

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

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

NEWS AND NOTES

Greetings to one and all and welcome to 2018. We hope that you survived the festivities during the holidays and are looking forward to whatever the new year brings. So far the weather has not been our friend, as the temperatures continue to stay below the freezing mark. All we have to hope for now is that when February rolls in that the groundhog tells us that spring is just around the corner.

Speaking of just around the corner, we have included in this edition the reservations for the upcoming banquet. It will be held on March 3rd at the same location as the last few years. We are hoping for another great turnout, so make sure that you get your reservations in. And also remember that the 2018 dues is now due. Next month we will publish the names of outstanding dues, just in case you may have forgotten if you did send it in or not.

In next month's newsletter we will release the Grand Prix rules once again and there will be a listing of all the upcoming races that are known to us at that point. Will all of the race directors who want to have their races included in the Grand Prix please get back to either Tom or Bob and let us know of the dates you are going to schedule.

The new year has brought the club a new member. We would like to welcome Emily Sagun to the WCRRC. Emily lives in Pittsburgh and works at Fleet Feet Pittsburgh. She also wanted to let the group down in Wheeling that she might also be interested in joining up with the Wolf Pack. Welcome to the group, Emily, and we hope to see you at some of the local races around.

RACE WRAP-UP

We did not have many races on the GP calendar for December, as the season starts to wind down then. The final results of the 2017 GP are included in this month's newsletter and we will be celebrating all the qualifying runners at this year's banquet. So, to wrap things up, here are the few races that we know of that had some of our runners there.

Trot for Tots 10K/5K

It was a cold day and the trail had some snow on it as the annual Trot for Tots race took off in Oakdale. There were 130 finishers in the 5K and 83 in the 10K. And there were quite a few runners who took advantage of both races to get some extra GP times in.

In the 5K race we had Benjamin Berman winning the race in a time of 18:27. For the WCRRC we had Carl Kondrach as our first male finisher in 21:18 and Brittnie Lockhart coming in at 21:52 as our first female finisher. Gary Bennett also was the first and only walker for the club to finish the race. It was nice to see Carrie Perrell out on the course after coming back from some knee trouble.

In the 10K, Joey Artinger was the overall winner of the race. Gary Bennett came back from the 5K walk to be our first male finisher in 45:43. And Sarah Donley was our first female finisher in 52:54.

Old Fashioned Christmas in Volant 5K

Shane Brunazzi was our only competitor in the race, coming through in 24:23.

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.



www.TriStateAutoOhio.com
Grand Prix Series Sponsor



Title Sponsor

Saturday, March 31, 2018 @ 9:15am

Free Kids Run begins at APPROXIMATELY 10:30am!

Directions: (GPS: 300 Fair Street, Barnesville, OH 43713) Interstate 70 East/West, Exit #202 (Barnesville/Dennison). Go 6 miles on State Route 800 South to top of hill. 100 yards past gas station, make an extreme right-hand U-Turn. Follow signs. Race is held entirely in Barnesville Memorial Park.

Entry Fee: Pre-registered (March 11) \$23 (hoodie) or \$20 (long-sleeve T-shirt). \$25 after March 11 and on race day.

Shirts: Only 100 hoodies and 100 long-sleeve T-shirts are ordered. 1st-come, 1st-serve based on registration date, including sizes.

Registration: Begins at 7:00 @ the Youth Center in the Park. Arrive early to avoid long lines! **Online Registration** is available at: www.RunSignUp.com For more info or to download an application, go to: www.RailsToTrails5k.com

Refreshments: Enjoy tons of yummy food including pizza, subs, deli sandwiches, pepperoni rolls, pasta salad, cookies)

Trophies: 125 beautifully hand-crafted Nature Trophies based on last year's results: **(NO DUPLICATIONS!)**

Walkers: 1. Top 12 Male, Top 12 Female 2. Top 3 Masters (50+) 3. Males and Females in Age Groups as indicated:

Age Groups: (Male Walk): Top 5 49+ Under, Top 5 50+ Over; **(Female Walk):** Top 2: <29, 30-39, 40-49 (3) 50-54 (3), 55-59 (3), 60+ Over (3) **Runners:** 1. Top 5 Male & 5 Female 2. Top 3 Masters (40+) 3. Top 3 Male & Female in Age Groups (unless indicated):

Age Groups: (Male Run): 14+ Under, 15-19 (2), 20-29, 30-39, 40-49, 50-54 (2), 55-59 (2), 60+ Over;

(Female Run): 19+ Under, 20-29 (2), 30-34(2), 35-39, 40-44, 45-49, 50-59, 60+ Over **Special Awards for Oldest/Youngest**

Free Kids Run: They can choose 1/3 mile or 50 yard run. Begin @ APPROXIMATELY 10:30. All kids win a medallion!

