

WASHINGTON COUNTY ROAD RUNNERS CLUB

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NEWS AND NOTES

Welcome back my friends, and a happy 2021 to everyone. 2020 was a very tough year to get through and we are all hoping that you and yours came through so far in good health.

We are sad to report the passing of two passionate people in the local running community this past December. Ed Doyle, who was the owner of the Up and Running stores in the Butler area, and Hugh Stobbs who for many years was the race director for the Elby's race in Wheeling, WV. They both will be greatly missed.

As of the printing of this newsletter it looks like we are going to move the annual WCRRC banquet from the usual March setting to sometime in June. Because of all the restrictions that are still in place it was going to be extremely difficult to schedule something early and limit the amount of people inside. There is a possibility of even having the banquet outside at the Lawrence Fire Hall if need be. Stay tuned for any further updates.

We wanted to send out another reminder that the 2021 club dues are now due. Make sure that when you send the dues in that you fill out the back page from the newsletter and note if there are any changes in your address, phone number or email address. On another side note we wanted to let everyone know that Rick Respole has decided to call it a walking career and is not going to rejoin the club. Rick is looking at getting his knees replaced and wanted to let everyone know that he really enjoyed walking, running, and meeting everyone and hopes to see you somewhere along the way. All the best of luck to you Rick.

YEAR END AT THE RACES

Between the virtual races and the live races, there were quite a few finishing times turned in. Congratulations to all who took the time to try and compete in the Grand Prix this year. Here is just a sample of the live races held.

Turkey Trots

We did have one Turkey Trot that was a live event. It was in Latrobe PA. Two club members took advantage of this race, which had somewhere close to 400 runners and walkers. Heath Piper came through in 17:34 and first in his age group, and Rich Sandala crossed the line in 21:41.

We also did have a few members who took to the roads over the holiday and turned in a virtual time.

Brush Creek 5K

The event had a few more members take to the course. Carl Kondrach was our first male finisher in a time of 23:43, and Sarah Donley was our first female in 24:46. Hats off to everyone else who finished.

Santa Sprint 1 Mile

Carl Kondrach put on the sprint this year, giving some people the chance to compete one last time this year. Heath Piper was second overall in a time of 5:14 and Kris Midcap was our first female in 8:37. In the walk category we had Gary Bennett finishing first overall in 8:02. And Sarah Donley was once again our first female and first overall in 10:21.

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.

OBSERVATIONS FROM THE RIDGE

Bob Pikelis

And so, another year goes into the books. And I know that we are all thinking we hope to never see the likes of this one again. It has been a very rough year for many people and many industries. Here is hoping that 2021 will bring some peace, stability, and good health to everyone.

There was a sense that 2020 was not going to be like any other year soon as January started. Sure, there were races still going on and things seemed normal. Although the Run to Read Half Marathon showed just how strange the weather was going to be this year, when the temperature shot up to 76 degrees at the beginning of January. Fires were raging in Australia and there were reports of a weird strain of a virus being detected in Wuhan, China. But it was over there so nothing to think about here.

Boy were we in for a shock within the next few months. We went from business as usual to batten down the hatches. I know as runners we tried to keep things as normal as we possibly could, but we were in for surprise after surprise when races kept being shut down. Everyone tried to make them happen by going virtual, but you know that it was hard to keep motivated to run at your race pace by running on your own.

July started to see a few races try to get some kind of field together to compete. But with the restrictions on the amount of people that could gather while keeping social distancing in mind made for a much smaller field. It had to be hard for race directors to try and run it as a normal race while making sure

everything was sanitized and all the runners and volunteers were safe.

One of the main worries going in to the 2021 racing season is how many local businesses will still survive and be able to sponsor any of the many races still trying to be held. And who knows how long it is going to take to get any of the various vaccines out to everyone.

One thing that we all should do is to give thanks and kudos to all the essential workers who stayed out in the public eye, kept us as healthy as we could be and made sure we were able to shop for the things that we all needed to get by. If it was not for those brave individuals, who knows where we would be now.

