

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

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

## NEWS AND NOTES

Hello to one and all. We hope that this month's newsletter finds everyone in good health and great running and walking condition. May is starting to get the racing season heated up. Watch out for the racing calendar and we hope to see you out there somewhere.

June 6<sup>th</sup> is Global Running Day. Fleet Feet in Pittsburgh is going to be celebrating the event a little differently this year. Instead of having a timed race, they want to have a community event where all the Pittsburgh and surrounding area runners and walkers can get together and celebrate everything running. Look to their website for location and special events.

## UPCOMING RACES

This list includes all the races that we could find for the next few weeks. Remember that for the LGDP, everyone needs to submit their times, especially if they are out of state. All the upcoming SDGP races are marked with a \*.

5/20 – \*Rails to Trails 5K – Barnesville OH  
5/20 South Fayette/Bridgeville 5K – South Fayette, PA  
5/21 – Dice Dragon 5K – Schenley Park – Pittsburgh, PA  
5/26 – Propel 4 Peace 5K – Bartlett Shelter – Schenley Park – Pittsburgh, PA  
5/27 – Ogden 5K/Half Marathon – Wheeling, WV  
6/3 – \*Run for Alex 5M/2M – Bentleyville, PA  
6/4 – Greenfield Glide 5K – Schenley Park – Pittsburgh, PA  
6/7 – Global Running Day –

6/8 – Gateway Mile – Monroeville, PA

## WCRRRC AT THE RACES

April finds the racing season starting to kick in gear. Now that the weather seems to be going back and forth between heat or cold and rain, we can just imagine what May is going to be like. But we wanted to give a little synopsis of some races that went on.

### **Bucks for Bucs 5K**

It was a very warm morning as a small crowd gathered for the running of the annual Bucks for Bucs event in Houston, PA. And to top off the festivities we had Blake's birthday to celebrate.

The race was significant for our own Bob Pikelis. For the first time in his racing career he finished first overall in a race. We also had Kelley Murdock come in second overall in the female division.

### **Boston Trail 5K**

Dean Banks was the overall winner of the 5K event in a time of 18:09. Our first male finisher was Rich Durban who came through in a time of 22:01. We didn't have any female runners at this event and no one ran in the Half Marathon event.

### **Yough River Trail**

Rich Sandala was our first finisher in the 10-mile event and Kelley Murdock finished the 5K walk in 35:56.

To report Grand Prix times, call Tom Trettel (724) 229-0201 or e-mail [trettelt@comcast.net](mailto:trettelt@comcast.net). Or Grace Goffi (724-554-0081) 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).

**THOUGHTS THOUGHTFULLY**  
**THOUGHT THOUGHTLESSLY**

*Mickey Hornack*

\* No Stushu at WCRRC swarèe! Like Easter without jellybeans. No Grand Poopa? Tom was at the wading pool at Cameron

\* I cannot under any circumstance eat 1 piece of chocolate and since I am going for 2, 3 or 4 I gotta get them before the Mrs.

\* Anyone notice Ba-Làkè not doing a race on any given weekend? Me neither.

\* The Mrs. asked me if I enjoyed the documentary on beavers. Best DAM show I've seen

\* @ the WCRRC swarèe Karl K and Sarah D cleaned up! Not at the dinner table! They needed a clothes basket to haul out awards. Good on yinz!!

\* what's wrong with this, I ordered a book on how to scam? It's been 6 weeks and I haven't received it??

\* March Madness .. Joe "munchinelli" Mancinelli getting to buffet at 8:05pm but it closed at 8:00pm.

\* Guess who I ran into on the way to the optician?  
Everyone.

Later WCRRC. 2 claps for Bobby P. on the WCRRC swarèe

\* I Saw Tom T took a step up when he decided to "emulate" my walking wiggle. Go for it my friend!

\* So when food shopping you leave produce area an head to "aisle" shopping! You greet a person coming at you in aisle 1 " hello how ya doing?" Then you see them in aisle 2 "pretty crowded here today huh?" Aisle 3 a nod n a smile! Now you know aisle 4 is coming, and geez, there are 3 more before the ice cream aisle. My solution, go back to aisle 1 for more candy!!

\* Everyone has a fav exercise place...Mingo Park keeps getn better. Ask Donna, Chet, Gary, Consuelo, Nick, Todd, Kathy....n me

\* Why does grass grow in cracks in concrete but not in your yard?

