

# **WASHINGTON COUNTY ROAD RUNNERS CLUB**

**ESTABLISHED 1974**

**DECEMBER, 2018**

**VOL. 18 / No. 12**

**VISIT US ON THE WEB @[WWW.WCRRRC.COM](http://WWW.WCRRRC.COM) (OR .ORG, OR NET)**

## **NEWS AND NOTES**

From the news desk of the WCRRC, we would all like to take some time out now to wish all our members a very Merry Christmas and all the best in 2019. This has been a great year of running and walking for the club, although at times the weather did not seem to want to cooperate. We would all like to thank all our members who participated in the Grand Prix races and to all the race directors for their tireless efforts to put on races for us to run. Take time to relax and spend the holidays with family and friends. And we hope to see you on the roads again in 2019.

And speaking of 2019, don't forget that it is time to send your renewals in for the club. We have had a great year for all the grand prix events and hope to grow them even more. And to all of you that competed in this year's events, check to make sure that all your club races were counted. If there are any questions about your times or the number of races you ran, please contact Grace before December 31<sup>st</sup>. Grace says that this will be the final cutoff date to submit any times to her for 2018.

And we want to tell all of you to get ready to put on your party hats and get your fancy duds out. The announcement for the 2019 WCRRC Banquet is here. We are scheduling the event for March 2<sup>nd</sup>. It will once again take place at the Lawrence Fire Hall. Further news about the party will be put in the January newsletter. Mark it in your calendar because it is guaranteed to be the social event of the year. And you really don't want to be left out.

## **NOVEMBER AT THE RACES**

As the 2018 racing season slowly starts to wind down, we had a few races in November that a few members took advantage of to post some good times on. Here are just a few of them.

### **EQT 10 Miler**

On a cold, crisp morning we had around 4000 runners line up for the running of the EQT 10-mile race through Pittsburgh. The race was delayed by about 15 minutes while the streets were made clear, but that didn't deter some good times. For the WCRRC we had Emery Strotman as our first male finisher in a time of 1:02:05, which was first in his age group. And Tina Seech was our first female runner to finish in 1:09:24. Tina also took first place in her age group. We had 16 club members finish the race.

### **Turkey Trot races**

There were many Turkey Trot races this year where we had some club members at. For the Eva Bolwby Turkey Trot race in Waynesburg we had Sarah Rockwell as our first female club finisher and Nick Fossum was our first male finisher.

For the Burgettstown Turkey Trot we had Jonah DeCortie as our first male finisher and sister Esmee as our first female runner.

In Uniontown we had Rich Sandala cross the line for our first male finisher and Shannon Cain as the first female finisher.

And in Pittsburgh we had Mike Romzy finish the 5K first for the club and Emery Strotman finish first in the 5 Mile.

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To report Grand Prix times call Tom Trettel (724) 229-0201 or e-mail [trettelt@comcast.net](mailto:trettelt@comcast.net). Or Grace Goffi 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).

# 14th Annual Run to Read Half Marathon

**Saturday, January 5th, 2019**

Pricketts Fort State Park  
Packet Pick-up at Visitor Center

**Registration starts at 11:30**  
**1:00 pm Race Start time**

**Benefits Literacy Volunteers of Marion County**

a United Way Agency 501 (c) (3) entity

lvamarion@hotmail.com

Phone: 304-366-6055

**Offering free tutoring to children and adults**



USATF certified course (WV09010MS) and sanctioned event. Rail Trails (Ideal "PR" course)

Free long sleeve tech shirt. Limited availability if registering after 12/29/2018

Chip timing by Miles of Smiles Timing Service

Post race refreshments in the old Visitor Center (Lots of Chili!)

