

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

APRIL, 2021

VOL. 21 / No. 4

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

## NEWS AND NOTES

Before we get into any news and notes, I wanted to send out a special request. George and Bonnie Macek's daughter, Amanda, is going through some rough treatments for a rare form of breast cancer. We just wanted to, and hope that all of you would also, send out some thoughts and prayers to her and the family. It is very much appreciated.

There still has not been an official date set to have our 2021 WCRRRC banquet. Awards are about to be taken care of and it is hoped that by the first of May we will make a decision about whether to have the festivities or not. So, stay tuned in the next edition.

Included in this edition is a list of proposed races to be used for the 2021 Short Distance Grand Prix. Not many have been confirmed as of publishing date, but if some are not held as a live event, we may use them virtually again this year. This temporary list will be updated throughout the year as more races are confirmed.

We also wanted to welcome a new member to the club. Bill Childers just moved back into the area and is now living in Wheeling, WV. Bill has been looking for a few groups around the area to run with, so if you hear from Bill, let him know where you all meet. Hopefully, we can all get back together at a race soon and say welcome to Bill.

## UPCOMING RACES

Here is a partial list of all known upcoming races. The ones with a \* beside it will be a Grand Prix event. Any questions on the races please check out the website for more information.

5/1 – Run to Breathe 5K/Half – Portersville, PA  
5/2 – Sweat Bar 5K/10K/Half – Oakdale, PA  
5/2 – Ghost Trail Half – Black Lick, PA  
5/15 – \* Rails to Trails 5K – Barnesville, OH  
5/15 – UPS/United Way 5K – New Stanton, PA  
5/16 – Ohio Ricer Council 5K/10K – Rochester, PA  
5/22 – Phenomenal Hope 5K – Pittsburgh (North Shore)  
6/5 – \* Run 4 Alex 2M/5M – Bentleyville, PA  
6/5 – \* Boston Trail 5K/Half – Boston, PA

## WCRRRC AT THE RACES

So there have now been a few live race events going on. Here are just a few quick notes on a few of them.

### **Rotary Lake 5K**

Almost 140 runners and walkers crossed the finish line in Barnesville, OH for the Rotary Lake event. Sean Flanagan was the overall winner in a time of 18:42. Pat Calmbacher was our first running finisher in a time of 31:45 and his wife Deb was our first female finisher, with a time of 35:34. In the walkers category, Carl Kondrach took top honors in a time of 31:58 with Gary Bennett hot on his heels at 34:17. And Sarah Donley was our first female and first overall finisher in a time of 37:04. And we can't fail to mention that Blake Headen finished in 49:35.

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).

## 2021 WCRRC GRAND PRIX

The WCRRC Grand Prix's will both return in 2021 for the 36th edition. Please read the guidelines below and keep for your own information.

**\*\*Races must be run while a member. Anyone joining in progress will be eligible as of the date of membership and may not use races run prior to membership.**

### 2021 GRAND PRIX (RUN AND WALK)

I. A tentative list of races is below. Changes and additions will be made as soon as possible. Not all races are confirmed as of this printing. Some may be run as a virtual race. We will keep you informed of all changes.

Barnesville Park 5K (March)	Peters TWP 5K (June)	Little Great Race 5K (Sept)
	Whiskey Rebellion 5K (July)	Boston Harvest 5K/10K(Sept)
	Running for Ryan 5K (July)	Pumpkin Festival 5K (Sept)
	Rain Day 5K (July)	Great Race 5K/10K (Sept)
Dock to Lock 5K (Oct)	Debbie Green 5K Oct)	Chamber Chase 5K (Oct)
Rails to Trails 5K (May)	Brookline Breeze 5K (Aug)	Jack-O-Lantern Jog 5K (Oct)
Boston Trail 5K (June)		Donora Smog 5K (Oct)
Run for Alex 5M (June)	Labor Day 5K (Sept)	Turkey Trots 5K Any (Nov)

2. To qualify, you must run or walk 5 of the above races.
3. It is the responsibility of the runner to report times to Grace Goffi (724-745-4029) [gracegoffi@verizon.net](mailto:gracegoffi@verizon.net).
4. A separate Walking Division will use the above races.
5. The standings will be posted monthly in the newsletter.
6. The Grand Prix is age graded. Your age on race day will be needed to score you.

