

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

APRIL, 2022

VOL. 22 / No. 4

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

## NEWS AND NOTES

We are going to lead off this month's newsletter with a little note from our good friend Albie Rinehart. Everyone who knows him will know the sincerity of his message:

### The Good news and the Bad news

Those of you who know or have heard of "Albie" Rinehart, as "having a loose screw". Well, it has been proven to be correct. The good news is that Albie had a recent surgery having a loose screw removed, being a screw that was used by a surgeon to hold two bones together in his shoulder. It worked loose and had to be removed.

The bad news that the other "loose screw" is still there, so Albie will be the same old Albie.

And here is a few short words from our own Joe Sarver.

April is Boston Marathon month and the granddaddy of all marathons. A quarter of my marathons were run in Boston. The marathon can bring a distance runner back down to earth. It can humble a runner but also guide them to a destiny. The marathon takes discipline, perseverance and fortitude. The same qualities needed in other endeavors in life. I've applied these same principals to plot a course as an athlete, coach and scientist. Plot your course and follow it through no matter what your endeavor. It may humble you or it may lead you to a destiny. Good luck to everyone running Boston & other marathons this year.

Because of a last-minute change, we added the Bucks for Bucs to the SDGP. Since we could not get a notice out fast enough, anyone who ran or walked a 5K on Saturday April 2<sup>nd</sup>, that time will count on the Grand Prix. If you want credit you need to make sure that Grace and Tom get your times. Send it either by email or through the website.

## WCRRRC AT THE RACES

Mother Nature had some pretty unkindly tricks to play on runners for the month of March. During the week, the temperatures rose into the 60's and 70's. And soon as the weekend came the temperatures dropped and the snow started to fall. But we still had a few runners and walkers who took to the roads and trails to complete a few runs.

### Rotary Lake 5K Trail Race

For the first SDGP race of the year, over 140 souls took to the trails around Barnesville Park. Squalls came and went, and the ground may have been a little slick, but all enjoyed the after-race events.'

For the 5K run, Tyler Jenkins was the first overall finisher in a time of 17:12. Our first male finisher was Rich Sandala, who made it through in 24:19, and our first female finisher was Deb Calmbacher, who crossed the line in 37:58.

For the walk we had the race director, our very own Carl Kondrach, who came in first overall in a great time of 35:07. He reports that he is about 80% after his operation. And finishing second overall in the women's category was Sarah Donley in 36:37.

---

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).

### **WCRRC AT THE RACES**

#### **ELLPORT 5K**

Ashlynn Brunazzi 36:29  
Shane Brunazzi 36:30

#### **ELLPORT 5K WALK**

Dave Byers 42:25(OA-1)

#### **MIAMI BEACH 13.1M**

Gary Lorenzi 2:29:33

#### **SHAMROCK SHUFFLE 5K**

Joe Lebert 39:14

#### **MAD MARCH 5K**

Rich Durbin 20:55

#### **MAD MARCH 10M**

Bob Pikelis 1:17:20

#### **SHAMROCK 5K**

Shane Brunazzi 24:44

#### **SPRING INTO SPRING 5K WALK**

Blake Headen 46:10(OA-1)  
Stan Czyzewski 56:51(A-2)

#### **SHAMROCK SHUFFLE 5K**

Rich Sandala 21:46(A-2)

#### **ROTARY 5K**

Rich Sandala 24:19(M-2)  
Pat Calmbacher 36:47  
Deb Calmbacher 37:58(A-2)

#### **ROTARY 5K WALK**

Carl Kondrach 35:07(OA-1)  
Sarah Donley 36:37(OA-2)  
Blake Headen 49:23(A-2)  
Stan Czyzewski 62:00

#### **JUST A SHORT RUN 5K**

Tina Seech 22:39(OA-1)

