

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

SEPTEMBER, 2023

VOL. 23 / No. 9

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

## NEWS AND NOTES

We've now got 4 months left in the 2023 racing season. For those of you who are close to qualifying for the GP awards, make sure that you check all the races below and get in whichever starred race you can get to. Also, make sure that any times you have are turned in to both Tom and Grace. And as a side note, for those who ran the King Koal 5K, we need you to turn in those times. They have been very hard to find online.

It seems as if there are a few club members who are limping to the finish line for 2023. Georger Macek is still dealing with quite a few health issues. And Bob Pikelis had to go through an emergency appendectomy a few weeks ago. Albie Rinehart had some carpal tunnel surgery at the beginning of the month. And we're sure that there are a few more bumps and bruises we are not aware of.

## UPCOMING RACES

August is the time to start to look at all upcoming races and make your plans to get any GP race that you need. There are plenty of events upcoming that will get you there. Check down below for a short list of races we found. And as always, the GP races will be marked with a \*.

9/16 – FlyBy 5K – Pittsburgh International Airport

9/16 – Scottdale Fall Festival 5K/10K – Scottdale, PA

9/17 – Joey Fabus Heroes 5K – Bethel Park, PA

9/17 – \*Boston Harvest 5K/10K/Half Marathon – Boston, PA

9/23 – \*Pumpkin Festival 5K – Barnesville, OH

9/24 – \*The Great Race 5K/10K – Pittsburgh PA

9/30 – Morris TWP Fire Dept Races – Nineveh, PA

10/7 – Run Shadyside – Shadyside, PA

10/14 – \*Greene River Trail 5K – Rice's Landing, PA

10/15 – Brendan's Angels Monster Mash 5K – McKeesport, PA

10/21 – Auggies 5K – Wheeling, WV

10/21 – Buffalo Creek Half Marathon – Cabot, PA

10/22 – Propel School Trick or Trot 5K – Acrisure Stadium – PGH, PA

10/28 – \*Jack-O-Lantern 5K – Canonsburg, PA

## WCRRRC AT THE RACES

August had quite a few races going on and The WCRRRC was in good attendance. Here are a few synopses of the races.

### **Brookline Breeze 5K**

The 41<sup>st</sup> annual Brookline Breeze went off on a cool but humid morning. We had Greg Mussitsch finish first in his age group and was first for the WCRRRC in 19:55.

### **Solar Vortex 5K**

It was another fine turnout for this annual Shane Brunazzi race. Rich Sandala was our first overall male finisher in a time of 23:07, and Sarah Donley was our first female finisher and second in the female division in a time of 24:49. Nice to see new members George and David Dziamniski, Amy Ference and Loris Connolly at the race.

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).

## THOUGHTFUL THOUGHTS THOUGHT THOUGHTLESSLY:

Mickey Hornack

The Mrs. gave me a new puzzle. I put it together in 1 day! Yea, an on the box it said 2-4 years. I rock. I still can't see why she wasn't impressed.

Charleroi LGR coming up! Hope to see lots of "yinz" in downtown Charleroi!!

Geez, Bo Pikelis has an unexpected bout with his appendix! Bo=W. Appendix=L. No running for a while but it won't be long. Good for Bo! See ya appendix.

There are 3 general categories of runners (I guess it applies to walkers?) Speedsters, Endurance monsters and Combo runners! Ok, could one be a Combo-Endurance? Or Speedster-Monster? Or Blake-Trettel? (This would be Monster-Monster correct?)

Corona virus has helped to increase individual running, ok! Corona 12oz bottles have helped as well.

I find it hard to believe that a glass of skim milk can hydrate one more efficiently that a bottle of sports drink. To substantiate that-I read it on the internet.

Add drink: Picture running a 10K on sunny 70° morning finishing and then chugging a glass of skim milk. Nope not 1 single chance. Who instigates these facts? American Dairy Assoc.??

If you are in a hurry no matter what you are hoping to accomplish is never rewarded by the "hurry up"  
Quoted Con-fused!

This fellow, after his wife was missing for a week, said authorities told him to prepare for the worst. He went back to the Thrift Store and got all her items back.

Peace🙏Love💛 & Understanding ☐ Y'all

## 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

# 2023 Greene River Trail 5K Run/Walk

**Saturday, October 14th  
Race Begins at 9am  
Registration 7:30am-8:30am  
at the  
Rices Landing Trail Head**

**5K Out and Back  
Beginning at the  
Trail Head.**

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



# Greene River

**Pre-Registration Fee \$18.00  
by September 14th**

**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 14th 2023:\_\_\_\_\_

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 Trail Head  
125 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](http://www.serjracing.com)**



# Running in the Heat: A Runner's Guide to Surviving the Summer

## TRAINING

By Timothy Lyman

Temperatures are rising and the sun is out. There's not a cloud in the sky, and the formerly barren branches of the trees are boasting all shades of green. We've boxed up our base layers, tossed on a t-shirt and are ready to run with reckless abandon through our local roads, tracks and trails.

