

# WASHINGTON COUNTY ROAD RUNNERS CLUB

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## NEWS AND NOTES

As most of you have probably already seen, the Pittsburgh Marathon for 2021 has been cancelled. The city was very hesitant to issue a permit to hold the event, considering that there would be many people trying to come from out of state to the event. P3R are hoping that most of the events that are scheduled for the second half of the year will still be able to go on. They are hoping to kick things off with the Fleet Feet Liberty Mile in July. Stay tuned for any more information.

We do have a few announcements about upcoming races and club races. Carl Kondrach has announced that the Barnesville Park race will be held on March 27<sup>th</sup> this year. As of this month's publication there was no race app available, but we hope to have it in the March newsletter. Also, Ron Green has announced that the Green Mile will be on October 2<sup>nd</sup> at 9:00 AM and the Debbie Green 5K will be on October 3<sup>rd</sup> at 9:00 AM. Stay tuned for more announcements on the club races when they become available.

Some other races that have been announced that will be live events are as followed. This is just a partial list and we will be adding more as they become available. These races will be listed on the website so look there for information about location and times.

YEC Chili 5K – Hopwood, PA – February 27<sup>th</sup>  
Spring Thaw 10/15/20 mile race – February 28<sup>th</sup>  
Shamrock 5K Run – March 6<sup>th</sup>  
Ellport Boro 5K – March 13<sup>th</sup>  
March Mad Dash - March 27<sup>th</sup>  
Dyngus Day Dash - April 10<sup>th</sup> (Allison Park, PA)  
Buffalo Creek Half Marathon – October 16<sup>th</sup>

As of February 7th, The Yough River Trail 5K/10K/10Mile/Half Marathon Race is still scheduled for April 3<sup>rd</sup>. There is still a possibility that the race will be rescheduled to June 12<sup>th</sup>. Once we get any information on this race we will pass it on.

Inside the newsletter we have listed those who have not yet sent in the 2021 dues. Because of everything still going on we are going to extend the dues through the end of March. And for those who forget there will be another reminder of it in the March edition.

Plans are still being looked at to hold the annual banquet sometime either in June or July. Once the vaccine starts to be vastly distributed, we will be able to look at a more positive date. Hopefully, everyone is still doing all right and getting ready to resume some live racing in 2021.

Any other club members who are race directors and know if their race is going to be scheduled, please send us the tentative dates and any race apps if you have them printed.

To report Grand Prix times, call Tom Trettel (724) 229-0201 or e-mail [trettelt@comcast.net](mailto:trettelt@comcast.net). Or Grace Goffi at [gracegoffi@verizon.net](mailto:gracegoffi@verizon.net). For newsletter information or to submit an article contact Bob Pikelis e-mail [r.pikelis@comcast.net](mailto:r.pikelis@comcast.net).

## 9 Tips to Help Keep Your

### Fitness Goals Moving

#### Forward

- By Sara Lindberg
- 

January's come and gone. The fitness classes and parking lots are less crowded, and the New Year's resolutions are starting to lose their steam. If any of this sounds familiar, you're not alone.

Each year millions of people embrace resolutions to get fit or lose weight. For some, the month of January is exhilarating, and they find themselves full of energy and motivation to keep an eye on the prize.

But for many others, this once-a-year promise to change their life begins to run out of steam before the first month of the year is over.

If you're looking to make 2019 the year you stick with your health and fitness goals, we have you covered. We asked three fitness experts to give us some practical tips to help make your resolution stick.

#### **Make Each Day Count**

Approaching a resolution as a lifestyle change makes it easier to adapt into your life. That means, using each day towards your goal, even if in a small way. For example, [iFit trainer](#) Josh Nuckles recommends using Sunday for planning meals and workouts for the week. "Use Wednesday as a mid-week check to see if you need to slow down or push harder, and use Saturday as a reflective day to look back and log progress," he says.

#### **Create a Routine**

When the January hype wears off, you'll need to find other ways to stay in your fitness groove. One proven method is to create a routine. "You're more likely to be successful if you plan ahead and set specific goals for yourself," celebrity trainer and [Fitbit Ambassador](#) Harley Pasternak says. At the start of every week, Pasternak says to look at your schedule and carve out 25 minutes a day, five days a week to dedicate to a resistance routine. You can also use this strategy to schedule cardio time three to five days a week and save a few hours on the weekend for meal prepping for the upcoming week.

