

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

JUNE, 2023

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VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

We are now coming up on the halfway point of the 2023 racing season. As you can see by the GP results, there are a few members who almost have all their races in for the year. Don't be left out this year. Make sure to follow the upcoming races and always check to put your times in so Grace can count them.

We are now calling out for all our members to lend a hand. We are looking for a few people to help with putting the newsletter together. And we need at least one person to next year put the banquet on. If you are interested or want any information, please contact either Tom or Bob.

UPCOMING RACES

June is starting to heat up and, with it, there are a plethora of races coming up. Check down below for a short list of races we found. And as always, the GP races will be marked with a *.

6/11 – Fame 5K – Boyce Park – Plum, PA
6/17 – *Peters TWP XC 5K – Peters TWP, PA
6/17 – Dino Dash 5K – Steubenville, OH
6/24 – Kyle's Klassic 5K – Canonsburg, PA (Hendersonville Trail)
6/24 – Pittsburgh Cure Sarcoma – Allison Park, PA
7/1 – *Running with Ryan – Belle Vernon, PA
7/1 – Hell Hath No Hurry -Settlers Cabin – Carnegie PA
7/4 – *Whiskey Rebellion 5K – Canonsburg, PA
7/4 – Brentwood Firecracker 5K – Brentwood, PA
7/7 – Liberty Mile – Pittsburgh PA

WCRRRC AT THE RACES

May started out as a fairly cool month. We did have some rain at the beginning and for the races on May 20th, but after that it has been dry and very warm. But even with that, we had some good races going on and some really good times turned in. Here is just a sample of them.

Stop, Drop and Run 5K

It was an overcast and a slight rainy morning as a good group of runners lined up for the new course of the Stop, Drop and Run. The hills couldn't disappear, but the course was mostly contained in North Strabane Park. Colton Ginsburg was the overall winner in a time of 17:27. Jaminique Milliren was our first female finisher and third overall in a time of 21:17, and Mike Romzy was our first male finisher 5 seconds behind her.

Rails to Trails 5K

Even the constant rain that fell throughout the race couldn't "dampen" the spirits of the runners and walkers who showed up for the annual Rails to Trails 5K. The first 5 runners in the race wound up taking a short cut because of the lead car heading in the wrong direction, but they would have finished in the same order. Our first male finisher in the run was Rich Durbin and the first female runner was Deb Calmbacher. In the walk category we had Sarah Donley finishing third overall and Blake Headen our first walker to finish. And the food buffet made it all worthwhile.

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.

How to Make Running in the Rain a Little Less Miserable

- By Angela Bekkala

There are two types of runners: Those that love running in the rain and those that think it's the most miserable thing ever.

But both sides can agree that it's no fun to be running in the rain for a long time no matter your feelings toward it. It's hard to find anything peaceful and uplifting about being soaked to the bone after hours of pounding the pavement. Even if it is a warm rain, you are [going to get cold](#) at some point. Slogging in soaked shoes that weigh 10,000 pounds is not pretty and definitely not peaceful!

That being said, most runners are going to run regardless of the weather. Here's what to wear when Mother Nature opens the skies on your next run.

Hat

There's nothing worse than having rain pellets sting your face and eyes. Having a wide-brim hat will help protect your face and you'll be able to see better so maybe you can avoid some of the puddles.

If it's a colder run (30 degrees or so), add a wide headband over the hat to add warmth to your ears. Or you can toss a shower cap over your hat as we saw so many do in the chilly downpour of the Boston Marathon in 2018.

Jacket

Runners are always searching for the absolute [best running jacket](#) for the rain. Jackets that are waterproof work well in keeping you dry from the rain (although not completely dry), but they don't breathe at all. You'll stay dry from the rain but will end up

sweating more, which still makes for a soaked shirt. A light [rain-resistant jacket](#) or vest is still a good idea to keep your core temp up and hold in body heat.

If you are running a race, a trash bag or emergency poncho works well too and will make for some memorable race photos!

Wicking Socks

No matter how much you try to avoid puddles, your feet are going to get wet, so it's best to [wear socks](#) that will at least keep your feet a little warm. Reach for wool socks, which are great for keeping that warmth in and won't weigh a thousand pounds when wet.

A Good Attitude

Going into a run or race with a horrible attitude never helps the situation. Focusing on what you can control swings the pendulum from Negative Nancy to Positive Polly. You can't change the weather, but you can change your attitude. It's best to embrace it and just have fun!

