

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

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VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

Hope this edition of the WCRRC newsletter finds everyone well and keeping safe. It really has been a tough year for not only races, but for all areas of our economy and health. Next year may not be up to the standards that we love from racing, but hopefully we can get things under control and start to have a little bit of normalcy.

There are a few notes that we want to pass on to tidy up the rest of the year. For all of those who have run any of the virtual races or still continue to run them, please make sure that you turn times in to Tom and Grace ASAP. We want to get all of this wrapped up by December 15th. Grace will be accepting times until that date. So, if you have any LDGP or SDGP times to turn in or races to run, please get them taken care of.

We also wanted to send out a reminder that the dues for 2021 should now be sent in. All you need to do is to send in the last page of this newsletter with your payment. It's been a tough year without many races to run but here's hoping that 2021 will bring some things back to normal. And we would like all race directors who have any races scheduled so far for the 2021 season to let us know so they can be put on the schedule.

As of this printing, the 2021 WCRRC Banquet is still up in the air. Because of the way the pandemic is still a concern, it-is going to be a while before we can see if there will be any lifting of restrictions in PA. What will probably happen is we will make the decision sometime early in January. If it will be a go, we will email out the banquet application. Stay tuned for any updates.

It looks like most of the races that will be held during the end of this year will be virtual races. There have been a few we have found that are still scheduled to be a live event. Any that we do find will be listed on the website.

There were 2 so far on Thanksgiving Day that are registered as live events. One is being run by Smiley Miles and the other one is being timed by Wolf Creek Management. Check out their websites for more information.

There also has been a confirmation that the Run to Read Half Marathon in Fairmont, WV in January will still be held. There was no paper application available, so check the Smiley Miles website for information on online registration.

Also, there is a new race being scheduled for January 28th in North Park. It is called the Wolf Moon 15K. This race will be held on Thursday night during the Wolf Moon at the Harmer Grove in North Park.

Breaking news just in. Carl Kondrach has informed us that the Santa Sprint will be held this year. The app will be in this newsletter and it will be posted on the website.

OCTOBER AT THE RACES

There were not many actual races reported for the month of October. There was the Perryopolis 5K, where Rich Sandala and Kris Midcap finished in that one. And the Ohio River Trail Fall Races. In the 10K race we had Greg Mussitsch finish third overall in a time of 39:14. And in the 5K event we had Heath Piper as our first male finisher in a time of 18:13, and also second overall. Our first female finisher was Kris Midcap who came through in 30:34.

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.

****THOROUGHLY THINKING THOUGHTS THRU THOUGHTFULL THINKING**

Mickey Hornack

- * Gotta lighten our loads WCRR's. Ever see Blake's cat (assuming all know who da Blakester is!) on Facebook? Cat is pure black and pure BIG!
- * Is it me? When I open a \$3 bag of chips the top layer or 2 are good sized chips. After that they are size of a quarter. Pringle is the exterminator of chippy potato chips
- * Winter coming, holidays coming .. nice!! -snow, wind, ice, dark at 5 pm hmmm opposite of nice!!
- * Back in my classroom days I confiscated a rubber band launcher. I considered it a weapon of mass distraction!!! Honest!!!
- * OK loading the dishwasher!!! I start at the front, lazily cuz I don't have to pull out drawers all the way, but as front of drawers fill, I have to pull out BOTH DRAWERS each time I add dishes!! Moral of story: leave dishes in sink hope the Mrs. fills up dishwasher.
- * Add the Mrs.: she sent me 10 puns hoping that at least 1 would make me laugh. No pun in ten did!
- * Golf & Running/Walking a race have a commonality! Both you pay to participate and then do your best to do as less as possible. Golf- low score, Race-low time!!! Make sense? Wise use of \$\$\$ is count as high as you can in golf! Race take the most time to finish as you can. Come on, think about it!!!!
- * Stay safe Yinz!!!

How To Keep Running Strong at Any Age

TRAINING, INJURY PREVENTION

For many runners, running is more than a way to stay in shape. It's a way to clear our minds, connect

with our bodies and test our limits. It provides a reliable escape from daily stress during all stages of a runner's life.

We often hear that running can add years to our lives. But running is a high impact activity that causes stress to your muscles and joints. So, what can we do to increase our running longevity?

