

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

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

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## NEWS AND NOTES

There is a new race coming up this August in Claysville, PA. It is called the Corny 5K, and Judy Sarver is one of the race directors. The application for the race is in this newsletter. And anyone from the club who wishes to run it, Judy has provided a discount code for us to use. When you register online, put the code WCRRC 2025 in.

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## UPCOMING RACES

As the weather starts to warm, so are the number of races to be run. Here is a sample of races we have found that might interest one and all. And remember that any club GP races will be marked with an \*

7/20 – Pacing for the Cure 5K/Meadows – Washington, PA  
7/20 – Sewickley Sundae 5K – Sewickley, PA  
7/26 – Killians 5K – McCandless, PA  
7/26 – Turtle Trot 5K – Turtle Creek, PA  
7/30 – Betty Zane 5K – Martin's Ferry, OH  
8/2 – \*Mission Possible 5K – Peters TWP PA  
8/2 – Two Face 10K – Wexford, PA  
8/2 – St. Barnabus 5K – Gibsonia, PA  
8/3 – \*Trinity Hilliers CC 5K – Washington, PA  
8/9 – LifeWise Belmont County 5K – St. Clairsville, OH  
8/9 – \*Brookline Breeze 5K – Brookline, PA  
8/9 – North Fayette 5K – Oakdale, PA  
8/10 – \*Solar 5K/15K – Boston, PA  
8/10 – The Lake Loop – North Park Boathouse  
8/15 – Findley 5K – Clinton, PA  
8/16 – \*Corney 5K – Claysville, PA  
8/16 – Historic Hill 5K – Pittsburgh, PA

8/16 – Beat the Heat 5K – Murrysville, PA

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## **Racing with WCRRC**

June started to heat up the racing circuit and there were quite a few club members out on the roads and trails. Here are a few samples of the races.

## **Run For Alex 5M/2M**

There was a quite large crowd to celebrate the 20th anniversary of the Run for Alex. A big shout out to the Loos and Milliren families, and all their volunteers, for putting on another great race through the streets of Bentleyville.

In the 5 Mile race, John Mihalek was the overall winner in a quick time of 27:56. And WCRRC's own Jaminique Milliren was the overall female winner, crossing the line in 39:12. And we also had Roxanne Wray finishing in 49:30, and our first male finisher was Shane Brunazzi, at 49:49.

In the 2 Mile run we had Kelley Murdock as the first WCRRC female finisher in 16:17, and Rich Sandala the first male through at 16:19. And in the 2-mile walk, Bill McCormick was the first club finisher at 27:16.

## **Peters TWP Cross Country 5K**

111 runners completed the PT trail run on a warm morning. Brian Canny won the race in a time of 18:43. Our two finishers on the run were Steve Chabala in a time of 24:02, and Roxanne Wray came through the tape in a time of 28:15.

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To report Grand Prix times, call Tom Trettel (724) 229-0201 or e-mail [trettelt@comcast.net](mailto:trettelt@comcast.net). Or Grace Goffi (724-554-0081) 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).

## Thoughtfully thinking thoughtless thoughts!

*Mickey Hornack*

\* Tried 3 times to grow lettuce in a raised bed garden. Zero lettuce grew. Asked Agway best soil to use, replaced original soil with different "stuff," made my own soil combo....my raised bed looks like the Sahara. Come on man!

\* Kudos to Loos family, their race committee and volunteers for another great "Run for Alex." Nothing but good stuff.

\* I have learned so many things not to do by watching people. Then again, many people have learned lots of things not to do by watchin' me! Maybe that's a stretch!

\* Have you ever had a willingness to embrace the absurd?

\* ADD The Mrs.: When I 1st met my wife, I thought her dad might have been a lawyer. Why? Her name is SUE!!!!!!