### **PHILLIES CHARITY 5K**

Scott Harrington 31:50

#### **PHILLY LOVE RUN 13.1M**

Scott Harrington 2:29:45

#### **BUCKS FOR BUCS 5K**

Rich Durbin 22:20(OA-3)  
Bob Pikelis 22:41(A-1)  
Rich Sandala 22:54(A-2)  
Kelley Murdock 26:17(OA-3)  
LuAnne McCullough 33:51(A-1)  
Dave Byers 42:35  
Beth Dalesandro 42:47(A-3)

#### **BUCKS FOR BUCS 5K WALK**

Blake Headen 50:18

#### **KICKIN IT FOR KATY 5K**

Greg Mussitsch 19:24(OA-3)

### **RUNNING SHORTS**

- Promising signs? Both Boston and New York have announced their next marathons will return to regular size fields.
- Belated condolences to Scott Harrington and his family on the passing of Tom Harrington, a long-time WCRRC member.
- Pittsburgh Marathon has reopened registration for a short time to fill some empty slots in all fields.
- Don't forget to get your times to Grace for the GP and Tom for the newsletter. They can be entered on the WCRRC website for easy submission.



**Run to Breathe**  
**Half Marathon and 5K**  
**Saturday, April 16, 2022**  
**Half Marathon @ 8:30 a.m.**  
**5K Run / Walk @ 9:00 a.m.**

Please help support this cause.  
Proceeds from this event will help to support  
Pennsylvania Cystic Fibrosis, Inc.  
Visit their web @: <http://www.pacfi.org>

**Location:** **McDanel's Boat Launch, Pavilion #7**  
**McDanel's Road**  
**Moraine State Park**  
**Portersville, PA 16051**

**Course:** **Out and back on the bike trail.**

**Race Director:** Herb Cratty (724-841-6528) or [bonnherb@yahoo.com](mailto:bonnherb@yahoo.com)

**Awards:** Top Overall Individual Male and Female Run  
Top Overall Individual Male and Female Walk  
Hand crafted wooden Finisher medals for Half Marathon

**Make Checks payable and send to:**

Miles of Smiles Timing Services  
511 Harpers Ferry Road  
Ellwood City, PA 16117

**Registration is also available at RunSignup.com**

Entry fee is per entrant. Please indicate which Race:

Half Marathon \_\_\_\_\_\$35.00      5K Run or Walk \_\_\_\_\_\$20.00

(Race fee will be an additional \$5.00 per entrant on race day.)

Gender: M F Age \_\_\_\_\_

Shirts for Half Marathon and 5K Run or Walk, please indicate which size: S M L XL

Name: \_\_\_\_\_

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

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

Phone: \_\_\_\_\_

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release this race and all organizers, sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event . I also release any photos that may involve myself. Participant Signature Parent or Guardian:

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/2022



In addition to the Title Sponsors listed on the front, this race was also made possible through the generosity of these sponsors:

**Platinum Sponsors:**

**Your Logo here!**  
**Become a sponsor!**



**Domino's**

**Gold Sponsors:**

- Cheffy's Drugs
- Joe's Tires and Service Pros
- Kemp Insurance

**Grand Prix Sponsors:**



**WEB DESIGN**

**Ron Pradetto**  
**Photography**

Refreshments generously provided at a reduced cost by the following businesses in Barnesville:

- Domino's Pizza
- Donley's Delicious Delights
- My Pizza Place
- Convenient Food Mart

Race Course manned and patrolled by the following:

- Barnesville Fire Dept.
- Barnesville Police Dept.
- Barnesville Street Dept.

