

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

OCTOBER, 2018

VOL. 18 / No. 10

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

NEWS AND NOTES

Welcome to October. It is coming up on the home stretch of the Grand Prix. There are still enough races for anyone to qualify for an award this year. Check out the listings in the newsletter and we hope to see a record number of club members in the final tally.

For all who are running the Great Race 5K or 10K this year, remember to turn your time in if you want it counted on the Grand Prix this year. We try to look at all the race results and pick out our members, but in a big race like this it is very time consuming to look through the whole thing and there is a chance that we will miss some names. Just remember to either turn your time in to Tom and Grace or submit it through the web site.

There is a new race coming up this December in Waynesburg. The app will be on the website shortly but here are a few words about the race.

The Greene County Salvation Army is hosting the Red Kettle 5K Run, Walk, and Kids' Run at the Waynesburg Readiness Center in Waynesburg, PA. After the race with your registration, you will be able to enjoy a pancake breakfast with Santa and his elves. Register for this race at salvationarmywpa.org/5k. Come one, come all to this first annual community event!

We are so excited to provide this opportunity for community members to run for a cause. Individuals that participate in this event will be a part of raising funds for the Greene County Salvation Army's general operating budget. All money raised will directly impact our community members in Greene County, PA. After the race, be sure to stay in Waynesburg for our annual Christmas Parade. The parade starts at 2 p.m. and includes bands, floats, fire trucks, scouts, queens, and Santa!

SEPTEMBER AT THE RACES

September is usually the busiest month for Grand Prix races. Since adding another one this year we now have 5 races to run this month. So here is a recap of a few..

Labor Day 5K

It was a sunny day when close to 150 runners and walkers lined up for the annual running of the Labor Day race. As the race went on, the humidity level started to rise. Times were a little slower than usual, but the fast course did get some great times on it.

The winner of the race was Rich Romano, who crossed the finish line in 16:58. Our first male club member to cross the line was Heath Piper who came in third overall in 17:19. Amy Koontz was our first female finisher in 20:18.

The walk category brought two overall winners for the WCRRC. Sarah Donley came through in 33:12, and Rick Respole won the male category in 37:18.

Little Great Race 5K

A heavy downpour greeted all the runners in Charleroi this year. Slogging through the rain made some interesting results. This year the top three overall finishers were all WCRRC Club members. Congratulations to Emery Strotman, Heath Piper and Greg Mussitsch on a great run. And Amy Koontz was our first female finisher.

Once again, Sarah Donley and Rick Respole were our top walk finishers, with Sarah once again finishing first overall.

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.

Jack-O-Lantern Jog Registration - 2018 - October 27, 2018



Name _____ Phone _____

Address _____

City _____ State _____ Zip code _____

Email _____

Team Entry: Yes _____ No _____ if associated with School _____

Canon-McMillan Resident _____ Team Name _____

Sex _____ Age on Race Day _____ Heavyweight _____

I hereby attest that I am physically fit and have sufficiently trained for this race/walk event. I hereby waive any and all rights and claims for damages I may have against the sponsors, directors, and all groups associated with the event

Signature _____ (parent/guardian if under 18)

PERMISSION TO PHOTOGRAPH AND PUBLISH PHOTO.

I hereby grant permission for any photo taken of me during the race to be used on the Community Scholarship Foundation of Canon-McMillan's website, Facebook page and in any and all press releases

Signature _____ (parent/guardian if under 18)

Shirt Size: Youth M _____ Youth L _____ Adult S _____ M _____ L _____ XL _____ XXL _____

Pre-Registration 5K Race/Walk Entry @ \$25.00 each _____

Pre-Registration Skeleton Stroll @ \$20.00 each (not scored) _____

Subtotal _____

XXL T-shirt Fee (\$2.00 additional) _____

TOTAL _____

Make checks payable to: CSFCM (Community Scholarship Foundation of Canon-McMillan)

*Please send completed registration forms to:

Jill Sabol

120 Lakewood Drive

Canonsburg, PA 15317

Registration Form

Register by mail or online at:
www.ptcoc.org

Sign up for:

Walk ____ Run ____

Please Print

Name

Address

City State Zip

Age on race day Male/Female

Phone

E-mail Address

Mail registration with payment to:

Peters Township Chamber of Commerce
P.O. Box 991
McMurray, PA 15317

Checks payable to:

Peters Township Chamber of Commerce

Waiver and Release

In consideration of the acceptance of this entry, I waive, for myself, my heirs, and assigns, all claims for damages which I might have against the race, its sponsors and directors, volunteers and officials, the USATF, or any other organization, business, or individual as a result of any and all injuries which might be received during the race. I attest that I have sufficiently trained for this event. I also release any photos that may involve me.

