

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

AUGUST, 2022

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VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

We've now entered the dog days of summer. And it seems like the races are coming fast and furious, with returning favorites along with a few new ones propping up. Keep abreast of all races either in the newsletter or on the calendar page of the WCRRRC website.

Great to see Carl Kondrach making a good comeback following some knee surgery. Stush Sadowski, in the meantime, is checking in with doctors to see what his knee issues are. And Albie Rinehart is reporting that he is slowly coming back from a shoulder replacement. It took a little while to get it done since he had other health concerns to take care of.

Anyone who is interested in joining up for a Group run on Saturday Mornings in Washington should get a hold of either Tom Trettel or Tom Carter (tmc_15301@yahoo.com). The runs are early, but the company is lively, and the pacing is easy

UPCOMING RACES

More races are being added to the calendar all the time. Over the next two months there will be quite a few GP races to run. Make sure that if you want to qualify for the GP awards that you take advantage of these races. And remember that all the GP races will be marked with a *.

8/13 – *Brookline Breeze 5K – Brookline, PA
8/13 – North Borough 5K – Pittsburgh, PA
8/19 – Findley 5K – Clinton Park
8/20 – Yinzer 4.12K – Pittsburgh, PA

8/20 – Historic Hill 5K – Hill District (PGH)
8/27 – *Trinity Hiller 5K – Washington, PA
8/27 – Run Around the Square – Swissville, PA
9/3 – FAAP Fall Classic 20K/10K/5K – North Park, PA
9/3 – Steelers 5K – North Shore (PGH)
9/5 – *Labor Day 5K – Washington, PA
9/11 – *Little Great Race 5K – Charleroi, PA
Heitz to Heaven 5K – Moon Twp, PA
9/11 – Erie Marathon – Presque Isle, PA
9/17 – *Tunnels to Towers 5K – Canonsburg, PA
9/18 – Dormont Dash 5K – Dormont, PA
9/18 – Joe Fabus Superhero 5K – Bethel Park, PA
9/18 – *Boston Harvest 5K/10K/Half Marathon – Boston, PA

RACE WRAP-UP

Space is limited this time, so we will just wrap-up a few races from July.

For the July 4th events, we had the Whiskey Rebellion 5K. Sean Battis was the overall winner in a time of 16:16. Our first female finisher was Jaminique Milliren who crossed the line in 21:39 and our first male finisher was Bob Pikelis at 21:52. The first male club walker to finish was Dave Byers in 44:15 and Kathy Starkey was the first female club finisher in 45:48.

For the Brentwood Firecracker 5K, Nick Wolk was the first overall finisher in a time of 15:42. Mike Romzy was our first club finisher in a time of 21:10 and Deb Calmbacher was the first club female to finish in a time of 36:52.

A warm morning greeted those who ran the Rain Day 5K. Gabriel McConville was the overall winner in 15:51. First club male runner was Bob Pikelis and the first overall walker to finish was Sarah Donley.

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.

GRAND PRIX 2022 (As of 8-5)

1. Tina Seech	3	31:31
2. Bob Pikelis	5	34:50
3. Cathy Loos	1	35:59
4. Greg Mussitsch	4	36:21
5. Mike Romzy	3	37:07
6. Jen Foster	2	37:35
7. Rich Sandala	9	38:11
8. Rich Durbin	3	39:29
9. J. Milliren	4	41:24
10. Donna Patrino	3	43:42
11. Kelly Murdock	2	45:02
12. Gary Lorenzi	4	46:58
13. Steve Chabala	3	47:10
14. Carl Kondrach	1	47:43
15. Gary Chabala	2	48:00
16. Deb Calmbacher	5	48:29
17. Tom Carter	1	49:41
18. Mary Krett	2	50:32
19. Michael Frere	1	51:50
20. Nathan Milliren	4	52:01
21. Pat Calmbacher	5	52:01
22. Shane Brunazzi	1	55:56
23. L. McCullough	3	56:03
24. Kathy Starkey	1	57:46
25. Gary Bennett	1	1:01:38
26. B. D'Alessandro	2	1:03:07
27. Dave Byers	2	1:05:14
28. Amy Martin	2	1:13:35
29. Joe Lebert	1	1:15:55

