

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

NOVEMBER, 2019

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

## NEWS AND NOTES

We would like to welcome another new member to the WCRRRC team. Welcome to Beth D'Alessandro. Beth lives in Eighty-Four, PA and has already run in one of the club races. Thanks for joining in Beth and we hope to see you at more upcoming races.

Roxanne Wray, one of our members, has informed us about some new happenings going on in Washington. There is a newer organization in Washington called WashPa Outdoors and they are supporting activities in the Washington Park. Every Saturday from 8-10am, they provide bananas, water and maps to runners that would like to run there. This service is free of charge, but they would like more runners to be informed of their existence. Anyone who is interested in checking out this new initiative please take advantage of it.

Hopefully everyone remembers that if you are going to run a Turkey Trot anywhere you need to make sure you turn your time in to have it counted in the Grand Prix. You can run any 5K or 10K, but just make sure you give us the name of the race and your time. As an FYI, the Burgettstown Turkey Trot is still going on. The old race director retired, and we have not been able to get a paper app from the new director. There is an online registration available, but you can always sign up day of the race. It does start at 8:30. The link for the race is <https://www.athlinks.com/event/burgettstown-turkey-trot-2018-43277>

Now is the time to start to think about renewing for the 2020 season to the WCRRRC.

There has been a lot of participation this year to the Grand Prix series and we hope next year will be even better. You can start sending in by filling out the form on the last page of the newsletter. Also as an FYI we have settled on a date for the 2020 WCRRRC Banquet. Information will be coming out next month but just to mark your calendars, the date is March 7<sup>th</sup>.

There are a few things happening over the next few months at Fleet Feet. Attached in this newsletter is the Friends and Family event and the annual Holiday Lights Run. Also, on December the 1<sup>st</sup>, there will be a run from the store, with Cinnamon Bread cooked up for everyone after. Hope you can make plans to attend these special events.

## UPCOMING EVENTS

The racing season is slowly winding down, but there are still a few events that you can take advantage of to finish off all the Grand Prix events. And as always, the GP races will be marked with a \*.

11/24 – Get Together Run – Belle Vernon (Walter Bennett's house after run party)

11/24 – Greenway Trail 5K/10K/Half – Leetonia, OH

11/28 – \*Turkey Trot 5K – Known races in Burgettstown PA, Bethel Park PA, Uniontown PA, Greensburg PA, Pittsburgh PA, Sewickley PA.

11/30 – Salem Cookies, Cocoa Run – Salem, OH

12/1 – Trot for Tots 5K/10K – Oakdale, PA

12/7 – Red Kettle Run – Waynesburg, PA

12/7 – Santa Sprint 1 Mile – Barnesville, OH

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).





# 2019 Thanksgiving Day Bethel Park Recreation Turkey Trot 5K Run & Walk



**Registration:** ▷ Online [runsignup.com](https://runsignup.com) ▷ by mail ▷ on race day between 6:30 and 7:10 am  
**Starting Time:** 7:30 a.m.

	Registration Fee: (per person)	
	Adult	12 & Under
June 29 – September 30 *Early Bird Discount	\$30	\$15
October 1 – October 31	\$35	\$17
November 1 – November 28 (race day)	\$40	\$20

\*Online Processing Fee: \$2.50 per transaction (less per entry if multiple entries submitted together online)

**Make checks payable to: Bethel Park Recreation**

**Location:** Montour Trail, starting line is 800 feet north JR. Taylor Bridge.

**Parking:** Available at Washington School & Al's Café

**Advance Packet Pickup:** Bethel Park Community Center, 5151 Park Avenue, Bethel Park, PA 15102. Sunday, November 24, 6:00pm to 9:00pm, Monday, November 25, 6:00pm to 9:00pm, Tuesday, November 26, 6:00pm to 9:00pm, Wednesday, November 27, 6:00pm to 9:00pm.

