

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

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VOL. 24 / No. 2 & 3

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

## NEWS AND NOTES

If you haven't had a chance yet, please try to get in your 2024 dues for the club. The races are being set for the short distance GP and the LDGP has had a few races already run, with more coming up in the next few months. And the website has been updated recently with a plethora of races we have found.

In case anyone has not yet seen the notice that went out, our very own Blake Headen is now a GCXC Race Ambassador. Blake will be sending out notices on Facebook all year about upcoming races for the GCXC Timing Service. Just to be aware!! And follow his postings on Facebook for updates and maybe a discount!

Due to the increasing cost of printing the newsletter, we are going to go back to putting some of them online only again. When they are going to be put on, we will be sending out email notices of them being uploaded to the website.

And we also wanted to announce and congratulations to Jim "Big Daddy" Hancher, who just became a Great-Grandfather for the 9<sup>th</sup> time. And welcome to the world of the Hancher clan to Indigo.

## UPCOMING RACES

You will notice that starting in March, the short distance GP will start with the Barnesville Park race. And remember that all SDGP races will be marked with an \*, while any race over 15K will be eligible for the LDGP.

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  
3/2 – Shamrock Run 5K – Cranberry TWP  
3/9 – March Mad Dash 5K/5M/10M – North Park Boathouse  
3/16 – Step into Spring 5K – Moundsville, WV  
3/30 – \*Barnesville Park 5K – Barnesville, OH  
3/23 – Just A Short Run 5K/8.1M/Half Marathon/30K – North Park Boathouse  
3/30 – Martha's Run 10K – Mt. Lebanon, PA  
3/30 – Yough River Trail Run 5K/10K/10M/Half Marathon – Connellsville  
4/6 – \*Bucks for Bucs 5K – Houston, PA  
4/13 – Yough Band on the Run 5K – West Newton, PA  
4/13 – \*Boston Trail 5K/Half Marathon – Boston, PA

## WCRRRC AT THE RACES

January was a pretty quiet month on the racing circuit. But there were a few attended by our faithful WCRRRC members.

### **Resolution Run 5K**

January 1<sup>st</sup> saw the annual New Years Day race, held in Oakdale, PA. The weather was not as bad as previous years, and there were quite a few healthy souls there. Our first finisher was Mike Romzy, who came in at a time of 21:19.

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).

Push your boundaries  
beyond the ordinary; be  
that "extra" in  
"extraordinary."

*Roy T. Bennett*

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## Thinking thoughts thoughtfully thought

*Mickey Hornack*

\* The Mrs. & I, lining up at the 2024 Myrtle's Beach Marathon 5K. Scary cuz we are old, but relief cuz it's FLAT!!! No hills! None. Oh yea!!

\* The face of WCRRC BàLakè Headon is an ambassador maybe its imbASSador for GCXC running. Congrats BàLakè and condolences GCXC!! (If he brings Mom, it's a win for GCXC then)

\* The Mrs. made dinner the other night, included potatoes which I was reluctant to eat. Guess I'm a hesi-tater.

\* Some top trends in 2024 Running: Adventure Running- basically runners with extra time & \$ travel to exotic places to trail run. Slower running-runners care less n less about speed and race place, more on longevity. (I've always fit here!!) Creative Races-incentives to run a particular race like free stuff i.e. hotel stays, substantial tour pkg discounts most for entry b 4 certain date. Hey soup bowls @ LGR!!!

\* Anyone remember the "Flying Turtle" that guy was ahead of his time according to above trends. (Flying Turtle not Trettel!!)

\* In SC things are different than WPa. Drivers tops on list. Yikes

\* A friend of mine broke up with his girlfriend Lorraine and met a new one named Claire Lee. He said I can see Claire Lee now Lorraine is gone.

Peace Love Understanding All

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Sometime in early March we will be contacting anyone who has not renewed their application for the 2024 WCRRC Club and GP by email. If you do not plan on renewing your application, please send us a note back.

Also, there has not been a date settled for this year's banquet. And it is still not settled if there will be one scheduled. What we are going to do is send a newsletter out sometime around the third week of March, and it will be a March/April combo newsletter.



