

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

AUGUST, 2020

VOL. 20 / No. 8

VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

August is now rolling around and the news on in-person racing for the year does not look any better. Carl Kondrach had informed us that the Rotary 5K and the Pumpkin Festival race are both cancelled for this year.

For some of the big races that were planned, the cancellations are still coming in. For October, marathons scheduled for Chicago, Baltimore, Columbus, and the Marine Corps races have all been cancelled. Some may be offering a virtual race. Check their website if you are interested.

Uppn having discussions with a few club members, Tom and I have come up with a plan to still have a Long and Short Distance Grand Prix this year. We wanted to make it as fair as possible to everyone, so here are the ground rules for the 2020 races. Anyone who has already submitted races will still be counted in their totals.

The first chance is going to be in the totals to qualify. The Short Distance will now need 4 races from our list to qualify and the Long Distance will only need 3 races.

You can still use any virtual or in-person long distance race to submit. We will ask anyone who wants their time to count to please submit the time at least a week after you run it. Anything that is 15K or more will qualify. For the Short Distance races, there will be a list of races to be able to use. The way this will now be done is if you so want to use a race, you can either run the 5K or 10K virtual or if you run a 5K or 10K anywhere the Same Weekend, you can submit that time for the race that was scheduled for that weekend only. One thing that is very important

about this is that you must turn in the time within the week of that race being run. This goes for walking and running races. Turn your times in to Tom and Grace or use the website option.

If you have any questions regarding this, please get in touch with either Tom or Bob. These are the race weekends we can use:

Barnesville Rotary 5K
Labor Day Race
Little Great Race
Great Race/Pumpkin Festival
Tanger Outlet 5K
Chamber Chase
Jack-o-Lantern/Donora race
Thanksgiving Day Races
Trot for Tots 5K/10K

In-Person Races

As of the printing of this newsletter these were the races that were still scheduled to be run that we were aware of. Any marked with a * will be a Grand Prix Event:

8/16 – ROAR 5K/10K – Tandem
Connection/Montour Trail
8/23 – Run to Breathe 5K/Half Marathon –
Portersville, PA
9/7 – Fathers Manup 5k/10K – North Park, PA
(now virtual only)
9/12 – Cecil TWP VFC#2 5K – Cecil, PA
9/13 – Heitz to Heaven 5K – Robert Morris
University Sports Center – Moon TWP PA
9/20 – *Boston Harvest 5K/10K/Half Marathon –
Boston Trailhead – Boston, PA

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.

WCRRRC AT THE RACES

DFC RECOVERY 5K WALK

Carl Kondrach 33:31(OAW-1)

RUBE'S RUN 5K

Doug Midcap 28:39
Kris Midcap 31:30(A-3)
Dave Byers 36:25

OHIO RIVER TRAIL 5K

Heath Piper 18:35(OA-1)
Carl Kondrach 23:54(A-2)
Kris Midcap 32:40(A-3)
Blake Headen 45:43

OHIO RIVER TRAIL 10K

Greg Mussitsch 40:06(OA-2)
Doug Midcap 1:06:30(A-2)

RUN FOR PRIDE 5K

Alexandra Brooks 46:02

YOUGH RIVER 5K

Heath Piper 17:50(OA-3)
Greg Mussitsch 19:13

YOUGH RIVER 10K

Rich Sandala 47:04

YOUGH RIVER 10M WALK

Sarah Donley 2:09:12
Carl Kondrach 2:09:13

KALAJAINEN KLASIC 3.2M

Heath Piper 19:29(OA-1)

EMMA FOREVER 5K

Carl Kondrach 25:01(A-2)

SOLAR VORTEX 15K

Carl Kondrach 1:59:07
Sarah Donley 1:59:07

SOLAR VORTEX 5K

Rich Durbin 22:01(A-1)
Tina Seech 22:32(OA-3)
Rich Sandala 22:41(A-1)
Gary Lorenzi 28:38(A-1)
Shane Brunazzi 29:51(A-2)
Joe Lebert 32:54(A-1)
Debbie Calmbacher 35:24(A-1)
Alexandra Brooks 40:33(A-2)

SOLAR VORTEX 5K WALK

Blake Headen 50:33(A-3)

RUNNING SHORTS (T.T.)

