

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

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VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

Well, we are now coming down to the home stretch for the 2023 racing season. There are still a few races left to catch up on the points for the short and long-distance grand prix. Be aware of the upcoming races for the GP listed here and on our website. And make sure that you are always checking on the race results listed here. If there are any omissions, please send them on to Tom and Grace. And check for the Great Race results. There were over 10000 race participants, and we could have missed a few names.

Carl Kondrach has sent a note in, telling us that the Santa Sprint is now going to encompass, by popular demand, a 5K race along with the regular sprint. The updated race app is enclosed in this newsletter.

It is a little early, but we wanted to put a bug in your ear about renewing for the 2024 racing season. This year has had some very competitive races and there are still a lot of members in contention for the end of the year awards.

And remember that any Turkey Trot race can be used for the GP this year. Just make sure that anyone you do needs to be reported to Tom and Grace, since we may not be able to see all the results.

UPCOMING RACES

We are slowly coming down to the wire for the Grand Prix events. Make sure that you are

checking the schedule and, as always, the SDGP events will be marked with a *

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

10/14 FAAP Fall Classic 20K/10K/5K – North Park Trail – Allison Park, 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

11/4 – American Heritage Girls Veterans 5K – Martins Ferry, OH

11/5 – Operation Troops Vets 5K – Allison Park, PA

11/5 – EQT 10 Mile – Pittsburgh

11/11 – Harvest Moon 5K/10 Mile- Moon TWP, PA

11/11 – Prodigy Wellness 5K – New Martinsville, WV

11/23 – *Turkey Trots – Pittsburgh, Burgettstown, Greensburg, Uniontown, Latrobe, Sewickley, Waynesburg (11/18)

WCRRRC AT THE RACES

There were quite a few GP races that were held this past September. And because of all the events, we will not be able to summarize any of them this month. But we want to make sure that you check both the race results and the GP standings to make sure that any GP race you did this month has been credited to you.

To report Grand Prix times, call Tom Trettel (724) 229-0201 or e-mail trettelt@comcast.net. Or Grace Goffi (724-554-0081) at gracegoffi@verizon.net. For newsletter information or to submit an article contact Bob Pikelis e-mail r.pikelis@comcast.net.

Today's Inspirational Quote

The one who falls and gets up is stronger than the one who never tried. Do not fear failure but rather fear not trying.

Roy T. Bennett

FIVE REASONS TO RUN ON GRASS THIS FALL

For many runners, fall is cross-country season – a time to ditch the track and sidewalks and start logging miles on grassy fields and parks. Even if you're a dedicated road runner with no cross-country races on the calendar, it might be time to give your sneakers a change of scenery by hitting the grass. Transitioning from asphalt to grassy trails or fields can offer a refreshing change and numerous benefits for your running experience. (Note, you don't have to run barefoot to benefit from the change.)

Reduced impact on your body

If you've been struggling with aches and pains, the grass might offer some relief. One of the primary advantages of running on grass is the softer surface. Grass provides a more forgiving terrain than concrete or asphalt, which can be beneficial for those prone to [shin splints](#), joint pain or runners who are recovering from other injuries.

Improved strength and stability

Running on uneven surfaces like grass engages stabilizing muscles that are often underused on flat roads. This helps improve balance and overall strength, which can enhance your running performance and [prevent injuries](#).

Mental refreshment

The natural surroundings of grassy trails or parks provide a mental escape from the hustle and bustle of city streets. The serene environment can [reduce stress](#) and make your runs more enjoyable.

An alternative to trails

Trail running is a great way to connect with nature and change up your usual running routine, but if there aren't any trails in your area, a grassy field or park makes an excellent alternative. You get many of the same benefits of running on trails, but as a bonus, you're less likely to get lost. For runners who don't feel safe running alone on trails, public parks also offer a place to run on softer terrain that is more out in the open and therefore safer.

