

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

MARCH, 2019

VOL. 19 / No. 3

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

NEWS AND NOTES

So far it looks like March is going to roar in like a lion. The temperature is cold for the first few days and, according to local forecasts, it is going to be a very up and down month. Hopefully, everyone can get their training in on any races you are going to do starting this month.

We would like to welcome in a few new members this month. Welcome to Alexandra Brooks. Alexandra lives in Washington and has been running for 3 years. Also welcome to Gary Lorenzi. Gary is from Monongahela, PA and is well known around the local running community. And welcome to LuAnne McCullough. LuAnne lives in Eighty-Four PA and has been running for 30 years now. It's great to see all of you here and we hope to see you at some upcoming races.

We are going to include once again in this newsletter the Grand Prix schedule for this year. There will possibly be 2 more races added to this list, as Carl Kondrach is co-race directing another race in Barnesville that will be a substitute to the Barnesville Park race. He will be adding this one to the 4 race Barnesville Grand Prix. Also, there will probably be a race on the Moutour Trail in McDonald PA added for either June or July.

We would once again like to thank everyone who attended the 32nd annual WCRRRC banquet on March 2nd. Everyone seemed to have a great time, as the food was consumed, and a few jokes were thrown about. Thanks once again to Bob Shooer and Deb Doyle from Fleet Feet and the great people at Feetures socks for giving us the nice giveaways. Also, a big thank you to Malcolm East for the lively Q and A session at the end. For

those who didn't attend and due a trophy from the Grand Prix, see Bob at a few of the upcoming races. It is hoped that we will see you at the banquet next year.

In case you did not see the email that was sent out a few weeks ago, we are now registered with P3R as a running club. What that means is, any race that they put on we will get a 10% discount on the race fee. All you need to do is when the form asks if you are a member of the Running Club Rally just answer yes. Then enter the code **WCRRRC19** and it will take the percentage off.

FEBRUARY AT THE RACES

It was a short field of races that were available to run this past month. And there were only a few members at these events. But here were the ones we found.

Cupid's Chase 5K

The race was delayed twice because of flooding, but on February 23rd it finally went off. At the race we had Hunter Midcap as our first finisher as he was also 3rd overall. His mom Kris was our first female finisher.

Spring Thaw Distance Races

The weather was overcast and a little chilly, but over 300 runners ran the 10-mile course this year. Mike Bruno was our first finisher in 1:04:51

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.

2019 WCRRC GRAND PRIX

The WCRRC Grand Prix's will both return in 2019 for the 34th 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.**

2019 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. The Barnesville Park Race will be postponed for this year. It will be subbed by the Greenfield Glide 5K.

Resolution Run 5K (Jan)	Whiskey Rebellion (July)	Boston Harvest 5K/10K (Sept)
Polar Vortex 5K/15K (April)	Running for Ryan (July)	Pumpkin Festival 5K(Sept)
National Trail 5K/10K (April)	Rain Day 5K (July)	Chamber Chase 5K (Oct)
Dock to Lock 5K (May)	Debbie Green 5K (Aug)	Jack-o-Lantern Jog 5K (Oct)
Rails to Trails 5K (May)	Brookline Breeze 5K (Aug)	Donora 5K (Oct)
Run for Alex 5M (June)	Victory 5K (Aug)	Turkey Trots (Nov)
Greenfield Glide 5K (June)	Labor Day 5K (Sept)	Trot for Tots 5K/10K (Dec)
Peers TWP 5k (June)	Little Great Race 5K (Sept)	
The Big Run 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.

2019 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



Saturday, April 27

1K Children's Fun Run – 9AM
5K Walk – 9:15AM
5K Run – 9:30AM

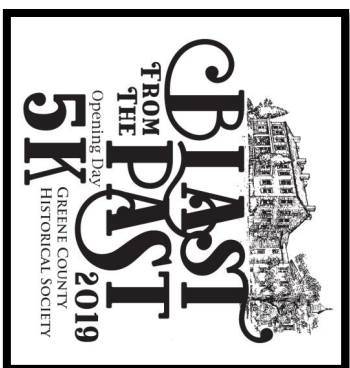
Greene County Historical Society
918 Rolling Meadows Road
Waynesburg, PA. 15370

Online Registration
www.runsignup.com

Pancake breakfast, free
guided museum tours,
reenactments and children
activities.

