

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

JULY, 2018

VOL. 18 / No. 7

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

NEWS AND NOTES

This month's special run and Kayak outing with Mike Bruno scheduled for July 18th will be cancelled. Due to a lack of any response to the outings, Mike has decided to cancel the rest of the outings scheduled for this summer.

Mike is also looking for a few volunteers who would love to share their passion of running with some very special kids. If you are interested in finding out anything about this great program, please email Mike at the above address. Here is Mike's message.

Attention Runner Friends.

I am so excited to announce that Workhorse Transport & Outfitters in a collaborative effort with Wesley Family Services will be starting a running program for children on the spectrum & other diagnosis. It will be a 7-week program on Thursdays from 11 am- 12 noon. We are looking for volunteers to run with the kids. Message me if you want to share your passion of running with these children. I can be reached at middleboy71@gmail.com.

The Tandem Connection in Cecil, PA, on the Montour Trail is having a Triple Scoop racing series this summer. The first one is already passed but the second one will be on July 18th, and the third one should be on August 8th. Cost to register is \$10 and a T-shirt will be given. A little ice cream treat will be offered to those who finish the race. The races will start at 7:00 PM.

JUNE AT THE RACES

June brought two races for the Grand Prix, plus the summer racing season is now starting to heat up. Here is a recap of a few of the races run this past month.

Run for Alex

A good size crowd braved the heat and descended on Bentleyville to run the 5 Mile/2 Mile run and the 1-mile fun walk on June 2nd. There were 160 finishers in the grueling 5-mile course and 282 ran the 2-mile.

John Mihakek was the overall winner in the five-mile run in a great time of 28:27. Tina Seech was our first female finisher and took the overall crown in 34:23. And Emery Strotman was our first male finisher in 31:49.

In the 2-mile race, Damon Gall from Canon-Mac was the overall winner in 11:10. Heath Piper was our first male finisher in 11:54 and Kelley Murdock was our first female finisher in 14:56. And we welcomed back Michael McCormick back to the local running scene, where he finished in 12:57.

Peters TWP Cross Country 5K

A warm and partly cloudy morning greeted 97 finishers of the 5K race on June 16th. Nick Wolk was the overall winner in 16:35. Our first male finisher was Emery once again, cruising in at 17:55, and Amy Koontz was our first female finisher in 21:34. Amy and John also took home the prize for the fastest finishing couple.

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.

How to Run a Faster 5K

- By Michele Gonzalez

Want to run a faster 5K come race day? Start by breaking it down to two main components: your training plan and your race-day tactics.

Training Plan

First, take a look at your training plan. Try to add in or tweak a few workouts so they are 5K-specific, incorporate hills on a regular basis and add strength workouts. These will ensure that you are physically prepared for a 5K.

- Speedwork

To race faster, you must practice running faster. Start incorporating some faster running days (speed workouts) into your training plan. Speed workouts can range from short, fast surges of 20-30 seconds, to mile repeats, to 15-20 minute tempo runs.

- Hill Work

Hills are speedwork in disguise: They help strengthen your legs and build endurance that will come in handy as you are powering through your next race. A hill workout doesn't have to be fancy; it can be as simple as incorporating a hilly route in your everyday training runs. If you are looking to make it more formal, find a hill (anywhere from 200-400m in distance) with a 4 to 8 percent grade; sprint or run hard up the hill; and recover on the downhill (either walk or slowly jog). Repeat a few times, gradually building up the number of intervals over time.

- Strength work

Focusing on strength work a few times a week will not only make you stronger (which helps you run faster), but it can help prevent injuries by increasing the

ability of your bones, ligaments, tendons and muscles to withstand the impact of running.

Race Day Tactics

You also want to take a look at the tactical side of racing a 5K. Aspects such as running the tangents better, proper pacing and strengthening your mind can make a huge difference in your 5K finish time.

