

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

APRIL, 2023

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

## NEWS AND NOTES

The annual WCRRRC banquet was held on March 25<sup>th</sup>. There were close to 25 in attendance, and a fun time was had by all. We wanted to say a special thanks to Nick Fossum, Grace Goffi, Charlie and Anna Pikelis for helping with the set up and the take down of everything. And, also, a thank you to Bob Shooer for helping to pass out the awards during the ceremony. The food was as great as it always is and there was plenty of it. For those who are still owed your trophy from last season, Bob Pikelis will have the awards at any races he attends. Or, if you want to decide to pick it up, just email him at the address below.

For those who have not yet renewed but still wish to, you can still register with the app on the back of this newsletter. What we decided to do this time was we emailed the newsletter to all who had not yet registered.

## UPCOMING RACES

This list includes all the races that we could find for the next few weeks. Remember that for the LGDP, everyone needs to submit their times, especially if they are out of state. All the upcoming SDGP races are marked with a \*.

4/16 – \*Boston Trail 5K/Half Marathon – Elizabeth, PA  
4/15 – Mighty Mike 5K – Carmichaels, PA  
4/22 – Phenomenal Hope 5K – Riverfront Park – Pittsburgh  
4/29 – Carnegie VFRB 5K – Carnegie, PA  
4/30 – \*Stop, Drop and Run 5K – North Strabane TWP (New Course)

4/30 – Jefferson Jog 5K – Clairton, PA  
5/6 – Pittsburgh Marathon 5K – Pittsburgh  
5/7 – Pittsburgh Marathon/Half Marathon – Pittsburgh  
5/20 – \*Rails to Trails 5K – Barnesville OH  
5/20 South Fayette/Bridgeville 5K – South Fayette, PA  
5/21 – Dice Dragon 5K – Schenley Park – Pittsburgh, PA  
5/26 – Propel 4 Peace 5K – Bartlett Shelter – Schenley Park – Pittsburgh, PA

## WCRRRC AT THE RACES

March started to heat up the racing season, as there were a few distance races to run. There were a few more WCRRRC members who came out to test their legs and get ready for the upcoming season.

### **March Mad Dash**

Tina Seech was our first female finisher and second overall in the 5K part of the race, with Kelley Murdock second in her age group. And Rich Sandala was our only finisher in the 10 mile event in a time of 1:19:35, and a second in age group finish.

### **Rotary Lake 5K**

Carl Kondrach and his crew put on another nice event, and the chilly and muddy outlook didn't stop a nice crowd from coming. Rich Sandala was our first male finisher and Deb Calmbacher our first female in the run, with Sarah Donley finishing first overall in the walk and Kelly Murdock coming in 11 seconds behind her.

To report Grand Prix times, call Tom Trettel (724) 229-0201 or e-mail [trettelt@comcast.net](mailto:trettelt@comcast.net). Or Grace Goffi (724-554-0081) 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).



The Gang at the  
2023  
WCRRC Banquet



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

**Platinum Sponsors:**



**Domino's**

**Gold Sponsors:**

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

**Grand Prix Sponsors:**



**WEB DESIGN**



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

- Domino's Pizza
- Donley's Delicious Delights
- My Pizza Place
- Convenient Food Mart

Race Course manned and patrolled by the following:

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

**OTHER RELEVANT WEB INFO:**

- [www.barnesvilleohio.com](http://www.barnesvilleohio.com)
- [www.dominos.com](http://www.dominos.com)
- [www.10Twebdesign.com](http://www.10Twebdesign.com)
- [www.ronpradetto.com](http://www.ronpradetto.com)
- [www.runsignup.com](http://www.runsignup.com)
- [www.smileymiles.com](http://www.smileymiles.com)
- [www.wcrrc.org](http://www.wcrrc.org)

**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 20, 2023**  
**8:30am/8:32am**

**Title Sponsors:**



**Matt Jones PreOwned Auto**  
 5 Elm Grove Crossing  
 (304)905-8302

**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/ CANINE WALK TEAM  
 LADY ATHENA  
 210lbs/165lbs

**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)

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

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 1) \$27 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 1). \$27 after May 1 and on race day. Special Charity Rate: \$19 each, minimum **FOUR** entries mailed together. (Pre-registered ONLY, deadline, postmarked by May 1st)

**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 (WCRC) Grand Prix Series; 2. It is the 2nd of four races in the Barnesville Grand Prix.



