

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

MAY, 2025

VOL. 25/ No. 5

VISIT US ON THE WEB @[WWW.WCRRRC.COM](http://WWW.WCRRRC.COM)

## NEWS AND NOTES

April has brought a lot of rain with it, so let's hope that May will flower with a plethora of races to run. Follow the tracking here to see what races to conquer.

The awards are here!! The 2024 WCRRRC Grand Prix awards are in the hands of Bob right now. There will be a few races he will be attending this year, so if you see him and you are due to receive an award, please stop and see him.

We would like to welcome a new member to the WCRRRC. Welcome to the club Dave Bess. Dave is living in Washington. We hope to see you at a few races this year Dave.

## UPCOMING RACES

As the weather starts to warm, so are the number of races to be run. Here is a sample of races we have found that might interest one and all. And remember that any club GP races will be marked with an \*

5/17 – \*Rails to Trails 5K – Barnesville OH  
5/17 – Pike Hike – Claysville, PA  
5/17 – S Fayette/Bridgeville 5K -South Fayette, PA  
5/18 – Phils 5K – Uniontown, PA  
5/24 – Clairton 5K – Clairton, PA  
6/1 – Greenfield 5K – Schenley Park, (PGH)  
6/7 – \*Run for Alex 5M/2M – Bentleyville, PA

## THOUGHTFULLY THINKING THOUGHLESSNESS

*Mickey Hornack*

\* 37° as a hi temp for the day is cold, 37° as a low temp for the day is manageable

\* After an eye check appt I don't drive my car home, I just aim it

\* Saw 45K for participation numbers for marathon weekend...very nice. Congrats to all who were participants.

\* At this time of the year you can cut grass every other day. Mid July we be looking for thunderstorms.

\* Newest running shoes Speedland RX FPY \$299. Go for it! I'll get the knockoffs!

\* Training tip to improve speed run or walk- since you are what you eat; eat fast food!!

\* Asked the Mrs. -- fav class in school? JOGraphy!!!

\* It's Mid-May 2025...our boy Bálakè has 68 races in, 4 Comi-cons, amassed countless t-shirts and designed a weight workout with finisher medals. U Rock Bálàk!

\* Just thinking out loud - how do folks prepare for lost sox? Seriously? Does anyone else have a special "sock" laundry bag? Just saying.

\* 🍷❤️ U to all yinz!!

To report Grand Prix times, call Tom Trettel (724) 229-0201 or e-mail [trettelt@comcast.net](mailto:trettelt@comcast.net). Or Grace Goffi (724-554-0081) at [gracegoffi@verizon.net](mailto:gracegoffi@verizon.net). For newsletter information or to submit an article contact Bob Pikelis e-mail [r.pikelis@comcast.net](mailto:r.pikelis@comcast.net).

## **2025 GRAND PRIX BEGINS**

The 2025 Grand Prix has begun. As in the past, three race series will be contested: short distance, long distance, and walking. A list of the short distance events was printed in last month's newsletter. Long distance races must be at least 15K to qualify. Results must be submitted within two weeks of the event to Grace or through the club's webpage.

### **LONG DISTANCE GP (4/30/25)**

1. Tom Carter	1	47:17
2. Kelley Murdock	2	50:17
3. Steve Chabala	1	50:18
4. Rich Durbin	1	51:03
5. John Titus	1	51:41

### **GRAND PRIX (4/30/25)**

1. Ann McCormick	1	32:33
2. Mike Romzy	1	35:19
3. Amy Ference	1	39:08
4. Rich Durbin	1	40:18
5. Rich Sandala	4	42:03
6. Bob Pikelis	1	42:28
7. Davis Dziemski	1	44:36
8. Kelley Murdock	4	44:45
9. George Dziemski	1	46:07
10. Grace Goffi	1	46:24
11. Deb Calmbacher	1	46:41
12. Steve Chabala	1	47:02
13. Sarah Donley	1	50:27
14. Gary Lorenzi	1	51:30
15. Doug Midcap	1	54:12
16. Pat Calmbacher	1	57:08

