

WASHINGTON COUNTY ROAD RUNNERS CLUB

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VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

Hello everyone and welcome to the fall racing season. The leaves are starting to change, the temperature is dropping back to cooler air and it is closing in on the end of the GP series. Remember that you need 5 short distance club runs and for this year only we only need 3 long distance races of 15K or longer to qualify for the long-distance GP. As always, make sure that you check to see that your race was counted in the calculations. Especially this year on the Great Race 5K and 10K. There were many pages to sort through to find club members names, so if we missed yours turn your time in to Tom and Grace to get it included.

We did get a notice that the annual Jack-O-Lantern 5K jog will take place this year. We have been reaching out to try and get a paper race app but have not had any luck as of this printing. The best place to look for information on it is to check out www.smileymiles.com. Also, there was another notice that the Burgettstown Turkey Trot will be a live event this year. We have reached out to the race director and hope that we will get a paper app for this one also. If one shows up, we will send it out by email and hope to get it in the November newsletter. Nothing has been reported yet on the Donora Smog race.

Good luck to anyone who is running in any of the October and November marathons taking place. Because of a few that were moved from the spring to the fall there are quite a few taking place over the next few weeks. Don't forget to turn any finishing times in to Tom and Grace.

WCRRRC AT THE RACES

So many races were run in September, and we had so many club finishers at those events we will not have enough space to recap all of them. Also, some finishing times will need to be published in the November newsletter. So here are a few of the results.

Labor Day 5K

A cool and crisp morning greeted about 150 runners and walkers that started the Labor Day 5K. Eric Shafer was the overall winner in a time of 16:59. Our first male finisher was Heath Piper who crossed the finish line in 18:00. And our first female finisher was Jaminique Milliren, who came through in 21:07. And in the walk category we had two finishers who broke the tape as the first overall walkers. Carl Kondrach came through in 26:50, while Sarah Donley finished in 35:45. And in the heavyweight class we had Chris Moschetta as the first overall finisher in 36:49.

Pumpkin Festival 5K

Another fine morning as 387 runners and walkers took off in Barnesville, Ohio for the annual Pumpkin Festival race. Carl and the gang put on another great event again. Everyone was talking about the trophies passed out.

In the run we had as our first male finisher Greg Mussitsch, who came through the line in a time of 20:47. And our first female finisher was Deb Calmbacher, crossing the finish line in 31:34. In the walk we had Gary Bennett, on his comeback, taking first overall at 28:27, and Sarah Donley once again finishing first overall in 34:30.

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.

FLEET FEET COACHES CORNER

Maintaining Motivation

Motivation to sustain a prolonged period of training must be multifactorial. It's easy to sign up for your next race while riding the high of successfully completing your most recent event, but excitement should be tempered with realistic expectations of what it takes to realize measurable, long-term results.

Accountability to others, access to appropriate resources and the necessity of positive reinforcement cannot be understated. Intentionally curating an environment that is conducive to your ultimate goals is the foremost factor in actualizing success.

If you are planning on participating in one of the Pittsburgh Marathon events next May, I highly encourage you to research our [training programs](#). It's possible to go it alone, but it's much better to do it with a team.

Fatigue vs Fatigue

Different types of workouts create different types of fatigue. A long, slow training run results in sore muscles and inflammation. A high-intensity track session elicits central nervous system (CNS) fatigue by overloading neuromuscular connections. One makes you feel physically depleted, while the other creates brain fog and lack of alertness.

The most effective recovery modalities for each type of fatigue are also unique. For soreness, stiffness, and inflammation, light movement is typically the best approach. Elevation, [compression](#) and myofascial release are also good options. For the CNS fatigue, restorative practices such as mindful breathing, meditation or a flow-based yoga session are in order.

As many runners start their respective taper periods, utilization of both practices can stimulate accelerated recovery and help restore the body to homeostasis prior to event day.

Run well,

[Coach Tim](#)

How to Know If You Should DNF

a Run

- By Megan Harrington

Sometimes it's easy to know when to call it quits, but other times bailing on a run or race can be a tough decision. Not finishing a run (a.k.a. a DNF or "Did Not Finish") can feel like a tough blow, but sometimes it can actually benefit you in the long term. The next time you consider a DNF, suss out the cause and then try to make an informed decision.

If you want to DNF due to external circumstances...

