

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

MAY, 2018

VOL. 18 / No. 5

VISIT US ON THE WEB @[WWW.WCRRRC.COM](http://WWW.WCRRRC.COM) (OR .ORG, OR NET)

## NEWS AND NOTES

Hello once again and welcome to the merry month of May. We have seen the racing schedule starting to fill out and every weekend has a one somewhere that our members are attending. Good luck to all who are racing this month and to those who are training for a specific upcoming event.

We would like to welcome another new member to the club this month. Welcome Tracee France-Popeck. Tracee is from Washington, PA and has already run her first club race at the National Tunnel 5K. Tracee says that her husband John will join us sometime if she can possibly get him out the door. So, here's hoping she succeeds. Welcome Tracee and hope to see you at more races this year.

And we would like to welcome another new member. A big welcome to Eslie (E.C.) Sykes. Eslie lives in Venetia, PA. He ran in the 5K at the National Tunnel race and posted a pretty good time. We hope to see you at more upcoming races Eslie.

It was reported by Rick Respole that he and Stan Czyzewski completed a half-marathon walk together a few weeks ago. This was Stan's first attempt at that distance. He struggled a bit towards the end, and then afterwards told Rick that it was going to be his last one. But like all runners and walkers he had a change of heart after a few days' rest, and now he wants to finish four of them to qualify for the long distance grand prix. We know you can finish them, Stan, and we hope that we can call your name out at the next banquet as a LDGP finisher

Just a reminder that the first WCRRC trail run and kayak rental with Workhorse Transport and Outfitters with Mike Bruno will be on Wednesday, May 16<sup>th</sup> at 6:00 PM. The first one will be at Peters Lake Park, located at 560 Center Church Road in McMurray, PA 15317. This will be the first of five we are trying to schedule this summer. Hope to see some of you there.

## APRIL AT THE RACES

There were a few well attended races this past month. The weather still played a little havoc with some but that didn't stop a few souls from venturing out.

### **Bucks for Bucks 5K**

The weather turned out to be warm for this event. For the club we had Tina Seech finishing first overall in the female category, coming through in 21:09. And Kelley Murdock was second overall at 23:23. And Forton Remington was our first male finisher in a time of 27:44.

### **National Tunnel 5K/10K**

Sunshine and a little chill greeted the runners and walkers at the National Tunnel run. Around 250 registered took to the trail to run either the 5K, 10K or both races. In the 5K we had Carl Kondrach as our first club male finisher in a time of 20:56 and Sarah Donley was our first female runner to cross in a time of 23:16. In the 10K we had Rich Sandala as our first finisher in 44:51 and Sarah once again was the first WCRRC female in 50:59. And Greg Mussitsch's son Trey completed his first club run in 28:52.

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

## A MAJOR ACCOMPLISHMENT

John Koontz

April 16, 2018 was the 122 running of the Boston Marathon. Everyone anticipated the day to live up to the long tradition of top athletic performances, but no one knew that today those accomplishments were going to be a little different. The weather decided to make the 26.2 mile run even more difficult with record rain, high winds, and cold temperatures. The normal crowds lined the streets on a day that just being outside was miserable. Shortly after the start gun fired the surprises started happening and the elite runners of the world struggled with slower times and even a few potential winners dropped from the race. Elite runner Shalane Flanagan said her body switched from thriving to surviving around mile 16 and she had to refocus her thoughts to just finishing being the challenge.

Then along came a runner from our group, WCRRRC of southwestern PA, full of heart and determination pushing through the unfamiliar course. As she topped heartbreak hill she had to ask a spectator, "Was that heartbreak?". When she heard yes, she answered with a confident, "Oh I got this!" She continued her strong pace and cruised down Boylston street absorbing all of the sights and cheers from the crowd. She crossed the finish line at 3:40:07 recording new PR and BQ times and proving without any doubt that with hard work, grit, and determination-impossible is nothing. For all who witnessed the day, they walked away full of inspiration, motivation, and admiration. Congratulations Amy Koontz! Amazing run! We are proud of you and this accomplishment! You earned your spot in the Boston Marathon history and tradition.

