

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

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

## NEWS AND NOTES

Greetings to one and all and welcome to 2020, a new decade. We want to wish everyone all the joy and happiness this year, and that this will be a year of PR's and no injuries.

We also wanted to send out congratulations and best wishes to Neil Bassi. Neil is retiring from Charleroi Federal Savings and Loan. Neil says that he hopes that Donna and he will now be able to do a lot more travelling.

And now with Neil retiring, we are going to announce some changes to the newsletter. If you did not know, Neil was responsible for getting the newsletter printed for us. We are now going to have to get the printing done by someone else. Because of that, we are now going to do 10 newsletters a year, combining December/January and February/March. Going forward, there will be 6 editions that will be online only with the other for printed. For all race directors who want a race app to appear in the printed edition we will need to get at least 80 copies of your app or some money to get the app printed. All apps will be included in the online editions and will also be on the race calendar. For anyone we do not have an email address for, please send it in with your renewal or email it to either Tom or Bob.

Speaking of the renewals, now is the time to send in your 2020 renewal to the club. Make sure that your birthdate and anyone in your family who wishes to be a part of the Grand Prix is also included.

In this month's newsletter is the application for the 2020 club banquet. The date for

this year is on March 7<sup>th</sup>. This year our special guest speaker is Mike Radley. Mike is a past director of the Pittsburgh Park and Rec. He was the race director for the Great Race, Brookline Breeze and a few other races put on by the Park and Rec. Mike will talk a little about the running community in PGH and how these races were put together. There will be a Q & A after. Please get your reservations in ASAP so we can get a good count of attendees.

To all the race directors in the WCRRRC, whenever you have your dates set on any of your races, let Tom or Bob know ASAP. We are trying to get the calendar set for the 2020 SDGP and we want to make sure that your races are set in. Next month we publish the calendar

## DECEMBER AT THE RACES

Congratulations to all of those who finished a Thanksgiving Turkey Trot this year. Hopefully your times were turned in to Grace, as she is no longer accepting any times for the 2019 season.

### **Trot for Tots 5K/10K**

The rains came down on the 2019 version of the Trot for Tots this year, so the times were a little slower than usual. For the 5K race, Rich Sandala was our first male finisher in a time of 22:58 and Sarah Donley was our first female to cross the line in 25:48. The 5K walk had Carl Kondrach coming through in 30:44. In the 10K Jaminique Milliren was our first female finisher in a time of 48:47 and Carl Kondrach was our only male finisher, coming through in a time of 58:50.

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.

[illegible]

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



## **Routine Matters: Show Up and Make it Count**

### **TRAINING**

It's a good thing the weather doesn't have an advertising team. Can you imagine the following commercial?

*Do you like falling on your face for no apparent reason? What about spontaneous ice skating in the middle of a workout? If you enjoy holding the fear of immediate loss of control close to your heart, then have I got a product for you: black ice! It's invisible, dangerous and could literally be anywhere. Possible side effects including meeting the sidewalk intimately, tearing crucial knee ligaments, giving yourself a black eye, staying indoors all winter, and, most seriously, loss of all aerobic fitness. Please use only as directed.*

Black ice doesn't sound terribly appealing, but neither do the ads for extreme cold (*Ladies, do you love when your man comes home with frozen eyelashes...*), snow (*Grab the shovel, it's time for 3-hour abs with your favorite Nor'Easter!*), or slush (*Want to make your Smartwool socks feel really unintelligent? Guess if I'm a pile of wet snow or a 9-inch deep puddle of 33-degree water!*).

Put simply, winter running throws obstacles at most of us that other seasons' extremes can't match.

The concept of going out for a walk, much less implementing a training plan during these darkest of times, can seem daunting. But it's not impossible. Establishing a routine with clear goals for the warmer months can make winter running an automatic and rewarding process that gives you the boost you need to run your best when those April showers give way to May flowers.

### **The Best Types of Resolutions**

Exciting as the prospect of good training in the spring may be, setting a goal to "run more in the winter" is a sentiment that's doomed. [Many New Year's resolutions fail](#) within the first half of the year. The biggest

contributor to this failure? Ambiguous goals. Achieving goals is all about being able to measure meaningful progress, but when your resolution is "to be healthier," how do you quantify that? Is replacing five doughnuts per day with four "meaningful?" Having a clearly defined, measurable goal eliminates this vagueness.

Another problem with many of these goals is they're not inspiring. New Year's resolutions are often about subtracting an enjoyable indulgence. In this sense we're lucky, as running-related goals add value at zero cost.

Combining these two concepts to create a meaningful and inspirational goal. This is a deeply personal concept and speaks to what you want from this sport. Do you dream of running a personal best in the 5K or finishing a marathon in 2019? Make that the major goal of the year and then work backwards, setting benchmarks along the way. If your goal is to lose weight, figure out how much weight you want to lose, and follow the same formula. In both instances, you want to establish a timeline. For instance, if the goal is to lose 15 pounds, give yourself six months to do so. That way, if you lose three pounds in the first month, you'll know you're slightly ahead of the target and making meaningful progress toward the ultimate goal.

