

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

OCT/Nov, 2024

VOL. 24 / No. 10/11

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

## NEWS AND NOTES

We are now coming down to the home stretch of the 2024 racing season, and we have had quite a lot of participation from club members who are qualifying for all the GP awards. Remember to check your times to make sure that all your races have been turned in. If you have any questions, send Grace a note with your questions. There are only a few GP races left, so make sure that you are attending the races mapped out.

This November will have plenty of Turkey Trot races. We are going to count any Turkey Trot race that you do. What we ask of all is to turn in your own times to Tom and Grace. There are so many races and some of the times are harder to find.

If anyone ran the Pittsburgh Great Race, we need you to turn in your times if you want them to count in the GP.

## UPCOMING RACES

We are now coming down the home stretch for the 2024 season. Make sure that you have your races counted for the GP. And those GP races are marked with an \*

10/26 – \*Jack-o-Lantern Jog 5K – Canonsburg, PA

10/26 – Monsters at the Mall 5K – St. Clairsville, OH

10/26 – Shades of Death 10 Miler – Avella, PA

11/3 – EQT 10M/10K – Pittsburgh

11/9 – American Girls Vets 5K – Martins Ferry, OH

11/9 – Harvest Moon 10M/5K – Moon TWP, PA

11/10 – Troop Appreciation 5K – Allison Park, PA

11/23 – Eva Bowlby Turkey Trot 5K – Waynesburg, PA

11/24 – Twinkle Trot 5K – Wheeling, WV

11/28 – Turkey Trots in East Palestine, Oh, St. Clairsville, OH, Bethel Park, Belle Vernon,

Uniontown, Burgettstown, Latrobe, Sewickley PA

12/7 – ATA Jingle Bell Jog 5K – Chester, WV

12/7 – \*Santa Spring 5K/1M – Barnesville OH

12/8 – \*Run Santa Run 5K – Oakdale, PA

12/14 – Dashing for Diapers 5K – Steubenville, OH

12/15 – Festivus for the Rest of Us 5K – New Florence, PA

12/15 – \*Run Santa Run 5K – South Park, PA

## WCRRRC AT THE RACES

Just have enough space to recap one race from September and October. So, we will look at:

### **Little Great Race**

Another great crowd came out for the annual Little Great Race, held in Charleroi, PA. The weather held out and many WCRRC'ers crossed the finish line. Alexander Pankratz was the overall winner in a time of 18:10. In the run, our first male finisher was Greg Mussitsch in a time of 20:05 and our first female was Ann McCormick in a time of 26:29. In the walk category we had Kelley Murdock finish with a first overall time of 36:51, and our male finisher was the thought master, Mickey Hornack, in a time of 45:17.

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).

## Thoughts thoughtfully thought thoughtlessly

*Mickey Hornack*

\*\* A scammer called and said "I have all your passwords" I said hold on I gotta get pen n paper!!

\*\* Anyone ever have plantar fasciitis? Well I know what you went thru. Awful! Trade for a root canal--yep anytime.

\*\* Why can't a nose be 12" long? Because it would be a foot!!!!

\*\* Great Race over and next big race days are Halloween Spook Trots and of course the Turkey Trots. Both have their drawbacks 1st with candy (yumm) and 2nd where you run then stuff yourself. And on the 2nd maybe stuff yourself twice, 3xs if you are lucky.

\*\* 30 minutes of running has been shown to improve your mood and mental health. It's obvious if you drive most anywhere around here you ain't interacting with runners who are driving.

\*\* The Mrs. told me she needs professional help: a maid, a butler, and a chef will do!

\*\* So if you have dogs you'll get this--while walking my dogs invariably if there's a street sign of some kind 1 dog goes 1 way and the other dog goes well, YINZ can figure it out. Now cars go by and see me hugging a stop sign pole! they look and think "Hey I know who that is!!" come on man!

