

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

APRIL, 2019

VOL. 19 / No. 4

VISIT US ON THE WEB @WWW.WCRRRC.COM (OR .ORG, OR NET)

NEWS AND NOTES

It looks as though spring is finally arriving in our area. Although we have still seen some flurries dancing about over the last few weeks, it appears that warmer weather is finally here. And with the warmer weather, the 2019 racing season is starting to heat up. And just as a reminder, make sure that any long-distance races you do compete in that you turn the results in to Tom and Grace in a timely manner. We want to make sure that all races are counted for the LDGP.

And speaking of long-distance races, we want to wish the best of luck to Amy and John Koontz, and to anyone else who will be competing in the Boston Marathon this year. Here is hoping that the weather will co-operate this year and everyone has the time of their lives.

In discussions with Neil Bassi, who has been very generous in printing out our newsletters over the last 10 years or so, we have decided that we are going to go a little more on having the newsletter delivered more on the website and not as many mailings. There are a few who do not have access to a computer or email so we will still send out copies to them. This is a much faster way to get the news out to everyone. Thanks for all your cooperation. So, starting with the May edition, we will be sending the newsletter out by mail every other month.

MARCH AT THE RACES

March came roaring in with the weather changing daily. There were plenty of days for shorts and other days where gloves and jackets

were the clothes of the day. Let's hope that April brings some better weather in. But in the meantime, here are some of the races run in March.

Brave American 5K

March started out with the annual Sewickley race. We had Mike Romzy as the first club finisher and second in his age group in a time of 22:50. Also nice to see Larry Roelf back out on the race course.

March Mad Dash 5K/10M

The Mad Dash did not have many club members there, but the finish was good. We had Rich Sandala and Shane Brunazzi running in the 10 Mile run, finishing in 1:13:44 and 1:31:13 respectively.

Just A Short Run 5K/8.1M/Half/30K

This year the weather turned out to be beneficial for the annual Steve Smith Just a Short Run Memorial Race. For the 5K we had Tina Seech coming through in a time of 21:19 and third female overall. For the 8.1M, Greg Mussitsch finished third overall also, in a time of 52:00. Greg says this was a PR for him at this distance.

For the Half Marathon we had Emery Strotman crossing the line in 1:35:53, good for a third-place finish in his age group.

And, finally, in the 30K we had John Titus coming through in 3:05:07.

And on the same day Blake Headen walked in the Superheroes 5K and finished the race in a time of 43:25.

To report Grand Prix times call Tom Trettel (724) 229-0201 or e-mail trettelt@comcast.net. Or Grace Goffi at gracegoffi@verizon.net. For newsletter information or to submit an article contact Bob Pikelis e-mail r.pikelis@comcast.net.

Thoughtful thoughts thinking thoughtfully

Mickey Hornack

** Ever go into to your bank and 3 tellers look at you when you walk in. Now what? Which do I chose? The ones I don't chose will think I don't like them! Yikes.

** Rumors abound the WCRRC suaree was a huge fun filled event. Furthermore, the Pack of Wolves were packing!!

** Racing season kicks in. Special shout to WCRRC members Amy n John Koontz on qualifying for Boston. Big time racing!!. (My apologies upfront if other club members qualified)

** When something goes awry there are usually 2 culprits. Somebody and nobody. Somebody did it but nobody knows who! I can verify that...frequent occurrence at home.

** The Mrs. points out I have 2 faults. I don't listen and something else.

** We had our 1st Rita's spring has sprung. Mango with vanilla...Tops

** Looking to see lots of "yinz" on the roads, trails and in the parks

UPCOMING RACES

So, the 2019 racing season is starting to heat up. April and May are bringing a plethora of all distances to take advantage of. Here is just a few of the races we have found that club members may be interested in. As always, the races that are short distance grand prix events will be indicated by a *.

