

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

MARCH, 2023

VOL. 23 / No. 3

VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

Remember that the club dues are now due for the 2023 season. Included in this month's newsletter is the schedule of upcoming club races that we are aware of now. If there are any changes to the listings, we will pass them on. This will be the last newsletter mailed out, so make sure to get your dues in now.

Don't forget that the annual WCRRRC banquet is still scheduled for March 25th. Make sure to please get your reservations in early so that we can get a more accurate head count to let the caterer know.

UPCOMING RACES

There are usually not that many races scheduled for the winter months, but for those hearty souls who don't mind the unpredictable weather, here are a few events you may want to check out. Any Grand Prix events will be marked with an *

3/11 – March Mad Dash 5K/5M/10M – Allison Park, PA

3/18 – Pat Campbell Fighting Cancer 5K – Toronto, OH

3/19 – Burning Calories 5K/10K – Riverfront Trail – Pittsburgh, PA

3/25 – *Barnesville Park/Rotary Lake 5K – Barnesville, OH

3/25 Just a Short Run 5K/8.1M/Half/30K – Allison Park

4/1 – *Bucks for Bucs – Houston, PA

4/8 – Yough River Trail 5K/10K/10M/Half Marathon – Connellsville, PA

4/8 – Martha's Run – Mt Lebanon Stadium

4/16 – *Boston Trail 5K/Half Marathon – Elizabeth, PA

4/15 – Mighty Mike 5K – Carmichaels, PA

4/22 – Phenomenal Hope 5K – Riverfront Park – Pittsburgh

4/29 – Carnegie VFRB 5K – Carnegie, PA

4/30 – *Stop, Drop and Run 5K – North Strabane TWP (New Course)

4/30 – Jefferson Jog 5K – Clairton, PA

WCRRRC AT THE RACES

There weren't many races scheduled for February. But the snowfall held off all month and there were a few club members attending them.

Cupids Chase 5K

There were 317 people crossing the finish line at this Valentines Day event. Steve Kirkland won the event in 16:14. Greg Mussitsch was our first finisher in a time of 19:06.

Spring Thaw Events

Everyone ran around the lake to finish in different events. In the 5 Mile segment we had Kelly Murdock finish first for the WCRRRC in 45:49. And Blake Headen took care of the walk in 1:27:20. In the 10 Mile segment, Arjun Mishra was the overall winner in 57:06. Greg Mussitsch was once again our first finisher in 1:05:32. And Sarah Donley was our first female finisher in 1:25:27, one week after finishing a marathon. And John Titus finished the 20 Mile in 3:07:42.

To report Grand Prix times, call Tom Trettel (724) 229-0201 or e-mail trettelt@comcast.net. Or Grace Goffi (724-554-0081) at gracegoffi@verizon.net. For newsletter information or to submit an article contact Bob Pikelis e-mail r.pikelis@comcast.net.

WCRRRC AT THE RACES

CUPIDS CHASE 5K

Greg Mussitsch	19:06(A-1)
Heath Piper	20:21(A-2)
Shane Brunazzi	28:50
Gary Lorenzi	28:58(A-1)

CUPIDS CHASE 5K (BUTLER)

Kelley Murdock	27:11(A-2)
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YOU COMPLETE ME 5K

Carl Kondrach	22:28(A-1)
Sarah Donley	23:51(A-3)
Blake Headen	50:25(W))

FLORIDA TRAIL 12K

Tom Carter	1:18:59
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KURANT DASH 5K

Carl Kondrach	22:20(A-3)
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GEORGE WASHINGTON 26.2M

Sarah Donley	4:22:46
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SPRING THAW 5M

Kelley Murdock	45:49(A-2)
Blake Headen	1:27:20

SPRING THAW 10M

Greg Mussitsch	1:05:32(A-2)
Bob Pikelis	1:17:46(A-1)
Carl Kondrach	1:17:57
Rich Sandala	1:17:59(A-2)
Sarah Donley	1:25:27(A-3)

SPRING THAW 20M

John Titus	3:07:42
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LAKE EFFECT13.1M

Kelley Murdock	2:10:06
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BIG ONE MILE

Pat Calmbacher	8:53
Deb Calmbacher	10:45

BIG ONE MILE WALK

Sarah Donley	12:23(OA-1)
Carl Kondrach	12:23(OA-1)
Blake Headen	16:29(A-2)

GOODBYE, RUNNING

(Tom Trettel)

It wasn't supposed to end this way, and I certainly didn't see it coming.

