

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

NOV/DEC, 2021

VOL. 21 / No. 11/12

VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

Hello to one and all. We all hope you had a very Happy and fun Halloween, filled with treats and maybe a race or two. We are now on the final stretch for the Grand Prix events. The short distance races are very limited now, so if you are close make sure you get that Turkey Trot in. And this year, as well as previous years, we will accept any 5K or 5-mile Turkey Trot you run. Just make sure that you turn in your time to Tom and Grace, since we will not be able to view all the events you may attend. And, also, this year we will include the Eva Bowlby event that is being staged in Waynesburg this year as a Turkey Trot. The race app is in this newsletter.

On the injury front we have a few members who are hurting. There have been reports that Carl Kondrach is having meniscus issues in his knee. Larry Roelf is looking at having a possible hip replacement. And we know that both George and Bonnie Macek have recently had surgery done. And, of course, Stush is slowly recovering from some knee issues of his own. And for all who are feeling those aches and pains from the season, here's to getting some recovery time during these upcoming winter months.

Plans are starting to be put in place for our annual banquet that had to be cancelled this year. We will have an announcement in the January edition of the newsletter as to the date and events going on.

We know that all in the club and the local running community want to wish Bob Shoor, owner of the Fleet Feet store in Pittsburgh, the

best of luck in his retirement. Bob has owned the store since 2007 and has brought some dynamic to the local running scene. Fleet Feet will always be there, but it will miss his guidance and enthusiasm. Thanks again for all you have done for the local running community Bob and all the best in your next adventures.

Two items that are happening with Fleet Feet store are the following. If you want any information on them, please go to the Fleet Feet Pittsburgh website.

- [Ugly Sweater Run & Pancake Breakfast](#) on Sunday, November 28th at 7:30 AM
- [Holiday Lights Run & Charity Raffle](#) on Thursday, December 16th (this year's charity beneficiary is [Life Changing Service Dogs for Veterans](#))

We also wanted to send out a reminder that the 2022 club dues are now due. Please make sure that you fill out the form on the last page of the newsletter and mail it in soon as you can. We wouldn't want you to miss out on all the fun and interesting things that go on in the minds of your local runners.

We have already received confirmation that the annual Run to Read Half Marathon will be held as a live event this year. The date is January 8th. Also, Mike Bruno is going to have his annual New Years Day run in McDonald, PA. You can find information on both these events on the Smiley Miles website.

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.

All WCRRC Members

YOU'RE INVITED!

Please join us for an exclusive Friends & Family shopping night at Fleet Feet! Enjoy special discounts throughout the entire store, along with light drinks and snacks while you shop.

Sunday, November 21 | 5-7:30 PM
at Fleet Feet Pittsburgh
RSVP to angela.shine@fleetfeet.com
by Sunday, November 14

25%OFF
YOUR PURCHASE
*exclusions apply

15%OFF
ELECTRONICS
*exclusions apply



PITTSBURGH

1751 N. Highland Rd
Pittsburgh, PA 1524

412-851-9100

Please email Angela if you are going
Hope to see you there



5TH ANNUAL!

**Saturday,
November 20, 2021**

1K Children's Fun Run – 9AM

5K Walk – 9:15AM

5K Run – 9:30AM

Eva K. Bowlby Library

311 N West Street

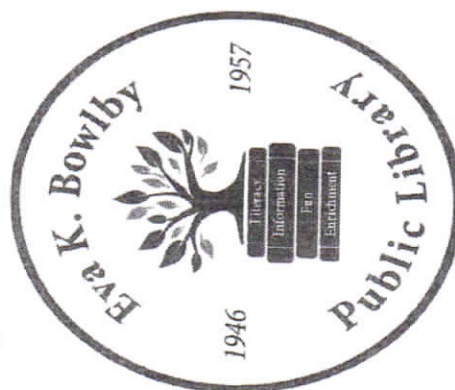
Waynesburg, PA. 15370

**Online Registration
www.runsignup.com**

**Free Childcare at the event
with lots of Children's
Activities!**

**Registration Begins at
8:15am at the Library.**

The Eva K. Bowlby Public Library offers access to many books and an online catalog of over 1 million items. The Library also offers access to DVD's, Audio Books, Hot Spots, Gale Courses, free online tutoring, Language Courses, Ancestry, Hoopla, and Public Meeting Space.