Shortly after taking off with a big smile and bouncing stride, you start to slow down a bit. Then a lot. Then (gasp!) maybe even stop running altogether. What's happened? Conditions are perfect and your legs are fresh. Why does an easy run suddenly feel like so much work?

Don't worry...you haven't suddenly lost all your fitness or are somehow "out of shape!" Each year as we climb out from our cold weather cocoons, our bodies must adjust to warmer conditions that affect both our heart rate and the ability to regulate our core temperature. This is a process known as acclimatization (or acclimation), as we literally relearn how to run in the heat.

### Why is it harder to run in the heat?

Fundamentally-speaking, we are constantly in a heat exchange with our environments. The increase in metabolic rate during exercise results in an elevated core temperature, which must be regulated in a heat production/heat loss relationship. Our bodies manage this relationship through two mechanisms, by directing heat from the core to the skin via the circulatory system (convective) and by sweating (evaporative).

The goal of this process is to achieve a steady state, or equilibrium, between our heat production and then, our ability to lose (or "dump") this heat through convective or evaporative methods. However, the metabolic rate during exercise increases immediately while the thermoregulatory

systems take longer to respond. This is exactly why you might have started your run feeling like a rock star, only to be holding your hands and knees less than a mile later.

In order to train these thermoregulatory systems to respond more effectively, we must repeatedly expose them to the same stimulus. Practice makes perfect. This is our acclimation period, during which our bodies learn to regulate temperature in order to reach the equilibrium that allows us to continue running in the heat. We eventually improve at this regulation and do it in a way that doesn't make our heart rate skyrocket and force us into slowing from a run to a jog to a walk.

Once the body acclimates to the heat, it becomes more efficient at maintaining an ideal core temperature for exercise, which makes running more comfortable and less strenuous. Since the body is able to "dump" the extra heat generated by running through better thermoregulation, exercising in warmer conditions after acclimating allows us to train at the paces we achieved prior to the temperatures rising.

A lot of factors affect the body's heat response, many of which are entirely outside of our control. Body mass and composition, level of aerobic fitness, and hydration are the variables we can manipulate, but environmental conditions like ambient temperature, dew point and amount of cloud cover also factor into the equation.

It can take the better part of two weeks to be fully acclimated depending, of course, on your protocol. Generally-speaking, about four to six hours of moderate exercise in warm-to-hot conditions is enough to recognize most of the changes associated with heat acclimation.

### How to run in the heat comfortably and safely

The good news is, there are several steps you can take to run safely in the heat.

## 1. Hydration



We all know the importance of staying well-hydrated throughout the day to improve performance, but hydration also plays a pivotal role in thermoregulation. Studies have shown that drinking plenty of water will help your body get rid of excess heat, keep your core temperature at a reasonable level and achieve the steady state heat production/loss ratio. Plus, replacing lost electrolytes and carbohydrates by adding a drink mix to your water can help you recover more quickly.

## **2. Ignore your watch and run by feel**

Slow your pace by using Rate of Perceived Exertion (RPE) or heart rate (HR), instead of pace or power output. Your usual pace will be significantly harder to maintain until properly acclimated to the heat, so there is no need to force the issue. Instead, run at an effort level that is similar to what you are used to and comfortable with and don't stress about the fact you might be a little slower than average. If you don't do this intentionally, your body will do it automatically. A relaxed 30 minute jog at a slower pace is better than a 12-minute sufferfest and blow up at your regular pace.

## **3. Be patient with the acclimation process**

Just as you should take your time during each workout session, practice patience day-to-day and week-to-week. The acclimation process is just that, a process. It will take several weeks of running before you turn a corner, but it will happen! Ironically, you can accelerate this process by slowing your pace during workouts on hot days. By slowing down, you allow your body more sustained time exercising in warm temperatures, which in turn, expedites the acclimation process.

## **4. Run harder efforts in cooler temperatures**

Don't hesitate to adjust or manipulate your environment in order to perform more strategic,

targeted workout sessions as part of a progressive training plan. If you are in the stages of preparing for an upcoming race and absolutely need to get in interval sessions, try to run them earlier in the morning or later in the day when temperatures are a little lower. Maybe you have a race pace workout on the schedule? Find a shaded environment like the trails where the ambient temperature is a bit lower for an up-tempo run. You can even break a long run into two shorter ones. There are always options that will enable you to perform quality sessions during the acclimation period.