Signature

Signature of parent or guardian if under 18

Shirt Size: S M L XL XXL
(Circle one)

Directions

From Route 19 take East McMurray Road - turn right on Valley Brook Road - turn right on Bebout Road - turn left on Meredith Drive.

Timing

Provided by

**Miles of Smiles
Timing Service**

www.smileymiles.com

For more information

Peters Township
Chamber Of Commerce
P.O. Box 991
McMurray, PA 15317

724-941-6345

Email: info@ptcoc.org

or

www.ptcoc.org



**A Washington County Road
Runners Club Grand Prix Race**



**Peterswood Park
700 Meredith Drive
Venetia, PA 15367**

**Saturday, October 13, 2018
9:00 a.m.**

Pre-register by September 14th
For lower registration fee

Register Online Today at
www.ptcoc.org



For more information:
724-941-6345 • info@ptcoc.org



Saturday, October 13, 2018

5K Run/Walk 9:00 a.m. start

Families Welcome

Course will run out and back on
Arrowhead Trail

**Benefits the Peters Township Chamber
Community & Scholarship Fund**

Entry

Ages 14 & under: \$10.00

(price stays the same after 9/18)

Ages 15 & up: \$20.00

If pre-registered by September 14th
or
\$25.00 after September 14th

Pre-registered participants will receive a
long sleeve race shirt and gift bag.

Late registrants will receive shirts and
gift bags while supplies last,
so register early!!

Registration and Packet Pick-up

Peters Township Recreation Center

Peterswood Park
700 Meredith Drive
Venetia, PA 15367

October 12th 1:00 p.m. to 5:00 p.m.

Race Day 7:15 a.m. to 8:45 a.m.

*Be sure to arrive early on race day to
walk to the starting line.*

Sanctioned by USA Track & Field

Refreshments!!

Awards!!

Raffle Prizes!!

**Join us after the race at the
Recreation Center.**



Awards

5K Run

Top three men and women overall.

Age group awards to top three men
and women in each:

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



5K Walk

Age group awards to top two men
and women in each:

19 & Under, 20-29, 30-39, 40-49,
50-59, 60-69, 70 & over.

FLEET FEET™

PITTSBURGH

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

How to Choose Running Shoes

Buying new running shoes is a big decision. The right ones will keep you on track, injury free and looking fresh. But the wrong shoes can cause problems beyond cramping your style.

Most major brands recommend [replacing your running shoes](#) when the odometer reads between 300 to 500 miles, though shoes can break down quicker if you spend a lot of time in wet weather or on rough terrain. Worn out shoes are a common cause of those nagging [running injuries](#), but the signs of wear aren't always obvious from a quick glance.

In this guide, we'll explain what to consider when you're buying new running shoes and how to choose the best shoes for your feet.

How to Find Running Shoes that Fit

There are many things to consider when you start researching new running shoes: How far do you run? How fast? Do you need [trail running shoes](#)? Do you overpronate? Do the shoes look good?

There are likely dozens of running shoes that will match your needs. You can narrow down the list of shoes that are right for you by following some simple steps.

Try 'em on. Buying running shoes without trying them on first is like drinking the milk you found in the back of the fridge without checking the expiration date. Lacing up a pair of shoes will quickly tell you if they're too narrow or too

wide, too light or too heavy, too cushioned or too minimal.

Ask an expert. Fleet Feet Fit Specialists are trained to help you find the perfect running shoes. Staff members can use the [fit id](#) system to take three-dimensional scans of your feet, which will lead to more informed shoe recommendations, and they will discuss your running habits and goals to start you on the right foot.

Get measured. Your feet will change over time; a shoe that fit you two years ago might not work for you this year. So, get your feet measured when you go to buy new shoes.