**Awards:** Top 3 overall for Male and Female 1<sup>st</sup> place \$250.00, 2<sup>nd</sup> place \$100.00, 3<sup>rd</sup> place \$50.00.

Medals to top masters finisher (age 40 and up) and top 3 in each age category (12 & under, 13-19, 20-29, 30-39, 40-49, 50+), Male/Female.

**T-Shirts** are guaranteed to those who register (postmarked or online) by October 31.

**Mail Registration to:** Bethel Park Recreation, 5151 Park Avenue, Bethel Park, PA 15102

## 2019 Bethel Park Turkey Trot 5K Race & Walk

Name \_\_\_\_\_ Runner \_\_\_\_\_ Walker \_\_\_\_\_ Gender: M F  
Street Address \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip Code \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Circle T-shirt Size YM YL AS AM AL AXL AXXL \*add \$2 for size AXXL (guaranteed if registered by October 31, 2019)

I, \_\_\_\_\_ (Parent/guardian or participant – print name), understand the rules, regulations, and risks associated with the activity for which I have registered myself, or have registered my child. By my signature, I agree to release and hold harmless and blameless the Municipality of Bethel Park, Bethel Park School District, and any employee thereof as to and regarding any liability, claims, damages, or loss whatsoever resulting from any accident or injury to me or my child or any damage to our personal property which I or those under my supervision or care might receive while participating in the above Recreation program(s).

I understand that Bethel Park Recreation provides opportunities for positive publicity by photographing and/or videotaping patrons at programs for use in local publications, newspapers, television, websites, and social media accounts. By signing this Activity Waiver, I grant the Municipality of Bethel Park and the Bethel Park School District permission to use my image, name, and likeness (collectively, "Image"), or the Image of my child, in this manner without any further compensation to me.

I understand that if I do not agree to the use of my Image or the Image of my child, I must notify Bethel Park Recreation in writing upon registration.

**SIGNATURE:** \_\_\_\_\_  
(Participant, or parent/guardian, if participant is under 18 years of age)

Please call the Recreation Office at 412-831-1328 if you have any question regarding this registration.

### OFFICE USE ONLY

Amount Due \$ \_\_\_\_\_ Amount Paid \$ \_\_\_\_\_ Staff \_\_\_\_\_

Cash \_\_\_\_\_ Check # \_\_\_\_\_ Credit Card \_\_\_\_\_

Account # 833 Activity Code 3302.301 Date \_\_\_\_\_ Time \_\_\_\_\_



# You're Invited!

Please join us for an exclusive Friends & Family shopping night at Fleet Feet! Enjoy special discounts throughout the entire store, along with light drinks and snacks while you shop. Be one of the first 50 people to RSVP and receive an additional gift!

**Sunday, November 17 | 5-7:30 p.m.**

**at Fleet Feet Pittsburgh**

**RSVP to [emily@fleetfeetpittsburgh.com](mailto:emily@fleetfeetpittsburgh.com)**

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**25%OFF**  
**YOUR PURCHASE**  
restrictions apply

**15%OFF**  
**ELECTRONICS**  
restrictions apply

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**FLEET  FEET**

1751 N. Highland Road | Pittsburgh, PA 15241

[fleetfeetpittsburgh.com](http://fleetfeetpittsburgh.com) | 412.851.9100



# Why You Should Run With Visibility in Mind

## [INJURY PREVENTION, GEAR, PRO TIPS](#)

October 2, 2018

### How to be Visible on Dark Runs

Fall is here. As we welcome cooler temps, we also say goodbye to precious hours of daylight.

According to the National Traffic Highway Safety Administration, 75 percent of pedestrian fatalities in traffic crashes occur in the dark. Most of those occur between the hours of 6 p.m. and 9 p.m. during the fall and winter. The risk is nearly as great in the pre-dawn hours, too.

