

WASHINGTON COUNTY ROAD RUNNERS CLUB

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NEWS AND NOTES

Hello again everyone and welcome to what hopefully seems like spring approaching. March coming in like a lion and we are banking on it heading out like a lamb. All of us at the newsletter desk are hoping that you are all doing well and maybe getting ready to get back to hitting the roads and trails once again,

It appears that things are finally going to open up on the vaccine front, and that if you are willing to take the shot you will be able to schedule an appointment soon.

The application for the Barnesville Park race is included in this month's edition and here's hoping that the turnout will be an encouraging sign for all.

News has come out over the last week that the Fleet Feet Liberty Mile has received the go-ahead to take place in the city of Pittsburgh. The scheduled date will be July 23rd. We are sure that there are quite a few of you who are looking forward to see some old friends that have been absent for over a year now, and here is one event that you can look forward to. More information on the event will be forthcoming.

UPCOMING RACES

There are a few more races being organized now. Barnesville Park will be the first Grand Prix short distance race.

3/27 - March Mad Dash 5K/5M/10M -
3/27 - Barnesville Park 5K - Barnesville, OH
5/1 - Run to Breathe 5K/Half - Portersville, PA
5/17 - Rails to Trails 5K - Barnesville, OH

THOUGHTFULLY THINKING THOUGHTLESS THOUGHTS THOUGHTLESSLY!!!

Mickey Hornack

* Spring brings out all those eager to get out! Even the big crime fighter-- Robin!!!

* Anybody try any of the new "Allbirds" models of running shoes? Really? Allbirds who thunk of that name? Blake...hmmmm

* With all this snow I finally had to get my snowblower out. First time in 2 years. Sad thing- It started right up!

* If I put 10 pair of sox in the washer, transfer directly to the dryer I invariably end up with 19 individual sox. It's a curse!! where/how can 1 sock disappear?

* Fear not tho!! After 2 washes I'm a ok again. And it goes on.....

* a youngster asked me about tik-tok? I told 'em it was 11:15am!!! Yikes

* Saw Pgh marathon is virtual this year. Does that mean it will be on a YouTube channel?

* The Mrs said if I agree with you we'd both be wrong! Come on...

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.

How to Determine Your Ideal

Training Pace

- By Megan Harrington

Whether you're a new runner or you've been logging miles for ages, you might have questions about your training pace. What paces will improve your fitness? Is there such a thing as "too slow" on easy days? If you're ready to dial in your perfect pace, look no further. This easy-to-follow guide will have you running at the right effort, every time.

Easy Run Pace

What it is: This type of running is pretty self-explanatory, and you guessed it—the pace should feel easy. The majority of your running (think 70 to 80%) should be at an easy, conversational pace. If you run too fast, too often, your muscles, ligaments and joints will never have the chance to recover properly.

How to do it right: On your everyday runs, aim for a "conversational pace." The exact speed will vary depending on your fitness level and goals, but generally you should be able to recite the pledge of allegiance or sing a few lines of your favorite song while running. If you're just starting out as a runner, don't be afraid to take walk breaks! If you're worried about being too slow, keep in mind that most runners actually push too hard on easy days. Slow is good!

Lactate Threshold Pace

What it is: A [lactate threshold run](#), sometimes called a tempo run, is the fastest pace you can run without generating more lactic acid than your body can process. If you run under your lactate threshold, the body can process that byproduct and convert it back into

energy. If you run faster than your lactate threshold, you'll eventually run out of gas (heavy legs, gasping for air, etc.). The goal is to gradually move the needle so you can run faster without hitting that threshold. Regular tempo runs are the best way to improve your lactate threshold.

How to do it right: If you run just below your lactate threshold point, your body will eventually be able to clear lactic acid more effectively. To find the right pace, aim for "comfortably hard" or a pace that you could hold for no longer than about an hour. And if you use the talk test, remember that you should only be able to speak in brief sentences, e.g. "Does the pace feel okay?" "Let's turn here." This pace should make up about 10 to 20% of your runs.

