

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

AUGUST, 2021

VOL. 21 / No. 8

VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

All of us here at the news desk want to apologize to everyone for the July newsletter delivered by mail. There was an error in the printing, where the printer did not double side the pages. That is the reason that everything was one page. And we hope that there were not too many members who wound up getting damaged newsletters in the mail from the post office. Remember that the newsletter is online.

We also wanted to welcome a new member to the club. Lise (Liz) Leet joined up in July. Liz lives in Washington and has run with the Tom Trettel/Tom Carter and company Saturday running group. Welcome Liz and we hope to see you at a few races around the area.

We want to announce that Jim and Georgette Lacey are retiring from running and walking, so they will be leaving our club. Both were long time members, and we are going to miss them.

On 11/21 please join us at Cedar Creek Park for a 4 or 10-mile run, followed by a party at Walter Bennett's house. Starting time for the run will be 10:00 AM. Chili, rigatoni and pulled BBQ chicken will be provided along with chips and various deserts and beverages. The event is free to all club members, and you can bring any guests you want. For further information, please Email w_bennett11@hotmail.com. This is a real fun event and it's a great time to get a run in and then enjoy some great company at Walter's house. Hope to see you there.

WCRRRC AT THE RACES

Summer is now starting to bring out many more live races. There have been quite a few club members attending races and turning in some great times. Here are just a few examples.

Running with Ryan 5K

It was a fairly comfortable morning as the runners lined up for the annual Running with Ryan 5K. Ryan Pajak was the overall winner in a time of 16:37. Our first male finisher was Emery Strotman in a time of 18:23 and Jam Milliren was our first female finisher in a nice time of 22:37.

Whiskey Rebellion 5K

Over 500 finishers crossed the line on the track of this race. The weather co-operated this year with the start at 7:30 and low humidity. The overall winner was Travis Myers-Arrigoni, in a great time of 15:26. Our first female finisher was Jam Milliren again in a time of 21:11, and the first male finisher was Bob Pikelis in a time of 21:36.

UPCOMING RACES

As with all the other listings, any club race will have a * in front of it. This is only a partial list of upcoming races.

8/14 – Yinzer 4.12K – North Shore Drive – Pittsburgh, PA

8/15 – * Solar Vortex 5K/15K – Boston, PA

8/18 – Ice Cream Run 5K – Grove City, PA

8/28 – Run Around The Square – Swissvale, PA

9/5 – Steelers 5K – Heinz Field

9/6 – * Labor Day 5K – Washington, PA

9/11 – * Little Great Race – Charleroi, PA

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.



A big Thank You goes to
Corner Pharmacy, once again
our exclusive Title Sponsor!



Voted the
" #1 Favorite Race
in the Ohio Valley"
multiple times!



5k Run & Walk Saturday, September 25, 2021 @ 8:30am

Kids Pumpkin Run begins at APPROXIMATELY 9:45am!



Directions: (GPS: 511 Watt Avenue, Barnesville, OH 43713) I-70 EW, Exit #202 (Barnesville/Dennison). Go 6.5 miles on St. Rte 800 South to 1st Red Light. Turn left. Go a quarter mile. Follow signs. Race begins and ends at the historical Watt Center on Watt Ave near the Train Depot.

Entry Fee: \$25 pre-registered (post-marked by September 1) \$30 after September 1st and on race day. Call about Special Charity Rates.

Shirts: 1st 400 registered are guaranteed a moisture-management shirt and goody bag. Sizes are 1st-come, 1st-serve.

Registration: Begins at 6:45 @ the Watt Center. Arrive early to avoid long lines! **Online Registration** is available at:
www.RunSignUp.com Keyword: Pumpkin For more info or to download an application, go to: www.RailsToTrails5k.com

Refreshments: Enjoy the BIGGEST smorgasbord of delicious food you will find at ANY 5k event of this size!
(Pizza, subs, deli-fresh sandwiches, pepperoni rolls, pasta salad, cookies) If you leave this race hungry, DON'T BLAME US!!

Door Prizes: So many awesome prizes will be available! Prizes include sports jerseys, restaurant certificates, tickets, and more!

Trophies: The coveted, unique, beautiful ceramic-fired pumpkin trophies (100+) and the colorful, ceramic-fired pumpkin medallions (150) will be awarded in the following categories: **(NO DUPLICATIONS!)** All award winners get a real pumpkin! (sizes vary).