But the MRI was pretty clear, and the doctor even clearer. Keep running and a knee replacement is in your near future.

After more than 50 years, over 80,000 logged miles, and almost 60 marathons, I am now a former runner. The pain began in my right knee about a month ago. I tried to treat it conservatively, but it persisted and just got worse. Finally, went to my doctor and had an MRI. I fully expected a torn meniscus or patella tendonitis. A little rest or minor surgery and back to the roads.

My doctor's words hit like a sledgehammer. I knew that even though I wasn't running, my knee still hurt all the time. Now I knew why. Just a small sliver of arthritis where my meniscus should be was sticking a fork in me. I opted for the hyaluronic acid shots in hopes of relieving the pain and at least letting me do other forms of exercise. If that doesn't work, PRP is a possibility. Neither of these treatments is highly effective. Even if successful, running again is not an option.

After half a century of starting almost every day with a morning run, the change has been drastic and life-altering. I am trying other activities as I wait to see if the treatments will stop my knee from hurting. Just walking pain free is now my short term goal.

Long term, maybe I will start race walking. If Mickey Hornack can get that butt-wiggle down, I should be able to do it.

Can't really gripe about "only" getting 50 years out of running. However, when I see a runner as I am driving, jealousy and a bit of anger roll over me. Giving up something so integral to your life with little notice is a bit jarring. I'm sure I will get over the "bummed" feeling I get every morning when I should be running.

For those still putting one foot in front of the other, enjoy every minute of it. I know I did.

APPLICATION

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Age (date of race) _____

Gender (M/F) _____ E-mail _____

I hereby: 1.attest that I am physically fit and have sufficiently trained for this event; 2.waive any and all rights and claims for damages I may have against the sponsors, directors, and all groups associated with the event ("Releasees"); and, 3.grant Releasees permission to photograph or record me and use such images for promotional purposes in any medium.

Signature _____
(parent/guardian if under 18)

Circle Shirt Size: Youth S M L XL
Adult S M L XL 2LX
Women S M L XL 2LX

Adult: 5k Runner @ \$25
1 Mile Walk @ \$20

Student: 5k Runner @ \$20
1 Mile Walk @ \$15

Kids Mile @\$15.....

Make checks payable to: Bucks for Bucs

Mail to: Mr. Justin Gavazzi
2050 West Pike Street
Houston, PA 15342

ENTRY INFORMATION

A t-shirt, Silent Auction tickets, and goodie bag are guaranteed with registration on or before March 22, 2023.

(Adults)

5k Runner: \$25 pre-registration

1 Mile Walk: \$20 pre-registration

(Students—18 and younger)

5k Runner: \$20 pre-registration

1 Mile Walk: \$15 pre-registration

Kids Mile (6th grade and younger):

\$15 pre-registration

You may register on-line at active.com or submit this form.

Questions?

Contact bucksforbucs@gmail.com

No rollerblades, bicycles, motorized vehicles or skateboards allowed for event.

Strollers will be allowed

RACE WILL BE HELD RAIN, SNOW, OR

SHINE

NO REFUNDS

You're Invited

**Bucks for Bucs
5K Race and
Fun Walk**

**Saturday,
April 1, 2023**

Race starts 9:00 a.m.

Kid's Mile at 8:30 a.m.

Chartiers-Houston H.S.

**Bag pick up/Race Day
Registration starts at 7
a.m. at C-H Field
House/Buccaneer
Stadium**

**Bucks for Bucs is a non-
profit educational
foundation serving the
Chartiers-Houston School
District.**



COURSE INFORMATION

The 5K race begins and ends at the Chartiers-Houston High School stadium and runs through a residential neighborhood with rolling hills. Course outline will be posted the day of the race. Course description on active.com.