Volunteers provided by the following organizations:

- Barnesville Area Rails-to-Trails Committee (BARTC)
- The Barkcamp Race

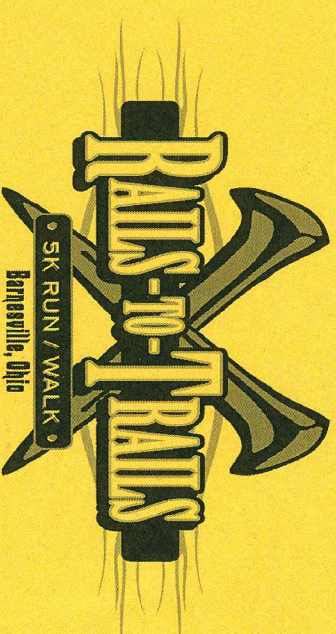
**OTHER RELEVANT WEB INFO:**

[www.barnesvilleohio.com](http://www.barnesvilleohio.com)  
[www.dominos.com](http://www.dominos.com)  
[www.10Twebdesign.com](http://www.10Twebdesign.com)  
[www.ronpradetto.com](http://www.ronpradetto.com)  
[www.runsignup.com](http://www.runsignup.com)  
[www.smileymls.com](http://www.smileymls.com)  
[www.wcrtc.org](http://www.wcrtc.org)

**Carl A. Kondrach, Director**  
808 North Chestnut Street  
Barnesville, OH 43713-1118  
[www.RailsToTrails5k.com](http://www.RailsToTrails5k.com)  
[Facebook.com/barnesvillegrandprix](https://facebook.com/barnesvillegrandprix)  
Cell: 740-310-2117/740-238-1833  
E-mail: [carlkondrach@yahoo.com](mailto:carlkondrach@yahoo.com)

**Voted**

**"#2 Favorite Race in the Ohio Valley"**



**Special Division for Dog-Walkers!**

**Saturday, May 21, 2022**  
**8:30am/8:32am**

**Title Sponsors:**

**JONES**  
**ROOFING**

**(304)242-6018**

**Tunnel Fun Run for Kids**  
immediately following  
the last finisher  
**(Approximately 9:45am)**  
*Kids' Application and other  
information can be found at:*

**[www.RailsToTrails5k.com](http://www.RailsToTrails5k.com)**

**[Facebook.com/barnesvillegrandprix](https://facebook.com/barnesvillegrandprix)**



Mail form(s) and make check payable to:

***Rails-to-Trails 5k***

808 North Chestnut Street

Barnesville, OH 43713-1118

*Please Note: This is a MAILING ADDRESS ONLY! The physical race address is: 300 East Church Street, Barnesville, OH*

Please check ONE box **ONLY**:

☐

☐

☐

**RUN WALK** **CLYDESDALE/ LADY ATHENA** **CANINE WALK TEAM**  
210lbs/165lbs

Dog's Name

**Note:** Those who check the Clydesdale/Lady Athena weight class are NOT eligible for age group awards. Those who check the Canine Walk Team box are NOT eligible for regular walk-division awards.

☐

☐

☐

**Male Female Kids Run (free)**

**5k Shirt Size: (Please Circle One)**

**S M L XL 2XL (add \$2)**

Name (please PRINT clearly)

Address

City State ZIP

Phone e-mail (optional)

Age on Race Day Birthday

**WAIVER:** In submitting this entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims which I may hereafter accrue against any event sponsors, event volunteers, event staff, and their officers, directors, agents, successors and/or assigns for any injuries suffered by me (or my dog, if applicable) at this event while travelling to and from the event or while participating in it. I attest and verify that I am physically fit and sufficiently trained for competition of this event. I also recognize that persons with dogs on leashes will be participating and that I may encounter them on and off the course. I also understand that I may be photographed and agree to allowing my photo, video, or film likeness to be used for any legitimate purpose by the aforementioned parties.

