

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

JULY, 2021

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VISIT US ON THE WEB @ WWW.WCRRRC.COM

NEWS AND NOTES

We're now sliding into the second half of 2021. After the way 2020 went it really seems like this year is moving much faster. At least the nice part about this year is how many races are starting to return, and how many more will be going on for the second half of the year. Some of the upcoming races that we found are listed inside these pages.

Tom Carter has informed us of his intention to run the Montour trail this October. Tom has been gearing up for this starting a few weeks ago. His goal is to complete 46 miles on the trail. Part of his and Tom Trettel's Saturday morning running crew are going to help pace him through. Good luck Tom.

Here is a bit of information on some races that people have been asking about. As of this printing there is no indication that the Rain Day will go on this year. If anything changes on this, we will email everyone. Also, The Brookline Breeze will still be a virtual run only this year. They plan on making a comeback in 2022. The Great Race and the EQT 10-mile event are scheduled to go this year. And we did see that the Sarris Bunny run in Canonsburg will go on this September. Rumor also has it that the Jack-o-Lantern Jog will also take place this year.

One club member had a major accomplishment over the July 4th weekend (or maybe it was a bit of craziness. We're not sure). Carl Kondrach wound up doing 10 walk and running races over a 61-hour period. Sarah Donley did accompany him to a few of them, but he said that he felt some jubilation in doing all those

races. Congratulations, Carl. Hope you had the Epsom Salts and Ice Packs handy after that!

The 2020 trophies are now in. Anyone who wants to get them can pick them up either of two ways. You can arrange to pick them up at Fleet Feet through Bob Pikelis or Bob will have them at selected races. If you want to get them at Fleet Feet, email Bob and he will tell you when he will be there. Since there was no banquet this year, the winner of the most improved runner for the male division is Carl Kondrach. Carl outdistanced Emery Strotman and Rich Durban for the award. And there was no female most improved this past year.

WCRRRC AT THE RACES

There were a few races this past month that quite a few of our members attended. Here is a short sample.

Run for Alex

It was nice to see a big crowd at the annual Run for Alex this year. Thanks again to the Loos family for putting on another first-class event.

In the 2-mile race, the overall winner was Matthew Popowicz who finished in 11:14. Our first male finisher was Rich Sandala who crossed the line in 14:55, and our first female finisher was Ann McCormick who came through in 19:37.

In the hilly 5-Mile run, the overall winner was John Mihalek, in a nice time of 28:30. Our first male finisher was Emery Strotman in a time of 32:18, and Jaminique Milliren was our first female finisher in 41:01.

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.

Thoughtful thinking **thoughtlessly thunk!**

Mickey Hornack

* Really good to see races coming back. Not so good that I can't find my name in results!!! Plus I'm not in any of DP's Facebook pics!!!!

* Well this news flash may or may not have been expected: the Charleroi Little Great Race is on this year. Directorship has been picked up by some new people. Wash Co Judge Mike Lucas has chosen to take the lead.

* App for race included in this edition of literary genius. Date is 9/11. 20th year post the tragedy in NYC.

* New knee 4 me! No other comment.

* Congrats to Loos family on another great "Run for Alex" I don't get to many races anymore (after trading knees I will) but get plenty of info and it was all good as usual for their race.

* Speedy bounce back to the buffet buster an WCRRC member Joe Mancinelli. Joe's had 2 hip replacements and # 3 is eminent. 1 more buffet to go Joe!!

* if you follow sports, you may see what I mean here How can a team from Florida be the best NHL ICE hockey team?

* Check these out Cloud 1 Sneakers.

* I asked the Mrs if cleaning my golf clubs is what she meant about holding up my part of in-home cleanliness. Yes, it was the

obvious reply!!!

* KitKat or Hershey bar with almonds?

* How do you burn popcorn in an Alexa friendly microwave? Don't ask

* No matter where you are Blake, Tom T is lurking!!!

* Cudos to Bobby P for keeping the absolute zenith of running advice alive. Yea and why not every issue > B Pikelis AG 1 Rock on Bob

* See "yinz" on the road SOON.

