

# **WASHINGTON COUNTY ROAD RUNNERS CLUB**

**ESTABLISHED 1974**

**FEB/MARCH, 2020**

**VOL. 20 / No. 2/3**

**VISIT US ON THE WEB @[WWW.WCRRRC.COM](http://WWW.WCRRRC.COM) (OR NET)**

## **NEWS AND NOTES**

Hopefully everyone is taking advantage of the great weather we are having this winter and getting out for some early training runs. Punxy Phil has said we will have an early spring so let's take him at his word. There will be a few more races starting up in February, so look at the website for more information.

The WCRRRC would like to welcome another new member to join the club. Welcome to Joe Lebert. Joe lives in Arnold, PA and is the fiancé of club member Alexander Brooks. Great to see you Joe and hope that we will catch you at some upcoming races.

Don't forget that anyone who is planning on making it to the annual banquet this year to send in your reservation as soon as you can. Also, for anyone who is not sure if you sent in your club dues for 2020, we have listed in the newsletter those who, as of February 5<sup>th</sup>, have not sent in. This will be the last newsletter mailed out because the April newsletter will be an online only, so if you still want to be involved in the Grand Prix please send you dues in when you can.

## **JANUARY AT THE RACES**

There were a few brave souls who ventured out for races in January. Each weekend seemed to have a different weather pattern coming through, so some got hot, some got rained on and others had some cold to go through. Here are a few of the results from the month.

## **Run to Read Half Marathon**

It was a very unseasonable 76 degrees for the running or the half marathon in Fairmont, WV. More people struggled through the race as times reflected that. In the winner's circle, Carter Lipscomb won the race in a time of 1:14:11. Our first male finisher was Emery Strotman in a time of 1:26:48, and our first female runner was Jen Foster, who came through in 1:54:06.

## **Frigid 5 Miler**

The day after the half saw the running of the Frigid Five Mile race in North Park. We had only one entrant in the race, as Mark Hospodar climbed the daunting hill in 53:58.

## **Winter Wellness One Mile Dash**

On a cold and rainy morning, 28 runners ran the One Mile race in Upper St. Clair. Our own Heath Piper won the event in a time of 5:37, with Rich Sandala our only other finisher in 7:02.

## **UPCOMING RACES**

February is still another slow month for races but there are a few to try out. And March is fast approaching. Our next Grand Prix event will be the Barnesville Park 5K. Race app is in this newsletter.

3/38 – Bucks for Bucs 5K – Houston PA

3/28 – Barnesville Park 5K – Barnesville OH.

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

WASHINGTON COUNTY ROAD RUNNERS CLUB  
2020 BANQUET

It's that time of year again, when we get together to celebrate another season of running (and poke fun at our follies). Awards will be given to all who completed a SDGP or LDGP event. The MC will be by committee for the evening, so be ready to defend yourself. Special guest speaker will be former Pittsburgh Park and Rec director Mike Radley.

**When:** Saturday, March 7<sup>th</sup>  
6:00-7:00 Cocktail Hour, 7:00 Dinner

Where: Lawrence Fire Dept. Hall  
428 Georgetown Road  
Lawrence, PA 15055



**Why:** Have a laugh, tell a joke or sing a song if you wish.

Price: \$20.00 per person

Fare: The buffet menu is: Rigatoni, Hot Sausage, Chicken Tenders, Red Potatoes, Green Beans, Cajun Chkn Pasta, salad and rolls. Wine, beer and soda cash bar (Honor system). Chips, pretzels and cake are included.

**Awards:** Top 3 SDGP & LDGP finishers will receive trophies. Other SDGP and LDGP finishers receive plaques. Top 2 Walkers receive trophies and all others receive plaques. Speeches optional by the winners (Anyone long winded may get the hook)!

Directions: Route 79 to the Southpointe Exit. Bear right at the end of the ramp. Turn left at the traffic light (Morganza Road). Turn right at bottom of the hill (Tandem Bike Shop will be on left). Stay on Georgetown Road (make sure to go under trestle approx. a half mile down road). Fire Hall will be on the right.