**Today's Inspirational Quote**

**Always dream and shoot  
higher than you know  
you can do. Do not  
bother just to be better  
than your contemporaries  
or predecessors. Try to  
be better than yourself.**

*William Faulkner*



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 2023. For a complete list of endeavors supported by Alex's Foundation please check our website:

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

**WHEN** June 3rd, 2023

**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 2nd 5:00-8 pm

Saturday June 3rd 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

**18th  
Annual  
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 6/02/2023 \_\_\_\_\_ Gender **M** **F** (please circle)

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

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

## RACE PREFERENCE

RACE TYPE (please circle one)	BY June 1st	LATE DAY June 2nd
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 3rd 2023

### 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.



# What To Eat After A Half Marathon: Helpful Refueling Tips For Runners

Runners often focus on what to eat the night before and the morning of a half marathon race, but knowing what to eat *after* a half marathon is equally important.

Although there are limited studies on half marathon running specifically, [research](#) has found that what you eat immediately after a marathon can have a significant impact on the amount of muscle soreness and recovery that you experience in the first 72 hours after the race.

In this article, we will discuss what to eat after a half marathon to optimize recovery so that your body has the resources it needs to get you back to training.

## Half Marathon Nutrition

Before we discuss what to eat after a half marathon, it's important to briefly discuss the general approach that can be helpful to take with nutrition for half marathon runners.

Like all people, many [half marathon runners struggle with their diet](#) in one way or another. You might be inclined to overeat or emotionally eat, or you might adopt the common mindset of some long-distance runners that you can eat whatever you want and however much you want because you are running so much.

Although some runners have an extraordinarily fast metabolic rate and can seemingly eat whatever they want without putting on weight (and it can actually be really difficult to maintain the weight they want), it's still always best to try to make healthy, nutrient-dense choices about the foods that you are putting into your body.

Whether you are trying to lose weight by running, maintain your weight, or even gain weight as a runner, try to aim to consume at least 80% of the calories in your diet from nutritious foods such as vegetables, fruits, whole grains, low-fat dairy products, eggs, lean proteins, [legumes](#), nuts, seeds, and healthy fats.

The other 20% of the calories that you consume can be more of a discretionary or lax "free" choice allotment.

For example, if you enjoy a beer with dinner, or you really like fruit snacks or potato chips, you certainly do not need to [cut these out of your diet entirely](#), but they should form a relatively small percentage of your total caloric intake.

Focusing on healthy foods will help you feel your best while running and achieve the body composition from running you are hoping to obtain.

Processed food, refined grains, excessive sugar, alcohol, industrial oils in fried foods, and high-sodium foods can all be very inflammatory and may cause you to gain weight.

They are also not particularly filling, so you might end up finding that you are suffering from "runger," the feeling of an insatiable appetite after running.

## What To Eat After A Half Marathon

Now that we've discussed the general overview of nutrition tips for half marathon runners, let's look more specifically at what to eat after running a half marathon.

**In general, the same principles apply: you want to try to eat at least 80% of your calories in your post-half marathon nutrition from nourishing, healthy foods.**

The other 20% or so can be discretionary calories with celebratory foods that might not necessarily

meet any particular nutritional needs. For example, you might enjoy a post-run beer, an ice cream sundae, or fries with your meal.

After all, you worked hard, and it's important to celebrate and enjoy yourself.

With that aside, let's focus on the nutrition you should be trying to *focus* on in what to eat **after running a half marathon**.

After running a half marathon, you will want to focus on replenishing your glycogen stores, [restoring your fluid and electrolyte balance](#), and providing nutrients to repair muscle damage.

**These goals are primarily achieved by eating complex carbohydrates, hydrating with fluids and foods naturally rich in electrolytes, and getting plenty of protein and anti-inflammatory foods to repair muscle damage and reduce inflammation.**

## Complex Carbohydrates

**Complex carbohydrates will help replenish glycogen stores.**

Although you have fueled properly prior to your half marathon and during the race, and your glycogen stores should not be as depleted as they are after a full marathon, *it is still important to replenish glycogen*.

The [standard recommendation](#) for carbohydrate refueling after exercise is to consume 0.6–1.0 g/kg carbohydrate within 30 min and again every 2 hours for the next 4–6 hours.

For example, if you weigh 165 pounds (75 kg), you should aim to eat 45 to 75 grams of carbohydrates within 30 minutes after finishing a half marathon.

