

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

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VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

It looks like our friendly Groundhog Phil has decided to tell us that there will be six more weeks of winter. Let's hope that his prognostications are off by a few weeks and spring can finally get here. We will see what the next few weeks will bring.

Remember that the club dues are now due for the 2023 season. Included in this month's newsletter is the schedule of upcoming club races that we are aware of now. If there are any changes to the listings, we will pass them on.

Don't forget that the annual WCRRRC banquet is still scheduled for March 25th. Make sure to please get your reservations in early so that we can get a more accurate head count to let the caterer know.

UPCOMING RACES

There are usually not that many races scheduled for the winter months, but for those hearty souls who don't mind the unpredictable weather, here are a few events you may want to check out. Any Grand Prix events will be marked with an *

2/25 – Spring Thaw 10/15/20 Miles – Allison Park, PA

3/4 – South Park Half Marathon – South Park, PA

3/4 – Shamrock Run 5K – Cranberry, PA

3/4 – Ellport Boro 5K – Ellwood City, PA

3/11 – March Mad Dash 5K/5M/10M – Allison Park, PA

3/18 – Pat Campbell Fighting Cancer 5K – Toronto, OH

3/19 – Burning Calories 5K/10K – Riverfront Trail – Pittsburgh, PA

3/25 – *Barnesville Park/Rotary Lake 5K – Barnesville, OH

4/1 – *Bucks for Bucs – Houston, PA

4/8 – Yough River Trail 5K/10K/10M/Half Marathon – Connellsville, PA

4/16 – *Boston Trail 5K/Half Marathon – Elizabeth, PA

WCRRRC AT THE RACES

January is usually not a very hot month for road races, and this one was no exception. But there were two events that had a few WCRRRC registrants.

Resolution Run 5K

There were 127 brave souls who ventured out on New Year's Day to kick 2023 off on the right note. The weather was chilly but not unbearable. Sean Battis was the first overall finisher in a time of 16:28. Kelley Murdock was our first female finisher in a time of 25:24, and Mike Romzy was our first male runner, crossing the line in 22:12.

Run To Read Half Marathon

The wind chill was in the lower 20's when the Run to Read Half kicked off. Bob Pikelis was our first male finisher in a time of 1:43:37 and Sarah Donley was our first female in a time of 2:04:27. And Carl Kondrach took over as her pacer for that time.

To report Grand Prix times, call Tom Trettel (724) 229-0201 or e-mail trettelt@comcast.net. Or Grace Goffi (724-554-0081) at gracegoffi@verizon.net. For newsletter information or to submit an article contact Bob Pikelis e-mail r.pikelis@comcast.net.

2023 WCRRC GRAND PRIX

The WCRRC Grand Prix's will both return in 2023 for the 38th edition. Please read the guidelines below and keep for your own information.

****Races must be run while a member. Anyone joining in progress will be eligible as of the date of membership and may not use races run prior to membership.**

2023 GRAND PRIX (RUN AND WALK)

1. A tentative list of races is below. Changes and additions will be made as soon as possible. Not all races are confirmed as of this printing.

Resolution Run 5K (Jan)	Peters TWP 5K (June)	Little Great Race 5K (Sept)
Barnesville Park 5K (March)	Whiskey Rebellion 5K (July)	Boston Harvest 5K/10K(Sept)
Bucks for Bucs 5K 9April)	Running for Ryan 5K (July)	Pumpkin Festival 5K (Sept)
Rails to Trails 5K(May)	Rain Day 5K (July)	Great Race 5K/10K (Sept)
The Big Run (June)	Brookline Breeze 5K (Aug)	Jack-O-Lantern Jog 5K (Oct)
Run for Alex 5M (June)	Labor Day 5K (Sept)	Turkey Trots 5K Any (Nov)

2. To qualify, you must run or walk 5 of the above races.
3. It is the responsibility of the runner to report times to Grace Goffi (724-554-0081) gracegoffi@verizon.net.
4. A separate Walking Division will use the above races.
5. The standings will be posted monthly in the newsletter.
6. The Grand Prix is age graded. Your age on race day will be needed to score you.

