

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

JUNE, 2022

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VISIT US ON THE WEB @ WWW.WCRRC.COM

NEWS AND NOTES

Hello to everyone. June has arrived and with it comes a weekend filled with races. Be sure to check the schedule on the website for a continuous changing schedule. We will publish as many races as we can here in the newsletter. Good luck to all in the Grand Prix this year.

Anyone who ran or walked in the Ogden 5K and Half Marathon need to turn your time in to Tom and Grace if you want it to be counted in the Grand Prix this year. There was a search done on the internet, but no race results could be found. Make sure to turn in the time before the end of June.

Just to keep everyone aware who have been asking questions, Stush has been having some trouble with his knees. He has been reporting that running has been pretty painful and walking has been a little better. He did run a leg of the Pittsburgh Marathon relay and it took a few days to recover from that. He is hoping to get back to seeing everyone soon.

In case anyone was wondering, this year the Brookline Breeze will be back as an in-person race. The race will be held on August 13th. Also, surprisingly so, the Run Around the Square will happen on August 27th. They had to redesign the course because of the collapse of the Fern Hollow Bridge this past winter. And rumor has it that the Rain Day race will be held again this year. When we get confirmation on that we will pass it on.

UPCOMING RACES

Once again, remember that this is only a partial list of upcoming races. And any that are a Grand Prix race will be marked with an *.

6/10 – Riverview 5K – Riverview Park PGH
6/18 – *Hit the Trail Community Run 5K – Peters TWP, PA
6/18 – Chef Joe's Omelet Run 5K – Uniontown, PA
6/25 – Kyle's Klassic 5K – Hendersonville, PA
6/25 – Ickes Family Life Center 5K – St. Clairsville, OH
7/2 – Ellwood City Ledger 10K – Ellwood City, PA
7/4 – *Whiskey Rebellion 5K – Canonsburg, PA
7/4 – Brentwood Firecracker 5K – Brentwood, PA

WCRRC AT THE RACES

There were a lot of races run in May, and we are going to recap two of them.

Rails to Trails 5K

Carl Kondrach and the crew put on another great event this year. It was a hot and steamy morning, where Ronnie Liscio took home the crown in a time of 18:55. In the run we had Greg Mussitsch as our first male finisher and Deb Calmbacher our first female, and in the walk, we had Carl Kondrach and Sarah Donley as our top finishers.

Stop, Drop and Run5K

On a very hilly finish, we had Mike Romzy as our top male finisher and Jaminique Milliren as the overall female finisher. And in the walk, we had Dave Byers finishing the climb.

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.



Hit the Trail Community 5K Run

Sponsored by the PTXC Boosters

Date: Saturday, June 18th, 2022 at 9:00 AM

Registration: Sign up online at <https://runsignup.com/ptxc5k>

**Race day registration will be from 7:30 - 8:45 AM in the parking lot of the Peters Twp. Community Recreation Center at 700 Meredith Dr., Venetia, PA 15367*

Course: USTA Sanctioned, 5K (3.1 miles), paved/crushed limestone loop course with water stops.

Prizes and Awards: Top 3 male and top 3 female overall finishers, first place in each age group by gender

Special Categories: Couple - Parent/Child - Siblings - Team (4 or more)

**Special Category rules: All special category entries must be submitted together. Limit 1 (one) special category per person.*

Age Groups: 10 & under, 11 & 12, 13 & 14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

Entry Fee: Early Bird fee is \$25 before May 25th, \$35 from May 25th to race day.

T-shirts: Distributed on race day while supplies last. All pre-registered participants are guaranteed a T-shirt.

Sponsorships and other questions: Please email ptxcboosters@gmail.com



GRAND PRIX 2022

GRAND PRIX 2022(3-31-22)

1. Tina Seech	1	30:57
2. Greg Mussitsch	1	35:06
3. Bob Pikelis	2	35:54
4. Mike Romzy	2	37:57
5. Rich Sandala	5	39:09
6. Rich Durbin	2	39:35
7. Jaminique Milliren	1	43:53
8. Donna Patrina	1	45:37
9. Kelley Murdock	1	46:18
10. Gary Lorenzi	1	46:32
11. Deb Calmbacher	3	48:07
12. Gary Chabala	1	49:16
13. Steve Chabala	1	50:33
14. Nathan Milliren	1	51:07
15. Michael Frere	1	51:50
16. Louann McCullough	1	53:02
17. Pat Calmbacher	3	53:43
18. Gary Bennett	1	1:01:38
19. Dave Byers	2	1:05:14
20. Beth D'Alessandro	1	1:06:11
21. Joe Lebert	1	1:15:55

LDGP 2022(3-31-22)