Yes, it was a year filled with so much news controversy and ugly words spilling back and forth, that it really did feel like a mini vacation to put your shoes on and get out the door for any type of a run. Plans are still being made for some of our favorite races to come back this year, and here is hoping that many of them do survive. Plus, it will be so great to see all our friends who, for one reason or another, did not want to venture out into any crowds. As many have known I was one of those who just decided that it was not worth it to go out and try to make it to a race. But I am keeping my fingers crossed that 2021 will be the big comeback year for all of us. And for the world to try and return to some semblance of being normal.

Wishing everyone a very Happy 2021 and that we can lace up those shoes and toe the starting line once again.

12 Resolutions for 2021

- By ACTIVE.com

Let's face it: 2020 was a tough year for everyone. The pandemic hit hard and tested even the most resilient individuals, families and communities. Because of this, you probably just aren't feeling the typical weight loss or self-improvement resolutions—and that's OK.

We're in unprecedented times, which means the same old resolutions may not fit. Consider one of these ideas instead to make 2021 your rebound year and even better than your 2020 self could ever imagine.

Maintain Your Health

We're not talking about not catching COVID (although that's a good goal to have—wear a mask!), but rather maintaining your current health. Staying home and isolated has been tough, and it's natural to have put on a few pounds over the last 10 months. As long as you're happy and healthy, you're doing just fine in our book. If you want to lose weight, that's great! But it's also great if you're doing fine just the way you are.

Do one Thing Each Day That Makes You Happy

It seems simple, but creating little sparks of joy each day can be the difference in making it through the pandemic. Whether it's watching an episode of your favorite TV show, listening to your go-to pump-up song or buying flowers for your bedside table, finding little things to spark joy each and every day will make more of a positive impact on your day-to-day than you might realize.

Stay in Touch With Friends and Family

There's a good chance you haven't seen your family or spent quality time with friends since at least March. Set a goal for 2021 to make an effort to stay connected. Set up a weekly virtual game night with your cousins or watch the latest episode of the Bachelor with your college roommate over FaceTime. Simply find ways to connect and stay connected with the people you love and know you'll be able to see them again in no time.

Try Something New

If you're working from home, you likely have more time to try new things than ever before. Sure, you baked that...unsuccessful loaf of bread back in April, and the scarf you attempted to knit it still sitting half-finished in your living room chair, but new years are a time for new things. Whether you give your 2020 projects a second try or come up with a new current obsession, make a vow to try something completely new in 2021. Who knows? You may just come to love it.

Support Your Local Community

A lot of people struggled through 2020 and are likely going to struggle through 2021 as well. If you have the means, make an effort to support your local businesses, neighbors and community members so we can all make it through the hard times together. Whether that means getting take out from your favorite neighborhood diner once every couple weeks (and tipping well if able!) or offering to pick up groceries for the older couple down the street, think of ways you can help your community get through the pandemic together and stronger than ever.

Leave Your Comfort Zone

Similar to trying new things, vow to do things that make you uncomfortable in 2021. This could be continuing to have tough conversations about race or maybe deciding

to train for and run a marathon. The sky's the limit, and only you know what will force you out and help you grow.

Eliminate the Monotony

In 2020, a lot of us did a whole lot of nothing, which for a lot of people was much needed and felt great. However, the days can get monotonous. In 2021, even if you're still stuck at home, think of ways to spice up your day-to-day. Maybe you treat yourself to an online fitness class or order donuts. Maybe you take a road trip to a not-too-far state park to enjoy the great outdoors. Maybe you connect with a neighbor to take socially distanced walks around the block. Whatever you come up with, don't just let the days go by and drag on until life gets back to normal. Because what even is normal anymore anyway?

Focus on the Environment

If you're looking for ways beyond simply recycling or not using plastic water bottles to help the environment, 2021 is the perfect opportunity to make some simple swaps that will have a big impact. You may think environmentally friendly products are expensive and not worth the hassle, but it only takes a little research and a few key changes to make a difference. Switch to reusable grocery bags, implement no meat Mondays or even switch to bamboo toothbrushes and bar soap. The changes are up to you, and you can feel good knowing you're doing your part.

