

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

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VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

We all at the news desk hope that this newsletter is greeting everyone with good health and solid workouts. The weather seems to finally be co-operating with outside training, and you can get the race year started with some good moves.

Just some news that we want to pass on. Our very own Bob Pikelis is being inducted into the Pittsburgh Marathon Hall of Fame this May. Along with Bob will be former club member Lisa Lucas, and Dan Cunkleman.

We would also like to welcome a new member to the WCRRRC. Chase Blake, who was submitted in by Albie Rinehart, is our newest member. Chase is also Albie's barber, and we'll bet that it is a hair-raising experience. Welcome in, Chase, and hope to see you out on the road or trail soon.

UPCOMING RACES

The 2026 racing schedule is starting to heat up, and we have gathered as many races as we have found to list. And, as always, the * indicates a Grand Prix race.

4/18 – Carnegie VFRB 5K – Carnegie, PA
4/18 – Run your Mouth 5K – Wellsburg, WV
4/18 – *Boston Trail 5K/Half Marathon – Boston, PA
4/25 – NFL Draft 5K – Pittsburgh, PA
4/25 – Foxes on the Run 5K – Allison Park, PA
4/26 – *Stop, Drop and Run 5K – North Strabane, PA

5/2 – Pittsburgh Marathon 5K – Pittsburgh, PA
5/3 – PGH Marathon/Half Marathon – PGH, PA
5/9 – Steps Against Melanoma 5K – Allison Park PA
5/16 – *Rails to Trails 5K – Barnesville, OH
5/16 – *Pike Hike 5K – Claysville, PA
5/16 – South Fayette 5K – South Fayette HS
5/16 – Joggin for Frogmen – Mt. Lebanon PA
5/16 – Sewickley Classic 5K – Sewickley, PA
5/17 – Phils 5K – Uniontown, PA

WCRRRC AT THE RACES

March saw a few more races coming up on the circuit. The weather was very unpredictable, with warm days followed by some cold and snowy ones. But never fear, some members of the WCRRRC braved the elements and ran a few of them.

Shamrock Runs

There were a plethora of St. Patty's Day races over a two week stretch. You can see who participated in them on the WCRRRC at the races page.

2 Grand Prix Events

On a cold Saturday morning, we had 2 GP races. At the Barnesville Park race, we had Sarah Donley as our first finisher at the run, and Sister Kevin Berdis the first walker finisher. For the Bucks for Bucs event, Steve Chabala was our first male finisher in 25:27 and Carrie Perrell was the first female finisher, on her comeback race, in 34:39.

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.

WCRRRC AT THE RACES

BIG RUN ONE 5K

Shane Brunazzi 30:27

BIG RUN ONE 1M

Shane Brunazzi 7:48

Blake Headen 17:20(W)

FOREVER YOURS 4M

Kelley Murdock 36:06(A-3)

YOU COMPLETE ME 5K

Carl Kondrach 24:27(A-2)

Sarah Donley 26:28(A-3)

CUPID'S CHASE 5K

Greg Mussitsch 20:46(A-1)

Gary Lorenzi 30:598(A-1)

SPRING THAW 5M

Greg Mussitsch 33:55(A-1)

Rich Sandala 43:19

Blake Headen 1:25:23(W)

SPRING THAW 10M

Kelley Murdock 1:42:57

SPRING THAW 15M

John Titus 2:39:36

SWEATBAR 5K

Kelley Murdock 27:25

RUN FOR BOB 5K

Carl Kondrach 25:29

Sarah Donley 27:57(A-1)

Blake Headen 58:40(W)

SHAMROCK RUN 5K

Rich Sandala 25:31(A-1)

Kelley Murdock 26:43(A-2)

ELLPORT 5K

Kelley Murdock 27:03(Virtual)

Greg Mussitsch 21:02(A-1)

Shane Brunazzi 31:15(A-2)

Ashlyn Brunazzi 37:37

ELLPORT 5K WALK

Carl Kondrach 28:33(OA-1)

