

# **WASHINGTON COUNTY ROAD RUNNERS CLUB**

**ESTABLISHED 1974**

**MAY, 2019**

**VOL. 19 / No. 5**

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

## **NEWS AND NOTES**

Greetings everyone and welcome to the merry month of May. For all of those who finished the Pittsburgh Marathon races on Saturday and Sunday, congratulations on that finish. We want to send out a reminder to turn your time in if you want that race counted in the LDGP. There were too many names to go through and we didn't want to miss anyone. The easiest way to turn your time in is to go to the website and put your time in under the Submit your Time link.

We want to welcome a new member to the WCRRRC, Frank Sulzer. Frank lives in McKees Rocks and has been hitting the pavement for at least 5 years now. Join me in welcoming Frank in and hope to see you at some upcoming races.

Congratulations to John Titus for completing his 41<sup>st</sup> state in search of running a marathon in all 50 states. There are at least 3 more scheduled for this year. Good luck, John.

Congratulations to Amy and John Koontz and Greg Mussitsch for completing the Boston Marathon this year. Although Amy and Greg didn't fare as well as they would have liked to, it is still a great accomplishment to cross that finish line on Boylston Street.

And, also, a special shout-out to Sarah Donley, Rose Gray and Stan Czyzewski for already getting in two Long Distance walks.

## **APRIL AT THE RACES**

April really started the racing season off with a bang. There were a big number of races around and a lot of club members competing. Here are just a few of them:

### **Bucks for Bucks 5K**

The start of April led us to Houston, PA for the annual Bucks for Bucs 5K. Heath Piper was our first male finisher in 19:46, and Tina Seech was the first female and second overall in 21:15.

### **Not another Polar Vortex 5K/Half Marathon**

The Boston Trail had another Polar Vortex in April. Shane Brunazzi had another good turnout for both races. Gary Lorenzi was our only finisher in the 5K, and it was good to see Joe and Judy Sarver competing in the half marathon.

### **National Tunnel 5K/10K**

A soaking rain greeted all the participants of the National Tunnel run this year. Stu Berwick won both the 5 and 10K runs this year. In the 5K, Rich Durban was our first male finisher in 20:57 with Rich Sandala 20 seconds behind. Jen Foster was our first female finisher and first overall in 22:47. In the 10K we had Rich Sandala our first club male finisher in 46:59 and Jen Foster once again our first female in 41:49. Sarah Donley also competed in both races.

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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).



FLEET  FEET /  BROOKS

**5K RUN & WALK**

**JUNE 5, 2019 | 6:30PM**

**NORTH PARK LODGE**

5000 NORTH RIDGE DRIVE  
ALLISON PARK, PA US 15101

**\$25 REGISTRATION**

INCLUDES: BIB, T-SHIRT, MEDAL, POST-RUN FOOD

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**REGISTER HERE:**  
**[FLEETFEETPITTSBURGH.COM/THEBIGRUN](http://FLEETFEETPITTSBURGH.COM/THEBIGRUN)**

Fleet Feet Pittsburgh  
1751 North Highland Road, Pittsburgh, PA 15241  
[fleetfeetpittsburgh.com](http://fleetfeetpittsburgh.com) | 412.851.9100

## **WCRRC RACE TIMES**

### **CARNEGIE 5K**

Greg Mussitsch	19:43(A-2)
Mike Romzy	20:11(A-3)
Rich Sandala	20:58
Larry Roolf	26:32

### **WOODSVILLE ELEM 5K**

Run	
Richard Klempa	25:07(A-1)
Doug Midcap	26:17(A-3)
Walk	
Mike Turkaly	38:43(A-3)
Terry Whitecotton	39:00(A-2)
Blake Headen	41:09(A-1)

### **HALL OF FAME 13.1M WALK**

Rose Gray	3:30:57
Stan Czyzewski	4:08:41

### **BOSTON TRAIL 13.1M**

Joe Sarver	1:37:26(A-1)
Shane Brunazzi	2:09:32
Judy Sarver	2:31:10(A-2)

