

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

JANUARY, 2024

VOL. 24 / No. 1

VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

Hello to one and all out there in WCRRRC land, and welcome to 2024. All us here at the newsletter desk hope that you have survived the holidays and are getting ready for an exciting and fun filled 2024 racing season.

If you look up at the header section, you will notice that the club is celebrating the 50th year of our existence. We are actually one of the last of breed of small running groups left in the Western PA/WV/Southeastern Ohio area. And to lead off this year, Tom Trettel has written a page to give us a little hint as to how the club started. Check it out on the inside.

Don't forget that the club's dues are now due for the 2024 racing season. We hope that you all are going to come back this year to compete in the GP events. And check out inside for our final GP finishers for the year.

We did get notified by a local race director that there is going to be a new race in Washington, PA for Valentines Day. Posted in this newsletter is the race app he sent us. It will take place at the Washington Wild Things stadium.

UPCOMING RACES

Well, the start of the new year is now here. There are not many races scheduled over the next few months, but we've tried to find all that we could. The first GP race of the year will probably be the Barnesville Park race, which should be sometime in March.

1/13 – Run to Read Half Marathon – Fairmont WV

1/14 – Frigid 5 Miler -North Park PA

2/3 – Groundhog Day 5K – McCandless, PA

2/10 – Cupid's Chase 5K – Washington, PA

2/10 – Community Options 5K – Acrisure Stadium – Pittsburgh

2/11 – 4Ever Yours 4Miler – McCandless, PA

2/24 – Spring Thaw 10/15/20 Miler – North Park Boathouse – Allison Park, PA

3/2 – South Park Half Marathon – SP Fairgrounds

3/2 – Ellport Boro Community 5K – Ellwood City, PA

WCRRRC AT THE RACES

Santa was all over the local running community, with an abundance of 5K races to get one in the Christmas Spirit. Here are just a sample of them.

Run, Santa Run 5K

There was a good turnout for the annual Santa run in Oakdale. Jaminique Milliren was our first finisher in a time of 23:17, with Rich Sandala coming in only 2 seconds behind her. And Blake Headen was our only walker finisher, coming in at 50:29.

Santa Sprint 5K

Carl Kondrach added a 5K to his usual 1 Mile Sprint, and there were some pretty good times turned in. Carl actually took top WCRRRC male honors in a time of 25:04, and Sarah Donley was the 3rd overall female walker in a time of 34:30.

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.

HAPPY BIRTHDAY, WCRRC ***(Tom Trettel)***

Running in the early 1970's featured rubber-soled shoes, sweat pants, and using car odometers to track your distance. Races were scarce, and the 10K was the race standard. (No one would bother wasting time to run just a 5K.) These prehistoric running days also ushered in the Washington County Road Runners Club.

The exact formation date is an estimate. The club began with a few dozen Washington runners informally bonding over their love for running. When it officially became a "club" is a guesstimate. In the middle 70's, the group elected officers and held semi-regular meetings at Citizens Library or someone's house. Marty Howsare, Ned Williams, Tom Bell, Nancy Griffin and a few of the originals got a big more organized and sponsored the Waynesburg to Washington Marathon and the original 7-Dam Miles race in North Franklin.

I joined in the early 1980's mostly to try and find other women runners who could run with Laurie. Being a female runner was neither common nor safe. Within a few months of joining, I found myself not only an officer but the President. We were still just a few dozen in number and very loosely organized.

The establishment of the inaugural Pittsburgh Marathon changed everything. Seemingly overnight, everyone wanted to become a runner and get involved in this new race. 10K's still dominated the race calendar and their popularity exploded. I began a small newsletter copied on my wife's Xerox. Within a year or two, our numbers had grown beyond 100 and then to nearly 200 by the early 90's.

The club continued to offer the 5-Dam Miles race in September (shortened from 7). We took over the Conservation 10K in Mingo and the Whiskey Rebellion in Canonsburg when their initial sponsors backed away. We offered monthly meetings at a local restaurant and brought in speakers and guests.

