

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

AUGUST, 2019

VOL. 19 / No. 8

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

NEWS AND NOTES

We would like to welcome to the WCRRRC Kate and Daryl Throckmorton. They are from Washington, PA. Great to have you join us and hope that we will see at some upcoming races.

August and September are coming faster than we think they should. But what that means is there will be a plethora of races coming. And for those who are looking to get in some Grand Prix events, this will be a great chance. Listed below will be as many races that we could find that members may be looking for. And remember that the GP events will be listed with an * beside it. Happy racing!!!

8/11 – P & LE 4M/10M – Boston Trail, PA
8/17 – Historic Hill 5K – Pittsburgh
8/18 – Run Fast Winged 5K – Salem, OH
8/18 – ROAR (race on! Animal Rescue) 5K/10K – Canonsburg (Hendersonville Trail)
8/24 – Run Around the Square 5K – Regent Square
8/30 – *Miles for the Mission 5K – Barnesville, OH
9/1 – Pittsburgh Steelers 5K – Heinz Field
9/2 – *Labor Day 5K – Washington, PA
9/7 – *Little Great Race 5K – Charleroi, PA
9/8 – Heitz to Heaven 5K – Moon TWP, PA
9/14 – Heroes and Halos 5K – Columbiana, OH
9/14 – Marshall CO. Rise-and-Shine 5K – Moundsville, WV
9/21 – FlyBy 5K – Pittsburgh Airport
9/21 – ZooZilla 5K – Pittsburgh Zoo
9/22 – *Boston Harvest 5K/10K/Half Marathon – Boston Trail, PA
9/28 – *Pumpkin Festival 5K – Barnesville, OH

JULY AT THE RACES

The heat of July did not stop all of you hearty runners and walkers out there. We had a few races turned in that had quite a few of our club members at. Here is a recap of just a few of them.

Whiskey Rebellion 5K

There were almost 700 runners and walkers at the annual Canonsburg event this year. A little cooler than last year, so there were some pretty good times.

Nick Wolk from Peters TWP and Pitt took top honors in 15:38 with Travis Meyers-Arrigoni close behind in 15:51. Our top female finisher and second overall was Emily Sagun, who crossed the mat in 20:37. And our top male finisher was Rich Sandala, who came through in 21:38. In the walk category Kelley Murdock was first overall in 33:45, and Gary Bennett was our first male finisher and second overall in 26:23.

Rain Day 5K

The 41st annual event did not have any rain associated with it, and the weather kept cool for most of the run. 120 runners and walkers crossed the finish line this year.

Logan Maust was the overall winner in a nice time of 16:55 and Kristen McMichael was the first female in 19:08. Bob Pikelis was our first male finisher in 22:15 and LuAnne McCullough was our first female finisher at 32:07. In the walker category Kelley Murdock was once again the first overall finisher, coming through in 33:50, and Rick Respole was the first overall male finisher in 38:46.

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.

Thoughts idly thought while idle!

Mickey Hornack

** Seriously why are we left or right-handed?
Why aren't they both the same?

** Tipping mhmhm bribing folks to be nice to you.

** I have kinda "dated" coiffure and folks ask me if I'm ex-military (I'm not) former policeman (I'm not) and some ask if I actually paid to have the style! Real funny

** Love reading results of races reminds me of things I used to be somewhat capable of doing!!

** After many "I didn't hear you" episodes at home, I told the Mrs we are going to get hearing aids. She said I don't need one. I replied "What"

** Must be someone out there reading the WCRRC fishwrap.

My complaints about "please listen as our options have changed" (since yesterday?? Really) Now say " please listen as we have added new options" (which could be since yesterday - I guess)

** Running shoes (walking as well) are approaching \$200/pair minor marathon and half marathon and triathlon entries are substantially over \$100. Major events are double and triple those numbers. Local races \$30+. I did not ever imagine this. So, the membership fee for WCRRC is a real steal!

