

# **WASHINGTON COUNTY ROAD RUNNERS CLUB**

**ESTABLISHED 1974**

**JUNE, 2021**

**VOL. 21 / No. 6**

**VISIT US ON THE WEB @[WWW.WCRRRC.COM](http://WWW.WCRRRC.COM)**

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## **NEWS AND NOTES**

Greetings and welcome to the change of weather for June. It looks like the beginning of the month is going to be a hot one, and it may be around for a while now.

It feels good that we can start to send out more and more good news. It was just announced last week that the Labor Day 5K will be coming back live on September 6th. Once we get more information about it, we will be posting everything in the newsletter and the website. Also, the Whiskey Rebellion is going to be a live event this year. This race will be held on July 3<sup>rd</sup> this year. And if anyone wants to double up for the weekend, the Brentwood Firecracker 5K will be held on July 5<sup>th</sup>. Anyone who wants to tackle both should have some great competition. So far nothing has been said about the Little Great Race. But the Pittsburgh Steelers 5K will be held live this year and will be on September 5<sup>th</sup>.

And now for a little bit of not so great news. Tina Seech has reported that she had a biking accident and cracked her clavicle and two ribs. She reports that she is recovering and taking things slow to make sure that the recovery is complete. She is going to be missed on the racing circuit and we hope that she will recover fully and is back at races before year's end.

As of this writing it doesn't seem like there will be a running banquet this year. We have been having a bit of trouble trying to find a date this summer that would work for everyone. And with people planning on getting away for a needed break after last year, it may not work out. But we

are going to get the trophies together and get them delivered at some local races.

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## **WCRRRC AT THE RACES**

We have been noticing that as things start to open and normal may be coming soon, there have been more club members going to live races. Here are just a few.

### **Rails to Trails 5K**

On a Saturday morning where the weather was in sync with the mood, 237 people crossed the finish line at the annual Rails to Trails 5K. Carl and his group of volunteers put on another great event.

In the 5K race, David Wisella was the overall winner in a time of 17:48. For the club our first female finisher was Tina Seech who came in at a nice time of 21:27. And Rich Durbin was our first male finisher, crossing the mat in 20:49. It was good to see Stush out there once again after a long absence.

In the walk, Lee Stough was the overall winner. For the club we had Sarah Donley as the first and overall female finisher in a nice time of 34:35. And Gary Bennett was our first male finisher in 40:53. Gary has been recovering from some leg issues, so it was good to see him.

### **Stop, Drop and Run 5K**

It was hot and hilly but the club had Bob Pikelis finish as the first male in 24:13 and Jaminique Milliren our first female finisher in 25:12.

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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).

## **Signs and Symptoms of Overtraining (and How to Avoid It)**

- By Angela Bekkala

With the hope of in-person races possibly being held this summer and fall, you've probably begun to ramp up your training. A good training plan should set you up for success in reaching the finish line of your goal race. It should have a mix of easy and hard days. It should be a gradual progression of mileage and intensity. Even so, you still may find yourself feeling burnt out and overly fatigued at some point along the way.

Running is definitely hard work. You are constantly breaking down and building up new muscle fibers with every run. You are putting stress on your body. Of course, you are going to feel tired and sore, but there's a fine line between recognizing the difference between general soreness and fatigue and overtraining.

If you find yourself feeling like you are working at a consistently hard effort, even on easy runs, you may be overtraining.

Here are 12 warning signs from your body that this may be the case:

- Feeling exhausted, even after getting enough sleep
- Heavy legs before, during and after runs
- Emotional highs and lows
- Appetite changes
- Consistently higher resting heart rates
- Lack of motivation for usual workouts

- Easy workouts consistently feel harder than usual
- Persistent achy-ness, stiffness or pain in the muscles and/or joints (beyond the typical delayed onset muscle soreness felt after a workout)
- Frequent headaches
- Drop in athletic performance
- Not able to complete your normal workout
- Lowered immune system

What can you do to ensure you don't fall into the overtraining trap?