The club raised thousands of dollars for various charities from our races. Each December, we raised money for Children's Hospital through a "run-athon", running on a treadmill at Washington Mall for a week while collecting donations. In a five-year span, we raised over \$30,000. We then rented a bus and relay ran the donation to Children's Hospital in Pittsburgh with some members covering the entire 25 mile trek to the hospital. Other running clubs were everywhere like the South Park Runners and Fayette County Striders.

The early 2000's saw the club discontinue its race sponsorship, dropping Five Dam Miles and the Conservation 10K and turning over the Whiskey Rebellion to other sponsors.

The early 2010's saw a resurgence of the WCRRC led by Bob Pikelis who picked up the leadership mantle and ran with it. Under Bob's leadership and Grace Goffi's computer skills, the longtime Grand Prix format led to another surge in WCRRC membership. The reemergence of the Pittsburgh Marathon also led to another boost in membership. The WCRRC continues to thrive as the last running club standing in the area.

Much has changed in fifty years. But the simplicity of running, just putting one foot in front of the other, has not. For any organization to last half a century is a testament to its volunteers and members. Happy birthday, WCRRC!!

Thoughts 2024 Thinking Thoughtlessly

Mickey Hornack

** Is opening a band aid really as PIA-Ish as it seems. Ok tear off outside cover (it never tears where it's supposed to) then those little peel things to cover sticky part. I gotta put my dirty finger on the sterile pad to get those off-now one side of band aid sticking to my finger an can't manage to get it on boo-boo without more sterile pad violation.. A band aid--really! Moral: don't get hurt!

** Fall back on the clock! Confuses wildlife, plants, farmers, and me. Routine is comfy. Change ain't always progress. I'll give it 6 months! It'll be gone.

** TG/Christmas/NY's dinner or any big dinner: do u eat all of 1 thing move to next? Eat a bit of 1 thing then a bit of another? Mix stuff?

** I got a birthday card. Loads of rice fell out. Knew immediately who it was from. Uncle Ben

** Thought this was worth it:
We run to remember, we run to forget. We run to recover and at times run with regret. We run to consider then run to decide. We run for glory, we run to hide. Truth is, we run when we can then run when must. We run to be alive .. till time turns us to dust!!

** Webster says word of year 2023 is fascinate. Ok my new coat has 9 buttons, but I can only fascinate!!

** I saw my neighbor outside and asked if everything was ok. He said, well, my wife said, "I can't stand myself cuz I'm overweight!" He said she asked him to give her something positive to hang her hat on. He told me he replied, " Well your eyesight is 20/20!" Oh boy.

** Our boy BàLackè did 88 races in '23. That's 1 race every 4 days. Or every Sat n Sun of the year but 14! Ok so whatta ya do for fun my friend?. I think we may have a couple of others who did more! Wow! I did 1. Oh yea.

** The Mrs. says New Year's resolutions are simply a "to do list" for week 1 of January.

Three weird ways to break out of a holiday slump

Dealing with the post-festive slump (or a running rut at any time of year) can be challenging, and you may feel tempted to scream when people offer the same old helpful ideas (like preparing your running clothes the night before—even though it works!). Injecting these unique training sessions into your routine will bring a refreshing boost and keep you motivated.

Inviting a friend along will make any of these workouts doubly enjoyable—you might feel self-conscious at first, but you'll be pleasantly surprised at how quickly time flies.

Mystery route roulette

Turn your run into an adventure, letting chance guide your path. Write down a few of your favourite local [running routes](#) and distances on pieces of paper, throw them into a hat, and draw one before a run. The element of surprise will inject some excitement into your run while making the outing a unique exploration.

Run-doku challenge

Combine the brain-teasing challenge of Sudoku with a [fantastic fartlek workout](#). Before your run, solve a Sudoku puzzle (there are lots of beginner ones online). Choose one of the nine grids on the Sudoku puzzle to use as inspiration for your training session.