2023 LONG DISTANCE GRAND PRIX

1. Any race 15K or longer can be used. No races are chosen by the WCRRC.
 2. Four (4) races are needed to qualify.
 3. The LDGP begins January 1 and ends December 16.
 4. All times must be submitted to Tom or Grace within two weeks
- QUESTIONS? Tom Trettel (724-229-0201)

KEEP THIS PAGE FOR FUTURE REFERENCE

3 Ways to Maximize Your Post-Run Recovery

INJURY PREVENTION

Timothy Lyman

It's impossible to maximize the benefits of your training and racing without adequate recovery, but there's a lot of information to sort through. With all the information floating around in cyberspace, how can you determine what the best recovery method?

Let's start with the basics: sleep and nutrition. After a workout or training session, it is imperative that the body has what it needs in the form of macro and micronutrients, as well as adequate time to repair itself so you can come back faster and stronger.

Post-run foods, like chocolate milk, nut butters and Greek yogurt, can all help replenish the nutrients you lose during a workout.

The National Sleep Foundation says, "Along with dietary protein to aid in muscle repair and new muscle growth, your body produces its own muscle-building hormones while you sleep, including human growth hormone (HGH) ... in fact, many of the critical restorative functions in the body—like tissue repair and muscle growth—occur mostly or only during sleep. A consistent sleep schedule of seven to nine hours a night (possibly more if you are a competitive athlete) will help the muscle-healing process."

If you are an athlete who knows the basics of proper nutrition and adequate sleep, there are other things you can do to supplement your recovery and boost your performance. Massage, compression and temperature therapy come in all shapes and sizes.

Here's what you need to know about massage, compression and temperature therapy:

Massage

According to Novacare physical therapist Martine Marino, MPT, COMT, who specializes in working with runners, "There is research to support massage as an effective modality for decreasing perceived pain and DOMS (delayed onset muscle soreness). It increases blood and lymph flow, decreases circulating cortisol, decreases inflammation and increases beta-endorphins."

She stresses, however, that "massage" can be a catch-all term, and it's important to treat every athlete on a case-by-case basis.

"I perform 'massage,' but we usually refer to it as soft tissue mobilization because we are not doing massage in the traditional sense. Our massage is targeted and specific," she says. "Myofascial release via instrument assisted technique (graston) or myofascial decompression (cupping) are (anecdotally) very effective. I also do strain-counterstrain and trigger point massage which is more neurological and less mechanical."

If you are looking for the convenience and ability to perform self-massage, the Hyperice Hypervolt is one of the best products on the market. With a cordless design, three levels of vibrations and QuietGlide technology, the Hypervolt is a highly desired tool in the sports performance world.

"The Hypervolt is the preferred 'thera-gun' for me," says Ron DeAngelo, the Director of Sports Performance Training at the UPMC Rooney Sports Complex, in an email to Fleet Feet. "It all comes down to proprioceptors and layering. Vibration therapy, done properly, the body perceives as non-intrusive. There is no pain associated with it. Percussion tends to be too aggressive."

"I have better results with vibration to the point that people will comment, 'That was magic', says DeAngelo. "Of course it's not magic, it's the proprioceptors taking in good information and being desensitized."

Adam Plantz is the Manager and Co-Owner of Restore Hyper Wellness + Cryotherapy in Upper Saint Clair, Pennsylvania. Plantz says that the customer response to the Hypervolt has been tremendous.

"It sparks the interest of each person who walks through the door, and clients who regularly get

stretch therapy rave about the Hypervolt,” Plantz says. “We incorporate the Hypervolt into the beginning portion of the stretch therapy service that we offer as a way to relax patients and increase blood flow. This, in turn, stimulates the parasympathetic system (relaxation) and allows patients to receive a better, more effective stretch.

“In addition, we utilize the different attachment options based on the needs of patients to break up adhesions, reduce tension and alleviate pain.”

Compression

Compression products, like sleeves and socks from CEP, stimulate blood circulation, which can reduce inflammation, assist in injury-prevention and expedite recovery. Different levels of compression can be used for different effects, either during activity or as a purely recovery-based protocol.

DeAngelo says NormaTec’s recovery system is commonly used by professional athletes. “They usually use it right after a game or hard practice or the day after,” he says. “For runners, it would work well right after a long run and the day after.”

He says NormaTec’s boots and sleeves work like a massage, but you might not want to do it the night before or the day of a race.

Marino also stresses the efficacy of compression as a useful recovery tool. But she emphasizes that it is not a “one-size-fits-all” approach.

“The research does find that compression in addition to ice is better than ice alone at least for tendon oxygenation,” she says. “However, compression during exercise can have negative effects if it is too tight, like knee brace straps on the calf, ill-fitting or too-high grade of compression socks.”

