

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

SEPTEMBER, 2019

VOL. 19 / No. 9

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

NEWS AND NOTES

Everyone at the WCRRC HQT and all the members would like to send best wishes to Amy and John Koontz. Amy and John have recently moved to North Carolina. Amy did send us a note saying that they will still be back to run some races in the area, so they are not going to leave us forever.

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.

Upcoming Races

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

9/14 – Heroes and Halos 5K – Columbiana, OH
9/14 – Rise-and-Shine 5K – Moundsville, WV
9/21 – FlyBy 5K – Pittsburgh Airport
9/21 – ZooZilla 5K – Pittsburgh Zoo
9/22 – *Boston Harvest 5K/10K/Half Marathon – Boston Trail, PA
9/28 – *Pumpkin Festival 5K – Barnesville, OH
9/29 – *Great Race 5K/10K – Pittsburgh PA
10/5 – *Waynesburg 5K – Waynesburg, PA
10/12 – *Chamber Chase 5K – Peters TWP, PA
10/19 – Costume Caper 5K – North Shore Trail, Pittsburgh
10/19 – Monessen Zombie 5K – Monessen, PA

IN SPIRIT

In spirit; I'm not sure if that is the right words about something that makes you think things are happening for real.

As you know I have been running with Bob for years. During those years, many times Bob has gotten a stone in his shoe. We had to stop to get this stone out of his shoe. I have said to him, "really another stone in your shoe. I can't believe it. I don't get any stones in my shoes."

A couple of weeks ago we were on different schedules and I was running by myself and I got a stone in my shoe. The first thing I thought about was Bob. How could this happen, he isn't even here? After several miles I got a second stone in my shoe. Remember, this never happens to me! I ran on for few more miles and I cannot believe I, but I got a third stone in my shoe!

I said out loud, "Bob you're not here, you and your spirit just leave me alone". I swear he was with me in spirit that whole run Just To Slow Me Down!

Now even when Bob isn't running with me, I think he is running along with me...In Spirit.

Just wondering if this ever happens to anyone else.

Your running friend,

Stush

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.



8am Half 8:30am Kids Run 9am 10k 9:15am 5k

Sunday, Sept 17th

Yough River Trail at Boston Trailhead (1902 Donner St, Boston, PA 15135)

Parking: At the trailhead

Registration: 7:00am-8:30am

All proceeds go to: Jamie's Dream Team

Awards: Top 3 M & F overall, masters M/F, top 3 in each age group: 0-10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ **(no duplications, medals will not be mailed)**

You can run or walk! Please no headphones or pets.

First Name-_____ Last Name-_____
Address-_____ Email-_____.com
City-_____ State-_____ Zip code-_____ Phone (____)-____-_____

Age on Sept 17th-_____ Sex- M F T-shirt size- YouthS YouthM S M L XL XXL
(shirts for those registered before 8/25, first come first serve after that)

Ages 16-59

_____ 5k- \$22 until July 20th, \$27 July 21st-Race Day
_____ 10k- \$22 until July 20th, \$27 July 21th-Race Day
_____ Half-\$37 until July 20th, \$42 July 21th-Race Day

Ages 0-15, 60+

_____ 5k- \$17
_____ 10k- \$17
_____ Half-\$27
_____ Kids 100 meter dash- \$10

(nonrefundable) Mail to and make check out to:

Team Brunazzi Events LLC, 6005 Roslyn St, Boston, PA 15135

Questions: www.facebook.com/TeamBrunazzi, TeamBrunazzi@gmail.com, 412-760-5302

Online Sign Up Available at www.runsignup.com

Sanctioned by USATF

Waiver: In consideration of the acceptance of this entry, I waive, for myself and my heirs, all claims for damages which I might have against the race, Team Brunazzi Events LLC, USATF, the sponsors, or any other organization, business, or individual as a result of any and all injuries which might be received during the race. I attest that I have sufficiently trained for this event. I also release any photos that may involve me.

