

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

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VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

Hello everyone, and welcome again to the June edition of the WCRRRC newsletter. As we have seen in previous months, there have been more race cancellations. There was an announcement that the Whiskey Rebellion was cancelled for this year. Once the July 4th parade in Canonsburg was called off, that meant the race was not going to happen. There is a notice that the Whiskey Rebellion will now be a virtual race. Check the Runsignup website for more details. We are sure that there will be more events either trying to move or being cancelled. Stay tuned.

As most of you have probably seen by now, the Boston Marathon that was moved to September has decided to, for the first time in its history, cancel the event for this year. It would not be a surprise to see New York, Chicago, and Marine Corps to be cancelled also.

You will notice that in this edition we have included a virtual race being put on by Wolf Creek Race Management. It is called Run Across PA. This race is raising money for five charities. Anyone from the club who is interested in running this event, or if anyone you know may be interested, they are offering us a 15% discount on the registration. When you sign up use the code WCRRRC15 and it will be automatically taken off.

Here is a thought from club member Dave Byers if anyone is interested in trying this out. If you have any thoughts or ideas about this send a note to Tom or Bob and let them know.

If there's approximately 150 or so members in our club, and they are trying to limit groupings

to 25. We could hold small races of 25 members on the Montour Trail.

We could have them grouped according to past finishing times. 1 race an evening, starting at 7ish, near that bike place. There's a small parking lot there. And approx. A quarter mile down the trail, there's a shelter.

Races one a month for June, July and August. If the member does better than what his grouping is, he moves up in category, or down depending on time.

With a group entry number of 25 or so, we could time it with a stopwatch. And I'm sure someone has a wheel that we could measure and mark the course.

Just a thought for the members that are itching to race. Just going out jogging sometimes doesn't do it all the way.

We just received a note from Larry Calvert from the Victory 5K race in Waynesburg. After some considerations they are still planning on having the live event happen on August 8th. They will practice social distancing with some staggered start and hand sanitizers will be available. Some of the events they had like face painting and a bouncy house will be cancelled. The application will be in next month's newsletter, so stay tuned.

We are mulling over what the Grand Prix will look like this year. By the time we put out the July edition there will be a decision on it for this year. We are either going to cut back on the amount of races to qualify for each event or we will cancel it for this year. If you have any thoughts about this, please let us know. Remember that any Grand Prix race that has a virtual element to it will count. Just turn in your time.

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.

YOU MAY RUN VIRTUAL 5K

Carl Kondrach 21:46(A-2)
Tina Seech 22:08(A-1)

YOU MAY RUN VIRTUAL 13.1M

Carl Kondrach 2:09:31(A-3)
Sarah Donley 2:18:06

RUNNING SHORTS

(Tom Trettel)

- The cancellation of the Boston Marathon is a blow to many who dreamed of qualifying for the event for years. It's not exactly clear if any of this year's runners will be grandfathered into next year.
- Like many things in life, losing running to injury really makes you appreciate it more. Being resigned to a shuffle or walk for an extended period makes the times you can run even more sweet.
- Only our own Blake Headen could register for a "virtual" race and then not finish it.
- Many running blogs/sites filled with entries about the perils of "running black." More than a bit embarrassed about my own lack of recognition or awareness of the issue.
- A must read for any runner on the subject is Kamilah Journet's essay *Your Black Teammate*. You can Google it or find it on the *Tracksmith* website. Powerful and depressing at the same time. Should be required reading for every runner.
- Being injured, I've taken to the bike again for some road work. Had forgotten that drivers seem

to hate bikers even more than they hate runners.

- Reread Rich Roll's book *Finding Ultra* during the time in the bunker. Even more interesting than the first time. His podcast is also one of the best and highly recommended.
- Congrats to one the Saturday morning run crew, Jaime Aiken, for her FKT (fastest known time) for the 40 mile trip from Washington to Hopwood down Route 40.
- A new world record was set when Johnny Gregorek ran a 4:06 mile while wearing Levi's blue jeans. Don't know what the 5k record is but if this isn't a Stush Sadowski challenge, I don't know what is. Without a shirt obviously...just the jeans!!
- Fall races are beginning to fall victim to the pandemic now. I think some local races will probably still be held, but there is no doubt those large destination races may have to wait a year to come back.
- Everyone buying bikes and workout equipment pretty much guarantees some great deals at garage sales next year.
- Carl Kondrach seems to have recovered nicely from his knee surgery and is tearing up the virtual race scene.
- Why don't they make women's running shorts that the average woman would actually wear? Finding a women's short of decent length with a brief and pocket is near impossible. Anybody have any recommendations?