### **PIRATES 5K**

Emily Sagun	20:36(A-1)
Stush Sadowski	23:13(A-2)
Alexandra Brooks	38:37
Mike Turkaly	40:06

### **PIRATES 10K**

Bob Pikelis	49:45(A-2)
John Titus	51:23

### **LETS PLAY 5K**

Mike Turkaly	38:43(A-1)
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### **YOUGH 10M**

Emery Strotman	1:03:26(OA-2)
Rich Sandala	1:14:27(A-1)

### **YOUGH 13.1M**

Scott Harrington	2:30:38
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### **YOUGH 10K**

Mike Melvin	49:22(OA-3)
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## **BOSTON MARATHON**

Greg Mussitsch.....	3:33:34
John Koontz	3:39:34
Amy Koontz	4:19:31

### **BUCKS FOR BUCS 5K**

Heath Piper	19:46(A-1)
Tina Seech	21:15(OA-2)
Rich Sandala	21:42(A-1)
Alexandra Brooks	40:19
Blake Headen	46:15

### **MARTHA'S RUN 10K**

Heath Piper	42:25
Emily Sagun	46:42(A-1)
Bob Pikelis	47:17(A-1)

### **RUN TO BREATHE 13.1M**

Shane Brunazzi	2:03:02
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### **MIGHTY MIKE 5K**

Rich Sandal	20:34(A-1)
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### **NATIONAL TUNNEL 5K**

Rich Durbin	20:57(A-1)
Rich Sandala	21:17(A-1)
Jen Foster	22:47(OA-1)
Sarah Donley	23:07(A-1)
Stush Sadowski	23:29(A-2)
Gary Chabala	24:34
Doug Midcap	27:06(A-3)
Kris Midcap	31:29(A-2)
Nick Fossum	33:56
Donna Patrino	34:17(A-2)
Grace Goffi	35:19(A-3)
Ed Frohanapfel	37:47

### **NATIONAL TUNNEL 5K WALK**

Blake Headen	37:27(A-3)
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### **NATIONAL TUNNEL 10K**

Rich Sandala	46:59(A-1)
Jen Foster	51:49(A-1)
Sarah Donley	57:08(A-2)

### **ATHENS 13.1M WALK**

Richard Respole	3:14:32
Rose Gray	3:30:49



Stan Czyzewski 4:24:56

**LONG DISTANCE GP(As of 5-1)**

Tina Seech	1	30:28
Greg Mussitsch	1	33:25
Mike Bruno	1	34:33
Bob Pikelis	4	35:52
Emery Strotman	1	36:37
Rich Sandala	4	36:56
Amy Koontz	1	38:05
John Koontz	1	40:05
Danielle Gonzalez	1	41:21
Heath Piper	1	41:59
Stush Sadowski	1	43:21
Tom Carter	1	45:35
Gary Lorenzi	2	47:08
John Titus	3	50:45
Mark Hospodar	1	51:07
Louann McCullough	1	53:50
Shane Brunazzi	4	54:18
Scott Harrington	1	57:16

**LONG DISTANCE WALK GP**

Sarah Donley	2	1:02:26
Rose Gray	2	1:03:01
Carl Kondrach	1	1:05:53
Richard Respole	1	1:06:38
Stan Czyzewski	2	1:17:02

**GRAND PRIX(As of 5-1)**

Mike Romzy	1	35:14
Amy Koontz	1	36:16
Rich Sandala	4	37:30
Jen Foster	2	38:37
John Koontz	1	38:48
Grace Goffi	1	39:16
Rich Durbin	2	39:17
Stush Sadowski	1	39:18
Gary Chabala	2	40:26
Sarah Donley	2	45:36
Donna Patrina	1	46:16
Doug Midcap	2	46:29
Nick Fossum	2	48:18
Shane Brunazzi	2	49:35
Ed Frohnafel	1	51:34
Kristine Midcap	2	55:00