Support from our community is essential to ensure we continue to grow and remain an important and viable part of Greene County. We welcome you to follow us on Facebook and our website, www.evakbowlby.org, for more information on our services and schedule of events. Thank you for your support!

I/we hereby, for myself, my heirs, executors, and administrators, waive, release and discharge Eva K. Bowlby and any additional hosts or sponsors of the 5K Turkey Trot, from any claims, demands or cause of action. I/we agree to indemnify and hold each of them harmless for any and all injuries suffered or alleged to be suffered in connection with such event. I/we acknowledge the awareness of the complete assumption of responsibility for the risks involved in this event, and I/we understand the terms of this release. I/we am/are physically fit and have trained sufficiently to compete in this event. I hereby grant full permission to any or all of the foregoing and photographs, videotapes, motion pictures, recordings and/or other record of this event for any legitimate purpose. All race entries are non-refundable. The race director reserves the right to refuse entries.

Signature: _____

Date: _____

Registration Form

Name: _____ Date of Birth: _____ Age on race day: _____
Street: _____ City: _____ State: _____ Zip: _____
Gender: _____ Email: _____ Shirt Size (circle) YS YM YL S M L XL XXL(+\$2.00)
Circle race participation: 1K Children's Fun Run, \$15 (\$20 Day-Of) 5k Walker, \$25 (\$30 Day-Of)
5K Runner, \$25 (\$30 Day Of) Pardoned Turkey/Virtual(T-Shirt included) \$25 (\$30 Day-Of)
Circle payment method: Cash /Check (made payable to Bowlby Library, Memo Line—5K Turkey Trot)
Credit Card (www.runsignup.com) or at the library

Signature _____ Date: _____

(Parent's signature required if under 18 years of age)

Mail or drop off to: Bowlby Library, 311 N West Street Waynesburg, PA 15370 (Attn.: 5K Turkey Trot)

5K TURKEY TROT RUN/WALK

Awards to top 3 male and female walker/runner, finishers in each age category:

14 and under

15-19

20-29

30-39

40-49

50-59

60+

\$25 each participant (\$30 day of race) Return registration form by **10/31/21** to guarantee a t-shirt and the size you'd like. Registration begins at 8:15am.

Award ceremony will be held at approximately 10:30am immediately after the race at the Gazebo.

Awards will not be mailed. 50/50 and Chinese Auction/Basket Raffle at the event.

The Wobble Gobble: 1K Children's Fun Run

12 & Under-\$15(\$20 day of race)

All children receive a t-shirt! (Registration before 10/31/21 guarantees shirt size)

1st, 2nd, 3rd place medals in the following age categories:

4 and under

5-6

7-8

9-10

11-12

Free Childcare available with children's activities while parents run or walk the race!

"PARDONED TURKEY" (VIRTUAL RUN/WALK)

If you are unable to participate in the 5K Turkey Trot but would still like to donate, please complete the registration form and select "Pardoned Turkey" and indicate your donation amount.

Six Ways Running and Walking Benefit Your Mental Health

TRAINING, CULTURE

May 19, 2021 By [Caroline Bell](#)

Running and walking are great ways to get in shape and build a healthy lifestyle. Many people focus on the physical benefits of running and walking as reasons to pick up the sport. But did you know that the mental benefits are just as significant?

Taking care of your mental health is just as important as your physical health, and there are many reasons why running and walking are great for your mind. In honor of Mental Health Awareness Month, we've detailed six ways running and walking benefit your mental health.

Endorphins

You've probably heard of the highly sought after "runner's high." According to an [article](#) published in *Cerebral Cortex* by Henning Boecker, runner's high is "a euphoric state resulting from long-distance running."

