

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

NOVEMBER/DECEMBER, 2022

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VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

This year we will be doing the same as we have been doing in past years. Any race that you do on or around Thanksgiving Day will count towards the Thanksgiving run. Just make sure that if you do one that is especially out of town, that you report it to Tom and Grace in a timely manner.

Next month we will be making an announcement for the WCRRC Banquet date. Hopefully we can get a few more members to come out and have some fun. Stay tuned.

Make sure to check in these pages to see if all your races for this year have been counted. If you have any questions, send a note to Grace and see which races she has results for.

Now is the time of the year to again renew your WCRRC club dues. Please fill out the form on the last page and send it to the address listed. We hope that you had fun this year and look forward to another year of great competitions and friendly battles.

UPCOMING RACES

We are coming down to the final stretch for the Short Distance Grand Prix. The only races that are left to run are the Thanksgiving races. Make sure that you turn your times in if you run an out of state race. And remember that all the GP races are marked with an *.

11/12 – Prodigy Wellness Diabetes Dash 5K – New Martinsville, WV
11/19 – Gratitude 5K – Upper St. Clair, PA
11/19 – Eva Boulby Turkey Trot 5K – Waynesburg, PA
11/20 – Get Together 10 Mile/Picnic – Belle Vernon, PA
11/24 – *Turkey Trot – Races in Sewickely, Burgettstown, Uniontown, Pittsburgh, Greensburg PA
11/27 – Ugly Sweater Fun Run – Fleet Feet Pittsburgh 7:30 AM
12/3 – Jingle Bell Run 5K – North Park Boathouse
12/3 – Santa Sprint 1 Mile – Barnesville OH
12/11 – Run, Santa, Run 5K – Helicon Brewery – Oakdale, PA
1/1 – *Resolution Run 5K – Helicon Brewery – Oakdale, PA
1/7 – Run to Read Half Marathon – Fairmont, WV
1/8 – Frigid Five Mile Race – North Park, PA

RACE RECAP

October saw a few more races go into the books as the chase is on to finalize the WCRRC Grand Prix standings.

At the Waynesburg Homecoming race there were a total of 81 finishers. We had Steve Chabala as our first male finisher at the run and Mary Krett was our first female finisher. Also, Kelley Murdock was the overall female winner in the walk.

At the Greene River Trail 5K, Rich Durbin was our first male finisher in 20:53, and Kelley Murdock was the first female finisher at 24:06. Great to see Roxanne Wray at the race and to have her son, Aston, finish his first 5K race there. And Carl Kondrach was the overall winner in the walk category in a time of 28:32.

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.

YOU'RE INVITED!

Please join us for an exclusive Friends & Family shopping night at Fleet Feet! Enjoy special discounts throughout the entire store, along with light drinks and snacks while you shop.

25 %OFF
YOUR PURCHASE
*exclusions apply

15 %OFF
ELECTRONICS
*exclusions apply

SUNDAY, NOV. 20TH | 5-7:30 PM
RSVP TO ANGELA.SHINE@FLEETFEET.COM
BY SUNDAY, NOVEMBER 13TH.
1751 North Highland Road
Pittsburgh PA 15241

Please email Angela
if you plan to attend

Gear Up for Cold Weather Running

If you're forgoing the treadmill and want to keep logging miles, here's what you need to keep in mind.

Winter running is about more than just covering your upper and lower body. Staying warm without getting overheated can be a tricky dance.

Running became the thing to do in 2020 as the pandemic closed gyms across the country. Though indoor fitness options have reopened, a lot of runners are still passing on treadmills and sticking to the open road.

But winter running is different than summer. It's darker, it's colder and it can be rougher on your body. Staying warm without getting too hot can be a tricky dance. Here's what you need to know.

Think in layers.

The key for winter running is layers, especially for new runners (or those who are new to running outside in winter). Too hot? Just take a layer off.

The first or base layer should be made of a synthetic fiber, merino wool or a synthetic/merino wool blend (the higher percentage of merino wool, the more expensive the item tends to be). Just avoid cotton, especially right next to your skin. "It will be soaking wet and twice its original size after you sweat," Loeffler said.

The second layer should be something long sleeved that keeps heat close to your body, and the third layer is a shell that protects you from wind, rain or snow, if necessary.