Signature (parent to sign if under 18)_____ Date____/____/____

For more Information:

Contact:

Pat Bristor

(724) 852-3315

pbristor@waynesburg.edu

Pre-Register Online:

www.myconnect.waynesburg.edu



WAYNESBURG UNIVERSITY
STUDENT SERVICES
51 West College Street
Waynesburg, PA 15370



23rd ANNUAL



WAYNESBURG UNIVERSITY

HOMEcoming

5K

Run &

Walk

Benefits

Waynesburg University Student Mission Trip Fund
Community Registration

Saturday, October 5, 2019

8:30 a.m.

Location

Waynesburg University
51 West College Street
Waynesburg, PA 15370

Date/ Time

Saturday, October 5, 2019
Race starts at 8:30 a.m.

Registration

Registration will take place in the Goodwin
Performing Arts Center (behind Miller Hall)
Beginning at 7:30 a.m.

Runners

14 & under 15-19 20-24 25-29 30-34 35-39
40-44 45-49 50-54 55-59 60-64 65-69 70+

Walkers

19 & under 20-29 30-39 40-49 50-59 60+

Entry Fee

\$20 per person, includes a t-shirt*

* To guarantee a t-shirt, register by September 13, 2019
\$25 per person after September 14th through day of event

Awards

Awards for the first finishers, male and female, in
the walk and run. Prizes for the top 2 finishers in
each category, male and female, in the walk & run.

Timing

SERJ Timing Service

From Pittsburgh/Washington

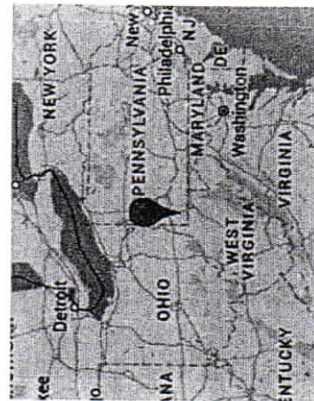
Take I-79 South to Waynesburg, Exit 14
(approximately 1 hour from Pittsburgh and 30
minutes from Washington) Follow the directions
below to our campus.

From Morgantown

Take I-79 North to Waynesburg, Exit 14
(approximately 30 minutes) Follow the directions
below to our campus.

From Uniontown

Route 21 West towards Waynesburg
(approximately 3/4 a mile from I-79). There will be
a traffic light at a "T" (CVS is in front of you)
make a right at the light. Follow to the fifth traffic
light. At the Courthouse on the left, turn right onto
Washington Street. Go 3 blocks. Miller Hall is the
large red brick building to your left at the fourth
block. Parking is on your right.



Please print clearly. Detach and mail this form with your
check payable to Waynesburg University to:

Waynesburg University, C/O Pat Bristor,
51 W. College St. Waynesburg, PA 15370

Name: _____

M/F: _____ Age: _____ (as of 10/5/19)

Home Address: _____

City: _____ State: _____ Zip: _____

Telephone No. () _____ - _____

Adult Shirt (circle): S M L XL XXL

Race Selection:

5K WALK _____ 5K 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 Waynesburg
University, their representatives, successors, and assigns for any
and all injuries suffered by me in said event. I attest and verify tha
I am physically fit and have been successfully trained for the
completion of a race of this distance and difficulty."

SIGNATURE: _____

DATE: _____

PARENT OR GUARDIAN (if under 18): _____

EMERGENCY CONTACT: _____

Name: _____

Relationship: _____

Telephone No. () _____ - _____

Registration Form

Register by mail or online at:
www.ptcoc.org

Sign up for: Walk _____ Run _____

Please Print

Name

Address

City State Zip

Age on race day Male/Female

Phone

E-mail Address

Mail registration with payment to:

Peters Township Chamber of Commerce
1061 Waterdam Plaza Drive, Suite 210
McMurray, PA 15317

Checks payable to:

Peters Township Chamber of Commerce

Waiver and Release

In consideration of the acceptance of this entry, I waive, for myself, my heirs, and assigns, all claims for damages which I might have against the race, its sponsors and directors, volunteers and officials, the USATF, or any other organization, business, or individual as a result of any and all injuries which might be received during the race. I attest that I have sufficiently trained for this event. I also release any photos that may involve me.