A common (and very understandable!) reason for bailing on a run is the weather. However, there's not always a clear-cut answer about whether you should call it quits or persevere. If conditions are dangerous (e.g. thunderstorms, icy roads, bad air quality), it's definitely safer to end the run and try again another day (or inside). If the weather is a bit too hot, too cold or too...anything, consider modifying your workout before giving up completely.

For example, if you planned on a PR attempt but race day is during a heat wave, it's probably OK to still run for fun, but you'll need to modify your pace. Likewise, if you're in the middle of a tempo run and you encounter a brutal headwind, consider backing off your pace or transitioning into an easy run instead. Above all else, use common sense when it comes to safety. If conditions feel dangerous, it's better to DNF and stay safe for tomorrow's attempt.

If you want to DNF due to physical issues...

An injury or illness is likely the most common reason for a DNF, but of course there's always special considerations. An acute injury that's very painful (e.g. a torn muscle or a suspected stress fracture) is a one-way ticket to a DNF.

But what about a chronic ache like a sore IT band? Or how about congestion and a runny nose? It will likely depend on your goal for the day. Is this a once-in-a-lifetime event like a major marathon? If so, you might consider packing some tissues and enjoying the experience. However, if it's a training run, it's probably smarter to take it easy and save the miles for another day. If physical issues crop up once in awhile, it's no biggie, but if you're constantly bailing on runs or races due to injury or illness, it might be time to take a deeper look at your lifestyle and training habits.

If you want to DNF because your mental game is struggling...

The final category is probably the murkiest. What if the weather is great and your body is cooperating and...you still want to DNF? It's important to ask yourself why you're feeling low. Are you going through a stressful time (i.e. a major life change)? Or are you just having a bad day? If it's the former, it's a good idea to cut yourself some slack. If it's the latter, try adding in some walk breaks (or switching to walking completely). If you're feeling blah, take the pressure off and just focus on breaking a sweat.

Of course, if your lack of focus is due to overtraining, that's a good sign it's time to take a longer break from running. If the feeling persists, a coach can help you figure out what's going on.

If you're like most runners, the goal is to run for a lifetime. So remember that bailing on one race or training run is simply a blip on the radar.

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 (10/1/21)

1. Tina Seech	5	29:48
2. Bob Pikelis	6	33:29
3. Emery Strotman	4	35:01
4. Heath Piper	1	35:24
5. Ann McCormick	2	36:03
6. Rich Sandala	10	36:11
7. Cathy Loos	2	36:16
8. Kevin Hendricks	1	36:36
9. Mike Romzy	3	36:52
10. Rich Durbin	5	37:33
11. Greg Mussitsch	4	39:23
12. Jaminique Milliren	7	39:35
13. Jen Foster	4	39:45
14. Larry Roof	1	40:40
15. Donna Patrino	4	41:12
16. Deb Calmbacher	9	42:32
17. Gary Chabala	4	42:58
18. Stush Sadowski	1	43:38
19. Carl Kondrach	4	45:36
20. Steve Chabala	4	45:42
21. Gary Lorenzi	5	46:06
22. Sarah Donley	3	47:07
23. Mike Frere	2	47:44
24. Ed Frohnapfel	3	48:30
25. Pat Calmbacher	9	48:39
26. Shane Brunazzi	5	50:18
27. Mary Krett	4	50:21
28. Christina Swallon	2	50:25
29. Nathan Milliren	4	51:33
30. Tom Carter	3	52:44
31. Kathy Starkey	3	53:24
32. Albie Rinehart	1	54:03
33. Jim Loos	1	54:14
34. Bill McCormick	1	54:23

35. Beth D'Alessandro	3	54:29
36. Ricky Andrews	2	55:33
37. Louann McCullough	2	57:04
38. Dave Byers	1	1:01:34
39. Chris Moschetta	2	1:02:09
40. Michelle Wojnar	2	1:11:06
41. Joe Lebert	1	1:16:24

2021 GRAND PRIX WALK

1. Carl Kondrach	6	56:12
2. Sarah Donley	7	1:01:08
3. Gary Bennett	3	1:01:31
4. Barrie Baker	1	1:09:51
5. George Macek	1	1:11:30
6. Stan Czyzewski	3	1:11:33
7. Blake Headen	7	1:17:13

2021 LDGP (10/1/21)

1. Bob Pikelis	1	34:41
2. Emery Strotman	3	35:52
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 (10/1/21)

1. Sarah Donley	2	1:01:05
2. Carl Kondrach	2	1:05:27

WCRRC AT THE RACES

EQT REC 5K

Albie Rinehart	39:36(A-2)
Mary Krett	41:06

*****BECAUSE OF THE LARGE VOLUME OF RACE RESULTS, SOME RESULTS WILL NOT APPEAR UNTIL NEXT MONTH.

6 Common Running Excuses and How to Overcome Them

- By Amanda Casanova
-

There are a lot of reasons you can use to not run.