What is cool, cold and really cold will depend on your body and the over all weather picture. Cecily Tynan, the chief meteorologist for 6ABC Action News in Philadelphia who is also a marathoner and Iron Man finisher, said to take both wind and humidity into account when planning what to wear. She also recommends dressing for 10 to 20 degrees warmer than it is outside.

"I often think if I'm not a little bit cold in the beginning of my run, I'm overdressed," she said.

You can also take a walk first and think about how you're going to feel after 10 minutes of running in those conditions.

Don't forget the accessories.

Winter running is about more than just covering your upper and lower body. For your head, you can wear a hat or a band that covers your ears. If your fingers are cold, try mittens or mittens over gloves so you can take the mittens off if things warm up.

For shoes, you can buy winter traction devices that go over your sneakers, or put screws in the bottom of them to give you traction on slippery surfaces (you can buy cleats or boot studs made for this purpose, or quarter-inch or half-inch sheet metal screws, which are available at any hardware store; [Chase the Summit](#), a YouTube Channel about trail running, has a great video on how to insert them).

If you decide to try adding screws, Greg Haapala, the race director of [Grandma's Marathon](#) in Duluth, Minn., recommends trying it on old running shoes first, and making sure that the tips of the screws don't poke through to your foot. "You can either simply wear older shoes as your 'screw shoes,' or once you know they will be comfortable for you, remove the screws from the older shoes and attach to your newer ones," he said.

Haapala wears trail running shoes, which tend to have better traction, when running on snowy streets and sidewalks in the winter. He also wears sunglasses "even if it's not very sunny, to block the winds and potentially blowing snow," he said.

Jay Ell Alexander, the owner and chief executive of [Black Girls RUN!](#), a group devoted to getting more African-American women to take up running, carries disposable hand warmers, which are typically sold at drug and hardware stores. "I keep a pack of them in the trunk of my car," she said.

You'll still need to hydrate on long runs in the winter. You can carry water in a handheld bottle, but that hand can get cold fast. Instead, consider a running waist belt with slots for water bottles, or a hydration vest. Just make sure that vest is running specific, not one designed for hiking or biking.

Remember, lunchtime can be for running, too.

If you're still working from home, and have flexibility in your work-from-home schedule, winter running doesn't have to be in the cold, dark morning, or the cold, dark night. Midday runs may be an option —

especially since your co-workers can't tell if you're sweaty when you get back.

However, if those dark hours are still the best time for you to go, make sure that "you're lit up like a Christmas tree," said Loeffler. This is especially important "when the weather isn't great because most people do not expect to see runners out," she said. "They're not looking for you."

Loeffler said a simple reflective vest "does a world of good," as long as it's reflective on front and back. You can also buy light-up belts and sashes, or clip-on lights (those that work on cyclists work just as well on you). She also said that her store has seen a big sales spike in headlamps this year, which double as lighting for the path in front of you.

If you're traveling to where you're going to start your run (like to a trailhead), make sure you bring something to wear after, said Tynan. "You warm up very quickly when you run but you cool off really quickly when you stop," she said. "When the weather does get colder, it's really important that you have a dry change of clothes with you so you can get out of those wet clothes."

Get your body ready.

A cold day can be a shock, especially if you're trying to go right from your bed to running. Heather A. Milton, an exercise physiologist with the [Running Lab at NYU Langone Sports Performance Center](#), recommends dynamic stretches like leg swings or lunges before you go. While the science on whether stretching really works is mixed, these kinds of exercise will get your blood pumping and ready to move.

If you're running in urban or suburban environments on concrete or asphalt, those surfaces will be harder — and possibly frozen — in the winter. Especially if you're used to running on a treadmill, it could be a shock to the body. Milton said to give your body time to adjust because you're building up strength, just as you would through a new weight lifting routine. That may mean taking a day off after a long run on frozen concrete. You need to help the structures in your body "grow strong enough to withstand that extra force," she said.

Your mask — which you should wear while running if you're around other people — is also a help right now, as it'll help warm that air up before you breathe it in. Otherwise, if the air is cold, you may feel like you're working harder to hit a specific pace and as Milton said, feel "a little more tightness in your chest

as your airways are trying to respond to the temperature of the air you're inhaling."

Pal up to stay motivated.

While you don't want to run with a big group right now, having an accountability partner can keep you going.