- Follow a 10- to 20-percent increase in training volume over a three- to four-week period
- Do one high intensity training session per week
- Don't do back-to-back challenging workouts
- Make rest and recovery days/weeks a priority
- Control your personal stress
- Make sleep a big priority
- Stay hydrated
- Make good nutritional choices before, during or immediately after workouts
- Don't constantly be training for events; be sure to schedule an offseason at least once a year

Overtraining can be controlled by recognizing the early symptoms. If you experience one or more of these symptoms, take some extra rest days. Missing a few days of workouts won't kill your fitness levels, but it will prevent you from sliding into even deeper trouble.

If after a few extra rest days you still feel any of the signs of overtraining, consult an expert like a physician, coach or physical therapist for further advice.

**Saturday, July 10, 2021**  
**5K Race: 9:00 a.m.**  
**1 Mile Family Fun Run: 10:30 a.m.**  
**[Insert Registration Page]**



## Run for Refuge 5K Trail Race Registration

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First & Last Name: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Male ☐ Female ☐

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: ( \_\_\_\_ ) \_\_\_\_ - \_\_\_\_ Email: \_\_\_\_\_

T-Shirt Size: (Shirts only available for those that register before June 12)

☐ Adult Small ☐ Adult Medium ☐ Adult Large ☐ Adult XL ☐ Adult 2XL

**I am registering for the:**

☐ 5K Trail Race as a runner (\$25)

☐ 5K Trail Race as a walker (\$25)

☐ 1 Mile Family Fun Run/Walk (\$15 per adult; children 17 & under are free)

**Method of Payment**

- ☐ **Cash**
- ☐ **Check** [Please make checks payable to: Refuge for Women Pittsburgh Emergency Housing (with "Run for Refuge Registration" in the memo)]
- ☐ **Credit Card** (For credit card payments, please go to <https://www.emergencyhousingpittsburgh.org/donate> and note in the comment section that the donation is for registration for Run for Refuge.

Registration forms can be mailed to:  
Refuge for Women Pittsburgh Emergency Housing  
850 Beaver Grade RD, Suite 101  
Moon Township, PA 15108





# The 8<sup>th</sup> Annual **RUNNING with RYAN**

**5K Run/Walk, 1 Mile Walk & Kids' Fun Run**

**Saturday, June 26, 2021**



## Celebrate Ryan's love for running and passion for scholarship!

Come together in memory of Ryan Moravec – a friend and fellow runner.  
Join us in support of raising funds for scholarships for Belle Vernon & Ringgold track and field athletes!

### EVENTS

**DiVirgilio Soccer Field – 203 Municipal Drive, Belle Vernon, PA, 15012**

**6:30 to 7:45 am – Registration and packet pickup (pre-register by June 9 to guarantee a t-shirt)**

**8:00am – 5K (3.1 mile) Run/Walk (both are timed with separate awards)**

**≈ 9:15 am - Kids' Fun Run "Our Kids...Our Future...Our Future Student-Athletes!!"**

**Celebrate the life of Ryan with friends and family following our "Running with Ryan Race"!**

### AWARDS

**Kids' Fun Run "Our Kids...Our Future...Our Future Student-Athletes!" – Kids ages 7 and under**  
**ALL pre-registered kids will get a special prize (signup by June 20)!**

**Prizes/Medals to Top 3 each age group - Female/Male – Runners and Walkers separate**  
**5K Age Groups- 14&U, 15-19, 20-29, 30-39, 40-49, 50-59, 60 +**

**★★Random drawings of donated items will take place following  
the race – so be sure to stick around to see if you're lucky!★★**

**All proceeds and checks: "Running with Ryan", \$20 before 6.9.21, \$25 after 6.9.21**

**For race information and to volunteer, donate to, or sponsor the event or scholarships,  
please go to [www.runningwithryan.com](http://www.runningwithryan.com) or call 724.322.5466**