1. Tina Seech	1	32:00
2. Bob Pikelis	2	34:44
3. Rich Sandala	4	38:04
4. Danielle Gonzalez	2	42:09
5. John Titus	3	47:52
6. Sarah Donley	3	50:43
7. Gary Lorenzi	1	52:15
8. Steve Chabala	2	52:32
9. Scott Harrington	1	55:23
10. Shane Brunazzi	1	58:34
11. Dave Byers	1	1:06:32

GRAND PRIX WALK (3-31-22)

1. Carl Kondrach	2	1:01:52
2. Sara Donley	2	1:02:03
3. Kelley Murdock	2	1:02:48
4. George Macek	1	1:23:07
5. Blake Headen	4	1:28:15

GP REMINDERS

-- While we attempt to gather times from the results, it is still the members' responsibility to make sure they have been included.

-- Times can be submitted to the club website to make sure of inclusion.

-- Members can submit times directly to Grace at gracegoffi@verizon.net or through the club website.

Non-GP times can be submitted to Tom at trettelt@comcast.net or through the website.

-- **IMPORTANT**-- Times must be submitted within two weeks of the event. Please do not accumulate times and submit at the end of the year.



The 9th Annual **RUNNING with RYAN** 5K Run/Walk, 1 Mile Walk & Kids' Fun Run

Saturday, June 25, 2022



Celebrate Ryan's love for running and passion for scholarship!

Come together in memory of Ryan Moravec – a friend and fellow runner.

Join us in support of raising funds for scholarships for Belle Vernon & Ringgold track and field athletes!

EVENTS

DiVirgilio Soccer Field – 203 Municipal Drive, Belle Vernon, PA, 15012

6:30 to 7:45 am – Registration and packet pickup (pre-register by June 8 to guarantee a t-shirt)

8:00am – 5K (3.1 mile) Run/Walk (both are timed with separate awards)

≈ 9:15 am - Kids' Fun Run **"Our Kids...Our Future...Our Future Student-Athletes!!"**

Celebrate the life of Ryan with friends and family following our "Running with Ryan Race"!

AWARDS

Kids' Fun Run "Our Kids...Our Future...Our Future Student-Athletes!" – Kids ages 7 and under ALL pre-registered kids will get a special prize (signup by June 15)!

Prizes/Medals to Top 3 in each age group - Female/Male – Runners and Walkers separate
5K Age Groups- 14&U, 15-19, 20-29, 30-39, 40-49, 50-59, 60 +

*★★Random drawings of donated items will take place following
the race – so be sure to stick around to see if you're lucky!★★*

All proceeds and checks: "Running with Ryan", \$20 before 6.8.22, \$25 after 6.8.22

For race information and to volunteer, donate to, or sponsor the event or scholarships,
please go to www.runningwithryan.com or call 724.322.5466

Entry forms, waivers, and donations should be mailed to:
Amanda Moravec DeMedio, 239 Karen Dr, Elizabeth, PA 15037

First Name		Last Name	
Address		City, State, Zip	
Phone		Email	
Event (Circle One)	5K Run 1 mile Fun Run/Walk (no awards)	5K Walk Kids Fun Run (age 7 and under)	T-shirt size (Circle) S, M, L, XL, 2XL, 3XL, Y-S, Y-M, Y-L
Gender		Race Day Age	

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the organizers of the race, City, The Parks and Recreation Board, and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent's Signature If under 18) Date _____

Signature: (parent of guardian if under 18)

Being that I am physically fit and have trained for this race, I waive any and all right and claims for damages I may have. I relieve sponsors, directors, and all peoples and groups associated with this race of any and all liabilities.

Adult Shirt Size: (check One) S _____ M _____ L _____ XL _____ Additional Omelets Adults \$6 _____

Child Shirt Size: (check One) S _____ M _____ L _____ Age on race day _____

CHECK: MILE RACE _____ 5K RUN _____ 5K WALK _____ LITTLE SCRAMBLER _____ SEX _____

EMAIL _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

NAME _____ PHONE _____

All proceeds go to:



WESTERN
PENNSYLVANIA
SCHOOL
FOR BLIND
CHILDREN

and

Uniontown

Cross Country Team

and

Penn State Fayette

Cross Country Team

Don't forget about:

The Little Scrambler

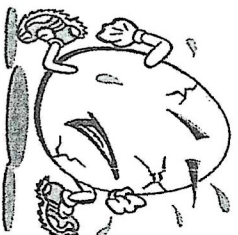
(A 400 meter race for 12 & under)

Ribbons for all.

Medals for top 3 boys & girls.

