

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

JULY, 2020

VOL. 20 / No. 7

VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

Well, we are now halfway through the 2020 racing season and there are more races either moving or cancelling. We did find out that the annual Labor Day race is not going to take place this year. It was a tough decision to make and we know there will be a lot of disappointed runners for that one.

Also just announced this week, The Little Great Race decided to just cancel instead of thinking about a virtual race.

The New York Marathon has decided to cancel for this year. Also, the Berlin Marathon did the same. Most of the other big marathons in the month of October will probably be following suit in the coming weeks.

Now if anyone is still hoping to find any race to run this year, there still are a few that are scheduled to take place. Keep checking the website for any updates on races that are still taking place. So far, we have heard of two races going on July 25th. Larry Calvert has informed us that the Victory 5K race in Waynesburg is still going to go on. The race app is in this newsletter. They will be practicing social distancing during sign-up and after the race is over. The Father's Man-up 5K/10K will still be held on Labor Day in North Park. Sign up limit is 250 runners/walkers. And the Cecil TWP VFC #2 5K will be held September 12 on the Montour Trail in Cecil TWP.

A note just arrived from Wolf Creek Race Management the other day. There is a half marathon scheduled to take place on August 9th. It is called the Old Turnpike Half Marathon, to be

held in Waterfall, PA. This race will take place on an old abandoned stretch of the Pennsylvania Turnpike. Any information needed can be found on the Wolf Creek Race Management website.

Carl Kondrach has told us that as of this newsletter the Barnesville Park race, scheduled for August 29th, is still on. If there are any changes Carl will let us know.

RACING SCHEDULE

There have been a few races that have started to schedule this year. While you should still check the timing websites to make sure that they are still going on, we will list a few that we know of. If you need any more information, check out our website under calendar or the timing services sites. And remember, races marked with an * are club races.

7/25 – John Cossy Cosantino 5K/10K – Freeport, PA

7/25 – Rubes Run 5K – Prospect PA

8/2 – *Not another Polar Vortex 5K/15K – Boston, PA

8/9 – Old Turnpike Half Marathon – Waterfall, PA

8/23 – Run to Breathe 5K/Half Marathon – Portersville, PA

8/29 – *Barnesville Park Rotary Club 5K – Barnesville, OH

9/7 – Fathers Manup 5k/10K – North Park, PA

9/12 – Cecil TWP VFC#2 5K – Cecil, PA

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

WCRRC AT THE RACES

YOU MAY RUN VIRTUAL 5K

Tina Seech	21:10(A-1)
Carl Kondrach	21:46(A-2)

YOU MAY RUN VIRTUAL 13.1M

Carl Kondrach	2:09:31(A-3)
Sarah Donley	2:18:06

RUNNING SHORTS (T.T.)

- The New York City Marathon in November has been cancelled. Thought had been given to just an elite event in Central Park, but those plans were scrapped in favor of just coming back in 2021.
- The truth is you can always run faster but sometimes the truth hurts.
- Tom Carter and some others from the Saturday group have deferred their entries in the Marine Corps Marathon until next year.
- The event is still on for this year with a mandatory 12:00 pace required. They will also start just 250 runners in each wave which will take hours to get all 30,000 runners onto the street. Deferring seems like the best option.
- No matter how slow you run, you are lapping everyone on the couch.
- Several elite running teams have taken to virtual races against each other at a set distance at a set time. They are broadcasting the races over social media. Pretty cool idea.
- I've never been one to stretch much. If we were meant to touch our toes, they would be located on our knees.

- With my knee injury, I have gone back to swimming. Despite a long absence, I seem to have not lost any of my ability. That's not a compliment.
- When I get in the water, I see the lifeguard take off his t-shirt and come stand by my lane. Pretty sure he's not there to admire my technique.
- If you are going to take up cross-country, it's best to start with a very small country.
- A 12:00 mile is just as far as a 6:00 mile.
- Runner's logic: I'm tired. I think I'll go for a run.

BOOK REVIEW

How to Eat by Mark Bittman/David Katz

Finally, a book on eating and nutrition without an agenda.

Authors Bittman and Katz have created an easy-to-read and easy-to-understand compilation of the most current science when it comes to food. Written in a breezy question and answer format, the book allows the reader to get the latest info without being guided to one nutrition principle or another. The authors present the latest research and allow the reader to make up their own mind.