Please mail to WCRRC, 1427 Willowbrook Dr., Washington, PA 15301  
Checks payable to WCRRC

Name(s) \_\_\_\_\_

Number Attending\_\_\_\_\_

Please respond by February 26th. Late responses call Tom 724-229-0201





Please complete and return this **REGISTRATION FORM WITH PAYMENT**  
**PLEASE MAKE CHECKS PAYABLE TO: YOUTH REACH INC.**

Mail to: Youth Reach Inc.  
MMD Race Director – Tami Weisner  
1965 Ferguson Road, Allison Park, PA 15101  
. [www.marchmaddash.org](http://www.marchmaddash.org)

**Saturday, March 14, 2020 | North Park Boathouse | Allison Park, PA**

Name: \_\_\_\_\_ Gender: MALE / FEMALE  
Date of Birth: \_\_\_\_\_ AGE on RACE DAY: \_\_\_\_\_  
Street Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_  
Phone: (\_\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_  
Race: (please circle one) 10-Mile / 5-Mile / 5K run/walk  
Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_  
Registration Amount: \_\_\_\_\_ Additional Donation: \_\_\_\_\_ Total Enclosed: \_\_\_\_\_  
SHIRT SIZE: (Unisex Sizing – Long Sleeve) XS, S, M, L, XL or XXL

### **OFFICIAL RELEASE FORM**

I know that running/walking in a race is a potentially hazardous activity. I am also aware that I should not enter and run/walk in this event unless I am medically able and properly trained. I assume all risks associated with running/walking in this event including, but not limited to falls, contact with other participants, the effects of weather, the conditions of the trail and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing the facts, I, for myself and anyone entitled to act on my behalf, waive and release St. Paul's United Methodist Church, event coordinators and volunteers from all claims or liabilities of any kind whatsoever, foreseen or unforeseen, known or unknown, arising out of my participation in this event even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. The undersigned further grants full permission to St. Paul's United Methodist Church or volunteers authorized by them to use any photographs or other record of this event for any purpose. Registration for minors will be accepted only with a parent's signature.

\_\_\_\_\_  
*Signature of participant*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Under 18, parent's signature required*

\_\_\_\_\_  
*Date*



PITTSBURGH

Voted one of "America's Top 10 Running Stores"

## Upcoming Events to Keep You Injury-Free

Fleet Feet's mission is to inspire the runner in everyone and equip you with tools you need to stay healthy, active and injury-free. In addition to helping you find the right footwear, we offer events and workshops to keep you off the sidelines and feeling great on your next run. Check out our upcoming events below!

### Plantar Fasciitis Q&A Tuesday, February 25 | 5-7pm

Plantar fasciitis is one of the most common injuries that brings people through our doors. The American Academy of Orthopaedic Surgeons says 2 million people are treated for this condition each year!

People with plantar fasciitis might feel pain on the bottom of their foot near the heel when they first get out of bed in the morning or after not moving for long periods of time. The pain will subside throughout the day as you get moving. Sound familiar?

As your resource for all things running and walking, we're here to help! With the right tools and know-how, there are many treatments that can be done at home.

Join us on Tuesday, February 25 from 5pm - 7pm to talk to representatives from key brands who make the products you need to get back on your feet. We are thrilled to welcome our friends from [CEP Compression USA](#), [Superfeet Worldwide](#), [ASICS](#) and [TriggerPoint](#) to the store to answer your questions and recommend the best tools for your treatment plan.

## Tight Hammies 2.0 Saturday, February 29 | 11am

If you've been stretching your hamstrings with no relief, this seminar is for you. Join [Dr. Brian Corlett](#) at Fleet Feet Pittsburgh on Saturday, February 29 at 11:00am to learn effective, new strategies to combat tight hamstrings.

RSVP on the Fleet Feet webpage!