As you run, follow the Sudoku pattern and change your pace or focus based on the corresponding numbers. Sprint during "5" segments, jog during "2" segments, and so on. This creative twist adds a mental aspect to your run, making it a dynamic and entertaining challenge.

Instagrammable running challenge

Tap into [your creative side](#) by turning your run into an Instagram scavenger hunt—bonus points if you can rope some friends into competing against you (or running with you). Set a goal to find and photograph specific items during your run—a red door, a street sign with your name on it, a specific model of car, a maple tree, a pickup truck with a snowplow on the front, someone wearing a pink hat, or even a friendly neighborhood cat.

Sharing your unique finds on social media can transform your run into a fun visual story to look back on for inspiration whenever you don't feel like putting on your shoes.

An Ancient Form of Cardio You

Should Try This Winter

Bundle up. We're going snowshoeing.

You could snowshoe the Val d'Ese. Or you could throw a pair in your car and sneak onto the closest golf course.

Human beings and snowshoes go way back: there are relics of crude frame snowshoes from the glaciers of the Italian Dolomites dating to 3800 BC. We've long used various forms of the footwear to "float" atop the [snow](#) instead of trudge through it. For millennia, this ability was critical for survival; indigenous peoples, fur trappers, dog sledders and lumberjacks — moving through northern climates from Finland to Colorado — used the webbed attachments to conserve energy, complete tasks and even chase down enemies in the unforgiving snow. Our modern relationship with snowshoes is less dramatic or dire but absolutely worth preserving, and pursuing, in case you haven't strapped on a pair in a minute. We walk through some of the key benefits below.

Remembering the generational "powder panic" that hit Alta and Snowbird last season, from a skier who was interlodged in April

Cardiovascular Benefits

We've got a habit here of encouraging readers to go for a walk. We've sung the praises of taking [weekend "super walks,"](#) [walking flights of stairs](#) and [prioritizing uneven terrain](#). Snowshoeing is a bonanza for all of the above yet offers an added element: moving through the snow (even when floating atop it) is an excellent challenge for the body. The snow creates resistance, which amplifies the effort needed — and the muscles engaged — for each step. You have to adopt a wider stance (to accommodate the shoes' larger surface area) and lift your legs higher, which gets the quads, glutes and hamstrings firing. This will up your heart rate, in kind.

This is where calories meet their maker. Depending on your body profile and the specifics of your snowshoeing adventure (elevation, duration, etc.) you can expect to burn anywhere from 450 to 1,000 calories during a 60-minute session outdoors. That's akin to jogging or cycling for an hour.

Why We Love It

Snowshoeing is a perfect outdoor activity for a time of year where it's so easy to get stuck inside, which tends to only compound feelings of seasonal depression. We wrote [here](#) how mental benefits start to kick in when you spend up to 45 minutes outside during the coldest months of the year. If you live somewhere with a particularly dark or cold winter, snowshoeing is great on-ramp for the habit.

Assuming there's snow on the ground, you'd be surprised how easily you can get the activity off the ground, too. You don't have to drive to a mountain or state park. Just go to an unshoveled soccer field or a golf course (where you're confident you won't get chased off). Walk around for an hour. Snowshoeing is low-impact, easily adaptable to your desired intensity for the day and, most importantly, fun as hell. How often do you get to walk in the footsteps of our wintry forebears?

What Do You Need?

Finally — and critically — snowshoes aren't that expensive. Pretty much *everything* is expensive in the winter sports department, but you can pick up a good pair for \$150 or less. Some brands bundle trekking poles as well, if that's your thing, though you can usually get a decent set a la carte for an extra \$40. (Definitely get the poles if you're worried about your balance and anticipate setting out alone.)

There's an irony that today's snowshoes — with their lightweight, plastic, synthetic decking and metal crampons — would've been a literal lifesaver back in the day. And we're using them to breathe in some fresh air and maybe spot a bird or two. But that's okay. Instead of feeling guilty, let's feel grateful this [winter](#) and get out in the snow.