That's not to say they don't offer opinions. But they present them along with the facts that helped them to inform those opinions.

A highly recommended read for anyone who cares about what they put in their mouth, but is open-minded enough to know that they don't know all the answers.

REGISTER

One Entry Per Form
(Copies of form are acceptable)

☐ 5K Run ☐ 5K Walk ☐ Mile Run ☐ Sleep-In

☐ Male ☐ Female _____ Age

Please indicate event(s), gender and age

See back for Sleep-In Registration details

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Phone: _____

Email: _____

Adult Shirt Size: S M L XL XXL

Child's Shirt Size: M L (Please circle shirt size)

Pre-Registration by 7/24/20, guarantees a T-Shirt for 5K and Children's Challenge participants. Event shirts will be given on a first-come, first-serve basis after 7/24/20.

In consideration of the acceptance of this application and intending to be legally bound, I hereby waive, discharge, and release myself and my heirs, successors, administrators, executors, of any and all claims, damages, and causes of action of whatsoever kind including negligence, that I may have as a challenge against the race organizer(s), Rolling Meadows Church of God, Bethlehem Baptist Church of Ruff Creek, Crisis Pregnancy Center of Greene County, Franklin Township, Greene County, the State of Pennsylvania, their agents, and sponsors in the 5K run/walk, mile run or event activities, and all their respective heirs, successors, administrators, executors, asides, trustees, and parent subsidiaries or affiliated companies if any. In addition, as an inducement for the acceptance of this application, I hereby certify that I have adequately trained for an event of this distance and difficulty and am fully aware of the risks posed by motor vehicle traffic on the course.

I hereby give permission to the race director(s) and/or event organizers to provide medical assistance if deemed necessary. I hereby grant permission for any PHOTO taken of me during the race(s) to be used for promotional purposes of the event and/or press releases.

I further certify that I have read and have full understanding of the above statement(s) and its contents. My acknowledgement confirms its full acceptance.

All participants for both the 5K and mile run MUST SIGN WAIVER in order to participate. No refunds. Rain or shine event.

Mail Entry Form(s): The Victory 5K, P.O. Box 963

Waynesburg, PA 15370-0963

X

PLEASE SIGN & DATE WAIVER

Signature of Participant (Parent/Guardian if Under 18) _____ Date _____

WHEN AND WHERE?

AUGUST 8, 2020

Registration and Packet Pickup....7-7:50am

5K Run/Walk.....8am

Children's Challenge (Mile Run).....9am

Event Location:

Rolling Meadows Church of God

595 Rolling Meadows Road

Waynesburg, PA 15370

Rolling Meadows Church of God is located in Waynesburg, PA. The church is near 4 Seasons Lawn & Garden and is across from the Franklin Twp. Building and EMS Southwest.

FAMILY FUN EVENT

This event will be so much more than just a race or two. It is an opportunity for family fun and fellowship.

LIVE MUSIC! FOOD FOR ALL! FUN ACTIVITIES! There's something for everyone. Come join us!

COST

Make checks payable to:
Crisis Pregnancy Center
Victory 5K in the MEMO line

5K, Race Day.....\$20

5K, Prior to 7/24/20.....\$16

Children's Challenge, Race Day.....\$12

Children's Challenge, Prior to 7/24/20.....\$10

Sleep-In Registration.....\$18

Mail Entry Form(s):

The Victory 5K

P.O. Box 963

Waynesburg, PA 15370-0963

NO REFUNDS. Rain or shine event.



**CHILDREN'S CHALLENGE
& FAMILY FUN EVENT**

AUGUST 8, 2020

**5K RUN/WALK
CHILDREN'S CHALLENGE (MILE RUN)
FAMILY FUN EVENT**

**COME for the RUN!
STAY for the FUN!**



Presented By
Rolling Meadows Church of God &
Bethlehem Baptist Church of Ruff Creek

CHECK OUT THE
NEW
SLEEP-IN OPTION!

Proceeds Benefit...



WHY?

This event seeks to bring Christ to the community through fun, fitness and fellowship.

Our mission is to achieve victory in our Lord Jesus Christ, victory over uncertainty and victory over personal hardships.

