

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

OCTOBER, 2019

VOL. 19 / No. 10

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

NEWS AND NOTES

Walter Bennett has sent a note to let everyone know that the Get Together Run is scheduled this year for November 24th. The run, which will be set up for 4 miles to 10 miles, will be held on the trail at the Cross-Creek Trail in Belle Vernon. After the run there will be the annual get together at Walter's house. Everyone is invited to attend. If you have any questions about where to go, send a note to Bob Pikelis and he will get any information you need.

For anyone who ran in the Great Race this year. Make sure to check next month on the Race Results page if you want your time to count in the SDGP. There were over 13000 names to go through and we may have missed a name or two. If so, either send your time in on the web page or submit it to Tom and Grace.

Upcoming Races

This is a partial list of upcoming races in our area. All SDGP races are marked with a *

10/12 – Auggies Run 5K – Wheeling, WV
10/12 – *Chamber Chase 5K – Peters TWP, PA
10/19 – Costume Caper 5K – North Shore Trail, Pittsburgh
10/19 – Monessen Zombie 5K – Monessen, PA
10/20 – CCAC XCampus 5K – West Mifflin, PA
10/26 – *Jack-o-Lantern Jog – Canonsburg, PA
10/26 – Donora Smog 5K – Donora, PA?
11/2 – EQT 10 Miler – Pittsburgh, PA
11/2 – *Lois Stobbs 10K – Wheeling, WV
11/9 – Judy's 5K Journey – Flushing, OH
11/10 – Operation Troop 5K – Allison Park, PA

SEPTEMBER AT THE RACES

As the summer changed into fall, just like the weather, the racing season is really starting to heat up. We had quite a few GP races along with many other local ones that were attended by club members. Here is just a recap of a few.

Labor Day 5K

The day started out a little cool, but just before the race began the sun came out and the humidity started to climb. Over 140 runners and walkers finished one of the fastest courses in Western PA.

In the run, Bob Teagarden won the race in 18:09. Our first male finisher was Rich Durban in 20:18 and Kelley Murdock was our first female runner in 21:12. With Jam Milliren 6 seconds behind. In the walk, Gary Bennett was first overall in 25:51, and Luanne McCullough was the first female finisher in 34:46.

Little Great Race 5K

This was the last year that the current race committee was handling the race. Congrats to Viv Vitale, Mickey Hornack, Joe Mancinelli and everyone else who has put on this fast race. All of the participants who have done this run appreciate all you have done.

Emery Strotman was our first male finisher and second overall in 17:08, and Tina Seech was our first female and third overall finisher in 20:24. In the walkers category Carl Kondrach was the first overall finisher in 30:03, and Georgette Lacey was our only female finisher, coming in at 57:33.

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.



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 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 for rules, results, standings, and other info. Please "Like" our page: www.Facebook.com/barnesvillegrandprix

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

15TH ANNUAL JACK-O-LANTERN JOG

JOIN THE FUN

5K RACE

1 MILE SKELETON STROLL

COSTUMES ARE WELCOME



RACE WILL BE HELD RAIN OR SHINE ! NO REFUNDS

Strollers, rollerblades, bicycles, motorized vehicles and/or skateboards are prohibited for the 5K race.

Strollers or wagons are permitted for the 1 mile Skeleton Stroll but must start behind the walkers.



REGISTRATION FEES:

5K RACE

\$25 Pre-registration
\$28 Day of Race



SKELETON STROLL (1 MILE)

\$20 Pre-registration
\$23 Day of Race

Pre-Registration deadline is

OCT. 19, 2019(???)