- The London Marathon remains on the calendar, one of the last major holdouts.
- Running in the summer rain can be exhilarating; walking in the summer rain just seems stupid.
- New research shows walking one hour each day drops your mortality rate by 24%.....unless you're walking with Blake.
- Great web site for scientific nutrition info with great short videos on hundreds of topics: nutritionfacts.org.
- My version of fartlak.....Cartlak: on a country road pick up the pace and hold until you encounter a car coming in your direction.
- One of the best comprehensive running websites I've seen: www.brianmac.co.uk The site covers everything imaginable with some very creative training tools and detailed workouts for every event and fitness level. Check it out.
- I don't always run races to win, but when I do, I lose.

Improve Your Pacing Skills

Learning to properly pace yourself during a race is one of the most critical skills a runner can develop. To maximize your potential on race day, you need to become a master at pacing yourself and learning to feel the disparity between just a few seconds difference in your pace. By learning the importance of pacing and fine-tuning your skills, you can improve your consistency and set new personal bests.

How pacing affects race performance

Setting a new personal best can be decided by the smallest of margins, especially if you are an experienced runner who is maximizing your training. A reduction in performance by even a few percentage points can prevent you from reaching your potential. Let's take a look at how critical pacing can be at some commonly run distances.

Pacing for shorter events like the 5k

[Studies](#) have shown that running the first mile of a 5k 3% faster than goal pace is the optimal pacing strategy. However, running the first mile more than 6% faster than goal race pace considerably reduces performance; so much so that almost all the subjects that ran faster than 6% failed to even finish the race.

Let's use a 20 minute 5k runner to illustrate this concept. The average pace per mile for a 20 minute 5k is 6:26 per mile. To remain within the optimal 3% pace range, your first mile could be as fast as 6:15.

With the adrenaline pumping from the competition around you and other runners throwing you off pace, remaining within an 11 seconds per mile pace range is quite difficult. The

margin between success and failure is razor thin and the consequences of starting out too fast are dire if your goal is to set a new PR.

Pacing for the Marathon

The proper race strategy for a marathon actually follows the exact opposite theory of a 5k. For a successful marathon race, you should target a pace that is about 3% slower (10 to 15 seconds per mile) than your goal marathon pace for the first 3 or 4 miles.

If you've trained for a marathon, you've probably encountered the term "putting time in the bank", which refers to running the first half of the marathon slightly faster than goal pace to compensate for being slow the last 10km of the race. Unfortunately, this racing strategy couldn't be more wrong, both from a physiological standpoint and from empirical evidence.

The main problem with the "time in the bank" strategy concerns the use of carbohydrates or fats as a primary fuel source. One of the [limiting factors in marathon performance](#) is how efficiently you can burn fat instead of carbohydrates for energy. Once you burn through your available carbohydrate stores, your performance will suffer, most notably from "bonking" or running out of fuel. Unfortunately, the faster you run, the more carbohydrates you burn ([study here](#)). Therefore, **by starting faster than goal pace and putting "time in the bank" you're actually burning through your available carbohydrate stores faster and you will almost certainly run out of fuel and bonk.**

To prevent bonking, you must adhere strictly to your goal marathon pace. Why? Your goal marathon pace corresponds to your aerobic threshold. Your aerobic threshold is the point at which you start relying on anaerobic respiration .

Anaerobic respiration requires higher amounts of glycogen than aerobic running ([study here](#)), so you burn carbohydrates more quickly when you rely on anaerobic respiration.

Therefore, making the mistake of running 10-15 seconds faster than your goal marathon pace, even for just a few miles, can cause you to bonk or be detrimental to finishing as fast as you possible can.

Empirical evidence to support the importance of pacing

Studies are great, but as any researcher knows, they can be flawed for a variety of reasons. I think a more telling sign concerning the importance of pacing can be seen when we analyze the greatest performances in running history – world records. Here's a stat for you: every world record from the 1500 meters to the marathon, both men's and women's, has been set running negative splits – running the first portion of the race slightly slower than the second half ([study link](#)).

