

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

MARCH, 2022

VOL. 22 / No. 3

VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

Hello everyone and welcome to March. The weather seems to be cooperating at the beginning so here's hoping that it will continue for the rest of the month. The race calendar is starting to fill up once again, and quite a few races that have been cancelled over the last few years are slowly coming back. We have listed in these pages a few races that have been found around the area. Make sure that if you want to know any extra information about them to check out the website under the WCRRRC Calendar.

It was a little disappointing to have this year's banquet cancelled. But as of the week before the event, we only had 9 reservations sent in. We had set the caterer up for 30 people and it was coming too close to cancel the event before they had to buy the food. We would have been charged for the whole amount. Next year when we try to schedule the event, we will have to set the date to get the reservations in earlier, so that we have a better gauge on attendees. Anyone who has a trophy coming to them can either meet up with Bob at a race he is attending or make plans to pick them up at Fleet Feet when he is working.

There were two races that were not originally included in the Grand Prix listings in last month's newsletter. You can add the Ogden 5K race Memorial weekend, and the Tanger Outlet 5K, which will be held in October. Make sure to update your calendars. If there are any other changes, they will be included in upcoming newsletters.

UPCOMING RACES

We have tried to capture as many local races as we could. Remember that all the club SDGP's are marked with a *.

- 3/20 – South Hills Shamrock Shuffle 5K – Scott TWP Park
- 3/20 – Stepping into Spring 5K – Moundsville WV
- 3/26 – *Barnesville Park 5K – Barnesville OH
- 3/26 – Helicon Brewing-Food Truck 5K – Oakdale, PA
- 3/26 – Soles for Songs 5K – North Strabane Park
- 3/26 – Just a Short Run 5K/8M/Half/30K – North Park Boathouse
- 3/27 – ALS 5K – Pittsburgh, PA
- 4/2 – Bucks for Bucs 5K – Houston, PA
- 4/9 – Martha's Run 10K – Mt Lebanon, PA
- 4/9 – Heineken Earth Day 5K – Pittsburgh, PA
- 4/9 – Brave American 5K Classic – Sewickley, PA
- 4/16 – Yough River Trail 5K/10K/10M/Half – Connellsville, PA
- 4/16 – Run to Breathe 5K/Half – Portersville, PA
- 4/23 – Boston Trail 5K/Half – Elizabeth Township, PA

WCRRRC AT THE RACES

February was a pretty sparse month for local races. The weather was not the greatest, either. But a few brave souls took to the streets and turned in some fine times. You can see the results on the inside page.

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.

Stepping Into Spring 5K

Proceeds will be given to Moundsville Parks & Recreation Department

Sunday, March 20, 2022

Please join us at Moundsville Middle School parking lot to begin the race,

We will begin registration at 10:30 am.

Start: Moundsville Middle School at Noon

End: In front of Mounds of Nutrition (305 Jefferson Avenue, Moundsville, WV)

Entry Fee: \$30 pre-register by Friday, March 10, 2022 to receive a t-shirt OR \$35 day of the event

To Pre-register, please return completed form and entry fee to:



Mounds of Nutrition
305 Jefferson Avenue
Moundsville, WV 26041



****All forms and fees must be in by March 10, 2022 to be guaranteed a t-shirt****

Make Checks Payable to : Mounds of Nutrition

Name: _____

Address: _____

E-mail: _____

Phone: _____

Date of Birth: _____ Age on day of race: _____

Shirt Size:(Circle one) ADULT: S M L XL XXL YOUTH: YS YM YL YXL

Donation / Shirt Only: _____

Female or Male

Runner or Walker

Waiver: In consideration of acceptance this entry to Stepping into Spring run/walk 5k, I waive any claims for myself, my heirs and assigns against any business and sponsors and promoters for injury or illness which may result from my participation. I attest and verify that I have full knowledge of the risk involved in these events, that I am physically fit and sufficiently trained to participate. I understand that I may be photographed, and agree to the allowing my photo to be used for legitimate purposes by the aforementioned parties, I have read the above statement. I understand it and my signature confirms its full acceptance.