A t-shirt, Goodie Bag and extra Raffle Tickets guaranteed only with Pre-Registration entries submitted by deadline of Oct. 19, 2019

CONTACT INFORMATION

Jill Sabol at 724-575-8933 or
Saboljajr@verizon.net

Timing provided by Miles of Smiles Timing Service. Results posted at:
<http://www.smilemiles.com>

Registration Website:

<http://www.eleamz.com/jackolanternjog/>



Credit Cards accepted ONLY online

USA TRACK & FIELD SANCTIONED

15TH ANNUAL JACK-O-LANTERN JOG

ON ELM STREET

**SATURDAY
OCT. 26, 2019**

5K BEGINS AT 9:00 AM
1 MILE STROLL BEGINS AT
9:15 AM

**CANON - McMILLAN
HIGH SCHOOL
ELM STREET EXT
CANONSBURG, PA
15317**

Sponsored by:
Community Scholarship Foundation of Canon-McMillan
Dollars for Scholars

THE COURSE

Starting Line: CMHS by the Guidance entrance, around the building (counter clockwise), left on the far lane of the main parking lot, left on Elm St. Ext, right on Elm St., left on Jefferson, left on Murdock, right on Hutchinson, left on Hawthorne, left on Bluff, left on Pike St., quick right on Strabane/Chartiers, left on Boone, left up to the main entrance parking lot, left on Elm St. Ext, left to the Main Entrance/Finish Line Area

5K AWARDS

Special awards will be given to the top three men and three women overall and Master division (age 40 and over). In addition medals will be given to the top 5 finishers in the following age categories, male and female: 11 and under, 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 and over. Heavyweight division (men over 200lbs., must weigh in before 8:30 AM.); Top three overall finishers, **All 5K finishers will receive a Finishers medal.**

5K TEAM AWARDS

Teams of 5 or more individuals are invited to compete in the 5K race. The 5 fastest finishing team members will be scored for team awards. First, second and third place overall team awards will be given. Please be sure to fill out Team section on application.

1 MILE STROLL

Pre-Registered participants meeting the deadline of Oct. ??? are guaranteed a T-Shirt and Goodie Bag. Kids will receive a special treat. All participants are eligible for the raffle and grand prize drawing. The Stroll is a fun, family event and is not timed or scored for awards.

BASKET RAFFLE & 50/50 RAFFLE

A huge basket raffle and a 50/50 raffle will be held. **Basket winners will be drawn promptly at 9:15 AM.** Be sure to register early and allow time to view the baskets. Extra basket raffle tickets will be available for purchase the day of the race. 25 raffle tickets can be purchased for \$10 and 75 raffle tickets for \$20. The 50/50 raffle tickets can be purchased also on the day of the race. 5 tickets for \$5 or 15 tickets for \$10. The winner of the 50/50 raffle will be drawn during the awards ceremony and the winner must be present.

GRAND PRIZE DRAWING

All registered participants will receive one (1) ticket for the Grand Prize Drawing. Additional Grand Prize tickets will not be available for purchase. Grand Prize winners will be drawn during the awards presentation. Winners **MUST** be present to claim Grand Prizes.

PLEASE USE BALL POINT PEN OR SHARPIE

Name _____
Phone _____
Address _____
City _____ State _____ Zip _____
e-Mail _____

Team Entry :
Yes _____ No _____ Team Name _____
Sex _____ Age on Race Day _____ Heavy Weight _____

I hereby attest that I am physically fit and have sufficiently trained for this race/walk event. I hereby waive any and all rights and claims for damages I may have against the sponsors, directors, and all groups associated with the event.

Signature _____ (Parent/Guardian if under 18)

PERMISSION TO PHOTOGRAPH AND PUBLISH PHOTO
I hereby grant permission for any photos taken of me during the event to be used on the Community Scholarship of Canon-McMillan website, facebook page and in any and all press releases.

Signature _____ (Parent/Guardian if under 18)

Please choose shirt size

Youth \$ _____ M _____ L _____
Adult \$ _____ M _____ L _____ XL _____ XXL _____

PRE-REGISTRATION 5K @ \$25

PRE-REGISTRATION 1 MILE STROLL @ \$20

SUBTOTAL

\$2 ADDITIONAL CHARGE FOR XXL SHIRT

TOTAL ENCLOSED

MAKE CHECKS PAYABLE TO
CSFCM (COMMUNITY SCHOLARSHIP FOUNDATION
OF CANON-McMILLAN)

MAIL TO:

JILL SABOL

120 LAKEWOOD DRIVE

CANONSBURG, PA 15317

TENTH YEAR
USA/TF THREE RIVERS ASSOC.
10K CHAMPIONSHIP

MAJOR SPONSORS



The Paul W. Exley Family Foundation



Lois Stobbs Memorial
Veterans 10K
PO Box 2193
Wheeling WV 26003

OFFICIAL ENTRY FORM

TENTH ANNUAL LOIS STOBBS MEMORIAL VETERANS 10K



Aylene, comforting a Vet. This is only possible because of you.



