

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

AUGUST, 2018

VOL. 18 / No. 8

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

NEWS AND NOTES

August and September are going to be two very busy months for the SDGP. There are 3 races scheduled for August and 5 more coming up in September. Hopefully we will get a lot of you to qualify for the Grand Prix awards to be given out at the banquet. There is a partial list of the upcoming races that we have been able to find. If there are any races coming up in the Ohio Valley area that you think the members will want to know about, please let Bob know the date and town the race will be in. They will be added to the calendar of events on the web page.

Don't forget that when you do run a race, even if it is not part of the GP, make sure to turn it in on the web page or submit the times to Tom Trettel. We love to see where all our members are running and what times you are turning in. Also, there have been a few new races added to the Calendar of events on the web page.

JULY AT THE RACES

July kicked off a very hot month, not only in the temperature but also in the club races. We had a few GP races going on, along with quite a few other ones (which you will see on the race results page). We will start with:

July 4th races

We will start off with the review of The Whiskey Rebellion race. The overall winner was Nick Wolk, who also won the race 2 years ago. This year, his winning time was 16:33. Our first male member finisher was Rich Sandala in 21:44.

And Esmee De Cortie was the first female finisher in a nice time of 25:12. In the walk category we had both Gary Bennett and Kelley Murdock both finishing first overall. Over 550 finished this race.

An hour and a half later, the Brentwood Firecracker went off. By that time, the temperature was in the upper 80's and no shade. We did have Emery Strotman finish first for the club in 17:56, and Lisa Lucas was the first female in 19:51.

Running With Ryan 5K

There was not much relief from the heat as the annual race went off. There were 169 finishers at this race, with Heath Piper our first finisher in 18:40 and Tina Seech our first female finisher in 20:39. In the walk we had both Carl Kondrach and Sarah Donley finish first overall, in another sweep of the WCRRC walkers.

Liberty Mile

Once again, we had a few club members take to the streets of downtown Pittsburgh for the annual event. Mike Romzy had our best male time of 5:46 and Shannon Cain our best female time of 9:54.

Rain Day 5K

The weather cooperated this year, as the temperature was a bit cooler for the 40th annual Rain Day race. Mike Romzy was once again our best male finisher in 19:54 and Amy Koontz was our best female finisher and second overall in a time of 21:19. Kelley Murdock and Rick Respole were once again the overall winners of the walk category. And there was no rain in Waynesburg on Rain Day.

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.

WCRRC RACE TIMES

FIRECRACKER 5K

Emery Strotman	17:56(A-2)
Heath Piper	19:02
Lisa Lucas	19:51(A-1)
Greg Mussitsch	20:21(A-1)
Mike Romzy	21:00(A-3)
John Koontz	21:20
Amy Koontz	22:06(A-1)

JANE NEELY 5K

Shane Brunazzi	27:39
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SHAWSHANK 7K

Tina Seech	31:31(OA-3)
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CARDINAL CLASSIC 5K

Tina Seech	20:56(OA-1)
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ERIE 13.1M

Emery Strotman	1:26:10(A-1)
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BUTLER 5M

Tina Seech	33:14(OA-1)
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ROAMING SHORES 5K

Tina Seech	20:44(OA-1)
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SPRINGS PARK 5K

Carl Kondrach	20:31(OA-2)
Sarah Donley	22:45(OA-2)

OHIO HILLS 5K WALK

Sarah Donley	33:45(OA-2)
Ken Hissam	40:02(OA-4)
Blake Headen	42:32(A-2)

OHIO HILLS 10K

Gary Bennett	46:29(A-1)
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RUSTY RUN 5K WALK

Sarah Donley	35:58(OA-1)
Carl Kondrach	35:59(OA-2)

ELORAPALOOZA 1M

Blake Headen	26:54
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WHISKEY REBELLION 5K

Rich Sandala	21:44(A-2)
Bob Pikelis	22:34(A-1)
Jonathan Garett	22:45
Esmee DeCortie	25:12(A-3)
Stush Sadowski	25:46
Cathy Loos	26:07(A-2)
Nathan Milliren	26:40
Jaminique Milliren	26:43
Siena DeCortie	27:21
Carrie Perrell	27:38
Mark Hispodar	29:00
Scott Harrington	29:45
Jim Loos	31:08
Barb Zappa	35:12
Kathy Starkey	36:21(A-2)
Grace Goffi	38:25(A-1)
Dave Byers	39:28
Mary Krett	40:36(A-1)
Ella Jane Custer	47:33(A-1)

