

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

JANUARY, 2022

VOL. 22 / No. 1

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

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## NEWS AND NOTES

Hello everyone, and welcome to 2022. We hope that all of you had a safe and happy holiday season and are looking forward to a great and hopefully normal 2022 racing season.

This year will return to our normal Grand Prix program. In the February newsletter we are hoping to publish the short distance events for the 2022 season. You will need 5 of these races to qualify for the SDGP. And the long-distance races that are 15K or longer will return to the 4 races needed to qualify for this event. All our race directors that are planning to have their events return this year, we would like to have you email the tentative month of your events by the end of January. In that way we can make sure to publish for all to plan out.

For all who have been waiting for the announcement, the WCRRC Annual Banquet will be held this year on February 26<sup>th</sup>. Since the timing is shorter this time around, we would like to have all reservations sent in before February 18<sup>th</sup>. That way we can make sure that the caterer is ready to go, and the hall can be set up. The application for the event will be in this month's and next month's newsletter.

We also want to remind everyone that the 2022 dues for the club is now due. We will publish next month anyone who hasn't renewed, so in case you had forgotten whether you sent it in or not, this will remind you. The dues are still \$15, so we hope to see all of you back this year to compete in the Grand Prix once again.

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## UPCOMING RACES

There are not many races scheduled for the first few months of the year. These are the ones that were found around our area. Remember that we mark the club races with an \*.

1/22 – North Park Half Marathon – North Park Boathouse

1/29 – Groundhog Day 5K – North Park Boathouse

2/12 – Cupid Chase 5K – Butler, PA

2/26 – Spring Thaw 10/15/20 Mile – North Park Boathouse

3/26 – \*Barnesville Park 5K Trail Race – Barnesville, OH

3/26 – Soles for Songs 5K – North Strabane Park, Canonsburg, PA

3/27 – ALS 5K – North Park Boathouse

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## WCRRRC AT THE RACES

There were a lot of club members who took advantage of the surprisingly decent November and December weather to pull in a few last races of the year. Congratulations to all those who competed in the many Turkey Trots that were held around the region. There was a total of 25 members who ran one or two of the races reported.

For the first race of 2022 there were two Resolution Runs on January 1. In the run at North Park, we had Mike Frere and Blake Headen competing in the downpour. Also, for the Oakdale race we had Mike Romzy and Rich Sandala taking advantage of the warm rain to squeeze in the first one of the year. Hopefully many more to come.

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To report Grand Prix times, call Tom Trettel (724) 229-0201 or e-mail [trettelt@comcast.net](mailto:trettelt@comcast.net). Or Grace Goffi 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).

## COACH'S CORNER



Coach Tim

A runner's gastrointestinal preferences are as unique as their gait cycle; there is no "one size fits all" best practice. Another consideration is the type of workout being performed. A high-volume training run requires more calories than a hard interval session or a race. When running slowly, the amount of blood the body budgets for the digestive system is higher than during a track workout when the same oxygen-rich blood is diverted to muscle groups firing at maximal capacity.

Some athletes, most notably endurance runners, have the ability to consume solid, calorie-rich foods due to sustaining lower intensity output over a long period. Higher intensity efforts require quick doses of glycogen that can be rapidly absorbed, such as gels or carbohydrate-based liquid solutions.

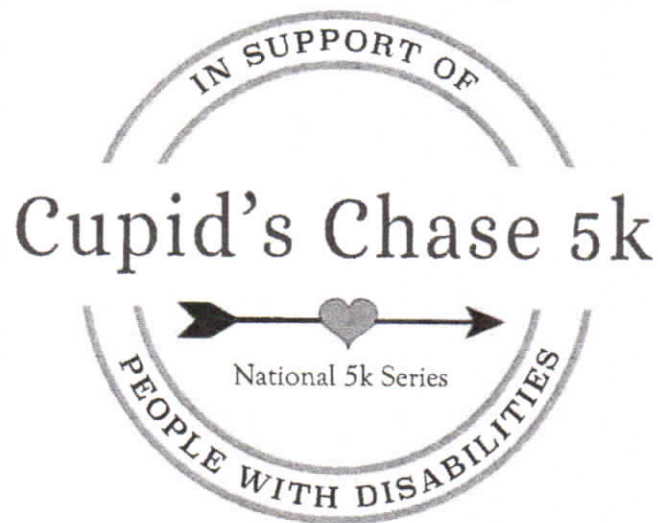
Eating a bagel and banana before a marathon can improve overall performance, while the same consumption before a fast 5K could result in cramping, indigestion or nausea. The delivery mechanism of caloric intake should be carefully considered.