**Entry forms, waivers, and donations should be mailed to:  
Amanda Moravec DeMedio, 239 Karen Dr, Elizabeth, PA 15037**

<b>First Name</b>		<b>Last Name</b>	
<b>Address</b>		<b>City, State, Zip</b>	
<b>Phone</b>		<b>Email</b>	
<b>Event</b> (Circle One)	5K Run  1 mile Fun Run/Walk (no awards)	5K Walk  Fun Run (age 7 and under)	<b>T-shirt size</b> (Circle)  S, M, L, XL, 2XL, 3XL, Y-S, Y-M, Y-L
<b>Gender</b>		<b>Race Day Age</b>	

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the organizers of the race, City, The Parks and Recreation Board, and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent's Signature If under 18)    Date \_\_\_\_\_

## **WCRRRC AT THE RACES**

### **CANAL FULTON 5K WALK**

Carl Kondrach 28:41(OA-1)

### **CANAL FULTON 10K**

Sarah Donley 54:39(OA-3)

### **NEW HAVEN 5K**

Rich Sandala 22:06

### **RAILS TO TRAILS 5K**

Rich Durbin 20:49(A-1)  
Bob Pikelis 21:13(A-1)  
Tina Seech 21:27(OA-3)  
Rich Sandala 21:36(A-2)  
Carl Kondrach 24:00(A-3)  
Stush Sadowski 26:32(A-2)  
Pat Calmbacher 29:37  
Deb Calmbacher 31:01

### **RAILS TO TRAILS 5K WALK**

Sarah Donley 34:35(OA-1)  
Gary Bennett 40:53  
Blake Headen 44:14  
George Macek 46:25  
Syndi Kondrach 47:02  
Stan Czyzewski 54:08

### **PITTSBURGH MARATHON 5K (V)**

Joe Lebert 29:56

### **ONE LOVE 5K**

Dave Byers 41:44

### **OHIO RIVER TRAIL 5K**

Pat Calmbacher 29:37(A-2)  
Deb Calmbacher 32:33(A-1)

### **HOPE 5K**

Rich Sandala 22:33(A-2)  
Dave Byers 42:51

### **RECOVERY 5K**

Doug Midcap 28:41(A-3)  
Kris Midcap 33:53

## **ST MARY'S 5K WALK**

Carl Kondrach 34:02(OA-1)  
Sarah Donley 37:20(OA-1)  
Blake Headen 47:43(A-1)

### **STOP, DROP AND RUN 5K**

Bob Pikelis 24:13(A-1)  
Rich Sandala 24:18(A-3)  
Mike Romzy 25:09  
Jaminique Milliren 25:12(A-2)  
Jen Foster 27:10(A-1)  
Nathan Milliren 29:03  
Gary Chabala 30:19(A-2)  
Pat Calmbacher 33:03  
Deb Calmbacher 34:35(A-1)  
Joe Lebert 39:27  
Beth Delessandro 38:59

### **MEMORIAL DAY 5K**

Joe Lebert 34:22

### **BIG RUN 5K (V)**

Bob Pikelis 23:33  
Joe Lebert 30:45

### **JASON MICHAELS 5K**

Pat Calmbacher 27:46  
Deb Calbachner 29:45(A-3)

### **JAVA JOG 2M WALK**

Carl Kondrach 24:59(OA-1)  
Sarah Donley 25:00(OA-1)

### **UPMC 5K (V)**

Tina Seech 22:30

### **HERMES 4M**

Tina Seech 29:22(OA-1)

### **BOSTON TRAIL 5K**

Rich Durbin 21:36(A-2)  
Pat Calmbacher 31:33  
Deb Calmbacher 32:44(A-1)

### **BOSTON TRAIL 13.1M**

Luanne McCullough 3:05



# Runners Share 12 Small Training Tips That Changed Everything for Them

A few small tweaks to your routine may be all it takes.

By [Alexa Tucker](#)

While [running](#) itself is a gloriously simple workout, there *is* more to it than just putting one foot in front of the other—especially when you start lacing up for longer or more frequent runs.

After all, for an activity that's simple in theory, there's a lot that goes into [getting better at running](#) (and, just as important, [enjoying it](#)). On the mental front, it's important to know how to stay motivated, stave off boredom, and push through tough runs. And physically, proper form and training methods that work for you can make a huge difference.