And then Amy writes:

Thanks to all who showed me support in running the Boston Marathon. Despite the cold, wind, and rain, I PR'd by 46 seconds and BQ'd by nearly 5 minutes. It was a wonderful experience.  
Amy Koontz

## UPCOMING RACES

As we start getting closer to the summer season, the amount of races over the week will start to increase. Here is a partial list of races found around the area. If anyone knows of any races not listed, please let Bob know. And as always, the Grand Prix races will be noted with a \*.

- 5/19 – \*Rails to Trails 5K – Barnesville OH
- 5/19 – Sewickley Unleashed – Sewickley PA
- 5/19 – Upper St. Clair Community Day 5K – Upper St Clair, PA
- 5/20 – Alderdice Dragon 5K – Schenley Park
- 5/20 – UPMC St. Margaret's 5K – Fox Chapel PA
- 5/28 – Miles of Smiles 5K – Boyce Park, Pittsburgh PA
- 6/2 – \*Run for Alex 5M/2M– Bentleyville, PA
- 6/2 – J.R. Taylor 5K – Bethel Park PA
- 6/2 – South Fayette Glow 5K – South Fayette PA
- 6/2 – A Run Through the Woods 5K – Mt. Lebanon PA
- 6/3 – Greenfield Glide 5K – Schenley Park – Pittsburgh PA
- 6/6 – The Big Run (Global Running Day) – North Park, PA
- 6/7 – Gateway Track 1 Mile – Gateway Middle School, Monroeville PA
- 6/8 – Riverview Park 5K – Pittsburgh PA
- 6/9 Sandy sMiles 5K – Fairview Park, South Fayette PA
- 6/16 – Peters TWP 5K – Peter's TWP PA ✱

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## REMINDER

Just a note to remind everyone that the June newsletter will be an online newsletter only.

In addition to the Title Sponsors listed on the front, this race was also made possible through the generosity of these sponsors:

**Platinum Sponsors:**



**ASTORIA PLACE**  
LIVING & REHAB CENTER

BARNESVILLE, OH  
740-425-9648



- Domino's Pizza
- Donley's Delights
- My Pizza Place
- One Tough Cookie
- South Central Power Company
- Subway

Race Course manned and patrolled by the following:

- Barnesville Fire Dept.
- Barnesville Police Dept.
- Barnesville Street Dept.

Volunteers provided by the following organizations:

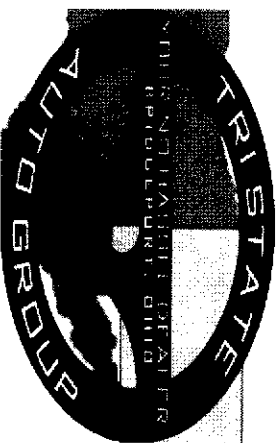
- Barkcamp Race Committee
- Barnesville Area Rails-to-Trails Committee (BARTC)
- Boy Scouts of America, Troop 71

**OTHER RELEVANT WEB INFO:**

- [www.barnesvilleohio.com](http://www.barnesvilleohio.com)
- [www.dominos.com](http://www.dominos.com)
- [www.joestiresandservice.com](http://www.joestiresandservice.com)
- [www.middleforkmaestro.com](http://www.middleforkmaestro.com)
- [www.parkerandpaterins.com](http://www.parkerandparkerins.com)
- [www.ronpradetto.com](http://www.ronpradetto.com)
- [www.runsignup.com](http://www.runsignup.com)
- [www.scouting.org](http://www.scouting.org)
- [www.southcentralpower.com](http://www.southcentralpower.com)
- [www.subway.com](http://www.subway.com)
- [www.tristatautoohio.com](http://www.tristatautoohio.com)
- [www.wesbanco.com](http://www.wesbanco.com)

**Grand Prix Sponsor:**

- Cheffy's Drugs
- Joe's Tires and Service Pros
- Kemp Insurance
- Middle Fork Maestro
- Prof. Home Care Remodeling
- South Central Power Company



Refreshments generously provided at a reduced cost by the following businesses in Barnesville:

Voted  
"#2 Favorite Race in the Ohio Valley"



Special Division for Dog-Walkers!

