

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

JULY, 2022

VOL. 22 / No. 7

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

## NEWS AND NOTES

The heat is on. July is kicking off with more races being scheduled. And Mother Nature is making sure that she delivers all the heat that goes along with it. So, remember to stay hydrated, try to keep your runs until the coolest parts of the day and have a great time at the races.

We finally got confirmation that the Rain Day 5K will go on this year. They have included a race app, which we have inserted in this month's newsletter. It is a week earlier than we thought it would be, but hopefully the weather will co-operate, and that the humidity will stay on the lower side.

We are going to add another race to the GP this year. The race is called Tunnel to Towers 5K and it will be held September 17<sup>th</sup> in Canonsburg, PA. The race is raising money for military families. All the information we have on this event will be on the website shortly.

## UPCOMING RACES

Once again, this is a partial list of races we have found around the area. Most of these will also be on the website. And the GP races will be marked with an\*.

7/22 – Liberty Mile – Pittsburgh  
7/23 – \*Rain Day 5K – Waynesburg, PA  
7/23 – Rubes Run 5K – Prospect, PA  
7/30 – Turtle Trot 5K – Turtle Creek, PA  
7/31 – Sweat Bar Fitness 6.6 Mile Trail race – Robinson TWP, PA  
8/5 – Green Mile – Wheeling, WV

8/6 – On Your Marc 5K – Monongahela, PA  
8/6 – Mission Possible 5K – Peters TWP, PA  
8/6 – \*Debbie Green 5K – Wheeling, WV  
8/6 – St. Barnabus 5K – Gibsonia, PA  
8/7 – \*Not Another Solar Vortex 5K/15K – Boston, PA  
8/13 – \*Brookline Breeze 5K – Brookline, PA  
8/13 – North Borough 5K – Pittsburgh, PA  
8/19 – Findley 5K – Clinton Park  
8/20 – Yinzer 4.12K – Pittsburgh, PA

## WCRRRC AT THE RACES

June had an abundance of races around the area. For the GP, we had three events take place.

### **Run For Alex**

112 runners finished the grueling 5-mile course. For the club, we had Greg Mussitsch finish as our first male runner in 34:12, and Tina Seech as the first female runner with a time of 37:37. For the 2-mile course, Bob Pikelis was the first male finisher in 14:55 and Kelley Murdock was the first WCRRRC finisher in 17:06. There were 226 finishing the 2-mile course.

### **Hit the Trail 5K**

On the Peters Trail, Zach Byers won the overall race in 17:49. Greg Mussitsch was once again the first WCRRRC finisher in a time of 19:35, and Kelley Murdock was once again the first female member to cross the line in a time of 24:50.

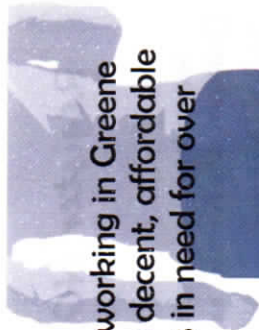
We also had the Running for Ryan at the end of the month. Finishers are in the inside.

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).

	<h1>The 1 Mile Race for <b>EVERYONE!</b></h1> <div style="border: 1px solid white; padding: 5px; display: inline-block;"> <h2>Friday, July 22nd.</h2> </div>
<p><b>UNSTOPPABLE</b>  <i>for competitive milers age 14-39          who can run a 6-minute mile or          under</i></p>	<p><b>ONE FOR FUN</b>  <i>a 1 mile run for anyone</i></p>
<p><b>MASTERS</b>  <i>for competitive milers age 40+          who can run an 8-minute mile or          under</i></p>	<p><b>KIDS OF STEEL</b>  <i>perfect for kids 13 years          old or younger</i></p>
<p><b>CORPORATE CHALLENGE</b>  <i>Challenge your coworkers to run their          fastest mile</i></p>	<p><b>PUP TROT</b>  <i>for running with your 4-          legged friend</i></p>

## FLEET FEET LIBERTY MILE

Downtown Pittsburgh's only night time road race will bring runners back downtown for a "night at the races" on Friday, July 22, 2022. The one-mile race includes recreational, competitive and professional heats. The race has been consistently recognized as one of the ["The 35 Most Iconic American Races"](#) by *Runner's World* and was on [BibRave's](#) list of Top 20 10-Miles-or-Less races in the country in 2020.