Signature

Date

Parent/Guardian Signature (if Participant is under 18)

Date

DIRECTIONS: Interstate 70 East/West, Exit #202 (Barnesville/Dennison). Go 5.5 miles on State Route 800 South. When you reach the Certified Gas Station @ the top of the hill, proceed 0.25 mile. Make an extreme right U- turn. Follow signs to Park Entrance.

COURSES: Courses are contained inside Park property. Both the Run & Walk start near the Youth Center, proceed down the hill to the Rotary Lake on the trail for two loops (1 lower, 1 upper) and back. Course will be marked. The Trail is crushed limestone and natural surfaces. Course could be muddy in the event of rain.

KID'S FUN RUN is 100 meters long (for little ones) and 1/3 mile long (for older kids) and will start at the finish line of the 5k IMMEDIATELY AFTER the 5k finishes (normally around 10:30am) All kids will receive a "Finishers Award".

AWARDS: Awards based on last year's results and will be given out in the following categories:

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 5 60+ (Female Walk): Top 2: <29, 30-39, 40-49 (3) 50-54 (3), 55-59 (3), 60+ Over (3)

Remember, if you register as a Walker, YOU MUST WALK the entire race. By definition, one foot must remain on the ground at all times. Jogging or Trotting is considered slow running, not fast walking.

Runners: 1. Top 5 Male, Top 5 Female 2. Top 3 Masters (40+) 3. Top 3 Male & Female in Age Groups (unless otherwise 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

NO DUPLICATIONS! NO REFUNDS!

PHOTOS: Ron Pradetto Photography:

www.RonPradetto.com

EXTRAS: Come join us for Pizza, pepperoni rolls, Donley's Delicious Delights Homemade Cookies and Hot Cocoa

COVID: We will follow all Local and State Guidelines. Hand Sanitizer is always available and should always be used regardless. As always, volunteers will be wearing gloves when handling food. More updates will be released if and when necessary.

The 1st 100 Registered will receive a hooded sweatshirt. The next 100 will get a T-shirt. Sizes are NOT guaranteed: First come, first served. There will be no re-ordering of shirts!

Entry Fee: 5K Run/Walk Pre-Registration: \$21.00 (long-sleeved T-shirt orders)

5K Run/Walk Pre-Registration: \$25.00 (hooded sweatshirt orders)

After March 10 & Race Day: \$30.00 (available shirts are 1st come, 1st serve)

Kid's Fun Run: FREE

MAKE CHECKS PAYABLE TO:

RAILS-TO-TRAILS 5K

808 North Chestnut Street
Barnesville, OH 43713

CONTACT INFO:

Carl A. Kondrach, Director
(740)310-2117

carlkondrach@yahoo.com

www.Facebook.com/barnesvillegrandprix

www.RailsToTrails5K.com



This race is part of the Washington Co.
(Pa.) Road Runners Club Series.

PROCEEDS WILL BE DIVIDED BETWEEN
MAINTENANCE OF THE PARK TRAIL AND
KIDS PROGRAMS AT THE PARK. (KPAP)

Please PRINT Neatly!

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: _____

EMAIL: _____

AGE ON MARCH 26: _____

BIRTHDATE: _____

GENDER: MALE _____ FEMALE _____

RACE: RUNNER _____ WALKER _____

Shirt size preference: S M L XL
(+\$2.00)
PLEASE CHECK ONE: AMOUNT

_____ KIDS FUN RUN FREE

_____ Run/Walk EARLY ENTRY FEE \$21.00
(if ordering a long-sleeved T-shirt)

_____ Run/Walk EARLY ENTRY FEE \$26.00
(if ordering a hooded sweatshirt shirt)

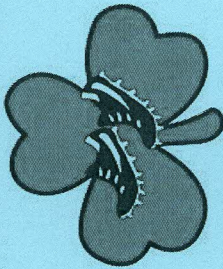
_____ Run/Walk Fee AFTER MARCH 11 \$30.00
2XL T-shirts/Hoodies, please add \$2.00