**X** \_\_\_\_\_

Signature (Parent or Legal Guardian if under 18)

Date

**\$22 (May 2) \$27 after or your application will not be accepted!**

**Race Info:**

**Directions:** (From all points North.) Interstate 70 East/ West, Exit #202 (Barnesville/Dennison). Go 6.5 miles on State Route 800 South to first Red Light. Turn left. Go 200 yards. (From all points South.) Take State Route 800 North to 3rd Red Light. Turn right. Go 200 yards. Race begins near and ends at the Train Depot. 300 East Church Street

**Entry Fee:** \$22 pre-registered (deadline, postmarked by May 2). \$27 after May 2 and on race day. Special Charity Rate: \$19 each, minimum **FOUR** entries mailed together. (Pre-registered **ONLY**, deadline, postmarked by May 2nd)

**Registration:** May be done through the mail, on race day or online. Please visit: [www.RunSignUp.com](http://www.RunSignUp.com)

**Keyword: Rails**

**Trophies:** We proudly offer absolutely more awards (2001) for more participants than most 5k events you will find anywhere. Unique, high-quality, ceramic trophies to be awarded in the following categories:

**Canines:** Top 10 Overall dog WALKERS. (Gender irrelevant) **NO RUNNING!** Keep dogs on a 5' locked leash at all times!

**Walkers:** 1. Top 5 Male, Top 5 Female

2. Top 3 Male, Top 3 Female Masters (50+)

3. Top 3 Male & Female in Age Groups unless otherwise indicated.

**Runners:** 1. Top 5 Male, Top 5 Female

2. Top 3 Male, Top 3 Female Masters (40+)

3. Top 3 Clydesdale Male (210 lbs+),

Top 3 Lady Athena Female (165 lbs+)

4. Top 3 Male & Female in Age Groups.

**NO DUPLICATIONS!**

**PLEASE NOTE:** the Age Groups for Males & Females and for the Walk & Run can and do vary greatly. They are ever-changing as they are based on last-year's results so as to minimize waste and cut down on cost. If you have a specific Age-Group award question, please contact the director

**Door Prizes:** Over 50 door prizes/certificates valued nearly \$1000 donated by surrounding merchants/ businesses.

**Shirts:** All pre-registered 5K runners, walkers, and dog-walkers are guaranteed a high-quality athletic mesh T-shirt (not cotton). Register early to nab the right size! Late registrants: first come, first serve. (225 shirts will be pre-ordered).

**Food:** All participants are welcomed to join us for a HUGE smorgasbord of delicious food including several types of pizza, pepperoni rolls, subs, deli-fresh sandwiches, tons of home-baked cookies and cupcakes **AND** the ever-popular, in-demand home-made pasta salad made by my wife Jessical! If you leave this race hungry, it's your own fault!

**Timing:** Chip-in-the-bib timing by Miles of Smiles.

[www.SmileyMiles.com](http://www.SmileyMiles.com)

**More Race Info:**

**Director's Award:** We are currently seeking candidates for this award. If you would like to nominate someone, please contact me by phone, e-mail, or with your application (deadline May 4) Please include a detailed summary of how he/she has made contributions to the walking, running, or racing communities. Winner will be recognized and presented with a special trophy

**Grand Prix:** This event is associated with 2 Grand Prix Series: 1. The Washington County (Pa.) Road Runners Club (WCRRC) Grand Prix Series. 2. It is the 2nd of four races in the Barnesville Grand Prix.

**Barnesville Grand Prix Series**



**Kids' Tunnel Fun Run:**

Immediately following the last 5k finisher (approximately 9:45am). You may use this form to register your child. Fun Run & 5K Race applications and fees may be mailed together. Parents, please arrive at least 15 minutes early. All children win a trophy. There is no fee for children to run. Parents are welcome to run or walk with their kids. Kids will be run in waves, starting with the oldest and working backwards.

**Dog Team Walkers:** Please remember, there are children & other dogs at this event. Be a responsible owner. Non-aggressive dogs only. No dogs "in heat". On leash at all times (NO retractable leashes unless locked). ID Tags must be worn. Current Vaccinations. Please clean up after your dog (baggies available). Also remember, this is a **COMPETITIVE dog walk: NO RUNNING/JOGGING!** Your dog is welcomed to any of the doggy or human refreshments. Please check with your local vet about any changes in diet or the consumption of human food. The director reserves the right to disqualify your team without refund if these rules are not adhered to.