"The most common injuries we see in older runners are knee, foot or ankle, and hip overuse strain injuries," explains Dr. Kevin Christie, a Florida-based sports chiropractor who works with members of Fleet Feet Delray Beach's running club.

But that doesn't mean you have to stop running as you grow older. Read on to learn how you can lengthen your running career:

Make time to focus on mobility, strength and recovery

When we're about to go for our run, it's tempting to just lace up our shoes and go. But it's important for your muscles to warm up before any activity in order to reduce the chance of injury.

"You want to make sure to have a dynamic warm-up before your run that does not involve static stretching or uncontrolled movements," Christie says. "This warm-up should last three to five minutes and should not require you to lay on the ground, so that you can do it on asphalt, concrete, or grass."

Sonja Friend-Uhl, a master's world record holder and member of the Atlanta Track Club, credits longer warmups, including mobility exercises and active stretching, for helping her stay healthy throughout her career.

"I've also placed more emphasis on strength training as I've gotten older," she explains. Strength training is important because it can prevent muscular imbalances that lead to injury.

In addition to strength training, regular bodywork can also reduce your chances of injury.

"Bodywork such as foam rolling, massage, Active Release Technique or physical therapy can prevent adhesions that lead to injury," says Christie. Take that as permission to treat yourself to a massage tool or a new foam roller.

Listen to your body

Runners are often taught to push through discomfort and manage our pain. But listening to what your body needs is a tried and true way to lengthen your running career.

“When something feels off, address it right away. Don’t try to run through it,” recommends Friend-Uhl. It’s better to take a few days off than to be potentially sidelined for months.

“I’ve also begun taking two to three days of recovery between hard efforts versus the one to two days I used to take,” she says. She also advises runners to focus on the quality of miles rather than the quantity. “I’m really not high-mileage focused,” she explains.

Running too much mileage before your body is ready can significantly increase your risk of long-term injury. “Most running related injuries occur over time. Gradually increasing your mileage with optimal rest can reduce the overwork that leads to injury,” says Christie. In other words, less is more when it comes to staying healthy.

Fuel Up

Fueling our bodies is one of the most important things we do as runners. Proper nutrition (or lack thereof) dictates how we feel during workouts and how quickly our bodies can recover.

According to the Mayo Clinic, runners need plenty of carbohydrates to replace muscle glycogen and protein to stimulate muscle repair after a training session. Runners should also make an effort to consume healthy fats such as avocados, nuts or fish.

“Recovery nutrition and my specific supplement needs, identified by regular labs and bloodwork, has kept me competing at a world-class level even as I approach 50 years of age,” says Friend-Uhl. “I try to get in at least 15 grams of protein with 30 to 40 grams of carbs in liquid form within a half hour of finishing my workout.”

Whatever your running goals may be, it’s important to look after your body and treat it with care so you can keep logging those miles no matter your age.

How to Breathe While Running

TRAINING

It’s easy to get wrapped up in strategies for speed work, stretching or nutrition while training for a race. But many of us forget about an element of running that serves as a foundation for how fast and how far we can go: our breath.

The way you breathe while running is an important part of performing your best. So, how can beginning and advanced runners alike optimize their breathing to maximize running potential? Let’s take a closer look, with the help of a few coaches, including the elite coach, Dr. Jack Daniels.

Oxygen: A Runner’s Basic Fuel

We breathe to pump oxygen into our bodies and pump carbon dioxide out. This process becomes more crucial when we are exercising and the demand for oxygen increases.

A study published in the Journal of Applied Physiology found that the work of breathing may account for up to 10 to 15 percent of energy demand during intense exercise, such as running.

When your body isn’t getting enough oxygen during a run, you’ll immediately notice it in your breath: you may be panting or breathing raggedly. But struggling for breath can have systemic effects on your body, even when you stop running. Your body produces lactic acid when oxygen levels are low, which in turn can cause muscle cramps and fatigue.

Breathing With Your Belly While You Run

One way to ensure we are getting as much oxygen as possible is through a breathing technique called diaphragmatic breathing, or belly breathing.

Diaphragmatic breathing is a technique that uses your diaphragm—the large, dome-shaped muscle at the base of your lungs—to help move oxygen in and out of your lungs. Using the technique can strengthen the diaphragm, decrease the amount of work it takes to breathe and decrease your body’s demand for oxygen, according to the Cleveland Clinic.