WCRRRC AT THE RACES

TROOP APPRECIATION 5K

Gary Chabala 29:15(A-1)

HARVEST MOON 5K

Kelley Murdock 26:23(A-2)

Gary Chabala 30:28(A-1)

HARVEST MOON 10M

Steve Chabala 1:33:59

DIABETES DASH 5K

Pat Calmbacher 32:38(A-2)

DIABETES DASH 5K WALK

Carl Kondrach 32:18(OA-1)

Blake Headen 46:25(A-1)

BASS PRO 26.2M

Carl Kondrach 5:22:44

Sarah Donley 5:22:44

DAY TO REMEMBER 5K

Sarah Donley 25:31(OA-2)

Carl Kondrach 25:31

GREENWAY 5K WALK

Blake Headen 51:08

BOWLBY T. TROT 5K

Mary Krett 40:15

BOWLBY T. TROT 5K WALK

Carl Kondrach 31:17(OA-1)

Kelley Murdock 34:56(OA-1)

Blake Headen 46:07(A-3)

PITTSBURGH T TROT 5K

Mike Romzy 20:56

Tom Carter 33:32

BETHEL PARK T TROT 5K

Rich Sandala 23:34(A-2)

Kelley Murdock 25:38(M-3)

BELLE VERNON T TROT 5K

Jaminique Milliren 22:44(OA-3)

Nathan Milliren 24:58(A-1)

Cathy Loos 26:14(A-2)

Gary Lorenzi 31:42(A-3)

Pat Calmbacher 33:07

Donna Patrino 33:36

B-TOWN T TROT 5K

Bob Pikelis 25:07(A-1)

Roxanne Wray 30:45

B-TOWN T TROT 5K WALK

Blake Headen 46:33

SEWICKLEY T. TROT 5K

Steve Chabala 24:43

Gary Chabala 27:59(A-2)

SANTA SPRINT 5K

Carl Kondrach 25:04

Shane Brunazzi 26:03(A-3)

SANTA SPRINT 5K WALK

Sarah Donley 34:30(OA-3)

Blake Headen 47:12(A-1)

SANTA SPRINT 1M

Ashlyn Brunazzi 8:11(A-1)

Shane Brunazzi 8:12

SANTA SPRINT 1M WALK

Carl Kondrach 9:30(OA-1)

Sarah Donley 11:09(OA-5)

Blake Headen 14:17

RUN SANTA RUN 5K

Jaminique Milliren 23:17(A-1)

Rich Sandala 23:19(A-2)

Cathy Loos 26:03(A-2)

Donna Patrino 34:48(A-1)

Jim Loos 36:04(A-2)

RUN SANTA RUN 5K WALK

Blake Headen 50:29

JINGLE FOR JAYCEES 5K

Shane Brunazzi 25:33

RUN SANTA RUN 5K

Kelley Murdock 26:09

RUN SANTA RUN 5K

George Dziemnski 25:49(A-1)

Kelley Murdock 26:33

Amy Ference 30:44

REINDEER 5K

Kelley Murdock 25:32(A-2)

Dave Byers 47:21(A-4)Walk

Register Today!
CupidsChase.org



February 10, 2024
Race Location

Wild Things Park
1 Washington Federal Way
Washington, PA 15301

Registration/Check-in: 8:00am
Race Start: 10:00am

Contact Information

Cupid's Chase Race Director
90 West Chestnut Street, Suite 225
Washington, PA 15301
724-825-4408

Community Options, Inc. invites runners, walkers, and rollers (baby strollers and wheelchairs) to help make a difference in the lives of people with disabilities by participating in our annual Cupid's Chase.

Because of you...we can make a difference!



Community Options, Inc.

Supporting People with Disabilities since 1989



Make Checks Payable to: Community Options, Inc. | Mail checks to: Community Options, Inc. Attn: Cupid's Chase, 16 Farber Road, Princeton, NJ 08540

**REGISTRATION
FEE**

First Name: _____ Last Name: _____
Address: _____
City: _____ State: _____ Zip: _____

Phone: (____) _____ Email: _____

Gender: ☐ Male ☐ Female Birth Date: ____/____/____ Age on Day of Race ____

Preferred Shirt Size: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Single - Looking for love, choose ____ Available/ White. In a relationship - choose ____ Unavailable/ Red.