Walkers: Top 5 M/F each; Top 3 Masters (50+) M/F each **Runners:** Top 5 M/F each; Top 3 Masters (40+) M/F each

Age Groups: (Male Walk) Top 5: 29 Under, 30-49(10), 50-59, 60-64, 65-69, 70+ **(Female Walk)** Top 5: 19+(4), 20-29, 30-34, 35-39, 40-44, 45-49 (4), 50-54, 55-59, 60-64, 65-69, 70+ **(Male Run)** Top 4: 10+ Under(5), 11-14(5), 15-19(10), 20-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-64, 65-69, 70 + Over **(Female Run)** Top 5: 12+ Under, 13-15, 16-19(4), 20-24(4), 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+ Over **(Heavyweights)** Top 5: Clydesdale (200lbs+) Top 5: Lady Athena (165lbs+)

Pumpkin Run: FREE! Begins @ APPROXIMATELY 10:00 am. All kids win a medallion and mini-pumpkin!

Contact Info: Carl A. Kondrach, Director (740)310-2117 carlkondrach@yahoo.com

After the race, stick around and bring your family to see all that Barnesville's famous Pumpkin Festival has to offer:
Parade @ 2:00pm, great food, entertainment, rides, crafts, games, contests, & much more, going on all weekend! For more info about all the Pumpkin Festival Events, check out the website: www.BarnesvillePumpkinFestival.com

Results/Photos: Results available at: www.SmileyMiles.com Photos available at: www.RonPradetto.com



Barnesville Grand Prix Series



WEB DESIGN

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

www.WCRR.org

(cut here)

Proceeds Benefit the Boy Scouts, Troop 71 and the Rails-to-Trails Project

(cut here)

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. The Race
Address is 511 Watt Avenue**

☐ ☐ ☐

Run Walk HeavyWeight Run
(Check One Box ONLY)

☐ ☐
Male Female

Name (please PRINT clearly)

Address

City

State

ZIP

Phone

e-mail (optional)

Age on Race Day

Birthday

Sizes are on a first-come, first serve basis. So register early!

Circle Shirt Size (5k ONLY)

YL AS M LG XL 2XL

(No shirt: -\$5.00)

Add \$1.00 Add \$2.00

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 may 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/Legal Guardian if <18) Date

Remember: \$30 after September 1st or your application will be sent back!

Kids under 10, Entry Fee Only \$14 preregistered

How to Make Your Running Shoes Last Longer

[GEAR, PRO TIPS](#)

June 24, 2021 By [Kate Schwartz](#)

Running shoes are your most important piece of gear.

Cushioning foam helps soak up the repeated impact your body takes during a workout, and the burly outsole rubber gives you improved traction and adds durability to the shoe. Many popular running shoes are built to get you through long training periods, while others are streamlined to help you race faster.

No matter what running shoes you buy, though, they don't last forever. But making your running shoes last longer is simple with the proper care.

Here are seven ways to help extend the life of your running shoes and keep your legs happy as you train:

1. Rotate a few pairs of running shoes

Just like your body needs rest, shoes need rest days as well. When foam gets compressed and sweaty, it needs time to bounce back and dry out. If you have a second pair of shoes, the first pair can "rest" while you use the others. An extra day or two without use helps your shoes to last longer.

Plus, if you use two different models of shoes, the subtle change in stack height or heel-to-toe drop can help work on other running small muscles in your feet and legs.

2. Dry them out

If you run through a rainstorm, a flooded trail or a stream crossing—or you just sweat a lot—you'll end up with soaked shoes. Like resting your shoes to let the foam decompress, it's important to let your shoes dry out because

wet shoes will start to stink and generally feel gross.

One simple way to dry your running shoes is to remove the insole, set them aside where they can easily dry and stuff the shoes with something absorbent, like newspaper or paper towels. Let them sit for a few hours or overnight, and then remove the paper. You can also let the paper dry out afterward and reuse it several times.

If you don't subscribe to a newspaper, look for free publications outside the grocery store. Just choose newsprint and not a glossy magazine. Keep a pile of paper on hand for rainy days or if you are an excessive sweater and regularly need to absorb moisture from your shoes.

If your shoes came in the box with paper stuffed in them, keep it! It's already the perfect size and texture to absorb excess moisture. Your local running store probably has a giant pile they would be thrilled to give you.