#### **Do Away With Obstacles and Excuses**

"The less convenient it is to exercise and eat right, the less likely you are to be successful," Pasternak says. "If you join a gym 30 minutes from your home, let's be realistic—you're probably not going to go." His advice? Don't let it be an excuse; keep moving from the moment you wake up to the moment you go to sleep. "I challenge myself, my clients and now all of you to get at least 10,000 steps a day (most of my clients exceed 12k per day), so walk around the block a couple of times when you wake up, during lunch, coffee breaks and after dinner."

#### **Kick Your Bad Habits**

While maintaining motivation to improve your fitness may seem difficult, Pasternak says falling back into bad habits can be a deal breaker. Don't fall back into the habit of grabbing a muffin with your morning coffee or taking the elevator or escalator instead of the stairs. Instead, make sure to eat breakfast before you leave the house to reduce your cravings for baked goods, and take the stairs at least most of the way. "These may seem like little habits, but they play a key role into the bigger picture," Pasternak says.

## Recite Your ABCs

If you're losing the motivation to stick with your fitness goals, try reciting the ABCs. Kenzie Hayes, a certified trainer and coach for the personal training platform [Ladder](#), says to think of the ABCs when sticking to your resolution.

- **A for accountability.** Accountability is something that many people struggle to find on their own. That's why Hayes recommends working one-on-one with an online coach or personal trainer. This can help set you up for success, give you realistic goals and keep the fire lit.
- **B for balance.** This is a lifestyle, not a quick fix. Which means, you can't feel overly restricted by a diet or training plan.
- **C for celebrate.** Remember fitness is here to help you enjoy life! "Celebrating the small wins can help you bounce back quickly after an "off" day and stay dedicated," Hayes says. 🍌

## Get Creative

Refocusing resolutions sometimes requires thinking outside the box. Nuckles says one way to get back on track is to find little ways to stay active throughout the day. For example, try walking meetings during work instead of sitting through them. Play music to dance to while making breakfast, lunch and dinner or do 10 pushups and squats every time you complete a task for the day (laundry, work project, etc.).

## Enlist the Help of Friends and Technology

If you're in need of a little motivation, enlist the help of your friends. "They can encourage you to stick to your plan, offer support and participate in healthy competition," Pasternak explains. If your

friends are losing weight, you're far more likely to do the same. Beyond your support group, he also recommends using a health and wellness app, such as the Fitbit app, to track your progress and compare results.

## Focus on the Process

Pasternak's No. 1 tip for his clients? Focus on the process. "While it's great to have end goals, they can actually hurt our progress if they feel too out of reach or if we judge our success on the outcome of one goal," he explains. You may find more success if you focus on the processes, methods and techniques you use to work towards your goal. "Celebrate how hard you're working and how dedicated you are, rather than how close you've come to an end goal."

## Work With a Trainer

Hayes recommends connecting with a fitness professional who can help keep you accountable and create the right program for you. "The best way to get back on track is to put a period on the end of that sentence and move on. A coach can help give you the momentum you need."



# ELLPORT BOROUGH



## COMMUNITY 5K

Ellport Borough Community Center  
200 Booster Way  
Ellwood City, PA 16117

Saturday, March 13, 2021  
5K race begins at 11:00 a.m.

Directions: Take Route 488 North from Ellwood City. Take left onto Golf Avenue across from Ellport Junction Convenience Store. Signs will be posted.

Nice course along back streets of Ellport Borough. Flat and Fast. Restrooms will be available inside the Community Center. Registration and award presentation will be inside. DJ this year and National Anthem at the start of the race.

Many refreshments after the race including Pizza Joe's Pizza.

Top 3 overall male and female runners get a trophy.

Top 3 in each age group male and female runners:

19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-74, 75-79, 80 & over.

Prize money to top 1 male and female 70-74, 75-79, 80 & over.

\$150.00 cash award for overall course record breakers.

Men: Nick Edinger - 15:20.1

Women: Bethany Walker - 18:40.6

\$20.00 for preregistered with **Miles of Smiles Gloves**

\$25.00 day of race with **Miles of Smiles Gloves**

Contact: Herb Cratty 724-841-6528 E-Mail: [bonnherb@yahoo.com](mailto:bonnherb@yahoo.com)

Make checks payable to: Miles of Smiles

Mail payment and application to:

Miles of Smiles Timing Services  
511 Harpers Ferry Road  
Ellwood City, PA 16117

Online Registration also available at [RunSignUp.com](http://RunSignUp.com)

**All preregistered are to be received by Thursday, March 11, 2021.**

Gender:      Male      Female      Age: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release this race and all organizers, sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event . I also release any photos that may involve myself.

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/2020

Participant Signature Parent or Guardian

# The Top 5 Reasons You Aren't

## Getting Faster

By Beth Shaw

Not much is worse for a runner than hitting a speed plateau. The reason for your inability to pick up the pace can be difficult to diagnose, but don't fret. These are the five most common circumstances holding runners back.

