

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

AUGUST, 2023

VOL. 23 / No. 8

VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

We have now hit the dog days of summer. The weather has been quite a yo-yo so far. We've hit some 90-degree weather and a few days later it's in the upper 70's with rain. And with all that we see the racing calendar starting to clog up. Be sure to watch out for the GP races to make sure you hit the qualifying 5 short distance runs.

July has brought the club three new members. We would like to welcome Amy Ference, Loris Connolly and George Dziamniski. Amy and Loris are both from Rostraver Township, and George is from Finleyville. Hopefully we will see all of you at some upcoming events.

UPCOMING RACES

August is the time to start to look at all upcoming races and make your plans to get any GP race that you need. There are plenty of events upcoming that will get you there. Check down below for a short list of races we found. And as always, the GP races will be marked with a *.

8/12 – *Brookline Breeze – Brookline, PA
8/13 – *Not Another Solar Vortex – Boston, PA
8/18 – Clinton5K – Clinton PA
8/26 – Yinzerz 4.12K – Acrisure Stadium – Pittsburgh, PA
8/26 – Run Around the Square 5K – Swissvale, PA
8/27 – *Trinity Hiller 5K – South Strabane Park – Washington, PA
9/4 – *Labor Day Classic 5K – Washington, PA
9/4 – Pittsburgh Steelers 5K – Acrisure Stadium
9/9 – *Little Great Race 5K – Charleroi, PA

9/9 – Tunnels to Towers 5K – Canonsburg, PA
9/10 – Dormont Dash – Dormont, PA
9/16 – FlyBy 5K – Pittsburgh International Airport
9/16 – Scottdale Fall Festival 5K/10K – Scottdale, PA
9/17 – Joey Fabus Heroes 5K – Bethel Park, PA
9/17 – *Boston Harvest 5K/10K/Half Marathon – Boston, PA

WCRRRC AT THE RACES

There were a few really competitive club races run in July. Here is a recap of a few of them.

Running With Ryan 5K

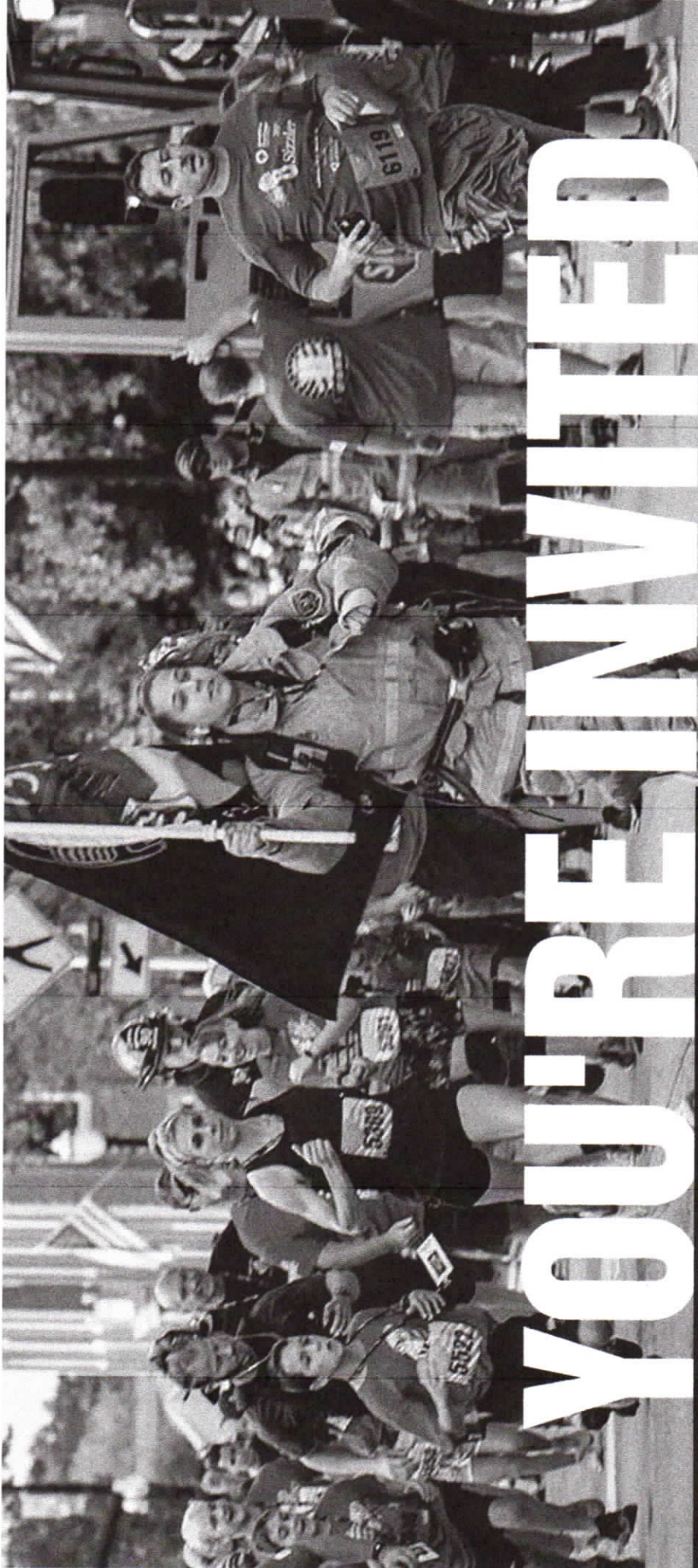
Another warm day for the annual running of this race. And with the construction of new homes in the area, the hills have become a bit more challenging.

