

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

SEPTEMBER, 2022

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VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

Here we are, after Labor Day. Days should be getting a little cooler and a lot of the local racing scene is heating up. Make sure to check the upcoming races to watch out for any of the Grand Prix events. There are still a lot scheduled so there should not be any reason to try and qualify for the GP. And next year we plan to schedule the banquet live again. Good luck to everyone.

We would like to welcome a new member to the club. Dana Kuzniewski joined up the middle of August this year. Dana just moved to the Canonsburg area, so all of us hope to see her at some upcoming events. Don't hesitate to ask us any questions you may have, Dana.

On a few other notes, we have recently run into Andrew Place, a former member of the club. Andrew had been out of the racing scene for a little while, but he is joining up with Greg Redding, another former member, to run in a few ultra-races this fall. Good luck to both and we hope to hear some positive results from the races.

Walter Bennett just announced that This year's Get Together 10 Mile run and after party will be held this year on November 20th. The run will be at Cedar Creek Trail in Belle Vernon, with the party after at Walter's house. If anyone is interested in joining us for a fun event, let Walter know you are coming by email. His address is at w_bennett11@hotmail.com.

UPCOMING RACES

More races are being added to the calendar all the time. Over the next two months there will be quite a few GP races to run. Make sure that if you want to qualify for the GP awards that you take advantage of these races. And remember that all the GP races will be marked with a *.

9/17 – *Tunnels to Towers 5K – Canonsburg, PA
9/18 – Dormont Dash 5K – Dormont, PA
9/18 – Joe Fabus Superhero 5K – Bethel Park, PA
9/18 – *Boston Harvest 5K/10K/Half Marathon – Boston, PA
9/24 – *Pumpkin Festival 5K – Barnesville, OH
9/25 – *The Great Race 5K/10K – Pittsburgh PA
10/1 – FlyBy 5K – Greater Pittsburgh Airport
10/1 – Yough Trail/Fox's Pizza 5K/10K – West Newton, PA
10/1 – Run Shadyside 5K – Pittsburgh, PA
10/8 – *Waynesburg College Homecoming 5K – Waynesburg, PA
10/8 – Auggie's 5K – Wheeling, WV
10/15 – *Greene River Trail 5K – Rice's Landing PA
10/15 – Buffalo Creek Half Marathon – Cabot, PA
10/29 – *Jack-O-Lantern Jog – Canonsburg, PA

RACE WRAP-UP

Just a quick wrap-up to let everyone know that the races that were held in August were all a great success.

And a special shout-out to Ron Green and his very spirited crew for the great job over the last 25 years of putting together the Debbie Green 5K and The Green Mile. Ron has decided to retire the event this past August. The whole racing community in the area says thank you.

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.



A big Thank You goes to
Corner Pharmacy, once again
our exclusive Title Sponsor!



Voted the
" #1 Favorite Race
in the Ohio Valley"
multiple times!



5k Run & Walk
Saturday, September 24, 2022 @ 8:30am

Kids Pumpkin Run begins at APPROXIMATELY 9:45am!



Directions: (GPS: 511 Watt Avenue, Barnesville, OH 43713) I-70 EW, Exit #202 (Barnesville/Dennison). Go 6.5 miles on St. Rte 800 South to 1st Red Light. Turn left. Go a quarter mile. Follow signs. Race begins and ends at the historical Watt Center on Watt Ave near the Train Depot.

Entry Fee: \$25 pre-registered (post-marked by September 1) \$30 after September 1st and on race day. Call about Special Charity Rates.

Shirts: 1st 400 registered are guaranteed a moisture-management shirt and goody bag. Sizes are 1st-come, 1st-serve.

Registration: Begins at 6:45 @ the Watt Center. Arrive early to avoid long lines! **Online Registration** is available at:
www.RunSignUp.com Keyword: Pumpkin For more info or to download an application, go to: www.RailsToTrails5k.com

Refreshments: Enjoy the BIGGEST smorgasbord of delicious food you will find at ANY 5k event of this size!
(Pizza, subs, deli-fresh sandwiches, pepperoni rolls, pasta salad, cookies) If you leave this race hungry, DON'T BLAME US!!

