

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

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VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

Before we get into the news, we wanted to pass on a sad note. A great friend of the WCRRRC and the local running community, Don Zenner "The Running Barber" passed away recently. IF any of you knew Don, or saw his shop, you would have seen the many medals and trophies he collected from a long career of running.

We want to send out another reminder that the 2026 dues are now due. We know that you all look forward to all the ramblings in this, what Mickey Hornack calls the "Fish Wrap", newsletter. So, if you don't want to miss out on all the happenings this year, send your dues in APAP. Only 37% of members have sent in so far.

UPCOMING RACES

There will not be many races scheduled for the first three months of the year, but here are a few that we found that may interest some club members. And, as always, the * indicates a Grand Prix race.

- 2/28 – Spring Thaw 5/10/15/20 Mile – Allison Park, PA
- 3/1 – Withrow 5K – Helicon Brewery – Oakdale, PA
- 3/7 – Shamrock Run 5K – Cranberry TWP, PA
- 3/7 – Ellport Comm. 5K – Ellport, PA
- 3/7 – South Park Half Marathon – South Park, PA
- 3/8 – Shamrock Run 5K – South Park, PA
- 3/14 – Pittsburgh Parade Dash 5K – Pittsburgh, PA

- 3/21 – Stepping Into Spring 5K – Moundsville, WV
- 3/28 – *Barnesville Rotary 5K – Barnesville, OH
- 3/28 – *Bucks for Bucs 5K – Houston, PA
- 3/38 – Just A Short Run 5K/8M/Half/30K -North Park Boathouse
- 4/4 – Bunny Hop 5K – Belle Vernon, PA
- 4/11 – Yough Band on the Run 5K – West Newton, PA
- 4/12 – Steel Valley Strides – Homestead, PA
- 4/18 – Carnegie VFRB 5K – Carnegie, PA

WCRRRC AT THE RACES

January is usually the slowest month to get races in, and this one was no different. Between the falling snow and temperatures, I don't know which one was the worst. Hopefully the upcoming next month will bring us some warmer weather and better outside conditions. But there was a race or two to recap.

New Year's Resolution Run

About 100 brave souls took on the snow-covered trail to run the Resolution race. Devon Evanovich was the first finisher in a time of 19:28. We had two members of the club finish, with Mike Romzy first and Rich Sandala second.

Frigid Five Miler

For this tough 5-mile race, we had three club members come through. Carl Kondrach first, with Sarah Donley second and Shane Brunazzi the third finisher.

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.

Thoughts thought thoughtfully thoughtlessly

Mickey Hornack

* Let's talk about snow. Beautiful when sitting inside watching it pile up, discouraging when the thought creeps up that you gotta move it, downright ugly 4 days after snowfall driving along every road.

* Add snow: it's uncanny how those tiny little bunches of ice crystals completely dissipates people's ability to operate a motor vehicle

* Final-snow: By the time the fish wrap gets out the snow will just be another memory of how much the treadmill was used, what was binged watched while on it and what vaudeville stars Bålakè had pictures taken with!

* The winter Olympics are spectacular. I don't understand curling scores, don't know how a good triple somersault 100ft up in the air on a snowboard is graded, beyond me how anybody who does jumps, spins, and even flips on ice skates doesn't get automatic perfect scores. Give me - more points win (not in golf) first over finish wins. But the winter games are spectacular.

* The Mrs. and I had a small agreement to disagree. She said OK I'm going shopping. I said fair enough. I thought Wow that wasn't too bad. Then I went to family room and noticed she took all the remotes!!! HmMMM

* Recently my life line of all activities (cell phone of course) was compromised. Major league compromised. I hope it never happens to anyone, well maybe crooks and thieves and criminals. Wait those are the ones who instigate that crappola! It never happens to them.

* How many of "yinz" out there have YakTrax?

* 🙌❤️ U to all

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 3XL

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 and goodie bag are guaranteed with registration on or before March 16, 2026.

(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,
March 28, 2026
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

50/50 and Silent Auction!
Silent Auction winners will be drawn during the race and presented immediately following the race.



