

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

JUNE, 2018

VOL. 18 / No. 6

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 will be on June 20th at Cross Creek Lake in Washington County. Anyone who needs directions to the park check out this website. <https://www.co.washington.pa.us/164/Parks-Recreation>. Mike would like to have a head count to see just how many kayaks he should bring. So, if you are planning on going please email Mike and let him know how many are coming. His email address is middleboy71@gmail.com.

We would like to let everyone know of a few milestones that were hit last month. The first one is to congratulate John Titus on finishing his thirty-seventh state marathon on a quest to run one in all 50 states. This one was run in South Dakota. And now it is off to conquer number 38. Where will that one be?

Also, we think that we have a record for the farthest travelled to run a half marathon. Deb Doyle has just submitted a time for the Jesolo Moonlight Half Marathon. This one was run in Jesolo, Italy. And not only that, but the race started at 7:30 PM. Great job by both Deb and John.

MAY AT THE RACES

May saw an abundance of races for both the SDGP and LDGP. The Pittsburgh Marathon had some nice weather to start out. It did become a little humid in the middle and some rain closed out the festivities. Congratulations to all who did finish the 5K, half and full marathon. Make sure to check the times in last month's newsletter to make sure your time was entered. In other races held in May.

Dock to Lock 5K

75 runners and walkers finished the Greene County course this year. For the 5K, Aaron Mylan won the race in a time of 18:54. Our first male finisher was John Koontz, who was finishing his marathon training, in a time of 20:27. And our first female and overall winner of the race was Amy Koontz, breaking the tape in 21:52. Rick Respole was the overall winner in the walk category in 40:31 and Rose Gray was our first female walker in 42:26.

Rails to Trails 5K

Five minutes before the Rails to Trails race started, a torrential downpour greeted over 200 runners and walkers at the starting line. The first half mile had 2 mini rivers running down the street to make the fun more enjoyable.

The winner of the race was Cedric Robinson who broke the tape in a time of 17:25. The first WCRRRC female finisher was Brittnie Lockhart, who was also the second overall finisher, in a time of 20:31, and Hunter Midcap was our first male finisher and fifth overall in 19:56. In the walk category Gary Bennett was first overall in 25:44, and on the women's side Kelley Murdock was second overall in 32:10 with Felicity Smith two seconds behind her.

UPCOMING RACES

Shortened list, but any club races are once again marked with a *

6/24 – Stride for Pride 5K – North Side Pittsburgh

6/30 – Wellsburg 5K – Wellsburg WV

7/4 – *Whiskey Rebellion 5K – Canonsburg

7/4 – Brentwood Firecracker 5K – Brentwood PA

7/7 – *Running for Ryan 5K – Belle Vernon

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.

GRAND PRIX 2018

Tina Seech	2	30:58
Bob Pikelis	3	35:24
Ella Jane Custer	2	35:24
Brittnie Lockhart	1	37:13
Rich Sandala	6	37:42
Emery Strotman	1	38:08
Hunter Midcap	1	38:26
Cathy Loos	1	38:33
Amy Koontz	2	39:02
John Koontz	2	40:02
Carl Kondrach	4	40:16
Gary Chabala	2	41:26
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
Carrie Perrell	6	42:14
Grace Goffi	2	43:18
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	3	47:15
Nick Fossum	4	47:38
John Ross	1	47:41
Steve Chabala	3	48:12
Albie Rinehart	1	48:58
Mark Hospodar	1	49:09
Shane Brunazzi	1	49:26
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	1	52:51
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

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
Deb Doyle	1	40:40
Brittnie Lockhart	1	40:52
John Koontz	4	40:56
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	4	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

Carl Kondrach	1	53:57
Rose Gray	1	60:48
Sarah Donley	1	63:32
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