3. Protect them from the elements

Don't leave your shoes out on the porch to bake in the sun for days. The sun will help your shoes dry, but it will also start to degrade the materials if you leave them for too long.

Also, while it's convenient to have a spare pair of shoes in your trunk, excessive temperatures can harm them there as well. Don't leave your child, your dog, or your running shoes in your car for long periods of time. For obvious reasons, you also don't want to abandon them to the rain or snow.

4. Clean them if you must, but never put running shoes in the dryer

Some people are obsessive when it comes to the cleanliness of their shoes, but deep cleaning isn't always necessary.

Many runners prefer to keep their shoes out of the washing machine and clean them by hand—if at all. If you absolutely must wash your shoes and don't want to use the old rag-and-toothbrush method, the washing machine is permissible only if you use the cold cycle. Hot temperatures can damage the glues that are used to hold shoes together and will shorten their lifespan.

If you do wash your shoes, don't put them in the dryer. The heat will damage the shoes. Refer to #2 on how to dry your shoes.

5. Keep an eye on the miles

Running shoes should be replaced every 300-500 miles, depending on factors like your weight, stride pattern and how durable the shoes are.

Tracking your miles may seem cumbersome, but it's easier to do than you may think. If you keep a training log by hand, note when you take a new pair for their inaugural journey and tally your mileage by week or month. If you use a GPS watch, pair it with a good digital running log, like Garmin Connect or Strava, that lets you track your shoe's mileage with little effort.

Some of [the best running apps](#) can track mileage on multiple pairs of shoes, and they let you specify which pair you wore for each run when it uploads. You get to decide what the mileage cap is and the program will let you know when the shoes have hit their limit. This can also help you monitor which shoes are the most durable and long-lasting.

You may hit 400 miles and find that your favorite pair is still supportive and full of life. Or you may find that some models don't last as long as others. Tracking your miles will help you protect your body and be mindful of [how long your running shoes last](#).

6. Only wear them for running

Yes, your running shoes are super cool, but if you run in them and also wear them around town all day, the extra miles will add up and reduce their longevity.

Remember, shoes need to rest. If you love your running shoes that much, get a couple pairs: one for running and one to wear on vacation or for errands. If you have multiple pairs, you can put a beating on your running pair and keep your going-out shoes fresh.

7. Use running shoes for their intended purpose

There are [differences between trail running shoes and road running shoes](#), race shoes and training shoes. So make sure you use them for what they were made for.

Wear trail running shoes on trails, road shoes on the road, and racing shoes for races. All of these shoes are specifically designed for a purpose and surface. Trail shoes have extra-grippy rubber lugs that are built to withstand dirt and rocks but will wear out faster on asphalt and concrete.

Road shoes won't give you the grip or the extra protection of toe caps and rock plates that you want on a burly trail, but they'll cushion your joints and give you good traction on unforgiving pavement.

Racing shoes are designed for fast running for a limited period of time. They won't hold up as well or as long as a trainer. Rotate your shoes and use them for the purpose the designer intended. It really does make a difference.

WHAT IS THE WASHINGTON CHRISTIAN OUTREACH?

- It is a non-profit, non-denominational Christian organization that aims to spread the gospel by helping fulfill both the material and spiritual needs of the poor and needy in our community.
- Was started 43 years ago by a local housewife.
- Is located at 119 Highland Avenue (across from Family Dollar) in Washington, PA.
- Is open Monday through Friday from 9:00 am to 1:00 pm.
- Everything donated to WCO is returned FREE to the community.
- Has a kitchen serving hot meals on a daily basis.
- Operates with an all volunteer staff.
- There are NO paid employees.
- A facility where the community can come for medical intervention.
- Functions on monetary and material donations from individuals, churches, foundations, and Fraternal Associations.
- Do you have questions? Would you like to volunteer? Would you like to financially support our efforts? If so, please contact us at 724-222-0750 or fax us your questions at 724-228-9329.
- Thank you to all of our runners and walkers, our race sponsors and advertisers, all of our course workers, the City of Washington and everyone who made this year's event possible.