\* I may be off base here but recently it rained for 40 days and 40 ...well you get it, everything is soaked. Somebody decided to burn a pile of tree limbs, leaves & other debris. A roaring fire? Nope! A smoldering pile of yuckish? Yep, short changed when comes to common sense? Yep! Maybe it's none of my business.

\* I gotta have my bread buttered all out to the ends of crust. You?

+ If you have satellite radio and ever tune into the "Watercolors" or "Spa" channels take note of the names of the different tunes played. I think there's a secret society that assigns those music titles, paint colors and crayon (if they are still relevant) colors.

\* running/walking shoes have new terms "max stack, comfy cushion, carbon plate" Giving running/walking Zapatos a more rocker shape therefore enhancing yinzers to move easier thru the gait cycle. There how 'bout that!

\* Next door guy told me his wife asked if he'd still love her if he won the lottery? He said of course dear I'd still love you, but I'd miss you!!

\* 🙌❤️ U to all WCRRC



# 12 Simple Tips to Ensure a Great Summer of Running

- [Brian Metzler](#)

Are you ready for a great summer of running? I love running in every season, but I really love running in the summer. It's a season that brings its own kind of magic—the long days, warm mornings, and golden evenings make it easy to lace up and head out for a few miles or a long run on the trails.

Whether you're chasing a sunrise, enjoying a trail running adventure, getting sprinkled in a summer rain shower, cooling off with a post-run dip in a lake, or rehydrating with a popsicle, summer is a reminder that running can be energizing, playful, and full of life.

Here are 10 simple tips to help you maximize your running opportunities and adventures this summer.

## 1. Run Early

There's nothing quite like running at sunrise in the morning's first light. Early morning runs [allow you to start each day with a sense of inspiration and purpose](#). That early morning magic has a way of sticking with you all day long. And in the summer, it's a great way to [beat the heat](#). Starting your day with a run might be a challenge if you're not a morning person, but it's always easier than running in the afternoon heat or putting it off until evening.

## 2. Keep it Simple

Are you struggling to gain optimal fitness? Don't stress about it, just start where you are and do what you can. Running progress takes time, but with consistency, patience, and self-compassion, every step puts you on the path to greater health and fitness. Just keep showing up—you're building something meaningful. Whatever your motivations—health, training for a race, connection, community—don't get stuck in constant self-reflection or the trap of comparing your journey to someone else's. Running is a privilege, not a punishment—so embrace it as a daily opportunity to feel more alive in your body.

## 3. Set a Goal

Sign up for a late-summer or fall race—a 10K, a half marathon, a marathon, or a trail running race—and start training for it. No matter where you are in your running journey, setting a clear goal and actively working toward it ([with a proper training plan](#)) is one of the most reliable ways to gain both progress and fulfillment in your running. You can talk about getting fitter, running faster, or finally tackling that marathon on your bucket list—but ultimately, it's up to you to make it happen.

## 4. Hit the Trails

If your running routine feels stale, then hit the trails. [Trail running offers a refreshing break](#) from crowded city streets, sidewalks, and bike paths, because it allows you to immerse in nature and get a much-needed sensory shift. You don't need to head into the mountains or tackle crazy long distances to enjoy the benefits, but planning at least one fun run a week on a trail system near you—whether that's at a regional park, the rough trail along a river or a railroad track, or at the nature preserve an hour away—will provide a fun and freeing escape to an entirely different kind of running experience.

(Just be sure to take some water and a light rain jacket (just in case!), have a good idea of where the trail heads, and always tell someone where you're going.)

## 5. Run with Friends

Running with other people brings community to your day. Running with friends, colleagues, running club buddies, or even new acquaintances at running group runs adds accountability, fun, safety, and the feeling of shared success to your training. It's not just about the miles you're running, it's about the experience you're sharing. Whether you're chasing a personal best or just trying to stay active, having friends by your side can make all the difference.

