

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

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VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

Hello everyone and welcome back to the latest edition of the return of the runner. It seems that there are daily and weekly emails coming out to let us know about races coming back to live events. Just over the last two weeks emails have arrived showing that the Whiskey Rebellion will be held as a live event on July 3rd. Also, the Yough River Trail events are scheduled to be run on June 12th.

There also has been a change in the Dock to Lock race. The race will now be called the Greene River Trail run and it will be held on October 9th. More information on this event will be coming.

Because of time constraints there has not been any meetings on the scheduling of the annual banquet for this year. Here's hoping that we can meet sometime in the next few weeks to still plan on something in July. Tom is going to take care of ordering the trophies for last years finishers and they will be distributed one way or another.

UPCOMING RACES

We are trying to find whatever races are to be held live this year. Here is a list of what we have found for the next few weeks. Remember that those marked with an * are Grand Prix races.

5/15 – * Rails to Trails 5K – Barnesville, OH
5/15 – UPS/United Way 5K – New Stanton, PA
5/16 – Ohio Ricer Council 5K/10K – Rochester, PA

5/22 – Phenomenal Hope 5K – Pittsburgh (North Shore)

6/5 – * Run 4 Alex 2M/5M – Bentleyville, PA

6/5 – * Boston Trail 5K/Half – Boston, PA

6/12 – Yough River Trail 5K/10K/10M/Half – Connellsville, PA

6/19 – Butler County Road race 5M/2K – Butler, PA

6/25 – Howl at the Moon 5K – Cortland, OH

6/26 – Monaca Mad Dash 5K – Monaca, PA

6/26 – Run for First Responders 5K – Plum Boro, PA

6/26 – PGH Cure Sarcoma 5K – Allison Park, PA

WCRRRC AT THE RACES

Here is a few samples of our clubs finishers over the last month.

CASA Super Heroes 5K

Almost 200 finishers crossed the line at this year's Wheeling event. For the club we had Rich Durban as our first male finisher in the run in a time of 21:39 and Deb Calmbacher was our first female runner in a time of 32:04. In the walk category Gary Bennett edged out Carl Kondrach to finish first overall in a time of 28:01. And Sydni Kondrach was the first female in the walk in 50:53.

Run to Breathe Half Marathon

In the half this year we had Carl Kondrach as our first finisher in a time of 1:48:39 and Shane Brunazzi was our other competitor to cross the line in 2:08:50.

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.

WCRRC AT THE RACES

RUN ACROSS GUATEMALA 5K

Rich Sandala 22:06

RUN FOR HOME

Carl Kondrach 1:54:33

Sarah Donley 1:58:40

RUN FOR HOME 10K

Carl Kondrach 49:50

Sarah Donley 52:53

RUN FOR HOME 5K

Pat Calmbacher 28:11

Deb Calbachner 32:27

CASA SUPER HERO 5K

Rich Durbin 21:39

Pat Calmbacher 27:43

Luanne McCullough 33:10(A-1)

Joe Lebert 36:24

Kris Midcap 36:51

CASA SUPER HERO 5K WALK

Gary Bennett 28:01

Carl Kondrach 30:36

Sarah Donley 35:18

Bake Headen 46:12

Syndi Kondrach 50:53

RUN TO BREATHE 13.1M

Carl Kondrach 1:48:39

Shane Brunazzi 2:08:50

SWEAT BAR FITNESS 5K

Heath Piper 19:21(OA-2)

Rich Sandala 22:58(OA-3)

Greg Mussitsch 26:31

SWEAT BAR FITNESS 5K WALK

Blake Headen 1:02:48

PITTSBURGH 13.1M (V)

Tom Carter 2:11

WARRIOR 5K

Rich Sandala 23:24(A-1)

Pat Calmbacher 30:49(A-2)

Deb Calmbacher 33:44(A-1)

MT SUMMIT CHALLENGE

Emery Strotman 27:52(OA-3)

Mike Melvin 34:38(CW-2)

Gary Chabala 43:07(A-2)

MT SUMMIT CHALLENGE WALK

Carl Kondrach 40:05(OA-2)

Sarah Donley 45:58(OA-3)

