

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

SEPTEMBER, 2018

VOL. 18 / No. 9

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

NEWS AND NOTES

We wanted to let everyone know that Sue Hornack is doing fine. She had a little accident a few weeks ago and suffered a fractured arm. Mickey informs us that she is resting at home after a few days in the hospital. We wish you a speedy recovery Sue and hope that you will be out and about again real soon. (An update from Mickey said she is doing well and the doc says things look good)

Don't forget to check the web page to get any race apps that we could not fit in the published newsletter. We try and get the grand prix race apps in first, and any other apps we get will be put on the calendar page as soon as we can. Don't forget to submit any race times on the web page. Tom has said that he is getting more race times and that we have had to wait to put some of them in the newsletter. We still want to know who is out on the roads putting in the miles.

Also, we wanted to remind everyone that the October newsletter will be online only.

Mike Bruno has announced that his company, Workhorse Outfitters, is going to have a new 5K race. It will be on November 10th and will be held at Ford City, PA. All the pertinent information will be on the Smiley Miles web site.

AUGUST AT THE RACES

There were many races run in August that we saw quite a lot of members on hand. The heat played a part in many of them but that didn't deter our hearty group from participating.

Debbie Green Mile and 5K

On Friday night, August 3rd, the Debbie Green Mile took place. Cedric Robinson won the run in 4:42. Our first male finisher in the run was Terry Smith in a time of 5:35 and Kris Midcap was the first female finisher in 7:47. In the walk, Carl Kondrach was the overall winner in 8:05 and Sarah Donley won the female division in 10:13.

At the 5K over 500 finishers crossed the line. Kiprop Mutai was the overall winner in 14:12. Mike Romzy was our first male finisher in 20:43. In the walk, Gary Bennett took the overall honors in 24:59 and Sarah Donley once again took the overall female award in 34:28.

Brookline Breeze 5K

Two club races were on the same day, as the Brookline Breeze had 425 finishers cross the line on a pretty muggy day. Praveen Vulimiri took the overall honors in a time of 13:35. Emery Strotman was our first male finisher and third overall in a time of 18:09, while Lisa Lucas took our first female award and 2nd overall, crossing the line in 19:39.

Victory 5K

While at the Victory 5K we had Kelley Murdock win the female walk division and first overall in the walk in a time of 33:30. Rick Respole take first place in the men's walk division at 37:35. Mary Krett was our only runner to finish the race, and she took first in her age group in a time of 37:07.

To report Grand Prix times call Tom Trettel (724) 229-0201 or e-mail trettelt@comcast.net. Or Grace Goffi at gracegoffi@verizon.net. For newsletter information or to submit an article contact Bob Pikelis e-mail r.pikelis@comcast.net.

Thoughts unthoughtfully thought thoughtfully!!

Mickey Hornack

- I apologize up front for not dedicating my entire column (quite questionable label of course) to running, racing, walking, speed, endurance and entry fees. I feel it takes several of those traits just to endure the rest of this "stuff"
- How can spiders make a web all the way across a 4' path? Do they fly to one side then back? I guess it could be like Spiderman does it but I have never seen a spider's wrist.
- Is it me, or do lines at cash registers move nicely till I'm next?
- The doctor told me the other day the pain in my left leg is caused by age! I said but my right one doesn't hurt--- & it's the same age!
- I saw an ad for a 5K in Monongahela on Sept 29, day before Pittsburgh Great Race, so I thought (title of this said column) another 5K! They are everywhere anymore. Plus, I suppose some might say "great warmup" for next day, some may say "good alternative to battle in the 'Burg' and others may say "not for me!"
- The wife asked me "What's an artery?" I said it's a paint studio!!!

- I was in Mingo Park with a few other "old" guys complaining about how it ain't like it used to be. One of them said "Look around you. See any other "old" guys here?" Well ok but I can't see that far.
- I'm not a Facebooker, and I can't figure out Twitter but the Mrs. is on the "Book" I have to say I enjoy seeing photos posted at races etc.—yea, even photos with Blake in them.
- Rock on Y'all

UPCOMING RACES

A partial list of upcoming races known. Remember that all races with a * in front are Grand Prix races. We will put as many race apps as we can find on the web. If not we will try to list where they can be found.