Habitat has been working in Greene County to provide decent, affordable housing to families in need for over 30 years.

Habitat makes no profit from its home sales and offers 0% interest mortgage loans, to make homeownership a reality and to help families increase self-reliance and build a strong foundation.

For more information on how to donate, volunteer or apply for Habitat, please contact our office!

724-852-2598

*All Proceeds from this race benefit*

## The Greene County Habitat for Humanity.

Greene County Habitat for Humanity  
32 Church Street  
Waynesburg, PA 15370

Phone: 724-852-2598

Fax: 724-852-6385

mail@greeneconomyhabitat.net

www.greeneconomyhabitat.net

724-852-2598



Greene County Habitat for Humanity  
32 Church Street  
Waynesburg, PA 15370

PITTSBURGH PA 150

6 JUN 2022 PM 6 L



presents

*The 42nd Annual*

# Rain Day Race



5K Run/Walk &  
One Mile Kids Fun Run  
**SATURDAY, JULY 23, 2022**

*The only 5K that wants rain!*

# Race Information

Starting Times

Registration  
Kids' 1 Mile Fun Run 7:45 am  
5K Run/Walk 8:30 am  
9:00 am

Pre Register	Late Register
\$15	\$20
\$10	\$15

Entry Fees:  
Run/Walk  
Kids' Fun Run

Make checks payable to:  
Greene County Habitat for Humanity

On-line registration available at:

<https://runsignup.com/Race/PA/Waynesburg/GreeneCountyHabitatforHumanityRainDayRace>

## The Course

Registration will be in the parking lot behind McCracken's Pharmacy (595 East High Street). Participants will start at the intersection of High and Porter Streets in Waynesburg, PA.

## Awards

- The top three overall runners; Male and Female, 5K
- Top three in each age group; Male and Female, 5K & Fun Run
- Top five overall walkers; Male and Female, 5K
- All finishers in the Kids' Fun Run will receive a ribbon.

Also, all participants will be entered for many random drawings and prizes!

## Age Divisions

Kids' Fun Run	5K Run
5 and under	14 and under
6-7	15-19
8-9	20-29
10-12	30-39
	40-49
	50-59
	60+

This out and back course contains some rolling hills with a volunteer-led water stop at the halfway mark.

Register NOW and Save...

Sign up for:	Time	Pre-Register	Late Register
<input type="checkbox"/> Children's 1 Mile Fun Run	8:30am	\$10.00	\$15.00
<input type="checkbox"/> Rain Day 5K Runner	9:00am	\$15.00	\$20.00
<input type="checkbox"/> Rain Day 5K Walker	9:00am	\$15.00	\$20.00

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_ Age (As of 7/23/22) \_\_\_\_\_

E-Mail Address \_\_\_\_\_ Gender \_\_\_\_\_

Tee-Shirt Size: (Please circle one)

Adult Shirt Size: S M L XL XXL

Child's Shirt Size: S M L

In consideration of the acceptance of this application and intending to be legally bound, I hereby waive, discharge, and release myself and my heirs, successors, administrators, and executors, of any and all claims, damages, and causes of action of what so ever kind including negligence, that I may have as a challenge and Children's Run, and all their respective heirs, successors, administrators, executors, asides, trustees, and parent subsidiaries or affiliated companies if any. In addition, as an inducement for the acceptance of this application, I hereby certify that I have adequately trained for this event and am fully aware of the risks posed by motor vehicle traffic on the course. I further certify that I have read and have full understanding of its contents.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Please mail Pre-registrations  
by July 15, 2022

## 7 Cross-Training Exercises

### For Runners

- By Mackenzie Lobby
- 

Successful runners turn to cross-training to help combat boredom or to give that nagging foot injury a break. But even healthy, avid runners can use some cross-training in their life. Why? Cross-training helps lead to a better, injury-free performance come race day.