WALK GP 2022 (As of 8-5)

1. Kelley Murdock	4	47:02
2. Kathy Starkey	2	58:34
3. Carl Kondrach	4	59:52
4. Terry Whitecotton	1	1:04:38
5. Sara Donley	4	1:16:34
6. George Macek	1	1:23:07
7. Blake Headen	6	1:23:40

LDGP 2022 (As of 8-5)

1. Tina Seech	1	32:00
2. Bob Pikelis	2	34:44
3. Rich Sandala	4	38:04
4. Jen Foster	1	40:39
5. Danielle Gonzalez	2	42:09
6. Kelley Murdock	1	46:51
7. John Titus	4	48:25
8. Sarah Donley	4	48:47
9. Gary Lorenzi	1	52:15
10. Steve Chabala	2	52:32
11. Scott Harrington	1	55:23
12. Shane Brunazzi	1	58:34
13. Dave Byers	1	1:06:32

*****ALL MEMBERS ARE ASKED TO
CHECK THEIR SCORES CAREFULLY
AND REPORT ANY CONCERNS TO
GRACE ASAP.**

WHAT IS THE WASHINGTON CHRISTIAN OUTREACH?

- It is a non-profit, non-denominational Christian organization that aims to spread the gospel by helping fulfill both the material and spiritual needs of the poor and needy in our community.
- Was started 44 years ago by a local housewife.
- Is located at 119 Highland Avenue (across from Family Dollar) in Washington, PA.
- Is open Monday through Friday from 9:00 am to 1:00 pm.
- Everything donated to WCO is returned FREE to the community.
- Has a kitchen serving hot meals on a daily basis.
- Operates with an all volunteer staff.
- There are NO paid employees.
- A facility where the community can come for medical intervention.
- Functions on monetary and material donations from individuals, churches, foundations, and Fraternal Associations.
- Do you have questions? Would you like to volunteer? Would you like to financially support our efforts? If so, please contact us at 724-222-0750 or fax us your questions at 724-228-9329.
- Thank you to all of our runners and walkers, our race sponsors and advertisers, all of our course workers, the City of Washington and everyone who made this year's event possible.

This year's race will also benefit



Special Olympics
Washington/Greene County

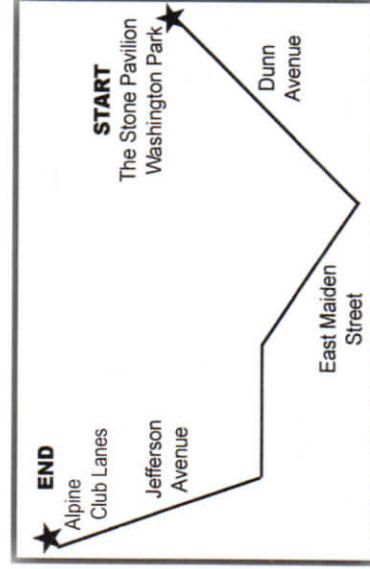
**The
40th
ANNUAL**



COURSE

Begins at the Stone Pavilion in Washington Park & ends at Alpine Club Lanes on Jefferson Avenue.

This is NOT an OUT & BACK COURSE.



**MONDAY,
LABOR DAY**
September 5, 2022

40th ANNUAL

LABOR DAY 5K CLASSIC

The Fastest 5K Race in Western PA
— Hundreds of personal records
have been set on this course!

PART OF

WCRR GRAND PRIX

DIRECTIONS

FROM PITTSBURGH

I-79 S to I-70 W to Exit #17. At end of exit make right on Wylie Avenue. Go to 2nd stop light & make a left on Jefferson Avenue. Follow Jefferson Avenue to Alpine Club Lanes, 735 Jefferson Avenue.