## Barnesville Grand Prix Series



The Barnesville Grand Prix Racing Series is one where participants are rewarded for their just that: their participation. It does not matter your finishing time, overall place, award status, etc. Those who complete (not just register) all 4 are entitled to a special award recognizing their achievement. Here are the other races in the Series:

**Rails-to-Trails 5k** Saturday, May 18, 2024  
@ 8:30 (at The Depot)

**Pumpkin Festival 5k** Saturday, September 28, 2024  
@ 8:30am (at The Watt Center)

**Santa's Spirit Sprint** Saturday, December 7, 2024  
@ 2:00pm (at The Rock)

There is also a non-competitive 5k, the Recycle Race, which benefits the Series. No date has been set yet. Watch for applications!

### Title Sponsor:



### Platinum Sponsors:

(Your Logo here!)

### Special Thanks:

Donley's Delicious Delights

Village of Barnesville

Barnesville Park Staff

## 14th Annual Rotary Lake 5k Trail Walk/Run And Kids Fun Run Rotary Lake



### DATE:

March 30, 2024

### 5K RACE TIME:

9:15 AM—Walk  
9:30 AM-- Run

### REGISTRATION:

7:30 AM

KID'S FUN RUN WILL TAKE PLACE IMMEDIATELY  
AFTER 5K EVENTS ARE COMPLETED

ON LINE REGISTRATION IS AVAILABLE AT:



[www.RunSignUp.com](http://www.RunSignUp.com)

keyword: ROTARY LAKE

**DIRECTIONS:** Interstate 70 East/West, Exit #202 (Barnesville/Dennison). Go 5.5 miles on State Route 800 South. When you reach the Certified Gas Station @ the top of the hill, proceed 0.25 mile. Make an extreme right U-turn. Follow signs to Park Entrance.

**COURSES:** Courses are contained inside Park property. Both the Run & Walk start near the Youth Center, proceed down the hill to the Rotary Lake on the trail for two loops (1 lower, 1 upper) and back. Course will be marked. The Trail is crushed limestone and natural surfaces. Course could be muddy in the event of rain. There will be a 15min delay for Runners.

**KID'S FUN RUN** is 100 meters long (for little ones) and 1/3 mile long (for older kids) and will start at the finish line of the 5k IMMEDIATELY AFTER the 5k finishes (normally around 10:30am) All kids will receive a "Finishers Award".

**AWARDS:** Awards based on last year's results and will be given out in the following categories:

**Walkers:** 1. Top 5 Male, Top 5 Female 2. Top 3 Masters (50+) 3. Males and Females in Age Groups as indicated:

**Age Groups: (Male Walk):** Top 5 49+ Under, Top 5 50-59, Top 5 60+ (Female Walk): Top 2: <29, 30-39, 40-49 (3) 50-54 (3), 55-59 (3), 60+ Over (3)

Remember, if you register as a Walker, YOU MUST WALK the entire race. By definition, one foot must remain on the ground at all times. Jogging or Trotting is considered slow running, not fast walking.

**Runners:** 1. Top 5 Male, Top 5 Female 2. Top 3 Masters (40+) 3. Top 3 Male & Female in Age Groups (unless otherwise indicated):

**Age Groups: (Male Run):** 14+ Under, 15-19 (2), 20-29, 30-39, 40-49, 50-54 (2), 55-59 (2), 60+ Over; (Female Run): 19+ Under, 20-29 (2), 30-34(2), 35-39, 40-44, 45-49, 50-59, 60+ Over

**NO DUPLICATIONS! NO REFUNDS!**

**PHOTOS:** Ron Pradetto Photography: [www.RonPradetto.com](http://www.RonPradetto.com)

**EXTRAS:** Come join us for Pizza, pepperoni rolls, Donley's Delicious Delights Homemade Cookies and Hot Cocoa

**COVID:** We will follow all Local and State Guidelines. Hand Sanitizer is always available and should always be used regardless. As always, volunteers will be wearing gloves when handling food. More updates will be released if and when necessary.

The 1st 100 Registered will receive a hooded sweatshirt. The next 100 will get a T-shirt. Sizes are NOT guaranteed: First come, first served. There will be no re-ordering of shirts!

**Entry Fee:** 5K Run/Walk Pre-Registration: \$21.00 (long-sleeved T-shirt orders)

5K Run/Walk Pre-Registration: \$26.00 (hooded sweatshirt orders)

After March 16 & Race Day: \$30.00 (available shirts are 1st come, 1st serve)

**MAKE CHECKS PAYABLE TO:**  
Kid's Fun Run: FREE  
RAILS-TO-TRAILS 5K

808 North Chestnut Street  
Barnesville, OH 43713

**CONTACT INFO:**

Carl A. Kondrach, Director  
(740)310-2117

[carlkondrach@yahoo.com](mailto:carlkondrach@yahoo.com)

[www.Facebook.com/barnesvillegrandprix](http://www.Facebook.com/barnesvillegrandprix)

[www.RailsToTrails5K.com](http://www.RailsToTrails5K.com)



This race is part of the Washington Co. (Pa.) Road Runners Club Series.

