

# **WASHINGTON COUNTY ROAD RUNNERS CLUB**

**ESTABLISHED 1974**

**JANUARY, 2023**

**VOL. 23 / No. 1**

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

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## **NEWS AND NOTES**

Hello one and all and welcome to 2023. So far, the weather seems to be in the favor of us who want to take our runs outdoors. You know that it is not going to last, but, until Mother Nature and Jack Frost turns on the cold jets, let's enjoy any sunshine and warmth we can get.

A few reminders to everyone. The dues for 2023 is now due in. When you send your renewal in, please use the form on the last page. That will let us know if you have had a change in the address or phone number.

Also, you will see in the following pages that the WCRRC banquet will be held this year on March 25<sup>th</sup>. It's very important to let us know if you are definitely going to attend. We need to make the reservations for the caterer to have the food ready and we don't want to have happen this year what occurred last year. If you are not 100% sure but it will be likely you will attend, please let Tom or Bob know by email so we can plan accordingly.

Also, our first Grand Prix event will be the Barnesville Park race. The race app is enclosed in the newsletter. This is the first event in the Barnesville series of races that Carl Kondrach and his crew puts on. There will be plenty of goings on during these races so, if you have never attended any of these races, make sure you hit at least one event.

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## **UPCOMING RACES**

There are usually not that many races scheduled for the winter months, but for those hearty souls who don't mind the unpredictable weather, here are a few events you may want to check out. Any Grand Prix events will be marked with an \*

2/4 – Groundhog Day 5K – Allison Park, PA  
2/11 – Community Cupid's Chase 5K – Pittsburgh, PA  
2/25 – Spring Thaw 10/15/20 Miles – Allison Park, PA  
3/4 – South Park Half Marathon – South Park, PA  
3/4 – Shamrock Run 5K – Cranberry, PA  
3/4 – Ellport Boro 5K – Ellwood City, PA  
3/11 – March Mad Dash 5K/5M/10M – Allison Park, PA  
3/18 – Pat Campbell Fighting Cancer 5K – Toronto, OH  
3/25 – \*Barnesville Park/Rotary Lake 5K – Barnesville, OH

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## **WCRRC AT THE RACES**

December saw a few races around the area. The early races had some decent weather, and a few members took advantage of them. For the Santa Sprint 1Mile race in Barnesville saw 147 people cross the finish line. In the run we only had Pat Calmbacher finish in a time of 9:05. The walk saw a clean sweep of WCRRC members, with Carl Kondrach coming through in 9:55 and Kelley Murdock as the first overall female at 10:37. And Sarah Donley was close behind at 10:41. And 2 Run Santa Run races saw Tina Seech as our first finisher in Cranberry at 23:16, and Rich Sandala was our first finisher in Oakdale at 22:55.

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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).



## **THINKING THOUGHTS THOUGHTFULLY** **THUNK**

*Mickey Hornack*

\*\* Rescued dogs n cats are the coolest!

\*\* Is there a town or city in WPa, WV, OH that, Ba-Lakè (aka Blake) hasn't run a race in?

\*\*Studio Beer (in bottle) or Live Beer (from a tap)?

\*\*Aldi's can be an addiction! Their triple chocolate ring cake is the cause!

\*\*When they're grating cheeze on your pasta at your fav Italian bistro, anybody else have tuff time saying "when!"

\*\*The Mrs. bought me a drone for Christmas! I went bananas. love it. So far in test runs I've had to get it out of trees 4 or 5 times, chased it in neighbor's yard and in woods. Is it my eye/hand, brain/hand, reading comprehension or basic immaturity?

\*\*add Ba-Lakè- maybe he should start his own unique newsletter...listing all the races that are over. Just check FB!

\*\*When things go awry for me the Mrs. says go for a run (walk now) I really think she's got something! A good run/walk and a good laugh seem to aright the awry!!

\*\*Spring ain't far away!!!

