

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

JULY, 2019

VOL. 19 / No. 7

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

NEWS AND NOTES

We have now reached the halfway point in the racing year and many of you are really racking up the miles and getting races turned in for the Grand Prix this year. Congratulations to one and all, and here's to even more successes in the second half. There are plenty of races left in the second half to get more of you qualified in both the short and long-distance events. Good luck to everyone.

We would like to welcome another new member into the club. Welcome Cristina Shwallon. Cristina lives in Washington. PA. Hope to see you out at some local races, Cristina.

In case you were not aware of it, we have added one of the ice cream runs being offered by the Tandem Connection this summer. The one we are using will be held this month on the 31st of July. There is another one scheduled for August, but we decided to use just this one. The race app is still on the website in case you need it.

JUNE AT THE RACES

June saw quite a lot of activity on the racing front. Besides our five GP runs, there were many other races, short and long, that club members attended. Here is just a recap of a few of them.

Run for Alex 5M/2M

There were almost 500 runners and walkers who finished the 15th annual Run for Alex in Bentleyville. The temperature cooperated this year as there were some fast times clocked. In the

2-mile portion we had Damon Gall winning in a time of 10:38. Our first male finisher was Heath Piper in 12:23, with Michael McCormick not that far behind in 12:51. And Blake Headen finished the walk first for the club in 28:14.

In the 5-mile portion, Sam Cunkleman won the race in a blistering time of 28:42. Emery Strotman was our first male finisher in 30:10, with Tina Seech coming in as our first female finisher, and second overall, in a time of 34:55.

The Big Run 5K

To celebrate Global Running Day, Bob Shooer and the gang from Fleet Feet put together the 5K race in North Park. Tina Seech was our first female and Rich Sandala our first male finisher.

The Greenfield Glide 5K

Rain washed out part of the trail, so the organizers of this race had to make some course adjustments. After all was said and done, 330 people finished the race. Emily Sagun was our first female finisher in 20:38 and Rich Sandala was again our first male runner at 21:36.

Hit the Trails 5K

The Peters TWP Cross Country team had their annual run in June. Nick Wolk, an alumni of Peters TWP High School, won the race this year. Our first male finisher was Rich Durban who crossed the line at 20:49, and Grace Goffi was our first female runner in a time of 36:17. Sarah Donley was our first female walker and Carl Kondrach our first male walker, both coming through in 36:13.

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.

Balancing your lifestyle and knowing your limitations

Joe Sarver

The key to running as you age is to listen to your body and know its limitations. There is a progression and then a regression in intensity and mileage as a runner becomes older. I've run since I was 15 years old and now at the ripe old age of 61 I have a pretty good idea of what my body can handle.

Starting out my body could handle 35-45 miles a week, then 50-60 miles, and 60-70 miles by the time I was a senior in high school running track & cross country. In college my mileage was between 100-120 miles a week. My body could handle high mileage, intense workouts and racing cross country, track and the roads on a weekly basis.

Post college I kept my mileage at 90-100 miles a week well into my late 20's running mainly road races. Starting grad school at age 30 I dropped my mileage back to 70-75 miles a week. Working, running, road racing, grad school, post college coaching and starting a family I had to strike a balance.

In my 40's living in South Jersey, working in Delaware and competing for the South Jersey Athletic Club and running the Mid Atlantic Grand Prix my miles dropped to 60-65 miles a week. Work, family traveling and racing on a bimonthly basis and trying to balance everything was an adventure. I noticed in my 40's that I could no longer run two hard workouts and a long run a week. One speed workout, one long run and racing every two weeks was all my body could handle without breaking down.

In my 50's I was back in Western Pennsylvania. Achilles tendinitis, nagging injuries, hamstring, inflamed patella tendon was all part of an aging process while running 35-45 miles a week. Working full time, coaching on the college level, family obligations and running were all a balancing act. During my 50's standing all day at college cross country, indoor track and out door track meets I found that I couldn't compete. My legs were trashed from standing all day and my back was tight from sitting on busses or vans for long drives. Managing 35-45 miles was all my body could handle in my 50's.

