

# **WASHINGTON COUNTY ROAD RUNNERS CLUB**

**ESTABLISHED 1974**

**JULY, 2023**

**VOL. 23 / No. 7**

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

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## **NEWS AND NOTES**

Hello one and all and welcome to the halfway point to the 2023 racing season. As most of you have seen, the thick smoke from the Canadian wildfires have spread over our area. We hope that everyone has made it through without any breathing difficulties. One note that we wanted to make is to please check the GP updates and make sure that all your races have been added. If there are any discrepancies, please let Grace know ASAP.

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.

We would like to welcome two new members to the WCRRRC. Welcome Merri Clark and David Dziamniski. Merri lives in Washington, PA and David is from Claysville, PA. We hope to see both of you out on the road somewhere and maybe at an upcoming race or two.

As of today's publication, we still have not heard if the Rain Day race or the Greene County Trail Run will happen. If we hear something about either one, we will send out an email.

We wanted to pass on a few updates about some club members. George "The Hammer" Macek is going through a hernia operation before he can get his knee taken care of. And Stush Sadowski is now looking at a knee replacement to get him back out on the course. Best wishes to both of them and a speedy recovery.

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## **UPCOMING RACES**

July 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 \*.

7/29 – Turtle Trot – Turtle Creek, PA  
8/5 – Mission Possible VII 5K – Peters TWP, PA  
8/5 – Howl at the Moon 5K – Beaver, PA  
8/5 – Two Face 10K – North Park  
8/5 – ST. Barnabus 5K – Allison Park, PA  
8/5 – Joe Palmer Memorial 5K – Wheeling, WV  
8/6 – North Fayette 5K – North Fayette, PA  
8/12 – \*Brookline Breeze – Brookline, PA  
8/13 – \*Not Another Solar Vortex – Boston, PA  
8/26 – Yinzers 4.12K – Acrisure Stadium – Pittsburgh, PA  
8/26 – Run Around the Square 5K – Swissvale, PA

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## **WCRRRC AT THE RACES**

We just have room for one synopsis of a June race, and it is always one of the big ones.

### **Run For Alex 5M/2M**

Congratulations to the Loos family for putting on another outstanding event this year. Although the weather was quite warm, there were some great times at the race. In the 5Mile event, Greg Mussitsch was our first male finisher in a time of 34:40 and Jaminique Milliren was our first female at 40:11. In the 2Mile we had Bob Pikelis as our first male finisher in 15:01 and Kelley Murdock our first female in a time of 16:13.

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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 thought thoughtfully thoughtlessly

*Mickey Hornack*

- \* Pulling for Bob and Anna to smash the curve balls that life threw at them. So far so good!
- \* BaLákè has more race shirts, medals, and random prizes than anybody! I heard he's opening his own resale kiosk. He's donating the \$\$\$ to other races to buy race shirts, medals, and random prizes.
- \* Anyone who follows Gary L on FB...some of us try to predict what n where the next foto of Run Mingo Park will be!! Lots of possibilities.
- \* The Mrs. said that's the 4th time you've gone back for dessert! Aren't you embarrassed? I replied Nope- I keep telling them it's for you.
- \* Add Bà lákê..He told me a guy tried to sell him a coffin. Bà lákê said oh no uh-uh nope that's the last thing I need!!
- \* Ok here's one for "yinz" fitness buffs. A group in the U.K. did a study on new trends and fads in the fitness industry. Up 234% over 2022 was "weighted hula hoop training!!" Yep next 5 Dam miles Tom T be passing out hoops. I'm sure he has some!!
- \* Add fads: #2 was stroller running, #3 reverse running. Wow! Here's my vision: a WCRRC member running Labor Day backwards-with a stroller-working the hula hoop! Who?
- \* Summer Rainy days 'n Mondays never get me down!! Provides a grand opportunity for couch, recliner, or covered porch.
- \* My neighbor, a history buff, asked me if I was aware of a Roman Emperor who never aged past 19. He was a Constant teen.
- \* Anyone else get the same feeling I get when you put on a pair of exercise shorts you wore last week and just found them on a hook and find \$20 in the pocket. Oh yea!