## **7 Nutrition Tips for the New Year**

### **1. Chia seeds deserve a place in your diet.**

The superpowered seeds found their way into puddings, pretzels, jams and TikTok trends in 2022 as chia — once again — rose to popularity. Experts say chia seeds have earned their hype: They're packed with fiber and rich in antioxidants. You can add a tablespoon of seeds to a smoothie or soak them in plant milk to make a snack.

### **2. You don't need to throw out all the berries.**

A single mold-coated strawberry might look gross, but unless the other berries in the box have visible signs of spores, you can keep them in the fridge — just make sure to double-check that they're fuzz-free before you eat them.

### **3. You can feel better about that morning coffee.**

Researchers found that people who drank 1.5 to 3.5 cups of coffee per day, even with a teaspoon of sugar, were up to 30 percent less likely to die during the study period than those who didn't drink coffee — another reason to justify reaching for your first (or second, or third) mug.

### **4. Natural wine may not actually be better for you.**

There's little research to back up claims that natural wine leads to improved gut health, and a hangover is a hangover whether you're drinking a natural wine or the conventional stuff.

### **5. Foods can help hydrate you.**

You don't need to rely solely on water to replenish fluids; your favorite fruits and vegetables are also great sources of hydration. Reach for melons, strawberries, oranges, grapes, cucumber or celery.

### **6. Limit the amount of processed meats you eat.**

The occasional hot dog won't wreck your health, but processed meats have been linked to cancer, Type 2 diabetes and heart disease. Plant-based alternatives are a safer bet, but they're not all equal: Find an option that's as minimally processed as possible.

### **7. Make whole grains a staple.**

Most Americans aren't eating enough of them, but you can go against the grain by incorporating these high-fiber foods, like oats or corn, into your diet. A slice of whole wheat bread, a half cup of cooked oatmeal and three cups of popped popcorn, in combination, would satisfy the recommended daily requirement for whole grains.

## Barnesville Grand Prix Series



The Barnesville Grand Prix Racing Series is one where participants are rewarded for their just that: their participation. It does not matter your finishing time, overall place, award status, etc. Those who complete (not just register) all 4 are entitled to a special award recognizing their achievement. Here are the other races in the Series:

**Rails-to-Trails 5k** Saturday, May 20, 2023  
@ 8:30 (at The Depot)

**Pumpkin Festival 5k** Saturday, September 23, 2023  
@ 8:30am (at The Watt Center)

**Santa's Spirit Sprint** Saturday, December 2, 2023  
@ 3:30pm (at The Rock)

There is also a non-competitive 5k, the Recycle Race, which benefits the Series. No date has been set yet. Watch for applications!

### Title Sponsor:



### Platinum Sponsors:

(Your Logo here!)

### Special Thanks:

**Donley's Delicious Delights**

**Village of Barnesville**

**Barnesville Park Staff**

### 13th Annual Rotary Lake 5k Trail Walk/Run And Kids Fun Run



**DATE:** March 25, 2023

**5K RACE TIME:** 9:30 AM

**REGISTRATION:** 7:30 AM

**KID'S FUN RUN WILL TAKE PLACE IMMEDIATELY  
AFTER 5K EVENTS ARE COMPLETED**

**ON LINE REGISTRATION IS AVAILABLE AT:**



[www.RunSignUp.com](http://www.RunSignUp.com)

**keyword: ROTARY LAKE**

**DIRECTIONS:** Interstate 70 East/West, Exit #202 (Barnesville/Dennison). Go 5.5 miles on State Route 800 South. When you reach the Certified Gas Station @ the top of the hill, proceed 0.25 mile. Make an extreme right U- turn. Follow signs to Park Entrance.

**COURSES:** Courses are contained inside Park property. Both the Run & Walk start near the Youth Center, proceed down the hill to the Rotary Lake on the trail for two loops (1 lower, 1 upper) and back. Course will be marked. The Trail is crushed limestone and natural surfaces. Course could be muddy in the event of rain.

**KID'S FUN RUN** is 100 meters long (for little ones) and 1/3 mile long (for older kids) and will start at the finish line of the 5k IMMEDIATELY AFTER the 5k finishes (normally around 10:30am) All kids will receive a "Finishers Award".