\*\* I'd be remiss if I didn't mention our friend Bálakè, upon peeking at Facebook I noticed he amassed another 400 races last weekend...I apologize I might have missed one!!

\*\* Cold, clear, calm mornings are fun.

\*\* Just for fun I timed political ads on TV vs actual programming--go ahead try it-- you won't believe it. No maybe you will!!!!

\*\* Joe "munchinelli" Mancinelli gave his esteem stamp of approval to a rare partaking in an 'Octoberfest' style libation during a recent golf ""exercise."" Hey, Joe said it's good! I agree. Most importantly here ain't the stamp on the 'Octoberfest' it was the golf ""exercise"

\*\* Saw recently on TV a program to develop, challenge and maintain good brain function n health. After watching the program program hlepem ogarnzei ym htughots chmu ttebr. See?

\*\* 🤝❤️ Understanding yinzers





# 8th Annual

**Saturday,  
November 23, 2024**

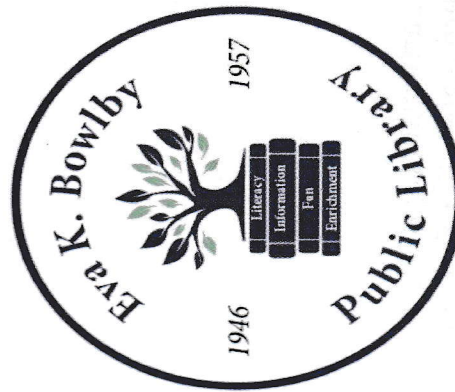
**Pet Walk-9:00AM  
Children's Fun Run-9:15AM  
5K Walk – 9:30AM  
5K Run – 9:45AM**

Eva K. Bowlby Library  
311 N West Street  
Waynesburg, PA. 15370

**Online Registration  
[www.runsignup.com](http://www.runsignup.com)**

**Free Childcare with lots of  
Children's Activities and  
"Tot the Turkey!"  
Registration Begins at  
8:15am at the Library.**

The Eva K. Bowlby Public Library offers access to many books and an online catalog of over 1 million items. The Library also offers access to DVD's, Audio Books, Hot Spots, Gale Courses, free online tutoring, Language Courses, Hoopla, and Public Meeting Space.



Support from our community is essential to ensure we continue to grow and remain an important and viable part of Greene County. We welcome you to follow us on Facebook and our website, [www.evakbowlby.org](http://www.evakbowlby.org), for more information on our services and schedule of events. Thank you for your support!

I/we hereby, for myself, my heirs, executors, and administrators, waive, release and discharge Eva K. Bowlby and any additional hosts or sponsors of the 5K Turkey Trot, from any claims, demands or cause of action. I/we agree to indemnify and hold each of them harmless for any and all injuries suffered or alleged to be suffered in connection with such event. I/we acknowledge the awareness of the complete assumption of responsibility for the risks involved in this event, and I/we understand the terms of this release. I/we am/are physically fit and have trained sufficiently to compete in this event. I hereby grant full permission to any or all of the foregoing and photographs, videotapes, motion pictures, recordings and/or other record of this event for any legitimate purpose. All race entries are non-refundable. The race director reserves the right to refuse entries.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Registration Form**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age on race day: \_\_\_\_\_  
Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
Gender: \_\_\_\_\_ Email: \_\_\_\_\_ Shirt Size (circle) YS YM YL S M L XL XXL(+\$2.00)

**Circle race participation:** Pet Walk \$15(\$20 Race Day) Childrens Fun Run \$15 (\$20 Race Day)  
5K Walker \$25 (\$30 Race Day) 5K Runner, \$25 (\$30 Race Day)

Pardoned Turkey/Virtual(T-Shirt included) \$25 (\$30 Race Day)

Circle payment method: Cash /Check (made payable to Bowlby Library, Memo Line—5K Turkey Trot)  
Credit Card ([www.runsignup.com](http://www.runsignup.com)) or at the library