V02 Max Pace (a.k.a. speed workout)

What it is: [V02 max](#) is the maximum amount of oxygen your body can absorb and utilize during exercise. Essentially, it's a combination of how much blood your heart can pump and how much oxygen your muscles can extract and then use. In the case of V02 max, more is better! The higher it is, the better the athletic performance.

How to do it right: During V02 max sessions (think fast intervals on the track), you really shouldn't be able to speak at all. It's a near maximum effort that's equivalent to 5K race pace or faster. This pace should make up only a very small part of your training, approximately 10% of your running volume.

Half Marathon and Marathon Pace

What it is: If you're training for a longer race, you might choose to focus on half marathon or marathon pace instead of V02 max and tempo run workouts. Or maybe you'll incorporate this type of pace into some quality long runs. As you prep for race day, running at your intended pace will build

specificity in your muscles and most importantly, increase confidence.

How to do it right: Figure out your target half marathon or marathon pace goal, and practice running it often in the weeks and months leading up to race day. For example, if your goal is to run a sub-2 hour half marathon, you'll want to practice running around a 9-minute per mile pace.

Long Run Pace

What it is: Most of your long runs should be run at your easy pace (or slower). If you're new to running long distances, your long run pace will probably be your slowest run of the week (think double digit pace). However, if you're training for a PR, consider adding in quality pace work (like a fast finish) to some of your long runs.

How to do it right: For most long runs, aim for a pace that is at least 1 to 2 minutes per mile slower than your half marathon or marathon race pace. If you're up for it, consider adding in a "fast finish long run" every few weeks. Start at an easy pace and gradually speed up until your final few miles are at your goal race pace.

How to Have More Energy

Without More Caffeine

- By Angela Bekkala

We've all been there.

The "I don't want to get out of bed when my alarm goes off in the morning" feeling. The "3 p.m. slump where you reach for another cup

of coffee" feeling. The "I kind of want to go for a run, kind of want to take a nap" feeling.

We are all searching for that quick fix to finding more energy to fuel the day. Sure, you could slam an energy drink and hope it revitalizes you, but in reality, you'll feel that newfound energy come crashing down sooner rather than later. With a little tweaking, you could become a more energy efficient athlete who feels more like the Energizer Bunny than the walking dead.

Sleep

Seems like a no-brainer, right? The more sleep you get per night, the more energy you'll have during the day. Skimping on sleep will make you feel dead tired the next day. During sleep, your body rejuvenates itself. That's when the "magic" happens. For more restful sleep, turn off all electronics at least 30 minutes before bed. And if you wake up in the middle of the night, don't reach for your smart phone. The light emitted from the screen is one of the worst things for sleep. Keep your phone across the room to avoid the temptation of scrolling through your social feed.

Drink More Water

If your body is dehydrated, fatigue is one of the signs. Make water your go-to drink all day long. Staying hydrated keeps you alert and decreases your need for that 3 p.m. jolt of caffeine. If you don't like plain water, try fruit-infused or flavored seltzer water for a little extra taste without added sugars.

Laugh Often

A good chuckle or belly laugh can instantly brighten your mood and boost your energy. Whether it's watching a funny movie or hanging out with family and friends, laughing can instantly give you more energy. Your face brightens, and your heart feels lighter in the process. If you feel that slump and you need a fix of caffeine, find a silly video on YouTube and laugh away.

Eat Food That Will Fuel You

Eating a variety of foods with protein, carbs and healthy fats at meals and snacks will help keep your energy levels up. The carbs will give your body fuel while protein will help you stay fuller (and more satisfied) longer for a great source of energy that is released slowly into your body. You are less likely to have a blood sugar "energy crash" with these foods as compared to foods that are higher in sugar.

Get Outside

Fresh air is invigorating. Take a walk outside to wake yourself up. Movement and fresh air are a sure-fire way to give you energy. If you can't make it outside during your workday, open a window or sit near a place that has natural light.

Exercise

Yes, exercise can give you more energy. It takes energy to do it in the first place, but once you get those endorphins pumping, you will find an increase in blood flow to your brain and skeletal muscles, which stimulates your body full of energy.