** Always good to see the Mingo folks from WCRRC (Kathy, Donna, Chet, Amy, John, Gary, Sue) that I know!

** Maybe this is irrelevant in the scheme of life but the roundabout off Rt 519 with a 2 lane ☆round n round☆ is baffling. Honestly there are other roundabouts in other states with 1 lane ○rounds and there's no confusion. 2-lane ☆rounds are demonically possessed. Because anytime you go thru the 519 one you look in all your mirrors and utter language quite unbecoming of yourself. It's the "we're back syndrome" or extraterrestrial beams or maybe somebody in some exalted position just plain goofed!!!

** Rock on WCRRC

Observations from the Ridge

Bob Pikelis

This year for vacation we made another trek to jolly olde England. Believe it or not, there are still quite a few places we have not yet seen on our trips over. So, this year we finally decided to visit one place that has been on our bucket list for a while.

This year's trip started off at the hometown where the British Music Invasion started, Liverpool. It was a very nostalgic time, remembering all that you heard about in the swinging 60's but never saw. Running down by the river made me think of two things. The first was the Beatles, of course, since there are statues to the fab four right along the dock. And the other was while running along the river one song kept going through my head; "Ferry 'Cross the Mersey", which I actually saw.

Our next stop was in the Lake District. It was a little out of the way, but a nice rest from all the bigger cities. I was glad I brought a long sleeve shirt to run in because the morning was a bit chilly. After a short boat ride some of the group went on a five-mile hike around the lake. The scenery was amazing.

We next went to the old town of Bath. A lot of different architecture there, and this was the only day I went out for a run that I got caught in the English rain. But at least I could see that there were more crazy people than just me getting out.

Then on to the northern part of Wales in the town of Cornwall. A small community but big enough to have a McDonald's and a KFC in it. When we got to the coast, the winds were topping out at 60 MPH. It was, definitely, a hold on to your hats time. It is very tricky trying to take a picture with your camera while holding on to something so you will not get knocked down.

The final stop was my favorite city through the UK, London. There is always something going on around you. As we were walking around the first day there (Friday evening) we came across at least 400 bicyclists going street to street and holding up traffic while people were trying to get home.

A great run through Trafalgar Square and on to Buckingham Palace in the morning was a very serene feeling. You just knew that things were going to get moving shortly.

Just make sure that if you ever visit that you stop at the local pub for some tasty fish and chips, done English style of course.

WHAT IS THE WASHINGTON CHRISTIAN OUTREACH?

- It is a non-profit, non-denominational Christian organization that aims to spread the gospel by helping fulfill both the material and spiritual needs of the poor and needy in our community.
- Was started 41 years ago by a local housewife.
- Is located at 119 Highland Avenue (across from Family Dollar) in Washington, PA.
- Is open Monday through Friday from 9:00 am to 1:00 pm.
- Everything donated to WCO is returned FREE to the community.
- Has a kitchen serving hot meals on a daily basis.
- Operates with an all volunteer staff.
- There are NO paid employees.
- A facility where the community can come for medical intervention.
- Functions on monetary and material donations from individuals, churches, foundations, and Fraternal Associations.
- Do you have questions? Would you like to volunteer? Would you like to financially support our efforts? If so, please contact us at 724-222-0750 or fax us your questions at 724-228-9329.
- Thank you to all of our runners and walkers, our race sponsors and advertisers, all of our course workers, the City of Washington and everyone who made this year's event possible.



This year's race also benefits the

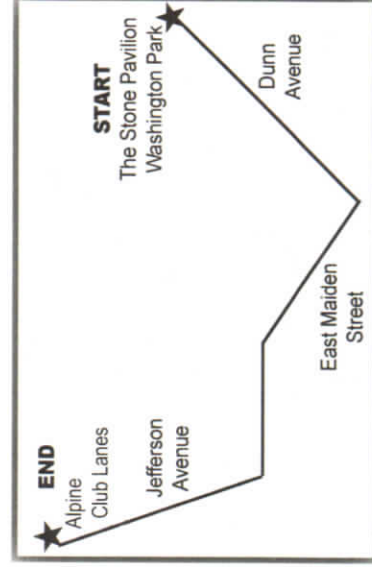
Good News Jail & Prison Ministry!

Partnering with Mike Pierson,
Chaplain of Washington County
Correctional Facility.

