

WASHINGTON COUNTY ROAD RUNNERS CLUB

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VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

We just got notice a few days ago that the Jack-O-Lantern Jog, which takes place in October in Canonsburg has been cancelled for this year. We will be looking at some upcoming races to try and replace this one in the Grand Prix.

While that one was cancelled, we just got news that the Rain Day 5K will return this year on July 25th. Get ready for the up and down course once again.

We also wanted to congratulate Sister Kevin Berdis for winning the Jack Pawlik award for finishing first in the GP walk category. And also to Ann McCormick and Steve Chabala for winning the Scott Garet award for the most improved runners in 2025.

UPCOMING RACES

The racing season is really starting to heat up once again. Listed are races we found in the Tri-State area. And remember that all club races are marked with an *.

6/13 – PGH Melanoma 5K – South Park, PA
6/14 – Duck Dash 5K – Wellsburg, WV.
6/20 – *Peters TWP CC 5K – Peters TWP, PA
6/20 – Dean Martin 5K – Steubenville, OH
6/20 – PGH Cure Sarcoma 5K – Allison Park, PA
6/27 – Wellsburg 4th of July 5K – Wellsburg, WV
6/27 – *Running for Ryan 5K – Belle Vernon, PA
7/4 – *Whiskey Rebellion 5K- Canonsburg, PA
7/4 – *Brentwood Firecracker 5K – Brentwood, PA

7/18 – Bridgeville Boro 5K – Bridgeville, PA
7/25 – *Rain Day 5K – Waynesburg, PA
7/25 – Turtle Trot 5K – Turtle Creek, PA
7/26 – Sewickley Sundae 5K – Sewickley, PA
7/29 – Betty Zane 5K – Martins Ferry, OH

WCRRRC AT THE RACES

The races are starting to heat up, and the WCRRRC runners are taking advantage of the schedule. Here are just a few of the May races.

Rails to Trails 5K

A good crowd showed up in Barnesville, Ohio for the annual Rails to Trails 5K. Some slight adjustments needed to be made to the course, since not all the trail construction was completed. Greg Mussitsch was our first club finisher, coming through in a time of 19:28, and being the 2nd overall finisher. In the walk category, Blake Headen was our only finisher in 47:04, and Sarah Donley won the dog walking category.

The Pike Hike 5K

The Pike Hike was brought back for the second year and a few hearty souls conquered the trail and the hill. In the running category, we had Kelley Murdock our first overall WCRRRC finisher, and first overall in the female category, in a nice time of 26:27. And Bill McCormick was our first walker to cross the finish line in a time of 51:55.

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 thinking thoughtlessly thoughtfully!

Mickey Hornack

- * Some days are simply play on your cell phone days.
- * Do you absolutely despise replacing full trash bags?
- * My competitive spirit lives on- my competitive ability dies daily
- * I've said this before, why is a hi temp of 53° not so comfy but a low temp of 53° feels great!
- * Running and walking have experienced a massive boom. Major marathon entries up 50%. Odds of getting a bib are lower than being accepted at an Ivy League school. Wait, Ivy League school? Hmmmmm
- * Chocolate covered eclairs or "Krispy" cremes?
- * Vegetarians will love this: dark chocolate contains more iron than beef. Geez most everyone will like it! Sarris here I come.
- * The little dot over the letter "i" is called a 'tittle' not trettel.
- * The Mrs. says I can sleep so well I could do it with my eyes closed
- * Fact: 1 hour run or walk is a gateway to a massive pizza.
- * I don't get to races much anymore but the signage and PR for Run for Alex is tops. Golfing at Chippewa frequently gives 1st hand notice!!
- * 🙌❤️ U (understanding)

The Pros and Cons of Modern Technology and Innovation

AJW writes about changes in running tech that he appreciates, and those he could do without.

By Andy Jones-Wilkins

We are clearly in a golden age of modern technology and innovation in the sports of trail running and ultrarunning. It seems like every other week, some new cool device, invention, or formula emerges to seemingly push the sport even further into the future.

As an experienced ultrarunner, I have had to learn to adapt to these changes and challenges while also sticking to my guns on the things I believe are at the core of the sport. As a result, I would like to share three modern changes I like and have embraced, and three I do not like and could do without.

Positive Changes

Shoes

The evolution in shoe technology has quite literally saved my running career. Due to four hip surgeries over the past decade, I have had to adapt my training and my body to a new reality. Advancements in foam technology, as well as carbon-plated shoes, have

enabled me to continue to enjoy running even as my body has, from time to time, rebelled.