Today's Inspirational Quote

When each day is the same as the next, it's because people fail to recognize the good things that happen in their lives every day that the sun rises.

Paulo Coelho

Uniontown Birthday FIRECRACKER 5K 2023

Run/Walk



The "Town of Union" also known as
"Beesontown" Was founded by Henry
Beeson on the same day that our
country declared its independence

July 4, 1776

SATURDAY
JULY 1, 2023

Uniontown Birthday
Firecracker 5K
20 N. Gallatin Ave.
Uniontown, PA 15401

Registration Form Please check one

☐ 5K Run

☐ 5K Walk

Name _____

Address _____

Email _____

Phone _____

☐ Male

☐ Female

Date of Birth (mm/dd/year) ____/____/____ Age on Race Day ____

Shirt Size (circle one): Youth SM Youth MD Adult SM Adult MD Adult LG Adult XL Adult2XL (+5 00)

Waiver

I understand and acknowledge that I will be required to sign a waiver and release on the day of the event in order to participate in this event. By submitting this registration form, I agree to absolve, waive, and release the City of Uniontown and all Run/Walk Sponsors and Officials of any liability incurred by myself or any minor under my care during the Uniontown Birthday Firecracker 5K Run/Walk. I further affirm that my physical condition is adequate for me to safely compete or participate in the Run/Walk and that no physician or qualified individual has advised me against competing or participation in the Run/Walk.

Signature _____ (Guardian if under 18) Date _____

RACE SITES

5K Race begins @ 9:00

The Race will start at Bailey Park.
The course map will be available on
our website and Facebook page.

REGISTRATION

Mail Preregistration forms to:
Uniontown City Hall
20 North Gallatin Ave.
Uniontown, PA 15401

Registration form can be found on
our website: www.uniontowncity.com
facebook@CityofUniontown-cityhall
or at the Uniontown City Hall



AWARDS

5 K Run

Top 3 Male and Female Runners
Awards will be given to the top three
Runners in each of the following
age groups:
13 & Under 14-19 20-29
30-39 40-49 50-59
61 & up

5 K Walk

Top 3 Male and Female Runners
Awards will be given to the top three
Walkers in each of the following
age groups:
19 & Under 20-29
30-39 40-49 50-59
61 & up



Preregistration Fee through June 16th

\$30 (under 5: FREE)

Registration Fee after June 16th

\$35 (under 5: FREE)

All Preregistered Participants will receive
a t-shirt and a birthday cup cake

Late registration will not be
guaranteed a t-shirt

Please make all checks payable to
City of Uniontown
Memo: 5k run/walk

THE PROS AND CONS OF RUNNING FOR TIME OR DISTANCE

When it comes to running, there are different ways to measure your progress and set goals. Two popular methods are running for time and running for distance. Each approach has its own set of pros and cons, and understanding them can help you determine which one is best suited for your fitness goals and personal preferences.

RUNNING FOR TIME

Running for time involves setting a specific duration for your run, such as 30 minutes or an hour. This approach has several advantages. Firstly, it allows for greater flexibility in your workout routine. You can adjust your pace and intensity based on how you feel that day, without the pressure of reaching a specific distance. This flexibility can be particularly beneficial for beginners or individuals recovering from injuries, as it enables them to gradually build up their endurance without overexertion.

Moreover, running for time can be a great way to improve your cardiovascular fitness. By focusing on the duration rather than the distance, you can challenge yourself to maintain a consistent effort level throughout the entire run. This helps to increase your heart rate and improve your aerobic capacity over time. Several studies have shown that consistent aerobic exercise, such as running for extended periods, can lead to numerous health benefits, including improved heart health, increased lung capacity, and reduced risk of chronic diseases like diabetes and hypertension.

However, there are also some downsides to running for time. One of the main challenges is tracking your progress. Unlike running for distance, where you can easily measure your improvement by covering more ground, it can be difficult to assess how you're progressing when you're focusing solely on time. It may require using a stopwatch or a running app to monitor

your performance and ensure that you're consistently challenging yourself. Additionally, running for time may not be as motivating for those who thrive on tangible goals and the sense of accomplishment that comes with reaching a specific distance.

RUNNING FOR DISTANCE

On the other hand, running for distance involves setting a specific goal in terms of how far you want to run, such as 5 kilometers or a half marathon. This approach has its own set of advantages. One of the primary benefits is the ability to track your progress more easily. Running for distance allows you to set clear milestones and see yourself getting closer to achieving them. This can provide a sense of motivation and satisfaction, as you can tangibly measure your improvement and see the fruits of your training efforts.