Paralyzed Veterans
of America
West Virginia Chapter



Saturday
November 2, 2019

Start 8:30 AM
at Bridge Street Middle School
Wheeling WV



EVENT INFORMATION

All veterans and active duty military personnel will be assigned special red, white and blue numbers to distinguish them from other participants. Monies received over and above race expenses will be donated to WVA Chapter Paralyzed Veterans of America and Paws for Purple Hearts equally.

START TIME: 8:30 A.M. from Bridge Street Middle School. *Parking available.*

TRANSPORTATION: Available to Start and Finish. Last bus from 14th and Main Street to the Start leaves at 7:30 a.m.

RUNNERS RECEIVE: Official race T-shirt, free admission to the awards banquet inside WesBanco Arena where the doors will open at 10:30 a.m. Catered by Ye Olde Alpha. Additional banquet tickets available at registration desk for \$10.00 each.

AWARDS: Plaques - Run and Walk

Men's Overall: 1st, 2nd, and 3rd

Women's Overall: 1st, 2nd, and 3rd

Men's Masters: 1st and 2nd

Women's Masters: 1st and 2nd

AGE GROUPS: Men and Women (2 deep)

ABOUT THE COURSE: USAT&F sanctioned and certified with aid stations. Police patrolled, medical aid available. Last 6.2 miles of Wheeling 20K course.

PACKET PICK-UP: Available at Bridge Street Middle School on Friday, November 1st at 5 p.m. until 7 p.m. Race day - 7 a.m. until start of the race.

LOIS STOBBS MEMORIAL VETERANS 10K MAILED ENTRY DEADLINE MIDNIGHT, SUNDAY, OCTOBER 20th, 2019

Entry fee must accompany each application.

NAME: _____ Last _____ First _____

AGE ON 11/02/19 _____ **GENDER** _____

**STREET
ADDRESS** _____

CITY _____ **STATE** _____ **ZIP** _____

PHONE _____

BIRTH DATE _____

BRANCH OF SERVICE PAST OR PRESENT: _____

WALK _____ **OR RUN** _____

ACTIVE DUTY MILITARY PERSONNEL \$ FREE _____

VETERANS \$ FREE _____
The fee for veterans is underwritten by an anonymous sponsor.

**ALL OTHERS ENTRY FEE \$35 IF POSTMARKED
ON OR BEFORE OCTOBER 20th** _____

**AFTER OCTOBER 20th AND ON RACE DAY THE
ENTRY FEE \$45** _____

**FRIDAY, NOVEMBER 1 AND ON RACE DAY AT
BRIDGE STREET MIDDLE SCHOOL ONLY.
MAKE CHECKS PAYABLE TO "Veterans 10K
Race"**

ONLY COMPLETED ENTRY FORMS ACCEPTED

WAIVER (to be signed by athlete and by parent or guardian)

For and in consideration of permission granted to me for my participation in the Lois Stobbs Memorial Veterans 10K at Wheeling, West Virginia, and other valuable considerations, the receipt an sufficiency of which are hereby acknowledged: I hereby agree on behalf of myself, my heirs, executors, administrators, and assigns to release and discharge the chairman and all officer, agents and employees of and volunteers associated with the Lois Stobbs Memorial Veterans 10K, Valley Hospice, Community Bank, Paul W. Exley Family Foundation, Ohio County Commission and City of Wheeling, its officials, officers, agents and employees, jointly and severally, from any and all claims, demand actions, judgments and executions under which I ever had, now have, or may have against any or all of the aforesaid, any combination of the aforesaid, their successors and assigns jointly or severally for all personal injuries, known or unknown, as well as all damages to property, real or personal caused by or arising out of my participation in the Lois Stobbs Memorial Veterans 10K at Wheeling, West Virginia.