Better air quality

Grass environments typically have cleaner air than busy roads, reducing your exposure to [harmful pollutants](#), which can improve your overall health and make your runs more enjoyable.

Road running undoubtedly has its merits, and if you're training for a road race it is important to log at least some of your miles on the roads—just don't underestimate the benefits of transitioning to grass. Whether you're looking to reduce impact or simply enjoy the beauty of nature, running on grass is a great way to inject some variety into your running routine. So, lace up those shoes, find a nearby grassy field or trail, and explore the green side of running.

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

Platinum Sponsors:

- Domino's Pizza
- Donley's Delicious Delights
- Shirts N' More
- Joe Allen & Associates
- Margaret J. Miller

5 Year+ Major Donors:

- American Legion, Post #168
- Kemp Insurance
- Braido Memorials
- Lakeland Foods
- Flag Floors
- B.P.O.E. No 1699
- Egypt Valley Stone
- KFC/A&W
- AVC Communication
- Joe's Tire
- Starr's Used Cars
- VFW, Post 2792
- Parker & Parker Ins

Grand Prix Sponsors:



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

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

Race Course manned and patrolled by the following:

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

Thank You Race Committee Members:

- The Kondrach Family
- Sarah D. Donley
- Margaret J. Miller
- Amy Knox Dean
- Melanie Krupinski
- Chris Thoburn
- Kayla Crum

OTHER RELEVANT WEB INFO:

- www.barnesvilleohio.com
- www.dominos.com
- www.joestires.com
- www.kempins.com
- www.10Twebdesign.com
- www.ronpradetto.com
- www.runsignup.com
- www.smileymiles.com
- www.wcrrc.org

Carl A. Kondrach, Director
 808 North Chestnut Street
 Barnesville, OH 43713-1118
 www.RailsToTrails5k.com
 Facebook.com/barnesvillegrandprix
 Cell: 740-310-2117/740-238-1833
 E-mail: carlkondrach@yahoo.com

Barnesville's 15th Annual



Santa's Spirit Sprint

1 Mile Run & Walk (2:00pm)

5k Run & Walk (2:30pm)

Saturday, Dec 2, 2023

Title Sponsor:



Ferrum Fitness
 185 East Main Street
 Barnesville, OH 43713
 (740)619-0085
 Facebook: Ferrum.Fit.Ohio

www.RailsToTrails5k.com
[Facebook.com/barnesvillegrandprix](https://www.facebook.com/barnesvillegrandprix)

Rails-to-Trails 5k

Barnesville, OH 43713-1118

Please Note: This is a MAILING ADDRESS ONLY! The physical race address is: 440 Watt

5K:	<input type="checkbox"/>	<input type="checkbox"/>	CHAIR	>123	1123
RUN	WALK	CYCLE			830

Mile:

<input type="checkbox"/> RUN	<input type="checkbox"/> WALK	<input type="checkbox"/> CHAIR	<input type="checkbox"/> S16	<input type="checkbox"/> S21
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Both:

<input type="checkbox"/> RUN	<input type="checkbox"/> WALK	<input type="checkbox"/> CHAIR	<input type="checkbox"/> S31	<input type="checkbox"/> S41
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(Shirt Size: (Add \$7 to Entry Fee) (Circle One):
(+\$1)

No Shirt S M L XL 2XL

☐ Male ☐ Female

Donation \$ _____

Total Enclosed

Name _____ (please PRINT clearly)

Address

City State ZIP

Phone e-mail (optional)

WAIVER. In administering this entry I, intending to be equally bound for myself, my officers, executives, and administrators, do so, release, and forever discharge any and all persons, volunteers, staff, and clients, whom I may hereafter assign against any event, sessions, event volunteers, event staff, and their officers, directors, agents, successors, and assigns for any injuries suffered by me or my dog, if applicable at this event, while traveling to and from the event or while participating in a contest, and only 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 many reactions may occur on and off the course. I also understand that I may be photographed and agree to allowing my photo, video, or film access to be used for legitimate purposes, the aforementioned parties.