Make a Routine

It may seem counterintuitive to eliminating the monotony, but if you're struggling with being productive while working from home, finding a routine is key. Even if you simply block off time for different tasks or keep an up-to-the minute rundown for your entire to-do list, you'll find yourself staying on track more easily than before.

Volunteer

Thanks to stay-at-home orders, many places that often utilize volunteers are struggling with reduced staff. If you feel comfortable helping out, there are plenty of options to do so. Some volunteer options are even active, such as being a dog walker/runner for your local shelter.

Practice Mindfulness

You may have tried and written off meditation in the past, but that's not exactly what we're talking about here. Mindfulness can be as easy as thinking more positively and more intentionally. Rather than saying you're stuck at home, why not rephrase it to you get to stay home and think of all the benefits of doing so. Be intentional with your actions, only choosing to do things that progress your goals forward rather than set you back.

Get or Stay Active

It's a wonder what exercise can do for our mental health. Simply working out for just 30 minutes a day can make all the difference. Whether you're feeling in a rut thanks to staying home all day every day or are looking for a way to get your mind off of life's stressors, find an active activity that works for you and get after it! You'll be amazed at how fulfilled and energized you feel afterward.

WCRRRC AT THE RACES

TROOP APPRECIATION 5K

Steve Chabala	25:31(A-2)
Gary Chabala	26:38(A-1)
Doug Midcap	35:48
Kris Midcap	36:00

GIRLS ON THE RUN 5K (V)

Bob Pikelis	24:06
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HARVEST MOON 10M

Danielle Gonzalez	1:17:00(OA-3)
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DIABETES DASH 5K WALK

Carl Kondrach	29:12(OA-1)
Sarah Donley	34:31(OA-1)
Dave Workman	36:02(A-1)
Blake Headen	47:04(A-3)

LATROBE T. TROT 5K

Heath Piper	17:31(A-1)
Rich Sandala	21:41(A-2)

YMCA T. TROT 5K (V)

Emery Strotman	18:25
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EQT 10-MILER (V)

Emery Strotman	1:02:33
Rich Sandala	1:16:30
Bob Pikelis	1:20:24
Kelly Murdock	1:25:00
LuAnn McCullough	2:15:00

BRIDGE 2 BRIDGE 5K

Tina Seech	22:55(OA-1)
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VETERANS 26.2M

Danielle Gonzalez	3:43:48
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RIVER BANK 5K (V)

Tina Seech	21:14(OA-1)
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ENDLESS SUMMER 5K (V)

Tina Seech	21:53(OA-1)
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CLINT PULLER TOY RUN 5K

Sarah Donley	34:49
Carl Kondrach	34:53

SANTA SPRINT 1M

Heath Piper	5:14(OA-2)
Pat Calmbacher	7:36(A-1)
Rich Klempa	7:42(A-2)
Kris Midcap	8:37(A-2)
Joe Lebert	8:59(A-2)
Debbie Calmbacher	9:45(A-1)
Amanda Brooks	11:38

SANTA SPRINT 1M WALK

Gary Bennett	8:02(OA-1)
Carl Kondrach	9:23(OA-2)
Sarah Donley	10:21(OA-1)
Dave Workman	11:04(A-1)
George Macek	12:50(A-1)
Blake Headen	13:05(A-3)
Mike Turkaly	13:12
Doug Midcap	15:45
Stan Czyzewski	16:24

BTOWN T. TROT 5K (V)

Bob Pikelis	23:36
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BRUSH CREEK 5K

Carl Kondrach	23:43
Sarah Donley	24:46(A-2)
Shane Brunazzi	29:04
Pat Calmbacher	30:50
Deb Calmbacher	33:54(A-2)
Dave Byers	37:24

DIABETES DASH 5K

Rich Klempa	28:52(A-2)
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ROAD TO TRAIL 5K + 4M

Shane Brunazzi	1:18:33
Sarah Donley	1:29:44
Carl Kondrach	1:29:47

BOBCAT T. TROT 5K (V)

Blake Headen	47:06
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***The 2020 Grand Prix was unlike any other with virtual races and a shortage of real race opportunities. Congrats to all who soldiered on and completed the series despite unprecedented odds. A very special thanks to Grace Goffi who managed, despite great odds, to cobble together a complete Grand Prix. This could not have been accomplished without her willingness to jump right in and make it happen.

