roads will remained closed until course is clear of all participants. (If you must leave early, park at the bus garage)
- AWARDS will not be mailed



Run For Alex

*All proceeds from the race will go to the
From Alex With Love Foundation*

ENTRY FORM

ONE ENTRY PER FORM (Copies of form may be made)

First Name _____

Last Name _____

Mailing Address _____

City _____ State _____

Zip _____ E-mail _____

Phone number _____

Age as of 6/04/2022 _____ Gender M F

EMERGENCY Name _____

CONTACT Phone # _____

RACE PREFERENCE

RACE TYPE (please circle one)	BY June 2nd	LATE DAY June 3rd
1 Mile Children 10 and under	\$10.00	\$12.00
1 Mile 11 and over	\$12.00	\$15.00
2 Mile Run	\$18.00	\$20.00
5 Mile Run	\$20.00	\$25.00

SHIRT SIZE

(please circle one)

Youth	S	M	L	2XL or 3XL		
Womens Cut	S	M	L	\$2.00 Extra		
Unisex	S	M	L	XL	2XL	3XL

Mail Entries to:

From Alex With Love
101 Ridge Road
Eighty Four, PA 15330

Makes checks payable to From Alex With Love

You must sign waiver to participate

Waiver and Release

(If under 18 have a parent or legal guardian sign this release)

In consideration of acceptance of this entry, I the undersigned, intending to be legally bound hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Bentleyville Borough, From Alex With Love Foundation, and any other sponsors and their representatives, successors, and assigns, for any and all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver. I agree to abide by any decisions of a race official relative to my ability to safely participate. I assume all risks associated with participating in the 1 Mile, 2 Mile or 5 Mile challenge, including, not limited to, falls and contact with such risks being known and appreciated by me. I attest and verify that I will participate in this event as a race entrant, that I am physically fit and sufficiently trained for the competition of this event, and that my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the aforementioned parties to use my name, likeness, and voice as well as your photographs, videotape, motion pictures, recording or any other record of this event in which I may appear for any legitimate purpose in advertising and promotion for such broadcast and reuse.

In light of COVID 19, I hereby attest that I will be attending this event at my own risk. I acknowledge the precautions and agree to abide by them.

X _____

From Alex With Love
101 Ridge Road
Eighty Four, PA 15330



Run For Alex
June 4th 2022
Bentleyville, PA

The From Alex With Love Foundation is a non-profit charitable foundation which awards scholarships to local high school students and provides support to families in need.



BY JESSICA MIGALA

Unlock Your Power With Plyometrics



ONE STEP AT a time...but make it explosive. That's basically how you approach plyometric exercises that typically require zero equipment—and they may be just what your body needs for cross-training in the off-season.

What are plyometric exercises, exactly? “Plyometric movements are fast, explosive bodyweight exercises,” says Meghan Kennihan, a NASM-certified personal trainer, USA Track & Field coach, and RRCA-certified distance coach in LaGrange, Illinois. Usually programmed into a high-intensity interval training (HIIT) workout, these moves emphasize jumping. And you're probably already familiar with them (hello, squat jumps and burpees!), but it's also possible you're not executing them regularly or at all. Here's why you want to add them to your next workout.

How plyometric moves pay off on the road

One of the biggest advantages of plyometrics for runners is that they help improve two metrics: power and speed. “These exercises take advantage of muscle firing known as the ‘stretch-shortening cycle,’” Kennihan explains. A combination of eccentric and concentric contractions, these moves lengthen and shorten the muscle rapidly. Consider a squat jump in which you sit low into the squat and then push off the floor to propel yourself upward—you move through the down and up motions quickly to make the move explosive. And by maximizing the muscle contraction, you ultimately enhance muscle power.

“Adding plyometrics to your routine increases the force you can produce with each movement,” Kennihan says. “While running, after each foot lands on the ground, there's a push-off. Plyometric training will help you have a more powerful spring [at that push-off]. This will lead to a faster run.”

In fact, according to a 2018 review published in *Sports Medicine*, middle- and long-distance runners who added plyometric workouts to their schedule twice a week for four weeks saw a boost in running performance, particularly in running economy (how much oxygen your body requires to run), time trials, and sprint speed. Another very small study concluded that plyometrics (along with sprint training) were effective at improving performance in a timed 10K run, even when participants decreased weekly mileage because life (work, weather) got in the way, per the *Journal of Sport and Health Science*.