**WALK GRAND PRIX(As of 5-1)**

Blake Headen 2 1:18:23

**RABBIT RUN 5K**

Heath Piper 19:10(A-1)

**ALS 3M**

Shane Brunazzi 22:10(A-3)

**KENTUCKY DERBY 26.2M**

John Titus 4:42:08 (41st State)

**EASTER BUNNY 5K**

Tina Seech 18:51(OA-1)

**K-TOWN 5M**

Tina Seech 34:11(OA-3)

**SHAMROCK 2M**

Tina Seech 13:46(OA-1)

**SUMMIT 3.5M**

Ricky Andrews 47:27

**WALK**

Kathy Stackey 62:00

**PITTSBURGH 13.1M**

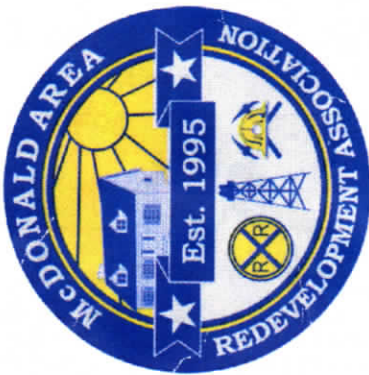
Greg Mussitsch	1:25:37
Heath Piper	1:34:23
Tina Seech	1:35:54(A-1)
Rich Sandala	1:36:27
Bob Pikelis	1:41:28
Mike Romzy	1:44:24
Deb Doyle	1:53:56
Jen Foster	1:54:51
Jonathan Garet	1:55:48
Tom Carter	2:07:57
Gary Lorenzi	2:16:55
Scott Harrington	2:26:25
Brenda Rollison	2:26:42
Mark Hospodar	2:28:14
Luanne McCullough	2:30:01
Sarah Rockwell	2:32:33
Dave Byers	2:53:32

**PITTSBURGH MARATHON**

Danielle Gonzalez 3:29:51

**PITTSBURGH MARATHON 5K**

Tina Seech 21:15(A-1)



McDonald Trail Station



Meeting House



Double Dipper 5K  
c/o The Tandem Connection  
136 S. McDonald St.  
McDonald, PA 15057

# DOUBLE DIPPER 5K

*Presented by*  
**THE TANDEM CONNECTION**  
RUNNING & BIKING



Wednesdays - 7:00pm

Race 1: June 12, 2019

Race 2: July 31, 2019

**The Tandem Connection**

136 S. McDonald St., McDonald, PA 15057

Benefitting the

McDonald Area Redevelopment Association

McDonald Trail Station

P.O. Box 152, McDonald, PA 15057

<http://mcdonaldtrailstation.com>



**Race 1:** Wednesday, June 12, 2019  
**Race 2:** Wednesday, July 31, 2019

**Location:**

**The Tandem Connection**  
136 S. McDonald St.  
McDonald, PA 15057

Out and back. The first 1+ miles are flat, fast on the paved Panhandle Trail. Then, right on the crushed limestone surface of the Montour connector trail to the turnaround. Back to the start/finish.

Water stations will be available at the end of the race.

Please understand that while we recognize many runners utilize iPods or other music devices for your recreational running, using such devices in a competitive atmosphere is a safety risk for you and other runners because of the number of runners and the narrowness of the trail. Please know that if we determine that there is cause, you can be pulled from the race course by our monitors for the safety of others. Please-no strollers; dogs; roller blades or bicycles.

**Contact The Tandem Connection - 724-745-2453**  
**Lori Poe**

5K Run	<u>Race 1</u>	<u>Race 2</u>
	\$15.00	\$15.00

*All pre-registered by July 6th, 2019 will receive a tee with the race logo, while supplies last.*

**No awards to keep the cost down. The reward is free post race ice cream & race refreshments for all registered participants.**

Featured Ice Cream Flavor: Graham Canyon

## Featured Ice Cream Flavor: S'more Yardage



To keep costs low there will be no computer chip timing or online registration. No awards. There will be official race results based on hand time posted on The Tandem Connection Facebook page.

