

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

DECEMBER 2019

VOL. 19 / No. 12

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

NEWS AND NOTES

Well, we are now coming up on the last remaining month of the 2019 racing season. We all hope that it has been a very successful one for everyone. Thanks to all the participants in the Grand Prix events and we look forward to another strong field coming through in 2020.

One thing that we want to emphasize again at the end of the year is to please check your GP results and make sure that all the races you participated in are counted. Grace is sticking to a firm date of December 31st to make any corrections and to get all your times in. Remember that we try our best to look at every race to get finishing times, but we do miss some. So, check the GP page in this month's newsletter and make sure yours is correct. And if you see a race highlighted in the race results section and your name is missing it is your responsibility to get that time in to be counted.

And as an FYI to everyone, there are three GP races that we could not find times for. So, if you ran the Victory 5K, The Donora Smog and the Waynesburg Homecoming, be sure to turn your times in to be counted.

It's that time of the year again. Don't forget to send in your dues for the 2020 racing season. Next month we will have the preliminary list of the Short Distance Grand Prix races. Also, next month, we will include the invitation to the 2020 Banquet to celebrate the 2019 racing season. We look forward to having everyone back again next year for the GP races and, also, to attend the banquet. Any questions please email either Tom or Bob.

From all of us at the "news" desk of your newsletter, we want to wish everyone a very Merry Christmas, Happy Hanukkah and all the best in the coming New Year.

NOVEMBER AT THE RACES

As the year starts to dwindle down, we still had quite a few members racing into the colder fall season. Here is a recap of just a few.

EQT 10 Miler

The weather was a bit chilly, but that never stopped those hearty souls who love to jump into a late fall long distance race. The attendance at this year's race was even better than previous years, which made for a good competitive field.

For the club finishers we had Emery Strotman as our first finisher, in a nice time of 1:01:45 and third in the master's division. And our first female finisher was Fleet Feet's Emily Sagun, who crossed the line in 1:10:44.

For our walkers we had Carl Kondrach coming through in 1:39:16 and Karen Ilkin finishing in a time of 1:54:15

Harvest Moon 5K/10M

The challenging Harvest Moon course was made even tougher by some road closures, but we had a good group finishing. In the 10 Mile competition we had Danielle Gonzalez as our first female finisher, and third overall, in a great time of 1:16:23. And John Titus was our first male finisher, taking his age group in a time of 1:23:37.

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 THOUGHTFULLY THOUGHT THRU THANKFUL THINKING!

Mickey Hornack

* During a recent chance meeting with WCRRC members Donna, Chet, Mick and Gary midway thru a run in Mingo Park the discussion about recent physical ailment experiences, medication solutions, hospitalizations and corrections of said issues was "lengthy" to say the least. What never entered the conversation was ANY MENTION OF RUNNING OR COMPARABLE ACTIVITY!!! Hmmmm a quick check of birthdate on my driver's license explained this!!! 15 yrs. ago not the same exchange!!!!

* I don't know about you but emptying the dishwasher is a PIA for me! Is this a sign of life's evolution! I mean one buys a good dishwasher. One that has times for this, cycles for that, special additives that shine and a disinfect. Some take pictures of family, charge cell phones, set wakeup alarms you get it. All this and I dread emptying the thing!!!

* After Thanksgiving dinner, I passed thru the kitchen, looked at food left over, after eating like a Viking warrior, thought I cannot eat any more of that stuff! Friday at 8pm most leftovers were gone.

* Excuse me for not giving secret advice about running a PR in a race, training tips to win your age group etc. I don't have none!!! I know it's a running/walking club. If you want advice on a horizontal life pause, which most took after TG dinner I got that covered!

* So, on Friday after Thanksgiving I did a walk thru my neighborhood. Unique site on curbside trash collection: 1 empty box of Slim Fast drink -
- 2 empty beer cases!!

* Can't leave out the Mrs. She said I was a handful. I told her that must be why she has 2 hands.

* In closing (maybe many of you have heard) the committee that organizes the Charleroi LGR has decided to retire. As of now there are no official plans by anyone else to continue the event. Vic Vitale and group made the decision after over 30 years of race organization. In an upcoming issue of WCRRC fishwrap I will try my best to highlight and lowlight some of the history of the race that many of our club members have loyally participated.

* Hope all can find some time for a horizontal life pause soon!!