WAVIER: 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 at this event while traveling 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 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 under 18) DATE

Barnesville Grand Prix Series

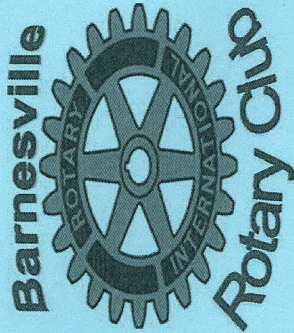


The Barnesville Grand Prix Racing Series is one where participants are rewarded for their just that: their participation. It does not matter your finishing time, overall place, award status, etc. Those who complete (not just register) all 4 are entitled to a special award recognizing their achievement. Here are the other races in the Series:

- Rails-to-Trails 5k** Saturday, May 21, 2022 @ 8:30 (at The Depot)
- Pumpkin Festival 5k** Saturday, September 24, 2022 @ 8:30am (at The Watt Center)
- Santa's Spirit Sprint** Saturday, December 3, 2022 @ 3:00pm (at The Rock)

There is also a non-competitive 5k, the Recycle Race, which benefits the Series. No date has been set yet. Watch for applications!

Title Sponsor:



Platinum Sponsors:

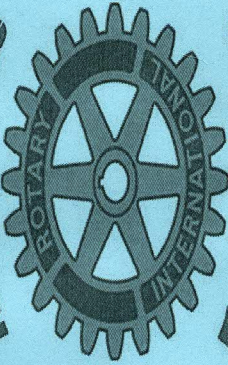
(Your Logo here!)

Special Thanks:

- Donley's Delicious Delights
- Village of Barnesville
- Barnesville Park Staff

12th Annual Rotary Lake 5k Trail Walk/Run And Kids Fun Run

Rotary Lake



5k Trail Race

DATE:

March 26, 2022

5K RACE TIME:

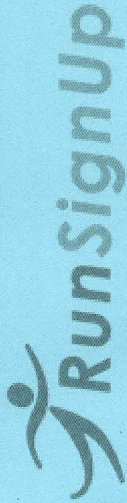
9:30 AM

REGISTRATION:

7:30 AM

KID'S FUN RUN WILL TAKE PLACE IMMEDIATELY
AFTER 5K EVENTS ARE COMPLETED

ON LINE REGISTRATION IS AVAILABLE AT:



www.RunSignUp.com

keyword: ROTARY LAKE

Yough River Trail Council

Waiver

In consideration of my entry being accepted, I hereby, for myself, my heirs, executors, successors, and assigns, waive, release, and discharge any and all right for damages or liability of any kind relating to or arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the entities or persons named in this waiver and release. I attest that I am physically fit to participate, my condition has been verified by a licensed medical doctor and I assume entry into this race at my own risk. I have read the above conditions and accept them and understand that I am entering at my own risk.

Date: _____

Signature: _____

(Parent must sign for children under 18)

Registration and Finish Line at:

Yough River Park
369 N 3rd St. (GPS)

Connellsville,
Fayette County, PA 15425

**Awards and light refreshments served
at end of race.**

Registration Form

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Sex: M F Age _____

Event: 5K Walk _____

5K Run _____

10K Run _____

10 Mile Run _____

Half Marathon _____

T-Shirt Size: S M L XL

(XX and XXX \$2 more)

For more information phone:

724-628-6078

Race Course is on the
Yough River Trail



Make Checks Payable to:

Yough River Trail Council (YRTC)
PO Box 988
Connellsville, PA 15425



28th Annual Yough River Trail Races

5K Run & Walk

10K Run

10 Mile Run

Half

Marathon

Saturday,

April 16, 2022

(date is subject to change)

Registration 7 AM

Start time 8 AM



RoadID
It's Who I Am.