What's more, plyometrics nicely complement a run. That's because the body works in three planes: sagittal (forward and back), frontal (side to side), and transverse (twisting), says Taylor Thomas, founder of Thomas Endurance Coaching and a NASM-certified trainer. While running is naturally sagittal, working your body in all three planes builds resilience and sustainability. “Plyometrics are valuable because you can do the different types of movements that you don't get exposed to while running,” he says. You can add rotation to jump squats, for example, which skaters hit that side-to-side plane of motion. “A body that's comfortable operating in these different planes is important for good running form and being an overall healthy individual,” Thomas adds. You can also tailor plyometrics to your fitness level and athletic needs, and incorporate them into any cross-training day.

● Prepare for plyometrics


While explosive, pounding movements offer many benefits, they can also stress tendons and joints. That's why form and technique are key during plyometric training. Here's how to ready your body for the work ahead:

Assess your base / Before incorporating plyometrics into your routine, you should be able to run a half hour without losing your breath or stopping, says Kennihan.

Modify when necessary / Explosive exercises are more advanced, because they require more muscle recruitment and aerobic capacity. You should be able to execute modified versions first before moving on to the power moves, Kennihan says. For example: Know that you can perform air squats correctly (butt back, chest tall, knees over toes) before you start doing jump squats. Make sure you can do static lunges (knees over toes and bent 90 degrees) before doing jumping lunges. You also have to be able to do a strong push-up before turning it plyometric. To progress, you have to nail the basics first, so don't be afraid to start simple.

Focus on form first / Individual plyometric exercises are typically done relatively quickly and strung together in a circuit. However, don't let a quest for speed compromise your form, which can leave you vulnerable to injury, says Thomas. "Balance that speed with control," he says.

Progress gradually / "As athletes, we're excited to try new workouts, especially if they can help our running, so we dive in. And that's where we can get into trouble," says Thomas. "Physiological adaptation takes time." He recommends following a progressive strength program, which includes a proper warmup and cooldown. Newbies should start with a shorter plyometric routine, aiming for 2 sets of 4 to 6 reps and building from there. Over eight to 12 weeks, lengthen the plyometric portion and transition to moves that are more advanced.

Prioritize your body / Is your knee crunching with every hop? Does your shoulder twinge when you go into a push-up? "Listen to your body. If something doesn't feel right, shut it down," says Thomas. Play the long game: Pushing yourself to finish one workout when your body is saying "no" can lead to a lasting setback. 

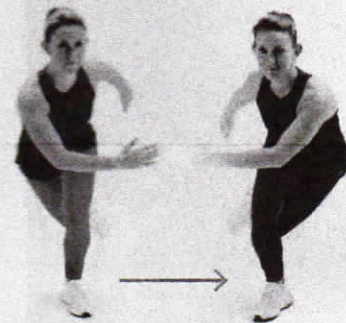
YOUR WEEKLY PLYOMETRIC ROUTINE

Aim for two strength workouts per week, at least one including plyometrics, Thomas suggests. If you're training for a race, you may drop down to one day a week or remove it entirely from your routine as race day nears. Also, make sure to leave two days of recovery between plyometric workouts.

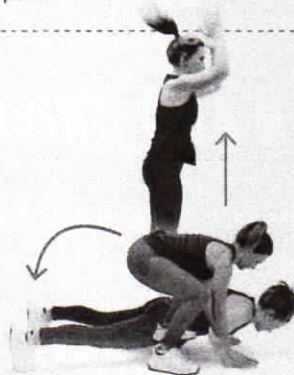
Begin with a warmup, like a 5- to 10-minute walk, foam-rolling, and/or dynamic stretches. Then follow the exercises like a circuit, going in order from one to the next. Perform 4 sets of 8 to 10 reps. For single-sided moves, do 6 to 8 reps per side. Take a break as needed between moves, and rest 2 to 3 minutes between sets. At the end, take 5 to 10 minutes to cool down with walking or foam-rolling.

JUMP SQUAT

JUMP SQUAT / Start standing, feet slightly wider than hip-width apart. Bend knees and send butt down and back for a squat. Drive feet into the floor, and as you rise from the squat, explode up so feet leave the ground. Land softly with knees slightly bent, and lower right back into a squat. Repeat.



