

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

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VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

Where did the year go? We are already at the last third of 2026, and there are still plenty of races to get the times in for the GP. Make sure that you are checking the GP standings to make sure the races you ran have been entered. Any questions on the results, please contact Grace ASAP.

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 *.

9/12 – *Little Great Race 5K – Charleroi, PA
9/12 – Newton River Festival 5K – West Newton, PA
9/12 – *Tunnels to Towers 5K – Canonsburg, PA
9/19 – *Mission Possible XI 5K - Canonsburg, PA
9/19 – Run for their Lives 5K – Allison Park, PA
9/20 – *Harvest 5K/10K/Half Marathon – Boston, PA
9/26 – *Pumpkin Festival 5K – Barnesville, OH
9/27 – *Great Race 5K/10K – Pittsburgh
10/3 – *Waynesburg Homecoming 5K – Waynesburg, PA
10/3 – Sardis Fire & Rescue 5K – Sardis, OH
10/4 – FAAP Fall Classic 5K/10K – Gibsonia, PA
10/4 – Byron Martini Jr. 5K Memorial – Perryopolis, PA
10/9 – Riverview 5K – Pittsburgh, PA
10/17 – Auggies Run 5K – Wheeling, WV

10/17 – LeCom Costume Caper 5K – Pittsburgh, PA

10/17 – Shades of Death 10 Mile – Avella, PA

10/18 – Monroeville Great Pumpkin Race – Monroeville, PA

10/24 – Musicians of Steel 5K – Pittsburgh, PA

10/25 – *South Park 5K – South Park, PA

10/31 – Murrys ville Trick or Trot 5K – Murrys ville, PA

WCRRRC AT THE RACES

August really heated up with races every weekend to try. We had a few to run for the GP also, with a few members competing.

Brookline Breeze 5K

A good crowd always wants to conquer that uphill start, and this year was no exception. We had 3 members run the race, with Mike Romzy finishing first for the club in 22:52.

Solar Vortex 5K/15K

This year saw a good crowd for the event. Our first female finisher was Jaminique Milliren, who also took first in the masters in a time 21:56. And Rich Sandala was our first male finisher in 25:28. In the 15K, we only had Carl Kondrach finish the run in 1:36:07.

Corny 5K

The second-year event had a nice crowd finish. Steve Chabala was our first male finisher and Ann McCormick the first club female runner. And Bill McCormick was our only walker 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.

THOUGHTABLES

Mickey Hornack

:

* Have all yinz been following our illustrious Bálakè on the most venerable Facebook page there is? His! He finds races that don't have viable GPS locations on our planet, wins the walk or his AGP and shares his celebration. Pretty cool!! What a champion of WCRRC.

* Is it better to pick up your pace or slow your pace if you happen to be on a run/walk and a substantial rain shower attacks you?

* As I age, and believe me I am, I really feel my people skills are fine...my tolerance- well now we have an issue.

* I'm not sure of the next dispatch of the WCRRC fish wrap, but I hope when it comes out we'll be complaining about lack of rain. Cause lately my search engine is heavy on Ark building.

* Weather forecasts, oh boy, those prognosticators try so hard, they are nice people, relay their reports eloquently but geez accuracy is low on the list!

* When washing clothes do you actually measure the liquid detergent or just dump some in? Pods don't count. Pour baby pour!

* Fall racing is a good time to participate in some terrific races. Get after it!!

* The Mrs. asked me why I talk to myself "occasionally" well, I said sometimes I need expert advice.

* Cold weather coming soon but if you are looking for a challenge & a cold weather race--- Antarctica Ice Marathon on Union Glacier. Entry fee is a mere \$22,500! Flight, lodging (that would be camp lodging??) food, entry fee etc. Hey Bálake this has your mark all over it.

👉❤️ U WCRRC'ers

High-intensity sprints can trigger molecular changes in the bloodstream

By
[Will Stone](#)

We all know a sprint feels different than a longer, take-it-slow kind of workout.

Your heart is pounding. You gasp for air. Maybe your muscles burn.

Now, new research reveals this kind of high-intensity training [provokes a remarkably](#) robust response throughout the bloodstream. The training substantially mobilizes more proteins and other molecules in the hours after exercising.

