

# **WASHINGTON COUNTY ROAD RUNNERS CLUB**

**ESTABLISHED 1974**

**JUNE, 2019**

**VOL. 19 / No. 6**

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

## **NEWS AND NOTES**

Just like the weather, May and June are starting to heat up the races around. There will be some races listed in the newsletter and on the website for everyone. And as a reminder please check out the GP page and make sure that all the GP races that you did attend are counted. If there are any discrepancies, contact Grace to see which of your races have been already counted.

Congratulations to John Titus on completing his 42<sup>nd</sup> state in which he has run a marathon in. We believe there are three more on the schedule for this year, as he continues to go for the 50-state marathon runs.

As of the date this was written, we have not seen anything online at any of the timing services in the area that shows the Brentwood Firecracker 5K being run. If anyone spots it let us know.

## **UPCOMING RACES**

Here is a partial list of races found that members may be interested in. As always, the GP races are marked with a \*

6/9 – RSD Awareness 6K/1M Walk – Boston PA  
6/14 – \*Peters TWP 5K – Peters TWP, PA  
6/22 – Chef Joe's Omelet Run – Uniontown, PA  
6/23 – Stride for Pride 5K – Pittsburgh  
6/23 – Butler Co. 5M/2M – Butler, PA  
6/29 – \* Running for Ryan 5K – Belle Vernon PA  
6/29 – PGH Cure Sarcoma 5K – North Park, PA  
6/29 – Yuengling Gold Rush 5K – Pittsburgh  
7/4 – \*Whiskey Rebellion 5K – Canonsburg, PA

## **MAY AT THE RACES**

It has been a very interesting month both weather wise and racing wise. There have been some races in the rain and some in the heat. But runners will brave through anything, and here are a few:

### **Pittsburgh Marathon/Half Marathon**

A little bit of rain didn't dampen the spirits of those who participated in the annual PGH May race. We had one finisher in the full event, and that was Danielle Gonzalez, coming back to finish in 3:29:51. In the half, our first male finisher was Greg Mussitsch in a personal best of 1:25:37. And Tina Seech was our first female finisher and second overall in her age group in 1:35:54.

### **Dock to Lock 5K**

67 runners and walkers finished the 15<sup>th</sup> annual Dock to Lock this year. Eslie Sykes was our first finisher and first overall in the race in 21:08. And Kathy Starkey was our first female finisher in 35:20. Rick Respole won the walk in 39:35 with Carolyn Davey crossing as our first female in 41:27.

### **Rails to Trails 5K**

It looked like another rainy race, but the clouds cleared up, which made many happy. Rich Durban was our first male runner in 20:25 and Sarah Donley our first female and fourth overall in 22:57. Gary Bennett was our first male walker and first overall finisher in 26:59. Rose Gray was our first female crossing the mat in a time of 42:44.

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).



## Road To Recovery

Hello, my name is Stush. You may have heard of me, I'm a runner. For this story for privacy and anonymity names may have been changed to protect the innocent or guilty. For instance, I will just call my running partner, Bob. I rely on Bob as an advisor, a coach, a friend, a man with many experiences, and I take him at his word. That's our relationship; we get along and do well together. There are not many things that make me nervous, but as I was approaching the age of 60 I got nervous. I asked Bob what the big things were that I needed to worry about in turning 60. Believe it or not Bob said that it's only a number and I had nothing to worry about. With all the trust that I have in his word I believed him. For the first time I think I found a flaw in my mentor Bob.