Mary Chabala 1:07:38

RUNNING SHORTS

- Jeff Galloway, a former Olympian and longtime promoter of running, recently had a heart attack. Reminds us all that running doesn't shield you all ailments.
- The Saturday Washington run group did their virtual Pittsburgh Half with two PR's in the group.
- For those having issues making running a permanent habit, try the book *Tiny Habits* by BJ Fogg. Although not directly about running, the book offers great insight into making any activity a habit.
- Next year's Boston Marathon has released its qualifying standard. Runners will need to be 7:47 under the standard to get in. The race is anticipating a demand, thus the huge time addition to the standard. For those seeking a Boston qualifying time, the job just got much more difficult.
- The Brooks Ghost is the only running shoe in the top 10 in athletic shoe sales dominated by basketball shoes.

The From Alex With Love Foundation is a non-profit charitable foundation which awards scholarships to local High School students and provides support to families in need.

Over \$5,000 in scholarships may be awarded in 2021. For a complete list of endeavors supported by Alex's Foundation please check our website:

www.FromAlexWithLove.org

WHEN June 5th, 2021

WHERE Bentleyville High School
150 Bearcat Dr
Bentleyville, PA 15314

TIME Races start at 9:00am

PACKET PICKUP

Bentleyville High School Parking Lot

Friday June 4th 5:00-8 pm

Saturday June 5th 7- 8:15 am

No race day registration

Contact Jim Loos at:

724-747-2865 or

jimloos@fromalexwithlove.com

for more details

Race Shirts Guaranteed

IF REGISTERED BY MAY 10th

(Subject to Availability After May 10th)

Awards to Top 3 overall Male
& Female runners in each race.

Numerous age categories

(See Website for Details)



**FIVE MILE
RUN**

Moderately challenging
course through beautiful
countryside beginning
and ending on Main
Street in Bentleyville

5 MILE RECORDS

Male Brandon Gillingham

27:41 2012

Female Anna Beck

29:55 2011

**TWO MILE
RUN**

An out and
back run along
part of the 5
mile course

2 MILE RECORDS

Male Kevin Gregg

10:07 2012

Female Laura Mucho

11:45 2012

ONE MILE

FUN RUN/WALK

An untimed event for
the individual who wants
to support this wonderful
event but does not wish
to compete. It is ideal
for families and is
stroller-friendly!

MAIL ENTRIES TO:
From Alex With Love
101 Ridge Road
Eighty Four, PA 15330

Online Registration At
www.FromAlexWithLove.org
OR www.runsignup.com/runforalex



Contact Jim Loos at:

724-747-2865 or

jimloos@FromAlexWithLove.com

for more details

IMPORTANT CHANGES

- No race day registration
- Must be parked by 8:30 am
- All roads closed by 8:45 am
- Unless otherwise stated masks are mandatory before and after race
- Race start line location has been changed



Run For Alex

*All proceeds from the race will go to the
From Alex With Love Foundation*

ENTRY FORM

ONE ENTRY PER FORM (Copies of form may be made)

First Name _____

Last Name _____

Mailing Address _____

City _____ State _____

Zip _____ E-mail _____

Phone number _____

Age as of 6/05/2021 _____ Gender **M** **F** (please circle)

EMERGENCY Name _____

CONTACT Phone # _____

RACE PREFERENCE

RACE TYPE (please circle one)	BY June 3rd	LATE DAY June 4th
1 Mile Children under 12	\$10.00	\$12.00
1 Mile 12 and over	\$12.00	\$15.00
2 Mile Run	\$18.00	\$20.00
5 Mile Run	\$20.00	\$25.00

SHIRT SIZE

(please circle one)

Youth	S	M	L	2XL or 3XL		
Womens Cut	S	M	L	\$2.00 Extra		
Unisex	S	M	L	XL	2XL	3XL

Mail Entries to:

From Alex With Love
101 Ridge Road
Eighty Four, PA 15330

Makes checks payable to From Alex With Love

You must sign waiver to participate

Waiver and Release

(If under 18 have a parent or legal guardian sign this release)

In consideration of acceptance of this entry, I the undersigned, intending to be legally bound hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Bentleyville Borough, From Alex With Love Foundation, and any other sponsors and their representatives, successors, and assigns, for any and all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver. I agree to abide by any decisions of a race official relative to my ability to safely participate. I assume all risks associated with participating in the 1 Mile, 2 Mile or 5 Mile challenge, including, not limited to, falls and contact with such risks being known and appreciated by me. I attest and verify that I will participate in this event as a race entrant, that I am physically fit and sufficiently trained for the competition of this event, and that my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the aforementioned parties to use my name, likeness, and voice as well as your photographs, videotape, motion pictures, recording or any other record of this event in which I may appear for any legitimate purpose in advertising and promotion for such broadcast and reuse.