A University of Tennessee at Knoxville study found that training effect on VO2max (VO2max is the maximum capacity a person's body to transport and use oxygen during exercise) transfers between cycling, running and swimming. In other words, whether you swim, bike or run, you're still training your body to use oxygen in a similarly effective way. So there's nothing to lose by mixing it up a bit.

Start by adding one or two cross-training activities into your weekly workout.

You'll likely feel fresher and faster on your runs. If you are injured, be sure to vary your cross-training to avoid feeling apathy about your weekly routine. The following are some of the best cross-training activities for runners.

#### Cycling

Cycling, like running, is largely dependent on the major muscles in the

legs. It's also a great workout for the cardiovascular system, which will pay off when you're pounding the pavement.

#### Swimming

While some runners cringe at the mention of a pool, it is one of the best non-weight bearing cross-training activities for runners. It'll get your heart rate up while offering a total body workout.

#### Aqua Jogging

It's harder than it looks. Plus, there's the added benefit of keeping off your feet for a while.

#### Elliptical

Other than aqua jogging, this activity mimics running better than any other. Be sure to put on enough resistance to get yourself sweating and your heart rate elevated.

#### Nordic Skiing

Elite Nordic skiers have some of the highest VO2 max capacity in the athletic community. If you're in striking distance of a cross-country ski hill, make this activity a priority. It offers runners who live in colder climates a chance to train outdoors in the winter and it takes a load off your joints.

#### Walking

Many beginner marathon training programs include walking because it's considered the low-intensity counterpart to running. The cardiovascular workout might not be the same, but you will be working the same muscles you use when running.

## Strength Training

Numerous studies link strength training to improved running performance. Whether you're running 10 miles a week or 100, this should be a part of your weekly routine.

## Tips for Cross-Training

1. Come up with a plan and carve out special cross-training days in your weekly workout routine. By scheduling specific days, you'll ensure that you don't over- or under-train.
2. When choosing a cross-training activity, pick an exercise that in some way mimics running. That can mean picking an activity that uses the same muscles that are used in running or it can be an aerobic exercise that works the cardiovascular system in a similar way.
3. Wear a heart rate monitor. Maybe you have a knack for keeping track of your effort on a trail or road. Tracking your body's response to other activities may prove to be more of a challenge. A heart rate monitor will ensure that you stay at or above 70 percent of your maximum heart rate to get the most out of the workout.
4. If you are injury prone, you can substitute up to 25 percent of your planned running mileage with cross-training. If you count yourself among the running obsessed, consider it this way. You'll have more time to run if you're healthy and injury-free.
5. Have fun. Cross-training can be a great way to mix up your workouts and help you appreciate running.

You just might start looking forward to those non-running days.

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## THOUGHTS THOUGHT THOUGHTLESSLY!

*Mickey Hornack*

\*\* Put up your hand if you have ever dropped a spoon in the garbage disposal!

\*\* Heard Sir Tom Trettel has new job at a dr's office. I hope it's "inside" the office. Too many repercussions if outside!

\*\* Ever eat sumptin on the way home & say u forgot to buy it? No?? me neither.

\*\* No WCRRC banquet..tough. Can honestly say every one I ever attended was a blast. Plus at those having medical assistant Trettel at the head table was a pretty good laugh in itself!!

\*\* We have a "roomba" smart vacuum. This is how smart it is. It runs out of battery trying to "return home" bumps into everything ends up 3 rooms away from base. Smart? Really?

\*\* OK a running/walking tide bit. The Mrs. and I did our 1st 5K walk at the N Park Sarcoma 5k. We had a nice time there. Aiming for more now. Yea!!!