Some of those reasons, like sickness and injury, are serious and require time off. Most of us, though, have a rolling list of self-imposed reasons to keep us inside and, most likely, lounging on the couch. Before we know it, our running shoes are hiding in the closet, that GPS watch is gathering dust in the drawer and what was once a regular running routine is now a distant memory.

To help keep those running routines on track, we spoke to Emmett Williams, a fitness expert and the president of [MYZONE](#), a heart rate tracker and app. Williams, who says he constantly hears the same reasons for why people have given up on running, delivers advice on how to tackle even the most stubborn thoughts.

The Excuse: "I'm not making any progress. Why keep running?"
1 of 7

After weeks of pounding the pavement, you feel like you aren't getting any faster, and it's not getting easier. You're frustrated and discouraged, and you feel like there's no point to all this work.

"The most common reasons I hear as to why people don't stick with their fitness program are that they aren't getting immediate feedback, don't feel a sense of progress and that they can't see how they are being rewarded for their efforts," Williams says.

The Fix: Start measuring something else.

For example, try using a heart rate monitor and focus on how your body is powering through your current run. Don't put too much emphasis on the end result.

If you're running each week, you're improving your fitness one way or another. Results may not always be as clear-cut or immediate as you would like, but they're there. Tracking different run metrics, Williams says, will show you each small improvement.

The Excuse: "I'm not losing any weight. Running isn't working."
2 of 7

Many runners come to the sport with the specific goal of shedding pounds, and though that may be a worthwhile personal goal, it can take a while to see results.

With summertime just around the corner, the frustration can become even worse.

The Fix: Shift your expectations.

Weight loss is not a quick process and should be treated as such. Everyone gains and loses pounds at different rates, and you shouldn't expect to see results overnight.

You also need to analyze your running style. Are you running the same route at the same pace each time you run? If so, this could be a reason you're not seeing any weight loss. As time passes, your body becomes accustomed to the stresses of running, especially if you're doing the same thing time and time again. This means you're not working as hard each time you head out.

Consider changing up your routine, including route, distance and overall schedule. Instead of just running the same 3-mile loop in your neighborhood, hit a nearby track for some speedwork or find a steep grade for hill repeats.

The Excuse: "I don't have time to run."
3 of 7

This common excuse isn't always wrong. Your calendar can quickly become so packed that any new running routines are easily derailed before you can even make it a habit.

With so many commitments outside of running, the idea of lacing up multiple days a week can seem like an impossible goal.

The Fix: Plan ahead.

Memorize a 15-, 20- or 30-minute route around your home or office that becomes your go-to backup plan for when

you encounter an especially crazy day. This route should be quick and easy so you don't encounter any mental roadblocks.

And always remember: Even 10 minutes of running is better than zero.

The Excuse: "I can't run in this weather."

4 of 7

It's raining, snowing, extremely windy or way too hot. It's easy to find a weather-related excuse when you're looking for one. And though some weather conditions are definitely unsafe to run in, others are just inconvenient.

The Fix: Prepare for the unexpected and stay flexible.

When weather turns against you, there's a good chance that lack of gear or failure to plan is what is really holding you back. Invest in water repellent gear for rainy days and pick up a great hydration belt for when you need extra water during summer runs.

If the weather won't allow for running no matter what, move indoors. No one likes running on a treadmill, but try to balance out that dislike with your desire to stay consistent in your running habits.

Lastly, stay on top of the weather forecast for the coming days. If you have a long run planned on a rainy Saturday, move it to a day with more agreeable weather.

The Excuse: "I have a minor injury."

5 of 7

Too much running has taken its toll, and you've developed shin splints, runner's knee or another overuse injury. You want to respect the pain and not push through it, even if that means losing your fitness in the process.

The Fix: Strength train or cross-train.

An injury doesn't have to be a death sentence. There are other things you can do to maintain your current level of fitness.

