

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

SEPTEMBER, 2022

VOL. 22 / No. 9

VISIT US ON THE WEB @ WWW.WCRRRC.COM

NEWS AND NOTES

This is just a reminder that Walter Bennett announced that This year's Get Together 10 Mile run and after party will be held this year on November 20th. The run will be at Cedar Creek Trail in Belle Vernon, with the party after at Walter's house. If anyone is interested in joining us for a fun event, let Walter know you are coming by email. His address is at w_bennett11@hotmail.com.

We are slowly coming down to the final few races for the WCRRC Grand Prix events. Please make sure that any races for the club that you do are registered with both Tom Trettel and Grace Goffi. You can do this by either sending them an email or put them on the club website race registration sheet.

This year we will be doing the same as we have been doing in past years. Any race that you do on or around Thanksgiving Day will count towards the Thanksgiving run. Just make sure that if you do one that is especially out of town, that you report it to Tom and Grace in a timely manner.

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 *.

10/8 – *Waynesburg College Homecoming 5K – Waynesburg, PA

10/8 – Auggie's 5K – Wheeling, WV

10/15 – *Greene River Trail 5K – Rice's Landing PA

10/15 – Buffalo Creek Half Marathon – Cabot, PA

10/16 – Fort Days 5K – Ligonier, PA

10/22- Brew to Brew 5K – Murrysburg, PA

10/29 – *Jack-O-Lantern Jog – Canonsburg, PA

10/30 – Propel School Trick or Trot 5K – North Shore, PA

11/5 – EQT 10 Miler/10K – Pittsburgh, PA

11/5 – Sweat Bar Fitness 5K/10K – Oakdale, PA

11/6 – Veterans Day 5K – Allison Park, PA

11/12 – Prodigy Wellness Diabetes Dash 5K – New Martinsville, WV

11/19 – Gratitude 5K – Upper St. Clair, PA

RACE RECAP

September saw quite a few GP races. There were so many that we don't have the space for a big recap. But in just a few sentences:

We had a big club turnout for the Labor Day 5K, even though the rains came. Congrats to Jaminique Milliren for the second overall finish in the female division. And Carl Kondrach once again took the overall finish in the walk category.

The Boston Harvest 5K saw Heath Piper finish first overall and Rich Sandala third overall.

The Tunnels to Towers 5K once again had Heath finish third overall in the inaugural Canonsburg race.

The Pumpkin Festival 5K saw in the walk category Carl finish first overall in the male category, and Sarah Donley first overall with Kelley Murdock fourth overall. And Pat Calmbacher was our only runner finishing.

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 10-3)

1. Tina Seech	6	30:24
2. Greg Mussitsch	7	33:24
3. Bob Pikelis	8	33:36
4. Mike Romzy	6	35:07
5. Cathy Loos	1	35:59
6. Ann McCormick	1	36:17
7. Heath Piper	5	36:47
8. Rich Sandala	16	37:12
9. Jen Foster	3	37:41
10. Deb Calmbacher	7	38:23
11. Rich Durbin	5	38:41
12. Jam Milliren	6	39:52
13. Donna Patrina	4	42:50
14. Sarah Donley	5	43:20
15. Kelly Murdock	4	44:02
16. Carl Kondrach	6	44:49
17. Steve Chabala	5	45:30
18. Gary Lorenzi	7	45:53
19. Larry Roof	1	47:33
20. Pat Calmbacher	10	47:34
21. Mary Krett	3	49:00
22. Tom Carter	4	49:28
23. Michael Frere	2	50:20
24. Kathy Starkey	3	51:15
25. Nathan Milliren	5	51:20
26. Gary Chabala	4	52:21
27. Scott Harrington	1	53:32
28. Shane Brunazzi	4	53:49
29. LouAnn McCullough	5	54:41
30. Ricky Andrews	1	59:45
31. Gary Bennett	1	1:01:38
32. B. D'Alessandro	2	1:03:07
33. Dave Byers	3	1:05:00
34. Amy Martin	5	1:12:31
35. Bill McCormick	2	1:14:19
36. Joe Lebert	1	1:15:55
37. Christina Shwallon	1	1:16:36
38. Michelle Wojnar	1	1:20:25

WALK GP 2022 (As of 10-3)

1. Carl Kondrach	6	54:22
2. Kathy Starkey	2	58:34
3. Mickey Hornack	2	59:32
4. Sarah Donley	7	1:00:12
5. Kelley Murdock	6	1:00:45
6. Terry Whitecotton	2	1:05:45
7. Dave Byers	3	1:08:43
8. Blake Headen	12	1:17:17
9. George Macek	3	1:18:42