UPCOMING RACES

As the year starts to slowly fade away, so does the number of upcoming races to post. There are a few that we can list for now. All the Short Distance Grand Prix races are done, but there are a few good races that all the hearty runners may be looking for. There are 2 races on the first of the New Year that will be on the GP. Both are listed on Smiley Miles if you need and information on them.

12/14 – Jingle Bell 5K – Pittsburgh North Shore
12/21 – Run Santa Run 5K – Cranberry PA
12/31 – Harmony Silvester 5K – Harmony, PA
1/1 – Resolution Run 5K – Oakdale, PA
1/1 – Soup 5K – Boston, PA (Please sign up to let Shane know how many people will be there.)
1/11 – Run to Read Half Marathon – Fairmont, WV
1/12 – Frigid Five Miler – Allison Park, PA
1/18 – Community Rec Center 1 Mile Race – Upper St. Clair, PA

15th Annual Run to Read Half Marathon

Saturday, January 11th, 2020

Pricketts Fort State Park

Packet Pick-up at Old Visitor Center

Registration starts at 11:30

1:00 pm Race Start time

Benefits Literacy Volunteers of Marion County

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

lvamarion@hotmail.com

Phone: 304-366-6055

Offering free tutoring to children and adults



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

Free long sleeve tech shirt and finisher medal if registered before 12/9/2019

Chip timing by Miles of Smiles Timing Service

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

\$35.00 if registration is received on or before 10/19/2019.

\$40.00 if registration is received on or before 1/4/2020.

\$45.00 if registering after 1/4/2020 or on the day of the race.



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

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

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

Register on line at runsignup.com or by completing and return the form below

Name _____ DOB ____/____/____ Age on 1/11/2020 _____

Address _____ City, State, Zip Code _____

Phone _____ E-mail _____ Male _____ Female _____

T-shirt Small _____ Medium _____ Large _____ XL _____

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

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

Make check payable to:

LVMC

601 Locust Ave.

Fairmont, WV 26554



Holiday Lights Run 2019

Save the date! This year's Holiday Lights Run & Charity Auction will be on **Thursday, December 19 at Nova Place**. Whether this is a yearly tradition or you're joining us for the first time, it will be a memorable evening for the whole family. Enjoy the best lights in the city by running or walking the specially selected routes, and help us raise money for a local charity.



Hope Through Sports

We are excited to announce that this year's event will benefit [Hope Through Sports](#)! This charity was founded by the Adams Family and inspired by their daughter, Brynn, who was diagnosed with a life-altering neurological disorder that ended her softball career.

She now wears leg braces and uses a wheelchair and crutches, but has discovered adaptive sports like sled hockey and wants to help other kids like her do the same. Hope through Sports helps disabled athletes purchase hockey sleds and other adaptive sports equipment, pay for a camp, or travel with their team to a tournament.

We met Brynn at Fleet Feet earlier this year when she came to buy new shoes after a day at the hospital. She and her family left a lasting impression on all of us, and we're thrilled for an opportunity to support them.

5 Areas Runners Should Train During the Off-Season

TRAINING

The off-season is the perfect time to indulge in football games and holiday cookies, but it's also arguably the most important training cycle of the year.

Using your down time wisely between training blocks can help you become a stronger, more efficient and more resilient runner. Addressing weaknesses or imbalances, working on muscular and mechanical skill sets, or simply reading and researching are all practices that can help you better develop as an athlete.

The five areas runners can train in the offseason are:

- Good movement patterns
- Mobility and stability
- Posture and alignment
- Flexibility and strength
- Rest

Good Movement Patterns

The term "functional" is overused in the athletic industry, but the impact of high-quality, functional movement shouldn't lose its importance.

Better athletes make better runners, and better movers make better athletes. Runners tend to gravitate toward exercises and movements that most closely mirror the running gait. While this is important, it should not be the only thing runners develop, or the athlete could become more susceptible to injury.

Runners should perform movements that take them through all three planes of motion, according to coaches who spoke with Fleet Feet. The three planes of motion are:

- Sagittal-plane (forward and backward)
- Frontal-plane (side-to-side)
- Transverse-plane (rotational)

"In terms of my training, a huge focus is on stability, both forward and lateral movements, and the explosiveness of moving fast and powerfully," says Matt Maclair, an Ironman triathlete and founder of *Trust The Plan Coaching* in Pittsburgh, Pennsylvania. Making sure you can properly perform the five basic movement patterns is also important, Maclair says. Before picking up heavy weights

or tossing around kettlebells, runners should focus on developing solid foundational mechanics by pushing, pulling, squatting, lunging and rotating.

