

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

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VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

The year is starting to fly by, and the local races are coming on strong. We are trying to list as many races as we can on the website, along with the newsletter. Hopefully everyone is feeling good and getting tuned up for another successful season.

As the season is starting up, so goes a few injuries. Both Rich Sandala and Bob Pikelis are having some knee issues. Both are trying to keep running and take in as many races as possible. We also want to send some good wishes out to George Macek and to Stush Sadowski who are both trying to get back to feeling good.

Make sure that anyone who ran in the Pittsburgh Marathon, Half Marathon and 5K to please turn in your times to Tom and Grace. We want give credit for the race when it is due.

UPCOMING RACES

May is here and the races are starting to heat up. Here is a partial listing of a few local races upcoming. As always, our GP races will be marked with an *. Hope to see many of you there.

5/18 – *Rails to Trails 5K – Barnesville OH
5/18 – Claysville Pike Hike 5K – Claysville PA
5/18 – South Fayette 5K – South Fayette High School
5/19 – Team Cassidy 5K – South Park Twp.
5/25 – Ogden 5K/Half Marathon – Wheeling, WV
6/1 – *Run for Alex 2M/5M – Bentleyville PA
6/1 – Arthurdale Goat Gallop 5K – Arthurdale, WV

6/1 – South Fayette Glow 5K – South Fayette High School (Night)
6/2 – Greenfield Glide 5K – Schenley Park, PA
6/5 – Fleet Feet Big Run 5K – Schenley Park, PA
6/6 – Gateway Mile Classic – Monroeville, PA
6/9 – Duck Dash 5K – Wellsburg, WV
6/22 – Pittsburgh Cure Sarcoma 5K – North Park Boathouse

WCRRRC AT THE RACES

There were a few races run in April that a few of our members attended. The weather was all over the place, with storms and some very hot days to deal with. But trudge on they all did. Here are just a few of the results.

Bucks for Bucs 5K

There was a little chill in the air, as over 50 people lined up for the annual Bucks for Bucs race. Eric Shaffer took the first-place trophy in a time of 19:34. Our first male finisher was Rich Sandala in a time of 23:18, and Kelley Murdock was our first female finisher, and third overall, in a time of 26:19.

Stop, Drop and Run 5K

The end of April brought some heat, as the North Strabane Fir Dept. sponsored the 4th annual 5K race. The big hill was taken off the course for the second year in a row. Canon-MacMillan cross country coach Matt Mansfield was the overall winner, in a quick time of 16:46. Jaminique Milliren was the overall female winner in a nice time of 22:43. And our first male finisher was Mike Romzy, in a time of 23:43.

To report Grand Prix times, call Tom Trettel (724) 229-0201 or e-mail tom@wcrrrc.com. Or Grace Goffi (724-554-0081) at grace@wcrrrc.com. For newsletter information or to submit an article contact Bob Pikelis e-mail bob@wcrrrc.com.

Thoughtfully thoughtless thoughts

Mickey Hornack

* Seriously, anybody else wonder how BàLaké finds time to do 2 races a weekend, 2-3 days of ComiCon all over the USA with Fotos, write Facebook articles promote XC and have a life? Amazon...I mean amazing

* Neighbor tells that his wife worships him-she puts burnt offerings in front of him every nite! Huh?

* Saw a "10 tips to run a successful ½ marathon" 1st one--run for a reason!! Ok to finish. Makes the other 9 moot.

* Run for Alex is coming up. Loos family does fantastic job. Good running n walking to all

* So .. I throw out some lettuce for animals they don't touch it! Plant the lettuce in da garden it's gone. Who's confused?

* Add confused--am I off to heaven for the climate or the udder place for the company?

* Ever try to pick up a small piece of butter, like size of nickel? Go ahead.

* The Mrs. was reading a book about sandpaper. I asked what kind of book is that? She replied it's a work of friction! Gritty reply I must say!

* Summer on its way my friends!

Should You Run The Day Before A Race?

How much and how fast you should run the day before a race depends on your fitness level, racing experience, and intended race distance.

All runners are usually best served by doing at least a short "shake out" run the day before a race.

This might be anywhere from **10 to 30 minutes** or more, depending on your fitness level and racing experience.

Beginners planning to run their first race can usually do a gentle 10 to 15-minute shake out run, perhaps 1-1.5 miles or 2 kilometers, the day before their first race.

Runners who have been training for at least six months or have run a race before should aim to run for **at least 15 to 20 minutes the day before a race and up to 25 minutes** if training for a longer race, where most training runs have been at least 45 to 60 minutes long.