**Saturday, May 19, 2018**  
**8:30am/8:32am**

**Title Sponsors:**

**Emerald Pointe**  
HEALTH & REHABILITATION

**JAMES**  
ROOFING  
(304)242-1818

**Tunnel Fun Run for Kids**  
immediately following  
the last finisher  
(Approximately 9:45am)  
*Kids' Application and other  
information can be found at:*

**[www.RailsToTrails5k.com](http://www.RailsToTrails5k.com)**

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

**Carl A. Kondrath, Director**  
808 North Chestnut Street  
Barnesville, OH 43713-1118  
[www.RailsToTrails5k.com](http://www.RailsToTrails5k.com)  
[Facebook.com/barnesvillegrandprix](https://www.facebook.com/barnesvillegrandprix)  
Phone: 740-619-0070  
Cell: 740-310-2117  
E-mail: [carlkondrath@yahoo.com](mailto:carlkondrath@yahoo.com)

## Race Info:

**Directions:** (From all points North.) Interstate 70 East West, Exit #202 (Barnesville/Dennison). Go 6.5 miles on State Route 800 South to first Red Light. Turn left. Go 200 yards. (From all points South.) Take State Route 800 North to 3rd Red Light. Turn right. Go 200 yards. Race begins near and ends at the Train Depot.

**Entry Fee:** \$21 pre-registered (deadline, postmarked by May 4), \$25 after May 4 and on race day. Special Charity Rate: \$18 each, minimum **FOUR** entries mailed together. (Pre-registered **ONLY**, deadline, postmarked by May 5th)

**Registration:** May be done through the mail, on race day or online. Please visit: [www.RunSignUp.com](http://www.RunSignUp.com)  
**Keyword: Barnesville**

**Trophies:** We proudly offer absolutely more awards (200+) for more participants than most 5k events you will find anywhere. Unique, high-quality, ceramic trophies to be awarded in the following categories:

**Canines:** Top 10 Overall dog WALKERS. (Gender irrelevant) **NO RUNNING!** Keep dogs on a 5' locked leash at all times!

- Walkers:** 1. Top 12 Male, Top 12 Female  
 2. Top 3 Male, Top 3 Female Masters (50+)  
 3. Top 3 Male & Female in Age Groups unless otherwise indicated.  
**Runners:** 1. Top 3 Male, Top 3 Female  
 2. Top 3 Male, Top 3 Female Masters (40+)  
 3. Top 3 Clydesdale Male (200 lbs+), Top 3 Lady Athena Female (150 lbs+)  
 4. Top 3 Male & Female in Age Groups.  
**NO DUPLICATIONS!**

**Age Groups:** (Run): 15+ Under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+ Over (5) (Walk): 12+ Under, 13-19, 20-29, 30-39, 40-49, 50-59(4), 60-64(4), 65+ Over(5) **NO DUPLICATIONS!**

**Door Prizes:** Over 100 door prizes/certificates valued nearly \$2200 donated by surrounding merchants/businesses. Smaller prizes drawn during the event. Larger prizes during post-race activities. **MUST** be present to win!

**Shirts:** All pre-registered 5K runners, walkers, and dog-walkers are guaranteed a high-quality athletic mesh T-shirt (not cotton) in their size. Late registrants: first come, first serve. (350 shirts will be pre-ordered).

**Food:** All participants are welcomed to join us for a HUGE smorgasbord of delicious food including several types of pizza, pepperoni rolls, subs, deli-fresh sandwiches, tons of home-baked cookies and cupcakes **AND** the ever-popular, in-demand home-made pasta salad made by my wife Jessical! If you leave this race hungry, it's your own fault!

**Timing:** Chip-in-the-bib timing by Miles of Smiles:  
[www.SmileyMiles.com](http://www.SmileyMiles.com)

## More Race Info:

**Director's Award:** We are currently seeking candidates for this award. If you would like to nominate someone, please contact me by phone, e-mail, or with your application (deadline May 9) Please include a detailed summary of how he/she has made contributions to the walking, running, or racing communities. Winner will be recognized and presented with a special trophy

**Grand Prix:** This event is associated with 2 Grand Prix Series: 1. The Washington County (Pa.) Road Runners Club (WCRRC) Grand Prix Series; 2. It is the 2nd of four races in the Barnesville Grand Prix. This Grand Prix is made possible through the generosity of TriState Auto Group of Bridgeport, OH. Visit them at: [www.TriStateAutoOhio.com](http://www.TriStateAutoOhio.com)



### Kids' Tunnel Fun Run:

Immediately following the last 5k finisher (approximately 9:45am). See website for application & info. Fun Run & 5K Race applications and fees may be mailed together. Parents, please arrive at least 15 minutes early. All children win a trophy. Only the 1st 100 receive a goodie bag full of toys, certificates, and other goodies. Supplies are limited: 1st come, 1st served.