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

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



Barnesville Grand Prix Series



Facebook.com/barnesvillegrandprix

(cut here)

Proceeds earmarked for trail maintenance and kids' activities held in the Park

(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 300 Fair Street



Run
(Check One Box ONLY)



Walk



Kids Run
(FREE)



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
(If available) ☐ ☐ Add \$2.00

Long-Sleeved T-shirt
\$20 Pre-registered

Hooded Sweatshirt
\$23 Pre-registered

After March 11 and Race Day: \$25, regardless of choice.

Only 100 of each will be ordered; registration dates
determine styles, sizes. Very limited selection on race day!

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: \$25 after September 4th or your application will be sent back!



CHILLY CHEEKS CHALLENGE



2.5 MILE, 5 MILE or 10 MILE

**Buhl Farms Park
715 Hazen Road
Hermitage, PA 16148**

**Saturday, January 27, 2018
Race begins at 11:00 a.m.**

No complaining or time deductions due to cold weather. It's supposed to be cold. This Race will be chip timed. Splits will be given every 2.5 miles

Top 1 overall for all races. Nice First Overall Male and Female trophies for 5 and 10 Mile.

Awards: No age group awards for the 2.5 mile race. 10 Year age group awards based on preregistered for both the 5 and 10 mile. Trophies will be awarded for top two in each age group.

Long Sleeve T-shirts will be ordered for all preregistered and supplied to race day registered on a first come first served basis.

Race day menu will include coffee, warm food and other refreshments.

Registration and award ceremony will be inside the Casino Building by the lake.



Contact: Herb Cratty 724-841-6528 E-Mail: bonnherb@yahoo.com

\$20.00 if preregistered by January 25, 2018

\$25.00 if registered on race day

Register Online @ <https://www.runsignup.com>

Or make checks payable to: Miles of Smiles

Mail payment and application to:

Miles of Smiles Timing Service
511 Harpers Ferry Road
Ellwood City, PA 16117

Name: _____

Gender: Male Female Age: _____

Address: _____

City: _____

State: _____ Zip: _____ Phone: _____

2.5 Mile Run 5 Mile Run 10 Mile Run T-Shirt Sizes: S M L XL

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release this race and all organizers, sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I also release any photos that may involve myself. Participant Signature Parent or Guardian:

Signature: _____

Date: _____

OBESRVATIONS FROM THE RIDGE

Bob Pikelis

As all of you know, being the runners and walkers that you are, every day that you lace up your shoes and head out the door can be an adventure in itself. There is always some new mystery to find, some strange happenstance that awaits or an oddity that just has you shaking your head.

Such was the case for me on an ordinary long Sunday afternoon run.

It was one of those days that I decided to combine a few of my usual routes to get a good 8 to 9 mile run in. Although it was a brisk weather day, the run felt good. The pace was consistent, and everything pointed to a nice and steady afternoon.

Now I am sure that you've all been confronted at one time or another by a passing car that is stopping you to ask for directions. I was into mile 5 running down Allison Hollow Road when I saw an approaching car slowing down. Figuring that they wanted to ask me something I started to slow down, expecting to stop. But when I got to the car I noticed that the driver did not roll down the passenger's window and she was not looking at me. Sensing that she did not need anything I started to speed up again.

I then heard a car coming from the other direction slowing down behind me. I figured that both of those cars must know each other but I turned around to look. I was startled to see a big Tom Turkey about 5 feet behind actually chasing after me. He had something in his mouth that looked like twigs. I took off my gloves and began to wave them at him, yelling "Take Off". I must have looked like a lunatic.

He didn't seem to be too scared of my gloves because I ran for a few feet and turned around, again, and he was still there.

By this time there was another car coming towards me, and he started to beep his horn at him. I wound up turning around and started to walk backwards, all the while hoping to chase him off. At least because of the car beeping at him he started to slow down and the gap between us started to grow.

It must have been a sight to see because there was a guy who came out of his house and started to yell at the turkey. Meanwhile, the gap grew to a good distance. By this time, I had walked backwards at least a quarter of a mile. He finally got far enough behind me that I crested a little hill. Once over the hill I lost sight of him and continued my now very memorable run.

Tom Carter had once told me about him being attacked by some turkeys along a run. Up on the ridge we have a few families of turkeys but none of them have ever come after me. My guess is that I must have been near a nest, seeing as the turkey had what looked like nesting material in his mouth.