Furthermore, running for distance can be beneficial for individuals who enjoy structure and setting specific goals. It provides a clear target to work towards and helps in planning your training schedule effectively. Moreover, if you enjoy participating in races or events, running for distance aligns well with these goals. Many organized races have set distances, so training based on distance can help you prepare for those events and give you a benchmark for success.

However, running for distance does come with a few drawbacks. One challenge is the potential for overexertion or pushing yourself too hard to reach the desired distance. This can lead to increased risk of injury, particularly if you neglect proper warm-up, cool-down, and recovery practices. It's important to listen to your body, take rest days when needed, and gradually increase your mileage to minimize the risk of overuse injuries.

TRAINING FOR DISTANCE OR TRAINING FOR TIME?

Whether you choose to run for time or distance, both approaches have their own unique benefits and considerations. Running for time offers flexibility, helps improve cardiovascular fitness, and is ideal for beginners or those recovering from injuries. On the other hand, running for distance allows for clearer progress tracking, goal setting, and may be more motivating for some individuals. Ultimately, the choice between the two methods depends on your personal preferences, fitness goals, and what keeps you motivated to lace up your running shoes and hit the pavement. So, go ahead and choose the approach that resonates with you the most and aligns with your objectives.

It's worth mentioning that there is no strict rule that requires you to exclusively choose one method over the other. In fact, many runners incorporate a combination of running for time and distance into their training regimen. This approach allows for versatility and variety in your workouts, keeping things fresh and engaging.

Additionally, it's important to consider your overall fitness goals when deciding between running for time or distance. If your primary objective is to build endurance and improve cardiovascular fitness, running for time may be the preferred choice. On the other hand, if you have a specific distance goal in mind, such as completing a marathon, focusing on running for distance will be essential in preparing your body for the demands of the race.

Ultimately, the decision between running for time or distance boils down to personal preference and what motivates you to push your limits. Whether it's the sense of accomplishment that comes from reaching a specific distance or the freedom to adapt your pace and intensity based on time, both methods can lead to significant improvements in your fitness and overall well-being.

Remember, running should be enjoyable and sustainable. It's important to listen to your body, prioritize rest and recovery, and gradually progress to avoid burnout or injuries. Regardless of whether you choose to run for time or distance, consistency and perseverance are key. Set realistic

goals, celebrate your achievements along the way, and enjoy the journey of becoming a stronger and fitter runner.

Thoughtful thoughts thoughtfully thoughtless!

Mickey Hornack

* New shoes- CloudTec, check 'em out. Look very cushion-ee! And of course, a bit price-ee

* Suggestion- why doesn't our WCRRC member Ba-Làke develop his own race pamphlet? If anyone has seen his FB posts, why not?

* I asked the Mrs. to remind me of her birthday. She said March first. I stepped around the room and asked again.

* I'm seeing road bicycling pick up. Leads me to believe there's an increase in bicyclist courage. I saw 3 on Rt 18 and 50 more out near Avella. Maybe, as well, there's a decrease in something!

* To all my fellow WCRR'S I'm writing a book on Reverse Psychology. Don't buy it.

* Anyone else having trouble grasping the idea behind Facebook? I saw a post that said, "I got a new pair of sandals." Huh? I'm rather new at the media platform. Can't wait to post "I went to the bathroom today" Help me out here.

* Joe "Munchinelli" Mancinelli told me his wife asked him to put ketchup on his shopping list. He said now he can't read a thing!

* Kudos to those WCRRC members who participated in the Run for Alex (today as this is written) it was hot, few hills but as always a good race. Our own Ba-Làke was overheard looking for a race the following day! Do the 5-miler next time---solved!

Hope to see "yinzers" at a race sometime.



The 10th Annual **RUNNING with RYAN** 5K Run/Walk, 1 Mile Walk & Kids' Fun Run

Saturday, July 1, 2023



Celebrate Ryan's love for running and passion for scholarship!

Come together in memory of Ryan Moravec – a friend and fellow runner.
Join us in support of raising funds for scholarships for Belle Vernon & Ringgold track and field athletes!

E V E N T S

DiVirgilio Soccer Field – 203 Municipal Drive, Belle Vernon, PA, 15012

6:30 to 7:45 am – Registration and packet pickup (pre-register by June 11 to guarantee a t-shirt)

8:00am – 5K (3.1 mile) Run/Walk (both are timed with separate awards)

≈ 9:15 am - Kids' Fun Run

Celebrate the life of Ryan with friends and family following our "Running with Ryan Race"!