So, you have to be proactive to [stay safe while running in the dark](#). Light yourself up like a Christmas tree, bring along other [nighttime running gear](#) and think from a driver's perspective about visibility. Here's why:

- Drivers' eyes **never become fully accustomed to driving in total darkness** because of constantly changing lights.
- With high beams on, drivers with the best vision can only see about 500 feet. With low beams, the best eyes can see about 250 feet, which **leaves only seconds to notice a runner** in darkness.
- Drivers are often tired in the morning or at night, which **slows reaction time**.
- Drivers headed to and from work are **often impatient and in a hurry**, even impaired.
- Drivers are **not expecting to see** you on the road.
- Many drivers are **not even looking at the road** because they are distracted by their phones.

### Tips to Run Safely at Night

If you want to [run safely at night](#), you need to take your safety into your own hands by wearing lights, donning reflective clothing and running against traffic—never rely on a driver, cyclist or other runner to see you.

Here are some tips to make sure you don't get hurt on the road:

- **Skip the roads when possible.** Katie Snyder of Avon Lake, Ohio, suggests hitting the trails to avoid cars completely. But when the road is your only option, **run facing traffic**. If you can see a car coming, it's easier to get out of the way.
- **Ditch the headphones.** If you can't hear a car, you put yourself at a much higher risk of being hit. What's more, headphones block out all the other surrounding noise, so you may not notice another approaching pedestrian or cyclist.
- **Stick to the sidewalk.** Staying on the sidewalk will keep you out of the way of drivers who might not see you when the sun is down.
- **Be visible from all directions, and use a combination of reflectivity and lights.** You want to see and be seen, so a simple headlamp isn't enough. Julie Hansbury of East Troy, Wisconsin, was badly shaken up after being clipped by a car while running. "Since then," she says, "I've taken better precautions to be seen, such as wearing LED blinky lights, brighter clothing and a visibility vest."
- **Gear placement is key. Light up your moving parts.** Since vehicle headlights are focused low, take advantage of lighting up your ankles and legs. And, pay attention to a concept called "**biological motion**." Human eyes and brains are drawn bright color and motion. So, put reflective detail on your extremities. You can add reflective shoelaces or clips to your shoes, carry handheld water bottles with reflective strips and wear [running clothes with reflective elements](#).
- **Assume you are invisible.** Cross behind drivers waiting to turn, and take added precaution to warn drivers of your presence. Sure, you might have the right of way as a pedestrian, but that doesn't guarantee a driver will see you. Todd Burkhalter of Weaverville, North Carolina, takes this approach: "I have been known to wave my water bottle with its reflective strap as a car approaches to gain visibility."

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*By [Kate Schwartz](#). Schwartz has been running competitively for 20 years, and s*





Barnesville's 10th Annual  
***Santa's Spirit Sprint***  
*Saturday, December 7th, 2019*  
*@3:00pm*

A 1 Mile Point-to-Point Racing Event Helping Kids



## Help Us Go That Extra "Mile" for Needy Kids This Christmas

**Directions:** Interstate 70 East/West, Exit #202 (Barnesville/Dennison). Go 6.5 miles on State Route 800 South to 2nd Red Light. Turn left. Go 1.25 miles. Race begins near Barnesville Middle School and ends at FerrumFitness. Post Race Ceremonies also held inside (near the Finish Line on the right). Parking available at the Middle School & near the Finish Line.

**Entry Fee:** \$16 pre-registered (post-marked by November 10) \$20 after and race day. **Bring a new toy or send a gift card or certificate** (used to purchase clothes, toys, etc.) and **SAVE \$5.00!** 100% of proceeds directly benefit a needy boy and a girl (and all of their siblings) from EACH of the Grade-, Middle-, and High School levels from the Belmont County Schools District during the Holidays (minimum of 6 children; however, we have averaged 10 kids per year. In 2017, we bought for 22 children!) Awards, enjoy door prizes, hot chocolate, One Tough Cookie cookies, Donley's Delights cupcakes and other yummys held inside The Haven (only 10 yards from the Finish Line). After the event, have the family stick around and watch the Barnesville Christmas Parade beginning @ 5:30! **ALL PARTICIPANTS ARE ENCOURAGED TO DRESS UP IN THEIR FAVORITE HOLIDAY OUTFITS!**