**etc.:** This unique event has been featured in Runner's World Magazine. The popularity and success of this race has directly resulted in multiple "Race Director of the Year" Awards for its organizer. It was voted the **"#2 Favorite Race in the Ohio Valley"** the only 2 times voting took place. (Second only to our sister race, the Pumpkin Festival 5k Run/Walk held in September.) So come on out and join the fun! Bring the family and see what everybody is talking about!

**NO REFUNDS ISSUED FOR ANY REASON!**



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

Over \$5,000 in scholarships may be awarded in 2022. For a complete list of endeavors supported by Alex's Foundation please check our website:

[www.FromAlexWithLove.org](http://www.FromAlexWithLove.org)

**WHEN** June 4th, 2022

**WHERE** Bentworth High School  
150 Bearcat Dr  
Bentleyville, PA 15314

**TIME** Races start at 9:00am

**PACKET PICKUP**

Bentworth High School Parking Lot

Friday June 3rd 5:00-8 pm

Saturday June 4th 7- 8:15 am

No race day registration

Contact Jim Loos at:

724-747-2865 or

[jimloos@fromalexwithlove.com](mailto:jimloos@fromalexwithlove.com)

for more details

**Race Shirts Guaranteed**

IF REGISTERED BY MAY 10th

(Subject to Availability After May 10th)

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

Numerous age categories

(See Website for Details)



**FIVE MILE  
RUN**

Moderately challenging  
course through beautiful  
countryside

**5 MILE RECORDS**

Male Brandon Gillingham

27:41 2012

Female Anna Beck

29:55 2011

**TWO MILE  
RUN**

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

**2 MILE RECORDS**

Male Kevin Gregg

10:07 2012

Female Laura Mucho

11:45 2012

**ONE MILE**

**FUN RUN/WALK**

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

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

Online Registration At  
[www.FromAlexWithLove.org](http://www.FromAlexWithLove.org)  
OR [www.runsignup.com/runforalex](http://www.runsignup.com/runforalex)



Contact Jim Loos at:

724-747-2865 or

[jimloos@FromAlexWithLove.com](mailto:jimloos@FromAlexWithLove.com)

for more details

**IMPORTANT INFORMATION**

- No race day registration
- Must be parked by 8:30 am
- All roads closed by 8:45 am
- Roads will remained closed until course is clear of all participants. (If you must leave early, park at the bus garage)
- AWARDS will not be mailed



**Run For Alex**

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

# ENTRY FORM

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

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ E-mail \_\_\_\_\_

Phone number \_\_\_\_\_

Age as of 6/04/2022 \_\_\_\_\_ Gender M F

EMERGENCY Name \_\_\_\_\_

CONTACT Phone # \_\_\_\_\_

## RACE PREFERENCE

RACE TYPE (please circle one)	BY June 2nd	LATE DAY June 3rd
1 Mile Children 10 and under	\$10.00	\$12.00
1 Mile 11 and over	\$12.00	\$15.00
2 Mile Run	\$18.00	\$20.00
5 Mile Run	\$20.00	\$25.00

## SHIRT SIZE

(please circle one)

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

Mail Entries to:

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

Makes checks payable to From Alex With Love

You must sign waiver to participate

Waiver and Release

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

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

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

X \_\_\_\_\_

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



# Run For Alex

## June 4th 2022

### Bentleyville, PA

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



# How to Determine Your Ideal

## Training Pace

- By Megan Harrington

Whether you're a new runner or you've been logging miles for ages, you might have questions about your training pace. What paces will improve your fitness? Is there such a thing as "too slow" on easy days? If you're ready to dial in your perfect pace, look no further. This easy-to-follow guide will have you running at the right effort, every time.