## **GRAND PRIX 2022 (As of 7-4)**

1. Tina Seech	3	31:31
2. Bob Pikelis	4	34:59
3. Cathy Loos	1	35:59
4. Greg Mussitsch	4	36:21
5. Mike Romzy	3	37:07
6. Jen Foster	2	37:35
7. Rich Sandala	8	38:11
8. Rich Durbin	3	39:29
9. J. Milliren	4	41:24
10. Donna Patrino	3	43:42
11. Kelly Murdock	2	45:02
12. Gary Lorenzi	4	46:58
13. Steve Chabala	3	47:10
14. Gary Chabala	2	48:00
15. Deb Calmbacher	4	48:21
16. Tom Carter	1	49:41
17. Mary Krett	2	50:32
18. Michael Frere	1	51:50
19. Nathan Milliren	4	52:01
20. Pat Calmbacher	4	52:50
21. Shane Brunazzi	1	55:56
22. L. McCullough	3	56:03
23. Kathy Starkey	1	57:46
24. Gary Bennett	1	1:01:38
25. B. D'Alessandro	2	1:03:07
26. Dave Byers	2	1:05:14
27. Amy Martin	2	1:13:35
28. Joe Lebert	1	1:15:55

## **WALK GP 2022 (As of 7-4)**

1. Kathy Starkey	2	58:34
2. Carl Kondrach	3	1:00:26
3. Sara Donley	3	1:01:23
4. Kelley Murdock	3	1:02:43
5. Terry Whitecotton	1	1:04:38
6. George Macek	1	1:23:07
7. Blake Headen	5	1:26:23

## **LDGP 2022 (As of 7-4)**

1. Tina Seech	1	32:00
2. Bob Pikelis	2	34:44
3. Rich Sandala	4	38:04
4. Jen Foster	1	40:39
5. Danielle Gonzalez	2	42:09
6. Kelley Murdock	1	46:51
7. John Titus	4	48:25
8. Sarah Donley	3	50:43
9. Gary Lorenzi	1	52:15
10. Steve Chabala	2	52:32

11. Scott Harrington	1	55:23
12. Shane Brunazzi	1	58:34
13. Dave Byers	1	1:06:32

## **FREEDOM 5K WALK**

Carl Kondrach	31:57(OA-1)
Sarah Donley	35:10(OA-1)
Blake Headen	45:24(A-1)

## **RUNNING FOR RYAN 5K WALK**

Carl Kondrach	31:37(OA-1)
Sarah Donley	34:06(OA-1)
Kelley Murdock	35:30(OA-2)
Blake Headen	45:11(A-1)
Kathy Starkey	46:25(A-2)

## **BIASI-SHUMA 5K**

Pat Calbacher	30:09
Deb Calmbacher	35:41(A-1)

## **BIASI-SHUMA 5K WALK**

Carl Kondrach	30:07(OA-2)
Sarah Donley	36:17(OA-1)
Blake Headen	44:18(A-1)

## **ELLWOOD CITY 10K**

Greg Mussitsch	43:04(A-1)
Shane Brunazzi	1:10:19

## **FOOT TRAFFIC 26.2M**

John Titus	4:32:18(49 <sup>th</sup> State)
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## **WELLSBURG 5K**

Carl Kondrach	29:05(OA-1)
Sarah Donley	32:57(OA-1)
Blake Headen	49:22

## **ROAMING SHORES 5K**

Tina Seech	22:14(OA-1)
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## **MOONGLOW 5K**

Kelley Murdock	29:19
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TIMES FOR THE WHISKEY REBELLION HAVE BEEN TABULATED IN THE ABOVE GP BUT WILL NOT APPEAR HERE UNTIL NEXT ISSUE DUE TO SPACE.

# Coaches Corner



Run well,  
[Coach Tim](#)

To achieve your goals in any sort of endeavor, you must equip yourself for success. This goes beyond the gear you need to perform at your best, and incorporates the surrounding environment. The physical essentials are necessary, but you also want non-tangible tools like know-how and social support.