Dave Byers 46:46

SHAMROCK RUN 5K

Kelley Murdock 26:41

Bob Pikelis 27:53(A-2)

Dave Dziemiski 30:03(A-3)

Gary Lorenzi 31:32(A-3)

SHAMROCK RUN 5K

Sarah Donley 28:42

SOUTH PARK 13.1M

Mike Romzy 2:04:59

SHAMROCK RUN 5K

Shane Brunazzi 31:09

Ashlyn Brunazzi 35:39

LUCKY DOG 5K

Kelley Murdock 25:59

STEP INTO SPRING 5K WALK

Sarah Donley 37:34(OA-1)

Carl Kondrach 37:35(OA-1)

Blake Headen 53:56

ST. PATTY'S 5K

Rich Sandala 24:42(A-20)

Pat Calmbacher 35:01

Deb Calmbacher 38:42(A-2)

BUCKS FOR BUCS 5K

Steve Chabala 25:26(A-2)

Rich Sandala 25:48(A-1)

Bob Pikelis 29:22(A-2)

Carrie Perrell 34:39(A-1)

Gary Chabala 35:16

ROTARY LAKE 5K

Sarah Donley 30:08(OA-4)

Pat Calmbacher 38:05(A-2)

ROTARY LAKE 5K WALK

Sister Kevin Berdis 47:27(A-1)

Blake Headen 58:21(A-1)

JUST A SHORT RUN 5K

Kelley Murdock 27:41(A-1)

JUST A SHORT RUN 30K

John Titus 3:27:55

RABBIT RUNS THROUGH IT 5K

Rich Sandala 25:49(A-2)

Why 7 Out of 10 Is the Effort Sweet Spot for Running Workouts

A friend of mine ran for the University of Arkansas during its dynasty years in the 1990s. Each fall, a new cohort of wide-eyed recruits would show up for their first workout with returning NCAA champions and Olympians from around the world. The coach would assign a session—five times a mile, say—and send them off to the start. The nervous rookies would then sidle up to the veterans. “So, um, how fast are we supposed to run these miles?” they’d ask. “I don’t know,” the veterans would reply stonily. “How fast can you run them?”

Figuring out the right intensity is one of the fundamental challenges of training. These days, instead of hammering interval workouts as hard as they can, many runners have adopted the so-called “Norwegian Method,” using lactate measurements or heart rate monitors to ensure they don’t push too hard. But there’s still plenty of debate about how difficult the ideal workout should be. A new study in *Medicine & Science in Sports & Exercise* suggests a surprisingly simple answer: it should feel like 7 on an effort scale of 0 to 10. And even if you think that answer is too simple (which you definitely should), the study has some interesting insights about the physiology and psychology of the optimal workout.

What the New Study Found

A research team led by Daniel Bok of the University of Zagreb, in Croatia, recruited 17

runners to do a series of three workouts. Each workout was 3 x 3:00 intervals with two minutes of rest; the desired intensity was either 6, 7, or 8 on a scale of 0 to 10, a range that corresponds to somewhere between “hard” and “very hard.”

The outcome the researchers were most interested in was: How much time did the runners accumulate at more than 90 percent of VO2 max? VO2 max is a measure of aerobic fitness, representing the maximum rate at which you can take oxygen into your lungs, absorb it into your bloodstream, pump it to your muscles, and use it to help fuel your muscles. To get fitter, you want to spend as much time as possible in that maximal or near-maximal state so that your body adapts to be able to process more oxygen. If you go too easy in a workout, you’re not pushing the system to adapt. If you go too hard, you’ll tire out too quickly. Between those two extremes, there’s a sweet spot that maximizes your time near VO2 max.

For both heart rate and VO2, the workout at effort level 6 is less effective for accumulating time above 90 percent. The two harder workouts, at effort levels 7 and 8, are essentially the same, with no statistically significant differences between them. This is why the researchers claim that 7 out of 10 is a sweet spot: you get more training benefit than effort level 6, and there’s no further training benefit from ramping up to level 8.

