

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

NOV/DEC, 2025

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VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

We received a note from Grace, making sure that we remind you to check your race results in this newsletter. If there are any questions about missing races, you should contact her before December 31st. That is the final cut-off date and there will be no extensions. Don't wait for the last minute to get any corrections done.

You will notice in this edition that there is a special going on at Fleet Feet. For all our club members, you will see that there is a one-time discount for purchases in store. If you are interested, make sure that you bring the page enclosed because the UPC on the back page needs to be scanned to get the discount. Happy shopping.

We recently received this notice from Tony Prezioso, for anyone who uses the Montour Trail.

During a recent inspection of the National Tunnel, Montour Trail engineers found areas of deterioration of the concrete ceiling, enough to affect the tunnel's stability. Therefore, Montour Trail Council has decided that, in the interest of safety, the National Tunnel will temporarily close on Tuesday morning 11 November, for initial stabilization work to its deteriorating ceiling near the western entrance. The Tunnel, located in Cecil township at MM 25, was constructed by the Montour Railroad in the early twentieth century.

The Trail Council envisions reopening the tunnel early in 2026 after the initial stabilization phase is completed. Further, more extensive renovations will occur at a date still to be determined. The Montour Trail Council does not recommend any

on-road detour currently due to narrow lanes and limited sight lines. Trail users wishing to travel west can access the trail at the McConnell Road trailhead (MP 24.7); users wishing to head east can access the trail at Kurnick trailhead (MP 25.6).

UPCOMING RACES

With our season coming to a close, there are still a few more opportunities to get the qualifying races in for the Grand Prix. Follow the * to get any races still on tap to get you into the GP.

11/16 – Settlers Park 50K/25K/8Mile – Oakdale, PA

11/22 – *Eva Bowley Turkey Trot – Waynesburg, PA

11/27 – *Any Turkey Trot will count. Make sure to turn in your time to have it counted.

12/6 – Jingle Bell Jog 5K – Chester, WV

12/6 – *Santa Sprint 5K/1M – Barnesville, OH

12/6 – Lutheran Life 5K – Zelienople, PA

12/7 – *Run Santa Run – Oakdale, PA

12/13 – Run Santa Run – Cranberry TWP, PA

12/14 – *Run Santa Run – South Park, PA

12/14 – Festivus for the Rest of Us – New Florence, PA

1/1 – *New Year's Resolution Run – Oakdale, PA

1/11 – Frigid Five Miler – Allison Park, PA

1/17 – Run to Read Half Marathon – Fairmont, WV

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.

2025 GRAND PRIX UPDATE

The GP series is in the final stretch. Please check your stats and let Grace know of any issues. Times will be taken until December 31. Take a minute to make sure all your races have been included. In the current standings, anyone with just one race was eliminated.

LONG DISTANCE GP (11/4/25)

1. Sarah Donley	8	45:49
2. Steve Chabala	2	49:05
3. Kelley Murdock	3	49:37
4. Carl Kondrach	7	49:43
5. Tom Carter	3	50:25
6. John Titus	5	52:58

GRAND PRIX (11/4/25)

1. Ann McCormick	8	31:58
2. Mike Romzy	5	35:12
3. Greg Mussitsch	4	38:28
4. Amy Ference	6	39:35
5. Rich Sandala	16	40:11
6. Bob Pikelis	3	42:08
7. Dave Dzieminski	6	43:04
8. Kelley Murdock	7	44:06
9. Steve Chabala	8	44:40
10. George Dzieminski	7	45:16
11. Carl Kondrach	3	46:15
12. Sarah Donley	5	47:15
13. Roxanne Wray	4	48:16
14. Gary Chabala	5	49:41
15. Gary Lorenzi	7	49:47
16. Shane Brunazzi	3	50:05
17. Tom Carter	3	50:53
18. Pat Calmbacher	4	51:50
19. Mary Krett	4	53:

WALKING GRAND PRIX(11/4/25)