SPEED SKATERS / Start standing. Jump laterally to the left side, driving off right foot and landing on left foot, body in a mini squat position. Right foot should follow behind left leg, but don't let it touch the ground. Repeat, hopping to the right. Continue alternating.



BURPEE / Start standing. Place hands on ground in front of you. Jump both feet back to plank, elbows soft. Option to drop chest to floor, then press back up to plank. Jump feet back up to hands, then explode straight up, arms reaching overhead. Repeat. To modify, step through the move instead of jumping.



BOX JUMP / Start with a low box, like a step. (As you progress, increase the height.) Squat down, then jump up with both feet onto the top of the box. Squeeze butt and extend knees and hips to stand up on the box. Step back down, one foot at a time. Repeat.



EXPLOSIVE PUSH-UP / Start in a plank position, hands slightly wider than shoulder width, head aligned with spine. Bend elbows to lower chest toward the floor. Push back up hard enough so hands leave the ground. Land on hands with slightly bent elbows. Repeat. To modify, place knees on ground, keeping core engaged and spine in one straight line.

30th GATEWAY TRACK MILE 2022 (1609.344meters)

PRESENTED BY: TUESDAY NIGHT RACING TEAM

TIMING BY WOLF CREEK RACE MANAGEMENT

NO ENTRY FEE

DATE: THURSDAY June 9, 2022 : 6:30pm (Faster heats first)

SITE: GATEWAY HIGH SCHOOL TRACK (Rain or Shine) **Note:** New Event Site

9000 Gateway Campus Blvd., Monroeville, PA 15146 MONROEVILLE 14A EXIT OF THE PARKWAY AND PA TURNPIKE EXIT 56. Follow Rt 48/ Mossie Blvd South, one mile. Across from Forbes Hospital. Track on West side of High School, under stadium light. Check by calling (412) 372-3212 or e-mail: don_tammy@msn.com for questions. Note school may not be open for rest rooms or changing.

Come ready to run: MAPQUEST: 9000 Gateway Campus Blvd, Monroeville, PA 15146

TIME: 6:30 pm FIRST HEAT: SIGN IN STARTING AT 5:30 Refreshments provided.

TENTATIVELY 5 HEATS PLANNED: Heat #1: 5:04.9 or faster, Heat #2: 5:05 to 5:49.9, Heat #3 5:50 to 6:39.9, Heat #4: 6:40 to 7:59.9, Heat #5: 8:00 or slower and Race Walk. **HEATS WILL BE ADDED OR DELETED DEPENDING UPON THE NUMBER OF RUNNERS PRESENT. Come ready to Run.** FASTER HEATS

WILL BE RUN FIRST – Register on line at Wolf Creek Timing or Race Site

AWARDS: TAMMY'S HOMEMADE CHOCOLATE CANDY

First Open Female Random Heat Winner

First Master +50* M/F Predict Your Time Special

CASH FOR OVERALL RECORDS & SELECT AGE RECORDS: \$25 Overall Male and Female

winner. \$10 Master male & Female \$50 for Overall Record, \$25 Select Age Records, \$10 Age Performance

Overall Records \$50	Male: Daniel Jaskowak 2018 4:21.1	Female: Allison Letourneau 2012 4:50.3
Age Records \$25	<19 Scott Whitaker 2011 4:26.28	Female: Diana Filtz 2005 5:18.70
	40-49 Carl Hubel 1999 4:43.41	Female: Tammy Slusser 2005 5:33.0
	50-59 J Brockenbrough 2009 4:52.46	Female: Tammy Slusser 2015 5:54.42
	60-60 Art Anderson 2017 5:50.1	Female: Donna Scanlon 2018 7:52.4
	70+ Dick Monheim 2012 7:03.08	Female: Never a 70+ runner
	80+ Gehrett Smith 2013 8:15.42	Female: Never a 80+ runner

Bonus/Incentive Money Rules: 1) Runner breaking record must win overall/age to be awarded record money.

2) \$10 performance money for bettering last listed time in division (see reverse), even if other runners displace this runner. 3) No Record or Performance money in Women 70+. 4) * Should a 50+ runner win the 40+ \$10, the Masters candy will go to a 50+ runner.