Entering my 60's I left college coaching and started running technical trails with my daughters. Balancing work, travel, family obligations with my running is all my body can handle. My mileage now varies between 40-50 miles a week. I still balance my time running, work, traveling both for work & family, post college coaching and house projects.

The keys to running as you age are the following steps. Listen to your body and drop your mileage and intensity if you feel tired, injured and not recovering from one run to the next.

Change your training shoes at least every 350-400 miles. My legs feel lethargic and heavy after I've run too many miles on a pair of shoes. The knees, ankles and hips will tell you also that your shoes are shot. Use soft inserts for your shoes to lessen the impact. Keep a calendar and record your mileage to have a better idea of when you should be changing to new shoes. I have calendars dating back into the 1970s recording mileage, times, workouts and other training information.

Run on soft surfaces as many times a week as possible. The impact from running on concrete and asphalt will make an older runners legs feel sore and tired after decades of pounding.

Stay hydrated before, during and after your training runs. I carry water or a water/Gatorade mix on most of my runs. A runners performance will drop 10-15% when they are dehydrated.

Take supplements that work for you. As you age your body doesn't produce the anti-inflammatory compounds as your body did in your younger years. I take various natural anti-inflammatories as needed. Other supplements for recovery, immune response and electrolyte replacement. Find what works for you. Balancing your running with your lifestyle and knowing your training and racing limitations will prevent injuries and prolong your running for many years to come.

LONG DISTANCE GP(As of 7-5)

Tina Seech	1	30:28
Joe Sarver	2	34:25
Bob Pikelis	4	35:52
Emery Strotman	1	36:37
Rich Sandala	4	36:56
Greg Mussitsch	2	38:29
Mike Romzy	1	39:20
John Koontz	3	40:48
Jen Foster	2	41:17
Danielle Gonzalez	1	41:21
Debbie Doyle	2	41:41
Heath Piper	1	41:59
Amy Koontz	2	43:04
Stush Sadowski	1	43:21
Judy Sarver	2	45:28
Tom Carter	1	45:35
Gary Lorenzi	2	47:08
Mark Hospodar	2	51:27
John Titus	5	51:32
Louann McCullough	1	53:50
Shane Brunazzi	4	54:18
Scott Harrington	2	56:28
Dave Byers	1	1:00:37
Mike Frere	2	1:00:38
Sarah Rockwell	1	1:02:10
Michelle Wojnar	2	1:20:06

LONG DISTANCE WALK GP

Sarah Donley	3	1:02:34
Rose Gray	3	1:03:36
Carl Kondrach	2	1:05:59
Richard Respole	2	1:07:55
Stan Czyzewski	2	1:17:02

GRAND PRIX(As of 7-5)

Tina Seech	2	31:44
Bob Pikelis	6	35:09
Mike Romzy	1	35:14
Bill Filcheck	1	35:28
E.C. Sykes	2	35:53
Emery Strotman	2	36:00
Amy Koontz	1	36:16
Rich Sandala	10	36:27
Emily Sagan	2	37:25
Kathy Loos	3	38:09
Rich Durbin	5	38:45
John Koontz	1	38:48
Jen Foster	3	39:08
Greg Mussitsch	2	39:25
Stush Sadowski	5	40:31
Grace Goffi	5	40:59
Gary Chabala	3	41:06
Larry Roolf	4	41:13
S. Kevin Berdis	2	42:40
Donna Patrino	3	44:02
Sarah Donley	3	44:05

