

WASHINGTON COUNTY ROAD RUNNERS CLUB

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

NEWS AND NOTES

Time is running short. For all of you who are planning on attending the WCRRRC Annual Banquet this year, we need to have your reservations in by February 25th. There will be plenty of fun and merriment this year, and we will have a special guest speaker at the event. Former Pittsburgh Marathon and Great Race winner, Malcolm East will be there to talk about running, racing and looking forward to saying hello to one and all.

Also, as a reminder, the 2019 club dues is now due. Inside this edition will be a list of those we do not have a renewal for as of the publication of this month's newsletter.

Just as a reminder, next month's newsletter will be an online edition only. The few who do not have internet access will receive theirs in the mail.

Carl Kondrach has sent us a note, stating that because of some unforeseen circumstances, this year's Barnesville Park race, scheduled for the end of March, will be cancelled for this year. Anyone who has sent in an app for the event will get a refund. Carl assures us that the event will be held next year, and all the other Barnesville racing events will still go on this year as planned. There are a few other changes to the Short Distance Grand Prix this year. Please check the enclosed Grand Prix rules to see the selection of races.

We would like to welcome a new member to the WCRRRC. Hello to Kim Gordon. Kim is a walker from Dunlevy and she is also Shannon Cain's mom. We are looking forward to seeing you at some of the races this year Kim.

We also wanted to pass on to our members of the passing of Stush Sadowski's mom earlier this month. We know that we speak for all of you in saying that our thoughts and prayers are with Stush and his family.

JANUARY AT THE RACES

January is usually the slowest month for any races, but there were a few that has some of our members participate in. The milder weather for the first part of the month brought a few runners out. Here are some of the highlights.

Resolution Run/Boston Soup Run

Both these races took place on New Year's Day. The weather was improved from last year's runs. For the Boston Soup Run Aaron Elm won the race in a time of 18:24. Shane Brunazzi was our lone finisher in a time of 24:41. At the Resolution Run, Nick Welch was the overall winner in a great time of 16:16. John Koontz was our first male finisher in 20:39, and Amy Koontz was close behind, and the second overall female in 21:01.

Run to Read Half Marathon

A balmy 50-degree day greeted the runners at the half marathon. John Koontz was once again our first male finisher in 1:35:56 and Amy Koontz was our first female finisher in 1:39:09. Carl Kondrach and Sarah Donley completed the walk with Carl in 2:39:02 and Sarah coming in one second behind him.

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.



Dear Pittsburgh Running Community,

As owner of the region's longest serving running store, I have seen a lot of changes over the years. On January 24th, we all learned about a change in the leadership team at arguably the most influential organization in the Pittsburgh running and fitness community; P3R.

I have known Patrice Matamoros as both a community partner and as a friend. In June of last year, I had the privilege of introducing her as the keynote speaker to a group of 700+ industry attendees from both the retail and vendor communities at a national running conference. I did my research, and learned a lot about this remarkable woman. Her departure after achieving unprecedented results during her ten year stay as CEO of P3R, fits her profile perfectly. She accomplished what she came here to do, and exceeded everyone's expectations. She led with style, with poise, with integrity and with total commitment to the Pittsburgh running community. Those who will work with her at her next venture, have no idea yet as to how lucky they will be. Well done Patrice.

What about her successor? Who is Troy Schooley? Will he carry the torch and bring the organization to new heights? The answer is yes, most definitely. In the words of Patrice, "Troy is going to do a spectacular job; he has what it takes to move us to the next level, and I fully support him in leading the organization." I couldn't agree more. I also know Troy as both a community partner and as a friend, and know firsthand that much of the success realized by P3R, is a result of the work having been done by him.

Troy is an established leader in the endurance sports industry. He is well known as a speaker at running conferences throughout the country, including the acclaimed Running USA Accelerator series. He is unconditionally committed to elevating the runner experience and bringing the best programs to runners here in Pittsburgh. In a time where "experience" is what we are seeking, Troy is our guy. He will work tirelessly to bring a heightened focus to the Pittsburgh running community through his skills as a leader and his unwavering commitment to the runner. It might sound cliché, but Troy's leadership and background will bring the P3R organization to the next level, and we in the running community will all be the beneficiaries.

On behalf of Deb Doyle and the entire team here at Fleet Feet Pittsburgh, we look forward to continuing our partnership with Troy Schooley at the helm of P3R long into the future. Please join me in congratulating both Patrice and Troy as they undertake the next chapters in their professional lives.