4/13 – Martha's Run 10K – Mt. Lebanon PA

4/13 – Mighty Mikes 5k – Carmichaels, PA

4/14 – *National Tunnel 5K/10K – Hendersonville, PA (Tandem Bike Shop)

4/14 – Run to Breathe Half Marathon/5K – Portersville, PA

4/27 – Blast from the Past 5K – Waynesburg, PA

4/27 – Quantum Spirits Carnegie VFW 5K – Carnegie, PA

4/27 – Woodsdale Elementary Let's Play 5K - Wheeling, WV

5/4 – Pittsburgh Marathon 5K – Pittsburgh

5/5 – Pittsburgh Marathon/Half Marathon/Relay – Pittsburgh, PA

5/11 – *Dock to Lock 5K – Rice's Landing, PA

5/11 – Ohio Valley Hospital 5K – McKees Rocks, PA

5/11 – Woodsfield 5K – Woodsfield, OH

5/11 – Yough Trail/Fox's Pizza 5K/10K – West Newton, PA

5/18 – *Rails to Trails 5K – Barnesville, OH

5/18 – Upper St. Clair Community Day 5K – Upper St. Clair High School – Pittsburgh, PA

Another Blast From The Past

Special thanks to Bonnie Macek for providing this picture of days gone by. Here's a look at Blake and George like you don't remember them:



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

Platinum Sponsors:



By all accounts, better.



Gold Sponsors:

- Cheffy's Drugs
- Joe's Tires and Service Pros
- Kemp Insurance
- Prof. Home Care Remodeling

Grand Prix Sponsors:



WEB DESIGN



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

- Domino's Pizza
- Donley's Delicious Delights
- My Pizza Place
- South Central Power Company

Race Course manned and patrolled by the following:

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

Volunteers provided by the following organizations:

- Barkcamp Race Committee
- Barnesville Area Rails-to-Trails Committee (BARTC)
- Boy Scouts of America, Troop 71

OTHER RELEVANT WEB INFO:

- www.astoriaplaceofcambridge.com
- www.barnesvilleohio.com
- www.dominos.com
- www.joestiresandservice.com
- www.10Twebdesign.com
- www.parkerandparkerins.com
- www.ronpradetto.com
- www.runsignup.com
- www.scouting.org
- www.smileymiles.com
- www.wcrrc.org
- www.wesbanco.com

Carl A. Kondrach, Director
808 North Chestnut Street
Barnesville, OH 43713-1118
www.RailsToTrails5k.com
Facebook.com/barnesvillegrandprix
Phone: 740-309-5039
Cell: 740-310-2117

Voted

"#2 Favorite Race in the Ohio Valley"



Special Division for Dog-Walkers!

Saturday, May 18, 2019
8:30am/8:32am

Title Sponsors:



Tunnel Fun Run for Kids
immediately following
the last finisher
(Approximately 9:45am)
*Kids' Application and other
information can be found at:*

www.RailsToTrails5k.com

Facebook.com/barnesvillegrandprix

Mail form(s) and make check payable to:
Rails-to-Trails 5k

808 North Chestnut Street
Barnesville, OH 43713-1118
Please Note: This is a MAILING ADDRESS ONLY! The physical race address is: 300 East Church Street, Barnesville, OH

Please check ONE box ONLY:

☐ RUN ☐ WALK ☐ CLYDESDALE/ LADY ATHENA ☐ CANINE WALK TEAM
200lbs/150lbs

Note: Those who check the Clydesdale/Lady Athena weight class are NOT eligible for age group awards. Those who check the Canine Walk Team box are NOT eligible for regular walk-division awards.

☐ Male ☐ Female

Shirt Size: (Please Circle One)
S M L XL 2XL (add \$2)

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 _____
\$25 (May 4) \$30 after or your application will not be accepted!

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 near and ends at the Train Depot.

Entry Fee: \$25 pre-registered (deadline, postmarked by May 4). \$30 after May 4 and on race day. Special Charity Rate: \$20 each, minimum **FOUR** entries mailed together. (Pre-registered ONLY, deadline, postmarked by May 4th)

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

Trophies: We proudly offer absolutely more awards (2001) for more participants than most 5k events you will find anywhere. Unique, high-quality, ceramic trophies to be awarded in the following categories:

Canines: Top 10 Overall dog WALKERS. (Gender irrelevant) **NO RUNNING!** Keep dogs on a 5' locked leash at all times!

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 Clydesdale Male (200 lbs+),

Top 3 Lady Athena Female (150 lbs+)

4. Top 3 Male & Female in Age Groups.

NO DUPLICATIONS!

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

Door Prizes: Nearly 100 door prizes/certificates valued nearly \$200 donated by surrounding merchants/businesses. Prizes will be presented in a Chinese-raffle!

Shirts: All pre-registered 5K runners, walkers, and dog-walkers are guaranteed a high-quality athletic mesh T-shirt (not cotton). Register early to nab the right size! Late registrants: first come, first serve. (300 shirts will be pre-ordered).