Marino recommends using a product like kinesiology tape during an event, then switching to compression post-race. Kinesiology tape “increases lymphatic and blood flow without compression,” she says.

What if you’re not just sore after a race, but you unfortunately injured yourself in the process?

“More research needs to be done on the effects of compression on healthy tissue vs injured,” she adds. “But I suspect that it would be helpful for recovery if it improves tendon oxygenation.”

Temperature Therapy

Ice baths and cold showers have been around since the beginning of sports, and contrast temperature therapy is starting to gain traction in the industry. Filling up a huge tub with ice water or standing under a steamy shower not only wastes a lot of water, but also time, energy and attention. There are better ways.

Plantz says cryotherapy is a popular technique where the body is exposed to extremely cold temperatures for a very short period of time to reduce inflammation, in addition to a host of other health benefits including promoting muscle growth and pain reduction.

“We believe everyone can benefit from whole-body cryotherapy,” says Plantz. “The three-minute treatment reduces inflammation and releases endorphins that help alleviate pain, boost energy and metabolism, and increase the body’s natural healing abilities.”

Marino advises utilizing cryotherapy as a recovery modality, but only under the right circumstances.

“Research finds no benefit to full-body cryotherapy unless it’s done within five hours post-activity,” Marino says.

Understanding the intent, purpose and application of these popular recovery methods can help runners remain resilient and injury-free to enjoy long-term performance.



ELLPORT BOROUGH



COMMUNITY 5K

Saturday, March 04, 2023
5K race begins at 11:00 a.m.

Ellport Borough Community Center
200 Booster Way
Ellwood City, PA 16117

70+ age group championships
PRIZE MONEY

Directions: Take Route 488 North from Ellwood City. Take left onto Golf Avenue across from Ellport Junction Convenience Store. Signs will be posted.

Nice course along back streets of Ellport Borough. Flat and Fast. Restrooms will be available inside the Community Center. Registration and award presentation will be inside. DJ this year and National Anthem at the start of the race.

Many refreshments after the race including Pizza Joe's Pizza.

Top 3 overall male and female runners

Top 3 in each age group male and female runners:

1-14, 15-19, 5 year age groups up to 80 & over

Prize money to top 1 male and female 70-74, 75-79, 80 & over.

\$150.00 cash award for overall course record breakers.

Men: Nick Edinger - 15:20.1

Women: Bethany Walker - 18:40.6

\$20.00 for preregistered with **Miles of Smiles Gloves** or **Coffee Mug**

\$25.00 day of race with **Miles of Smiles Gloves** or **Coffee Mug**

Contact: Herb Cratty 724-841-6528 E-Mail: bonnherb@yahoo.com

Make checks payable to: Miles of Smiles

Mail payment and application to:

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

Online Registration also available at RunSignUp.com

All preregistered are to be received by Thursday, March 02, 2023.

Gender: Male Female Age: ____ GLOVES OR COFFEE MUG

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.

Signature: _____ Date: ____/____/2023

Participant Signature Parent or Guardian

Stepping Into Spring 5K

Proceeds will be given to Moundsville Parks & Recreation Department

Sunday, March 19, 2023

Please join us at Moundsville Middle School parking lot to begin the race,

We will begin registration at 10:30 am.

Start: Moundsville Middle School at Noon

End: In front of Mounds of Nutrition (305 Jefferson Avenue, Moundsville, WV)

Entry Fee: \$30 pre-register by March 10, 2023 to receive a t-shirt OR \$35 day of the event

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



***Mounds of Nutrition
305 Jefferson Avenue
Moundsville, WV 26041***



****All forms and fees must be in by March 10, 2023 to be guaranteed a t-shirt****

Make Checks Payable to : Mounds of Nutrition

Name: _____

Address: _____

E-mail: _____

Phone: _____

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

Shirt Size:(Circle one) ADULT: S M L XL XXL XXXL YOUTH: YS YM YL YXL

Donation / Shirt Only:

Trophies for:

Female or Male
Runner or Walker

Overall & Runner up in Youth, Male, & Female Walkers

Overall & Runner up in Youth, Male, & Female Runner

Waiver: In consideration of acceptance this entry to Stepping into Spring run/walk 5k, I waive any claims for myself, my heirs and assigns against any business 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