"If you are lunging with slumped shoulders and a rounded back, more often than not you are going to run that way because you haven't addressed the weakness in your back and core," Maclair says.

Basic bodyweight exercises for runners are the best way to condition the body for quality movement and create the neurological pathways necessary to sustain these patterns.

Mobility and Stability

Proper movement sequencing is directly related to a runner's degree of mobility and stability. Because running is a unilateral movement through one plane of motion—meaning you only run forward—runners have a tendency to tighten up and become underdeveloped in many areas. Using body weight or resistance bands, runners can significantly increase their degree of mobility and stability, which will have a major effect on their movement patterns.

"For me, the Holy Grail for our endurance/distance running athletes lies in the proximal hip stability work that we do ... making sure we do the exercises that work to stabilize our pelvis," says Frank Velasquez, the Director of Sports Performance for [Allegheny Health Network](#), in an email to Fleet Feet. "As runners we are always on one leg, so we need to be strong and stable and have stamina on one leg."

Simple resistance band exercises and planks can go a long way in developing that stability.

"In my opinion," Velasquez says, "those exercises are what make up the 'secret sauce' for keeping an endurance/distance runner healthy and on the road."

Maclair agrees. "I'm constantly instilling in my program and my athletes' programs the importance of stability and mobility," he says.

Posture and Alignment

The breakdown in form, and subsequent injuries that come along with distance running, are often traced back to postural weakness or imbalances. No one is perfectly symmetrical, but the better an individual is in holding their body in

correct alignment, the more efficiently they are able to handle the impact of running.

About [80 percent of adults report experiencing low back pain](#) at some point in their lives, according to the National Institute of Neurological Disorders and Stroke. Age, fitness level and weight gain can all lead to low back pain, especially for desk-bound workers who spend all day hunched over a computer.

"Sedentary lifestyles also can set the stage for low back pain, especially when a weekday routine of getting too little exercise is punctuated by strenuous weekend workout," according to the NINDS.

Preventing that tweaked back starts with improving your posture, Maclair says.

"Even if you have strong ankles and calves, the centerpiece always comes back to your back and core area," he says. "Being conscious of how your postural positioning is during exercises is key."

Balance exercises using a single-leg stance or an unstable base of support can help an athlete develop better balance, cognition and proprioceptive capabilities.

Stretch and Strengthen

Flexibility and muscular endurance are the fun conditioning protocols everyone loves to incorporate in an off-season training regimen.

Things like introducing a dedicated yoga flow or restorative session once a week can help relax both your body and your brain. Getting in the gym and moving around some heavy weights can make you feel like a rock star ready to tackle anything the coming season might throw your way.

Velasquez shares his methodology for working with athletes during their off-season:

"The Adaptation/Foundation building phase consists of stabilization-building exercises and low intensity/high volume strength training," he says. "This is the phase that will focus on the posture/pelvic stability/core control and correcting imbalances and asymmetries. This is the time to correct the skeletal alignment."

From there, Velasquez says he has athletes move into building strength where intensity increases but volume decreases. He includes

high-level plyometric exercises and sports-specific functional drills to continue to improve strength and power.

"Following a periodized training plan that changes every three to four weeks and has one peaking at the right time is important for any and all off-season programs," he says.

Rest and Relax

For most runners with type-A personalities, rest is the hardest off-season practice to implement.

It's easy to start going crazy or get cabin fever when your weekly mileage decreases. Sitting back and kicking up your feet can seem like a complete waste of time. But that couldn't be further from the truth.

"In my opinion, the ability to enjoy the process of training is key to long term success," Maclair says. "We live in a results based society. We want all the results yesterday. However, it's the ability for the athlete, regardless of the level, to slow down at some point, and train to understand how the body operates to eventually get faster later."

Velasquez agrees.

"During the off-season, athletes should work on resting, recharging and rebuilding the engine," he says. "The first two to four weeks after your final race, event, game, competition is what I call Phase 1, or your 'active rest' period, where you're just unplugging, decompressing, being a normal human—doing relaxing, fun, non-competitive activities. This is a chance to breathe and slow the pace of the game down for a minute."