Barnesville Grand Prix Series



Race Committee:

- The Kondrach Family
- Sarah D. Donley
- Meg Miller
- Melanie Krupinski
- Chris Thoburn
- Blake Headen
- Jeff & Shelly Ward
- John K. Fitzgerald
- Cody Johnson

The Barnesville Grand Prix Racing Series is one where participants are rewarded for their just that: their participation. It does not matter your finishing time, overall place, award status, etc. Those who complete (not just register) all 4 are entitled to a special award recognizing their achievement. Here are the other races in the Series:

- Rails-to-Trails 5k** Saturday, May 16, 2026 @ 8:30 (at The Depot)
- Pumpkin Festival 5k** Saturday, September 26, 2026 @ 8:30am (at The Watt Center)
- Santa's Sprint 1M/5k** Saturday, December 5, 2026 @ 2:00pm (at The Rock)

Grand Prix Sponsors:



Donley's Delicious Delights
 RTR Dale Landefeld
 Joe Allen & Associates



WEB DESIGN

Special Thanks:
 Village of Barnesville
 Barnesville Park Staff



We have partnered with GCXC Racing Youngstown! To save \$5.00 for select GCXC races, please use the code

CARL25
www.GCXC Racing.com

17th Annual
 Rotary Lake
 5k Trail Walk/Run
 And Kids Fun Run
 Rotary Lake



DATE: March 28, 2026
5K RACE TIME: 9:15 AM—Walk
 9:30 AM-- Run
REGISTRATION: 7:30 AM

KID'S FUN RUN WILL TAKE PLACE IMMEDIATELY AFTER 5K EVENTS ARE COMPLETED

ON LINE REGISTRATION IS AVAILABLE AT:



www.RunSignUp.com
keyword: ROTARY LAKE

Please PRINT Neatly!

DIRECTIONS: Interstate 70 East/West, Exit #202 (Barnesville/Dennison). Go 5.5 miles on State Route 800 South. When you reach the Certified Gas Station @ the top of the hill, proceed 0.25 mile. Make an extreme right U- turn. Follow signs to Park Entrance.

COURSES: Courses are contained inside Park property. Both the Run & Walk start near the Youth Center, proceed down the hill to the Rotary Lake on the trail for two loops (1 lower, 1 upper) and back. Course will be marked. The Trail is crushed limestone and natural surfaces. Course could be muddy in the event of rain. There will be a 15 minute delay for Runners.

KID'S FUN RUN is 100 meters long (for little ones) and 1/3 mile long (for older kids) and will start at the finish line of the 5k IMMEDIATELY AFTER the 5k finishes (normally around 10:30am) All kids will receive a "Finishers Award".

AWARDS: Awards based on last year's results and will be given out in the following categories:

Walkers: 1. Top 5 Male, Top 5 Female 2. Top 3 Masters (50+) 3. Males and Females in Age Groups as indicated:

Age Groups: (Male Walk): Top 5 49+ Under, Top 5 50-59, Top 5 60+ (Female Walk): Top 2: <29, 30-39, 40-49 (3) 50-54 (3), 55-59 (3), 60+ Over (3)

Remember, if you register as a Walker, YOU MUST WALK the entire race. By definition, one foot must remain on the ground at all times. Jogging or Trotting is considered slow running, not fast walking.

Runners: 1. Top 5 Male, Top 5 Female 2. Top 3 Masters (40+) 3. Top 3 Male & Female in Age Groups (unless otherwise indicated):

Age Groups: (Male Run): 14+ Under, 15-19 (2), 20-29, 30-39, 40-49, 50-54 (2), 55-59 (2), 60+ Over; (Female Run): 19+ Under, 20-29 (2), 30-34(2), 35-39, 40-44, 45-49, 50-59, 60+ Over

NO DUPLICATIONS! NO REFUNDS!

PHOTOS: BehrArt www.behr.us and on FB Additional photos will be posted on the Ohio Belmont Run Walk Forum Page

EXTRAS: Come join us for Pizza, pepperoni rolls, Donley's Delicious Delights Homemade Cookies and Hot Cocoa

TIMING: Provided by Miles of Smiles Timing: www.SmileyMiles.com

The 1st 200 Registered will receive a hoodie or long-sleeved T-shirt. Race day swag will be limited: Sizes are NOT guaranteed: First come, first serve!