Door Prizes: So many awesome prizes will be available! Prizes include sports jerseys, restaurant certificates, tickets, and more!

Trophies: The coveted, unique, beautiful ceramic-fired pumpkin trophies (100+) and the colorful, ceramic-fired pumpkin medallions (150) will be awarded in the following categories: **(NO DUPLICATIONS!)** All award winners get a real pumpkin! (sizes vary).

Walkers: Top 5 M/F each; Top 3 Masters (50+) M/F each **Runners:** Top 5 M/F each; Top 3 Masters (40+) M/F each

Age Groups: (Male Walk) Top 3: 39U(4), 40-49, 50-59, 60-64, 65-69, 70-74(4) 75+Over **(Female Walk)** Top 3: 19U, 20-29, 30-39(5), 40-44(4), 45-49(4), 50-54, 55-59, 60-64, 65-69, 70+Over **(Male Run)** Top 4: 10+ Under, 11-14(3), 15-19(5), 20-29(3), 30-39(5), 40-49, 50-54, 55-59, 60-69, 70 + Over **(Female Run)** Top 4: 11+ Under, 12-15(5), 16-19(5), 20-29(5), 30-34, 35-39(5), 40-44, 45-49(3), 50-54(3), 55-59(3), 60-64(3), 65+ Over **(Heavyweights)** Top 3: Clydesdale (200lbs+) Top 5: Lady Athena (170lbs+)

Pumpkin Run: FREE! Begins @ APPROXIMATELY 10:00 am. All kids win a medallion and mini-pumpkin!

Contact Info: Carl A. Kondrach, Director (740)310-2117 carlkondrach@yahoo.com

After the race, stick around and bring your family to see all that Barnesville's famous Pumpkin Festival has to offer:
Parade @ 2:00pm, great food, entertainment, rides, crafts, games, contests, & much more, going on all weekend! For more info about all the Pumpkin Festival Events, check out the website: www.BarnesvillePumpkinFestival.com

Results/Photos: Results available at: www.SmileyMiles.com Photos available at: www.RonPradetto.com



WEB DESIGN

Barnesville Grand Prix Series



[Facebook.com/barnesvillegrandprix](https://www.facebook.com/barnesvillegrandprix)



www.WCRR.org

(cut here)

Proceeds Benefit the Boy Scouts, Troop 71 and the Rails-to-Trails Project

(cut here)

Mail form(s) and make
Check payable to:
Rails-to-Trails 5k
808 North Chestnut Street
Barnesville, OH 43713-1118
**Please Note: This is a
mailing address. The Race
Address is 511 Watt Avenue**

☐ ☐ ☐

Run Walk HeavyWeight Run
(Check One Box ONLY)

☐ ☐

Male Female

☐

Name (please PRINT clearly)

Address

City State ZIP

Phone e-mail (optional)

Age on Race Day Birthday

Sizes are on a first-come, first serve basis. So register early!

Circle Shirt Size (5k ONLY)

YL AS M LG XL 2XL
(No shirt: -\$5.00) Add \$1.00 Add \$2.00

WAIVER: 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 (or my dog, if applicable) at this event while travelling 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 also recognize that persons with dogs may be participating and that I may encounter them on and off the course. I also 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 <18) Date

Remember: \$30 after September 1st or your application will be sent back!

Kids under 10, Entry Fee Only \$14 preregistered

Want to help in another way? Be a (street) Block Sponsor!

For a \$400 donation, your name or business will be prominently displayed on a block along the racecourse.

Returning Loyalty Sponsors: \$325



All donations will be featured on our Facebook page.