In light of COVID 19, I hereby attest that I will be attending this event at my own risk. I acknowledge the precautions and agree to abide by them.

X _____

From Alex With Love
101 Ridge Road
Eighty Four, PA 15330



Run For Alex

June 5th, 2021

Bentleyville, PA

The From Alex With Love Foundation is a non-profit charitable foundation which awards scholarships to local high school students and provides support to families in need.

Yough River Trail Council

Waiver

In consideration of my entry being accepted, I hereby, for myself, my heirs, executors, successors, and assigns, waive, release, and discharge any and all right for damages or liability of any kind relating to or arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the entities or persons named in this waiver and release. I attest that I am physically fit to participate, my condition has been verified by a licensed medical doctor and I assume entry into this race at my own risk. I have read the above conditions and accept them and understand that I am entering at my own risk.

Date: _____

Signature: _____

(Parent must sign for children under 18)

Registration and Finish Line at:

Yough River Park
369 N 3rd St. (GPS)

Connellsville,
Fayette County, PA 15425

**Awards and light refreshments served
at end of race.**

Registration Form

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Sex: M F Age _____

Event: 5K Walk _____

5K Run _____

10K Run _____

10 Mile Run _____

Half Marathon _____

T-Shirt Size: S M L XL

(XX and XXX \$2 more)

For more information phone:

724-628-6078

Race Course is on the
Yough River Trail



Make Checks Payable to:

Yough River Trail Council (YRTC)

PO Box 988

Connellsville, PA 15425



27th Annual Yough River Trail Races

5K Run & Walk

10K Run

10 Mile Run

Half

Marathon

Saturday,
June 12, 2021

(date is subject to change)

Registration 7 AM

Start time 8 AM



Race is sponsored by the Yough River Trail Council and proceeds benefit the Great Allegheny Passage Trail. **T-shirts guaranteed only to pre-registered participants.** Race results available after the race by **SERJ Timing.**



Yough River Trail portion of the Great Allegheny Passage DIRECTIONS TO YOUGH PARK GPS setting: 369 N. 3rd St

Route 119 South to Connellsville: As you enter the City limits you will see McDonald's and Italian Oven on the left and Pizza Hut and Rite Aid on the right. After crossing the Yough River on the 'Memorial Bridge', take the first **right turn** onto 7th Street. A sign for "Crawford's Cabin" marks this turn which brings you directly to Yough Park at the end of the block. More parking is available on the other side of Yough Park.

Route 119 North to Connellsville: As you enter the City limits, make a **right turn** onto Crawford Avenue (RT. 711 N) (there's a Sheetz at the intersection). At the next traffic light make a **left turn** onto 3rd Street. Yough Park is at the end of the street. More parking is available on the right as you approach the park. (The GAP Trail lane also runs along the left side of 3rd Street).

Route 51 to Route 201 South to Connellsville: As you enter the City limits you will see Wendy's at the end of Rt 201. Make a **left turn** onto Crawford Avenue (Rt. 711 N). Travel straight through the next traffic light. 5 blocks later at the next traffic light make a **left turn** onto 3rd Street. Yough Park is at the end of the street. More parking is available on the right as you approach the park. (The GAP Trail lane also runs along the left side of 3rd Street).



The Events

5K Run/Walk
10K Run (6.2 miles) / 10 Mile Run
Half Marathon (13.1 Miles)
Saturday, June 12, 2021
(date subject to change)

Registration 7 AM Start 8 AM

ENTRY FEE:

By May 26th - \$20.00
After May 26th and
on day of race - \$25.00

SIGNATURE REQUIRED ON BACK

Awards:

In order to keep registration fees down, **ONLY** the **OVERALL** Top 3 Male & Female winners in each of the **5 longer races** will receive awards and free registration to next year's race.