If you've hit a plateau in your road game (either performance-wise or motivation-wise), considering trying a few of the training tips below, from runners who have been there too.

## 1. Take time to walk during long runs.

"Walking during my runs has made me a better runner. It sounds silly, but when I first started serious distance running I thought it was 'cheating' to walk. Now, I make walking (even for a minute or two) part of my training. I find that it helps reset my body mentally and physically, and prevents slower mile times toward the end of my runs and especially my races." Emma Reynolds, 25

"The biggest tweak that makes a difference in my running is planning short walk breaks at regular intervals. This gives my legs a chance to recover and means I can go much farther than if I were trying to run straight through—and it actually makes me faster overall!" Jill Angie, 50,

## 2. Leave your gear where you can see it.

"If I'm going for a run after work, I make sure to put my running shoes, clothes, and GPS running watch in the front seat of my car. That way, I can have my gear right there ready to go." Leslie Farris, 30

## 3. Incorporate strength training.

"Once I started pursuing a certification in personal training (and had a goal of running the New York City Marathon), I learned that, for me, building speed was all in building muscle. I started squatting, lunging, and deadlifting heavy loads and was able to cut my race time significantly. I also found I was not only running faster, but because of the strength I built in my legs, [I was running better](#) and injury-free...and running was actually fun!" Rowan Schoales, 25,

## 4. Get fitted for the right shoes.

"[After my first] 10-mile race, my feet were so sore and blistered that I truly questioned if I was meant to be a runner. The next day I went to a local running store to be properly fitted for shoes. It made a world of a difference in not only my stride, but in my recovery as well. To this day, it's the first piece of advice I give to new runners." Sara Robbins, 30,

## 5. Change up your running route.

"One of the most awesome tips I've incorporated in my running is constantly changing my route. Not only is it adventurous, but I'm forever allowing myself to be challenged with the unknown, which keeps me motivated to want more. [I choose routes with] different elevations and surfaces or terrain changes, or I simply find a trail with dope views. To help me in this adventure, I've picked up a local map of all the trails in my area and I'm checking them off slowly but surely." Ineaka Carbo, 35,

## **6. Find an app that helps keep you going.**

"I went from hating the mere thought of running to finishing the NYC Half Marathon last year all thanks to the [Nike+ Run Club app](#). World-class runners coach you through runs of all types—listening to their motivating words, I forget I'm running. There are guided runs for everyone, from the 60-minute long runs to the 'I don't wanna run' runs. (I used the latter a lot.) I've run 112 miles on the app since January, and I could vouch for it all day." Tobiah Cramer, 25

## **7. Try working on negative splits, where you finish the second half of your run faster than the first half.**

"Focusing on negative splits—that is, starting my runs off approximately 20 to 30 seconds slower than my ideal mile time—has allowed me to complete longer distances at a more comfortable pace. Take my advice on this one: You can't conquer your first mile at full speed and still feel good 45 minutes into your run." Tess Yocom, 26,

## **8. Find a running buddy.**

"My commitment to running with others has made training more physically and emotionally rewarding. When I don't feel like lacing up my shoes, there is always someone encouraging me to hit the pavement or trails. When I get too comfortable, my accountability partner is always there to push the pace." Breana Pitts, 27,

## **9. Fuel your training with healthy carbs.**

"I'm an adaptive runner—I race in a racing wheelchair due to paralysis in my lower legs, so my training differs from the average runner (for example, bulking up the upper body versus the lower body). The biggest tip that's made a huge difference in my performance was learning to eat more food and

more carbohydrates. After I began eating them I noticed a huge energy spike that gave me an extra oomph when racing." Jazz Stewart, 25,

## **10. Run at your own pace.**

"I used to approach every run like a race: I felt like I had to run quickly, and would get discouraged whenever someone passed me on the running trail. Now I make sure to run at my own pace, whatever it is in that moment (which, for me, usually depends on the beat of my music, whether that's Adele or Charli XCX). It's helped me focus more on running for fun, instead of running in a way I thought I had to." Jocelyn Runice, 24,