A good way to practice belly breathing is to lie down on the floor and place your hand on your belly. When you inhale, try to breathe so that your belly rises and lifts your hand. Once you've got the hang of it, stand up and repeat the steps. With practice, you can train yourself to belly breathe while running, thereby increasing your ability to obtain and use oxygen.

As for whether you should be breathing in through your nose and out through your mouth, or using both, many coaches encourage runners to do what feels most natural.

Rhythmic Breathing for Runners

Rhythmic breathing utilizes your steps as a way to regulate and count your breathing. To try it, start with a basic "square" pattern that syncs with your footstrike (sort of like counting dance steps): Breathe in (1), two, three, four; breathe out (1), two, three, four.

And just like dancing, the breathing-step pattern can change.

Dr. Jack Daniels is an Olympic medalist and exercise scientist who works with elite runners, including a number of Olympians. He currently serves as Head Coach of the Run S.M.A.R.T. program. In an email to Fleet Feet, Daniels says 86 percent of the serious runners he has tested ventilate with a 2:2 rhythm.

"Elite runners often start races with a 2:2 rhythm for about 2/3 of their race, and go to 2:1 or 1:2 the last third of the race," Daniels says.

You can try this approach with a 5K distance, for example, by using a 2:2 rhythm for the first two miles, and then switching to a 2:1 for the last mile. Daniels says you'll know quickly whether you're pacing yourself properly: "If you can't stay with 2:2 for two miles, then you went out too fast."

Daniels says he found doing a five-minute run during which you change the rhythm each minute can help runners find which works best for them.

"Do a five-minute steady run using a 4:4 rhythm the first minute, then change to a 3:3 rhythm the second minute, a 2:2 the third minute, 1:1 the fourth minute and again to a 4:4 rhythm the fifth minute," he says. "Many won't mind that 4:4 the first minute, but realize 4:4 isn't good by the fifth minute. When on an easy run, 3:3 is a workable rhythm, but it isn't good enough for a race."

There's a significant amount of research that's been done on rhythmic breathing and running. The authors of one seminal 2013 study, Impact Loading and Locomotor-Respiratory Coordination Significantly Influence Breathing Dynamics in Running Humans, found rhythmic breathing aided in "reducing the work of ventilatory muscles, and minimizing fatigue of respiratory muscles that are critical to endurance aerobic activity."

If rhythmic breathing supports running economy, is there an ideal rhythm we should be working toward? The short answer: It depends on an individual runner's fitness level and goals. A beginner or intermediate runner on a long run may do well with a 3:2 or 3:3 pattern, while an elite runner racing in a 5K will likely favor a 2:2 or 2:1 pattern.

Consistency is Key to Breathing Better

Although belly breathing and rhythmic breathing can significantly impact your running, it's consistency in your training that will ultimately improve your fitness level and increase your body's ability to utilize oxygen.

USA Track & Field-certified running coach Lou Ann Bakolia, who coaches through her company Off to Run, says consistency is key to becoming a better runner.

"The breathing will come with consistent training," she says in an email to Fleet Feet. "They have to run at least three days per week."

USATF coach Tim Clark also says proper breathing can help a runner's recovery from a hard workout.

"A runner's level of fitness, and ease of breathing go hand-in-hand," Clark says in an email. "Therefore, the more fit one is, the quicker one's recovery."

Pay attention to your training schedule, pay attention to your breath, and your upcoming race may feel a bit breezier.

How To Build Your Running Plan

TRAINING

Whether you're training for a 5K, an ultramarathon or any distance in between, here are key elements that should be a part of your training no matter what.

How many miles should I run each week?

- Start with a big-picture view. Choose a target distance for your virtual race day, and work backwards to build a plan around your goal.
- If you're starting to run for the first time, think in terms of time rather than distance. Run/walk intervals are a great place to start, and you'll want to begin with no more than 20-30 minutes every other day. Take it slow and easy as you build your endurance.
- Your total weekly mileage will only increase by a few miles each week. A common rule is to increase mileage by no more than 10 percent per week, but it depends on your experience and fitness level.

Weekly mileage goals will be approximate and have room for flexibility if you need extra rest or life throws you a curveball. Stress, no matter where it's from, is still stress. And stress affects your body's ability to perform.