LDGP 2022 (As of 10-3)

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. Sarah Donley	7	45:34
7. Kelley Murdock	2	46:47
8. John Titus	4	48:25
9. Gary Lorenzi	2	50:49
10. Steve Chabala	3	51:11
11. Scott Harrington	1	55:23
12. Carl Kondrach	4	58:13
13. Shane Brunazzi	1	58:34
14. Dave Byers	1	1:06:32

WCRRRC AT THE RACES

BOSTON HARVEST 5K

Heath Piper	19:32(OA-1)
Rich Sandala	22:37(OA-3)
Shane Brunazzi	27:31(A-1)
Pat Calmbacher	29:54(A-2)
Kelley Murdock	31:09(A-3)WALK
Deb Calmbacher	37:32(A-1)
Blake Headen	46:33(A-2)WALK

CHEESE CHASE 5K

Kelley Murdock	25:02(A-1)
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ZOMBIE 13.1M

Kelley Murdock	1:58:41
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BALD EAGLE 5K

Shane Brunazzi	30:32
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YOUGH TRAIL 10K

Gary Lorenzi	59:00(A-1)
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YOGH TRAIL 5K

Rich Sandala	22:30(OA-2)
Shane Brunazzi	29:40

PUMPKIN FESTIVAL 5K

Pat Calmbacher	29:33
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PUMPKIN FESTIVAL 5K WALK

Carl Kondrach	30:15(OA-1)
Sarah Donley	34:06(OA-2)
Kelley Murdock	34:46(OA-4)
George Macek	43:46
Blake Headen	43:48

**DUE TO THE VOLUME OF RACE TIMES,
ADDITIONAL RACE TIMES WILL BE
INCLUDED IN THE NEXT ISSUE.**

Why You Should Utilize Fartlek

Training

- By Pete Rea,

As apples drop and leaves turn, long distance runners across the globe set new goals for the coming year. For most, these goals begin with a healthy dose of aerobic mileage and general conditioning work—a.k.a. base training.

This phase of training develops strength of connective tissue, enhances the body's ability to transport oxygen efficiently and reduces the chance for injury later on. However, too often runners who are base training fail to do any type of work to remind the body how to change gears and engage different muscle fiber. The age-old remedy? Fartlek training.

Fartlek, literally translated from Swedish as speed play should be utilized year round but especially during base phase training.

Base Phase Fartlek

As you begin your fall base training be certain to plan fartlek work into each of your training weeks. These workouts can be as simple as some subtle gear changes during the course of one to two runs as you are slowly building your volume. If you have never done any formal (or even informal) fartlek work, here is one of the best workouts:

During your longest run of the week, run a one-minute surge every six or seven minutes. This surge shouldn't be terribly hard—perhaps only 15 to 20 seconds per mile faster than your normal long run pace. At the end of the one-minute surge, simply return to your relaxed rhythm. If you have a hard time returning to a "normal" long run rhythm, you are running the surges too quickly. This work

will teach you how to change gears, as well as how to deal with bad patches during race efforts.

Another fartlek workout that is particularly effective during base building is one where random pick-ups are tossed in throughout the run. The late ZAP founder Andy Palmer used to say run 15 or 16 minutes worth of pick-ups during a long run—he shared no details on the length of these pick-ups or time of the recovery other than "mix it up with some longer and shorter pieces." This is a truly by-feel fartlek and is a great one to execute as you are just getting started.

Transition

After the requisite six to 14 weeks of standard base building, look toward the competitive season. With that change comes a change in the type of fartlek work you should be doing. Fartlek sessions should become more overtly strength based and designed around current and future goal fitness. Here are a couple examples:

Descending Tempo Fartlek, a.k.a. the "Savage Fartlek"

- Begin this session with a six-minute piece at roughly your anaerobic threshold—close to half marathon pace.
- The recovery is then half the time of the piece (in this case 3:00).
- Then run a five-minute piece slightly quicker than the six-minute, with the rest now being two and a half minutes.
- Then run a four-minute piece a touch quicker, with two minutes rest.
- Follow with a three-minute pick-up with one and a half minutes recovery and a two-minute pick-up with one-minute recovery.
- The final two pieces of the fartlek should be working into current-5K-fitness range.
- For more advanced higher-mileage athletes, begin with a seven-minute

piece and go all the way down to one minute.

