

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

SEPTEMBER, 2021

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

## NEWS AND NOTES

Greetings everyone and welcome to the September edition of the club newsletter. We are now coming up on the final 1/3 of the 2021 racing season and it is so nice to see many club members heading out on the roads and trails. Remember that there is still plenty of time to get your 5 races in for the Grand Prix. And this year only you will just need three long distance events to qualify.

We have just received a note from the people who are putting on the Sarris Bunny Run on September 18<sup>th</sup>. For those who plan on doing the run they are offering an \$8.00 discount for club members who pre-register. The code to use is WCRRC. We have enclosed the flyer for the event. And to sign up for the race, use this link.

:

<https://runsignup.com/Race/PA/Canonsburg/GreatCanonsburgChamber5KBunnyRunFamilyEasterWalk>

This race was added to the SDGP this year, along with another new race in Waynesburg. The info on that race is also included in this month's newsletter.

On 11/21 please join us at Cedar Creek Park for a 4 or 10-mile run, followed by a party at Walter Bennett's house. Starting time for the run will be 10:00 AM. Chili, rigatoni and pulled BBQ chicken will be provided along with chips and various deserts and beverages. The event is free to all club members, and you can bring any guests you want. For further information, please Email [w\\_bennett11@hotmail.com](mailto:w_bennett11@hotmail.com). This is a real fun event and it's a great time to get a run in and then

enjoy some great company at Walter's house. Hope to see you there.

## WCRRC AT THE RACES

There were a few races this month attended by some club members. And there was one club race held.

### Solar Vortex Races

Shand Brunazzi and his crew put on another great race this past month. The weather held up and there were a good amount of runners and walkers on hand.

In the 5K race we had Rich Sandala as our first finisher in a time of 22:17. And our first female finisher was Deb Calmbacher who crossed the line in 32:46. And in the 5K walk it was a clean sweep as Carl Kondrach and Sarah Donley both finished the race first overall in their categories.

And in the 15K run we also had Emery Strotman breaking the tape as the first overall finisher in a nice time of 57:41.

### Run Around the Square 5K

The heat and humidity never let up as the annual Run Around the Square went off. Sean Battis, CM Graduate, to top honors in the race, finishing 2 seconds before second place. For the WCRRC we had Rich Sandala as our first finisher in a time of 22:50. Also competing were Bob Pikelis, John Titus and Gary Chabala.

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).

## **Thoughts thoughtfully thought thoughtlessly!!**

*Mickey Hornack*

- \* Anyone who says "hey you'll be fine in no time" never experienced total knee replacement.
- \* good to see lots of races out there, the Charleroi LGR with new cast of directors being one.
- \* Has anyone ever gone to grocery store for "couple" things and actually came out with a couple things? It ain't me babe!! More like I need extra hands!!
- \* The Mrs and honey do lists--I told the Mrs I would fix it, and there's no need to remind me every 6 months!!
- \* When I fly i get nervous when I see the "non-runners" boarding the plane. Hopefully the plane gets off the ground.
- \* How did the barber come in 1st in the race??? He took a shortcut.
- \* The Pgh Great Race set up protocol for all parts of race. Hope they can pull it off.
- \* Stay safe, keep running and walkin y'all

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### **GREAT RACE INFO**

#### **An update from the Race Director**

All of us who are working to plan the 2021 Richard S. Caliguiri City of Pittsburgh Great Race and Dollar Bank Junior Great Race are excited to welcome all of you to an IN-PERSON start line on One GREAT Weekend! We know that you have been waiting for more information regarding our Covid-19 safety protocols and requirements.

As you know, the situation regarding Covid changes often, and we are committed to

keeping all of our runners informed as we continue to plan for in-person races on September 25th and 26th. This current plan has been reviewed and approved by the Medical Director of the City of Pittsburgh, Department of Public Safety.

- Masks are highly encouraged at the 5K and 10K start lines.
- There is plenty of open space at the 5K start line to maintain social distancing. Your finisher time (and all time-based awards) will be based on when you cross the start and finish lines (chip time), so there is no reason to crowd together.
- We will employ a "rolling start" at the 10K start line, and the start line will be open from 9-9:45 a.m. This means that as soon as you arrive at the start line during that time period, you will be able to start your race. This year's results and awards will be based solely on chip time. As a reminder, the course time limit is 12 minutes/mile.
- There will be no on-site awards ceremony in Point State Park this year, nor will there be any other activities in the Park following the event. All awards will be mailed to winners within two weeks following the event.