SPLITS GIVEN AT EACH 440 YARDS - FOUR LAPS PLUS 9.344 METERS

Record: Oldest Finisher: Male: 82 Gehrett Smith, (8:42.07) Elizabeth Twp 2013 . Female: 67 Kittie Vendolini-Abbott 2019 9:32.40

Youngest Finisher: Female: 2 Logan Diano - Plum. Male: 5 Lucas Balkey - Churchill

Most immediate Family Members finishing: 5 Landis's from Squirrel Hill 2014, and 5 Banks from St. Clairsville Ohio 2015

Total finishers 72 in 2015.

Most sub 5:00 Performances: 13 – 2019

Farthest traveled: Female: Allison Letourneau – Nova

Scotia. Male: Fabian Immler – Lindenburg Germany.

GATEWAY TRACK MILE TOP PERFORMANCES BY DIVISION to JUNE 2020

MALE				FEMALE			
		age	year		age	year	
OPEN	1. 4:21.1	Daniel Jaskowski	24 2018	1. 4:50.3	Allison Letourneau	23 2012	
	2. 4:24.92	Tyles Palenchak	20 2015	2. 4:54.0	Stephanie Bonk	21 2012	
	3. 4:26.28	Scott Whitaker	18 2011	3. 4:58.91	Tammy Slusser	31 1996J	
	4. 4:29.44	Cabel Muller	23 2014	4. 5:00.5	Leah Ahlin	29 2012	
	5. 4:29.8	Steve Abate	23 2012	5. 5:03.35	Tammy Slusser	30 1995A	
	6. 4:29.83	Mike Diano	21 2003	6. 5:03.42	Tammy Slusser	31 1996A	
	7. 4:30.31	Steve Strellick	27 2010	7. 5:07.06	Tammy Slusser	33 1998A	
	8. 4:30.41	A.J. Saravica	27 2009	8. 5:09.06	Mindy Sawtelle	26 1999	
	9. 4:30.99	Mike Diano	19 2001	9. 5:10.33	Tammy Slusser	32 1997A	
	10 4:31.63	James Townsend	30 2019	10. 5:11.51	Tammy Slusser	32 1998J	
JR 19<	1. 4:26.28	Scott Whitaker	18 2011	1. 5:18.70	Diana Filtz	15 2005	
	2. 4:30.99	Mike Diano	19 2001	2. 5:38.70	Becky Carter	17 1998	
	3. 4:34.60	Christian LaBash	15 2011	3. 5:40.74	Claire Kintner	17 2012	
	4. 4:34.74	Ryan McGuire	16 2011	4. 5:45.63	Kristen McMichaels	14 2011	
	5. 4:38.07	Mike Diano	18 2000	5. 5:50.65	Kristen McMichaels	13 2010	
40- 49	1. 4:43.41	Carl Hubel	42 1999	1. 5:33.0	Tammy Slusser	40 2005	
	2. 4:45.36	Carl Hubel	41 1998 A	2. 5:35.05	Tammy Slusser	43 2008	
	3. 4:46.83	John Brockenbough	44 2003	3. 5:37.57	Tammy Slusser	42 2007	

	4. 4:47.86 John Brockenbough 43 2002	4. 5:38.60 Tammy Slusser 44 2009
	5. 4:48.42 Jim Hommes 40 2011	5. 5:38.71 Kristen Suvick 45 2011
50-59	1. 4:52.46 John Brockenbough 50 2009	1. 5:54.42 Tammy Slusser 50 2015
	2. 4:56.84 John Brockenbough 52 2011	2. 6:00.9 Tammy Slusser 53 2018
	3. 4:57.11 Steve Garand 53 2014	3. 6:02.4 Tammy Slusser 52 2017
	4. 4:57.73 John Brockenbough 51 2010	4. 6:04.60 Tammy Slusser 54 2019
	5. 5:03.0 Steve Garand 52 2013	5. 6:19.20 Tammy Slusser 51 2016
60-69	1. 5:50.1 Art Anderson 62 2017	1. 7:57.8 Donna Scanlon 60 2018
	2. 5:51.2 Art Anderson 63 2018	2. 8:07.31 Donna Scanlon 61 2019
	3. 5:56.7 Dean Rowland 61 2012	3. 8:18.6 Kittie Abbott 62 2014
	4. 5:57.4 Art Anderson 61 2016	
	5. 5:58.53 Art Anderson 64 2019	
70+	1. 7:03.08 Dick Monheim 70 2012	NONE
	2. 7:04.95 Wayne Jabobs 70 2019	
	3. 7:08.39 Roger Brockenbrough 74 2009	