Tom Carter	1	44:35
Mark Hospodar	1	45:48
Doug Midcap	4	46:04
Gary Lorenzi	1	46:12
Nick Fossum	5	47:35
Kathy Starkey	4	48:02
Mike Frere	1	50:29
Shane Brunazzi	4	50:30
Nathan Milliren	1	51:18
Ed Frohnappfel	4	51:38
Mary Krett	4	51:42
Kristine Midcap	3	54:11
Louann McCullough	1	54:19
Jim Loos	2	57:03
Dave Byers	1	58:55
Shannon Cain	2	1:06:26
Carl Kondrach	1	1:07:31
Ricky Andrews	3	1:07:32
Amy Martin	1	1:11:44
Chris Moschetta	1	1:11:56
Alexandra Brooks	1	1:12:11
Jakub Rydl	1	1:13:13

WALK GRAND PRIX(As of 7-5)

Gary Bennett	2	48:11
Georgette Lacey	1	54:48
Mike Turkaly	1	57:07
Carolyn Davey	1	57:34
Rose Gray	3	59:50
Terry Whitecotton	1	1:00:11
Kelley Murdock	1	1:00:21
Carl Kondrach	2	1:01:21
Richard Respole	5	1:02:52
Sara Donley	2	1:04:04
Terry Smith	1	1:04:06
Stan Czyzewski	1	1:04:12
Ken Hissam	1	1:09:59
George Macek	1	1:13:52
Blake Headen	4	1:16:02

WCRRRC AT THE RACES**WELLSBURG 4TH 5K**

Hunter Midcap	19:48(OA-6)
Rich Klempa	25:56(A-2)
Doug Midcap	26:26(A-2)
Kristine Midcap	30:49(A-1)

WELLSBURG 4TH 5K WALK

Gary Bennett	26:20(OA-1)
George Macek	42:02(A-1)
Blake Headen	42:08(A-1)

HAMPTON 5K

Shane Brunazzi	28:09
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**BECAUSE OF THE VOLUME, ADDED TIMES WILL
BE POSTED NEXT MONTH.**

WCRRR RACE TIMES

RALLY FOR MCNALLY 5K

Kelley Murdock 23:57(OA-1)

DECKER CREEK 13.1M

Joe Sarver 1:32:13(A-1)
John Koontz 1:33:00(A-3)
Mark Hospodar 2:14:28
Judy Sarver 2:18:05

COLOR ME AWESOME 5K WALK

Kelley Murdock 35:58(OA-2)

STRAWBERRY DAYS 5K

Heath Piper 19:22(A-1)
Dave Byers 36:25

INDEPENDENCE DAY 26.2M

John Titus 4:48:11(43rd State)

ELLWOOD CITY 10K

Shane Brunazzi 56:49

MAD DASH 5K

Blake Headen 45:38(A-3)

STRIDE FOR PRIDE 5K

Danielle Gonzalez 20:28(A-1)
Stush Sadowski 23:27

SWISSVALE MILE

Mark Hospodar 8:13

ST PETE BEACH 5K

Gary Lorenzi 31:37(A-1)

PTCC HIT THE TRAILS 5K

Rich Durbin 20:49
Eslie Sykes 21:00(A-1)
Rich Sandala 21:02
Bob Pikelis 22:41(A-1)
Greg Mussitsch 22:43
Nick Fossum 32:21
Carl Kondrach 36:13
Grace Goffi 36:17
Ed Frohnappfel 37:33

HIT THE TRAILS 5K WALK

Sarah Donley 36:13

GREENFIELD GLIDE

Emily Sagun 20:38(OA-2)
Rich Sandala 21:36(A-2)
Bob Pikelis 22:26(A-1)
Deb Doyle 24:00(A-1)
Stush Sadowski 25:09(A-2)
Gary Chabala 29:46

HIT THE TRACK 5K

Rich Durbin 20:49
EC Sykes 21:00

THE BIG RUN 5K

Tina Seech 22:28
Rich Sandala 22:40
Bob Pikelis 23:00
Stush Sadowski 25:22
Shane Brunazzi 27:38
Dave Byers 36:49
Shannon Cain 37:50