Pre-registration - \$5.00

Post-registration - \$5.00



**CHEF
JOE'S**



**OMELET
RUN**

SATURDAY

JUNE 18, 2022

8:30 AM - Mile

9:00 AM - 5K

Race Site:

Registration will take place at
Uniontown High School Stadium

From 7:30am – 8:45am

AWARDS & OMELET BREAKFAST

at

Uniontown High School Cafeteria

Mail preregistration forms to:

Joe Everhart

13 Marion Street

Uniontown, PA 15401

Phone: 724 439-2113

www.cross.uniontown.net

facebook.com/uniontowncrosscountry

The Omelet Run has been featured in:

RUNNER'S WORLD &

PITTSBURGH POST-GAZETTE

OMELET BREAKFAST:

The Omelet Breakfast will start at 9:30.

All are invited to partake. Racers who have paid a registration fee will be granted free admission.

Non-participants will be allowed to partake in the breakfast for \$6.00.

Children under 10 Free

Participants may prepay breakfast for family and friends when they pre-register or when they register on race day.

ENTRY FEE:

- Those who pre-register before June 14th will save \$10.00.
- Pre-registration fee: \$15.00
- Post-registration fee: \$25.00 (After June 14th)

All registrants are also entitled to a complimentary breakfast.

Post-registrants are not guaranteed a t-shirt.

AWARDS:

MILE

Top 3 men and women high school.

Top 3 men and women open division.

5K RUN

Top quality awards will be given to:

Top 3 men and women runners overall.

Also awards will be given to the top three runners in each of the following age groups:

*13 & under, *14-19, *20-29,
*30-39, *40-49, *50-59,
*60 & up.

5K WALK

Top male and female walker.

Also awards will be given to the top three walkers in each of the following age groups:

*19 & under, *20-39, *40-49, *50-59,
*60 & up

MILE RACE:

Again this year, along with the 5K, we will hold the **JOE THOMAS MILE**. This race is in honor one of the greatest milers ever from Uniontown High School. Joe Thomas was a two time state champion in the mile and also a two time state champion in cross-country. His high school mile time was an amazing 4:14! He also was a national champion and All American at Southern Illinois.

The mile race will begin at 8:30. (So you can also run the 5K.)

It will be run on an all weather track at the Uniontown High School Stadium.

This year we will have two divisions, but hope to add to that as the race grows in popularity.

The fastest male and female will have their names engraved on a plaque that will stay at UHS.



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Want to be a More Well-Rounded Runner? Run Less

- By Sosha Lewis

As a 22-time Ironman Finisher who has also clocked a sub-2:30 marathon, endurance athlete, founder of multisport coaching service TriYon, and ACTIVE.com advisory board member [Jamey Yon](#) knows a little something about what it takes to be a successful runner.

One of the keystones to his coaching philosophy is the importance of balance. In fact, he believes that taking a total-body approach by incorporating strength training, proprioception, and less-impactful cardio exercises such as rowing is paramount to becoming a more well-rounded runner.

"Running is not forgiving," Yon said.

Here are some of Jamey Yon's tips on how to become a better runner by balancing out your regular training.

Start Weight Training

The high-impact nature of running puts a lot of stress on the bones, muscles, tendons, and ligaments of the legs. However, despite the painful pounding that runners endure, Yon stated that it can be a challenge to convince runners to add other exercises to their routine. This is especially true when it comes to weight training—the activity that the running coach picks as the most beneficial exercise that runners can do to become more well-rounded.

Yon said it is because runners fear getting "bulky" or adding weight because they believe that it will slow them down. This isn't necessarily true, though, and he can speak from firsthand experience.

"Weight is not bad. I ran my fastest marathon at my heaviest weight," Yon stated.

He also cited that retired professional runner Ryan Hall is an advocate for strength training. Hall, who holds the fastest marathon time by an American (2:04:58 - 2011 Boston Marathon), believes that the best way for runners to prevent and rehab injuries is weight training. In an article in Muscle & Fitness magazine, Hall is quoted as stating that when he started adding weights to his training regimen, he clocked greater sprint speeds and had more power.

While lower-body pump sessions may make sense, Yon stresses that upper-body strength should not be overlooked because it will create more efficiency in your running stride by improving your technique and allowing you to hold the correct posture longer. The coach further stated that runners need not fret about fitting hours of weight training into their schedule, nor do they need barbells and a bunch of bumper plates. He said that two to three 30-minute [strength-training](#) sessions per week (which can even be done with just resistance bands and body weight) are all runners need to see marked improvements.

Practice Proprioception

Considering that proprioception is often called "the sixth sense," it may seem that your sense of self-movement and body position is an innate ability. However, Yon says that not only can you have [better proprioception](#), but that it is important to

do so if you want to remain injury-free during your running training.

Through simply closing your eyes and practicing your balance or doing unweighted single-leg deadlifts you're "training your brain to fire" and "waking up your muscles." It also plays a crucial role in providing optimal posture control.