Name _____

Address _____

Contact Number _____

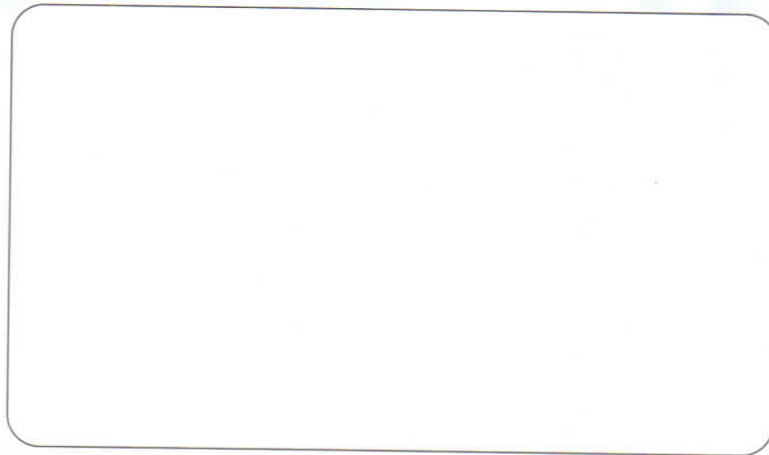
- ☐ \$400 Street Block Sponsor (please email sign details to griley295@gmail.com)
- ☐ \$325 Returning Loyalty Sponsor
- ☐ Other Donation

Mail to:

Little Great Race, Inc.
1200 McKean Ave, Suite 104
Charleroi, PA 15022

Make checks payable to: **Little Great Race, Inc.**

PRST STD
U.S. POSTAGE
PAID
MONONGAHELA PA
15063
PERMIT NO. 154



Little Great Race, Inc.
1200 McKean Ave, Suite 104
Charleroi, PA 15022



cfsbank

35th Annual 5k Run/Walk

**Saturday
September 10, 2022
8:15 am**

Online Registration
<https://runsignup.com/Race/PA/Charleroi/CharleroiLittleGreatRace>

All festivities, including the start and finish, will take place at the Charleroi Chamber Plaza near Trustees Park

Keeping with our past practice and tradition, proceeds from the race will be donated to the following:

Our local First Responders to include the Charleroi Regional Police, the Charleroi Volunteer Fire Company, local EMS; a local family facing extraordinary medical expenses due to serious medical illness or injury; scholarship assistance to graduating seniors at Charleroi Area High School or direct assistance to one of the many projects sponsored by the Charleroi Area Education Foundation.

Strollers/Rollerblades/Dogs Prohibited

No registration changes will be made on the day of the race.

Online Registration at

<https://runsignup.com/Race/PA/Charleroi/CharleroiLittleGreatRace>



35th Annual Charleroi Little Great Race 5k (3.1 miles) Run/Walk

When: Saturday, September 10, 2022

Where: Charleroi Chamber Plaza

Time: Race starts at 8:15 am
(Walkers will start 2 minutes after runners)

Entry Fee

\$20.00 Registration (deadline 9/8/22)
The first 400 applicants are guaranteed a shirt and race bag.

\$25.00 Same Day Registration
Race bag/shirt not guaranteed.

Packet Pick Up Info

Charleroi Community Park Pavilion
Friday, September 9 from 5:00-7:30 pm

Awards

The top three overall male/female runners and walkers.

Age Group Awards

The top three male/female runners and walkers will receive awards in each age category.

(No duplication of awards.)

ENTRY FORM

(one entry per form)

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Age as of 9/10/22 _____

Email _____

Gender: M or F

Race Entered (circle choice): RUN WALK

Circle Shirt Size: S M L XL 2XL 3XL

Emergency Contact

Name _____

Phone _____

Mail to:

Little Great Race, Inc
1200 McKean Ave, Suite 104
Charleroi, PA 15022

Make checks payable to: **Little Great Race, Inc.**

Waiver & Release

(Must be signed to participate)