GRAND PRIX WALK 2020 (FINAL)

1.	Carl Kondrach	5	54:48
2.	Sara Donley	5	1:02:50
3.	Blake Headen	5	1:21:05

GRAND PRIX 2020 (FINAL)

1.	Tina Seech	7	30:04
2.	Emery Strotman	5	35:12
3.	Bob Pikelis	4	37:11
4.	Rich Sandala	8	37:22
5.	Rich Durbin	5	37:28
6.	Carl Kondrach	8	42:19
7.	Sarah Donley	5	42:47
8.	Gary Lorenzi	4	44:40
9.	Pat Calmbacher	5	45:49
10.	Deb Calmbacher	6	46:11
11.	Shane Brunazzi	4	55:01
12.	Joe Lebert	7	1:02:45
13.	Alexandra Brooks	5	1:13:45

LDGP 2020 (FINAL)

1.	Bob Pikelis	3	36:27
2.	Rich Sandala	3	38:25
3.	Emery Strotman	3	40:06
4.	Danielle Gonzalez	3	42:12
5.	Kelly Murdock	3	43:52
6.	Mark Hospodar	3	47:00
7.	Carl Kondrach	4	47:55

8.	Sarah Donley	3	52:33
9.	Alexandra Brooks	3	1:20:09

LDGP WALK 2020 (FINAL)

1.	Carl Kondrach	3	1:04:01
2.	Sarah Donley	3	1:06:04

WCRRRC AT THE RACES

REINDEER 5K

Carl Kondrach	21:45
Sarah Donley	25:19
Kris Midcap	29:52(A-3)
Doug Midcap	30:26

REINDEER 1M

Sarah Donley	11:17(A-2)
Carl Kondrach	11:17(A-2)

REINDEER ½ M

Sarah Donley	4:31(A-1)
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RUNNING SHORTS

- A growing number of races are beginning to appear on local and national calendars. We won't know for a while how the whole season may shape up, but it looks hopeful for a much better racing season in 2021.
- No definitive word on the Pittsburgh Marathon. Many other spring marathons (Boston, London) have already relocated to the fall.
- The Marathon Project races in December produced a record 7 American men under 2:10. Almost all were wearing the new carbon-plated super shoes. Science clearly shows these shoes offer a substantial advantage. Discussions are everywhere about whether the shoes will be banned or not. Stay tuned!!

8 Ways That Running Improves Your Health

December 17, 2020

Exercise is essential to human health. The World Health Organization (WHO) recently updated its guidelines for physical activity for the first time in a decade, recommending that adults from ages 18 to 64 should aim for a combination of 150 to 300 minutes of moderate-intensity aerobic activity per week, or 75 to 150 minutes of vigorous-intensity activity per week. A combination of running or walking combined with regular strength training is an ideal way to meet these recommendations and build a healthy lifestyle.

Whether or not you feel it, running is in your bones. Literally. The human body is built to handle endurance running, from the shape of our feet to the length of our legs to our ability to sweat. These evolutionary factors mean your body is built to run, no matter your shape or size.

Whether you run for fun, for competition or to enjoy time in nature, running can make your body and mind healthier in a number of ways. If you need some extra motivation to get out the door, here are eight ways running can improve your health from head to toe.

1. Stress Relief

There's a reason why the runner's high is so powerful; it's actually your body releasing serotonin, the happy hormone, that boosts your mood and lowers other stress-related hormones in your body. According to a scientific review from 2016, endurance exercises like running boost the levels of dopamine and serotonin in the brain. Both these hormones are important in regulating mood and stress in the body.