9/8 – *Little Great Race – Charleroi
9/8 – Heart & Sole – Greene River Trail
9/9 – Heitz to Heaven – Moon TWP
9/16 – *Boston Harvest 5K/10/Half – Boston
9/16 – Green Cathedral Half – Youngstown, OH
9/16 – Judy 5K Journey – Flushing, OH
9/22 – Fly By 5K – PGH International Airport
9/22 – Step Forward 5K – Highland Park Reservoir
9/23 – Trinity Hillers 5K CC – Washington, PA
9/29 – *Pumpkin Festival 5k – Barnesville OH
9/29 – On Your Mark 5K – Monongahela PA
9/29 – Dormont Dash 5K – Dormont PA
9/30 – *Great Race 5K/10K – Pittsburgh PA
10/6 – Waynesburg Homecoming 5K – Waynesburg PA
10/6 – Run Shadyside 5K – Shadyside PA
11/10 – Iron Bridge 5K – Ford City PA

For more Information:

Contact:

Pat Bristor

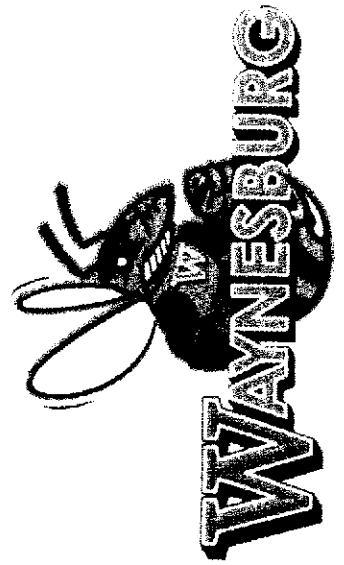
(724) 852-3315

pbristor@waynesburg.edu

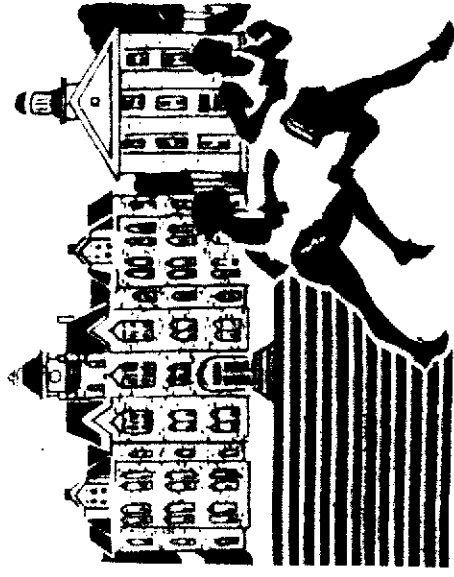


Pre-Register Online:

www.myconnect.waynesburg.edu



22nd ANNUAL



WAYNESBURG UNIVERSITY

HOMECOMING

5K
Run &
Walk

Benefits

Waynesburg University Student Mission Trip Fund
Community Registration

Saturday, October 6, 2018

8:30 a.m.

Location

Waynesburg University
51 West College Street
Waynesburg, PA 15370

From Pittsburgh/Washington

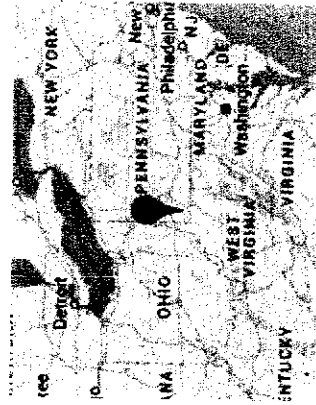
Take I-79 South to Waynesburg, Exit 14 (approximately 1 hour from Pittsburgh and 30 minutes from Washington) Follow the directions below to our campus.

From Morgantown

Take I-79 North to Waynesburg, Exit 14 (approximately 30 minutes) Follow the directions below to our campus.

From Uniontown

Route 21 West towards Waynesburg (approximately 3/4 a mile from I-79). There will be a traffic light at a "T" (CVS is in front of you) make a right at the light. Follow to the fifth traffic light. At the Courthouse on the left, turn right onto Washington Street. Go 3 blocks. Miller Hall is the large red brick building to your left at the fourth block. Parking is on your right.



Date/ Time

Saturday, October 6, 2018
Race starts at 8:30 a.m.

Registration

Registration will take place in the Goodwin Performing Arts Center (behind Miller Hall)
Beginning at 7:30 a.m.

