

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

SEPTEMBER, 2025

VOL. 25/ No. 9

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

## NEWS AND NOTES

We are now coming into the final third of the racing season. There are still many races scheduled to qualify for the Short Distance Grand Prix. Check the calendar for upcoming races. And make sure that you check the race results to be sure the races you have run were counted. Any questions on the listings, make sure to get in touch with Grace to give any updates to races that were missed.

## 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 \*

9/6 – \*Little Great Race – Charleroi, PA  
9/7 – Dormont Dash 5K – Dormont, PA  
9/13 – Marshall Relay for Life 5K – Moundsville WV  
9/13 – \*Tunnels to Towers 5K – Canonsburg, PA  
9/13 – Kids Chance 5K – South Park, PA  
9/14 – Joey Fabus Heroes Run 5K – Bethel Park, PA  
9/19 – Jim Dunn 5 Mile Twilight Run – Morgantown, WV  
9/20 – FAAP Fall Classic 5K/10K – North Park Harmar Pavillion – North Park, PA  
9/21 – \*Harvest 5K/10K/ Half Marathon – Boston, PA  
9/27 – \*Pumpkin Festival 5K – Barnesville, OH  
9/27 – Battle AX 5K – Ninevah, PA  
9/28 – \*Great Race 5K/10K – Pittsburgh, PA

10/4 – \*Waynesburg Homecoming 5K – Waynesburg, PA  
10/5 – Byron Martini Jr. 5K – Perryopolis, PA  
10/10 – Riverview 5K – Pittsburgh  
10/18 – LeCom Costume Caper 5K – Pittsburgh Strip District  
10/18 – Auggies Run/Walk 5K – Wheeling WV  
10/18 – Shades of Death 10 Miler – Avella, PA  
10/18 – Lions Club 5K – Steubenville, OH  
10/18 – Buffalo Creek Half Marathon – Cabot, PA  
10/19 – GCXC Trick or Trot 5K – Murrysburg, PA  
10/19 – South Park 5K – South Park TWP, PA  
10/25 – \*Jack-O-Lantern Jog 5K – Canonsburg, PA  
10/25 – Wilkins TWP 5K – Pittsburgh, PA  
10/25 – Musicians of Steel 5K – Millvale, PA

## Racing with WCRRC

Here is a short recap of two club races from August.

### Brookline Breeze 5K

This year at Brookline, we had five guys compete. Greg Mussitsch was our first finisher in a time of 21:56, with Mike Romzy one minute behind.

### Solar 5K/15K

This race had a greater group of WCRRC racers attending. In the 5K, Rich Sandala was our first finisher and Kelley Murdock was the first female finisher. And in the 15K race, we had both Carl Kondrach and Sarah Donley in the running. And they must have paced each other, since the finishing times were equal.

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).

## **Thinking thoughts thoughtlessly thought!!**

- \* Happen to you? Gotta be somewhere, at a particular time. You leave plenty of time. There's construction, schools back in, people busy etc. And all of a sudden; you hit every green light, school buses are safely behind you, rush hour traffic not an issue and what happens--30 min early. Maybe it's me.
- \* Are Albert Einstein and Frank Einstein related?
- \* The Mrs. says if restaurants can give crayons and puzzles to kiddos isn't it prudent to give readers and flashlights to those over 55?
- \* Be yourself -- everybody else is taken!
- \* Something rewarding about going to the library
- \* Signs of approaching season change: Charleroi LGR, Pgh. Great Race, Labor Day 5k and Bob Pikelis heading south!!
- \* Being as old as I am ( applies to most others aging) kidnappers ain't too interested in me.
- \* LGR course altered in downtown "Shoe-leroi." For those of you who participated hoping you're reading this in recovery mode not recuperate mode. And didn't have to be ""extricated"" from a cave in!!
- \* Consuming baked beetroot can improve running performance. You figure it out!
- \* Lastly, my buddy saw person at the gym riding the exercycle with a helmet on so...he climbed on the rowing machine next to them and donned a life vest.
- \* Joe "Buffet Buster" Mancinelli played 18 holes. Yea!!!
- \* 🍂❤️ U to all... look over your shoulder - falling leaves, falling temps. You know what's coming

For more Information:

**Contact:**

Adrienne Tharp

(724) 852-3460

atharp@waynesburg.edu

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Pre-Register Online:

<https://tinyurl.com/WU5KRace>



WAYNESBURG UNIVERSITY  
CENTER FOR SERVICE  
LEADERSHIP  
51 West College Street



29<sup>th</sup> ANNUAL

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WAYNESBURG UNIVERSITY  
**HOMECOMING**  
**5K** Run &  
Walk

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**Benefits**

Waynesburg University Student Mission Trip Fund  
Community Registration

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**Saturday, October 4, 2025**

**Start Time: 8:30 AM**

# Location

Waynesburg University  
51 West College Street  
Waynesburg, PA 15370

## From Pittsburgh/Washington

Take I-79 South to Waynesburg, Exit 14 (approximately 1 hour from Pittsburgh and 30 minutes from Washington) Follow the directions below to our campus.

## From Morgantown

Take I-79 North to Waynesburg, Exit 14 (approximately 30 minutes) Follow the directions below to our campus.

## From Uniontown

Route 21 West towards Waynesburg (approximately 3/4 a mile from I-79). There will be a traffic light at a “T” (CVS is in front of you) make a right at the light. Follow to the fifth traffic light. At the Courthouse on the left, turn right onto Washington Street. Go 3 blocks. Miller Hall is the large red brick building to your left at the fourth block. Parking is on your right.



# Date/ Time

Saturday, October 4, 2025  
Race starts at 8:30 a.m.

## Registration

Registration will take place in the Goodwin Performing Arts Center (behind Miller Hall)

Beginning at 7:30 a.m.

## Runners

13 & under 14-19 20-29 30-39 40-49 50-59  
60-69 70+

## Walkers

19 & under 20-29 30-39 40-49 50-59 60-69  
70+

## Entry Fee

\$25 per person, includes a t-shirt\*

\* To guarantee a t-shirt, register by September 1, 2025

## Awards

Awards for the first finishers, male and female, in the walk and run. Prizes for the top 2 finishers in each category, male and female, in the walk & run.

## Timing

SERJ Timing Service

Please print clearly. Detach and mail this form with your check payable to Waynesburg University to:

Waynesburg University, C/O Adrienne Tharp,  
51 W. College St. Waynesburg, PA 15370

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

M/F: \_\_\_\_\_ Age: \_\_\_\_\_ (as of 10/4/2025)

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone No. ( ) \_\_\_\_\_ - \_\_\_\_\_

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

Adult Shirt (circle): S M L XL XXL

Race Selection:

5K WALK \_\_\_\_\_ 5K RUN \_\_\_\_\_

WAIVER:

“In consideration of this entry being accepted, I, the undersigned, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsors of Waynesburg University, their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have been successfully trained for the completion of a race of this distance and difficulty.”

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

PARENT OR GUARDIAN (if under 18): \_\_\_\_\_

EMERGENCY CONTACT:

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

Relationship: \_\_\_\_\_

Telephone No. ( ) \_\_\_\_\_ - \_\_\_\_\_



# When Should You Replace Your Running Shoes?

***Plus, tips on how to take care of your shoes, and how to tell if they are worn out.***

Your running shoes do a lot. With every step you take, they're absorbing impact, guiding your stride, protecting your feet from debris on the roads and trails and making it possible for you to get in your easy run, hard workout, and everything in between. But they don't last forever.

And wearing a pair of running shoes past their prime means sacrificing the shoes' ability to help keep you running strong, which can lead to achy joints, blisters, not-so-fun runs, and, yes, even injuries.

But with the price tag of running shoes going up every year, it's important to find the sweet spot: knowing how long you can wear your shoes before you need to replace them while also doing all the things to help make them last just a smidge longer.

Here's everything you need to know about when to replace your worn out running shoes, signs they're worn out and tips for making your running shoes last longer.

## Signs You Need to Replace Your Worn Out Running Shoes

Deciding when your shoes are toast is a blend of obvious visual clues and closely listening to your body's feedback. Here's a comprehensive list of what to look for:

1. First, and perhaps the most obvious, is seeing holes in the upper along with fraying fabric. However, if you're seeing holes in your shoes they have passed their running lifespan.