Signature

Signature of parent or guardian if under 18

SHIRT SIZE: S M L XL XXL
(Circle one)

DIRECTIONS

From Route 19

Take East McMurray Road,
Turn right on Valley Brook Road,
Turn right on Bebout Road,
Turn left on Meredith Drive.

TIMING

Provided by
**Miles of Smiles
Timing Service**

www.smileymiles.com

For More Information:

Peters Township
Chamber Of Commerce
1061 Waterdam Plaza Drive
Suite 210
McMurray, PA 15317

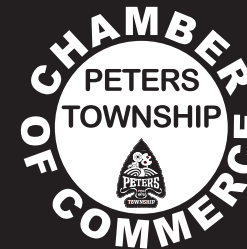
724-941-6345

Email: info@ptcoc.org

or

www.ptcoc.org

**A Washington County
Road Runners Club
Grand Prix Race**



**Peterswood Park
700 Meredith Drive
Venetia, PA 15367**

**Saturday, October 12, 2019
9:00 a.m.**

Pre-register by October 10th
For lower registration fee

Register Online Today at
www.ptcoc.org





Saturday, October 12, 2019

5K Run/Walk • 9:00 a.m. start

Families Welcome

Course will run out and back
on Arrowhead Trail

*Benefits the Peters Township Chamber
Community & Scholarship Fund*

ENTRY

Ages 6 & under: FREE
(Does not include T-Shirt)

Ages 7 - 14: \$10.00
(Shirt & bag included)

Ages 15 & up: \$25.00
(Through October 10, 2019)

Ages 15 & up: \$30.00 Walk-in
(Friday & Saturday, October 11 & 12, 2019)

Pre-registered participants will
receive a long sleeve race shirt
and gift bag if registered
before September 9th.

**Late registrants will receive shirts
and gift bags while supplies last.
So Register Early!!**

REGISTRATION & PACKET PICK-UP

at the

**Peters Township
Recreation Center**

Peterswood Park
700 Meredith Drive
Venetia, PA 15367

October 11th - 1:00 p.m. to 5:00 p.m.

Race Day - 7:15 a.m. to 8:45 a.m.

*Be sure to arrive early on race day
to walk to the starting line.*

Sanctioned by USA Track & Field

REFRESHMENTS!!

GRILLED BREAKFAST!!

AWARDS!!

RAFFLE PRIZES!!

**Join us after the race at the
Recreation Center.**



AWARDS

5K Run

*Top three men and women overall.
Age group awards to top three men
and women in each:*

**7 to 14, 15-19, 20-24, 25-29,
30-34, 35-39, 40-44, 45-49, 50-54,
55-59, 60-64, 65-69, 70 & over.**



5K Walk

*Age group awards to top two men
and women in each:*

**7-19, 20-29, 30-39, 40-49,
50-59, 60-69, 70 & over.**



LECOM

COSTUME CAPER 5K

PITTSBURGH MONSTER PUMPKINS FESTIVAL

PALM PRINTING
FLEET FEET
PITTSBURGH



OCTOBER 19, 2019 - 8AM

NORTH SHORE TRAIL, PITTSBURGH PA 15212

6:00AM - RACE DAY PACKET PICK UP
7:20AM - KIDS' SPOOKY SPRINT
8:00AM - 5K RUN & WALK
9:30AM - POST PARTY & AWARDS

**REFER YOUR
FRIENDS
AND EARN \$\$\$**
YOUR REGISTRATION COULD BE FREE!

The LECOM Costume Caper 5K Run & Walk is one of the many activities planned as part of the 2nd Annual Pittsburgh Monster Pumpkins Festival and includes tons of celebratory surprises along the course. Each participant will receive a race shirt and finisher's medal plus a pumpkin cake pop. Top Runners and Best Dressed will be competing for glass blown pumpkin trophies. All paces including walkers are welcome and race festivities culminate with an age-bracketed kids' spooky sprint.

PACKET PICKUP : FLEET FEET PITTSBURGH OCT 18, 12PM - 6PM

REGISTER AT WWW.MONSTERPUMPKIN.COM

CAN'T MAKE IT? VIRTUAL RACES AVAILABLE!

