

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

JANUARY, 2019

VOL. 19 / No. 1

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

NEWS AND NOTES

Hello to all WCRRC members and welcome to 2019. December seemed to be a little milder than usual, so it looked like a lot of you were out and about getting some road miles in before winter truly hit. Remember that you 2019 dues are now due. We would love to see everyone back again, competing in the short and long-distance grand prix. And we look forward to seeing you once again out on the road and trails. Also, in next month's newsletter we will be setting out the schedule for the Short Distance Grand Prix races. Any of our race directors that have put on previous races please get with either Tom or Bob to let us know that your race is still going to be held so it can be included. And remember that for the Long-Distance Grand Prix, any race 15K or longer can be counted. Please submit those times to Tom and Grace because if they are out of town, we will not receive any notice of them.

The time and date is now set, and the reservation sheet is in this newsletter. Yes, the time has come for the next edition of the WCRRC Banquet and Celebration. This year we are proud to welcome a special guest speaker to the event. Former winner of the Pittsburgh Marathon and Great Race< Malcolm East will be here. Malcolm will talk about his racing career and some special stories that happened during those events. Make sure you say hi and ask any questions you may have. Don't miss out on this extraordinary event.

We would like to welcome our first new member for the 2019 season. Hello and welcome to Raymond Stockdale. Ray is from Waynesburg and was seen at the Red Kettle Run in December.

Great to have you aboard Ray and we hope to see you at some of the races during the year.

DECEMBER AT THE RACES

December winds were a little chilly but no snow to hamper any of the last races of the year. There were a few to run in and we did have some participate.

Red Kettle Run 5K

This was the first year for the Waynesburg race, that started at the Armory and wound its way thru some challenging hills. The overall winner of the race was Levi Corbly, who broke the tape in 20:02. Bob Pikelis was our first male finisher in 23:26, with Stush Sadowski 7 seconds behind. And Sarah Rockwell was our first female finisher in 31:51. In the walk category, Carl Kondrach and Kelley Murdock both took the overall award.

Trot for Tots 5K/10K

On the Oakdale Trail, the annual Trot for Tots race took place. Joey Ardinger won both events, in 17:48 and 40:32 respectively. Rich Sandala was our first finisher in both events, in 21:20 for the 5K and 45:59 in the 10K. Jaminique Milliren was our first female finisher in both also, coming thru in 21:28 and 48:30. Good to see Cathy Loos out there, coming back from a few injuries, and Nick Fossum getting the last race in for the Grand Prix. Our only walker was Blake Headen, who finished alongside of Ed Frohnappfel in a time of 39:33. And now it's on to 2019.

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.

Thoughtful thoughts thinking thoughtfully:

Mickey Hornack

* I'm not a regular contributor to the WCRRC fish wrap and my ramblings do not revolve around training to run a faster race.

Therefore, when you readers get to the "Thoughtful...." section skip to the next article! But if you want tips on good chocolate, pet peeves about dummy drivers, sarcastic views and mostly useless info read on!!!

* Things in our government are going crazy, so I asked the wife the other day what do you think is the biggest problem politicians suffer from? Reply was truth decay!!

* As life moves by, I know that if I want to converse with some folks, I know all I need to do is get in the prescription line at Giant Eagle.

* I checked new running shoes for the wife, the info provided by various websites for each shoe is quite comprehensive. So much so I went to color combinations to choose the shoes. Kinda like going to the Meadows for the 1st time and betting on horses! And, of course, the shoes I chose did not work out!

* Somebody told me this story about our man Blake. He kept driving around the block, finally he realized his turn signal was stuck!!!

* As of this posting for the fishwrap the weather has been wet but warmer. Enabling good outside exercising. But you can bet we gonna pay mommy nature. Unfortunately, I think it's gonna be in April.

* Hey, anyone heard ads for Bombas socks. Got a couple pair and really like them. Ain't cheap but they donate a pair for every pair the sell. Not plugging Bombas, plugging comfort. Just my opinion.

* A neighbor was really fired up. His wife won a trip for 2 to the Bahamas. But she went twice!