Fuel well,



# Register Today!

CupidsChase.org



## February 12, 2022

### Race Location

PNC Park Left Field Lounge  
115 Federal Street  
Pittsburgh, PA 15212

Registration/Check-in: 8:00am  
Race Start: 10:00am

### Contact Information

Cupid's Chase Race Director  
900 Sarah Street  
Pittsburgh, PA 15203  
412-431-7079

Community Options, Inc. invites runners, walkers, and rollers (baby strollers and wheelchairs) to help make a difference in the lives of people with disabilities by participating in our annual Cupid's Chase.

Because of you...we can make a difference!



Community  
Options, Inc.

*Supporting People with Disabilities since 1989*



Make Checks Payable to: Community Options, Inc. | Mail checks to: Community Options, Inc. Attn: Cupid's Chase, 16 Farber Road, Princeton, NJ 08540

**REGISTRATION  
FEE**

\$25 before 10/1  
\$30 before 1/1  
\$35 before 2/12  
\$40 on RACE DAY

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Gender: ☐ Male ☐ Female Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Day of Race \_\_\_\_

Preferred Shirt Size: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Single - Looking for love, choose \_\_\_\_ Available/ White. In a relationship - choose \_\_\_\_ Unavailable/ Red.

**WAIVER/RELEASE:** In consideration of this entry and being allowed to participate in this event, I hereby assume all risks for myself, heirs, executors and administrators, I further waive and release all claims and causes of action that I may have against Community Options, Inc., Community Options Enterprises, Inc., The Race Timing/Management Company and their respective officers, directors, volunteers, employees, sponsors, agents and any other party involved in Cupid's Chase 5K Run/Walk for any personal injuries, death and/or property loss I may suffer or in any way arising out of my participation in this event. I hereby certify that I am physically able to safely participate in the event and grant full permission to Community Options, Inc. to use and publish my name and image as a participant in photographs, video or other recordings connected with this event. All registration fees are non-refundable.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Race Location \_\_\_\_\_

**IMPORTANT!** If the participant is under 18 years of age, the parent or guardian must sign here on behalf of the minor participant agreeing to the WAIVER/RELEASE language above and all the terms and conditions of the minor's participation in the event.

Follow Us & Like Us: [www.Twitter.com/CupidsChase5K](http://www.Twitter.com/CupidsChase5K) | [www.Facebook.com/CupidsChase](http://www.Facebook.com/CupidsChase)

**REGISTER HERE**



To pay by credit  
card, register  
online at  
[CupidsChase.org](http://CupidsChase.org)



# How Many Miles Should I Run Each Week?

## [TRAINING](#)

[Claire Green](#)

There is no 'one size fits all' when asking yourself how many miles should I run a week. Mileage can be a great tool to help build endurance, speed and strength, but running too much can increase your risk of injury.

On the other hand, running too little may make it difficult to reach your full running potential. I find that lower miles with higher intensity works best for me, while many of my teammates swear by their long, slow Sunday runs.

Unfortunately, there is no hard and fast rule when it comes to choosing the right mileage. It takes time, patience and tweaking to find the perfect fit for you. Check out this quick guide to find the right mileage for you:

## Determine Your Base Mileage

Base mileage is the number of miles you run in an average, non race week. Think of it as the number of miles you are able to run in a week without experiencing excessive fatigue or soreness.

Determining the correct base mileage is important in avoiding injury, especially if you are considering adding more miles to your weekly plan. A great way for new runners to find their base mileage is by using the [FIRST](#) method, developed by Dr. Bill Pierce and Dr. Scott Murr. The FIRST method was developed to help busy runners prepare for a marathon, but the theory can be adapted to help beginners find the correct weekly mileage.

FIRST is structured to help runners maximize their race results with a limited amount of time dedicated to training. This method includes five workout days per week: three hard running days and two cross training days.

To use this method to find the right base mileage, swap out the cross training days with two easy running/walking days. For example, for a 15 mile week, a sample schedule may look like this:

Monday: 4 Mile Run

Tuesday: 1.5 Mile Walk/Jog

Wednesday: 4 Mile Run

Thursday: 1.5 Mile Walk/Jog

Friday: 4 Mile Run

Saturday: Off

Sunday: Off

Instead of running three miles five days in a row, this schedule allows you to test how your body responds to a slightly longer run, while maintaining the same mileage and allowing for recovery time.