Registration Begins at 8:15am
at the museum.

Course Map



I/we hereby, for myself, my heirs, executors, and administrators, waive, release and discharge The Greene County Historical Society and any additional hosts or sponsors of the 5K , from any claims, demands or cause of action. I/we agree to indemnify and hold each of them harmless for any and all injuries suffered or alleged to be suffered in connection with such event. I/we acknowledge the awareness of the complete assumption of responsibility for the risks involved in this event, and I/we understand the terms of this release. I/we am/are physically fit and have trained sufficiently to compete in this event. I hereby grant full permission to any or all of the foregoing and photographs, videotapes, motion pictures, recordings and/or other record of this event for any legitimate purpose. All race entries are non-refundable. The race director reserves the right to refuse entries.

Signature: _____

Date: _____

Registration Form

Name: _____ Date of Birth: _____ Age on race day: _____
Street: _____ City: _____ State: _____ Zip: _____
Gender: _____ Email: _____ Shirt Size (circle) YS YM YL S M L XL XXL
Circle race participation: 1K Children's Fun Run, \$15 (\$20 Day-Of) 5k Walker, \$25 (\$30 Day-Of)
5K Runner, \$25 (\$30 Day Of) Additional Donation Amount \$ _____
Circle payment method: Cash /Check
(made payable to Greene County Historical Society, Memo Line—GCHS 5K)
Credit Card (www.runsignup.com)
Signature _____ Date: _____
(Parent's signature required if under 18 years of age)
Mail or drop of to: GCHS, 918 Rolling Meadows Rd. Waynesburg, PA 15370 (Attn.: GCHS 5K)

5K RUN/WALK

Awards to top 3 male and female walker/runner finishers in each age category:

14 and under
15-19
20-29
30-39
40-49
50-59
60-69
70+

\$25 (\$30 Day-Of), each participant
Return registration form by **4/1/19**
to guarantee a
t-shirt. Registration begins at
8:15am at the museum.

Award ceremony will be held at
10:30am at the museum.

Awards may be picked up immediately
after the race for those that cannot stay
for the ceremony. Awards will not be
mailed.

50/50 and Chinese Auction at event.

Pancake Breakfast is from 8-noon and
free to all race participants, \$6 for non-
race participants.

The Little Solider: 1K Children's Fun Run

12 & Under, \$15

All children receive a t-shirt and
participation metal.

1st Place Trophy, in the following
age categories:

4 and under
5-6
7-8
9-10
11-12

Historical activities for children
and events during the 5k!

Greene County Historical Society Membership

We cordially invite you to become an
official GCHS Member!

Membership includes **10%** off Gift
Shop purchases, our quarterly
newsletter the Tenmile Historical
Review and free admission to the
Greene County Historical Museum as
well as the use of our archival library.
For more information, visit
<http://www.greenecountyhistory.org/membership/>

AGE CATEGORIES

5K Runners:

14 & Under

15-19

20-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-69

70+

5K Walkers:

19 & Under

20-29

30-39

40-49

50-59

60-69

70+

(Spotters on course, please
make sure you are walking)

AWARDS:

Top "3" Male/Female Runners &
Walkers overall

Top "3" Male/Female Runners &
Walkers in each age category.

Awards, random drawing and
refreshments at the
Rices Landing Fire Hall

Please
place
postage
here.