More Race Info:

Directions: (From all points North) Interstate 70 East/ West Exit #202 (Barnesville/Demmon) 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 at and ends near The Rock Gym. 440 Watt Avenue

Entry Fee: 5K: \$25 pre-registered (deadline, postmarked BEFORE Thanksgiving), \$30 late registration AFTER Thanksgiving and on race day. **1 Mile:** \$16 pre-registered, \$21 AFTER Thanksgiving. **Special Rate: Save \$10** by registering for both events!

Registration: May be done through the mail, on race day or online. Please visit: www.RunSignUp.com
Keyword: Santa Sprint

Christmas Ornaments: All registrants, regardless of distance, are guaranteed a Christmas ornament. Limit one per registrant.

Finishing Medals: Due to the limited Age Group awards in the Mile distance vs the 5k event, all 1-MILE participants will earn a Finishing Medal when they cross the Finish Line.

5K Trophies: Unique, high-quality, hand-crafted trophies to be awarded in the following categories:

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 Male & Female in Age Groups unless otherwise indicated

Wheelchair/Handcyclists: Top 3 Finishers

NO DUPLICATIONS!

1-Mile Trophies: Unique, high-quality ceramic Pottery trophies to be awarded to Top 3 Male & Female in the Run, the Walk, and Chair/Hand Cycle Divisions. Ceramic-fired medallions earned to the winners of each Age Group in the Run and the Walk.

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

Shirts: All pre-registered 5K runners and walkers are guaranteed a soft-blend T-shirt for an additional \$7.00. Register early to nab the right size! Late registrants' first come, first serve as shirts will be limited.

Santa Spirit 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, Thanksgiving). 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 4th of four races in the Barnesville Grand Prix.



Door Prizes: Over 50 door prizes/certificates valued nearly \$1000 donated by surrounding merchants/businesses. As usual. No tickets or purchase necessary. Must be present to win.

Timing: Chip-in-the-bib timing by Miles of Smiles
www.SmileyMiles.com

Food: All participants are welcomed to join us for hot dogs, pizza, hot cocoa (and marshmallows, of course!) and Dorley's Delicious Delights homemade cookies!

Pictures: Race pictures provided by Ron & Linda Pradetto. They will be available for viewing, download, and purchase on their website.

www.RonPradetto.com

They will also be posted on the Ohio Belmont Run Walk Page

Proceeds: All funds from this event, as well as a large majority from the other 3 events in this Series, are used to fill the Christmas Wish Lists of 15-25 less fortunate children in Barnesville and other parts of Belmont County during the Holiday Season. We communicate directly with the parents/grandparents/guardians of those struggling or in need. They provide us with a complete list of all children's wants, needs, and more. We do our very best to fulfill all requests. Donations are accepted race day. For a complete list of needed items, please contact the Race Director

How to Run Longer Distances: 20 Tips from a Run Coach

By Marnie Kunz, CPT

If you want to know how to run longer distances, this post is for you. As a running coach, I have helped many runners improve their endurance - from beginners training for their first 5K to marathon runners preparing for 26.2 miles. Whether you're new to running, just [getting back into running after a break](#), or an experienced runner who wants to conquer longer races, this guide will help you run longer.

Training Principles to Help You Run Farther

If you're wondering how to run longer, [progressive overload](#) is a vital training principle to help you build endurance and conquer more miles. Progressive overload means adding duration and intensity gradually to your training. This means you must slowly add distance to your training program, adding no more than 10 percent to your total miles each week. So if you run 10 miles in one week, for instance, you can add 1 or 10 percent to run 11 miles the following week.

Progressive overload will help you become a better runner and reduce your risk of injury from [overtraining](#). If you need a running training plan to help you gradually build your stamina and run farther, head to our [Training Center](#), and I will be happy to help you.