EVENTS

CONQUER THE KEYSTONE STATE

Run Pennsylvania East to West 310 Miles

\$40 \$29.99 Your registration includes a custom finisher medal, Run PA bumper sticker, online results, a virtual bib number and finisher certificate.

[Sign Up](#)

CONQUER THE KEYSTONE STATE & GET EXTRA SWAG

Run Pennsylvania East to West 310 Miles VIP Package

\$75 \$59.99 Your VIP registration includes a custom finisher medal, Run PA bumper sticker, online results, a virtual bib number and finisher certificate. PLUS a 3x5ft Polyester PA State Flag and Run PA 100% Polyester Performance Shirt!

[Sign Up](#)

CONQUER THE KEYSTONE STATE WITH FRIENDS

Run Pennsylvania East to West 310 Mile Relay

\$150 \$99.99 Your registration includes a custom finisher medal, Run PA bumper sticker, online results, a virtual bib number and finisher certificate.

CONQUER THE KEYSTONE STATE

Run Pennsylvania North to South 191 Miles

\$40 \$29.99 Your registration includes a custom finisher medal, Run PA bumper sticker, online results, a virtual bib number and finisher certificate.

[Sign Up](#)

CONQUER THE KEYSTONE STATE & GET EXTRA SWAG

Run Pennsylvania North to South 191 Miles VIP Package

\$75 \$59.99 Your VIP registration includes a custom finisher medal, Run PA bumper sticker, online results, a virtual bib number and finisher certificate. PLUS a 3x5ft Polyester PA State Flag and Run PA 100% Polyester Performance Shirt!

[Sign Up](#)

BECOME THE ULTIMATE CONQUERER

Run Pennsylvania Ultra 522 Miles (Erie to Philadelphia)

\$40 \$29.99 Your registration includes a custom finisher medal, Run PA bumper sticker, online results, a virtual bib number and finisher certificate.

DESCRIPTION

Are you looking for a challenge to keep you motivated this summer? Wolf Creek Race Management is introducing the first-ever Run Pennsylvania Virtual Challenge this June & July. Embark on a virtual journey across the Keystone State by 1 of 3 routes:

- **North to South**
 - Presque Isle to the Mason-Dixon Line is **191** miles
 - Average about 3 miles per day or 22 miles per week
- **East to West**
 - Delaware Water Gap Toll Bridge to the Ohio Line is **310** miles
 - Average about 5 miles per day or 35 miles per week
- **Ultra Challenge**
 - Presque Isle to the Delaware River in Philadelphia is **522** miles
 - Average about 8.5 miles per day or 60 miles per week
- **East to West Relay**
 - If you feel you aren't quite ready to traverse the state on your own, you can create or join a 2-5 person relay team
 - Only the team captain will pay at registration. Members will then be able to join a team under the "Teams" tab above

The challenge begins on June 1st and concludes July 31st. Enter your runs or walks each day to track your progress on our virtual leaderboard and interactive map.

Share your photos with #RunPaChallenge & email us your photos for the chance to be featured on our social media pages!

SUBMITTING ACTIVITIES

How to Submit Activities:

Individuals:

1. Log into your RunSignUp Account
2. Follow this [Link](#)
3. Click on "Submit Virtual Results"

After each run or walk, you can click on the "Results" tab and then select "submit virtual results." There you will be able to lookup your registration and submit your activities. You can submit as many activities as you want. Within a couple of minutes of updating your activities, your new total mileage for the challenge will show on the public results board. There you will be able to see where you rank and your progress across the state. You may do this anytime during June or July but remember to submit all activities before 11:59 PM on July 31st if you want your results publicly displayed.

Teams:

Team captains can email their team's total distance before 11:59 PM on July 31st to info@wolfcreektrackclub.com

ACTIVITY TRACKING

Post your activities each day to see your progress along the route. You can post your activities by clicking "Submit Virtual Results" Once you submit an activity, your name and progress will be shown on the current leaderboard. There is an example shown below.



Post Virtual Results

This challenge has virtual events. If you completed a virtual event, submit your results here.

[Submit Virtual Results](#)

Results

Questions About Results? [Get in touch!](#)

Year	Result Set
2020 ▼	Virtual Run Pennsylv ▼

Search by name, bib number, town, etc.