FROM WHEELING

I-70 to Exit #17. Turn left on Jefferson Avenue. Follow Jefferson Avenue to Alpine Club Lanes, 735 Jefferson Avenue.

BUS TRANSPORTATION

provided from Alpine Club Lanes to race start from 7:15 am until 8:15 am. (No parking is available at the starting line at the Stone Pavilion.)



AGE GROUPS

Runners: Age 11 & under, 12-15, 16-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+, Cruiser: 190-210, Heavyweight: 211+.

Weigh-in prior to start.

Walkers: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, & 60+

** The race will be electronically chip timed.

AWARDS

Runners: Top 3 male & female Top 3 in age group, Cruiser & Heavyweight: Top 3. Walkers: Top male and female overall & Top 2 in age group. No duplication of awards. Entrants must pre-declare weight divisions.

MISCELLANEOUS

Race day registration begins at 7:00 am at Alpine Club Lanes finish line. Race starts at 9:00 am for both walkers and runners. Refreshments and random prizes posted at awards ceremony. Proceeds benefit Washington Christian Outreach. Timing service by Miles of Smiles.

Results posted at www.smileymiles.com

FEE

Postmarked by 7/4/22 \$22.00. From 7/5/22 to 8/27/22 \$25.00. From 8/28/22 to race day \$28.00. Make checks payable & send to Washington Christian Outreach, P.O. Box 1659, Washington, PA 15301. Tee shirts guaranteed to all pre-registered by 8/21/22.

Register online today at
www.runsignup.com.

INFORMATION

Call 724-222-0750 or
email: labordayrace@yahoo.com
www.runsignup.com

ENTRY FORM

LABOR DAY 5K CLASSIC

Name: _____

Address: _____

Phone: _____

Email: _____

Please indicate:

Shirt Size: S M L XL

Walker _____ Runner _____

Sex: M F

Age (on race day) _____

Cruiser (190-210) _____
(Runners only)

Heavyweight (211+) _____
(Runners only)

In consideration of the acceptance of this entry, I waive for myself, my heirs and assigns, and any and all claims for damages which may arise against all organizations and individuals connected with this race as a result of any injuries which may be incurred during or from this race.

Signature: (Parent/Guardian if under 18)

Please send race entries to:

LABOR DAY 5K CLASSIC

Washington Christian Outreach

PO Box 1659 • Washington, PA 15301

or sign up online and save at

www.runsignup.com

Want to help in another way? Be a (street) Block Sponsor!

For a \$400 donation, your name or business will be prominently displayed on a block along the racecourse.

Returning Loyalty Sponsors: \$325



All donations will be featured on our Facebook page.

Name _____

Address _____

Contact Number _____

☐ \$400 Street Block Sponsor (please email sign details to griley295@gmail.com)

☐ \$325 Returning Loyalty Sponsor

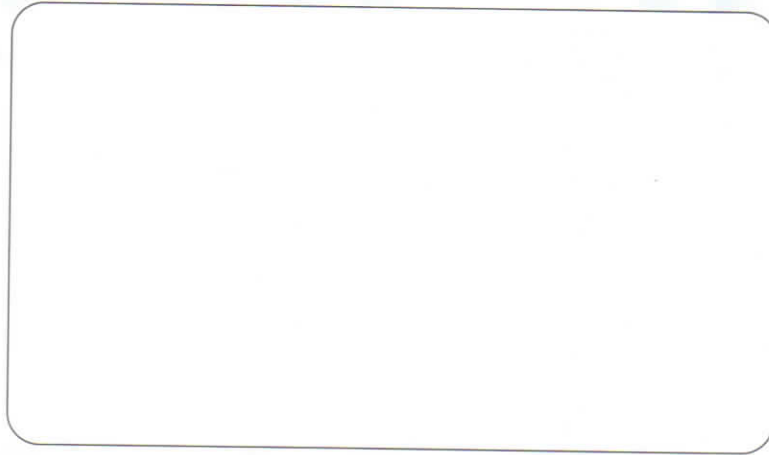
☐ Other Donation

Mail to:

Little Great Race, Inc.
1200 McKean Ave, Suite 104
Charleroi, PA 15022

Make checks payable to: **Little Great Race, Inc.**

PRST STD
U.S. POSTAGE
PAID
MONONGAHELA PA
15063
PERMIT NO. 154



Little Great Race, Inc.
1200 McKean Ave, Suite 104
Charleroi, PA 15022



cfsbank

35th Annual 5k Run/Walk

**Saturday
September 10, 2022
8:15 am**

Online Registration

<https://runsignup.com/Race/PA/Charleroi/CharleroiLittleGreatRace>

All festivities, including the start and finish, will take place at the Charleroi Chamber Plaza near Trustees Park

Keeping with our past practice and tradition, proceeds from the race will be donated to the following:

Our local First Responders to include the Charleroi Regional Police, the Charleroi Volunteer Fire Company, local EMS; a local family facing extraordinary medical expenses due to serious medical illness or injury; scholarship assistance to graduating seniors at Charleroi Area High School or direct assistance to one of the many projects sponsored by the Charleroi Area Education Foundation.

Strollers/Rollerblades/Dogs Prohibited

No registration changes will be made on the day of the race.

Online Registration at

<https://runsignup.com/Race/PA/Charleroi/CharleroiLittleGreatRace>



35th Annual Charleroi Little Great Race 5k (3.1 miles) Run/Walk

When: Saturday, September 10, 2022

Where: Charleroi Chamber Plaza

Time: Race starts at 8:15 am
(Walkers will start 2 minutes after runners)

Entry Fee

\$20.00 Registration (deadline 9/8/22)
The first 400 applicants are guaranteed a shirt and race bag.

\$25.00 Same Day Registration
Race bag/shirt not guaranteed.

Packet Pick Up Info

Charleroi Community Park Pavilion
Friday, September 9 from 5:00-7:30 pm

Awards

The top three overall male/female runners and walkers.

Age Group Awards

The top three male/female runners and walkers will receive awards in each age category.

(No duplication of awards.)

ENTRY FORM

(one entry per form)

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Age as of 9/10/22 _____

Email _____

Gender: M or F

Race Entered (circle choice): RUN WALK
Circle Shirt Size: S M L XL 2XL 3XL

Emergency Contact

Name _____

Phone _____

Mail to:

Little Great Race, Inc
1200 McKean Ave, Suite 104
Charleroi, PA 15022

Make checks payable to: **Little Great Race, Inc.**

Waiver & Release

(Must be signed to participate)

In consideration of the acceptance of my entry into this race, I acknowledge that participation in a 5K road race that proceeds along Charleroi streets, across railroad tracks, a parking lot and the grounds of the Charleroi Trustees Park presents risks of harm to me. I represent that I am physically fit, sufficiently trained to participate in this event and am not medically restricted from participation in the Little Great Race. I acknowledge that Covid-19, and its variants, poses a risk to me at a public gathering. I understand that there are inherent risks associated with the participation in this race and those risks may result in physical restriction, disability, and serious and possibly fatal health conditions. I assume the risk of any and all injuries and harm that I may sustain while participating in or attending the Little Great Race. I, for myself, my heirs, successors, and assigns do fully and generally release the Little Great Race, Inc., its officers, directors, committee members and volunteers from any and all liability and claims for any and all injuries and damages, whether physical, mental or disease related, and all economic and non-economic damages that I may sustain as a result of my participation in the Little Great Race. I acknowledge this is a public event that will be photographed, video and audio recorded, and that the times of race participants may be published. I grant full permission to use my name, image and likeness and waive my expectation of privacy.