"If you do it with someone else, you're more likely to stay on track or be able to fight through a bad day or saying that it's just too cold," said Alexander of Black Girls RUN!. A partner can be "just that motivation to get you past that bad mood." That partner doesn't have to be by your side, either. Just having someone to call, text or email can help you both keep going.

You can also set a specific goal for what you want to achieve by running outside. Do you want to get a half-hour or hour of fresh air that day? Or do you want to work your way up to running a specific distance? While most big races have been scratched this year, some smaller events are still happening in person, and virtual races are the biggest trend in running right now. You can do them from anywhere.

Haapala said he also keeps his eyes on what comes after winter running. "In the spring, when you shed the layers, you feel so fast and like such an animal because you trained all winter in heavy layers," he said. "It's like losing 10 pounds without even trying."



Barnesville's 15th Annual
Santa's Spirit Sprint
Saturday, December 4th, 2021
@3:00pm at The Rock Gymnasium
A 1 Mile 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 miles on State Route 800 South to 1st Red Light. Turn left. Follow signs to The Rock Gymnasium, 440 Watt Avenue, Barnesville, OH 43713

ALL PARTICIPANTS ENCOURAGED TO DRESS UP IN THEIR FAVORITE HOLIDAY OUTFIT!

Entry Fee: \$16 pre-registered before Thanksgiving. \$21 after and race day. As always, we will be collecting gift cards and other items to help fill the Wish Lists. For a list of items needed, please contact the race directors.

Registration: Registration will begin @ 1:00 **Online Registration** is available at: www.RunSignUp.com Keyword: **Santa Sprint**

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 More info can be found at: www.RailsToTrails5k.com Website designed and managed by **10T Web Design** of Barnesville, OH

COVID Info: **DEPENDING** on State/local mandates, All participants **MAY** 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. 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:
440 Watt Avenue

Male

☐

Run

☐

Female

☐

Walk

☐

Name (please PRINT clearly)

Address

City

State

ZIP

Phone

Age on Race Day

E-mail

Today's Date (\$21 after Thanksgiving)

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

GRAND PRIX 2022(As of 10-31)

1. Tina Seech	6	30:24
2. Greg Mussitsch	7	33:24
3. Bob Pikelis	10	33:31
4. Mike Romzy	6	35:07
5. Ann McCormick	2	35:40
6. Heath Piper	5	36:47
7. Rich Sandala	18	37:01
8. Rich Durbin	6	38:10
9. Jam Milliren	6	39:52
10. Donna Patrino	4	42:50
11. Sarah Donley	5	43:20
12. Kelly Murdock	5	43:43
13. Steve Chabala	8	44:02
14. Carl Kondrach	6	44:49
15. Gary Lorenzi	7	45:53
16. Jen Foster	4	46:11
17. Pat Calmbacher	10	47:34
18. Deb Calmbacher	7	48:22
19. Mary Krett	5	48:22
20. Gary Chabala	6	48:50
21. Kathy Starkey	6	49:09
22. Tom Carter	4	49:28
23. Michael Frere	2	50:20
24. Nathan Milliren	5	51:20
25. Shane Brunazzi	4	53:49
26. LouAnn McCullough	5	54:41
27. Ricky Andrews	3	56:57
28. B. D'Alessandro	2	1:03:07
29. Dave Byers	3	1:05:00
30. Amy Martin	5	1:12:31
31. Bill McCormick	2	1:14:19

WALK GP 2022 (As of 10-31)

1. Carl Kondrach	7	53:15
2. Kathy Starkey	2	58:34
3. Mickey Hornack	2	59:32
4. Sarah Donley	7	1:00:12
5. Kelley Murdock	7	1:00:45
6. Terry Whitecotton	2	1:05:45
7. Dave Byers	3	1:08:43
8. Blake Headen	12	1:17:17
9. George Macek	3	1:18:42

LDGP 2022 (As of 10-31)

1. Bob Pikelis	2	34:44
2. Rich Sandala	4	38:04
3. Danielle Gonzalez	2	42:09
4. Sarah Donley	8	45:16
5. Kelley Murdock	3	45:44
6. John Titus	4	48:25
7. Gary Lorenzi	2	50:49
8. Steve Chabala	3	51:11
9. Carl Kondrach	5	58:13
10. Dave Byers	2	1:09:05

WCRRRC AT THE RACES

MARINE CORPS 26.2M

Tom Carter	6:03:35
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GREAT PUMPKIN 5K

Kelley Murdock	24:28(A-1)
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BO'S RUN 1M