- Run the tangents better

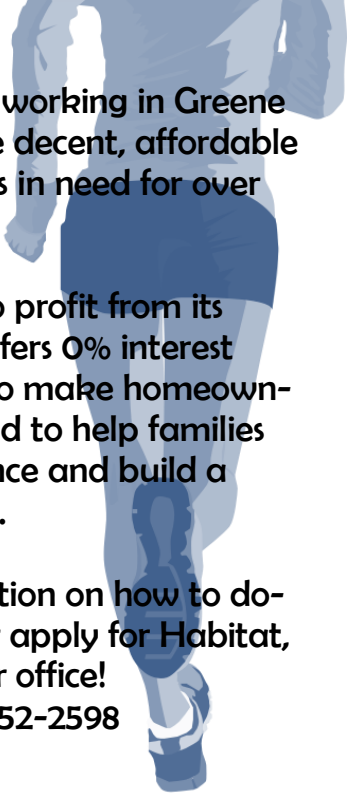
You can run your fastest 5K ever, but still end up with a slower time. How is that possible? Running even just .10 mile extra (3.2 instead of 3.1) could cost you 30-plus seconds extra on your official time. The better you run the tangents, the less mileage you will run and, therefore, the less time you will be running. Aim to cut the corners as closely as possible while looking for the shortest route in between the curves.

- Perfect Your Pacing

Even if you follow everything in this article, you can sabotage all of your hard work by starting too fast on race day. You trained for a certain pace; trust it. You will show up to the start line with freshly tapered legs, and the pace will feel easy when you start. Don't give in. Trust your training, stick to your goal pace and save energy for the last portion of the race.

- The Mental Game

A 5K can hurt — there's no way around that — and you will find that your mind will want to quit long before your body does. As the race progresses, your lungs will be burning and lactic acid will be telling your legs to slow down. Thoughts of quitting or easing up the pace start to take over. Prepare yourself to quiet the negative thoughts when they begin to creep in during the last half of a 5K.



Habitat has been working in Greene County to provide decent, affordable housing to families in need for over 30 years.

Habitat makes no profit from its home sales and offers 0% interest mortgage loans, to make homeownership a reality and to help families increase self-reliance and build a strong foundation.

For more information on how to donate, volunteer or apply for Habitat, please contact our office!

724-852-2598

All Proceeds from this race benefit

**The Greene County
Habitat for Humanity.**

Greene County Habitat for Humanity
32 Church Street
Waynesburg, PA 15370

Phone: 724-852-2598

Fax: 724-852-6385

mail@greencountyhabitat.net

www.greencountyhabitat.net

Greene County Habitat for Humanity
32 Church Street
Waynesburg, PA 15370



presents

The 40th Annual
Rain Day Race



**5K Run/Walk &
One Mile Kids Fun Run**
SATURDAY, JULY 28, 2018

The only 5K that wants rain!

Race Information

Registration
Kids' 1 Mile Fun Run
5K Run/Walk

Starting
Times

7:45 am
8:30 am
9:00 am

Entry Fees:
Run/Walk
Kids' Fun Run

Pre
Register

\$15
\$10

Late
Register

\$20
\$15

*Make checks payable to:
Greene County Habitat for Humanity*

Awards

- The top three overall runners;
Male and Female, 5K
- Top three in each age group;
Male and Female, 5K & Fun Run
- Top five overall walkers;
Male and Female, 5K
- All finishers in the Kids' Fun Run will
receive a ribbon.

Also, all participants will be entered for
many random drawings and prizes!

Age Divisions

Kids' Fun Run

5 and under

6-7

8-9

10-12

5K Run

14 and under

15-19

20-29

30-39

40-49

50-59

60+

The Course

Registration will be in the parking lot
behind McCracken's Pharmacy (595
East High Street). Participants will
start at the intersection of High and
Porter Streets in Waynesburg, PA.

This out and back course contains some
rolling hills with a volunteer-led water
stop at the halfway mark.

Register NOW and Save...