**\$30.00 if registration is received on or before 10/13/2018.**

**\$40.00 if registration is received on or before 12/29/2018.**

**\$45.00 if registering after 12/29/2018 or on the day of the race.**



No Refunds. If race is cancelled due to weather, we appreciate your donation to LVMC

**This year's race is open to all runners and walkers and will be timed as one group**

**Award information is available at <http://runtoread.org>**

**Register on line at [runsignup.com](http://runsignup.com) or by completing and return the form below**

Name \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on 1/5/2019 \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

T-shirt Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ XL \_\_\_\_\_

I waive for myself, my heirs and assigned all claims for damages which I have against this race, Literacy Volunteers of Marion County, Marion County Parks and Recreation Commission, Pricketts Fort Memorial Foundation, Mon River Trail Conservancy, Pricketts Fort State Park, US Track & Field, all sponsors or any other business, organization or individual as a result of any and all injuries which might be received as a result of this event.

Signature \_\_\_\_\_

(Parent or guardian must sign for those under 18 years of age)

**Make check payable to:**

LVMC

601 Locust Ave.

Fairmont, WV 26554



PITTSBURGH

Voted one of "America's Top 10 Running Stores"

Bundle up and bring your family to the 8th Annual Holiday Lights Run and Charity Auction! Due to such an overwhelming response and interest in contributing to the Jewish Federation of Greater Pittsburgh, we're expecting more participants than ever before. We're excited to announce that this year's run will be hosted at Nova Place concourse to comfortably accommodate all of us. A big thank you to our venue sponsors [Faros Properties](#), [Nova Place](#) and [Union Fitness](#) for generously donating their space!

Enjoy the best lights in the city by running or walking the specially selected two, four, or six mile route. Some of the sites include the tree at Point State Park, the PPG Wintergarden, the Nativity at Steel Plaza and the Holiday Village in Market Square. This year we're excited to welcome Eric Burnett from [Fireside Events, LLC](#) as our emcee. Before the run, be sure to bid on the amazing assortment of raffle prizes generously donated by our vendors, community partners and local businesses. Each raffle ticket is only \$1!

This year's Holiday Lights Run and Charity Auction will benefit the victims of the tragedy at the Tree of Life Synagogue. The funds collected will go to **The Victims of Terror Fund** and are earmarked for the psychological services, support for families, general services, reconstruction, additional security throughout the

community, medical bills, as well as counseling and other services that may prove necessary for victims and first responders during their recovery.

Please join us for what will be a very special evening for the Jewish Community, the Running Community and the Pittsburgh Community at large as we demonstrate love, kindness and a spirit of giving.

**Date:**

**Thursday, December 13, 2018**

**Time:**

**Doors open 5:00 PM**

**Raffle tickets on sale 5:30 PM**

**Run begins 6:45**

**Location:**

**[Nova Place](#)**

**100 S Commons**

**Pittsburgh, PA 15212**

## **WCRRC RACE TIMES**

### **OVER THE HILL 5K**

Rich Sandala 17:16(OA-1)

### **MUTTSTER MASH 5K**

Forton Remington 26:04(A-1)

### **VETERANS DAY 10K**

Mike Romzy 46:14(A-1)

Doug Midcap 1:00:48

Richard Klempa 1:01:04

### **VETS DAY 10K WALK**

Rick Respole 1:19:47(A-2)

Mike Turkaly 1:25:35(A-1)

Rose Gray 1:28:50(A-3)

Blake Headen 1:36:24

### **DIRT MONSTER 5K**

Rich Durbin 41:06(A-3)

### **EQT 10-MILER**

Emery Strotman 1:09:05(A-1)

Tina Seech 1:09:24(A-1)

Rich Sandala 1:12:01

Carl Kondrach 1:13:48

Bob Pikelis 1:16:01(A-2)

Jaminique Milliren 1:18:49

Stush Sadowski 1:19:23

Mike Romzy 1:19:43

Sarah Donley 1:20:48

Mike Bruno 1:22:38

Shane Brunazzi 1:23:07

Mike Frere 1:27:11

Mark Hospodar 1:40:11

Jim Loos 1:40:27

Sarah Rockwell 1:44:20

Scott Harrington 1:44:44

### **BARKKAMP 40M**

Carl Kondrach 10:35:03

### **GRIN 'N BEAR IT 13.1M**

John Koontz 1:33:33

Amy Koontz 1:39:27

### **G-BURG T. TRO 5K WALK**

Joe Mancineli 46:45(A-1)

### **B-TOWN T. TROT 5K**

Jonah Decortie 17:30(A-1)