## Tools of the Trade Workshop

**Our "Tools of the Trade" workshops are back!** We've revamped the curriculum to bring you the latest and best in exercise physiology and the science of running in a condensed format. These workshops will focus on four of the major principles in training and racing, and teach you how to use them to your advantage. Each session is broken into four different 15-minute segments, with a short 5-minute Q & A in-between.

**Part One** - Running Form, Efficiency and Economy

**Part Two** - Heart Rate Training Zones

**Part Three** - Cross-training vs. Strength-training & Program Development

**Part Four** - Active & Passive Recovery

Join us at **Fleet Feet Pittsburgh** on **Saturday, February 29th** from 12:30-2 PM or **Saturday, March 14th** from 10:30 AM-12 PM to learn from our team of coaches, wellness professionals and industry experts!

RSVP on the Fleet Feet webpage



Title Sponsor

# Saturday, March 28, 2020 @ 9:15am

## Free Kids Run begins at APPROXIMATELY 10:30am!

**Directions:** (GPS: 300 Fair Street, Barnesville, OH 43713) Interstate 70 East/West, Exit #202 (Barnesville/Dennison). Go 6 miles on State Route 800 South to top of hill. 100 yards past gas station, make an extreme right-hand U-Turn. Follow signs. Race is held entirely in Barnesville Memorial Park.

**Entry Fee:** Pre-registered (March 8) \$25 (hoodie) or \$21 (long-sleeve T-shirt). \$30 after March 8 and on race day.

**Shirts:** Only 100 hoodies and 100 long-sleeve T-shirts are ordered. 1st-come, 1st-serve based on registration date, including sizes.

**Registration:** Begins at 7:00 @ the Youth Center in the Park. Arrive early to avoid long lines! **Online Registration** is available at: [www.RunSignUp.com](http://www.RunSignUp.com) (key word: Park Lake) For more info or to download an application, go to: [www.RailsToTrails5k.com](http://www.RailsToTrails5k.com)

**Refreshments:** Enjoy tons of yummy food including pizza, subs, deli sandwiches, pepperoni rolls, pasta salad, cookies)

**Trophies:** 125 beautifully hand-crafted Nature Trophies based on last year's results: **(NO DUPLICATIONS!)**

**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 10 60+ Over; **(Female Walk):** Top 2: <29, 30-39, 40-49 (3) 50-54 (3), 55-59 (3), 60+ Over (3) **Runners:** 1. Top 5 Male & 5 Female 2. Top 3 Masters (40+) 3. Top 3 M/F in Age Groups (unless 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 **Special Awards for Oldest/Youngest M/F**

**Free Kids Run:** They can choose 1/3 mile or 50 yard run. Begin @ APPROXIMATELY 10:30. All kids win a medallion!

**Contact Info:** Carl A. Kondrach, Director (740)619-0070/(740)310-2117 [carlkondrach@yahoo.com](mailto:carlkondrach@yahoo.com)

**Results/Photos:** Results available at: [www.SmileyMiles.com](http://www.SmileyMiles.com) Photos available at: [www.RonPradetto.com](http://www.RonPradetto.com)



### Barnesville Grand Prix Series



Facebook.com/barnesvillegrandprix

(cut here)

Proceeds earmarked for trail maintenance and kids' activities held in the Park

(cut here)

Mail form(s) and make

Check payable to:

**Kidz Road Racing**

808 North Chestnut Street  
Barnesville, OH 43713-1118

**Please Note:** This is a  
mailing address. The Race  
Address is 300 Fair Street



Run

Walk

Kids Run

(Check One Box ONLY)

(FREE)



Male



Female

Name (please PRINT clearly)

Address

City

State

ZIP

Phone

e-mail (optional)

Age on Race Day

Birthday

Sizes are on a first-come, first serve basis. So register early!