## 6. Take Your Dog Running



I love running with my dog, mostly because she absolutely loves going for a run. Running with a dog is fun because their energy can be contagious — they turn a regular jog into a fun adventure. Their excitement makes the miles fly by, and their companionship keeps you motivated. Plus, [it's a great way to bond while staying active together](#). Part of my great summer of running is about taking my dog for fun trail runs.

## 7. Start Streaking

Try to run everyday for a week. Then extend that to two weeks, then just keep it going and soon you'll develop a habit that will pay big dividends of fun and fitness, and you might never stop running. [Hellah Sidibe](#) did that and has been on a streak since May 15, 2017. Rain or shine, and no matter how his body is feeling, he has gone for a run for the last 2,960-plus days.

There are more than [100 people who have run every day for more than 20 years](#), and the longest current streak belongs to Jim Pearson, an 81-year-old runner from Marysville, Washington, who has been running every day since February 16, 1970. That's more than 55 years or 20,219 days and counting!

## 8. Get Some New Shoes

Happiness is a new pair of shoes! There's something energizing and exciting about lacing up a fresh pair of running shoes—especially ones you've been properly fitted for and test-run at your local running store to ensure they match your foot shape and running style. The right pair of kicks can literally and figuratively put a spring in your step and inspire you to have a great summer of running.

## 9. Find Inspiration in Your Running Data

Tracking your runs with a GPS watch or smartphone app can be a great way [to stay motivated and measure progress over time](#). Seeing your distance, pace, and improvement laid out in real numbers can help set goals and celebrate milestones. Just remember—the data

is there to support your journey, not define it. Let it guide you, not stress you.

## 10. But Ditch The Technology Sometimes, Too.

Modern music and tracking devices have their perks, but there's something uniquely freeing about [running completely unplugged](#)—just you, the road or trail, the sun on your face, the wind in your hair, and the world around you.

The trendy [GenZ activity of "silent walking"](#) or leaving your phone behind has always been very refreshing as a runner. I know that might sound extreme in an always-connected world—and if you rely on your phone for safety, that's totally valid—but running without it has been surprisingly refreshing for me. No photos to stop for, no pings or notifications to check, no calls to dodge—just the pure, uninterrupted rhythm of the run. It's helped me reconnect with the simple joy of movement.

## 11. Take a Splash.

Running in summer often means [running in the heat](#). One of my favorite ways to cool off is to plan a run near a body of water so I can take a refreshing dip, either during the middle of the run or after the run. For me that means either submersing my legs and waist in a cold mountain stream or jumping in a mountain lake. If you live near an ocean, you can plan a run that starts and finishes on a beach.

## 12. Do Something Completely Different!

The monotony of running can become a bore, but there are plenty of ways to add some zest to your routine to really ensure a great summer of running. Need some ideas? [Run a beer mile](#). (Or [run with the fastest beer mile runners](#) in the world!) [Take the Bridge](#). [Race the train](#) up Mount Washington. Run [with a donkey](#) and get your ass over the pass in Colorado. Run with [bourbon](#). Run under the [the midnight sun](#). Run [up the stairs of a skyscraper](#). Run through [wine country](#). Or choose any of these [unique, challenging, or exotic running destinations](#) around the U.S.

### **2025 GRAND PRIX UPDATE**

The GP series is in full swing.

Please check your races/times and report any discrepancies to Grace or Tom ASAP.

#### **LONG DISTANCE GP (7/6/25)**

1. Roxanne Wray	1	48:31
2. Tom Carter	2	49:25
3. Kelley Murdock	2	50:17
4. Steve Chabala	1	50:18
5. Rich Durbin	1	51:03
6. John Titus	2	51:41
7. Sarah Donley	2	52:12
8. Carl Kondrach	2	1:00:27
9. Shane Brunazzi	1	1:06:44

