

WASHINGTON COUNTY ROAD RUNNERS CLUB

Established 1974

February, 2018

Vol. 18 / No. 2

Visit us on the web @www.wcrrc.com (or .org, or net)

NEWS AND NOTES

February has begun, and the famous groundhog has told us there will be 6 more weeks of winter. Even so it is good to see that there are a lot of runners heading out on the roads and some of the trails, getting ready for the upcoming racing season. And before you know it, we will see spring arrive and the weekends will start to fill up with various distances on the race circuit.

Just a reminder to get in your reservations for the upcoming banquet on March the 3rd. It should be another fun time in Lawrence with some speeches, some hilarity and the usual appearance of the Wolf Pack.

Also, we have a reminder, once again, that the 2018 dues are now due. We have put in this newsletter of all those who we have not yet received their dues for this year. Next month's newsletter will be online only so this will be the last newsletter mailed out to those who have not yet renewed.

We would like to welcome to the club two new members. We welcome Rich Durban and Sarah Rockwell. Rich is from Claysville, PA and is a long time local runner. Sarah comes to the club from Washington, PA. Glad to have both of you here and look forward to seeing you at many upcoming races.

Also included in this month's newsletter is the Grand Prix rules and all the Short Distance Grand Prix races that we know of at this point.

There could still be a few changes during the year, so watch in upcoming newsletter for any changes.

We had a note from Amy Martin that we wanted to pass on to all club members. Amy is a member of the Southpointe Health Club, and she has talked with them about using to club to start some local club runs from there. There has been talk for a long time about trying to set up club run's and this might be a great opportunity to get something started. Also, Mike Bruno is getting ready to set some runs up from the Tandem Bike Shop on the Montour Trail. What would be great to do is to have the trail runs on Wednesday night when spring gets here and us the Southpointe club for the weekends. We would love to hear anyone's opinion on the subject. If you would like you could either email Tom or Bob and let us know what you think, or if you are planning to attend the banquet we could discuss it there.

JANUARY AT THE RACES

There weren't that many races run in January, but we still had a few brave souls getting out there to trudge through the snow and cold to get started for the season.

Resolution Run 5K

The first day of the new year brought a new race in as the Tandem Bike Shop and Mike Bruno put on a race for a few hearty souls to get out of bed and hit the trails. Mike and Dave shoveled a path for some footing as 50 some finishers crossed the line. We had Carl Kondrach

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.

5 Tips to Speed Up Your Metabolism

By Women's Health

Here's a secret: slaving away inside your body—right this minute—is your very own personal trainer working tirelessly to help you burn calories and shed fat. It's called your metabolism, and it's the sum of everything your body does.

Each time you eat, enzymes in your body's cells break down the food and turn it into energy that keeps your heart beating, your mind thinking and your legs churning during a grueling workout. The faster your metabolism runs, the more calories you burn. The more you burn, the easier it is to drop pounds. And get this—you can make your metabolism work harder, a lot harder. 24 hours a day.

To some degree, our bodies hum along at a preset speed determined by gender and genetics, but there's still plenty of wiggle room.

"You have a huge amount of control over your metabolic rate," says John Berardi, Ph.D., C.S.C.S., author of *The Metabolism Advantage*. "You can't affect how many calories it takes to keep your heart beating, but you can burn an extra 500 to 600 calories a day by exercising properly and eating right." And by making a few changes to your routine.

To make those changes simpler, we enlisted the help of leading experts and came up with a round-the-clock, turn-up-the-burn plan complete with new moves that will throw your metabolism into overdrive.

1. When You Roll Out of Bed

Eat (a good) breakfast every single day:

If you don't, your body goes into starvation mode (it's paranoid like that), so your metabolism slows to a crawl to conserve energy, Berardi says. And the heartier your first meal is, the better.

In one study published in the *American Journal of Epidemiology*, volunteers who got 22 to 55 percent of their total calories at breakfast gained only 1.7 pounds on average over four years. Those who ate zero to 11 percent of their calories in the morning gained nearly three pounds. In another study published in the same journal, volunteers who reported regularly skipping breakfast had 4.5 times the risk of obesity as those who took the time to eat.

What should you be having? Morning munchies that are slow to digest and leave you feeling fuller longer. Try a mix of lean protein with complex carbohydrates and healthy fats, like this power breakfast, recommended by Berardi: an omelet made from one egg and two egg whites and a half cup of mixed peppers and onions, plus a half cup of cooked steel-cut oats mixed with a quarter cup of frozen berries and a teaspoon of omega-3-loaded fish oil.