GREENE COUNTY COMMISSIONERS
-BLAIR ZIMMERMAN; -DAVE CODER—ARCHIE TRADER—
93 EAST HIGH STREET
WAYNESBURG, PA 15370
724-852-5210
www.co.greene.pa.us

GREENE COUNTY DEPARTMENT OF RECREATION
JAKE BLAKER, DIRECTOR
107 FAIRGROUNDS ROAD
WAYNESBURG, PA 15370
724-852-5323

Dock to Lock

5K Run/Walk

Saturday, May 11, 2019

Race Begins at 9:00 AM

Mandatory Registration

7:15-8:15 AM

at Rices Landing Fire Hall

Bus Leaves promptly at 8:30

AM for the start line at

Greene Cove Trail Head



Sponsors:
Greene County
Commissioners
And
Department of
Recreation

For More Information

724-852-5323

www.co.greene.pa.us

SATURDAY, MAY 11, 2019
RACE BEGINS AT 9:00 AM
REGISTRATION BEGINS
AT 7:15 AM

Registration Fee:
\$18 Pre-registered by April 26th
\$20 Race Day

• ☐ Run 5K ☐ Male ☐ Female

☐ Walk 5K ☐ Male ☐ Female

Shirt Size: S M L XL XXL

Pre-registration guarantees a T-Shirt.
Shirts will be limited on race day.
Adult sizes only.

Name: _____

Address: _____

Phone: _____

Age as of 5/11/19: _____

Email Address: _____

Make Checks Payable to:
County of Greene

Registration fees are
Non-refundable.

WAIVER

In consideration of this entry being accepted, I the undersigned, intending to be legally bound, for myself, my heirs, executors and administration waive and release any and all rights and claims for damages I may have against the County of Greene, its agents, sponsors, the State of Pennsylvania for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have been sufficiently trained for the completion of a race of this distance and difficulty.

I have read the above statement, I understand it and my signature confirms its full acceptance.

Signature

Parent/Guardian if under 18 years of age

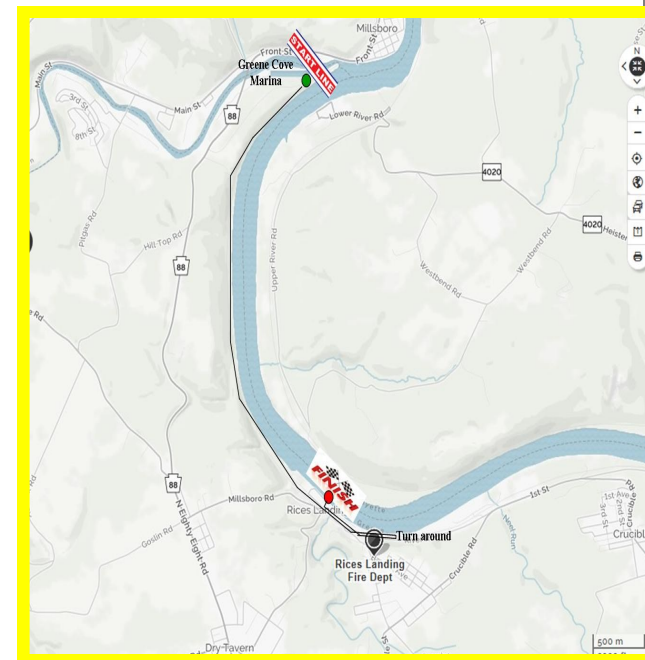
Date: _____

Please Mail Entry and Waiver Form to:
Greene County Department of Recreation
Trail Run, 107 Fairgrounds Road
Waynesburg, PA 15370

2019
Dock to Lock
5K Run/Walk

LOCATION

Rices Landing Fire Hall is located at:
66 Bayard Ave
Rices Landing, PA 15357
*Just off Route 88 along the
Monongahela River in Greene County
12 Miles East of I 79



COURSE—POINT TO POINT

Crushed Limestone on the Beautiful
Greene River Trail.

SAFETY

Please-No Strollers, Dogs, Roller Blades,
Bicycles, etc. on the trail.