Race is sponsored by the Yough River Trail Council and proceeds benefit the Great Allegheny Passage Trail. **T-shirts guaranteed only to pre-registered participants.** Race results available after the race by **SERJ Timing.**



Yough River Trail portion of the Great Allegheny Passage DIRECTIONS TO YOUGH PARK

GPS setting: 369 N. 3rd St

Route 119 South to Connellsville: As you enter the City limits you will see **McDonald's** and **Italian Oven** on the left and **Pizza Hut** and **Rite Aid** on the right. After crossing the Yough River on the '**Memorial Bridge**', take the first **right turn** onto **7th Street**. A sign for "Crawford's Cabin" marks this turn which brings you directly to Yough Park at the end of the block. More parking is available on the other side of Yough Park.

Route 119 North to Connellsville: As you enter the City limits, make a **right turn** onto **Crawford Avenue (RT. 711 N)** (there's a **Sheetz** at the intersection). At the next traffic light make a **left turn** onto **3rd Street**. Yough Park is at the end of the street. More parking is available on the right as you approach the park. (The GAP Trail lane also runs along the left side of 3rd Street).

Route 51 to Route 201 South to Connellsville: As you enter the City limits you will see **Wendy's** at the end of **Rt 201**. Make a **left turn** onto **Crawford Avenue (Rt. 711 N)**. Travel straight through the next traffic light. 5 blocks later at the next traffic light make a **left turn** onto **3rd Street**. Yough Park is at the end of the street. More parking is available on the right as you approach the park. (The GAP Trail lane also runs along the left side of 3rd Street).



The Events

5K Run/Walk 10K Run (6.2 miles) / 10 Mile Run Half Marathon (13.1 Miles)

Saturday, April 16, 2022

(date subject to change)

Registration 7 AM Start 8 AM

ENTRY FEE:

By March 30th – \$20.00

**After March 30th and
on day of race – \$30.00**

SIGNATURE REQUIRED ON BACK

Awards:

In order to keep registration fees down, **ONLY** the **OVERALL** Top 3 Male & Female winners in each of the **5 races** will receive awards and free registration or reduced fees to next year's race.

ALL entrants will receive a commemorative T-Shirt, **AND** be eligible to receive random CASH DRAWINGS.

We'd like our Trail to be the big winner.



28th Annual Yough River Trail Races


5K Run & Walk

10K Run

10 Mile Run

Half

Marathon

Saturday,
April 16, 2022 
(date is subject to change)

**Registration 7 AM
Start time 8 AM**

How to Train for a 5K Race

TRAINING

In 2019, Americans registered to race a 5K almost 9 million times, making it the most popular distance in the country.

Showing up to a 5K (3.1 miles for those of you less metrically inclined) and really nailing your goal 5K time are very different things.

To be the best version of yourself on race day means balancing runs at a variety of paces during your training.

Think of it as multiple arrows in your quiver, each with a different duty. The more arrows you have, the better your fitness and the more prepared you'll be for whatever race day throws at you.

Let's learn how to run a 5K!

How to Run a 5K: The Basic Training Components

To keep things as streamlined as possible, I've broken the basic training components for a 5K race into five categories, ranked in order of importance.

1: Easy Endurance Runs

If you expected to see a vomit-inducing track session at the No. 1 position, my apologies in advance. [Easy aerobic running](#) – the kind where you can hold a fairly intelligible conversation with a buddy in between [unstressed breaths](#)– is absolutely the most essential piece to the 5K puzzle.

At its heart, the 5K is an aerobic race, which means it's based on your heart's ability to pump blood and use oxygen to burn fuel. Nothing better enhances those abilities than

relaxed runs at 60 to 70 percent of your max heart rate.

- Beginner example: 20-40 minutes at a conversational pace
- Advanced example: 30-75 minutes at a conversational pace

2: The Long Run

Long runs take the goodness of endurance runs and push them into a more challenging (and beneficial) realm. During a long run, the duration of the run becomes a significant factor.