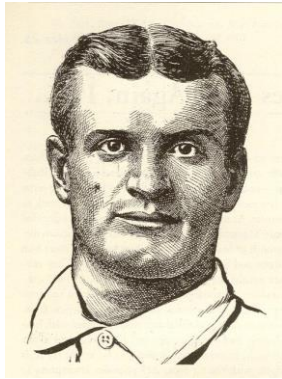
## **11. Curate fresh running playlists to keep you motivated.**

"I love curating a playlist for running. Sometimes I go for mood, and other times I go for a playlist that helps me challenge my pace. Lately, I've been loving kicking off a run to 'Kings & Queens' by Mat Kearney." Heather Morgan,

## **12. Sign up for a race.**

"In 2018, I decided to sign up for my first 5K, and I trained for about a month. When I got the medal for the race I knew it was something I had to do again! I decided to sign up for two races a month just to see how I would like it, and I began to see progress, whether it was winning in my age group or PR'ing in a certain distance. In under a year, I've developed a love for running simply because I decided to challenge myself. It's fun, stress-relieving, and addicting!" Jennipher McGraw, 28,





# Rube's Run

19th Annual 5K Road Race & Walk  
followed by an "Old-Fashioned Baseball Breakfast"  
8:30 a.m., Saturday, July 25, 2020, in Prospect PA  
(See map on back)



**The race will start and end at the Presbyterian Church of Prospect.  
No race-day registrations and no Kids Race because of Covid 19 guidelines.**



**Masks not required for runners. Volunteers are to wear masks while interacting with participants.  
Water station will provide small capped bottles instead of open cups.  
Post-race hotdogs prepared and served by professional food service.**

- Virtual Race option: Register in advance by mail or online at [runsignup.com](https://runsignup.com), run at your location, report your results to [jtgallagher@zoominternet.net](mailto:jtgallagher@zoominternet.net) by noon on race day. T-shirt included and can be picked up from 6 to 8 p.m. Friday, July 24, at the Presbyterian Church, or mailed (add \$8). Virtual participants are not eligible for awards.
- Restrooms open by 7:00 a.m.
- Please no pets, skates or bikes



Rube's Run

5K age groups (Male & Female divisions):  
1st Overall, 2nd Overall, 3rd Overall, 1st Masters  
12 & Under, 13-17, 18-29, 30-39, 40-49, 50-59, 60-69, 70 & Older  
**Trophies only for the first-place finisher in each age group** in each division in the 5K race. No awards ceremony – winners can take their trophy as soon as results are posted.  
Online registration available at [runsignup.com](https://runsignup.com)  
Race results will be posted at [smileymiles.com](https://smileymiles.com)



Timing by  
Miles of Smiles

\$15 must be received by July 18. Make checks payable to Prospect Area Preservation Society and mail to PAPS, P.O. Box 586, Prospect, PA, 16052. For more information, contact Jim Gallagher at (724) 841-4306 or [jtgallagher@zoominternet.net](mailto:jtgallagher@zoominternet.net) or Mary Harmon at 724-865-2181 or [jmharm@zoominternet.net](mailto:jmharm@zoominternet.net).