WAIVER/RELEASE: In consideration of this entry and being allowed to participate in this event, I hereby assume all risks for myself, heirs, executors and administrators, I further waive and release all claims and causes of action that I may have against Community Options, Inc., Community Options Enterprises, Inc., The Race Timing/Management Company and their respective officers, directors, volunteers, employees, sponsors, agents and any other party involved in Cupid's Chase 5K Run/Walk for any personal injuries, death and/or property loss I may suffer or in any way arising out of my participation in this event. I hereby certify that I am physically able to safely participate in the event and grant full permission to Community Options, Inc. to use and publish my name and image as a participant in photographs, video or other recordings connected with this event. All registration fees are non-refundable.

Signature _____ Date _____ Race Location _____

IMPORTANT! If the participant is under 18 years of age, the parent or guardian must sign here on behalf of the minor participant agreeing to the WAIVER/RELEASE language above and all the terms and conditions of the minor's participation in the event.

Follow Us & Like Us: www.Twitter.com/CupidsChase5K | www.Facebook.com/CupidsChase



REGISTER HERE

To pay by credit
card, register
online at
CupidsChase.org

**\$40 by 10/1/2023
\$45 by 2/09/2024
\$50 on RACE DAY**

10 Nutrition myths and what you should know instead

BY [SOPHIE EGAN](#)

18TH DEC 2023 [WELLBEING](#)

Health experts dispel nutrition myths that we all hear about and instead offer insight into what's actually good and bad with our diets for our bodies

MYTH 1: Fresh fruits and vegetables are always healthier than canned, frozen or dried varieties

Despite the enduring belief that “fresh is best,” research has found that frozen, canned and dried [fruits and vegetables](#) can be just as nutritious as fresh.

“They can also be a money saver and an easy way to make sure there are always [fruits](#) and vegetables available at home,” says Sara Bleich, a professor of public health policy at Harvard University.

One caveat: Some canned, frozen and dried varieties contain added sugars, saturated fats and sodium, so be sure to read nutrition labels, especially on prepared foods. Choose the ones that keep those ingredients to a minimum.

MYTH 2: All fat is bad

When studies published in the late 1940s found correlations between high-fat diets and high levels of [cholesterol](#), experts reasoned that if you reduced the amount of total fats in your diet, your risk for heart disease would go down. The assumption was that a low-fat diet could benefit everyone, even though there was no solid evidence that doing so would prevent heart disease, [obesity](#) and other health issues.

As a result, says Vijaya Surampudi, an assistant professor of medicine at the University of California, Los Angeles, Center for Human Nutrition, many people—and food manufacturers—replaced calories from fat with calories from refined carbohydrates such as white flour and added sugar.

“Instead of this helping us stay slim, rates of overweight and obese people went up significantly,” she says. In reality, not all fats are bad. While certain types, including trans fats, can increase your risk for heart disease or stroke, healthy fats help reduce your risk. Examples of those include monounsaturated fats (olive oil, avocados, some nuts and seeds) and polyunsaturated fats (sunflower oil, fish, flaxseed).

Good fats also supply energy, produce important hormones, support cell function and aid in the absorption of some nutrients.

If you see a product labelled “fat-free,” don’t assume it is healthy, Surampudi says. Prioritize products with simple ingredients and no added sugars.

MYTH 3: “Calories in, calories out” is the most important factor for maintaining weight

It’s true that if you consume more calories than you burn, you will probably gain weight. And if you burn more calories than you consume, you will probably lose weight—at least for the short term.

But research does not suggest that eating more will result in becoming overweight or obese.