Circle Shirt Size (5k ONLY)

YL AS M Lg XL 2XL  
(If available)



Add \$2.00

Long-Sleeved T-shirt  
\$21 Pre-registered

Hooded Sweatshirt  
\$25 Pre-registered

After March 8 and Race Day: \$30, regardless of choice.

Only 100 of each will be ordered; registration dates  
determine styles, sizes. Very limited selection on race day!

**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 may 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/Legal Guardian if <18)

Date

Remember: \$30 after March 8 or your  
application will be sent back!



## Thoughts think thankfully thoughtless!!

*Mickey Hornack*

- Recently saw on a tombstone "one way, do not enter"
- 
- Maybe I'm wrong or a bit out of whack, but its my contention that our seasons are moved back a month. Or global warming? It's in the mid 40's and sometimes in the low 50's. January/February...come on man!!
- 
- In reviewing that last thought: Maybe I'm wrong---nope; a bit out of whack---nope; so, it must be true
- 
- I gotta make my statement on this year's Super Bowl halftime show--yikes!
- 
- I asked my neighbor why he bought a standard shift car? He said to keep it from being stolen!
- 
- Passwords: my definition-a group of letters and/or numbers that's supposed to make sense, individuals are supposed to remember but never can. That you are to change (on all 100 of your accounts) regularly and record to refer to, though I don't think you can do it on the second Tuesday of every other week. You can't use the same word/name unless you spell it backwards, must use at least one capital (I always use Boise capitol of Idaho nobody ever thinks of that) and must include a number but not two of the same numbers consecutively. But if you forget your password, just hit the 'forgot password' prompt everything will be A OK! Just kidding.
- 
- I went to a psychic, asked me my name. I said you don't know?
- 
- It looks now Charleroi Little Great Race has some new organizers. And it is

scheduled to go the same time as in the past in 2020. More info to follow.

- 
- What is it about a cake from a bakery ie: Bethel Bakery to name one of many? 1 piece doesn't 'cut it' 2 pieces hold you over for an hour or two and the rest of the story (and cake) is easy to figure out!
- 
- The Mrs. volunteers at a voting precinct. The new machines are coming, and she is concerned about being accurate after completing her training. I said in some situations you have to embrace your challenges!! She hugged me!!
- 
- Spring will spring soon WCRRC! despite my concept of season rearranging or global warming.

## 2020 WCRRC GRAND PRIX

The WCRRC Grand Prix's will both return in 2020 for the 35th 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.**

### 2020 GRAND PRIX (RUN AND WALK)

I. 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)
National Trail 5K/10K (April)	Running for Ryan 5K (July)	Pumpkin Festival 5K (Sept)
Polar Vortex 5K/15K (April)	Rain Day 5K (July)	Great Race 5K/10K (Sept)
Dock to Lock 5K (May)	Debbie Green 5K (Aug)	Chamber Chase 5K (Oct)
Rails to Trails 5K (May)	Brookline Breeze 5K (Aug)	Jack-O-Lantern Jog 5K (Oct)
The Big Run 5K (June)	Victory 5K (Aug)	Donora Smog 5K (Oct)
Run for Alex 5M (June)	Labor Day 5K (Sept)	Turkey Trots 5K Any (Nov)

(Trot for Tots in December may be substituted for the Victory race. Stay tuned)

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](mailto: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.

### 2020 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**

## CLUB RENEWALS

As of February 5, 2020, these are the names of those we do not have a renewal for 2020. If you plan on staying with the club for this year, please try to send in your dues soon as you can.