The evidence is concrete. To race your best, you need to practice your pacing.

How to Practice Pacing

Like the "[10,000 hour](#)" rule Malcolm Gladwell discusses in *Outliers*, to improve your ability to pace yourself, you simply must practice – it's as simple as that. Learning to pace yourself when running isn't something that comes easy. It takes countless miles on the road and laps around the track to develop an inherent sense of pace. Here are some tips that might help you:

Stop relying on the Garmin

The Garmin is a great tool, but runners can often become too dependent on checking the watch every 10-15 seconds to monitor their pace. Next time you do a workout with the Garmin, check the watch the first 2-3 minutes to make sure you're on

pace and then don't look at the watch again until you're finished that mile or the entire run. Feel the pace you're running after the first 2-3 minutes. Listen to your breathing; feel the rhythm in your legs, the motion of your arms. You won't do a great job the first time you try, but after the third or fourth time, you'll notice a substantial improvement.

Use your breathing

Monitor your [breathing rhythm](#) to help you feel the pace. Once you lock onto your correct goal pace for the workout, you can monitor whether you begin to breathe faster or you change your breathing rhythm to identify when you accidentally speed up or slow down.

Workouts

Implement workouts into your training routine that require you to change paces frequently. [Cutdown runs](#) and [alternating tempos](#) are a great way to teach yourself what the slight differences in paces feel like. In addition, these types of workouts can demonstrate to you how the effort required to maintain pace gets harder as the race goes on.

Be Patient

Learning how to control your pacing is difficult, but it is an essential skill to racing faster and improving your fitness. Don't expect to see changes after one or two workouts. Rather, work on one of these tricks in each workout until you start to get a natural sense of pace. Before you know it, you'll be running on target pace without even looking at your Garmin.

Don't hesitate to ask questions or tell us about your experience with pacing in the comments section. Is there a pacing trick that you've tried that works well?

Courtney's Ice Cream Race

Event Information

Runner's High is proud to announce the 2020 Ice Cream Race. Due to the concern and restrictions created by the Covid 19 pandemic, it will be the only race of the QUAD to be run in 2020.

Due to PA Covid-19 restrictions, the field will be limited to the first 250 on-line registrants.

Given the fact that this race typically attracts 700 or more runners and the fact that there are very few races on the regional schedule, it's anticipated that the field will reach capacity in a very short period of time.

On-line registration will open at 12:01 pm (noon) on Saturday, July 25, 2020

Entries will close at 11:59 pm on Sunday, August 9th unless the field limit has been reached.

No day of race entry.

No mail-in entries accepted.

No kids race this year.

OPTIONAL VIRTUAL EVENT

If the entry limit is reached, or you feel that you want to be part of the tradition, but are tentative about the Covid 19 pandemic, you can register for the virtual 5K on the website.



Event Schedule

Courtney's Ice Cream Race

August 19, 2020 at 7pm

LOCATION:

First Baptist Church, Cranberry Rd, Grove City, Pennsylvania (Mercer County)

Across the street from AHN Grove City (formerly Grove City Medical Center)

Near intersection of Cranberry Road and Route 173 on north edge of boro

Follow blue "H" Hospital Signs from Grove City exits of I-79 and I-80.

Cranberry Road closes at 6:15pm, so come early.



Registration (5K & Virtual)

5K REGISTRATION:

Registrations limited to the first 250 on line registrations

On-line registration will open at 12:01 am on Saturday, July 25, 2020

Entries will close at 12:01 am on Sunday, August 9th unless the field limit has been reached.

No day of race entry.

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No kids race this year.

OPTIONAL VIRTUAL EVENT:

If the entry limit is reached, or you feel that you want to be part of the tradition, but are tentative about the

Covid 19 pandemic, you can register for the Virtual 5K on the website. The entry fee is only \$10.00. The first 100 virtual entrants will be mailed a cloth souvenir mask and you'll be able to download a finisher's certificate.