**Kids' Applications** may be downloaded from the Rails-to-Trails website. Entry fee is only \$5.00

**Dog Team Walkers:** Please remember, there are children & other dogs at this event. Be a responsible owner. Non-aggressive dogs only; No dogs "in heat"; On leash at all times (NO retractable leashes unless locked); ID Tags must be worn; Current Vaccinations; Please clean up after your dog (baggies available). Also remember, this is a **COMPETITIVE dog walk: NO RUNNING/JOGGING!** Your dog is welcomed to any of the doggy or human refreshments. Please check with your local vet about any changes in diet or the consumption of human food. The director reserves the right to disqualify your team without refund if these rules are not adhered to.

**etc.:** This unique event has been featured in Runner's World Magazine. The popularity and success of this race has directly resulted in multiple "Race Director of the Year" Awards for its organizer. It was voted the "#2 Favorite Race in the Ohio Valley" the only 2 times voting took place. (Second only to our sister race, the Pumpkin Festival 5k Run/Walk held in September.) So come on out and join the fun! Bring the family and see what everybody is talking about!

**NO REFUNDS ISSUED FOR ANY REASON!**

Mail form(s) and make check payable to:

### Rails-to-Trails 5k

808 North Chestnut Street

Barnesville, OH 43713-1118

Please Note: This is a MAILING ADDRESS ONLY! The physical race address is: 30th East Church Street, Barnesville, OH

Please check ONE box **ONLY**:

**RUN WALK CLYDESDALE/ CANINE WALK TEAM**  
**LADY ATHENA**  
 200lbs/150lbs

Dog's Name

Note: Those who check the Clydesdale/Lady Athena weight class are **NOT** eligible for age group awards.

Those who check the Canine Walk Team box are **NOT** eligible for regular walk-division awards.

**Male Female**

**Shirt Size: (Please Circle One)**

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

Name \_\_\_\_\_ (please PRINT clearly)

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ e-mail (optional) \_\_\_\_\_

Age on Race Day \_\_\_\_\_ Birthday \_\_\_\_\_

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



Signature (Parent or Legal Guardian if under 18)

Date

**\$21 (May 4) \$25 after or your application will not be accepted!**

# ENTRY FORM

ONE ENTRY PER FORM (Copies of form may be made)

First Name \_\_\_\_\_  
 Last Name \_\_\_\_\_  
 Mailing Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_  
 Zip \_\_\_\_\_ E-mail \_\_\_\_\_  
 Phone number \_\_\_\_\_  
 Age as of 6/2/2018 \_\_\_\_\_ Gender M F  
 (please circle)

## RACE PREFERENCE

RACE TYPE	BY	LATE DAY
	MAY 31st	JUNE 1st-2nd
1 Mile Children under 12	\$10.00	\$12.00
1 Mile 12 and over	\$12.00	\$15.00
2 Mile Run	\$18.00	\$20.00
5 Mile Run	\$20.00	\$25.00

## TECH SHIRT SIZE (please circle one)

Youth	S	M	L	2XL or 3XL
Womens Cut	S	M	L	\$2.00 Extra
Unisex	S	M	L	XL 2XL 3XL

Mail Entries to: **From Alex With Love**  
 101 Ridge Road  
 Eighty Four, PA 15330  
 Makes Checks payable to From Alex With Love

### You must sign waiver to participate

**WAIVER AND RELEASE**  
 (If under 18 have a parent or legal guardian sign this release)  
 In consideration of acceptance of this entry, I the undersigned, intending to be legally bound hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Bentleyville Borough, From Alex With Love Foundation, and any other sponsors and their representatives, successors, and assigns, for any and all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver. I agree to abide by decisions of a race official relative to my ability to safely participate. I assume all risks associated with participating in the 1 Mile, 2 Mile or 5 Mile challenge, including, not limited to, falls, and contact with such risks being known and appreciated by me. I attest and verify that I will participate in this event as a race entrant, that I am physically fit and sufficiently trained for the competition of this event, and that my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the aforementioned parties to take my name, likeness, and voice as well as my photographs, videoclips, motion pictures, recordings, or any other record of this event in which I may appear for any legitimate purpose in advertising and promotion for such broadcast and reuse.