Blake Headen	15:29(OA-3)
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SHADES OF DEATH 10M

Rich Durbin	1:22:56
Steve Chabala	1:38:18
Laurel Rush	1:55:00

BUTLER T. TROT 5K

Ashlyn Brunazzi	33:52(A-3)
Shane Brunazzi	33:53

TIGER TROT 5K

Kelley Murdock	24:17(OA-2)
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SWEATBAR FITNESS 5K

Carl Kondrach	25:34
Gary Chabala	34:17

EQT 10-MILER

Bob Pikelis	1:18:40(A-2)
Rich Sandala	1:19:43
Mike Romzy	1:20:01
Jen Foster	1:23:28
Tom Carter	1:53:42

EQT 10K

LuAnne McCullough	1:20:27
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Thoughtful thoughts thoughtfully thought

Mickey Hornack

* In watching the holiday infomercials, I can't decide whether to get the Mrs. the 100-piece nonstick micro molecule coated cooking set >>>

* The race results in the WCRRC fishwrap are impressive. Both the times and the participation. I can't figure how Blake's name is listed in nearly every race! Please, please don't tell me he has a twin!!!

* Do not use "beef stew" as your password. It's not stroganoff!!

* Or the double headed spinning mop with anti-bacterial microbes built in for \$150 and of course the second is free for a minimal ship cost! of \$100 >>>

* What came to mind the 1st time somebody mentioned to you "pickleball?" Me, some kind of children character.

* Or maybe I'll go for the Alien Tape bargain. 10 or 20 rolls: sticks under water, in fridge, on car mufflers, in pasta sauce...

* What do you call a running Turkey? My initial response was Tom Trettel. But alas the corrected response was "fast food!" I'm thinking at least 50/50 on the responses.

* Saw 0.0 on a t-shirt & figured the person had visited Key West, nope caption under said "I didn't run today or any day" I'll admit the 0.0 really bulged out on da shirt!!

OBESTVATIONS FROM THE RIDGE

Bob Pikelis

Well, Gobble, gobble, gobble and a great big and jolly ho, ho, ho. It's come to be that time of year again. We listen to Santa coming down the chimney, having Jack Frost nipping at any bit of exposed skin, and all those little elves getting the last minute everything ready.

As we look back on 2022 it seemed at times that things were starting to return to some normalcy. We did have some missing races return along with some new events added to the calendar. We could see Blake every weekend doing some race, with mom keeping a close eye on him.

We saw Carl and Sarah competing once again in every GP category that was available. And all of Carl's races brought some great crowds together. We saw the end of one of our club's biggest races, when the Debbie Green mile and 5K broke the finishing tape for the last time. Thanks again, Ron, for all that you did for the running community and for the special charity you took on.

There were challenging injuries that always creep up on us. But it was good to see Carl, George, Mickey, Bill and Ann, and everyone else who came back to, once again, take to the streets and trails and compete. We still miss you Stush, and hope that you will be up and at the races again. And to our own Mr. T, who is not letting a cranky knee keep him down.

From all of us at the desks and chairs of the WCRRC crew, we want to wish all of you the best of the holidays, may your stockings be hung by the chimney with care, may your thanksgiving truly give you thanks, and may 2023 bring one and all the fleet of feet to carry you over the finish line.

Master downhill running with these three tips

Incorporate these downhill running techniques into your easy runs to improve your turnover and speed

MARLEY DICKINSON SEPTEMBER 23, 2022

When you are running downhill, it may seem like an opportunity to pick up the pace. But you need to be smart about how you approach it: running downhill generates more force than running uphill or on a flat surface, putting more pressure on your muscles and joints. Often, runners will hit the downhill too fast or too hard, and they may pay for it later in the race (or even suffer an injury).

There are techniques for running downhill properly, helping you [avoid injury](#) and improve your leg turnover and speed.

Relax your upper body

Gravity naturally forces your body to land harder on the surface when running downhill. Instead of stomping down a decline or tensing your neck muscles to help slow you down, relax your upper body from your core and up, and let gravity do the work for you.

A great way to practice your downhill running is on easy runs. Try to incorporate [downhill routes](#) into your training to master the form. Don't train on a hill that's too steep. Look for a downhill with a three to five per cent grade and practise your form.