### 2021 LONG DISTANCE GRAND PRIX

- I. Any race 15K or longer can be used. No races are chosen by the WCRRC.
  2. Four (4) races are needed to qualify.
  3. The LDGP begins January 1 and ends December 16.
  4. All times must be submitted to Tom or Grace within two weeks
- QUESTIONS? Tom Trettel (724-229-0201)

**KEEP THIS PAGE FOR FUTURE REFERENCE**



**Run to Breathe**  
**Half Marathon and 5K**  
**Saturday, May 1, 2021**  
**Half Marathon @ 8:30 a.m.**  
**5K @ 9:00 a.m.**

Please help support this cause.  
Proceeds from this event will help to support  
Pennsylvania Cystic Fibrosis, Inc.  
Visit their web @: <http://www.pacfi.org>

**Location:** **McDanel's Boat Launch, Pavilion #7**  
**McDanel's Road**  
**Moraine State Park**  
**Portersville, PA 16051**

**Course:** **Out and back on the bike trail.**

**Race Director:** Herb Cratty (724-841-6528) or [bonnherb@yahoo.com](mailto:bonnherb@yahoo.com)

**Awards:** Top Overall Individual Male and Female.  
Finisher medals for Half Marathon.  
Hand crafted wooden medals.

**Make Checks payable and send to:**

Miles of Smiles Timing Services  
511 Harpers Ferry Road  
Ellwood City, PA 16117

**Registration is also available at RunSignup.com**

Entry fee is per entrant. Please indicate which Race:

Half Marathon \_\_\_\_\_\$35.00      5K \_\_\_\_\_\$20.00

**NO RACE DAY REGISTRATION WILL BE AVAILABLE**

Gender:   M    F    Age \_\_\_\_\_

Shirts for Half Marathon and 5K, please indicate which size:    S    M    L    XL

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

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

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

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

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release this race and all organizers, sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event . I also release any photos that may involve myself. Participant Signature Parent or Guardian:

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/2021



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

**Platinum Sponsors:**



**Gold Sponsors:**

- Cheffy's Drugs
- Joe's Tires and Service Pros
- Kemp Insurance

**Grand Prix Sponsors:**



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

- Domino's Pizza
- Donley's Delicious Delights
- My Pizza Place
- South Central Power Company

Race Course manned and patrolled by the following:

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

Volunteers provided by the following organizations:

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

**OTHER RELEVANT WEB INFO:**

[www.astoriaplaceofcambridge.com](http://www.astoriaplaceofcambridge.com)  
[www.barnesvilleohio.com](http://www.barnesvilleohio.com)  
[www.dominos.com](http://www.dominos.com)  
[www.joestiresandservice.com](http://www.joestiresandservice.com)  
[www.iOTwebdesign.com](http://www.iOTwebdesign.com)  
[www.parkerandparkerins.com](http://www.parkerandparkerins.com)  
[www.ronpradetto.com](http://www.ronpradetto.com)  
[www.runsignup.com](http://www.runsignup.com)  
[www.scouting.org](http://www.scouting.org)  
[www.smileymiles.com](http://www.smileymiles.com)  
[www.wcrrc.org](http://www.wcrrc.org)  
[www.wesbanco.com](http://www.wesbanco.com)

**Carl A. Kondrach, Director**  
808 North Chestnut Street  
Barnesville, OH 43713-1118  
[www.RailsToTrails5k.com](http://www.RailsToTrails5k.com)  
[Facebook.com/barnesvillegrandprix](https://www.facebook.com/barnesvillegrandprix)  
Cell: 740-310-2117/740-238-1833  
E-mail: [carlkondrach@yahoo.com](mailto:carlkondrach@yahoo.com)

Voted  
“#2 Favorite Race in the Ohio Valley”



**Special Division for Dog-Walkers!**

**Saturday, May 15, 2021**  
**8:30am/8:32am**

**Title Sponsors:**



**Tunnel Fun Run for Kids**  
immediately following  
the last finisher

**(Approximately 9:45am)**  
*Kids' Application and other  
information can be found at:*

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

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

Mail form(s) and make check payable to:

**Rails-to-Trails 5k**

808 North Chestnut Street  
Barnesville, OH 43713-1118

*Please Note: This is a MAILING ADDRESS ONLY! The physical race address is: 300 East Church Street, Barnesville, OH*

Please check ONE box **ONLY**:

☐

RUN

☐

WALK

☐

CLYDESDALE/  
LADY ATHENA  
210lbs/165lbs

☐

CANINE WALK TEAM

Dog's Name \_\_\_\_\_

**Note:** Those who check the Clydesdale/Lady Athena weight class are NOT eligible for age group awards. Those who check the Canine Walk Team box are NOT eligible for regular walk-division awards.

☐

Male

☐

Female

☐

Kids Run (free)

**5k Shirt Size: (Please Circle One)**

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

Name (please PRINT clearly)

Address

City State ZIP

Phone e-mail (optional)

Age on Race Day Birthday

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

X

Signature (Parent or Legal Guardian if under 18)

Date

**\$22 (May 2) \$25 after or your application will not be accepted!**

## Race Info:

**Directions:** (From all points North:) Interstate 70 East/West, Exit #202 (Barnesville/Dennison). Go 6.5 miles on State Route 800 South to first Red Light. Turn left. Go 200 yards. (From all points South:) Take State Route 800 North to 3rd Red Light. Turn right. Go 200 yards. Race begins near and ends at the Train Depot. 300 East Church Street

**Entry Fee:** \$22 pre-registered (deadline, postmarked by May 2). \$27 after May 2 and on race day. Special Charity Rate: \$19 each, minimum **FOUR** entries mailed together. (Pre-registered ONLY, deadline, postmarked by May 2nd)

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

**Keyword: Rails**

**Trophies:** We proudly offer absolutely more awards (2001) for more participants than most 5k events you will find anywhere. Unique, high-quality, ceramic trophies to be awarded in the following categories:

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

**Walkers:** 1. Top 5 Male, Top 5 Female  
2. Top 3 Male, Top 3 Female Masters (50+)  
3. Top 3 Male & Female in Age Groups unless otherwise indicated.

**Runners:** 1. Top 5 Male, Top 5 Female  
2. Top 3 Male, Top 3 Female Masters (40+)  
3. Top 3 Clydesdale Male (210 lbs+), Top 3 Lady Athena Female (165 lbs+)  
4. Top 3 Male & Female in Age Groups.

**NO DUPLICATIONS!**

**PLEASE NOTE:** the Age Groups for Males & Females and for the Walk & Run can and do vary greatly. They are ever-changing as they are based on last-year's results so as to minimize waste and cut down on cost. If you have a specific Age-Group award question, please contact the director

**Door Prizes:** Over 50 door prizes/certificates valued nearly \$1000 donated by surrounding merchants/businesses.

**Shirts:** All pre-registered 5K runners, walkers, and dog-walkers are guaranteed a high-quality athletic mesh T-shirt (not cotton). Register early to nab the right size! Late registrants: first come, first serve. (225 shirts will be pre-ordered).

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

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

## More Race Info:

**Director's Award:** We are currently seeking candidates for this award. If you would like to nominate someone, please contact me by phone, e-mail, or with your application (deadline May 4) Please include a detailed summary of how he/she has made contributions to the walking, running, or racing communities. Winner will be recognized and presented with a special trophy

**Grand Prix:** This event is associated with 2 Grand Prix Series: 1. The Washington County (Pa.) Road Runners Club (WCRRC) Grand Prix Series; 2. It is the 2nd of four races in the Barnesville Grand Prix.

**Barnesville Grand Prix Series**



**Kids' Tunnel Fun Run:**

Immediately following the last 5k finisher (approximately 9:45am). You may use this form to register your child. Fun Run & 5K Race applications and fees may be mailed together. Parents, please arrive at least 15 minutes early. All children win a trophy. There is no fee for children to run. Parents are welcome to run or walk with their kids. Kids will be run in waves, starting with the oldest and working backwards.