The name of this story is "Road To Recovery" so for this to be about recovery there has to be something wrong first. Right after turning 60 things started going South. I got a really bad hamstring pull and I have no idea how it even happened! I worked on it for about 6 weeks and ended up going to the chiropractor for them to work on it. Just as it got better something happened to my right shoulder. I couldn't raise my arm and again I have no idea what happened there either. I asked Bob what was going on and he said that he thinks it's just a bad spell. Now I had to go to the doctors for them to work on my shoulder. Can you believe that just as my shoulder is getting better my hip got aggravated! I was back to hobbling. But I am only 60 and it's only a number so what the hell am I going to get next? After another 2 or 3 weeks my hip started to feel better by using a roller, a roller ball, and doing stretches; you know all that stuff I was supposed to be doing in the first place. Believe it or not I think I'm on an upswing now. With the last 2 runs there was no pain or hurt at all. I'm thinking maybe 60 is just a number and I'm just recovering from my 50s.

## Notice

My name is Sydney Benedick and I am a member of Americorps serving with CASA for Kids, Inc. in Washington County. I am reaching out to you today to introduce you to what we do and see if there would be an opportunity for us to connect. I have loved running my whole life and have participated in numerous races for important causes over the years. Through this experience, I have connected with many individuals who selflessly devote their time to helping others. Here at CASA for Kids, volunteers devote their time and efforts to help children. I wanted to connect with The Washington County Road Runners because the members of this local running club may be interested in learning more about CASA for Kids.

The mission of CASA for Kids, Inc. is to advocate for the best interests of abused and neglected children involved in the Washington County juvenile court system. By training community volunteers to serve as fact-finders and speak for the child in court, children's needs are met to ensure safety and permanency in their lives.

We are striving to increase community awareness of this program, with the ultimate goal of expanding our reach and helping more children. Opportunities to speak publicly on behalf of CASA for Kids create avenues for growth and development, which in turn helps us better achieve our goal. In particular, races may be great opportunities to spread the word about our organization.

Thank you for taking the time to read about what we do. Even if you do not have time to respond to this email, please feel free to check out our new website and follow us on social media which I will put below! We are working to build our social media presence along with our presence in the local community. A share on Facebook is such a simple step towards spreading the word about CASA for Kids, which then allows us to help more children in the long run!

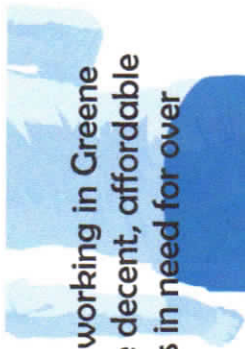
Website: <https://www.casawashington.org/>

Facebook: <https://www.facebook.com/CASA-for-Kids-Inc-of-Washington-County-PA-191180920915371/>

Instagram:

<https://www.instagram.com/casaforkidsincwashingtonco/>

LinkedIn: <https://www.linkedin.com/company/casa-for-kids-inc-washington-county/>



Habitat has been working in Greene County to provide decent, affordable housing to families in need for over 30 years.

Habitat makes no profit from its home sales and offers 0% interest mortgage loans, to make homeownership a reality and to help families increase self-reliance and build a strong foundation.

For more information on how to donate, volunteer or apply for Habitat, please contact our office!

724-852-2598



*All Proceeds from this race benefit*

## **The Greene County Habitat for Humanity.**

Greene County Habitat for Humanity  
32 Church Street  
Waynesburg, PA 15370

Phone: 724-852-2598

Fax: 724-852-6385

mail@greencountyhabitat.net

[www.greencountyhabitat.net](http://www.greencountyhabitat.net)



*presents*

*The 41st Annual*

# **Rain Day Race**



**5K Run/Walk &  
One Mile Kids Fun Run**  
**SATURDAY, JULY 27, 2019**

*The only 5K that wants rain!*

Greene County Habitat for Humanity  
32 Church Street  
Waynesburg, PA 15370



# Race Information

Starting Times

Registration  
Kids' 1 Mile Fun Run  
5K Run/Walk

Pre Register	Late Register
\$15	\$20
\$10	\$15

Entry Fees:  
Run/Walk  
Kids' Fun Run

Make checks payable to:  
Greene County Habitat for Humanity



On-line registration available at:

<https://runsignup.com/Race/PA/Waynesburg/GreeneCountyHabitatforHumanityRainDayRace>

## The Course

Registration will be in the parking lot behind McCracken's Pharmacy (595 East High Street). Participants will start at the intersection of High and Porter Streets in Waynesburg, PA.