2. Second, check out the midsole. Do you see visible creases that indicate the cushioning isn't bouncing back to its original shape? If so, this is a good sign your shoes are done. If you're seeing this, you may also be experiencing some joint pain or a general lack-of-cushion feel when you run. (Not seeing this, but still feeling a lack of bounce in your stride? Move on to assess sleep and coffee consumption first.)
3. Next do you see uneven wear patterns on the bottom and/or an overall worn-out outsole that indicates the shoe has lost some of its original structure? This can also show up as feedback while you run: Do you feel like you're landing a bit lopsided or that one shoe feels different than the other in a way that it didn't previously?
4. Blisters forming that you didn't use to get in the same shoes can be another telltale sign.
5. Finally, if you're hearing any sort of weird noises coming from your shoes like clicking or squashing (most likely from cushioning wear or general structural changes), you need new ones.

Now, all of this said, sometimes you aren't going to notice every worn-out-shoe symptom at once. So how else can you solve this shoe-getting-worn-out dilemma?

The tried and true method is to replace your running shoes every 300 to 500 miles. So if you've worn your current pair somewhere in that range, *and* you're experiencing any one of the above symptoms, they might be worn out and it's time to upgrade your shoe quiver. (You can use your smartwatch, Strava or a good ol' fashioned spreadsheet or notebook to track your mileage if you want to get very specific).



## Can Running Shoes Last Beyond 500 Miles?

While 300 to 500 miles is the general guideline for running shoe lifespan because the midsole often loses cushion and resiliency after this much wear, we all wear through shoes a little bit differently and therefore it's not truly an exact science.

So how many miles should running shoes last? It's important to go by feel. Mileage your shoes can handle depends on many factors: the make, model and materials of a shoe, the way you run, how far you run, your weight, the terrain you run on, even the way you put on and take off your shoes, etc.

What's more, shoe materials continue to evolve. Some running shoes are more durable today than just a few years ago thanks to a blend of EVA and TPU. While soft and light, EVA breaks down quicker than TPU, which is a more durable, heavy material. Modern racing shoes and super trainers are made from much more delicate midsole materials that aren't built to last 300 to 500 miles.

So, if you notice your daily trainers lasting longer than your racing shoes, it's probably because the cushioning is a blend of materials offer more durability. (That's a good reminder that lighter isn't always better!)

## How to Make Running Shoes Last Longer

You can take a few simple steps to squeeze as much life out of your running shoes as possible.

First, buy multiple pairs at once and rotate them. A simple rotation of two to three running shoes can go a long way. Not only does it extend the time between shoe purchases, but it also extends the life of

each shoe by giving the shoe a rest between uses..

While it's totally fine (and expected) to get your running shoes dirty, cleaning off clumps of dirt, washing them (by hand, spraying with a hose, or in a washing machine on a low-spin mode with a non-abrasive soap), and then drying them with newspaper or a [shoe dryer](#) if they get really wet and dirty can help to prevent premature breakdown of the materials. (Runner beware: If you dry your shoes by letting them sit in the sun, there is a chance some of the materials will shrink a bit and they will feel tighter when you put them on again.)

This also goes for storage. Keep your shoes inside rather than on your porch or in your car. Heat especially can break down EVA quicker, and sometimes even affect glues used to connect parts of the shoe's midsole and upper. So keeping them indoors with temperature control ensures they live a happy life.

While this might sound like an extra step, unlace your shoes and remove them with your hands versus kicking them off with your feet all laced up. Taking shoes off the wrong way (yes, there's a wrong way), can wear down the structure of the heel, and change the way the shoe feels before they're technically worn out (which could lead to early shoe retirement; not what you want).

Finally, keep your running shoes just for running, rather than running errands. Because even if you're just walking through parking lots and the grocery store aisles, it's mileage that adds up over time.

Bottom line? Listen to your body, pay attention to your shoes and track your mileage so you don't push your worn out shoes farther than they can go.

## **Battle Ax Races**

Albie Rinehart has sent a note from his friend, Greg Hopkins, about a unique race that is coming up on September 27<sup>th</sup>. Here is all the info.

**BattleAxe 5k Trail Run** - This unique 5k offers a walk/run on a wooded trail course with race day activities for the entire family. All race participants will receive a BattleAxe t-shirt, finisher medal, and the BattleAxe Brunch to enjoy after the race. Top place finishers also receive podium awards. Come out and enjoy a day on the trail with the whole family! Registration options start at \$69 online for the run or walk. Late registration will be available beginning at 9 am the day of the event for \$79 [Course Profile Video](#)