Signature \_\_\_\_\_ Date: \_\_\_\_\_

(Parent signature required if under 18 years of age)

Mail or drop off to: Bowlby Library, 311 N West Street Waynesburg, PA 15370 (Attn.: 5K Turkey Trot)

**5K TURKEY TROT  
RUN/WALK**

Awards to top 3 male and female walker/runner, finishers in each age category:

- 14 and under
- 15-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60+

\$25 each participant (\$30 day of race) Return registration form by **10/28/24** to guarantee a t-shirt and the size you'd like. Registration begins at 8:15am.

Award ceremony will be held at approximately 10:45am immediately after the race at the Gazebo. Awards will not be mailed. 50/50 and Chinese Auction/Basket Raffle at the event.

**1K Pet Walk (NEW!)**

\$15 (\$20 day of race) Show off your furry friend as you trot around the parks. Best dressed will receive a prize! All pets must be on a leash. Registration before 10/28/24 guarantees a bandana for your pet!

**1K Children's Fun Run(12 & Under)**

\$15(\$20 day of race)  
All children receive a t-shirt! (Registration before 10/28/24 guarantees shirt size)

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place medals in the following age categories:  
4 & under, 5-6, 7-8, 9-10, 11-12  
Free Childcare available with children's activities while parents run or walk the race!

**"PARDONED TURKEY"  
(VIRTUAL RUN/WALK)**

If you are unable to participate in the 5K Turkey Trot but would still like to donate, please complete the registration form and select "Pardoned Turkey" and indicate your donation amount.



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
- KFC/A&W
- AVC Communication
- Joe's Tire
- Starr's Used Cars
- VFW, Post 2792
- Parker & Parker Ins

**Grand Prix Sponsors:**



**WEB DESIGN**



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
- Melanie Krupinski
- Chris Thoburn
- Kayla Crum
- Blake Headen

**OTHER RELEVANT WEB INFO:**

- www.barnesvilleohio.com
- www.dominos.com
- www.joestires.com
- www.kempins.com
- www.10Twebdesign.com
- newsradio1170.heart.com
- www.r.unsignup.com
- www.smileymiles.com
- www.wcrrc.org

**Carl A. Kondrach, Director**

808 North Chestnut Street

Barnesville, OH 43713-1118

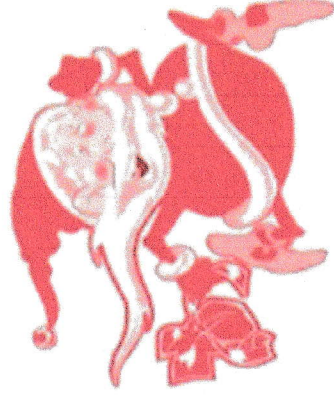
www.RailsToTrails5k.com

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 7, 2024**

Title Sponsor:

**Your  
Logo  
Here**

We are looking for a new Title Sponsor! If you are Interested, we would LOVE to talk with you!

**[www.RailsToTrails5k.com](http://www.RailsToTrails5k.com)**  
**[Facebook.com/barnesvillegrandprix](https://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: 440 Watt*

CHAIR/ >11/23 11/23+  
 RUN  WALK  CYCLE  \$26  \$31

**5K:** RUN  WALK  CHAIR  \$17  \$22

**Mile:** RUN  WALK  CHAIR  \$32  \$42

**Both:** RUN  WALK  CHAIR  \$32  \$42

**(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 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 \_\_\_\_\_

**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 at and ends near The Rock Gym, 440 Watt Avenue  
**Entry Fee: 5K:** \$26 pre-registered (deadline, postmarked BEFORE Thanksgiving). \$31 late registration AFTER Thanksgiving and on race day. **1 Mile:** \$17 pre-registered, \$22 AFTER Thanksgiving. Special Rate: **Save \$11** by registering for both events!