Further and in consideration of permission granted to me for my participation in the Lois Stobbs Memorial Veterans 10K at Wheeling, West Virginia, and other valuable consideration, receipt of which is hereby acknowledged. I hereby agree on behalf of myself, my heirs, executors, administrators and assigns to indemnify any, all or any combination of the aforesaid jointly and severally and to hold and save harmless from and against and all actions, claims, demands, liabilities, loss damage, or expense of whatever kind and nature, including attorney fees, which may at any time be incurred by reason of my participation in or preparation for the aforesaid Lois Stobbs Memorial Veterans 10K.

ATHLETE _____

**PARENT OR
GUARDIAN*** _____

(*For runners under 18 years of age)

**ONLINE REGISTRATION ACCEPTED
THROUGH OCTOBER 31, 2019
AT ACTIVE.COM**

Complete Race Results & Photos on
iplayoutside.com
smc@runhigh.com

RACE COMMITTEE

Hugh Stobbs - Race Director

P.O. Box 2193, Wheeling, WV 26003

Stobbs-hugh@comcast.net

<https://loisstobbsveterans10k.com>

Craft a Personal Running Mission Statement to Inspire Your Training

While setting traditional goals, like running a PR or finishing a certain race, can provide motivation for your training, it's also important to identify a greater purpose behind your running.

Step back and ask yourself why you run. Is it the cache of medals hanging on your wall that gives you meaning as a runner? Or do you find life in the day-in, day-out experience of training?

People often assume they'll feel fulfilled when they achieve certain goals, like running that PR, but research suggests that it might be the other way around. A [long-term study out of Harvard](#) discovered people find happiness and achievement in activities they have an actual affinity for. Put simply, you're more likely to realize success and fulfillment when you can identify a greater reason for what you're doing.

To do this, you must take a bit of time to think about intentions—the “why” behind your training. Recent research reveals that exploring your personal values and how they connect to your goals has the [power to improve performance](#) beyond traditional goal setting strategies. These intentions remind you of the underlying purpose behind your running and provide inspiration for daily training. Start by asking yourself the following questions and determining how your answers connect to your running.

- What matters to me most in life?
- What makes me happiest?
- How would I describe my best self?
- What do I feel grateful for?

Crafting a “personal running mission statement” is a great way to capture your intentions in a succinct manner. This statement is centered specifically on your running practice, and it can inspire and

energize you by emphasizing a process-focused attitude towards training.

Some mission statements will be a single sentence, while others may be as long as a paragraph. As you work to come up with this statement, reflect on the following questions and try listing the reasons you run.

- What is it about running that I'm drawn to?
- What do I hope to gain from running?
- What are my strengths as a runner?
- How does my running contribute to the greater good of my life, family and the world around me?

Here's mine: “To run for greater mental and physical balance in life. To carry forth the joy I gain from running into my other roles as mother, wife, daughter, friend and writer. To create meaningful connections through running and share the love of movement with others.”

Keep in mind that your sense of purpose may change depending on the stage of life you're in, so it's worth revisiting your mission statement every once in a while. Once you've pinned down a greater reason to run, think about how that fits with your stated goals for the season. Hopefully you'll discover continuity between your goals and intentions for more fulfilling and successful running.

By [Mackenzie L. Havey](#). Mackenzie Havey (née Lobby) writes about endurance sports, mind/body health and wellness, and adventure travel. Her work has appeared in *Runner's World*, *SELF*, *Triathlete*, *TheAtlantic.com*, *ESPN.com*, the *Star Tribune* and elsewhere. In addition to completing 14 marathons and an Ironman triathlon, she is a USA Track & Field-certified coach, an instructor in the Physical Activity Program in the School of Kinesiology at the University of Minnesota, and has done training in Mindfulness-Based Stress Reduction.