Nutrition

It was not too long ago that many of us struggled to figure out the eternal mystery of ultrarunning and nutrition. A decade or so ago, it seemed like everyone had an opinion of what worked and what didn't, and there were no clear answers anywhere. Advances in science, as well as truly revolutionary research, have allowed the sports nutrition industry to dial in some current best practices for runners, even mid-to-back-of-the-packers like me, and eliminate much of the guesswork that once dominated the sport. While much research remains to be done in this area, progress has been great.

GPS Watches

Those of us who've been around for a while remember the days when the distance of most of our trail runs was simply a guesstimate. We often had to count on outdated U.S. Forest Service maps to give us just an inkling of how far we had to go to the next aid station. Not anymore! The advent of the GPS watch with pace-per-mile splits, maps, and other cool features — many of which I don't understand — has given us a much truer sense of our training and racing and the tools we need to make it longer in the sport.

Negative Changes

Phones

If there is one thing about running that I have always cherished, it's that it provides me a daily opportunity to get away from the distractions of life and focus solely on the task at hand.

Unfortunately, these days, the ubiquitous cell phone provides nearly constant distraction, and as a result, I choose to never bring my phone with me when I run — unless it is required by the event I am participating in, or my wife makes me, and even then, I keep it turned off until I need it. When I tell people this, most folks look at me dumbfounded as they can't imagine spending two to three hours on a Saturday morning untethered from their phones. As for me, I'll take untethered any day!

Headphones

I understand that many people like to spend time on their runs listening to music or catching up on their favorite podcasts. Not me! I gave up using headphones while running long ago. Running gives me the opportunity to connect with my surroundings through all five senses. The sights, smells, and sounds I encounter while running on my favorite trail are what make the experience whole for me. Depriving myself of hearing birds chirping or the rushing river beside me lessens the experience and makes it incomplete.

Influencers

There is no doubt that social media has opened up the world of trail running and ultrarunning to a whole new population that may never have found it otherwise. Websites, podcasts, and videos provide

would-be runners with an up-close-and-personal look at the sport that was, for years, mysterious and unreachable. Along the way, running influencers emerged and now have a disproportionate impact on the sport's social media. While I understand the commercial value these folks bring to the sport, I can't help but long for the simpler days when the influencing took place in person, out on the trails, or around the campfire afterward.

Trust Me

And there you have it, my take on the pros and cons of modern technology and innovation in trail running and ultrarunning. Here's hoping some of you can leave your phones behind, shed the headphones, and be influenced by what's on the inside rather than all the noise on the outside. Trust me, it's worked for decades!

WHY ENDURANCE ATHLETES MAY NEED MORE PROTEIN THAN STRENGTH TRAINERS—AND HOW TO FIX IT

You're logging the workouts. Clocking the long rides. Nailing every swim split. So why aren't the fitness gains showing up the way they should?

Many endurance athletes are making a crucial fueling mistake—they're under-consuming protein, especially in the days and weeks of training when adaptation is happening.

And the consequences aren't just sore muscles. We're talking blunted adaptation, reduced recovery, and missed performance potential.

1. ENDURANCE TRAINING BURNS PROTEIN AS FUEL

Endurance training doesn't just break down muscle tissue—it actually uses protein as a fuel source. On average, athletes oxidize **5–10 grams of protein per hour** of sustained aerobic exercise, depending on training intensity and nutritional status¹.

That means you're not just damaging muscle fibers—you're burning amino acids, especially leucine, mid-session.

This elevated turnover of amino acids—particularly leucine and the other branched-chain amino acids (BCAAs)—sets endurance athletes apart and explains why their daily

protein needs are higher than those of strength athletes.

2. HOW MUCH PROTEIN IS OPTIMAL? THE IAAO METHOD TELLS US

To figure out how much protein endurance athletes actually need, scientists used a precise technique: the **Indicator Amino Acid Oxidation (IAAO) method**. This method measures the point where the body stops burning essential amino acids due to inadequate intake and begins to optimally use them for building new muscle and other important body proteins.

In a study by Kato et al. (2016), trained endurance athletes showed a clear breakpoint at **1.65g protein/kg bodyweight/day**, with **1.83g protein/kg bodyweight/day** identified as the **recommended optimal intake** for maximizing protein retention and synthesis².

- Below this intake = amino acids are inefficiently oxidized (wasted)
- At this intake = the body has full amino acid availability to build and remodel muscle, mitochondria, capillary networks and other important body proteins.

3. HIGHER PROTEIN INTAKE SHOWS TRENDS TOWARD BETTER PERFORMANCE &

RECOVERY (FASTER 5K)

In a 2019 study by Williamson et al., endurance-trained men consumed diets with either LOW (0.94 g/kg), MODERATE (1.20 g/kg), or HIGH (1.83 g/kg) protein (same as the new recommendations) for four days while also running a total of 65km during those four days. Before and after that training and protein intervention block they performed a 5k race simulation³.