What kinds of runs and workouts do I perform each week?

A balanced running plan will have all of the elements listed below in your weekly schedule.

- Easy runs
- Speed workouts
- Long runs
- Rest days
- Strength training
- Cross-training

Each element of your week has its own specific purpose. If you do a tough workout and don't give your body a chance to rest and recover, you are only breaking the body down and not giving it a chance to get stronger.

So, particularly if you are a new runner, be patient with your training and let each day serve its purpose. Don't run your easy days too fast or skip rest days, because they are just as important as the speed workouts and long runs.

Easy runs

Running is always a little bit challenging, but your easy days should be runs that are at a comfortable distance and pace. Holding a conversation during the run should be no problem. If you can't speak comfortably, you're running too fast.

If you are brand new to running, a great way to get started is with a mix of walking and running. In fact you may just want to walk first, if running is out of reach. You will want to have two to three easy days like this per week.

Speed workouts

Here's where you put the hard work in. These runs are designed to help you get faster. There are several different types of speed workouts. Some of the most common ones are intervals, tempos and hill repeats.

- **Intervals** - These are short, [intense repeats](#) at race pace or faster, with rest periods in between that are equal to or slightly longer than the speed portion. These can be run/walk intervals or running with easy jogging in between, depending on your goals and fitness level.
- **Tempos** - These runs consist of a warm-up and cool-down with the middle of the run at a pace just outside of your comfort zone. It's an extended run without rest until you get to the cool down. The

pace and distance depend on you and your training goals. Generally, if you can have a conversation, you're not running hard enough. If you can't get a word out, you're running too fast. Tempos are excellent practice for a race because they get your body used to running fast without rest.

- **Hill repeats** - [Hill repeats](#) are just what they sound like. Run fast up a hill, jog down easy, repeat. These are excellent ways to build strength and speed with less wear and tear on the body.

Always warm up and cool down with your speed workouts. This helps your body adjust, prevents injury and helps you have a better workout. Many runners will only complete one speed workout per week, especially if they are new to running. If you are an experienced runner, you might do two speed workouts of different types, or add some tempo miles into the long run.

Long runs

This is your longest run of the week, and its purpose is to improve your endurance. It should be at an easy, conversational pace. Many runners put this run on the weekend when they have more time, but that's up to you.

In general, it helps to do it on the same day of the week every week so your body has time to recover before you increase the distance again. You will only do one long run per week.

Rest days

Most runners underestimate the importance of rest days.

These are days that are taken completely off of running. You might choose to do no physical activity on these days or if you still want to be active, choose something gentle and restorative, such as yoga or easy walking.

Rest days are crucial for allowing your body to recover after a tough effort. Depending on your fitness level, you will want one to two of these days per week.

Strength Training

As a runner, it's crucial to support your body by taking time to build strength, balance, flexibility and mobility. This will help you prevent injury as well as increase your power and speed.

You can get in all of the work you need with just 15 to 20 minutes of strength work three or four days per week.

Try taking two days to focus on core strength and a day or two for leg strength

Cross-training

In this context, cross-training is any activity that will complement your training but let your body recover from running-related stress.

Yes, you can get by without cross-training, but activities like cycling and swimming continue your aerobic training without the pounding on your joints, and they bring variety to your schedule. Choose whatever you enjoy from yoga to climbing to kickboxing. The goal is to be a balanced athlete, prevent injury and have fun.

WCRRC AT THE RACES

ELDERTON 5K

Heath Piper 18:15(OA-2)
Greg Mussitsch 19:45(A-1)

ELDERTON 5K WALK

Carl Kondrach 30:05(OA-1)
Sarah Donley 35:19(OA-1)

GREAT RACE 10K (VIRTUAL)

Bob Pikelis 47:41
Gary Lorenzi 53:46

LABOR DAY 5K (V)

Mary Krett 38:53

GREAT RACE 5K (V)

Emory Strotman 17:52
Alexandra Brooks 41:03

LITTLE GREAT RACE 5K (V)

Tina Seech 21:23

HEITZ FOR HEAVEN 5K

Heath Piper 18:04(OA-1)
Greg Mussitsch 19:14(A-1)
Rich Sandala 22:11(A-2)
Kris Midcap 31:12(A-2)
Blake Headen 46:51