Food: All participants are welcomed to join us for a HUGE smorgasbord of delicious food including several types of pizza, pepperoni rolls, subs, deli-fresh sandwiches, tons of home-baked cookies and cupcakes AND the ever-popular, in-demand home-made pasta salad made by my wife Jessica! If you leave this race hungry, it's your own fault!

Timing: Chip-in-the-bib timing by Miles of Smiles:

www.SmileyMiles.com

More Race Info:

Director's 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 May 4) 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 2nd of four races in the Barnesville Grand Prix.



Kids' Tunnel Fun Run:

Immediately following the last 5k finisher (approximately 9:45am). See website for application & info. Fun Run & 5K Race applications and fees may be mailed together. Parents, please arrive at least 15 minutes early. All children win a trophy. Only the 1st 100 receive a goodie bag full of toys, certificates, and other goodies. Supplies are limited: 1st come, 1st served.

Kids' Applications may be downloaded from the Rails-to-Trails website. Entry fee is only \$5.00

Dog Team Walkers: Please remember, there are children & other dogs at this event. Be a responsible owner: Non-aggressive dogs only; No dogs "in heat"; On leash at all times (NO retractable leashes unless locked); ID Tags must be worn; Current Vaccinations; Please clean up after your dog (baggies available). Also remember, this is a **COMPETITIVE dog walk. NO RUNNING/JOGGING!** Your dog is welcomed to any of the doggy or human refreshments. Please check with your local vet about any changes in diet or the consumption of human food. The director reserves the right to disqualify your team without refund if these rules are not adhered to.

etc.: This unique event has been featured in Runner's World Magazine. The popularity and success of this race has directly resulted in multiple "Race Director of the Year" Awards for its organizer. It was voted the "#2 Favorite Race in the Ohio Valley" the only 2 times voting took place. (Second only to our sister race, the Pumpkin Festival 5k Run/Walk held in September.) So come on out and join the fun! Bring the family and see what everybody is talking about!

NO REFUNDS ISSUED FOR ANY REASON!

AGE CATEGORIES

5K Runners:

14 & Under

15-19

20-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-69

70+

5K Walkers:

19 & Under

20-29

30-39

40-49

50-59

60-69

70+

(Spotters on course, please
make sure you are walking)

AWARDS:

Top "3" Male/Female Runners &
Walkers overall

Top "3" Male/Female Runners &
Walkers in each age category.

Awards, random drawing and
refreshments at the
Rices Landing Fire Hall

Please
place
postage
here.



GREENE COUNTY COMMISSIONERS
-BLAIR ZIMMERMAN; -DAVE CODER—ARCHIE TRADER—
93 EAST HIGH STREET
WAYNESBURG, PA 15370
724-852-5210
www.co.greene.pa.us

GREENE COUNTY DEPARTMENT OF RECREATION
JAKE BLAKER, DIRECTOR
107 FAIRGROUNDS ROAD
WAYNESBURG, PA 15370
724-852-5323

Dock to Lock

5K Run/Walk

Saturday, May 11, 2019

Race Begins at 9:00 AM

Mandatory Registration

7:15-8:15 AM

at Rices Landing Fire Hall

Bus Leaves promptly at 8:30

AM for the start line at

Greene Cove Trail Head



Sponsors:
Greene County
Commissioners
And
Department of
Recreation

For More Information

724-852-5323

www.co.greene.pa.us

**SATURDAY, MAY 11, 2019
RACE BEGINS AT 9:00 AM
REGISTRATION BEGINS
AT 7:15 AM**

Registration Fee:
\$18 Pre-registered by April 26th
\$20 Race Day

• ☐ Run 5K ☐ Male ☐ Female

☐ Walk 5K ☐ Male ☐ Female

Shirt Size: S M L XL XXL

Pre-registration guarantees a T-Shirt.
Shirts will be limited on race day.
Adult sizes only.

Name: _____

Address: _____

Phone: _____

Age as of 5/11/19: _____

Email Address: _____

Make Checks Payable to:
County of Greene

Registration fees are
Non-refundable.

WAIVER

In consideration of this entry being accepted, I the undersigned, intending to be legally bound, for myself, my heirs, executors and administration waive and release any and all rights and claims for damages I may have against the County of Greene, its agents, sponsors, the State of Pennsylvania for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have been sufficiently trained for the completion of a race of this distance and difficulty.