We will run rain or shine, so come prepared

connection for total of event chosen and mail to:

**The Tandem Connection**  
136 S. McDonald St.  
McDonald, PA 15057

Race 1: June 12 / Race 2: July 31

Circle Date(s)

Circle Shirt Size:

[illegible]

**Emergency Contact:**

I sign this waiver and understand that it is legally binding on Tandem Connection event for which I have registered. In consideration of the acceptance of the above race entries, I waive, for myself, my heirs, and assigns, all claims for damages which I might have against the idea, its organizers, its sponsors, or any other organization, business, or individual as a result of any and all injuries which might be received during the contest. I attest that I will participate in this event as a foot race and that I have sufficiently trained for this event and that I am medically cleared to do so. Furthermore, I hereby grant full permission to use my name and likeness, I also release any photos that may involve myself as well as any photographs and any record of this even in which I may appear for any legitimate purpose, including advertising and promotions.

**No refunds will be issued for any reason**

Date \_\_\_\_\_

Date \_\_\_\_\_

Parent (if under 18 years old)

**Signature**

# 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 6/1/2019 \_\_\_\_\_ Gender M F  
 EMERGENCY Name \_\_\_\_\_  
 CONTACT Phone # \_\_\_\_\_

RACE PREFERENCE	
RACE TYPE	BY LATE DAY
(please circle one)	MAY 30th MAY 31st-JUNE 1st
1 Mile Children under 12	\$10.00 \$12.00
1 Mile 12 and over	\$12.00 \$15.00
2 Mile Run	\$18.00 \$20.00
5 Mile Run	\$20.00 \$25.00

TECH SHIRT SIZE (please circle one)	
Youth	S M L 2XL or 3XL
Womens Cut	S M L \$2.00 Extra
Unisex	S M L XL 2XL 3XL

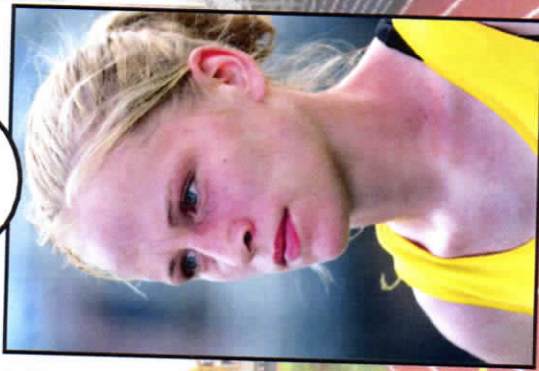
Mail Entries to:  
 From Alex With Love  
 101 Ridge Road  
 Eighty Four, PA 15330  
 Makes Checks payable to From Alex With Love

**You must sign waiver to participate**

**WAIVER AND RELEASE**  
 (If under 18 have a parent or legal guardian sign this release)  
 In consideration of acceptance of this entry, I the undersigned, intending to be legally bound hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Bentleyville Borough, From Alex With Love Foundation, and any other sponsors and their representatives, successors, and assigns, for any and all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver. I agree to abide by any decisions of a race official relating to my entry 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 1, 2019**  
**Bentleyville, PA**

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



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

*Over \$5,000 in scholarships will be awarded in 2019. For a complete list of endeavors supported by Alex's Foundation please check our website:*

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

**WHEN** **June 1, 2019**

**WHERE** Bentleyville Social Hall  
900 Main Street  
Bentleyville, PA 15314

**TIME** Races start at 9:00am

**PACKET PICKUP AND LATE REGISTRATION**  
**AT THE SOCIAL HALL**

Friday May 31st 6-8 pm  
&  
Saturday June 1st 7-8:15 am

Contact Jim Loos at:  
724-239-2785 or  
[jimloos@fromalexwithlove.com](mailto:jimloos@fromalexwithlove.com)  
for more details