Ultimately, your shake out run the day before your race should be no more than half the length of a typical run and done at an easy pace, not race pace!

With that said, it's somewhat a matter of personal preference because some experienced runners prefer doing a longer run the day before a race, especially if it is not an "A goal" race.

Experienced or competitive runners should aim to run at least 20 to 30 minutes the day before a race.

Intermediate and experienced runners should also try to do at least four 20-30-second strides or acceleration at the end of their shakeout run.

Blasting off and trying to hit top speeds the day before a race might feel counterintuitive, but running can help prime your neuromuscular system for fast running the following day.

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

Platinum Sponsors:



CANINEFRENZY



VERSATILITY TRAINING

Gold Sponsors:

- Dr. Shawn Roe
- Domino's
- Joe's Tires and Service Pros
- Kemp Insurance

Grand Prix Sponsors:



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

- 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.caninefvt.com
www.dominos.com
www.joestires.com
www.kempins.com
www.mattjonespreowned.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](https://www.facebook.com/barnesvillegrandprix)
Cell: 740-310-2117/740-238-1833
E-mail: carlkondrach@yahoo.com

Voted
“#2 Favorite Race in the Ohio Valley”



Special Division for Dog-Walkers!

Saturday, May 18, 2024
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
[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/ LADY ATHENA
 210lbs/165lbs
 CANINE WALK TEAM

 Dog's Name

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)

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

\$23 (May 1) \$28 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: \$23 pre-registered (deadline, postmarked by May 1). \$28 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

Keyword: Rails

Trophies: We proudly offer absolutely more awards (200!) for more participants than most 5k events you will find anywhere. Unique, high-quality, hand-crafted 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. (200 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

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

Barnesville Grand Prix Series



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!

The From Alex With Love Foundation is a non-profit charitable foundation which awards scholarships to local high school students and provides support to families in need.

Over 300 scholarships have been awarded.

For a complete list of endeavors supported by Alex's Foundation please check our website:

www.FromAlexWithLove.org

WHEN June 1st, 2024

WHERE Bentworth High School
150 Bearcat Dr
Bentleyville, PA 15314

TIME Races start at 9:00am

PACKET PICKUP

Bentworth High School Parking Lot

Friday May 31st 4:30-7:30 pm

Saturday June 1st 7:00am- 8:15 am

No race day registration

Contact Jim Loos at:

724-747-2865 or

jimloos@fromalexwithlove.com

for more details

Race Shirts Guaranteed

IF REGISTERED BY MAY 1st

(Subject to Availability After May 1st)

**Awards to Top 3 overall Male
& Female runners in each race.**

Numerous age categories

(See Website for Details)



**FIVE MILE
RUN**

Moderately challenging
course through beautiful
countryside

5 MILE RECORDS

Male Brandon Gillingham

27:41 2012

Female Anna Beck

29:55 2011

**TWO MILE
RUN**

An out and
back run along
part of the 5
mile course

2 MILE RECORDS

Male Kevin Gregg

10:07 2012

Female Laura Mucho

11:45 2012

ONE MILE

FUN RUN/WALK

An untimed event for
the individual who wants
to support this wonderful
event but does not wish
to compete. It is ideal
for families and is
stroller-friendly!

**MAIL ENTRIES TO:
From Alex With Love
101 Ridge Road
Eighty Four, PA 15330**

Online Registration At
www.FromAlexWithLove.org
OR www.runsignup.com/runforalex



Contact Jim Loos at:

724-747-2865 or

jimloos@FromAlexWithLove.com

for more details

IMPORTANT INFORMATION

- No race day registration
- Must be parked by 8:30 am
- All roads closed by 8:45 am
- Roads will remain closed until course is clear of all participants. (If you must leave early, park at the bus garage)
- AWARDS will not be mailed

**19th
Annual
Run For Alex**

*All proceeds from the race will go to the
From Alex With Love Foundation*

ENTRY FORM

ONE ENTRY PER FORM (Copies of form may be made)

First Name _____

Last Name _____

Mailing Address _____

City _____ State _____

Zip _____ E-mail _____

Phone number _____

Age as of 6/01/2024 _____ Gender M F

EMERGENCY Name _____

CONTACT Phone # _____

RACE PREFERENCE

RACE TYPE (please circle one)	BY May 30th	LATE DAY May 31st
1 Mile Children 10 and under	\$10.00	\$12.00
1 Mile 11 and over	\$12.00	\$15.00
2 Mile Run	\$18.00	\$20.00
5 Mile Run	\$20.00	\$25.00

SHIRT SIZE (please circle one)