Because there are four calories for every gram of carbohydrates, this equates to 180–300 calories of carbohydrates.

As will be discussed shortly, it is also important to consume proteins. Protein helps repair muscles, and it has been shown to help [facilitate glycogen resynthesis](#) after exercise.

**The standard recommendation is to consume a 3:1 or 4:1 ratio of carbohydrates to proteins after endurance exercise, such as running a half marathon, with the goal of having at least 20 grams of protein (20–25 grams is ideal).**

Therefore, for our 165-pound runner, after running a half marathon, it would be optimal to consume about 20 grams of protein and 80 grams of carbohydrates in the immediate post-half-marathon meal or snack.

Examples of high-carbohydrate foods that can replenish glycogen stores include whole grains such as oatmeal and quinoa, fresh and dried fruits, starchy vegetables such as sweet potatoes and white potatoes, corn, and legumes.

Dried fruit, [smoothies](#) made with fruit, and energy bars are often great options for high-carbohydrate foods to eat right after running a half marathon when you might not yet have an appetite for a full meal.

## Fluids and Electrolytes

**It is important to start rehydrating after you finish your half marathon. Even if you drink fluids while you run, there's a good chance that you will finish in a more dehydrated state than when you started.**

Additionally, if you are having difficulty stomaching any solid food, sipping [sports beverages](#) can help replenish some carbohydrates and electrolytes. Electrolytes can also be obtained through foods rich in [natural electrolytes](#).

Examples include fruits such as watermelon, berries, cantaloupe, honeydew, oranges, clementines, peaches, coconut water, avocados, potatoes, eggs,



and vegetables like leafy greens. Salted nuts can also provide sodium, protein, antioxidants, and anti-inflammatory fats.

## Protein-Rich Foods

After finishing running a half marathon, we often reach for sweet foods and simple carbohydrates, which is certainly a good way to start replenishing glycogen, but it is also important to eat protein.

Your muscles need the amino acids and proteins to start repairing damage incurred during your half marathon race.

**Studies have found that the best post-running fueling strategy is to combine carbohydrates with protein because a balance of the two nutrients helps [facilitate muscle repair and recovery and glycogen resynthesis](#).**

It is best to spread out protein consumption in [dosages of about 20 to 25 grams](#) every four hours because the body has a limited ability to absorb a given amount of protein at one time.

**For this reason, [studies have demonstrated](#) it is best to eat 20 to 25 grams of protein immediately after exercise and then every three hours for the next 12 hours.**

After running a half marathon, you might not feel like eating common protein-rich foods like chicken, salmon, tuna, and ground beef, but many runners find that foods like protein bars, [protein shakes](#), nuts, seeds, Greek yogurt, or even whole eggs are more palatable.

The source of the protein is less important than actually ensuring you take in *enough protein*.

Once your stomach has calmed down several hours after the race, you can focus on whole food sources of protein if you're only up to eating a protein bar or shake after the race.

Finally, it can be helpful to eat anti-inflammatory foods after running a half marathon to help attenuate the inflammatory process that your muscles will sustain after the rigors that were imposed upon them in your race.

**Decreasing inflammation may potentially [reduce muscle soreness](#) after your half marathon and facilitate faster recovery.**

Foods that are [high in antioxidants](#) or omega-3 fatty acids tend to have an anti-inflammatory effect on the body.

Examples include fatty fish such as salmon and mackerel, flaxseeds, walnuts and other nuts, green leafy vegetables, dark berries, tart cherries, broccoli, green tea, legumes, and tomatoes.

Overall, knowing what to eat after a half marathon can help provide your body with the nutrients you need to have a speedy recovery from your race.

**Focus on nutrient-dense foods, including complex carbohydrates and protein, but don't be afraid to indulge in something special as well!**

Now that you know exactly what you should fuel with after a half marathon to recuperate completely, what about during your big race? Do you even need to fuel during a 21k?