1. Sister Kevin Berdis	5	43:37
2. Sarah Donley	4	1:01
3. Kelley Murdock	5	1:03:59
4. Bill McCormick	8	1:08:4
5. Blake Headen	7	1:23:26

RUNNING SHORTS

- In the 2024 New York City Marathon, the Nike Free Run FlyKnit, the Nike VaporFly and the Saucony Endorphin were the 3 most popular shoes worn in the race.
- Ultrarunner Killian Jornet has completed climbs of all accessible 14,000-foot peaks in the US.
- The new Apple Watch debuts hypertension notifications using heart rate sensors to track chronic blood pressure risks.
- A study of 80,000 volunteers finds that volunteering at races significantly boost happiness and life satisfaction.
- A study of 80,000 adults found men exercise twice as long as women to achieve similar reductions in coronary heart disease risk.
- 55 runners from 18 countries completed the world's deepest marathon, 1120 meters underground in Sweden.
- A survey of 10,000 high school students showed Nike's continued domination as the top brand for teens.
- Swiss running brand **ON** faces a lawsuit over its Cloudtec running shoes with customers claiming squeaking noises from the shoes.



You're Invited

Friends & Family





It is the time of year when we reflect upon what is most important to us.

We at Fleet Feet Pittsburgh are thankful for YOU: our friends, family, training partners and loyal guests.

To show our appreciation, we are offering you **20% off** your entire purchase. Stop by anytime through Sunday, November 23 for this one-time offer.

**Fleet Feet Pittsburgh
Bakery Square & South Hills**

Through 11/23/25

*One-time use only. Offer valid on all regular-priced items.
Offer valid through the close of business on Sunday, November 23, 2025.



In addition to the Title Sponsor listed on the front,
this race was also made possible through
the generosity of these sponsors:

Platinum Sponsors:

- Domino's Pizza
- Donley's Delicious Delights
- Shirts N' More
- Joe Allen & Associates
- Margaret J. Miller

5 Year+ Major Donors:

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- Kemp Insurance
- Braido Memorials
- Lakeland Foods
- Flag Floors
- B.P.O.E. No 1699
- AVC Communication
- Joe's Tire
- Starr's Used Cars
- VFW, Post 2792
- Parker & Parker Ins

Grand Prix Sponsors:



WEB DESIGN



Refreshments generously provided at a
reduced cost by the following businesses:

- Domino's Pizza
- Donley's Delicious Delights
- Convenient Food Mart

Race Course manned and patrolled by the following:

- Barnesville Fire Dept.
- Barnesville Police Dept.
- Barnesville Street Dept.

Thank You Race Committee Members:

- The Kondrach Family
- Sarah D. Donley
- Margaret J. Miller
- Melanie Krupinski
- Chris Thoburn
- Kayla Crum
- Blake Headen
- Cody Johnson
- Shelly & Jeff Ward
- John Fitzgerald

OTHER RELEVANT WEB INFO:

www.barnesvilleohio.com
www.behra.us
www.dominos.com
www.joestires.com
www.kempins.com
www.lorrigrisellinsurance.com
www.10Twebdesign.com
newsradio1170.iheart.com
www.runsignup.com
www.smileymiles.com
www.wccrc.org

Carl A. Kondrach, Director

808 North Chestnut Street
Barnesville, OH 43713-1118
www.RailsToTrails5k.com
Facebook.com/barnesvillegrandprix
Cell: 740-310-2117/740-238-1833
E-mail: carlkondrach@yahoo.com

Barnesville's 16th Annual



Santa's Spirit Sprint

1 Mile Run & Walk (2:00pm)

5k Run & Walk (2:30pm)

Saturday, Dec 6, 2025

Title Sponsor:

The State Farm logo, featuring the word "StateFarm" in white on a red background, with a red circular graphic to the left.