Key findings:

Improvement trends for the HIGH protein group in the following measures

- 5k Performance
→ 0.61% faster from before the 4 days training to after - that's 7-8 seconds faster with just four days of higher protein
- Reduced delayed onset muscle soreness (DOMS)
- Better strength retention (max voluntary contraction or MVC)

The MOD and LOW protein groups trended worse in performance, DOMS & MVC from before to after the 4 days of training.

4. ENDURANCE ATHLETES MAY REQUIRE MORE PROTEIN THAN STRENGTH ATHLETES

It may sound counterintuitive, but these new daily protein recommendations are higher for endurance athletes than the latest science-based recommendations for strength athletes⁴.

And, in a 2023 follow-up study, Williamson et al. confirmed that the earlier findings that endurance-trained athletes require higher

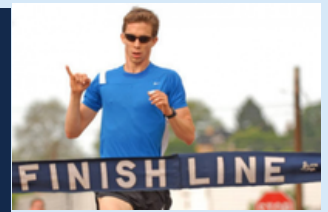
daily protein intake and further found no difference between males and females⁵.

HOW TO OPTIMIZE YOUR INTAKE

If you're putting in serious training volume and want to support real gains:

- Target 1.8 g/kg/day of high-quality protein
(For a 160 lb / 72.5 kg athlete, that's ~130g/day)
- Rebuild what you burn—especially after long sessions
- Include leucine-rich proteins to maximize synthesis of new proteins
- Use protein not just to recover—but to adapt

RUNNING WITH RYAN —REGISTRATION FORM



13TH ANNUAL RUNNING WITH RYAN 5K RUN/WALK

Saturday, June 27

THE RUNNING WITH RYAN 5K IS A RUN/WALK RACE TO CELEBRATE RYAN'S LOVE FOR RUNNING AND PROVIDE SCHOLARSHIPS TO BELLE VERNON AREA & RINGGOLD TRACK AND FIELD ATHLETES.

RACE START TIME IS 8 AM AT THE DIVIRGILIO PAVILLION (203 MUNICIPAL DRIVE, BELLE VERNON, 15012). THE RACE FEE IS \$25.

TO GUARANTEE A SHIRT, ENTRY FEE OF \$25 MUST BE RECEIVED BY JUNE 2, 2026. ENTRY FEE IS \$30 AFTER JUNE 2 AND DOES NOT GUARANTEE A SHIRT.

EMAIL 5KRUNNINGWITHRYAN@GMAIL.COM OR CALL/TEXT 724.322.5466 WITH ANY QUESTIONS.



REGISTRATION INFORMATION

Full Name:

E-Mail:

Race Day age:
(06-27-2026)

Gender:

☐

Male

☐

Female

Phone Number:

Event:

☐

5K Run

☐

1 Mile Walk (no awards)

Select (1) one.

☐

5K Walk

☐

Kids Fun Run (free for kids aged 7 and under)

Shirt Size:

☐

Small

☐

Medium

☐

Large

☐

X-Large

☐

2XL

☐

3XL

Select (1) one.

☐

Youth Small

☐

Youth Medium

☐

Youth Large

Waiver: I know that running in a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver, know these facts and in consideration of you accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the organizers of this race, city, the parks and recreation board and all sponsors, their representatives and successors, for all claims of liabilities of any kind arising out of my participation of this event.

Signature (Parent's Signature if under 18)

Date

Mail to: Amanda Moravec DeMedio
239 Karen Drive
Elizabeth, PA 15037

Checks made payable to Running with Ryan.

WCRRC AT THE RACES

MOTHERS DAY 5K WALK

Carl Kondrach 29:13(OA-1)

PIKE HIKE 5K

Kelley Murdock 26:27(OA-1)

Ann McCormick 30:07(A-1)

Carrie Perrell 34:55(A-2)

Kathy Starkey 37:54(A-3)

Bill McCormick 51:55(W)

PHIL'S 5K

Rich Sandala 25:54(A-1)

PLUMCREEK 5K

Shane Brunazzi 27:03

Ashlyn Brunazzi 31:28

HELICON 5K

Ann McCormick 28:34

Bill McCormick 51:21(W)

PITTSBURGH 13.1M

Matt Brandstetter 2:06

Sarah Brandstetter 2:41

THRIFTY 5K

Rich Sandala 25:13(A-2)

Kelley Murdock 26:20(A-2)

Blake Headen 59:47(W)