[www.WCRRRC.org](http://www.WCRRRC.org)

PROCEEDS WILL BE DIVIDED BETWEEN MAINTENANCE OF THE PARK TRAIL AND KIDS PROGRAMS AT THE PARK. (KPAP)

Please PRINT Neatly!

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

AGE ON MARCH 26: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_

GENDER: MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

RACE: RUNNER \_\_\_\_\_ WALKER \_\_\_\_\_

Shirt size preference: S M L XL  
(+\$1.00) (+\$2.00)  
PLEASE CHECK ONE: AMOUNT

KIDS FUN RUN ..... FREE

Run/Walk EARLY ENTRY FEE..... \$21.00  
(if ordering a long-sleeved T-shirt)

Run/Walk EARLY ENTRY FEE..... \$26.00  
(if ordering a hooded sweatshirt shirt)

Run/Walk Fee AFTER MARCH 16 ..... \$30.00  
NOTE: XL/2XL T-shirts/Hoodies, please add \$1.00 or \$2.00

**WAVIER:** 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 at this event while traveling 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 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 under 18) DATE

Yough River Trail Council

## Waiver

In consideration of my entry being accepted, I hereby, for myself, my heirs, executors, successors, and assigns, waive, release, and discharge any and all right for damages or liability of any kind relating to or arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the entities or persons named in this waiver and release. I attest that I am physically fit to participate, my condition has been verified by a licensed medical doctor and I assume entry into this race at my own risk. I have read the above conditions and accept them and understand that I am entering at my own risk.

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

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

(Parent must sign for children under 18)

## Registration and Finish Line at:

Yough River Park  
369 N 3rd St. (GPS)

Connellsville,  
Fayette County, PA 15425

**Awards and light refreshments served  
at end of race.**

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Sex: M F Age \_\_\_\_\_

**Event:** 5K Walk \_\_\_\_\_

5K Run \_\_\_\_\_

10K Run \_\_\_\_\_

10 Mile Run \_\_\_\_\_

Half Marathon \_\_\_\_\_

**T-Shirt Size:** S M L XL

(XX \$2 more and XXX \$4 more)

**For more information phone:**

**724-628-6078**

Race Course is on the  
Yough River Trail



**Make Checks Payable to:**

Yough River Trail Council (YRTC)  
PO Box 988  
Connellsville, PA 15425



## 30th Annual Yough River Trail Races

5K Run & Walk

10K Run

10 Mile Run

**Half**

**Marathon**

Saturday,

March 30, 2024

(date is subject to change)

**Registration 8 AM**

**Start time 9 AM**



**RoadID**  
It's Who I Am.



Race is sponsored by the Yough River Trail Council and proceeds benefit the Great Allegheny Passage Trail. **T-shirts guaranteed only to pre-registered participants.** Race results available after the race by **SERJ Timing.**



**Yough River Trail**  
portion of the  
**Great Allegheny Passage**  
**DIRECTIONS TO YOUGH PARK**  
**GPS setting: 369 N. 3rd St**

**Route 119 South to Connellsville:** As you enter the City limits you will see **McDonald's** and **Italian Oven** on the left and **Pizza Hut** and **Rite Aid** on the right. After crossing the Yough River on the '**Memorial Bridge**', take the first **right turn** onto **7th Street**. A sign for "Crawford's Cabin" marks this turn which brings you directly to Yough Park at the end of the block. More parking is available on the other side of Yough Park.

**Route 119 North to Connellsville:** As you enter the City limits, make a **right turn** onto **Crawford Avenue (RT. 711 N)** (there's a **Sheetz** at the intersection). At the next traffic light make a **left turn** onto **3rd Street**. Yough Park is at the end of the street. More parking is available on the right as you approach the park. (The GAP Trail lane also runs along the left side of 3rd Street).

**Route 51 to Route 201 South to Connellsville:** As you enter the City limits you will see **Wendy's** at the end of **Rt 201**. Make a **left turn** onto **Crawford Avenue (Rt. 711 N)**. Travel straight through the next traffic light. 5 blocks later at the next traffic light make a **left turn** onto **3rd Street**. Yough Park is at the end of the street. More parking is available on the right as you approach the park. (The GAP Trail lane also runs along the left side of 3rd Street).