Runners

14 & under	15-19	20-24	25-29	30-34
35-39	40-44	45-49	50-54	55-59
				60+

Walkers

19 & under	20-29	30-39	40-49	50-59	60+
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Entry Fee

\$20 per person, includes a t-shirt*

* To guarantee a t-shirt, register by September 14, 2018

\$25 per person after September 15th through day of event

Awards

Awards for the first finishers, male and female, in the walk and run. Prizes for the top 2 finishers in each category, male and female, in the walk & run.

Timing

SERJ Timing Service

Please print clearly. Detach and mail this form with your check payable to Waynesburg University to:

Waynesburg University, C/O Pat Bristor,
51 W. College St. Waynesburg, PA 15370.

Name: _____

M/F: _____ Age: _____ (as of 10/6/18)

Home Address: _____

City: _____ State: _____ Zip: _____

Telephone No. () _____

Adult Shirt (circle): S M L XL XXL

Race Selection: _____

5K WALK _____ 5K RUN _____

WAIVER:

"In consideration of this entry being accepted, I, the undersigned, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsors of Waynesburg University, their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have been successfully trained for the completion of a race of this distance and difficulty."

SIGNATURE: _____

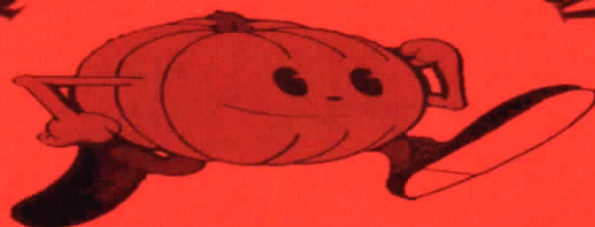
DATE: _____

PARENT OR GUARDIAN (if under 18): _____



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

Pumpkin Festival



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

5k Run & Walk

Saturday, September 29, 2018 @ 8:30am

Kids Pumpkin Run begins at APPROXIMATELY 10:00am!

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

Entry Fee: \$21 pre-registered (post-marked by September 3) \$25 after September 3rd and on race day. Call about Special Charity Rates.

Shirts: 1st 500 registered are guaranteed a moisture-management shirt and goody bag. Sizes are 1st-come, 1st-serve.

Registration: Begins at 6:45 @ the Watt Center. Arrive early to avoid long lines! **Online Registration** is available at:
www.RunSignUp.com Keyword: Pumpkin For more info or to download an application, go to: www.RailsToTrails5k.com

Refreshments: Enjoy the BIGGEST smorgasbord of delicious food you will find at ANY 5k event of this size!
(Pizza, subs, deli-fresh sandwiches, pepperoni rolls, pasta salad, cookies) If you leave this race hungry, DON'T BLAME US!!

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

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

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

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

(Male Run) Top Five: 9+ Under, 10-12, 13-15, 16-19, 20-29, 30-34, 35-39, 40-44 (4), 45-49, 50-59, 60-69 (4), 70+ Over **Top 3: Heavyweight (200lbs+)**

(Female Run) Top Five: 9+ Under, 10-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69 (4), 70+ Over **Top 3: Heavyweight (150lbs+)**

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

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

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

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

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



WEB DESIGN

Barnesville Grand Prix Series



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



www.WCRR.org

Emerald Pointe
HEALTH & REHABILITATION
Barnesville, OH

(cut here)

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

(cut here)

Mail form(s) and make
Check payable to:
Rails-to-Trails 5k
808 North Chestnut Street
Barnesville, OH 43713-1118
Please Note: This is a
mailing address. The Race
Address is 511 Watt Avenue

☐ ☐ ☐

Run Walk HeavyWght Run
(Check One Box ONLY)

☐

Male

☐

Female

Name (please PRINT clearly)

Address

City

State

ZIP

Phone

e-mail (optional)

Age on Race Day

Birthday

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

Circle Shirt Size (5k ONLY)

YL

AS

M

LG

XL

2XL

Add \$2.00

WAIVER: In submitting this entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims which I may hereafter accrue against any event sponsors, event volunteers, event staff, and their officers, directors, agents, successors and/or assigns for any injuries suffered by me (or my dog, if applicable) at this event while travelling to and from the event or while participating in it. I attest and verify that I am physically fit and sufficiently trained for competition of this event. I also recognize that persons with dogs may be participating and that I may encounter them on and off the course. I also understand that I may be photographed and agree to allowing my photo, video, or film likeness to be used for any legitimate purpose by the aforementioned parties.

