WASHINGTON COUNTY ROAD RUNNERS CLUB

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NEWS AND NOTES

Well, it has now come down to the final stretch of the 2023 racing season. There have been some magical moments and some very fast and consistent times turned in this year. There is still time to get in a few more races for the 2023 GP. Be sure to check out the list below for the grand finales. And make sure that you have been checking the current listings for both the Long Distance and Short Distance runs and walks. If you have any questions, be sure to contact Grace Goffi ASAP. She will be looking at the results and close off the season as of December 31st.

And remember that any Turkey Trot race can be used for the GP this year. Just make sure that anyone you do needs to be reported to Tom and Grace, since we may not be able to see all the results.

As this will be the final newsletter for the 2023 year, all at the news desk wanted to take some time to wish all of you a very Happy Thanksgiving, Merry Christmas and all the best in 2024. It has been a strange year for sure, with many of us taken down by illness or an injury. Let's all look forward to an injury free 2024.

Congratulations to John Titus, who had completed and received his award for finishing 50 marathons in 50 states. Who knows now, maybe he will start over again or possibly run on all the other continents.

Remember to send in your 2024 dues. We're still holding the line on the price, so get your renewal in ASAP.

UPCOMING RACES

We are slowly coming down to the wire for the Grand Prix events. Make sure that you are checking the schedule and, as always, the SDGP events will be marked with a *

11/11 – Harvest Moon 5K/10 Mile- Moon TWP, PA
11/11 – Prodigy Wellness 5K – New Martinsville, WV
11/23 – *Turkey Trots – Pittsburgh, Burgettstown, Greensburg, Uniontown, Latrobe, Sewickley, Waynesburg (11/18); Belle Vernon
12/2 – *Santa Sprint 5K/1M – Barnesville, OH
12/2 – Jingle Bell Run – McCandless TWP, PA
12/3 – Run, Santa, Run -Oakdale, PA
12/10 – Run, Santa, Run – South Park, PA
1/1 – *New Year's Resolution Run – Oakdale PA
1/14 – Frigid 5 Miler -North Park PA

WCRRC AT THE RACES

There were a few October races run, but only one that counted for the SDGP. And that was:

Jack-O-Lantern Jog 5K

On a fairly warm October morning, we had 150 runners' line up for the 19th annual Jack-O-Lantern Jog. The winner of the 5K race was Jonah Decortie, who scaled the hills in a time of 17:24. Our first male finisher was Bob Pikelis, who turned in a time of 25:48 and first in the age group. And in the female category, our first finisher was Ann McCormick who ran it in 30:49 and first in her age group.

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.

THOUGHTS WHILE TRIMMING TURKEYS AT THANKSGIVING

Mickey Hornack

**The holiday edition of the WCRRC fish wrap. It's almost the end of 2023! Fastest summer ever for me. You?

** Newest trend in running: decrease in high intensity training & return to relaxed less hectic programs. In pursuit of (get this) psychophysical balance (like BáLakè he's balanced!) and wellbeing redefined in a personal way. Go figure that one out yinz.

* I cannot stand the word "fruition" or "fruitation" or "fruishion." Person on TV says their plan came to "fruittation" I expect a picture of a yummy apple or something!!! Anyone else got one? The Mrs. say "luv u 2 the moon n back" hmmm. Hope I get at least to the end of my driveway!

**There had to be 100 "Halloween Jog/Havoc/Spookys/Howl races this year. Funny thing seems like is BaLakè made them all. Spooky huh?
** Guy I know, a bit on the "me" side is he...anyway, told me every time he goes to the store the cashiers are checking him out!!
* The Mrs. took an extra pair of sox golfing. I asked why the extra pair of sox? She replied, In case I get a hole in one!
* Neighbor was having "couple beers" watching TV, as a policeman pulled over a car. The neighbor said hurried up n put his can under the sofa!!! Hmmm a couple???

* To all WCRRC'ers a great Thanksgiving. And Happy Turkey Trottin!

Once again, congratulations to our own John Titus for running 50 Marathons in 50 States.

