

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

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VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

Hello one and all, we hope that you are surviving the big freeze and snowy conditions we have been experiencing for the last month. It's been just a little rough getting out on the trails and most of the sidewalks around the area. Play it safe and find some spots that have the least amount of traffic to get those winter miles in. There have been a few more races popping up on the schedule. We have a few listed in the newsletter, but make sure that you are checking the website for all the latest finds.

The WCRRRC is just around the corner, so make sure if you are planning to attend that you send the reservation in before the due date. We want to make sure that the caterer has the correct amount of food on hand, so please send those forms in.

And just a reminder, please get your 2022 club dues in ASAP. There is a listing in the inside pages of who we do not have a renewal in for as of February 1st. If you are not planning to renew, could you please email either Tom or Bob and let us know so we can take your name off the list.

The temporary list of the 2022 Short Distance Grand Prix races is also included in this month's newsletter. Some of the races have not yet been finalized and there are still a few races that we are waiting to hear if they will return this year. We will update any of the races once we hear. In the meantime, use this page as a baseline to get in the 5 SDGP races for this year. Also, any race directors, let us know if we missed your race. Contact either Tom or Bob.

WCRRRC AT THE RACES

January was a pretty lean month for getting in any races. We had noticed on Facebook that Blake had taken advantage of a few local races and walked quite a few of them. Other than those, these were the only races we were aware of.

Run to Read Half Marathon

175 brave souls took to the trails in Fairmont, WV for the annual Run to Read Half Marathon. It had snowed 7 inches two days before the race and to say the trail was covered would be an understatement. The temperature was in the 40's, but with all the shade throughout the trail, it felt like it was in the 20's. The first five miles are paved and, even though that part was scraped, the trail had a lot of ice going across it. And the last 8 miles had two tire tracks through it to try and give some traction, but it wasn't easy.

As for our finishers, we had three. Bob Pikelis was our top finisher in a time of 1:43:40. Also crossing the finish line was John Titus and Sarah Donley.

Frigid Five Miler

This race was the day after the previous half, and our only finisher that day was Blake Headen, who walked the hilly finish in 1:17:58

North Park Half Marathon

In freezing conditions, we had Sarah Donley finish this half in a time of 2:37:25.

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.

2022 WCRRC GRAND PRIX

The WCRRC Grand Prix's will both return in 2022 for the 37th edition. Please read the guidelines below and keep for your own information.

****Races must be run while a member. Anyone joining in progress will be eligible as of the date of membership and may not use races run prior to membership.**

2021 GRAND PRIX (RUN AND WALK)

1. A tentative list of races is below. Changes and additions will be made as soon as possible. Not all races are confirmed as of this printing. Some may be run as a virtual race. We will keep you informed of all changes.

Barnesville Park 5K (March)	Peters TWP 5K (June)	Little Great Race 5K (Sept)
Boston Trail 5K (May)	Whiskey Rebellion 5K (July)	Boston Harvest 5K/10K(Sept)
North Strabane 5K (May)	Running for Ryan 5K (July)	Pumpkin Festival 5K (Sept)
	Rain Day 5K (July)	Great Race 5K/10K (Sept)
	Debbie Green 5K (Aug)	Greene River Trail 5K (Oct)
Rails to Trails 5K (May)	Brookline Breeze 5K (Aug)	Jack-O-Lantern Jog 5K (Oct)
Run for Alex 5M (June)	Labor Day 5K (Sept)	Turkey Trots 5K Any (Nov)

2. To qualify, you must run or walk 5 of the above races.
3. It is the responsibility of the runner to report times to Grace Goffi (724-745-4029) gracegoffi@verizon.net.
4. A separate Walking Division will be in use for the above races.
5. The standings will be posted monthly in the newsletter.
6. The Grand Prix is age graded. Your age on race day will be needed to score you.

2022 LONG DISTANCE GRAND PRIX

1. Any race 15K or longer can be used. No races are chosen by the WCRRC.
2. Four (4) races are needed to qualify.
3. The LDGP begins January 1 and ends December 16.
4. All times must be submitted to Tom or Grace within two weeks
QUESTIONS? Tom Trettel (724-229-0201)

KEEP THIS PAGE FOR FUTURE REFERENCE



ELLPORT BOROUGH



COMMUNITY 5K

Ellport Borough Community Center
200 Booster Way
Ellwood City, PA 16117

Saturday, March 05, 2022+
5K race begins at 11:00 a.m.

Directions: Take Route 488 North from Ellwood City. Take left onto Golf Avenue across from Ellport Junction Convenience Store. Signs will be posted.