X

Signature (Parent/Legal Guardian if <18) Date

Remember: \$25 after September 3rd or your application will be sent back!

WCRC RACE TIMES

DEBBIE GREEN MILE

Terry Smith	5:35(OA-8)
Gary Bennett	6:11(A-1)
Joseph Green	6:57(A-3)
Doug Midcap	7:23(A-1)
Richard Klempa	7:43(A-1)
Kris Midcap	7:47(OA-9)
Mike Green	7:58
Ron Green	7:59(OA-3)
Rose Gray	12:41(A-1)

D. GREEN MILE WALK

Carl Kondrach	8:05(OA-1)
Sarah Donley	10:13(OA-1)
Terry Whitecotton	11:00(OA-5)
George Macek	11:27(OA-7)
Rich Respole	11:27(OA-8)
Ken Hissam	11:31(OA-9)
Mike Turkaly	12:15(A-1)
Blake Headen	12:56(A-1)
Stan Czyzewski	15:44(A-2)

ST BARNABUS 5K

Heath Piper	18:17(A-3)
Greg Mussitsch	18:50(A-1)
Lisa Lucas	19:06(M-1)
Rich Sandala	21:05
Steve Chabala	24:03
Gary Chabala	25:43(A-3)
Dave Byers	35:46
Trey Mussitsch	36:47
Mary Chabala	39:15

DEBBIE GREEN 5K

Mike Romzy	20:43(A-1)
Terry Smith	21:01(A-3)
Mike Melvin	21:44
Jonathan Garett	22:37(A-3)
Richard Klempa	26:38
Doug Midcap	28:27
Shannon Cain	34:02

D GREEN 5K WALK

Gary Bennett	24:59(OA-1)
Carl Kondrach	26:22(OA-2)
Sarah Donley	34:28(OA-1)
Terry Whitecotton	37:17(A-2)
George Macek	39:04(A-2)
Ken Hissam	40:09
Blake Headen	41:31
Mike Turkaly	41:37(A-1)
Ella Jane Custer	47:35(A-1)
Joe Mancinelli	48:34
Stan Czyzewski	52:56(A-1)

SCIO FALL 5K

Carl Kondrach	21:27(A-1)
Sarah Donley	34:22(WOA-1)

ROAD TO TRAIL 5K

Shane Brunazzi	27:25(A-2)
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DRAKE WELL 13.1M

Mark Hospodar	2:08:59(A-3)
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RIVER RAT 5K

Rich Klempa	24:38(A-3)
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RIVER RAT 5K WALK

Gary Bennett	27:10(OA-1)
Dave Workman	34:03(A-1)
Terry Whitecotton	34:07(A-2)
Ken Hissam	38:18(A-3)
Mike Turkaly	38:20(A-2)
Blake Headen	41:12
Stan Czyzewski	46:25(A-1)

2 FACE 10K ROAD

Sarah Donley	50:33
Carl Kondrach	50:33
Mark Hospodar	57:37(A-2)

2 FACE TRAIL 10K

Sarah Donley	1:17:04
Carl Kondrach	1:17:04

P & LE EXPRESS 4M

Emery Strotman	23:51(OA-2)
Rich Sandala	28:21(M-1)
Shane Brunazzi	33:51(A-1)
Shannon Cain	41:40(A-1)

P & LE EXPRESS 10M

John Koontz	1:11:19(M-1)
Amy Koontz	1:16:04(OA-2)

KING COAL 5K

Mary Krett	39:29(A-1)
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SCRUB RUN 4K

Mark Hospodar	21:43(A-2)
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ROAR 5K

Carl Kondrach	20:46(OA-2)
Forton Remington	26:51(A-2)
Blake Headen	44:26

ROAR 10K

Mark Hospodar	56:33(A-2)
Shane Brunazzi	51:30(A-3)
Shannon Cain	1:05:03

RIVER RAT 5K

Richard Klempa	24:38(A-3)
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MAIN STREET 5K

Heath Piper	18:38(OA-1)
Rich Sandala	22:03(A-1)
Haley Filcheck	24:58(A-1)

MAIN ST 5K WALK

Carl Kondrach	28:59(OA-1)
Sarah Donley	34:37(OA-1)