I have read the above statement, I understand it and my signature confirms its full acceptance.

Signature

Parent/Guardian if under 18 years of age

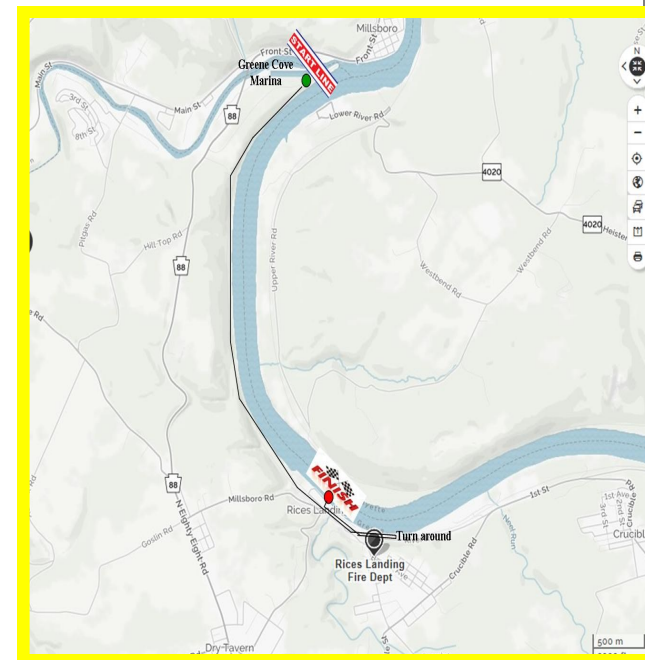
Date: _____

Please Mail Entry and Waiver Form to:
Greene County Department of Recreation
Trail Run, 107 Fairgrounds Road
Waynesburg, PA 15370

2019
Dock to Lock
5K Run/Walk

LOCATION

Rices Landing Fire Hall is located at:
66 Bayard Ave
Rices Landing, PA 15357
*Just off Route 88 along the
Monongahela River in Greene County
12 Miles East of I 79



COURSE—POINT TO POINT

Crushed Limestone on the Beautiful
Greene River Trail.

SAFETY

Please-No Strollers, Dogs, Roller Blades,
Bicycles, etc. on the trail.

Timing Service

SERJ Racing Services
Uniontown Pa

www.serjracing.com

ENTRY FORM

ONE ENTRY PER FORM (Copies of form may be made)

First Name _____
 Last Name _____
 Mailing Address _____
 City _____ State _____
 Zip _____ E-mail _____
 Phone number _____
 Age as of 6/1/2019 _____ Gender M F
 EMERGENCY Name _____
 CONTACT Phone # _____

RACE PREFERENCE		
RACE TYPE	BY	LATE DAY
(please circle one)	MAY 30th	MAY 31st-JUNE 1st
1 Mile Children under 12	\$10.00	\$12.00
1 Mile 12 and over	\$12.00	\$15.00
2 Mile Run	\$18.00	\$20.00
5 Mile Run	\$20.00	\$25.00

TECH SHIRT SIZE (please circle one)		
Youth	S M L	2XL or 3XL
Womens Cut	S M L	\$2.00 Extra
Unisex	S M L XL 2XL 3XL	

Mail Entries to:
 From Alex With Love
 101 Ridge Road
 Eighty Four, PA 15330
 Makes Checks payable to From Alex With Love

You must sign waiver to participate

WAIVER AND RELEASE
 (If under 18 have a parent or legal guardian sign this release)
 In consideration of acceptance of this entry, I the undersigned, intending to be legally bound hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Bentleyville Borough, From Alex With Love Foundation, and any other sponsors and their representatives, successors, and assigns, for any and all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver. I agree to abide by any decisions of a race official relating to my entry to safely participate. I assume all risks associated with participating in the 1 Mile, 2 Mile or 5 Mile challenge, including, not limited to, falls, and contact with such risks being known and appreciated by me. I attest and verify that I will participate in this event as a race entrant, that I am physically fit and sufficiently trained for the competition of this event, and that my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the aforementioned parties to use my name, likeness, and voice as well as your photographs, videotape, motion pictures, recording, or any other record of this event in which I may appear for any legitimate purpose in advertising and promotion for such broadcast and reuse.

X

From Alex With Love
 101 Ridge Road
 Eighty Four, PA 15330



Run For Alex
June 1, 2019
Bentleyville, PA

The From Alex With Love Foundation is a non-profit charitable foundation which awards scholarships to local High School students and provides support to families in need.