The Real-World Takeaways

Despite the result above, the primary message of the study isn’t that you should do all your workouts at effort level 7. For one thing, this particular workout includes only nine minutes of

hard effort—and you can see in the graph above that time at above 90 percent of max heart rate has already peaked. What if you want to do a longer workout, like 6 x 3:00, or 3 x 6:00? The sweet spot that maximizes time above 90 percent would probably be a slightly lower effort.

From the researchers' perspective, the main takeaway is simply that perceived effort works as a way of guiding workouts. The harder the runners were instructed to push, the faster they ran and harder they breathed (or more precisely, the greater the volume of air they inhaled and exhaled each minute). Given that they were running around a track with no clock and no indication of how fast they were going, this isn't as trivial as it sounds—but it confirms that we intuitively understand the difference between pushing at efforts of 6, 7, or 8 out of 10.

There's a more subtle nuance that's also important. The runners were told to pace themselves so that their effort corresponded to the goal level (e.g. 7) *at every instant of the interval*. So they weren't guessing what steady pace would correspond to an effort of 7 by the end of three minutes—they were starting fast then gradually slowing down throughout each interval as they fatigued, adjusting pace so that it always felt like 7 out of 10.

This is a strange way of running. A decade ago, I tried an experimental VO2 max protocol based on the same principle: for each two-minute stage, I was supposed to adjust my pace to maintain a certain perception of effort, which meant starting fast then slowing down. The final stage was supposed to be maximum effort, which meant

beginning at an all-out sprint and gradually slowing the treadmill down just enough to avoid being thrown off the back. I was suspended in a safety harness attached to the ceiling of the lab, just in case I misjudged. It was brutal, and I threw up shortly after finishing the test.

The result of this fast-start pattern is that the subjects in Bok's study ended up spending more time above 90 percent of VO2 max than they would have if they had run each interval at a steady pace. Bok and his colleagues suggest that this might mean it's a better way of running intervals that will produce bigger fitness gains. I understand the logic, but I think that's a claim that would need to be verified with a multi-week training study. To be honest, I also just have trouble imagining running workouts that way (perhaps thanks to that vomit-inducing VO2 max test), and wonder whether you'd miss out on practicing even pacing for races.

To me, the study's most important implication is simply that harder isn't always better. Dialing the effort up from 7 to 8 feels worse and probably takes longer to recover from. But the training signal, as indicated by parameters like lactate levels and time spent above 90 percent of VO2 max, is no stronger. The sweet spot for this particular 3 x 3:00 workout was an effort of 7 out of 10. Perhaps we can't take that exact number and automatically translate it to other workouts in other contexts, but we can translate the underlying principle: if you want to know how fast to run your intervals, "as fast as possible" isn't necessarily the right answer.

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

Diamond Sponsors:



Gold Sponsors:

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

Grand Prix Sponsor:



WEB DESIGN



We have partnered with GCXC Racing Youngstown!
To save \$5.00 for select GCXC races, please use the code

CARL26

www.GCXC Racing.com

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

- Domino's Pizza
- Donley's Delicious Delights
- Rocks Pizza

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
- Jeff & Shelley Ward
- Cody Johnson
- Blake Headen
- Debra Czap
- John Fitzgerald

OTHER RELEVANT WEB INFO:

www.barnesvilleohio.com
www.behra.us
www.dominos.com
www.joestires.com
www.kempins.com
www.mattjonespreowned.com
www.panhandlecr.com
www.IOTwebdesign.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 16, 2026
8:30am/8:32am

Title Sponsors:



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

PLEASE NOTE:

We are tentatively approved to return to the traditional course near the newly remodeled Depot & Tunnel area on East Church & Railroad Streets. However, if Tunnel repairs are not completed as scheduled, we will once again hold the race at Barnesville High School. We will know something more definitive by May 1st.