Pay attention to how you feel on your two off days. Excessive soreness and exhaustion may be a sign that your base mileage is too high. If you feel no fatigue or reduced energy, consider adding an additional day of running, or increasing the length of one of your scheduled runs.

Experiencing little fatigue and soreness is a good indicator that you have found a base mileage that works for you. It may take a few weeks of trial and error to find the correct mileage, so be patient and listen to your body.

## Not all Miles are Created Equal

Mileage can be a great tool to build strength and endurance. However, adding more miles to your training just to reach a higher mileage total can be counterproductive. If becoming a faster, stronger runner is one of your goals, it is absolutely possible to do so while maintaining your base mileage. The key is to increase the intensity of a couple runs per week.

[A solid workout](#) can help you build speed and endurance, and reduce the necessity of extra miles. Say you run five to six days per week at the moment. Start by swapping out two of your regular runs with a workout. You can maintain your base mileage, but by including hard effort sessions, you will begin to build strength and endurance.

A great beginner workout is the [fartlek](#). A [fartlek](#) is a type of interval workout that includes alternating uptempo efforts with easy efforts. The uptempo effort should be challenging enough that you're breathing hard, but not so difficult that it is impossible to speak. On a four-mile day, a



sample *fartlek* workout might look something like this:

-Mile One: warm-up jog (walk)

-Mile Two: alternate 3 minutes uptempo, 2 minutes jog recovery (run; walk)

-Mile Three: alternate 3 minutes uptempo, 2 minutes jog recovery (run; walk)

-Mile Four: cool-down jog (walk)

It's important that you find the right workouts to help you reach your goals. [Fleet Feet Running clubs](#), online coaching, and platforms like [Trackster](#) are all good ways to find effective workouts. Mileage days have their place in running and can be very beneficial. But before you start adding on the miles, think about ways you can maximize your fitness with the base mileage you currently run.

## The 10 Percent Rule: Dos and Don'ts

If you want to increase your mileage for the first time, the 10 percent rule is a great place to start. The 10 percent rule states that you should never increase your mileage by more than 10 percent of what you completed the previous week.

If you ran 20 miles total this week, you should run no more than 22 miles total next week. Increasing your mileage in small increments allows you to gradually increase mileage while giving your body time to adjust to the added work.

There are a couple of things to keep in mind with the 10 percent rule. First and foremost, always listen to your body. If a 10 percent increase feels like too much, it probably is. At the same time, if you regularly run six miles per week (three days of two miles each), you may very well be able to increase your mileage safely by more than 10 percent.

Jason Fitzgerald, founder of [Strength Running](#), says that "running more miles as a new runner means looking at how many days you run per week," as opposed fixating on the exact number of miles you are completing.

In other words, if you averaged three runs per week for the past month, it's more beneficial to work toward running four days per week consistently than to simply add a single mile to your total weekly mileage. However, the theory of the 10 percent rule still applies here. Put simply: Add running days to

your week gradually, and give your body time to adjust to the additional run.

## Mileage Isn't Everything

Here's the thing. No matter how badly you might want to run a little further, increasing mileage is not always the answer. If you are injury-prone or have had problems with adding miles in the past, there are still ways you can reach your running goals while maintaining your current mileage. It's important to determine why you are looking to increase your mileage in the first place.

Are you looking to build strength, improve your endurance, or work your way up to a marathon? There are plenty of ways to reach your running goals that don't rely on upping mileage. If you want to improve your cardiovascular endurance, try swapping out a run with an aqua-jogging or swim session.

If speed work is where you need to improve, consider working with a strength coach to add [weight-lifting](#) to your weekly training. Above all, keep in mind that our bodies need to recover whenever we stress them in a new way. Adding a few miles in may be exactly what you need, but don't forget to back off and take a down week when your body tells you to do so.

Finally, be sure to spend time properly recovering after you run.

Although it can be tempting, try not to sit-down immediately after finishing your run. Instead, add in some light foam rolling and stretching. If you are short on time, skip the stretching and stick to foam rolling.

[Chris Kolba](#), a physical therapist for The Ohio State University Wexner Medical Center, explains that foam rolling "...breaks up adhesions, reduces stiffness, decreases soreness, increases blood flow and reduces tissue tension, leading to improved recovery and performance." Consistency is key to reaping the benefits of stretching and rolling.