Note Gateway Mile held in both June & August in 1995, 1996, 1997 and 1998. An "A" means August

Gateway Track Mile Winners: 1994 to 2020					* Record				
	Winner	Time	<5:00	#Runners		Winner	Time	<5:00	# Runners
1994	David DeTorre	5:00.52	0	10	1995	Brian Sundin	4:49.3	5	14
1995 A	Kevin Dowell	4:46.11	4	13	1996	Jeff Otten	4:42.25	7	21
1996 A	Jim Hommes	4:45.42	2	13	1997	Jim Hommes	4:34.43	6	23
1997 A	Jeff Otten	4:50.72	5	10	1998	Jim Hommes	4:36.93	4	21
1998 A	David Wilt	4:43.73	5	20	1999	Jim Hommes	4:40.30	3	21
2000	Mike Diano	4:38.07	4	37	2001	Mike Diano	4:30.99	7	46
2002	Jim Hommes	4:43.59	8	35	2003	Mike Diano	4:29.83	8	41
2004	Mike Diano	4:34.38	4	31	2005	Larry VanDyke	4:53.59	1	39
2006	Race Not Held				2007	J. Brockenbough	4:53.70	3	16
2008	Craig Bell	4:42.17	1	22	2009	AJ Saravica	4:30.41	4	41
2010	Steve Strellick	4:30.13	4	42	2011	Scott Whitaker	4:26.28	12	65
2012	Steve Abate	4:29.8	8	53	2013	Fred Thompson	4:35.2	8	53
2014	Caleb Muller	4:26.44	11	70	2015	Tyles Palenchak	4:24.92	5	72*
2016	Matthew Puleio	4:39.8	1	36	2017	Matthew Puleio	4:39.1	3	48
2018	Daniel Jaskowak	4:21.1*	7	47	2019	James Townsend	4:31.63	13*	63
2020	Covid-19	no race held	-	-	2021	Covid	no race held		

WCRRRC AT THE RACES**CASA SUPER 5K WALK**

Blake Headen 45:42

MARTHA'S RUN 10K

Mike Romzy 46:52

FOOD TRUCK 5K

Kelley Murdock 26:30

RABBIT RACE 5K

Rich Sandala 22:36(A-1)

BRAVE AMERICAN 5K

Dave Byers 41:29

YOUGH RIVER TRAIL 5K

Pat Calmbacher 30:45

Deb Calmbacher 34:07

YOUGH RIVER 5K WALK

Kelley Murdock 37:22(OA-1)

YOUGH RIVER 10 M

Rich Sandala 1:18:20(OA-2)

BOSTON MARATHON

Danielle Gonzalez 3:32:52

CARNEGIE 5K

Greg Mussitsch 19:19

Mike Romzy 21:30

Rich Sandala 21:36

BOSTON TRAIL 5K

Rich Durbin 21:52(A-2)

Gary Lorenzi 29:21(A-2)

Pat Calmbacher 31:16

Deb Calmbacher 35:06

Ashlyn Brunazzi 39:29

BOSTON TRAIL 13.1M

Steve Chabala 2:07:43(A-3)

Shane Brunazzi 2:15:46

DYNGUS DAY 5K WALK

Blake Headen 54:32

WARRIOR 5K

Kelly Murdock 36:27(A-2)

HERMES 4M

Tina Seech 27:36(OA-4)

DELEWARE RIVER 26.2M

Sarah Donley 4:14:15

Carl Kondrach 5:40 (WALK)

CASA SUPER 5K

LuAnne McCullough 38:50

CHASE THE ANTELOPE 5K

Kelley Murdock 26:13(A-2)

Dave Byers 42:32(A-3)

PITTSBURGH MARATHON 5K

Mike Romzy 21:30(A-1)

Tina Seech 22:54(A-1)

PITTSBURGH MARATHON 13.1M

Rich Sandala 1:43:17(A-4)

Tina Seech 1:44:44(A-1)

Steve Chabala 2:03:51

Tom Carter 2:43:24

Mike Frere 2:56:15

PITTSBURGH MARATHON

Danielle Gonzalez 3:40:09

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.