## **Perceived exertion scales can keep your training on track**

Running by feel can be a powerful way to add flexibility into your routine. For those of us used to relying on more objective metrics like pace, time, and distance, however, it can make you feel a bit like a driver trying to avoid a ticket on the highway without looking at your speedometer. Luckily, sports scientists have developed ways to take some of the guesswork out of running by feel, and it starts with learning a perceived exertion framework to support your autoregulation. Invented in the 1980s by a Swedish psychologist, the Borg Rating of Perceived Exertion allows athletes to rate their effort on a scale of 6 to 20. Those numbers may seem arbitrary at first, but they're supposed to correlate roughly with your heart rate. For example, a Borg Rating of 12 would signal a workout intensity that's bringing your heart rate to 120 bpm. By identifying and tracking your Borg Rating during your workouts, you can get a better picture of how hard you're pushing yourself, and how much more or less effort you need. By combining perceived exertion frameworks with health tracking tech, you can get an even clearer picture of your performance. One option to try out is the "strain" metric from WHOOP which can tell you after the fact how hard you pushed it. Strain uses your personal heart rate measurements and fitness levels to quantify the amount of stress on your body. You'll receive a score for workouts and daily activity, and from there, you can adjust your activity levels to suit your goals.



# 5K

RUN / WALK &  
KIDS RACE

July 22<sup>nd</sup>

8:30 AM

A portion of our proceeds will support SendMe Inc  
a local ministry.



- REGISTRATION: \$25, Children 12 and under: \$20
- FUN RUN (5 and under): FREE

THERE WILL BE FOOD!

REGISTER BY JULY 7<sup>TH</sup> FOR A T-SHIRT

## REGISTRATION

FIRST NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_  
LAST NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_  
BIRTHDATE: \_\_\_\_\_ EMERGENCY CONTACT: \_\_\_\_\_  
GENDER: \_\_\_\_\_ WALK ☐ ADULT RUN (\$25) ☐ YOUTH RUN (\$20) ☐ Fun Run ☐  
PHONE: \_\_\_\_\_ SHIRT SIZE (YS-ADULT 3XL): \_\_\_\_\_ (Fun Run participants  
Register by July 7<sup>th</sup> for a T-Shirt! won't receive a shirt)

*Make Checks payable to EREFC.*

*Mail form to address below. scan code below. or go online at [runsianup.com](http://runsianup.com)*

EAST RICHLAND FRIENDS CHURCH  
67880 FRIENDS CHURCH RD.  
ST. CLAIRSVILLE, OH 43950

Questions? Call 740-695-0971  
or email Anna Snyder at  
[sportsdirector@eastrichlandfriends.com](mailto:sportsdirector@eastrichlandfriends.com)



ICKES FAMILY  
LIFE CENTER  
2023  
5K

Please sign agreement on back before mailing form.

### Participant Agreement

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all rights and claims for damages or injuries that I may have against the Event Director, RunSignup.com, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

As it applies to my participation in this race, I agree to abide by the Center for Disease Control (CDC)'s recommendations for the prevention of the spread of COVID-19 and attest to having read the CDC's guidance at: <https://www.cdc.gov>. I also agree to abide by any COVID-19 distancing and other safety guidelines issued by the state, the community or by this race for my participation in this race.

Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

This event follows the standard running industry policy: All entry fees are non-refundable. We reserve the right to postpone or cancel the event due to circumstances beyond our control such as a natural disaster or emergency or as required to protect the safety of participants and staff. No refunds will be issued under these circumstances. We reserve the right to change the details of the event without prior notice. I understand that my entry fee is nonrefundable and bib numbers are nontransferable.

By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver including the no refund policy.

Print Name (Parent/Guardian if under 18): \_\_\_\_\_

Signature (Parent/Guardian if under 18): \_\_\_\_\_

Date: \_\_\_\_\_

### **GRAND PRIX 2023( 6-30-23)**

1. Bob Pikelis	4	34:33
2. Greg Mussitsch	2	34:40
3. Cathy Loos	2	35:00
4. Mike Romzy	3	35:56
5. Rich Sandala	7	38:10
6. Rich Durbin	2	38:43
7. Jaminique Milliren	2	40:38
8. Kelley Murdock	4	43:17
9. Heath Piper	2	43:31
10. Carl Kondrach	4	43:28
11. Gary Chabala	4	44:41
12. Nathan Milliren	1	45:39
13. Sarah Donley	1	46:01
14. Steve Chabala	2	46:32
15. Deb Calmbacher	3	47:29
16. Gary Lorenzi	3	48:31
17. Roxanne Wray	2	50:12
18. Mary Krett	1	53:21
19. Pat Calmbacher	4	55:07
20. Shane Brunazzi	2	56:36
21. Kathy Starkey	1	58:41