UPCOMING RACES

Here is a list of races we have found that members may be interested in. As usual, all GP club races will be listed with a * before it.

- 7/23 – Liberty Mile – Downtown Pittsburgh
- 7/31 – Turtle Trot 5K – Turtle Creek, PA
- 7/31 – Killians 5K Run – North Park Boathouse
- 8/7 – St Barnabus 5K – Gibsonia, PA
- 8/7 – North Fayette Community 5K – N. Fayette, PA
- 8/7 – City Mission Possible 5K – Peterswood Park
- 8/14 – Yinzer 4.12K – North Shore Drive – Pittsburgh, PA
- 8/15 – * Solar Vortex 5K/15K – Boston, PA
- 8/18 – Ice Cream Run 5K – Grove City, PA
- 8/28 – Run Around The Square – Swissvale, PA
- 9/5 – Steelers 5K – Heinz Field
- 9/6 – * Labor Day 5K – Washington, PA

WHAT IS THE WASHINGTON CHRISTIAN OUTREACH?

- It is a non-profit, non-denominational Christian organization that aims to spread the gospel by helping fulfill both the material and spiritual needs of the poor and needy in our community.
- Was started 43 years ago by a local housewife.
- Is located at 119 Highland Avenue (across from Family Dollar) in Washington, PA.
- Is open Monday through Friday from 9:00 am to 1:00 pm.
- Everything donated to WCO is returned FREE to the community.
- Has a kitchen serving hot meals on a daily basis.
- Operates with an all volunteer staff.
- There are NO paid employees.
- A facility where the community can come for medical intervention.
- Functions on monetary and material donations from individuals, churches, foundations, and Fraternal Associations.
- Do you have questions? Would you like to volunteer? Would you like to financially support our efforts? If so, please contact us at 724-222-0750 or fax us your questions at 724-228-9329.
- Thank you to all of our runners and walkers, our race sponsors and advertisers, all of our course workers, the City of Washington and everyone who made this year's event possible.



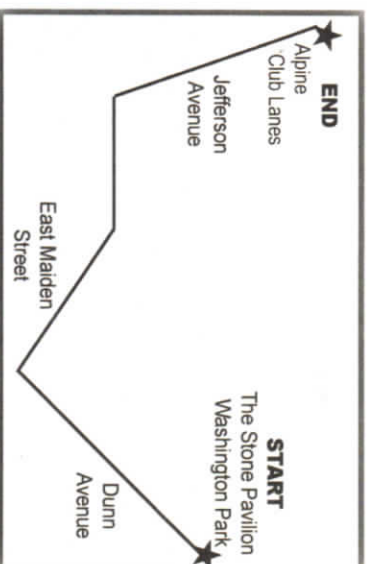
Washington Christian Outreach

119 Highland Avenue
P.O. Box 1659
Washington, PA 15301-7659
(724) 222-0750
Fax: (724) 228-9329
email: outreach1@verizon.net

COURSE

Begins at the Stone Pavilion in Washington Park & ends at Alpine Club Lanes on Jefferson Avenue.

This is NOT an OUT & BACK COURSE.



WASHINGTON CHRISTIAN OUTREACH presents

The 39th ANNUAL



**MONDAY,
LABOR DAY
September 6, 2021**

39th ANNUAL LABOR DAY 5K CLASSIC

The Fastest 5K Race in Western PA
— Hundreds of personal records
have been set on this course!

PART OF WCRCR GRAND PRIX

DIRECTIONS

FROM PITTSBURGH

I-79 S to I-70 W to Exit #17. At end of exit make right on Wylie Avenue. Go to 2nd stop light & make a left on Jefferson Avenue. Follow Jefferson Avenue to Alpine Club Lanes, 735 Jefferson Avenue.

FROM WHEELING

I-70 to Exit #17. Turn left on Jefferson Avenue. Follow Jefferson Avenue to Alpine Club Lanes, 735 Jefferson Avenue.

BUS TRANSPORTATION

provided from Alpine Club Lanes to race start from 7:15 am until 8:15 am. (No parking is available at the starting line at the Stone Pavilion.)