**AWARDS:** Awards based on last year's results and will be given out in the following categories:

**Walkers:** 1. Top 5 Male, Top 5 Female 2. Top 3 Masters (50+) 3. Males and Females in Age Groups as indicated:

**Age Groups: (Male Walk):** Top 5 49+ Under, Top 5 50-59, Top 5 60+ **(Female Walk):** Top 2: <29, 30-39, 40-49 (3) 50-54 (3), 55-59 (3), 60+ Over (3) Remember, if you register as a Walker, YOU MUST WALK the entire race. By definition, one foot must remain on the ground at all times. Jogging or Trotting is considered slow running, not fast walking.

**Runners:** 1. Top 5 Male, Top 5 Female 2. Top 3 Masters (40+) 3. Top 3 Male & Female in Age Groups (unless otherwise indicated):

**Age Groups: (Male Run):** 14+ Under, 15-19 (2), 20-29, 30-39, 40-49, 50-54 (2), 55-59 (2), 60+ Over; **(Female Run):** 19+ Under, 20-29 (2), 30-34(2), 35-39, 40-44, 45-49, 50-59, 60+ Over

**NO DUPLICATIONS! NO REFUNDS!**

**PHOTOS:** Ron Pradetto Photography:

[www.RonPradetto.com](http://www.RonPradetto.com)

**EXTRAS:** Come join us for Pizza, pepperoni rolls, Donley's Delicious Delights Homemade Cookies and Hot Cocoa

**COVID:** We will follow all Local and State Guidelines. Hand Sanitizer is always available and should always be used regardless. As always, volunteers will be wearing gloves when handling food. More updates will be released if and when necessary.

**The 1st 100 Registered will receive a hooded sweatshirt. The next 100 will get a T-shirt. Sizes are NOT guaranteed: First come, first served. There will be no re-ordering of shirts!**

**Entry Fee:** 5K Run/Walk Pre-Registration: \$21.00 (long-sleeved T-shirt orders)

5K Run/Walk Pre-Registration: \$26.00 (hooded sweatshirt orders)

After March 10 & Race Day: \$30.00 (available shirts are 1st come, 1st serve)

**Kid's Fun Run: FREE**

**MAKE CHECKS PAYABLE TO:**

**RAILS-TO-TRAILS 5K**

808 North Chestnut Street  
Barnesville, OH 43713

**CONTACT INFO:**

Carl A. Kondrach, Director  
(740)310-2117

[carlkondrach@yahoo.com](mailto:carlkondrach@yahoo.com)

[www.Facebook.com/barnesvillegrandprix](http://www.Facebook.com/barnesvillegrandprix)

[www.RailsToTrails5K.com](http://www.RailsToTrails5K.com)



[www.WCRRRC.org](http://www.WCRRRC.org)

**This race is part of the Washington Co. (Pa.) Road Runners Club Series.**

**PROCEEDS WILL BE DIVIDED BETWEEN  
MAINTENANCE OF THE PARK TRAIL AND  
KIDS PROGRAMS AT THE PARK. (KPAP)**

**Please PRINT Neatly!**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

AGE ON MARCH 26: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_

GENDER: MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

RACE: RUNNER \_\_\_\_\_ WALKER \_\_\_\_\_

Shirt size preference: **S** **M** **L** **XL** **2XL**  
(+\$1.00) (+\$2.00)  
PLEASE CHECK ONE: AMOUNT

\_\_\_\_\_ KIDS FUN RUN .....FREE

\_\_\_\_\_ Run/Walk **EARLY ENTRY FEE**..... **\$21.00**  
(if ordering a long-sleeved T-shirt)

\_\_\_\_\_ Run/Walk **EARLY ENTRY FEE**.....**\$26.00**  
(if ordering a hooded sweatshirt shirt)

\_\_\_\_\_ Run/Walk Fee **AFTER MARCH 10**.....**\$30.00**

**NOTE: XL/2XL T-shirts/Hoodies, please add \$1.00 or \$2.00**

**WAVIER:** 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 traveling 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.