CLUB DUES

This will be the last newsletter going out to remind anyone about the 2021 dues. This list is as of March 7th. If any of you do not plan on renewing this year, would you please send an email to either Tom Trettel or Bob Pikelis and let them know. Thanks.

Bill Allison

Gary Bennett
Ella Jane Custer
Beth D' Alessandro
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Bill Filcheck
Roxanne Wray
Rose Gray
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Ken Hissam
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Albie Rinehart
Greg Redding
Tom Carter

Barnesville Grand Prix Series



The Barnesville Grand Prix Racing Series is one where participants are rewarded for their just that: their participation. It does not matter your finishing time, overall place, award status, etc. Those who complete at least 3 out of 4 races are eligible for drawings including Barnesville Gold certificates and Free Entries. Those who do all 4 are entitled to a special award recognizing their achievement. Here are the other races in the Series:

Rails-to-Trails 5k Saturday, May 15, 2021 @ 8:30 (at The Depot)

Pumpkin Festival 5k Saturday, September 25, 2021 @ 8:30am
(at The Watt Center)

Santa's Spirit Sprint Saturday, December 4, 2021 @ 3:00pm
(at The Rock))

There is also a non-competitive 5k, the Recycle Race, which benefits the Series. No date has been set yet. Watch for applications!

Title Sponsor:



Platinum Sponsors:

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Special Thanks:

Donley's Delicious Delights

Village of Barnesville

Barnesville Park Staff

11th Annual Barnesville Park/ Rotary Lake 5k Trail Walk/Run And Kids Fun Run



DATE: March 27, 2021

5K RACE TIME: 9:30 AM

REGISTRATION: 7:30 AM

MUST BE REGISTERED BY 8:55 FOR ALL EVENTS

**KID'S FUN RUN WILL TAKE PLACE IMMEDIATELY
AFTER 5K EVENTS ARE COMPLETED**

ON LINE REGISTRATION IS AVAILABLE AT:



www.RunSignUp.com

keyword: ROTARY

DIRECTIONS: Interstate 70 East/West, Exit #202 (Barnesville/Dennison). Go 5.5 miles on State Route 800 South. When you reach the Certified Gas Station @ the top of the hill, proceed 0.25 mile. Make an extreme right U- turn. Follow signs to Park Entrance.

COURSES: Courses are contained inside Park property. Both the Run & Walk start near the Youth Center, proceed down the hill to the Rotary Lake on the trail for two loops (1 lower, 1 upper) and back. Course will be marked. The Trail is crushed limestone and natural surfaces. Course could be muddy in the event of rain.

KID'S FUN RUN is 100 meters long (for little ones) and 1/3 mile long (for older kids) and will start at the finish line of the 5k IMMEDIATELY AFTER the 5k finishes (normally around 10:30am) All kids will receive a "Finishers Award".

AWARDS: Awards based on last year's results and will be given out in the following categories:

Walkers: 1. Top 5 Male, Top 5 Female 2. Top 3 Masters (50+) 3. Males and Females in Age Groups as indicated:

Age Groups: (Male Walk): Top 5 49+ Under, Top 5 50-59, Top 5 60+ **(Female Walk):** Top 2: <29, 30-39, 40-49 (3) 50-54 (3), 55-59 (3), 60+ Over (3) Remember, if you register as a Walker, YOU MUST WALK the entire race. By definition, one foot must remain on the ground at all times. Jogging or Trotting is considered slow running, not fast walking.

Runners: 1. Top 5 Male, Top 5 Female 2. Top 3 Masters (40+) 3. Top 3 Male & Female in Age Groups (unless otherwise indicated):

Age Groups: (Male Run): 14+ Under, 15-19 (2), 20-29, 30-39, 40-49, 50-54 (2), 55-59 (2), 60+ Over; **(Female Run):** 19+ Under, 20-29 (2), 30-34(2), 35-39, 40-44, 45-49, 50-59, 60+ Over

NO DUPLICATIONS! NO REFUNDS!