Control your stride

When approaching an uphill or downhill, the goal is to sustain the cadence from the flats. One way to do this is by [controlling your stride](#). Lean slightly forward with your body and hips, forcing your legs to land underneath your body. If you are running down a technical hill, shortening your stride and taking quick, short steps will give you more control and is a great way to avoid injury.

Engage your core and keep your hips forward

Our bodies have a natural tendency to lean back and slam down with our heels, causing us to lose momentum on the downhill and to [overstride](#). A way to prevent this is by engaging your hips and core and pushing them slightly forward—this will force your legs to land under your body, giving you more control of your stride without losing speed.

WCRRC AT THE RACES

GREAT RACE 5K

Heath Piper	18:20
Mike Romzy	19:48(A-2)
Tina Seech	21:35(A-1)
Sarah Donley	24:17
Carl Kondrach	25:51
Sue Hornack	38:54
Amy Martin	41:37
Michelle Wojnar	52:39

GREAT RACE 5K WALK

Mickey Hornack	43:16
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GREAT RACE 10K

Greg Mussitsch	38:55(A-1)
Bob Pikelis	45:37(A-1)
Rich Sandala	45:59
Jam Milliren	46:30
Nathan Milliren	51:48
Mike Frere	52:04
Sarah Donley	53:14
Carl Kondrach	55:43
Gary Lorenzi	1:01:54
Dave Byers	1:26:17

WAYNESBURG UNIV 5K

Steve Chabala	25:59(A-1)
Ricky Andrews	27:06
Gary Chabala	32:42(A-1)
Mary Krett	39:59(A-1)
Kathy Starkey	40:51(A-2)

WAYNESBURG UNIV 5K WALK

Kelley Murdock	37:07(OA-1)
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TUNNEL TO TOWERS 5K

Heath Piper	19:14(OA-3)
Mike Romzy	21:11(A-1)
Tina Seech	22:30(A-1)
Ann McCormick	29:29(A-2)
Dana Kuzniewski	30:24
Tom Carter	33:41
LuAnn McCullough	34:26
Christina Swallon	50:09
Bill McCormick	54:25

GREENE RIVER TRAIL 5K

Rich Durbin	20:53(OA-2)
Rich Sandala	21:58(OA-3)
Bob Pikelis	22:11(A-1)
Steve Chabala	23:00(A-1)
Jen Foster	23:10(OA-3)
Kelley Murdock	24:06(A-1)
Ann McCormick	28:28(A-1)
Roxanne Wray	36:36(A-2)
Ashton Wray	36:39(A-2) 1 st Race
Kathy Starkey	37:47(A-3)
Mary Krett	38:24

GREENE RIVER TRAIL 5K WALK

Carl Kondrach	28:32(OA-1)
Bill McCormick	53:13(A-3)

CHASE HUNGER 5K

Kelley Murdock	25:16(OA-1)
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MYRTLE BEACH 13.1M

Kelley Murdock	1:50:49
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COLUMBUS 13.1M

Dave Byers	3:31:15
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MONSTERS AT THE MALL 5K WALK

Blake Headen	45:15(A-3)
George Macek	53:06

AUGGIE'S 5K

Carl Kondrach	24:08(A-2)
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AUGGIE'S 5K WALK

Blake Headen	43:59(A-2)
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BUFFALO CREEK 13.1M

Greg Mussitsch	1:28:37(A-1)
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CECIL VFD 5K WALK

Blake Headen	53:26
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RUN FOR RESCUE 5K

Shane Brunazzi	24:44(OA-1)
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PENQUINS 6.6K

Mike Romzy	26:27
Rich Sandala	28:09
Tina Seech	28:31
Scott Harrington	37:23

PUMPKINFEST 5K

Carl Kondrach	29:22(OA-1)
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SHADES OF DEATH 10M

Rich Durbin	1:22:55
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GREAT PUMPKIN 5K

Shane Brunazzi	25:34(A-2)
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JACK-O-LANTERN JOG 5K

Rich Sandala	22:35(A-1)
Bob Pikelis	22:59(A-1)
Steve Chabala	25:14(A-1)
Ricky Andrews	29:35
Gary Chabala	33:07(A-2)
Kathy Starkey	41:08(A-1)

MONSTER MASH 5K

Pat Calmbacher	32:24(A-2)
Deb Calmbacher	35:24(A-1)

PROPEL TURKEY TROT 5K

Shane Brunazzi	25:37(A-1)
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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.