WCRRC RACE TIMES

RUN AROUND THE SQUARE 5K

Bob Pikelis	22:51(A-1)
Stush Sadowski	24:21
John Titus	24:23
Steve Chabala	26:05
Gary Chabala	26:13

RUN TO BREAK CYCLE 5K

Mike Romzy	20:53(OA-3)
Kelley Murdock	22:16(A-1)
Blake Headen	38:08

10K

Doug Midcap	54:06(A-1)
Kristine Midcap	1:03:56(A-1)

FRENCH CREEK 13.1M

Mark Hospodar	2:07:45(A-2)
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YMCA 10K

Tina Seech	42:17(OA-1)
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STEELERS 5K

Heath Piper	18:21
Greg Mussitsch	18:46
Alexandra Brooks	39:52

ROAMING SHORES 5K

Tina Seech	20:32(OA-2)
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ST BARNABUS 5K

Heath Piper	18:53(A-3)
Greg Mussitsch	19:09(A-1)
Rich Sandala	21:21(A-2)

SCIO FESTIVAL 5K

Sarah Donley	23:25(A-1)
Doug Midcap	26:33
Carl Kondrach	27:49(A-3)
Kristine Midcap	30:44(A-2)

HILLER 5K

Tom Carter	26:54(A-1)
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HALL OF FAME 5K

Alexandra Brooks	38:08
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LABOR DAY 5K

Rich Durbin	20:18(A-1)
Mike Romzy	20:20(A-1)
Rich Sandala	20:44(A-2)
Bob Pikelis	21:07(A-1)
Kelley Murdock	21:12(OA-3)
Jaminique Milliren	22:18(A-2)
Sarah Donley	22:44(A-3)
Stush Sadowski	22:55(A-2)
Steve Chabala	24:09(A-3)
Doug Midcap	24:46(A-3)
Gary Chabal	25:04(A-3)
Nathan Milliren	24:24(HW-1)
Cathy Loos	25:43(A-1)
Tom Carter	26:30
Mark Hospodar	27:10
Carrie Perrell	28:10(A-1)
Scott Harrington	28:11
Kris Midcap	28:25
Ann McCormick	28:33
Christina Shwallon	29:10
Donna Patrino	29:46(A-3)
Jim Loos	31:20
Grace Goffi	35:25(A-2)
Chris Moschetta	38:33(HW-3)
S. Kevin Berdis	39:31(A-3)

LABOR DAY 5K WALK

Gary Bennett	25:51(OA-1)
Carl Kondrach	27:07(OA-2)
L. McCullough	34:46(OA-1)
Rick Respole	38:53(OA-3)
George Macek	44:14(A-2)
Blake Headen	44:14(A-1)
Barrie Baker	46:48(A-3)
Georgette Lacey	59:21(A-2)

PASAVENT HOSPITAL 8K

Mike Frere	42:15
Michelle Wojnar	1:17:04

ZANESVILLE 13.1M

Sarah Donley	1:50:56
Carl Kondrach	2:04:06

FLYING PIG 13.1M

Sarah Donley	1:56:48
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MILES FOR MISSION 5K

Doug Midcap	25:03(A-1)
Kris Midcap	32:28(A-1)
Carl Kondrach	33:17(A-2)

5K WALK

Gary Bennett	28:16(OA-1)
Kelley Murdock	32:28(OA-1)
Sarah Donley	33:17(OA-2)
Rick Respole	37:07(M-1)
George Macek	40:06(OA-7)
Blake Headen	42:52(OA-9)
Ella Jane Custer	47:37(A-1)
Stan Czyzewski	47:37(A-1)

LITTLE GREAT RACE 5K

Emery Strotman	17:08(OA-2)
Heath Piper	17:52(OA-3)
Greg Mussitsch	18:42(A-1)
Tina Seech	20:24(OA-3)
Rich Durbin	20:30(A-3)
Rich Sandala	21:01(A-1)
John Ross	21:19(A-1)
Mike Frere	24:29(A-3)
Shane Brunazzi	24:59
Gary Lorenzi	27:02
Christina Shwallon	29:37(A-3)
Lou Anne McCullough	30:23
Ricky Andrews	31:43
Nick Fossum	32:00(A-3)
Kathy Starkey	34:01
Grace Goffi	35:42(A-2)
Chris Moschetta	36:12
Mary Krett	36:53
S. Kevin Berdis	39:47(A-3)
Michelle Wojnar	41:33
Amy Martin	41:37