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### **UPCOMING RACES**

As always, the club GP races will be marked with an \*

- 9/11 – \*Little Great Race – Charleroi, PA
- 9/11 – Tunnel to Towers 5K – Southpointe Town Center Canonsburg, PA
- 9/12 – Joey Fabus 5K – Bethel Park, PA
- 9/19 – Dormont Dash – Dormont, PA
- 9/18 – \*GCCC Bunny 5K – Canonsburg, PA
- 9/18 – \*Race to the Rec 5K – Waynesburg, PA
- 9/19 – \*Boston Harvest 5K/10K/ Half – Boston PA
- 9/25 – \*Pumpkin Festival 5K – Barnesville, OH
- 9/26 – \*Great Race 5K/10K – Pittsburgh, PA
- 9/26 – Fall FAAP Race 5K/10K – North Park, PA
- 10/2 – Barkcamp 5K/10K/Half/Full – Belmont, OH



# The Truth About Run Streaks

## TRAINING, CULTURE

Maintaining a regular running schedule can seem like a daunting task. Most average runners hit the roads between three and five days per week. If you're not familiar with the popular "run streak" trend, running every day may sound like something reserved for elite athletes and dedicated professionals. But thousands of amateur runners have joined the movement, logging miles every day to keep their streak alive.

Committing to a run streak can help you stay motivated and force you to get off the couch. But is it good for your body to run every day? We spoke with several runners and a Fleet Feet running coach to learn more about run streaks.

## What Defines a Run Streak?

Believe it or not, there are various organizations whose sole focus is run streaking. The United States Running Streak Association (USRSA) established a national streak group for runners in 2000 and maintains a registry of active and retired streaks. According to them, a run streak is defined as running "at least one mile (1.61 kilometers) within each calendar day."

Unless you want to be formally recognized for your run streak, it's up to you to decide the terms of your streak. Most runners stick to the USRSA rules of running at least one mile per day. Some runners even commit to running a 5k every day. Nathan Gehrig, a sub 3-hour marathoner who runs with the Fleet Feet Delray Beach club, began his streak in January 2019.

"Until two days ago, the streak meant at least a 5K per day. At some point along the way, I had decided to get to one year running at least a 5K per day. Yesterday, however, after completing that year, I immediately broke that

streak by only running one mile," Gehrig explained. "So, now the streak will carry on requiring one continuous mile per day."

Because Gehrig is training for an upcoming race, switching to a one-mile-per-day run streak made more sense. "I need to have a day or two per week to be able to do some cross training without a real running commitment. A mile a day is really sustainable and can be squeezed in anywhere. A 5K a day is a real run, requiring a change of clothes and a little planning," he said.

## Why Do Runners Streak?

From losing weight to setting a new PR, there are a variety of different reasons that drive runners to start a run streak. Making a commitment to run every day requires dedication and drive, not to mention time management skills. For some runners, logging miles every day is a way to replace the excitement of races that were cancelled due to the pandemic.

Nadine White-Boyd, a Boston qualifier who trains with the West Boynton Road Runners club, started her first run streak over the summer of 2020 when gyms were closing because of COVID-19. "I never thought about doing a run streak because I also enjoy working out in the gym, and if I was running every day I wouldn't have time to do that," she explained.

Once a fellow runner challenged White-Boyd to a run streak from Memorial Day to July 4th, she was hooked. "Once the streak ended I thought 'thank goodness this is over!' But just a couple of days later I committed to running another streak until Labor Day," she said. Now, White-Boyd is motivated to continue her streak and join the elusive "comma club," reserved for those who have put together a thousand days of consecutive running.

No matter what your motivation is, running a streak is a fun and rewarding way to challenge yourself. Checking the days off on the calendar can provide you with that exciting feeling of



achieving something awesome. "Running gets me through each day knowing I've accomplished something for myself," explained White-Boyd.

## How Do Run Streaks Affect Your Body?

Everything is better in moderation, and this saying rings true for running as well. Running too much can have adverse effects on the body. Too much stress on your muscles and joints can cause fatigue and injury, and the mental energy required to run every day can be overwhelming. So, how does a run streak affect your body? The answer isn't as simple as you may think.

Recovery is a crucial part of any training regimen. In order to get stronger and faster, your body needs rest after the stress of a hard workout. If you're running every day, it might seem like there's no room in your schedule for rest. But it is possible to participate in a run streak while allowing your body to recover.

"Active rest is a real thing. You can go for a short run at an even easier pace than most runs, which allows you to have the benefits of endorphins and keep the rhythm of your previous runs going," explains Nick Stump, owner and run coach at Fleet Feet Delray Beach.