## Easy Run Pace

**What it is:** This type of running is pretty self-explanatory, and you guessed it—the pace should feel easy. The majority of your running (think 70 to 80%) should be at an easy, conversational pace. If you run too fast, too often, your muscles, ligaments and joints will never have the chance to recover properly.

**How to do it right:** On your everyday runs, aim for a "conversational pace." The exact speed will vary depending on your fitness level and goals, but generally you should be able to recite the pledge of allegiance or sing a few lines of your favorite song while running. If you're just starting out as a runner, don't be afraid to take walk breaks! If you're worried about being too slow, keep in mind that most runners actually push too hard on easy days. Slow is good!

## Lactate Threshold Pace

**What it is:** A [lactate threshold run](#), sometimes called a tempo run, is the

fastest pace you can run without generating more lactic acid than your body can process. If you run under your lactate threshold, the body can process that byproduct and convert it back into energy. If you run faster than your lactate threshold, you'll eventually run out of gas (heavy legs, gasping for air, etc.). The goal is to gradually move the needle so you can run faster without hitting that threshold. Regular tempo runs are the best way to improve your lactate threshold.

**How to do it right:** If you run just below your lactate threshold point, your body will eventually be able to clear lactic acid more effectively. To find the right pace, aim for "comfortably hard" or a pace that you could hold for no longer than about an hour. And if you use the talk test, remember that you should only be able to speak in brief sentences, e.g. "Does the pace feel okay?" "Let's turn here." This pace should make up about 10 to 20% of your runs.

## V02 Max Pace (a.k.a. speed workout)

**What it is:** [V02 max](#) is the maximum amount of oxygen your body can absorb and utilize during exercise. Essentially, it's a combination of how much blood your heart can pump and how much oxygen your muscles can extract and then use. In the case of V02 max, more is better! The higher it is, the better the athletic performance.

**How to do it right:** During V02 max sessions (think fast intervals on the track), you really shouldn't be able to speak at all. It's a near maximum effort that's equivalent to 5K race pace or faster. This pace should make up only a very small part of your training,

approximately 10% of your running volume.

## Half Marathon and Marathon Pace

What it is: If you're training for a longer race, you might choose to focus on half marathon or marathon pace instead of V02 max and tempo run workouts. Or maybe you'll incorporate this type of pace into some quality long runs. As you prep for race day, running at your intended pace will build specificity in your muscles and most importantly, increase confidence.

How to do it right: Figure out your target half marathon or marathon pace goal, and practice running it often in the weeks and months leading up to race day. For example, if your goal is to run a sub-2 hour half marathon, you'll want to practice running around a 9-minute per mile pace.

## Long Run Pace

What it is: Most of your long runs should be run at your easy pace (or slower). If you're new to running long distances, your long run pace will probably be your slowest run of the week (think double digit pace). However, if you're training for a PR, consider adding in quality pace work (like a fast finish) to some of your long runs.

How to do it right: For most long runs, aim for a pace that is at least 1 to 2 minutes per mile slower than your half marathon or marathon race pace. If you're up for it, consider adding in a "fast finish long run" every few weeks. Start at an easy pace and gradually

speed up until your final few miles are at your goal race pace.

## UPCOMING RACES

As more races start to come back, we will try to list as many in the newsletter as we can. There will also be listings on the WCRRC website, so remember to check there also. Remember that all the club SDGP's are marked with a \*.