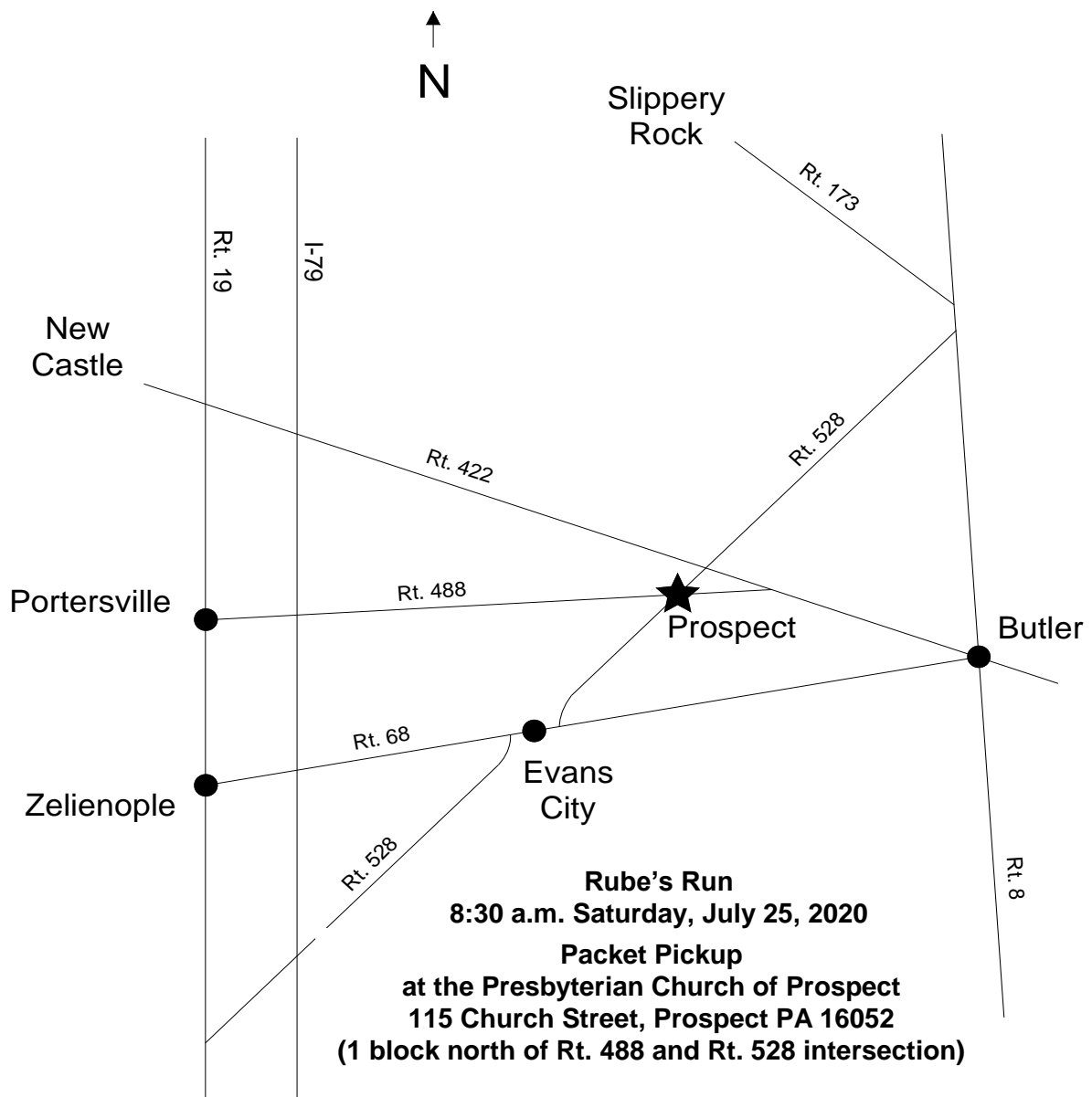
-----Cut here to save map on back-----

First Name		Last Name	
Address		Actual 5K <input type="checkbox"/> Virtual Race <input type="checkbox"/>	
Sex	Phone	Race-Day Age	
E-mail			
Shirt Style: T-Shirt, Tank or Long-Sleeve (Add \$4 for Tank. Add \$5 for Long-Sleeve.)		Size: S, M, L, XL, XXL, XXXL (Add \$3 for XXL. Add \$4 for XXXL.)	

*Waiver: In consideration of the acceptance of this entry, I waive, for myself, my heirs, and assigns, all claims for damages which I might have against the race, its sponsors, or any other organization, business, or individual as a result of any and all injuries which might be received during the contest. I attest that I have sufficiently trained for this event. I also release any photos that may involve myself.*

Signature \_\_\_\_\_ Date \_\_\_\_\_ 2020

Parent's signature if participant is under 18 \_\_\_\_\_



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.