## Awards

- The top three overall runners; Male and Female, 5K
- Top three in each age group; Male and Female, 5K & Fun Run
- Top five overall walkers; Male and Female, 5K
- All finishers in the Kids' Fun Run will receive a ribbon.

Also, all participants will be entered for many random drawings and prizes!

## Age Divisions

Kids' Fun Run	5K Run
5 and under	14 and under
6-7	15-19
8-9	20-29
10-12	30-39
	40-49
	50-59
	60+

This out and back course contains some rolling hills with a volunteer-led water stop at the halfway mark.

Register NOW and Save...

Sign up for:

Children's 1 Mile Fun Run	Time	Pre-Register	Late Register
<input type="checkbox"/>	8:30am	\$10.00	\$15.00
Rain Day 5K Runner	9:00am	\$15.00	\$20.00
<input type="checkbox"/>			
Rain Day 5K Walker	9:00am	\$15.00	\$20.00
<input type="checkbox"/>			

Name

Address

Phone

Age (As of 7/27/2019)

E-Mail Address

Gender

Tee-Shirt Size: (Please circle one)

Adult Shirt Size: S M L XL XXL

Child's Shirt Size: S M L

In consideration of the acceptance of this application and intending to be legally bound, I hereby waive, discharge, and release myself and my heirs, successors, administrators, and executors, of any and all claims, damages, and causes of action of what so ever kind including negligence, that I may have as a challenge and Children's Run, and all their respective heirs, successors, administrators, executors, asides, trustees, and parent subsidiaries or affiliated companies if any. In addition, as an inducement for the acceptance of this application, I hereby certify that I have adequately trained for this event and am fully aware of the risks posed by motor vehicle traffic on the course. I further certify that I have read and have full understanding of its contents.

Signature

Date

Signature of Parent/Guardian (if under 18)

Date

Please mail Pre-registrations  
by July 13, 2019

**CHEF  
JOE'S**



**OMELET  
RUN**

\*\*\*\*\*

**SATURDAY**

**JUNE 22, 2019**

**8:30 AM - Mile**

**9:00 AM - 5K**

All proceeds go to:



**WESTERN  
PENNSYLVANIA  
SCHOOL  
FOR BLIND  
CHILDREN**

*and*

**Uniontown  
Cross Country Team**

*and*

**PENN STATE FAYETTE**

Don't forget about:

**The Little Scrambler**

(A 400 meter race for 12 & under)

**Ribbons for all.**

**Medals for top 3 boys & girls.**

Pre-registration - \$5.00

Post-registration - \$5.00



NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

CHECK: MILE RACE \_\_\_\_\_ 5K RUN \_\_\_\_\_ 5K WALK \_\_\_\_\_ LITTLE SCRAMBLER \_\_\_\_\_ SEX \_\_\_\_\_

Child Shirt Size: (check One) S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ Age on race day \_\_\_\_\_

Adult Shirt Size: (check One) S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ Additional Omelets Adults \$6

Being that I am physically fit and have trained for this race, I waive any and all right and claims for damages I may have. I relieve sponsors, directors, and all peoples and groups associated with this race of any and all liabilities.

Signature: (parent of guardian if under 18) \_\_\_\_\_



## Race Site:

Registration will take place at  
Uniontown High School Stadium

From 7:30am – 8:45am

## AWARDS & OMELET BREAKFAST

at

*Uniontown High School Cafeteria*

Mail preregistration forms to:

Joe Everhart

13 Marion Street

Uniontown, PA 15401

Phone: 724 439-2113

[www.cross.uniontown.net](http://www.cross.uniontown.net)

[facebook.com/uniontowncrosscountry](http://facebook.com/uniontowncrosscountry)

Checks payable to:

Uniontown Cross Country

The Omelet Run has been featured in:

**RUNNER'S WORLD &**

**PITTSBURGH POST GAZETTE**

## OMELET BREAKFAST:

The Omelet Breakfast will start at 9:30.