PHOTOS: Ron Pradetto Photography:
www.RonPradetto.com

EXTRAS: Come join us for Pizza, pepperoni rolls, Donley's Delicious Delights Homemade Cookie and Hot Cocoa

COVID: Social Distancing must be maintained before and after the event. A nurse will be on hand to take temperatures. Masks must be worn when not racing. State Guidelines currently only allow 10 people to be in the Park Buildings at one time. Therefore, the only time you will be permitted in the building is during packet pickup and when going through the food line

The 1st 100 Registered will receive a hooded sweatshirt. The next 100 will get a T-shirt. Sizes are NOT guaranteed: First come, first served. There will be no re-ordering of shirts!

Entry Fee: 5K Run/Walk Pre-Registration: \$21.00 (long-sleeved T-shirt orders)

5K Run/Walk Pre-Registration: \$25.00 (hooded sweatshirt orders)

After March 10 & Race Day: \$30.00 (available shirts are 1st come, 1st serve)

Kid's Fun Run: FREE

MAKE CHECKS PAYABLE TO:

KIDZ ROAD RACING

808 North Chestnut Street
Barnesville, OH 43713

CONTACT INFO:

Carl A. Kondrach, Director
(740)310-2117

carlkondrach@yahoo.com

www.facebook.com/barnesvillegrandprix

www.RailsToTrails5K.com



www.WCRRRC.org

This race is part of the Washington Co. (Pa.) Road Runners Club Series.

**PROCEEDS WILL BE DIVIDED BETWEEN
MAINTENANCE OF THE PARK TRAIL AND
KIDS PROGRAMS AT THE PARK. (KPAP)**

Please PRINT Neatly!

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: _____

EMAIL: _____

AGE ON MARCH 27: _____

BIRTHDATE: _____

GENDER: MALE _____ FEMALE _____

RACE: RUNNER _____ WALKER _____

Shirt size preference: **S** **M** **L** **XL** **2XL**
(+\$2.00)
PLEASE CHECK **ONE:** AMOUNT

_____ KIDS FUN RUNFREE

_____ Run/Walk **EARLY ENTRY FEE**..... **\$21.00**
(if ordering a long-sleeved T-shirt)

_____ Run/Walk **EARLY ENTRY FEE**..... **\$26.00**
(if ordering a hooded sweatshirt shirt)

_____ Run/Walk Fee **AFTER MARCH 11**..... **\$30.00**
2XL T-shirts/Hoodies, please add \$2.00

WAVIER: In submitting this entry, I, intending to be legally bound for myself, my heirs, executors, and administrators, waive, release and forever discharge any and all rights and claims which I may hereafter accrue against any event sponsors, event volunteers, event staff, and their officers, directors, agents, successors and/or assigns for any injuries suffered by me at this event while traveling to and from the event or while participating in it. I attest and verify that I am physically fit and sufficiently trained for competition of this event. I understand that I may be photographed and agree to allowing my photo, video, or film likeness to be used for any legitimate purpose by the aforementioned parties.

X

SIGNATURE (PARENT/LEGAL GUARDIAN if under 18) DATE

How to Improve Your Pacing and Run Faster

TRAINING

Learning consistent pacing can be a challenging task for first-time runners, and even advanced athletes. There are a few basic strategies you can use to dial in the appropriate pace for your workout distance, such as breathing and cadence.

Fine-tuning pace is a lifelong practice, and no one is absolutely perfect. Once you have developed a good sense of how different paces correspond to your overall effort, use these pacing strategies during workouts to improve race-day performance.

It is important to cultivate the intrinsic tools needed for proper pacing, rather than becoming a slave to the watch. Having a fitness tracker like a Garmin is a great resource, but it should not be the only one in your toolkit. Ken Presutti, a Pittsburgh-based Chi Running and triathlon coach, focuses on helping athletes find balance when it comes to pacing.

"There are so many factors that play into [pacing]," Presutti says. "For instance, the outside temperature, route elevation, mental state, etc."

Developing the ability to understand how a specific effort level on any given day corresponds to pace is one of the most valuable lessons you can learn.

"With my athletes, even the advanced and crazy fast ones, we spend a lot of time building and tuning our aerobic engines," says Presutti. "That means turning off the pace view on our watches, and focusing on how we feel or where our heart rates are."