The review found that endurance runners have higher levels of serotonin in their brain than individuals who do not participate in aerobic exercise. This increased serotonin helps emotional processing and improves your ability to manage stress.

Another study from 2017 found the effects of running on the brain last long after your run ends. In a group of over 2,000 runners, researchers from the University of British Columbia concluded that

the negative effects of stress were markedly diminished in individuals who participated in aerobic exercise every day compared to those who did not. Translation: running helps you de-stress and *stay* de-stressed. While everyone responds to stress differently, running can be a great way to conquer stress and get back your peace of mind, in addition to the many other health benefits that running offers.

2. Weight Maintenance

You don't need to be a certain size or shape to be a runner. As with any aerobic exercise though, running can be a solid tool to lose weight or maintain a healthy weight.

A 2020 study from the University of Kentucky found that individuals with BMIs (body mass index) ranging from 25 to 35 experienced significant fat loss after participating in an aerobic exercise, like running, for six days per week for 12 weeks. The study also found that maintaining a healthy fat-to-muscle ratio is important for many other aspects of well-being, like heart health, joint health and hormone regulation, to name a few.

Running might also help you feel comfortable in your own skin and appreciate what your body is capable of, no matter your size or weight.

Lauren Ross, a registered dietician and trail runner from Houston, TX, shared her thoughts on body image and overcoming self-doubt as a runner in an email to Fleet Feet. "I'm not here for you to look at," she says. "I'm here to see how far I can push my limits...What I look like doesn't impact my ability to do those things."

3. Heart Health

Chronic heart disease is the leading cause of death in the United States for men and women of all age groups and ethnicities, according to the CDC, with about 655,000 Americans dying of heart disease every year.

But it's not all doom and gloom: You can take control of your heart health by running as little as five to 10 minutes per day, according to a 2014 study. Researchers found that in a group of individuals with BMI ranging from 25 to 35, running just five to 10 minutes per day at low speed had a 45 percent lower risk of death from heart disease than non-runners. That's right, running just a bit

every day can cut your risk of death from heart disease almost in *half*.

4. Improved Immune System Function

In the age of pandemic, you may be more concerned than ever about keeping your immune systems healthy. Luckily, daily exercise, like running, can improve immune function by triggering anti-inflammatory responses in your body. The anti-inflammatory response gives your immune system the boost it needs to effectively fight off bacteria and viruses as you encounter them in your day to day life.

A [study at UVA](#) found that just 20 minutes of exercise per day results in an increase in white blood cells and antibodies, two important parts of our immune system that our bodies use to get rid of germs that might enter our bodies.

Another [study performed in 2011 by Dr. DC Neiman](#), Professor and Director of the Human Performance Laboratory at Appalachian State University showed that sick days for the common cold during a 12-week period in the winter or fall is reduced by 25 to 50 percent for people who exercise most days of the week. You can read more from Dr. Neiman about how to safely maintain an active lifestyle during the COVID-19 pandemic in [our recent interview with him](#).

5. Healthy Social Connection

While running is often considered an individual sport, many people reap emotional and psychological [benefits from the communities they build around running](#). Running with others can [help you reach your goals](#), keep you motivated and provide meaningful connections [with your family and friends](#).

Even through times of required isolation, there are still plenty of ways to connect with others. Find your [running community](#) online through [virtual races](#) and join in friendly competition; you can even use a running habit to help others through virtual races like [Run Across America](#), which supports Feeding America's mission to alleviate hunger in the United States.

Social apps like [Strava](#) help you connect with friends, local groups and strangers alike to support one another as you run. The app allows you to track all your runs, rides and other workouts as well as see your friends activities and give "kudos."

Strike up some local competition by following a particular segment of a route and see who can run the fastest! You can even connect your [Garmin watch](#) to the app for easy fitness tracking.

6. Healthy Aging

Adding healthy habits to your life, like running, can help you age like a fine wine and even add years to your life.