Nice course along back streets of Ellport Borough. Flat and Fast. Restrooms will be available inside the Community Center. Registration and award presentation will be inside. DJ this year and National Anthem at the start of the race.

Many refreshments after the race including Pizza Joe's Pizza.

Top 3 overall male and female runners

Top 3 in each age group male and female runners:

1-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-74, 75-79, 80 & over

Top 3 overall male and female walkers

Prize money to top 1 male and female 70-74, 75-79, 80 & over.

\$150.00 cash award for overall course record breakers.

Men: Nick Edinger - 15:20.1

Women: Bethany Walker - 18:40.6

\$20.00 for preregistered with **Miles of Smiles Gloves**

\$25.00 day of race with **Miles of Smiles Gloves**

Contact: Herb Cratty 724-841-6528 E-Mail: bonnherb@yahoo.com

Make checks payable to: Miles of Smiles

Mail payment and application to:

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

Online Registration also available at RunSignUp.com

All preregistered are to be received by Thursday, March 03, 2022.

Gender: Male Female Age: ____ 5K RUN 5K WALK

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.

Signature: _____ Date: ____/____/2022

Participant Signature Parent or Guardian

Thoughtfully thoughtless thoughts thoughtfully thou

Mickey Hornack

* Covid struck! The Mrs got it. She was banned to cellar 5 days! Left meals on steps, tossed clothing down etc...Hubsy got it!! But only banished 2 days as cellar dweller! Minor symptoms all the way. Injected and boosted worked!!

* Ironical that TV carries multi commercials for sports betting followed by multi commercials for legal services!!!

* So Tom Brady retires basically it means one of the color commentators on TV might be in trouble. I suggest b 4 Brady they give our own Tom Trettel a crack at it. He knows nothing about football.

* I haven't noticed the newest exercise craze "plogging" hit W Pa yet. Of course, the conditions ain't the best here right now for doing it. ✓ it out!

* Buffet Buster Joe "munchenelli" Mancinelli told me he Got a msg from friend visiting China, he bought a shirt there, looked at the tag, said "made around the corner"

* Here are a few good things about snow: ummm, hmmm, ahhh, nevermind.

* Your choice? Run/Walk in the morning or in the evening?

* Add exercise: exercising indoors is a bummer.

* Lastly: if we didn't have winter, spring would just be another season!!

CLUB RENEWALS

As of February 1st, here are those who have not sent in for the 2022 dues. This will be the last newsletter mailed out.

Bill Allison
Gary Bennett
Alexandra Brooks
Gary Chabala
Stan Czyzewski
Sarah Donley
Rich Durbin
Ed Frohnappfel
Ron Green
Ken Hissam
Carl Kondrach
Danielle/Jose Gonzalez
Joe Lebert
Joe Mancinelli
Steve Mason
Luanne McCullough
Chris Moschetta
Donna Patrina
Heath Piper
Mike Romzy
John Ross
Laurel/Dale Rush
Stush Sadowski
Rich Sandala
Joe/Judy Sarver
Christina Shwallon
Raymond Stockdale
Emery Strotman
Jen Foster
Walter Bennett
Tina Seech
Neil Bassi
Jam/Nathan Milliren
Jim/Cathy Loos
Barrie Baker
Kathy Starkey
Tom Carter
Deb Doyle
Bob Shooer

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

RUNNING THE MONTOUR TRAIL

By Jerry Agin

In early 1993 I got the idea of putting on an ultra race on the Montour Trail. I discussed it with my ultrarunning buddy Sean Smith. The idea was to organize a low-key informal race with minimal support that would be followed the next year by a full-fledged race with publicity, T-shirts, prizes, and the like. We chose a date of March 6, and got the word out to the community of ultrarunners we knew.

The race route ran from Clairton to Coraopolis, with out-and-back segments on the Bethel, Muse, and Westland spurs. (There was a clipboard at the end of each of the spurs for runner to verify they had reached the turnaround.) That brought the total mileage to about 62 miles. So we called it 100K.

Several parts of the trail were completely impassable. There were at least 8 road detours. We marked the trail with ribbons the day before. As far as I know, the marking was adequate and none of the runners got lost.

With very little advance notice, the race managed to attract 14 applications. But the day before the race brought snow. The fair weather runners stayed home, bringing the number of starters to 6.

The idea was that Sean and I were going to actually run the race we were organizing. Support was to be provided by Nancy Smith (Sean's wife) and Ann Ruth (an ultrarunning friend of mine.) 6 aid stations were planned. Nancy and Ann would leap-frog the aid stations to provide food and fluids to the runners as they ran through.

However, on race morning, Nancy got sick, and Sean ended up taking over Nancy's duties. He was pretty bummed out that he couldn't run the race.