WCRRC

Mickey Hornack

Downcycle Fartlek, a.k.a Progression Pieces

- Known as pick-ups that begin a bit slower and finish faster.
- Make sure to start with a warm-up run.
- Then run a two-and-a-half-minute pick-up beginning with the first 30 seconds only five to 10 seconds faster than your normal training pace.
- Each subsequent 30-second block should be a touch quicker than the previous, with the final 30 seconds (from two minutes to two and a half minutes) being at or slightly faster than 10K pace.
- After you run the two-and-a-half-minute piece, take 90 seconds jogging easily.
- Run another the same way.
- It's recommended to run two sets: a set of four, which will be 16 minutes including recovery, and a set of three, which will be 12 minutes including rest.

Sharpening Fartlek

As with any well-designed training program, fartlek training can be implemented in many different ways—from the controlled strength type of long run surging to the most specific anaerobic development sessions. The latter, while rarely needed, are still an important part of your training and can develop with sessions such as six by 45-second fartlek pick-ups with full recovery (two to three minutes between each) or 15 to 20 by 20 to 30 seconds similarly.

Fartlek is an excellent way to transition your fitness from each cycle to the next, from base training to race specificity.

* Attention: Blake News- well hmmm nothing new same Blake.

* Add Blake: I mentioned to his Mom, "He's a handful" Blake's Mom just rolled her eyes!! Nothing new same Blake.

* Kudos to "Bo" Pikelis!! 1st in AG in Pgh. Great Race 10K. The standard is the standard!!

* Helped to rescue a snapping turtle from storm drain in Mingo Park! Yeaaa!! Patrino's send me photo of 2 more in same drain!! I call park, they investigate, These buggers LIVE in drain pipe. Rescue??? Turtles probably watch for me. "Here comes Mr. Rescue" hide!

* Will there ever be another Jim Cantore!

* Anyone cook "fine noodles" n' not get 'em all over the place?

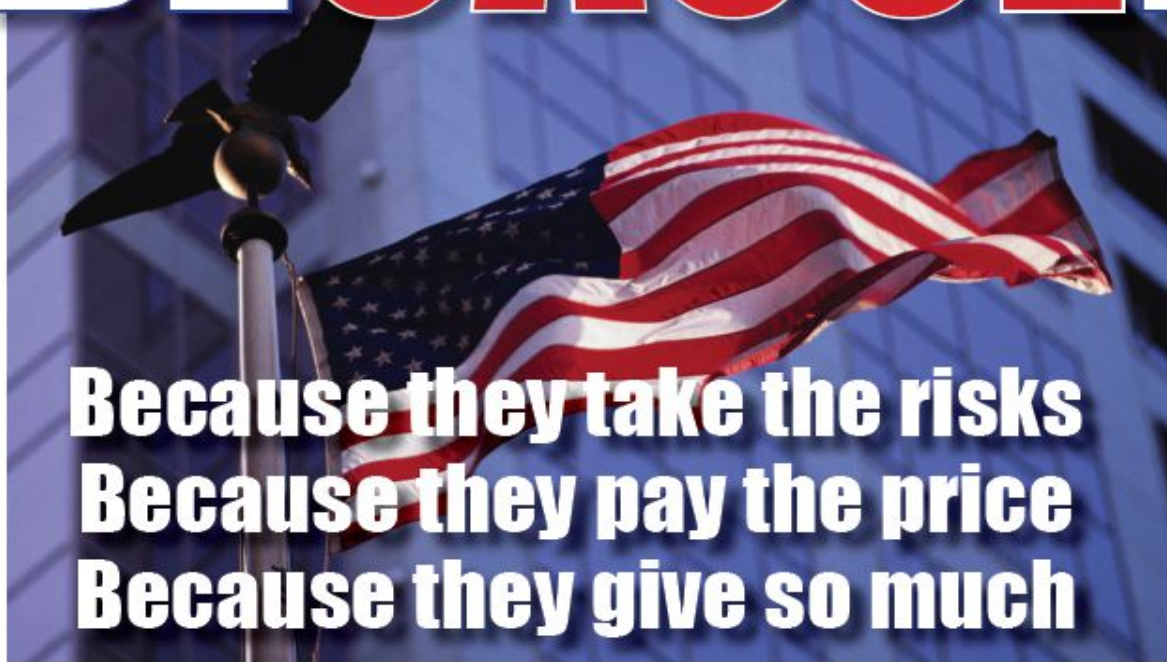
* The Mrs finished 5 min ahead of me in the Great Race! Hey, she's 6 months younger!!!