AGE GROUPS

Runners: Age 11 & under, 12-15, 16-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+, Cruiser: 190-210, Heavyweight: 211+.

Weigh-in prior to start.

Walkers: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, & 60+

** The race will be electronically chip timed.

AWARDS

Runners: Top 3 male & female & Top 3 in age group (70+ Top 2 ONLY), Cruiser & Heavyweight: Top 3. Walkers: Top male & female overall & Top 2 in age group. No duplication of awards. Entrants must pre-declare weight divisions.

MISCELLANEOUS

Race day registration begins at 7:00 am at Alpine Club Lanes finish line. Race starts at 9:00 am for both walkers and runners. Refreshments and random prizes posted at awards ceremony. Proceeds benefit Washington Christian Outreach. Timing service by Miles of Smiles.

Results posted at www.smilemiles.com

FEE

Postmarked by 6/30/21 \$22.00. From 7/1/21 to 8/28/21 \$25.00. From 8/29/21 to race day \$28.00. Make checks payable & send to Washington Christian Outreach, P.O. Box 1659, Washington, PA 15301. Tee shirts guaranteed to all pre-registered by 8/24/21.

Register online today at

www.runsignup.com.

INFORMATION

Call 724-222-0750 or
email: labordayrace@yahoo.com
www.runsignup.com

ENTRY FORM LABOR DAY 5K CLASSIC

Name: _____

Address: _____

Phone: _____

Email: _____

Please indicate:

Shirt Size: S M L XL

Walker Runner

Sex: M F

Age (on race day) _____

Cruiser (190-210) _____
(Runners only)

Heavyweight (211+) _____
(Runners only)

In consideration of the acceptance of this entry, I waive for myself, my heirs and assigns, and any and all claims for damages which may arise against all organizations and individuals connected with this race as a result of any injuries which may be incurred during or from this race.

Signature: (Parent/Guardian if under 18)

Please send race entries to:

LABOR DAY 5K CLASSIC

Washington Christian Outreach

PO Box 1659 • Washington, PA 15301

or sign up online and save at

www.runsignup.com

This year's race will occur on a solemn day, 20 years earlier, in the same hour, the attacks on the Twin Towers and the Pentagon began. In years past, the proceeds of the race provided in excess of \$100,000 in scholarships and medical expense relief. The Race Committee has determined that this year proceeds should benefit First Responders in our area to include the Charleroi Regional Police, the Charleroi Volunteer Fire Company and Mon Valley EMS. Please join us to support those who stand ready to run toward danger to serve and protect us.

Strollers/Rollerblades/Dogs Prohibited

Unless otherwise stated, masks are mandatory.

No registration changes will be made on the day of the race.

Online Registration at

www.littlegreatrace.com



34th Annual

Charleroi Little Great Race 5k (3.1 miles) Run/Walk

When Saturday, September 11, 2021

Where Charleroi Chamber Plaza

Time Race starts at 8:15am

(Walkers will start 2 minutes after runners)

Entry Fee

\$20.00 Registration (deadline 9/9/21)

The first 400 applicants are guaranteed a shirt and race bag.

\$25.00 Late Registration

Race bag/shirt not guaranteed.

Packet Pick Up Info

Charleroi Community Park Pavilion

Friday, September 10 from 5:00-7:30 pm

Awards

The top three overall male/female runners and walkers.

Age Group Awards

The top three male/female runners and walkers will receive awards in each age category. (No duplication of awards.)

ENTRY FORM

one entry per form

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Age as of 9/11/21 _____

Email _____

Gender: M or F _____

Emergency Name _____

Contact Phone: _____

Circle Shirt Size: S M L XL 2XL 3XL

Mail to:

Little Great Race, Inc

1200 McKean Ave, Suite 104

Charleroi, PA 15022

Make checks payable to: Little Great Race, Inc.