### **WALKING GRAND PRIX (4/30/25)**

1. Bill McCormick	1	1:02:26
2. Kelley Murdock	1	1:06:56
3. Blake Headen	1	1:27:50

## **RUNNING SHORTS**

- New research shows older people experience less muscle soreness after exercise providing encouraging news for aging bodies.
- A record 25% of Americans now have a fitness membership; total membership is 77 million, up 20% from 2019.
- Brazilian research suggests twice weekly weight training may protect from cognitive decline in older adults.
- Nike continues as the #1 maker/seller of running shoes. However, On and Hoka have made inroads especially among women.
- According to a recent survey, cursing can boost your physical performance including pain tolerance.
- A recent survey suggests cold plunges not only lower inflammation but might also help with sleep, stress, and stronger immunity.
- Ugandan Jacob Kiplimo set a men's 13.1M record of 56:41, first man under 47 minutes.
- This year's New York Marathon has drawn record interest with more than 200,000 applicants.
- A recent survey found that appearance (23.9%) is the top exercise motivator. Health (18.9%) and mental health (16.9%) followed.
- This year's London Marathon was the largest ever with 55,000 starters.



In addition to the Title Sponsor listed on the front, this race was also made possible through the generosity of these sponsors:

**Platinum Sponsors:**



**Gold Sponsors:**

- Dr. Shawn Roe
- Domino's
- Joe's Tires and Service Pros
- Kemp Insurance

**Grand Prix Sponsor:**



**WEB DESIGN**



We have partnered with GCXC Racing Youngstown!  
To save \$5.00 for select GCXC races, please use the code

**CARL25**

[www.GCXC Racing.com](http://www.GCXC Racing.com)

Refreshments generously provided at a reduced cost by the following businesses in Barnesville:

- Domino's Pizza
- Donley's Delicious Delights
- Convenient Food Mart

Race Course manned and patrolled by the following:

- Barnesville Fire Dept.
- Barnesville Police Dept.
- Barnesville Street Dept.

Thank You Race Committee Members:

- The Kondrach Family
- Sarah D. Donley
- Margaret J. Miller
- Melanie Spiegler
- Chris Thoburn
- Kayla Crum
- Cody Johnson
- Blake Headen

**OTHER RELEVANT WEB INFO:**

[www.barnesvilleohio.com](http://www.barnesvilleohio.com)  
[www.caninefvt.com](http://www.caninefvt.com)  
[www.dominos.com](http://www.dominos.com)  
[www.joestires.com](http://www.joestires.com)  
[www.kempins.com](http://www.kempins.com)  
[www.mattjonespreowned.com](http://www.mattjonespreowned.com)  
[www.IOTwebdesign.com](http://www.IOTwebdesign.com)  
[newsradio1170.iheart.com](http://newsradio1170.iheart.com)  
[www.runsignup.com](http://www.runsignup.com)  
[www.smileymiles.com](http://www.smileymiles.com)  
[www.wcrrc.org](http://www.wcrrc.org)

**Carl A. Kondrach, Director**  
808 North Chestnut Street  
Barnesville, OH 43713-1118  
[www.RailsToTrails5k.com](http://www.RailsToTrails5k.com)  
[Facebook.com/barnesvillegrandprix](https://Facebook.com/barnesvillegrandprix)  
Cell: 740-310-2117/740-238-1833  
E-mail: [carlkondrach@yahoo.com](mailto:carlkondrach@yahoo.com)

Voted  
“#2 Favorite Race in the Ohio Valley”



**Special Division for Dog-Walkers!**

**Saturday, May 19, 2025**  
**8:30am/8:32am**

**Title Sponsors:**



**Matt Jones PreOwned Auto**  
5 Elm Grove Crossing  
(304)905-8302

**Tunnel Fun Run for Kids**  
immediately following  
the last finisher

**(Approximately 9:45am)**

*Kids' Application and other  
information can be found at:*

**[www.RailsToTrails5k.com](http://www.RailsToTrails5k.com)**  
**[Facebook.com/barnesvillegrandprix](https://Facebook.com/barnesvillegrandprix)**

Mail form(s) and make check payable to:

**Rails-to- Trails 5k**

808 North Chestnut Street  
Barnesville, OH 43713-1118

*Please Note: This is a MAILING ADDRESS ONLY! The physical race address is: 300 East Church Street, Barnesville, OH*

Please check ONE box **ONLY**:

☐

**RUN**

☐

**WALK**

☐

**CLYDESDALE/  
LADY ATHENA**  
210lbs/165lbs

☐

**CANINE WALK TEAM**

\_\_\_\_\_  
Dog's Name

**Note:** Those who check the Clydesdale/Lady Athena weight class are NOT eligible for age group awards. Those who check the Canine Walk Team box are NOT eligible for regular walk-division awards.