Bring your old shoes. The wear patterns on your old shoes provide valuable insight into your biomechanics, which can inform decisions about what kind of shoes you need. *Pro tip:* Bring the [insoles](#) and socks you plan to wear while training to see if they work with the shoes you're trying on.

Invest in quality. Great running shoes aren't cheap—but they're worth it. Premium materials last longer; scientific research informs important design elements; and innovative technology gives you a leg up on the competition.

Types of Running Shoes

Whether you're hammering miles on the sidewalks or dodging roots on the trail, there are running shoes that fit your needs.

- **Road.** Road shoes help you comfortably log miles on the pavement. Soft midsoles cushion your ride, and rubber outsoles grip the ground. These are the most popular type of shoes.
- **Trail.** Trail shoes will take you off-roading like your dad's old 4x4. Built with burly lugs for traction and extra protection to shield your feet from pointy rocks, these will help keep you upright on gnarly terrain.
- **Track.** Track shoes are light and sleek, perfect for your fastest pursuits. You can get spikes, which help dig into the track for more traction, or racing flats, which don't have spikes.
- **Cross country.** [Cross country shoes](#) are like track spikes for the trail. With minimal

material and lighter construction, these shoes will give you an edge on courses with unpredictable conditions. Like track shoes, these come with or without spikes. Unlike track spikes, they have added traction to help you claw your way through wet grass and muddy terrain.

- **Race.** Your race day shoes are typically lighter and faster than your trainers. But they're not meant to hold up for as many miles as your everyday shoes, so use them sparingly.

A word of caution: Flats and spikes are very minimal shoes and not recommended for regular wear (unless you're already used to them). If you plan on running in spikes or flats, increase your wear-time and run distance gradually. And roll your calf.

PROJECT ZERO

One in eight women will be diagnosed with breast cancer in her lifetime. That's one too many. So, let's do something about it: For the second year, in collaboration with Mizuno and the Breast Cancer Research Foundation, Fleet Feet will help raise money this October for breast cancer research through Project Zero.

Join us for our Project Zero event with Mizuno and Mindful Brewing!

October 4 | 6 - 8:30PM

We'll start the evening with a fun run from the store at 6:30PM

Shop the exclusive Mizuno Waveknit R2 running shoe and help us raise money for the Breast Cancer Research Foundation

Enjoy snacks and local beer from Mindful Brewing. Receive a custom Sili Pint Glass with your drink!

Building Community, Sparking Careers

Fleet Feet Pittsburgh is committed to building a thriving running community, and we are looking for people to join us. Working at our store is fast, fun, and rewarding...and you can wear running shoes to work! If you're passionate about running and helping others, let us know by applying for one of our open positions.

[Full & Part-Time Fit Professionals](#)

[Marketing Manager](#)

[Footwear Buyer](#)

UPCOMING RACES

Time is starting to run out on qualifying for the Grand Prix events. Here is a partial list of the upcoming GP events, along with other races around the area. As always, the GP events are marked with a *.

10/7 – *Fit for Families 5K – Tanger Outlets, Washington. PA

10/13 – *Chamber Chase 5K – Peters TWP

10/13 – Augies 5K Run – Wheeling, WV

10/14 – McDonald McRun5K – McDonald PA

10/20 – Buffalo Creek Half Marathon – Cabot, PA

10/20 – Zombie 5K – Monessen, PA

10/27 – *Jack-O-Lantern Jog 5K – Canonsburg, PA

10/27 – *Donora Smog 5K – Donora, PA

DIRECTIONS TO THE VALLEY SKATING CENTER, GALIFFA DRIVE, DONORA, PENNSYLVANIA

DIRECTIONS FROM THE AIRPORT: Follow directions to Pittsburgh out of airport to RT 279 East. Take I-79 South to Washington, PA. Take I-70 East to Donora Exit # 43B. Follow further directions below.

DIRECTIONS FROM I-70 EAST: Exit # 43B DONORA. Follow further directions below.

DIRECTIONS FROM I 70 WEST: Exit # 43 DONORA. Follow further directions below.

DIRECTIONS FROM RT 51 NORTH: Take Rt 51 South to Rt 136. Exit to the right. Turn right at stop and continue down a long winding hill to the river road (Rt 906) Turn left onto Rt 906 South. Travel to second traffic light. Turn left at light and cross the Monessen-Donora bridge. Turn right off bridge and come to the second traffic light at 6th Street. Turn right at light and cross RR Tracks. Valley Skating Center is on the right.