#### **GRAND PRIX (7/6/25)**

1. Ann McCormick	3	32:29
2. Mike Romzy	2	35:30
3. Amy Ference	3	39:55
4. Rich Durbin	2	41:26
5. Rich Sandala	7	41:39
6. Bob Pikelis	2	41:49
7. Jaminique Milliren	1	42:00
8. Donna Patrina	2	43:55
9. Tom Carter	1	43:59
10. Kelley Murdock	4	44:45
11. David Dziemski	3	44:48
12. Steve Chabala	3	45:18
13. Grace Goffi	1	46:24
14. Deb Calmbacher	1	46:41
15. George Dziemski	4	47:05
16. Shane Brunazzi	1	47:21
17. Greg Mussitsch	1	47:33
18. Sarah Donley	2	48:03
19. Gary Chabala	1	48:13
20. Carl Kondrach	1	48:14
21. Roxanne Wray	3	49:16
22. David Bess	1	50:27
23. Stush Sadowski	1	51:24
24. Gary Lorenzi	3	53:21
25. Doug Midcap	1	54:12
26. Mary Krett	2	54:23
27. Pat Calmbacher	1	57:08

### **WALKING GRAND PRIX( 6/8/25)**

1. Sister Kevin Berdis	2	43:53
2. Sarah Donley	1	1:00:24
3. Kelley Murdock	2	1:05:16
4. Bill McCormick	3	1:09:58
5. Dave Byers	1	1:12:58
6. Blake Headen	3	1:24:59

#### **RUNNING TIMES**

##### **WHISKEY REBELLION 5K**

Steve Chabala	24:00
Rich Sandala	24:35(A-1)
Ann McCormick	27:30(A-1)
Roxanne Wray	27:43
Bob Pikelis	28:09(A-3)
Tom Carter	28:33
David Bess	31:14
Stush Sadowski	32:25
Gary Chabala	32:29
Donna Patrina	34:22(A-2)

##### **WHISKEY REBELLION 5K WALK**

Sister Kevin Berdis	44:22(A-1)
Bill McCormick	53:32

##### **BACK THE BLUE 5K**

Kelley Murdock	25:08
Shane Brunazzi	29:52(A-2)

##### **MOTHER OF ALL RACES 5K WALK**

Carl Kondrach	28:28(OA-1)
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##### **FIRECRACKER 5K**

Mike Romzy	21:54(A-1)
Greg Mussitsch	28:10
Dave Dziemski	28:53(A-3)
George Dziemski	29:56
Amy Ference	31:15(A-3)

##### **LAND OF THE FREE 5K**

Kristine Midcap	29:55(A-3)
Doug Midcap	30:59(A-1)

##### **MONACA 5K WALK**

Dave Byers	45:35(A-3)
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The Corny 5K & 1 Mile Run/Walk will be on August 16, 2025 on the Claysville National Pike Trail. All proceeds will go to First Lutheran Church to help restore our 99 year old building.

All participants who register by August 1st are guaranteed to receive a commemorative race T-Shirt and Swag bag! Participants who register after August 1st will receive a shirt if still available so be sure to register early.

Date: August 16, 2025

5K Race Time: 8:00am (\$30)

1 Mile Run/Walk Time: 8:10am (\$25)

Online Registration is also available at:

<https://runsignup.com/Race/PA/Claysville/CornyK>

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_ Phone: \_\_\_\_\_

EVENT: \_\_\_\_ 5k \_\_\_\_ 1 mile T-Shirt Size: \_\_\_\_\_

Emergency Contact Name & Phone Number: \_\_\_\_\_

Send completed form to: First Lutheran Church, 92 W. Walnut St., Washington, PA 15301.