**Registration:** Registration will begin @ 1:00 **Online Registration** is available at: [www.RunSignUp.com](http://www.RunSignUp.com) Keyword: Santa

**Trophies:** Unique, beautifully hand-crafted, top-quality trophies will be awarded in the following categories:

**Walkers:** 1. Top 5 Male, Top 5 Female 2. Top 5 Masters M/F (50+) 3. Top 10 Over 50 Top 10 Under 50 Walkers: Please be fair to other walkers. If you register as a Walker, YOU MUST WALK the entire race. Walking is defined as having one foot on the ground AT ALL TIMES! Jogging or Trotting is considered slow running, NOT fast walking, even if you're a kid. **Runners:** 1. Top 5 Male, Top 5 Female 2. Top 5 Masters M/F (40+) 3. Top 2 M/F in A/G: **Age Groups:** (Run Only) 9 & Under, 10-14(3), 15-19, 20-29, 30-39, 40-49, 50-59(3), 60-69, 70+ **Special Awards for Youngest & Oldest Male & Female Finishers!**

**Grand Prix:** This race is #4 of 4 in the Barnesville Grand Prix Series. Please go to [www.RailsToTrails5k.com](http://www.RailsToTrails5k.com) for rules, results, standings, and other info. Please "Like" our page: [www.Facebook.com/barnesvillegrandprix](http://www.Facebook.com/barnesvillegrandprix)

**Contact Info:** Carl A. Kondrach, Director (740)310-2117 [cell]; (740)309-5039 [home]; E-mail: [carlkondrach@yahoo.com](mailto:carlkondrach@yahoo.com)

100% of Proceeds Directly Benefit Needy Children in the Belmont County School District During the Holidays

Mail form(s) and make check payable to:  
**Kidz Road Racing**  
 808 North Chestnut St  
 Barnesville, OH 43713  
**Please Note:** This is a mailing address. The Race Address is:  
 970 Shamrock Drive

Male ☐ Female ☐  
 Run ☐ Walk ☐

Name (please PRINT clearly)

Address

City State ZIP

Phone Age

E-mail (optional) Today's Date (\$16 after Nov 13th)

**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 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.

Signature Required (Parent/Guardian if under 18) Date

☐ I have enclosed a gift card/certificate. This saves me \$5 (Mailed registrations) [Thank you!]

☐ I have brought a new toy/gift card. This saves me \$5 (Race day registrations) [Thank you!]

☐ I have enclosed or brought a new toy/gift card but keep the extra \$5 [Double Thank you!!]

Feel free to contact us for the Kids' Christmas Lists Wishes



## WCRRR RACE TIMES

### OHIOPYLE 10K

Rich Durbin 58:26

### PUMPKIN FESTIVAL 5K

Doug Midcap 25:14(A-2)

Ricky Andrews 30:43

### PUMPKIN FESTIVAL 5K WALK

Gary Bennett 28:03(OA-1)

Carl Kondrach 28:55(OA-2)

Sarah Donley 34:26(OA-1)

Terry Whitecotton 36:17(A-2)

Rick Respole 37:51(A-3)

George Macek 38:35

Blake Headen 41:43(A-3)

Ken Hissam 44:40

Stan Czyzewski 48:30

Ella Jane Custer 55:44

### GREAT RACE 5K

Heath Piper 16:58

Tina Seech 19:39(OA-10)

Mike Romzy 19:43

Stush Sadowski 23:00

Sarah Donley 23:33

Mark Hospodar 26:04

Alexandra Brooks 35:37

Mickey Hornack 39:22

S. Kevin Berdis 40:27

Amy Martin 40:54

### GREAT RACE 5K WALK

Carl Kondrach 27:24

Georgette Lacey 57:13

### BARKCAMP 20K

Sarah Donley 1:56:34(OA-1)