DIRECTIONS FROM RT 51 NORTH TO I-70 WEST: Exit at #43-B Donora. Follow further directions below.

FURTHER DIRECTIONS AFTER EXITING I-70: Turn right off exit and go through RR underpass. Follow four lane road to the left. You will go up a small grade and down a long hill, and cross the Monessen-Donora bridge. Turn right off bridge and come to the second traffic light at 6th Street. Turn right at light and cross RR Tracks. Valley Skating Center is on the right.

**Donora Smog Commemoration Committee
P.O. Box 783, Donora, PA 15033**



**9th Annual Donora Smog
5K (3.1 miles) RUN/WALK**

**Saturday, October 27th, 2018
8:00a.m. REGISTRATION
10:00a.m. 5K (3.1 miles) RUN/WALK**

**Race Location:
MIDA PROPERTY
506 Galiffa Drive, Donora, PA
Registration @ The Valley Skating Center**

(located in the Donora Industrial Park)

Donora Smog Race Information

Date of Race: Saturday, October 27th, 2018

***Rain, Snow or Shine for Run/Walk.**

Starting Time: 8:00a.m.—Registration at The Valley Skating Center (parking lot) located at 506 Galiffa Drive, Donora, PA.

Race Location:

MIDA PROPERTY—Galiffa Drive, Donora, PA
10:00a.m. – 5K Run/Walk

Entry Fee is \$20.00: Pre-Registration deadline is October 10th, 2018. Late Registration up until 10 minutes prior to race is \$25.00. All participants pre-registered by October 10th, 2018 will be guaranteed a t-shirt.

Awards: Will be given to the top 3 overall male/female runners and walkers and to the top three male/female in these categories:

Runners: 0-10, 11-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+.

Walkers: 0-10, 11-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+.

****Strollers and COSTUMES Welcome!**

Course: This is a nice, level, paved road and a water stop will be provided at the halfway mark.

Make Checks Payable to:

Donora Smog Commemorative Committee

Mail to:

P.O. Box 783, Donora, PA 15033

For more information call: 724-825-3562



All proceeds from the race will benefit the Donora Smog Commemoration Committee programs.

Thank you for your participation and support.

Registration Form

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____ Sex: _____

Date of Birth: _____ Age: _____

Email Address: _____

Circle Shirt Size: S — M — L — XL — XXL

(Please include \$2.00 extra for XXL)

Circle One: Runner — Walker

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).

GRAND PRIX 2018(As of 10-1)

Tina Seech	5	30:14
Lisa Lucas	1	30:24
Mike Romzy	4	34:34
Bob Pikelis	9	34:49
Emery Strotman	6	35:08
Ella Jane Custer	4	35:30
Amy Koontz	8	36:05
Rich Sandala	14	36:13
Cathy Loos	5	36:25
Heath Piper	5	36:47
Brittnie Lockhart	3	38:22
Hunter Midcap	1	38:26
Carl Kondrach	6	38:53
John Koontz	7	38:57
Greg Mussitsch	3	39:29
Stush Sadowski	8	39:36
Rich Durbin	5	39:57
Mike Melvin	5	40:50
Gary Chabala	6	41:06
Carrie Perrell	10	41:15
Gary Bennett	4	41:22
Kelley Murdock	3	41:23
Donna Patrino	6	41:59
Tom Carter	1	42:16
Grace Goffi	6	42:41
Richard Klempa	4	43:32
S. Kevin Berdis	5	44:01
Sarah Donley	5	44:27
Steve Mason	1	45:08
Hanka Rydl	2	45:30
Terry Smith	3	45:46
Eric Perrell	5	45:47
Doug Midcap	3	46:07
John Ross	2	46:08
Jonathan Garet	6	46:30
Mark Hospodar	4	46:48
Kristine Midcap	2	47:09
Richard Klempa	3	44:46
Kristine Midcap	1	45:42
Kathy Starkey	6	47:15
Jaminiue Milliren	4	47:31
Nick Fossum	4	47:38
Albie Rinehart	1	48:58
Michael Frere	2	49:06
Scott Harrington	5	50:10
Mary Krett	5	50:13
Forton Remington	2	50:18
Shane Brunazzi	4	50:28
Nathan Milliren	5	51:20
Jim Loos	4	51:44
Ed Frohnepfel	2	52:01
Trey Mussitsch	1	52:07
Sarah Rockwell	2	55:57
Barbara Zappa	4	56:03
Felicity Smith	1	58:24
Dave Byers	2	60:33
Chris Moschetta	3	64:02
Steve Chaballa	5	64:55
Ricky Andrews	4	68:08
Amy Martin	3	70:59
Blake Headen	3	71:31
Tracee Popeck	1	76:54