**Tech Shirts Guaranteed**  
**IF REGISTERED BY MAY 10th**  
(Subject to Availability After May 10th)

Awards to Top 3 overall Male  
& Female runners in each race.  
Numerous age categories  
(See Website for Details)



## FIVE MILE RUN

Moderately challenging course through beautiful countryside beginning and ending on Main Street in Bentleyville

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:  
724-239-2785 or  
[jimloos@FromAlexWithLove.com](mailto:jimloos@FromAlexWithLove.com)  
for more details

**Register**  
**By May 30th**  
**For A Chance To**  
**Win a Smart TV**



**Must Be Present To Win**

*The "Run For Alex"*



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



## REGISTRATION: Online:

[www.runsignup.com/race/pa/canonsburg/whiskeyrebellion5krunwalk](http://www.runsignup.com/race/pa/canonsburg/whiskeyrebellion5krunwalk)

### EARLY

#### **\$ 25.00 run or walk**

- ❖ Through **July 2<sup>nd</sup>** online (processing fee included)
- ❖ **First 500 registrants guaranteed a T-shirt**
- ❖ Mail-in by **June 24th**

### LATE (after July 2<sup>nd</sup>)

#### **\$ 30.00 run or walk**

- ❖ July 3<sup>rd</sup> 5-8 pm at Canon McMillan Stadium
- ❖ July 4<sup>th</sup> 6 am – 7:15 am (stadium)
- ❖ Strongly encouraged to register the 3<sup>rd</sup>. Leave extra time if registering July 4<sup>th</sup>.

NEED MORE INFORMATION?

CHRISTINE MCGEE

[Whiskeyrebellion5k@yahoo.com](mailto:Whiskeyrebellion5k@yahoo.com)

412-491-0739 cell

35th Whiskey Rebellion  
c/o Cindy Keelon  
1116 Centennial Drive  
Canonsburg, PA 15317

# 35th Annual Whiskey Rebellion 5K Run & Walk



**Thursday, July 4<sup>th</sup> 2019**

**Run / Walk 7:30 am**

**Canon-McMillan Stadium**

**Proceeds benefit the  
Canon-McMillan Cross  
Country Team.**

USA Track and Field Sanctioned

Chip Timing by Miles of Smiles



## JOIN US FOR THE Race!

Look for samples, giveaways, view new products, and get advice on health & wellness. Post- race food for racers.

### RACE DETAILS:

- ❖ Rolling course through the streets of Canonsburg prior to the parade. Race begins and ends at Canon McMillan Stadium, 1 North Jefferson Avenue, Canonsburg, PA 15317
- ❖ Race **Thursday July 4<sup>th</sup> 2019 7:30 am run / walk (line up at 7:20 am)**
- ❖ **Plan ahead for PARKING.** Small lot off Jefferson Ave will not be available. Alternatives: Parking lots on **either** side of South Central Elementary School and various side streets around stadium. Parking along tracks. Allow extra time for parking.
- ❖ Results on [WWW.SMILEYMILES.COM](http://WWW.SMILEYMILES.COM)
- ❖ **We ENCOURAGE the use of online registration.** Register at [runsignup.com/race/pa/canonsburg/whiskeyrebellion5krunwalk](http://runsignup.com/race/pa/canonsburg/whiskeyrebellion5krunwalk)

THANK YOU TO OUR SPONSORS, COMMUNITY,  
AND VOLUNTEERS WHO MAKE THIS POSSIBLE.

PLEASE SUPPORT THOSE BUSINESSES WHO  
ARE SUPPORTING US AND GIVING BACK TO THE  
COMMUNITY!