RUN FOR ALEX 2M

Heath Piper 12:23(A-1)
Mike McCormick 12:51(A-2)
Rich Sandala 13:50(A-1)
Bob Pikelis 14:02(A-1)
Gary Bennett 14:58(A-2)
Stush Sadowski 15:40(A-1)
Nathan Milliren 16:18
Larry Roof 16:25(A-2)
Gary Chabala 16:41(A-3)
Steve Chabala 18:27
Ricky Andrews 20:29

RUN FOR ALEX 2M WALK

Blake Headen 28:14
Barrie Baker 31:08(A-3)

RUN FOR ALEX 5M

Emery Strotman 30:10(A-1)
Tina Seech 34:55(OA-2)
Greg Mussitsch 35:49(A-1)
Ryan Bassi 39:44
Mike Frere 41:48(A-2)
Shane Brunazzi 44:21
Jaminique Milliren 45:53
Cathy Loos 47:00(A-1)
Gary Lorenzi 47:09(A-2)
Donna Patrino 53:29(A-2)
Luanne McCullough 54:35
Kathy Starkey 1:00:46
Grace Goffi 1:02:27
Mary Krett 1:10:01
Michelle Wojnar 1:17:19

RUN FOR ALEX 5M WALK

Rick Respole 1:08:43

HALL OF FAME 5K

Frank Sulver 54:04

SPRING INTO SHAPE 5K

Frank Sulver 53:42

RSD AWARENESS 6K

Tina Seech 25:18(OA-1)
Rich Sandala 26:00(A-1)
Shane Brunazzi 31:30(A-2)
Cathy Loos 32:05(A-1)
Nathan Milliren 33:31
Gary Lorenzi 34:03(A-1)
Jim Loos 41:54(A-2)

RSD AWARENESS 1M

Rich Sandala 6:25(M-1)
Tina Seech 6:42(OA-2)
Shane Brunazzi 6:54(A-1)
Cathy Loos 7:56(M-1)
Gary Lorenzi 8:38(A-1)
Nathan Milliren 9:09(A-3)
Owen Milliren 13:58
Jim Loos 13:59(A-2)

RIVERVIEW 5K

Rich Sandala 22:06(A-2)
Stush Sadowski 24:06(A-3)
Gary Chabala 28:05(A-1)
Mary Chabala 43:38(A-1)

CLEVELAND 13.1M

Mike Frere 2:09:22
Michelle Wojnar 4:07:23

CLEVELAND 5K

Michelle Wojnar 44:13

CLEVELAND 8K

Mike Frere 40:25

PITTSBURGH 13.1M

Mike Frere 2:25:11
Michelle Wojnar 3:30:24

LATROBE 5K

Mike Melvin 34:38(A-1)

OMELET RUN 5K

Mike Melvin 20:16(A-1)
Rich Sandala 21:13(A-1)
Jaminique Milliren 23:13(A-1)
Cathy Loos 26:18(A-1)
Nathan Milliren 26:52(A-2)
Jim Loos 33:26
Kathy Starkey 35:12(A-3)
Mary Krett 39:47

OMELET RUN 5K WALK

Carl Kondrach 31:36(A-1)
Syndi Kondrach 48:32(A-1)

FOREVER YOUNG 5K

Kelly Murdock 24:13(OA-1)

Hello,

We invite you to check out First Baptist Church in Barnesville, Ohio. We are a growing congregation of the most loving, caring people you will find anywhere. We have programs and activities for all ages. Come and experience the love of God through Jesus Christ our risen Lord and Savior.