COURSE

Begins at the Stone Pavilion in Washington
Park & ends at Alpine Club Lanes on
Jefferson Avenue.

This is NOT an OUT & BACK COURSE.



**WASHINGTON
CHRISTIAN
OUTREACH**
presents

The 37th ANNUAL



**MONDAY,
LABOR DAY**
September 2, 2019

37th ANNUAL

LABOR DAY 5K CLASSIC

The Fastest 5K Race in Western PA
— Hundreds of personal records
have been set on this course!

PART OF WCRRC GRAND PRIX

DIRECTIONS

FROM PITTSBURGH

I-79 S to I-70 W to Exit #17. At end of exit make right on Wylie Avenue. Go to 2nd stop light & make a left on Jefferson Avenue. Follow Jefferson Avenue to Alpine Club Lanes, 735 Jefferson Avenue.

FROM WHEELING

I-70 to Exit #17. Turn left on Jefferson Avenue. Follow Jefferson Avenue to Alpine Club Lanes, 735 Jefferson Avenue.

BUS TRANSPORTATION

provided from Alpine Club Lanes to race start from 7:15 am until 8:15 am. (No parking is available at the starting line at the Stone Pavilion.)



AGE GROUPS

Runners: Age 11 & under, 12-15, 16-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+, Cruiser: 190-210, Heavyweight: 211+.

Weigh-in prior to start.

Walkers: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, & 60+

** The race will be electronically chip timed.

AWARDS

Runners: Top 3 male & female & Top 3 in age group (70+ Top 2 ONLY), Cruiser & Heavyweight: Top 3.

Walkers: Top male & female overall & Top 2 in age group. No duplication of awards. Entrants must pre-declare weight divisions.

MISCELLANEOUS

Race day registration begins at 7:00 am at Alpine Club Lanes finish line. Race starts at 9:00 am for both walkers and runners. Refreshments and random prizes posted at awards ceremony. Proceeds benefit Washington Christian Outreach. Timing service by Miles of Smiles.

Results posted at www.smilemiles.com

FEE

Postmarked by 6/30/19 \$22.00. 7/1/19 through 8/24/19 \$25.00. After 8/24/19 \$28.00. Make checks payable & send to Washington Christian Outreach, P.O. Box 1659, Washington, PA 15301. Tee shirts guaranteed to all pre-registered by 8/24/19.

Register online today at
www.runsignup.com.

INFORMATION

Call 724-222-0750 or
email: labordayrace@yahoo.com
www.runsignup.com

ENTRY FORM LABOR DAY 5K CLASSIC

Name: _____

Address: _____

Phone: _____

Email: _____

Please indicate:

Shirt Size: S M L XL

Walker Runner _____

Sex: M F

Age (on race day) _____

Cruiser (190-210) _____
(Runners only)

Heavyweight (211+) _____
(Runners only)

In consideration of the acceptance of this entry, I waive for myself, my heirs and assigns, and any and all claims for damages which may arise against all organizations and individuals connected with this race as a result of any injuries which may be incurred during or from this race.

Signature: (Parent/Guardian if under 18)

Please send race entries to:

LABOR DAY 5K CLASSIC

Washington Christian Outreach

PO Box 1659 • Washington, PA 15301

or sign up online and save at

www.runsignup.com

Mission

Proceeds fund one (1) Thousand Dollar
Scholarship to be awarded to a
Charleroi Area High School Senior