Use the extra time you have to get your hands on a good book or a training journal, or scour the internet for articles that might interest you and help you get the most out of the upcoming season.

By [Timothy Lyman](#). Timothy is the director of training programs at Fleet Feet Pittsburgh and an ACE certified personal trainer. With over a decade of experience in the field, his education ranges from sports psychology to exercise physiology. He has coached runners at all levels on every surface at any distance, with an emphasis on economy, injury-prevention and functional fitness.

Waynesburg- Washington Marathon

Tom Carter

How many of you know that there used to be a marathon that was run from Waynesburg to Washington, PA? I'm sure that would come as a surprise to most current members of the WCRRC! There was in fact just such a marathon and it was held from 1981 through 1984. It was founded and organized by one of the original members of the WCRRC, Marty Howsare. Ned Williams, another early member of the club was also involved, but I'm not sure if he was a co-director or not. Ned is currently president of the Montour Trail Council Board of Directors.

The marathon was conceived as a race which would follow, as closely as possible, the route of the long-defunct Waynesburg- Washington narrow gauge railroad. The old railroad itself was established in 1875 and was in business with both passenger and freight service until it stopped in 1929. All that remains of the old railroad are some bridge abutments, some trestles south of Washington, and the Washington station on South Main Street near the W and J College Field, which is used by Judson-Wiley for storage.

With the exception of the main street of Waynesburg, Rt 18, and South Main Street in Washington, the marathon course used the rural country roads between the two towns more or less paralleling the route of the W-W. The starting point of the marathon was at St Ann's Church on High Street in Waynesburg, near the Greene County Courthouse and finished on the campus of Trinity High School. According to the 1983 race application the course is described as '26.2 miles of paved country roads adjacent to the old Waynesburg and Washington Railroad right-of-way'. Further, it states that it was TAC (now USATF)- certified with every mile marked. The first 20 miles are described as rolling, with the last six miles as being hilly. There is a definite degree of understatement in the course description as to the changing elevation profile, as anyone who ran the marathon would testify.

For the grand sum of \$8 for the entry fee, one would receive a W&W t-shirt. Finishers would receive a finisher certificate and there were handmade trophies and awards. The finisher's certificate listed many of the country stations and villages the train passed through, such as Sycamore, Deer Lick, West Union, Dunn's Station, West Amity, Banetown, and Braddock.

The race was a very small, but well-directed affair, in which runners were taken care of with aid stations roughly every 3 miles through mile 18, then every two miles to the end. There were even donuts at the finish line area! The race date was always the first Saturday in May, which meant the weather conditions would mean everything from ideal conditions to high heat and humidity, as the 1983 race experienced. The actual number of participants of the race was seldom more than 60-70 runners that I can remember.

Paul Jost, a native of New Jersey, won the marathon in 1981, 1982, and 1983. He set the marathon course record in 1981 of 2:37:31. In 1984, John Gidel, of Pittsburgh, won the final edition of the race in a time of 2:46:42. There were a total of 58 finishers that year. Considering the rural nature of the marathon course, it's safe to say there were more cows and sheep along the country roads than runners and spectators. With the announcement of the inaugural Pittsburgh Marathon to be held in 1985 and on the same weekend the W-W was traditionally held, the local marathon came to an end.

I ran the W-W in both 1983 and 1984. With the extremely hot and humid conditions in 1983 I dropped out near the 20 mile mark, at the base of the hills. Being very disappointed in my 27 year old self, I vowed to train even harder for the 1984 race. Thankful, the race conditions were much more beneficent for running and I completed the arduous marathon.

Over the succeeding years I always had a yearning, however slightly at times, to try the course again. This past summer and fall I was running many miles on the Montour Trail, helping a friend train for her first marathon (Columbus) without a goal of my own in mind. Being trained with long runs I decided to think of a race that I could do. While I did run the EQT Pittsburgh 10 miler, I thought this would be a great time to try that old W-W course again. With the help of a couple friends running and another providing support from her pickup of water and food, I picked Saturday, November 16th to retry the marathon. The weather was chilly, but sunny when we ran. Over five hours after leaving St Ann's Church we finished at Trinity High School. Just to think, it only took 35 years to rerun the race!