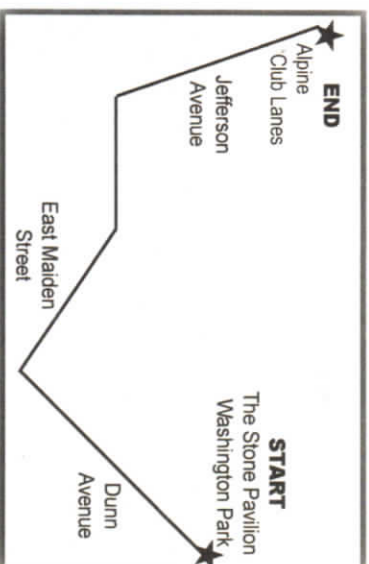
Washington Christian Outreach

119 Highland Avenue
P.O. Box 1659
Washington, PA 15301-7659
(724) 222-0750
Fax: (724) 228-9329
email: outreach1@verizon.net

COURSE

Begins at the Stone Pavilion in Washington Park & ends at Alpine Club Lanes on Jefferson Avenue.

This is NOT an OUT & BACK COURSE.



WASHINGTON CHRISTIAN OUTREACH presents

The 39th ANNUAL



**MONDAY,
LABOR DAY
September 6, 2021**

39th ANNUAL LABOR DAY 5K CLASSIC

The Fastest 5K Race in Western PA
— Hundreds of personal records
have been set on this course!

PART OF WCRCR GRAND PRIX

DIRECTIONS

FROM PITTSBURGH

I-79 S to I-70 W to Exit #17. At end of exit make right on Wylie Avenue. Go to 2nd stop light & make a left on Jefferson Avenue. Follow Jefferson Avenue to Alpine Club Lanes, 735 Jefferson Avenue.

FROM WHEELING

I-70 to Exit #17. Turn left on Jefferson Avenue. Follow Jefferson Avenue to Alpine Club Lanes, 735 Jefferson Avenue.

BUS TRANSPORTATION

provided from Alpine Club Lanes to race start from 7:15 am until 8:15 am. (No parking is available at the starting line at the Stone Pavilion.)



AGE GROUPS

Runners: Age 11 & under, 12-15, 16-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+, Cruiser: 190-210, Heavyweight: 211+.

Weigh-in prior to start.

Walkers: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, & 60+

** The race will be electronically chip timed.

AWARDS

Runners: Top 3 male & female & Top 3 in age group (70+ Top 2 ONLY), Cruiser & Heavyweight: Top 3. Walkers: Top male & female overall & Top 2 in age group. No duplication of awards. Entrants must pre-declare weight divisions.

MISCELLANEOUS

Race day registration begins at 7:00 am at Alpine Club Lanes finish line. Race starts at 9:00 am for both walkers and runners. Refreshments and random prizes posted at awards ceremony. Proceeds benefit Washington Christian Outreach. Timing service by Miles of Smiles.

Results posted at www.smilemiles.com

FEE

Postmarked by 6/30/21 \$22.00. From 7/1/21 to 8/28/21 \$25.00. From 8/29/21 to race day \$28.00. Make checks payable & send to Washington Christian Outreach, P.O. Box 1659, Washington, PA 15301. Tee shirts guaranteed to all pre-registered by 8/24/21.

Register online today at

www.runsignup.com.

INFORMATION

Call 724-222-0750 or
email: labordayrace@yahoo.com
www.runsignup.com

ENTRY FORM LABOR DAY 5K CLASSIC

Name: _____

Address: _____

Phone: _____

Email: _____

Please indicate:

Shirt Size: S M L XL

Walker Runner

Sex: M F

Age (on race day) _____

Cruiser (190-210) _____
(Runners only)

Heavyweight (211+) _____
(Runners only)

In consideration of the acceptance of this entry, I waive for myself, my heirs and assigns, and any and all claims for damages which may arise against all organizations and individuals connected with this race as a result of any injuries which may be incurred during or from this race.

Signature: (Parent/Guardian if under 18)

Please send race entries to:

LABOR DAY 5K CLASSIC

Washington Christian Outreach

PO Box 1659 • Washington, PA 15301

or sign up online and save at

www.runsignup.com

Age Categories

5K Runners

14 & Under

15-19

20-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-69

70-79

80 +

5K Walkers

19 & Under

20-29

30-39

40-49

50-59

60-69

70-79

80+

**Spotters on course. Please make
sure you are walking.**

Awards:

**Top 3 male/female runners &
walkers overall**

**Top 3 male/female runners &
walkers in each age category.**

Greene County Department of Recreation
107 Fairgrounds Rd
Waynesburg Pa 15370

2021 Greene River Trail 5K Run/Walk

**Saturday, October 9th
Race Begins at 9am
Registration 7:30am-8:30am
at the Rices Landing
Lock Wall**

**5K Out and Back
Beginning at the
Lock Wall.**

**For More Information Call
Greene County Department of Recreation
724-852-5323**

Greene River

**Pre-Registration Fee \$18.00
by September 23rd.**

Race Day Fee \$20

**Pre-registrations receive a
t-shirt while supplies last.**

**Shirts will be
limited on race day.
Adult sizes only.**

**Please mail registration
form to:**

**Greene County
Department of Recreation
107 Fairgrounds Rd.
Waynesburg, Pa 15370**

724-852-5323

**Registration Fees
are non-refundable.**

Greene River Trail Run Waiver

Name_____

Address:_____

Phone:_____

Age as of October 9th 2021:_____

Email:_____

_____Run 5K_____Male_____Female

_____Walk 5K_____Male_____Female

Shirt Size: S M L XL XXL XXXL

I acknowledge that my participation in the 5k Run and Walk involves a risk of injury, including bodily injury, and assume the risk for same. On my behalf and on behalf of my heirs and legal representatives and to the fullest extent permitted by law, I hereby release and discharge the County of Greene and their respective directors, officers, employees, affiliates, members, agents and representatives, of and from any and all liability for injury, death, or damages and/or any other claims, demands, losses or damages, incurred by me in connection with any aspect of the 5k Run/Walk.

Signature_____

Date_____

Parent /Guardian Signature if under 18

Make Checks Payable to: County of Greene

Trail Run

LOCATION:

**Rices Landing Lock Wall
137 Main St
Rices Landing, PA 15357**

Course:

5K Out & Back

SAFETY:

**Please NO strollers, dogs, roller
blades, bicycles etc. on the trail.**

TIMING SERVICE

**SERJ Racing Services
Uniontown Pa.
www.serjracing.com**



COACH'S CORNER



Major Pittsburgh road races returned to a live start line last Friday with the Fleet Feet Liberty Mile. We all love the dynamic environment this race provides, but runners compete for different reasons. Whether you are chasing after the finishers medal, a personal best time or the runner ahead of you, racing provides an experience that cannot be replicated during training.

Does the adrenaline take over, and shoot you out of the corral? Do you go with the pack when the leader surges, or stick to your splits? While training parameters can be meticulously curated, a racing environment introduces different variables. This is known as the “crucible of racing.” Our best-laid plans can go out the window at the sound of the starting pistol.

How can you prepare for the ambiguity of a race if you cannot simulate it in training? By racing more frequently. Putting yourself in this environment allows you to better understand, and respond to, the demands of the big day. Every event doesn't need to be a big PR; you can benefit greatly simply by immersing yourself regularly. Competing more often will alleviate the nerves that are a part of race day, while allowing you to practice the skills necessary to successfully achieve your goals.

Run well,

Coach Tim

This year's race will occur on a solemn day, 20 years earlier, in the same hour, the attacks on the Twin Towers and the Pentagon began. In years past, the proceeds of the race provided in excess of \$100,000 in scholarships and medical expense relief. The Race Committee has determined that this year proceeds should benefit First Responders in our area to include the Charleroi Regional Police, the Charleroi Volunteer Fire Company and Mon Valley EMS. Please join us to support those who stand ready to run toward danger to serve and protect us.

Strollers/Rollerblades/Dogs Prohibited

Unless otherwise stated, masks are mandatory.

No registration changes will be made on the day of the race.

Online Registration at

www.littlegreatrace.com



34th Annual

Charleroi Little Great Race 5k (3.1 miles) Run/Walk

When Saturday, September 11, 2021

Where Charleroi Chamber Plaza

Time Race starts at 8:15am

(Walkers will start 2 minutes after runners)

Entry Fee

\$20.00 Registration (deadline 9/9/21)

The first 400 applicants are guaranteed a shirt and race bag.

\$25.00 Late Registration

Race bag/shirt not guaranteed.

Packet Pick Up Info

Charleroi Community Park Pavilion

Friday, September 10 from 5:00-7:30 pm

Awards

The top three overall male/female runners and walkers.

Age Group Awards

The top three male/female runners and walkers will receive awards in each age category. (No duplication of awards.)

ENTRY FORM

one entry per form

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Age as of 9/11/21 _____

Email _____

Gender: M or F _____

Emergency Name _____

Contact Phone: _____

Circle Shirt Size: S M L XL 2XL 3XL

Mail to:

Little Great Race, Inc

1200 McKean Ave, Suite 104

Charleroi, PA 15022

Make checks payable to: Little Great Race, Inc.