The article describes how continuous exercise causes your body to release endorphins, affecting the frontal region of your brain. Endorphins interact with the opioid receptors in your brain, which decrease the perception of pain and increase feelings of pleasure. These endorphins are the reason why many people feel so good after a long run or walk.

Research shows that running and walking can also provide long-term relief for those struggling with depression. "For some people it works as well as antidepressants, although exercise alone isn't enough for someone with severe depression," says Dr. Michael Craig Miller, quoted in a 2021 article for *Harvard Health Letter*.

Better Sleep

Sleep plays an essential role in allowing our minds and bodies to perform optimally. According to an article published by Sleep Foundation, "sufficient sleep facilitates the brain's processing of emotional information." Research has shown that sleep and mental

health are more intertwined than scientists had previously thought. If you really want to nurture your emotional health, aim to get between seven and nine hours of sleep per night. Exercising regularly can help you keep a regular sleep schedule.

It's no secret that running and walking can really wear you out. The good news is that it doesn't take an extreme exercise regimen to improve your sleep. According to an article published in *American Journal of Lifestyle Medicine* by Dr. Matthew P. Buman, "moderate amounts of exercise, which can be obtained through a variety of means such as brisk walking and resistance training, are sufficient to improve sleep quality." So, whether you're walking a few miles each day or training for a marathon, you should notice an improvement in your ability to both fall and stay asleep.

Stress Relief

For many adults, there's no better way to wind down after a long day than going for a walk or run. Hitting the pavement can be a great way to clear your mind and shake away the stress of the day.

"I like to run immediately after work, before dinner. I find I have the most energy at that time of day and it helps me transition from work mind into home mind," says Josh Johnston, an avid runner who trains with the Fleet Feet Delray Beach Running Club.

"Going out and running hard helps me burn off anxiety and nervous energy. It also gives me an opportunity to think about what's happening in my life and how to solve problems at work," Johnston explains.

"I usually feel more grounded and collected after a run, even if I'm physically exhausted from it. I can't remember a time when I finished a run and didn't feel happy."

Not only does running and walking provide short-term stress relief, a 2014 [article](#) concluded that "regular exercisers are more resistant to the emotional effects of acute stress." The article, written by Emma Childs and published in *Frontiers in Physiology*, examined the responses to stress between individuals who did

and did not exercise regularly. Participants who exercised regularly experienced less of a decline in positive affect than those who didn't exercise.

Improved Self-Esteem

Running is hard. Pushing your body to tolerate discomfort is the type of challenge that helps many runners and walkers find more self assurance in their everyday lives.

Victoria Phillippi, owner and founder of Run4PRs Coaching, says that running helped her build more confidence and believe in herself.

"When I became an adult, I started to feel less confident," Phillippi says. "The world is a big place full of opportunities, but when you're unsure of your abilities or strengths, it's hard to have the confidence required to make your dreams a reality. When I began running, it gave me a space to push myself daily in a small way. It felt safer to push myself through running than in real life," she says.

Phillippi went from living a sedentary lifestyle to becoming a thirteen-time Boston Marathon qualifier. "Over time, I gained confidence in my abilities with running. That confidence began to roll over into other areas of my life. Finishing a hard run left me with the mindset that anything is possible and I can survive more than I think," she says. "When you apply this mindset to other ventures in life, you become unstoppable."

Body Confidence

A [myth](#) exists in the running world that, to be a successful runner, you need to have a certain body type. Images of elite runners with toned abs and taut muscles are constantly plastered on magazine covers and social media feeds. But, for some runners, running has actually helped them find peace with their bodies.

"Before I started running, I was super self-conscious about my body. I would never show my stomach and I would always wear loose fitting tops and bottoms," explains Danielle Foti, a marathoner who runs with the West Boynton Road Runners. "Running has significantly improved my body image. Maybe it's training in the heat, but running has given me the confidence to run in a sports bra and shorts without giving it a second thought."

"It's also totally changed the way I think about fueling. I realized, in order to fuel my body properly and achieve my goals, I had to increase my caloric intake. My body and muscles feel so much better when I'm providing them with the proper nourishment. I've found that I'm able to run faster and longer," Foti says.