BROOKLINE BREEZE 5K

Emery Strotman	18:09(OA-3)
Heath Piper	18:51(A-1)
Greg Mussitsch	19:20(A-1)
Lisa Lucas	19:39(OA-2)
Tina Seech	20:23(M-1)
Mike Romzy	20:27(A-1)
John Koontz	21:00(A-3)
Mike Melvin	21:04
Rich Sandala	21:26(A-3)
Amy Koontz	21:45(A-2)
Jonathan Garett	22:48(A-2)
Bob Pikelis	22:50(A-2)
Steve Chabala	24:25
Stush Sadowski	24:34(A-3)
Gary Chabala	26:23
Chris Moschetta	36:57

WALK

Georgette Lacey	51:08(A-3)
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VICTORY 5K

Mary Krett	37:07(A-1)
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VICTORY 5K WALK

Kelley Murdock	33:30(OA-1)
Richard Respole	37:35(OA-1)
Rose Gray	40:22(OA-3)
Bob Barnhart	67:39(A-1)

OUTER BANKS 5K

Kelley Murdock	23:31(OA-4)
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ICE CREAM 5K

Heath Piper	18:47(A-3)
Greg Mussitsch	18:49(A-2)
Lisa Lucas	18:59(OA-4)
Carl Kondrach	21:41
Sarah Donley	31:57
Dave Byers	36:38

FALCON 5K

Mike Melvin	21:07(A-1)
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FALCON 5K WALK

Carl Kondrach	30:44(OA-1)
Sarah Donley	35:26(OA-1)

MONROEVILLE 5K

Shane Brunazzi	25:46(A-2)
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**BECAUSE OF THE LARGE
NUMBER OF RACE
TIMES, MORE TIMES
NEXT MONTH.**



8am Half 8:30am Kids Run 9am 10k 9:15am 5k

Sunday, Sept 17th

Yough River Trail at Boston Trailhead (1902 Donner St, Boston, PA 15135)

Parking: At the trailhead

Registration: 7:00am-8:30am

All proceeds go to: Jamie's Dream Team

Awards: Top 3 M & F overall, masters M/F, top 3 in each age group: 0-10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ **(no duplications, medals will not be mailed)**

You can run or walk! Please no headphones or pets.

First Name-_____ Last Name-_____
Address-_____ Email-_____.com
City-_____ State-_____ Zip code-_____ Phone (____)-____-_____

Age on Sept 17th-_____ Sex- M F T-shirt size- YouthS YouthM S M L XL XXL
(shirts for those registered before 8/25, first come first serve after that)

Ages 16-59

_____ 5k- \$22 until July 20th, \$27 July 21st-Race Day
_____ 10k- \$22 until July 20th, \$27 July 21th-Race Day
_____ Half-\$37 until July 20th, \$42 July 21th-Race Day

Ages 0-15, 60+

_____ 5k- \$17
_____ 10k- \$17
_____ Half-\$27
_____ Kids 100 meter dash- \$10

(nonrefundable) Mail to and make check out to:

Team Brunazzi Events LLC, 6005 Roslyn St, Boston, PA 15135

Questions: www.facebook.com/TeamBrunazzi, TeamBrunazzi@gmail.com, 412-760-5302

Online Sign Up Available at www.runsignup.com

Sanctioned by USATF

Waiver: In consideration of the acceptance of this entry, I waive, for myself and my heirs, all claims for damages which I might have against the race, Team Brunazzi Events LLC, USATF, the sponsors, 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 (parent to sign if under 18)_____ Date____/____/____

GRAND PRIX 2018(As of 8-30)