The From Alex With Love Foundation is a non-profit charitable foundation which awards scholarships to local High School students and provides support to families in need.

Over \$5,000 in scholarships will be awarded in 2019. For a complete list of endeavors supported by Alex's Foundation please check our website:

www.FromAlexWithLove.org

WHEN June 1, 2019

WHERE Bentleyville Social Hall
900 Main Street
Bentleyville, PA 15314

TIME Races start at 9:00am

PACKET PICKUP AND LATE REGISTRATION
AT THE SOCIAL HALL

Friday May 31st 6-8 pm
&

Saturday June 1st 7-8:15 am

Contact Jim Loos at:
724-239-2785 or
jimloos@fromalexwithlove.com
for more details

Tech Shirts Guaranteed

IF REGISTERED BY MAY 10th
(Subject to Availability After May 10th)

Awards to Top 3 overall Male
& Female runners in each race.
Numerous age categories
(See Website for Details)



FIVE MILE RUN

Moderately challenging course through beautiful countryside beginning and ending on Main Street in Bentleyville

5 MILE RECORDS
Male Brandon Gillingham
27:41 2012
Female Anna Beck
29:55 2011

TWO MILE RUN

An out and back run along part of the 5 mile course

2 MILE RECORDS
Male Kevin Gregg
10:07 2012
Female Laura Mucho
11:45 2012

ONE MILE FUN RUN/WALK

An untimed event for the individual who wants to support this wonderful event but does not wish to compete. It is ideal for families and is stroller-friendly!

MAIL ENTRIES TO:
From Alex With Love
101 Ridge Road
Eighty Four, PA 15330

Online Registration At
www.FromAlexWithLove.org
OR www.runsignup.com/runforalex



Contact Jim Loos at:
724-239-2785 or
jimloos@FromAlexWithLove.com
for more details

Register
By May 30th
For A Chance To
Win a Smart TV



Must Be Present To Win

The "Run For Alex"



All proceeds from the race will go to the
From Alex With Love Foundation

WCRRC RACE TIMES

MATT RYAN JOHN 5K

Haley Filcheck 21:57(OA-2)

FREEPORT 5K WALK

Mike Turkaly 71:00(A-1)

KISKI SHAMROCK 5K

Mike Bruno 20:16(A-1)

Shane Brunazzi 24:10(A-2)

SHAMROCK SHUFFLE 5K

Rich Sandala 22:20(A-1)

BEER MILE 5K

Rich Durbin 20:13

THIRTEEN CREEKS 13.1M

Sarah Donley 2:32:32

BATAAN MEMORIAL 5K

Gary Lorenzi 27:47

BATAAN 10M

Bob Pikelis 1:19:49

COMMUNITYACTION 5K

Rich Sandala 21:54(A-2)

Mike Melvin 23:28(A-2)

JASR 5K

Tina Seech 21:19(OA-3)

JASR 8.1M

Greg Mussitsch 52:00(OA-3)

Mark Hospodar 1:19:20(A-1)

Laurie Gillot 1:30:55

JASR 13.1M

Emery Strotman 1:35:53(A-3)

JASR 30K

John Titus 3:05:07

SUPERHERO 5K WALK

Blake Headen 43:25

BOOK REVIEW

The Incomplete Book of Running by Peter Sagal

"If you can't play sports, run. If you can't run, run long."

So begins the preface to the new book *The Incomplete Book of Running* by longtime NPR host and runner Peter Sagal.

The *Runner's World* columnist's new book takes the reader on a journey through his running career which really began in earnest at age 40 and includes multiple marathons and several Bostons.

However, while this is a book about running and runners, it is also a book about Sagal's relationship with running and the events, good and bad, in his life. Along the way, Sagal muses, often hilariously, about the emotional experience of running and the ties between himself and those with whom he shares the road.

From the opening chapter about his guiding a blind runner through Boston before the bombs went off to his finding running as a teen as a way to gain acceptance in those awkward years, Sagal tells the story of the intersection of running and life with a clearly irreverent focus.

For anyone who runs, Sagal's take on the sport is thoughtful, poignant, laugh-out-loud funny, and inspiring. For those that run, Sagal manages to put in print many of the thoughts and feelings of runners everywhere in a very readable format.

The Incomplete Book of Running is a great read and highly recommended.

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.