According to a 2018 [article](#) published in *Frontiers in Physiology* by Dr. Oliver Dupuy, active recovery is shown to decrease the effects of delayed onset muscle soreness (DOMS). Going for a one to two mile run at an easy pace the day after a tough workout can help get blood flowing to your muscles, reducing soreness and inflammation. As long as you break up your hard sessions with some easy runs, you can still recover adequately while run streaking. [Foam rolling](#), stretching and [massage](#) will also help to ensure a thorough recovery.

## Is A Run Streak Right for You?

As long as you're healthy and haven't suffered any recent injuries, a run streak can be a great way to stay motivated and push yourself. "In these times where there aren't that many races occurring, run streaking is a great way to set a goal that would test your limits," Stump says.

If you don't have any big races lined up, run streaking can be a great way to experiment with your training. As with any training plan, runners should always avoid taking on too much too soon. Start your streak slowly and see how your body reacts to it. Every runner is different, and your streak should reflect that. Take the time to listen to your body, and don't get caught up in what other runners are doing on Strava.

"Find a routine that works well for you and stick to it the best you can," advises Stump, "and enjoy the journey, as run streaking is not about the destination."



# 5K

# RACE TO THE REC!

**RACE BEGINS  
SEPTEMBER 18  
AT 9:30 AM**

EQT REC Center is inviting you to the first Race To The REC 5k and Family Fun Run!  
Register online at [www.eqtreccenter.org](http://www.eqtreccenter.org) or by visiting the Center.



Greene County Memorial Hospital Foundation

FOR MORE INFORMATION OR QUESTIONS CONTACT:  
LOUIE PELLEGRINI, GENERAL MANAGER, AT:  
[LPELLEGRINI@EQTRECCENTER.ORG](mailto:LPELLEGRINI@EQTRECCENTER.ORG) OR 724-627-2739 EXT 100.

[EQTRECCENTER.ORG](http://EQTRECCENTER.ORG) | 724.627.2739 | 400 EVERGREENE DRIVE | WAYNESBURG, PA 15370

# EQT REC Center "Race To The REC!" 5K and family Fun Run Registration Form



Saturday, September 18<sup>th</sup> at 9:30am

Entry Fee: \$25.00

Please check your event registration

5K \_\_\_\_\_ or Kid's 1 Mile \_\_\_\_\_

Please print legibly and complete the entirety of the form.

Please make checks out to "EQT REC Center".

First and Last Name: \_\_\_\_\_

Age On Race Day: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Male/Female (please circle one)

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

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

Emergency Contact and Relation:

\_\_\_\_\_

\_\_\_\_\_

Emergency Contact Number: (\_\_\_\_\_) - \_\_\_\_\_ - \_\_\_\_\_

T-shirt size: Must receive registration by September 3<sup>rd</sup> to be guaranteed a shirt!

Adult S \_\_\_\_\_, Adult M \_\_\_\_\_, Adult L \_\_\_\_\_, Adult XL \_\_\_\_\_

Please submit registration and checks to:

EQT REC Center

400 Evergreene Drive

Waynesburg, PA 15370

\*You may submit more than one entry in your envelope. Please include all payments with registrations.\*

Race packet pickup will be September 17<sup>th</sup> from 5:00p-7:00pm and Saturday September 18<sup>th</sup> (race day) starting at 7:30am.



# 12th Annual **RUN FOR THEIR LIVES**

*Bleeding disorders can't stop us.*

## Run Your Way!

For 2021, you can Run Your Way for bleeding disorders! Our hybrid run gives you the choice to join us in person on September 18th in North Park or be a virtual runner and run one of your favorite courses! No matter where you run, you're still raising critical awareness and funds to support those affected by bleeding disorders.

**Saturday, September 18, 2021**

**North Park Swimming Pool Parking Lot  
S Ridge Drive  
Allison Park, PA 15101**

Check in begins at 7:30 A.M.

Race begins at 8:30 A.M.

Distance: 5K (3.1 miles)

**Registration fee (Virtual and In-Person): \$30 (until September 17th)**

**Race Day Fee (In-Person): \$35**

**Registration includes race bib, finishers medal, technical race shirt, race goody bag, and access to virtual race results.**

**Register today at: <http://bit.ly/runfortheirlives12>**

**Questions? Email [jessica@wpcnhf.org](mailto:jessica@wpcnhf.org) or call 724-741-6160**



Use code  
**SUMMER2021**  
now through  
8/31 to  
save \$2 on  
registration!

This race is timed electronically by:

**GCXC**  
RACE TIMING & MANAGEMENT



The Western Pennsylvania Chapter of the National Hemophilia Foundation (WPCNHF) will monitor the current situation and follow all CDC recommendations and guidelines. WPCNHF reserves the right to move the Run for Their Lives 5K completely virtual at any time. Please check the website for updates or changes to the event.