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



Sponsored by:
Brooke Hills Free Methodist Church

- What:** 5K (3.1 Miles) Run
5K (3.1 Miles) Walk
BIB CHIP TIMING
- When:** June 30 at 9:00 A.M.
Race day registration and packet pickup begins @ 8:00 A.M.
- Where:** Wellsburg Town Square, 7th and Charles Street, in front of City Hall
(70 Town Square, Wellsburg)
- Entry Fee:** Run/Walk \$20.00 per person. Pre-registrants \$15.00 per person.
All pre-registrations must be in by Saturday, June 22.
You may also register 1 hour prior to race time.
T-shirts for the first 175 runners/walkers that register.
The entry fee will help support the 4th of July committee, a non-profit, volunteer organization.
- Awards:** **Overall male & female winners in the run/walk.**
Top 3 male & female runners: 12 & under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69 and 70 & over
Top 2 male & female walkers: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59 60-69 and 70 & over
Prizes will be awarded at the end of the race.

Please send a check along with the registration form to:
Wellsburg Fourth of July Committee
1340 Washington Pike
Wellsburg, WV 26070

For more information please contact:
Brooke Hills Free Methodist Church @ 304-737-0186
www.wellsburg4thofjuly.com



Sponsored by:
Brooke Hills Free Methodist Church

Registration/Waiver

Registration fee: \$20.00 per person
Pre-Registration fee: \$15.00 per person

Run: _____ Walk: _____ Date of Birth: _____ Gender: M _____ F _____

Name: _____

Address: _____

Age on Race Day: _____ Phone: _____ Shirt Size: S M L XL XXL

E-mail Address: _____

Larger sizes will be an
additional \$5 charge

In consideration of this entry being accepted, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights I may have against the organization holding this event, its agents, representatives, successors, assigns, sponsors, and the City of Wellsburg for any and all injuries suffered by me at said race. Please discourage unofficial entrants from competing in our races. Walkers **MUST** walk the entire race to insure accurate race results or be disqualified. All runners/walkers must complete the entire race course or be disqualified. Permission will also be given to use photos from the race on the official Wellsburg Fourth of July website.

Signature

Date

Parent Signature (if under 18 on race day)

Please send a check along with the registration form to:

**Wellsburg Fourth of July Committee
1340 Washington Pike
Wellsburg, WV 26070**

For more information please contact:

**Brooke Hills Free Methodist Church @ 304-737-0186
www.wellsburg4thofjuly.com**

REGISTRATION: Online:

www.runsignup.com/race/pa/canonsburg/whiskeyrebellion5krunwalk

EARLY

\$ 25.00 run or walk

- ❖ Through **July 2nd** online (processing fee included)
- ❖ **First 500 registrants guaranteed a T-shirt**
- ❖ Mail-in by **June 24th**

LATE (after July 2nd)

\$ 30.00 run or walk

- ❖ July 3rd 5-8 pm at Canon McMillan Stadium
- ❖ July 4th 5:45am – 7:15 am (stadium)
- ❖ Strongly encouraged to register the 3rd. Leave extra time if registering July 4th.

NEED MORE INFORMATION?

CHRISTINE MCGEE,
christinemcgee88@yahoo.com

412-491-0739 cell

34th Whiskey Rebellion
c/o Christine McGee
1207 Pioneer Trail
Canonsburg, PA 15317

34th Annual Whiskey Rebellion 5K Run & Walk



Wednesday, July 4th 2018

Run / Walk 7:30 am

Canon-McMillan Stadium

**Proceeds benefit the
Canon-McMillan Cross
Country Team.**

USA Track and Field Sanctioned

Chip Timing by Miles of Smiles



JOIN US FOR THE Race!

Look for samples, giveaways, view new products, and get advice on health & wellness. Post- race food for racers.