### AWARDS:

- ❖ Top 3 Men and 3 Women overall – Run, Walk- Westerwald Pottery
- ❖ RUN- 11u,12-15,16-18,19-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70+, HVYWT
- ❖ WALK- 12u,13-19,20-34,35-44,45-54,55-64,65+

### PICKING UP BIBS, T-SHIRTS:

- ❖ **July 3** – Canon McMillan Stadium 5:00 pm – 8:00 pm
- ❖ **July 4** – Canon McMillan Stadium 6am – 7:15 am
- ❖ **Late registration** participants will receive a bib and **MAY** (if any are left) receive a T-shirt when they go through late registration July 3<sup>rd</sup> 5-8pm or 4<sup>th</sup> 6-7:15am at the stadium.

Good Luck and Have FUN!



### 2019 WHISKEY REBELLION ENTRY FORM

MAKE CHECKS PAYABLE TO: CMCCB

NAME: \_\_\_\_\_

EMAIL \_\_\_\_\_

@ \_\_\_\_\_ . \_\_\_\_\_

PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

WALK: \_\_ RUN: \_\_ AGE: \_\_ (on July 4) M or F

SHIRT SIZE: S M L XL XXL

HEAVYWEIGHT (210+) \_\_\_\_\_ CMXC ALUMNI? \_\_\_\_\_

I attest that I have **read** and **agree** to the [USATF Waivers](#) & run sign up on the main race page at

**[www.runsignup.com/race/pa/canonsburg/whiskeyrebellion5krunwalk](http://www.runsignup.com/race/pa/canonsburg/whiskeyrebellion5krunwalk) by signing below**

SIGNATURE (GUARDIAN IF UNDER 18): \_\_\_\_\_

**SEND TO: 35<sup>th</sup> ANNUAL WHISKEY REBELLION, C/O CINDY KEELON, 1116 CENTENNIAL DR, CANONSBURG, PA, 15317**

Once registered money is non-refundable. Under rare adverse conditions we reserve the right to reschedule race.

Whiskey Rebellion staff use below Processed by \_\_\_\_\_

BIB #	PAYMENT INFO





# Hit The Trail Community 5K Run

*Sponsored by the PTXC Boosters*

**Date: Saturday June 15, 2019, at 9:00 a.m.**

**Registration:** 7:30 to 8:45 a.m., Peters Township Community Recreation Center

**Course:** 5K (3.1 mile) paved/crushed limestone, loop course, water stops, USATF-sanctioned.

**Prizes and Awards:** Top 3 male and Top 3 female overall, first place in each age group by gender

**Special Categories:** Couple · Parent/child · Siblings · Team (4 or more runners)

Special Category Rules - All Special Category entries must be submitted together. Limit one Special Category per person.

Age Groups: 10 & under 11 & 12 13 & 14 15-19 20-29 30 - 39 40 - 49 50 - 59 60 +

**Entry Fee:** \$20 if returned to Peters Rec Center or postmarked by May 24, 2019 (pre-registration). \$25 after May 24, 2019

**T-Shirts:** Distributed on race day (while supplies last) Pre-registered participants guaranteed a t-shirt.

**Sponsorships & Other Questions, email:** [ptxcboosters@gmail.com](mailto:ptxcboosters@gmail.com)

**Online Registration:** <https://runsignup.com/Race/PA/Venetia/HitTheTrailCommunity5KRun>

## 2019 Hit the Trail Community 5K Registration Form

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Gender: Male or Female (circle one). Special Category (if team, specify team name): \_\_\_\_\_

T-shirt size (check one) : YS (6-8) \_\_\_\_\_ YM (10-12) \_\_\_\_\_ YL(14-16) \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

Payments and registrations may be mailed or dropped off at the Peters Twp. Recreation Center Front Desk: 700 Meredith Drive, Venetia, PA 15367 \*\*Cash or checks only (Checks made payable to PTHS Cross Country Boosters). Online registration also available (see link above).