### 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!**



# 13 Tips for Running in Heat and

## Humidity

With summer in full effect, you may have noticed that your runs have begun to feel different. As in...why does my easy pace now feel like I'm running in mud and I'm working so hard to get nowhere fast?

Summer running can make it feel like you need gills rather than lungs. If you are doing heart rate training, good luck. The warmer the weather, the harder your body has to work to keep you cool. Your heart rate will be higher and breathing more difficult. The reason why is your body is directing blood to the skin to cool you off through sweating. That means there's less blood available to transport oxygen to your muscles. What would usually be an easy-paced run feels more like a max all-out effort.

If you don't like running in the heat or humidity, you don't need to retreat inside for the next few months. There are plenty of things to try to make it a little bit more comfortable. And if you do have to hit the treadmill, no biggie. Do what works for you.

## Less Is Best

Wear as little clothing as legally possible. If you are the sports bra only or shirtless kind of person, do that. Stick to light-colored, loose, wicking materials. Now is not the time for wearing all black or cotton. No matter what fabric you are wearing, Body Glide can be a life saver for preventing chafing.

## Don't Forget the Sunscreen

Even if it's early morning or partly cloudy, protect yourself from skin cancer and other skin damage by using sunscreen before every run. Just be sure it's sweat proof. No runner needs to feel the pain of sunscreen and sweat in their eyes.

## Wear a Hat or Visor

A hat or visor will not only protect your skin from the sun, but it will also help to keep your face shaded. Soaking the hat or visor in cold water before heading out the door can help to lower body temp and feel cooler as well.

## Start Slow and End Slow

A warm up prior to a run should always be done, but even more so when the temperatures are high. You want to gradually increase your heart rate rather than starting out too fast. Same thing for the end of the run. Do a gradual slow-down that includes some time for a slow walk. It will help regulate your heart rate and cool your body a bit.

## Run Early

Morning temperatures are usually the coolest during the summer. It also will give you a break from the strongest hours of sunlight. The humidity can sometimes be high in the morning, but at least you won't have the blazing sun on you. And you may even get the treat of a gorgeous sunrise. You want to be sure to avoid the middle part of the day, which will be the hottest.

## Run Late

If you aren't a morning person, wait until the late evening when the sun is starting to set. The temps will be better than mid-day, and the humidity may dip, too. Just like running early, you'll probably get the treat of a gorgeous sunset.

## Slow Down

Your body has to work extra hard in the heat and humidity running at a "normal" pace, and when you try to pick up the pace, even more so. Run for time and effort rather than distance and pace. Save the hard pace workouts for a day when the temp and humidity are lower or when you can go early in the morning when the day is coolest.

## Hit the Trails

When the temperatures rise, asphalt and concrete absorb heat and radiate it back into your face. Trail running usually offers shade from trees unless you are going above the tree line. It also forces you to slow down. Bonus if the trail has the perfect place to jump in a lake or river post run!

## Drink up

If you are running more than 75 to 90 minutes, carry a hand-held water bottle, hydration belt or hydration vest with you. Or stash water bottles along your intended route ahead of time if you don't like carrying anything in your hands. For an extra dose of cooling relief, freeze your water bottles before your run. By the time you need it, enough ice has melted for you to drink up some icy cold water. Planning your route along accessible drinking fountains is not a bad idea either. You may also opt for adding electrolytes to your water to help balance the extra sodium and potassium lost through increased sweating.

## Ice It

Ultrarunners use this trick all the time while racing in the heat. Stuff a bandana full of ice and tie it so the ice is at the back of your neck. Or fill up your hat with ice before putting it on your head. As the ice melts, it will keep you cool.

## Run With Friends

Just like running on frigid cold mornings in January, having friends to commiserate with while you slog through the heat makes it more tolerable. If you are joining a larger group run, there's high probability that water, Gatorade or fuel will be out on the route. You won't have to worry about having enough water with you.

## Take It Inside

If it's really hot and humid and your only option to run is during the hottest part of the day, take it inside to the treadmill, preferably to a treadmill in an air-conditioned room.