Esmee Decortie 21:43(A-1)

Bob Pikelis 23:01(A-1)

Steve Chabala 24:44

Gary Chabala 26:01(A-2)

Nathan Milliren 26:48

Jim Loos 31:06

### **B-TOWN T TROT 5KWALK**

Kelley Murdock 33:41(OA-1)

Rick Respole 39:12(A-1)

Blake Headen 43:00(A-1)

Barrie Baker 47:31(A-2)

### **PITT T. TROT 5K**

Mike Romzy 20:27

Jonathan Garett 23:52

Mark Hospodar 28:13

Scott Harrington 29:30

### **PITT T TROT 5M**

Emery Strotman 30:20(A-2)

Jonathan Garett 40:20

### **S. ARMY T. TROT 5K**

Rich Sandala 22:28(A-2)

Stush Sadowski 23:16(A-2)

Mike Melvin 24:32

Shannon Cain 33:32

### **SEATTLE 26.2M**

John Titus 4:14:06 (40th state)

### **ELLENBORO 5K**

Carl Kondrach 21:18(A-1)

Sarah Donley 23:23(OA-2)

### **ADOPTION DAY 5K**

Tina Seech 20:17(A-1)

Scott Harrington 28:25

### **E. BOULBY T TROT 5K**

Sarah Rockwell 30:09

Nick Fossum 35:27(A-1)

Grace Goffi 38:19(A-1)

Ed Frohnepfel 40:05(A-2)

### **UPAND AWAY 5K**

Rich Sandala 21:45(A-2)

Mike Melvin 23:15

Shane Brunazzi 23:29

### **WHEEL. T TROT 5KWALK**

Stan Czyzewski 47:58

### **RED KETTLE 5K**

Bob Pikelis 23:26(A-1)

Stush Sadowski 23:33(A-2)

Doug Midcap 27:34

Sarah Rockwell 31:51

Kristine Midcap 35:06

### **RED KETTLE 5K WALK**

Carl Kondrach 28:06(OA-1)

Kelley Murdock 33:18(OA-1)

Blake Headen 41:58(A-1)

# When to Replace Running Shoes

By: Fara Rosenzweig

Running in worn-out shoes is just as bad as running in the wrong shoe size. While it can be a pain to break in [new shoes](#), it's essential to replace your old ones to prevent injury, improve performance and insure comfort.

Many experts go by the golden rule of replacing your [running shoes](#) every 300 to 500 miles. But, signs of wear and tear—whether you've reached that mile marker or not—should be among your earliest indications that it might be time for a fresh pair.

"Signs of age, like the rubber tread wearing down, should be a clue that it might be time to replace your [running shoes](#)," says Keith Stern, the head of [Reebok's](#) research and analysis team.

However, judging a shoe from the wear on the outer sole is not the only way to indicate a shoe's wear. Here are a few other signs that can help you determine whether or not it's time to break up with your favorite soul mate:

## Uneven Wear

Regardless of your gait, deterioration will happen. Especially, says Dr. Steven Weinfeld, an orthopedic surgeon and Chief of Foot and Ankle Surgery at Icahn School of Medicine at Mount Sinai, if the soles are starting to wear unevenly.

"People often have a heel strike that's not totally straight," he says, "and one side of the heel will wear down more, and that will start to tilt the shoe."

An uneven shoe is a problem to run on because it creates an unbalanced stride, which can lead to injury.

## Compressed Midsole

In most [road and trail-running shoes](#), how the midsole holds up can determine when you may need to replace your shoe. The midsole is in between the insole and outsole and its cushioning is typically made with ethylene vinyl acetate (EVA), a foam material that provides cushioning and shock absorption to protect and stabilize your foot when you walk or run. If the midsole is pressed flat, it can't deliver that protection, which can lead to injuries. Experts suggest that if the midsole is compressed — wrinkling or cracks are a pretty sure sign — it may be a warning that the shoe is wearing out and you should grab a new pair.

## New Aches or Pains

Constant pounding on the pavement can cause stress on the body, which can lead to injury. However, if you're a runner who is diligent on recovery (cool downs, foam rolling, cold therapy), then you know your typical post-run soreness. But, if you feel something new and you don't recall any trauma, then the pain could be stemming from worn out shoes.