X

From Alex With Love  
 101 Ridge Road  
 Eighty Four, PA 15330



**The From Alex With Love Foundation is a non-profit charitable foundation which awards scholarships to local High School students and provides support to families in need.**

The From Alex With Love Foundation is a non-profit charitable foundation which awards scholarships to local High School students and provides support to families in need.

Over \$5,000 in scholarships will be awarded in 2018. For a complete list of endeavors supported by Alex's Foundation please check our website:

[www.FromAlexWithLove.org](http://www.FromAlexWithLove.org)

**WHEN** **June 2, 2018**

**WHERE** Bentleyville Social Hall  
900 Main Street  
Bentleyville, PA 15314

**TIME** Races start at 9:00am

**PACKET PICKUP AND LATE REGISTRATION**  
**AT THE SOCIAL HALL**

Friday June 1st 6-8 pm  
&  
Saturday June 2nd 7-8:15 am

Contact Jim Loos at:  
724-239-2785 or  
[jimloos@fromalexwithlove.com](mailto:jimloos@fromalexwithlove.com)  
for more details

**Tech Shirts Guaranteed**

IF REGISTERED BY MAY 10th  
(Subject to Availability After May 10th)

**Awards to Top 3 overall Male  
& Female runners in each race.**  
**Numerous age categories**  
(See Website for Details)

## FIVE MILE RUN

Moderately challenging course through beautiful countryside beginning and ending on Main Street in Bentleyville

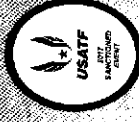
**5 MILE RECORDS**  
Male Brandon Gillingham  
27-41 2012  
Female Anna Beck  
29-55 2011

## FIVE MILE



Online Registration

[www.FromAlexWithLove.org](http://www.FromAlexWithLove.org)  
OR [www.runsignup.com/r/alexwithlove](http://www.runsignup.com/r/alexwithlove)



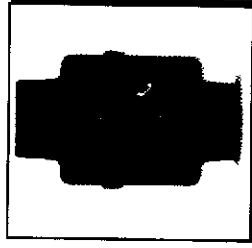
Contact Jim Loos at:  
724-239-2785 or  
[jimloos@FromAlexWithLove.com](mailto:jimloos@FromAlexWithLove.com)  
for more details

**Register Online**

**By May 31st**

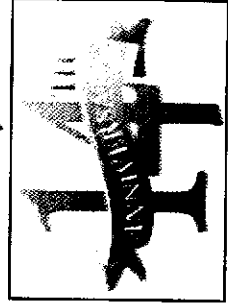
\*On-Line Registration Closes 9PM\*

**For A Chance To Win a  
Garmin Smart Watch  
or \$100 Cash!**



**Must Be Present To Win**

*The "Run For Alex"*



All proceeds from the race will go to the  
From Alex With Love Foundation

Peters Township High School  
**CROSS COUNTRY**  
5K RACE

**Date:** Saturday June 16, 2018, at 9:00 a.m.

**Registration/Location:** 7:30 to 8:45 a.m., Peters Township Community Recreation Center

**Course:** 5K (3.1) paved/crushed limestone, loop course, water stops, USATF-sanctioned.

**Prizes and Awards:** Top 3 male and Top 3 female overall  
First Place in each age group by gender

**Special Categories:** Husband/wife • Parent/child • Siblings

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Special Category Rules – All Special Category entries must be submitted together. Limit one Special Category per person

**Age Groups:** 10 & under      11 & 12      13 & 14      15 – 19      20 – 29  
30 – 39      40 – 49      50 – 59      60 +

**Entry Fee:** \$20 if returned to Peters Rec Center or postmarked by May 31, 2018 (pre-registration).  
\$25 after May 31, 2018

**T-Shirts:** Distributed to runners on race day (while supplies last) **Pre-registered** (by May 31st) participants guaranteed a t-shirt—please indicate size:  
YS (6-8) \_\_\_\_\_ YM (10-12) \_\_\_\_\_ YL(14-16) \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

**Sponsorships:** Sponsorships are available for businesses wishing to support their local student-athletes and the PTHS Cross-Country boosters! Contact us for more information.