**X**

**SIGNATURE (PARENT/LEGAL GUARDIAN if under 18) DATE**



## **This Is How 'Hard' Your Typical Workout Should Be**

You don't have to be miserable and dripping in sweat to get a good workout—at least not all the time.

**Beth Skwarecki**

Do you ever get the feeling you're not pushing yourself hard enough in the gym? Or, on the flip side, do you see other people sweating and groaning while you just kind of go through the motions? Let's talk about how hard your workouts *should* be, and what to change if your current routine isn't in the right zone.

### **Most of your cardio should be easy**

Let's talk about cardio first. Whether you're jogging or cycling or doing dance cardio videos, you build your aerobic base with plenty of miles (or minutes) of easy-to-medium work. In terms of heart rate zones, that would be a zone 2 or sometimes 3 out of 5.

Or to put it another way: If there's a jogger who cruises around your neighborhood every morning, smile on their face, making a fast pace look easy, you may compare yourself unfavorably to them. "If I were running that fast, I'd be gasping for air and then I would die," you might think. But the secret is that if you took up a morning jogging habit, you would want to aim for their *effort level*, not their speed.

### **Intervals and HIIT cardio should be medium to hard**

There is, of course, a time and a place for intensity. If you're doing high intensity interval training (HIIT), or

really any type of interval training, the whole idea is that the rests allow you to go harder when it's work time.

How hard? Well, that depends on the workout, but you can use the recoveries as your guide. If you're doing 1 minute hard/1 minute easy, you should be recovered enough by the end of the easy minute that you're ready for another hard minute.

If you find yourself unable to go again at the end of the rest, or quitting the workout early, you went too hard during the intervals. On the other hand, if the hard and easy intervals feel relatively similar to you, you may not be pushing hard enough. Pay attention to the intended effort level. Sometimes you're supposed to collapse in a puddle by the end of the workout, but sometimes you're supposed to finish feeling like you could have gone a few more rounds.

### **Compound lifts require attention to more than just intensity**

If you're doing squats or deadlifts, your body has a lot to manage all at once. You're using your muscles to move the weight, but you're also coordinating them to all move together with good timing and keep appropriate positioning to do the lift correctly. Occasionally you might take these to your top level of intensity, for example to see how much you can lift as a one-rep max, but that's not going to be your everyday training.

A good program is going to give you an assignment for the day that you can complete without endangering yourself and without fatiguing yourself

too much for the rest of the week. Pay attention to what it gives you! And if you find yourself struggling on every lift every workout, consider that it may not be the right program for you.

### **Lighter lifts may need to go to failure**

On the other hand, isolation lifts (ones that work one or just a few muscles, like a bicep curl) can be taken closer to failure. The same goes for anything where you need a lot of reps to hit failure: if you're able to do sets of 20 pushups or more, you need those last few hard reps to recruit all your muscle fibers. You can't just do 10 and move on.

That said, you still have to be realistic. I've often heard beginners complain that they can't "push themselves" in the gym. They stop being able to lift the weight, or do the last few reps of pushups, and they wonder what's wrong. Well, if you get to the point where you *literally can't do any more*, you've definitely hit failure. There's nowhere else to go.

### **WODs and conditioning require that you scale or pace yourself**

If you're doing a workout that asks you to do a bunch of hard exercises and time yourself—like a tough Crossfit WOD (workout of the day)—you're definitely supposed to push yourself hard. But it's still important to pace yourself.

In Crossfit, there's a concept of scaling. If you're supposed to get through Grace (30 clean and jerks) in a few minutes, you're doing the workout wrong if you load up 95 pounds on the bar and take 15

minutes to get through it. Better to respect the intention of the workout, and choose a weight that lets you complete the workout quickly.

Remember, the idea of these workouts is to *get to the end* feeling like you're spent, not to reach that point 30 seconds in.

### **Hard is never the actual goal**

Even when a workout is difficult, and is supposed to be difficult, suffering is not the end goal. A hard conditioning workout is supposed to increase your stamina; a heavy strength workout is supposed to make you stronger. If the workout is hard or unpleasant, that is a side effect of the main goal.