WCRR RACE TIMES

NORTHERN OHIO 26.2M

Danielle Gonzalez 3:28:29

CHASE AWAY HUNGER 5K

Kelley Murdock 23:49(OA-1)

CCAC 5K

Shane Brunazzi 26:34

PUNXY 13.1M

Shane Brunazzi 2:03:29(A-1)

COSTUME CAPER 5K

Alexandra Brooks 39:47

JACK O'LANTERN 5K

Heath Piper 20:13(A-1)

Rich Sandala 23:40(M-3)

Bob Pikelis 24:34(A-1)

Stush Sadowski 26:21(A-2)

Gary Chabala 27:44(A-2)

Ann McCormick 30:26(A-1)

Donna Patrino 33:45(A-1)

Chris Moschetta 41:28(HW-1)

JOL 5K WALK

Rick Respole 43:03

Mary Chabala 45:24(A-3)

Barry Baker 49:46(A-2)

EQT 10-MILER

Emery Strotman 1:01:45(M-1)

Ed Koontz 1:04:30(A-3)

Emily Sagan 1:10:44

Tina Seech 1:11:24(A-1)

Rich Sandala 1:13:00

Bob Pikelis 1:15:50(A-2)

John Titus 1:17:31

Deb Doyle 1:19:25(A-3)

Mike Romzy 1:19:39(Pacer)

Mike Bruno 1:20:19

Jaminiq Milliren 1:21:03

Michelle Wojnar 1:23:41

Stush Sadowski 1:23:53

Mike Frere 1:26:47

Tom Carter 1:32:47

Scott Harrington 1:44:16

Christina Shwallon 1:45:37

Mark Hospodar 1:50:20

Jim Loos 1:50:54

EQT 10-MILE WALK

Carl Kondrach 1:39:16

Karen Ilkin 1:54:15

GREAT PUMPKIN 5K

Dave Byers 36:15(A-4)

BUFFALO CREEK 13.1M

Heath Piper 1:18:36(A-1)

Greg Mussitsch 1:24:00(A-3)

Stush Sadowski 1:47:36(A-2)

Mark Hospodar 2:21:40

WICKED TRIPLE 13.1M

Richard Respole 3:02:15(WOA-2)

DONORA SMOG 5K

Kelley Murdock 22:22(OA-1)

Gary Lorenzi 26:38(A-2)

Mary Krett 36:48(A-2)

DONORA SMOG 5K WALK

Gary Bennett 27:08(OA-1)

George Macek 39:31(OA-3)

EQT RELAY 5M

Alexandra Brooks 1:05:26

HOT CIDER 5K

Alexandra Brooks 39:17

SALT FORK CHALLENGE

Rich Durbin 1:33:30

RUN FOR YOUR LIFE 5K

LuAnne McCullough 31:45

BUTLER TURKEY TROT 5K

Heath Piper 18:47(OA-1)

PEACE RACE 10K

Tina Seech 42:00(OAGM-1)

TIGER TROT 5K

Kelley Murdock 22:19(OA-1)

PHYSICAL 5K WALK

Kelley Murdock 34:21(OA-1)

OPERATION TROOP 2.9M

Shane Brunazzi 23:58

RUN FOR YOUR LIFE 5K WALK

Gary Bennett 27:55(OA-1)

Carl Kondrach 33:30(OA-2)

George Macek 42:58(A-2)

HARVEST MOON 10M

Danielle Gonzalez 1:16:23(OA-3)

John Titus 1:23:37(A-1)

Stush Sadowski 1:27:34(A-1)

Doug Midcap 1:38:32

Kris Midcap 2:02:34

MADE IN AMERICA 13.1M

Sarah Donley 1:55:22(A-2)

Carl Kondrach 2:22:14

CHASE HUNGER 5K

Kelley Murdock 23:49(OA-1)

TANGER 5K

Kelley Murdock 21:42(OA-1)

SENACA VALLEY T. TROT 5K

Dave Byers 38:22

BURG. T TROT 5K

Bob Pikelis 22:45(A-1)

Jaminiq Milliren 23:51(A-2)

Roxanne Wray 27:11

Nathan Milliren 27:22

Donna Patrino 31:22(A-2)

WALK 5K

Kelley Murdock 33:22(OA-1)

Rick Respole 40:21

Blake Headen 42:24

Barrie Baker 50:39

SEWICKLEY T. TROT 5K

Greg Mussitsch 18:50(A-1)