W. REBELLION 5K WALK

Gary Bennett	28:03(OA-1)
Kelley Murdock	33:17(OA-1)
Rich Respole	38:47(A-2)
Ken Hissam	40:59(A-2)
Joe Mancinelli	43:57(A-3)
Georgette Lacey	56:31

MEMORIAL 5K

Doug Midcap	25:43(A-3)
Kristine Midcap	33:56

MEMORIAL 5K WALK

Blake Headen	41:30(A-1)
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DAM 5K

Dave Byers	38:44
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JIM DUNN 5M

Rich Sandala	35:57(A-1)
Mike Melvin	36:07(A-2)

JOHN WOODRUFF 5K

Heath Piper	19:13(A-1)
Mike Melvin	21:43(A-3)
Rich Sandala	22:14(A-2)
Haley Filcheck	25:25(A-1)

J. WOODRUFF 5K WALK

Carl Kondrach	26:47(OA-1)
Sarah Donley	35:29(OA-1)

OMELET RUN 5K

Heath Piper	19:37(A-1)
Mike Melvin	21:31
Rich Sandala	21:32
Jaminique Milliren	24:31
Haley Filcheck	24:47
Cathy Loos	25:46
Nathan Milliren	26:41
Jim Loos	28:21

OMELET 5K WALK

Richard Respole	38:48
Rose Gray	43:05

RNG. WITH RYAN 5K

Heath Piper	18:40(A-1)
Tina Seech	20:39(OA-2)
John Koontz	20:48(A-2)
Mike Melvin	21:04(A-3)
Amy Koontz	21:11(A-1)
Rich Sandala	21:36(A-1)
Shane Brunazzi	25:33
Cathy Loos	25:35(A-1)
Nathan Milliren	26:09
Jim Loos	30:56
Donna Patrino	31:54(A-1)
Chris Moschetta	33:49
Kathy Starkey	35:14(A-3)
Mary Krett	38:14

RNG. RYAN 5K WALK

Carl Kondrach	28:41(OA-1)
Sarah Donley	34:00(OA-1)
Richard Respole	39:23(A-1)
Rose Gray	41:02(A-2)
Joe Mancinelli	45:00

MT CARMEL 5K

Heath Piper	19:42(A-1)
Carl Kondrach	21:37(A-2)
Mike Melvin	21:58(A-3)
Sarah Donley	24:05(A-1)

KLASSIC 5K

Shane Brunazzi	27:16(A-1)
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*****DUE TO THE LARGE NUMBER OF TIMES, SEVERAL RACES WILL BE PRINTED NEXT MONTH.**

WHAT IS THE WASHINGTON CHRISTIAN OUTREACH?

- It is a non-profit, non-denominational Christian organization that aims to spread the gospel by helping fulfill both the material and spiritual needs of the poor and needy in our community.
- Was started 40 years ago by a local housewife.
- Is located at 119 Highland Avenue (across from Family Dollar) in Washington, PA.
- Is open Monday through Friday from 9:00 am to 1:00 pm.
- Everything donated to WCO is returned FREE to the community.
- Has a kitchen serving hot meals on a daily basis.
- Operates with an all volunteer staff.
- There are NO paid employees.
- A facility where the community can come for medical intervention.
- Functions on monetary and material donations from individuals, churches, foundations, and Fraternal Associations.
- Do you have questions? Would you like to volunteer? Would you like to financially support our efforts? If so, please contact us at 724-222-0750 or fax us your questions at 724-228-9329.
- Thank you to all of our runners and walkers, our race sponsors and advertisers, all of our course workers, the City of Washington and everyone who made this year's event possible.

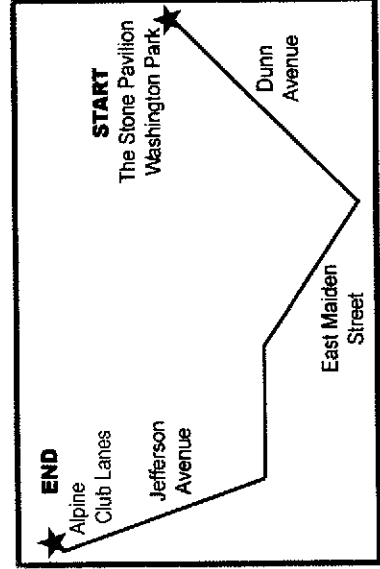


This year's race also benefits the **Western Pennsylvania Police Benevolent Foundation**

COURSE

Begins at the Stone Pavilion in Washington Park & ends at Alpine Club Lanes on Jefferson Avenue.