I had a pretty good laugh about it after I got home, and was happy that no one had a camera out there filming the activities. I could see that film being sent in to American's Funniest Home Videos.

So, if you ever find yourself running down Allison Hollow Road, be sure to keep an eye out for the **Allison Hollow Marauders**.

WASHINGTON COUNTY ROAD RUNNERS CLUB 2018 BANQUET

It's that time of year again, when we get together to celebrate another season of running (and poke fun at our follies). Awards will be given to all who completed a SDGP or LDGP event. The MC will be by committee for the evening so slump low in your chair! Make every attempt to be there or you won't be able to defend yourself.

When: Saturday, March 3rd
6:30-7:30 Cocktail Hour, 7:30 Dinner

Where: Lawrence Fire Dept. Hall
428 Georgetown Road
Lawrence, PA 15055



Why: Have a laugh, tell a joke or sing a song if you wish.

Price: \$18.00 per person

Fare: The buffet menu is: Rigatoni, Hot Sausage, Chicken Tenders, Red Potatoes, Green Beans, Cajun Chkn Pasta, salad and rolls. Wine, beer and soda cash bar (Honor system). Chips, pretzels and cake are included.

Awards: Top 3 SDGP & LDGP finishers will receive trophies. Other SDGP and LDGP finishers receive plaques. Top 2 Walkers receive trophies and all others receive plaques. Speeches optional by the winners (Anyone long winded may get the hook)!

Directions: Route 79 to the Southpointe Exit. Bear right at the end of the ramp. Turn left at the traffic light (Morganza Road). Turn right at bottom of the hill (Tandem Bike Shop will be on left). Stay on Georgetown Road (make sure to go under trestle approx. a half mile down road). Fire Hall will be on the right.

✂ ✂

Please mail to WCRRC, 1427 Willowbrook Dr., Washington, PA 15301
Checks payable to WCRRC

Name(s) _____

Number Attending_____

Please respond by February 21st. Late responses call Tom 724-229-0201

2017 GRAND PRIX (FINAL)

Tina Seech	5	32:01
Mike Romzy	6	33:38
Bob Pikelis	10	34:50
Heath Piper	8	35:21
Rich Sandala	17	35:40
Bill Filcheck	5	35:48
Cathy Loos	9	36:07
Carl Kondrach	10	37:44
Felicity Smith	7	37:55
Gary Bennett	8	38:24
John Koontz	9	38:56
Amy Koontz	9	39:13
Brittnie Lockhart	7	39:19
Donna Patrino	12	39:27
Gary Chabala	6	39:38
Stush Sadowski	7	40:04
Sarah Donley	10	41:30
Jonathan Garet	8	41:57
Grace Goffi	6	42:52
Hunter Midcap	5	43:19
Carrie Perrell	5	43:34
Doug Midcap	7	44:13
S. Kevin Berdis	5	44:26
Steve Mason	5	44:46
Terry Smith	6	45:32
Jom Loos	9	46:27
Jaminiue Milliren	5	46:50
Nathan Milliren	6	46:58
Ed Frohnapfel	8	48:02
Scott Harrington	6	48:17
Nick Fossum	5	48:26
Kathy Starkey	7	48:42
Kristine Midcap	6	49:41
Richard Klempa	5	49:57
Barbara Zappa	5	53:46
Mary Krett	5	54:03
Blake Headen	9	61:43
Chris Moschetta	5	62:39
Amy Martin	5	66:29

2017 GRAND PRIX WALK (FINAL)

Georgette Lacey	5	47:42
Gary Bennett	5	48:32
Carl Kondrach	8	49:42
Rose Gray	7	53:42
George Macek	7	57:20
Richard Respole	14	59:30
Mike Turkaly	8	60:07
Sarah Donley	8	60:43
Kelley Murdock	7	63:29
Barrie Baker	6	65:34
Stan Czyzewski	6	67:11
Ken Hissam	7	67:31
Joe Mancinelli	5	68:06

2017 LONG DISTANCE GP (FINAL)

Bob Pikelis	6	35:44
Rich Sandala	4	36:23
Mike Bruno	4	38:44
John Koontz	5	40:12
Carl Kondrach	8	40:59
Amy Koontz	4	42:49
Felicity Smith	5	42:59
Sarah Donley	8	43:40
Emery Strotman	4	44:23
John Titus	5	46:54
Jim Loos	4	49:03
Shane Brunazzi	4	50:02
Nathan Milliren	4	51:28

FINAL GRAND PRIX STANDINGS

The results on this page are the final Grand Prix standings for the 2017 competition.