GRAND PRIX 2023(11-4-23)

1.	Greg Mussitsch	7	32:48
2.	Bob Pikelis	7	34:26
3.	Cathy Loos	3	34:52
4.	Mike Romzy	5	35:57
5.	Ann McCormick	3	37:08
6.	Rich Sandala	17	37:12
7.	Rich Durbin	6	38:10
8.	George Dziamniski	3	39:17
9.	Jaminique Milliren	5	39:35
10.	Amy Ference	3	40:08
11.	Heath Piper	3	40:47
12.	David Dziamniski	3	41:35
13.	Carl Kondrach	10	41:47
14.	Gary Chabala	6	42:10
15.	Kelley Murdock	8	43:04
16.	Donna Patrina	3	43:28
17.	Deb Calmbacher	8	43:36
18.	Lois Connolly	3	44:28
19.	Sarah Donley	5	45:29
20.	Gary Lorenzi	10	45:55
21.	Tom Carter	3	46:04
22.	Steve Chabala	4	46:44
23.	Pat Calmbacher	7	47:37
24.	Nathan Milliren	4	47:41
25.	Mary Krett	5	48:48
26.	Dana Kuzniewski	2	48:51
27.	Kathy Starkey	7	50:12
28.	Shane Brunazzi	5	52:41
29.	Roxanne Wray	3	50:12
30.	Bill McCormick	2	1:03:29

LONG DISTANCE GP 2023(11-4-23)

1.	Bob Pikelis	4	34:22
2.	Greg Mussitsch	4	34:33
3.	Rich Sandala	4	37:59
4.	Carl Kondrach	5	43:45
5.	Rich Durbin	1	44:14
6.	Sarah Donley	6	46:38
7.	John Titus	5	46:46
8.	Steve Chabala	2	49:02
9.	Kelley Murdock	4	49:29
10.	Dave Byers	1	1:06:41

WALK GRAND PRIX 2023(11-4-23)

1.	Carl Kondrach	6	49:21
2.	Sara Donley	6	1:01:12
3.	Kelley Murdock	6	1:02:55
4.	Dave Byers	2	1:12:58
5.	Blake Headen	9	1:37:03

NEWS AND NOTES

- Research pegs the best temps for marathon at 38-49 degrees. Men better in heat; women in cold.
- Two swimmers died at the Ireland Ironman after race organizers went on with the race in poor weather conditions.
- The Ontario Marathon ran out of water forcing runners to drink from bottles discarded by other runners.
- The Chicago Marathon DQ'ed at least 275 runners for course cutting and bib cheating.
- A recent study suggests that a regular running group is as effective as medication in treating depression and anxiety.
- The sport with the lowest resting heart rate is cross-country followed by soccer and basketball.

BUTLER T. TROT 5K

Shane Brunazzi 30:49

WCRRC AT THE RACES

AIR FORCE 26.2M
John Titus 4:36:33

SHADYSIDE 5K
Mike Romzy 21:05(A-1)
Rich Sandala 22:19(A-3)

OLE 5K RUN
Kelley Murdock 24:47(A-2)

WAYNESBURG 5K WALK
Kelley Murdock 37:22(A-1)

STRASBURG 5K
Kelley Murdock 26:48(OA-1)

GREENE RIVER TRAIL 5K
Rich Sandala 23:37(A-1)
Ann McCormick 32:39(OA-1)
Albie Rinehart 43:05(A-1)

GREENE RIVER TRAIL 5K WALK
Carl Kondrach 33:40(OA-1)
Blake Headen 51:50(A-1)
Bill McCormick 51:51(A-2)

MONSTERS AT MALL 5K
Pat Calmbacher 28:06
Deb Calmbacher 32:53(A-1)

MONSTERS AT MALL 5K WALK
Carl Kondrach 28:32(OA-2)
Sarah Donley 33:08(OA-1)
Sydni Kondrach 42:33(A-1)
Blake Headen 44:30(A-2)

PENQUINS 6.6K
Mike Romzy 28:30(A-1)
Rich Sandala 29:57
Kelley Murdock 36:14
Gary Lorenzi 40:22

ROCK 13.1M
Kelley Murdock 2:03:47

BUFFALO CREEK 13.1M
Greg Mussitsch 1:35:00

COSTUME CAPER 5K
Shane Brunazzi 26:05(A-2)

AUGGIE'S RUN 5K
Kelley Murdock 25:27(OA-3)

AUGGIE'S RUN 5K WALK
Carl Kondrach 31:38(OA-1)
Blake Headen 47:14(A-1)