The findings were published by a team of scientists in the U.S., Australia and Sweden. The results do not mean that sprint workouts and other forms of high-intensity interval training, or HIIT, are better than moderate exercise where your heart rate remains at a steady level.

But the data does suggest that pushing yourself in these all-out, short bursts of effort may yield unique benefits for health and fitness, according to [Dr. Paul Cohen](#), whose lab at Rockefeller University led the study, which recently appeared in the journal *Cell Reports Medicine*.

In a series of experiments, Cohen and his colleagues collected blood from young, healthy adults before and after they exercised, and combed their blood for thousands of proteins and other metabolites.

For example, participants were divided into two opposing camps: One completed six sets of a 30-second maximum effort on the bike, each spaced by 4 minutes of rest.

The others did a 90-minute moderate-paced ride.

When they ran their analysis, it was clear the sprint group had "many, many more changes," explains Cohen. "What we can conclude is that sprinting does have a greater effect on remodeling the molecules in the bloodstream."

The practical implications of those changes need to be teased apart in future trials; however, the study did find some initial clues. They overlaid the results from their study participants with a massive database of 50,000 people, collected from the [U.K. Biobank](#).

Sponsor Message

That evaluation showed the proteins that were altered in the sprinters were associated with improved cardiovascular and metabolic health.

In another part of the study, the research team saw that fat cells behaved differently when drenched with blood collected from the HIIT folks, including changes involved in many genes that regulate fat and whole-body metabolism.

"That's further evidence and much more causal evidence that something in the blood following sprint training can remodel the molecular landscape of other tissues, like fat tissue," Cohen says.

This latest work reflects a broader effort in the field of precision medicine to unpack all the ways molecules — in blood vessels, muscles, the liver and other organs — respond to exercise, including different intensities.

"We know now there's very orchestrated events happening under the hood during exercise," says [Scott Trappe](#), director of the Human Performance Lab at Ball State University. "All these organs are communicating, it's like a super highway and the circulation is that highway."

Trappe is also an investigator in a National Institutes of Health initiative to [uncover the molecular](#) inner workings of physical activity. He says this new data clearly shows that "there are some potential benefits you're leaving on the table if you don't do high-intensity exercise."

Though he and other experts emphasize that HIIT may not be practical, or even safe, for everyone.

"I don't view this in the light of high intensity versus moderate," he says. "There's a continuum and all of this stuff is good."

In the study, the participants were young, physically fit, and predominantly males, and that limits how much you can extrapolate to other groups, especially those who are older and less conditioned.

The cycling protocol itself — six sets of 30-second maximum sprints — could prove enormously taxing for the average person, he notes.

Overall, the human studies comparing high- and moderate-intensity exercise

suggest they're largely comparable to each other when you look at measures of fitness and other areas of health, says [Todd Astorino](#), an exercise physiologist at California State University, San Marcos. He has spent almost two decades studying HIIT. The real upside with high-intensity training — assuming you're healthy enough to do it — is how much you benefit from a small investment of time, he explains.

"Sometimes, I think people worry too much about time, or frequency," he says. "If you amp up the intensity, you can do a hell of a lot less of that and still get meaningful adaptations and responses."

For example, Astorino says new data from a grant he's involved in shows two sprints a day totaling less than 40 seconds can lead to meaningful improvement in VO₂ max — a measure of cardiorespiratory fitness — within just 6 to 8 weeks.

The work from Cohen's lab and others is all driving at the goal of eventually developing nuanced exercise prescriptions — and possibly drugs — that can be tailored to the individual.

"Perhaps some individuals have a greater response to sprint training, whereas others might do better with moderate intensity training," he says. "This is just the first step towards providing those kinds of recommendations."