Entry Fee: 5K Run/Walk Pre-Registration: \$27.00 (long-sleeved T-shirt orders; hooded sweatshirts, please add \$7.00)

After March 15 & Race Day: \$33.00 (available shirts are 1st come, 1st serve)

MAKE CHECKS PAYABLE TO: Kid's Fun Run: FREE RAILS-TO-TRAILS 5K

808 North Chestnut Street
Barnesville, OH 43713

CONTACT INFO:

Carl A. Kondrach, Director
(740)310-2117

carlkondrach@yahoo.com

www.Facebook.com/barnesvillegrandprix

www.RailsToTrails5K.com



This race is part of the Washington Co. (Pa.) Road Runners Club Series.

PROCEEDS WILL BE DIVIDED BETWEEN MAINTENANCE OF THE PARK TRAIL AND Santa's Spirit Sprint 1M/5k held in December



We have partnered with GCXC Racing Youngstown! To save \$5.00 for select races, please use the code

CARL25

www.GCXC Racing.com

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: _____

EMAIL: _____

AGE ON RACEDAY: _____

GENDER: MALE _____ FEMALE _____

RACE: RUNNER _____ WALKER _____

Shirt size preference: S M L XL 2XL (+\$1.00) (+\$2.00) AMOUNT

PLEASE CHECK ONE:

_____ KIDS FUN RUN FREE

_____ Run/Walk EARLY ENTRY FEE..... \$27.00 (if ordering a long-sleeved T-shirt)

_____ Run/Walk Fee AFTER MARCH 16..... \$33.00

_____ Upgrade to hooded sweatshirt..... \$7.00

NOTE: XL/2XL T-shirts/Hoodies, please add \$1.00/\$2.00

WAVIER: 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 at this event while traveling 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 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 under 18) DATE

How long do you really need to taper?

The art of backing off without losing your edge

Most runners don't wreck their training block by missing workouts. Instead, they get to race week with too much fatigue still hanging around. You know the hard work is done, but it's still tough to step back and let your legs catch up.

A taper is simply a planned reduction in training before a race. You keep some intensity, but you cut volume so your body has time to absorb the work you've already done. [Done well](#), it sharpens you up, but done poorly, or skipped entirely, it can leave you feeling flat or tired despite weeks of solid training.

Why tapering works

There's solid [research](#) behind tapering, especially for endurance events. Multiple studies have shown that reducing training volume by 40 to 60 percent while maintaining intensity leads to improvements in performance, strength and running economy. The key point is that fitness doesn't disappear quickly, but fatigue can linger. A taper lets fatigue drop while fitness stays put.

How to taper for 5K/10K

For shorter races, your taper can be brief. Most runners do well with 5–7 days of reduced volume. You're not trying to recover from massive mileage; you're just trying to shake off any built-up fatigue. Keep one short session with [race-pace work](#) early in the week, then dial things back.

The half-marathon taper

Half marathons sit in the middle. The training load is heavier, especially if you've been doing long tempo runs and [higher mileage](#). A taper of 7–10 days works for many runners. Volume comes down, and your long runs shorten, but you still touch half-marathon pace once or twice. And if you feel wiped from a hard final training block, don't be afraid to take a longer rest—you're not going to lose fitness, you're going to lose fatigue.

The marathon taper

Marathon tapers are longer for a reason. The combination of high mileage, long runs and cumulative muscle damage takes time to clear. Most evidence-based plans use a 2–3 week taper, gradually reducing volume while keeping marathon-pace work in the mix. [Research](#) consistently shows this approach improves performance compared to maintaining full training right up to race week.

What stays in, what comes out

A taper is not total rest. Your overall mileage drops, the length of your runs shortens and any back-to-back hard days disappear. What stays is [your intensity](#), just in smaller doses. Short intervals, strides or brief race-pace segments keep you sharp without adding fatigue.

One size doesn't fit all

Experience matters, and newer runners often benefit from slightly longer tapers, while [experienced racers](#) sometimes know that their bodies prefer shorter ones. Your age, injury history and how aggressively you trained all play a role. If you finish workouts feeling exhausted, you probably need more taper time, not less.

2026 WCRRC GRAND PRIX

The WCRRC Grand Prix's will both return in 2026 for the 41st edition. Please read the guidelines below and keep for your own information.

****Races must be run while a member. Anyone joining in progress will be eligible as of the date of membership and may not use races run prior to membership.**

2026 GRAND PRIX (RUN AND WALK)

1. A tentative list of races is below. Changes and additions will be made as soon as possible. Not all races are confirmed as of this printing.