**BattleAxe 5k Obstacle Run** - For competitive runners looking for more, this obstacle course run is everything you're after! This forested 5k trail offers a gauntlet of challenges. Over 27+ obstacles including: Heavy Hoist, Traverse Rope, Spear Throw, 10' Grotto, Z-Wall 2.0 and many more! The course will test your upper body & core strength, concentration, endurance, agility, balance, and much more! Top place obstacle finishers also receive BattleAxe podium awards. Registration options start at \$79 online for the obstacle course run. Late registration will be available beginning at 9 am the day of the event for \$89 [Course Profile Video](#)

**BattleAxe 5k Four Person Team Obstacle Run** - Looking for a way to build camaraderie and trust? The Team Obstacle Run is what you want. Gather a team of four runners and put your minds and bodies to the ultimate test. The 5k trail facilitates your team to conquer obstacles, perform

physical surveillance, reconnaissance & social engineering while you run. This is the ultimate in team building. Get your group together and sign up! Top placing teams receive BattleAxe podium awards. Registration options start at \$279 for your four person team. Late registration will be available beginning at 9 am the day of the event for \$289 [Course Profile Video](#)

Early Registration ends August 1st. Race shirts and finishing medals are guaranteed to early registrants ONLY. Race shirts will be first come, first serve for quantity and sizes to those who register AFTER August 1st. Online registration will close on Thursday, September 25, 2025 at noon.

Rain or shine, come out and support our VFD!!

## **Place**

1699 Browns Creek Road  
Nineveh, PA US 15353



### **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 (9/2/25)**

|                   |   |         |
|-------------------|---|---------|
| 1. Sarah Donley   | 7 | 45:50   |
| 2. Roxanne Wray   | 1 | 48:31   |
| 3. Tom Carter     | 2 | 49:25   |
| 4. Carl Kondrach  | 7 | 49:43   |
| 5. Kelley Murdock | 2 | 50:17   |
| 6. Steve Chabala  | 1 | 50:18   |
| 7. Rich Durbin    | 1 | 51:03   |
| 8. John Titus     | 2 | 51:41   |
| 9. Shane Brunazzi | 1 | 1:06:44 |

#### **GRAND PRIX (9/2/25)**

|                       |    |       |
|-----------------------|----|-------|
| 1. Ann McCormick      | 6  | 32:17 |
| 2. Mike Romzy         | 3  | 35:59 |
| 3. Greg Mussitsch     | 3  | 39:21 |
| 4. Amy Ference        | 4  | 39:52 |
| 5. Rich Sandala       | 12 | 40:36 |
| 6. Rich Durbin        | 2  | 41:26 |
| 7. Bob Pikelis        | 2  | 41:49 |
| 8. Jaminique Milliren | 1  | 42:00 |
| 9. Donna Patrino      | 2  | 43:55 |
| 10. Dave Dziamnski    | 4  | 44:10 |
| 11. Kelley Murdock    | 6  | 44:24 |
| 12. Steve Chabala     | 6  | 44:52 |
| 13. George Dziaminski | 5  | 46:30 |
| 14. Deb Calmbacher    | 1  | 46:41 |
| 15. Carl Kondrach     | 2  | 46:51 |
| 16. Sarah Donley      | 2  | 48:03 |
| 17. Roxanne Wray      | 4  | 48:16 |
| 18. Shane Brunazzi    | 2  | 49:24 |
| 19. Gary Chabala      | 4  | 49:36 |
| 20. David Bess        | 1  | 50:27 |
| 21. Tom Carter        | 3  | 50:53 |
| 22. Pat Calmbacher    | 2  | 52:20 |
| 23. Gary Lorenzi      | 4  | 52:32 |
| 24. Mary Krett        | 2  | 54:23 |

### **WALKING GRAND PRIX( 9/2/25)**

|                        |   |         |
|------------------------|---|---------|
| 1. Sister Kevin Berdis | 3 | 44:09   |
| 2. Carl Kondrach       | 1 | 51:59   |
| 3. Sarah Donley        | 1 | 1:00:24 |
| 4. Kelley Murdock      | 3 | 1:04:17 |
| 5. Bill McCormick      | 6 | 1:10:51 |
| 6. Dave Byers          | 2 | 1:11:39 |
| 7. Blake Headen        | 5 | 1:26:47 |

#### **RUNNING SHORTS**

- Ultra-processed food still makes up 55% of American calories, down just 1% since 2017.
- In a study of 3,500 adults, Monday dread correlated with 23% higher cortisol levels.
- A meta-analysis of 26 studies found aerobic/resistance training cut both depression and anxiety symptoms.
- Boston Marathon introduces time penalties for steep downhill qualifying courses in 2027, adding 5-10 minutes to times based on the elevation drop to ensure fairness among qualifiers.
- Hot tubs beat saunas for circulation and immune health benefits by raising core body temps more effectively.
- Trail running has surged nearly 26% over the last three years.
- A five year study found the average American averages 32 minutes less sleep each night.