Little Great Race Committee

Marc Bellora
Sue Hornack
Joe Jannotta
Joe Mancinelli
Marsha Vitale

Mickey Hornack
Cindy Mancinelli
Jeff Vitale
Vic Vitale

This year's race is dedicated to our dear friend

MaryAnn Ghilani
1954-2012

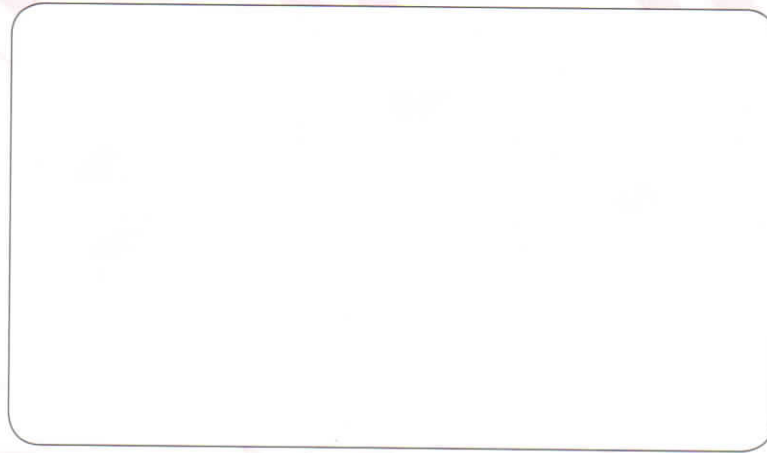
Additional Information

For additional information, race results,
online registration and much more,
please visit us on the web:

littlegreatrace.com
or call

724-489-4435

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cfsbank

5k Run / Walk

Saturday
September 7, 2019
8:15 am

Online Registration
littlegreatrace.com

All festivities, including the start and
finish, will take place at the
Charleroi Chamber Plaza near Trustees Park

This Race made Possible By:

- Carlisle Vending
- City Reach Church
- Culligan Water
- cfsbank
- Dr. Ronald Lutes
- Fayette Waste
- Henderson Brothers, Inc.
- Herr's Potato Chips
- Highway Appliance & Television
- John J. Charletta, DMD
- Keystone Bakery
- Lee Supply Company
- Lightspeed Race Management
- Mendola & Associates / Joseph E. Mendola
- Model Cleaners
- Monongahela Valley Hospital
- Mon Valley Anesthesia Associates
- Mon Valley Regional Chamber
- Pro Bike & Run
- Ruschak Associates Motorist Mutual
- Russell's Body & Frame Shop
- Salatino's River House Café
- Sheetz, Inc
- Stewart Creative
- Studio K Tanning & Nails
- Toomey Chiropractic Center
- Vic Vitale State Farm Insurance

2019 Charleroi Little Great Race 5k (3.1 miles) Run / Walk

Date / Time

Saturday, September 7, 2019, 8:15 am
(Walkers will start 2 minutes after runners)

Entry Fee

\$20.00 Registration (deadline 9/5/19)

The first 400 applicants are guaranteed a shirt and race bag

\$25.00 Late Registration

Race bag/shirt not guaranteed

Awards

The top three overall male/female runners and walkers, as well as the top three heavyweight runners (200+), will receive awards.

Age Group Awards

The top three male/female runners and walkers will receive awards in these categories:
(No duplication of awards.)

Runners

0-14 15-19 20-24 25-29 30-34 35-39 40-44
45-49 50-54 55-59 60-64 65-69 over 70

Walkers

0-19 20-29 30-34 35-39 40-44 45-49 50-54
55-59 60-64 65-69 over 70

Individual Registration

Name _____

Address _____

City _____

State _____ Zip _____ DOB _____

Gender _____ Phone _____

Email Address _____

Circle Shirt Size: S M L XL 2XL 3XL

Circle One: Runner Walker Heavyweight

*No registration changes will be made
on the day of the race*

Strollers/Rollerblades/Dogs are Prohibited

Mail to:

Little Great Race, Inc
PO Box 38
Charleroi, PA 15022

Make Check or money order payable to:

Little Great Race, Inc.

Online Registration: littlegreatrace.com

In consideration of the acceptance of this entry,
I waive, for myself, my heirs and assign any/all
claims for damages which may arise against all
organizations and individuals connected with
this race, as a result of any injuries which may be
incurred during or from the race.