All are invited to partake. Racers who have  
paid a registration fee will be granted free  
admission.

Non-participants will be allowed to partake  
in the breakfast for \$6.00.

Children under 10 Free

Participants may prepay breakfast for family  
and friends when they pre-register or when  
they register on race day.

## ENTRY FEE:

- Those who pre-register before  
June 15<sup>th</sup> will save \$10.00.
- Pre-registration fee: \$15.00
- Post-registration fee: \$25.00  
(After June 15<sup>th</sup>)

All registrants are also entitled to a  
complimentary breakfast.

Post-registrants  
are not guaranteed a t-shirt.

## AWARDS:

MILE

Top 3 men and women high school.

Top 3 men and women open division.

5K RUN

Top quality awards will be given to:

Top 3 men and women runners overall.

Also awards will be given to the top  
three runners in each of the following  
age groups:

\*13 & under, \*14-19, \*20-29,  
\*30-39, \*40-49, \*50-59,  
\*60 & up.

5K WALK

Top male and female walker.

Also awards will be given to the top  
three walkers in each of the following  
age groups:

\*19 & under, \*20-39, \*40-49, \*50-59,  
\*60 & up

Ceramic Eggs painted by the children  
from *Western Pennsylvania School For  
Blind Children* will be awarded to top  
finishers.

## MILE RACE:

Again this year, along with the 5K,  
we will hold the **JOE THOMAS  
MILE**. This race is in honor one of  
the greatest milers ever from  
Uniontown High School. Joe Thomas  
was a two time state champion in the  
mile and also a two time state  
champion in cross-country. His high  
school mile time was an amazing  
4:14! He also was a national  
champion and All American at  
Southern Illinois.

The mile race will begin at 8:30. (So  
you can also run the 5K.)

It will be run on a new all weather  
track at the Uniontown High School  
Stadium.

This year we will have two divisions,  
but hope to add to that as the race  
grows in popularity.

The fastest male and female will have  
their names engraved on a plaque that  
will stay at UHS.



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# Craft a Personal Running Mission Statement to Inspire Your Training

While setting traditional goals, like running a PR or finishing a certain race, can provide motivation for your training, it's also important to identify a greater purpose behind your running.

Step back and ask yourself why you run. Is it the cache of medals hanging on your wall that gives you meaning as a runner? Or do you find life in the day-in, day-out experience of training?

People often assume they'll feel fulfilled when they achieve certain goals, like running that PR, but research suggests that it might be the other way around. A [long-term study out of Harvard](#) discovered people find happiness and achievement in activities they have an actual affinity for. Put simply, you're more likely to realize success and fulfillment when you can identify a greater reason for what you're doing.

To do this, you must take a bit of time to think about intentions—the “why” behind your training. Recent research reveals that exploring your personal values and how they connect to your goals has the [power to improve performance](#) beyond traditional goal setting strategies. These intentions remind you of the underlying purpose behind your running and provide inspiration for daily training. Start by asking yourself the following questions and determining how your answers connect to your running.

- What matters to me most in life?
- What makes me happiest?
- How would I describe my best self?
- What do I feel grateful for?

Crafting a “personal running mission statement” is a great way to capture your intentions in a succinct manner. This statement is centered specifically on your running practice, and it can inspire and

energize you by emphasizing a process-focused attitude towards training.

Some mission statements will be a single sentence, while others may be as long as a paragraph. As you work to come up with this statement, reflect on the following questions and try listing the reasons you run.

- What is it about running that I'm drawn to?
- What do I hope to gain from running?
- What are my strengths as a runner?
- How does my running contribute to the greater good of my life, family and the world around me?

Here's mine: “To run for greater mental and physical balance in life. To carry forth the joy I gain from running into my other roles as mother, wife, daughter, friend and writer. To create meaningful connections through running and share the love of movement with others.”