—Pastor Joe Thornton

"If you confess with your mouth,

*'Jesus is Lord,' and believe in
your heart that God raised Him
from the dead, you will be saved."*

Romans 10:9 HCSB

Service Times

Sunday

9:45 am – Small Group Bible Study
11:00 am – Worship Service
5:00 pm – B.L.A.S.T. youth group
6:00 pm – Evening Worship

Wednesday

5:30 pm – Bible Study
7:00 pm – Prayer Service

Special Services:

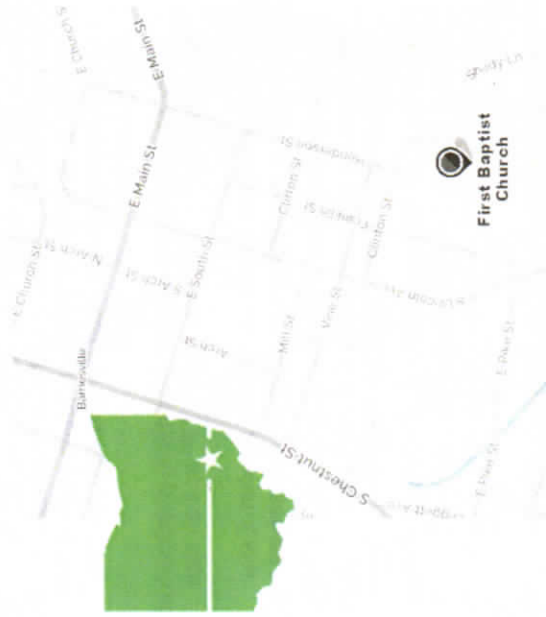
Christmas Eve Candlelight
Service & Communion
December 24th at 6:00 pm

Check our Website for additional Services:

www.fbcarnesvilleohio.com



From State Route 800, turn onto East Main Street. Turn right onto Henderson Street (by Dairy Queen). Turn left onto Shady Lane.



First Baptist Church

**94 Shady Lane
Barnesville, OH 43713
740-425-2231
www.fbcarnesvilleohio.com**

Miles for the Mission 5k Run/Walk Fundraiser



**Saturday,
August 31, 2019
8:30 a.m.**

100% of the proceeds will benefit the
Mission outreach of

First Baptist Church

**94 Shady Lane
Barnesville, OH 43713
740-425-2231
www.fbcarnesvilleohio.com**

Mail form(s) and make check payable to:

First Baptist Church

94 Shady Lane

Barnesville, OH 43713

Please PRINT clearly:

Name _____

Address _____

City _____

State _____

Zip _____

Phone _____

Email (optional) _____

Birthdate _____

Shirt size (please circle one)

S M L XL 2XL (add \$1)

☐ Male

☐ Female

☐ Run

☐ Walk

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 First Baptist Church, any event sponsors, event volunteers, event staff, and their officers, directors, agents, successors and/or assigns for any injuries suffered by me 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 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 required (Parent/Guardian if under 18) _____ date _____

Miles for the Mission 5k Run/Walk Fundraiser

Saturday,

August 31, 2019

8:30 a.m.

100% of the proceeds will benefit
the Mission outreach of

First Baptist Church

94 Shady Lane, Barnesville, OH 43713

740-425-2231

www.fbcarnesvilleohio.com

Directions: (From all points North:) Interstate 70 East/West, Exit #202 (Barnesville/Dennison). Go 6.5 miles on State Route 800 South to 2nd red light. Turn left onto E. Main St. At the Dairy Queen make a right onto Henderson Street. Near the end, turn left onto Shady Lane.

Entry Fee: \$20 pre-registered (deadline, postmarked by August 17th). \$25 after August 17th and on race day.

All pre-registered entries will receive a t-shirt. Extra shirts will be available on a first come, first served basis.

Participants will meet at the First Baptist Church. From there, walk a short distance to the old Flower Gardens building where the race will begin and end.

After the race, all participants are invited back to First Baptist Church for prizes and homemade food prepared by the Fellowship Committee of First Baptist Church.

This race is part of the Barnesville Grand Prix Series in 2019 (taking the place of the Rotary Lake 5K) and the Washington County Road Runners Club Grand Prix Series (for more information see www.crrc.org).