### **LONG DISTANCE GP 2023(6-30-23)**

1. Greg Mussitsch	2	32:57
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(6-30-23)**

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

### **NEWS AND NOTES**

- New research shows that speedwork is more likely to cause stress fractures than hill work.
- The Comrades Marathon disqualified 25 runners for submitting false information about qualifying times and races. Makes you wonder how many would be disqualified from Boston if qualifying times were closely scrutinized.
- Speaking of Boston, registration for the 2024 races is set for September 11-15.
- 24 riders were kicked out of the Giro Next Gen bike race for holding onto the back of the team vehicle while going up hills.
- If you have never heard David Foster Wallace's commencement speech to Kenyon College, you owe it to yourself to Google "This is Water." It's the best.
- A study of 10,000 people finds that physical activity is the key component to maintaining bone health. Consistent movement equals dense bones.
- A pretty interesting running site is Dr. Scott Carlin's Substack site. Great articles on training, injury prevention, and all aspects of running. Check it out.



NORTH FAYETTE TOWNSHIP

SATURDAY, AUGUST 5, 2023

# COMMUNITY DAYS

28<sup>th</sup>  
Annual

5K RACE

1 MILE FAMILY FUN WALK

1 MILE KIDS RUN (age 10 & under)

★ Saturday, August 5, 2023 ★ All events begin and end at the North Fayette Community Center ★  
★ 580 Donaldson Road, Oakdale, PA 15071 ★ 724-307-3725 ★ [www.northfayettepa.gov](http://www.northfayettepa.gov) ★

**7:30 am**

Race Day Registration and Packet Pickup

**9:00 am**

Kids Run & Family Walk Start Time

**9:05 am**

5K Race Start Time

- ★ Chip timing (bib) by GCXC Race Timing & Management
- ★ T-shirts for all entrants
- ★ Pre-register by July 15 to guarantee T-shirt size
- ★ Race day registrations accepted
- ★ Aid station and water at midpoint and finish
- ★ Awards and door prizes following the race
- ★ Questions? Contact Darlene Hildebrand 724-307-3725 or [hildebrandd@northfayettepa.gov](mailto:hildebrandd@northfayettepa.gov)

**5K Awards for overall male and female winners and the top male and female in the following age groups:**

13 & under	14-19	20-29
30-39	40-49	50-59
60+		

**Kids Run Awards (10 and under):** Top three males and females

## Registration Form - North Fayette Community Days 2023 5K Run/Family Fun Walk/Kids Run

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Gender: \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_ YL \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2XL

Entry Fee: \_\_\_\_\_ 5K Race (\$25) Adult \_\_\_\_\_ Family Fun Walk (\$10.00) \_\_\_\_\_ Kids Run (\$10.00)

\_\_\_\_\_ 5K Race (\$20) Child \_\_\_\_\_ Co-Ed Team competition (teams of 5) ages 12-under, 15-19, 20 and above  
(Teams consist of 3 boys and 2 girls)

(Make checks payable to North Fayette Township)

**Waiver:** In consideration of the acceptance of this entry, I waive for myself, my heirs and assigns, all claims from damages which I might have against the race, its sponsors or other organizations, businesses, or individuals as a result of any and all injuries during the contest. I release any photo that may involve me.

Signature: \_\_\_\_\_

(Parent signature required for children under 18 years old)

Mail registration form to Darlene Hildebrand, 580 Donaldson Road, Oakdale, PA 15071

One participant per form. One check for multiple entries permitted or **register online at [gcxcrcing.com](http://gcxcrcing.com)**



## 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 45 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.

## In Memory of

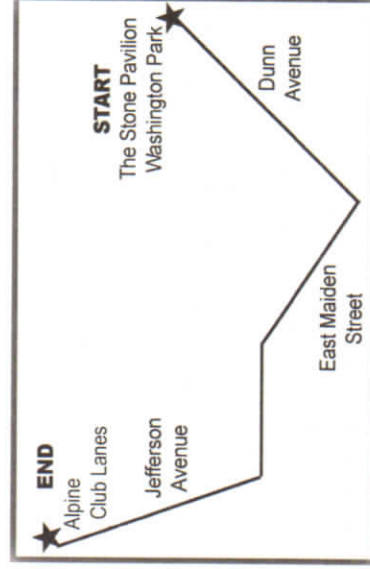


## Virginia "Jeanne" Allender

### COURSE

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

This is NOT an OUT & BACK COURSE.