### **GRAND PRIX 2023**

1. Cathy Loos	1	32:51
2. Bob Pikelis	3	34:41
3. Mike Romzy	2	36:08
4. Jaminique Milliren	1	37:43
5. Rich Sandala	5	38:59
6. Rich Durbin	1	39:07
7. Kelley Murdock	3	43:22
8. Gary Chabala	3	43:43
9. Carl Kondrach	3	43:56
10. Nathan Milliren	1	45:39
11. Sarah Donley	1	46:01
12. Steve Chabala	2	46:32
13. Gary Lorenzi	1	47:14
14. Deb Calmbacher	1	51:38
15. Pat Calmbacher	2	56:04
16. Shane Brunazzi	1	56:36

### **LONG DISTANCE GP 2023**

1. Greg Mussitsch	1	32:52
2. Bob Pikelis	3	34:48
3. Rich Sandala	3	38:05
4. Carl Kondrach	4	45:22
5. John Titus	3	45:33
6. Sarah Donley	5	46:38
7. Kelley Murdock	2	49:15
8. Steve Chabala	1	51:06

### **WALK GRAND PRIX 2023**

1. Sara Donley	1	1:03:19
2. Kelley Murdock	1	1:03:39
3. Dave Byers	1	1:15:26
4. Blake Headen	2	1:28:35

### **REMINDERS**

- Though we make every effort to search results, members should make sure all results are included.

- Times must be submitted within two weeks of the race. **Times may not be submitted in bulk at the end of the year.**
- **Times can be submitted to Grace or through the website.**

### **WCRRRC AT THE RACES**

#### **PITTSBURGH MARATHON 13.1M**

Greg Mussitsch	1:27:40(A-1)
Bob Pikelis	1:40:38(A-1)
Danielle Gonzalez	1:41:07
Rich Sandala	1:43:50
Shane Brunazzi	2:29:23

#### **10 MILE DROP**

Carl Kondrach	50:02
Sarah Donley	1:02:11



## WCRRRC AT THE RACES

### MARTHA'S RUN 10K

Mike Romzy 45:28(A-1)

### YOUGH TRAIL 5K WALK

Kelley Murdock 35:56(OA-1)

### YOUGH TRAIL 10M

Rich Sandala 1:17:05(A-1)

Bob Pikelis 1:17:23(A-2)

### YOUGH TRAIL 5K

Deb Calmbacher 31:50

Pat Calmbacher 38:29

### RUN TO THE BEACH 5K WALK

Carl Kondrach 29:01(OA-1)

Sarah Donley 36:31(OA-1)

### BOSTON TRAIL 5K

Rich Durbin 22:01(A-1)

Rich Sandala 23:18(A-1)

Carl Kondrach 23:37(A-2)

Gary Chabala 27:25(A-2)

Shane Brunazzi 29:13

Gary Lorenzi 30:04(A-3)

### MIGHTY MIKE 5K

Kelley Murdock 24:15(OA-1)

Dave Byers 42:43(WOA-1)

### RUN TO BREATHE 13.1M

Carl Kondrach 1:56:11

Sarah Donley 2:02:44

### RUN TO BREATHE 5K

Shane Brunazzi 30:45

Pat Calmbacher 31:29(A-1)

Deb Calmbacher 36:26(A-3)

### RUN FOR GRACE 5K

Shane Brunazzi 27:58

### PHENOMENAL 5K

Rich Sandala 24:20

### BOB YOUNG 5K

Pat Calmbacher 30:32(A-2)

Deb Calmbacher 35:15(A-1)

### BOB YOUNG 5K WALK

Blake Headen 45:32(OA-3)

## CARNEGIE 5K

Greg Mussitsch 18:48(OA-2)

Mike Romzy 21:33(A-1)

Rich Sandala 22:08(A-2)

Pat Calmbacher 30:16

Deb Calmbacher 33:57(A-1)

### WARRIOR 5K

Kelley Murdock 26:20(A-1)

### WARRIOR 5K WALK

Blake Headen 49:28

### CAN'T SIT STILL 5K

Gary Chabala 27:51

### CAN'T SIT STILL 5K WALK

Blake Headen 50:18

### STOP, DROP, & RUN 5K

Jaminique Milliren 21:17(OA-3)

Mike Romzy 21:22

Bob Pikelis 21:52

Rich Sandala 21:58

Carl Kondrach 22:25

Nathan Milliren 23:23

Kelley Murdock 23:38

Cathy Loos 25:05

Sarah Donley 26:17

### MOUNTAINEER 5K

Kelley Murdock 25:14(A-3)

### DANDELION 10K

Carl Kondrach 50:02

Sarah Donley 1:02:11

### FIESTA 5K

Carl Kondrach 22:38(A-3)

### PITTSBURGH MARATHON 5K

Tina Seech 22:32(A-1)

### OHIO PYLE 5K

Kelley Murdock 25:44(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.