Sip java:

Sisterhood of the traveling spill-proof mugs, rejoice! A study published in the journal *Physiology & Behavior* found that the average metabolic rate of people who drank caffeinated coffee increased 16 percent over that of those who drank decaf.

Caffeine stimulates your central nervous system by increasing your heart rate and breathing, says Robert Kenefick, Ph.D., a research physiologist at the U.S. Army Research Institute of Environmental Medicine. Honestly, could there be a more perfect beverage?

Guzzle your water cold:

Chase your morning joe with an ice-cold glass of H₂O. Researchers at the University of Utah found that volunteers who drank 8 to 12 eight-ounce glasses of water per day had higher metabolic rates than those who quaffed only four glasses.

Your body may burn a few calories heating the cold water to your core temperature, says Madelyn Fernstrom, Ph.D., founder and director of the University of Pittsburgh Medical Center Weight Management Center. Though the extra calories you burn drinking a single glass doesn't amount to much, making it a habit can add up to pounds lost with essentially zero additional effort.

2. When You're At Work

Pick protein for lunch:

Cramming protein into every meal helps build and maintain lean muscle mass. Muscle burns more calories than fat does, even at rest, says Donald Layman, Ph.D., professor of nutrition at the University of Illinois. Aim for about 30 grams of protein—the equivalent of about one cup of low-fat cottage cheese or a four-ounce boneless chicken breast—at each meal.

Brew up some green tea:

"It's the closest thing to a metabolism potion," says Tammy Lakatos Shames, R.D., author of *Fire Up Your Metabolism: 9 Proven Principles for Burning Fat and Losing Weight Forever*. The brew contains a plant compound called ECGC, which promotes fat burning.

In one study, people who consumed the equivalent of three to five cups a day for 12 weeks decreased their body weight by 4.6 percent. According to other studies, consuming two to four cups of green tea per day may torch an extra 50 calories. That translates into about five pounds per year. Not bad for a few bags of leaves, eh? For maximum effect, let your tea steep for three minutes and drink it while it's still hot.

Undo damage with dairy:

Hey, it happens. There are days when no salad on earth can possibly overcome the seductive power of French fries. But you can make up for it with a calcium-rich afternoon snack, like eight ounces of milk or six ounces of low-fat yogurt.

Calcium helps your body metabolize fat more efficiently by increasing the rate at which it gets rid of fat as waste (yes, that kind), reports a study from the University of Copenhagen. Sorry, supplements don't have the same effect.

3. When You Go Food Shopping

Choose organic produce:

You wouldn't fill your car engine with pesticides, right? Hell, no. Researchers in Canada found that dieters with the most organochlorides (chemicals found in pesticides) stored in their fat cells were the most susceptible to disruptions in mitochondrial activity and thyroid function. Translation: Their metabolism stalled.

Can't afford a full organic swap? Go to foodnews.org/fulllist for the most (and the least) contaminated foods, then adjust your shopping list accordingly.

Seek heat:

It turns out capsaicin, the compound that gives chili peppers their mouth-searing quality, can also fire up your metabolism. Eating about one tablespoon of chopped red or green chilies boosts your body's production of heat and the activity of your sympathetic nervous system (responsible for our fight-or-flight response), according to a study published in the *Journal of Nutritional Science and*

Vitaminology. The result: a temporary metabolism spike of about 23 percent.

Stock up on chilies to add to salsas, and keep a jar of red pepper flakes on hand for topping pizzas, pastas, and stir-fries.

Grab some metal:

Women lose iron during their period every month. That can throw a wrench into your metabolic machine, because iron helps carry oxygen to your muscles. If your levels run low, muscles don't get enough O₂, your energy tanks, and your metabolism sputters, Shames says.

Stock up on iron—fortified cereals, beans, and dark leafy greens like spinach, bok choy, and broccoli.

4. When You Work Out

Mix things up with intervals:

You're always looking for a way to shorten your workout, right? Well, step up your intensity and you'll burn the same number of calories or more in less time.

In one Australian study, female volunteers either rode a stationary bike for 40 minutes at a steady pace or for 20 minutes of intervals, alternating eight seconds of sprints and 12 seconds of easy pedaling. After 15 weeks, those who incorporated the sprints into their cardio workouts had lost three times as much body fat—including thigh and core flab—compared with those who exercised at a steady pace.