PROPEL SCHOOL 5K
Carl Kondrach 24:57(A-1)
Shane Brunazzi 29:27
Blake Headen 54:53(WA-1)

MORRISON 1M
Pat Calmbacher 8:46(A-1)
Pat Calmbacher 10:57(OA-4)

MORRISON 1M WALK
Carl Kondrach 9:38(OA-1)
Sarah Donley 11:38(OA-1)
Blake Headen 14:36(OA-4)

SOUTH RIDGE TRAIL 5K
Kelley Murdock 38:46(A-1)

MARINE CORPS 26.2M
Tom Carter 5:28

SHADES OF DEATH 10M
Rich Durbin 1:25:10(M-1)

JACK O'LANTERN JOG 5K
Bob Pikelis 25:48(A-1)
Steve Chabala 26:07(A-1)
Gary Chabala 29:45(A-2)
Ann McCormick 30:49(A-1)
Donna Patrina 35:53(A-1)
Kathy Starkey 41:34(A-2)
Bill Mccormick 43:32

TIGER TROT 5K
Kelley Murdock 25:08(OA-1)

AM HERITAGE 5K
Pat Calmbacher 28:07(A-2)
Deb Calmbacher 35:18(A-1)

AM. HERITAGE 5K WALK
Blake Headen 45:56(A-1)

EQT 10-MILER
Rich Sandala 1:15:24
Jaminique Milliren 1:17:16
Mike Romzy 1:20:01(PACER)
Steve Chabala 1:29:13

EQT 10K
Tom Carter 1:15:57

In addition to the Title Sponsor listed on the front, this race was also made possible through the generosity of these sponsors:

Platinum Sponsors:

- **Domino's Pizza**
- **Donley's Delicious Delights**
- **Shirts N' More**
- **Joe Allen & Associates**
- **Margaret J. Miller**

5 Year+ Major Donors:

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- **VFW, Post 2792**
- **Parker & Parker Ins**

Grand Prix Sponsors:

10T WEB DESIGN

Ron Pradetto Photography

Refreshments generously provided at a reduced cost by the following businesses:

- **Domino's Pizza**
- **Donley's Delicious Delights**
- **Convenient Food Mart**

Race Course manned and patrolled by the following:

- **Barnesville Fire Dept.**
- **Barnesville Police Dept.**
- **Barnesville Street Dept.**

Thank You Race Committee Members:

- **The Kondrach Family**
- **Sarah D. Donley**
- **Margaret J. Miller**
- **Amy Knox Dean**
- **Melanie Krupinski**
- **Chris Thoburn**
- **Kayla Crum**

OTHER RELEVANT WEB INFO:

www.barnesvilleohio.com
www.dominos.com
www.joestires.com
www.kempins.com
www.10Twebdesign.com
www.ronpradetto.com
www.runsignup.com
www.smileymiles.com
www.wcrrc.org

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Barnesville, OH 43713-1118
www.RailsToTrails5k.com
Facebook.com/barnesvillegrandprix
Cell: 740-310-2117/740-238-1833
E-mail: carlkondrach@yahoo.com

Barnesville's 15th Annual

Santa's Spirit Sprint

1 Mile Run & Walk (2:00pm)
5k Run & Walk (2:30pm)

Saturday, Dec 2, 2023

Title Sponsor:

Ferrum FIT
IRON SHARPENS IRON
BARNESVILLE, OHIO 740-619-0085

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185 East Main Street
Barnesville, OH 43713
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www.RailsToTrails5k.com
Facebook.com/barnesvillegrandprix

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 ONLY! The physical race address is: **440 Watt**

	RUN	WALK	CHAIR/ CYCLE	>11/23	11/23+
5K:	☐	☐	☐	☐ $25	☐ $30
Mile:	☐	☐	☐	☐ $16	☐ $21
Both:	☐	☐	☐	☐ $31	☐ $41

(Shirt Size: (Add $7 to Entry Fee) *(Circle One)*:

No Shirt	S	M	L	XL	2XL (+$1)

☐ **Male** ☐ **Female**

$_____. **Donation**

$_____. **Total Enclosed**

Name (please PRINT clearly)

Address

City State ZIP

Phone e-mail (optional)

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 traveling to and from the event or while participating in it. I attest and verify that I are physically fit and sufficiently trained for competition of this event. I also recognize that persons with dogs on leashes will 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.