WAIVER: By signing, I hereby for myself, my heirs, executors, and administrators, waive and release any and all my rights and claims for damages I may have against the PTHS Cross Country Booster Club, Peters Township Park and Recreation Department, the area schools, their agents, representatives, or successors for any and all injuries that might be suffered by my child in the program. In case of emergency, it is our procedure to call 911. If necessary, they dispatch an ambulance to respond to the emergency. Parents/guardians are immediately notified as soon as is practical (usually prior to emergency assistance). I understand that the program provides no medical coverage for participants. I also release any photos that may involve the above signed participant.

\_\_\_\_\_  
Signature (parent must sign if under 18)

\_\_\_\_\_  
Date

## **6 Unexpected Ways to Recover Faster**

- By Greg Kaplan

Most of us already know about standard preventative and recovery methods like stretching, foam rolling and, of course, rest days. However, there are a few novel and innovative recovery tips that are just as effective in helping you get ready for another hard session on the bike.

### **Topical Lotions**

Is the secret to better recovery in your pantry? In the late '70s and early '80s athletes began mixing sodium bicarbonate (baking soda) with water and drinking it, as a buffer to neutralize muscle acidosis and balance pH levels. But ingesting products with NaHCO<sub>3</sub> frequently causes major stomach issues to the point where only a handful of pro cyclists are willing to use. Now there's an alternate way to receive the same benefits without the GI

Performance & Recovery Lotion utilizes a patented transdermal technology that absorbs directly through skin, so you can push harder and recover quicker to do it again the next day. Simply apply directly to working muscles before kitting up for a ride, run or workout and the formula will work to cause less muscle burn during hard efforts. More significantly, research showed more than a 50 percent decrease in post-workout muscle soreness, which means the ability to recover faster.

We tried Topical Edge prior to a 100K road race—the same race we suffered severe cramps in last season—and were able to ride to the point of exhaustion with zero muscle issues. Heck, we even had enough left in the tank for the sprint finish.

### **Self-Massage**

[Self-massage](#) tools are easy to come by and easy to use. The best part? To master myofascial relief, you don't necessarily need a foam roller. Instead, check around your house for sphere-shaped objects that will really dig into your muscles. If your day job requires a lot of sitting, bring a golf ball and roll out the bottoms of your feet during the day, or use a tennis ball to work out kinks in your hamstrings or upper back. Need to roll out your calves? A rolling pin will do the trick.

### **Cryotherapy**

Similar to an ice bath, cryotherapy can be used to enhance recovery. Here's how it works: Instead of immersing yourself in chilly water, cryotherapy protocols include standing for two to four minutes in a chamber with air that's been cooled to -250 degrees Fahrenheit. But the benefits don't really start until after you leave the chamber. As your body begins to warm back up, blood flows back through your body in what is called "vasodilation," helping to reduce inflammation, repair muscles more quickly and cut down on pain.

### **Acupuncture**

The body releases endorphins—a natural painkiller—when disposable, hair-thin needles are inserted into acupuncture points. These endorphins provide rapid, often long-lasting relief and increase not only the quantity of blood to these areas but the quality as well.

For cyclists, acupuncture needles inserted around the knees, lower back or other common ailments can help loosen tight or sore muscles [before your next ride](#). Meanwhile, our running counterparts may want to focus on treatment around the lower legs or upper back.

### **Compression Gear**

Recent research has indicated that [using compression gear to help recovery](#) may be even more beneficial than taking an ice bath. Compression works by limiting fluid buildup and swelling and the resulting discomfort from pressure. Wearing compression gear may not prevent all post-workout aches, but it could limit some soreness and help speed recovery before your next training session.

### **Cupping**

Do you remember seeing large, circular discoloration on the skin of Olympic athletes? That's from [cupping therapy](#). Although the bruising looks like it could be painful, it's not. Cupping is used to lift connective tissue to allow blood to flow to stagnant skin and muscles, expediting the recovery process.



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