Mental training is another essential training principle that will help you in your quest to run longer. Use mantras - short, positive phrases you can repeat during your runs to help you master your mental game. [Visualization](#) is also a powerful mental training tool that can help you imagine your strength and power during runs and cultivate more of that feeling while you are actually run.

If you're ready to learn how to run longer, follow these tips to boost your endurance and ensure more miles ahead for you:

1. Set a running goal.

Running without a goal is like traveling without a map - you will get places but probably not where you want to be. Set a running goal to motivate yourself and stay accountable. Pick a goal that is measurable, realistic, and has a deadline. You may set a goal to run your first 5K or marathon or to run 1 mile without stopping. Choose a challenging goal but one that you will be able to attain with time and effort.

2. Follow a training plan.

A training plan will lay out how to run longer in concrete, actionable steps. A plan designed by a running coach will account for your fitness level and goals and create a safe and achievable way to get you to your personal finish line.

3. Track your progress.

Tracking your progress keeps you accountable and will help you stay motivated on those challenging training days. You can use a running app or fitness tracker to track your daily runs. With all the options available, tracking your running distances and pace is easier than ever.

4. Go slow.

Runners I coach often start too fast, pushing the pace, and then lose energy quickly. Pace yourself by slowing down and going at a consistent pace. For endurance-building runs, you need to focus on your distance, not your speed, so it's good to slow down to conserve your energy for the final miles.

5. Stay accountable.

Join a running group or online group for support so you stay accountable with your running. A group dynamic will give you extra motivation and encouragement and keep you motivated to run.

6. Build endurance gradually.

People often want quick results but slow and steady wins the race. Stick to your training and have faith that you can run longer distances with time and effort.

7. Be consistent.

Consistency is the most crucial element of training that will help you learn how to run longer distances. Stick to your training plan, and you will reap the benefits of more endurance and better fitness. If you miss a training day, don't beat yourself up about it - get back to your regular program as soon as possible.

8. Hydrate for running.

Drinking enough water is essential for long-distance runners. Stay hydrated by drinking water throughout the day and during your endurance runs. A good general guideline is to drink 24 to 32 ounces per hour of your run, about 8 ounces (or a cup) every 15 to 20 minutes. You can break this down into manageable amounts by taking a few sips about every mile or 10 minutes of running.

9. Cross train.

Cross-training is a valuable way to boost your fitness while giving your body a break from running. Add cross-training to your program by walking, running, or cycling at least once a week. Strength training is also an excellent way to improve your strength and become a better runner.

10. Strength train.

Strength training is an essential form of cross-training that increases your strength, which will help you run faster and farther. Runners often overlook strength training, but it can greatly impact your running performance. Add at least two days of strength training a week to your training program to

11. Eat enough nutrients.

As a running coach, I've often met runners who do not eat enough and suffer from exhaustion. I work with them to ensure they

get the nutrients they need to fuel their workouts. Make sure you are getting enough nutrients in your diet to power your runs. If you aren't eating enough healthy carbs, fats, and protein, you will suffer from energy crashes and other problems. Choose unprocessed, fresh foods as much as possible, and eat enough to replenish the calories you burn when you work out.

12. Check your form.

Running can feel more difficult if you have poor form. When you run, focus on lifting your knees, keeping your chest up and shoulders straight, and engaging your core muscles. Allow your arms to swing by your sides with your forearms near your waist. You do not want any sideways motion when you run - with your arms or legs - as that wastes energy. Focus on everything driving forward when you run. If you have any pronation or gait issues, get fitted for the right running shoes to correct your form by going to your local running store for a shoe fitting.

13. Pace yourself.

Aim for a consistent pace when you run. Your pace will usually be your base run pace or slower for endurance runs. You should be able to carry on a conversation at this pace, which will feel relaxed. Sometimes runners I coach are so excited to run that they start too fast and have trouble finishing. Restrain yourself at the beginning of your run and maintain an even, steady pace that you will be able to maintain for the long haul.