This is NOT an OUT & BACK COURSE.



**WASHINGTON
CHRISTIAN
OUTREACH**
presents

The 36th ANNUAL



**MONDAY,
LABOR DAY**
September 3, 2018

36th ANNUAL LABOR DAY 5K CLASSIC

The Fastest 5K Race in Western PA
— Hundreds of personal records
have been set on this course!

PART OF WCRRRC GRAND PRIX

AGE GROUPS

Runners: Age 11 & under, 12-15, 16-24, 25-29,
30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69,
70+, Cruiser: 190-210, Heavyweight: 211+.

Weigh-in prior to start.

Walkers: 12 & under, 13-19, 20-29, 30-39, 40-49,
50-59, & 60+

**The race will be electronically chip timed.

AWARDS

Runners: Top 3 male & female & Top 3 in age group
(70+ Top 2 ONLY), Cruiser & Heavyweight: Top 3.

Walkers: Top male & female overall & Top 2 in age
group. No duplication of awards. Entrants must
pre-declare weight divisions.

MISCELLANEOUS

Race day registration begins at 7:00 am at Alpine
Club Lanes finish line. Race starts at 9:00 am for
both walkers and runners. Refreshments and
random prizes posted at awards ceremony.
Proceeds benefit Washington Christian Outreach.
Timing service by Miles of Smiles.

Results posted at www.smilemiles.com

FEE

Postmarked by 6/30/18 \$22.00. After 6/30/18
\$25.00. Race day \$27.00. Make checks payable &
send to Washington Christian Outreach, P.O. Box
1659, Washington, PA 15301. Tee shirts guaranteed
to all pre-registered by 8/24/18.

Register online today at
www.runsignup.com.

INFORMATION

Call 724-222-0750 or

email: labordayrace@yahoo.com

www.runsignup.com



ENTRY FORM LABOR DAY 5K CLASSIC

Name: _____

Address: _____

Phone: _____

Email: _____

Please indicate:

Shirt Size: S M L XL
Walker _____ Runner _____

Sex: M F

Age (on race day) _____

Cruiser (190-210)
(Runners only) _____

Heavyweight (211+)
(Runners only) _____

In consideration of the acceptance of this entry,
I waive for myself, my heirs and assigns, and any
and all claims for damages which may arise
against all organizations and individuals connect-
ed with this race as a result of any injuries which
may be incurred during or from this race.

Signature: (Parent/Guardian if under 18) _____

Please send race entries to:

LABOR DAY 5K CLASSIC

Washington Christian Outreach

PO Box 1659 • Washington, PA 15301

or sign up online and save at

www.runsignup.com

Mission

Proceeds fund one (1) Thousand Dollar Scholarship to be awarded to a Charleroi Area High School Senior

Little Great Race Committee

Marc Bellora
Sue Hornack
Joe Jannotta
Joe Mancinelli
Marsha Vitale

Bob Cosner
Mickey Hornack
Cindy Mancinelli
Jeff Vitale
Vic Vitale

This year's race is dedicated to our dear friend

MaryAnn Ghilani
1954-2012

Additional Information

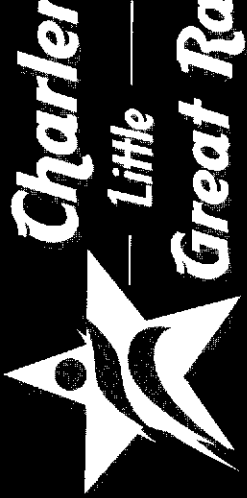
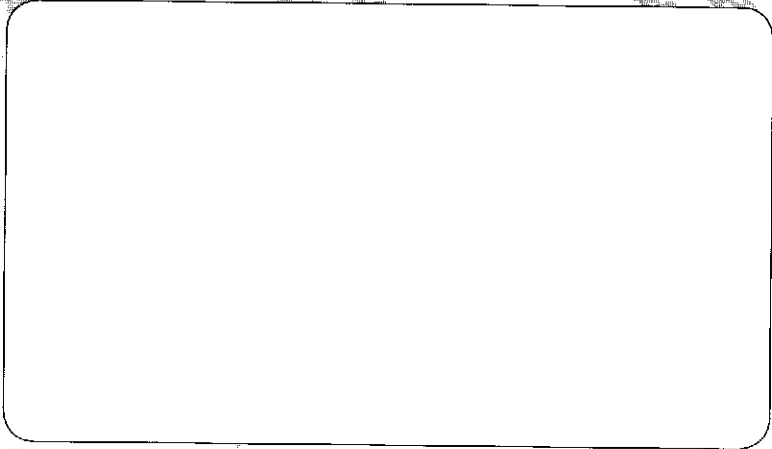
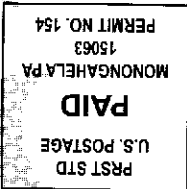
For additional information, race results, online registration and much more,