In consideration of the acceptance of my entry into this race, I acknowledge that participation in a 5K road race that proceeds along Charleroi streets, across railroad tracks, a parking lot and the grounds of the Charleroi Trustees Park presents risks of harm to me. I represent that I am physically fit, sufficiently trained to participate in this event and am not medically restricted from participation in the Little Great Race. I acknowledge that Covid-19, and its variants, poses a risk to me at a public gathering. I understand that there are inherent risks associated with the participation in this race and those risks may result in physical restriction, disability, and serious and possibly fatal health conditions. I assume the risk of any and all injuries and harm that I may sustain while participating in or attending the Little Great Race. I, for myself, my heirs, successors, and assigns do fully and generally release the Little Great Race, Inc., its officers, directors, committee members and volunteers from any and all liability and claims for any and all injuries and damages, whether physical, mental or disease related, and all economic and non-economic damages that I may sustain as a result of my participation in the Little Great Race. I acknowledge this is a public event that will be photographed, video and audio recorded, and that the times of race participants may be published. I grant full permission to use my name, image and likeness and waive my expectation of privacy.

Signature _____

(signature of parent or guardian, if under 18)

Age Categories

5K Runners

14 & Under

15-19

20-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-69

70-79

80 +

5K Walkers

19 & Under

20-29

30-39

40-49

50-59

60-69

70-79

80 +

Spotters on course. Please make sure you are walking.

Awards:

Top 3 male/female runners & walkers overall

Top 3 male/female runners & walkers in each age category

Greene County Department of Recreation
107 Fairgrounds Rd
Waynesburg Pa 15370

2022

Greene River Trail 5K Run/Walk

Saturday, October 15th
Race Begins at 9am
Registration 7:30am-8:30am
at the
Rices Landing Trail Head

5K Out and Back
Beginning at the
Trail Head.

For More Information Call
Greene County Department of Recreation
724-852-5323

Greene River

**Pre-Registration Fee \$18.00
by September 15th.**

Race Day Fee \$20

**Pre-registrations receive a
t-shirt while supplies last.**

**Shirts will be
limited on race day.
Adult sizes only.**

**Please mail registration
form to:**

**Greene County
Department of Recreation
107 Fairgrounds Rd.
Waynesburg, Pa 15370**

724-852-5323

**Registration Fees
are non-refundable.**

Greene River Trail Run Waiver

Name _____

Address: _____

Phone: _____

Age as of October 15th 2022: _____

Email: _____

_____ Run 5K _____ Male _____ Female

_____ Walk 5K _____ Male _____ Female

Shirt Size: S M L XL XXL XXXL

I acknowledge that my participation in the 5k Run and Walk involves a risk of injury, including bodily injury, and assume the risk for same. On my behalf and on behalf of my heirs and legal representatives and to the fullest extent permitted by law, I hereby release and discharge the County of Greene and their respective directors, officers, employees, affiliates, members, agents and representatives, of and from any and all liability for injury, death, or damages and/or any other claims, demands, losses or damages, incurred by me in connection with any aspect of the 5k Run/Walk.

Signature _____

Date _____

Parent /Guardian Signature if under 18 _____

Make Checks Payable to: County of Greene

Trail Run

LOCATION:

**Rices Landing Trail Head
125 Main St
Rices Landing, PA 15357**

COURSE:

5K Out & Back

SAFETY:

Please NO strollers, dogs, roller blades, bicycles etc. on the trail.

TIMING SERVICE

**SERJ Racing Services
Uniontown Pa.**

www.serjracing.com



How to Incorporate Indoor Cycling into Your Running Routine

- By Megan Harrington

Whether you have a name-brand stationary bike, an indoor bike trainer or just like to attend the occasional spin class at the gym, figuring out how to combine cycling with running can take a bit of trial and error. How often and how hard you ride will likely depend on your running goals. If you're ready to combine indoor cycling with running, consider this your how-to guide!

First things first...

Before you start, it's key to identify your training goals. Are you hoping to run a PR? Avoid injury? Stave off boredom? Once you figure out what you want to achieve, it will be easier to prioritize specific workouts. Below are three common training scenarios, but if your situation doesn't fit, consider finding a coach who can create a custom plan. Happy running *and* riding!