RACE DETAILS:

- ❖ Rolling course through the streets of Canonsburg prior to the parade. Race begins and ends at Canon McMillan Stadium, 1 North Jefferson Avenue, Canonsburg, PA 15317
- ❖ Race **Wednesday July 4th 2018 7:30 am run / walk (line up at 7:20 am)**
- ❖ **Plan ahead for PARKING.** Small lot off Jefferson Ave. at stadium will not be open. Alternatives: Parking lots on **either** side of South Central Elementary School and various side streets around stadium. Allow extra time for parking.
- ❖ Results on WWW.SMILEYMILES.COM
- ❖ *We ENCOURAGE the use of online registration. Register at runsignup.com/race/pa/canonsburg/whiskeyrebellion5krunwalk*

THANK YOU TO OUR SPONSORS, COMMUNITY,
AND VOLUNTEERS WHO MAKE THIS POSSIBLE.

PLEASE SUPPORT THOSE BUSINESSES WHO
ARE SUPPORTING US AND GIVING BACK TO THE
COMMUNITY!

AWARDS:

- ❖ Top 3 Men and 3 Women overall – Run, Walk- Westerwald Pottery
- ❖ RUN- 11u,12-15,16-18,19-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70+, HVYWT
- ❖ WALK- 12u,13-19,20-34,35-44,45-54,55-64,65+

PICKING UP BIBS, T-SHIRTS:

- ❖ **July 3** – Canon McMillan Stadium 5:00 pm – 8:00 pm
- ❖ **July 4** – Canon McMillan Stadium 5:45 am – 7:20 am
- ❖ **Late registration** participants will receive a bib and **MAY** (if any are left) receive bags/T-shirt when they go through late registration July 3rd or 4th.

Good Luck and Have FUN!



2018 WHISKEY REBELLION ENTRY FORM

MAKE CHECKS PAYABLE TO: CMCCB

NAME: _____

EMAIL _____

@ _____ . _____

PHONE: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

WALK: __ RUN: __ AGE: __ (on July 4) M or F

SHIRT SIZE: S M L XL

HEAVYWEIGHT (210+) _____ CMXC ALUMNI? _____

I attest that I have **read** and **agree** to the [USATF Waivers](#) & run sign up on the main race page at www.runsignup.com/race/pa/canonsburg/whiskeyrebellion5krunwalk by signing below

SIGNATURE (GUARDIAN IF UNDER 18): _____

SEND TO: 33ND ANNUAL WHISKEY REBELLION, C/O CHRISTINE MCGEE, 1207 PIONEER TRAIL, CANONSBURG, PA, 15317

Once registered money is non-refundable. Under rare adverse conditions we reserve the right to reschedule race.

Whiskey Rebellion staff use below Processed by _____

BIB #	PAYMENT INFO



21st Annual

DEBBIE GREEN MEMORIAL

5K RUN/WALK FOR LEUKEMIA



SATURDAY, AUGUST 4, 2018 @ 7:00 PM • WHEELING, WV

BE PART OF THE TRADITION



THE RACE STARTS AND FINISHES AT WHEELING'S HERITAGE PORT

VOTED TOP 263 IN THE WORLD Best Road Races

WHEELING, WEST VIRGINIA
The Friendly City

Pasta • Door Prizes • Awards • Entertainment and More!



DEBBIE'S DASH KIDS' RACE
100 YARD DASH FOR KIDS 9 & UNDER
SATURDAY, AUGUST 4 @ 5 PM

THE GREEN MILE RUN/WALK
FRIDAY, AUGUST 3 @ 7 PM

UNDO'S 5K FITNESS TEAM CHALLENGE

5K RUN CASH PRIZES

WEEKEND EXPO!

PO BOX 16 • BENWOOD, WV 26031

DEBBIE GREEN MEMORIAL
21st Annual
5K RUN/WALK FOR LEUKEMIA

DEBBIE'S STORY

WHY WE RACE FOR A REASON

THANKS FOR 21 GREAT YEARS!