# WHAT IS THE WASHINGTON CHRISTIAN OUTREACH

- It is a non-profit, non-denominational Christian organization that aims to spread the gospel by helping fulfill both the material and spiritual needs of the poor and needy in our area.
- Was started 46 years ago by Jeannie Allender.
- Is located at 119 Highland Avenue (across from Family Dollar) in Washington, PA.
- Is open Monday through Friday from 9:00am to 1:00pm
- Everything donated to WCO is returned FREE to the community.
- Has a kitchen serving hot meals on a daily basis.
- Operates with an all volunteer staff.
- There are NO paid employees.
- Functions on monetary and material donations from individuals, churches, foundations, and Fraternal Associations.
- Do you have a question? Would you like to volunteer? Would you like to financially support our efforts? If so, please contact us at 724-222-0750 or email us at: [washingtonchristianoutreach78@gmail.com](mailto:washingtonchristianoutreach78@gmail.com)
- Thank you to all of our runners and walkers, our race sponsors and advertisers, all of our course workers, the City of Washington and everyone who made this year's event possible.



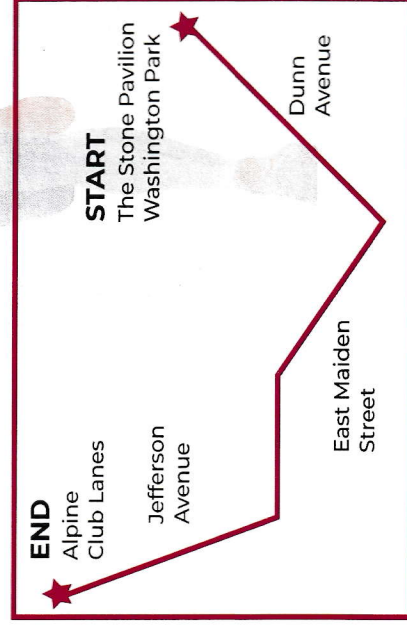
**SPONSOR THE  
RACE TODAY!**



## COURSE

Begins at The Stone Pavilion in Washington Park & ends at Alpine Club Lanes on Jefferson Avenue.

**This is NOT an OUT and BACK COURSE.**



# LABOR DAY 5K CLASSIC

SEPTEMBER 1, 2025



# 43<sup>rd</sup> ANNUAL LABOR DAY 5K CLASSIC

The Fastest 5K Race in Western Pa —  
Hundreds of personal records have  
been set on this course!

PART OF WCRCR GRAND PRIX

## DIRECTIONS

### FROM PITTSBURGH

I-79 S to I-70 W to Exit #17. At end of exit make  
right on Wylie Avenue. Go to 2<sup>nd</sup> stop light  
& make a left on Jefferson Avenue. Follow  
Jefferson Avenue to Alpine Club Lanes,  
735 Jefferson Avenue.

### FROM WHEELING

I-70 to Exit #17. Turn left on Jefferson Avenue.  
Follow Jefferson Avenue to Alpine Club Lanes,  
735 Jefferson Avenue.

### BUS TRANSPORTATION

Provided from Alpine Club Lanes to race  
start from 7:15 am until 8:15 am. (No parking  
is available at the starting line at the  
Stone Pavilion.)



## AGE GROUPS

Runners: Age 11& under, 12-15, 16-24, 25-29,  
30-34, 35-39, 40-44, 45-49, 50-54, 55-59,  
60-69, 70+

Walkers: 12 & under, 13-19, 20-29, 30-39,  
40-49, 50-59, & 60+

\*\* The race will be electronically chip timed.

## AWARDS

Runners: Top 3 male and female, Top 3 in age  
group. Walkers: Top male and female overall  
& Top 2 in age group. No duplication of awards.

## MISCELLANEOUS

Race day registration begins at 7:00 am at  
Alpine Club Lanes finish line. Race starts  
at 9:00 am for both walkers and runners.  
Refreshments and random prize posted  
at awards ceremony. Proceeds benefit  
Washington Christian Outreach. Timing  
service by Miles of Smiles.

Results posted at [www.smileymiles.com](http://www.smileymiles.com)

## FEE

Postmarked by 6/30/25, \$25.00. From 7/1/25  
to 8/15/25, \$30.00. From 8/16/25 until race  
day \$35.00. Make checks payable & send to  
Washington Christian Outreach, P.O. Box 1659,  
Washington, PA 15301. Tee shirts guaranteed  
to all pre-registered by 8/19/25.