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

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

**NO REFUNDS ISSUED FOR ANY REASON!**



# What You Need to Know About Plantar Fasciitis

## [INJURY PREVENTION, Q&A](#)

March 16, 2021

Finding time to be active and properly support your body while doing so has never been more important.

Of the estimated 2 million American patients treated every year, the CDC credits inactivity as the most common risk factor for plantar fasciitis.

Plantar fasciitis is defined as the inflammation or irritation of the thick band of tissue that runs across the bottom of your foot and connects the heel to the toes. Oftentimes, individuals with plantar fasciitis experience stabbing pain at the heel of the foot.

Due to the COVID-19 pandemic, you may find yourself staying indoors and barefoot for work or school, with little room for activity, putting you at an increased risk for developing plantar fasciitis.

Additionally, a sedentary lifestyle means less time wearing shoes, and less support for your feet. In a recent article from the Mayo Clinic Health System, Sara Vande Kieft, P.D.M., noted the impact of life in quarantine on the health of your feet.

"While going without shoes may feel good in the short term, a lack of arch and foot support can increase the risk of foot conditions, including plantar fasciitis," writes Vande Kieft.

Identifying and treating plantar fasciitis poses a unique challenge to clinicians and footwear outfitters alike. While a sedentary lifestyle can predispose individuals to plantar fasciitis, it is also very common in runners who may be running with improper foot support.

"You go to the dentist and get a check-up twice a year, but we don't do anything for our bodies. We don't really do screenings, we just assume our body is in tip-top shape 24/7 and we go run and play sports and do all these different things," says [Dr. Colten Sullivan, PT, DPT](#).

[CSCS](#). "That's when these injuries present and become inflamed."

Physical therapists like [Dr. Colten Sullivan](#) from Bull City PT in Durham, NC, are attempting to combat the onset of plantar fasciitis through unique programming and preventative screening.

We sat down with Dr. Sullivan to learn more about the prevalence of plantar fasciitis and how runners can best address it.

## **FF: What is plantar fasciitis and what causes it?**

**Sullivan:** Plantar fasciitis is irritation or inflammation of the plantar fascia that sits basically at the bottom of your foot. The plantar fascia is important in providing support for the arch of your foot and aids in shock absorption as you walk or run.

## **FF: What are signs to look for to determine if you have plantar fasciitis?**

**S:** What we look for is basically pain in the heel that is worse when you first get up in the morning or after sitting for a while. This pain can sometimes get better once you get going and get warmed up, but then it's really bad once you stop running and time has passed. What happens is that the calf muscle (gastrocnemius) tightens up and pulls on the plantar fascia, which causes it to be stretched more than normal when you start walking.

## **FF: How do you treat it?**

**S:** Treatment for plantar fasciitis starts with stretching the calf and the plantar fascia, followed by strengthening the muscles inside the foot and further up the chain. More specifically, the gluteus medius, gluteus minimus and piriformis muscles. This will help improve the mechanics of the individual to prevent further strain and poor biomechanics.

## **FF: Can you recommend some at-home strengthening exercises folks can do to avoid PF?**



**S:** A calf stretch is definitely very crucial. One of my favorite ones is putting your foot up on the edge of the curb or stretching your foot on a foam roller. You can use a lacrosse ball to apply pressure to the bottom of your plantar fascia to help get it stretched out.

As far as exercises go, you can do calf raises or heel raises, clam shells or hip abduction. Or there's an exercise I call the "Colton Shuffle," which is basically a lateral banded walk. I like to have some fun with that one.

### **Dr. Sullivan's 4 Steps to PF Pain Relief:**

Dr. Sullivan recently created a program to teach others more about plantar fasciitis and was kind enough to share it with us. Here are some of his favorite tips and tricks to navigating plantar fasciitis:

1. **Calf stretch: 30 seconds x 2 sets**
2. **Calf foam rolling: 2 minutes**
3. **Plantar fascia rolling: 2 minutes**
4. **Colten Shuffle (lateral band walks): 4 laps**

### **FF: Have you seen an uptick in cases of plantar fasciitis since the pandemic has limited/exaggerated mobility for many?**

**S:** I've definitely seen that. Sitting causes our calf muscle and plantar fascia to tighten up, so when you go to get up, that's when it's stretched and strained.