Youth	S	M	L	2XL or 3XL		
Womens Cut	S	M	L	\$2.00 Extra		
Unisex	S	M	L	XL	2XL	3XL

Mail Entries to: **From Alex With Love**
101 Ridge Road
Eighty Four, PA 15330

Makes checks payable to **From Alex With Love**

You must sign waiver to participate

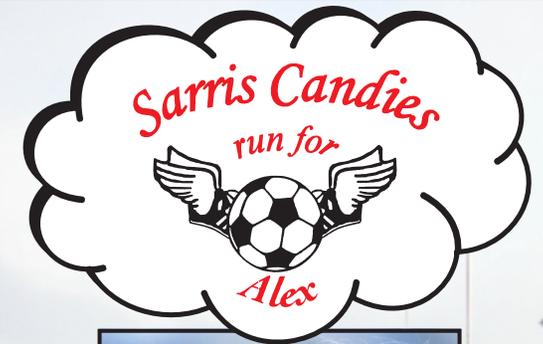
Waiver and Release

(If under 18 have a parent or legal guardian sign this release)

In consideration of acceptance of this entry, I the undersigned, intending to be legally bound hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Bentleyville Borough, Somerset Twp From Alex With Love Foundation, and any other sponsors and their representatives, successors, and assigns, for any and all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver. I agree to abide by any decisions of a race official relative to my ability to safely participate. I assume all risks associated with participating in the 1 Mile, 2 Mile or 5 Mile challenge, including, not limited to, falls and contact with such risks being known and appreciated by me. I attest and verify that I will participate in this event as a race entrant, that I am physically fit and sufficiently trained for the competition of this event, and that my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the aforementioned parties to use my name, likeness, and voice as well as my photographs, videotape, motion pictures, recording or any other record of this event in which I may appear for any legitimate purpose in advertising and promotion for such broadcast and reuse.

X _____

From Alex With Love
101 Ridge Road
Eighty Four, PA 15330



Run For Alex
June 1st 2024
Bentleyville, PA

5 mile run
2 mile run
1 mile fun walk
and
kids fun dash

2024 GRAND PRIX BEGINS

The 2024 Grand Prix racing series has begun. Below are the first results of the year. Thanks to Grace Goffi for her continued work on tabulating the GP for another year. Remember to submit your GP times to Grace or to the club website.

2024 GRAND PRIX(4-30)

1.	Ann McCormick	2	34:38
2.	Mike Romzy	2	37:02
3.	Rich Sandala	3	39:47
4.	Jam Milliren	1	40:01
5.	Bob Pikelis	1	40:03
6.	Amy Ference	1	40:18
7.	George Dziamniski	1	42:01
8.	Kelley Murdock	3	44:30
9.	Gary Chabala	1	45:02
10.	Steve Chabala	1	49:52
11.	Nathan Milliren	1	50:15
12.	Deb Calmbacher	1	50:19
13.	Pat Calmbacher	1	55:49

2024 WALK GRAND PRIX (4-30)

1.	Carl Kondrach	1	1:00:16
2.	Bill McCormick	1	1:08:46
3.	Blake Headen	1	1:24:46

2024 LONG DISTANCE GP(4-30)

1.	Carl Kondrach	1	35:26
2.	Mike Romzy	1	36:05
3.	John Titus	4	50:31

WCRRRC AT THE RACES

CAN'T SIT STILL 1M WALK

Blake Headen 20:24

STOP, DROP, AND RUN 5K

Jam Milliren	22:43(A-1)
Mike Romzy	23:43(A-1)
Kelley Murdock	25:17(A-1)
Rich Sandala	25:53(A-2)
Nathan Milliren	25:56(A-3)
Bob Pikelis	26:37(A-1)
Ann McCormick	28:36(A-1)

STOP, DROP, AND RUN 5K WALK

Bill McCormick	47:44(A-2)
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DRAFT DAY 5K

Kelley Murdock	26:30
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REVEL WHITE MOUNTAIN 26.2M

Sarah Donley	4:48:36
Carl Kondrach	5:21:36(Walk)

OHIOPYLE 5K

Kelley Murdock	27:07(A-1)
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PITTSBURGH MARATHON 5K

Rich Durbin	22:18
Mike Romzy	22:24(A-2)
Rich Sandala	24:25

PITTSBURGH MARATHON 13.1M

Tom Carter	2:43:57
Gary Lorenzi	3:15:58

PITTSBURGH MARATHON RELAY

Kelley Murdock	33:01
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A sports dietitian says that this is the one thing you should prioritize eating after your workout—and it's not protein

Restore your depleted energy stores with a healthy dose of carbohydrates

Post-workout snacking is a controversial topic, with some saying you just need to chug a protein shake while others recommend eating a full, nutritionally complete meal. As with a lot of things, the answer lies somewhere in the middle and depends on the sort of training you are undertaking.