4/16 – Yough River Trail 5K/10K/10M/Half – Connellsville, PA  
4/16 – Run to Breathe 5K/Half – Portersville, PA  
4/23 – \*Boston Trail 5K/Half – Elizabeth Township, PA  
4/30 – Pittsburgh Marathon 5K – Pittsburgh PA  
5/1 – Pittsburgh Half/Full Marathon – Pittsburgh, PA  
5/14 – South Fayette 5K – South Fayette, PA  
5/14 – Carmichaels 5K – Carmichaels, PA  
5/15 – Jefferson Jog 5K – Clairton, PA  
5/21 – \*Rails to Trails 5K – Barnesville, PA  
5/22 – \*Stop, Drop and Roll 5K – North Strabane, PA  
5/22 – Dice Dragon Run 5K – Schenley Park (Pittsburgh), PA  
5/28 – Celebrate recovery 5K – Damascus, OH  
5/28 – \*Ogden 5K/Half Marathon – Wheeling, WV



# 7 BENEFITS OF RUNNING FOR JUST 30 MINUTES

by Ariane de Selliers

Think you don't have time to train today? Think again. Research shows that just 30 minutes of running can have huge benefits on your short-term and long-term health. Here are the top 7 reasons to lace up your shoes and squeeze in that run today.

## 1. BURN FAT

**Studies across the board show that running for just 15-30 minutes will kick-start your metabolism and burn some serious fat**, both during and after the exercise itself. That's because during a shorter run, your body will use fat as its primary power source, rather than relying on the carbohydrates that play a bigger role as exercise intensity increases.

You'll also keep burning fat long after your run. After intense physical activity, your body goes into EPOC mode (excess post-exercise oxygen consumption), where it uses the energy from fat and carbohydrates to restore itself to its pre-exercise state. EPOC can last from 15 minutes to a whopping 48 hours; so that 30 minute run could keep you burning fat for 2 whole days.

## 2. CATCH A RUNNER'S HIGH

**Simply put, running makes you feel good** – even if you can't do it for that long. Just 10 minutes of aerobic exercise releases a large amount of the mood-boosting endorphins responsible for "runner's high," so a quick lunchtime run can make you feel just as good as a longer one. The benefits aren't just in the moment, either; regular running has countless long-term effects on your mental health, from decreased stress and anxiety to improved energy levels. If you don't trust the research, just try out short, regular runs for a month and see the effects yourself.

## 3. RECOVER QUICKLY

If you keep your run to 30 minutes, you're very unlikely to overstretch or overuse your muscles. **That means a much lower risk of injury.** As long as you take the usual stretching and cool-down measures to recover properly, your body will feel readier and more refreshed when it comes to your next long run. Even if you usually go for longer distances, factoring in the occasional 30 minute run as part of your regular exercise routine can be much better for your body in the long term.

## 4. BURN THOSE CALORIES

**One 30 minute run is guaranteed to burn between 200-500 calories.** That's a fantastic step forwards to your weight loss goal. Or a guilt-free guilty pleasure that day. Or splitting the bottle instead of having a glass. Whatever your goals and priorities are, calorie wiggle-room is always good news.

## 5. SLEEP LIKE A... RUNNER

When you start running regularly for 30 minutes, **you'll see your sleep improve significantly.** And even if you're used to more strenuous exercise, a shorter run will still give you better sleep than no running at all.

That's true for both quality and quantity: you'll both fall asleep faster and spend more time in those deep sleep stages which are crucial for physical recovery. There's a caveat to this though: try not to schedule your run before bedtime. All those feel-good endorphins will also make you feel alert and awake, so you may struggle to get to sleep in the first place.

## 6. LOOK BETTER, FEEL STRONGER

If you can run 3-5 days a week for 30 minutes, the internal health benefits will very quickly start to show on the surface, too. **You'll soon see effects like more defined muscles, pounds off the scale, and clearer, healthier skin.** Your muscles will be stronger so you can get more out of those gym sessions, and your improved cardio fitness will allow you to try things you perhaps couldn't before. And that means more confidence, too.

## 7. ...AND LIVE LONGER?

It's a big claim, but the studies show it's true. **The fitness level you achieve from regular, shorter runs can add years to your life expectancy.** There are a ton of reasons for this: improved circulation, lower blood pressure, a better balance of good and bad cholesterol, lower stress hormones. Your quality of life will also be higher; a basic level of fitness has been linked consistently to better brain and memory function in later years.

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.