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808 North Chestnut Street

Barnesville, OH 43713-1118

Please Note: This is a MAILING ADDRESS ONLY! The physical race address is: 440 Watt Avenue

	CHAIR/			>11/23	11/23+
5K:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	RUN	WALK	CYCLE	\$28	\$33

Mile:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	RUN	WALK	CHAIR	\$19	\$24

Both:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	RUN	WALK	CHAIR	\$36	\$46

Shirt Size: (Add \$7 to Entry Fee) (Circle One):

No Shirt	S	M	L	XL	2XL
<input type="checkbox"/>		<input type="checkbox"/>			
Male		Female			
				\$	_____
				\$	_____
Donation					
Total Enclosed					

Name _____ (please PRINT clearly)

Address _____

City _____ State _____ ZIP _____

Phone _____ e-mail (optional) _____

Age on Race Day _____ Birthday _____

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 on leashes will 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 or Legal Guardian if under 18)

Date _____

Race Info:

Directions: (From all points North:) Interstate 70 East/West, Exit #202 (Barnesville/Dennison). Go 6.5 miles on State Route 800 South to first Red Light. Turn left. Go 200 yards. (From all points South:) Take State Route 800 North to 3rd Red Light. Turn right. Go 200 yards. Race begins at and ends near The Rock Gym, 440 Watt Avenue

Entry Fee: 5K: \$26 pre-registered (deadline, postmarked BEFORE Thanksgiving). \$31 late registration AFTER Thanksgiving and on race day. **1 Mile:** \$17 pre-registered, \$22 AFTER Thanksgiving. Special Rate: **Save \$11** by registering for both events!

Registration: May be done through the mail, on race day or online. Please visit: www.RunSignUp.com
Keyword: Santa Sprint

Christmas Ornaments: All registrants, regardless of distance, are guaranteed a Christmas ornament. Limit one per registrant.

Challenge Finish Medals: All participants who finish both distances earn a Challenge Finish Medal

5K Trophies: Unique, high-quality, hand-crafted trophies to be awarded in the following categories:

Walkers: 1. Top 5 Male, Top 5 Female

2. Top 3 Male, Top 3 Female Masters (50+)

3. Top 3 Male & Female in Age Groups unless otherwise indicated.

Runners: 1. Top 5 Male, Top 5 Female

2. Top 3 Male, Top 3 Female Masters (40+)

3. Top 3 Male & Female in Age Groups unless otherwise indicated **NO DUPLICATIONS!**

Wheelchair/Handcyclists: Top Finisher

1-Mile Trophies: Unique, high-quality, ceramic Pottery trophies to be awarded to Top 3 Male & Female in the Run, the Walk, and Chair/Hand Cycle Divisions. Ceramic-fired medallions earned to the winners of each Age Group in the Run and the Walk.

NO DUPLICATIONS!

Combined Awards: Top 5 Male, Top 5 Female in The Run and The Walk with the LOWEST COMBINED TIME for both events will earn an additional hand-crafted custom plaque!

PLEASE NOTE: the Age Groups for Males & Females and for the Walk & Run can and do vary greatly. They are ever-changing as they are based on last-year's results so as to minimize waste and cut down on cost. If you have a specific Age-Group award question, please contact the director.

Shirts: All pre-registered 5K/1M runners and walkers are guaranteed a soft-blend T-shirt for an additional \$7.00 Register early to nab the right size! Late registrants: first come, first serve as shirts will be limited.

More Race Info:

Santa Spirit Award: We are currently seeking candidates for this award. If you would like to nominate someone, please contact me by phone, e-mail, or with your application (deadline, Thanksgiving) Please include a detailed summary of how he/she has made contributions to the walking, running, or racing communities. Winner will be recognized and presented with a special trophy

Grand Prix: This event is associated with 2 Grand Prix Series: 1. The Washington County (Pa.) Road Runners Club (WCRRC) Grand Prix Series; 2. It is the 4th of four races in the Barnesville Grand Prix.

Barnesville Grand Prix Series



Door Prizes: Over 50 door prizes/certificates valued nearly \$1000 donated by surrounding merchants/businesses. As usual, No tickets or purchase necessary. Must be present to win.