Keep in mind that your sense of purpose may change depending on the stage of life you're in, so it's worth revisiting your mission statement every once in a while. Once you've pinned down a greater reason to run, think about how that fits with your stated goals for the season. Hopefully you'll discover continuity between your goals and intentions for more fulfilling and successful running.

By [Mackenzie L. Havey](#). Mackenzie Havey (née Lobby) writes about endurance sports, mind/body health and wellness, and adventure travel. Her work has appeared in *Runner's World*, *SELF*, *Triathlete*, *TheAtlantic.com*, *ESPN.com*, *the Star Tribune* and elsewhere. In addition to completing 14 marathons and an Ironman triathlon, she is a USA Track & Field-certified coach, an instructor in the Physical Activity Program in the School of Kinesiology at the University of Minnesota, and has done training in Mindfulness-Based Stress Reduction.

## **WCRRRC RACE TIMES**

### **OGDEN 13.1M**

Jen Foster	1:58:08
Deb Doyle	2:07:21

### **OGDEN 13.1M WALK**

Sarah Donley	2:36:47
Carl Kondrach	2:40:47
Rich Respole	3:22:31
Rose Gray	3:35:05

### **OGDEN 5K**

Tina Seech	20:48(OA-1)
Rich Sandala	21:24
Rich Klempa	24:56
Doug Midcap	25:32

### **OGDEN 5K WALK**

Terry Whitecotton	38:17
Blake Headen	45:02
Ella Jane Custer	58:22

### **CLAIRTON 5K**

Heath Piper	19:17(A-1)
Shane Brunazzi	26:35

### **LANCE WETZEL 5K**

Rich Sandala	22:05(A-2)
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### **RAILS TO TRAILS 5K**

Rich Durbin	20:25(M-2)
Rich Sandala	20:46(M-3)
Bob Pikelis	21:16(A-1)
Sarah Donley	22:57(OA-4)
Stush Sadowski	23:06(A-1)
Larry Roolf	24:54
Doug Midcap	25:31(A-2)
S. Kevin Berdis	38:24(A-2)

### **COMMUNITY DAY 5K**

Heath Piper	17:27(A-1)
Gary Chabala	23:32(A-1)
Mary Chabala	40:44(A-3)

### **ELDERTON 5K**

Heath Piper	20:28(OA-3)
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## **RAILS TO TRAILS 5K WALK**

Gary Bennett	26:59(OA-1)
Terry Smith	30:50(OA-4)
Carl Kondrach	33:29(A-1)
Terry Whitecotton	37:36(A-3)
Mike Turkaly	39:02
Rich Respole	39:25
Blake Headen	40:24(A-2)
Ken Hissam	41:49
Rose Gray	42:44(A-1)
George Macek	47:01
Stan Czyzewski	47:02

### **DOCK TO LOCK 5K**

E.C. Sykes	21:08(OA-1)
Bob Pikelis	23:06(A-1)
Bill Filcheck	25:02(A-1)
Larry Roolf	26:19(A-3)
Nick Fossum	32:15(A-2)
Ricky Andrews	33:49(A-1)
Kathy Starkey	35:20(A-1)
Shannon Cain	35:25(A-2)
Grace Goffi	36:42(A-1)
Ed Frohnappfel	37:00(A-3)
Mary Krett	38:59(A-3)
S. Kevin Berdis	39:44(A-2)
Alenandra Brooks	39:48(A-3)
Amy Martin	40:29

### **DOCK TO LOCK 5K WALK**

Rick Respole	39:35(OA-1)
Carolyn Davey	41:27(A-1)
Rose Gray	43:50(A-2)
Kim Gilmore	57:19(A-3)

### **KOMEN 5K**

Rich Sandala	22:45(A-3)
Stush Sadowski	24:05(A-1)