Running and walking can provide athletes with a necessary shift in mindset from focusing on how your body looks to how it feels. Performance based goals, like running a marathon or walking a 5k, can be more beneficial than simply trying to shed pounds.

Sharper Focus and Improved Memory

Not only does running help you feel better, but it can actually help you think better. According to an article by Johns Hopkins Medicine, "regular cardiovascular exercise can spark growth of new blood vessels to nourish the brain. Exercise may also produce new brain cells in certain locations through a process called neurogenesis, which may lead to an overall improvement in brain performance and prevent cognitive decline." The article also demonstrates that regular exercise can improve one's working memory and focus.

Whether you're a seasoned runner or you've just started walking, there are plenty of great reasons to keep moving. If you're interested in the physical benefits of running, check out our article "8 Ways That Running Improves Your Health." You may be surprised to see that some of the mental and physical benefits of running and walking overlap. While walking and running are great for you, more movement isn't a cure-all. If you think you may be struggling with your mental health, it's important to seek help from a licensed professional.

WCRRC AT THE RACES

We have now reached the final stretch of the racing season and we had a few club members hitting the trails and roads to get those last Grand Prix races in. Here are just a few races reported.

Greene County Trail Run

Thirty-Four runners and walkers finished the race that used to be the Dock to Lock event. The course was changed to an out and back, but the slight crowd didn't dampen the spirits of those who attended. The WCRRC had a sweep of the top three overall male runners, with Rich Durbin, Bob Pikelis and Rich Sandala claiming all the spots. And Mary Krett was our first female finisher in a time of 40:30. And Stan Czyzewski was our only walker representative in 49:49. Nice to see Albie Rinehart competing in the event.

Debbie Green 5K

Ron Green decided this year to move the race to a later date so that maybe people would not be too afraid to race. There were 350 total runners and walkers at this year's event. For the club we had Ron's son Joe finish in a time of 25:33 for the men and Beth Dalessandro as our first female finisher in 36:06. Also, in the walk we had Terry Whitecotton finish in 42:35. Ron has already announced that next year's race will go back to the usual August date.

Jack-o-Lantern Jog 5K

There were 159 finishers at the annual Jack-o-Lantern Jog this year. The rain held off until the very end of the race. Colton Ginsburg (age 11) won the race in a time of 18:18. Our first male finisher was Bob Pikelis in a time of 22:47 and Donna Patrina was our first female finisher in 33:48. Also, our team of Bob, Rich Sandala, Steve Chabala and draftees Bruce Goodman and Maureen Ginsburg came in second place in the team division.

Thoughtful thinking thoughtlessly thoughts!!!

Mickey Hornack

* Finally back to walking in Mingo! Took 3+ months post surgery to be back with Donna, Chet, Joe, Vic, Cindy, Gary, Jennifer and the squirrels.

* I'm not going to mention Covid in this compilation nope not gonna do it!!

* Anyone ever slice off thin piece of butter n have it hit the counter top...how bout da floor? No way to pick it up. Melts on contact.. Actually butter is a PIB. Tears bread, cracks crackers...come on man!!! Yea ok its easy to use on baked potatoes. If you don't drop it.

* Hey I don't mind masks in winter! What the heck.

* PT guy told me my new knee was swollen, I said its metal and plastic what is swollen?

* Yay or Nay. Candy corn

* Really? Guy pushin buggy in GE, cell phone in 1 hand pushin cart with other, probably mid 40's, describing every shelf he passes, food on it, packaging, how much he should get, then debate amount etc, certain he was taken to his beloved bride! I followed him for 3 min or so. Heard him say there were only 3 loaves of pumpernickel left, whaaatt? I went back to check..he was right!!!

* Told the Mrs. about it...reply> don't you ever....ok gotcha!

* Word has it races have been well attended. Good sign!

* Good running n walking to all. Don't forget to give thanks for something this coming holiday.