Lisa Lucas	1	30:24
Tina Seech	4	30:26
Mike Romzy	3	34:58
Bob Pikelis	7	35:15
Ella Jane Custer	3	35:27
Emery Strotman	3	36:32
Rich Sandala	11	36:53
Cathy Loos	3	37:08
Amy Koontz	6	37:10
Brittnie Lockhart	1	37:13
Heath Piper	3	37:53
Hunter Midcap	1	38:26
John Koontz	6	39:14
Carl Kondrach	4	40:16
Mike Melvin	4	40:46
Gary Chabala	5	41:06
Carrie Perrell	8	41:21
Stush Sadowski	6	41:31
Rich Durbin	2	41:39
Kelley Murdock	2	41:53
Gary Bennett	3	42:08
Greg Mussitsch	2	43:03
Donna Patrino	4	43:19
Grace Goffi	4	43:24
Hanka Rydl	1	44:23
Sarah Donley	5	44:27
S. Kevin Berdis	1	44:31
Kristine Midcap	1	45:42
Richard Klempa	3	44:46
Kristine Midcap	1	45:42
Terry Smith	3	45:46
Doug Midcap	2	46:39
Eric Perrell	4	46:48
Jonathan Garet	5	47:08
Nick Fossum	4	47:38
John Ross	1	47:41
Mark Hospodar	2	48:00
Kathy Starkey	5	48:28
Albie Rinehart	1	48:58
Shane Brunazzi	2	49:37
Jaminique Milliren	2	50:10
Forton Remington	2	50:18
Scott Harrington	4	50:47
Jim Loos	2	51:02
Mary Krett	4	51:11
Trey Mussitsch	1	52:07
Michael Frere	1	52:14
Nathan Milliren	3	53:32
Barbara Zappa	3	55:31
Sarah Rockwell	1	57:37
Felicity Smith	1	58:24
Steve Chaballa	4	59:47
Chris Moschetta	2	62:51
Dave Byers	1	63:44
Ricky Andrews	3	70:44
Amy Martin	3	70:59
Blake Headen	3	71:31
Tracee Popeck	1	76:54

LDGP 2018(As of 8-30)

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	6	39:07
Mike Bruno	4	39:37
Mike Romzy	1	39:55
John Koontz	6	40:00
Deb Doyle	2	41:29
Tom Carter	2	43:57
Carrie Perrell	1	44:11
Carl Kondrach	4	44:33
Brittnie Lockhart	2	44:33
Stush Sadowski	2	45:27
Jaminique Milliren	1	45:44
Mark Hospodar	5	45:54
Sarah Donley	5	46:57
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	3	51:46
Nathan Milliren	2	51:46
Scott Harrington	2	52:37
Felicity Smith	1	58:58
Amy Martin	1	88:52

LDGP WALK(As of 8-30)

Carl Kondrach	2	53:34
Rose Gray	2	59:11
Sarah Donley	2	63:41
Mike Turkaly	1	66:15
Richard Respole	3	71:41
Ken Hissam	1	73:04
Stan Czyzewski	1	73:56
Andrew Grimm	1	1:46:52

GRAND PRIX WALK(As of 8-30)

Ella Jane Custer	1	35:33
Gary Bennett	4	48:45
Georgette Lacey	2	52:07
Cindy Mancinelli	1	53:55
Carl Kondrach	4	54:16
Rose Gray	5	57:47
Terry Whitecotton	2	58:42
Kelley Murdock	5	60:43
Richard Respole	8	61:12
Sara Donley	3	61:30
Felicity Smith	2	61:54
Mike Turkaly	3	62:41
Ken Hissam	3	67:49
Barrie Baker	1	69:29
George Macek	4	70:30
Joe Mancinelli	4	71:44
Stan Czyzewski	4	71:49
Chip Grimm	2	1:39:25
Andrew Grimm	2	1:41:14

JUDY'S 5K JOURNEY

Competitive Trail Walk/Run

9-16-18 at 2:00 pm

Come join us for the journey!

Zion Christian Retreat and Nature
Center

73999 Reservoir Hill Road
Flushing, OH 43977

*We love to see your costumes! Dress up
for the chance to win a raffle prize!*



\$20.00 Registration Fee
Sign up below or online at:
<https://runsignup.com/>

Name: _____

Address: _____

Walker or Runner

Age: _____

Date of Birth: _____

Male or Female

T-Shirt Size: S M L XL 2XL

Mail payment and form to:
The Judy Vincenzo Foundation
67562 Pogue Road
St. Clairsville, OH 43950

For more information and race
results visit:
www.smileymiles.com

PLEASE READ AND SIGN:

By signing below I agree to the following:

I waive, release, and forever discharge any and all rights and claims which I may hereafter accrue against The Judy Vincenzo Foundation, Judy's 5K Journey, Zion Christian Retreat & Nature Center, any event, volunteer, staff and their officers, board members, directors, successors, and/or assigns for any injuries suffered by me at Zion Christian Retreat & Nature Center. I have been advised of the above mentioned waiver and hereby agree to it. .

Signature of participant: _____

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.