Stay warm, dry and healthy all

UPCOMING RACES

The upcoming races over the next 2 months are very sparse. Looking over some of the websites for the local timing services, we have found a few that some may be interested in. There is one upcoming Grand Prix event, and it is marked with a *. Race app will be available in next months newsletter and on the website shortly.

2/9 – Community Options Cupid Chase 5K – Heinz Stadium – Pittsburgh

2/9 – Cupid's Chase – Southpoint Towne Center – Canonsburg

2/9 – Valentine's Day 5K/10K/1M Dash – North Park Boathouse – Allison Park, PA

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

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

3/30 – *Barnesville Park/Rotary Club 5K – Barnesville OH

Register Today!

CupidsChase.org



Community
Options, Inc.



CUPID'S
CHASE

Supporting People with Disabilities since 1989

Race Location

PNC Park Rivertown Brewing Hall
115 Federal Street
Pittsburgh, PA 15212

Registration/Check-in: 8:00am

Race Start: 10:00am

Contact Information

Cupid's Chase Race Director

900 Sarah Street

Pittsburgh, PA 15203

412 - 431 - 7079

Community Options, Inc. invites runners, walkers, and rollers (baby strollers and wheelchairs) to help make a difference in the lives of people with disabilities by participating in our annual Cupid's Chase.

Because of you...we can make a difference!

Make Checks Payable to: Community Options, Inc. | Mail checks to: Community Options, Inc. Attn: Cupid's Chase, 16 Farber Road, Princeton, NJ 08540 **REGISTRATION FEES**

First Name: _____	Last Name: _____	By 9-30-18	\$20
Address: _____		By 12-31-18	\$25
City: _____	State: _____	By 2-9-19	\$30
Phone: (____) _____	Email: _____	RACE DAY	\$40
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Birth Date: ____/____/____	Age on Day of Race	
Preferred Shirt Size: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL			
Single - Looking for love, choose ____ Available/ White. In a relationship - choose ____ Unavailable/ Red.			

WAIVER/RELEASE: In consideration of this entry and being allowed to participate in this event, I hereby assume all risks for myself, heirs, executors and administrators, I further waive and release all claims and causes of action that I may have against Community Options, Inc., Community Options Enterprises, Inc., The Race Timing/Management Company and their respective officers, directors, volunteers, employees, sponsors, agents and any other party involved in Cupid's Chase 5K Run/Walk for any personal injuries, death and/or property loss I may suffer or in any way arising out of my participation in this event. I hereby certify that I am physically able to safely participate in the event and grant full permission to Community Options, Inc. to use and publish my name and image as a participant in photographs, video or other recordings connected with this event. All registration fees are non-refundable.

Signature _____	Date _____	Race Location _____
IMPORTANT! If the participant is under 18 years of age, the parent or guardian must sign here on behalf of the minor participant agreeing to the WAIVER/RELEASE language above and all the terms and conditions of the minor's participation in the event.		

Follow Us & Like Us: www.Twitter.com/CupidsChase5K | www.Facebook.com/CupidsChase

To pay by credit
card, register
online at

CupidsChase.org

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 appearance by 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

WCRRC RACE TIMES

BERLIN (GERMANY) 10K

Mark Hospodar 58:03

TROT FOR TOTS 5K

Rich Sandala 21:20(A-1)
Jaminique Milliren 21:28(A-2)
Sarah Donley 23:43(A-2)
Cathy Loos 25:44(A-2)
Nick Fossum 32:05(A-1)
Ed Frohnapfel 39:33(A-2)

TROT FORTOTS 5KWALK

Blake Headen 39:33

TROT FOR TOTS 10K

Rich Sandala 45:59(A-1)
Jaminique Milliren 48:30(A-2)
Sarah Donley 53:03
Jim Loos 63:55

RUN FOR ONE 5K

Tina Seech 20:17(OA-2)

SANTA SPRINT 1M

Felicity Smith 7:15(OA-1)
Terry Smith 7:35(A-3)
Richard Klempa 7:58(M-2)
Doug Midcap 8:29(M-3)
Kris Midcap 9:13(M-2)
Ella Jane Custer 17:19(A-1)

SANTA SPRINT 5K WALK

Carl Kondrach 9:27(OA-1)
Kelley Murdock 10:40(OA-1)
Sarah Donley 11:06(OA-2)
Rich Respole 12:15(M-2)
Mike Turkaly 12:28(A-1)
George Macek 12:45(A-2)
Blake Headen 12:32
Stan Czyzewski 16:23