**Information:** [ptxcboosters@gmail.com](mailto:ptxcboosters@gmail.com) **Online Registration\*:** [www.eventbrite.com](http://www.eventbrite.com) Search for PTHS 5K.

**2018 PTHS Cross Country Boosters 5K RACE**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Sex: Male or Female (circle one)      Special Category: \_\_\_\_\_

**Payments and registrations may be mailed or dropped off at the Community Recreation Center Front Desk:** 700 Meredith Drive, Venetia, PA 15367  
**\*\*Cash or checks only** (Checks made payable to PTHS Cross Country Boosters). Online registration also available (see link above).

WAIVER: By signing, I hereby for myself, my heirs, executors, and administrators, waive and release any and all my rights and claims for damages I may have against the PTHS Cross Country Booster Club, Peters Township Park and Recreation Department, the area schools, their agents, representatives, or successors for any and all injuries that might be suffered by my child in the program. In case of emergency, it is our procedure to call 911. If necessary, they dispatch an ambulance to respond to the emergency. Parents/guardians are immediately notified as soon as is practical (usually prior to emergency assistance). I understand that the program provides no medical coverage for participants. I also release any photos that may involve the above signed participant.

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Signature (parent must sign if under 18)

Date

**PITTS. MARATHON 13.1M**

Ed Koontz	1:25:28(A-2)
Emery Strotman	1:25:48
Greg Mussitsch	1:29:07
Tina Seech	1:35:46(A-1)
Rich Sandala	1:36:52
Bob Pikelis	1:43:10(A-2)
Mike Romzy	1:44:59
Mike Bruno	1:48:42
Shane Brunazzi	1:51:19
Jon Garet	1:52:38
Jaminique Milliren	1:52:52
Deb Doyle	1:56:12
Jen Foster	1:57:22
Nathan Milliren	1:59:47
Tom Carter	2:00:26
Mark Hospodar	2:16:02
Scott Harrington	2:18:46

**GRAND PRIX 2018**

Bob Pikelis	1	36:20
Ella Jane Custer	1	36:54
Rich Sandal	4	38:07
Gary Chabala	1	39:08
Carl Kondrach	4	40:16
Rich Durbin	2	41:39
Gary Bennett	2	41:43
Donna Patrina	1	42:11
Kelley Murdock	1	42:13
Grace Goffi	1	43:04
Carrie Perrell	3	43:13
Hanka Rydl	1	44:23
Sarah Donley	5	44:27
Terry Smith	1	47:14
Forton Remington	1	47:23
Nick Fossum	3	47:47
Steve Chabala	2	48:04
Richard Klempa	1	50:13
Scott Harrington	3	50:23
Greg Mussitsch	1	51:45
Eric Perrell	1	52:00
Trey Mussitsch	1	52:07

Blake Headen	3	71:31
Amy Martin	1	73:27
Tracee Popeck	1	76:54

**LDGP 2018**

Bob Pikelis	4	36:09
Rich Sandala	3	37:19
Emery Strotman	2	37:25
Greg Mussitsch	1	37:50
Mike Bruno	3	38:11
Amy Koontz	4	39:58
Brittnie Lockhart	1	40:52
John Koontz	3	41:04
Carl Kondrach	4	44:33
Stush Sadowski	2	45:27
Mark Hospodar	3	46:37
Jim Loos	1	46:51
Sarah Donley	4	46:57
Jonathan Garet	1	48:34
Nathan Milliren	1	50:16
John Titus	1	50:43
Scott Harrington	1	52:00
Shane Brunazzi	2	52:06

**GRAND PRIX WALK**

Gary Bennett	1	51:37
Carl Kondrach	1	55:33
Kelley Murdock	1	63:13
Felicity Smith	1	65:23
Richard Respole	1	67:58
Mike Turkaly	1	68:37
Stan Czyzewski	1	76:14
George Macek	1	87:42
Chip Grimm	1	105:36
Andrew Grimm	1	109:03