LDGP 2018(As of 10-1)

Tina Seech	1	30:58
Bob Pikelis	5	35:46
Greg Mussitsch	2	36:28
Rich Sandala	4	37:11
Emery Strotman	3	37:32
Amy Koontz	7	38:38
John Koontz	8	38:41
Mike Bruno	4	39:37
Mike Romzy	1	39:55
Deb Doyle	2	41:29
Carl Kondrach	5	43:00
Sarah Donley	5	43:44
Stush Sadowski	3	43:56
Tom Carter	2	43:57
Carrie Perrell	1	44:11
Brittnie Lockhart	2	44:33
Jaminiue Milliren	1	45:44
Mark Hospodar	5	45:54
Jim Loos	2	48:07
Terry Smith	1	48:11
Eric Perrell	1	48:14
Jonathan Garet	2	49:48
Shane Brunazzi	3	51:14
John Titus	4	51:50
Nathan Milliren	2	51:46
Scott Harrington	2	52:37
Felicity Smith	1	58:58
Amy Martin	1	88:52

LDGP WALK(As of 10-1)

Carl Kondrach	2	53:34
Rose Gray	3	58:38
Sarah Donley	2	63:41
Mike Turkaly	1	66:15
Richard Respole	4	68:49
Stan Czyzewski	2	72:33
Ken Hissam	1	73:04
Andrew Grimm	1	106:52

GRAND PRIX WALK(As of 10-1)

Ella Jane Custer	1	35:33
Gary Bennett	4	48:45
Georgette Lacey	3	52:04
Cindy Mancinelli	1	53:55
Carl Kondrach	4	54:16
Rose Gray	5	57:47
Terry Whitecotton	2	58:42
Richard Respole	9	60:32
Kelley Murdock	5	60:43
Sara Donley	4	61:01
Mike Turkaly	4	61:50
Felicity Smith	2	61:54
Ken Hissam	4	67:56
George Macek	5	68:16
Barrie Baker	2	71:30
Joe Mancinelli	4	71:44
Stan Czyzewski	4	71:49
Blake Headen	3	78:02
Chip Grimm	2	99:25
Andrew Grimm	2	101:14

WCRRC RACE TIMES

LABOR DAY 5K

Heath Piper	17:09(OA-2)
Mike Romzy	19:26(A-2)
Carl Kondrach	20:00(A-2)
Rich Sandala	20:14(A-3)
John Koontz	20:16(A-3)
Amy Koontz	20:18(A-1)
Rich Durbin	20:48
Brittanie Lockhart	21:02(A-2)
Gary Bennett	21:29(A-1)
Bob Pikelis	21:42(A-1)
Jonathan Garett	22:17(A-1)
Steve Chabala	22:25(A-3)
Kelley Murdock	22:29(A-1)
Stush Sadowski	22:36(A-2)
Nathan Milliren	23:17(A-3)
Eric Perrell	24:15
Cathy Los	24:25(A-1)
Janinique Milliren	25:23(A-1)
Tom Carter	25:42
Mark Hospodar	25:47
Doug Midcap	26:00
Gary Chabala	27:26
Scott Harrington	27:32
Carrie Perrell	27:49(A-2)
Ann McCormick	28:39(A-1)
Steve Mason	29:18
Kris Midcap	30:16(A-3)
Donna Patrino	30:33(A-2)
Jim Loos	31:03
Bill McCormick	32:06
Grace Goffi	35:56(A-2)
Chris Moschetta	37:22
Ed Frohnapfel	38:32(A-1)
S. Keven Berdis	40:52(A-3)
Ella Jane Custer	47:42