What are we all doing now at home? We're sitting on a couch or chair, we don't have the ergonomic setup we might have had at the office.

Plus, we're sitting more, and it's been winter time so we've all been stagnant and not doing as much.

Now, people are getting active since the weather is getting nice out, so I see an uptick in plantar fasciitis and general injuries to the lower extremities at this time of year, especially because of COVID-19.

### **FF: What shoes are best for those with plantar fasciitis?**

**S:** Each runner is different and each runner's mechanics can change.

I personally leave it up to Fleet Feet to fit the runner with the shoe that fit them best. You guys do a great job of fitting runners based on how their foot lands when they run.

Dr. Sullivan also recommends being fitted for orthotic inserts, such as Superfeet, to better support your foot while you walk or run. Orthotics can help to normalize the biomechanics of the foot as you move, and alleviate plantar fasciitis pain.

While seeking professional care for any pain or discomfort you may be experiencing, our highly trained Outfitters at Fleet Feet can also help you better understand the way your body moves and how to best support it through your shoes or orthotic inserts.

### **FF: Should you wear shoes around the house to avoid plantar fasciitis?**

**S:** Yes, definitely. Wearing shoes around the house so you're not walking barefoot, plantar fasciitis socks and a night sleeve or a night splint work really well in helping it too.

I will say that people always think they can sleep through the night wearing a night splint right away, and that's not normally the case. Normally they can sleep through half the night before having to take it off because it's so uncomfortable. So I always preface that so people have an idea of what to expect.

I think that recovery is just as important as the actual exercise itself. People put too much effort into the exercise and less into what their recovery looks like, what their stretching looks like or what their maintenance routine is. That's normally where people get in trouble and end up noticing a lot of pain.

It's important to make sure people wear recovery shoes, that they're stretching and foam rolling and doing the right things. That way when they go to do their activity they're not getting hurt right away.



## **WCRRC AT THE RACES**

### **ROTARY LAKE 5K**

Pat Calmbacher 31:45(A-1)  
Deb Calmbacher 35:34(A-1)

### **ROTARY LAKE 5K WALK**

Carl Kondrach 31:58(OA-1)  
Gary Bennett 34:17(OA-2)  
Sarah Donley 37:04(OA-1)  
Blake Headen 49:35(A-4)  
Stan Czyzewski 58:31

### **MARCH MAD DASH 5K**

Rich Durbin 21:20(A-1)  
Tina Seech 22:01(A-1)

### **MARCH MAD DASH 5M**

Joe Lebert 58:56

### **MARCH MAD DASH 10M**

Rich Sandala 1:16:24(A-2)  
Shane Brunazzi 1:38:02

### **A RABBIT RUNS...IT5K**

Rich Sandala 21:58(A-1)

### **END DOMESTIC VIOLENCE 5K (V)**

Joe Lebert 35:35

### **ST PADDY'S DAY 4M**

Gary Lorenzi 38:49

### **ELLPORT 5K**

Heath Piper 19:11(A-1)  
Rich Sandala 21:45(A-1)  
Gary Chabala 26:06  
Shane Brunazzi 26:50  
Pat Calbacher 30:16  
Deb Calmbacher 33:33

### **SHAMROCK SHUFFLE 5K**

Joe Lebert 39:04

## **LAST CHANCE FILING**

Listed below are all those who we have not received a renewal for 2021. Let us know if you are not going to renew for this year.

Ella Jane Custer  
Carolyn Davey  
Bill Filcheck  
Rose Gray  
Scott Harrington  
Ken Hissam  
Mark Hospodar  
Jim Lacey  
Amy Martin  
Doug/Kris Midcap  
Carrie/Eric Perrell  
Laurel/Dale Rush  
Stush Sadowski  
Rich Sandala  
Emery Strotman  
Kate/Daryl Throckmorton  
Jen Foster  
Barb Zappa  
Greg Redding  
Tina Seech  
Neil Bassi  
Albie Rinehart  
Tom Carter

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.