Sign up for:	Time	Pre-Register	Late Register
<input type="checkbox"/> Children's 1 Mile Fun Run	8:30am	\$10.00	\$15.00
<input type="checkbox"/> Rain Day 5K Runner	9:00am	\$15.00	\$20.00
<input type="checkbox"/> Rain Day 5K Walker	9:00am	\$15.00	\$20.00

Name

Address

Phone

Age (As of 7/28/2018)

E-Mail Address

Gender

Tee-Shirt Size: (Please circle one)

Adult Shirt Size: S M L XL XXL

Child's Shirt Size: S M L

In consideration of the acceptance of this application and intending to be legally bound, I hereby waive, discharge, and release myself and my heirs, successors, administrators, and executors, of any and all claims, damages, and causes of action of what so ever kind including negligence, that I may have as a challenge and Children's Run, and all their respective heirs, successors, administrators, executors, asides, trustees, and parent subsidiaries or affiliated companies if any. In addition, as an inducement for the acceptance of this application, I hereby certify that I have adequately trained for this event and am fully aware of the risks posed by motor vehicle traffic on the course. I further certify that I have read and have full understanding of its contents.

Signature

Date

Signature of Parent/Guardian (if under 18)

Date

**Please mail Pre-registrations
by July 14, 2018**

REGISTER

One Entry Per Form
(Copies of form are acceptable)

☐ 5K Run ☐ Male ☐ Female _____ Age
☐ 5K Walk ☐ Male ☐ Female _____ Age
(Please check Race, Gender & Age for either Race)
☐ CC Mile Run ☐ Male ☐ Female _____ Age

Name: _____
 Address: _____
 City: _____ State: _____
 Zip: _____
 Phone: _____
 Email: _____

Adult Shirt Size: S M L XL XXL
 Child's Shirt Size: M L *(Please circle shirt size)*

Pre-Registration by 7/27/18, guarantees a T-Shirt for 5K and Children's Challenge participants. Event shirts will be given on a first-come, first-serve basis after 7/27/18.

In consideration of the acceptance of this application and intending to be legally bound, I hereby waive, discharge, and release myself and my heirs, successors, administrators, executors, of any and all claims, damages, and causes of action of whatsoever kind including negligence, that I may have as a challenge against the race organizer(s), Rolling Meadows Church of God, Bethlehem Baptist Church of Ruff Creek, Crisis Pregnancy Center of Greene County, Franklin Township, Greene County, the State of Pennsylvania, their agents, and sponsors in the 5K run/walk, mile run or event activities, and all their respective heirs, successors, administrators, executors, asides, trustees, and parent subsidiaries or affiliated companies if any. In addition, as an inducement for the acceptance of this application, I hereby certify that I have adequately trained for an event of this distance and difficulty and am fully aware of the risks posed by motor vehicle traffic on the course.

I hereby give permission to the race director(s) and/or event organizers to provide medical assistance if deemed necessary. I hereby grant permission for any PHOTO taken of me during the race(s) to be used for promotional purposes of the event and/or press releases.

I further certify that I have read and have full understanding of the above statement(s) and its contents. My acknowledgement confirms its full acceptance.

All participants for both the 5K and mile run MUST SIGN WAIVER in order to participate. No refunds. Rain or shine event.

Mail Entry Form(s): The Victory 5K, P.O. Box 963
Waynesburg, PA 15370-0963

X _____ PLEASE SIGN & DATE WAIVER
 Signature of Participant (Parent/Guardian if Under 18) Date

WHEN AND WHERE?

AUGUST 11, 2018

Registration and Packet Pickup....7-7:50am
 5K Run/Walk.....8am
 Children's Challenge (Mile Run).....9am

Event Location:
Rolling Meadows Church of God
 595 Rolling Meadows Road
 Waynesburg, PA 15370

Rolling Meadows Church of God is located in Waynesburg, PA. The church is near 4 Seasons Lawn & Garden and is across from the Franklin Twp. Building.



COST

Make checks payable to:
Crisis Pregnancy Center
 Victory 5K in the MEMO line

5K, Race Day.....\$20
 5K, Prior to 7/27/18.....\$16
 Children's Challenge, Race Day.....\$12
 Children's Challenge, Prior to 7/27/18.....\$10

Mail Entry Form(s):
The Victory 5K
 P.O. Box 963
 Waynesburg, PA 15370-0963

NO REFUNDS. Rain or shine event.