Our first female finisher, and third overall, was Jaminique Milliren, in a nice time of 22:06. The first male finisher was Rich Sandala, who crossed the mat in 23:29.

Whiskey Rebellion 5K

The early morning start, 75 degree and humid conditions didn't keep many away, as 687 finishers crossed the line at the annual Canonsburg race. The overall winner was Drew McGee, who ran a great time of 17:47. Our first male finisher was Rich Durbin in a time of 21:21. And Jaminique was our first female again in a time of 22:03. And Kelley Murdock was our only walker participant, but she was the first overall female in a time of 35:32.

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.



YOU'RE INVITED

RUN WALK HONOR ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
TUNNEL TO TOWERS
5K RUN & WALK PITTSBURGH
SATURDAY, SEPT 9, 2023 8AM

**CANONSBURG
MEMORIAL STADIUM**

1 N JEFFERSON AVE
CANONSBURG, PA 15317

FOR MORE INFO
& REGISTRATION



For more Information:

Contact:

Adrienne Tharp

(724) 852-3460

atharp@waynesburg.edu

Pre-Register Online:

<https://bit.ly/WU5KRaceRegistration>



WAYNESBURG UNIVERSITY
CENTER FOR SERVICE
LEADERSHIP
51 West College Street



27th ANNUAL



WAYNESBURG UNIVERSITY
HOMECOMING
5K Run & Walk

Benefits

Waynesburg University Student Mission Trip Fund
Community Registration

Saturday, September 23, 2023

Start Time: 8:30 AM

Location

Waynesburg University
51 West College Street
Waynesburg, PA 15370

From Pittsburgh/Washington

Take I-79 South to Waynesburg, Exit 14 (approximately 1 hour from Pittsburgh and 30 minutes from Washington) Follow the directions below to our campus.

From Morgantown

Take I-79 North to Waynesburg, Exit 14 (approximately 30 minutes) Follow the directions below to our campus.

From Uniontown

Route 21 West towards Waynesburg (approximately 3/4 a mile from I-79). There will be a traffic light at a “T” (CVS is in front of you) make a right at the light. Follow to the fifth traffic light. At the Courthouse on the left, turn right onto Washington Street. Go 3 blocks. Miller Hall is the large red brick building to your left at the fourth block. Parking is on your right.