Waiver & Release

(Must be signed to participate)

In consideration of the acceptance of my entry into this race, I acknowledge that participation in a 5K road race that proceeds along Charleroi streets, across railroad tracks, a parking lot and the grounds of the Charleroi Trustees Park presents risks of harm to me. I represent that I am physically fit, sufficiently trained to participate in this event and am not medically restricted from participation in the Little Great Race. I acknowledge that Covid-19, and its variants, poses a risk to me at a public gathering. I understand that there are inherent risks associated with the participation in this race and those risks may result in physical restriction, disability, and serious and possibly fatal health conditions. I assume the risk of any and all injuries and harm that I may sustain while participating in or attending the Little Great Race. I, for myself, my heirs, successors, and assigns do fully and generally release the Little Great Race, Inc., its officers, directors, committee members and volunteers from any and all liability and claims for any and all injuries and damages, whether physical, mental or disease related, and all economic and non-economic damages that I may sustain as a result of my participation in the Little Great Race. I acknowledge this is a public event that will be photographed, video and audio recorded, and that the times of race participants may be published. I grant full permission to use my name, image and likeness and waive my expectation of privacy.

Signature _____

(Parent or guardian if under 18)

Want to help in another way?

Be a (street) Block Sponsor!

For a \$350 donation, your name or business will be prominently displayed on a block along the race course.



All donations will be featured on our Facebook page.

Name _____

Address _____

Contact Number _____

☐ \$350 Street Block Sponsor (please email sign details to griley295@gmail.com)

☐ Other Donation

Mail to:
Little Great Race, Inc.
1200 McKean Ave, Suite 104
Charleroi, PA 15022
Make checks payable to: Little Great Race, Inc.

Little Great Race, Inc.
1200 McKean Ave, Suite 104
Charleroi, PA 15022



cfsbank

34th Annual

5k Run/Walk

Saturday

September 11,

2021

8:15 am

Online Registration

littlegreatrace.com

All festivities, including the start and finish, will take place at the Charleroi Chamber Plaza near Trustees Park

GRAND PRIX 2021

The 2021 Grand Prix has begun. Below you will find the initial standings in all categories. Take a minute and check that your times are included if you have run any GP qualifying races.

Just a reminder that times can be submitted to Grace directly or through the WCRRC website. While we try to pick times off race results, it is your responsibility to make sure they are submitted if we miss them. This is especially true for LDGP events.

2021 GRAND PRIX (6/29/21)

1. Tina Seech	1	30:13
2. Bob Pikelis	3	35:14
3. Cathy Loos	1	36:19
4. Emery Strotman	2	36:44
5. Rich Durbin	2	38:17
6. Rich Sandala	3	38:34
7. Mike Romzy	1	42:28
8. Jen Foster	2	43:13
9. Jaminique Milliren	3	43:28
10. Stush Sadowski	1	43:38
11. Deb Calmbacher	5	45:06
12. Trey Mussitsch	1	47:07
13. Gary Chabala	1	47:11
14. Donna Patrino	1	47:15
15. Gary Lorenzi	2	47:37
16. Carl Kondrach	2	48:47
17. Sarah Donley	1	51:16
18. Mary Krett	2	52:51
19. Nathan Milliren	2	54:26
20. Shane Brunazzi	2	54:36
21. Christina Shwallon	1	56:00
22. Kathy Starkey	2	56:35
23. Tom Carter	1	57:17
24. Ricky Andrews	1	1:00:41
25. Beth D'Alessandro	1	1:01:05
26. Pat Calmbacher	5	1:01:48
27. Joe Lebert	1	1:16:24

2021 GRAND PRIX WALK

1. Carl Kondrach	2	1:04:49
2. Sarah Donley	3	1:05:01
3. Gary Bennett	2	1:07:01
4. George Macek	1	1:11:30
5. Stan Czyzewski	2	1:13:40
6. Blake Headen	3	1:21:15

2021 LDGP (6/29/21)

1. Bob Pikelis	1	34:41
2. Emery Strotman	1	36:54
3. Rich Sandala	2	37:48
4. Danielle Gonzales	1	40:42
5. Carl Kondrach	3	48:03
6. Sarah Donley	2	49:48
7. Shane Brunazzi	2	56:16
8. Louann McCullough	1	1:04:44

2021 LDWGP (6/29/21)

1. Sarah Donley	1	51:03
2. Carl Kondrach	1	1:09:46

ANGIE GIOIOSA 5K WALK

Carl Kondrach	23:23(A-1)
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COACH'S CORNER



Runners and walkers do so for health and fitness, sport and recreation and psychological well-being. The practice of running is not so different than a yoga practice. Through movement, we nurture body, mind and soul.