If you want to use the bike as (easy) cross-training...

If your main discipline is running and you enjoy racing, it's important to maintain running volume. Cycling is great cross-training, but nothing beats the specificity of running when it comes to racing. Whether you're training for a 5K or a marathon, be sure to prioritize speed workouts and long runs, and use cycling as a form of easy cross-training. Keep the resistance low to moderate and aim for a high cadence (80+ RPM).

When you're training for a running race, be careful not to overdo it on the bike—your cycling miles should be at an easy-to-moderate intensity. Try adding in a recovery cycling workout in the days following a tough tempo or long run. And don't forget about regularly scheduled complete rest days—everybody needs them!

If you want to avoid injury and/or become a more well-rounded athlete...

If you're coming back from an injury or trying to work on muscle imbalances, cycling can be a great low impact way to improve your fitness. In

this case, you may want to consider adding in longer or harder efforts on the bike (perhaps in place of tough running efforts). For example, you can plan on running two to three times per week and cycling two to three times per week (roughly an even split). Plan on some bike workouts of increased intensity, such as 10 x 2 minutes hard (high cadence and moderate resistance) with 1 minute of recovery. Or if you'd rather keep your run efforts short, aim for a longer bike workout (60 to 90 minutes) once a week.

If you want to train for a duathlon or triathlon...

Dream of competing in a multisport event? Now's the time to combine run and bike workouts. If your event is scheduled to be outdoors, you'll of course want to get practice on the roads, but an indoor trainer or stationary bike is a convenient way to boost fitness, especially when the weather is bad.

"Brick" workouts are something you'll want to get comfortable with. A brick is essentially a bike ride followed by a run (or vice versa) with no rest time in between. There's some debate as to the origin of the term, but many runners draw a correlation to the name and how their legs feel afterward!

Brick workouts will train your legs to run (or ride) while fatigued, since you'll complete the efforts in quick succession. A sample training week for a duathlete or triathlete might include two runs, two bike rides, and one to two brick workouts, depending on goals and experience.

In sum, adding indoor cycling into your running routine is a great way to diversify your training and strengthen slightly different leg muscles. Just remember to take regular rest days when your body needs them.

WCRRRC AT THE RACES

ON YOUR MARC 5K

Rich Sandala	22:51(A-2)
Kelley Murdock	25:22(A-1)
Shane Brunazzi	28:15
Gary Lorenzi	29:18
Pat Calmbacher	30:44

ON YOUR MARC 5K WALK

Mickey Hornack	44:42(OA-2)
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ROAD TO TRAIL 5K

Ashlyn Brunazzi	35:15(A-2)
Shane Brunazzi	35:15

ST BARNABUS 5K

Greg Mussitsch	19:26(A-1)
Dave Byers	40:30

SOLAR VORTEX 15K

Gary Lorenzi	1:39:21(A-1)
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SOLAR VORTEX 5K

Rich Sandala	23:07(A-1)
Steve Chabala	24:28(A-2)
Shane Brunazzi	28:44(A-3)
Pat Calmbacher	32:31(A-3)
Ashlyn Brunazzi	39:18

SHAWSHANK HUSTLE 7K

Tina Seech	34:23(OA-3)
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NORTH BORO 5K

Larry Roof	30:33
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GREEN MILE WALK

Carl Kondrach	8:24(OA-1)
Sarah Donley	10:27(OA-1)
Terry Whitecotton	12:45
Blake Headen	13:17
George Macek	16:47(A-2)

DEBBIE GREEN 5K

Jen Foster	24:50(A-2)
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DEBBIE GREEN 5K WALK

Carl Kondrach	29:07(OA-1)
Sarah Donley	34:18(OA-2)
Terry Whitecotton	42:57(A-3)
Blake Headen	44:24(A-3)
George Macek	56:40