## **5. Stay cool on the run**

This may sound obvious, but it's easier said than done when the temperatures are rising the sun is out in full force. However, you can fight the heat with some simple cooling methods. Maybe you like to wear a hat to block the sun when you run. Try dipping your hat in cold water before putting it on, letting the water run down your back. Some athletes even like sticking ice cubes in their sports bras or shorts to stay cool for as long as possible. As the ice melts, the cold water will drip down your body. Surface area is an important component to staying cool, so any way you can douse a larger area of your body in cold water (or ice!) is incredibly impactful for the simple reason that it affects a larger portion of the exposed surface area.

Remember, it's important to be aware and mindful of the signals your body is sending you during your run. The difficulty you feel during those first few weeks of running in the heat is your body's way of telling you it is, quite literally, overheating and you will need to make the necessary course corrections to avoid negative outcomes such as heatstroke. Understanding the physiological processes that are happening in response to the heat will help better inform how you can best respond in each situation. By responding with intent, rather than just reacting to the environment, you can get the most out of each session and get back to enjoying the warm weather runs as soon as possible.





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 23, 2023 @ 8:30am

*Kids Pumpkin Run begins at APPROXIMATELY 9:45am!*



**Directions:** (GPS: 511 Watt Avenue, Barnesville, OH 43713) I-70 E/W, 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](http://www.RunSignUp.com) Keyword: Pumpkin For more info or to download an application, go to: [www.RailsToTrails5k.com](http://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 3: 29U, 30-39, 40-49, 50-59, 60-64, 65-69, 70-74, 75+Over **(Female Walk)** Top 3: 19U, 20-29(4), 30-34, 35-39(4), 40-44, 45-49, 50-54(4), 55-59(4), 60-64, 65-69, 70+Over **(Male Run)** Top 3: 10+ Under, 11-14(4), 15-19, 20-29, 30-34(4), 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ Over **(Female Run)** Top 3: 10+ Under, 11-15(4), 16-19, 20-29(4), 30-34(4), 35-39(4), 40-44, 45-49, 50-54, 55-59, 60-69, 70+ Over **(Heavyweights)** Top 3: Clydesdale (200lbs+) Top 3: Lady Athena (170lbs+)

**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](mailto: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](http://www.BarnesvillePumpkinFestival.com)

**Results/Photos:** Results available at: [www.SmileyMiles.com](http://www.SmileyMiles.com) Photos available at: [www.RonPradetto.com](http://www.RonPradetto.com)



Barnesville Grand Prix Series



WEB DESIGN

Facebook.com/barnesvillegrandprix

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

(cut here)

Proceeds Benefit the Santa Spirit Sprint 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



**WCRRRC AT THE RACES****SCOOBY'S BIRTHDAY 5K**

Carl Kondrach 23:51

**SCIO SCRAMBLE 5K**

Carl Kondrach 22:42(A-2)  
Pat Calmbacher 29:32

**SCIO SCRAMBLE 5K WALK**

Blake Headen 49:07(A-2)

**SOLAR VORTEX 5K**

Rich Sandala 23:07(A-1)  
Sarah Donley 24:49(OA-2)  
George Dziemanski 25:16(A-1)  
Kelley Murdock 26:26(OA-3)  
Carl K Ondrach 27:17(A-3)  
David Dziemanski 27:30(A-2)  
Shane Brunazzi 27:55(A-1)  
Gary Lorenzi 29:33(A-3)  
Amy Ference 30:56(A-1)  
Lois Connolly 33:57(A-2)  
Deb Calmbacher 35:42(A-3)  
Ashlyn Brunazzi 40:22(A-1)

**MARLAND HEIGHTS 2M WALK**

Blake Headen 29:14(A-2)

**BROOKLINE BREEZE 5K**

Greg Mussitsch 19:55(A-1)  
Mike Romzy 22:19(A-1)  
Carl Kondrach 23:27  
Bob Pikelis 23:36  
Rich Sandala 23:37

**HISTORIC HILL 5K**

Steve Chabala 24:53  
Gary Chabala 29:19(A-1)

**RUN WITH RAIDERS 5K**

Kelley Murdock 27:44(A-1)

**RUNWITH RAIDERS 5K WALK**

Blake Headen 56:15

**ROAD TO TRAIL 5K WALK**

Carl Kondrach 42:41(OA-1)

**FINDLAY 5K**

Mike Romzy 21:46(A-1)