**CHILDREN'S CHALLENGE
 & FAMILY FUN EVENT**

AUGUST 11, 2018

**5K RUN/WALK
 CHILDREN'S CHALLENGE (MILE RUN)
 FAMILY FUN EVENT**

**COME for the RUN!
 STAY for the FUN!**

Presented By

Rolling Meadows Church of God
 &
 Bethlehem Baptist Church of Ruff Creek

Proceeds Will Benefit...



WHY?

This event is a joint venture between two churches: Rolling Meadows Church of God and Bethlehem Baptist Church of Ruff Creek. The congregations of these two churches seek to bring Christ to the community through fun, fitness and fellowship.

Our mission is to achieve victory in our Lord Jesus Christ, victory over uncertainty and victory over personal hardships.

SUPPORTING

This event seeks to bring hope and comfort to those who are struggling. Proceeds will benefit this important cause:



The Crisis Pregnancy Center, a 501(c)3 organization, has been in operation since 2001. The vision for the center is to: 1.) Protect the life of the unborn; 2.) Offer love and practical help to women with problem pregnancies; 3.) Minister the good news of salvation through the Lord Jesus Christ and; 4.) Provide and dispense facts and information concerning abortion, alternatives to abortion, fetal development, the sanctity of human life and other related issues.

FREE and CONFIDENTIAL services include but are not limited to:

- Pregnancy tests
- Pregnancy counseling
- Post abortion counseling
- Parenting classes
- 24-hour hotline: 724-627-6819
- Abstinence and STD education
- Fetal development information
- Maternity and baby clothing
- Baby furniture
- Diapers, formula, wipes, etc.
- Transportation to and from doctor appointments

P.O. Box 562
52 West Franklin Street, Waynesburg, PA 15370
www.cpcwaynesburg.org

FAMILY FUN EVENT

This event will be so much more than just a race or two. It is an opportunity for family fun and fellowship.

LIVE MUSIC! FOOD FOR ALL! FUN ACTIVITIES! There's something for everyone. Come join us!

RAFFLE PRIZES

Raffle tickets will be sold for raffle prizes. All proceeds will be donated to Crisis Pregnancy Center of Greene County. Prize ticket drawings will be held after the awards ceremony. **You must be present with raffle ticket in hand to claim your prize.**

FOOD DRIVE

Corner Cupboard Food Bank, Inc. will collect non-perishable, not expired food. Raffle tickets for a prize will be given for donated food items. The food drive prize will be drawn after the awards ceremony with the other raffle prizes.

CHICKEN ROAST

We sell rotisserie style, whole roasted chickens fresh off an open-fire spit. Proceeds will be donated to the event cause. Come enjoy the aroma of an open-fire chicken spit!

Whole Roasted Chicken.....\$10

& FAMILY FUN EVENT



I can do all things through Christ who strengthens me.
Philippians 4:13

NO REFUNDS.
Rain or shine event.

CONTACT

Mail Entry Form(s):
The Victory 5K
P.O. Box 963
Waynesburg, PA 15370-0963

Make checks payable to:
Crisis Pregnancy Center
Victory 5K in the MEMO line

724-344-2527 like us on
thevictory5k@yahoo.com
www.runsignup.com
search for "The Victory 5K"

AWARDS

- Top three overall male and female runners and walkers of the 5K.
- Top three male and female runners and walkers in each age group of the 5K.
- Top three male and female registered participants of the Children's Challenge, ages 12 and under.

AGE GROUPS

5K RUNNERS	5K WALKERS
14 & UNDER	14 & UNDER
15 - 19	15 - 19
20 - 29	20 - 29
30 - 39	30 - 39
40 - 49	40 - 49
50 - 59	50 - 59
60 & OVER	60 & OVER

CHILDREN'S CHALLENGE (MILE RUN)
12 & UNDER

Adults may participate in the MILE RUN with a signed waiver. Participants 13 and OVER may receive timing service with PAID registration for the MILE RUN.