**Registration:** May be done through the mail, on race day or online. Please visit: [www.RunSignUp.com](http://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 Finisher  
**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!**

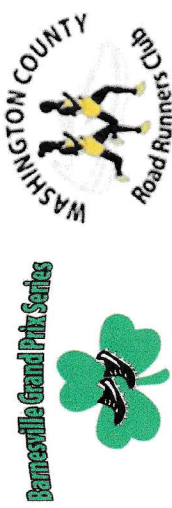
**PLEASE NOTE:** the Age Groups for Males & Females and for the Walk & Run can and do vary greatly. They are ever-changing as they are based on last-year's results so as to minimize waste and cut down on cost. If you have a specific

**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.

**More Race Info:**

**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 (WCRR) 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](http://www.SmileyMiles.com)

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

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

**Crums CreativeCaptures**  
 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 in need. They provide us with a complete list of all children 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

**NO REFUNDS ISSUED FOR ANY REASON!**





**Saturday, November 9<sup>th</sup>, 2024**

At First Christian Church Family Life Center  
800 Zane Hwy, Martins Ferry, OH 43935



**Entry Fee:** \$25 (by Oct. 19<sup>th</sup> to guarantee a T-shirt)

\$30 Day of Race Registration 7:30am to 8:30 am

\$15 for Veterans (verification at packet pick-up)

**When:** November 9<sup>th</sup>, 2024. Runners will Start at 9:00 am and Walkers will Start at 9:02am.

**Trophies:** Top 3 overall Male and Female in both Running and Walking. Top 3 Male and Female in each age group for both Running and Walking. **Age groups:** 7-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Results will be available at [www.SmileyMiles.com](http://www.SmileyMiles.com)

**There will be Food, Door Prizes, a Silent Auction, and a Free Fun Run!**

A portion of our proceeds will support a local veteran group.

**Contact info:** Stephanie Neuman, Director (304)639-1339 [StephanieNeuman@gmail.com](mailto:StephanieNeuman@gmail.com) or check out our Facebook group.

Make Checks payable to AHG OH777

Mail this section to 39 Lee Dr. Wheeling WV 26003 (this is a mailing address not the address of the event) or go online to [www.RunSignUp.com](http://www.RunSignUp.com) Keyword: American Heritage Girls.

**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 sustained by me at this event while traveling to and from the event or while participating in it. I attest and verify that I am physically fit and sufficiently trained for competition of this event. I understand that I may be photographed and agree to allowing my photo, video, or film likeness to be used for any legitimate purpose by the aforementioned parties. All entry fees are non-refundable.

X \_\_\_\_\_  
Signature Required (Parent/Guardian if under 18) Date

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_  
Birthdate: \_\_\_\_\_ Age on November 9<sup>th</sup>: \_\_\_\_\_  
Circle options below

\$25 (by Oct. 19<sup>th</sup> to guarantee a T-shirt)  
\$30 Day of Race Registration  
\$15 for Veterans (verification at packet pick-up)  
Kids Fun Run is Free

**Gender:** M F      **Division:** Run Walk Fun Run      **Veteran:** Yes No

**Shirt Size:** YS YM YL AS M L XL 2XL 3XL  
Add \$2.00 Add \$3.00

## WCRRC AT THE RACES

### LITTLE GREAT RACE 5K

Greg Mussitsch	20:05(A-1)
Walter Bennett	23:55(A-2)
Carl Kondrach	24:40(A-3)
Steve Chabala	24:49
Rich Sandala	25:18(A-3)
George Dziamnski	25:55
Dave Dziamnski	26:16
Ann McCormick	26:29(A-1)
Shane Brunazzi	26:34
Amy Ference	29:43(A-1)
Gary Lorenzi	31:22
Pat Calmbacher	32:49
Loris Connolly	33:43
Donna Patrino	34:20
Deb Calmbacher	34:36
Kathy Starkey	41:00
Mary Krett	41:09(A-2)