Date/ Time

Saturday, September 23, 2023 Race starts at 8:30 a.m.

Registration

Registration will take place in the Goodwin Performing Arts Center (behind Miller Hall)

Beginning at 7:30 a.m.

Runners

13 & under 14-19 20-29 30-39 40-49 50-59 60-69 70+

Walkers

19 & under 20-29 30-39 40-49 50-59 60-69 70+

Entry Fee

\$25 per person, includes a t-shirt*

* To guarantee a t-shirt, register by August 25, 2023

Awards

Awards for the first finishers, male and female, in the walk and run. Prizes for the top 2 finishers in each category, male and female, in the walk & run.

Timing

SERJ Timing Service

Please print clearly. Detach and mail this form with your check payable to Waynesburg University to:

Waynesburg University, C/O Adrienne Tharp,
51 W. College St. Waynesburg, PA 15370

Name: _____

M/F: _____ Age: _____ (as of 9/23/2023)

Home Address: _____

City: _____ State: _____ Zip: _____

Telephone No. () _____ - _____

Email Address: _____

Adult Shirt (circle): S M L XL XXL

Race Selection:

5K WALK _____ 5K RUN _____

WAIVER:

“In consideration of this entry being accepted, I, the undersigned, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsors of Waynesburg University, their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have been successfully trained for the completion of a race of this distance and difficulty.”

SIGNATURE: _____

DATE: _____

PARENT OR GUARDIAN (if under 18): _____

EMERGENCY CONTACT:

Name: _____

Relationship: _____

Telephone No. () _____ - _____

Thoughts thoughtlessly thoughtfully thought

Mickey Hornack

* Unfortunately, I noticed a "request" in the June WCRRC fish wrap for assistance with a few of the staples of the club. Hope there are some replies!

* Tho I'm not involved with the Charleroi LGR anymore Mike Lucas and his crew are doing a great job keeping it going. The bowls they give are 1 great idea. If you got one last year you know.

* The Mrs. gave me a list of repairs that needed done in the house. Since I'm incapable of sufficiently attacking that list, I sought the help of a repairman. I gave him the extensive list. Upon returning to the house i noticed the Mrs. was not happy. Seems only list repairs 1, 3, 5 were done. Then I found out the guy only did odd jobs! Geeez

* HIIT (high intensity interval training) is the new fitness buzz. I saw 3 of the disadvantages were: it can make you dizzy; give you extremely sore muscles and you have a higher risk of injury. Ok, I'll opt for these 3: donut, pizza n hot fudge sundae!!

* add "requests" I was part of planning the club banquet when folks were given 2 right or 2 left-handed WCRRC LOGO gloves. I'm older now and that means it could be worse. Also, part of the banquet when the group from Wheeling left and went 20 miles on I70 the wrong way before they noticed. Get my drift here!

* In my years in public education I remember a pretty emotional breakup between the physics and biology teacher. Just had no chemistry!

* New shoe brands: Craft Nordlite, On Cloud Tech, Karhu Ikoni, On Cloud Monster, Topo cyclone (not to be confused with Topo-Chico a hard seltzer-enuff of which will make you forget you need new shoes) good luck yinz!!!!

* I'd like to mention in closing, long-time WCRRC member Joe Buffet Buster Mancinelli is undergoing a repair hip replacement surgery at the end of August. Recovery is said to be extensive. If anyone can do "Munch"inelli can.

* It's not how steep the hill is, it's the size of the pebble in your shoe! Continue forward WCRRC members

The former
American steeple
champ is now
conquering the
trails, and she
shares her injury
avoidance insight

KEELEY MILNE JULY 30, 2023

Former American steeplechaser turned trail-elite [Allie Ostrander](#) shared her tips for runners to avoid injuries on [social media](#) recently, telling fans to consider it her "formal petition against running-related injuries."

Ostrander announced her shift from track to trail in Feb. 2023 (along with her partnership with ultrarunning GOAT [Kilian](#)

[Jornet's](#) brand NNormal) and is also a mental health and eating disorder awareness advocate.