14. Run with someone.

Running with someone will boost your morale and motivation. You can run with a running buddy, running group, partner, family member, or your dog if your dog is healthy and active. You'll find your running time going by more quickly with the company of others.

15. Do a weekly long run.

A long run is designed to improve your endurance. If you're wondering how to run

longer distances, the long run is one of the most effective ways to train your body and mind to run farther. Add one long run a week to your training program for the best results. Your long run distance will vary depending on your running goals, but in general, your long run should be no more than 30 percent of your miles for the week. If you're training for a 5K, your long run may be 4 to 5 miles. For marathon training, on the other hand, your long run may be up to 22 miles. The key with long runs is to add miles gradually, usually no more than 1 to 2 miles a week farther than the week before.

16. Fuel your long runs.

Fuel is crucial for long runs. When running for over an hour, you need to take some fuel because your body will run out of stored energy. You may try an energy gel, gu, or chew, and take it every 45 minutes to an hour throughout your run. Experiment with different running fuels until you find one that works well for you.

17. Walk if you need to.

If you are doing a longer run than usual, don't be afraid to walk if you need to. Take a few minutes to walk and catch your breath, and you can get back to running. Another option is to do a run-walk program that mixes sports of running with walking. You may run for 5 minutes and walk for 3 minutes, for instance, and repeat until you cover your workout distance.

18. Add variety to your routes.

Running can get monotonous if you always run the same routes and distance. Add variety to your training by mixing up your workouts and running different routes. Check out a scenic park, run to see some new murals, or hit a new running trail to add inspiration to your workouts.

19. Listen to running playlists.

Music adds an extra pump to your running. Create running playlists that keep you motivated and moving, and you'll never be lacking in motivation.

20. Celebrate your successes.

An important part of training is celebrating your milestones. When you accomplish your running goals - whether it's getting in your long run or finishing your first 5K race, make sure to celebrate. Congratulate yourself on all your hard work, and recognize how much progress you've made.

Bonus: Rest!

Rest is an integral part of successful training, so make sure you take enough rest days. I recommend at least one full rest day a week from exercise. Take a rest day or active recovery day following your long runs and hard workouts such as speed workouts. Rest days allow your body to rebuild and recover, helping you progress in your training.

WCRRRC AT THE RACES

LITTLE GREAT RACE 5K

Greg Mussitsch	19:04(OA-2)
Rich Durbin	21:35(A-3)
Rich Sandala	22:54(A-1)
Carl Kondrach	23:27(A-2)
George Dzieminski	24:14(A-1)
Shane Brunazzi	25:58
David Dzieminski	26:11(A-3)
Pat Calmbacher	28:53
Gary Lorenzi	29:21
Amy Ference	29:49(A-1)
Lois Connelly	31:46
Donna Patrina	34:20(A-2)
Deb Calmbacher	34:33
Mary Krett	38:51(A-3)
Kathy Starkey	39:15
Amy Martin	45:44

LITTLE GREAT RACE 5K WALK

Kelley Murdock	35:56(OA-1)
Blake Headen	44:32(A-2)
Sue Hornack	45:09
Mickey Hornack	45:17
Sister Kevin Berdis	46:57

TUNNEL TO TOWER 5K

Mike Romzy	21:28(A-1)
Tom Carter	29:21

FLY BY 5K

Rich Sandala	21:53
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KING COAL 5K WALK

Kelley Murdock	37:01(OA-1)
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JOEY FABUS 5K

Mike Romzy	22:06(A-1)
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BOSTON HARVEST 13.1M

Greg Mussitsch	1:38:37
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BOSTON HARVEST 10K

Gary Lorenzi	1:04:29(A-1)
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BOSTON HARVEST 5K