"That said, the easy work does have to be mixed in with the hard work. On those hard days, we traditionally look at setting pace targets and worry less about heart rate," he says. "Moral of the story, easy days are based on heart rate and perceived exertion, and the hard days are based on pace."

Pacing Workouts for Beginners:

If you are a runner simply looking to build your fitness levels and extend the amount of time you can spend on the road, start with our [How to Pace Your Run](#) post to learn about the basics like breathing and cadence.

Once you have a good feel for what pace corresponds to roughly 60 to 70 percent of your maximum effort, you have identified what is known

as "aerobic base pace" or, in other words, the pace at which you can run comfortably for extended periods of time. At this point, start to experiment with different paces and effort levels to lay the groundwork for interval-based training.

Fartlek-style workout:

Increase your pace for short periods of time (surges) or based off of physical landmarks (from here to the next street light). This is a good workout to start with. A Fartlek workout allows you to move out of your comfort zone for short periods of time in a controlled way.

"Fast-finish" workout:

Set aside the last portion of your run for a pace that is feasible, but ultimately unsustainable for your current level of fitness. A helpful analogy here is to "empty the gas tank." If you did this in the middle of a run, it would be ineffective because you would have to stop or slow to a walk in order to recover. By placing this effort at the end of the workout, you can push yourself to a faster pace. By the time your body needs extra recovery, the workout is already over!

Pacing Workouts for Intermediate Runners:

Interval workouts:

Intermediate-level runners can improve performance by instituting a variety of interval-based training runs. Intervals are short, hard efforts beyond your comfort level or degree of fitness. Intervals can be used to "raise the ceiling" on your existing thresholds. As opposed to steady-state cardio (which reflects the heart rate as a mildly undulating wave) interval-based training is a series of sharp "peaks" followed by periods of low effort or "valleys." The peaks are a short, predetermined distance or time of hard effort, while the valleys consist of an easy jog or brisk walk.

An easy way to perform interval-based training is by implementing a "work-to-rest ratio." Based on your individual goals and current fitness level, the workout can be built around a 1:1 ratio all the way up to a 4:1 ratio. For example, if you are running a time-based interval workout of two-minute intervals a 1:1 work-to-rest ratio would give you a recovery period equal to the two-minutes of the interval. If you use a 2:1 ratio, the recovery would be one minute long, and if you use a 4:1 ratio the recovery would be 30 seconds.

Progression runs:

This is a favorite pacing workout for intermediate-level runners. These are fun workouts that can help develop a fine-tuned sense for how specific efforts correspond to specific paces. A progression run is somewhat similar to the “fast-finish” workout for beginners, but in this case you will incrementally increase your pace throughout the entire workout. The best way to think about a progression run is to imagine you are simply “shifting gears” and building momentum from start to finish.

The best way to structure a progression run is to pick a time-based interval, and slightly increase the level of effort at each of these interval periods. For example, if you have an hour-long run planned, you can choose to increase effort level every five minutes (12 different “gears”) or every 10 minutes (6 different “gears”). It’s crucial to start these progression runs conservatively, to avoid burning out before the workout is over. A good rule of thumb is to start at about 50-60% of maximum effort, which often corresponds to 1-2 minutes slower than your aerobic base pace.

Pacing Workouts for Advanced Runners:

When you are comfortable with interval training, and extended periods of harder efforts, start to transition into more complex workout techniques to further improve fitness and performance. You will need to have a good sense of different effort levels, and be able to smoothly navigate between three to five different zones. You will want to understand how each zone corresponds to the rate of perceived exertion, breathing patterns and cadence.

Threshold, or critical velocity (CV):

These workouts can be very difficult to perform, but they are also a lot of fun! Choose a distance or time-based period to run at a hard, but sustainable, effort level. In order to get the most benefit from a CV workout, push the pace fast enough to be “comfortably uncomfortable” for the entire duration. The difference in pace between a hard, but sustainable effort and a “crash and burn” pace can be as little as five to ten seconds. The idea is to maintain a pace just slightly below this “tipping point.” You should feel your effort is difficult, but not impossible.