* I've read many articles on "How to improve your 5k race time" best advice I ever got...run (walk) faster!! Go figure

* A lawyer friend of mine finished a marathon with a torn ACL, how i asked? Said he had "power of a torn knee"

* Anyone ever forget their MAC in the bank kiosk? And just drive away? Maybe best not to answer that.

BECAUSE!



**Because they take the risks
Because they pay the price
Because they give so much**

Operation Troop Appreciation Remembers them.

Join us in a very special fundraising race.
The Operation Troop Appreciation Veterans Day

5K Race

Sunday, November 6th, 2022 9:00 a.m. Hampton Community Park
All Proceeds will be used to send Holiday Care Packages to Active Duty Troops

www.operationtroopappreciation.org

To Register, please email:

Gerardmac977@aol.com

Or go to RunSignUp.com

<https://runsignup.com/Race/PA/AllisonPark/OPERATIONTROOPAPPRECIATION5K>

Operation Troop Appreciation Veterans Day 5K Race

Sunday Nov. 6th 9:00 a.m. Hampton Community Park 3101 McCully Road Allison Park PA 15101

Come win an **Apple Pie** while supporting our troops

www.operationtroopappreciation.org

Thank you for your support of our Troops

Apple Pies for winners Entertainment Great Competition Lots of prizes
Awards in 13 Age Groups Best Goody Bags Post Race AllAmerican Buffet

-- ****Early Bird Special** \$15** (until September 9th)****

-- **Pre Registration Fee: \$20**

-- **Race Day Fee: \$25**

-- **Team Challenge** for groups of 5 runners. Teams will compete for a special prize to be won by team with the lowest total score: **Team Fee: \$75 register by November 4th.**

(Note to team runners: please have each member of your team fill out a registration form.)

****Hurry! T Shirts and Goody Bags are guaranteed to all who register before October 1st****

Checks payable to: Operation Troop Appreciation

Please send your registration and fee to:

Alice McLaughlin

2861 Tremonte Lane

Allison Park, PA 15101

Or you may register and pay on line at **RunSignUp.com:**

<https://runsignup.com/Race/PA/AllisonPark/OPERATIONTROOPAPPRECIATION5K>

Questions? Email us at Gerardmac977@aol.com

Prizes for top 3 male/female in all age groups, and **Apple Pies for winners!** Age Groups will be as follows:
10 & Under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

All Runners Please return this half of the form with your payment. Thank You.

Name _____

Address _____

Phone _____ E Mail _____

Age on Race Day: _____ Gender: Male _____ Female _____

T Shirts: Guaranteed to all who register by October 1st. Please indicate your size preference:

____youth large ____adult small ____adult medium ____adult large ____adult X large

Team Information: If you are running as part of a team, please indicate:

Team Name: _____

Team Contact Name: _____ Team Contact Email: _____

PARTICIPANT'S RELEASE: In consideration of the above named person participating in the Veterans' Day Operation Troop Appreciation 5K Race and intending to be legally bound, I do hereby release and forever discharge Operation Troop Appreciation, Hampton Township, their agents and their successors, from any and/or all liabilities, obligations, expenses, and/or actions or suits in law or equity which I might hereafter have by reason of injuries sustained by the above named person while participating in this race.

(signature of runner or parent)

(date)

All proceeds will be used to provide Holiday Care Packages to our active duty troops.

On behalf of our Troops, we thank you for your support!

www.operationtroopappreciation.org

Diabetes Dash Run / Walk 5K



Prodigy Wellness Center

New Martinsville, WV

Saturday, November 12th 2022

Race Start Time- 9:00am

Registration Begins- 8:00am

FREE- Kid's Fun Run (8 & Under) after the race

Pre-Registration and *guaranteed* t-shirt is \$20 (post-marked by October 29th).
\$25 for registration after October 29th.

***ALL PROCEEDS WILL BE DONATED TO WVU CHILDREN'S PEDIATRIC
ENDOCRINOLOGY DEPARTMENT!!!***

Awards for top 3 overall male/female finishers in each age group *and* top 3
OVERALL male/female finishers for both runners and walkers.

All door prizes are donated by locally owned businesses.

** For questions, please contact Alyssa Henry Huggins via Facebook Messenger or
Alyssahenry12@hotmail.com **

Diabetes Dash Run / Walk 5k

Saturday, November 12, 2022

Please join us in participating in the Prodigy Wellness Center Diabetes Dash Run / Walk 5k on Saturday, November 13th beginning at 9am with registration starting at 8am.

Location: The race will start / finish in front of Prodigy Wellness Center at 313 Main Street, New Martinsville, WV.