Not only does this boost the cardiovascular gains, but your muscles, ligaments and tendons are all challenged by the length of time they're being asked to work.

Long runs can be at a conversational pace or they may have challenging segments added in. Their length demands your full attention, however, and should not be treated as a casual jog.

- Beginner example: 40-60 minutes at a conversational pace
- Advanced example: 90 minutes, starting conversational and increasing in intensity the last 30 minutes

3: Tempo Runs

At long last we are approaching something close to 5K race pace. Tempo runs are performed at a pace that's roughly what you could hold for an hour-long race (meaning half-marathon race pace for an elite male and 10K race pace for a recreational runner who averages 10-minute miles).

Some tempos are performed as one continuous session. Others are broken into shorter cruise intervals. The goal is to work at a challenging but maintainable pace for an extended period of time. Doing so will increase your stamina and tolerance to the byproducts of using lactate as

fuel (which is one reason tempos are also sometimes called “lactate threshold runs”).

- Beginner example: 3 x 5 minutes at a moderately hard effort (3-minute walk or slow jog in between)
- Advanced example: 3 miles at tempo pace

4: Intervals

If you want to truly be good at something, you need to specifically prepare for it. Once you feel fit, it's time to add in interval runs. These repeats can be anywhere between a quarter-mile (400 meters) to a mile (1,600 meters) long and should allow adequate recovery in between each (roughly 50 to 90 percent of the time the interval took).

These sessions will be challenging, but they'll let your body sense and adapt to the pace and fatigue you'll encounter during a race while giving your cardiovascular system a huge return on investment. Please note that paces slightly slower and slightly faster than 5K pace are also highly beneficial.

- Beginner example: 4 x 3 minutes at goal 5K pace (2:30 walk after each interval)
- Advanced example: 5 x 1000m at goal 5K-10K pace (2:30 jog after each interval)

5: Short Speed/Power

SPEED! Yes, the ALL-CAPS type of speed that makes you feel like Usain Bolt – or something like it. Raw speed helps you to be more economical in using oxygen at slower speeds and gives you the ability to unleash a monster kick when the finish line comes into sight. Exaggerating your arm motion and pushing off harder against the ground also increase the training response. Just make sure you recover in between these shorter, faster reps, as they're primarily anaerobic (read: not

fueled by oxygen), meaning you can wear yourself out quickly.

- Beginner example: 10 x 25 seconds at 95 percent of maximum speed (walk for 1 minute)
- Advanced example: 12 x 200 at faster than mile pace (200m slow jog recovery)

Example 5K Training Plans

Now that we've analyzed the different types of runs that'll be beneficial for training, it's time to see how they work in concert with one another.

Because most people only have the time and energy for speed work one or two times per week, consolidating training from different intensities is encouraged when possible. This could be an easy run paired with some sprints at the end or a workout that starts with a tempo and gradually works down to 5K-pace intervals.

A good rule of thumb is to work from the general to the specific, meaning you emphasize race-pace work as you get closer to race day. In the beginning, this means the easy runs and long runs taken precedence. Since it's easier to maintain a fitness gain than it is to get fit in the first place, emphasis will decrease on those areas in favor of tempos and intervals as race day approaches.

To really make sense of this, I've included two mockups for a 5K race that's six weeks away. This shouldn't be considered a road map as much of a tutorial on how to blend work and recovery in the weeks leading up to a fun summer race. And with all those arrows you're accumulating, you should have no trouble hitting the bullseye on this one.