Debbie Green was a 7 year old little girl from Benwood, WV. She was like every other little girl... she loved going to school, cheerleading, and playing with her friends. Debbie was loved by all who knew her. She enjoyed life to the fullest. In 1970, Debbie was diagnosed with leukemia. For two long years, she battled the disease with courage and determination. On February 10, 1972, friends from all over the Ohio Valley put on a benefit show for her, calling it "Debbie Green Day," helping her during her difficult time. That day meant so much to Debbie and her family, but in less than 2 months, on April 4, 1972, Debbie lost her courageous battle with leukemia. Now, from tragedy comes triumph, and from sadness comes hope. Debbie's memory lives on with this wonderful event which benefits local children who also suffer from leukemia and need our love and support, just like Debbie did 46 years ago.



OUR STORY

VOTED **TOP 25**

ROAD RACES
IN THE
WORLD

Best Road Races

The Debbie Green 5K, known as "The Race For A Reason" is a benefit road race, one of the USA's top 5K racing events! Our race proceeds have benefitted 40 local pediatric cancer patients to date. We have been selected three times as the Road Runners Club of America 5K National Championship Race, in 2004, 2005, and 2016, and the RRCA WV State 5K Championship Race in 2015, 2016 and 2017. We have also been selected as the USA Track and Field Three Rivers Region 5K Championship in 2011, 2012, 2013 and 2014. Runners and walkers from all around the world, from Olympic and elite runners, top college and high school runners, novice runners and fast novice walkers compete on our course. Race weekend consists of 2 additional races, the Friday night Green Mile and Saturday's 100 yard kids' race, Debbie's Dash. Our 5K perks and swag are second to none and include a Thursday night pasta dinner, free Friday night pizza party, 5K team competition, prize money, over 350 awards in the open, master, grandmaster and age divisions, over 500 total awards, including our team steak fry prizes, top-of-the-line dri-fit shirts, custom made finisher medallions, door prize trip giveaways to places near and far, live bands and DJs at every mile and numerous packet coupons. Plus we also have the biggest post-race pasta dinner and pizza party anywhere! We pride ourselves in treating the first participant as well as the last. We like to make this more than just a race, but a weekend filled with fitness, friendship, coming together and helping a local leukemia/cancer patient and paying tribute to the life of Debbie. We will definitely make this a race weekend experience you will never forget!

Check all races that you are entering:

July 31, 2018

Early Online Registration Deadline!

- | | |
|---|------|
| <input type="checkbox"/> 5K Run | \$25 |
| <input type="checkbox"/> 5K Walk | \$25 |
| <input type="checkbox"/> 5K - Late Fee - Run
(July 26 to Aug 2) | \$30 |
| <input type="checkbox"/> 5K - Late Fee - Walk
(July 26 to Aug 2) | \$30 |
| <input type="checkbox"/> Race Weekend 5K Fee | \$35 |
| <input type="checkbox"/> Debbie's Dash | \$ 3 |
| <input type="checkbox"/> Green Mile Run | \$13 |
| <input type="checkbox"/> Green Mile Walk | \$13 |
| <input type="checkbox"/> Green Mile - Late Fee | \$15 |
| <input type="checkbox"/> 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!

21st 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 3, 2018): _____ 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, newspaper, 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.

WCRRR RACE TIMES

DOCK TO LOCK 5K

John Koontz	20:27(OA-3)
Amy Koontz	21:52(OA-1)
Bob Pikelis	22:24(A-1)
Kelley Murdock	23:09(OA-2)
Stush Sadowski	25:24(A-1)
Eric Perrell	26:55(A-2)
Carrie Perrell	28:11(A-1)
Donna Patrino	31:24(A-1)
Nick Fossum	32:14(A-1)
Albie Rinehart	33:59(A-3)
Shannon Cain	34:56(A-1)
Ricky Andrews	36:13(A-1)
Kathy Starkey	36:15(A-3)
Grace Goffi	38:27(A-1)
Amy Martin	38:56
S. Kevin Berdis	40:02(A-2)

DOCK TO LOCK 5K WALK

Rick Respole	40:31(OA-1)
Rose Gray	42:26(A-1)