## **GRAND PRIX 2021**

Just a reminder that times can be submitted to Grace directly or through the WCRRC website. While we try to pick times off race results, it is your responsibility to make sure they are submitted if we miss them. This is especially true for LDGP events.

### **2021 GRAND PRIX (8/31/21)**

|                       |   |         |
|-----------------------|---|---------|
| 1. Tina Seech         | 2 | 30:22   |
| 2. Bob Pikelis        | 4 | 34:45   |
| 3. Cathy Loos         | 1 | 36:19   |
| 4. Emery Strotman     | 2 | 36:44   |
| 5. Rich Sandala       | 5 | 38:07   |
| 6. Rich Durbin        | 2 | 38:17   |
| 7. Larry Roof         | 1 | 40:40   |
| 8. Jen Foster         | 3 | 40:51   |
| 9. Jaminique Milliren | 4 | 42:04   |
| 10. Mike Romzy        | 1 | 42:28   |
| 11. Donna Patrino     | 2 | 43:34   |
| 12. Deb Calmbacher    | 6 | 43:45   |
| 13. Stush Sadowski    | 1 | 43:38   |
| 14. Gary Chabala      | 2 | 44:11   |
| 15. Greg Mussitsch    | 1 | 47:07   |
| 16. Steve Chabala     | 1 | 47:38   |
| 17. Gary Lorenzi      | 2 | 48:29   |
| 18. Carl Kondrach     | 2 | 48:47   |
| 19. Ed Frohnapfel     | 1 | 48:52   |
| 20. Sarah Donley      | 1 | 51:16   |
| 21. Nathan Milliren   | 3 | 52:03   |
| 22. Shane Brunazzi    | 3 | 52:44   |
| 23. Mary Krett        | 2 | 52:51   |
| 24. LouAnn McCullough | 1 | 53:55   |
| 25. Tom Carter        | 2 | 54:54   |
| 26. Beth D'Alessandro | 2 | 56:17   |
| 27. Kathy Starkey     | 2 | 56:35   |
| 28. Ricky Andrews     | 1 | 1:00:41 |
| 29. Pat Calmbacher    | 6 | 1:01:14 |
| 30. Joe Lebert        | 1 | 1:16:24 |

### **2021 GRAND PRIX WALK**

|                  |   |         |
|------------------|---|---------|
| 1. Carl Kondrach | 3 | 1:04:13 |
|------------------|---|---------|

|                   |   |         |
|-------------------|---|---------|
| 2. Sarah Donley   | 4 | 1:05:15 |
| 3. Gary Bennett   | 2 | 1:07:01 |
| 4. George Macek   | 1 | 1:11:30 |
| 5. Stan Czyzewski | 2 | 1:13:40 |
| 6. Blake Headen   | 4 | 1:22:27 |

### **2021 LDGP (8/31/21)**

|                      |   |         |
|----------------------|---|---------|
| 1. Bob Pikelis       | 1 | 34:41   |
| 2. Emery Strotman    | 2 | 36:06   |
| 3. Rich Sandala      | 2 | 37:48   |
| 4. Danielle Gonzales | 1 | 40:42   |
| 5. Gary Lorenzi      | 1 | 46:45   |
| 6. Carl Kondrach     | 3 | 48:03   |
| 7. Sarah Donley      | 2 | 49:48   |
| 8. Shane Brunazzi    | 2 | 56:16   |
| 9. Louann McCullough | 1 | 1:04:44 |

### **2021 LDWGP (8/31/21)**

|                  |   |         |
|------------------|---|---------|
| 1. Sarah Donley  | 1 | 51:03   |
| 2. Carl Kondrach | 1 | 1:09:46 |

### **WCRRC AT THE RACES**

#### **ICE CREAM 5K**

|                |            |
|----------------|------------|
| Heath Piper    | 19:19(A-3) |
| Rich Sandala   | 22:23      |
| Greg Mussitsch | 24:22      |
| Carl Kondrach  | 25:04      |
| Sara Donley    | 25:45      |

#### **DARLINGTON DAYS 5K**

|                |            |
|----------------|------------|
| Shane Brunazzi | 25:50(A-3) |
|----------------|------------|

#### **DARLINGTON DAYS 5K WALK**

|              |       |
|--------------|-------|
| Blake Headen | 50:36 |
|--------------|-------|

#### **RUN AROUND THE SQUARE 5K**

|              |            |
|--------------|------------|
| Rich Sandala | 22:50(A-1) |
| Bob Pikelis  | 22:55(A-1) |
| John Titus   | 24:27      |
| Gary Chabala | 29:50      |