[Egzona Makolli](#), a sports dietitian, has cut through some of the confusion and explained exactly what you need to eat after a workout.

Despite the hype around muscle-building protein shakes, she says that you need to prioritize carbs in your post-workout snack. She suggests aiming for a 3:1 ratio, consuming at least 45-60g of carbs alongside 15-20g of protein.

Protein provides the amino acids your body needs to repair and rebuild your muscles after a workout, but carbohydrates play a big role in building strength, too.

"Carbohydrates are an essential part of muscle development as they provide the energy required for strength training, while preventing fatigue during workouts," said registered associate nutritionist [Egzona Makolli](#), speaking previously with *Fit&Well*.

So if you want to have enough energy to keep lifting weights at the gym, then you need to eat adequate amounts of carbohydrate.

There's also a theory that combining carbs with your protein intake could increase the speed at which amino acids are transported round the body, but there's a lack of studies backing this up.

The timing of your nutrient intake is much less important than making sure you consume adequate amounts of protein and carbs across your day.

So it's really up to you whether or not you fancy consuming some food straight after exercise—but you may find that it helps maintain your energy levels.

WCRRC AT THE RACES

FIGHTING CANCER 5K

Doug Midcap 29:48(A-3)
Pat Calmbacher 32:52
Kris Midcap 35:41

FIGHTING CANCER 5K WALK

Carl Kondrach 28:12(OA-1)
Blake Headen 45:12(A-2)

SHAMROCK MILE WALK

Carl Kondrach 9:08(OA-2)

SHAMROCK 5K

Carl Kondrach 25:08

JUST A SHORT RUN 5K

Rich Sandala 24:03(A-1)
Kelley Murdock 27:29
Blake Headen 59:18(W)

JASR 30K

John Titus 3:14:35

AVA MARIA 5K

Rich Sandala 22:14(A-1)

KISKI AREA 5K

Shane Brunazzi 32:38

ROTARY LAKE 5K

Doug Midcap 33:29
Pat Calmbacher 35:12
Deb Calmbacher 39:00(A-2)

ROTARY LAKE 5K WALK

Carl Kondrach 33:23(OA-1)
Sydni Kondrach 46:02
Blake Headen 48:56

MARTHA'S RUN 10K

Mike Romzy 47:21(A-1)

BUCKS FOR BUCS 5K

Rich Sandala 23:18(A-1)
Kelley Murdock 26:19(OA-3)
Steve Chabala 26:45(A-1)
Ann McCormick 29:33

SIBERIAN HUSKY 5K

Carl/Dash Kondrach 24:47(A-2)

YOUGH TRAIL 5K WALK

Kelley Murdock 35:42(OA-2)

SPRING THAW 5K WALK

Blake Headen 46:04(OA-1)

BAND ON THE RUN 5K

Rich Sandala 23:16(A-2)
Walter Bennett 24:35(A-3)
Shane Brunazzi 25:37(A-3)
Ashlyn Brunazzi 31:48(A-1)
Pat Calmbacher 32:26
Deb Calmbacher 36:20(A-3)

BOSTON TRAIL 5K

George Dziaminski 26:30(A-1)
Amy Ference 30:19(A-2)

CARDINALS 5K

Kelley Murdock 26:42

TAX DAY 5K

Kelley Murdock 26:13

HOPE 5K

Rich Sandala 24:31
Shane Brunazzi 30:33
Ashlyn Brunazzi 31:46

MIGHTY MIKES 5K

Kelley Murdock 25:48(OA-2)

RUN TO BREATHE 5K

Shane Brunazzi 30:31(A-3)

AUTISM AWARENESS 5K

Heath Piper 22:20(OA-1)
Carl Kondrach 26:34(A-1)
Doug Midcap 31:40(A-1)
Kris Midcap 38:46(A-1)
Blake Headen 47:30(WOA-3)

CARNEGIE FIREMAN'S 5K

Mike Romzy 21:27(A-1)
Rich Sandala 22:50(A-3)
Steve Chabala 24:16
Pat Calmbacher 29:23
Deb Calmbacher 39:14

WARRIOR 5K

Kelley Murdock 26:39(A-2)

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.

Washington County Road Runners Club
1427 Willowbrook Drive
Washington, PA 15301





FLEET  FEET

THE
BIG
RUN

Presented by

Michelob  ULTRA.

 **BROOKS**

WED., JUNE 5

SCHENLEY OVA
SPORTSPLEX

6:30 PM