The trail turned out to be exceedingly rough. Only 8 miles of the trail were developed for public use at that time. Although the grades were gentle, the footing was rough. In various places runners had to contend with ballast gravel, up to 2 inches of snow, and wet shoe-sucking mud.

Kevin Courtright and Rick Freeman ran together and took the lead right from the start.

They were followed by Dan Debusschere, Bill Seiler, and Duane Carter. I deliberately ran in last place, removing the ribbons as I went.

Bill dropped out at mile 6 with digestive problems. Dan had planned to go only half the distance, and dropped after 32 miles. Rick decided to call it a day after 48 miles.

Kevin Courtright won the race in 12 hours, 5 minutes. Duane Carter and I finished together in 15:26.

I never got my act together to put on the full-fledged race I had envisioned.

UPCOMING RACES

The race schedule is starting to pick up now that spring is just around the corner. These are the few that were found. Check the website for any updates. Remember that we mark the club races with an *.

2/12 – Cupid Chase 5K – Butler, PA

2/12 – Cupid's Chase 5K – North Shore. PGH.

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

3/5 – Ellport Boro Community 5K – Ellwood City, PA

3/12 – Shamrock Shuffle – Leechburg, PA

3/20 – South Hills Shamrock Shuffle 5K – Scott TWP

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

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

3/26 – Just a Short Run 5K/8M/Half/30K – North Park Boathouse

3/27 – ALS 5K – North Park Boathouse

4/2 – Bucks for Bucs 5K – Houston, PA

4/9 – Martha's Run – Mt. Lebanon, PA

4/16 – Yough River Trail 5K/10K/10 Mile/Half Marathon – Connellsville, PA

4/16 – Run to Breathe 5K/Half Marathon – Portersville, PA



COACH'S CORNER



As you train for an upcoming event, the distinction between “good hurt” and “bad hurt” becomes even more important. Good hurt is training-related discomfort that elicits adaptations that make you a faster, stronger, more resilient runner. Bad hurt is sensations that are increasingly painful, alter body mechanics or require extended recovery time.

Many nicks, niggles or nags you can run through while others may be harbingers of injury, and you need to know the difference. Dull, throbbing or aching feelings typically need a touch of TLC, but sharp, stabbing or shooting symptoms are red flags.

The goal is to get to the starting line in the best shape possible; physically, mentally and emotionally. If you are exhausted, distracted or not excited about your upcoming race, it is a signal to take extra care of both your body and brain before toeing the starting line.

Run well,

Coach Tim

WCRRC AT THE RACES

RUN TO READ 13.1M

Bob Pikelis	1:43:40(A-1)
John Titus	2:01:02
Sarah Donley	2:16:18

FRIGID 5-MILER WALK

Blake Headen	1:17:58
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ICICLE 5K WALK

Carl Kondrach	29:25(OA-1)
Sarah Donley	34:43(OA-2)

GROUNDHOG DAY 5K WALK

Blake Headen	53:06
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NORTH PARK 13.1M

Sarah Donley	2:37:20
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RUN SANTA 5K

Tina Seech	21:47(A-1)
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TURKEY TROT 5K

Tina Seech	22:10(A-1)
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12K'S OF X-MAS

Blake Headen	44:20(A-2)
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RUN SANTA 5K

Dave Byers	40:33(A-3)
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RUNNING SHORTS

- Hope for all older runners. Keira D'Amato set a new American marathon record at age 37. In the same Houston race, Sara Hall, 38, set a new American half marathon record.
- Also, Nick Willis run under 4:00 in the mile for the 20th straight year at age 38.
- Good news!!! The Ogden Half Marathon will return to in-person running this year on May 28 after being virtual because of Covid.
- Don't forget to renew your WCRRC membership if you haven't already. You don't want to miss the rare occasion when Mickey Hornack puts crayon to paper with his deep philosophical ruminations. Or when he just says stupid stuff.
- In the recent WCRRC Grand Prix, Rich Sandala ran a total of 14 races. Pat Calmbacher led the women with 10. Blake Headen led the walkers with 11 races. That's a lot of race entry cash!!!
- Mary Krett takes the longevity award with her 33rd Grand Prix finish. The only year she missed was last year's covid year.
- Carl Kondrach and Sarah Donley are the only two to finish all 4 GP competitions.
- Five members managed to complete the Grand Prix and Long-Distance GP.
- One of the area's longest running races returns for a 26th year when Martha's Run returns to Mt Lebo on April 9th after two years of covid cancellations.
- Great website for all things running: LetsRun.com.
- Don't forget to get those banquet reservations in before the deadline. If you are not there, you'll miss a chance to see Stush, and Blake in the same room.

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.