Signature _____

(signature of parent or guardian, if under 18)

WCRRR RACE TIMES

WHISKEY REBELLION 5K

Emily Sagun	20:37(OA-2)
Rich Sandala	21:38(A-1)
Bob Pikelis	22:30(A-1)
Stush Sadowski	23:55(A-2)
Jen Foster	25:01(A-
Jaminique Milliren	25:19(A-3)
Larry Roolf	25:26(A-2)
Nathan Milliren	25:42
Cathy Loos	26:06(A-1)
Tom Carter	27:21
Doug Midcap	27:39
Mark Hospodar	28:37(A-3)
Donna Patrina	31:20(A-3)
Kris Midcap	32:42
Nick Fossum	33:28(A-2)
Jim Loos	34:17
Ricky Andrews	35:24
Kathy Starkey	35:57
Jakub Rydl	36:25
Grace Goffi	37:44(A-3)
Ed Frohnafel	38:59(A-1)
Mary Krett	39:24(A-2)

W. REBELLION 5K WALK

Gary Bennett	26:23(OA-2)
Kelley Murdock	33:45(OA-1)
Rick Respole	39:27(A-1)
Blake Headen	41:54(A-1)
Georgette Lacey	58:03

BASI-SHUMA 5K

Doug Midcap	26:09
Kris Midcap	30:42(A-2)

BASI-SHUMA 5K WALK

Kelly Murdock	34:12(OA-1)
Blake Headen	41:47(OA-4)
Stan Czyzewski	48:32(A-1)

GARFIELD GLIDE 5K

Alexandra Brooks	40:14
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STRIDE FOR PRIDE 5K

Alexandra Brooks	39:47
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RUNNG WITH RYAN 5K

Emery Strotman	18:21(A-1)
Rich Durbin	21:34(A-3)
Rich Sandala	22:03(A-1)
Janinique Milliren	23:56(A-3)
Larry Roolf	26:21(A-1)
Cathy Loos	27:33(A-1)
Nathan Milliren	27:39
Gary Lorenzi	29:24
Jim Loos	35:44
Kathy Starkey	36:02
Ricky Andrews	40:15
Chris Moschetta	40:50
Mary Krett	41:35

RG WITH RYAN 5KWALK

Carl Kondrach	32:20(OA-1)
Sarah Donley	35:26(OA-1)
Rick Respole	40:02(A-1)
Rose Gray	45:12(A-1)

RACE TO THE MOON 5K

Shane Brunazzi	27:18(A-3)
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BUSHY RUN TRAIL 5K

Shane Brunazzi	25:44
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BRT 5K WALK

Carl Kondrach	31:18(OA-1)
Sarah Donley	34:26(OA-1)

QUAKER CITY 5KWALK

Gary Bennett	26:25(OA-1)
Carl Kondrach	30:38(OA-2)
Sarah Donley	33:29(OA-1)
Blake Headen	41:56(M-2)

QUAKER CITY 10K

Doug Midcap	58:25(A-2)
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SANDCASTLE 5K

Alexandra Brooks	42:36
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JIM DUNN 5M

Rich Sandala	35:13(A-1)
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FIRECRACKER 5K

Emery Strotman	17:58(A-3)
Heath Piper	19:12
Greg Mussitsch	19:38(A-3)
Mike Romzy	21:11(A-2)

ZELIENOPLE 5K

Dave Byers	35:10(A-2)
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FREEDOM 5K

Shane Brunazzi	28:19
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CARDINAL CLASSIC 5K

Tina Seech	20:43(OA-3)
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MAPLETREE 4M

Mike Frere	31:31
Michelle Wojnar	55:20

VERMONT 26.2M

John Titus	4:53:15 (46th)
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JANE NEELY 5K

Tina Seech	26:04
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HILLIARD 13.1M

Carl Kondrach	2:43:14
Sarah Donley	2:43:14

UPMC HORIZON 5K

Heath Piper	19:24(A-1)
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KLASSIC 5K

Ashlyn Brunazzi	41:20(A-1)
Shane Brunazzi	41:27(A-3)

CHICKEN 5K WALK

Carl Kondrach	33:21(OA-1)
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LAURELHILL ADV RACE

Mike Melvin	2:13:02(A-3)
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JOHN WOODRUFF 5K

Mike Melvin	20:22(A-1)
Heath Piper	20:46(A-1)
Rich Sandala	22:25(A-2)

J. WOODRUFF 5K WALK

Carl Kondrach	31:06(OA-2)
Sarah Donley	34:53(OA-1)

TURTLE TROT 5K

Heath Piper	19:12(A-1)
Mike Melvin	19:41
Rich Sandala	21:17(A-1)
Mark Hospodar	27:13(A-2)