So when you ask if you're working hard enough, you need to know whether you're working hard enough *to get the appropriate adaptations*. Some workouts need to be intense, and yeah, they might suck. Some need to be easy enough that you can do them for a long time. When in doubt, think back to why you are doing the workout, and make sure your effort matches the prescription.



**WCRRRC AT THE RACES****NEW RORK 26.2M**

Sarah Donley 4:25:03

**HARVEST MOON 10M**

Steve Chabala 1:28:13

John Titus 1:40:52

**DIABETES 5K**

Blake Headen 45:21(A-1)

**DIABETES 5K WALK**

Sarah Donley 34:44(OA-2)

**S. HARVEST 13.1M**

Carl Kondrach 1:48:34(OA-1)

**REWARDING 5K WALK**

Blake Headen 1:00:15

**BOWLBY T. TROT 5K**

Kathy Starkey 42:19

Mary Krett 42:20

**BOWLBY T. TROT 5K WALK**

Blake Headen 50:53(A-1)

**GET TOGETHER 10M**

Bob Pikelis 1:23:35

**BVA T. TROT 5K**

Gary Lorenzi 30:06(A-2)

**TURKET TROT 5K (VIRTUAL)**

Rich Durbin 21:13

**B-TOWN T. TROT 5K**

Jaminique Milliren 22:51(A-2)

Bob Pikelis 23:21(A-1)

Nathan Milliren 25:42

**BTOWN T. TROT 5K WALK**

Blake Headen 45:41(A-2)

**B.PARK T.TROT 5K**

Rich Sandala 22:59

**PITTSBURGH T TROT 5K**

Mike Romzy 21:30(A-1)

Tom Carter 28:46

**5M BEACH 13.1M**

Kelley Murdock 2:02:47

**DRUMSTICK DASH 5K WALK**

Carl Kondrach 27:08(OA-1)

**HOT CHOCOLATE 15K**

Sarah Donley 1:20:53

Carl Kondrach 1:27:46(Pacer)

**SANTA SPRINT 1M WALK**

Carl Kondrach 9:55(OA-1)

Kelley Murdock 10:37(OA-1)

Sarah Donley 10:41(OA-2)

Blake Headen 13:32(A-1)

**SANTA SPRINT 1M**

Pat Calmbacher 9:05(A-2)

**JINGLE FOR JAYCEES 5K**

Pat Calmbacher 33:12(A-3)

Blake Headen 53:08

**COASTAL 13.1M**

Kelley Murdock 1:59:47

**GOBBLE TIL YOU WOBBLE 5K WALK**

Carl Kondrach 29:40(OA-1)

Sarah Donley 34:57(OA-1)

**RUN SANTA 5K (CRANBERRY)**

Tina Seech 23:16(A-1)

Gary Seech 39:15

**RUN SANTA RUN (OAKDALE)**

Rich Sandala 22:55(A-1)

Jam Milliren 23:05(A-1)

Cathy Loos 26:11(A-1)

Kelley Murdock 26:34(A-3)

Donna Patrina 33:10

Louanne McCullough 34:15

Jim Loos 34:49

Blake Headen 51:06

**MISTLETOE 5K WALK**

Carl Kondrach 27:42(OA-2)

Sarah Donley 35:45(OA-3)

Blake Headen 42:30(A-2)

## **2022 GP IN THE BOOKS**

The 2022 edition of the Grand Prix series has wrapped up. The final standings are listed below. Congrats to Tina Seech (GP), Bob Pikelis (LDGP), and Carl Kondrach (WGP) for their victories. Also congrats to everyone who finished any of the three.

Special thanks to **Grace Goffi** for her remarkable work in keeping the GP straight. Without her, it would not exist. Also, thanks to **Bob Pikelis** for all his efforts in gathering times and keeping the GP functioning.

We look forward to being able to celebrate all the GP finishers at the banquet in March.