"If someone has regularly been running and suddenly starts to get a new symptom—for example back pain, knee pain, hip pain," Weinfeld says, "the shoe being over worn could be part of the problem and it may need to be replaced."

## Discomfort

There's nothing worse than being a mile into your run and experiencing foot

discomfort. Your chances of injury go up once cushioning, support and shock absorption break down. If you feel like your shoe is working against your natural stride, or your foot just hurts, then it's time to ditch those shoes and find yourself a new pair.

### **Blistering**

It's like a runner's initiation: blisters. Every runner will experience blisters at some point, and they are annoying. However, if you've tried an anti-chafe cream, moisture-wicking socks, or blister-prevention bandages and you're still getting them, it could mean your shoes don't fit correctly. If they are new shoes, then it might be that you still need to break them in. However, if this pair is your go-to [running shoes](#), and you suddenly start to get blisters, that's a sign the shoe is stretched out and not fitting correctly because of wear.

### **Overuse**

If you wear your shoes exclusively for running, their lifespan should be longer, according to [Reebok](#) experts. However, they caution that if you wear your shoes throughout the day for other activities in addition to running, you'll wear them out sooner. Running on hard surfaces like asphalt, instead of soft terrain like dirt, will also break your shoes down more quickly. [Knowing when to replace your running shoes](#) is important. If you run more than 31 miles per week, you should replace your shoes every few months. If you run less than 10 miles a week, you should get a new pair every 10 months or so.

### **Purchase Date**

If you're unsure if you're shoes are worn out, there's a simple question that can

help: When did you buy them? If you can't remember, then it's time to replace them.

### **How to Increase Your Shoe's Lifespan**

If you're unsure if you're shoes are worn out, there's a simple question that can help: When did you buy them? If you can't remember, then it's time to replace them.

1. Purchase a couple of pairs of the same shoe and rotate them. This will help each pair last longer because you're not wearing them as much.
2. Only wear your [running shoes](#) for running. If you're tempted to wear an athletic shoe for more than exercise, consider buying a [cross trainer](#) for those times when you're not at the gym and spare your true running shoes.
3. Run on soft surfaces because this leads to less impact on the shoe.
4. Purchase the correct shoe size so that your pair doesn't wear as much and better flows with your gait.
5. Invest in a high-quality [running shoe](#) so they will last longer.

What do you think? Is it time for a new pair of [running shoes](#)?

# 10 Tips to Make Winter Running Less Miserable

Runners and readers give their best advice for plowing through the winter season.

By [YISHANE LEE](#)  
Sep 11, 2018

Sometimes, the seasons seem to change overnight. One day, you're ticking off miles on a brisk, 50-degree afternoon with sunshine overhead; then the next morning, the temperature dips below freezing, and your route is dusted with snow. Instead of turning back to the cozy comforts of home—or [powering up the treadmill](#)—use these tips from cold weather pros to make the best of your chilly runs when winter rears its head.

## 1. Give Yourself a Carrot

Luring yourself out the door with the promise of a reward at the end—whether it be a catch-up with a friend or a sweet treat—works. “Set a date to meet someone for a run,” says Jean M., a reader in Colorado. “There’s no wimping out when someone is waiting.”

In January and February, the Running Room in Edmonton, Alberta hosts the [Hypothermic Half Marathon](#), which attracts 3,500 runners in 14 cities across Canada—even at temps as low as -40°F. “There’s a big, free brunch afterward,” says John Stanton, the founder. “People will do anything for omelets and pancakes.” Solo? “Tell yourself that you can go back inside after five minutes if it’s really bad,” says Patti Finke, a coach in Portland, Oregon. “Usually, you stay out there.”

## 2. [Wear the Right Shoes](#)

To keep warmth in and slush out, run in shoes that have the least amount of mesh. If you have shoes with Gore-Tex uppers, all the better, says Mark Grandonico, president of the Maine Track Club in Portland. [Wear socks that wick](#)

[away wetness](#) but keep your feet warm, like non-itchy [SmartWool socks](#).