#### **GLOW RACE 5K**

|                 |       |
|-----------------|-------|
| Kevin Hendricks | 20:51 |
|-----------------|-------|



### WCRRRC AT THE RACES

#### TURTLE TROT 5K

|              |            |
|--------------|------------|
| Rich Sandala | 21:38(A-1) |
| Larry Roof   | 27:08      |

#### TURTLE TROT 5K WALK

|                |             |
|----------------|-------------|
| Carl Kondrach  | 29:08(OA-2) |
| Sydni Kondrach | 51:40(A-1)  |

#### FINDLEY TWP 5K

|                  |            |
|------------------|------------|
| Kevin Fredericks | 20:38(A-1) |
| Mike Romzy       | 22:23(A-2) |

#### BANANA SPLIT 5K

|              |            |
|--------------|------------|
| Rich Sandala | 21:02(A-2) |
|--------------|------------|

#### BEAT THE HEAT 5K

|                |            |
|----------------|------------|
| Shane Brunazzi | 26:17(A-3) |
|----------------|------------|

#### SCIO SCRAMBLE 5K WALK

|               |             |
|---------------|-------------|
| Carl Kondrach | 30:20(OA-1) |
| Sarah Donley  | 35:57(OA-1) |
| Blake Headen  | 45:53(A-1)  |

#### NORTH FAYETTE 5K

|                 |            |
|-----------------|------------|
| Kevin Hendricks | 21:44(A-1) |
| Larry Roof      | 29:00(A-3) |

#### YINZER 4.12K

|             |            |
|-------------|------------|
| Bob Pikelis | 17:54(A-1) |
|-------------|------------|

#### STRAWBERRY 5K

|              |            |
|--------------|------------|
| Rich Sandala | 22:15(A-1) |
|--------------|------------|

#### HUSTLE 7K

|            |            |
|------------|------------|
| Tina Seech | 33:43(A-1) |
|------------|------------|

#### BROOKLINE BREEZE 5K(V)

|            |       |
|------------|-------|
| Tina Seech | 21:58 |
|------------|-------|

#### ICE CREAM 5K

|                |            |
|----------------|------------|
| Heath Piper    | 19:19(A-3) |
| Rich Sandala   | 22:23      |
| Greg Mussitsch | 24:22      |
| Carl Kondrach  | 25:04      |

### RUN TO MUNDY 5K WALK

|               |             |
|---------------|-------------|
| Carl Kondrach | 30:12(OA-1) |
| Sarah Donley  | 36:01(OA-1) |

#### SOLAR VORTEX 5K

|                |            |
|----------------|------------|
| Rich Sandala   | 22:17(A-1) |
| Shane Brunazzi | 24:55      |
| Pat Calmbacher | 31:21      |
| Deb Calbacher  | 32:46      |

#### SOLAR VORTEX 5K WALK

|                 |             |
|-----------------|-------------|
| Carl Kondrach   | 34:20(OA-1) |
| Sarah Donley    | 37:14(OA-1) |
| Ashlyn Brunazzi | 44:56(OA-2) |
| Blake Headen    | 48:51(OA-3) |

#### SOLAR VORTEX 15K

|                |              |
|----------------|--------------|
| Emery Strotman | 57:41(OA-1)  |
| Gary Lorenzi   | 1:33:07(A-1) |

#### ON YOUR MARC 5K

|                |             |
|----------------|-------------|
| Rich Sandala   | 22:04(A-1)  |
| Tina Seech     | 22:34(OA-2) |
| Shane Brunazzi | 25:56(A-1)  |
| Gary Lorenzi   | 28:23       |
| Pat Calbacher  | 30:28       |
| Deb Calbacher  | 32:14(A-2)  |

#### ON YOUR MARC 5K WALK

|               |             |
|---------------|-------------|
| Carl Kondrach | 31:19(OA-1) |
| Sarah Donley  | 35:38(OA-1) |
| Blake Headen  | 43:01(OA-3) |

#### COAL MINE 5K

|                |            |
|----------------|------------|
| Shane Brunazzi | 28:41(A-1) |
|----------------|------------|

#### FREDONIA 5K

|            |       |
|------------|-------|
| Dave Byers | 42:36 |
|------------|-------|

#### HERITAGE ARTS 2M WALK

|                |             |
|----------------|-------------|
| Carl Kondrach  | 18:11(OA-2) |
| Sydni Kondrach | 31:50(OA-3) |

#### MOONLIGHT ON THE FALLS 26.2M

|             |         |
|-------------|---------|
| Sara Donley | 5:31:24 |
|-------------|---------|

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.