### **GREAT ALLEGHENY 5K**

Heath Piper	19:26(OA-2)
Gary Lorenzi	26:39(A-3)

### **GREAT ALLEGHENY 10K**

Rich Sandala	43:41(A-2)
Shane Brunazzi	51:32



**LONG DISTANCE GP(As of 5-29)**

Tina Seech	1	30:28
Mike Bruno	1	34:33
Bob Pikelis	4	35:52
Emery Strotman	1	36:37
Rich Sandala	4	36:56
Greg Mussitsch	2	38:29
Mike Romzy	1	39:20
Jen Foster	2	41:17
Danielle Gonzalez	1	41:21
Debbie Doyle	2	41:41
John Koontz	2	41:56
Heath Piper	1	41:59
Amy Koontz	2	43:04
Stush Sadowski	1	43:21
Tom Carter	1	45:35
Gary Lorenzi	2	47:08
Mark Hospodar	2	51:27
John Titus	4	51:32
Jonathan Garet	1	52:27
Louann McCullough	1	53:50
Shane Brunazzi	4	54:18
Scott Harrington	2	56:28
Dave Byers	1	1:00:37
Sarah Rockwell	1	1:02:10

**LONG DISTANCE WALK GP**

Sarah Donley	3	1:02:34
Rose Gray	3	1:03:36
Carl Kondrach	2	1:05:59
Richard Respole	2	1:07:55
Stan Czyzewski	2	1:17:02

**GRAND PRIX(As of 5-29)**

Bob Pikelis	2	34:51
Mike Romzy	1	35:14
Bill Filcheck	1	35:28
E.C. Sykes	1	36:00
Amy Koontz	1	36:16
Rich Sandala	5	37:08
Jen Foster	2	38:37
Rich Durbin	3	38:40
John Koontz	1	38:48
Stush Sadowski	2	38:59
Grace Goffi	2	40:03
Gary Chabala	2	40:26
Larry Roolf	2	40:59
S. Kevin Berdis	2	42:40
Sarah Donley	3	44:05
Doug Midcap	3	45:36
Donna Patrina	1	46:16
Kathy Starkey	1	46:59
Nick Fossum	3	47:41
Mary Krett	1	49:31
Shane Brunazzi	2	49:35
Ed Frohnafel	2	51:02
Kristine Midcap	2	55:00

Ricky Andrews	1	1:02:35
Shannon Cain	1	1:04:14
Amy Martin	1	1:11:44
Alexandra Brooks	1	1:12:11

**WALK GRAND PRIX(As of 5-29)**

Gary Bennett	1	48:43
Mike Turkaly	1	57:07
Carolyn Davey	1	57:34
Rose Gray	2	59:16
Terry Whitecotton	1	1:00:11
Richard Respole	2	1:02:04
Carl Kondrach	1	1:02:25
Terry Smith	1	1:04:06
Stan Czyzewski	1	1:04:12
Ken Hissam	1	1:09:59
George Macek	1	1:13:52
Blake Headen	3	1:16:22

**OHIO VALLEY 5K**

Mike Romzy	21:41(A-1)
Steve Chabala	26:22

**SHIPYARD 26.2M**

John Titus	4:44:48 (42nd State)
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**MT SUMMIT 3.5M**

Lee Stough	28:37(A-2)
Emery Strotman	29:21(A-1)
Heath Piper	29:49
Mike Melvin	34:43(CW-3)
Gary Chabala	40:37(A-3)
Mary Chabala	1:00:12(A-3)

**MT SUMMIT 3.5M WALK**

Sarah Donley	46:18(A-1)
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**PALMER MEMORIAL 5K**

Doug Midcap	25:14(A-2)
Kristine Midcap	31:21(A-3)

**PALMER MEMORIAL 5K WALK**

Terry Whitecotton	38:13(A-3)
Mike Turkaly	38:38(A-2)
Stan Czyzewski	47:48

**JR TAYLOR 5K**

Mike Romzy	20:31(A-2)
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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.