Timing: Chip-in-the-bib timing by Miles of Smiles:
www.SmileyMiles.com

Food: All participants are welcomed to join us for hot dogs, pizza, hot cocoa (and marshmallows, of course!) and Donley's Delicious Delights homemade cookies!

Pictures: Race pictures will be available for viewing and download on Facebook:

BehrART Also, check out his site: www.behra.us

Additional photos will be posted on Ohio Belmont Run Walk Facebook Page.

Proceeds: All funds from this event, as well as a large majority from the other 3 events in this Series, are used to fill the Christmas Wish Lists of 15-25 less fortunate children in Barnesville and other parts of Belmont County during the Holiday Season. We communicate directly with the parents/grandparents/guardians of those struggling or in need. They provide us with a complete list of all childrens' wants, needs, and more. We do our very best to fulfill all requests. Donations are accepted race day. For a complete list of needed items, please contact the Race Director.

NO REFUNDS ISSUED FOR ANY REASON!

The Best Time to Eat Breakfast for Longevity

By Fran Kritz

When you eat breakfast could play a surprising role in your long-term health—and might even influence how long you live.

New research suggests that as people age, the timing of their meals—especially breakfast—may reveal important clues about their overall health and longevity. Eating breakfast later in the day was linked to higher rates of health problems such as depression, fatigue, and oral health issues, as well as a greater risk of early death.¹

“Our research suggests that changes in when older adults eat, especially the timing of breakfast, could serve as an easy-to-monitor marker of their overall health status,” lead author [Hassan Dashti, PhD, RD](#), a nutrition scientist and circadian biologist at Massachusetts General Hospital, said in a [news release](#). “Encouraging older adults in having consistent meal schedules could become part of broader strategies to promoting healthy aging and longevity.”

What the Study Found

The study, published in *Communications Medicine*, followed nearly 3,000 adults in the U.K. aged 42 to 94, for more than 20 years. Participants reported when they typically ate breakfast, lunch, and dinner, along with information on sleep habits, occupations, and perceived health.

As participants aged, their breakfast and dinner times gradually shifted later. On average, each additional decade of life was linked to an eight-minute delay in breakfast and a four-minute delay in dinner. Their overall eating window—the number of hours between first and last meal—also narrowed.

Notably, delaying breakfast was associated with more chronic health conditions and a higher risk of death during the 20-year follow-up. Each additional hour’s delay in breakfast time corresponded to an 8–11% increased risk of death.¹

These findings show that “later meal timing, especially delayed breakfast, is tied to both health challenges and increased mortality risk in older adults,” [said Dashti](#). “They add new meaning to the saying that ‘breakfast is the most important meal of the day,’ especially for older individuals.”

So, When's the Best Time to Eat

Breakfast for Longevity?

While the study can’t prove that eating earlier directly causes longer life, experts say the evidence points toward benefits of an early, consistent breakfast routine.

“Our metabolism is programmed for eating soon after we wake,” said [Courtney M. Peterson, PhD](#), associate professor of nutrition at the Harvard T.H. Chan School of Public Health. Skipping breakfast and eating later can lead to glucose spikes later in the day, which may damage blood vessels, increase inflammation, and raise the risk of chronic

diseases like type 2 diabetes and heart disease.²

In other words: aim to [eat within one to two hours of waking](#). Doing so helps synchronize your body's internal clock, supporting better metabolism and sleep patterns throughout the day.

Why Routine Matters

Experts emphasize that it's not only when you eat, but also how consistently you do it.

Regular meal timing can help reinforce the body's circadian rhythm—the internal 24-hour clock that governs everything from digestion to hormone release.

“When you think of a life lived to promote health,” said [Nate Wood, MD](#), director of Culinary Medicine at the Yale School of Medicine, “it involves regular exercise, high-quality sleep, positive social connections, and a healthy eating routine—being deliberate not only about what you eat but also about when you eat it.”

By eating breakfast and dinner earlier, you align your eating pattern with your body's natural rhythms, reduce the likelihood of overeating late at night, and support better sleep.