OHIO VALLEY 5K

Heath Piper	20:02(OA-3)
Steve Chabala	24:26
Gary Chabala	25:38(A-1)

YOUGH TRAIL 10K

Rich Sandala	44:30(A-1)
Shane Brunazzi	52:07(A-1)

RACE FOR THE CURE 5K

Heath Piper	19:27(OA-2)
Rich Sandala	22:08(A-1)

WOODSDALE ELEM. 5K

Richard Klempa	25:19(A-1)
Doug Midcap	26:10(A-2)
Kris Midcap	29:00
Blake Headen	36:17

WOODSVILLE 5K WALK

Kelly Murdock	34:49(OA-3)
George Macek	36:01(OA-5)
Terry Whitecotton	36:22(A-1)
Ella Jane Custer	47:01
Stan Czyzewski	47:14

RUN FOR RED 26.2M

John Koontz	3:21:44
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BROOKINGS 26.2M

John Titus	4:20:31(37th State)
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MARS BAND 10K

Tina Seech	43:22(OA-1)
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ATHENS 13.1M

Terry Smith	1:46:21
Felicity Smith	2:24:43

SPRING INTO SHAPE 5K

Terry Smith	23:40
Felicity Smith	33:16

SEWICKLEY 5K

Heath Piper	17:57(OA-2)
Greg Mussitsch	18:23(OA-4)

UPS 5K

Shane Brunazzi	24:15(A-2)
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RUN FOR DAVE 5K

Steve Chabala	23:19(A-1)
Gary Chabala	25:28(A-3)
Larry Roelf	26:32

YOUGH TRAIL 5K

Lee Stough	19:21(OA-1)
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POCONOS 5K

Amy Koontz	21:07(OA-2)
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RAILS TO TRAILS 5K

Hunter Midcap	19:56(OA-5)
Brittnie Lockhart	20:31(OA-2)
Rich Sandala	20:49(M-2)
Bob Pikelis	21:40(A-1)
Terry Smith	22:16(A-2)
Stush Sadowski	23:26(A-1)
Eric Perrell	24:54(A-4)
Doug Midcap	25:25
Richard Klempa	26:09(A-3)
Carrie Perrell	26:46(M-2)
Kris Midcap	28:06(A-2)
Ella Jane Custer	45:23(A-1)

R-T-T 5K WALK

Gary Bennett	25:44(OA-1)
Kelley Murdock	32:10(OA-2)
Felicity Smith	32:12(OA-3)
Sarah Donley	34:18(OA-5)
Terry Whitecotton	35:24(M-3)
George Macek	36:58(A-2)
Rick Respole	38:40(A-3)
Ken Hissam	39:23(A-5)
Cindy Mancinelli	39:23(M-3)
Rose Gray	39:26(A-1)
Mike Turkaly	39:26(A-1)
Joe Mancinelli	43:25
Blake Headen	43:26
Andrew Grimm	44:54
Chip Grimm	47:24
Stan Czyzewski	50:34(A-2)
Carl Kondrach	30:56(dog)

CLAIRTON 5K

Ashlyn Brunazzi	39:13(A-2)
Shane Brunazzi	39:13

OGDEN 13.1M

Terry Smith	2:16:23
Mark Hospodar	2:36:49

OGDEN 13.1M WALK

Carl Kondrach	2:10:13(OA-1)
Lee Stough	2:16:42(OA-2)
Sarah Donley	2:37:52(OA-2)
Rich Respole	3:14:00
Ken Hissam	3:17:33
Rose Gray	3:19:00
Mike Turkaly	3:24:04
Andrew Grimm	3:55:55

OGDEN 5K

Heath Piper	19:10(OA-2)
Tina Seech	20:45(OA-2)
Rich Sandala	21:10
Steve Chabala	24:17
Gary Chabala	26:31
Blake Headen	51:20

OGDEN 5K WALK

Terry Whitecotton	36:09(OA-1)
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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.