WCRRC AT THE RACES

FRIGID 5-MILER

Kelley Murdock 45:54

FRIGID 5-MILER WALK

Blake Headen 1:30:33

FAIRMONT 13.1M

Bob Pikelis 1:43:37(A-1)

Carl Kondrach 2:04:27

Sarah Donley 2:04:27(A-2)

JUST A JOG 5K WALK

Blake Headen 49:39

FRIGID 5-MILER (OH)

Carl Kondrach 42:15(A-2)

Sarah Donley 44:56

MOONLIGHT BEACH 15K

Kelley Murdock 1:25:00

GROUNDHOG DAY 5K

Carl Kondrach 23:16(A-2)

Sarah Donley 24:18(A-3)

Kelley Murdock 26:55

Blake Headen 55:32

MESTRONG 5K

Tom Carter 28:45

GROUNDHOG PREDICTION 1.11M

Carl Kondrach 8:35(A-2)

Blake Headen 16:54(A-3)

GROUNDHOG PREDICTION 3.33M

Carl Kondrach 27:10(A-2)

Blake Headen 51:16

GROUNDHOG PREDEICTION 6.66M

Carl Kondrach 55:27(OA-3)

RUNNING SHORTS

- Tom Trettel has a torn meniscus and will have surgery shortly. His doctor has told him when he returns, his speed will not be affected since you can't affect what you don't have.
- Tom Carter has spent the last 6 weeks in Florida as he prepares for Pittsburgh.

- Don't forget Carl Kondrach's Rotary Lake Trail 5K on March 25 in Barnesville. It is a GP race.
- Don't forget to get your reservations in for WCRCC banquet in March. If you've never been there, the wisdom and insight expressed there is unmatched. OK, just kidding!
- If you have not renewed your WCRRC membership, do it today. Remember: there are not that many groups willing to have you as a member.
- Carl Kondrach, Sarah Donley, Rich Sandala and Blake Headen have placed a bet to see who is the first to participate in 400 races this year.
- For those interested in the latest in longevity research and exercise, check out the *Drive* podcast with Dr Peter Attia. Really interesting discussions.
- Go to Youtube and check out Candice Burt. She has been running 50K every day for 80 days straight so far.
- **REMEMBER:** You can report GP times and times for the newsletter right at the WCRRC website. Also remember that **Grace** has a new phone number. It is **724-554-0081**.
- I can remember saying, "I will never pay \$100 for a pair of running shoes." Today, a pair for \$100 is a dinosaur.
- Best winter in many years for marathon prep. Will the better weather result in better times?
- Never surprised by Mickey Hornack's newsletter musings. That's not a compliment.
- Wonder if George Macek still has the Apollo Creed red/white/blue outfit from banquets past? Any chance of bringing that out for one more spin this year?

WASHINGTON COUNTY ROAD RUNNERS CLUB
2023 BANQUET

It's that time of year again, when we get together to celebrate another season of running (and poke fun at our follies). Awards will be given to all who completed a SDGP or LDGP event. The MC will be by committee for the evening, so be ready to defend yourself.

When: Saturday, March 25th
6:00-7:00 Cocktail Hour, 7:00 Dinner

Where: Lawrence Fire Dept. Hall
428 Georgetown Road
Lawrence, PA 15055



Why: What else can you do on a Saturday night?

Price: \$25.00 per person

Fare: The buffet menu is Rigatoni, Hot Sausage, Chicken Tenders, Red Potatoes, Green Beans, Cajun Chkn Pasta, salad and rolls. Wine, beer and soda cash bar (Honor system). Chips, pretzels and cake are included.

Awards: Top 3 SDGP & LDGP finishers will receive trophies. Other SDGP and LDGP finishers receive plaques. Top 2 Walkers receive trophies, and all others receive plaques. Speeches optional by the winners (Anyone long winded may get the hook)!

Directions: Route 79 to the Southpointe Exit. Bear right at the end of the ramp. Turn left at the traffic light (Morganza Road). Turn right at bottom of the hill (Tandem Bike Shop will be on left). Stay on Georgetown Road (make sure to go under trestle approx. a half mile down road). Fire Hall will be on the right.

Please mail to WCRRC, 1427 Willowbrook Dr., Washington, PA 15301

Checks payable to WCRRC

Name(s) _____

Number Attending_____

Please respond by March 7th. Late responses call Tom 724-229-0201

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.