Finding the right shoes is important, but so is finding the [right coach](#), [training plan](#) and [running group](#). Success is manifold, and you should not neglect any one component. If you are picking up running or walking for the first time, shooting for a PR in your next race or preparing for your first marathon event, I encourage you to use [Fleet Feet](#) as your resource for all things running.

Come into the store to be fit for shoes, but also talk to us about the challenges you may be facing. Learn about our [training groups](#), [fun runs](#), and how you can join a [supportive community](#) of like-minded individuals. Browse our [website](#), the [Fleet Feet Journal](#) and [YouTube channel](#) for additional information and educational resources.

While it can often be an individual activity, running is fundamentally a team sport. We're glad to have you as part of our family.

## **WCRRRC AT THE RACES**

### **RUN FOR ALEX 2M**

Bob Pikelis	14:52(A-1)
Rich Sandala	15:22(A-1)
Kelley Murdock	17:06(A-1)
Cathy Loos	17:55(A-1)
Ricky Andrews	18:44
Ann McCormick	18:52(A-1)
Pat Calmbacher	19:05
Deb Calmbacher	23:02
Bill McCormick	25:53

### **RUN FOR ALEX 2M WALK**

Blake Headen	35:30
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### **RUN FOR ALEX 5M**

Greg Mussitsch	34:12(A-1)
Tina Seech	37:37(A-1)
Jaminique Milliren	39:27(A-1)
Jen Foster	41:21(A-1)
Nathan Milliren	49:50
Gary Lorenzi	51:07(A-1)
Shane Brunazzi	53:22
Donna Patrino	56:18(A-2)
Luanne McCullough	1:02:03
Mary Krett	1:09:56(A-3)
KathyStarkey	1:14:19

### **GREENFIELD GLIDE 5K**

Bob Pikelis	22:02(A-1)
Rich Sandala	22:33(A-1)
Steve Chabala	24:00
Gary Chabala	30:00

### **RUN THE REC 5K**

Danielle Gonzalez	21:54(OA-1)
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### **BIG RUN 5K**

Bob Pikelis	23:28
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### **GLOW RUN 1M WALK**

Blake Headen	15:11
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### **JR TAYLOR 5K**

Mike Romzy	21:48(A-1)
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### **BODY SHOP 5K**

Shane Brunazzi	28:45
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### **MELANOMA FND 5K**

Mike Romzy	20:36(A-1)
Rich Sandala	22:12(A-2)

### **THOUSAND ISLANDS 13.1M**

Kelly Murdock	1:59:00
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### **COLOR 5K WALK**

Kelley Murdock	34:40(OA-1)
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### **HFM MARITIME 26.2M**

Sarah Donley	4:03:20
Carl Kondrach	5:28:50

### **HIT THE TRAIL 5K**

Greg Mussitsch	19:35(A-1)
Rich Durbin	21:57
Steve Chabala	23:42
Kelley Murdock	24:50
Gary Chabala	30:21(A-3)

### **SCIO SCRAMBLE 5K WALK**

Carl Kondrach	31:42(OA-1)
Sarah Donley	36:57(OA-1)
Blake Headen	48:57(A-1)

### **FATHERS DAY 5K**

Mike Romzy	20:29(A-1)
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### **OMELET RUN 5K**

Mary Krett	40:12
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### **MADE IN USA 13.1M WALK**

Kelly Murdock	2:46:15
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### **RUN FOR RYAN 5K**

Tina Seech	22:03(OA-2)
Jaminique Milliren	22:34(OA-3)
Bob Pikelis	22:36(A-1)
Rich Sandala	22:58(A-2)
Nathan Milliren	24:29(A-3)
Cathy Loos	26:40(A-1)
Gary Lorenzi	29:02
Pat Calmbacher	31:03
Deb Calmbacher	36:54
Mary Krett	40:41

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.