@PGHMONSTERPUMPKINS

LONG DISTANCE GP

Tina Seech	1	30:28
Joe Sarver	2	34:25
Bob Pikelis	4	35:52
Emery Strotman	1	36:37
Rich Sandala	4	36:56
Greg Mussitsch	2	38:29
Mike Romzy	1	39:20
John Koontz	3	40:48
Jen Foster	2	41:17
Danielle Gonzalez	1	41:21
Debbie Doyle	2	41:41
Heath Piper	1	41:59
Amy Koontz	2	43:04
Stush Sadowski	1	43:21
Judy Sarver	2	45:28
Tom Carter	1	45:35
Gary Lorenzi	2	47:08
Mark Hospodar	3	49:57
John Titus	6	51:32
Louann McCullough	1	53:50
Shane Brunazzi	4	54:18
Scott Harrington	3	56:52
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
Richard Respole	3	1:06:01
Carl Kondrach	3	1:06:21
Stan Czyzewski	3	1:15:05

GRAND PRIX

Tina Seech	2	31:44
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	12	36:09
Amy Koontz	1	36:16
Ann McCormick	1	36:50
Emily Sagan	2	37:25
Kathy Loos	4	37:33
Greg Mussitsch	3	37:42
Kelley Murdock	1	37:55
Heath Piper	1	38:00
Rich Durbin	6	38:11
John Koontz	1	38:48
Stush Sadowski	7	38:54
Jen Foster	3	39:08
Grace Goffi	6	40:21
Gary Chabala	5	41:03
Larry Roolf	5	41:07

Carrie Perrell	1	41:54
Donna Patrino	4	42:55
Sarah Donley	4	43:13
Tom Carter	2	43:53
S. Kevein Berdis	4	44:19
Steve Chabala	2	44:32
Mark Hospodar	2	45:48
Jaminique Milliren	4	44:49
Doug Midcap	6	45:09
Christina Swallon	1	46:16
Gary Lorenzi	2	46:21
Nick Fossum	6	47:29
Kathy Starkey	5	47:35
Scott Harrington	1	48:25
Mary Krett	6	49:47
Mike Frere	1	50:29
Shane Brunazzi	4	50:30
Nathan Milliren	2	51:00
Ed Frohnapfel	4	51:38
Kristine Midcap	4	51:54
LoAnne McCullough	2	53:11
Jim Loos	3	55:04
Dave Byers	1	58:55
Shannon Cain	2	1:06:26
Ricky Andrews	4	1:06:31
Carl Kondrach	1	1:07:31
Chris Moschetta	3	1:10:18
Amy Martin	1	1:11:44
Jakub Rydl	1	1:13:13
Alexandra Brooks	3	1:13:23

WALK GRAND PRIX

Ella Jane Custer	1	42:05
Gary Bennett	4	48:16
Georgette Lacey	4	50:20
LoAnne McCullough	1	55:51
Carl Kondrach	4	56:38
Mike Turkaly	1	57:07
Carolyn Davey	1	57:34
Kelley Murdock	3	59:45
Rose Gray	3	59:50
Richard Respole	8	1:00:58
Terry Whitecotton	2	1:01:13
Sara Donley	3	1:03:13
Terry Smith	1	1:04:06
Stan Czyzewski	2	1:05:19
Barrie Baker	2	1:09:41
George Macek	3	1:09:46
Ken Hissam	2	1:10:45
Blake Headen	7	1:13:07

WCRRRC AT THE RACES

CHOCOLATE TOUR 10K

Tina Seech 43:30(OA-1)

ROAD TO TRAIL 5K

Shane Brunazzi 27:10(A-3)

DUE TO VOLUME, MORE TIMES NEXT MONTH

WCRRC RACE TIMES

RAIN DAY 5K

Bob Pikelis	22:15(A-1)
Stush Sadowski	23:13(A-2)
LuAnne McCullough	32:07
Nick Fossum	33:35
Ricky Andrews	34:17
Kathy Starkey	34:25(A-1)
Mary Krett	38:01(A-2)
Alexandra Brooks	39:49