### LITTLE GREAT RACE 5K WALK

Kelley Murdock	36:51(OA-1)
S. Kevin Berdis	44:25(A-3)
Blake Headen	26:28
Bill McCormick	49:43

### FOREVER YOUNG 5K

Shane Brunazzi	25:44
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### PEDIATRIC CANCER 5K

Pat Calmbacher	32:36(A-1)
Deb Calmbacher	34:41(A-2)

### HOLLAND HAVEN 26.2M

Kelley Murdock	4:26:01
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### JOEY FABUS 5K

Mike Romzy	22:55(A-1)
Carl Kondrach	25:19
Rich Sandala	27:02(A-3)
Gary Lorenzi	34:47

### FLYBY 5K

Kelley Murdock	26:49
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### OLE 5K RUN

Kelley Murdock	25:54
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### TINY HEROES 5K WALK

Dave Byers	44:55
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## BOSTON HARVEST 5K WALK

Kelley Murdock	37:50(OA-1)
Blake Headen	46:52(OA-2)

### BOSTON HARVEST 5K

Carl Kondrach	23:26(A-1)
Sarah Donley	25:21(A-1)
Rich Sandala	25:57(A-2)
Shane Brunazzi	26:16(A-1)
George Dziamnski	26:44(A-2)
Dave Dziamnski	27:16(A-3)
Amy Ference	31:41(A-1)
Ashlyn Brunazzi	38:08(A-1)

### LABOR DAY 5K

Rich Sandala	24:57
Kelley Murdock	25:16(A-2)
Doug Midcap	28:29
Pat Calmbacher	30:08
Donna Patrino	33:22(A-1)
Deb Calmbacher	33:47(A-2)
Tom Carter	36:19
Albie Rinehart	37:16(A-3)
Kathy Starkey	38:38

### LABOR DAY 5K WALK

Sarah Donley	35:19(OA-1)
Carl Kondrach	35:19(OA-1)
S. Kevin Berdis	45:45(A-1)
Blake Headen	48:37(A-1)

### PUMPKIN FEST 5K

Sarah Donley	25:30(A-1)
Dave Dziamnski	26:33(A-2)
Doug Midcap	29:17
Pat Calmbacher	32:42
Deb Calmbacher	34:57

### PUMPKIN FEST 5K WALK

Carl Kondrach	28:38(OA-3)
S. Kevin Berdis	44:00(A-2)
Blake Headen	47:44(A-2)

### RUN FOR THEIR LIVES 5K WALK

Dave Byers	46:29
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### PENQUINS 6.6K

Mike Romzy	29:27(A-2)
Rich Sandala	33:32
Kelley Murdock	35:54



## 2024 GRAND PRIX

The 2024 Grand Prix racing series continues. If you ran the Waynesburg 5K, please submit your time to the website. Also, anyone with just one race in the GP has been removed. Please check your races/times and submit any discrepancies ASAP.

### 2024 GRAND PRIX(10-21)

1. Ann McCormick	6	33:16
2. Greg Mussitsch	6	35:54
3. Mike Romzy	3	36:55
4. Bob Pikelis	3	39:17
5. Amy Ference	5	39:46
6. Rich Sandala	14	40:05
7. Jam Milliren	3	41:05
8. David Dziemnicki	6	41:36
9. Donna Patrino	3	42:05
10. George Dziemnicki	6	42:08
11. Walter Bennett	4	42:51
12. Carl Kondrach	4	43:51
13. Deb Calmbacher	6	44:35
14. Kelley Murdock	6	44:35
15. Loris Connolly	3	45:15
16. Sarah Donley	5	45:37
17. Gary Chabala	3	45:38
18. Steve Chabala	5	47:41
19. Roxanne Wray	2	49:16
20. Doug Midcap	4	49:20
21. Gary Lorenzi	4	49:37
22. Mary Krett	4	49:49
23. Nathan Milliren	2	50:06
24. Pat Calmbacher	6	50:27
25. Kathy Starkey	5	51:17
26. Tom Carter	2	51:40
27. Shane Brunazzi	4	52:00