Timing Service

SERJ Racing Services
Uniontown Pa

www.serjracing.com

Pareto's Principle is also referred to as the "law of the vital few" or the "principle of factor sparsity." While most prevalent in socio-economics and business management, this methodology is also applicable to the world of health and fitness. In running, Pareto's Principle is commonly referred to as the "80/20 rule" and is explained in Matt Fitzgerald's best-selling book [80/20 Running](#). Recent studies have even suggested that Pareto's Principle manifests in many natural phenomena, and could likely be a fundamental cosmic law like thermodynamics and gravity (but we won't go down that rabbit hole). ***Pareto's Principle, or the 80/20 rule, argues that 80% of effects can be attributed to 20% of causes.*** In other words, 80% of your business revenue would come from 20% of your customers or 80% of land is owned by 20% of the population. So how does this law translate to distance running, and how can we use it to our advantage?

I have been a big proponent of the 80/20 training methodology for as long as it's been around. At first it simply just felt right for me, and over the past decade countless hours of research and study have proven its effectiveness. ***Please don't misunderstand...you can't simply get 80% of the desired results by doing only 20% of***

the work. For distance running, the 80/20 rule is defined as 80% of the workload being relaxed and 20% being extremely difficult. Work smarter, not harder.

An important distinction here is that "relaxed" and "difficult" are subjective terms. In order to better define what we mean, think in terms of aerobic versus anaerobic. Your 5K tempo run? Hard, yes...but also entirely aerobic. That means it still falls into the 80% bucket. Your 400 intervals on the track? Mostly aerobic until you hit the back stretch on each repeat. IF you're doing them right, those last 100 meters fall into the 20% bucket.

Take a minute to pull out your training plan, and give it a quick look. You'll notice that the longest run of the week is your Long, Slow Distance run. Some other runs are "shakeouts", "recovery" or "As You Feel" runs. If you do some quick math, you'll realize that *roughly* 80% of your mileage is going to be done at a sustainable pace while 20% of your mileage is going to be at threshold (read "puke-worthy") levels. This is the 80/20 rule in action. It's a stark contrast to the popular "more is better" mentality that drives many runners right into Injuryville, and the ubiquitous "pain is weakness leaving the body" school of thought which packs countless athletes onto the Overtrained Train. Pareto's Principle embraces quality over quantity, and allows us to do more with less. Remember, more isn't better and harder isn't better. Better is better.

So what's the catch? It sounds easy enough, so why isn't everyone doing it? There are really two reasons. The first is that our cultural mindset and social stigmas have conditioned us to believe that if we are comfortable within the confines of a workout, then the workout isn't making us any better. The prevailing assumption is that if we have not seriously stressed our systems, then we must not have accomplished anything. The second reason is a little more complex...you **MUST** be comfortable with extremes. People are habitual and get into a routine of doing the same run every day. Same place, same pace...and ultimately hitting a plateau. You could slowly increase your total mileage over time, but you won't become any faster, more efficient or less injury-prone. ***Implementing the 80/20 rule takes practice, because you are forced to adapt to both ends of the spectrum.*** For maximum benefit, you'll need to learn to rein in those long but drive yourself into the ground during hill repeats. The secret to successfully implementing 80/20 methodology is having the physical and mental fortitude to crush your own soul one-fifth of the time.

Once you start to acclimate to the 80/20 rule in your training, you'll start to see Pareto's Principle come to life all around you. Many highly productive and efficient people use this idea in the workplace, and in their own personal lives. Your day-to-day does not have to be a constant grind, and neither does your training. As long as you put in the work when you need to put in the work, the rest of the time you can relax and enjoy the ride. Or in

our case...the run.

Coach Tim

UPCOMING RACES

Here is a listing of a few races we found that some club members may be interested in attending. As usual, the Grand Prix races will be marked with a *.

3/24 – Mill Creek Half Marathon/5K – Youngstown, Oh
3/30 – Baatam Half Marathon – Boston PA
4/6 – Bucks for Bucs – Houston, PA
4/7 – *Not another Polar Vortex – Boston, PA
4/13 – Martha's Run 10K – Mt. Lebanon, PA
4/13 – Mighty Mikes 5K – Carmichaels, PA
4/14 – Run to Breath 5K/Half Marathon – Portersville, PA
4/14 – * Montour Trail National Tunnel 5K/10K – Hendersonville, PA
4/20 – Pirates Charities 5K/10K – Pittsburgh, PA (North Shore)
4/20 – Boston Trail 5K/Half Marathon – Boston, PA
4/20 – Yough River Trail 5K/10K/10M/Half Marathon – Connellsville, PA
4/27- Blast from the Past 5K – Waynesburg, PA

Just a little note

Here is a little note from Nick and Consuelo Fossum from the banquet.