### **Routines Help Your Running**

It may not sound sexy, but the best way to achieve your goal is by establishing a routine. At its core, a routine is a set of actions repeated in a familiar way. A routine is an important step in achieving consistency and giving a sense of order and purpose to our lives.

Carving out a designated time to run can eliminate many of the obstacles that procrastination is likely to produce. My wife, for instance, sets her alarm for 6:12 a.m. every work day. Whether she's had a wonderful nine hours of sleep or a broken six, she is up to turn off the alarm (yes, a real alarm clock that's located 10 feet from the bed), change her clothes and perform



the exercise of her choice before going to work at 8 a.m. While she would rather sleep in, she found over the years that having to run after being on her feet for nine hours as a doctor was not conducive to good training, and by the time she got in her car all she wanted to do was come home and be with our two young daughters.

Routines also remove the effort of fighting temptations that can compete with exercise. We are more likely to make good decisions in the face of appetizing (but less productive) options if we've established a routine. The short-term allure of lounging around in your slippers is a powerful force, but a routine can neutralize its appeal and keep the long-term benefits of exercise squarely in sight. Plus, to paraphrase Boston Marathon champion Desi Linden, no one ever regretted going out for a run once it's over.

### “If” vs. “When”

Back to that black ice that's lying in wait. It's still there. Same for the sleet, snow, slush and 33-degree rain. Winter is a bear, and all the hoping, wishing and dissing isn't going to make it go away anytime soon (and if you live in Phoenix, Arizona, now is not the time to chime in about how wonderful your January is—we'll talk to you in July).

But now you're armed with a goal. You want to break 25 minutes in the 5K. You want to run your first marathon in April. You want to run four times per week in an effort to help you lose 15 pounds before July. Goals are motivating and exciting. You want it to happen, and you're willing to change your routine to include the necessary time and energy to ensure it happens. But that black ice, it's not melting.

There's still one more arrow in your quiver, and it's an important one to use when you look out the window and see winter is still in control—your life's narrative. After all, actions and events aren't inherently good or bad. It's what we tell ourselves and others that defines how we view every action.

This is the time to change your narrative. Instead of telling yourself, “If I run in the snow...” change it to “When I run in the snow...” Such a small semantic change may seem meaningless, but removing the element of choice is huge when it comes to surmounting obstacles. Use this affirmation long enough, and the response will become automatic.

At that point the barrier is gone. The world is open. You are no longer someone who runs.

You are a runner.

By [Philip Latter](#). Latter is a former senior writer at *Running Times* and co-author of *Running Flow and Faster Road Racing*. His work has also appeared in *Runner's World*, [runnersworld.com](#), and [ESPN.com](#). He currently coaches athletes at The Running Syndicate, in addition to his day job coaching high school runners at Brevard High School (NC).

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## UPCOMING RACES

The start of the New Year does not bring very many races in the area. These are a few that we found if any one is interested in joining in.

1/11 – Run to Read Half Marathon – Fairmont, WV

1/12 – Frigid 5 Mile – Allison Park, PA

1/18 – Wellness 1 Mile Dash – Upper St. Clair, PA

1/25 – Chilly Cheeks 2.5M/5M/10M – Hermitage, PA

2/8 – Cupid's Chase – Heinz Stadium, Pittsburgh, PA

2/8 – RSG Valentine's 5K/10K – Allison Park, PA

# How To Master The Long Run

By: [Saucony](#) | September 13, 2019

Good content from: Brian Shrader, Saucony Athlete

There might not be a more important part of marathon training than the long run.

Throughout the week, most training runs are actually meant to recover or get ready for the next workout. But the long run is a bit more focused and intense – trying to get the body and mind accustomed to working for the duration of the marathon. There are countless very important physical benefits from the long run, but I'm going to focus on the psychological importance of this weekly ritual.

No matter who the person is, we all look at 26.2 miles as an incredibly daunting task at the beginning of the training plan. We simply do not know how our bodies are going to react when we attempt to push our physical limits for hours on end. This is one of the biggest lessons we are able to learn through the long run. We buildup so that eventually we are running the duration, or longer than the duration, of our goal race time. No, we aren't running race pace, but our body and mind now know that they are capable of staying engaged for the time required. And knowledge is power.

We can then use this power to tackle the distance at race pace as well. It can start with running quicker at the end of the long run, putting a fartlek\* into the run, then eventually putting tempos into the long run. All of this is now teaching our body and mind that we are capable of running the distance at the actual goal pace. What once seemed like a daunting task is now becoming more obtainable through breaking apart the training into pieces and putting them together.

In terms of fueling, use the long runs as run-throughs for the actual race. Use different fueling strategies to

figure out what will be best during the race. Try drinking water on the go, carbs on the go, and figuring out how many carbs/calories you're able to handle throughout the duration of the race. All of this obviously benefits us physically, but we are also now able to go into the race much calmer, having the knowledge of what exactly our bodies need in order to tackle the marathon distance.

So, how come during the weeks leading into the race, why are we still so nervous and perhaps even unsure that we are going to be able to accomplish the task?