MOHICAN STRAWBERRY 5K

Kelley Murdock	23:49
Blake Headen	52:56

BROOKLINE BREEZE 5K

Greg Mussitsch	19:35(A-1)
Mike Romzy	21:51(A-1)
Bob Pikelis	22:23(A-2)
Rich Sandala	22:46(A-3)
Carl Kondrach	24:21
Sarah Donley	25:20
Gary Chabala	42:30

ICE CREAM 5K

Heath Piper	19:33(A-1)
Greg Mussitsch	19:47(A-1)
Rich Sandala	22:39(A-2)
Carl Kondrach	24:11
Sarah Donley	25:04
Dave Byers	41:10

YINZER 4.12K (2.55M)

Tina Seech	17:46(A-1)
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HISTORIC HILL 5K

Steve Chabala	25:03
Gary Chabala	32:00(A-3)

BANANA SPLIT 5K

Rich Sandala	22:06(A-1)
Carl Kondrach	23:55
Sarah Donley	25:42(A-3)

HANK'S 5K

Shane Brunazzi	28:48
Ashlyn Brunazzi	39:01(A-1)

KING COAL 5K

Kelley Murdock	25:58(OA-1)
Blake Headen	(OAW-1)
Mary Krett	43:16(A-3)

RUN AROUND THE SQUARE 5K

Mike Romzy	20:25
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BURNING COAL 13.1M

Steve Chabala	1:56:05
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PANERATHON 10K

Tina Seech	45:03(GM-1)
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GRAND PRIX 2022 (As of 9-5)

1. Tina Seech	3	31:31
2. Bob Pikelis	7	33:53
3. Greg Mussitsch	5	35:49
4. Heath Piper	1	35:57
5. Cathy Loos	1	35:59
6. Mike Romzy	4	36:54
7. Rich Sandala	13	37:39
8. Jen Foster	3	37:41
9. Rich Durbin	4	39:00
10. J. Milliren	5	40:36
11. Sarah Donley	2	43:24
12. Donna Patrino	3	43:42
13. Kelly Murdock	3	44:39
14. Carl Kondrach	3	45:15
15. Steve Chabala	5	45:30
16. Gary Lorenzi	4	46:58
17. Larry Roof	1	47:33
18. Tom Carter	3	48:09
19. Deb Calmbacher	5	48:29
20. Pat Calmbacher	7	49:21
21. Mary Krett	2	50:32
22. Michael Frere	1	51:50
23. Nathan Milliren	4	52:01
24. Gary Chabala	4	52:21
25. Kathy Starkey	2	52:45
26. Scott Harrington	1	53:32
27. LouAnn McCullough	4	55:02
28. Shane Brunazzi	2	56:00
29. Ricky Andrews	1	59:45
30. Gary Bennett	1	1:01:38
31. B. D'Alessandro	2	1:03:07
32. Dave Byers	2	1:05:14
33. Bill McCormick	1	1:09:01
34. Amy Martin	3	1:12:56
35. Joe Lebert	1	1:15:55

WALK GP 2022 (As of 9-5)

1. Kelley Murdock	4	47:02
2. Carl Kondrach	6	54:59
3. Kathy Starkey	2	58:34
4. Sarah Donley	6	1:00:34
5. Terry Whitecotton	2	1:05:45
6. Dave Byers	3	1:08:43
7. Blake Headen	9	1:19:05
8. George Macek	2	1:24:43

LDGP 2022 (As of 9-5)

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. Sarah Donley	7	45:40
7. Kelley Murdock	1	46:51
8. John Titus	4	48:25
9. Gary Lorenzi	2	50:49
10. Steve Chabala	3	51:11
11. Scott Harrington	1	55:23
12. Shane Brunazzi	1	58:34
13. Dave Byers	1	1:06:32

*****ALL MEMBERS ARE ASKED TO
CHECK THEIR SCORES CAREFULLY
AND REPORT ANY CONCERNS TO
GRACE ASAP.**

**DUE TO THE VOLUME OF RACE TIMES,
ADDITIONAL RACE TIMES WILL BE
INCLUDED IN THE NEXT ISSUE.**

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.