Entry Fee: \$20 pre-register by October 29th and receive a t-shirt OR \$25 day of event (t-shirt not guaranteed).

To pre-register, please return completed form and entry fee to:

Prodigy Wellness Center

313 Main Street

New Martinsville, WV 26155

**** All forms and entry fees must be in by October 29th to receive a t-shirt! ****

Make Checks Payable to: "Alyssa Henry Huggins"

Name: _____

Address: _____

Email: _____

Phone: _____

Date of Birth: _____ Age on day of race: _____

Shirt Size: (circle one) ADULT- S M L XL 2XL 3XL YOUTH- YXS YS YM YL YXL

Donation / Shirt Only: _____

Female Male (Circle One)

Runner Walker (Circle One)

Waiver: In consideration of acceptance this entry to the Prodigy Wellness Center Diabetes Dash Run / Walk 5k, I waive any claims for myself, my heirs and assigns against Prodigy Wellness Center and sponsors and promoters for injury or illness which may result from my participation. I attest and verify that I have full knowledge of the risk involved in these events, that I am physically fit and sufficiently trained to participate. I understand that I may be photographed, and agree to the allowing my photo to be used for legitimate purposes by the aforementioned parties. I have read the above statement. I understand it and my signature confirms its full acceptance.

Signature

Date

Parent / Guardian Signature (if participant is under 18)

Date

WCRRRC AT THE RACES

HILLER 5K

Rich Sandala	22:27(A-2)
Carl Kondrach	24:00
Kelly Murdock	24:54(A-3)
Tom Carter	29:41
LuAnne McCullough	33:36

HILLER 5K WALK

Blake Headen	47:30
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LIVE FOR TOMORROW 5K

Pat Calmbacher	38:29
Deb Calmbacher	38:29

STEELERS 5K

Greg Mussitsch	19:39
Mike Romzy	20:49
Rich Sandala	22:05
Sarah Donley	24:34
Gary Lorenzi	28:53
LuAnne McCullough	34:37
Blake Headen	53:40(W)

LABOR DAY 5K

Heath Piper	18:25(A-1)
Rich Durbin	20:57(A-2)
Jaminique Milliren	21:07(OA-2)
Bob Pikelis	21:39(A-1)
Rich Sandala	22:00(A-2)
Steve Chabala	23:20(A-2)
Sarah Donley	23:56(A-1)
Pat Calmbacher	28:31
Tom Carter	30:05
Ricky Andrews	30:29
Gary Chabala	31:07
Scott Harrington	31:59
Kathy Starkey	37:35(A-1)
Amy Martin	41:31
Bill McCormick	47:10(A-3)

LABOR DAY 5K WALK

Carl Kondrach	26:48(OA-1)
Blake Headen	45:58(A-1)

LIGHTHOUSE 13.1M

Carl Kondrach	1:58:01
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RISE 'N SHINE 5K

Kelley Murdock	25:09(A-2)
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RISE 'N SHINE 5K WALK

Carl Kondrach	29:46(OA-1)
Sarah Donley	35:40(OA-1)
Blake Headen	45:53(A-3)

LITTLE GREAT RACE 5K

Heath Piper	18:43(OA-3)
Greg Mussitsch	18:45(A-1)
Rich Durbin	20:55(A-1)
Tina Seech	21:57(A-1)
Rich Sandala	22:03(A-1)
Carl Kondrach	22:40(A-2)
Sarah Donley	23:28(A-1)
Kelley Murdock	23:57(A-2)
Shane Brunazzi	25:23
Gary Lorenzi	27:23
Pat Calmbacher	29:05(A-3)
Donna Patrino	31:39(A-2)
Mary Krett	37:56(A-3)
Kathy Starkey	37:59
Deb Calmbacher	41:38
Amy Martin	41:40

LITTLE GREAT RACE 5K WALK

Mickey Hornack	42:18
Blake Headen	42:23(A-2)

TUNNEL TO TOWERS 5K

Heath Piper	19:14(OA-3)
Mike Romzy	21:11(A-1)
Tina Seech	22:30(A-1)
Ann McCormick	29:29(A-2)
Tom Carter	33:41
LuAnne McCullough	34:26
Christina Swallon	50:09
Bill McCormick	54:25

HEITZ TO HEAVEN 5K

Mike Romzy	20:53(A-2)
Rich Sandala	22:53
Carl Kondrach	24:25
Shane Brunazzi	28:00

SCOTTDALE 5K

Rich Sandala	22:29(A-1)
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BOSTON HARVEST 10K

Gary Lorenzi	1:02:36(A-1)
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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.