Originally from Kenai, Alaska, Ostrander had a very successful NCAA career with Boise State University in Idaho, winning three straight NCAA titles in the 3,000m steeplechase. Her tips on [avoiding injuries](#) are excellent ones for all runners, whether they run on track, trail or roads.

Here are Ostrander's suggestions, along with some ideas to get you started.

Run more uphill miles

"[Uphill running](#) is lower impact and higher output, so you work harder," shared Ostrander, "but it puts less stress on your bones." She suggests running on the treadmill at a 3–5 percent grade, running up a long hill and getting a ride down, or doing hill repeats and walking downhill between reps.

Replace easy miles with cross training

"You don't have to replace every easy run with a bike sesh because, let's be honest, running is way more fun, but cross-training can be a great tool to get in some aerobic training without the impact," Ostrander says. She suggests replacing 1–2 runs a week with a cross-training session and explains that she uses the formula of 10min of XT=1 mile running.

Don't be afraid to strength train, lift heavy, and build muscle

Building muscle will make you a stronger runner, and you'll be better equipped to power through hard training. "It can also correct imbalances and improve running economy," says Ostrander.

Fuel

"Being in an energy deficit increases injury risk and decreases adaptation to training," explains Ostrander. She recommends focusing on consistently giving your body the energy it needs.

Rest days are important

"Rest allows your body to absorb all the training," Ostrander says. "Don't wait until you feel overly tired or have some sort of pain to give yourself a day off." It can be challenging to really allow ourselves to take the time off we need, and Ostrander suggests scheduling [rest days](#) into your training plan to keep it as much a priority as hard training.

Try: [recovery day yoga](#) to relax and unwind.



A big Thank You goes to
Corner Pharmacy, once again
our exclusive Title Sponsor!



Voted the
" #1 Favorite Race
in the Ohio Valley"
multiple times!



5k Run & Walk

Saturday, September 23, 2023 @ 8:30am

Kids Pumpkin Run begins at APPROXIMATELY 9:45am!



Directions: (GPS: 511 Watt Avenue, Barnesville, OH 43713) I-70 E/W, Exit #202 (Barnesville/Dennison). Go 6.5 miles on St. Rte 800 South to 1st Red Light. Turn left. Go a quarter mile. Follow signs. Race begins and ends at the historical Watt Center on Watt Ave near the Train Depot.

Entry Fee: \$25 pre-registered (post-marked by September 1) \$30 after September 1st and on race day. Call about Special Charity Rates.

Shirts: 1st 400 registered are guaranteed a moisture-management shirt and goody bag. Sizes are 1st-come, 1st-serve.

Registration: Begins at 6:45 @ the Watt Center. Arrive early to avoid long lines! **Online Registration** is available at:
www.RunSignUp.com Keyword: Pumpkin For more info or to download an application, go to: www.RailsToTrails5k.com

Refreshments: Enjoy the BIGGEST smorgasbord of delicious food you will find at ANY 5k event of this size!
(Pizza, subs, deli-fresh sandwiches, pepperoni rolls, pasta salad, cookies) If you leave this race hungry, DON'T BLAME US!!

Door Prizes: So many awesome prizes will be available! Prizes include sports jerseys, restaurant certificates, tickets, and more!

Trophies: The coveted, unique, beautiful ceramic-fired pumpkin trophies (100+) and the colorful, ceramic-fired pumpkin medallions (150) will be awarded in the following categories: **(NO DUPLICATIONS!)** All award winners get a real pumpkin! (sizes vary).