please visit us on the web:

littlegreatrace.com

or call

724-489-4435



cfsba

5k Run / Walk

Saturday September 8, 2011 8:15 am

Online Registration
littlegreatrace.com

All festivities, including the start and finish, will take place at the Charleroi Chamber Plaza near Trustees

This Race made Possible By:

- Carlisle Vending
- City Reach Church
- Culligan Water
- cfsbank
- Dr. Ronald Lutes
- Fairpoint Communications
- Fayette Waste
- Henderson Brothers, Inc.
- Herr's Potato Chips
- Highway Appliance & Television
- In Memory of Bob Daugherty
- John J. Charletta, DMD
- Keystone Bakery
- Lee Supply Company
- Lightspeed Race Management
- Mendola & Associates / Joseph E. Mendola
- Model Cleaners
- Monongahela Valley Hospital
- Mon Valley Anesthesia Associates
- Mon Valley Regional Chamber
- The Orthopedic Group
- Pro Bike & Run
- Ruschak Associates Motorist Mutual
- Russell's Body & Frame Shop
- Salatino's River House Café
- Sheetz, Inc
- Stewart Creative
- Studio K Tanning & Nails
- Toomey Chiropractic Center
- Valley Tire Company
- Vic Vitale State Farm Insurance

2018 Charleroi Little Great Race 5k (3.1 miles) Run / Walk

Date / Time

Saturday, September 8, 2018, 8:15 am
(Walkers will start 2 minutes after runners)

Entry Fee

\$20.00 Registration (deadline 9/6/18)

The first 400 applicants are guaranteed a shirt and race bag

\$25.00 Late Registration

Race bag/shirt not guaranteed

Awards

The top three overall male/female runners and walkers, as well as the top three heavyweight runners (200+), will receive awards.

Age Group Awards

The top three male/female runners and walkers will receive awards in these categories:
(No duplication of awards.)

Runners

0-14 15-19 20-24 25-29 30-34 35-39 40-44
45-49 50-54 55-59 60-64 65-69 over 70

Walkers

0-19 20-29 30-34 35-39 40-44 45-49 50-54
55-59 60-64 65-69 over 70

Individual Registration

Name _____

Address _____

City _____

State _____ Zip _____ DOB _____

Gender _____ Phone _____

Email Address _____

Circle Shirt Size: XS S M L XL 2XL 3XL

Circle One: Runner Walker Heavyweight

*No registration changes will be made
on the day of the race*

Strollers/Rollerblades/Dogs are Prohibited

Mail to:

Little Great Race, Inc
PO Box 38
Charleroi, PA 15022

Make Check or money order payable to:
Little Great Race, Inc.

Online Registration: littlegreatrace.com

In consideration of the acceptance of this entry, I waive, for myself, my heirs and assign any/all claims for damages which may arise against all organizations and individuals connected with this race, as a result of any injuries which may be incurred during or from the race.

Signature _____

(signature of parent or guardian, if under 18)

Tricks to beat the heat and run strong all summer long

Sometimes summer running — especially in the south — feels more like swimming through a hot, sticky (dare we say miserable) pool of murky water than it feels like actual running. So, it's understandable that you often work hard to avoid it. But, if you're well-prepared, you don't have to. In fact, running in the heat might actually be good for your fitness. Crazy, right? But there's science to prove it.

A recent study found that cyclists who trained in hot temperatures experienced a greater improvement in their overall V02 max (maximal oxygen uptake during intense exercise) than cyclists who trained in cool temperatures. The same study found heat-trained athletes had a higher blood plasma level and a better-than-average ability to sweat faster (and therefore cool off faster) than athletes who rarely trained in the heat.

