

Washington County Road Runners Club

ESTABLISHED 1974

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

NEWS AND NOTES

Welcome to the first online only newsletter for 2018. There will be 4 of these this year, but for those who don't have internet access these will still be mailed out.

We would like to welcome another new member to the WCRRRC. We would like to welcome Mark Hospodar in to the club. Mark is a long-time runner who lives in Pittsburgh and can be seen at quite a few races during the year. Look forward to seeing you at a lot of events this year Mark.

There was quite a bit of fun and merriment at this year's WCRRRC Annual Banquet, held on March 3rd. The food was excellent as always, the company was enjoyable, and the raffle was once again a study in what Stush Sadowski could come up with to give away.

The tag-team duo of Bob Pikelis and Stush Sadowski tried to keep the mood light and keep the evening moving along.

The big winners in the GP were Tina Seech for the short distance, who took home the trophy for the fourth straight year, Bob Pikelis for the long distance and Georgette Lacey in the Jack Pawlik Walkers category. Georgette has also been the only winner in the history of this category. And the winners of the Scott Garet award for the Most Improved Male went to Scott Harrington, and the Female award went to Kristine Midcap. For those who were not at the banquet and want to pick up their awards, either email or see Bob Pikelis at any upcoming races.

We would like to once again thank the following people for their help at the banquet and throughout the previous year.

Thanks to Stush, Nancy and Jess Sadowski, and Nick and Consuelo Fossum for their help in setting up the banquet hall.

Thanks to Nathan Milliren for setting up and maintaining the club's website

Thanks to Tom Trettel, Mickey Hornack, Joe Sarver, Stush Sadowski and Bob Pikelis for the Newsletter (or fish wrap as Mickey likes to call it).

Thanks to Grace Goffi for taking all the time to keep the Grand Prix times together. Always remember that there is a hard cut-off date of December 31st to get those times in.

Thanks to Bob Shoorer and Deb Doyle from Fleet Feet for donating the raffle prizes and for their tireless efforts to help this area's running community. And to Stush Sadowski, and Jim and Cathy Loos for the donations for the raffle drawings. Looking forward to a great 2018 racing season and see everyone next year at the banquet.



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.

FLEET FEET
Sports
PITTSBURGH

Saturday, March 17	<p style="text-align: center;">GFR & Heart Zone Training</p> <p>In addition to Good Form Running, each session will include a discussion on heart rate-based zone training. Whether you are a first-time walk/jog participant or a seasoned distance runner, the information presented will help you understand specifically imposed cardiovascular demands, physiological training adaptations and what those last two things actually mean.</p>	12 PM
Tuesday, March 20	<p style="text-align: center;">Yinzplosion</p> <p>Meet Pittsburgh Dad from 6-7:30! He'll be here to take pictures and get fit for a new pair of shoes. Snag a pair of the special Pittsburgh edition of the Brooks Launch. Enjoy dinner from the Oakmont Barbeque Company food truck and beer from a local brewery.</p>	5 - 7:30 PM
Saturday, March 24	<p style="text-align: center;">The Big Commit Training Kickoff</p> <p>Join us for the Big Run 5K race, sponsored by Fleet Feet Pittsburgh at the end of your 10-week program! Walker or Runner? First time or veteran? We have programming designed to specifically fit your needs! During this kickoff meeting you will meet your coaches and get the training program!</p>	9 AM
Thursday, March 29	<p style="text-align: center;">Franktuary Food Truck Run</p> <p>Join us at 5:30PM for a 3-mile fun run from the store and then enjoy hot dogs and poutine with your running buddies. The food truck accepts cards and cash.</p>	5:30 - 7:00 PM

2018 WCRRC GRAND PRIX

The WCRRC Grand Prix's will both return in 2018 for the 33rd 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.**

2017 GRAND PRIX (RUN AND WALK)

1. 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)	Whiskey Rebellion 5K – (July)	Boston Harvest 5K/10K – (Sept)
Team Cassie 5K – (March 11)	Running for Ryan 5K – (July)	Pumpkin Festival 5K – (Sept)
Barnesville Park 5K (Mar 31)	Rain Day 5K – (July)	Chamber Chase 5K – (Oct)
National Trail 5K/10K (April)	Debbie Green 5K – (Aug)	Jack-o-Lantern Jog 5K – (Oct)
Dock to Lock 5K – (May)	Brookline Breeze 5K (Aug)	Donora 5K – (Oct)
Rails to Trails 5K (May)	Labor Day 5K – (Sept)	Turkey Trots – (Nov)
Run for Alex 5M – (June)	Little Great race 5K – (Sept)	Trot For Tots 5k/10K – (Dec)
Peters TWP CC 5K – (June)		

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.