QR Code for Active.com



AWARDS

5K Awards: Special awards will be given to top three men and women overall. Medals will be awarded to the top 3 male and female finishers in the following age categories:

- ♦ 8 and under
- ♦ 9-11
- ♦ 12-14
- ♦ 15-17
- ♦ 18-20
- ♦ 21-24
- ♦ 25-29
- ♦ 30-39
- ♦ 40-49
- ♦ 50-59
- ♦ 60 and over

The 1 Mile Fun Walk is for FUN! It will not be scored and no awards will be given. Feel free to time yourself! Kids 1 mile race will be for younger runners from 6th grade and below. This fun race will take place on the Chartiers-Houston track at 8:30am

PRIZES

Silent Auction tickets will be included with registration.

50/50 and Silent Auction!

Silent Auction winners be drawn during the race and presented immediately following the race.



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 \$2 more and XXX \$4 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



29th Annual Yough River Trail Races

5K Run & Walk

10K Run

10 Mile Run

Half

Marathon

Saturday,

April 8, 2023

(date is subject to change)

Registration 8 AM

Start time 9 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 8, 2023
(date subject to change)

Registration 8 AM Start 9 AM

ENTRY FEE:

By March 29th – \$20.00
After March 29th 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.



29th Annual Yough River Trail Races

5K Run & Walk

10K Run

10 Mile Run
Half

Marathon

Saturday,
April 8, 2023
(date is subject to change)

Registration 8 AM
Start time 9 AM



Six Ways to Commit to Running

[Kate Schwartz](#)

It can be challenging to get into running (or get back after time off). But a few simple ideas can jumpstart your drive to get out the door.

Here are six ways to commit to a healthy running habit:

1. Find Meaningful Motivation

"You have to have a reason, whatever it may be," says Carol Eaton, who committed to healthy habits—and saw dramatic weight loss—after finding herself out of breath when climbing stairs. Why do you want to run? Do you want to be healthier? Do you want to win a race?

Think about why running is important to you and keep that goal at the forefront of your mind. Whether you want to fit into last year's jeans or comfortably play with your grandkids, a strong sense of motivation will help you create your running goals and tackle them. Pick something realistic that you will stick with.

2. Find a Plan that Works for You

Think about other challenges you have tackled in the past. What type of approach made you successful? Many runners find that it helps to follow a scheduled training plan, focus on fundamentals, and train for specific distances or events.

Joining a training group (even a virtual one!) with a coach takes the guesswork out of what to do each day and can provide accountability and structure that most runners need.

You can always personalize your schedule to work out at the time of day that works best for you and your body, or rearrange the days if you find you need extra rest.

3. Get the Right Running Gear

It's hard to run your best if your shoes are two years old and your big toe is poking through. The same is true if your shorts chafe and you can't find a comfortable running bra. Go to your local store and let an expert fit you for shoes. They can help you find comfy, moisture-wicking socks and apparel as well.

Getting quality running gear will make you more comfortable and bring more joy to your running.

While you're at it, make sure you know how to stay hydrated and get the proper nutrition. Running is a simple sport that requires little gear, but having the right pieces can make or break your training. If you're properly outfitted, you're more likely to rock each workout and approach a goal race.

4. Register for a Race or Plan a Time Trial

Races keep you honest, even if they are virtual. They provide excellent motivation to train, and the competition can bring out energy and strength you didn't know you had.

It's easy to continually say, "I'll start running tomorrow." But the clock starts ticking when you have a race on the calendar, and it helps to plan ahead if you want to have a good experience. There is nothing like a race to prove that you are stronger than you thought. Tanisha Arseneau (Huntsville, AL) describes the motivation she felt to train for a half marathon in difficult conditions. "I didn't want to waste my money," she says. "And I didn't want to go to the race and not be able to finish."