LONG DISTANCE GP(As of 8-1)

Tina Seech	1	30:28
Joe Sarver	2	34:25
Bob Pikelis	4	35:52
Emery Strotman	1	36:37
Rich Sandala	4	36:56
Greg Mussitsch	2	38:29
Mike Romzy	1	39:20
John Koontz	3	40:48
Jen Foster	2	41:17
Danielle Gonzalez	1	41:21
Debbie Doyle	2	41:41
Heath Piper	1	41:59
Amy Koontz	2	43:04
Stush Sadowski	1	43:21
Judy Sarver	2	45:28
Tom Carter	1	45:35
Gary Lorenzi	2	47:08
Mark Hospodar	3	49:57
John Titus	6	51:32
Louann McCullough	1	53:50
Shane Brunazzi	4	54:18
Scott Harrington	2	56:28
Dave Byers	1	1:00:37
Mike Frere	2	1:00:38
Sarah Rockwell	1	1:02:10
Michelle Wojnar	2	1:20:06

LONG DISTANCE WALK GP

Sarah Donley	4	1:03:16
Rose Gray	3	1:03:55
Carl Kondrach	3	1:06:21
Richard Respole	2	1:07:55
Stan Czyzewski	2	1:17:02

GRAND PRIX(As of 8-1)

Tina Seech	2	31:44
Bob Pikelis	7	34:55
Mike Romzy	1	35:14
Bill Filcheck	1	35:28
E.C. Sykes	2	35:53
Emery Strotman	2	36:00
Amy Koontz	1	36:16
Rich Sandala	10	36:27
Emily Sagan	2	37:25
Kathy Loos	3	38:09
Rich Durbin	5	38:45
John Koontz	1	38:48
Jen Foster	3	39:08
Greg Mussitsch	2	39:25
Stush Sadowski	6	39:43
Grace Goffi	5	40:59
Gary Chabala	3	41:06
Larry Roolf	4	41:13
S. Kevin Berdis	2	42:40
Donna Patrino	3	44:02
Sarah Donley	3	44:05

Tom Carter	1	44:35
Mark Hospodar	1	45:48
Doug Midcap	4	46:04
Gary Lorenzi	2	46:21
Jaminiq Milliren	3	46:25
Nick Fossum	6	47:29
Kathy Starkey	5	47:35
Mike Frere	1	50:29
Shane Brunazzi	4	50:30
Mary Krett	5	51:01
Nathan Milliren	1	51:18
Ed Frohnepfel	4	51:38
Louann McCullough	2	53:11
Kristine Midcap	3	54:11
Jim Loos	2	57:03
Dave Byers	1	58:55
Shannon Cain	2	1:06:26
Ricky Andrews	4	1:06:31
Carl Kondrach	1	1:07:31
Amy Martin	1	1:11:44
Chris Moschetta	1	1:11:56
Alexandra Brooks	3	1:12:27
Jakub Rydl	1	1:13:13

WALK GRAND PRIX(As of 8-1)

Georgette Lacey	2	47:41
Gary Bennett	2	48:11
Mike Turkaly	1	57:07
Carolyn Davey	1	57:34
Rose Gray	3	59:50
Terry Whitecotton	1	1:00:11
Kelley Murdock	2	1:00:26
Carl Kondrach	2	1:01:21
Richard Respole	6	1:01:59
Sara Donley	2	1:04:04
Terry Smith	1	1:04:06
Stan Czyzewski	1	1:04:12
Barrie Baker	1	1:09:54
Ken Hissam	1	1:09:59
George Macek	1	1:13:52
Blake Headen	4	1:16:02

WCRRR AT THE RACES**TURTLE TROT 5K WALK**

Carl Kondrach 29:39(OA-2)

SHARPSVILLE 5K

Dave Byers 35:43

RAINDAY 5K WALK

Kelley Murdock	33:50(OA-1)
Rick Respole	38:46(OA-1)
Rose Gray	42:57
Barrie Baker	47:05(OA-3)

***DUE TO VOLUME, MORE TIMES IN NEXT MONTH'S ISSUE



A big Thank You goes to
Corner Pharmacy, once again
our exclusive Title Sponsor!