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

Mail form(s) and make check payable to:

Rails-to-Tracks 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

\$27 (May 1) \$32 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: \$27 pre-registered (deadline, postmarked by May 1). \$32 after May 1 and on race day. \$17 for kids 6-10. Kids under 6, free (shirt is extra.) 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 (150!) 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 (170 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 Timing:
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.

Photos: Photos provided by Behra Photography. Pictures available for viewing, download, and purchase from his **FB Page: BehrART**. You can also check out his website: www.behra.us

Location: We are tentatively approved to return to the traditional course near the newly remodeled Depot and Tunnel area on East Church & Railroad Streets. However, if Tunnel repairs are not completed as scheduled, we will once again hold the race at Barnesville High School. We will know something more definitive by May 1st

NO REFUNDS ISSUED FOR ANY REASON!

You're Probably Running Your Easy Run Too Fast

- Ashley Arnold

Yes, I know, you want that Strava segment PR, but is it really worth it? If you're doing a speed workout, sure. But otherwise? Not so much. In fact, it's probably doing more harm than good.

Studies on training intensity distribution show that many runners who spend a lot of time running in the "moderate" zone, which is a [weird gray area](#), see less fitness gains than runners who spend less time there. Why? Because it's not truly easy, but it's also not truly hard, which means moderate running doesn't offer meaningful fitness gains, it usually just makes you tired. So why do it? Honestly, I wouldn't.

A [2015 study](#) comparing the different ways endurance athletes structure their training, found that endurance athletes who spend more time training at low intensities (like really easy runs) combined with a small portion at high intensity (like interval training), experienced greater improvements in performance than those who did more volume of faster training overall.

And this pattern shows up in the way elite endurance athletes train. [They spend 80 percent of their time training at an easy pace and only 20 percent of their time at moderate to high intensity](#). So, perhaps, the skill to truly run easy is part of what helps someone become an elite athlete in the first place. ... Think about that.

I'm here to tell you that running easy—I mean truly easy—is one of the hardest and most important skills in training. It will make you faster. And it will help you run even more because once you start running your easy days really easy, you start giving your body the time it needs to recover and repair on a regular basis.

So, how do you actually run easy?

First, talk. If you're running with a friend, this is easy. If you're alone, talk to yourself (out-loud obviously), or use your easy runs as time to catch up with your mom or best friend on the phone. Can you speak calmly in full sentences without getting out of breath? Or are you struggling with single-word answers? If it's the latter, slow down. You should be able to talk normally when running easy and you should be able to be easily understood.

Not sure how to slow down? Try one of two approaches. You could intentionally tune into your pace and make a conscious decision to run one to two minutes slower per mile than you usually do on your "easy" days. If you find yourself regularly running 9-minute pace on a recovery day, turn that dial back to 10- or 11-minutes per mile. If seeing the slower pace messes with your brain, though, ignore your pace altogether and leave your watch at home. Run by feel and aim to move slow enough that you can easily and comfortably breathe through your nose most of the time.

You can also use heart rate as a guide. But don't overcomplicate it. Easy running should stay at 60- to 75-percent of your max heart rate. That's it.

One more thing. If you think you've landed on the [right easy pace](#), check in with yourself mid-run. Do you feel relaxed? How are your shoulders? Is your breathing easy and light? Is your rhythm smooth and effortless? If yes to all of these things, you've likely found the sweet spot.

Oh, and start slower than you think you need to. This is an easy, but big one to overlook.

Signs You're Still Running Too Fast

Even if you feel relaxed and smooth while running, you could still be running faster than you need to run for recovery. So how do you know? It's pretty simple really:

1. You find yourself wanting a day off after almost every run.
2. You notice that your "easy" pace is regularly getting faster and faster.
3. You can't hit paces on your workouts because you're too tired.

If all of this sounds familiar, then chances are high you're still not running your easy runs easy enough.

But Wait, Why Does Easy Running Actually Make You Faster?

First, it helps you recover, which is crucial to being able to fit in the quality workouts you need to get faster. Second, it helps add volume to your training and increase your aerobic base. Finally, replacing moderate runs with easy runs helps to decrease your risk of injury so you can maintain a consistent running load week after week.