SUPPORTING

This event seeks to bring hope and comfort to those who are struggling. Proceeds will benefit this important cause:



The Crisis Pregnancy Center, a 501(c)3 organization, has been in operation since 2001. This organization provides help to those facing an unplanned pregnancy while protecting the life of the unborn.

FREE and CONFIDENTIAL services include but are not limited to:

- Pregnancy tests
- Pregnancy counseling
- Post abortion counseling
- Parenting classes
- 24-hour hotline: 724-627-6819
- Abstinence and STD education
- Fetal development information
- Maternity and baby clothing
- Baby furniture
- Diapers, formula, wipes, etc.
- Transportation to and from doctor appointments

52 West Franklin Street, Waynesburg, PA 15370
www.cpcwaynesburg.org

FOOD DRIVE

Corner Cupboard Food Bank, Inc. will collect non-perishable, not expired food. Raffle tickets for a prize will be given for donated food items. The food drive prize will be drawn after the awards ceremony with the other raffle prizes.

RAFFLE PRIZES

Raffle tickets will be sold for raffle prizes. All proceeds will be donated to Crisis Pregnancy Center of Greene County. Prize ticket drawings will be held after the awards ceremony. **You must be present with raffle ticket in hand to claim your prize.**

CHICKEN ROAST

We sell rotisserie style, whole roasted chickens fresh off an open-fire spit. Proceeds will be donated to the event cause. Come enjoy the aroma of an open-fire chicken spit!

Whole Roasted Chicken.....\$10

SAFETY FIRST

Roller blades, roller skates, bicycles, skateboards and other sport equipment are prohibited. Strollers, wheelchairs and walkers are permitted. Motorized assistance is excluded. Dogs are not permitted. Event organizers have final say on the use of any equipment to be used in either race. Medical assistance will be available during the course of the event.

Although event volunteers will be present, children play at their own risk. Parents and guardians are responsible for their own children.



I can do all things through Christ who strengthens me.
Philippians 4:13

NO REFUNDS.
Rain or shine event.

CONTACT

Mail Entry Form(s):

The Victory 5K

P.O. Box 963

Waynesburg, PA 15370-0963

Make checks payable to:
Crisis Pregnancy Center
Victory 5K in the MEMO line

724-344-2527
thevictory5k@yahoo.com
www.runsignup.com
search for "The Victory 5K"

AWARDS

- Top three overall male and female runners and walkers of the 5K.
- Top three male and female runners and walkers in each age group of the 5K.
- Top three male and female registered participants in age group of the CHILDREN'S CHALLENGE.

AGE GROUPS

5K RUNNERS

14 & UNDER
15 - 19
20 - 29
30 - 39
40 - 49
50 - 59
60 & OVER

5K WALKERS

14 & UNDER
15 - 19
20 - 29
30 - 39
40 - 49
50 - 59
60 & OVER

CHILDREN'S CHALLENGE (MILE RUN)

12 & UNDER

Age Groups: Up to 6 & 7 - 12

Only the participants who register, **ages 12 and UNDER**, are eligible for an award for the MILE RUN.

Participants for either the 5K or MILE RUN are participating at their own risk.



CAN'T MAKE IT? YOU CAN STILL HELP!

Sign up to show your support for this community event! A Sleep-In Registration gets you an event shirt and race bag without the intention of participating. Race bags with event shirts may be picked up on 8/7/20 at 7PM or 8/8/20 during the event at Rolling Meadows Church of God in Waynesburg, PA. **Sleep-In Registrations must be received by 7/24/20 for guarantee of an event shirt.**

Please "check" the Sleep-In box and fill out name, address, contact and shirt size info on other side.
Cost is \$18 for Sleep-In Registration.



13 Tips for Running in Heat and

Humidity

- By Angela Bekkala
-
- With summer in full effect, you may have noticed that your runs have begun to feel different. As in, why does my easy pace now feel like I'm running in mud and I'm working so hard to get nowhere fast?

Summer running can make it feel like you need gills rather than lungs. If you are doing heart rate training, good luck. The warmer the weather, the harder your body has to work to keep you cool. Your heart rate will be higher and breathing more difficult. The reason why is your body is directing blood to the skin to cool you off through sweating. That means there's less blood available to transport oxygen to your muscles. What would usually be an easy-paced run feels more like a max all-out effort.