Congratulations to our 2017 champs: Tina Seech, Bob Pikelis, and Georgette Lacey.

The champions and all the GP finishers will be honored at the annual banquet which will be held on March 3. All finishers are encouraged to attend the banquet to receive their award and appropriate ribbing.

The invitation for the banquet is enclosed in this issue. Consider attending: if you are present, you have a slight chance to control what is said about you.

A special thanks to Grace Goffi for all her work on managing the Grand Prix. This unique competition could not exist without all her efforts. The time and effort to produce this club event is considerable and without Grace, it would not exist.

WCRRC RACE TIMES

TROT FOR TOTS 5K

Carl Kondrach	21:17(A-1)
Brittnie Lockhart	21:50(A-1)
Rich Sandala	22:20(A-1)
Sarah Donley	23:47(A-3)
Steve Chabala	24:20
Mike Melvin	24:45
Gary Chabala	25:24(A-2)
Cathy Loos	25:46(A-3)
Jim Loos	27:17(A-2)
Donna Patrina	30:29(A-1)
Carrie Perrell	32:22(A-3)
Barbara Zappa	32:37
Nick Fossum	32:39(A-2)
Ed Frohnappfel	34:35(A-3)

TROT FOR TOTS 5K WALK

Gary Bennett	26:32
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TROT FOR TOTS 10K

Gary Bennett	45:34(A-1)
Rich Sandala	46:13(A-1)
Sarah Donley	52:53(A-3)
Mike Melvin	52:54
Jim Loos	59:09(A-3)

T. FOR TOTS 10K WALK

Carl Kondrach	52:55
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GROVE CITY 5K

Tina Seech	20:50(OA-1)
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X-MAS 5K

Shane Brunazzi	24:23(A-1)
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RESOLUTION RUN 5K

Carl Kondrach	21:06
Rich Sandala	22:34
Hanka Rydl	24:28
Steve Chabala	25:00
Sarah Donley	25:35
Scott Harrington	28:40
Nick Fossum	34:34

RUN TO READ 13.1M

Bob Pikelis	1:47:38(A-1)
Carl Kondrach	1:48:09
Stush Sadowski	2:09:30
Sarah Donley	2:17:43

RUNNING SHORTS

-- Remember to get your banquet reservation in ASAP. Word is that Stush is working on his MC skills and will be attempting to use complete sentences with his shirt on.

-- No word on whether co-MC Bob Pikelis will be wearing a shirt.

-- Also don't forget to renew your WCRRC membership immediately. It's not like there are that many groups that will have you.

-- Anybody else notice that Rich Sandala ran a total of 17 Grand Prix races this year. This is not only a tribute to his determination and endurance, but a great shout-out to his checkbook.

-- On another note, congrats to Tom Trettel for managing **NOT** to finish the Grand Prix for the 10th straight year. Also a tribute to his determination and endurance.

-- No word yet on whether Mickey Hornack will be attending the banquet this year. If he does attend, he has promised to offer a few words of wisdom for the crowd.

-- That news has certainly pleased Consuelo Fossum who once called him "the smartest man she had ever met." Of course, English is not her native language.

-- A recommendation for a great weekly newsletter by Mario Fraioli which focuses on running, culture, and health. Just Google "The Morning Stakeout" and sign up for the weekly email newsletter. Really an interesting, entertaining read.

-- Congrats to Sarah Donley and Carl Kondrach who are our only members to complete all three Grand Prixes. It took them 26 different races to accomplish it. And a hefty checkbook!!!

-- A total of 52 members completed at least one of the three Grand Prixes in 2017. That's a pretty impressive number. Congrats to all.



FIND YOUR FIT IN 2018!

It's the time of year when we are thinking about New Year's Resolutions. Make sure you start your year off with the knowledge, gear and support from your friends at Fleet Feet Pittsburgh.

Join us on **Saturday, January 20** at Fleet Feet as we celebrate 2018 with fitness, giveaways, clinics, refreshments and more!

Agenda includes:

Fitness Class with [Fuse Fitness](#) at 10:30 AM

Good Form Running Clinic at 12:00 PM

Plantar Fasciitis Clinic with [Dr. Kevin Perris](#) at 2:30 PM

Smoothies provided by [Smoothie King Pittsburgh!](#)

Food samples provided by [PGH Fresh](#) meal delivery!

Earn a FREE pair of [Feetures](#) technical running socks with a shoe purchase!

[JOIN THE FUN](#)

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.