**WASHINGTON  
CHRISTIAN  
OUTREACH**  
*presents*

# The 41st ANNUAL



**MONDAY,  
LABOR DAY**  
**September 4, 2023**



## 41st ANNUAL

### LABOR DAY 5K CLASSIC

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

#### PART OF WCRRC GRAND PRIX

## 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

## 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.)



## MISCELLANEOUS

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.

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](http://www.smileymiles.com)*

## FEE

Postmarked by 7/2/23 \$22.00. From 7/3/23 to 8/27/23  
\$25.00. From 8/28/23 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 8/21/23.

**Register online today at**  
[www.runsignup.com](http://www.runsignup.com).

## INFORMATION

Call 724-222-0750 or  
email: [labordayrace@yahoo.com](mailto:labordayrace@yahoo.com)  
[www.runsignup.com](http://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 connect-  
ed 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](http://www.runsignup.com)



## WCRRC AT THE RACES

### CHICKEN CHASE 5K WALK

Carl Kondrach 28:42(OA-1)

### BODY SHOP 5K

Shane Brunazzi 26:19(A-1)

### FAME 5K

Kelley Murdock 24:43(A-1)

### PETERS TRAIL 5K

Greg Mussitsch 19:23(A-2)

Heath Piper 20:40(A-1)

Mike Romzy 21:24(A-1)

Rich Sandala 22:38(A-2)

Kelley Murdock 24:34(A-2)

Roxanne Wray 27:14(A-3)

Gary Lorenzi 29:20

Pat Calmbacher 32:40

Deb Calmbacher 34:59(A-2)

### DINO DASH 5K WALK

Blake Headen 45:41(A-1)

### KYLE'S KLASSIC 5K

Mike Romzy 21:52(A-1)

Kelley Murdock 26:19

Blake Headen 54:44(W)

### COMMUNITY DAY 5K

Rich Sandala 23:16(A-1)

### WINE NOT RUN 2M WALK

Blake Headen 33:23

### RUN LIKE AN ANIMAL 5K

Shane Brunazzi 27:59(A-2)

Ashlyn Brunazzi 35:34(A-2)

### ELLWOOD CITY 10K

Shane Brunazzi 59:24

### MOON GLOW 5K

Kelley Murdock 26:37

### LAND OF THE FREE 5K

Pat Calmbacher 33:52

Deb Calmbacher 44:13(A-3)

### WELLSBURG 4<sup>TH</sup> 5K WALK

Blake Headen 57:47

## STRAWBERRY RUN 5K WALK

Dave Byers 46:15

### RUN WITH RYAN 5K

Heath Piper 20:38(A-1)

Jaminique Milliren 22:06(OA-3)

Rich Sandala 23:29(A-1)

Nate Milliren 25:20

Cathy Loos 26:25(A-1)

Gary Lorenzi 30:01

Mary Krett 40:29

Kathy Starkey 41:48

### RUN WITH RYAN 5K WALK

Carl Kondrach 28:49(OA-1)

Kelley Murdock 34:41(OA-1)

Sarah Donley 35:51(OA-2)

### GRAND SLAM 5K

Carl Kondrach 24:23

### FREEDOM RUN 5K WALK

Blake Headen 44:53

### WHISKEY REBELLION 5K

Rich Durbin 21:21(A-2)

Jaminique Milliren 22:03(A-3)

Bob Pikelis 22:35(A-1)

Rich Sandala 22:58(A-1)

Steve Chabala 24:04(A-3)

Nathan Milliren 25:11(HW-3)

Tom Carter 29:58

Donna Patrino 34:04(A-2)

Kathy Starkey 40:08(A-3)

### WHISKEY REBELLION 5K WALK

Kelley Murdock 35:32(OA-1)

### FREEDOM RUN 5K WALK

Carl Kondrach 30:20(OA-1)

Sarah Donley 37:17(OA-1)

### LIONS CLUB 4K

Shane Brunazzi 17:15(A-1)

### FIRECRACKER 5K

Mike Romzy 21:10

Gary Lorenzi 30:17

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.