OHIOPYLE 5K

Kelley Murdock 26:38(A-1)

RAILS TO TRAILS 5K

Greg Mussitsch 19:28(OA-2)

Rich Sandala 24:37(A-1)

Bob Pikelis 27:20(A-2)

Stush Sadowski 31:05(A-2)

RAILS TO TRAILS 5K WALK

Blake Headen 47:04(A-1)

RTS CANINE WALK 5K

Sarah Donley/Dash 38:24(OA-1)

BACK THE BLUE 5K

Shane Brunazzi 26:29

Dave Byers 47:41

CLAIRTON 5K

Shane Brunazzi 26:29

Ashlyn Brunazzi 30:55(A-1)

OGDEN 13.1M WALK

Carl Kondrach 2:14"56(OA-3)

Sarah Donley 2:49:59(OA-3)

OGDEN 5K

Rich Sandala 23:57(A-1)

OGDEN 5K WALK

Blake Headen 46:03(A-1)

STATION 10 5K WALK

Blake Headen

JAVA JOG 5K

Shane Brunazzi 26:46

BE A WARRIOR 5K

Shane Brunazzi 37:03(A-1)

BEAVER 5K

Greg Mussitsch 19:45(A-1)

Gary Chabala 33:47

PHIL'S 5K

Rich Sandala 25:54(A-1)

MEMORIAL MILE WALK

Blake Headen 17:09

RUN THROUGH THE WOODS 5K

Rich Sandala 26:13(A-2)

Kelley Murdock 27:15

RUN FOR ALEX 2M

Rich Sandala 16:42(A-1)

Kelley Murdock 16:52(A-1)

Nathan Milliren 17:15(A-3)

Hadlee Milliren 18:12

Cathy Loos 18:18(A-1)

Ann McCormick 18:31(A-1)

Bob Pikelis 19:02(A-1)

Owen Milliren 19:31

Dave Dzieminski 20:04(A-2)

Carrie Perrell 21:32(A-2)

Loris Connelly 21:49(A-3)

Gary Chabala 21:50

Blake Headen 43:24(A-3)WALK

2026 GRAND PRIX BEGINS

The 2026 Grand Prix is in full swing.

Once again, members can compete in the regular GP, the walk GP, and the Long Distance GP. Times can be submitted to the club website or provided directly to GP wizard Grace Goffi. Times need to be submitted in a timely manner.

2026 GRAND PRIX(6-7-26)

1.	Ann McCormick	2	33:30
2.	Greg Mussitsch	2	34:32
3.	Mike Romzy	1	39:34
4.	Amy Ference	1	39:41
5.	Bob Pikelis	3	41:02
6.	Rich Sandala	4	42:01
7.	Jaminique Milliren	1	44:23
8.	Dave Dziemnicki	1	45:40
9.	Carrie Perrill	3	46:03
10.	Kelley Murdock	2	46:48
11.	Kathy Starkey	3	47:03
12.	Gary Lorenzi	2	48:14
13.	Shane Brunazzi	1	48:24
14.	Stush Sadowski	1	48:50
15.	Steve Chabala	2	50:02
16.	Sarah Donley	1	51:35
17.	Gary Chabala	1	52:20
18.	George Dziemnicki	2	52:49
19.	Sarah Donley	1	51:35
20.	Roxanne Wray	1	52:54
21.	Mary Krett	1	59:45

2026 GP WALK(6-7-26)

1.	Sister Kevin Berdis	1	46:00
2.	Bill McCormick	2	1:04:49
3.	Sarah Donley	1	1:05:44
4.	Blake Headen	2	1:29:25

2026 LONG DISTANCE GP(6-7-26)

1.	Mike Romzy	2	40:24
2.	Steve Chabala	1	48:01
3.	Kelley Murdock	2	51:00
4.	John Titus	2	52:11
5.	Matt Brandstetter	1	52:38
6.	Sarah Brandstetter	1	1:01:51

RUN FOR ALEX 5M

1.	Greg Mussitsch	36:02(A-1)
2.	Jam Milliren	41:43(A-2)
3.	Steve Chabala	44:46(A-1)
4.	Roxanne Wray	50:30
5.	Shane Brunazzi	51:24
6.	Gary Lorenzi	54:06(A-2)
7.	George Dziemnicki	58:55(A-2)
8.	Kathy Starkey	59:15(A-1)
9.	Mary Krett	1:26:17(A-3)

GREENFIELD GLIDE 5K

Rich Sandala	25:54(A-1)
Roxanne Wray	30:23

RUN TO BREATHE 5K

Shane Brunazzi	29:38(A-3)
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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.