Only the participants who register, **ages 12 and UNDER**, are eligible for an award for the MILE RUN.

Participants for either the 5K or MILE RUN are participating at their own risk.

SAFETY FIRST

Roller blades, roller skates, bicycles, skateboards and other sport equipment are prohibited. Strollers, wheelchairs and walkers are permitted. Motorized assistance is excluded. Dogs are not permitted. Event organizers have final say on the use of any equipment to be used in either race. Medical assistance will be available during the course of the event.

Although event volunteers will be present, children play at their own risk. Parents and guardians are responsible for their own children.

& FAMILY FUN EVENT

THOUGHTFULLY THOUGHT THOUGHTS THINKING THOUGHTS THOUGHTFULLY!!!

Mickey Hornack

* Haven't made any races so far in 2018 so it's races 0, but doctor visits hmmm let's just say doctor visits are ahead overwhelmingly!

* Add Dr visits, ran into Donna Patrino at Gabe's. At the sun/reading glasses area. Go figure. Anyway, we got to the injury/ailment/medication/doctor topic. In discussing, including her hubby Chester and my wife Sue we decided it all boiled down to a big PIA!!!

* We sure have had our share of rain, but guarantee before long we all be saying "we sure need some rain"

* I'm looking for a race that starts at the top of a hill and finishes at the bottom.

* The Mrs. asked me if I remembered to do the things she requested of me. I told her I did remember her mentioning them, but I couldn't recall doing them. Everyone think that was a good answer knowing I didn't!

* Maybe some have wondered-- why are investment folks called "brokers"

* Confused a bit, somebody at the "center" said my friend Blake was wise. I argue-- a wise guy! Not to be mistaken as wise man.

* There seem to be mucho protesting going on, justifiably, so mine is why in blue heaven is there so much AIR in a 4\$ bag of potato chips. I used to not admit I ate a whole bag of chips but now come on. First off you can't eat 1 chip. There might be 4/5 handfuls in the bag. A mere pittance for Buffet Buster Mancinelli. So, a "bag" is not a bag no more!! The kicker is a 5 lb. bag of potatoes is less than the chips.

* Lawyers goof up- they be disbarred, ok how about a dry cleaner who goofs up--depressed!!

Had fun doing this, run and walk on WCRRC'ers

MOTIVATIONAL RUNNING QUOTES

"If it doesn't challenge you, it won't change you."

Fred DeVito

"We all have dreams. In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort."

Jesse Owens

"If you fail to prepare, you're prepared to fail."

Mark Spitz

"Don't stop when you are tired, stop when you are done."

Unknown

"I succeed on my own personal, motivation, dedication and commitment. My mindset is, if I'm not there training, someone else is."

Lynn Jennings, American long-distance runner

"Our running shoes have magic in them. The power to transform a bad day into a good day; frustration into speed; self-doubt into confidence; chocolate cake into muscle."

Mina Samuels, author of Run Like a Girl

UPCOMING RACES

Here is a partial list of some upcoming races. Remember that any GP race is marked with an *.

7/20 – Liberty Mile – Pittsburgh, PA

7/21 – Jason West 5K – Imperial PA

7/30 – Turtle Trot 5K – Turtle Creek PA

8/3 – Debbie Green Mile – Wheeling WV

8/4 – *Debbie Green 5K – Wheeling WV

8/4 – St. Barnabus 5K – Gibsonia PA

8/4 – North Fayette TWP 5K – Oakdale PA

8/11 – *Brookline Breeze 5K – Pittsburgh PA

8/11 – *Victory 5K – Waynesburg PA

8/12 – P & LE Express 4M/10M – Boston PA

GRAND PRIX 2018(As of 6-26)