## Don't Run

Not running is unthinkable to some runners, but sometimes the heat and humidity just aren't runner friendly. Opt for cross training instead on the bike or even swimming. Maybe it's time to give pool running a shot?

The good news is that the body acclimates to the heat and humidity rather quickly, so you'll become a more efficient summer runner in no time.

Most of all, have fun and enjoy yourself but use common sense! Most of us only get this weather for a few short months out of the year. Before you know it, we'll be complaining it's too cold, so live it up!

## **2023 WCRRC GRAND PRIX (Update 4/5/23)**

The WCRRC Grand Prix's will both return in 2023 for the 38th 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.**

### **2023 GRAND PRIX (RUN AND WALK)**

1. 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.

Resolution Run 5K (Jan)	The Big Run 5K (June)	Little Great Race 5K (Sept)
Barnesville Park 5K (March)	Peters TWP 5K (June)	Boston Harvest 5K/10K(Sept)
Bucks for Bucs 5K (April)	Whiskey Rebellion 5K (July)	Pumpkin Festival 5K (Sept)
Boston Trail 5K (April)	Running for Ryan 5K (July)	
Stop, Drop and Run 5K (April)	Rain Day 5K (July)	Great Race 5K/10K (Sept)
Rails to Trails 5K (May)	Brookline Breeze 5K (Aug)	Jack-O-Lantern Jog 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 (724-554-0081) [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.

### **2023 LONG DISTANCE GRAND PRIX**

1. 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**



# WHY IS MY RUNNING NOT IMPROVING – THE 8 REASONS

April 2, 2023

## RUNNING

Running is an excellent form of exercise that can help you stay in shape, boost your mood, and even reduce your risk of chronic diseases. However, many runners often find themselves stuck in a plateau, where their running performance doesn't seem to improve, no matter how hard they try. If you are in a similar situation and wondering "why is my running not improving?" then you have come to the right place. In this article, we will explore the eight most common reasons why your running may not be improving and what you can do to overcome them.

## WHY IS MY RUNNING NOT IMPROVING?

Running is a complex sport that involves not only your muscles and joints but also your cardiovascular system, your mental focus, and your overall lifestyle. If any of these factors are not in sync, your running performance may suffer. Here are the eight most common reasons why your running may not be improving:

### RUNNING NOT IMPROVING REASON – 1: LACK OF CONSISTENCY

One of the most significant factors that can affect your running performance is the lack of consistency. If you are not consistent with

your running routine, your body will not have enough time to adapt and improve. Skipping runs, changing your workout plan frequently, or taking long breaks between runs can all contribute to a lack of consistency, and ultimately, a lack of improvement.

### RUNNING NOT IMPROVING REASON – 2: OVERTRAINING

While consistency is crucial, overtraining can be just as harmful to your running performance. Overtraining occurs when you push yourself too hard, too soon, without enough rest and recovery time. Overtraining can lead to injury, burnout, and even a decrease in running performance.

### RUNNING NOT IMPROVING REASON – 3: POOR RUNNING FORM

Your running form plays a significant role in your running performance. Poor running form can lead to a decrease in running efficiency, which can affect your speed and endurance. Common running form mistakes include overstriding, hunching over, and a lack of arm swing.

### RUNNING NOT IMPROVING REASON – 4: INADEQUATE NUTRITION

Running requires a lot of energy, and if you don't provide your body with the necessary nutrients, your running performance may suffer. Inadequate nutrition can lead to fatigue, poor recovery, and a lack of

endurance. Make sure to fuel your body with a balanced diet that includes complex carbohydrates, healthy fats, and lean protein.

## **RUNNING NOT IMPROVING REASON – 5: LACK OF SLEEP**

Sleep is crucial for recovery, and if you're not getting enough sleep, your running performance may suffer. Lack of sleep can lead to fatigue, poor focus, and a decrease in running efficiency. Make sure to get at least 7-8 hours of sleep each night to optimize your running performance.

## **RUNNING NOT IMPROVING REASON – 6: INCONSISTENT TRAINING INTENSITY**

Your running training should be well-balanced and include different types of workouts, such as tempo runs, interval training, and long runs. However, if you're not consistent with your training intensity, your body may not have enough time to adapt and improve. Make sure to vary your workouts and stick to a consistent training intensity to maximize your running performance.