So, what does this mean for you? We say make the most of your fitness in the remaining dog days of summer ... and stay safe doing it. Here's how:

Run slower. Heat, especially when combined with humidity, takes a major toll on your ability to run hard. That's because as your body temperature rises, you start to perspire in an effort to bring it back down. In an arid climate with low humidity, the sweat evaporates, and your body temperature goes down. Groovy. With humidity, though, the sweat clings to your skin like a hot, sticky shield. It can't evaporate, and so, you stay hot. Your heart rate may rise and your ability to push the pace declines. It may feel terrible but know this: you're still putting forth the effort and, come fall, you'll reap reward.

To combat heat and sweat, just **wear less clothing.** Yep, shed the layers and let your skin breathe. Opt for shorts and tank tops (or no tops if you so dare). Make sure your layers are lightweight, light in color and breathable. Also, choose fabrics with sun protection and wear them in combination with sunscreen and sunglasses. **Yes, sunscreen is a must.** It also helps to **reduce your alcohol consumption and drink more water.** We know that a post-run bubbly beer on a hot summer day is pure bliss. However, it can also set you up for major dehydration when you trade H₂O for suds. Dehydration not only curbs recovery from the run you just finished, but it also sets you up for a sub-par run the next day. And, did you know that even slight dehydration impairs mental capacity? So, drink more water throughout the summer, so you have better runs, experience enhanced recovery and function optimally at work. Win-win-win.

Pay attention to when you run, too. Midday running isn't the evil many people make it out to be; you just have to be prepared. If you're an experienced athlete or someone well acclimatized to hot weather, then we say go for it. Get your lunch-run sweat on. Just be mindful and drink even more water than you normally would before and after.

Still, even for a seasoned runner, some circumstances may make midday running less than ideal. If you're in the middle of a heat wave, running on little sleep, experiencing high stress or if you drank one too many brews the night before, consider moving your run to early morning or late evening. Heat stroke is no joke. **Don't attempt to run midday unless you absolutely know your body can handle it.**

Make friends with electrolytes. The more you sweat, the more you need. That's because you're losing more than water with each drop. The farther you run, the further you dip into your electrolyte reserve. After a short 30-minute jaunt, you can generally replenish all of your electrolytes with your next meal, but if you go much longer, it's a good idea to substitute with something like Nuun or GU Energy Drink Tabs. It's easy to do, just add a tab to your water and go.

You should also **carry hydration and plan your routes based on water availability.** Getting stuck on a run with no water when you're thirsty and near bonking is perhaps one of the worst things. Ever. OK, maybe that's a little dramatic. But still, it sucks. If it's summer, carry water every time you run, or at the very least take a bottle to stash somewhere along your route (if you're doing an out and back). It's also a good idea to plan your run according to available water stops so that you can drink from a fountain and refill your bottle or pack. Don't ever hesitate to stop and slurp; running without drinking water doesn't make you tougher.

UPCOMING EVENTS

Thursday, August 9
Brookline Breeze Packet Pickup
4:00 PM - 6:45 PM

Saturday, August 11
Brookline Breeze
9:00 AM

Saturday, August 11
Cross Country Spike Day
10:00 AM - 5:00 PM

Monday, August 13
Move it Monday
5:30 & 6:00 PM

Saturday, August 18
Saucony Summer Summit Trail Series
Frick Park 7:30 AM

Saturday, August 18
Tools of the Trade Series
Chi Running w/ Ken Presutti 12:00-1:00 PM
Cross Training & Strength Training 1:15 - 2:00 PM

Monday, August 27
Move it Monday
5:30 & 6:00 PM

Thursday, August 30
Pub Run Series - East End Brewery
Taproom
6:30 PM

STORE HOURS

Monday-Friday 10-7 | Saturday 10-5 |
Sunday 12-5

1751 N. Highland Rd. Pittsburgh, PA
15241 | 412-851-9100
www.fleetfeetpittsburgh.com

UPCOMING RACES

As usual, all the GP races will be marked with a *. This is just a partial list of races found in the local areas.