## WCRRC RACE TIMES

### BUCKS FOR BUCS 5K

Tina Seech 21:09(OA-1)  
Kelley Murdock 23:23(OA-2)  
Forton Remington 27:44  
Scott Harrington 29:05  
Blake Headen 41:42

### MARTHA'S RUN 10K

Mike Romzy 46:15(A-1)

### PIRATES 5K

Jonathan Garett 21:30  
Emily Sagan 21:46(A-2)

### PIRATES 5K WALK

Mike Turkaly 55:39

### PIRATES 10K

Greg Mussitsch 40:54(A-1)  
Rich Sandala 44:33  
Bob Pikelis 47:12(A-1)

### RHODE ISLAND 26.2M

John Titus 4:25:42 (36th state)

### BOSTON 26.2

Amy Koontz 3:40:07(PR)

### YOUGH RIVER 10M

Rich Sandala 1:13:25(A-1)  
Amy Koontz 1:15:37(OA-1)  
Bob Pikelis 1:16:54(A-1)  
Stush Sadowski 1:27:16(A-2)

### YOUGH RIVER 13.1M

John Koontz 1:36:08

### PITT 5K

Carl Kondrach 21:10(OA-3)  
Shane Brunazzi 27:33(A-3)

### BARK IN THE PARK 5K

Shane Brunazzi 25:39(A-2)

### P3 PERFORMANCE 5K

Blake Headen 38:36

### BOSTON TRAIL 5K

Rich Sandala 21:25(OA-2)  
Shannon Cain 34:02

### BOSTON TRAIL 13.1M

Shane Brunazzi 1:54:12  
Mark Hospodar 2:10:15

### NATIONAL TRAIL 5K

Carl Kondrach 20:56(A-1)  
Rich Durbin 21:31(A-3)  
Rich Sandala 21:42(A-1)  
Gary Bennett 22:31  
Bob Pikelis 22:42(A-1)  
Sarah Donley 23:16(OA-2)  
Carrie Perrell 28:08(A-2)  
Scott Harrington 28:22(A-2)  
Trey Mussitsch 28:52(A-3)  
Greg Mussitsch 28:54  
Donna Patrino 30:49(A-2)  
Nick Fossum 31:46(A-2)  
Barb Zappa 31:46  
Grace Goffi 38:03(A-1)  
Blake Headen 39:19  
Amy Martin 41:15  
Tracee Popeck 46:44

### NATIONAL TRAIL 10K

Rich Sandala 44:51(A-1)  
Carl Kondrach 46:32(A-2)  
Gary Bennett 47:47(A-3)  
Sarah Donley 50:59(A-1)  
Scott Harrington 61:22

### SUPERHERO 5K

Terry Smith 22:39

### SUPERHERO 5K WALK

Felicity Smith 34:23

### ATHENS 13.1M

Richard Respole 4:02  
Stan Czyzewski 4:02

### SUNSET SPRINT 5K

Carl Kondrach 21:23(A-1)

Sarah Donley 23:41(A-1)  
Dave Byers 45:15

### K-TOWN 5M

Tina Seech 34:26(OA-2)

### CARNEGIE 5K

Greg Mussitsch 18:38(A-1)  
Mike Romzy 19:13(A-2)  
Rich Sandala 20:24  
Steve Chabala 22:37

### CASA 5K

Shane Brunazzi 22:38

### MT SUMMIT

Lee Stough 30:24(A-1)

### RABBIT RACE 5K

Rich Sandala 21:22(A-1)

### RUN TO BREATHE 13.1M

Shane Brunazzi 2:00:02

### PTA 5K

Blake Headen 41:31

### ROTARY 5K

Terry Smith 22:42

### TOTARY 5K WALK

Felicity Smith 36:04

### MAKING ENDS MEET 5K

Steve Chabala 25:44(OA-3)

### WOODSDALE 5K

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

### WOODSDALE 5K WALK

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

### PITTS. MARATHON 5K

Tina Seech 21:02(A-1)  
Jen Foster 24:08(A-3)  
Trey Mussitsch 30:04  
Greg Mussitsch 30:05

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