Register online today at [www.runsignup.com](http://www.runsignup.com).

## INFORMATION

Call 724-222-0750 or  
email: [labordayrace@yahoo.com](mailto:labordayrace@yahoo.com)  
[www.runsignup.com](http://www.runsignup.com)

# ENTRY FORM LABOR DAY 5K CLASSIC

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please indicate:

Shirt Size    S    M    L    XL

Walker    \_\_\_\_\_    Runner    \_\_\_\_\_

Sex:    M    F

Age (on race day)    \_\_\_\_\_

In consideration of the acceptances of  
this entry. I waive for my self, my heirs  
and assigns, and any and all claims for  
damages which may arise against all  
organizations and individuals connected  
with this race as a result of any injuries which  
may be incurred during or from this race.

Signature: (Parent/Guardian if under 18)

Please send race entries to:

**LABOR DAY 5K CLASSIC**

Washington Christian Outreach  
PO Box 1659 - Washington PA, 15301 or  
sign up online and save at  
[www.runsignup.com](http://www.runsignup.com)



## WCRRRC AT THE RACES

### DUCK DASH 5K

Kelley Murdock	25:34(A-3)
Shane Brunazzi	33:37
Blake Headen	54:18(A-1)

### DUCK DASH 5K WALK

Sarah Donley	35:54(OA-1)
Carl Kondrach	35:54(OA-1)

### FLAG DAY 5K

Carl Kondrach	25:02
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### THRIFTY 5K

Kelley Murdock	25:04(A-2)
Rich Sandala	25:08(A-2)
Shane Brunazzi	29:29
Blake Headen	55:28(WALK)

### BACK THE BLUE 5K

Kelley Murdock	25:08
Shane Brunazzi	29:52(A-2)

### MOTHER OF ALL RACES 5K WALK

Carl Kondrach	28:28(OA-1)
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### TWILIGHT 5K

Carl Kondrach	24:42(A-3)
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### MELANOMA 5K

Mike Romzy	23:10(A-1)
Rich Sandala	25:54
David Dziemnski	29:07(A-2)
Dana Kuzniewski	32:14
Gary Lorenzi	33:29

### SUNSET DIP 5K

Kelley Murdock	33:18
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### STRAWBERRY 5K WALK

Dave Byers	46:28
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### RUN LIKE AN ANIMAL 5K

Shane Brunazzi	36:18
Kathleen Brunazzi	36:13
Ashlyn Brunazzi	41:25

### CURE SARCOMA 5K

David Dziemnski	29:35(A-1)
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## ICE CREAM 2M

Carl Kondrach	16:08(A-2)
Blake Headen	35:22(WALK)

### PETERS TWP 5K XC

Steve Chabala	24:02
Roxanne Wray	28:15

### FLAG DAY 5K

Carl Kondrach	25:02
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### ICE CREAM 2M

Kelley Murdock	17:21
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### CHICK-FIL-A 2M WALK

Carl Kondrach	18:11(OA-1)
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### RUN WITH RYAN 5K WALK

Sarah Donley	35:00(OA-1)
Kelley Murdock	36:51(OA-2)
Blake Headen	49:43(A-1)
Bill McCormick	52:27

### RUNNING WITH RYAN 5K

Rich Sandala	25:58(A-1)
Ann McCormick	27:55(A-2)
George Dziemnski	29:55
Dave Dziemnski	30:05
Amy Ferrence	31:15(A-3)
Loris Connelly	31:56
Mary Krett	46:19

### THRIFTY 5K

Kelley Murdock	25:04(A-2)
Rich Sandala	25:08(A-2)
Shane Brunazzi	29:29
Blake Headen	55:28(WALK)

### KYLE'S KLASSIC 5K

Mike Romzy	24:55(A-1)
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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.