A W A R D S

Kids' Fun Run "Our Kids...Our Future...Our Future Student-Athletes!" – Kids ages 7 and under
ALL pre-registered kids will get a special prize (signup by June 11)!

Prizes/Medals to Top 3 each age group - Female/Male – Runners and Walkers separate

5K Age Groups- 14&U, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

*★★Random drawings of donated items will take place following
the race – so be sure to stick around to see if you're lucky!★★*

All proceeds and checks: "Running with Ryan", \$20 before 6.11.23, \$25 after 6.11.23

For race information and to volunteer, donate to, or sponsor the event, please go to
www.runningwithryan.com or call/text 724.322.5466

Entry forms, waivers, and donations should be mailed to:
Amanda Moravec DeMedio, 239 Karen Dr, Elizabeth, PA 15037

| | | | | |
|-----------------------|--|---|--------------------------|---|
| First Name | | | Last Name | |
| Address | | | City, State, Zip | |
| Phone | | | Email | |
| Event (Circle One) | 5K Run 1 mile Fun Run/Walk (no awards) | 5K Walk Fun Run (age 7 and under) | T-shirt size (Circle) | S, M, L, XL, 2XL, 3XL, Y-S, Y-M, Y-L |
| Gender | | | Race Day Age | |

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the organizers of the race, City, The Parks and Recreation Board, and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent's Signature If under 18) _____ Date _____

GRAND PRIX 2023(6-2-23)

| | | |
|-----------------------|---|-------|
| 1. Cathy Loos | 1 | 32:51 |
| 2. Bob Pikelis | 4 | 34:33 |
| 3. Mike Romzy | 2 | 36:08 |
| 4. Jaminique Milliren | 1 | 37:43 |
| 5. Rich Sandala | 6 | 38:25 |
| 6. Rich Durbin | 2 | 38:43 |
| 7. Kelley Murdock | 3 | 43:22 |
| 8. Carl Kondrach | 4 | 43:28 |
| 9. Gary Chabala | 3 | 43:43 |
| 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 | 2 | 48:19 |
| 15. Pat Calmbacher | 3 | 53:47 |
| 16. Shane Brunazzi | 1 | 56:36 |

LONG DISTANCE GP 2023(6-2-23)

| | | |
|-------------------|---|---------|
| 1. Greg Mussitsch | 1 | 32:52 |
| 2. Bob Pikelis | 4 | 34:22 |
| 3. Rich Sandala | 4 | 37:59 |
| 4. Carl Kondrach | 5 | 43:51 |
| 5. Sarah Donley | 6 | 46:38 |
| 6. John Titus | 4 | 47:02 |
| 7. Kelley Murdock | 3 | 49:52 |
| 8. Steve Chabala | 1 | 51:06 |
| 9. Dave Byers | 1 | 1:06:41 |
| 10. | | |

WALK GRAND PRIX 2023(6-2-23)

| | | |
|-------------------|---|---------|
| 1. Kelley Murdock | 1 | 1:03:39 |
| 2. Sarah Donley | 2 | 1:04:05 |
| 3. Dave Byers | 2 | 1:12:58 |
| 4. Blake Headen | 3 | 1:25:10 |

WCRRRC AT THE RACES

GREENFIELD GLIDE 5K

| | |
|---------------|------------|
| Bob Pikelis | 22:53(A-1) |
| Rich Sandala | 22:56(A-2) |
| Steve Chabala | 24:19 |
| Gary Chabala | 28:32 |

NEWS AND NOTES

- April's London Marathon set a new record when 578,000 runners requested entry. It is the first marathon to exceed 500,000 applicants.
- The Flying Pig Marathon instituted a new age minimum (Age 18) in response to an 8-year-old completing the 2022 marathon with his parents.
- New research indicates that tall, leggy runners do better in warm climates. Short, stockier runners do better in the cold.
- A study of longtime marathoners seems to indicate a higher occurrence of AFIB than sedentary people. This seems to be even more true for males than females.

EAGLE UP ULTRA

Big congrats to Carl Kondrach and Sarah Donley for completing the 50K/50M (81 miles) at the Eagle Up Ultra in Canal Fulton, Ohio, on June 3-4. No word if their legs are still attached.