WCRR AT THE RACES

BOSTON HARVEST 13.1M

Emery Strotman 1:23:28(M-1)

BOSTON HARVEST 13.1M WLK

Carl Kondrach 2:09:41

Sarah Donley 2:39:47

BOSTON HARVEST 10K

Jaminique Milliren 48:02(OA-3)

Steve Chabala 52:34(M-1)

Gary Lorenzi 1:01:43(A-1)

BOSTON HARVEST 5K

Rich Sandala 22:24(A-1)

Cathy Loos 26:51(OA-3)

Gary Chabala 27:31(A-2)

Jim Loos 33:53(A-3)

PUMPKIN FESTIVAL 5K

Greg Mussitsch 20:47(A-1)

Pat Calmbacher 30:31

Deb Calmbacher 31:34(A-2)

PUMPKIN FESTIVAL 5K WALK

Gary Bennett 28:27(OA-1)

Carl Kondrach 29:37(OA-2)

Sarah Donley 34:30(OA-1)

Blake Headen 43:55(A-3)

Sydni Kondrach 47:25(A-3)

Stan Czyzewski 52:43(A-3)

GREAT RACE 5K

Emery Strotman 17:21(A-1)

Mike Romzy 19:58(A-1)

Rich Durbin 20:53(A-3)

Tina Seech 21:10(A-1)

Steve Chabala 24:53

Sarah Donley 25:16

Michelle Wojnar-Frere 47:23

GREAT RACE 10K

Bob Pikelis 44:48(A-2)

Rich Sandala 45:16

Jaminique Milliren 46:18

Mike Frere 52:33

Gary Lorenzi 57:04

Dave Byers 1:21:33

GREAT RACE 10K WALK

Sarah Donley 1:02:42

Carl Kondrach 1:02:43

WEST NEWTON 10K

Shane Brunazzi 51:02(A-2)

Gary Lorenzi 58:42(A-2)

LEMIEUX 6.6K

Emery Strotman 25:05(OA-3)

Mike Romzy 29:35(A-1)

Rich Sandala 30:09(A-2)

Gary Lorenzi 40:21

MONTOUR 46.6M

Tom Carter 11:54:19

GREEN MILE

Joe Green 6:42

Michael Green 8:30

FLY BY 5K

Tina Seech 21:19(A-1)

Rich Sandala 21:38(A-1)

Bob Pikelis 21:52(A-1)

COLUMBUS 26.2M

Dave Byers 6:46:19

PANERATHON 10K

Tina Seech 45:35(OAM-1)

JUST A SHORT RUN 8.1M

Mike Frere 1:10:41(A-1)

Steve Chabala 1:10:55(A-1)

JUST A SHORT RUN 5K

Tina Seech 21:31(OA-2)

Gary Chabala 26:35

Blake Headen 54:10

GREENE RIVER TRAIL 5K

Rich Durbin 21:03(OA-1)

Bob Pikelis 21:55(OA-2)

Rich Sandala 22:24(OA-3)

Albie Rinehart 37:02(A-1)

Ed Frohnafel 38:53(A-2)

Mary Krett 40:33(A-2)

GREENE TRAIL 5K WALK

Stan Czyzewski 49:48(A-1)

MELONFEST 5K

Mike Frere 25:00

Michelle Wojnar-Frere 48:32

AUGGIES 5K

Sarah Donley 25:16(A-1)

Carl Kondrach 54:00(A-2)

AUGGIES 5K WALK

Blake Headen 44:46(A-1)

SHADES OF DEATH 10M

Rich Durbin 1:22:29(M-1)

DEBBIE GREEN 5K

Joe Green 25:33(A-1)

Beth Dalessandro 36:05

Luanne McCullough 37:04

DEBBIE GREEN 5K WALK

Terry Whitecotton 42:35(A-3)

Blake Headen 44:06(A-1)

TANGER OUTLET 5K

Donna Patrino 30:19(A-1)

WAYNESBURG HOCO 5K

Ricky Andrews 31:06

Mary Krett 39:13(A-1)

Kathy Starkey 40:43(A-2)

Albie Rinehart 41:21

HIS FIGHT, OUR FIGHT 5K

Shane Brunazzi 25:27(A-1)

HALLOWEEN 5K

Rich Sandala 22:00(A-1)