GALLOP 5K

Tina Seech 21:07(OA-1)

JINGLE BELL 5K

Stush Sadowski 23:54(A-1)

SMOG 5K WALK

Kelley Murdock 34:46(OA-2)
Mike Turkaly 38:40(OA-3)
Joe Mancinelli 43:30(A-1)

HOT CIDER 5K

Tina Seech 20:50(A-1)

SANTA RUN 5K

Tina Seech 20:00(OA-1)

CLEARANCE RUN 5K

John Koontz 20:24(OA-4)
Amy Koontz 20:25(OA-1)

SOUP RUN 5K

Shane Brunazzi 24:41

RESOLUTION RUN 5K

Mike Romzy 20:31(A-1)
John Koontz 20:39(A-1)
Amy Koontz 21:01(OA-2)
Rich Sandala 22:04(A-3)
Gary Chabala 26:26(A-3)
Doug Midcap 27:01
Nick Fossum 33:07
Kristine Midcap 37:00
Blake Headen 49:41

RUNNING SHORTS

-- Jen Yanni is recovering from a double whammy. After stress fractures in her foot from Marine Corps, she dropped a server on her foot, fracturing a bone. No running for a while.

-- For those hoping to get to Boston....the new guidelines for 2020 have been released and you must be 5 minutes faster than the qualifying time for acceptance. This year over 7,000 qualifiers didn't get in. looks like it's not getting easier.

Tough to qualify and then not get in but its popularity is not shrinking.

-- Tom Trettel has not recovered well from his meniscus removal. Only jogging now after 30 years of over 2,000 miles each year. Mall walking is now in his future.

-- Remember to renew for 2019. Since we admitted Blake Headen many years ago, the bar has been set pretty low but remember there are not that many groups looking to have many of you. Get in while you can.

-- How about Rich Sandala. He ran 19 GP races this year and another 5 LDGP races.

-- Not to be outdone, Carl Kondrach and Sarah Donley finished all 4 GP's. First members ever.

-- Biggest question for all? How do you afford it?

7 Ways to Have More

Enjoyable Winter Long Runs

- By Megan Harrington

The crisp autumn days are behind us, and it's now dark and cold in most places. Winter doesn't always provide ideal conditions for running, but if you're training for a spring half or full marathon, your highest mileage weeks still lie ahead. Logging double-digit runs during the winter can test even the most dedicated runner, but there are some tricks to make things a little easier.

Wear the right gear.

Invest in some key pieces—a running jacket, water resistant gloves, a warm hat and a decent pair of running tights. Bonus points if they're reflective! There's a ton of great stuff on the market these days, and the right gear will make your miles so much more comfortable. It's also good practice dressing for running as though it's a bit warmer than it actually is. For example, if it's 32 degrees, dress as you would for an easy walk on a 50-degree day. It may not seem like it at first, but your body will warm up as you exercise.

Start your run against the wind.

Wind is one of the toughest things about winter running; it can chill you to the core and

make the temperature feel much lower. Check out the weather report and then start an out-and-back run facing *into* the wind. When you turn around (and are sweaty) the wind will be at your back, and the second half will feel *much* easier.

Break a sweat before you begin.

Warm up by doing some dynamic stretches (try lunges or burpees), a few jumping jacks or running a couple flights of stairs. If your body is already warm, heading out into the cold won't feel quite as bad. If you really need a boost, toss your running gear into a warm dryer for a few minutes.

Find a running BFF.

Join a local running club or recruit a friend to train with you during winter's dark, cold days. It's always going to be tough to get out of a warm bed in the morning, but if you know you have someone waiting for you, it'll be harder to bail. No running buddies in the neighborhood? Try joining an online running community or DMing with your favorite Instagram runners to build some accountability.

Adjust your running schedule if possible.

Running around noon will allow you to enjoy the day's warmest temperatures and avoid darkness. Try aligning your training schedule

to include long runs on days off from work so you can head out midday instead of early morning or evening.

Have a post-run action plan.