A 2018 [study from Ball State University](#) at the Human Performance Laboratory by Dr. Scott Trapp showed that in a group of 75-year-old men and women, those who exercised regularly had the cardiovascular health of a 45 year-old. The same study also found that those same 75-year-olds had the muscular health of a 25-year-old.

This study and many others like it show that [running actually makes your body seem younger](#). And it's never too late to start exercising. According to cardiologist Dr. Ben Levine (UT Southwestern Medical), exercise can reverse some signs of aging in [individuals up to 65 years of age](#).

7. Improved Sleep

The Centers for Disease Control estimates that [35 percent](#) of Americans are sleep deprived. Are you one of them? If you are (and even if you're not) you're in luck. Exercise, specifically aerobic exercise like running, is shown to dramatically improve the quality of your sleep.

The American Psychological Association [published an article in 2014](#) emphasizing the whole-body health impacts of a good night's sleep, such as improved immune function, better memory, and decreased risk of high blood pressure, heart disease, stroke, diabetes, obesity and depression.

A [2014 scientific review](#) from the *American Journal of Lifestyle Medicine* found that, "aerobic exercise training in a sample of older adults with insomnia significantly improved sleep quality while also reducing daytime sleepiness and depressive symptoms."

Incorporating running into your daily routine can not only lead to a better night's sleep, but also improved overall health.

8. Joint Health

If you have been told, "running destroys your knees," there is evidence to the contrary.

A recent study conducted in 2016 at Brigham Young University by Dr. Robert Hyldahl found running appears to reduce the presence of inflammatory molecules in the knee joint, as it promotes the movement of joint space serum. Hyldahl studied a group of recreational runners who ran for 30 minutes each and found their knees were less inflamed than before they ran.

In summary, running refreshes the cells within your knee joints and promotes blood flow that carries the nutrients those cells need to keep your joints healthy and working longer.

By Sarah Moxham. Sarah has run competitively for over 12 years. When she isn't working as the Digital Copywriter for FleetFeet.com, she can be found nerding out over art and listening to True Crime podcasts.



Make 2021 the year you crush your fitness goals!!

We have completely overhauled our entire structure to ensure each and every Fleet Feet Pittsburgh runner gets the most out of their experience with us. Whether you are a walker, first-time runner or veteran marathoner, we have a program to suit your needs. Based on a *monthly, a la carte system*, you can pick and choose the program that most closely matches your needs. Even better, you can move between tiers as you please throughout the year! All programs begin January 1st, 2021.

Our programs are:

- **Led by passionate and knowledgeable coaches**
- **Championed by dedicated and magnetic mentors**
- **Guided by the most relevant safety standards**
- **Supported by the coolest partners and brands**

- **Fueled by the determination of its participants**

Choose from three different options, each offering a unique bundle of services:

- If you are looking for support and accountability, choose "[Healthy Habits](#)" and work with [Coach Kisa](#) on sustainable fitness practices.
- If you need a daily workout plan to follow, choose "[Training Programs](#)" for brand-new, comprehensive programming for each of Pittsburgh's premier running events.
- If you want a completely customized plan, individualized workouts and expert coaching from our Head Coach [Timothy Lyman](#), choose "[One-on-One Coaching](#)."

All content is delivered directly through a private Facebook group and the [Final Surge app](#). Runners participating in training-based programming can choose their preferred level (Finish, Improve or Perform), and also qualify for an in-store discount!

We have partnered with [Case Specific Meal Prep](#) to help promote a holistic approach to your fitness journey. **All** paid program participants are eligible for two free meals. Healthy Habits and Training Program members receive a 5% ongoing discount for the duration of the membership, while Coaching Program participants receive 10%. Delicious meals, crafted by registered dietitians delivered right to your door!

Choose the appropriate program, and take the first step in making your new year a success:

[Healthy Habits - \\$10/month](#)

[Training Programs - \\$20/month](#)

[One-on-One Coaching - \\$50/month](#)

Still have questions? Email [Timothy Lyman](#), our Director of Training Programs, at training@fleetfeetpittsburgh.com.

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.