Race Info:

Directions: (From all points North:) Interstate 70 East/West, Exit #202 (Barnesville/Dennison). Go 6.5 miles on State Route 800 South to first Red Light. Turn left. Go 200 yards. (From all points South:) Take State Route 800 North to 3rd Red Light. Turn right. Go 200 yards. Race begins at and ends near The Rock Gym, 440 Watt Avenue.

Entry Fee: 5K: $25 pre-registered (deadline, postmarked BEFORE Thanksgiving), $30 late registration AFTER Thanksgiving and on race day. **1 Mile:** $16 pre-registered, $21 AFTER Thanksgiving. Special Rate: **Save $10** by registering for both events!

Registration: May be done through the mail, on race day or online. Please visit: **www.RunSignUp.com**
Keyword: Santa Sprint

Christmas Ornaments: All registrants, regardless of distance, are guaranteed a Christmas ornament. Limit one per registrant.

Finishing Medals: Due to the limited Age Group awards in the Mile distance vs the 5k event, all **1- MILE** participants will earn a Finishing Medal when they cross the Finish Line.

5K Trophies: Unique, high-quality, hand-crafted trophies to be awarded in the following categories:
Walkers: 1. Top 5 Male, Top 5 Female
2. Top 3 Male, Top 3 Female Masters (50+)
3. Top 3 Male & Female in Age Groups unless otherwise indicated
Runners: 1. Top 5 Male, Top 5 Female
2. Top 3 Male, Top 3 Female Masters (40+)
3. Top 3 Male & Female in Age Groups unless otherwise indicated
Wheelchair/Handcyclists: Top 3 Finishers
NO DUPLICATIONS!

1-Mile Trophies: Unique, high-quality, ceramic Pottery trophies to be awarded to Top 3 Male & Female in the Run, the Walk, and Chair/Hand Cycle Divisions. Ceramic-fired medallions earned to the winners of each Age Group in the Run and the Walk.
NO DUPLICATIONS!

PLEASE NOTE: the Age Groups for Males & Females and for the Walk & Run can and do vary greatly. They are ever-changing as they are based on last-year's results so as to minimize waste and cut down on cost. If you have a specific

Shirts: All pre-registered 5K runners and walkers are guaranteed a soft-blend T-shirt for an additional $7.00. Register early to nab the right size! Late registrants: first come, first serve as shirts will be limited.

More Race Info:

Santa Spirit Award: We are currently seeking candidates for this award. If you would like to nominate someone, please contact me by phone, e-mail, or with your application (deadline, Thanksgiving). Please include a detailed summary of how he/she has made contributions to the walking, running, or racing communities. Winner will be recognized and presented with a special trophy.

Grand Prix: This event is associated with 2 Grand Prix Series: **1.** The Washington County (Pa.) Road Runners Club (WCRRC) Grand Prix Series; **2.** It is the 4th of four races in the Barnesville Grand Prix.

Barnesville Grand Prix Series

WASHINGTON COUNTY Road Runners Club

Door Prizes: Over 50 door prizes/certificates valued nearly $1000 donated by surrounding merchants/businesses. As usual, No tickets or purchase necessary. Must be present to win.

Timing: Chip-in-the-bib timing by Miles of Smiles
www.SmileyMiles.com

Food: All participants are welcomed to join us for hot dogs, pizza, hot cocoa (and marshmallows, of course!) and Donley's Delicious Delights homemade cookies!

Pictures: Race pictures provided by Ron & Linda Pradetto. They will be available for viewing, download, and purchase on their website:
www.RonPradetto.com
They will also be posted on the Ohio Belmont Run Walk Page.

Proceeds: All funds from this event, as well as a large majority from the other 3 events in this Series, are used to fill the Christmas Wish Lists of 15-25 less fortunate children in Barnesville and other parts of Belmont County during the Holiday Season. We communicate directly with the parents/grandparents/guardians of those struggling or in need. They provide us with a complete list of all children wants, needs, and more. We do our very best to fulfill all requests. Donations are accepted race day. For a complete list of needed items, please contact the Race Director.

Should I Tune In or Tune Out During My Run?