HAPPY B-DAY PITT 5K (V)

Joe Lebert 33:20

RUN TO END HUNGER 5K

Carl Kondrach 22:15(A-2)
Kris Midcap 29:56

HALL OF FAME 13.1M (V)

Alexandra Brooks 3:18:43

BARNESVILLE 5K (V)

Rich Durbin 20:42

FALL TRAIL 13.1M

Sarah Donley 1:56:24

BOSTON HARVEST 13.1M

Carl Kondrach 2:07:41
Kris Midcap 2:29:33

BOSTON HARVEST 5K

Rich Sandala 22:15(OA-3)
Sarah Donley 24:27(OA-3)
Shane Brunazzi 26:43(A-1)
Pat Calmbacher 28:00(A-1)
Gary Lorenzi 28:41(A-2)
Joe Lebert 31:28(A-1)
Debbie Calmbacher 34:00(A-1)

Alexandra Brooks 39:51(A-2)
Ashlyn Brunazzi 40:24(A-2)

TANGER 5K (V)

Tina Seech 21:24
Joe Lebert 34:25

OHIO RIVER 10K

Greg Mussitsch 39:14(OA-3)

OHIO RIVER 5K

Heath Piper 18:13(OA-2)
Pat Calmbacher 38:36(A-3)
Kristine Midcap 30:34(A-2)
Deb Calmbacher 34:02(A-2)

JUST A SHORT RUN 8.1M

Joe Lebert 1:38:01
Alexandra Brooks 1:48:45

FLATHEAD 5K WALK

Carl Kondrach 30:15(OA-2)
Sarah Donley 37:00(OA-1)

B. MARTINA 5K

Rich Sandala 21:57

FALL TRAIL 5K

Carl Kondrach 23:10(A-1)

MARINE CORPS 26.2 (V)

Tom Carter 4:51:57

END OF THE ROAD 13.1M

Rich Durbin 1:39:50(A-1)

FIREFLY 2M

Carl Kondrach 14:52
Joe Lebert 21:37

Alexandra Brooks 25:34

CHAMBER CHASE 5K (V)

Tina Seech 21:13

Bob Pikelis 24:15

JOHN WOODRUFF 5K

Emory Strotman 18:09(OA-3)
Rich Sandala 22:30(A-2)
Pat Calmbacher 29:32(A-2)
Deb Calmbacher 35:04(A-2)

JOHN WOODRUFF 5K WALK

Carl Kondrach 29:06(OA-1)
Sarah Donley 35:42(OA-1)
Blake Headen 44:57(A-3)

PERRYOPOLIS 5K

Rich Sandala 21:57(A-1)
Kristine Midcap 31:01(A-3)



Barnesville's 11th Annual
Santa's Spirit Sprint
Saturday, December 5th, 2020
@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 1st Red Light. Turn left. Follow signs. This year ONLY: race begins and ends at the Train Depot. **ALLPARTICIPANTS ARE ENCOURAGED TO DRESS UP IN THEIR FAVORITE HOLIDAY OUTFITS!**

Entry Fee: \$16 pre-registered. \$20 after and race day. As always, we will be collecting gift cards and other items to help fill the Wish Lists. For a items needed, please contact the race directors.

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 3 Masters M/F (50+) 3. Top 5 Over 50, Top 5 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 3 Masters M/F (40+) 3. Top M/F in A/G: **Age Groups:** (Run Only) 9 & Under, 10-14(2), 15-19, 20-29, 30-39, 40-49, 50-59(2), 60-64, 65+ (2) **Special Awards for Youngest & Oldest Male & Female Finishers!**

Results: Race results for this and other events will be at www.SmileyMiles.com

Photographs: Race photographs will be available for viewing, download, & purchasing at: www.RonPradetto.com

Contact Info: Carl A. Kondrach, Director (740)310-2117 ; (740)238-1833; E-mail: carlkondrach@yahoo.com

COVID Info: All participants will be required to wear a mask at all times EXCEPT DURING THE RACE. A nurse will be on hand to take temperatures. We will have hand sanitizer and extra masks available. We ask that Social Distancing be maintained and that you stay home if you don't or haven't felt well in the two weeks leading up to the event. All of our volunteers will be wearing masks and gloves. Cookies & hot dogs will be individually wrapped to go. There will be no door prizes this year. Race results will be close to instantaneous so we can get you in & out quickly. Trophies will be sanitized and handed out quickly.