Bursts of speed may stimulate a fat-burning response within the muscles, says lead researcher Ethlyn Gail Trapp, Ph.D. Whether you ride, run, or row, try ramping things up to rev your burn: Start by doing three eight-second all-out, can't-talk sprints with 12 seconds at an easy pace between each effort. Work your way up until you can do 10 sprints over 20 minutes.

Take it slow:

This isn't easy, but when you strength train, count to three as you lower the weight back to the start position. Slowing things down increases the breakdown of muscle tissue—yeah, it sounds bad, but all that damage you're incurring is actually a good thing. The repair process pumps up your metabolism for as long as 72 hours after your session, according to researchers at Wayne State University.

But pass on those featherweight dumbbells—you need to use weights that are heavy enough that you struggle to

complete the final few reps.

Pop pills:

Combining regular exercise with fish-oil supplements increases the activity of your fat-burning enzymes, reports a study published in the American Journal of Clinical Nutrition.

Volunteers took six grams of fish oil daily and worked out three times a week. After 12 weeks, they'd lost an average of 3.4 pounds, while those who exercised exclusively saw minimal shrinkage. Look for brands containing at least 300 milligrams of the fatty acid EPA and 200 milligrams of the fatty acid DHA per capsule. Pop two of these two hours before your workout.

5. When You Get Home

Eat Nemo's pals:

Fatty fish like salmon, tuna and sardines are loaded with hunger-quashing omega-3 fatty acids. These healthy fats help trigger the rapid transfer of "I'm full" signals to your brain, according to the National Institutes of Health.

Bonus: A 3.5-ounce serving of salmon nets you 90 percent of your recommended daily value of vitamin D, which will help preserve your precious calorie-craving, metabolism-stoking muscle tissue.

Skip the second mojito:

Another reason not to over indulge—knocking back the equivalent of just two mixed drinks (or two glasses of wine or two bottles of beer) puts the brakes on fat burning by a whopping 73 percent. That's because your liver converts the alcohol into acetate and starts using that as fuel instead of your fat stores, report researchers from the University of California, Berkeley.

Hit the sack—early:

When you sleep less than you should, you throw off the amounts of leptin and ghrelin — hormones that help regulate energy use and appetite — that your body produces.

Researchers at Stanford University found that people who snoozed fewer than 7.5 hours per night experienced an increase in their body mass index. So make sure you get at least eight hours of rest.

2018 RENEWALS DUE

Listed below are everyone who has not renewed their dues as of 2/7/18.

Bill Allison	Bob Barnhart
Drew Brown	Shane Brunazzi
Mike Bruno	Dave Byers
Gary Chabala	Ella Jane Custer
Carolyn Davey	Sarah Donley
Bill Filcheck	Mike/Michele Frere
Ed Frohnapfel	Lynn Fronapfel
Roxanne Wray	Jonathan Garet
Laurie Gillott	Rose Gray
Chip/Andrew Grimm	Kevin Hendricks
Ken Hissam	Natasha Hribal
Richard Klempa	Carl Kondrach
Bill Martin	Doug Midcap
Jennifer Nedrich	Donna Patrino
Terry Pichard	Heath/Sarah Piper
Greg Redding	Tom Ridge
Mike Romzy	Larry Roelf
Laurel/Dale Rush	Stush Sadowski
Rich Sandala	Joe/Judy Sarver
Aaron Smith	Kelly Smith
Terry/Felicity Smith	Gary Stankevich
Amanda Tracey	Tina Seech
Nick/Consuelo Fossum	Nathan/Jam Milliren
Jim/Cathy Loos	Albie Rinehart
Kathy Starkey	Tom Carter

UPCOMING RACES

Here is just a little sample of a few upcoming races in the area. The races marked with a * are Grand Prix races.