L. DAY 5K WALK

Sarah Donley	33:12(OA-1)
Rich Respole	37:18(OA-1)
George Macek	37:25(OA-2)
Ken Hissam	40:26(OA-3)
Mike Turkaly	40:31(A-1)
Blake Headen	44:42(A-1)
Barrie Baker	48:51(A-2)
Georgette Lacey	53:38(A-1)

COOPER ROCK 10K

Rich Durbin	50:29
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BOSTON HARVEST 10K

Mark Hospodar	1:03:52
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BOSTON HARVEST 13.1M

Amy Koontz	1:38:29(OA-2)
John Koontz	1:38:29(A-1)
Stush Sadowski	1:51:41

BOSTON HARVEST 5K

Emery Strotman	18:09(OA-1)
Rich Sandala	21:22(OA-3)
Jaminique Milliren	24:28(OA-2)
Nathan Milliren	24:30(A-1)
Shane Brunazzi	25:12
Cathy Loos	25:25(OA-3)
Hanka Rydl	25:42(A-1)
Jim Loos	32:43(A-1)

LITTLE GREAT RACE 5K

Emery Strotman	17:36(OA-1)
Heath Piper	17:37(OA-2)
Greg Mussitsch	18:13(OA-3)
Carl Kondrach	20:08(A-2)
Amy Koontz	20:10(A-1)
Tina Seech	20:17(A-1)
Rich Durbin	20:40(A-3)
Rich Sandala	20:54(A-1)
Mike Melvin	21:43
John Ross	22:10(A-3)
Mike Frere	22:52
Steve Chabala	22:59
Stush Sadowski	23:19
Richard Klempa	25:08(A-1)
Shane Brunazzi	25:50
Shannon Cain	29:34(A-1)
Donna Patrino	30:01(A-3)
Ricky Andrews	33:25
Kathy Starkey	33:28
Barb Zappa	35:01
Mary Krett	35:56(A-1)
Ed Frohnapfel	36:14
Grace Goffi	36:43(A-1)
S. Kevin Berdis	38:10(A-2)

LGR 5K WALK

Sarah Donley	33:05(OA-1)
Rich Respole	37:21
Blake Headen	41:21(A-3)
Michelle Wojnar	45:42
Georgette Lacey	50:13(A-2)

ERIE 26.2M

John Koontz	3:17:00
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RUN AROUND SQUARE 5K

Mike Melvin	21:50
Bob Pikelis	23:07(A-2)
John Titus	23:46
Stush Sadowski	24:05
Steve Chabala	24:51
Gary Chabala	27:16

STR. FOR STUDENTS 5K

Tina Seech	20:58(OA-1)
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RAINDAY 5K

Mike Romzy	19:54(A-1)
John Koontz	20:44(A-2)
Amy Koontz	21:19(OA-2)

Rich Sandala	21:33
Jonathan Garett	21:30(A-2)
Bob Pikelis	22:25(A-2)
Steve Chabala	24:01(A-3)
Stush Sadowski	24:12(A-2)
Gary Chabala	25:42(A-3)
Sarah Rockwell	31:46
Shannon Cain	31:47
Kathy Starkey	33:46(A-1)
Amy Martin	39:36

RAINDAY 5K WALK

Kelley Murdock	34:47(OA-1)
Rich Respole	38:32(OA-1)
Barrie Baker	46:45(OA-5)
Stan Czyzewski	49:11(A-1)

BANANA SPLIT 5K

Carl Kondrach	20:29(A-1)
Rich Sandala	20:59(A-1)
Sarah Donley	34:43(WOA-1)

BEAVER 5K

Amy Koontz	20:40(OA-2)
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MISSOULA 26.2

John Titus	4:47:28
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OMELET RUN 5K

Heath Piper	19:37
Mike Melvin	21:31
Rich Sandala	21:32
Jainique Milliren	24:31
Cathy Loos	25:46
Nathan Milliren	26:41
Jim Loos	28:21

OMELET 5K WALK

Rich Respole	38:48
Rose Gray	43:05

LIBERTY MILE

Mike Romzy	5:46
Jonathan Garett	5:48
Bob Pikelis	6:37(A-1)
John Titus	6:38
Stush Sadowski	7:05(A-1)
Shannon Cain	9:54
Amy Martin	11:19

CONEY ISLAND 5K

Rich Respole	39:15
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STEELER 5K

Emery Strotman	17:41
Greg Mussitsch	18:43(A-1)
Lisa Lucas	18:57
Rich Sandala	20:57
Mike Melvin	22:14
Blake Headen	28:23

FRENCH CREEK 13.1M

Mark Hospodar	2:13:50(A-2)
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*****Additional times have been posted on the website due to lack of newsletter space.