If you run virtually, you must run your Virtual 5K on Monday, Tuesday, or Wednesday (17th, 18th or 19th) of race week. After you complete your virtual 5K, you can return to the registration platform and electronically submit your time. You will then be able to download a finisher's certificate with your name and time.

The deadline to register for the Virtual event is Wednesday (19th) at midnight. You'll be able to submit your times anytime that week until Thursday at midnight. Later in the week, your time will be merged with all the other runners who ran in the Wednesday evening event.

Race Day Registration

No Race Day Registration

All entries must be made on-line before midnight August 9th unless field limit has been reached.



Race Numbers & Chips

Entry fee includes bib number, timing chip, souvenir safety mask and access to the Ice Cream Distribution Area (ICDA)

Your bib number, safety pins and mask will be sent to you in the mail prior to race day.

Timing chip will be attached to the back of the bib.

Bibs and chips do not need to be returned.

No need to check in when you arrive at the race.

PARK, WARM-UP, PUT YOUR NUMBER ON, ADHERE TO SOCIAL DISTANCING RULES (6') and RUN (starting at 7pm)



Course

5,000 Meters (3.1 Miles)

Out-and-back, rolling 5K course with gradual 1/2 mile downhill finish

The 5K course will be similar to the one used in 2010 when bridge construction near the start required an adjustment. The start will be moved forward toward the Cranberry Rd entrance of the hospital. About a tenth of a mile into the race, runners will turn right onto Dogwood Lane and make a half mile counter clockwise loop of the development before exiting and turning right onto Cranberry Rd. The turnaround will be before the typical turnaround at George Junior Road. Instead of finishing on the hospital's side entrance, runners will turn right into Mark and Debbie Courtney's driveway and finish by the famed Big Foot statue.

Covid-19 Precautions

HYDRATION

Bring your own pre-race hydration

No water stations on the course (Covid Precautions)

Water bottles will be provided at the finish.

RESTROOMS

Limited portable toilets will be located in the church parking lot.

Please maintain 6' social distancing while in line.

MASKS

Your entry fee includes a custom printed reusable mask as a unique souvenir.

Masks will be mailed with your bib packet prior to race day.

Masks must be worn prior to the start of the race and after crossing the finish line.

Masks may be removed while running, eating and/or drinking

Do not discard masks on the course.

STARTING LINE PROCEDURES:

We may implement a staggered start, either 5 waves of 50 runners or a rolling start of 4-5 runners every 5 seconds in starting chutes. Your pre-race instructions (included with bib number and mask) will describe the finalized starting line procedures.

You will be asked for a 5K time from your 2018 /2019 QUAD races. Numbers will be assigned with the faster runners starting first to help with social distancing on the course. Although your final time will be a net chip time, we encourage you to line up near runners who have race numbers near yours.

FINISH LINE PROCEDURES

The driveway splits immediately after the finish line. We encourage runners to split themselves and maintain social distancing. Bottled water will be available in both chutes. You are invited to roam around the pond and property as you cool down.



Souvenirs, Awards, Shirts

All registrants will receive a souvenir mask in the mail with the race bib.

All finishers receive a laser engraved wooden coaster

Top 5 male and top 5 female finishers; Top Masters male and female finishers

No age group awards this year (to limit mass gathering at a ceremony)

Times submitted virtually do not qualify for awards.

Event is open to walkers and runners.

No specific awards for walking division.

SHIRTS

There will not be a separate shirt option this year.

Your custom printed face mask is your souvenir.

We may have a variety of leftover shirts from prior Ice Cream Races available at dirt cheap prices.



Parking

AHN Grove City (Formerly Grove City Medical Center) had to step back as the venue for this year's race due to pandemic concerns. They have expressed no opposition to us moving the pre-race festivities across the street to the First Baptist Church. The church has cooperated with us in the past for overflow parking. They have graciously given us permission to use their ball fields again for parking and their entry canopy for pre-race staging.

Parking will not be permitted at the hospital. Please do not park there.

Additional parking will be in Mark and Debbie Courtney's front yard and the front section of the Howe's Distribution Center (next to Mark's property) Please do not park on Cranberry Rd.