BRAIN AWARENESS 5K

Mark Hospodar	26:52(A-1)
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COOPERS LAKE 10K

Rich Durbin	52:08
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PASSAVENT 4K

Mark Hospodar	21:30(A-1)
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PASSAVENT 8K

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

HISTORIC HILL 5K

Gary Chabala	26:55(A-1)
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FINDLEY TWP 5K

Steve Chabala	25:05(A-3)
Lary Roolf	25:19(A-2)
Gary Chabala	26:11(A-3)
Mary Chabala	42:32(WALK)

ICE CREAM 5K

Greg Mussitsch	19:11(A-3)
Dave Byers	35:12

ROAR 5K

Rich Sandala	21:30(OA-3)
Kelley Murdock	22:32(OA-3)
Stush Sadowski	23:47(A-2)
Dave Byers	34:49

ROAR 10K

Shane Brunazzi	56:50
Mark Hospodar	1:01:21(A-1)

BEAVER COUNTY 10K

Doug Midcap	54:06(A-1)
Kris Midcap	63:56(A-1)

BANANA SPLIT 5K

Rich Sandala	20:56(A-1)
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BRAVER COUNTY 5K

Mike Romzy	20:53(OA-3)
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P&LE 4M

Tina Seech	27:57(OA-1)
Rich Sandala	28:09(OA-1)
Shane Brunazzi	33:59(A-1)
Gary Lorenzi	36:39(A-1)

ON YOUR MARC 5K

Gary Lorenzi	26:58(A-2)
Christina Shwallon	28:23(A-2)

LIBERTY MILE

Mike Romzy	6:06
Bob Pikelis	6:27
Deb Doyle	7:04
Alexandra Brooks	11:16
Amy Martin	13:03

WEST NEWTON 5K

Gary Lorenzi	27:14(A-1)
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KING COAL 5K

LuAnne McCullough	35:02(A-3)
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MAIN STREET 5K

Gary Lorenzi	28:32(A-3)
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VICTORY 5K

Mary Krett	38:00(A-2)
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PARK. 13.1M WALK

Richard Respole	3:01:40
Rose Gray	3:24:58
Stan Cyzewski	4:02:00

P&LE 10M

Sarah Donley	1:24:42(A-1)
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RACE FOR POTTERY 5K

Tina Seech	20:30(OA-1)
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BROOKLINE BREEZE 5K

Emery Strotman	17:55(OA-5)
Heath Piper	18:54(A-1)
Greg Mussitsch	19:26(A-1)
Mike Romzy	21:30(A-2)
Rich Sandala	21:36(A-3)
Bob Pikelis	22:26(A-1)
Larry Roolf	25:27(A-3)
Steve Chabala	25:40
Gary Chabala	26:37
Chris Moschetta	40:21
Alexandra Brooks	40:26
G. Lacey	57:55(WALK)

DEBBIE GREEN 5K

Doug Midcap	27:03
Alexandra Brooks	42:02
S. Kevin Berdis	44:43(A-1)

D GREEN 5K WALK

Gary Bennett	27:42(OA-1)
Carl Kondrach	28:36(OA-2)
Sarah Donley	34:24(OA-1)
Terry Whitecotton	38:54(A-2)
George Macek	41:57(A-3)
Blake Headen	42:01
Ken Hissam	42:44
Stan Cyzewski	50:05(A-2)
Ella Jane Custer	59:33(A-2)

GREEN MILE

Doug Midcap	7:30(A-2)
Ron Green	8:03(A-3)

GREEN MILE WALK

Carl Kondrach	8:44(OA-1)
Sarah Donley	10:30(OA-2)
Terry Whitecotton	11:28(OA-8)
Rick Respole	11:35(OA-9)
George Macek	12:20(OA-10)
Ken Hissam	12:43(A-1)
Blake Headen	12:54(A-1)
Rose Gray	13:36(A-1)
Stan Cyzewski	14:37(A-1)

N. FAYETTE 5K

Stush Sadowski	24:31(A-2)
Larry Roolf	26:09
Gary Chabala	27:59

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.