While you're out of commission, start strength training a few times a week in place of your runs. (Just make sure you're working the parts of your body not injured.) Not only will this give you something to do to keep you active, but stronger muscles will also reduce your risk of getting injured again.

You can also perform low-impact sports, such as swimming or cycling. These will keep your heart rate and fitness level up until you are fully healed.

The Excuse: Insert Yours Here

6 of 7

Whatever your excuse may be, Williams has some universal advice for staying on track.

He highlights the power of social media to get you over whatever hurdle you're facing.

"Recognition is a powerful motivator," Williams says. "When you accomplish something you're excited about, don't be afraid to share it with those around you. Posting your accomplishments on your social media accounts allows your friends and family to hold you accountable for meeting your goals and also lets the people in your life celebrate with you when you reach your milestones."

Williams also notes that there will always be unexpected surprises that might momentarily derail your progress, but he recommends celebrating every small victory along the way. It will make the ride that much sweeter.

Whether you simply run three times a week or a multiple weeks consistently, always look for your progress and improvements instead of where you're lacking.

Running quotes to motivate you to stay active

1. "The miracle isn't that I finished. The miracle is that I had the courage to start." – **John Bingham**
2. "You must do the thing you think you cannot do." — **Eleanor Roosevelt**
3. "Don't dream of winning, train for it!" — **Mo Farah**
4. "Running allows me to set my mind free. Nothing seems impossible. Nothing unattainable." — **Kara Goucher**
5. "I don't run to add days to my life, I run to add life to my days." – **Ronald Rook**
6. "I'll be happy if running and I can grow old together." – **Haruki Murakami**
7. "If it doesn't challenge you, it won't change you." – **Fred DeVito**
If you're enjoying these quotes, you'll love our [explore quotes](#) about nature, wander and new experiences.
8. "The pain of running relieves the pain of living." – **Jacqueline Simon Gunn**
9. "The man who moves a mountain begins by carrying away small stones." – **Confucius**
10. "Someone who is busier than you is running right now." – **Nike**

Running quotes to keep you inspired

11. "Running is the greatest metaphor for life, because you get out of it what you put into it." — **Oprah Winfrey**
12. "I run because if I didn't, I'd be sluggish and glum and spend too much time on the couch. I run to breathe the fresh air. I run to explore. I run to escape the ordinary. I run...to savor the trip along the way. Life becomes a little more vibrant, a little more intense. I like that." — **Dean Karnazes**
13. "If you don't have answers to your problems after a four-hour run, you ain't getting them." – **Christopher McDougall**
14. "If you run, you are a runner. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you've been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run." – **John Bingham**
15. "Never underestimate the power that one good workout can have on your mind. Keeping the dream alive is half the battle." – **Kara Goucher**
16. "After all, if you run far enough, no one can catch you." — **V.E. Schwab**
17. "Life equals running and when we stop running maybe that's how we'll know life is finally finished." – **Patrick Ness**

UPCOMING RACES

We have tried to gather as many live races as we could find. It is not a complete list, but there seems to be a lot for everyone. And remember that the races marked with an * will be counted as SDGP races. Good luck to everyone.

10/9 – *Greene County Trail Run - Rices Landing, PA

10/9 – Auggies Run 5K – Wheeling, WV

10/9 – Alinas Kight Walk – Settlers Cabin – Robinson TWP, PA

10/10 – Just a Short Run 5K/8M/Half/30K – North Park Boathouse

10/16 – Buffalo Creek Half Marathon – Cabot, PA

10/16 – Kathy's House 5K – Glen Dale, WV

10/23 – The Spirit Run 5K – Pittsburgh, PA

10/30 – *Jack-o-Lantern Jog 5K- Canonsburg, PA

10/30 – Monsters at the Mall – St. Clairsville, OH

10/30 Monster Mayhem – Belpre, OH

10/31 – Propel School Trick or Trot 5K – Pittsburgh, PA

11/6 – Leetsdale Snowflake 5K – Leetsdale, PA

11/7 – Operation troop Vets 5k – Allison Park, PA

11/14 – The ReWarding 5K – North Park Boathouse

11/20 – *Turkey Trot 5K -Eva Bowlby Library – Waynesburg, PA

11/25 – Burgettstown Turkey Trot – Burgettstown, PA. Link for online registration is:

<https://runsignup.com/Race/PA/Burgettstown/BurgettstownTurkeyTrot5K>

The Case For An Early Morning Run

The sound of faint synthetic chords interrupts a spectacularly peaceful slumber, growing louder and louder in volume until my dream—whatever it was—is broken.