Even if you *don't* feel ready to compete, a race can be a fantastic "rust buster," or way to get out of your own head about training and show yourself where you stand.

A race or a time trail can serve as a useful benchmark for your training. Many experienced runners will kick off their training with a two-mile time trial that they repeat every two to three months. It helps to show how training has progressed and can be used to dial in paces for upcoming workouts.

Use these efforts to push yourself beyond running comfortably, and see what you can do with a little bit of pressure to perform at your best.

5. Pick a Benchmark Workout You Know You Can Complete

Find a running workout that is challenging but also fits your strengths. Completing it will raise your confidence and allow you to mark your progress as you improve.

Some runners enjoy the challenge of tempos or threshold runs. Others can't stay focused for that long and prefer the variety they will get in an interval or fartlek workout.

Seeing your own improvement (even if it's small) is a huge motivator to keep you coming back for more.

6. Focus on opportunities rather than threats

When confronted with a challenge, your brain immediately deems it a threat or an opportunity, affecting your expectation of the outcome and your approach to the situation. That expectation is incredibly powerful in determining the outcome of the situation. If you view it as an opportunity, you are more likely to be successful; if you see a threat, you put yourself on defense, trying to protect yourself from pain or loss.

Take control of your wiring by mentally pausing to recognize when you perceive a threat. Focus on what you can control and keep moving toward your goal. Simply noticing the threat can help you take control of the situation.

Alex Schwartz, safety and training director at the North Carolina Outward Bound School ([NCOBS](#)), says that students and instructors in NCOBS programs learn to focus on opportunities and manage expectations in order to have success on their challenging outdoor courses. "Expectation has a huge impact on outcome," Schwartz says. "The belief that you are in control and can be successful impacts your success. We want to set students up for success and give them transferable life skills. We are teaching them an approach to challenge where they focus on what they can control. Effort and attitude are most important determinants of success."

How does this transfer to running? If you're nervous about a tough workout or race, it helps to pay attention to gains throughout your training. Think about the training you have put in so far. Focus on what's ahead of you, not behind. If you're in a race, don't focus on the people who might catch you. Rather, think about the finish line and the things that you can control, like your breathing, form and level of effort.

SOME THOUGHTS FOR THE THOUGHTLESS

Mickey Hornack

- * OK so the social event of the calendar is approaching? Of course, referring to the WCRRC soiree'. Bob Pikelis and Stush sharing the MC Mike, trophies: long n short, walk n run, most improved: slow n fast, there'll be Wieners galore! And Beer!
- * Hope yinz all voted for BaLakè's cool black cat! I voted for BaLakè!
- * My printer was playing music last night of course I got concerned, but then I realized it was just jammin'!
- * Watching people in social gatherings is a great way to learn what not to do.
- * How many broad yoke free noodles can you get on 1 soup spoon? Really?? I decided to pick up the bowl and just drink the soup. Of course, I held out my 2 pinkies!!
- * Walked the 5k of the Myrtle Beach Marathon. Good show. Those of you who have been to Myrtle Beach know what the streets are like. All head to the ocean crossing everywhere. Gotta admit, there were no trains cutting thru the race course!!
- * Add Myrtle Beach!- What did one ocean say to the other? Nothing they just waved!!
- * The Mrs. asked me "do you have a bookmark?" I was devastated. She forgot my name was Mickey.
- * Add WCRRC soiree'- Best wishes to Bob n guys for another great one. PS don't buy gloves and ask Trettel to help distribute them. He gives unmatched pairs! Honest. I still have a pair. Brand new!

WASHINGTON COUNTY ROAD RUNNERS CLUB
2023 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, March 25th
6:00-7:00 Cocktail Hour, 7:00 Dinner

Where: Lawrence Fire Dept. Hall
428 Georgetown Road
Lawrence, PA 15055



Why: What else can you do on a Saturday night?

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.

Please mail to WCRRC, 1427 Willowbrook Dr., Washington, PA 15301

Checks payable to WCRRC

Name(s) _____

Number Attending_____

Please respond by March 7th. Late responses call Tom 724-229-0201

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.