## 3. Dress Like It's Warmer

You want to be warm without sweating so much you get a chill. “The rule of thumb is to dress as if it is 20 degrees warmer,” says Grandonico. “You should be slightly cool when you start.” Think layers of technical fabrics to wick sweat with zippers at the neck and underarm area to vent air as you heat up. The more you run outdoors, the more you’ll learn your own preferences, or you can use our handy [What to Wear](#) tool.

## 4. Get Lit

With limited daylight, chances are you’ll be running in the dark (Alaskans, sadly, get only a few hours of dim light per day). Tall snowbanks on plowed streets make you even harder to see. Wear [reflective, fluorescent gear](#), and don’t be shy about lighting yourself up like a Christmas tree. Adam Feerst, a coach and trail-race director in Denver recommends using a headlamp or carrying a flashlight—less so you can see where you’re going and more so people can see you.

## 5. Warm Up Prerun

Move around inside enough to get the blood flowing without breaking a sweat. Run up and down your stairs, use a jump rope, or do a few yoga sun salutations. A speedy house-cleaning works, too, says D. A. Reng from Kentucky. “The cold doesn’t feel so cold when you’re warm,” adds Laura Salmon of Akron, Ohio. If you’re meeting a group of running buddies, don’t stand around in the cold chatting before you run. “We sit in our cars,” says Feerst, “waiting for one person to get out before we all get out.”

## 6. Outsmart the Wind

Start your run into the wind and finish with it at your back, so the breeze doesn't blast you after you've broken a sweat. To avoid a long, biting slog, try breaking it up: Run into the wind for about 10 minutes, turn around to run with the wind at your back for five minutes, and repeat. You can seek out man-made wind shields, too. "When we get wind, it can be like a hurricane," says Chuck Bartlett, the team director of Seattle's Club Northwest. "The buildings downtown block it."

Exposed skin is especially vulnerable to chilly gusts. "I use [BodyGlide](#) on my nose and on my cheeks to prevent frostbite," says the Canadian Stanton. If wind's in the forecast, consider slathering up with Vaseline or opting for a face mask before heading out.

## 7. Be Flexible With Pace and Mileage

"Winter running is more about maintenance miles than speedwork," says Feerst. In very cold weather, look for "inversions," places that are elevated and where the air will be warmer. "Even 300 feet up, the air can be 20 degrees warmer, which makes a big difference," says Steve Bainbridge, the trails liaison for the Fairbanks, [Alaska-based Running Club North](#), the northernmost running club in the United States. Bainbridge's coldest run took place in minus 50 degree weather. "My eyelashes were freezing together," he says. If you can't run in the middle of the day when the temperatures are warmest, run twice a day, says Stanton, three miles in the morning and three miles in the evening: "That's better than doing one long six-mile run where you might get very cold toward the end."

## 8. Change Quickly Postrun

Your core body temperature drops as soon as you stop running. To avoid a lingering case of the chills, change your clothes—head to toe—as soon as you can. Women need to get out of damp sports bras quickly. Put a warm, dry beanie over wet hair. And drink something hot—a steamy beverage is great, but a [hearty soup](#) does double duty by refueling your protein and sodium stores while also warming you up. "We go to a coffee shop after our runs and use the bathroom to change," says Grandonico. "Then we all relax with coffee and bagels." Driving to a run? Bring a thermos of green tea or hot chocolate in your car to savor afterward.

## 9. Run Well in Rain

Runners in Mobile, Alabama, one of the wettest cities in the United States, are always [prepared for rain](#)—67 inches per year, in fact. "In my car, at all times, I have a spare pair of sneakers, a running outfit, and three beach towels," says Allyson Lamey, a member of the [Port City Pacers club](#). "When it's raining, I slip my feet into plastic baggies, then put on my running shoes," says Darryl Dalcerra of Lompoc, California. "The baggies keep my feet dry even when I run through puddles." If you have to dry shoes overnight, crumple up newspaper and cram it tightly into your shoes, with the insoles removed. The newspaper soaks up the moisture.