WASHINGTON COUNTY ROAD RUNNERS CLUB  
2022 BANQUET

It's that time of year again, when we get together to celebrate another season of running (and poke fun at our follies). Awards will be given to all who completed a SDGP or LDGP event. The MC will be by committee for the evening, so be ready to defend yourself.

**When:** Saturday, February 26th  
6:00-7:00 Cocktail Hour, 7:00 Dinner

Where: Lawrence Fire Dept. Hall  
428 Georgetown Road  
Lawrence, PA 15055



**Why:** Have a laugh, tell a joke or sing a song if you can.

Price: \$25.00 per person

Fare: The buffet menu is: Rigatoni, Hot Sausage, Chicken Tenders, Red Potatoes, Green Beans, Cajun Chkn Pasta, salad and rolls. Wine, beer and soda cash bar (Honor system). Chips, pretzels and cake are included.

**Awards:** Top 3 SDGP & LDGP finishers will receive trophies. Other SDGP and LDGP finishers receive plaques. Top 2 Walkers receive trophies and all others receive plaques. Speeches optional by the winners (Anyone long winded may get the hook)!

Directions: Route 79 to the Southpointe Exit. Bear right at the end of the ramp. Turn left at the traffic light (Morganza Road). Turn right at bottom of the hill (Tandem Bike Shop will be on left). Stay on Georgetown Road (make sure to go under trestle approx. a half mile down road). Fire Hall will be on the right.

[illegible]

Please mail to WCRRC, 1427 Willowbrook Dr., Washington, PA 15301

### Checks payable to WCRRC

Name(s) \_\_\_\_\_

Number Attending\_\_\_\_\_

**Please respond by February 18th. Late responses call Tom 724-229-0201**



## **GRAND PRIX 2021**

The 2021 Grand Prix is now history.  
Listed below are all winners and  
finishers. A special thanks to Grace  
Goffi whose hard work makes this  
possible.

### **2021 GRAND PRIX (FINAL)**

|                       |    |       |
|-----------------------|----|-------|
| 1. Tina Seech         | 6  | 29:48 |
| 2. Bob Pikelis        | 9  | 33:05 |
| 3. Emery Strotman     | 5  | 35:04 |
| 4. Rich Sandala       | 14 | 36:01 |
| 5. Rich Durbin        | 6  | 37:21 |
| 6. Jen Foster         | 6  | 38:35 |
| 7. Jaminique Milliren | 9  | 38:52 |
| 8. Greg Mussitsch     | 5  | 40:02 |
| 9. Donna Patrino      | 6  | 40:03 |
| 10. Gary Chabala      | 6  | 42:22 |
| 11. Deb Calmbacher    | 10 | 42:32 |
| 12. Steve Chabala     | 7  | 45:04 |
| 13. Gary Lorenzi      | 6  | 45:31 |
| 14. Kathy Starkey     | 6  | 47:01 |
| 15. Carl Kondrach     | 5  | 47:32 |
| 16. Mary Krett        | 7  | 48:09 |
| 17. Sarah Donley      | 5  | 48:14 |
| 18. Pat Calmbacher    | 10 | 48:36 |
| 19. Shane Brunazzi    | 6  | 48:44 |
| 20. Ed Frohnepfel     | 5  | 49:18 |
| 21. Nathan Milliren   | 5  | 51:28 |
| 22. Ricky Andrews     | 5  | 54:58 |
| 23. Beth D'Alessandro | 5  | 55:27 |

### **2021 GRAND PRIX WALK**

|                  |    |         |
|------------------|----|---------|
| 1. Carl Kondrach | 7  | 54:40   |
| 2. Sarah Donley  | 7  | 1:03:24 |
| 3. Blake Headen  | 11 | 1:16:38 |

### **2021 LDGP (FINAL)**

|                   |   |       |
|-------------------|---|-------|
| 1. Emery Strotman | 4 | 35:17 |
| 2. Rich Sandala   | 4 | 37:42 |
| 3. Kelley Murdock | 3 | 42:47 |
| 4. John Titus     | 3 | 43:53 |
| 5. Carl Kondrach  | 4 | 46:03 |
| 6. Shane Brunazzi | 3 | 53:32 |
| 7. Sarah Donley   | 3 | 59:10 |

### **2021 LDWGP (FINAL)**

|                   |   |         |
|-------------------|---|---------|
| 1. Carl Kondrach  | 3 | 58:14   |
| 2. Kelley Murdock | 3 | 1:02:46 |
| 3. Sarah Donley   | 3 | 1:04:56 |