Walkers: Top 5 M/F each; Top 3 Masters (50+) M/F each **Runners:** Top 5 M/F each; Top 3 Masters (40+) M/F each

Age Groups: (Male Walk) Top 3: 29U, 30-39, 40-49, 50-59, 60-64, 65-69, 70-74, 75+Over **(Female Walk)** Top 3: 19U, 20-29(4), 30-34, 35-39(4), 40-44, 45-49, 50-54(4), 55-59(4), 60-64, 65-69, 70+Over **(Male Run)** Top 3: 10+ Under, 11-14(4), 15-19, 20-29, 30-34(4), 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ Over **(Female Run)** Top 3: 10+ Under, 11-15(4), 16-19, 20-29(4), 30-34(4), 35-39(4), 40-44, 45-49, 50-54, 55-59, 60-69, 70+ Over **(Heavyweights)** Top 3: Clydesdale (200lbs+) Top 3: Lady Athena (170lbs+)

Pumpkin Run: FREE! Begins @ APPROXIMATELY 10:00 am. All kids win a medallion and mini-pumpkin!

Contact Info: Carl A. Kondrach, Director (740)310-2117 carlkondrach@yahoo.com

After the race, stick around and bring your family to see all that Barnesville's famous Pumpkin Festival has to offer:
Parade @ 2:00pm, great food, entertainment, rides, crafts, games, contests, & much more, going on all weekend! For more info about all the Pumpkin Festival Events, check out the website: www.BarnesvillePumpkinFestival.com

Results/Photos: Results available at: www.SmileyMiles.com Photos available at: www.RonPradetto.com



Barnesville Grand Prix Series



WEB DESIGN

Facebook.com/barnesvillegrandprix

www.WCRRC.org

(cut here)

Proceeds Benefit the Santa Spirit Sprint and the Rails-to-Trails Project

(cut here)

Mail form(s) and make
Check payable to:
Rails-to-Trails 5k
808 North Chestnut Street
Barnesville, OH 43713-1118
Please Note: This is a
mailing address. The Race
Address is 511 Watt Avenue

☐ ☐ ☐

Run Walk HeavyWeight Run
(Check One Box ONLY)

☐ ☐
Male Female

Name (please PRINT clearly)

Address

City State ZIP

Phone e-mail (optional)

Age on Race Day Birthday

Sizes are on a first-come, first serve basis. So register early!

Circle Shirt Size (5k ONLY)

YL AS M LG XL 2XL
(No shirt: -\$5.00) Add \$1.00 Add \$2.00

WAIVER: In submitting this entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims which I may hereafter accrue against any event sponsors, event volunteers, event staff, and their officers, directors, agents, successors and/or assigns for any injuries suffered by me (or my dog, if applicable) at this event while travelling to and from the event or while participating in it. I attest and verify that I am physically fit and sufficiently trained for competition of this event. I also recognize that persons with dogs may be participating and that I may encounter them on and off the course. I also understand that I may be photographed and agree to allowing my photo, video, or film likeness to be used for any legitimate purpose by the aforementioned parties.

X
Signature (Parent/Legal Guardian if <18) Date

Remember: \$30 after September 1st or your application will be sent back!

Kids under 10, Entry Fee Only \$14 preregistered

WCRRRC AT THE RACES**WHISKEY REBELLION 5K**

Dana Kuzniewski	31:13
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JIM DUNN 5M

Rich Sandala	40:11(A-1)
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OMELET RUN 5K

Mary Krett	40:17(A-2)
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FOLK FESTIVAL 5K WALK

Carl Kondrach	34:59(OA-1)
Sydni Kondrach	43:52
Blake Headen	46:51(A-2)

LIBERTY MILE

Mike Romzy	6:05(A-3)
Bob Pikelis	641(A-1)
John Titus	7:04

ONE FOR FUN 1M

Rich Sandala	6:52(A-2)
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LAKE WILHELM 13.1M

Steve Chabala	1:53:25
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STRAWBERRY RUN 5K WALK

Dave Byers	46:15
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FREEDOM RUN 5K

Deb Calmbacher	35:17
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5K ON THE RUNWAY

Tina Seech	22:38
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ST MARGUERITS 5K WALK

Sarah Donley	35:18(OA-1)
Carl Kondrach	35:18(OA-1)
Blake Headen	44:37(OA-4)