The Bottom Line

Eating breakfast earlier hasn't yet been proven to extend your lifespan—but it's increasingly clear that it's a marker of better health and may play a role in promoting longevity.

“Things we do every day with a deliberate routine are more impactful than we realize for

our health,” said Wood. “Making time for a healthy, consistent breakfast may be one of those small, daily choices that add up to a longer, healthier life.”

Thoughtfully thinking thoughtlessly

Mickey Hornack

*Why is abbreviated such a long word?

* Add: What is occasionally regularity?

* If most car accidents happen 5miles from your house why not move 10mi away?

* When the Mrs. uses a hammer it's like lightning.

* Winter-geez WCRRC'ers did we really have a fall? Labor Day 5k - solid, Little Great Race - overcame cave ins, PGH Great Race- another good one in the books. But they're over!

* ADD hammers- lightning never strikes same place twice!!!!

* Someone mentioned to me Carl and BàLàke didn't do a race over the weekend - my reply, fake news!!

* Running shoe predictions for 2026: more use of foam, more expensive & less durable. Like everything else??

* Data: only 1.1-1.3 million marathon finishes per yr globally. About 1% of population. There's repeat runners (individuals do multiple marathons per year) so the 1% could be lower. If you did 1 in '25 you are a unique statistic. Oh boy opened a WCRRC can of worms there.

WCRRRC AT THE RACES

COSTUME CAPER 5K

Rich Sandala 24:26(A-1)

AUGIES 5K

Kelley Murdock 24:52(A-1)

AUGIES 5K WALK

Blake Headen 47:53(A-1)

STEUBENVILLE 5K

Pat Calmbacher 32:35(A-3)

Deb Calmbacher 34:02(A-1)

SOUTH PARK 5K

Rich Sandala 26:19(A-1)

George Dzieminski 30:03(A-2)

Amy Ference 31:45(A-1)

Gary Lorenzi 32:02(A-3)

SHADES OF DEATH 10M

Laurel Rush 2:58:15

PENQUINS 6.6K

Mike Romzy 28:27(A-2)

Rich Sandala 33:34

COLUMBUS 13.1M

Dave Byers 3:45:10

WAYNESBURG 5K

Ann McCormick 28:48

Mary Krett 45:55(A-2)

WAYNESBURG 5K WALK

Kelley Murdock 36:40(OA-1)

Albie Rinehart 44:35(OA-1)

Bill McCormick 50:01

HAYDEN 13.1M

Kelley Murdock 2:05:43

MONSTER DASH 5K WALK

Blake Headen 59:06(A-2)

ATLANTIC CITY 26.2M

Sarah Donley 4:22:27

Carl Kondrach 5:25:27

JACK O'LANTERN 5K

Steve Chabala 25:32

Rich Sandala 25:43(A-2)

Bob Pikelis 29:13(A-2)

Gary Chabala 34:10

Kathy Starkey 42:44(A-1)

P'TIT TRAIN DU NORD 26.2M

John Titus 4:54:23

MONSTER MILE

Carl Kondrach 7:50(OA-1)

Blake Headen 21:47

HALLOWEEN DASH 5K

Carl Kondrach 29:55

GREAT PUMPKIN 5K

Kelley Murdock 25:10(A-1)

Shane Brunazzi 32:20

MONSTERS AT THE MALL 5K

Deb Calmbacher 34:13(A-2)

Pat Calmbacher 35:30(A-3)

MONSTERS AT THE MALL 1M

Deb Clambacher 10:03(A-1)

MONSTERS/MALL 1M WALK

Carl Kondrach 9:58(OA-1)

Blake Headen 15:28(A-1)

MARINE CORPS 26.2

Tom Carter 5:48:55

HALLOWEEN HUSTLE 5K WALK

Blake Headen 58:01(A-2)

Carl Kondrach 58:03(A-3)

DIRT MONSTER 5M

Shane Brunazzi 53:24

Ashlyn Brunazzi 1:13:53(A-2)

AXE RUN 5K WALK

Blake Headen 52:56

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.