	Place	Bib	Name	Gender	City	State	Country	Clock Time	Chip Time	Distance in Miles	Pro
<input type="checkbox"/>	1	8000	Brandon Wise	M	Grove City	PA	US	NONE		27:07	

Don't forget to print off your Challenge Bib and tag us at [#RunPaChallenge](#)

To access your personalized bib, please log into your RunSignUp account, go to profile, go to the Run Pennsylvania Virtual Challenge and select "View Pre-Race Bib". This will give you the opportunity to print off your personalized bib.

For 15% Discount

use code WCRRC15

CAMERON FIREMEN'S FESTIVAL 5-K Race For Runners and Walkers

Location: City of Cameron, WV
July 3, 2020 at 6:30 p.m.

The Cameron VFD invites you to participate in their 5-K Race to be run thru the streets of Cameron. The course will be mostly flat with a couple of small hills. One section consists of a grade of about 3% for ¼ mile. Most of the race will be run on paved streets with about ¼ mile being run on a fine (small gravel) gravel road.

In conjunction with the Firemen's Festival there will be games, food and band from 5:00 p.m. to 10:00 p.m.

Entry fee is \$20. No shirts to be given but each pre-registered participant will receive a \$10 food ticket to be redeemed at the VFD food stand. No food vouchers for late entries. Trophies will be awarded to runners and walkers.

Runner's/Walkers Awards:

Top 3 overall men and women: These will be unique glass trophies.

10 and under: No fee for these participants

Each Participant a ribbon

These will be unique hand-made trophies

Runners

Walkers

11 - 19
20 - 29
30 - 39
40 - 49
50 - 59
60 - 69
70 Over

Top 3
Top 3
Top 3
Top 3
Top 3
Top 2
Top 1

Top 3
Top 3
Top 3
Top 3
Top 3
Top 3
Top 3

Registration: \$20.00 - Race day information will be available at City Building. **Limited Space:** Entries are due by June 15. This is so we can determine how much food we must have on hand for runners. Entries may be accepted day of the race if space is available but early registration is appreciated.

For Information call:

David Evans at (304) 686-3740 after 6:00 p.m.

Make checks payable to:

Cameron Volunteer Fire Department

Send Entries and fees to:

Austin Chambers, 155 Pennsylvania Avenue, Cameron, WV 26033

-----Detach here and return to Austin Chambers, 155 Pennsylvania Avenue, Cameron, WV 26033-----

Last Name _____ First Name _____ MI _____
Address _____ City _____ State _____

Sex: Male _____ Female _____ Age _____ Phone: () _____

Release Statement: In consideration of acceptance of this entry, I waive any and all claims for damages which may result from my participation, or from the participation of the minor that I am signing for, in the Cameron VFD 5 K Race. Any and all claims are waived for heirs, assigns, and myself. The sponsors and their agents or representatives will assume no obligation for injuries or damages that I may incur.

Signature of runner (or Parent or Guardian if applicant is under 18) Date of signature _____

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

(XX and XXX \$2 more)

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



26th Annual Yough River Trail Races

5K Run & Walk

10K Run

10 Mile Run

Half

Marathon

Saturday,
JULY 4, 2020



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, JULY 4, 2020
Registration 8 AM Start 9 AM

ENTRY FEE:

By June 17th – \$20.00
After June 17th and
on day of race – \$25.00

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.



26th Annual Yough River Trail Races

5K Run & Walk

10K Run

10 Mile Run

Half

Marathon

Saturday,
JULY 4, 2020



Registration 8 AM
Start time 9 AM

Thinking thoughts thoughtfully thought:

Mickey Hornack

- * The following bunch of nonsense you may choose to read will have very little to do with a PR in a race. Fairly forewarned!!!
- * I go to Mingo Park about every morning. I see folks fishing all the time. My question: after a substantial rain Mingo Creek is quite "muddy." Can fish see in muddy water?
- * Weather forecast often will say north of Interstate 70 there's going to be substantial rainfall (or snowfall). What special power does I 70 have that enables it to stop rain/snow from crossing it!!!
- * Running and Walking has helped lots of folks work thru the pandemic.
- * I saw this the other day: when dogs see a K-9 dog do they think "here comes a cop"
- * Buzz cuts ain't that bad!!!
- * Does anyone else hate to wait while filling up a sprinkling/watering container. Seems like 30 seconds is an hour!!
- * Add: but if water is leaking into something it seems just the opposite.
- * Rumors are flying that the new committee of Charleroi LGR is considering having the event or going virtual.
- * There are donkeys and elephants. One hard working, one never forgets. You'd think if these 2 worked together results would be above the bar!! Hmmm
- * The Mrs. asked did you change your mind? I replied, "Yes I did." She came back with "will this one work better!!"
- * Stay safe WCRR's

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.