Waiver & Release

(Must be signed to participate)

In consideration of the acceptance of my entry into this race, I acknowledge that participation in a 5K road race that proceeds along Charleroi streets, across railroad tracks, a parking lot and the grounds of the Charleroi Trustees Park presents risks of harm to me. I represent that I am physically fit, sufficiently trained to participate in this event and am not medically restricted from participation in the Little Great Race. I acknowledge that Covid-19, and its variants, poses a risk to me at a public gathering. I understand that there are inherent risks associated with the participation in this race and those risks may result in physical restriction, disability, and serious and possibly fatal health conditions. I assume the risk of any and all injuries and harm that I may sustain while participating in or attending the Little Great Race. I, for myself, my heirs, successors, and assigns do fully and generally release the Little Great Race, Inc., its officers, directors, committee members and volunteers from any and all liability and claims for any and all injuries and damages, whether physical, mental or disease related, and all economic and non-economic damages that I may sustain as a result of my participation in the Little Great Race. I acknowledge this is a public event that will be photographed, video and audio recorded, and that the times of race participants may be published. I grant full permission to use my name, image and likeness and waive my expectation of privacy.

Signature _____

(Parent or guardian if under 18)

Want to help in another way?

Be a (street) Block Sponsor!

For a \$350 donation, your name or business will be prominently displayed on a block along the race course.



All donations will be featured on our Facebook page.

Name _____

Address _____

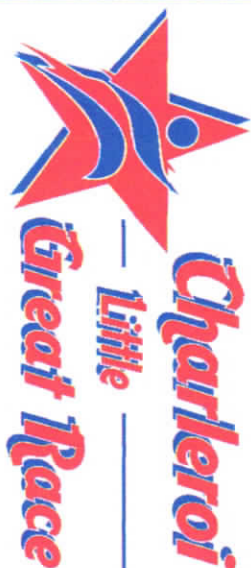
Contact Number _____

☐ \$350 Street Block Sponsor (please email sign details to griley295@gmail.com)

☐ Other Donation

Mail to:
Little Great Race, Inc.
1200 McKean Ave, Suite 104
Charleroi, PA 15022
Make checks payable to: Little Great Race, Inc.

Little Great Race, Inc.
1200 McKean Ave, Suite 104
Charleroi, PA 15022



cfsbank

34th Annual

5k Run/Walk

Saturday

September 11,

2021

8:15 am

Online Registration

littlegreatrace.com

All festivities, including the start and finish, will take place at the Charleroi Chamber Plaza near Trustees Park

WCRRC AT THE RACES

FIRECRACKER 5K

Emery Strotman	18:08(A-1)
Mike Romzy	22:02(A-3)
Rich Sandala	22:30

MORGANTOWN 4M

Heath Piper	27:20
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OHIO HILLS 5K WALK

Carl Kondrach	34:43(OA-1)
Sarah Donley	34:51(OA-1)
Blake Headen	43:30(A-1)

ROUNDUP 5K

Mike Romzy	20:42(A-1)
Larry Roolf	25:43(A-1)

JIM DUNN 5K

Rich Sandala	36:43(A-2)
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HORSE TRADING DAYS 5K

Larry Roolf	25:42(A-1)
Dave Byers	40:53

OHIO VALLEY 5K

Deb Calmbacher	32:49(A-1)
Pat Calmbacher	33:56(A-3)

LIBERTY MILE

Mike Romzy	6:05
Bob Pikelis	6:21(A-1)
John Titus	6:48
Alexandra Brooks	13:23
Joe Lebert	13:25

KICKS FOR KIDS 5K WALK

Carl Kondrach	29:48(OA-2)
Syndi Kondrach	50:11(A-1)

FREDONIA 5K

Dave Byers	42:36
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HERMITAGE 2M WALK

Carl Kondrach	18:11(OA-2)
Sydni Kondrach	31:50(OA-3)

TURTLE TROT 5K

Rich Sandala	21:39(A-1)
Larry Roolf	27:08

TURTLE TROT 5K WALK

Carl Kondrach	29:08(OA-2)
Sydni Kondrach	51:40(A-1)

MUNDY PLACE 5K WALK

Carl Kondrach	30:12(OA-1)
Sarah Donley	36:01(OA-1)

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.