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.

2017 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

Thoughts thoughtlessly thought thinking thoughts thoughtlessly!!!

Mickey Hornack

- Having not made the WCRRC 75th annual banquet (or was it the 85th annual) I keep wondering if I should have gone. I could meet most of the members now who are half my age, half my weight and twice as smart!! Pondering my decision judiciously!
- Some of us were in Mingo Park the other day, we saw a young mom pushing a 3-passenger baby carrier with all 3 seats occupied! Triplets? I asked (obviously being a dummy cause before I asked I noticed they all looked alike) "YES" replied she-I said folks say 3 of a kind sometimes beats a full house but honestly it certainly guarantees one!
- Blake asked the other day how do they get the turkey to eat all that stuffing?
- Maybe Y'all remember--I made a comment about the phone message that says listen carefully because our menu has changed. Honest to goodness, I called again, same number, you guessed it listen carefully blah blah blah and nothing had changed since the last call. Go figure.
- Love the fact that new cars come with no ash trays, hate the fact that owners of those cars now think their cig butt is free to go out the window.
- How about those ads for the upcoming congressional race. Holy Hershey bar Batman.....I see the same stuff in between matches on WWE wrestling. But I'll vote!
- The Mrs. says I need medicated. I'm not sure why. She thinks because I have trouble sleeping, don't focus well on some

conversations, get antsy if I don't leave on time, let stupid drivers know how I feel, leave for post office without items to be mailed to name a few. How can 1 stinking pill help all those things!!

- Let's say an alien saw us walking our dogs then picking up what they left "behind," who do you think the alien would think is in charge?
- Healthy recovery to our Grand Poopa Tom Trettel. Tom had a scope on his knee and is recovering well (the last time I spoke with him). This now guarantees participation in a race this year. Or else!
- Great spring to All runners and walkers and bicyclists!!

UPCOMING RACES

Here is a partial list of some upcoming races around the area. As always, any upcoming Grand Prix races are noted by a *.

3/31 – *Barnesville Park 5K – Barnesville OH

3/31 – Polar Vortex 5K/15K – Boston PA

3/31 – Yough River Trail 5K/10K/10M/Half -
Connellsville, PA

3/31 – Just A Short Run 5K/8.1M/Half/18.1M/ -
North Park, PA

3/31 – Run for Joe 5K – Pittsburgh

4/14 – Pirates Charities 5k/10K – Pittsburgh

4/14 – Martha's Run 10K – Mt. Lebanon

4/14 – Bucks for Bucs 5K – Houston PA

4/21 – Boston Trail 5K/ Half – Boston, PA

4/22 – *National Tunnel 5K/10K – Cecil Park

APPLICATION

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Age (date of race) _____

Gender (M/F) _____ E-mail _____

I hereby: 1.attest that I am physically fit and have sufficiently trained for this event; 2.waive any and all rights and claims for damages I may have against the sponsors, directors, and all groups associated with the event ("Releasees"); and, 3.grant Releasees permission to photograph or record me and use such images for promotional purposes in any medium.

Signature _____
(parent/guardian if under 18)

Circle Shirt Size: Youth S M L XL

Adult S M L XL 2XL

Women S M L XL

Adult: 5k Runner @ \$25

1 Mile Walk @ \$20

Student: 5k Runner @ \$20

1 Mile Walk @ \$15

Kids of Steel Mile @\$15.....

Make checks payable to: Bucks for Bucs

Mail to: Mr. Justin Gavazzi
2050 West Pike Street
Houston, PA 15342

ENTRY INFORMATION

A t-shirt, Chinese Auction tickets, and goodie bag are guaranteed with registration on or before April 1, 2018.

Adults

5k Runner: \$25 pre-registration

1 Mile Walk: \$20 pre-registration

Students—18 and younger

5k Runner: \$20 pre-registration

1 Mile Walk: \$15 pre-registration

Kids of Steel Mile: \$15 pre-registration

All fees increase by \$5 for registration on day of race.

You may register on-line at active.com or submit this form.

Questions?

Contact bucksforbucs@gmail.com

No rollerblades, bicycles, motorized vehicles or skateboards. Strollers are welcome but cannot finish on the track.

RACE WILL BE HELD RAIN, SNOW, OR SHINE

You're Invited

Bucks for Bucs

5K Race and

Fun Walk

Saturday,

April 14, 2018

Race starts 9:00 a.m.

at

Chartiers-Houston H.S.

Bag pick up/Race Day

Registration starts at 7

a.m. at C-H Field House

Kids of Steel Mile starts

at 8:30 a.m.

Bucks for Bucs is a non-profit educational foundation serving the Chartiers-Houston School District.