☐

**Male**

☐

**Female**

☐

**Kids Run (free)**

**5k Shirt Size: (Please Circle One)**

**S M L XL 2XL (add \$2)**

\_\_\_\_\_  
Name (please PRINT clearly)

\_\_\_\_\_  
Address

\_\_\_\_\_  
City State ZIP

\_\_\_\_\_  
Phone e-mail (optional)

\_\_\_\_\_  
Age on Race Day Birthday

**WAIVER:** In submitting this entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims which I may hereafter accrue against any event sponsors, event volunteers, event staff, and their officers, directors, agents, successors and/or assigns for any injuries suffered by me (or my dog, if applicable) at this event while travelling to and from the event or while participating in it. I attest and verify that I am physically fit and sufficiently trained for competition of this event. I also recognize that persons with dogs on leashes will be participating and that I may encounter them on and off the course. I also understand that I may be photographed and agree to allowing my photo, video, or film likeness to be used for any legitimate purpose by the aforementioned parties.

**X**

\_\_\_\_\_  
Signature (Parent or Legal Guardian if under 18)

\_\_\_\_\_  
Date

**\$25 (May 1) \$30 after or your application will not be accepted!**

## Race Info:

**Directions:** (From all points North:) Interstate 70 East/West, Exit #202 (Barnesville/Dennison). Go 6.5 miles on State Route 800 South to first Red Light. Turn left. Go 200 yards. (From all points South:) Take State Route 800 North to 3rd Red Light. Turn right. Go 200 yards. Race begins near and ends at the Train Depot. 300 East Church Street

**Entry Fee:** \$25 pre-registered (deadline, postmarked by May 1). \$30 after May 1 and on race day. \$16 for kids 6-10. Kids under 6, free (shirt is extra.) Special Charity Rate: \$19 each, minimum **FOUR** entries mailed together. (Pre-registered ONLY, deadline, postmarked by May 1st)

**Registration:** May be done through the mail, on race day or online. Please visit: [www.RunSignUp.com](http://www.RunSignUp.com)

**Keyword: Rails**

**Trophies:** We proudly offer absolutely more awards (150!) for more participants than most 5k events you will find anywhere. Unique, high-quality, hand-crafted trophies to be awarded in the following categories:

**Canines:** Top 10 Overall dog WALKERS. (Gender irrelevant) **NO RUNNING!** Keep dogs on a 5' locked leash at all times!

**Walkers:** 1. Top 5 Male, Top 5 Female  
2. Top 3 Male, Top 3 Female Masters (50+)  
3. Top 3 Male & Female in Age Groups unless otherwise indicated.

**Runners:** 1. Top 5 Male, Top 5 Female  
2. Top 3 Male, Top 3 Female Masters (40+)  
3. Top 3 Clydesdale Male (210 lbs+), Top 3 Lady Athena Female (165 lbs+)  
4. Top 3 Male & Female in Age Groups.

**NO DUPLICATIONS!**

**PLEASE NOTE:** the Age Groups for Males & Females and for the Walk & Run can and do vary greatly. They are ever-changing as they are based on last-year's results so as to minimize waste and cut down on cost. If you have a specific Age-Group award question, please contact the director

**Door Prizes:** Over 50 door prizes/certificates valued nearly \$1000 donated by surrounding merchants/businesses.

**Shirts:** All pre-registered 5K runners, walkers, and dog-walkers are guaranteed a high-quality athletic mesh T-shirt (not cotton). Register early to nab the right size! Late registrants: first come, first serve. (200 shirts will be pre-ordered).

**Food:** All participants are welcomed to join us for a HUGE smorgasbord of delicious food including several types of pizza, pepperoni rolls, subs, deli-fresh sandwiches, tons of home-baked cookies and cupcakes AND the ever-popular, in-demand home-made pasta salad made by my wife Jessica! If you leave this race hungry, it's your own fault!