Shane Brunazzi 24:22(A-2)

HOWL AT THE MOON 5K

Shane Brunazzi 23:38(A-2)

PEACE RACE 10K

Tina Seech 45:22(FM-1)

GOUROY'S PUMPKIN 5K

Tina Seech 22:49(A-1)

PROPEL 5K

Shane Brunazzi 25:11(A-1)

MONSTERS AT MALL 5K WALK

Gary Bennett 27:12(OA-1)

Carl Kondrach 27:33(OA-2)

Sarah Donley 33:45(OA-1)

Sydni Kondrach 44:04(A-1)

Blake Headen 44:43(A-1)

JACK-O-LANTERN 5K

Bob Pikelis 22:47(M-2)

Rich Sandala 23:01(A-1)

Steve Chabala 25:21(A-1)

Ricky Andrews 30:19

Donna Patrino 33:48(A-1)

Luann McCullough 36:15(A-4)

Beth Dalessandro 37:30

Chris Moschetta 39:57(A-2)

Kathy Starkey 41:35(A-2)

BUTLER T. TROT 5K

Shane Brunazzi 24:24(A-2)

COLUMBUS 26.2M

Dave Byers 6:46:19

EQT 10-MILER

Emery Strotman 1:02:19

Bob Pikelis 1:15:16(A-1)

Rich Sandala 1:16:07(A-3)

Mike Romzy 1:19:58 PACER

Shane Brunazzi 1:23:54

Michele Wojnar 1:43:09

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 (11/3/21)

1. Tina Seech	5	29:48
2. Bob Pikelis	8	33:05
3. Emery Strotman	4	35:01
4. Heath Piper	1	35:24
5. Ann McCormick	2	36:03
6. Rich Sandala	12	36:11
7. Cathy Loos	2	36:16
8. Kevin Hendricks	1	36:36
9. Mike Romzy	3	36:52
10. Rich Durbin	6	37:21
11. Greg Mussitsch	4	39:23
12. Jaminique Milliren	7	39:35
13. Jen Foster	4	39:45
14. Donna Patrino	6	40:03
15. Larry Roelf	1	40:40
16. Deb Calmbacher	9	42:32
17. Gary Chabala	4	42:58
18. Stush Sadowski	1	43:38
19. Steve Chabala	5	45:39
20. Gary Lorenzi	5	46:06
21. Carl Kondrach	5	47:32
22. Mike Frere	2	47:44
23. Mary Krett	6	48:52
24. Sarah Donley	4	48:53
25. Ed Frohnepfel	4	49:05
26. Pat Calmbacher	9	48:39
27. Shane Brunazzi	5	50:18
28. Christina Swallon	2	50:25
29. Nathan Milliren	4	51:33
30. Tom Carter	3	52:44
31. Kathy Starkey	5	53:07
32. Albie Rinehart	3	53:41
33. Jim Loos	1	54:14
34. Bill McCormick	1	54:23

35. Beth D'Alessandro	5	55:27
36. Louann McCullough	4	57:15
37. Ricky Andrews	4	57:23
38. Pat Calmbacher	9	58:56
39. Dave Byers	1	1:01:34
40. Chris Moschetta	3	1:04:30
41. Michelle Wojnar	2	1:11:06
42. Joe Lebert	1	1:16:24

2021 GRAND PRIX WALK

1. Carl Kondrach	5	59:15
2. Gary Bennett	3	1:01:31
3. Sarah Donley	6	1:03:29
4. Terry Whitecotton	1	1:06:54
5. Stan Czyzewski	4	1:09:34
6. Barrie Baker	1	1:09:51
7. George Macek	1	1:11:30
8. Blake Headen	8	1:16:59

2021 LDGP (11/3/21)

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	4	48:02
7. Sarah Donley	2	49:48
8. Shane Brunazzi	2	56:16
9. Louann McCullough	1	1:04:44
10. Dave Byers	1	1:06:20

2021 LDWGP (10/1/21)

1. Carl Kondrach	2	1:01:05
2. Sarah Donley	2	1:05:40

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.