RACE TO THE MOON 5K

Ashlyn Brunazzi	37:20
Shane Brunazzi	37:24

PTARC XC 5K

Shane Brunazzi	28:51
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PTARC XC 5K WALK

Carl Kondrach	38:55(OA-1)
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FRIDAY NIGHTS LIGHTS 5K

Carl Kondrach	23:01
Sarah Donley	24:56

ICKES LIFE CENTER 5K WALK

Blake Headen	50:55
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HOT TO TROT 5K

Rich Sandala	22:42(A-1)
Kelley Murdock	25:13(OA-3)

ROARING RUN 5K

Shane Brunazzi	37:24
Ashley Brunazzi	37:20

SEWICKLEY SUNDAE 5K WALK

Blake Headen	58:35
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TURTLE TROT 5K

Rich Sandala	23:08(A-1)
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WHITE OAK HERO 5K

Shane Brunazzi	30:30(A-3)
Amy Ference	35:49(A-1)

KILLIANS 5K

Kelley Murdock	25:47(A-1)
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FLASH IN THE NIGHT 5K

Sarah Donley	25:25(A-1)
Carl Kondrach	25:26(A-1)

NORTH FAYETTE 5K

Gary Chabala	31:13(A-1)
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JOE PALMER 5K

Rich Sandala	21:51(A-1)
Carl Kondrach	22:58(A-1)
David Dzieminski	25:21(A-2)
Pat Calmbacher	26:55

JOE PALMER 5K WALK

Sarah Donley	34:20(OA-1)
Blake Headen	44:50(A-1)

MISSION POSSIBLE 5K

Mike Romzy	21:08
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ST BARNABUS 5K

Greg Mussitsch	19:08(A-1)
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GRAND PRIX 2023(7-31-23)

1. Bob Pikelis	5	34:26
2. Greg Mussitsch	2	34:40
3. Cathy Loos	3	34:52
4. Mike Romzy	3	35:56
5. Rich Sandala	9	38:03
6. Rich Durbin	3	38:27
7. Jaminique Milliren	4	39:52
8. Donna Patrino	1	42:36
9. Kelley Murdock	4	43:17
10. Heath Piper	2	43:31
11. Carl Kondrach	4	43:28
12. Gary Chabala	4	44:41
13. Sarah Donley	1	46:01
14. Steve Chabala	3	46:05
15. Tom Carter	1	47:05
16. Deb Calmbacher	3	47:29
17. Nathan Milliren	3	47:50
18. Gary Lorenzi	5	48:03
19. Dana Kuzniewski	1	48:55
20. Roxanne Wray	2	50:12
21. Mary Krett	2	50:47
22. Pat Calmbacher	4	55:07
23. Kathy Starkey	3	53:43
24. Shane Brunazzi	2	55:05

LONG DISTANCE GP 2023(7-31-23)

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. Steve Chabala	2	49:02
8. Kelley Murdock	3	49:52
9. Dave Byers	1	1:06:41

WALK GRAND PRIX 2023(7-31-23)

1. Kelley Murdock	3	1:02:12
2. Sarah Donley	2	1:04:05
3. Dave Byers	2	1:12:58
4. Blake Headen	3	1:25:10

TWO FACE 10K(ROAD)

- Kelley Murdock	54:55
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HERO 5K

Shane Brunazzi	30:30(A-2)
Any Ference	35:49(A-1)

HOWL AT THE MOON 5K WALK

Blake Headen	51:30
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FLASH IN THE NIGHT 1M

Sarah Donley	7:19(A-1)
Carl Kondrach	7:20
Blake Headen	16:32

SHAMROCK 5K

Pat Calmbacher	30:03(A-1)
Deb Calmbacher	34:58(A-2)

NEWS AND NOTES

- Courtney Dauwalter became the first runner, male or female, to win both Western States and the Hardrock 100 in the same year.
- York University research indicates that persistent exercise leads to strong body immune response.

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.