WCRRC AT THE RACES

RUN THE BEACH 26.2M WALK

Sarah Donley 4:22:36

BIG ONE MILE WALK

Blake Headen 15:12(A-2)

GROUNDHOG 2.2M

Dave Byers 30:25(A-1)

CUPID CHASE 5K

Blake Headen 44:11

RUN FOR THE FOREST 12K

Tom Carter 1:13:58

VALENTINE'S 5K WALK

Carl Kondrach 29:19(OA-1)

Sarah Donley 34:05(OA-3)

Dave Workman 37:09

SPRING THAW 10M

Rich Sandala 1:17:58

SPRING THAW 20M

John Titus 3:20:27

FROZEN 4M

Blake Headen 1:05:27

SHAMROCK RUN 5K

Greg Mussitsch 20:11(A-1)

Rich Sandala 21:54(A-2)

Blake Headen 49:30(Walk)

RUNNING SHORTS

- The Pittsburgh Marathon is back live this May and they have announced a first-ever half marathon walk. (Carl and Sarah are you paying attention?)
- The New York Marathon has announced a return to pre-pandemic numbers with 50,000 entrants in November.
- Congrats to our Grand Prix champs Tina Seech (GP), Carl Kondrach (Walk and Long Distance Walk), and Emery Strotman (Long Distance GP).
- Tina Seech's Grand Prix win is her 8th straight, a WCRRC record.

- Emery Strotman's Long Distance title is his first, after finishing 3rd last year.
- Carl Kondrach's Walk title was his 4th straight; his Long Distance Walk title was his 2nd straight.
- Just seven (7) runner improved their previous year's time in the Grand Prix.
- Shane Brunazzi had a more than 6 point improvement from 2020 and was the winner of the Scott Garet Most Improved Male Runner.
- Deb Calmbacher had a nearly 4 point improvement from 2020 and claimed the most improved female award.
- Congrats to all our winners and finishers. Bob will have the awards to distribute at a future race.
- For those into all things running, try letsrun.com for news and articles. Great site for running nerds.
- With the weather breaking a bit, the Saturday morning run crew is back at it. The group meets Saturday mornings in Washington for easy runs of 3-6 miles at various paces. No runner left behind. Anyone interesting in join the group can call-email Tom Carter at tmc15301@yahoo.com(724-554-2393) or call Tom Trettel at 724-229-0201. Great chance to run with a group for conversation and motivation.

How Cold is Too Cold to Run Outside?

TRAINING

By [Liam Gayter](#)

It can be difficult to motivate yourself to get out for a run in the winter when the days are cold and short. As the warm air of your heated home caresses you and a new episode of your favorite show streams on Netflix, you may ask yourself, is this even safe? Will I catch a cold, or, even worse, end up with hypothermia or frostbite?

If so, you're not alone. We sat down with a doctor, a coach, experienced winter runners and a Fleet Feet Outfitter in Boulder, Colorado to answer the question, "How cold is too cold to run outside?"

According to Dr. Blake Butler, a Functional Medicine doctor with Aligned Modern Health living in Castle Rock, Colorado, running in extreme cold (sub 0°F) is dangerous. But with the right equipment and temperatures above 0°F, cold weather running can have many benefits both physically and mentally.

Get the Gear that Will Keep You Safe and Comfortable

Whether it's 37 degrees and raining or pushing single digits, wearing the right gear is crucial for a successful run.

Keaton Reece, Customer Experience Manager at Fleet Feet's Boulder Running Company, says every winter runner needs a few key pieces.

"Having a quality layering system is the key to success in winter running. You'll want to start with a base layer, made with material such as merino wool or a synthetic blend that will wick the sweat away from your skin to keep you dry. Depending how cold it is or how cold you get, you can add a midlayer, like a quarter zip or long sleeve that is also a wicking material," says Reece, who runs in the mountains of Boulder all winter long. "Finally, you'll want an outer shell which is designed to block wind and moisture while also trapping your body's heat."

Coach Mike Norman, co-owner and co-founder of Chicago Endurance Sports (CES), has been coaching runners since the mid 1990's in the Chicago area. Norman says every runner is going to have slightly different needs and preferences, so there is no one perfect outfit for everyone. It will take some experimenting to determine what works best for you.

Once you have the right gear, running in the winter can be fun, challenging and rewarding. You may start to enjoy the crisp air against your face, the crunch of the frosted ground under your striding feet and the way the heat your body creates is held within your outer layer.

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.