Awake enough to stand, sort of, I use landmarks to navigate my path out of my bedroom and into the hallway—and, from there, toward the kitchen, where the source of the music wails. I silence the noise, shuffle over to my Keurig, and button press my way to an all-too-necessary cup of coffee.

As I wait, through bleary eyes, I stare at the clock display: 4:18 AM. It's a Tuesday morning—or a Wednesday, or a Thursday. Whatever day it is, the reason I'm standing here, waiting on a cup of coffee before even the daily newspapers are delivered, is the same. It's time to run. Again.

Now, I know what you're thinking. Believe me, I know *everything* you're thinking. I know because I've thought it all, too. But hear me out. There's a case to be made for this seemingly ridiculous behavior and I'm going to make it.

WCRRRC AT THE RACES

MILES OF SMILES 5K

Shane Brunazzi 24:58

LITTLE GREAT RACE 5K

Emery Strotman 17:17(A-1)
Rich Durbin 20:00(A-2)
Rich Sandala 20:41(A-1)
Tina Seech 20:55(A-1)
Shane Brunazzi 22:14(A-2)
Carl Kondrach 22:30(A-2)
Michael Frere 23:17
Greg Mussitsch 24:19
Sarah Donley 25:34(A-1)
Ricky Andrews 26:09
Gary Lorenzi 26:22
Pat Calmbacher 28:25
Christina Shwallon 28:58(A-2)
Donna Patrino 29:36(A-1)
Deb Calmbacher 30:28
Chris Moschetta 34:57
Kathy Starkey 36:28(A-3)
Ed Frohnapfel 36:37
Mary Krett 36:38
Michelle Wojnar 45:08

LITTLE GREAT RACE 5K WALK

Blake Headen 42:08

FOOD BANK 5K

Pat Calmbacher 29:57(A-3)
Deb Calmbacher 32:42(A-1)

MAIN ST CLASSIC 5K WALK

Blake Headen 51:10(A-1)

STEELERS 5K

Rich Sandala 22:05
Gary Lorenzi 28:58
LuAnne McCullough 36:37

RUN FOR THEIR LIVES 5K

Shane Brunazzi 23:19(A-1)

JOEY FABUS 5K

Gary Lorenzi 29:02(A-1)

LABOR DAY 5K

Heath Piper 18:00(A-1)
Kevin Hendricks 19:11(A-2)
Rich Durbin 20:41(A-2)
Mike Romzy 20:44(A-2)
Rich Sandala 21:06(A-1)

Jaminique Milliren 21:07(A-1)
Bob Pikelis 21:08(A-3)
Greg Mussitsch 21:13(A-2)
Jen Foster 23:16(A-1)
Steve Chabala 24:41(A-3)
Nathan Milliren 25:26
Gary Chabala 26:08
Ann McCormick 28:46(A-1)
Pat Calmbacher 29:22
Tom Carter 30:14
Donna Patrino 30:35(A-2)
Deb Calmbacher 30:55(A-3)
Bill McCormick 36:38(A-1)
Chris Moschetta 36:49(HW-1)
Ed Frohnapfel 37:16(A-2)

LABOR DAY 5K WALK

Carl Kondrach 26:50(OA-1)
Sarah Donley 35:45(OA-1)
Blake Headen 44:44(A-1)
Barrie Baker 48:29(A-2)

LIVE FOR TOMORROW 5K

Pat Calmbacher 38:29
Deb Calmbacher 38:49
Carl Kondrach 38:05(OAW-1)

HEITZ FOR HEAVEN 5K

Mike Romzy 21:20(A-2)
Rich Sandala 21:50
Carl Kondrach 23:36(A-2)
Shane Brunazzi 23:47
Blake Headen 51:56(Walk)

GCCC BUNNY HOP 5K

Tina Seech 21:29(OA-2)
Rich Sandala 22:01(A-1)
Ann McCormick 28:54(A-1)
LuAnne McCullough 38:26

RISE AND SHINE 5K WALK

Carl Kondrach 30:07(OA-1)
Sarah Donley 35:07(OA-1)
Gary Bennett 36:38(OA-2)
Blake Headen 47:24(A-1)
Stan Czyzewski 53:39(A-3)

DORMONT DASH 5K

Mike Romzy 21:22(OA-2)

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.