Thanks to Bob and Stush for putting on another fun and motivating WCRRC Banquet. Our thanks are extended to Nancy, Anna and all who helped. Thanks to Bob and Fleet Feet for our great singlets and socks and to Amy for the gift basket donated by P3R (Pgh. 3 Rivers Marathon, Inc.). It was great seeing everyone and congratulations to all Grand Prix Finishers. Malcolm, glad you joined us!

Nick and Consuelo.

WCRRRC RACE TIMES

SL TRACK MEET (JAN)

Mark Hospodar 200M: 40.06
400M: 1:33.23
800M: 3:33.05

SL TRACK MEET (FEB)

Mark Hospodar 200M: 39.01
400M: 1:32.89
800M: 3:32.76

COMMUNITY DAYS 5K

Rich Sandala 21:42(A-2)
Shane Brunazzi 24:12

SPRING THAW 10M

Mike Bruno 1:04:51(A-3)
Rich Sandala 1:13:15(A-2)
Bob Pikelis 1:17:59(A-1)
John Titus 1:32:43
Mark Hospodar 1:49:43

CUPIDS CHASE 5M

Hunter Midcap 20:45(OA-3)
Doug Midcap 27:28(A-2)
Kris Midcap 30:03(A-2)

CUPIDS CHASE 5K WALK

Blake Headen 49:46(A-3)

CHILI 5K

Mike Melvin 25:52

CHILI 5K WALK

Sarah Donley 35:34(OA-1)
Carl Kondrach 35:34(OA-1)

ST PETE 10K

Tina Seech 42:43(M-1)

ST PETE 5K

Tina Seech 21:33(M-1)

CUPIDS CHASE 5K

Heath Piper 20:15(A-1)
Rich Sandala 21:58(A-2)
Scott Harrington 30:28(A-3)
LuAnne McCullough 32:03(A-3)

CUPIDS CHASE 5K WALK

Blake Headen 43:06

MARCH MAD DASH 5K

Forton Remington 31:54

MARCH MAD DASH 10M

Ed Koontz 1:05:35(OA-5)
Rich Sandala 1:13:44
Shane Brunazzi 1:31:13

ROCK 'N ROLL 13.1M

Tom Carter 1:58:00

BRAVE AMERICAN 5K

Mike Romzy 22:50(A-2)
Doug Midcap 27:15
Larry Roolf 28:35
Kristine Midcap 30:32

NOTE: Make sure to submit any Long Distance Grand Prix times to the website or to Tom and Grace. As we move into the spring season of longer races, remember that any race 15K or longer is eligible for the LDGP. You can use the website submission feature or email to Grace at gracegoffi@verizon.net or Tom at trettelt@comcast.net.

Any race times from non-GP races can be submitted to Tom for publishing in the newsletter at the above email address.

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.





Mighty Mike 5k!



ALL PROCEEDS WILL GO TO ST. JUDE CHILDRENS HOSPITAL!

The race will be held at the Carmichaels High School field house. It will start at 9:00 am on Saturday, April 13th.

Early registration is \$20 and will start Friday, February 22nd! The deadline for early registration is March 24th (subject to change). If you sign up for early registration you are guaranteed a t-shirt!

Late registration is \$25 and will be held at the field house the day of the race (April 13th) starting at 7 am. Late registration t-shirts will be first come first serve to our participants.

If you have any questions or concerns, feel free to contact:

Joey Kurincak at 724-710-4967 (call or text), joeyk19022@icloud.com

Grace Kerr at 724-970-0888 (call or text), gracekerr@windstream.net