**Timing:** Chip-in-the-bib timing by Miles of Smiles:  
[www.SmileyMiles.com](http://www.SmileyMiles.com)

## More Race Info:

**Director's Award:** We are currently seeking candidates for this award. If you would like to nominate someone, please contact me by phone, e-mail, or with your application (deadline May 1) Please include a detailed summary of how he/she has made contributions to the walking, running, or racing communities. Winner will be recognized and presented with a special trophy

**Grand Prix:** This event is associated with 2 Grand Prix Series: 1. The Washington County (Pa.) Road Runners Club (WCRRC) Grand Prix Series; 2. It is the 2nd of four races in the Barnesville Grand Prix.

**Barnesville Grand Prix Series**



**Kids' Tunnel Fun Run:**

Immediately following the last 5k finisher (approximately 9:45am). You may use this form to register your child. Fun Run & 5K Race applications and fees may be mailed together. Parents, please arrive at least 15 minutes early. All children win a trophy. There is no fee for children to run. Parents are welcome to run or walk with their kids. Kids will be run in waves, starting with the oldest and working backwards.

**Dog Team Walkers:** Please remember, there are children & other dogs at this event. Be a responsible owner: Non-aggressive dogs only; No dogs "in heat"; On leash at all times (NO retractable leashes unless locked); ID Tags must be worn; Current Vaccinations; Please clean up after your dog (baggies available). Also remember, this is a **COMPETITIVE dog walk**: **NO RUNNING/JOGGING!** Your dog is welcomed to any of the doggy or human refreshments. Please check with your local vet about any changes in diet or the consumption of human food. The director reserves the right to disqualify your team without refund if these rules are not adhered to.

**etc.:** This unique event has been featured in Runner's World Magazine. The popularity and success of this race has directly resulted in multiple "Race Director of the Year" Awards for its organizer. It was voted the **"#2 Favorite Race in the Ohio Valley"** the only 2 times voting took place. (Second only to our sister race, the Pumpkin Festival 5k Run/Walk held in September.) So come on out and join the fun! Bring the family and see what everybody is talking about!

**NO REFUNDS ISSUED FOR ANY REASON!**



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 300 scholarships have been awarded.

For a complete list of endeavors supported by Alex's Foundation please check our website:

[www.FromAlexWithLove.org](http://www.FromAlexWithLove.org)

**WHEN** June 7th, 2025

**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 6th 4:30-7:30 pm

Saturday June 7th 7:00am- 8:15 am

No race day registration

Contact Jim Loos at:

724-747-2865 or

[jimloos@fromalexwithlove.com](mailto:jimloos@fromalexwithlove.com)

for more details

### **Race Shirts Guaranteed**

IF REGISTERED BY MAY 1st

(Subject to Availability After May 1st)

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](http://www.FromAlexWithLove.org)  
OR [www.runsignup.com/runforalex](http://www.runsignup.com/runforalex)



Contact Jim Loos at:

724-747-2865 or

[jimloos@FromAlexWithLove.com](mailto: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 remain closed until course is clear of all participants. (If you must leave early, park at the bus garage)
- AWARDS will not be mailed

# **20th Annual 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 6/07/2025 \_\_\_\_\_ Gender ☐ M ☐ F (please circle)

EMERGENCY Name \_\_\_\_\_

CONTACT Phone # \_\_\_\_\_

## RACE PREFERENCE

RACE TYPE (please circle one)	BY June 5th	LATE DAY June 6th
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, Somerset Twp 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.

X \_\_\_\_\_

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



# Run For Alex

## June 7th 2025

Bentleyville, PA

**5 mile run**

**2 mile run**

**1 mile fun walk**

**and**

**Kids fun dash**



## **Running, Rituals, Routines and Racing.**

*Joe Sarver*

Runners can be a peculiar breed of athletes when it comes to racing. Everyone has their own routine and routines. It all depends on what type of race you're running. There are different routines if you're racing on the track, cross country, road racing, running a trail race or even triathlons. Whether you are running as an individual or with a team. The routines change slightly when racing locally, nationally or internationally. There are as many variables to routines and rituals as there are two different types of racing.