### 2024 WALK GRAND PRIX (10-21)

1. S. Kevin Berdis	5	44:53
2. Carl Kondrach	4	57:39
3. Sarah Donley	2	1:03:22

4. Kelley Murdock	4	1:04:38
5. Bill McCormick	4	1:09:46
6. Blake Headen	7	1:20:38

### 2024 LONG DISTANCE GP(10-21)

1. Mike Romzy	1	36:05
2. Greg Mussitsch	2	37:55
3. Carl Kondrach	3	48:38
4. Sarah Donley	1	48:40
5. John Titus	5	49:12
6. Steve Chabala	1	54:03
7. Kelley Murdock	3	56:18
8. Gary Lorenzi	1	1:06:27

### WCRRRC AT THE RACES

#### GREAT RACE 5K

Mike Romzy	20:35
Carl Kondrach	22:11
Sarah Donley	24:41
Rich Sandala	25:22
Sister Kevin Berdis	46:37(A-1)

#### GREAT RACE 10K

Greg Mussitsch	40:55
Jaminique Milliren	46:00
Steve Chabala	52:53
Sarah Donley	58:11
Carl Kondrach	58:14
Nathan Milliren	58:35
Gary Lorenzi	1:07:28

#### STRASBURG 5K WALK

Kelley Murdock	54:01
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#### BRYON MARTINI 5K

Walter Bennett	24:10(A-3)
Rich Sandala	25:55
Amy Ference	31:01(A-1)

#### FORT LIGONIER 5K

Pat Calmbacher	32:59
Deb Calmbacher	33:52

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

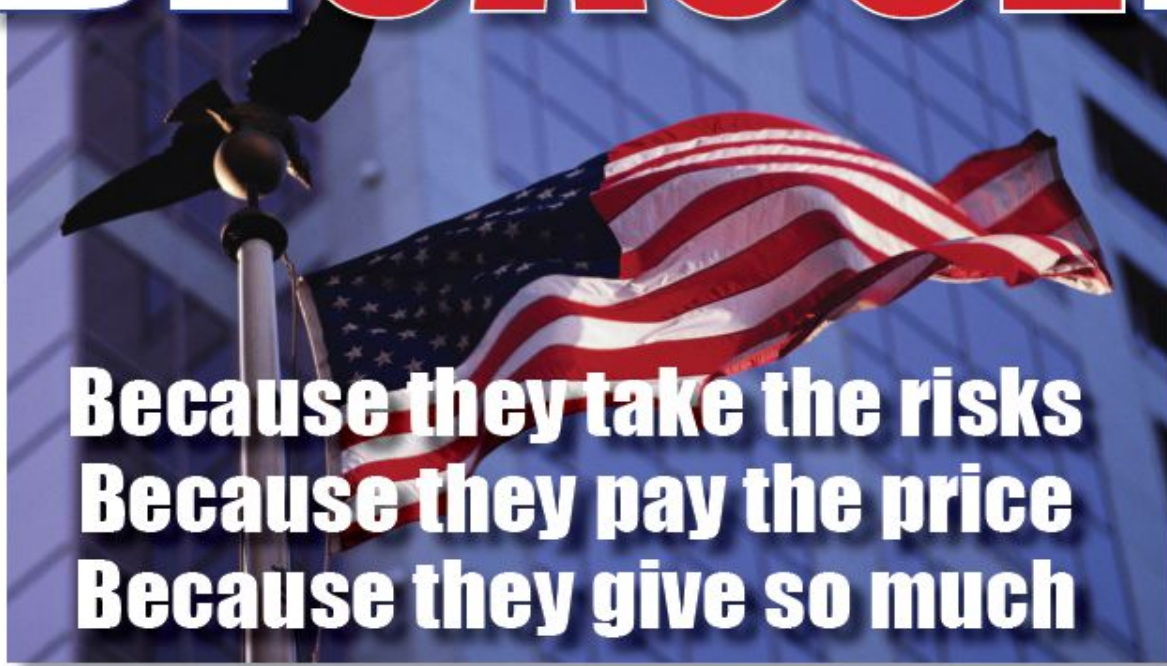
All information given is for the club's records and will be kept confidential.