Bob Shooer

The Pros and Cons of Running a

Negative Split

- By Rashelle Brown

Running negative splits in training is an effective way to build both your aerobic base and the mental toughness required in the late stages of a long event. Not everyone agrees on whether this pacing strategy is good or bad come race day though. To find out why opinions differ, we interviewed two top endurance coaches to get their perspectives on negative splitting a race.

Negative Split Basics

A negative split is simply running the back half of a long run or race faster than you ran the first half. This can mean one second faster or ten minutes faster, but a common strategy is to run an even pace then kick it up a notch when you're coming down the final stretch.

Using this strategy has benefits in training. On long runs, it helps you find your true race pace—if you start off too fast, you won't be able to hold that pace for the entire distance. This can help you set a realistic time goal for your next race. Then on race day you'll be less likely to go out too fast, setting yourself up for failure further down the course.

The strategy is also effective for middle-distance tempo runs where you have to push harder at the end to maintain what was already a "comfortably hard" effort. This mental benefit can also be trained by adding a fast kick at the end of a long, even-paced run.

So there's no doubt that negative splits are useful training tools, but what about using them in a race? The two coaches we interviewed had strong opinions, and they couldn't have been more different.

The Negative Split Myth

Chris Hauth is a two-time Olympian and 2006 IRONMAN Age Group Champion who coaches athletes at all levels across a wide range of endurance sports. He owns [AIMP Coaching](#) based in Corte Madera, California, and talks all things endurance on his podcast, [The Weekly Word](#). Hauth's philosophy on negative splitting a race falls in line with his overall coaching philosophy: AIMP stands for Advanced, Integrated Mindset and Performance, and cultivating mental toughness in his athletes is a top priority.

"My whole concept on the negative split is, it's great in training, because if you can find the proper pacing with regards to output, the more you can learn about that, the better," Hauth says. "We tend to start out too fast; our perceived exertion is less than our actual output, so training is the perfect time to learn from that. But in racing, I am *not* a fan of it because it leaves time and effort and

speed and performance out there on the course. None of the top guys ever negative split in a race."

Instead of maintaining a steady pace with increasing effort to maintain that pace, Hauth coaches his athletes to maintain a steady effort or "output" level. He explained that this is not the same thing as keeping a steady heart rate.

"If you look at a good race, it should technically be a rising heart rate line," Hauth says. "It's a gradual rise at the beginning, a little flat in the middle, then rising over the final third or quarter as you work harder to maintain output."

That doesn't mean a runner should throw out all that negative split training on race day though. "The guy who slows down the least wins, so in that regard the negative split *mindset* can be useful in a race," Hauth says. "But you want the actual pacing to be such that you run the back half a little slower. You don't want to leave time out on the course."

Negative Split Magic

Leslie Branham, owner of [Leslie Branham Fitness](#) in St. Paul, Minnesota, is a strength and running coach with over 20 years of experience coaching newbies to advanced runners in distances ranging from 5Ks to ultra-marathons. She has run over 40 marathons and negative split a number of them. Her coaching and training motto is, "Go slower, get there faster!" Not surprisingly, she had a very different perspective on using negative splits in races.

"I'm not much of a risk taker," Branham explains. "I don't mind a little bit of pain." She says that going out slow creates less risk in the second half of a long race because "it's putting *energy* in the bank instead of time. It works the energy systems better."

The pain part comes in the later stages of a race when a runner has to hold their pace or even kick it up a notch. "You definitely need some mental toughness, but I like that challenge," Branham says.

She also loves the mental boost a runner can get from passing others in the back half of a race. "I *love* catching people who passed me in the first half of the race. It's sort of like a little game."

For that to work though, "it's critical to have realistic expectations of your finish time." Indeed, no one can maintain an unrealistic pace for 13 or 26 miles or more no matter how mentally tough they are. Branham coaches her athletes to ask themselves at key points in a long race if they can maintain the pace at which they're running for "X" more miles or if they need to reign it in. To achieve a negative split, this is especially crucial in those early miles.

No Success Without Work

Both coaches stressed the importance of practicing your chosen strategy in training to help you set realistic expectations and to learn how your body is going to respond—either to a late-stage acceleration or a quick early pace. The only way to learn those things is by doing targeted, specific workouts time and again. So whether you plan to play it safe or go for broke in your next race, make sure to train that way in order to be successful.

WASHINGTON COUNTY ROAD RUNNERS CLUB
2019 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 Marathon winner Malcolm East.

When: Saturday, March 2nd
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: \$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.