My routine would begin the week of the race. I would taper the mileage early, only run one sharpening workout, run 10X100 race pace pickups after a shorter run two days before the race. Early in the week I would eat less carbs and fats and concentrate on a higher protein diet. If the race was on Sunday, I would start adding more carbs back into my diet on Thursday night through Saturday night. The night before a race I would eat a couple slices of pepperoni pizza and drink one to two beers for the carbs and to take the edge off. Athletes I have trained or coached would eat spaghetti, baked potatoes, or other foods that they craved before the race. One of my Olympic Trial qualifiers I coached ate two Philly cheese steaks hours while in college before he ran the 5km at the Penn Relays and still ran 14.01. Everyone's engine requires their own type of fuel.

Throughout the week I would prepare mentally for the race by going over various race scenarios. Knowing the course, I would go through each mile in my mind as I ran my base miles and sharpened workouts. The day of the race ritual I would warm up at least for two miles at a pace that was as I felt that day. After warming up I would sit and lightly stretch for around 5 minutes. I would then run 4-5 strides at race pace using different racing flats. Whichever racing

flat felt right that day was the one I raced in. Five minutes before the race I would relax and prepare my mind for competition. After the race I would warm down and revisit mentally how the race had unfolded. I didn't have any good luck rings, necklaces, socks etc...

Runners can follow routines and rituals much easier when running local races. Routines and rituals can be difficult, if not impossible, running in a mega race with 10-30 thousand runners like Boston, New York, Marine Corp & others where you travel to the start by bus, you're placed in a running coral for an hour before the race starts, corals are lacking rest rooms and you're vulnerable to the weather. This happened to me twice at Boston standing in pouring rain, packed like sardines for an hour before the race and then running into 20 mph head winds for 26.2 miles.

When this happens your mindset goes from competition to just finishing. Routines and rituals go out the window.

While living in South Jersey I ran most of my races with the South Jersey Athletic Club as team events. My training routine changed from just running to running 60-65 miles a week and swimming or cycling every other day along with running in the morning. Instead of just running I was mixing it up with the cyclists, triathletes and road racing. South Jersey AC was part of the Mid Atlantic Grand Prix. We raced against teams from Jersey, Philly and Delaware from 5km distances to the marathon in the Grand Prix. A typical routine during the week would be reviewing runners in your age group, their team's status in the Grand Prix and putting together the workouts needed to compete. We assembled the day of the race like a pack of wolves discussed tactics during warmups and then focused on our job for that race. This wasn't run for fun this was very intense and everyone depended on each other's performance. After a couple of races, I just fell into the routine.

The week's routine and ritual would be to review, race day assemble as a team, and then race not as an individual but as a team. Warm down, review results, assemble and



get ready for the next race. South Jersey Athletic Club won nearly a decade of Mid Atlantic Grand Prix championships. I also completed a half Ironman at the Eagleman Triathlon swimming 1.25 miles in Chesapeake Bay, 56 miles on a bike and running a half marathon while in Jersey. The East Coast is a different culture with unique routines and rituals.

There are many ways to run whether competitive, with teams, or non-competitive. In my fifties to sixties (age) I became more of a non-competitive racer. I would tour the racecourses, chat with runners around me during a race. We met family members in Utah, Arizona, Oregon etc...and ran races or trails as family and enjoyed the time together. My routines would still include some speed or longer runs for efficiency rather than hard full throttle workouts. The routine and race day rituals were still similar after fifty years of running & racing with carb loading late in the week and warm up and warm down race day. Whether I was running races for individual, team competition, or just touring the racecourses over the years my routines and rituals were slightly modified to meet the running/racing scenarios. Every runner will find their own routine or ritual that fits their style of running and racing.

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## **You Had to Be There to Believe It**

We received this information from Kathy Starkey about a race that she attended one weekend in April. Sometimes there are things that happen that you must stand back and say, "Really". Here is what she said.

. I did the race in Monongahela, it was for OVN (Operation Vet Now) In their application they asked for your t-shirt size and even shows the T-shirt, I get there, and she said they didn't order t-shirts because they were afraid they would order too many and wouldn't know what to do with the

extras. They did not have a timing service so a women stood at the finish line with her cell phone. Most likely it was not 3.1 miles, at least according to my watch. They had restrooms but the water was not turned on and no winners for age groups, so no awards. And no refreshments of any kind.