## The Events

**5K Run/Walk**  
**10K Run (6.2 miles) / 10 Mile Run**  
**Half Marathon (13.1 Miles)**  
**Saturday, March 30, 2024**  
(date subject to change)

**Registration 8 AM Start 9 AM**

### **ENTRY FEE:**

**By March 15th – \$20.00**  
**After March 15th and**  
**on day of race – \$30.00**

### **SIGNATURE REQUIRED ON BACK**

## **Awards:**

In order to keep registration fees down, **ONLY** the **OVERALL** Top 3 Male & Female winners in each of the **5 races** will receive awards and free registration or reduced fees to next year's race.

**ALL** entrants will receive a commemorative T-Shirt, **AND** be eligible to receive random CASH DRAWINGS.

**We'd like our Trail to be the big winner.**



## **30th Annual Yough River Trail Races**

**5K Run & Walk**

**10K Run**

**10 Mile Run**

**Half**

**Marathon**

**Saturday,**  
**March 30, 2024**  
(date is subject to change )



**Registration 8 AM**  
**Start time 9 AM**

# What's the best time of the day to exercise?

By Annabel Bourne

**There is growing evidence that the time of day we exercise makes a difference to our performance and health, but can we train our bodies to peak at different times of the day?**

In a few months, the world's top athletes will gather in Paris to compete for the ultimate prize in sport – gold at the Olympic Games. For those hoping for a chance to enter the history books with a record-breaking performance, they might want to look at the hour on the clock before they settle into the starting blocks. At least the swimmers might, according to one scientific study. Across four Olympic Games in Athens (2004), Beijing (2008), London (2012) and Rio (2016), the swim times of 144 medal-winning swimmers were found to be the fastest if they were competing in the early evening. Specifically, around 5:12pm. It is part of a growing amount of evidence suggesting that physical performance is affected by the time-of-day. The phenomena is not just found among decorated Olympians – recreational cyclists complete faster time trials in the evening. Resistance exercise is particularly susceptible to time-of-day effects, with performance nearly always peaking between 4pm and 8pm. The time-of-day seems to also lead to affect men and women differently when they exercise. But what if your schedule means you only have time to exercise at 7am? There are some indications it may even be possible to adjust your peak time for athletic performance.

At the root of the differences in how our bodies perform and respond to exercise are our circadian rhythms – the body's molecular clock responsible for regulating behaviors such as sleep and appetite throughout the 24-hour period.

A central clock located in the hypothalamus of the brain responds to light exposure via signals from the optic nerve. The suprachiasmatic nucleus, as this circadian pacemaker in the hypothalamus is known, in turn sends signals to peripheral clocks in other organs, muscle tissue and fat tissue, keeping the whole body in sync. These peripheral clocks, however, can be adjusted by other cues such as when we eat or perform certain activities. The "skeletal muscle clock" responds in this way to exercise, and so can be tuned by exercising regularly at different times. But while this can affect performance, it can also alter the effect exercise has on our health, too.

Juleen Zierath, an exercise physiologist at the Karolinska Institute in Sweden, has been researching the interaction between exercise and the circadian system. She and her colleagues found mice that exercised in the morning burn more fat. Zierath says the findings suggest that exercising at an optimal time-of-day could maximize the health benefits of exercise for individuals with metabolic diseases, such as type 2 diabetes and obesity.

"Everybody agrees that exercise is good, irrespective of time-of-day, but one can maybe fine-tune the metabolic outcomes of the exercise based on when you exercise," says Zierath.

Their findings reflect a recent study in humans that showed performing an exercise regime of resistance training, interval sprints, stretching and endurance for an hour one day a week in the morning can reduce abdominal fat and blood pressure in women.



Interestingly, when women did the same exercises in the evening, it enhanced their muscular performance. For men, evening exercise helped to lower blood pressure and stimulates the breakdown of body fat. But research in this area is still evolving and some recent analyses of previous studies suggests the evidence is somewhat inconclusive for an advantageous time-of-day effect upon exercise performance or health benefits.

One reason for this is almost certainly the differences that exist between individuals. For example, the time of peak athletic performance differs among individuals with early chronotypes and individuals with late chronotypes, also known as morning larks and night owls.