ALL entrants will receive a commemorative T-Shirt, **AND** be eligible to receive random CASH DRAWINGS.

We'd like our Trail to be the big winner.



27th Annual Yough River Trail Races

5K Run & Walk

10K Run

10 Mile Run

Half

Marathon

Saturday,
June 12, 2021

(date is subject to change)

Registration 7 AM
Start time 8 AM



Health Benefits of Walking and How to Get Started

TRAINING, INJURY PREVENTION

Tim Lyman

Training Coach, Fleet Feet Pittsburgh

Moving your body is good for you no matter how far or fast you are going. While walking is often viewed and used as a stepping stone to progressively building the endurance needed to start running, there is no minimum effective dose in the movement-as-medicine world. And that's one of the best things about walking: There are very few barriers to entry.

Whether you walk 10 minutes every other day or an hour seven times a week, at a casual pace or a brisk clip, the benefits of walking far transcend the simple increase in fitness you get from the activity. Getting in shape is typically why you might start a walking routine, but the benefits extend much further than a lower resting heart rate or a few inches off the waistline.

Physiological Benefits

Improved cardiovascular and cardiorespiratory fitness

Simply put, walking helps both your heart and your lungs [become more efficient organs](#) due to the increased demand.

Reduction in the risk of heart disease and stroke

Side effects from high blood pressure (hypertension), high cholesterol and diabetes can all be [mitigated by regular walking](#).

Weight management

Not only does walking help with [weight loss](#) due to calories burned, but it also counteracts the effects of weight-promoting genes, lowers blood sugar and suppresses appetite.

Strengthens bones, joints and muscles

Your heart and lungs aren't the only things getting a workout when you walk. Walking [strengthens your musculoskeletal system](#) as well, due to the repetitive impact on your body. Think about every single step you take outside as the same thing as doing one repetition in the gym. Not only does walking strengthen your joints, but it can also help alleviate existing joint pain by stimulating the production of lubricants and strengthening the muscles around the joint.

Boosts immune system

Walking increases the amount of white blood cells circulating in your system, which are the ones responsible for [fighting off illnesses](#). A study of 1,000 men and women found that those who walked at least 20 minutes a day for at least five days a week were 43 percent less likely to get sick than their sedentary counterparts, and, if they did fall ill, it was typically for a shorter duration with milder symptoms.

Psychological Benefits

Improves clarity, creativity and memory

A [Stanford University study](#) found that participants on average had a 60 percent higher "creative output" when walking as opposed to sitting. In regular exercisers, the parts of the brain that control thinking and memory are simply larger in volume. If you need a good brain boost, head out for a walk!

Reduces stress

Not only can a walk take your mind off things and provide a welcome distraction from the stressors of life, it has also been shown to [reduce the negative impacts](#) caused by those stressors.

Boosts energy levels

It might seem counterintuitive that expending energy though a brisk walk can actually make your [energy levels seem higher](#), but it's true. On top of an increase in endorphins (and other "feel good" brain chemicals) during exercise,

consistent walking can also improve the quality of your sleep and give you sharper focus in your day-to-day activities.

Prevents brain tissue deterioration

[A new year-long study](#) showed marked improvement in both middle-aged and older populations with early signs of memory loss. It was hypothesized that the regular, repeated increase in blood flow helped stall cognitive decline and could also potentially help combat symptoms of Alzheimer's and related diseases.

Helps combat depression

A [meta-analysis](#) led by King's College in London reviewed forty-nine studies and found that 20 minutes of exercise a day could reduce your risk of depression by up to a third. A [study done by the Harvard T.H. Chan School of Public Health](#) found that walking for an hour reduces the risk of major depression by 26 percent. Regular physical activity can also help treat mild to moderate depression as effectively as antidepressants.

So now you may be convinced to start or keep walking, but what are the best ways to go about it? You might have a sedentary job that keeps you in a chair at a desk all day, or you might be standing for your entire shift without the ability to move around. There are a few simple techniques you can use to make sure you keep your legs moving as much as possible.

How to Start Walking

Take the stairs instead of the elevator or escalator.