How to think on challenging runs depends on your intention. Here's what the research says.

Runners often develop a type of tunnel vision. Case in point: In 2006, Scott Douglas went to India to cover a five-day stage race in the Himalayan foothills. The day before the race, he and the eventual winner went for a run from the race headquarters in Mirik. There was a small lake with a perimeter path nearby that was perfect for the occasion—they could easily settle into a rhythm and crank out several 10-minute loops until it was time to call it a day.

When Douglas got back to the lodge, his wife, Stacey, asked, "Wasn't that amazing!?" It turned out that Stacey had also gone to the lake for a stroll and had come upon a couple dozen women celebrating the Diwali festival. Clad in bright yellow and red wraps and head scarves, they squatted next to the lakeside trail with big bowls of bananas, melons, other fruits, vegetables, and flowers as offerings.

Douglas can relay these details, thanks to a photo Stacey took, but he hadn't noticed them—not on the first loop around the lake, or the third, or any other one. Without making a conscious decision to do so, he'd been entirely focused on his run.

There are far loftier examples of intense concentration in running history. In the 2004 Olympic marathon, Deena Kastor didn't realize she was in the bronze-medal position until the final 100 meters. During the 2018 Boston Marathon, which was run in an apocalyptic rain-and-wind storm, eventual winners Des Linden and Yuki Kawauchi didn't know they had taken the lead until well after doing so.

Some of this seeming tunnel vision stems from runners focusing on what are known as "process goals," such as running the next mile as well as they're able, rather than thinking about outcomes, such as winning an Olympic medal. Also, during hard efforts, seasoned runners are good at suppressing strong emotions like anxiety that can lead to focusing on distracting and irrelevant information.

Let's look in more detail at how successful runners hone their ability to concentrate on the task at hand to the point of seeming oblivious to much of what's going on around them.

Thinking About Thinking

Throughout his career as one of the world's leading exercise psychology researchers, Noel Brick asked athletes ranging from beginners to Olympians a simple question: What were you thinking? The answers provide fascinating insight into what athletes think about during peak performances. Brick has lost count of the number of times he has sat captivated as athletes recounted how they struggled with, and overcame, the challenges they experienced when racing and training.

One of the most common themes that emerges is that running fast is incredibly hard, both physically and mentally. This is true for novices and Olympians alike. But what separates the best from the rest is their ability to extract exceptional performances through a process of deep focus and concentration. These athletes know what they need to focus on and, more importantly, have the mental tools in their kit to do it. Take this example from an elite cross-country runner whom Brick interviewed following one of her toughest races:

I went through two and four [kilometers] on the back of the leading group. And going into the third lap, I started falling off the leading group. And it was everything for me to stay attached [because I was distracted by a spectator] and suddenly I just lost a second's concentration, and it was like, "Don't lose concentration, concentrate now," and I covered the move. I finished second in that race. But if I had fallen off that group, I wouldn't have gotten back on and that would have been it.

Triumph in a footrace—however that's defined for you—often requires winning the battle that takes place within your mind. For athletes like the one quoted above, this means resisting a range of different distractions. Some are external, like a spectator who momentarily captures the athlete's

attention. Others are internal thoughts, like worry or the sometimes-irresistible urge to stop or quit.

So how do they do it? What tools do athletes use to remain focused and on task? Just as important, how do they get their concentration back if they lose it?

Tune Out or Tune In?

The first answers to these questions began to emerge in the late 1970s. Across a series of studies, psychologist William Morgan and exercise physiologist Michael Pollock interviewed recreational and elite distance runners to discover what they focused on during training and competition.

Their findings revealed that national- and world-class marathoners adopted what Morgan and Pollock called an "associative strategy." As described in a classic study, these runners "paid very close attention to bodily input such as feelings and sensations arising in their feet, calves, and thighs, as well as their respiration; . . . [their] pace was largely governed by 'reading their bodies'; . . . [and] they constantly reminded or told themselves to 'relax,' 'stay loose,' and so forth."

The details of what elite runners paid attention to when racing surprised the research team. Up until this point, the consensus was that it was best to tune out from bodily sensations. After all, if running fast was hard, then surely paying less attention to physical feelings would be better than focusing in on them.