Resolution Run 5K (Jan)	Peters TWP 5K (June)	Little Great Race 5K (Sept)
Barnesville Park 5K (March)	Whiskey Rebellion 5K (July)	Boston Harvest 5K/10K(Sept)
Bucks for Bucs 5K (March)	Running for Ryan 5K (July)	Pumpkin Festival 5K (Sept)
Polar Vortex 5K/15K (April)	Mission Possible – (Aug)	Great Race 5K/10K (Sept)
Rails to Trails 5K (May)	Brookline Breeze 5K (Aug)	Jack-O-Lantern Jog 5K (Oct)
The Pike Hike 5K (May)	Stop, Drop and Run 5K (April)	Santa Trots 4K (Dec)
Run for Alex 5M (June)	Labor Day 5K (Sept)	Turkey Trots 5K Any (Nov)

2. To qualify, you must run or walk 5 of the above races.

3. It is the responsibility of the runner to report times to Grace Goffi (724-745-4029) gracegoffi@verizon.net.

4. A separate Walking Division will use the above races.

5. The standings will be posted monthly in the newsletter.

6. The Grand Prix is age graded. Your age on race day will be needed to score you.

2025 LONG DISTANCE GRAND PRIX

1. Any race 15K or longer can be used. No races are chosen by the WCRRC.

2. Four (4) races are needed to qualify.

3. The LDGP begins January 1 and ends December 16.

4. All times must be submitted to Tom or Grace within two weeks
QUESTIONS? Tom Trettel (724-229-0201)

KEEP THIS PAGE FOR FUTURE REFERENCE

WCRRRC AT THE RACES

FROSTY 5M

Carl Kondrach 43:49
Sarah Donley 45:02

MISTLETOE MILE

Carl Kondrach 15:45

UGLY SWEATER 5K

Carl Kondrach 29:12(A-2)
Sarah Donley 33:20(A-2)

X-MAS EVE 5K

Steve Chabala 25:12

NY EVE TWILIGHT 5K

Carl Kondrach 24:03(A-3)

NY EVE 2M WALK

Carl Kondrach 20:03(OA-1)

RESOLUTION RUN 5K

Mike Romzy 21:40(A-1)
Steve Chabala 25:26
Kelley Murdock 25:49
Rich Sandala 25:54

RESOLUTION RUN 5K

Carl Kondrach 22:28

RUN FOR EDUCATION 5K

Carl Kondrach 25:27(A-1)

RESOLUTION RUN 5K

Mike Romzy 24:30(A-2)
Rich Sandala 27:19(A-3)

FRIGID 5M

Carl Kondrach 44:46
Sarah Donley 45:58
Shane Brunazzi 48:25

NORTH PARK 13.1M

Mike Romzy 1:44:02(A-3)
Steve Chabala 1:58:51

MONROE CROSS TRAIL 17K(FLA)

Tom Carter 2:00:51

CLASSIC CITY 26.2(GA)

Carl Kondrach 5:43:52

GROUNDHOG 5K

Kelley Murdock 27:51(A-3)

RAILWAY 26.2M WALK

Carl Kondrach 5:57:07

RUNNING SHORTS

- A Consumer Report investigation tested 23 protein powders and found 2/3 exceeded safe lead levels.
- Jon Sutherland ended the world's longest daily run streak at more than 55 years.
- A new study of cycling accidents finds more crashes in mountain biking than road biking. However, the road injuries were significantly more severe.
- Phil Gore won the Big's Backyard Ultra World Championship by covering 750 kilometers (466 miles) in 114 hours on continuous running.
- The London Marathon raised 87 million dollars for charity, the largest one-day fundraiser event ever.
- Pittsburgh's EQT 10M/10K drew over 5,500 runners this year.
- An investigation uncovered a counterfeit bib scheme for the NY City Marathon where 10 runners used fake bibs to run for free.
- Chicago's Turkey Trot was this country's largest with over 44,000 participants.
- Run Signup reports over 1.3 million participants in a Turkey Trot this year.
- Researchers found the pre-race stress increases the likelihood of colds in marathon runners, especially men.
- Harvard researchers found that exercising with variety is healthier than focusing on one activity. Walking showed the best results for any single activity.
- Young adults are back at races with 18-29-year-olds making up 18% of all participants, the most since 2017.

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.

Washington County Road Runners Club
1427 Willowbrook Drive
Washington, PA 15301