This is one you'll hear a lot, because it is so simple to start doing. All it takes is giving a second thought to your usual routine, and before long it will become a habit.

Don't use the closest parking spot you can find.

We have all been indoctrinated for convenience, which sometimes means circling the parking lot waiting for someone close to the entrance/exit to vacate their spot. Instead, park further away

than you typically would and use it as a chance to get in a few extra steps.

Get off the bus/train one or two stops earlier.

Unless the weather is really bad, you can add a few blocks of walking into your commute pretty easily. It's not enough that you'll show up to the office sweaty and out of breath, but just enough that all those little things will ultimately add up.

If you've already embraced a regular walking routine, you might already be taking these steps. You might also have set aside dedicated walking time into your morning, lunch break, or post-dinner routine. But everyone goes through some lapses, and you might find yourself falling off the wagon due to a stretch of bad weather, a huge project at work or maybe even taking some time off to nurse a sore knee. In this case, it's important not to let a slight hiccup derail such an important part of your life.

How to Incorporate Walking Into a Running Routine

Use walking as your warm-up or cool-down for a higher intensity workout

Walking primes the body for action before your run, and allows for a gradual "reset" after the workout. In fact, movement is required to circulate the blood back to the heart so a post-run walk helps kick-start your recovery.

Jumpstart your recovery

Using a brisk walk as a recovery mechanism not only helps kick-start the recovery process from a workout, but can help enhance the benefits you've gained from that workout. Try a twenty-minute walk later in the day after your morning workout, or head out for an hour-long walk on your rest day.

Use the "[Run Walk Method](#)."

Use walking intervals between periods of harder efforts. Interval training is one of the most scientifically validated types of training, and there's no shame in taking walking breaks

during your run in order to distribute the workload. Your [gait cycle](#) is different between walking and running, so a short walk break can help give overloaded muscles and joints a quick break and make the rest of your workout more enjoyable. You can do shorter intervals like a minute on and a minute off, or change the ratio and do four minutes of running with one minute of walking.

How much walking should you do?

While there is no “minimum effective dose” when it comes to walking, and any movement is good movement, there are some metrics that you can keep in mind.

- First, the 10,000 step “rule” is based off of a marketing strategy for fitness trackers and not off of hard science and real data. While it’s a good metric to remember, and a reasonable goal for most people, studies have shown benefits from walking just 75 percent of that. Completing 7,500 steps is do-able for most people, and can help eliminate some of the stress of reaching the 10K mark.
- Brisk walking is more beneficial than casual walking, but that doesn’t mean you should always power walk. The idea is that once in a while you should stop to smell the roses, but for the most part you should be moving at a pace that is about 50 to 60 percent of your maximum heart rate or level of effort. You won’t be close to breaking into a run (or even breaking a sweat!), but a brisk walk is a bit faster than your “usual” walking pace. Think of it as you’re a few minutes late to a meeting and have to hustle down the hall at work.
- Shoot for at least 30 to 60 minutes a day, at least five days a week. You’ll reap exponential benefits by hitting 150 to 300 minutes of light-to-moderate physical activity each week. If you only have 10 minutes, definitely utilize it, but if you can block off half an hour for a daily walk, you will be in the sweet spot.

How to Keep Walking

Don’t let weather get in your way

If you live in an area where inclement weather holds you back, you can join a gym or invest in a treadmill. Although you won’t reap the added benefits of walking outdoors, this will help you stay consistent during the colder winter months or the spring rainy season.

Make movement your default setting

Whenever you have the opportunity, go walk around the block on your lunch break or when you need a brain boost at work. Get out for a walk around your neighborhood after dinner, instead of automatically turning on the television. We have seen that any amount of walking can have extraordinary health benefits, so even if you only have a few minutes to spare you can still use it wisely.

Creating long-lasting habits

When getting up for a walk before work is routine, it becomes something you “just do” and the amount of mental energy required is at a minimum. Making walking a habit simply makes walking easier.

GLOBAL RUNNING DAY

Fleet Feet Pittsburgh wants to invite everyone to take advantage this year of Global Running Day by participating in their Big Run, on June 2nd. This year’s event will be a virtual event. Sign up is free, and anyone wishing to join in the fun should go to www.fleetfeetpittsburgh.com and sign up.

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.