Mixed long runs:

Another favorite of advanced runners, mixed long runs are exactly what they sound like, mingling different paces and efforts during different stages of

the workout. A basic example of a mixed long run is one mile hard, followed by one mile easy. You can manipulate these sessions in a lot of different ways! One mile hard, one mile easy, two miles hard, one mile easy, three miles hard, one mile easy, etc. etc. Feel free to get creative with the mixed long run; it’s like having small workouts bundled into one big workout!

How you structure a mixed long run all depends on the ultimate goal race distance, goal finish time and how far away the event is.

“When you’re a long way out a very short recovery is fine, when you get closer to a big race it’s OK to make your recoveries a bit longer,” says Malcolm East, a coach and current FIT professional at Fleet Feet Pittsburgh.

East is a British-born, former elite distance runner with a personal best marathon time of 2:11:35. East has also won the Pittsburgh, Copenhagen and Columbus marathons, placed 5th in Boston and was the former British record holder for the 30K. He knows a bit about training at a high level.

“I like [mixed workouts] because for me personally it’s like racing,” says East. “It’s just like the ups and downs of a race, when things hit you in a race you’re prepared for it. There’s also the fun side of it, and it makes the time go quicker.”

Another good race-based training run is a mile or two of an easy warm-up, followed by a threshold (CV) effort. After the CV portion, fall back into your aerobic base pace for a period of time before closing out the workout with another CV effort and a relaxed cool-down. An example would be two miles easy to get loose, twenty minutes at threshold, ten miles at base pace, another twenty minutes at threshold with two miles easy to cool-down. The beauty of mixed long run workouts is the flexibility of mixing distance-based segments with time-based segments like the example just given.

It’s important for every runner to add some variety to their pacing if they want to improve racing performance or simply be sure their workouts remain effective. The body is a fascinating machine, and over time will learn how to perform a specific task in the most metabolically efficient way possible. This is why runners hit plateaus. You should introduce a new stimulus every so often to avoid the training plateau. Your body will respond well to controlled levels of good stress combined with the appropriate rest and recovery. Use these strategies, and you can be sure to get the most out of every run.

WCRRC AT THE RACES

RESOLUTION RUN 5K

Joe Lebert 42:27
Alexandra Brooks 46:59

FRIGID 5-MILER

Carl Kondrach 44:51

FRIGID 5-MILER

Joe Lebert 1:00:48

BIG ONE MILE WALK

Carl Kondrach 8:049(OA-2)
Sarah Donley 11:29(OA-1)

CHILI 5K

Rich Sandala 22:26(A-2)
Pat Calmbacher 32:13(A-1)
Deb Calmbacher 35:07(A-1)

SPRING THAW 10M

Rich Sandala 1:17:13
Carl Kondrach 1:39:36

DOG MOM 5K

Luanne McCullough 33:04

SHAMROCK 5K RUCK

Rich Sandala 22:29(A-2)
Joe Lebert 39:42

RUNNING SHORTS

- Just a reminder that if you haven't renewed your membership, get to it. Remember: There are not that many groups that will have you.
- Mickey Hornack included a few extra dollars in his renewal to purchase "water wings" for Tom Trettel, a not so subtle dig at my swimming prowess. Mickey used to be pretty funny. Nowadays,

he's neither of those things, not pretty and not funny.

- The relocated Boston Marathon has added a virtual option this year for up to 70,000 runners. They will limit the actual field size. Great chance for those who always wanted to get to Boston to get in, even if it's just virtually.
- The world marathon times just keep dropping and most attribute it to the new carbon shoes. Clearly, the governing bodies are going to need to make a decision about whether to allow them. They clearly give an enormous advantage.
- Great website for a free weekly email newsletter that covers all things running. Short clips that are funny, interesting, and informative with links to many other articles. Just check out "Six Minute Mile" to sign up.
- Philadelphia's Penn Relays have been cancelled for this year.
- The Saturday morning early running group is back at it. Anyone looking for a supportive group at a very leisurely pace where "no runner is left behind" can contact Tom Carter at 724-554-2393 or Tom Trettel at 724-229-0201. The group usually meets in Washington.

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.