## **RUNNING NOT IMPROVING REASON – 7: MENTAL BLOCKS**

Running is not only a physical activity but also a mental one. If you have negative thoughts or beliefs about your running ability, it can affect your running performance. Mental blocks can lead to a lack of motivation, poor focus, and a

decrease in running efficiency. Make sure to work on your mental game and build a positive mindset to improve your running performance.

## **RUNNING NOT IMPROVING REASON – 8: EXTERNAL FACTORS**

External factors such as weather, running surface, and running gear can all affect your running performance. Running in extreme weather conditions,

on uneven or hard surfaces, or with ill-fitting gear can all contribute to a decrease in running efficiency and ultimately, a lack of improvement. Make sure to choose the right gear and running surface for your needs and adjust your training plan accordingly based on weather conditions.

## **CONCLUSION**

In conclusion, there are several reasons why your running may not be improving, from lack of consistency and poor running form to inadequate nutrition and mental blocks. However, with the right approach and mindset, you can overcome these obstacles and improve your running performance. Remember to stay consistent, balance your training intensity, focus on proper form, fuel your body with adequate nutrition, prioritize sleep and rest, work on your mental game, and choose the right external factors for your needs. By addressing these eight common reasons why your running may not be improving, you can take your running to the next level and achieve your goals.



### WCRRC AT THE RACES

#### SHAMROCK RUN 5K

Carl Kondrach	22:13
Rich Sandala	23:05(A-1)
Sarah Donley	24:55(A-2)
Kelley Murdock	27:14
Blake Headen	51:04(W)

#### SOUTH PARK 13.1M

John Titus	1:57:16
Steve Chabala	2:03:19

#### MYRTLE BEACH 5K WALK

Mickey Hornack	43:25
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#### ELLPORT 5K

Bob Pikelis	23:10(A-1)
Shane Brunazzi	29:37(A-3)
Dave Byers	45:29

#### RUN FOR BOB 5K

Carl Kondrach	21:57(A-2)
Sarah Donley	24:10(A-1)
Pat Calmbacher	32:25(A-2)
Deb Calmbacher	38:06
Blake Headen	48:35(A-3)W

#### MARCH MAD DASH 5K

Tina Seech	23:21(OA-2)
Kelley Murdock	26:42(A-2)

#### MARCH MAD DASH 10M

Rich Sandala	1:19:35(A-2)
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#### SHAMROCK RUN 1M

Sarah Donley	11:44(OA-3)
Carl Kondrach	11:44(OA-4)
Blake Headen	14:06

#### SHAMROCK RUN 5K

Carl Kondrach	21:58(A-2)
Sarah Donley	23:37(A-1)
Blake Headen	53:21(W)

#### PAT CAMPBELL 5K

Carl Kondrach	22:41(A-2)
Blake Headen	45:42(WAG-3)

#### STEP INTO SPRING 5K WALK

Carl Kondrach	36:19(OA-1)
Blake Headen	45:46(A-1)

### SHAMROCK SHUFFLE 5K

Mike Romzy	21:13(A-1)
Rich Sandala	22:21(A-2)

#### RABID RACCOON 20M

Rich Durbin	4:14:47(A-2)
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#### JUST A SHORT RUN 5K

Tina Seech	22:53(OA-1)
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#### JUST A SHORT RUN 30K

John Titus	2:52:06(A-3)
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#### ROTARY 5K

Rich Sandala	24:53(A-1)
Carl Kondrach	26:55(A-2)
Pat Cambacher	36:47
Deb Calmbacher	39:25

#### ROTARY 5K WALK

Sarah Donley	36:10(OA-1)
Kelley Murdock	36:21(OA-2)
Blake Headen	48:11
Dave Byers	48:58

#### BUCS FOR BUCKS 5K

Bob Pikelis	23:07(OA-1)
Rich Sandala	23:22(OA-2)
Steve Chabala	24:26(A-1)
Kelley Murdock	25:17(OA-2)
Gary Chabala	29:04(A-3)
Blake Headen	53:41(W)

#### RUN FOR HOME 13.1M

Carl Kondrach	1:49:37
Sarah Donley	1:56:06

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.