I was somewhere in the middle of the pack by myself and was about to run back into the park where we started and finished when I heard a train, but I could not beat it, and I was the only one that had to stand there waiting for the train to get past. The person told me it took 3 minutes for it to pass but the women with the cell phone said they took off 2 ½ minutes.

But at least the heavy rain stopped right before the race started!

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We are sad to report that last month, the Pittsburgh running community lost a very important member. Don Slusser passed away from a kayak accident in Kentucky. Those who knew Don can testify to the resilience he showed to not only the community but to his own health. Even with two knee replacements, he kept on competing, both walking and running.

Bob Pikelis put together a short poem to celebrate the life he led.

## **Ode to a Distance Runner**

Short in stature  
Heart filled with pride  
Injuries may slow the pace  
Weather creates adjustments  
Determination abounds  
Repeat the running mantra  
Keep one foot in front of the other  
Until you cross the finish line

## WCRRC AT THE RACES

### MARTHA'S RUN 10

Mike Romzy 49:59(A-1)  
Dana Kuzniewski 6725(A-2)

### BOSTON TRAIL 5K

Rich Sandala 25:40(A-1)  
Kelley Murdock 25:45(M-1)  
Dave Dziamnski 28:57(A-2)  
George Dziamnski 29:21(A-3)  
Amy Ference 29:53(A-2)  
Gary Lorenzi 33:26

### BUNNY HOP 5K WALK

Carl Kondrach 30:04(OA-1)

### BUNNY HOP 5K

Kelley Murdock 25:51

### CASA 5K

Pat Calmbacher 29:12  
Deb Calmbacher 34:20

### CASA 10K

Sarah Donley 54:52(OA-2)  
Kris Midcap 1:11:41

### CASA 5K WALK

Blake Headen 46:45

### CASA 10K WALK

Carl Kondrach 1:06:49(OA-1)

### BAND ON THE RUN 5K

Gary Lorenzi 32:31

### HORSE CAP 13.1M

Kelley Murdock 2:10:23

### HELICON Brewing 5k

Ann McCormick 28:18(A-1)  
Bill McCormick 48:52(W)

### YOUGH TRAIL 10K

Gary Lorenzi 1:10:16

### GOOD FRIDAY 5K

Carl Kondrach 24:11(A-1)

### COOPER RIVER 10K

Dave Byers 1:41:10

## NASHVILLE 26.2M

Sarah Donley 4:38:18  
Carl Kondrach 5:58:23

### AUTISM 5K

Doug Midcap 30:53  
Kris Midcap 31:09(A-1)

### AUTISM 5K WALK

Blake Headen 46:42(OA-4)  
Dave Byers 47:37(A-1)

### DYNGUS DAYS 5K WALK

Blake Headen 52:30

### CARNEGIE 5K

Steve Chabala 23:47(A-3)  
Rich Sandala 24:44(A-2)  
Greg Mussitsch 28:52  
Pat Calmbacher 34:45  
Deb Calmbacher 34:48(A-2)

### STOP, DROP, & RUN 5K

Rich Durbin 23:37(A-1)  
Kelley Murdock 25:26(OA-3)  
Rich Sandala 25:45(A-1)  
Ann McCormick 27:47(A-1)  
Bob Pikelis 28:36(A-2)  
Bill McCormick 44:04(WALK)

### CHILD ABUSE PREVENTION 5K

Donna Patrina 37:53(A-1)

### WARRIOR RUN 5K

Kelley Murdock 27:07(OA-2)

### OHIOPYLE 5K

Kelley Murdock 25:27(A-1)

### BLUE/GRAY 13.1M

Tom Carter 2:33:44

### PITTSBURGH MARATHON 5K

Mike Romzy 23:33(A-2)  
Rich Sandala 25:33  
Gary Lorenzi 26:24(A-3)

### PITTSBURGH MARATHON 13.1M

Carl Kondrach 2:17:37  
Sarah Donley 2:17:37  
Tom Carter 2:33:34



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.