“Maintain a healthy weight by shifting from counting calories to prioritising healthy eating overall”

“Rather, it’s the types of foods we eat that may be the long-term drivers” of those conditions, says Dariush Mozaffarian, a professor of nutrition and medicine at Tufts University in Massachusetts. [Ultraprocessed foods](#)—such as refined starchy snacks, cereals, crackers, energy bars, baked goods, sodas and sweets—can lead to weight gain. That’s because they are rapidly digested and flood the bloodstream with glucose, fructose and amino acids, which the liver converts to fat.

Instead, the best way to maintain a healthy weight is to make the shift [from counting calories to prioritising healthy eating](#) overall. Go for quality over quantity.

MYTH 4: People with type 2 diabetes shouldn’t eat fruit

While fruit juices can raise blood sugar levels because of their high sugar and low fibre content, research has found this isn’t the case with whole fruits. Some studies show, for instance, that those who consume a serving of whole fruit per day (particularly [blueberries](#), grapes and apples) have a lower risk of developing type 2 diabetes.

And other research suggests that if you already have type 2 diabetes, eating whole fruits can help control your blood sugar.

It’s time to bust the myth, says Linda Shiue, director of culinary medicine and lifestyle medicine at Kaiser Permanente San Francisco. She says that everyone—including those with type 2 diabetes—can really benefit from fruit’s health-promoting vitamins, minerals, antioxidants and fibre.

MYTH 5: Plant beverages are healthier than dairy milk

Kathleen Merrigan, professor of [sustainable food](#) systems at Arizona State University and a former US deputy secretary of agriculture, disagrees. She says that while the nutrition of plant-based beverages can vary, many have more added ingredients—such as sodium and added sugars, which can contribute to poor health—than cow’s milk.

Consider protein: Typically, cow’s milk has about eight grams of protein per 250 millilitres, whereas almond beverage typically has one or two grams in the same amount. Oat beverage usually has around two or three grams.

MYTH 6: Potatoes are bad for you

Potatoes have been vilified because of their high glycemic index, which means they contain rapidly digestible carbohydrates that can spike your blood sugar. However, potatoes can actually be beneficial for health, says Daphene Altema-Johnson, a program officer of food communities and public health at Johns Hopkins University.

[Potatoes](#) are rich in vitamin C, potassium, fibre and other nutrients, especially when consumed with the skin on. They are also inexpensive and available year-round. The healthiest ways to prepare them include baking and boiling.

MYTH 7: Never feed peanut products to little kids

For years, experts told new parents that the best way to prevent their children from developing food allergies was to avoid feeding them common allergenic foods, such as peanuts or eggs, during their first few years of life. But now, [allergy](#) experts say, it’s better to introduce peanut products early on.

"Now allergy experts say it's better to introduce peanut products early on"

If your baby doesn’t have severe eczema or a known food allergy, you can start introducing peanut products (such as peanut powders or watered-down [peanut butter](#), but not whole peanuts) when they are four to six months old, around the time your baby is ready for solids.

Start with ten millilitres of smooth peanut butter mixed with water, breast milk or formula two to three times a week, says Ruchi Gupta, director of the Center for Food Allergy & Asthma Research at Northwestern University in Illinois. “It’s also important to feed your baby a diverse diet in their first year to prevent food allergies,” Gupta says.

MYTH 8: The protein in plants is incomplete

“‘Where do you get your protein?’ is the most common question vegetarians are asked,” says Christopher Gardner, a nutrition scientist and professor of medicine at Stanford University in California. “The myth is that plants are completely missing some amino acids,” also known as the building blocks of proteins, he adds. But in reality, [all plant-based foods contain all 20 amino acids](#), including the nine essential ones. The difference is that the proportion isn’t as ideal as the proportion of amino acids in animal-based foods.

So to get an adequate mix, you simply need to eat a variety of plant-based foods—such as beans, grains and nuts—through the day, and eat enough total protein. “It’s easier than most people think,” Gardner says.

MYTH 9: Eating soy can increase breast cancer risk

High doses of plant estrogens in soy, called isoflavones, have been found to stimulate breast tumour cell growth in animal studies.