"There are variations in the timing of our clocks," says Karyn Esser, a physiologist at the University of Florida in Gainesville in the US. "Those of us that are larks have a clock that likely runs a little bit less than 24 hours, and those of us that are owls probably have a clock that runs a little bit more than 24 hours." But if you find your own circadian rhythms don't quite allow you to give your best performance at the times you have available, exercise may also help to "reset" your muscle clock.

•

A group of researchers led by Esser, found that consistent endurance running training among mice in the morning can cause the rodent's bodies to adapt to the new exercise regime. The exercise appears to shift the molecular clocks in their skeletal muscle and lung tissues to an earlier time-of-day.

The team's latest study, which has yet to be published in a peer-reviewed journal, found that the magnitude of adaption in performance was greater in mice trained in the morning, compared to those trained in

the afternoon. After six weeks of training, both morning and afternoon mice achieved the same maximum endurance performance.

The researchers suggest that if a similar effect is found in humans, it might be possible for athletes to recalibrate their internal "muscle clocks" with the right training. There is some preliminary evidence that exercise can shift circadian rhythms in humans, making it perhaps useful for those adjusting to shift work or jet lag.

"The simple notion here is that the clocks in our muscles are actually paying attention to when we train," says Esser.

Routine appears to be key – our body adapts better to training when it is performed regularly at the same time of day.

"If you're in the general population, or even an elite athlete, and you plan to compete, you should try to have a race-day-specific training," says Zierath. "Time your training bouts so that they are consistent with the time that you're going to have to be performing or competing at your peak."

Most researchers are keen to point out, however, that exercising at any time is beneficial. But, if do you find a time that works and stick with it, your body may just adapt to give you an extra edge.

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## **WCRRRC AT THE RACES**

### **RESOLUTION RUN 5K**

Gary Chabala 29:56

### **RUN TO READ 13.1M**

John Titus 2:12:23

### **ICECYCLE 5K WALK**

Carl Kondrach 32:31(OA-2)

### **ICECYCLE 5K**

Sarah Donley 26:00(A-2)

### **JUST A JOG 5K**

Sarah Donley 26:34(A-2)

Carl Kondrach 27:36

### **JUST A JOG 5K WALK**

Blake Headen 53:48

### **MESTRONG 5K**

Tom Carter 32:24

### **GROUNDHOG DAY 5K**

Kelley Murdock 25:12

Sarah Donley 25:32

Carl Kondrach 25:39(A-3)

Blake Headen 52:02(WALK)

## **NEWS AND NOTES**

- Experiments in Singapore have runners swallowing pills that measure internal body temp and transmit to smart watches in real time. Hope is to pave the way for wearables that detect fatigue while exercising. Cheaper fatigue detectors are throwing up and beginning to walk.
- A marathon runner in China was disqualified after running a 3:33 for chain-smoking throughout the race. China actually has a ban prohibiting smoking during a marathon. No word on whether you can smoke a pipe.
- April's Boston Marathon will feature its strongest women's field ever with two previous champs and 19 women with PR's under 2:23.

- 58-year-old Jeff Mescal ran his 100<sup>th</sup> sub 3:00 marathon at Disney this year. Not that impressed...seems like a Mickey Mouse award to me.
- Planet Fitness' year end summary lists 2575 locations and 18.7 million members. No word on how many members actually ever go to exercise.
- From the Cons Electric Show, Vixion 01 introduced glasses that automatically focus your vision. The glasses will adapt even if your vision worsens over time
- A marathon in Oymyakon, Siberia, was held in January with temps reaching -62 degrees. A total of 38 runners participated. No word if Carl Kondrach was there.
- According to fitness industry surveys, the #1 fitness trend in 2024 is the use of wearable technology like watches and monitors. Other hot trends: work health promotions, mobile exercise aps, and exercise for mental health.
- Winner Jennifer Bowmaster (41) was disqualified from the Sarasota Marathon for course cutting in her 3:39 finish.
- The total purse for the just completed U.S. Marathon Trials in Orlando was \$600,000 with the winner going home with \$65,000.
- The Pittsburgh Marathon will once again offer a half marathon walk option this year, one of the few larger marathons to do so.
- Millions have been raised for the Enhanced Games in 2025. The Games will feature athletes in individual events including track and field that will be permitted to use performance enhancing drugs.
- Several recent studies have found no relationship between asymmetry in running mechanics and injury risk. Seems an odd gait doesn't lead to more injuries. However, you may look weird.

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.