There's nothing worse than finishing a run and then sitting in cold sweat on your drive (or subway ride) back home. To keep your body temperature from dropping too rapidly, change into warm, dry clothes as soon as possible. If you won't be able to shower for a while, throw on a dry hat and sweatshirt or at the very least treat yourself to a hot beverage.

If conditions are bad, head inside to a treadmill or indoor track.

Wondering where to find inside options?

Check out your local college campus to see if they allow community members to use the facilities. Even if you prefer logging miles outside, an occasional run on the treadmill or track can be a nice break. Queue up your favorite podcast, audio book or playlist to help pass the time. Overwhelmed by a super long run indoors? Break it up in chunks—if you're at the gym, try running five miles on three separate treadmills. Or if the weather isn't *too* bad, try doing half of your run outside, then strip down to shorts and finish up inside.

RUNNING QUOTES TO KEEP YOU INSPIRED

"If it doesn't challenge you, it won't change you" – **Fred DeVito**

"We all have dreams. In order to make these dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort." – **Jesse Owens, American Olympian.**

"If you fail to prepare, you are prepared to fail" – **Mark Spitz**

"Don't stop when you are tired, stop when you are done" – **Unknown**

"I succeed on my own personal, motivation, dedication and commitment. MY mindset is, if I am not out there training, someone else is." – **Lynn Jennings, American long-distance runner**

"Our running shoes have magic in them. The power to transform a bad day into a good day, frustration into speed, self-doubt into confidence, chocolate cake into muscles." – **Mina Samuels, author of Run Like a Girl**

"Running is alone time that lets my brain unspool the tangles that build up over days – **Rob Haneisen**

2018 FINAL GRAND PRIX

GRAND PRIX 2018(As of 12-31)

Tina Seech	7	29:09
Mike Romzy	7	34:05
Bob Pikelis	11	34:49
Emery Strotman	7	35:08
Rich Sandala	21	35:25
Heath Piper	7	35:34
Amy Koontz	9	35:54
Cathy Loos	7	35:57
Stush Sadowski	12	38:28
Carl Kondrach	9	38:34
John Koontz	8	38:47
Rich Durbin	5	39:57
Gary Chabala	8	40:29
Mike Melvin	6	40:50
Donna Patrina	9	40:58
Carrie Perrell	10	41:15
Kelley Murdock	5	41:21
Sarah Donley	9	41:41
Richard Klempa	6	42:10
Jaminique Milliren	7	42:39
Grace Goffi	7	42:39
S. Kevin Berdis	5	44:01
Mark Hospodar	6	44:42
Steve Chabala	10	45:14
John Ross	3	45:22
Eric Perrell	5	45:47
Jonathan Garett	8	46:30
Kathy Starkey	8	46:35
Nick Fossum	6	47:29
Mary Krett	7	48:24
Scott Harrington	6	49:59
Shane Brunazzi	5	50:16
Nathan Milliren	7	50:21
Jim Loos	7	50:23
Ed Frohnappfel	5	53:13
Sarah Rockwell	5	56:20
Barbara Zappa	5	56:37
Shannon Cain	7	59:26
Ricky Andrews	6	66:48

LDGP 2018(As of 12-31)

Bob Pikelis	6	35:3
Rich Sandala	5	36:54
Emery Strotman	4	37:07
Amy Koontz	9	38:05
John Koontz	10	38:25
Mike Bruno	5	39:37
Carl Kondrach	7	40:52
Stush Sadowski	4	42:39
Sarah Donley	7	43:13
Mark Hospodar	6	45:41
Shane Brunazzi	5	49:26
John Titus	5	50:08

LDGP WALK(As of 12-31)

Carl Kondrach	4	56:10
Sarah Donley	4	62:52
Richard Respole	5	63:21

PRIX WALK(As of 12-31)

Georgette Lacey	5	50:24
Gary Bennett	5	51:41
Carl Kondrach	6	53:08
Mike Turkaly	8	56:34
Rose Gray	6	56:54
Richard Respole	14	58:59
Kelley Murdock	8	59:53
Sara Donley	6	60:42
George Macek	6	62:30
Stan Czyzewski	6	67:40
Ken Hissam	5	68:08
Joe Mancinelli	6	69:58
Barrie Baker	5	70:20
Blake Headen	8	74:32

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.