Signature _____

(signature of parent or guardian, if under 18)

Want to be a More Well-Rounded Runner? Run Less

- By Sosha Lewis

As a 22-time Ironman Finisher who has also clocked a sub-2:30 marathon, endurance athlete, founder of multisport coaching service TriYon, and ACTIVE.com advisory board member [Jamey Yon](#) knows a little something about what it takes to be a successful runner.

One of the keystones to his coaching philosophy is the importance of balance. In fact, he believes that taking a total-body approach by incorporating strength training, proprioception, and less-impactful cardio exercises such as rowing is paramount to becoming a more well-rounded runner.

"Running is not forgiving," Yon said.

Here are some of Jamey Yon's tips on how to become a better runner by balancing out your regular training.

Start Weight Training

The high-impact nature of running puts a lot of stress on the bones, muscles, tendons, and ligaments of the legs. However, despite the painful pounding that runners endure, Yon stated that it can be a challenge to convince runners to add other exercises to their routine. This is especially true when it comes to weight training—the activity that the running coach picks as the most beneficial exercise that runners can do to become more well-rounded.

Yon said it is because runners fear getting "bulky" or adding weight because they believe that it will slow them down. This isn't necessarily true, though, and he can speak from firsthand experience.

"Weight is not bad. I ran my fastest marathon at my heaviest weight," Yon stated.

He also cited that retired professional runner Ryan Hall is an advocate for strength training. Hall, who holds the fastest marathon time by an American (2:04:58 - 2011 Boston Marathon), believes that the best way for runners to prevent and rehab injuries is weight training. In an article in Muscle & Fitness magazine, Hall is quoted as stating that when he started adding weights to his training regimen, he clocked greater sprint speeds and had more power.

While lower-body pump sessions may make sense, Yon stresses that upper-body strength should not be overlooked because it will create more efficiency in your running stride by improving your technique and allowing you to hold the correct posture longer. The coach further stated that runners need not fret about fitting hours of weight training into their schedule, nor do they need barbells and a bunch of bumper plates. He said that two to three 30-minute [strength-training](#) sessions per week (which can even be done with just resistance bands and body weight) are all runners need to see marked improvements.

Practice Proprioception

Considering that proprioception is often called "the sixth sense," it may seem that your sense of self-movement and body position is an innate ability. However, Yon says that not only can you have [better proprioception](#), but that it is important to

do so if you want to remain injury-free during your running training.

Through simply closing your eyes and practicing your balance or doing unweighted single-leg deadlifts you're "training your brain to fire" and "waking up your muscles." It also plays a crucial role in providing optimal posture control.

When you are fresh at the beginning of the run it is easy to have a strong, upright body. However, as the wear and tear of the miles starts to add up, our bodies start to sag under the fatigue and we begin to waste energy. This makes our running less efficient and we become more prone to injury under these situations.

Incorporate Low-Impact Cardio Exercise

Running puts a lot of what is known as biomechanical stress on your body. Basically, this is stress to your bones, muscles, tendons, and ligaments caused by pounding our legs down on a hard surface and then absorbing the shock of that.

Since your lungs and heart don't know if you are running or doing another cardio activity, it is important to incorporate low-impact exercises such as [rowing](#), cycling, or swimming into your running regimen. By doing so, you are still revving up your engine without causing too much wear or tear on your body.

Upgrade Your Nutrition and Gear

Yon also believes that proper nutrition and [the right gear](#) can help you become a better runner. Without proper nutrition, your body will not propel you forward efficiently.

For runs over one hour, or if you are running in high heat, an electrolyte beverage such as Fuel, Scratch, or Nuun are excellent options. He also advises you to grab yourself an on-the-go real-food snack such as [Yon Bons](#), the protein endurance bites that Yon created for athletes.