Carl Kondrach 1:56:34(OA-2)

Rick Respole 2:51:02(W)

Stan Czyzewski 3:52:44(W)

### NORTHERN OHIO 26.2M

Danielle Gonzalez 3:28:29

### SALLY BUFFALO 5K WALK

Kelly Murdock 34:14(OA-1)

### CHASING THE CHEESE 5K

Kelly Murdock 22:01(OA-2)

### RISE 'N SHINE 5K

Richard Klempa 26:51(A-1)

### MOUNTAIN MAMA 8K

Alexandra Brooks 1:05:18

### RISE 'N SHINE 5K WALK

Gary Bennett 33:07(OA-1)

Kelley Murdock 33:08(OA-1)

Terry Whitecotton 38:40(A-1)

George Macek 42:47(A-2)

Blake Headen 46:23(A-1)

Stan Czyzewski 48:59(A-2)

### HEITZ TO HEAVEN 5K

Rich Sandala 21:10(A-3)

Shane Brunazzi 24:38(A-2)

Doug Midcap 25:00

Kris Midcap 29:28

Blake Headen 48:50(WALK)

### SCOTTDALE 10K

Heath Piper 18:25(OA-1)

Shane Brunazzi 25:56(A-2)

### ALBION FAIR 5K

Tina Seech 20:55(OA-1)

### RACE FOR RECOVERY 5K

Tina Seech 20:20(OA-1)

### EASTER SEALS 10K

Tina Seech 42:17(OA-1)

### BOSTON HARVEST 13.1M

Emery Strotman 1:21:22(OA-2)

John Koontz 1:34:01(M-1)

Amy Koontz 1:44:44(A-2)

Carl Kondrach 2:19:01

### BOSTON HARVEST 10K

Tina Seech 44:34(OA-1)

Gary Lorenzi 58:05(A-1)

### BOSTON HARVEST 5K

Rich Durbin 21:01(OA-2)

Rich Sandala 21:52(M-1)

Sarah Donley 23:54(OA-2)

Shane Brunazzi 27:01(A-1)

### CHICAGO MARATHON

John Koontz 3:23:37

Amy Koontz 3:31:00

Deb Doyle 3:42:47

### LEMIEUX 6.6K

Emery Strotman 23:51(A-1)

Rich Sandala 28:40(A-2)

Mike Bruno 32:25

Jonathan Garet 33:07

Alexandra Brooks 54:42

### GREAT RACE 10K

Heath Piper 36:22

Greg Mussitsch 38:05

Emily Sagan 42:25

Rich Sandala 43:00

John Ross 45:04

Bob Pikelis 45:43(A-1)

Mike Frere 47:10

Jaminique Milliren 49:44

Deb Doyle 50:06

Stuah Sadowski 52:27

Gary Lorenzi 55:53

Carl Kondrach 56:59

Sarah Donley 56:59

Jim Loos 1:01:52

Michele Wojnar 1:02:51

Dave Byers 1:13:06

### CHAMBER CHASE 5K

Heath Piper 18:47(OA-2)

Mike Romzy 21:04(A-1)

Rich Sandala 21:30(A-3)

Stush Sadowski 23:50(A-1)

Gary Lorenzi 27:40(A-3)

Donna Patrino 30:48(A-2)

Amy Martin 43:02(A-2)

### WALK

Carl Kondrach 28:10(OA-1)

Barrie Baker 47:51(OA-2)

### TANGER OUTLET 5K

Heath Piper 17:30(OA-2)

Kelly Murdock 21:42(A-1)

Doug Midcap 24:26(A-3)

Beth D'Alessandro 26:13(A-3)

Christina Shwallon 27:44

Kris Midcap 29:04

Donna Patrino 29:26

Blake Headen 42:14WALK

### AUGGIES 5K

Doug Midcap 25:24(A-1)