2/24 – Spring Thaw 10M/15M/20M – North Park
3/10 – *Team Cassie 5K/10M – Mc Donald PA
3/15 – Shamrock Shuffle – Salem, OH
3/31 – Polar Vortex 5K/15K – Boston PA
3/31 – Yough River Trail 5K/10K/10M/Half – Connellsville
3/31 – *Barnesville Park 5K – Barnesville OH
3/31 – Just a Short Run 5K/8M/Half/30K – North Park

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)

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)	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

I. 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



Team Cassie Spring Fling
 c/o The Tandem Connection
 5 Georgetown Rd.
 Hendersonville, PA 15317

McDONALD
Team Cassie
SPRING FLING
10 Miler/5K/1 Mile Fun Walk
PANHANDLE TRAIL EVENT SERIES

Presented by
THE TANDEM CONNECTION
 RUNNING & BIKING



Proceeds help benefit the Team Cassie Foundation

Sunday
March 11, 2018
McDonald, PA



Please Support the
McDonald Area Redevelopment Association
McDonald Trail Station
 P.O. Box 152, McDonald, PA 15057
<http://mcdonaldtrailstation.com>

10 Miler 5K 1 Mile Fun Walk

Date of birth

		/			/		
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NAME	AGE	SEX
ADDRESS		
CITY		
STATE		
ZIP		
EMAIL		
PHONE		

Emergency Contact: _____ **Emergency Phone:** _____

I, the undersigned, hereby grant full permission to use my name and likeness, I also release any photos that may involve myself as well as any photographs and any record of this even in which I may appear for any legitimate purpose, including advertising and promotion.

Signature _____ Date _____
Parent (if under 18 years old) _____ Date _____

No refunds will be issued for any reason

Please understand that while we recognize many runners utilize iPods or other music devices for your recreational running, using such devices in a competitive atmosphere is a safety risk for you and other runners because of the number of runners and the narrowness of the trail. Please know that if we determine that there is cause, you can be pulled from the race course by our monitors for the safety of others. Please-no strollers; dogs; roller blades or bicycles.

Contact The Tandem Connection - 724-745-2453
Mike Bruno - Event Coordinator

Emergency Phone: _____

NEW
Relay
Option!

SALEM COMMUNITY CENTER

SHAMROCK SHUFFLE

THURSDAY,
MARCH 15TH, 2018



5:00 – 5:45 p.m.
Kid games and
races



COURSE:

Point to Point: Beautiful 4-mile course on quiet residential streets ending at BB Rooners!



COST:

Pre-Registration \$18 – 4 mile/\$15 relay

TIME:

Day of: \$25 race all participants

LOCATION:

Registration at 5 PM/RACE at 6:00 PM



START: Salem Community Center

1098 N. Ellsworth Avenue, Salem, Ohio 44460

FINISH: Salem Municipal Lot

256 E. State Street, Salem, Ohio 44460



EVENT CHOICES:

4-mile run - \$50 Prize for Course Record ★

Current record: Male - Josh Boggs, 22:41.4

Female – Megan McNear, 25:53.5



SOUVENIRS:

2-person relay (3 mile/1 mile) no split times ★

First 100 entries registered by March 4th, will receive a SCC souvenir glass at finish.

LOST ON RACE DAY?

330-332-5885

330-424-2595



REGISTER ONLINE!

www.runsignup.com

RACE DIRECTOR

JANIE CROWL

CROWL@SALEMCOMMUNITYCENTER.COM
SALEM COMMUNITY CENTER
1098 N. ELLSWORTH AVE.
SALEM, OH 44460

AGE GROUPS – TOP 3

M/F OVERALL

12 & UNDER M/F

13–17 M/F

18–29 M/F

30–39 M/F

40–49 M/F

50–59 M/F

60 + M/F

RELAY 1ST, 2ND & 3RD PLACE

Course Race Info: 330-332-5885

or

www.salemcommunitycenter.com

In consideration of this early entry being accepted, I hereby, for myself and heirs, executors and administrators, waive and release any and all damages I may have against Salem Community Center and the City of Salem, their agents, representatives, successors and assigns for any and all injuries suffered by me at said event. I hereby attest that I am physically fit and have trained sufficiently for competition in the event.

NAME _____ DOB ____/____/____ AGE _____ GENDER _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

E-MAIL _____ PHONE _____

SIGNATURE _____ DATE ____/____/____

PARENT/GUARDIAN SIGNATURE (IF RUNNER UNDER 18) _____ DATE ____/____/____



DETACH AND MAIL TO RACE DIRECTOR – Shamrock Shuffle

CHECKS PAYABLE TO SALEM COMMUNITY CENTER
1098 N. ELLSWORTH AVE.
SALEM OH 44460



WASHINGTON COUNTY ROAD RUNNERS CLUB
2018 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 slump low in your chair! Make every attempt to be there or you won't be able to defend yourself.

When: Saturday, March 3rd
6:30-7:30 Cocktail Hour, 7:30 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: \$18.00 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 21st. Late responses call Tom 724-229-0201

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.