This is where trust in the training comes in. We trust that what we have been doing for the past months has been working. We trust that once we taper, we will have more energy for the race. We trust that when we put our singlet and bib number on, when we are running down the streets with thousands of other runners and spectators, that we are given our super-human abilities. Things will get very hard, but with the body and mind prepared at an all-time high, we'll all lean on each other and finally get our moment to put all of the pieces together for one last glorious long run. This time with much more celebrating at the finish!

\*Fartlek: Swedish for "speed play," this type of workout calls for harder efforts in the middle of your run. Remember to have fun with this one as it's a bit more unstructured than a track workout or tempo run!



## **WCRRC AT THE RACES**

### **HOT CIDER 5K**

Tina Seech 21:09(OA-2)

### **GREENBACK 5K**

Kelley Murdock 22:25(OA-2)

### **RED KETTLE 5K WALK**

Kelley Murdock 31:50(OA-1)

### **BARNESVILLE 5K**

Kathy Starkey 34:38

### **GROVE CITY 5K**

Tina Seech 21:20(OA-3)

### **UNIONTOWN T. TROT 5K**

Ricky Andrews 36:18

Kathy Starkey 37:23(A-3)

### **RED KETTLE 5K**

Kathy Starkey 33:57(A-1)

### **CHAPLAINS 5K**

Eslie Sykes 21:15

### **CRANBERRY SANTA 5K**

Tina Seech 20:59(OA-3)

### **KENNYWOOD SANTA 5K**

Shane Brunazzi 22:31

### **SILVESTER 5K**

Heath Piper 19:39(A-1)

Dave Byers 36:55(A-3)

### **SOUP RUN 5K**

Carl Kondrach 23:22(A-3)

Sarah Donley 23:27(OA-3)

Shane Brunazzi 25:40(A-3)

Gary Lorenzi 27:44(A-2)

### **RESOLUTION RUN 5K**

Heath Piper 18:55(A-1)

Mike Romzy 20:31(A-1)

John Koontz 20:39(A-1)

Amy Koontz 21:01(OA-2)

Rich Sandala 22:04(A-3)

Gary Chabala 26:26(A-3)

Doug Midcap 27:01

Steve Chabala 27:29

Nick Fossum 33:07

Kristine Midcap 37:00

Blake Headen 49:41

## **FINAL GP STANDINGS (2019)**

### **LONG DISTANCE GP**

Bob Pikelis	5	35:19
Emery Strotman	4	35:41
Rich Sandala	5	36:45
John Koontz	5	38:23
Debbie Doyle	4	39:06
Amy Koontz	4	41:09
Stush Sadowski	4	41:20
Sarah Donley	8	44:47
John Titus	9	44:52
Mark Hospodar	5	49:44
Carl Kondrach	4	53:09
Shane Brunazzi	4	54:18
Scott Harrington	6	54:50

### **LONG DISTANCE WALK GP**

Carl Kondrach	5	1:00:46
Rose Gray	4	1:03:08
Richard Respole	5	1:03:16
Sarah Donley	4	1:03:16
Stan Czyzewski	4	1:14:21

### **GRAND PRIX**

Tina Seech	5	30:21
Greg Mussitsch	6	34:13
Bob Pikelis	12	34:16
Mike Romzy	6	34:58
Heath Piper	8	35:14
Emery Strotman	5	35:21
Rich Sandala	19	35:48
Cathy Loos	5	37:40
Rich Durbin	8	37:47
Stush Sadowski	12	38:32
Grace Goffi	7	39:54
Larry Roolf	7	40:30
Donna Patrino	8	40:36
Gary Chabala	7	40:39
Sarah Donley	9	41:35
Jaminique Milliren	7	42:27
Gary Lorenzi	7	42:46
S. Kevin Berdis	6	43:14
Doug Midcap	8	43:37
Kathy Starkey	9	45:42
Nick Fossum	7	47:01
Mary Krett	9	47:34
Kristine Midcap	6	49:10
Shane Brunazzi	6	50:08
Ed Frohnapfel	5	52:15
Jim Loos	5	53:18
Carl Kondrach	5	57:32
Ricky Andrews	7	1:01:25
Chris Moschetta	5	1:09:33
Alexandra Brooks	6	1:11:03

### **WALK GRAND PRIX**

Gary Bennett	7	48:21
Georgette Lacey	6	50:44
Carl Kondrach	10	51:47
Richard Respole	13	58:45
Kelley Murdock	6	59:24
Richard Respole	10	59:41
Sara Donley	7	1:01:30
Stan Czyzewski	6	1:02:20
George Macek	6	1:04:13
Barrie Baker	6	1:19:13
Blake Headen	13	1:12:53

\*\*\*\* THE FINAL STANDINGS LISTED HERE ARE NOW CONFIRMED AND NO ADDITIONS OR CHANGES WILL BE MADE.

\*\*\*\*CONGRATULATIONS TO ALL OF OUR WINNERS AND FINISHERS. ALL WILL BE HONORED AT THE ANNUAL WCRRRC BANQUET ON MARCH 7. SEE THIS ISSUE FOR THE BANQUET REGISTRATION FORM.

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.