### **GRAND PRIX 2022( FINAL)**

1. Tina Seech	7	30:15
2. Greg Mussitsch	7	33:24
3. Bob Pikelis	10	33:31
4. Mike Romzy	6	35:07
5. Rich Sandala	19	37:01
6. Rich Durbin	7	37:54
7. Jam Milliren	7	39:27
8. Donna Patrino	5	42:41
9. Sarah Donley	5	43:20
10. Kelly Murdock	6	43:43
11. Steve Chabala	8	44:02
12. Carl Kondrach	7	44:49
13. Gary Lorenzi	7	45:53
14. Pat Calmbacher	10	47:34
15. Deb Calmbacher	7	48:22
16. Mary Krett	6	48:22
17. Gary Chabala	6	48:50
18. Kathy Starkey	7	49:55
19. Nathan Milliren	5	51:20
20. LouAnn McCullough	6	53:23
21. Amy Martin	5	1:12:31

### **WALK GP 2022 ( FINAL)**

1. Carl Kondrach	8	52:33
2. Sara Donley	8	1:00:12
3. Kelley Murdock	7	1:00:45
4. Blake Headen	14	1:17:17

### **LDGP 2022 ( FINAL)**

1. Bob Pikelis	4	35:21
2. Rich Sandala	5	38:04
3. Sarah Donley	10	44:55
4. Kelley Murdock	5	46:05
5. Carl Kondrach	8	47:16
6. John Titus	5	48:24
7. Steve Chabala	5	50:32

### **WCRRC AT THE RACES**

#### **RESOLUTION RUN 5K**

Kelley Murdock	25:42(A-2)
Blake Headen	53:03 (WALK)

#### **SILVESTER 5K**

Carl Kondrach	25:34
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#### **X-MAS EVE 5K**

Pat Calmbacher	31:31(A-1)
Deb Calmbacher	31:32(A-2)
Carl Kondrach	
Sarah Donley	

#### **RESOLUTION RUN 5K(OAKDALE)**

Mike Romzy	22:12(A-2)
Bob Pikelis	23:19(A-3)
Rich Sandala	23:20
Steve Chabala	25:06
Kelley Murdock	25:24(A-1)
Gary Chabala	29:37
Pat Calmbacher	33:17

#### **SET YOUR YEAR ON FIRE 5K WALK**

Carl Kondrach	37:43(OA-1)
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#### **HARMONY 5K**

Dave Byers	43:38
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WASHINGTON COUNTY ROAD RUNNERS CLUB  
2023 BANQUET

It's that time of year again, when we get together to celebrate another season of running (and poke fun at our follies). Awards will be given to all who completed a SDGP or LDGP event. The MC will be by committee for the evening, so be ready to defend yourself.

**When:** Saturday, March 25th  
6:00-7:00 Cocktail Hour, 7:00 Dinner

Where: Lawrence Fire Dept. Hall  
428 Georgetown Road  
Lawrence, PA 15055



**Why:** What else can you do on a Saturday night?

**Price:** \$25.00 per person

Fare: The buffet menu is Rigatoni, Hot Sausage, Chicken Tenders, Red Potatoes, Green Beans, Cajun Chkn Pasta, salad and rolls. Wine, beer and soda cash bar (Honor system). Chips, pretzels and cake are included.

**Awards:** Top 3 SDGP & LDGP finishers will receive trophies. Other SDGP and LDGP finishers receive plaques. Top 2 Walkers receive trophies, and all others receive plaques. Speeches optional by the winners (Anyone long winded may get the hook)!

Directions: Route 79 to the Southpointe Exit. Bear right at the end of the ramp. Turn left at the traffic light (Morganza Road). Turn right at bottom of the hill (Tandem Bike Shop will be on left). Stay on Georgetown Road (make sure to go under trestle approx. a half mile down road). Fire Hall will be on the right.

Please mail to WCRRC, 1427 Willowbrook Dr., Washington, PA 15301

### Checks payable to WCRRC

Name(s) \_\_\_\_\_

Number Attending\_\_\_\_\_

Please respond by March 7th. Late responses call Tom 724-229-0201

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.