Tina Seech	2	30:58
Bob Pikelis	4	35:19
Ella Jane Custer	2	35:24
Emery Strotman	2	36:49
Brittnie Lockhart	1	37:13
Rich Sandala	7	37:15
Heath Piper	1	37:41
Amy Koontz	3	38:26
Hunter Midcap	1	38:26
Cathy Loos	1	38:33
John Koontz	3	39:41
Carl Kondrach	4	40:16
Gary Chabala	3	40:43
Carrie Perrell	7	41:31
Rich Durbin	2	41:39
Kelley Murdock	2	41:53
Mike Melvin	1	42:07
Gary Bennett	3	42:08
Stush Sadowski	3	42:13
Grace Goffi	3	43:22
Donna Patrina	3	43:25
Doug Midcap	1	44:02
Hanka Rydl	1	44:23
Sarah Donley	5	44:27
S. Kevin Berdis	1	44:31
Kristine Midcap	1	45:42
Richard Klempa	2	45:50
Terry Smith	2	46:47
Eric Perrell	4	46:48
Nick Fossum	4	47:38
John Ross	1	47:41
Shane Brunazzi	1	47:52
Steve Chabala	3	48:12
Albie Rinehart	1	48:58
Mark Hospodar	1	49:09
Jonathan Garet	1	49:29
Kathy Starkey	2	50:04
Forton Remington	2	50:18
Scott Harrington	3	50:23
Greg Mussitsch	1	51:45
Jaminique Milliren	1	52:05
Trey Mussitsch	1	52:07
Michael Frere	1	52:14
Barbara Zappa	2	54:19
Nathan Milliren	1	54:25
Mary Krett	1	55:11
Felicity Smith	1	58:24
Ricky Andrews	1	65:23
Amy Martin	2	71:23
Blake Headen	3	71:31
Tracee Popeck	1	76:54

LDGP 2018(As of 6-26)

Tina Seech	1	30:58
Bob Pikelis	5	35:46
Greg Mussitsch	2	36:28
Rich Sandala	4	37:11
Emery Strotman	2	37:25
Mike Bruno	4	39:37
Mike Romzy	1	39:55
Amy Koontz	4	39:58
Brittnie Lockhart	1	40:52
John Koontz	4	40:56
Deb Doyle	2	41:29
Tom Carter	2	43:57
Carl Kondrach	4	44:33
Stush Sadowski	2	45:27
Jaminique Milliren	1	45:44
Jim Loos	1	46:51
Mark Hospodar	4	46:57
Sarah Donley	5	46:57
Terry Smith	1	48:11
Jonathan Garet	2	49:48
John Titus	2	50:13
Shane Brunazzi	3	51:14
Nathan Milliren	2	51:46
Scott Harrington	2	52:37
Felicity Smith	1	58:58
Amy Martin	1	88:52

LDGP WALK(As of 6-26)

Carl Kondrach	2	53:34
Rose Gray	1	60:48
Sarah Donley	2	63:41
Mike Turkaly	1	66:15
Ken Hissam	1	73:04
Stan Czyzewski	1	73:56
Richard Respole	2	75:25
Andrew Grimm	1	1:46:52

GRAND PRIX WALK(As of 6-26)

Gary Bennett	2	49:14
Cindy Mancinelli	1	53:55
Carl Kondrach	2	56:50
Terry Whitecotton	1	57:10
Rose Gray	3	59:10
Kelley Murdock	2	60:39
Sara Donley	1	61:34
Felicity Smith	2	61:54
Mike Turkaly	2	63:35
Richard Respole	4	64:26
Ken Hissam	1	66:29
Joe Mancinelli	1	68:51
Stan Czyzewski	2	73:18
George Macek	3	73:21
Chip Grimm	2	1:39:25
Andrew Grimm	2	1:41:14

WCRRC RACE TIMES

SERVICE ABOVE SELF 5K

John Koontz	20:29(A-2)
Rich Sandala	21:04(A-1)
Amy Koontz	21:15(A-1)
Mike Melvin	21:28(A-3)

PIZZA JOES 5K

Heath Piper	17:57(A-1)
Greg Mussitsch	18:44(A-2)

SANDY SMILES 5K

Rich Sandala	21:45(A-1)
Gary Chabala	25:57(A-3)

RSD AWARENESS 6K

Rich Sandala	26:17(M-1)
Jaminique Milliren	28:05(OA-3)
Shane Brunazzi	30:22(A-1)
Cathy Loos	30:56(A-1)
Nathan Milliren	32:22(A-3)
Jim Loos	37:46(A-2)