Studies like [this one](#) consistently show that runners experience an increased rate of injury when training intensity spikes too fast. And slowing the pace down dramatically between hard efforts is a smart tool to effectively (and healthfully) build up training volume.

While it's counterintuitive, slowing down is actually a crucial part of getting faster. It's a skill and it takes practice. The bottom line? If it feels too easy you're probably doing it right. ... finally. And, trust me, once you figure out your easy runs, your workouts and race times will improve.

Sometimes When I Thought About It

Mickey Hornack

* Ever open a bite size Hershey bar...without a small part of the wrapper hitting the floor? Me neither.

* Spoke with a fella who ran Badwater 81 mi race on Bald Head Isle in NC... last 35 miles for you beachers is on the soft sand part of the beach. I have tuff time gettin to the beach thru that stuff. 35+ mi in it???? Nope

* The Mrs. asked me, "Mr. Smartypants" to make a rhyme with the word <orange> hmmm ok to our outstanding word weaver Bo Pikelis I turn it over to you! You answer the Mrs!

* Rain

* I refer to our GXCC star Blake Headon as Bàlakè, if you have never seen "Mr Garvey substitute teacher" video on Instagram give it a shot. A-A-Ron will thank you.

* Ok try this 1 on, a termite walks into a pub and asks " is the bar tender here?"

* I suppose I don't find it hard to grab on to that Hawaii has the largest concentration of "runners" population. 1338 runners per 100,000 population. Im trying to figure why it's ONLY 1338! I mean Hawaii. Come on. Deterrents? Some rain? Naaa Too hot? Naaa. Too much great scenery? Nope I give up.

* Eating 5 walnuts? daily can boost memory and brain power. I tried it, was working good till I forgot where the walnuts were.

* I'm having a real tough time thinking that the Washington County Supervisors are considering putting a putt putt course in MINGO PARK.

* Enuff! 🍌❤️ I hope everyone had a Hoppy 🐇



The "Pike Hike"

5K

Run

2.5 K

Walk

Hosted by

The National Pike
Trail Council



Newton
Institute

Saturday May 16th, 2026

Join us during the National Pike Festival as we celebrate the 4th anniversary of the grand opening of the National Pike Trail by participating in the 4th annual "Pike Hike". The "Pike Hike" is a 5K race and 2.5K Walk on the National Pike Trail. With varying terrain and two historic pre-civil war tunnels, this race is challenging and fun. Prizes will be awarded to the top three race and walk finishers overall, male and female. Paid entrants will receive a goody bag with a "Pike Hike" T-shirt and various promotional items. Children 12 and under and leashed pets may participate in the 2.5 K walk for free but must be accompanied by a paid adult. Children 12 and under who participate in the walk for free can order a "Pike Hike" T-shirt separately below.

You can register online at [4th Annual Pike Hike registration information at GetMeRegistered.com](http://4thAnnualPikeHike.com) or complete the form below

First Name _____ Last Name _____

Address _____ Phone _____

City _____ State _____ Zip _____ Email _____

Age on Race Day _____ DOB _____ Male ☐ Female ☐ T-Shirt Size _____

Entry Fee \$30.00 5K Race ☐ (9:00am start) 2.5K Walk ☐ (9:00 am start)

12U T-shirt ☐ (\$15.00) Size(s) _____ Name of Child or Children _____

Mail entries and waiver forms to: PO Box 300 Claysville, PA. 15323.

Please make checks payable to "National Pike Trail Council"

All entry forms and fees must be received by April 25th to guarantee a T-shirt.

Registration begins at 8:00 at the trail shed (Behind Dollar General)

Parking will be provided in the lot beside Dollar General. Watch for signs.

For questions contact Jon Demi @ 724 554-7575 or Amy Demi @ 724 554-7457

Finisher Medals!

**Trophies for top
finishers!**

**All fitness levels
welcome!**

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.