For more Information:

Contact:

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atharp@waynesburg.edu

Pre-Register Online:

<https://tinyurl.com/WU5KRace>



WAYNESBURG UNIVERSITY
CENTER FOR SERVICE
LEADERSHIP
51 West College Street



30th ANNUAL



WAYNESBURG UNIVERSITY
HOMECOMING
5K Run &
Walk

Benefits

Waynesburg University Student Mission Trip Fund
Community Registration

Saturday, October 3, 2026

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 3, 2026
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, 2026

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 10/3/2026)

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. () _____ - _____

Dietitians Agree—Oatmeal Is Actually a Great Bedtime Snack to Help You Sleep

By [Maggie O'Neill](#)

What you eat, and when you eat it, can either help you get a good night's sleep or keep you up all night. Oatmeal is among the foods that may actually help you get a good night's sleep.

It's Easy on Your Stomach

Some snacks can definitely make it harder to fall asleep. "Eating before bed is not inherently a bad thing, but for people with [digestive problems](#), eating close to bedtime may contribute to issues like acid reflux," [Leah Barron, RD, LD, CPT](#), a dietitian at The Baseline Lifestyle Co., told Verywell. "So choosing bland, low-fat, and easily digestible foods as a bedtime snack can be helpful."

That's why [oatmeal is a gut-friendly choice](#).

"Oatmeal can be a smart bedtime snack because it is generally easy to digest and not overly heavy," [Keri Gans, MS, RDN, CDN](#), a New Jersey-based dietitian, told Verywell. "This can be especially helpful before bed, when a rich or high-fat snack may be more likely to cause discomfort or disrupt sleep."

It May Steady Blood Sugar Levels Overnight

Fiber is another reason oatmeal is a good bedtime snack.

"Oatmeal is an excellent source of complex carbohydrates, meaning it provides fiber, which helps to slow the digestion and absorption of the carbs,

leading to a lesser impact on blood sugar levels," Barron said.

It May Promote Relaxation

Eating oatmeal may also help you feel mentally ready to fall asleep. "For many people, oatmeal may also be a nostalgic or comforting food, which could also contribute to helping them relax before bed," Barron said.

"Oatmeal also contains melatonin and magnesium, both of which can contribute to relaxation and signal the body that it is time to rest," she said.

What Makes a Good Bedtime Snack?

Going to bed hungry can wreak havoc on your sleep schedule. "Hunger is a signal from the body that it is in need of nutrition, so if that is ignored at bedtime, it is possible that your body may continue sending hunger signals during the night, which can disrupt sleep," Barron said. "Providing the body with balanced nutrition before bed fulfills that need and allows you to rest more soundly."

One of the keys to a good bedtime snack is portion control, Gans said. "A good bedtime snack should be relatively small, satisfying, and appropriate for your level of hunger," she explained. "Ideally, it provides some carbohydrates and fiber without being overly high in calories, fat, or added sugar, especially since the goal is a snack, not another meal."

WCRRC AT THE RACES

BROOKLINE BREEZE 5K

Mike Romzy	22:52(A-1)
Rich Sandala	25:33
Greg Mussitsch	26:21

SOLAR VORTEX 5K

Jaminique Milliren	21:56(A-1)
Rich Sandala	25:28(A-1)
Kelley Murdock	26:27(A-2)
Cathy Loos	27:10(A-1)
David Dziemnicki	20:00(A-1)
Shane Brunazzi	29:28
Gary Lorenzi	31:21(A-2)
George Dziemnicki	31:32(A-1)
Loris Connelly	33:22(A-1)
Amy Ference	41:24(A-2)
Ashlyn Brunazzi	42:17

SOLAR VORTEX 15K

Carl Kondrach	1:36:07(A-2)
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SCIO SCRAMBLE 5K

Carl Kondrach	25:45
Sarah Donley	25:51(A-1)

ICE CREAM 5K

Greg Mussitsch	20:25(A-1)
Carl Kondrach	26:55

MAIN STREET CLASSIC 5K

Gary Lorenzi	34:17
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FINDLAY 5K

Mike Romzy	23:21(A-1)
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CORNY 5K

Steve Chabala	25:45(A-1)
Ann McCormick	30:13(A-1)
Bill McCormick	54:22(A-1)W

RUN AROUND THE SQUARE 5K

Greg Mussitsch	21:25(A-1)
Mike Romzy	23:09(A-1)
John Titus	29:49

ROAD TO TRAIL 5K

Shane Brunazzi	26:08
Ashlyn Brunazzi	45:38(OA-1)W

CALAB SMAIL 5K

Sarah Donley	29:52(A-1)
Carl Kondrach	40:10(A-2)
Blake Headen	1:04:45(A-1)W

LOVE, JILL 5K

Shane Brunazzi	26:15(A-1)
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MARLAND HEIGHTS 2M WALK