## 10. Race Somewhere Warm

Having a winter race to aim for is great for keeping you motivated to train through the fall. Even better motivation? Knowing race day will be free from snow and ice. Southern summers can be brutal for runners, but during the winter, temperatures are moderate enough to go after a personal record—which is part of the reason Florida alone offers many marathons in the colder months. Not up for 26.2 miles? There are plenty of half marathons, 10Ks, and 5Ks to pick from too. Visit the [Race Finder](#) to choose your own distance and destination.

**GRAND PRIX 2018(As of 12-1)**

Tina Seech	7	29:09
Mike Romzy	7	34:05
Bob Pikelis	11	34:49
Emery Strotman	7	35:08
Rich Sandala	19	35:25
Ella Jane Custer	4	35:30
Heath Piper	7	35:34
Amy Koontz	8	36:05
Cathy Loos	6	36:25
Greg Mussitsch	4	37:38
Ann McCormick	3	37:49
Brittnie Lockhart	3	38:22
Stush Sadowski	12	38:28
Carl Kondrach	9	38:34
Stush Sadowski	11	38:36
John Koontz	7	38:57
Rich Durbin	5	39:57
Gary Chabala	8	40:29
Mike Melvin	6	40:50
Donna Patrina	9	40:58
Carrie Perrell	10	41:15
Kelley Murdock	5	41:21
Gary Bennett	4	41:22
Sarah Donley	7	42:08
Richard Klempa	6	42:10
Grace Goffi	7	42:39
S. Kevin Berdis	5	44:01
Mark Hospodar	6	44:42
Steve Chabala	10	45:14
John Ross	3	45:22
Eric Perrell	5	45:47
Terry Smith	4	46:16
Jaminique Milliren	5	46:28
Jonathan Gare	8	46:30
Kathy Starkey	8	46:35
Doug Midcap	4	47:14
Bill McCormick	3	48:15
Mary Krett	7	48:24
Nick Fossum	5	48:28
Scott Harrington	6	49:59
Shane Brunazzi	5	50:16
Nathan Milliren	7	50:21
Jim Loos	6	50:31
Ed Frohnafel	4	52:46
Sarah Rockwell	5	56:20
Barbara Zappa	5	56:37
Shannon Cain	7	59:26
Chris Moschetta	4	65:00
Ricky Andrews	6	66:48
Amy Martin	3	70:59
Blake Headen	3	71:31

**LDGP 2018(As of 12-1)**

Greg Mussitsch	3	35:10
Bob Pikelis	6	35:3
Rich Sandala	5	36:54
Emery Strotman	4	37:07
Amy Koontz	8	38:13
John Koontz	9	38:25
Mike Bruno	5	39:37
Carl Kondrach	7	40:52
Stush Sadowski	4	42:39
Brittnie Lockhart	3	43:00
Sarah Donley	7	43:13
Mark Hospodar	6	45:41
Jim Loos	3	48:0
Tom Carter	3	48:32
Shane Brunazzi	5	49:26
John Titus	5	50:08
Scott Harrington	3	52:44

**LDGP WALK(As of 12-1)**

Carl Kondrach	4	56:10
Rose Gray	3	58:38
Sarah Donley	4	62:52
Richard Respole	5	63:21

**GRAND PRIX WALK(As of 12-1)**

Georgette Lacey	5	50:24
Gary Bennett	5	51:41
Carl Kondrach	6	53:08
Mike Turkaly	8	56:34
Rose Gray	6	56:54
Richard Respole	14	58:59
Terry Whitecotton	3	59:24
Kelley Murdock	8	59:53
Sara Donley	6	60:42
Felicity Smith	3	62:20
George Macek	6	62:30
Stan Czyzewski	6	67:40
Ken Hissam	5	68:08
Joe Mancinelli	6	69:58
Barrie Baker	5	70:20
Blake Headen	7	76:00

**\*\*\*\*ALL MEMBERS ARE  
REMIND TO CHECK THEIR  
TIMES AND REPORT ANY  
ERRORS/OMISSIONS TO  
GRACE BEFORE DEC 31.**

**NO CHANGES WILL BE MADE  
AFTER THAT DATE.**

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.