RSD AWARENESS 1M

Rich Sandala	6:37(OA-3)
Jaminique Milliren	7:11(OA-3)
Shane Brunazzi	7:18(A-1)
Cathy Loos	7:51(M-1)
Nathan Milliren	9:07
Owen Milliren	15:32
Jim Loos	15:33

RIVERVIEW 5K

Greg Mussitsch	19:20(A-1)
Heath Piper	19:49(A-1)
Carl Kondrach	22:36
Sarah Donley	25:58(A-2)
Dave Byers	42:42

STRAWBERRY DAYS 5K

Dave Byers	38:57
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LATROBE 5M

Heath Piper	30:10(A-2)
Mike Melvin	34:11(A-3)

ELLWOOD CITY 5K

Shane Brunazzi	58:08
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PETERS TWSP 5K

Emery Strotman	17:55
Heath Piper	18:37
John Koontz	20:36
Rich Sandala	21:14(A-1)
Amy Koontz	21:34(A-1)
Bob Pikelis	22:06(A-1)
Gary Chabala	24:33
Eric Perrell	26:15
Carrie Perrell	26:45(A-1)
Barb Zappa	33:55
Grace Goffi	38:26(A-1)

FOREVER YOUNG 5K

Rich Sandala	22:08(OA-4)
Kelley Murdock	23:33(OA-1)

SWISSVALE MILE

Mark Hospodar	7:50(A-2)
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BUTLER 5M

Greg Mussitsch	31:09(A-1)
Tina Seech	33:14(OA-1)

TRI-TOWN 5K/10K

5K WALK

Carl Kondrach	31:09(OA-1)
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10K RUN

Sarah Donley	50:32(OA-3)
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EAGLE UP 50K

Sarah Donley	5:56:33(OA-4)
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HILLIARD 13.1M WALK

Carl Kondrach	2:08:21(OA-1)
Sarah Donley	2:38:34(OA-1)

HELL HATH NO HURRY 10K

Mark Hospodar	1:34:12
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HELL HATH NO HURRY 30K

Kevin Hendricks	3:38:25(OA-3)
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ROTARY CLUB 13.1M

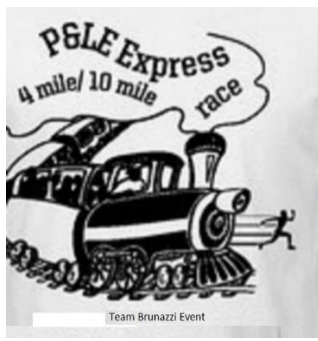
John Koontz	1:35:12(OA-3)
Amy Koontz	1:43:10(OA-1)

WELLSBURG 5K

Hunter Midcap	20:43
Richard Klempa	25:29(A-2)
Doug Midcap	26:59
Kristine Midcap	29:50(A-1)

WELLSBURG 5K WALK

Gary Bennett	24:03(OA-1)
Carl Kondrach	25:29(OA-2)
Sarah Donley	33:37(OA-1)
George Macek	38:30(A-1)
Ken Hissam	40:24(A-3)
Mike Turkaley	41:22(A-1)
Blake Headon	42:41(A-3)
Ella Jane Custer	49:07(A-1)
Stan Czyzewski	49:08(A-2)



9am 4 mile/10 mile 8:30 am Kids Race Sunday, August 13th

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

Parking: At the trailhead

Registration: 7:30am-8:30am

All proceeds go to: Greenock Volunteer Fire Company

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 August 13th-_____ Sex- M F T-shirt size- YouthS YouthM S M L XL XXL

(shirts for those registered before 7/17, first come first serve after that)

Ages 16-59

_____ 4 mile- \$22 until July 4th, \$27 July 5th-Race Day

_____ 10 mile- \$27 until July 4th, \$32 July 5th-Race Day

Ages 0-15, 60+

_____ 4 mile- \$17

_____ 10 mile- \$17

_____ 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____/____/____

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.