But Morgan and Pollock soon realized that these elite marathoners were different from the recreational athletes they usually interviewed. Not only were their physical performances miles apart, literally and figuratively; so, too, were their mental strategies.

What non-elites preferred to do was adopt a range of distraction strategies. In other words, they preferred to tune out from the physical sensations they experienced. They did so by thinking about past memories, imagining listening to music (remember, this was pre-earbuds), singing, or, for one runner, visualizing stepping on the faces of two coworkers she detested.

With these two separate ways of thinking, we've now got a dilemma. What is the best way for athletes to think? Which type of strategy helps most: tuning out or tuning in?

These were the questions that grabbed Brick's attention when he began to plot his PhD research in 2012. By 2014, he had published a review of 112 studies on the attentional strategies of endurance athletes—that is, what they focus their attention on. In it, he sifted through the evidence supporting distraction, on the one hand, and association, on the other.

The Case for Tuning Out

Before we can answer this question, we first need to consider a much simpler one. What do we mean by *best*? If better—that is, faster—performance is the goal, then athletes probably want to avoid being distracted at all costs.

But that's not the full picture. In Brick's review, he noted that distractions, such as daydreaming, conversing with a training partner, or focusing on scenic views, can help to reduce boredom and make a run more enjoyable. In other words, when the outcomes are less about going faster and more about feeling better, then distraction is best. A recreational runner whom Brick interviewed put it like this:

My mind just wanders whenever I'm out. It's as if it's a freedom. It's my time and it's me thinking about my things, you know? You're not sitting in the house or you're not working or you're not thinking about things. You're just thinking about your things.

What these insights tell us is that distraction has its place in our mental tool kit. It can be a useful way to manage our emotions, especially when we need to switch off, chill out, and get away from it all.

One great way to do this is to spend time in natural spaces, such as the countryside or a park. Studies have found increased brain activity relating to

calmness and meditative thoughts when people exercise in a park versus crowded urban settings. In the latter, brain activity linked with negative thoughts such as rumination has been found to be much higher than when people exercise in more natural settings.

But this is only half the story. Although positive distractions like nature have benefits, performing to the best of their capabilities is a more immediate priority for athletes during competition. In these instances, tuning in might be a better approach than tuning out.

The Case for Tuning In

When Brick dug deeper into the results of more than 35 years of research, he soon discovered that the effects of association strategies on performance were much more nuanced than previously thought. When athletes focused excessively on bodily sensations like breathing or muscle soreness, their performance suffered. Doing so made tasks feel harder. In contrast, strategies like keeping relaxed or optimizing movement technique improved performance, sometimes without increasing how hard a task felt.

An intricate study involving 60 experienced runners helps to explain some of these nuances. These individuals completed three 5-kilometer runs, once on a laboratory treadmill, once on a 200-meter indoor running track, and once on a flat outdoor road route. Half the runners—the association group—were asked to tune in every 30 seconds during each run to the heart rate and pace readings on their watch. The other half were assigned to a distraction strategy of listening to music through headphones. All participants were instructed to run as fast as they would like during each 5-kilometer run. The research team also recorded how good or bad runners felt, how hard each run was perceived to be, and their final 5-kilometer times.

In line with research on other distraction strategies, the findings revealed that those who listened to music felt calmer and more tranquil during their runs. Runners also felt better when running outdoors than they did in the indoor settings.

In terms of performance, however, runners in the heart rate and pace-monitoring group ran faster than the music group by an average of 1 minute and 47 seconds. In a sport in which participants obsess over every second of a race time, that's a significant difference!

Just as interesting were the effects of location on performance. Although 5-kilometer times were slower on the treadmill than both the track (by 3 minutes and 46 seconds) and the road route (by 4 minutes and 2 seconds), running on the treadmill felt hardest. This was most likely because of the treadmill environment, devoid of mental stimulation or distraction. In this setting, athletes probably focused on little else other than how tough their run felt. In contrast, running the outdoor road route, the fastest location of all, felt easiest.

The Takeaway

Periodically monitoring bodily sensations and tuning into pace allows for better performance. In contrast, tuning out might result in a slower pace but can help make an activity feel more pleasant. In effect, our focus matters, and when best performance is a priority, then having the mental skill to focus effectively is essential.

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.

Washington County Road Runners Club
1427 Willowbrook Drive
Washington, PA 15301