If you don't like running in the heat or humidity, you don't need to retreat inside for the next few months. There are plenty of things to try to make it a little bit more comfortable. And if you do have to hit the treadmill, no biggie. Do what works for you.

Less Is Best

Wear as little clothing as legally possible. If you are the sports bra only or shirtless kind of person, do that. Stick to light-colored, loose, wicking materials. Now is not the time for wearing all black or cotton. No matter what fabric you are wearing, Body Glide can be a life saver for preventing chafing.

Don't Forget the Sunscreen

Even if it's early morning or partly cloudy, protect yourself from skin cancer and other skin damage by using sunscreen before every run. Just be sure it's sweat proof. No runner needs to feel the pain of sunscreen and sweat in their eyes.

Wear a Hat or Visor

A hat or visor will not only protect your skin from the sun, but it will also help to keep your face shaded. Soaking the hat or visor in cold water before heading out the door can help to lower body temp and feel cooler as well.

Start Slow and End Slow

A warm up prior to a run should always be done, but even more so when the temperatures are high. You want to gradually increase your heart rate rather than starting out too fast. Same thing for the end of the run. Do a gradual slow-down that includes some time for a slow walk. It will help regulate your heart rate and cool your body a bit.

Run Early

Morning temperatures are usually the coolest during the summer. It also will give you a break from the strongest hours of sunlight. The humidity can sometimes be high in the morning, but at least you won't have the blazing sun on you. And you may even get the treat of a gorgeous sunrise. You want to be sure to avoid the middle part of the day, which will be the hottest.

Run Late

If you aren't a morning person, wait until the late evening when the sun is starting to set. The temps will be better than

mid-day, and the humidity may dip, too. Just like running early, you'll probably get the treat of a gorgeous sunset.

Slow Down

Your body has to work extra hard in the heat and humidity running at a "normal" pace, and when you try to pick up the pace, even more so. Run for time and effort rather than distance and pace. Save the hard pace workouts for a day when the temp and humidity are lower or when you can go early in the morning when the day is coolest.

Hit the Trails

When the temperatures rise, asphalt and concrete absorb heat and radiate it back into your face. Trail running usually offers shade from trees unless you are going above the tree line. It also forces you to slow down. Bonus if the trail has the perfect place to jump in a lake or river post run!

Drink up

If you are running more than 75 to 90 minutes, carry a hand-held water bottle, hydration belt or hydration vest with you. Or stash water bottles along your intended route ahead of time if you don't like carrying anything in your hands. For an extra dose of cooling relief, freeze your water bottles before your run. By the time you need it, enough ice has melted for you to drink up some icy cold water. Planning your route along accessible drinking is not a bad idea either. You may also opt for adding electrolytes to your water to help balance the extra sodium and potassium lost through increased sweating.

Ice It

Ultrarunners use this trick all the time while racing in the heat. Stuff a bandana full of ice and tie it so the ice is at the back of your neck. Or fill up your hat with ice before putting it on your head. As the ice melts, it will keep you cool.

Run With Friends

Just like running on frigid cold mornings in January, having friends to commiserate with while you slog through the heat makes it more tolerable. If you are joining a larger group run, there's high probability that water, Gatorade or fuel will be out on the route. You won't have to worry about having enough water with you.

Take It Inside

If it's really hot and humid and your only option to run is during the hottest part of the day, take it inside to the treadmill, preferably to a treadmill in an air-conditioned room.

Don't Run

Not running is unthinkable to some runners, but sometimes the heat and humidity just aren't runner friendly. Opt for cross training instead on the bike or even swimming. Maybe it's time to give pool running a shot?

The good news is that the body acclimates to the heat and humidity rather quickly, so you'll become a more efficient summer runner in no time.

Most of all, have fun and enjoy yourself but use common sense! Most of us only get this weather for a few short months out of the year. Before you know it, we'll be complaining it's too cold, so live it up!

12th Annual



Title Sponsor

August 29

Saturday, March 28, 2020 @ 9:15am

Free Kids Run begins at APPROXIMATELY 10:30am!