8/11 - *Brookline Breeze 5K - Pittsburgh PA
8/11 - *Victory 5K - Waynesburg PA
8/12 - P & LE Express 4M/10M - Boston PA
8/18 - Uphill 5K - Pittsburgh, PA
8/18 - Run Fast Winged 5K - Salem OH
8/18 - Parkersburg Half Marathon - Parkersburg WV
8/25 - Run Around the Square - Swissvale, PA
9/2 - PGH Steelers 5K - Heinz Field, PGH, PA
9/3 - * Labor Day 5K - Washington, PA
9/8 - * Little Great Race 5K - Charleroi, PA

GRAND PRIX 2018(As of 7-28)

Tina Seech	3	30:45
Mike Romzy	1	34:11
Bob Pikelis	6	35:15
Ella Jane Custer	3	35:27
Emery Strotman	2	36:49
Rich Sandala	10	36:59
Cathy Loos	3	37:08
Brittnie Lockhart	1	37:13
Amy Koontz	5	37:44
Heath Piper	2	37:45
Hunter Midcap	1	38:26
John Koontz	5	39:32
Carl Kondrach	4	40:16
Gary Chabala	4	40:49
Mike Melvin	2	41:00
Carrie Perrell	8	41:21
Rich Durbin	2	41:39
Kelley Murdock	2	41:53
Stush Sadowski	5	42:08
Gary Bennett	3	42:08
Donna Patrina	4	43:19
Grace Goffi	4	43:24
Doug Midcap	1	44:02
Hanka Rydl	1	44:23
Sarah Donley	5	44:27
S. Kevin Berdis	1	44:31
Kristine Midcap	1	45:42
Richard Klempa	2	45:50
Terry Smith	2	46:47
Eric Perrell	4	46:48
Jonathan Garet	3	47:08
Nick Fossum	4	47:38
John Ross	1	47:41
Steve Chabala	4	47:52
Mark Hospador	2	48:00
Kathy Starkey	5	48:28
Albie Rinehart	1	48:58
Shane Brunazzi	2	49:37
Jaminique Milliren	2	50:10
Forton Remington	2	50:18
Scott Harrington	4	50:47
Jim Loos	2	51:02
Greg Mussitsch	1	51:45
Trey Mussitsch	1	52:07
Michael Frere	1	52:14
Mary Krett	3	52:18
Nathan Milliren	3	53:32
Barbara Zappa	3	55:31
Felicity Smith	1	58:24
Chris Moschetta	1	60:04
Dave Byers	1	63:44
Ricky Andrews	1	65:23
Amy Martin	3	70:59
Blake Headen	3	71:31
Tracee Popeck	1	76:54

LDGP 2018(As of 7-28)

Tina Seech	1	30:58
Bob Pikelis	5	35:46
Greg Mussitsch	2	36:28
Rich Sandala	4	37:11
Emery Strotman	3	37:32
Mike Bruno	4	39:37
Mike Romzy	1	39:55
Amy Koontz	4	39:58
John Koontz	4	40:56
Deb Doyle	2	41:29
Tom Carter	2	43:57
Carrie Perrell	1	44:11
Carl Kondrach	4	44:33
Brittnie Lockhart	2	44:33
Stush Sadowski	2	45:27
Jaminique Milliren	1	45:44
Mark Hospodar	4	46:57
Sarah Donley	5	46:57
Jim Loos	2	48:07
Terry Smith	1	48:11
Eric Perrell	1	48:14
Jonathan Garet	2	49:48
Shane Brunazzi	3	51:14
John Titus	3	51:46
Nathan Milliren	2	51:46
Scott Harrington	2	52:37
Felicity Smith	1	58:58
Amy Martin	1	88:52

LDGP WALK(As of 7-28)

Carl Kondrach	2	53:34
Rose Gray	1	60:48
Sarah Donley	2	63:41
Mike Turkaly	1	66:15
Ken Hissam	1	73:04
Stan Czyzewski	1	73:56
Richard Respole	2	75:25
Andrew Grimm	1	1:46:52

GRAND PRIX WALK(As of 7-28)

Gary Bennett	3	49:50
Cindy Mancinelli	1	53:55
Georgette Lacey	1	54:47
Carl Kondrach	3	55:51
Terry Whitecotton	1	57:10
Rose Gray	4	58:25
Kelley Murdock	4	60:52
Sara Donley	2	61:18
Felicity Smith	2	61:54
Richard Respole	7	62:07
Mike Turkaly	2	63:35
Ken Hissam	2	67:51
Barrie Baker	1	69:29
Joe Mancinelli	3	69:58
Stan Czyzewski	3	71:41
George Macek	3	73:21
Chip Grimm	2	1:39:25
Andrew Grimm	2	1:41:14

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