Timing and Scoring

Timing and Scoring by Runner's High RaceResult Timing Technology

Timing Chip is attached to the back of the race bib. (Do not remove or damage.)

Wear race number on the front. Must be visible at all times.

Timing Mats at each mile (unique for most Runner's High events)

No printed results posted to prevent close gathering.

Results will be posted online at runhigh.com.



ICE CREAM BUFFET

ICE CREAM BUFFET

An Ice Cream Race wouldn't be an Ice Cream Race without ice cream.

Our legendary ice cream buffet will not take place as in the past, but.....

Individually packaged ice cream containers will be distributed at multiple tables in the parking lot

Volunteers will dispense toppings.

The lines should move quickly, thus aiding with social distancing.

Feel free to spread out around the grounds.



Disclaimers

No one knows what the future of road racing holds.

Security at mass events changed with 911 and with the Boston Bombing incident. We have learned to deal with and respect that. We anticipate that road racing will not return to Pre 2020 standards for quite some time. This too, must be dealt with and respected.

We aim to provide an enjoyable, healthy and safe event. However, when dealing with people, it can be challenging. Anyone registering for and attending this event must realize that he or she must be held accountable for his or her actions and reactions. We must be responsible and abide by restrictions set by our staff, community and government.

If you feel that the health risk of attending this race is greater than the anticipated benefit, we request that you do not register for this event. If state mandated guidelines change before race day to the extent that the event must be cancelled, your entry fee will not be refunded. We have significant expenses coming into the event, and runners must realize that it is a risk that they must take when registering. The entry limit is expected to fill in a relatively short period of time, so don't gamble too long in delaying to register.

This is the 37th year for this event, and the last thing we want to do is cancel it. It's the longest continuously run 5K in the county. We will do anything in our power to hold it. Please be cognizant that some things just may be out of our control.

10 Minutes to Increased Flexibility and Mobility

One of the most important aspects of recovery is focusing on mobility.

Wesley Miller of AntiFragile Physical Therapy is a biomechanics expert and Physical Therapist based in Asheville, North Carolina. Join Miller as he demonstrates four exercises that take a total of 10 minutes.

This mobility work is designed to increase flexibility where runners need it most. They can be done at any time; no prior warm-up needed.

To gain flexibility, do this routine every day (even twice per day). For maintaining flexibility, once every other day is great. For recovery and maintenance, once or twice per week.

1. Kneeling Hip flexor Stretch. Two minutes on each side.
2. Titanic Hang Stretch. One minute, three times. You can build up to holding it for three minutes at a time once you feel comfortable.
3. Deep Sit Squat. Thirty seconds, three times.
4. Chest-opening stretch with a band. Thirty seconds, three times.

Thinking thoughtfully thoughts of thoughtfulness:

Mickey Hornack

* The last time I attempted to contribute literary compilation it was pretty much nonsense. Here's attempt #2!

** Did you ever cut off a slice of butter and as you go to put it on say bread it slides off knife an on to floor? It's impossible to get that little bit of butter off floor with the knife!! Stuff turns soft instantly.. Train wreck!! Call the dogs-it works.

**Add: open cottage container and lid slips out of your had. 50/50 chance inside part of lid hits the floor. Then you have Cottage cheese on the floor and dog hair on the lid!! Not in my house stinking lid hits cottage cheez side 99.9%. Part 2 call dogs again both clean!!

**How about this Prevagen stuff for your mind!! Makes you think better etc...I bought some!! Took it for week, never lost car keys, remembered appointments, less confusion..wow! Yeah but I cannot find the bottle with rest of tabs. No help from dogs.

** If you are a WCRRC member and get to Mingo Park. Fascinating observations early in morning of Bard Owls. Perched in trees near path (up to 4 Owls) and Mingo Crick (Pgh Dad quoteth) they look for some breakfast in the crick.

** Could this be: doggies lookin at all these people with muzzles wondering who they bite

** The Mrs said she didn't think when we changed the clocks in March we'd go from standard time zone to Twilight Zone!!

** Virtual Road Races?? How about a virtual swim?

* 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.