### **Mental Toughness**

"Some runners get real comfortable with their running. They think getting faster should come naturally over time," says USATF and USAT certified coach Lisa "Trixie" Taylor.

"To truly get faster you need to be able to push through barriers—mind barriers, pain barriers. Athletes' bodies can do pretty amazing feats. They just need to turn their brains off when it starts to get uncomfortable. Your mind gives up way before the body will. Training the mind, for some athletes, is almost as important as training the body."

To mentally prepare for races or hard training runs, a lot of athletes turn to visualization. Visualizing yourself running well on race day can help prep your mind for when you get to the start line. Deep breathing techniques can also help calm your nerves before an event. Take five deep breaths before you start your race to help relax your breathing and your mind.

### **Running Too Fast, Too Often**

"Most runners spend too much time training between zones," says Maria Williams, owner of On Track Running Academy and a Road Runners Clubs of America (RRCA) certified coach.

In other words, we're taking our *easy* days too *hard*.

"Endurance sports is primarily aerobic, so without a tremendous aerobic base, they throw themselves into speed work before their body is ready for it. Easy runs should be done at 70 percent of heart rate max with an overall goal of sprinkling in speed work that is hard. Hard days, *hard*. Easy days, *easy*."

So how should runners fix this?

"If you want to get faster, build an aerobic base, then sprinkle in harder stuff like you'd sprinkle salt on your food," she says. "It takes an incredible amount of confidence and self-discipline to run easy."

### **Diet**

Yes, it has to be mentioned. At this point, all runners should know that diet is a crucial part of their training.

"One reason you may be struggling to break through a plateau is proper nutrition," says RRCA certified coach Katherine Avan. "Eating the right amount of high quality foods is essential in taking it to the next level."

"The foods used to fuel our bodies should allow us to get the most out of each workout and recover quickly enough so that we are ready to take on the next work load. Eating too much of the wrong foods or eating too little through diet restriction can definitely impede progress."

If you aren't sure what foods are best for your performance, seek a nutritionist who specializes in working with athletes. They can set you on the right path.

### **Varying Your Training**

Albert Einstein once characterized insanity as "doing the same thing over and over again and expecting different results."

Who knew he was talking about running?

"If you stick to the same type of training, the body will not get the novel stress it craves to make adaptations," says USAT certified coach Maria Simone. "So, even if your key race is longer, there is

a real speed benefit to doing shorter track work—such as very hard 200s and 400s. Similarly, if your key race is shorter, such as a 5K, and all you do is run short sets, you are missing out on some key endurance adaptations that come from longer, aerobic runs."

If you've been training the same way for several cycles without seeing improvement, seek out a running coach or read up on different approaches to training.

## Age

"This is why there are age groups and you get more time to qualify for the Boston Marathon every five years," says RRCA certified coach and over-50 runner Steve Swift.

On the plus side, studies have shown that runners over the age of 40 do not show a dramatic slowdown. [One study from 2010](#) put the slowdown at about 0.2 percent per year, [while another study from 2004](#) calculated the slowdown at 1-1.4 percent per year.

"Of course, this can be mitigated with stretching, speedwork and strength training," says Swift.

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## **Dues not yet received for 2021.**

These are the names as of February 6<sup>th</sup> that have not yet renewed. If you are not planning to rejoin for this year would you please email either Tom or Bob to let them know. Thank you.

Bill Allison  
Gary Bennett  
Alexandra Brooks  
Steve Chabala  
Ella Jane Custer  
Beth D'Alessandro  
Carolyn Davey  
Sarah Donley

Bill Filcheck  
Ed Frohnapfel  
Roxanne Wray  
Rose Gray  
Ron Green  
Scott Harrington  
Ken Hissam  
Mark Hospodar  
Carl Kondrach  
Jim Lacey  
Joe Lebert  
Joe Mancinelli  
Doug/Kris Midcap  
Amy Martin  
Chris Moschetta  
Donna Patrina  
Carrie/Eric Perrell  
Laurel/Dale Rush  
Stush Sadowski  
Rich Sandala  
Joe/Judy Sarver  
Christina Shwallon  
Ray Stockdale  
Emery Strotman  
Kate/Daryl Throckmorton  
Jen Foster  
Barb Zappa  
Greg Redding  
Walter Bennett  
Tina Seech  
Neil Bassi  
Jam/Nathan Milliren  
Jim/Kathy Loos  
Albie Rinehart  
Kathy Starkey  
Tom Carter

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.