Directions: (GPS: 300 Fair Street, Barnesville, OH 43713) Interstate 70 East/West, Exit #202 (Barnesville/Dennison). Go 6 miles on State Route 800 South to top of hill. 100 yards past gas station, make an extreme right-hand U-Turn. Follow signs. Race is held entirely in Barnesville Memorial Park.

Entry Fee: Pre-registered (March 8) \$25 (hoodie) or \$21 (long-sleeve T-shirt). \$30 after March 8 and on race day.

Shirts: Only 100 hoodies and 100 long-sleeve T-shirts are ordered. 1st-come, 1st-serve based on registration date, including sizes.

Registration: Begins at 7:00 @ the Youth Center in the Park. Arrive early to avoid long lines! **Online Registration** is available at: www.RunSignUp.com (key word: **Park Lake**) For more info or to download an application, go to: www.RailsToTrails5k.com

Refreshments: Enjoy tons of yummy food including pizza, subs, deli sandwiches, pepperoni rolls, pasta salad, cookies)

Trophies: 125 beautifully hand-crafted Nature Trophies based on last year's results: **(NO DUPLICATIONS!)**

Walkers: 1. Top 5 Male, Top 5 Female 2. Top 3 Masters (50+) 3. Males and Females in Age Groups as indicated:

Age Groups: (Male Walk): Top 5: 49+ Under, Top 5 50-59 Top 10 60+ Over; **(Female Walk):** Top 2: <29, 30-39, 40-49 (3) 50-54 (3), 55-59 (3), 60+ Over (3) **Runners:** 1. Top 5 Male & 5 Female 2. Top 3 Masters (40+) 3. Top 3 M/F in Age Groups (unless indicated):

Age Groups: (Male Run): 14+ Under, 15-19 (2), 20-29, 30-39, 40-49, 50-54 (2), 55-59 (2), 60+ Over;

(Female Run): 19+ Under, 20-29 (2), 30-34(2), 35-39, 40-44, 45-49, 50-59, 60+ Over **Special Awards for Oldest/Youngest M/F**

Free Kids Run: They can choose 1/3 mile or 50 yard run. Begin @ APPROXIMATELY 10:30. All kids win a medallion!

Contact Info: Carl A. Kondrach, Director (740)619-0070/(740)310-2117 carlkondrach@yahoo.com

Results/Photos: Results available at: www.SmileyMiles.com Photos available at: www.RonPradetto.com



(cut here)

Proceeds earmarked for trail maintenance and kids' activities held in the Park

(cut here)

Mail form(s) and make

Check payable to:

Kidz Road Racing

808 North Chestnut Street
Barnesville, OH 43713-1118

Please Note: This is a
mailing address. The Race
Address is 300 Fair Street

☐

Run

(Check One Box ONLY)

☐

Walk

☐

Kids Run

(FREE)

☐

Male

☐

Female

Name (please PRINT clearly)

Address

City State ZIP

Phone e-mail (optional)

Age on Race Day Birthday

Sizes are on a first-come, first serve basis. So register early!

Circle Shirt Size (5k ONLY)

YL AS M Lg XL 2XL

(If available)

☐☐

Add \$2.00

Long-Sleeved T-shirt
\$21 Preregistered

Hooded Sweatshirt
\$25 Pre-registered

After March 8 and Race Day: \$30, regardless of choice.

Only 100 of each will be ordered; registration dates

determine styles, sizes. Very limited selection on race day!

WAIVER: In submitting this entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims which I may hereafter accrue against any event sponsors, event volunteers, event staff, and their officers, directors, agents, successors and/or assigns for any injuries suffered by me (or my dog, if applicable) at this event while travelling to and from the event or while participating in it. I attest and verify that I am physically fit and sufficiently trained for competition of this event. I also recognize that persons with dogs may be participating and that I may encounter them on and off the course. I also understand that I may be photographed and agree to allowing my photo, video, or film likeness to be used for any legitimate purpose by the aforementioned parties.

X

Signature (Parent/Legal Guardian if <18) Date

Remember: \$30 after March 8 or your application will be sent back!



Run to Breathe
Half Marathon and 5K
Sunday, August 23, 2020
Half Marathon @ 8:30 a.m.
5K @ 9:00 a.m.