Larry Roolf 25:02(A-1)

Gary Chabala 25:45(A-2)

Steve Chabala 26:44

BETHEL PARK T TROT 5K

Emily Sagan 21:27

Rich Sandala 22:53

PNC T TROT 5K

Mike Romzy 20:52

Stush Sadowski 24:17

PNC T. TROT 5M

Heath Piper 30:29(A-3)

TROT FOR TOTS 5K

Rich Sandala 22:58(A-1)

Larry Roolf 25:43(A-2)

Sarah Donley 25:48(A-1)

Cathy Loos 27:29(A-1)

Jim Loos 32:27

Ed Frohnafel 40:04(A-1)

5K WALK

Carl Kondrach 30:44

Blake Headen 46:54

TROT FOR TOTS 10K

Jaminiq Milliren 48:47(A-1)

Sarah Donley 55:32(A-3)

Carl Kondrach 58:50(A-3)

PHILADELPHIA 13.1M

Emery Strotman 1:22:34

RT 66 26.2M

John Titus 4:09:56(45th State)

LONG DISTANCE GP

Bob Pikelis	5	35:19
Emery Strotman	4	35:41
Rich Sandala	5	36:45
John Koontz	5	38:23
Debbie Doyle	4	39:06
Amy Koontz	4	41:09
Stush Sadowski	4	41:20
Sarah Donley	8	44:47
John Titus	8	46:30
Mark Hospodar	5	49:44
Carl Kondrach	4	53:09
Shane Brunazzi	4	54:18
Scott Harrington	6	54:50

LONG DISTANCE WALK GP

Carl Kondrach	5	1:00:46
Rose Gray	4	1:03:08
Richard Respole	5	1:03:16
Sarah Donley	4	1:03:16
Stan Czyzewski	4	1:14:21

GRAND PRIX

Tina Seech	5	30:21
Greg Mussitsch	6	34:13
Bob Pikelis	12	34:16
Mike Romzy	6	34:58
Heath Piper	8	35:14
Emery Strotman	5	35:21
Rich Sandala	19	35:48
Cathy Loos	5	37:40
Rich Durbin	8	37:47
Stush Sadowski	12	38:32
Grace Goffi	7	39:54
Larry Roelf	7	40:30
Donna Patrino	8	40:36
Gary Chabala	7	40:39
Sarah Donley	9	41:35
Jaminiue Milliren	7	42:27
Gary Lorenzi	7	42:46
S. Kevin Berdis	6	43:14
Doug Midcap	8	43:37
Kathy Starkey	7	46:22
Nick Fossum	7	47:01
Kristine Midcap	6	49:10
Shane Brunazzi	6	50:08
Ed Frohnappfel	5	52:15
Jim Loos	5	53:18
Carl Kondrach	5	57:32
Mary Krett	9	58:27
Ricky Andrews	6	1:01:25
Chris Moschetta	5	1:09:33
Alexandra Brooks	6	1:11:03

WALK GRAND PRIX

Gary Bennett	7	48:21
Georgette Lacey	6	50:44
Carl Kondrach	10	51:47
Richard Respole	13	58:45
Kelley Murdock	6	59:24
Richard Respole	10	59:41
Sara Donley	7	1:01:30
George Macek	6	1:04:13
Barrie Baker	6	1:19:13
Blake Headen	13	1:12:53

****MEMBERS ARE REMINDED TO CHECK GP TIMES AND REPORT ANY ISSUES TO GRACE.

**** GP TIMES WILL BE ACCEPTED UNTIL DECEMBER 31.

**** THIS MONTH' STANDINGS INCLUDE ALL TIMES RECEIVED FOR THE YEAR.

****WE WILL PUBLISH THE FINAL RESULTS IN THE JANUARY ISSUE; PLEASE CHECK THE RESULTS IMMEDIATELY AND CONTACT GRACE ASAP IF THERE IS A PROBLEM.

ADDITIONAL WCRRRC RACE TIMES

PERRY TOWNSHIP T. TROT 5K WALK

Carl Kondrach	27:17(OA-2)
Sarah Donley	35:04(OA-3)

BOWLBY T. TROT 5K WALK

Blake Headen	42:42(A-1)
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UNIONTOWN T. TROT 5K

Emery Strotman	18:28
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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.