WCRRC AT THE RACES**JAVA JOG 2 M WALK**

| | |
|---------------|-------------|
| Carl Condorch | 23:32(OA-2) |
|---------------|-------------|

MEMORIAL MILE WALK

| | |
|--------------|-------|
| Blake Headen | 13:22 |
|--------------|-------|

SUNSET DIP 5K WALK

| | |
|--------------|-------|
| Blake Headen | 56:31 |
|--------------|-------|

MOONLIT 5K WALK

| | |
|--------------|-------|
| Blake Headen | 53:16 |
|--------------|-------|

THRIFT 5K

| | |
|----------------|-------------|
| Rich Sandala | 23:15(OA-3) |
| Kelley Murdock | 24:18 |

PIKE HIKE 5K

| | |
|------------------|-------------|
| Shane Gottschalk | 24:04(A-3) |
| Kelley Murdock | 25:57(OA-1) |

MARTHA'S VINEYARD 26.3M

| | |
|------------|---|
| John Titus | 4:42:19 (Final state in John's 50 states) |
|------------|---|

RUN TO TRAILS 5K

| | |
|----------------|------------|
| Rich Durbin | 21:34(A-2) |
| Bob Pikelis | 22:42(A-1) |
| Rich Sandala | 22:49(A-2) |
| Carl Kondrach | 23:18(A-3) |
| Pat Calmbacher | 30:44 |
| Deb Calmbacher | 34:21 |

RUNTO TRAILS 5K WALK

| | |
|--------------|-------------|
| Sarah Donley | 37:02(OA-3) |
| Blake Headen | 45:13(A-4) |
| Dave Byers | 45:47(A-2) |

SOUTH FAYETTE 5K

| | |
|--------------|------------|
| Gary Chabala | 28:39(A-1) |
|--------------|------------|

BACK THE BLUE 5K

| | |
|-----------------|------------|
| Greg Mussitsch | 18:58(A-1) |
| Ashlyn Brunazzi | 32:32 |
| Shane Brunazzi | 32:40 |

RAINBOW RUN 5K WALK

| | |
|--------------|------------|
| Blake Headen | 52:05(A-2) |
|--------------|------------|

ELDERTON 5K

| | |
|----------------|-------|
| Shane Brunazzi | 28:43 |
|----------------|-------|

OIL CREEK 5.2M

| | |
|----------------|---------|
| Shane Brunazzi | 1:09:05 |
|----------------|---------|

OGDEN 13.1M WALK

| | |
|---------------|---------------|
| Carl Kondrach | 2:10:13(OA-1) |
| Sarah Donley | 2:36:29(OA-3) |

OLD TURNPIKE 13.1M

| | |
|------------|---------|
| Dave Byers | 3:18:40 |
|------------|---------|

EAST OREGON 13.1M

| | |
|----------------|---------|
| Kelley Murdock | 2:10:45 |
|----------------|---------|

TWIN POPS 5K

| | |
|--------------|-------|
| Rich Sandala | 21:35 |
|--------------|-------|

OGDEN 5K WALK

| | |
|-------------------|-------------|
| Kelley Murdock | 32:58(OA-1) |
| Terry Whitecotton | 40:08 |
| Blake Headen | 42:10 |

BEAVER 5K

| | |
|----------------|------------|
| Pat Calmbacher | 30:56 |
| Deb Calmbacher | 35:53(A-2) |

RUN FOR ALX 2M

| | |
|-----------------|------------|
| Bob Pikelis | 15:01(A-1) |
| Rich Sandala | 15:14(A-1) |
| Kelley Murdock | 16:13(A-1) |
| Steve Chabala | 16:28(A-3) |
| Ricky Andrews | 17:47(A-3) |
| Ann McCormick | 18:56(A-1) |
| Nathan Milliren | 21:48 |
| Owen Milliren | 21:49 |
| Bill McCormick | 33:19 |
| Blake Headen | 38:44 |

RUN FOR ALEX 5M

| | |
|--------------------|--------------|
| Greg Mussitsch | 34:40(A-1) |
| Heath Piper | 39:16(A-2) |
| Jaminique Milliren | 40:11(A-1) |
| Cathy Loos | 46:21(A-1) |
| Roxanne Wray | 49:13(A-1) |
| Shane Brunazzi | 51:33 |
| Gary Chabala | 51:41(A-3) |
| Gary Lorenzi | 54:28(A-2) |
| Mary Krett | 1:13:12(A-3) |
| Kathy Starkey | 1:16:42(A-1) |

JEFFERSON JOG 5K

| | |
|----------------|-------|
| Shane Brunazzi | 28:23 |
| Gary Lorenzi | 30:41 |

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.