When you are fresh at the beginning of the run it is easy to have a strong, upright body. However, as the wear and tear of the miles starts to add up, our bodies start to sag under the fatigue and we begin to waste energy. This makes our running less efficient and we become more prone to injury under these situations.

Incorporate Low-Impact Cardio Exercise

Running puts a lot of what is known as biomechanical stress on your body. Basically, this is stress to your bones, muscles, tendons, and ligaments caused by pounding our legs down on a hard surface and then absorbing the shock of that.

Since your lungs and heart don't know if you are running or doing another cardio activity, it is important to incorporate low-impact exercises such as [rowing](#), cycling, or swimming into your running regimen. By doing so, you are still revving up your engine without causing too much wear or tear on your body.

Upgrade Your Nutrition and Gear

Yon also believes that proper nutrition and [the right gear](#) can help you become a better runner. Without proper nutrition, your body will not propel you forward efficiently.

For runs over one hour, or if you are running in high heat, an electrolyte beverage such as Fuel, Scratch, or Nuun are excellent options. He also advises you to grab yourself an on-the-go real-food snack such as [Yon Bons](#), the protein endurance bites that Yon created for athletes.

One of the bonuses of running is that it doesn't take a lot of expensive equipment or gear. Here is the Yon-recommended list to have you starting out on the right foot:

- **Running shoes:** Get fitted at a run specialty shop and try on a few different brands before purchasing.
- **Running socks:** Thin, lightweight, non-cotton running socks are best.
- **Sweat-wicking shorts and shirts:** Look for lightweight materials that wick away sweat. Avoid cotton because it increases chafing risk.
- **Bodyglide:** Use an anti-chafing stick that can be applied before runs to keep your skin from rubbing.
- **Running hat:** Being exposed to direct sunlight can cause you to overheat much quicker.
- **Hydration carrying system:** Hydration is especially important for runs over one hour.

Although it may seem counterintuitive to run less to become a better, more well-rounded runner, it is necessary to add a variety of training disciplines into your running training. This will make you more powerful, more efficient, and less prone to injury.

WCRRRC AT THE RACES

UNITED WAY 5K

Shane Brunazzi 28:08(A-1)

MIGHTY MIKE 5K

Rich Sandala 21:44(OA-2)

Kelly Murdock 24:42(OA-2)

JEFFERSON JOG 5K

Rich Sandala 24:08

Shane Brunazzi 27:46

Gary Lorenzi 31:50

SOUTH FAYETTE 5K

Gary Chabala 31:02

NEON NIGHTS 5K

Rich Sandala 22:06(A-3)

ELDERTON 5K

Shane Brunazzi 27:17(A-2)

BACK THE BLUE 5K

Ashlyn Brunazzi 37:45

Shane Brunazzi 37:47(A-2)

RAILS TO TRAILS 5K

Greg Mussitsch 20:16(M-1)

Rich Sandala 22:33(A-2)

Pat Calmbacher 31:44

Gary Bennett 34:59

Deb Calmbacher 35:30

RAILS TO TRAILS 5K WALK

Carl Kondrach 31:34(OA-1)

Sarah Donley 33:49(OA-1)

Kelley Murdock 35:21(OA-3)

Dave Byers 43:01(A-1)

Blake Headen 45:24(A-1)

George Macek 54:34(A-2)

STOP, DROP, AND RUN 5K

Mike Romzy 23:53(A-1)

Bob Pikelis 24:12(A-2)

Rich Sandala 24:23(A-3)

Jaminique Milliren 24:39(OA-1)

Nathan Milliren 26:11(A-2)

Steve Chabala 26:42(A-3)

Gary Chabala 31:59

Donna Patrina 35:22(A-1)

STOP, DROP, AND RUN 5K WALK

Dave Byers 45:11

OGDEN 5K WALK

Kelley Murdock 35:57(OA-1)

Terry Whitecotton 41:32

OGDEN 13.1M

Jen Foster 1:59:10(A-1)

OGDEN 13.1M WALK

Lee Stough 2:05:59(OA-1)

Carl Kondrach 2:19:47(OA-2)

Sara Donley 2:37:32(OA-2)

OGDEN 5K

Tina Seech 22:17(OA-2)

Rich Sandala 22:41

J. MICHAELS MEMORIAL 5K

Pat Calmbacher 29:50

Deb Calmbacher 34:24

ST MARY'S 5K WALK

Blake Headen 46:01(A-1)

OLD TURNPIKE 13.1M

John Titus 1:59:58

Dave Byers 3:16:11

RUN FOR YOUR LIFE 5K

Tina Seech 22:38(OA-1)

CLEVELAND 5K

Tina Seech 23:04(A-1)

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.