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:
 300 East Church

Male Female

Run Walk

Name (please PRINT clearly)

Address

City State ZIP

Phone Age

E-mail (optional) Today's Date (\$20 race day)

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 I acknowledge the contagious nature of COVID-19 and understand there is no guarantee that I will not become infected by participating at this event. I understand & accept the risk of exposure and/or infection and wish to participate in this event. I verify that I am not feeling ill and that I will practice Social Distancing

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

Donations of items and gift cards will be accepted race day

X

Signature Required (Parent/Guardian if under 18)

Date

*****The 2020 Grand Prix is very difficult to administer. Substituting one race for another is confusing and very time consuming. PLEASE DO YOUR PART; CHECK YOUR TIMES BELOW AND SEND GRACE AN EMAIL IF YOU SEE A PROBLEM.**

ALL STATS AS OF 11-3-20

GRAND PRIX WALK 2020

1.	Carl Kondrach	4	56:24
2.	Sara Donley	3	1:03:31
3.	Richard Respole	1	1:05:47
4.	Blake Headen	2	1:24:48

GRAND PRIX 2020

1.	Tina Seech	6	30:04
2.	Greg Mussitsch	1	32:56
3.	Emery Strotman	4	35:15
4.	Mike Romzy	1	35:49
5.	Heath Piper	2	36:56
6.	Bob Pikelis	3	37:20
7.	Rich Sandala	7	37:37
8.	Rich Durbin	3	38:08
9.	Gary Chabala	1	41:49
10.	Larry Roof	1	41:53
11.	Carl Kondrach	6	42:19
12.	Sarah Donley	4	42:47
13.	Gary Lorenzi	4	44:40
14.	Pat Calmbacher	4	45:49
15.	Deb Calmbacher	5	46:50
16.	Doug Midcap	2	46:53
17.	Mary Krett	1	48:37
18.	Kristine Midcap	3	49:32
19.	Shane Brunazzi	3	54:19
20.	Dave Byers	1	54:47
21.	Joe Lebert	7	1:02:45
22.	Alexandra Brooks	5	1:13:33
23.	Steve Chabala	1	1:31:34

LDGP 2020

1.	Bob Pikelis	2	36:29
2.	Greg Mussitsch	1	36:34
3.	Heath Piper	1	37:23
4.	Rich Sandala	2	38:37
5.	Deb Doyle	1	39:11
6.	Jen Foster	1	39:56
7.	Rich Durbin	1	40:00
8.	Emery Strotman	2	42:22
9.	John Titus	2	44:25
10.	Gary Lorenzi	1	47:42
11.	Carl Kondrach	3	49:59
12.	Mark Hospodar	1	52:19
13.	Sarah Donley	3	52:33
14.	Kristine Midcap	2	55:26
15.	Shane Brunazzi	1	58:41
16.	Dave Byers	1	1:01:42
17.	Joe Lebert	1	1:12:55
18.	Alexandra Brooks	2	1:18:45

LDGP WALK 2020

1.	Carl Kondrach	3	1:04:01
2.	Sarah Donley	3	1:06:04

WCRRC AT THE RACES

JUST A SHORT RUN 5K

Tina Seech	22:48(OA-3)
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DONUT WORRY 5K (V)

Tina Seech	21:13
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TANGER 5K (V)

Alexandra Brooks	41:07
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HAUNTED HUSSLE 5K

Joe Lebert	35:22
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JACK O' LANTERN JOG 5K (V)

Bob Pikelis	24:47
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WCRRC "One of the areas oldest and largest running clubs"
Established 1974

(Please check one)

New Member _____ Renewal _____

(Please print)

Name(s) _____

Address _____

City _____ State _____ Zip _____

Phone _____ Date of Birth ___/___/___ Age ___ Sex ___

Email Address _____

Additional family members _____

Years Running or Walking? _____ Willing to help at club events? _____

Yearly Dues: \$15.00

Mail application and payment to: **WCRRC**
1427 Willowbrook Drive
Washington, PA 15301

All information given is for the club's records and will be kept confidential.