One of the bonuses of running is that it doesn't take a lot of expensive equipment or gear. Here is the Yon-recommended list to have you starting out on the right foot:

- **Running shoes:** Get fitted at a run specialty shop and try on a few different brands before purchasing.
- **Running socks:** Thin, lightweight, non-cotton running socks are best.
- **Sweat-wicking shorts and shirts:** Look for lightweight materials that wick away sweat. Avoid cotton because it increases chafing risk.
- **Bodyglide:** Use an anti-chafing stick that can be applied before runs to keep your skin from rubbing.
- **Running hat:** Being exposed to direct sunlight can cause you to overheat much quicker.
- **Hydration carrying system:** Hydration is especially important for runs over one hour.

Although it may seem counterintuitive to run less to become a better, more well-rounded runner, it is necessary to add a variety of training disciplines into your running training. This will make you more powerful, more efficient, and less prone to injury.

WCRRRC AT THE RACES

WCRRRC AT THE RACES

JIM DUNN 5K

Rich Sandala 37:45(A-1)

OHIO HILLS 5K WALK

Carl Kondrach 36:00(OA-1)

Blake Headen 46:51(A-3)

OHIO HILLS 10K

Sarah Donley 51:08(OA-3)

WHISKEY REBELLION 5K

Jaminique Milliren 21:39(A-3)

Bob Pikelis 21:52(A-1)

Rich Sandala 22:59(A-2)

Jen Foster 23:17(A-2)

Nathan Milliren 25:36

Tom Carter 31:20(A-3)

Donna Patrina 32:19(A-1)

LuAnn McCullough 35:30

Beth D'Alessandro 38:49

Amy Martin 41:39

WHISKEY REBELLION 5K WALK

Dave Byers 44:15(A-1)

Kathy Starkey 45:48(A-3)

JOHN WOODRUFF 5K

Rich Sandala 24:00(A-1)

JOHN WOODRUFF 5K WALK

Carl Kondrach 33:09(OA-1)

Sarah Donley 37:24(OA-2)

FIRECRACKER 5K

Mike Romzy 21:10(A-1)

Greg Musselsch 23:24

Steve Chabala 24:20

Gary Lorenzi 28:54

Pat Calmbacher 30:12

Deb Calbacher 36:52

FREEDOM 5K WALK

Carl Kondrach 31:57(OA-1)

Sarah Donley 35:10(OA-1)

Blake Headen 45:24

RALPH SWAIN 5K

Dave Byers 41:08

RUNWAY 5K

Tina Seech 21:09(A-1)

STRAWBERRY DAYS 5K

Dave Byers 42:26

DAM RUN 5K

Dave Byers 40:47

RACE TO THE MOON 5K

Ashlyn Brunazzi 35:43(A-1)

Shane Brunazzi 35:46

COMMUNITY CHASE 5K

Pat Calmbacher 29:58

Deb Calmbacher 35:44(A-3)

COMMUNITY CHASE 5K WALK

Blake Headen 57:07

RUBES RUN 5K

Dave Byers 40:32

LIBERTY MILE

Mike Romzy 6:03(A-3)

Bob Pikelis 6:23(A-1)

Tina Seech 6:41(A-1)

FREDONIA 5K

Dave Byers 42:03

RAIN DAY 5K

Bob Pikelis 22:29(A-1)

Rich Sandala 23:38(A-2)

Carl Kondrach 26:13(A-1)

RAIN DAY 5K WALK

Sarah Donley 34:31(OA-1)

Kelley Murdock 35:38(OA-2)

TURTLE TROT 5K

Rich Sandala 22:34(A-1)

TURTLE TROT 5K WALK

Carl Kondrach 32:52(OA-1)

Sydni Kondrach 49:40(A-1)

KILLIAN 5K

Kelley Murdock 25:32

MONROEVILLE 5K

Shane Bunazzi 26:42(A-2)

OHIO 5K WALK

Carl Kondrach 30:37(OA-1)

Sarah Donley 35:26(OA-1)

Blake Headen 46:30(A-1)

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.