Rich Sandala	22:32(A-1)
George Dzieminski	24:22(A-1)
Kelley Murdock	24:29(OA-3)
Sarah Donley	26:08(A-1)
Davis Dzieminski	26:29(A-2)
Shane Brunazzi	27:05(A-1)
Amy Ference	29:48(A-1)
Carl Kondrach	30:39(A-2)
Lois Connolly	31:44(A-3)
Ashlyn Brunazzi	41:52

PUMPKIN FEST 5K

Rich Durbin	21:40
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BRYON MARTINI 5K

Rich Sandala	23:10(A-2)
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BARNESVILLE PUMPKIN 5K

Rich Durbin	21:40
Pat Calmbacher	30:11

BARNESVILLE 5K WALK

Carl Kondrach	32:16(OA-2)
Sarah Donley	34:59(OA-4)
Blake Headen	45:02(A-3)
S.Kevin Berdis	47:14

WREATHS ACROSS 5K WALK

Blake Headen	55:35(A-2)
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HOMECOMING 5K

Carl Kondrach	24:32(A-1)
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LET'S PLAY 5K

Pat Calmbacher	28:01(A-2)
Deb Calmbacher	33:53(A-1)

LET'S PLAY 5K WALK

Terry Whitecotton	41:01(A-1)
Blake Headen	45:49(A-1)

TUFF TORNADO 2M OBSTACLE

Shane Brunazzi	22:44
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GRAND PRIX 2023(9-26-23)

1. Greg Mussitsch	5	33:40
2. Bob Pikelis	6	34:26
3. Ann McCormick	1	34:33
4. Cathy Loos	3	34:52
5. Mike Romzy	5	35:57
6. Rich Sandala	15	37:31
7. Rich Durbin	5	38:17
8. George Dziemski	3	39:17
9. Jaminique Milliren	4	39:52
10. Amy Ference	3	40:08
11. Heath Piper	3	40:47
12. David Dziemski	3	41:35
13. Carl Kondrach	10	41:47
14. Gary Chabala	5	42:44
15. Donna Patrino	2	42:46
16. Kelley Murdock	8	43:04
17. Lois Connolly	3	44:28
18. Sarah Donley	3	45:05
19. Deb Calmbacher	6	45:47
20. Tom Carter	3	46:04
21. Steve Chabala	3	46:05
22. Gary Lorenzi	9	46:18
23. Nathan Milliren	3	47:50
24. Dana Kuzniewski	1	48:55
25. Mary Krett	4	48:59
26. Pat Calmbacher	6	49:16
27. Kathy Starkey	6	50:25
28. Shane Brunazzi	5	52:41
29. Roxanne Wray	3	50:12
30. Bill McCormick	1	1:04:15

LONG DISTANCE GP 2023(9-26-23)

1. Greg Mussitsch	3	34:14
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(9-26-23)

1. Carl Kondrach	1	52:02
2. Kelley Murdock	5	1:02:55
3. Mickey Hornack	1	1:03:01
4. Sarah Donley	4	1:03:05
5. Dave Byers	2	1:12:58
6. Blake Headen	6	1:22:52

WCRR AT THE RACES**GREAT RACE 5K**

Carl Kondrach	23:28
Sarah Donley	24:49

GREAT RACE 10K

Greg Mussitsch	38:45
Jaminique Milliren	44:41
Rich Sandala	45:41
Nathan Milliren	50:45
Carl Kondrach	56:58
Sarah Donley	57:00
Gary Lorenzi	59:59
Dana Kuzniewski	1:03:48

NEWS AND NOTES

- Nike is once again the most valuable apparel brand with a 31.3 billion dollar value.
- The Twin Cities Marathon was cancelled on race morning when predicted temps were over 85 degrees.
- The Richmond Marathon stopped its race when temps hit 90 degrees with over 1,000 runners still on the course.
- The first Enhanced Games were recently announced. It will feature Olympic sports with no prohibition of performance enhancing drugs.
- The Mexican Marathon DQ'ed over 11,000 runners for cheating including using vehicles and public transportation to get around the course.

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.