**FINDLAY 5K WALK**

Blake Headen 57:16

**ICE CREAM 5K**

Greg Mussitsch 19:22(A-1)  
Rich Sandala 23:00  
Carl Kondrach 23:39  
Sarah Donley 24:20(A-3)

**KING COAL 5K**

Mary Krett 40:21(A-2)  
Kelley Murdock 37:11(WOA-1)

**TRINITY HILLER 3.5M**

Rich Sandala 25:29(A-1)  
Kelley Murdock 27:41(A-1)  
Carl Kondrach 36:25(A-3)  
Blake Headen 1:00:00 (Walk)

**ROADS TO TRAIL 5K WALK**

Carl Kondrach 42:41(OA-1)

**BANANA SPLIT 5K**

Rich Sandala 22:42(A-1)

**FIREFLY 2M**

Carl Kondrach 15:13

**YINZER 4.12K WALK**

Blake Headen 49:09

**RUN AROUND THE SQUARE 5K**

Mike Romzy 22:13(A-1)

**BERGMAN MEMORIAL 5K**

Carl Kondrach 24:37(A-1)  
Blake Headen 59:10(W)

**BRADY'S RUN HAPPY 10K**

Shane Brunazzi 59:41(A-2)

**BRADY'S RUN HAPPY 5K**

Deb Calmbacher 36:45(A-2)  
Pat Calmbacher 48:23(A-2)

**BRADY'S RUN HAPPY 5K WALK**

Carl Kondrach 37:21(OA-1)  
Sarah Donley 37:30(OA-1)  
Blake Headen 45:04(A-1)



**GRAND PRIX 2023( 8-31-23)**

1. Greg Mussitsch	3	34:25
2. Bob Pikelis	5	34:26
3. Cathy Loos	3	34:52
4. Mike Romzy	4	36:07
5. Rich Sandala	12	37:59
6. Rich Durbin	3	38:27
7. Jaminique Milliren	4	39:52
8. George Dzieminski	1	40:26
9. Amy Ference	1	41:08
10. Donna Patrina	1	42:36
11. David Dzieminski	1	42:48
12. Carl Kondrach	7	43:15
13. Heath Piper	2	43:21
14. Kelley Murdock	6	43:53
15. Gary Chabala	4	44:41
16. Sarah Donley	2	44:44
17. Steve Chabala	3	46:05
18. Lois Connolly	1	46:29
19. Gary Lorenzi	6	46:59
20. Tom Carter	1	47:05
21. Deb Calmbacher	4	47:18
22. Nathan Milliren	3	47:50
23. Dana Kuzniewski	1	48:55
24. Roxanne Wray	2	50:12
25. Mary Krett	2	50:47
26. Pat Calmbacher	4	55:07
27. Shane Brunazzi	3	53:32
28. Kathy Starkey	3	53:43

**LONG DISTANCE GP 2023(8-31-23)**

1. Greg Mussitsch	2	32:57
2. Bob Pikelis	4	34:22
3. Rich Sandala	4	37:59
4. Carl Kondrach	5	43:45
5. Sarah Donley	6	46:38
6. John Titus	4	47:02
7. Steve Chabala	2	49:02
8. Kelley Murdock	3	49:52
9. Dave Byers	1	1:06:41

**WALK GRAND PRIX 2023(8-31-23)**

1. Carl Kondrach	1	52:02
2. Kelley Murdock	3	1:02:12
3. Sarah Donley	3	1:03:39
4. Dave Byers	2	1:12:58
5. Blake Headen	4	1:29:51

**WCRRRC AT THE RACES****LABOR DAY 5K**

Heath Piper	18:24(A-1)
Greg Mussitsch	19:10(A-1)
Rich Durbin	21:15(A-3)
Rich Sandala	22:10(A-3)
Steve Chabala	22:55
Carl Kondrach	23:07
Kelley Murdock	25:01(A-2)
Pat Calmbacher	28:22
Ann McCormick	28:32(A-1)
Tom Carter	28:38
Gary Lorenzi	28:48
Roxanne Wray	35:09
Deb Calmbacher	35:12(A-3)
Ashton Wray	35:20
Kathy Starkey	39:30
Albie Rinehart	41:00
Grace Goffi	41:27(A-1)
Bill McCormick	44:36
Amy Martin	44:54

**LABOR DAY 5K WALK**

Sarah Donley	35:03(OA-1)
Glenna Carter	45:43(A-2)
Blake Headen	47:11(A-1)
S. Kevin Berdis	50:24(A-3)
Barrie Baker	51:19(A-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.