Kris Midcap 29:56(A-2)

Blake Headen 43:09(WA-3)

### AIR FORCE 13.1M

Scott Harrington 2:34:15

### RUN FOR HOME 13.1M

Sarah Donley 1:48:46

### AMISH CITY 13.1M

Carl Kondrach 1:58:07

### AIR FORCE 5K

Scott Harrington 29:53



## SCHEDULE OF EVENTS

Registration.....	7:30 AM
Kids' Mile Fun Run.....	8:30 AM
5K Run/Walk.....	9:00 AM
Pancake Breakfast.....	9:30 AM
(Pancake breakfast included with racer registration fee)	

## AGE DIVISIONS

### 5K Run/Walk

19 & Under • 20-29 • 30-39 • 40-49 • 50-59 • 60-69 • 70+

### Kids' Mile Fun Run

5 & Under • 6-7 • 8-9 • 10-12

## ENTRY FEES & DEADLINES

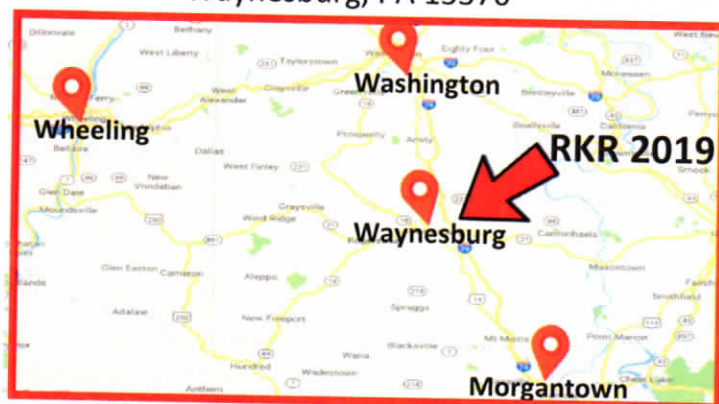
	Pre-Registration (by Nov. 15)	Late Registration (after Nov. 15)
5K Run/Walk	\$20	\$25
Kids' Mile Fun Run	\$15	\$20
Cost includes long sleeve t-shirt (To guarantee a t-shirt, register by November 15, 2019)		

## MEDALS & AWARDS

- Awards will be given to the overall top male and female finisher competing in the 5K Run.
- Medals will be given to the top three male and female runners in each age group competing in the 5K Run and Kids' Mile Fun Run.
- Medals will be awarded to the top two male and female walkers in each age group competing in the 5K Walk.
- All finishers will receive a Salvation Army patch.

## LOCATION

Waynesburg Central High School  
30 Zimmerman Drive  
Waynesburg, PA 15370



## CONTACT US

For race information:

Ryan Smith  
(740) 359-4467

For sponsorship information:

Carla Hughes  
(724) 852-1479



Red Kettle Run - Greene County

# GREENE COUNTY SALVATION ARMY RED KETTLE RUN



## DECEMBER 7, 2019

The Salvation Army, an International movement, is an evangelical part of the universal Christian church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

## REGISTRATION

Visit [salvationarmywpa.org/5k](http://salvationarmywpa.org/5k) to register online or fill out and mail this form with your check (payable to the **Greene County Salvation Army**) to:

Greene County Salvation Army, Attn: Carla Hughes  
131 W 1st Street, Waynesburg, PA 15370

Name: \_\_\_\_\_  
Gender: \_\_\_\_\_ Age (as of 12/7/19): \_\_\_\_\_  
Home Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Telephone: ( ) \_\_\_\_\_

### Long Sleeve T-Shirt Size

Adult: S M L XL XXL Child: S M L

### Race Selection

5K Walk 5K Run Kids' Mile Fun Run

### Waiver

"In consideration of this entry being accepted, I, the undersigned, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsors of the Greene County Salvation Army, their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have been successfully trained for the completion of a race of this distance and difficulty."