“However, this relationship has not been substantiated in human studies,” says Frank B Hu, chair of the department of nutrition at the Harvard TH Chan School of Public Health. So far, the science does not indicate a link between soy and breast cancer risk in humans. Instead, consuming [soy-based foods](#) and drinks—including tofu, tempeh, edamame, miso and soy milk—may even have a protective effect toward breast cancer risk and survival. “Soy foods are also a powerhouse of beneficial nutrients related to reduced heart disease risk, such as high-quality protein, fibre, vitamins and minerals,” Hu says.

MYTH 10: The best nutrition advice keeps changing

Not true, says Marion Nestle, a professor emerita of nutrition, food studies and public health at New York University. In the 1950s, she explains, the first dietary recommendations for prevention of obesity, type 2 diabetes, heart disease and other ailments advised balancing calories and minimising foods high in saturated fat, salt and sugar. That is still the case today.

"Science evolves, but the bottom-line guidance remains consistent"

Yes, science evolves, but the [bottom-line guidance](#) remains consistent. As famed author Michael Pollan put it: “Eat food. Not too much. Mostly plants.” That advice leaves plenty of room for eating foods you love.

GRAND PRIX 2023(1-3-24)

1. Greg Mussitsch	7	32:48
2. Bob Pikelis	8	34:26
3. Cathy Loos	5	34:37
4. Mike Romzy	6	35:28
5. Rich Sandala	19	37:12
6. Rich Durbin	6	38:10
7. Jaminique Milliren	7	38:53
8. Gary Chabala	7	41:34
9. Carl Kondrach	11	41:47
10. Kelley Murdock	9	43:04
11. Donna Patrino	5	43:11
12. Deb Calmbacher	8	43:36
13. Sarah Donley	5	45:29
14. Gary Lorenzi	11	45:55
15. Steve Chabala	5	46:36
16. Pat Calmbacher	8	47:37
17. Nathan Milliren	5	47:41
18. Mary Krett	6	48:45
19. Kathy Starkey	7	50:12
20. Shane Brunazzi	6	51:22

LONG DISTANCE GP 2023 (1-3-24)

1. Bob Pikelis	4	34:22
2. Greg Mussitsch	4	34:33
3. Rich Sandala	5	37:29
4. Carl Kondrach	5	43:45
5. Sarah Donley	6	46:38
6. John Titus	5	46:46
7. Kelley Murdock	4	49:29
8. Steve Chabala	4	49:32

WALK GRAND PRIX 2023(1-3-24)

1. Carl Kondrach	7	54:40
2. Sara Donley	7	1:00:33
3. Kelley Murdock	7	1:02:08
4. Blake Headen	13	1:17:38

NEWS AND NOTES

- An ultrarunner in Scotland has been banned after using a car to cover 2.5M to finish third.
- USA T/F 2024 Olympic Trial race has been moved to 10 am from noon on Feb 3 after fear of warm weather.
- Japan's Miho Akata averages an amazing 8:55 in covering 167.9 Miles for a new 24-hour record.
- In 2022, trail running reached 13.3 million runners, an increase of 6%.
- Blood taken from worms is the newest cycling blood doping technique.
- Jan Ullrich has finally fully confessed to blood doping on his way to Tour De France titles.

WCRRC AT THE RACES

REINDEER 5K

Pat Calmbacher	33:26
Deb Calmbacher	37:18(A-3)

MISTLETOE 5K

Sarah Donley	23:58(A-1)
Pat Calmbacher	32:29(A-3)

MISTLETOE 5K WALK

Carl Kondrach	28:18(OA-2)
Blake Headen	45:18(A-3)

UGLY SWEATER 5K WALK

Carl Kondrach	32:03(OA-1)
Syndi Kondrach	44:40(OA-1)

RESOLUTION 5K

Mike Romzy	21:19(A-1)
Rich Sandala	23:24(A-3)
Kelley Murdock	25:10(A-2)
Gary Chabala	29:56

X-MAS EVE 5K WALK

Blake Headen	51:56
--------------	-------

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.