Carl Kondrach	23:08(OA-1)
Blake Headen	36:32(A-3)

BRADY'S RUN 5K WALK

Ashlyn Brunazzi	52:08(A-2)
Blake Headen	52:57(A-3)

BRADY'S RUN 10K

Shane Brunazzi	56:30
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BANANA SPLIT 5K

Rich Sandala	24:18(A-1)
Carl Kondrach	27:26

DORMONT DASH 5K

Kelley Murdock	26:53
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CUPCAKE 5K

Sarah Donley	25:55(OA-2)
Carl Kondrach	26:52

DONUT RUN 10K

Carl Kondrach	59:38(A-3)
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MAIN ST CLASSIC 5K

Kathy Starkey	32:27(A-1)
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JOHN'S JOURNEY 5K

Shane Brunazzi	25:37
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STEELER'S 5K

Mike Romzy	21:48(A-3)
David Dziemnicki	28:37(A-4)

LABOR DAY 5K WALK

Kelley Murdock	36:26(OA-2)
Albie Rinehart	42:13(OA-1)
Sister Kevin Berdis	46:05(A-2)
Bill McCormick	46:55(A-1)
Blake Headen	54:15(A-1)

2026 GRAND PRIX WINDS DOWN

The 2026 Grand Prix is near the final stretch. There is plenty of time to make a move

2026 GRAND PRIX(9-7-26)

1. Ann McCormick	6	32:56
2. Cathy Loos	3	33:57
3. Nathan Milliren	3	35:59
4. Greg Mussitsch	5	36:06
5. Mike Romzy	4	37:25
6. Kathy Starkey	7	39:45
7. Jaminique Milliren	5	40:02
8. Rich Sandala	10	40:05
9. Bob Pikelis	6	40:57
10. Amy Ference	4	42:54
11. John Flower	2	42:57
12. Carrie Perrell	5	44:58
13. Steve Chabala	7	45:18
14. Dave Dziemnicki	4	45:33
15. Kelley Murdock	3	46:17
16. Carl Kondrach	1	46:53
17. Stush Sadowski	2	47:22
18. Sarah Donley	2	47:47
19. Gary Lorenzi	4	48:02
20. Tom Carter	2	48:59
21. Roxanne Wray	3	49:30
22. Gary Chabala	2	50:18
23. George Dziemnicki	5	51:44
24. Shane Brunazzi	3	52:08
25. Mary Krett	2	58:04
26. Jim Loos	1	1:00:13
27. Ashlyn Brunazzi	1	1:14:10

2026 GP WALK(9-7-26)

1. Sister Kevin Berdis	4	44:15
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2. Albie Rinehart	2	53:18
3. David Dziemnicki	1	54:10
4. Carl Kondrach	2	57:57
5. Sarah Donley	3	1:02:47
6. Kelley Murdock	4	1:04:01
7. Bill McCormick	6	1:06:40
8. Sarah Brandstetter	1	1:18:16
9. Blake Headen	5	1:33:53

2026 LONG DISTANCE GP(9-7-26)

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. Carl Kondrach	1	53:18

LABOR DAY 5K

Greg Mussitsch	19:31(A-1)
Jaminique Milliren	21:41(A-1)
Steve Chabala	23:32(A-2)
Rich Sandala	24:33
Sarah Donley	25:42
Roxanne Wray	26:32
Carl Kondrach	26:37
Bob Pikelis	27:05(A-2)
Cathy Loos	27:12(A-1)
Hadlee Milliren	27:19(A-2)
John Flower	27:25(A-3)
Ann McCormick	27:37(A-1)
Stush Sadowski	29:29
Nathan Milliren	30:25
Owen Milliren	30:34
Carrie Perrell	30:38(A-3)
Kathy Starkey	30:53(A-3)
Tom Carter	31:36
Jim Loos	39:32

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.