### **WCRRRC AT THE RACES**

#### **HARMONY SILVESTER 5K**

|            |       |
|------------|-------|
| Dave Byers | 41:03 |
|------------|-------|

#### **RESOLUTION 5K**

|              |              |
|--------------|--------------|
| Mike Frere   | 26:33        |
| Joe Lebert   | 39:11        |
| Blake Headen | 52:04 (Walk) |

#### **RESOLUTION RUN 5K**

|              |            |
|--------------|------------|
| Mike Romzy   | 21:28(A-1) |
| Rich Sandala | 23:47      |



## **WCRRC AT THE RACES**

### **PBURG T TROT 5K**

Mike Romzy 20:50(A-1)  
Jen Foster 23:59(A-2)

### **PBURG T TROT 5M**

Emery Strotman 30:18(A-1)  
Jen Foster 41:54

### **BTOWN T TROT 5K**

Kevin Hendricks 20:46(A-1)  
Bob Pikelis 22:00(A-1)  
Jaminique Milliren 23:06  
Nathan Milliren 26:01

### **BTOWN T TROT 5K WALK**

Roxanne Wray 43:28(A-1)  
Blake Headen 44:44(A-2)

### **B PARK T TROT 5K**

Rich Sandala 22:40  
Gary Lorenzi 29:27(A-3)  
Pat Calmbacher 31:28  
Deb Calmbacher 34:50

### **SWICKLEY T TROT 5K**

Danielle Gonzalez 21:43  
Tina Seech 22:10(A-1)  
Steve Chabala 24:51  
Gary Chabala 28:28  
Jose Gonzalez 38:56  
Dave Byers 41:32

### **K VALLEY T TROT 5K**

Shane Brunazzi 23:25

### **EVA BOWLBY 5K**

Mary Krett 38:11(A-2)  
Kathy Starkey 39:33(A-3)

### **EVA BOWLBY 5K WALK**

Carl Kondrach 31:45(OA-1)  
Sarah Donley 37:14(OA-1)  
Gary Bennett 39:59(A-1)  
Blake Headen 44:02(A-2)

### **KITTANNING 5K**

Shane Brunazzi 23:51(A-2)

### **MOON HARVEST 10M**

Danielle Gonzalez 1:21:15(OA-3)  
John Titus 1:33:25

### **SALT FORK 13.1M WALK**

Sarah Donley 3:17:54

## **DIABETES 5K WALK**

Gary Bennett 29:57(OA-1)  
Carl Kondrach 32:34(OA-2)  
Sarah Donley 35:41(OA-2)  
Blake Headen 44:23

### **VETERANS 26.2M**

Danielle Gonzalez 3:52:39

### **SANDIA CREST 26.2M**

John Titus 3:59:44 (48<sup>th</sup> State)

### **LAKE WOBEGON 26.2M**

John Titus 4:08:12(47<sup>th</sup> State)

### **SALVATION ARMY 5K**

Rickey Andrews 29:50

### **SALVATION ARMY 5K WALK**

Carl Kondrach 28:22(OA-1)  
Kathy Starkey 44:38(A-3)  
Sydni Kondrach 49:59

### **RUN SANTA RUN 5K**

Heath Piper 18:52(A-1)  
Jaminique Milliren 21:27(OA-3)  
Rich Sandala 21:32  
Steve Chabala 23:05  
Greg Mussitsch 24:37  
Cathy Loos 25:13(A-1)  
Gary Chabala 28:08  
Jim Loos 34:57  
Ed Frohnapfel 38:19(A-1)

### **RUN SANTA RUN 5K WALK**

Blake Headen 56:29

### **SANTA SPRINT 1M**

Pat Calmbacher 8:20(A-1)  
Deb Calmbacher 9:59(A-1)

### **SANTA SPRINT 1M WALK**

Carl Kondrach 9:39(OA-1)  
Sarah Donley 10:29(OA-1)  
Blake Headen 13:22(A-1)

### **FESTIVUS 5K**

Shane Brunazzi 25:03(A-1)

### **FESTIVUS 5K WALK**

Carl Kondrach 33:01(OA-1)  
Sarah Donley 36:31(OA-1)

### **UNIONTOWN T. TROT 5K**

Rickey Andrews 29:30  
Kathy Starkey 44:21(WA-3)

### **NEW YEARS EVE 5K WALK**

Blake Headen 48:36

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.