While you may often run solo, it's important to share your practice with like-minded individuals. Running with a friend, a small cadre or a large training team provides a unique set of benefits. In addition to motivation and encouragement, a collaborative approach can also [increase overall happiness and quality of life](#).

Solitude and self-reflection is important, but to optimize your running practice it's best to balance your alone time with a sense of camaraderie. The [Fleet Feet Running Club](#) is a diverse, equitable and inclusive community with a shared belief that running changes everything.

I hope you'll join us,

Coach Tim



WCRRC AT THE RACES

LAKE WILHELM 26.2M

Danielle Gonzales 3:28:08(A-1)

RUN FOR ALEX 2M

Rich Sandala 14:55(A-1)
Nathan Milliren 17:26(A-3)
Ricky Andrews 17:33
Ann McCormick 19:37(A-1)
Tina Seech 34:32
Blake Headen 34:34

RUN FOR ALEX 5M

Emery Strotman 32:18(OA-3)
Bob Pikelis 38:20(A-1)
Greg Mussitsch 40:23
Jaminique Milliren 41:01
Jen Foster 45:45(A-2)
Shane Brunazzi 50:53(A-2)
Gary Lorenzi 51:42(A-3)
Donna Patrina 58:58(A-1)
Tom Carter 59:10
Christina Swallon 59:10
Mary Krett 1:13:21(A-1)
Kathy Starkey 1:17:00(A-2)

BODY SHOP 5K

Shane Brunazzi 27:27(A-2)

BIG FOOT 5K WALK

Carl Kondrach 30:16(OA-1)

YOUGH TRAIL 10M

Emery Strotman 1:04:55(OA-1)
Rich Sandala 1:17:04
Bob Pikelis 1:17:18

YOUGH TRAIL 5K

Deb Calmbacher 31:50
Pat Calmbacher 38:29

ASSERVO PEOJECT 5K

Joe Lebert 37:53

OMELET RUN 5K WALK

Blake Headen 44:50(A-2)

RUNNING WITH RYAN 5K

Emery Strotman 18:23(A-1)
Rich Sandala 22:37(A-2)
Jaminique Milliren 22:37(OA-2)
Nathan Milliren 26:18
Cathy Loos 26:55(A-1)
Shane Brunazzi 28:11
Gary Lorenzi 29:19
Ricky Andrews 31:28
Pat Calbacher 31:51
Deb Calbacher 32:42(A-3)
Mary Krett 41:01
Kathy Starkey 41:14

RUNNING WITH RYAN 5K WALK

Carl Kondrach 38:26(OA-1)
Sarah Donley 38:26(OA-1)
Blake Headen 44:08(A-1)

WHISKEY REBELLION 5K

Jaminique Milliren 21:11(A-2)
Bob Pikelis 21:36(A-1)
Rich Sandala 22:06(A-2)
Jen Foster 23:04(A-1)
Nathan Milliren 24:03
Steve Chabala 24:58
Larry Roof 25:53(A-3)
Gary Chabala 26:27
Christina Swallon 29:52
Donna Patrina 30:55(A-1)
Tom Carter 32:49
Beth Delessandro 32:52
LuAnne McCullough 33:59
Ed Frohnafel 37:22(A-2)

BIASI-SHUMA MEMORIAL 5K

Pat Calbacher 30:21
Deb Calbacher 31:42(A-1)

BIASI-SHUMA MEMORIAL 5K WALK

Carl Kondrach 36:01(OA-1)
Sarah Donley 36:02(OA-1)

WELLSBURG JULY 4TH 5K WALK

Carl Kondrach 29:27(OA-1)
Sarah Donley 30:11(OA-1)
Blake Headen 45:13

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.