Signature: \_\_\_\_\_  
Parent or Guardian (if under 18): \_\_\_\_\_  
Date: \_\_\_\_\_

### Emergency Contact Information

Emergency Contact: \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Telephone: ( ) \_\_\_\_\_



## Holiday Lights Run 2019

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



## Hope Through Sports

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

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

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



### **LONG DISTANCE GP**

Tina Seech	2	30:26
Joe Sarver	2	34:25
Bob Pikelis	5	35:19
Emery Strotman	3	35:42
Greg Mussitsch	3	36:29
Rich Sandala	5	36:45
Heath Piper	2	38:21
John Koontz	5	38:23
Debbie Doyle	4	39:06
Mike Romzy	2	39:28
Heath Piper	1	41:59
Stush Sadowski	3	41:00
Amy Koontz	4	41:09
Jen Foster	2	41:17
Tom Carter	2	44:49
Sarah Donley	7	45:00
Judy Sarver	2	45:28
Gary Lorenzi	2	47:08
Mark Hospodar	3	49:57
John Titus	7	48:08
Mark Hospodar	5	49:44
Carl Kondrach	3	51:24
Shane Brunazzi	4	54:18
Scott Harrington	6	54:50
Mike Frere	3	57:23
Michelle Wojnar	3	1:06:25

### **LONG DISTANCE WALK GP**

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

### **GRAND PRIX**

Tina Seech	5	30:21
Bob Pikelis	11	34:16
Mike Romzy	5	35:11
Heath Piper	7	35:22
Greg Mussitsch	5	35:39
Emery Strotman	3	35:44
Rich Sandala	17	35:48
Emily Sagan	3	37:27
Cathy Loos	4	37:33
Rich Durbin	8	37:47
Stush Sadowski	11	38:32
Jen Foster	3	39:08
Grace Goffi	7	39:54
Gary Chabala	6	41:03
Donna Patrino	7	41:06
Larry Roelf	5	41:07
Sarah Donley	7	41:35
Gary Lorenzi	7	42:46
S. Kevin Berdis	6	43:14
Doug Midcap	8	43:37
Mark Hospodar	3	43:40

Jaminiq Milliren	5	44:34
Christina Shwallon	3	45:45
Kathy Starkey	7	46:22
Nick Fossum	7	47:01
Michael Frere	3	48:12
Kristine Midcap	6	49:10
Shane Brunazzi	6	50:08
Ed Frohnappfel	4	51:38
Nathan Milliren	2	51:00
Ed Frohnappfel	4	51:38
Louann McCullough	3	51:44
Jim Loos	4	53:25
Dave Byers	3	57:43
Mary Krett	9	58:27
Carl Kondrach	3	1:01:12
Ricky Andrews	6	1:01:25
Michelle Wojnar	3	1:03:01
Chris Moschetta	5	1:09:33
Alexandra Brooks	6	1:11:03
Amy Martin	4	1:13:14

### **WALK GRAND PRIX**

Ella Jane Custer	3	38:22
Gary Bennett	6	48:44
Georgette Lacey	6	50:44
Carl Kondrach	8	52:16
Richard Respole	12	59:21
Kelley Murdock	5	59:38
Richard Respole	10	59:41
Rose Gray	3	59:50
Terry Whitecotton	3	1:00:10
Sara Donley	5	1:02:09
George Macek	6	1:04:13
Stan Czyzewski	4	1:04:47
Barrie Baker	5	1:10:36
Ken Hissam	3	1:12:06
Blake Headen	11	1:12:53

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

\*\*\*\* MEMBERS WITH ONLY 1 OR 2 RACES WERE DROPPED FROM THIS MONTH'S STANDINGS.

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

\*\*\*\* THIS MONTH'S STANDINGS ARE FOR TIMES REPORTED BY 11-5-19.

\*\*\*\*\* DUE TO BULK, ADDITIONAL RACE TIMES WILL BE PUBLISHED IN THE NEXT ISSUE.



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.