Bill Allison  
Carol Beam  
Gary Bennett  
Sister Kevin Berdis  
Dave Byers  
Shannon Cain  
Steve Chabala  
Ella Jane Custer  
Stanley Czyzewski  
Carolyn Davey  
Rich Durbin  
Ed Frohnappfel  
Roxanne Wray  
Kim Gordon  
Grace Goffi  
Rose Gray  
Scott Harrington  
Ken Hissam  
Mark Hospodar  
Karen Ilkin  
Carl Kondrach  
Gary Lorenzi  
Amy Martin  
Bill McCormick  
Donna Patrino  
Carrie Perrell  
Heath Piper  
Greg Redding  
Mike Romzy  
Laurel/Dale Rush  
Stush Sadowski  
Rich Sandala  
Kelly Smith  
Terry/Felicity Smith

Gary/Maureen Stankevich  
Ray Stockdale  
Frank Sulzer  
Eslie Sykes  
Mike Turkaly  
Tina Seech  
Nick/Consuelo Fossum  
Jaminique/Nathan Milliren  
Cathy/Jim Loos  
John/Amy Koontz  
Tom Carter  
Kathy Starkey/Ricky Andrews

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## TIMES WHEN RUNNING RUINS YOUR LIFE

**When it's hot** – Eventually a runner is going to literally melt on an uncovered trail in August

**When it's cold** – Running doesn't require the use of our fingers, which is good because we usually can't feel them

**When it's early** – The early bird gets the worm. The early runner gets home in time to shower and then to work.

**When it's late** – I hate to just come home from work and relax. That'd be awful.

**When I'm lame** – Yes, I'm staying in on a Friday night. I have a long run tomorrow morning.

**When I'm MIA** – And, yes, I'm also missing brunch on Saturday. I'm six miles away. On foot. With eight more miles to go.

**When I'm drowning** – (In sweat)



## **WCRRC AT THE RACES**

### **RUN TO READ HALF MARATHON**

Emery Strotman	1:26:48 (AG-2)
John Titus	1:47:44
Bob Pikelis	1:48:38 (AG-2)
Jen Foster	1:54:06 (AG-1)
Sarah Donley	1:55:06 (AG-2)
Shand Brunazzi	2:13:53

### **USC WELLNESS 1M**

Heath Piper	5:37(OA-1)
Rich Sandala	7:02(A-2)

### **ICICLE 5K WALK**

Carl Kondrach	31:12(OA-1)
Sarah Donley	34:28(OA-2)

### **RUN TO READ 13.1M**

Emery Strotman	1:26:48(A-2)
John Titus	1:47:38
Bob Pikelis	1:48:38(A-2)
Jen Foster	1:54:06(A-1)
Sarah Donley	1:55:06(A-2)
Shane Brunazzi	2:13:53

### **FRIGID 5M**

Mark Hospodar	53:58
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### **GROUNDHOG 6.6M**

Dave Byers	1:15:50
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## **RUNNING SHORTS**

-- WCRRC member Eslie Sykes has moved to North Carolina intending to run..... for Attorney General in that state. Good luck on your new endeavor.

-- Anyone else following the controversy about the potential banning of Nike Vaporfly shoes because of potential advantages provided by the shoe. The shoe costs well over \$200 and is limited to about a 200-250 miles lifespan.

-- If Nike really wants to prove the miraculous properties of the shoe, let's give them to Blake and

see what they do for his times!!

-- Mickey Hornack sent in a extra dollar when he renewed which he designated be used to provide Tom Trettel with swim lessons. The jokes on him, however. Anyone who has seen Tom swim knows a dollar wouldn't put a dent on the money needed to fix that stroke..

-- The indoor World Track and Field Championships have been postponed for a year because of the coronavirus. Rumors of concerns about next year's Olympics in Japan have also been heard.

-- Don't forget to get your banquet reservations in before the Feb 26th deadline. It really helps to get an accurate count for food and seats. Remember, it's also a chance to see what Stush looks like with a shirt on.

-- Also don't forget to get your renewal in if you haven't done so. Anyone not renewing by next month will be receiving a personal call from Mickey Hornack. If that doesn't get you moving on that renewal, nothing will.

-- Anna Beck ran the Houston Marathon in 2:53, missing her goal 2:45 to qualify for the Olympic Trials Marathon. Anna is still coached by Joe Sarver.

-- Despite the retirement of Race Director Vic Vitale and many on his race crew, the Charleroi Little Great Race will return in 2020.

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.