Voted the
" #1 Favorite Race
in the Ohio Valley"
multiple times!



5k Run & Walk Saturday, September 28, 2019 @ 8:30am

Kids Pumpkin Run begins at APPROXIMATELY 9:45am!



Directions: (GPS: 511 Watt Avenue, Barnesville, OH 43713) I-70 E/W, Exit #202 (Barnesville/Dennison). Go 6.5 miles on St. Rte 800 South to 1st Red Light. Turn left. Go a quarter mile. Follow signs. Race begins and ends at the historical Watt Center on Watt Ave near the Train Depot.

Entry Fee: \$25 pre-registered (post-marked by September 1) \$25 after September 2nd and on race day. Call about Special Charity Rates.

Shirts: 1st 400 registered are guaranteed a moisture-management shirt and goody bag. Sizes are 1st-come, 1st-serve.

Registration: Begins at 6:45 @ the Watt Center. Arrive early to avoid long lines! Online Registration is available at:

www.RunSignUp.com Keyword: Pumpkin For more info or to download an application, go to: www.RailsToTrails5k.com

Refreshments: Enjoy the BIGGEST smorgasbord of delicious food you will find at ANY 5k event of this size!

(Pizza, subs, deli-fresh sandwiches, pepperoni rolls, pasta salad, cookies) If you leave this race hungry, DON'T BLAME US!!

Door Prizes: Nearly 100 or more awesome prizes will be available in a ticket-basket style raffle. Prizes include sports jerseys, restaurant certificates, tickets, and much more so bring a little extra cash for your chance to win!

Trophies: The coveted, unique, beautiful ceramic-fired pumpkin trophies (100+) and the colorful, ceramic-fired pumpkin medallions (150) will be awarded in the following categories: **(NO DUPLICATIONS!)** All award winners get a real pumpkin! (sizes vary).

Walkers: Top 5 M/F each; Top 3 Masters (50+) M/F each **Runners:** Top 5 M/F each; Top 3 Masters (40+) M/F each

Age Groups: (Male Walk) Top 10: 49 Under, Top 20: 50+ **(Female Walk)** Top 4: 29+ (5), 30-34, 35-39, 40-49, 50-54, 55-59(5), 60-64, 65+(5)

(Male Run) Top Four: 9+ Under, 10-12, 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70+ Over **Top 3: Heavyweight (200lbs+)**

(Female Run) Top Four: 9+ Under, 10-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70+ Over **Top 3: Heavywght (150lbs+)**

Pumpkin Run: FREE! Begins @ APPROXIMATELY 10:00 am All kids win a medallion and mini-pumpkin!

Contact Info: Carl A. Kondrach, Director (740)619-0070/(740)310-2117 carlkondrach@yahoo.com

After the race, stick around and bring your family to see all that Barnesville's famous Pumpkin Festival has to offer:

Parade @ 2:00pm, great food, entertainment, rides, crafts, games, contests, & much more, going on all weekend! For more info about all the Pumpkin Festival Events, check out the website: www.BarnesvillePumpkinFestival.com

Results/Photos: Results available at: www.SmileyMiles.com Photos available at: www.RonPradetto.com



Barnesville Grand Prix Series



WEB DESIGN

[Facebook.com/barnesvillegrandprix](https://www.facebook.com/barnesvillegrandprix)

www.WCRR.org

(cut here)

Proceeds Benefit the Boy Scouts, Troop 71 and the Rails-to-Trails Project

(cut here)

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. The Race
Address is 511 Watt Avenue

☐ Run ☐ Walk ☐ HeavyWght Run
(Check One Box ONLY)

☐ Male ☐ Female

Name (please PRINT clearly)

Address

City State ZIP

Phone e-mail (optional)

Age on Race Day Birthday

Sizes are on a first-come, first serve basis. So register early!

Circle Shirt Size (5k ONLY)

YL AS M LG XL 2XL
Add \$2.00

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 may 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/Legal Guardian if <18) Date

Remember: \$30 after September 1st or your application will be sent back!

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.