Trophies: Top runners and walkers will be honored. Special Awards will be awarded to the youngest and oldest participants. Unique, hand-crafted trophies will be awarded in the following age groups: 9 & under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Contact Info:

Dara Butler: 740-238-0736 [cell]

First Baptist Church: 740-425-2231

Email: FBCBarnesville@att.net



Our Ministries

Sunday School

(every Sunday at 9:45 am)

Adult Ministries

Mid-Week Bible Study

(meets every Wednesday at 5:30 pm)

Mission Team

(local and long-distance outreach)

Ladies Ministry

Women of Worth (WOW)

(meets every 3rd Thursday at 7pm)

Men's Ministry:

Prayer Breakfast

(meets every 2nd Saturday at 9am)

Youth Ministries

B.L.A.S.T. for K-12

(meets every

Sunday at 5 pm)



VBS

(contact the church office or check our website for dates)

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 7/26/19, guarantees a T-Shirt for 5K and Children's Challenge participants. Event shirts will be given on a first-come, first-serve basis after 7/26/19.

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 10, 2019

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 7/26/19.....\$16

Children's Challenge, Race Day.....\$12

Children's Challenge, Prior to 7/26/19.....\$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 10, 2019

**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 in age group of the CHILDREN'S CHALLENGE.

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
Age Groups: Up to 6 & 7 - 12

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.

Check all races that you are entering:

July 30, 2019

Early Online Registration Deadline!

☐ 5K Run \$25 _____
☐ 5K Walk \$25 _____

Price change on July 24th to \$35

☐ 5K - Late Fee - Run (July 24 to Aug 1) \$35 _____
☐ 5K - Late Fee - Walk (July 24 to Aug 1) \$35 _____
☐ Debbie's Dash \$ 3 _____
☐ Green Mile Run \$15 _____
☐ Green Mile Walk \$15 _____
☐ Green Mile (on Aug 2) \$20 _____
☐ Donation \$ _____

TOTAL ENCLOSED \$ _____

Help us get a head count...RSVP for the Thursday night pasta dinner at Undo's and the Friday night pizza party so we don't waste food!

Thursday # attending: _____

Friday # attending: _____

YOU CAN STILL REGISTER RACE WEEKEND!

22nd Annual

DEBBIE GREEN MEMORIAL

5K RUN/WALK FOR LEUKEMIA

Only one participant per application, please.

PLEASE PRINT LEGIBLY!

Shirt Size: ☐ YL ☐ S ☐ M ☐ L ☐ XL ☐ XXL ☐ XXXL Sorry...no shirt exchanges or bib transfers!

PLEASE WRITE LEGIBLY: E-mail: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Age (on Aug 2, 2019): _____ Sex: ☐ M ☐ F

Check one: ☐ Run ☐ Walk Team Leader's Name: _____

Member of Team: _____

(Note: Team names MUST BE IDENTICAL on each team member's application to avoid confusion!)



THERE IS NO ADDITIONAL CHARGE FOR BEING A MEMBER OF A TEAM!

PLEASE MAKE CHECKS PAYABLE TO DEBBIE GREEN MEMORIAL

Mail entries to: Ron Green, Race Director, P.O. Box 16, Benwood, WV 26031

WAIVER: I know that running or walking a road race is a potentially hazardous activity. I would not enter unless I was medically able and properly trained. I agree to abide by any decision of the race official relative to my ability to safely complete the Green Mile, the 5K race, and/or Debbie's Dash. I assume all risks associated with running or walking the event, including but not limited to falls, contact with other participants, the effects of weather including high heat and/or humidity, traffic and the conditions of the road. I also understand that the registration fee is nonrefundable. I will additionally permit the use of my name and pictures in broadcast, telecast, newspapers, brochures, etc., all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in considering of your accepting my entry, I, for myself, and anyone entitled to act on behalf, waive and release the Debbie Green Race Committee, the officials, officers, the City of Wheeling, WNHAC, Ohio County, the State of West Virginia and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the above mentioned events even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ Date: _____

Waiver MUST be signed to participate in the Green Mile, 5K and Debbie's Dash. Parent or guardian must sign if applicant is under 18 years of age. All registration fees are nonrefundable.

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.