Please help support this cause.
Proceeds from this event will help to support
Pennsylvania Cystic Fibrosis, Inc.
Visit their web @: <http://www.pacfi.org>

Location: **McDanel's Boat Launch, Pavilion #7**
McDanel's Road
Moraine State Park
Portersville, PA 16051

Course: **Out and back on the bike trail.**

Race Director: Herb Cratty (724-841-6528) or bonnherb@yahoo.com

Awards: Top Overall Individual Male and Female.
Finisher medals for Half Marathon.
Hand crafted wooden medals.

Make Checks payable and send to:

Miles of Smiles Timing Services
511 Harpers Ferry Road
Ellwood City, PA 16117

Registration is also available at RunSignup.com

Entry fee is per entrant. Please indicate which Race:

Half Marathon _____\$35.00 5K _____\$20.00

Gender: M F Age _____

Tech Shirts for Half Marathon, Cotton Tee Shirts for 5K, please indicate which size: S M L XL

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release this race and all organizers, sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event . I also release any photos that may involve myself. Participant Signature Parent or Guardian:

Signature: _____ Date: ____/____/____

Things to Keep in Mind If You're

Running More

• *By Angela Bekkala*

With gyms and studios closed and many people having more time at home these days, running has become the go-to way for many to stay fit and busy. In a world where nothing seems normal, ticking off a daily run can help you cope. Plus, it doesn't require a ton of gear and can be done safely outside (with social distancing) while getting some fresh air. Just lace up and get your sweat on!

If you've find yourself running more over the past few months, keep these six things in mind to continue to go the distance.

Wear the Right Gear

While running does require minimal equipment, having the right gear makes things much more enjoyable. Be sure to run in shoes that are just right for your foot and running style. Ditch cotton anything and invest in sweat wicking material for socks, shorts, shirts, tanks and tights. Your skin will thank you!

Don't Get a Case of the "Toos"

Too much, too soon can lead to stress fractures and other injuries. Play it safe with gradually increasing one factor at a time. Don't increase speed and distance together. The last thing you want to be dealing with right now is an injury.

Check Your Shoes

With the increased weekly mileage, you might need new running shoes sooner than usual. Look out for blisters and achy feet after a run. That's usually an indicator new shoes are in order. Depending on the shoe brand, most shoes have a running life of 300 to 500 miles.

Don't Push Yourself Too Hard

These are stressful times already. Don't push too hard if you are feeling pulled in other areas of your life. Your body can't tell the difference between workout stress and life stress. Keep things at a moderate intensity and most importantly, listen to your body. If you are feeling more fatigue, give yourself some extra rest days.

Be Aware of the Signs and Symptoms of Overtraining

There's a fine line between recognizing the difference between general soreness and fatigue and overtraining.

Here are 12 warning signs from your body that you are overtraining:

- Feeling exhausted, even after getting enough sleep
- Heavy legs before, during and after runs
- Emotional highs and lows
- Appetite changes
- Consistently higher resting heart rates
- Lack of motivation for usual workouts
- Easy workouts consistently feel harder than usual
- Persistent achiness, stiffness, or pain in the muscles and/or joints (beyond the typical delayed onset muscle soreness felt after a workout)
- Frequent headaches
- Drop in athletic performance
- Not able to complete your normal workout
- Lowered immune system

If you experience one or more of these symptoms, take some extra rest days. Missing a few days of workouts won't kill your fitness levels, but it will prevent you from sliding into even deeper trouble.

Remember to Recover Properly

Recovery is just as important as the actual run. To gain strength, speed, and more, muscles grow and become stronger when they are subjected to forces that cause tiny tears in the muscle fibers. It's during recovery that the body repairs these fibers and builds new blood vessels to the stressed area.

One of your first steps post workout should be to eat. For runs over 1 hour, you have about a 30-minute window to refuel to avoid insufficient glycogen stores for your next workout. Try to aim for the recommended 4 to 1 ratio of carbohydrates to protein in whatever you eat.

Foam rolling and stretching post run are an easy way to prevent soreness and to loosen up any "junk" that can add up with more mileage.

And don't forget rest days. You can still head out for a walk, bike ride or some other form of low impact exercise to make your rest day active. Just be sure to keep it super easy.

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.