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





# BECAUSE!



**Because they take the risks  
Because they pay the price  
Because they give so much**

## **Operation Troop Appreciation Remembers them.**

Join us in a very special fundraising race.  
The Operation Troop Appreciation Veterans Day

### **5K Race**

Sunday, November 6<sup>th</sup>, 2022 9:00 a.m. Hampton Community Park  
All Proceeds will be used to send Holiday Care Packages to Active Duty Troops

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

To Register, please email:

[Gerardmac977@aol.com](mailto:Gerardmac977@aol.com)

Or go to [RunSignUp.com](https://runsignup.com)

<https://runsignup.com/Race/PA/AllisonPark/OPERATIONTROOPAPPRECIATION5K>

## Operation Troop Appreciation Veterans Day 5K Race

Sunday Nov. 6<sup>th</sup> 9:00 a.m. Hampton Community Park 3101 McCully Road Allison Park PA 15101

Come win an **Apple Pie** while supporting our troops

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

### Thank you for your support of our Troops

Apple Pies for winners Entertainment Great Competition Lots of prizes  
Awards in 13 Age Groups Best Goody Bags Post Race AllAmerican Buffet

--\*\*Early Bird Special\*\* \$15\*\* (until September 9<sup>th</sup>)\*\*

-- Pre Registration Fee: \$20

--Race Day Fee: \$25

--**Team Challenge** for groups of 5 runners. Teams will compete for a special prize to be won by team with the lowest total score: **Team Fee: \$75 register by November 4th.**

(Note to team runners: please have each member of your team fill out a registration form.)

**\*\*Hurry! T Shirts and Goody Bags are guaranteed to all who register before October 1st\*\***

Checks payable to: Operation Troop Appreciation

Please send your registration and fee to:

Alice McLaughlin

2861 Tremonte Lane

Allison Park, PA 15101

Or you may register and pay on line at **RunSignUp.com**:

<https://runsignup.com/Race/PA/AllisonPark/OPERATIONTROOPAPPRECIATION5K>

Questions? Email us at [Gerardmac977@aol.com](mailto:Gerardmac977@aol.com)

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**Prizes** for top 3 male/female in all age groups, and **Apple Pies for winners!** Age Groups will be as follows:  
**10 & Under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+**

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All Runners Please return this half of the form with your payment. Thank You.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E Mail \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_

**T Shirts: Guaranteed to all who register by October 1st.** Please indicate your size preference:  
\_\_\_\_youth large \_\_\_\_adult small \_\_\_\_adult medium \_\_\_\_adult large \_\_\_\_adult X large

Team Information: If you are running as part of a team, please indicate:

Team Name: \_\_\_\_\_

Team Contact Name: \_\_\_\_\_ Team Contact Email: \_\_\_\_\_

**PARTICIPANT'S RELEASE:** In consideration of the above named person participating in the Veterans' Day Operation Troop Appreciation 5K Race and intending to be legally bound, I do hereby release and forever discharge Operation Troop Appreciation, Hampton Township, their agents and their successors, from any and/or all liabilities, obligations, expenses, and/or actions or suits in law or equity which I might hereafter have by reason of injuries sustained by the above named person while participating in this race.

\_\_\_\_\_  
(signature of runner or parent)

\_\_\_\_\_  
(date)

**All proceeds will be used to provide Holiday Care Packages to our active duty troops.**

On behalf of our Troops, we thank you for your support!

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