LGR 5K WALK

Carl Kondrach	30:03(OA-1)
Richard Respole	37:39(A-2)
Blake Headen	42:12(A-3)
Barrie Baker	46:18
Georgette Lacey	57:33

FALLEN HEROES 5K

Heath Piper	18:25(OA-1)
Shane Brunazzi	25:56(A-2)

LONG DISTANCE GP

Tina Seech	1	30:28
Joe Sarver	2	34:25
Bob Pikelis	4	35:52
Emery Strotman	2	35:52
Rich Sandala	4	36:56
Greg Mussitsch	2	38:29
Mike Romzy	1	39:20
John Koontz	4	40:20
Jen Foster	2	41:17
Danielle Gonzalez	1	41:21
Debbie Doyle	2	41:41
Heath Piper	1	41:59
Amy Koontz	3	42:00
Stush Sadowski	1	43:21
Judy Sarver	2	45:28
Tom Carter	1	45:35
Gary Lorenzi	2	47:08
Mark Hospodar	3	49:57
Carl Kondrach	1	51:00
John Titus	6	51:32
Louann McCullough	1	53:50
Shane Brunazzi	4	54:18
Scott Harrington	4	57:11
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

Rose Gray	4	1:03:08
Sarah Donley	4	1:03:16
Carl Kondrach	4	1:04:02
Richard Respole	3	1:06:01
Stan Czyzewski	3	1:15:05

GRAND PRIX

Tina Seech	4	30:55
Bob Pikelis	9	34:24
Bill Filcheck	1	35:28
Mike Romzy	3	35:30
Emery Strotman	3	35:44
E.C. Sykes	2	35:53
Rich Sandala	14	36:01
Amy Koontz	1	36:16
Greg Mussitsch	4	36:30
Ann McCormick	1	36:50
Heath Piper	2	36:50
Emily Sagan	2	37:25
Kathy Loos	4	37:33
Rich Durbin	8	37:47
Kelley Murdock	1	37:55
John Koontz	1	38:48
Stush Sadowski	7	38:54
Jen Foster	3	39:08
Grace Goffi	7	39:54
Gary Chabala	5	41:03

Larry Roolf	5	41:07
Carrie Perrell	1	41:54
John Ross	1	42:33
Donna Patrina	4	42:55
Sarah Donley	5	43:08
Tom Carter	2	43:53
S. Kevin Berdis	5	44:09
Steve Chabala	2	44:32
Mark Hospodar	2	45:48
Gary Lorenzi	4	44:45
Jaminiq Milliren	4	44:49
Doug Midcap	6	45:09
Christina Swallon	2	46:38
Kathy Starkey	6	46:44
Nick Fossum	7	47:01
Scott Harrington	1	48:25
Mike Frere	2	49:41
Hunter Midcap	1	49:47
Shane Brunazzi	6	50:08
Nathan Milliren	2	51:00
Ed Frohnafel	4	51:38
LouAnn McCullough	3	51:44
Kristine Midcap	5	51:50
Jim Loos	3	55:04
Dave Byers	1	58:55
Mary Krett	7	48:36
Carl Kondrach	2	1:04:47
Ricky Andrews	5	1:04:57
Shannon Cain	2	1:06:26
Chris Moschetta	4	1:08:40
Michelle Wojnar	2	1:10:29
Amy Martin	2	1:12:31
Jakub Rydl	1	1:13:13
Alexandra Brooks	5	1:13:23

WALK GRAND PRIX

Ella Jane Custer	2	37:52
Gary Bennett	5	48:49
Georgette Lacey	5	51:08
LoAnne McCullough	1	55:51
Carl Kondrach	5	56:31
Mike Turkaly	1	57:07
Carolyn Davey	1	57:34
Kelley Murdock	4	59:20
Richard Respole	10	59:41
Rose Gray	3	59:50
Terry Whitecotton	2	1:01:13
Sara Donley	4	1:02:17
Terry Smith	1	1:04:06
Stan Czyzewski	3	1:04:46
George Macek	4	1:08:04
Barrie Baker	3	1:09:22
Ken Hissam	2	1:10:45
Blake Headen	9	1:13:03

***** 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.