**WCRRC AT THE RACES****HOSPITAL RUN 5K WALK**

Dave Byers 38:20

**MARLAND HTS 2M WALK**

Carl Kondrach 22:13(OA-1)

Blake Headen 31:49

**ICE CREAM 5K**

Greg Mussitsch 23:51

Carl Kondrach 24:51

Sarah Donley 26:13(A-3)

Dave Byers 47:57

**BROOKLINE BREEZE 5K**

Greg Mussitsch 21:56(A-1)

Mike Romzy 22:53(A-3)

Steve Chabala 25:00

Gary Chabala 33:57(A-3)

**SOLAR VORTEX 5K**

Rich Sandala 25:05(A-1)

Kelley Murdock 25:09(OA-3)

Shane Brunazzi 26:58(A-1)

David Dziemski 27:46(A-1)

George Dziemski 27:46(A-1)

Amy Ference 30:48(A-1)

Ashlyn Brunazzi 31:04(A-2)

Gary Lorenzi 32:30(A-3)

Loris Connelly 32:32(A-2)

**SOLAR VORTEX 15K**

Sarah Donley 1:22:24(A-1)

Carl Kondrach 1:27:23(A-2)

**FLY ME TO THE MOON 5K**

Kelley Murdock 25:15

**MAIN ST CLASSIC 5K**

Gary Lorenzi 32:18

**FINDLAY 5K**

Mike Romzy 22:18(A-1)

**CALEB SMALL 5K**

Sarah Donley 31:48(A-1)

**CALAB SMALL 5K WALK**

Carl Kondrach 36:22(OA-1)

Blake Headen 54:02(OA-2)

**ROAD TO TRAIL 5K**

Shane Brunazzi 27:25(A-2)

**ROAD TO TRAIL 5K WALK**

Ashlyn Brunazzi 46:30(OA-1)

**CORNY 5K**

Kelley Murdock 26:31(A-1)

Ann McCormick 29:49(A-1)

**CORNY 5K WALK**

Bill McCormick 53:14(A-1)

**BEAT THE HEAT 5K WALK**

Dave Byers 46:06(OA-2)

**ROCK AND ROLL 13.1M**

Sarah Donley 2:02:49

Carl Kondrach 2:06:43

**SCIO 5K WALK**

Carl Kondrach 33:27(OA-1)

Sarah Donley 35:08(OA-1)

Blake Headen 49:40(A-3)

**RUCK CANCER WALK**

Blake Headen 20:22

**RUN AROUND THE****SQUARE 5K**

Mike Romzy 22:26(A-1)

Greg Mussitsch 22:30(A-2)

John Titus 26:43

**BANANA SPLIT 5K**

Carl Kondrach 24:35(A-2)

Rich Sandala 24:52(A-1)

Sarah Donley 24:58(A-2)

**WHITE OAK HEROES 5K**

Shane Brunazzi 29:53(A-1)

**TUPELO 26.2M**

Sarah Donley 4:40:23

Carl Kondrach 5:31:41

**BRADY'S RUN 5K**

Ashlyn Brunazzi 29:00(A-1)

**BRADY'S RUN 10K**

Shane Brunazzi 59:39

**BRADY'S RUN 5K WALK**

Dave Byers 47:36(A-2)

**ROOSTER RUN 5K**

Kelley Murdock 27:12(A-2)

**ROOSTER RUN 5K WALK**

Blake Headen 58:31

**BERGMAN MEM. 5K**

Kelley Murdock 26:14

**LABOR DAY CLASSIC 5K**

Greg Mussitsch 20:12(A-1)

Steve Chabala 22:50(A-2)

Rich Sandala 23:52

Ann McCormick 26:01(A-1)

Roxanne Wray 26:27(A-3)

Gary Chabala 30:09(A-3)

Pat Calmbacher 30:15

Tom Carter 38:20

**LD CLASSIC 5K WALK**

S. Kevin Berdis 46:04(A-1)

Blake Headen 52:02(A-2)

Bill McCormick 52:02(A-3)

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.