Please mail to WCRRC, 1427 Willowbrook Dr., Washington, PA 15301
Checks payable to WCRRC

Name(s) _____

Number Attending_____

Please respond by February 20th. Late responses call Tom 724-229-0201

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



25th Annual Yough River Trail Races

5K Run & Walk

10K Run

10 Mile Run

Half

Marathon

Saturday,

April 20, 2019



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, April 20, 2019
Registration 8 AM Start 9 AM

ENTRY FEE:

By April 10th - \$15.00
After April 10th 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.



25th Annual Yough River Trail Races

5K Run & Walk

10K Run

10 Mile Run

Half

Marathon

Saturday,
April 20, 2019



Registration 8 AM
Start time 9 AM

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

WCRRR RACE TIMES

HARMONY 5K

Dave Byers 39:22(A-3)

RUN TO READ 13.1M

John Koontz 1:35:56
Amy Koontz 1:39:09(A-1)
Bob Pikelis 1:42:40(A-1)
Shane Brunazzi 1:58:06
Stush Sadowski 1:58:16

RUN TO READ 13.1 WALK

Carl Kondrach 2:39:02
Sarah Donley 2:39:03

USC WINTER 1-MILE

John Koontz 5:19(A-1)
Amy Koontz 5:25(OA-1)
Rich Sandala 7:18
Blake Headen 11:25

RUNNING SHORTS

-- All members who have completed a GP last year are encouraged to come to the banquet to be honored.

-- Jen Yanni reports she is back to running a bit after a broken toe.

-- Reading recommendation: *Finding Ultra* by Rich Roll. Great read about how running/fitness rescued him from addiction and burnout and led him to being declared one of the world's fittest men.

-- In deference to those who will be eating, Stush Sadowski has agreed to keep his shirt on while helping with the MC duties at the banquet.

-- Running truism: As soon as you find a pair of running shoes you love, they discontinue or change them.

-- Running in polar vortex: insanity or dedication? Hmmm.

-- Thanks to Nathan Milliren for all his help in creating and maintaining the club website.

-- Thanks also to Bob Pikelis, Mickey Hornack, Neil Bassi, Grace Goffi, Tom Trettel, and any member who contributed to the monthly newsletter.

-- Speaking of Mick, he has been contributing his "thoughts" for over a decade. Who knew he's had thoughts for that long.

-- Reminder that Malcolm East will be at the banquet and speak about what it's like to be an elite runner.

-- Blake Headen will also be there to speak about what it's like to **not** be an elite runner.

-- The Pittsburgh Marathon has announced that the Gap Relay will return next year. Time to get your team together.

Frank & Ernest

By Bob Thaves



CLUB RENEWALS

As of February 5th, the following members have not yet sent in their renewals for the 2019 running season. If possible, try to get them in soon. The March newsletter will be an online edition but after that no other newsletters will be mailed out to you.

Bill Allison
Bob Barnhart
Mike Bruno
Ella Jane Custer
Stan Czyzewski
Carolyn Davey
Rob deCortie
Sarah Donley
Deb Doyle
Bill Filcheck
Tracee France-Popeck
Mike Frere/Michelle Wojnar
Ed Frohnafel
Rozanne Wray
Jonathan Garet
Laurie Gillott
Rose Gray
Chip/Andrew Grimm
Scott Harrington
Kevin Hendricks
Ken Hissam (\$12.00)
Sue/Mickey Hornack
Mark Hospodar
Richard Klempa
Carl Kondrach
Danielle/Jose Gonzalez
Lisa Lucas
George Macek
Amy Martin
Bill/Ann McCormick
Mike Melvin
Doug/Kris Midcap
Hanka Rydl
Carrie/Eric Perrell
Heath Piper
Greg Redding
Forton Remington

Richard Respole
Tom Ridge
Sarah Rockwell
Mike/Patti Romzy
John Ross
Laurel/Dale Rush
Stush Sadowski
Emily Sagun
Rich Sandala
Joe/Judy Sarver
Kelly Smith
Terry/Felicity Smith
Gary/Maureen Stankevich
Eslie Sykes
Jen Foster
Barbara Zappa
Walter Bennett
Tina Seech
Consuelo/Nick Fossum
Jam/Nathan Milliren
Jim/Kathy Loos
Albie Rinehart (\$10)
John/Amy Koontz
Barrie Baker
Kathy Starkey
Brittnie Lockhart
Tom Carter
Bob Shooer

UPCOMING RACES

These are a few races we found that club members may be interested in.

3/2 – Ellport Borough Winter Wonderland 5K – Ellwood City, PA

3/9 – Brave American Classic – Sewickley PA

3/9 – March Mad Dash – North Park Boathouse – Allison Park, PA

3/23 – St Paddy's Day 5K Run – South Park, PA

3/24 – Mill Creek Distance Half Marathon/5M – Youngstown, OH

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.