COURSE INFORMATION

The 5K race begins and ends at the Chartiers-Houston High School stadium and runs through a residential neighborhood with rolling hills. Course outline will be posted the day of the race. Course description on active.com.



AWARDS

5K Awards: Special awards will be given to top three men and women overall. Medals will be awarded to the top 3 male and female finishers in the following age categories:

- ♦ 8 and under
- ♦ 9-11
- ♦ 12-14
- ♦ 15-17
- ♦ 18-20
- ♦ 21-24
- ♦ 25-29
- ♦ 30-39
- ♦ 40-49
- ♦ 50-59
- ♦ 60-69
- ♦ 70 and over

The 1 Mile Fun Walk is for FUN! It will not be scored and no awards will be given. Feel free to time yourself!

PRIZES

Chinese Auction tickets will be included with registration.

50/50 and Chinese Auction!

Chinese Auction winners will be drawn during the race and presented immediately following the race.



Yough River Trail Council

Waiver

In consideration of my entry being accepted, I hereby, for myself, my heirs, executors, successors, and assigns, waive, release, and discharge any and all right for damages or liability of any kind relating to or arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the entities or persons named in this waiver and release. I attest that I am physically fit to participate, my condition has been verified by a licensed medical doctor and I assume entry into this race at my own risk. I have read the above conditions and accept them and understand that I am entering at my own risk.

Date: _____

Signature: _____

(Parent must sign for children under 18)

Registration and Finish Line at:

Yough River Park
369 N 3rd St. (GPS)

Connellsville,

Fayette County, PA 15425

**Awards and light refreshments served
at end of race.**

Registration Form

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Sex: M F Age _____

Event: 5K Walk _____

5K Run _____

10K Run _____

10 Mile Run _____

Half Marathon _____

T-Shirt Size: S M L XL

For more information phone:

724-628-6078

Race Course is on the
Yough River Trail



Make Checks Payable to:

Yough River Trail Council (YRTC)

PO Box 988

Connellsville, PA 15425



24th Annual Yough River Trail Races

5K Run & Walk

10K Run

10 Mile Run

Half

Marathon

Saturday,
March 31, 2018



Registration 8 AM

Start time 9 AM

Race is sponsored by the Yough River Trail Council and proceeds benefit the Great Allegheny Passage Trail. **T-shirts guaranteed only to pre-registered participants.** Race results available after the race by **SERJ Timing.**



Yough River Trail
 portion of the
Great Allegheny Passage
DIRECTIONS TO YOUGH PARK
GPS setting: 369 N. 3rd St

Route 119 South to Connellsville: As you enter the City limits you will see **McDonald's** and **Italian Oven** on the left and **Pizza Hut** and **Rite Aid** on the right. After crossing the Yough River on the '**Memorial Bridge**', take the first **right turn** onto **7th Street**. A sign for "Crawford's Cabin" marks this turn which brings you directly to Yough Park at the end of the block. More parking is available on the other side of Yough Park.

Route 119 North to Connellsville: As you enter the City limits, make a **right turn** onto **Crawford Avenue (RT. 711 N)** (there's a **Sheetz** at the intersection). At the next traffic light make a **left turn** onto **3rd Street**. Yough Park is at the end of the street. More parking is available on the right as you approach the park. (The GAP Trail lane also runs along the left side of 3rd Street).

Route 51 to Route 201 South to Connellsville: As you enter the City limits you will see **Wendy's** at the end of **Rt 201**. Make a **left turn** onto **Crawford Avenue (Rt. 711 N)**. Travel straight through the next traffic light. 5 blocks later at the next traffic light make a **left turn** onto **3rd Street**. Yough Park is at the end of the street. More parking is available on the right as you approach the park. (The GAP Trail lane also runs along the left side of 3rd Street).



The Events

5K Run/Walk
10K Run (6.2 miles) / 10 Mile Run
Half Marathon (13.1 Miles)

Saturday, March 31, 2018
Registration 8 AM Start 9 AM

ENTRY FEE:

By March 19th - \$15.00
After March 19th and
on day of race - \$20.00

SIGNATURE REQUIRED ON BACK

Awards:

In order to keep registration fees down, **ONLY** the **OVERALL** Top 3 Male & Female winners in each of the **5 longer races** will receive awards and free registration to next year's race.

ALL entrants will receive a commemorative T-Shirt, **AND** be eligible to receive random CASH DRAWINGS.

We'd like our Trail to be the big winner.



24th Annual Yough River Trail Races

5K Run & Walk

10K Run

10 Mile Run

Half

Marathon

Saturday,
March 31, 2018



Registration 8 AM
Start time 9 AM

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.