KIDS CHANCE 5K

John Titus 47:27(OA-3)

HILLER HIKE 5K

Rich Sandala 21:50(A-1)

H. HIKE 5K WALK

Blake Headen 50:37

FLY BY 5K

Tina Seech 20:13(A-1)

Jonathan Garet 22:23

Stush Sadowski 22:50(A-3)

Deb Doyle 23:38(A-2)

Forton Remington 26:43

FLY BY 5K WALK

Blake Headen 48:46

ROCK HALL 10K

Tina Seech 41:38(OA-1)

WINEFEST 5K

Tina Seech 18:46(OA-1)

PANARATHON 10K

Tina Seech 41:06(GM-1)

COM DAY 5K

Mike Romzy 21:04(A-1)

Rich Sandala 21:26(A-2)

Shane Brunazzi 24:56(A-3)

HEROES 5K

Carl Kondrach 21:08(OA-2)

Sarah Donley 23:22(OA-2)

RUN FOR LIVES 5K

Mike Frere 23:09

Michelle Wojnar 47:00

ZANESVILLE 13.1M

Carl Kondrach 1:38:01

Sarah Donley 1:45:45(A-2)

ZANESVILLE 13.1 WALK

Rich Respole 2:54:02

Stan Czyzewski 3:57:15

Rose Gray 3:11:01

BOSTON TRAIL 13.1M

Amy Koontz 1:38:29(OA-2)

John Koontz 1:38:29(A-1)

Stush Sadowski 1:51:41(A-2)

Jen Foster 1:54:39(A-1)

BOSTON TRAIL 10K

Mark Hospodar 63:52(A-2)

NCSAA 5K

Dave Byers 35:29

COOPERS ROCK 10K

Rich Durbin 50:29

BOSTON TRAIL 5K

Emery Strotman 18:09(OA-1)

Rich Sandala 21:22(OA-3)

Jaminique Milliren 24:28(OA-2)

Nathan Milliren 24:30(A-1)

Shane Brunazzi 25:12(A-2)

Cathy Loos 25:25(A-1)

Hanka Rydl 25:42(A-1)

Jim Loos 32:43(A-1)

RISE 'N SHINE 5K

Rich Klempa 26:52(A-1)

Doug Midcap 26:57(A-2)

Ella Jane Custer 48:09(A-2)

RISE 'N SHINE 5K WALK

David Workman 36:47(OA-1)

George Macek 37:10(OA-2)

Terry Whitecotton 38:12(OA-3)

Mike Turkaly 40:05(A-1)

Ken Hissam 41:44(A-2)

Blake Headen 43:32(A-3)

PBURG 13.1M WALK

Rich Respole 3:05:39(A-1)

Rose Gray 3:11:12

ROAR 10K

Mark Hospodar 56:33(A-2)

SCRUB 4K

Mark Hospodar 21:43(A-2)

DRAKE WELL 13.1M

Mark Hospodar 2:08:59(A-3)

TURKEY TROT 5K

Heath Piper 18:24(A-1)

Greg Mussitsch 19:13(A-1)

Lisa Lucas 19:28(A-1)

Mike Melvin 21:11(A-2)

Mark Hospodar 26:52(A-3)

T. TROT 5K WALK

Carl Kondrach 25:44(OA-1)

ST BARNABUS 5K

Heath Piper 18:17(A-1)

Greg Mussitsch 18:50(A-1)

Lisa Lucas 19:06(M-1)

Steve Chabala 24:03

Gary Chabala 25:43(A-3)

Trey Mussitsch 36:47

Mary Chabala 39:15

RACE FOR RECOVERY 5K

Tina Seech 21:30(OA-1)

ICE CREAM 5K

Tina Seech 20:52(OA-1)

P & LE 4M

Emery Strotman 23:51

ROAMING SHORES 5K

Tina Seech 20:44(OA-1)

P & LE 10M

John Koontz 1:11:19(M-1)

Amy Koontz 1:16:04(OA-2)

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.

