

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

MARCH/APRIL, 2024

VOL. 24 / No. 3 & 4

VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

Hello everyone and welcome to Spring. The weather was really nice when this was written, but we all know how the weather can change in an instant around this area. Anyway, get ready for the 2024 racing season. Here's hoping everyone stays healthy and enjoys getting back on the roads again.

Also, for your information, this newsletter will be an online newsletter only. This will happen a few times this year to help us defray some of the cost of printing. If anyone has trouble getting this online, please let us know.

Just in case anyone did not know, we have a birthday coming up. Ah yes, it's time for that April Fools Day runner to celebrate once again. So, let's raise a glass of anything you wish, and send a Happy Birthday, Blake Headen, and here's hoping for many more.

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.

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
4/13 – Helicon Brewery 5K – Oakdale, PA
4/20 – Mighty Mikes 5K – Carmichaels, PA
4/20 – Phenomenal Hope 5K – Riverfront Park at the stadiums – Pittsburgh PA
4/27 – Carnegie VFRB5K – Carnegie, PA
4/28 – *Stop, Drop and Run – North Strabane Park – North Strabane, PA
5/4 – PGH Marathon 5K – Pittsburgh, PA
5/5 – PGH Marathon/Half Marathon and Relay – Pittsburgh, PA

WCRRRC AT THE RACES

February and early March gave us some spring-like weather, and a few of our runners took advantage of the warmth and hit the roads and trails.

For the Spring Thaw races, we had a few members take on different loops around the lake. In the 20 Mile event we had John Titus finish in 3:38:22. For the 15 Mile part, Carl Kondrach ran it in 2:14:08. And for the 5 Mile event we had Rich Sandala and Kelley Murdock do the run and Blake Headen finished the walk.

And it seemed like there were races galore that had the Shamrock theme way before St. Patrick started to celebrate.

And for the Pat Campbell Fighting Cancer run, we had Carl Kondrach winning the walk category in a time of 28:12. And for the run, our first male finisher was Doug Midcap in 29:49, with his wife Kris our first female finisher in 35:41.

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.

WCRRRC AT THE RACES

CUPID'S CHASE 5K

Doug Midcap	29:41(A-3)
Kristine Midcap	37:02

CUPID'S CHASE 5K

Kelley Murdock	26:15(A-1)
Ann McCormick	31:33
Gary Lorenzi	33:01(A-2)
Bill McCormick	37:04(A-1)

YOU COMPLETE ME 5K

Carl Kondrach	24:31(A-1)
Sarah Donley	24:37(A-1)

WALK

Blake Headen	55:54
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4EVERYOURS4MILE

Kelley Murdock	34:26(A-2)
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WALK

Blake Headen	1:11:01
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BIG RUN ONE MILE

Carl Kondrach	27:34
Shane Brunazzi	33:54

BIG ONE 1M

Shane Brunazzi	7:24
Carl Kondrach	9:58(W)
Blake Headen	20:39(W)

COCOA RUN 5K

Carl Kondrach	25:22(A-1)
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SPRING THAW 5M

Rich Sandala	38:15
Kelley Murdock	42:54(A-1)
Blake Headen	1:32:06(W)

SPRING THAW 15M

Carl Kondrach	2:14:08
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SPRING THAW 20M

John Titus	3:38:22
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LEAP RUN 5K

Kelley Murdock	26:04
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LEAP DAY 2M WALK

Carl Kondrach	20:55(OA-1)
Blake Headen	28:51(OA-2)

ELLPORT 5K

Shane Brunazzi	26:38(A-3)
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SHAMROCK RUN 5K

Rich Sandala	23:04(A-1)
Kelley Murdock	25:29
Blake Headen	56:55(W)

SOUTH PARK 13.1M

Mike Romzy	1:47:50(OA-3)
John Titus	2:14:32

MARCH HARE 5K WALK

Carl Kondrach	27:50(OA-2)
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MARCH MAD DASH 5K

Kelley Murdock	26:54(M-3)
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MARCH MAD DASH 5M

Rich Sandala	38:36(OA-5)
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HOSPITAL 5K WALK

Blake Headen	51:44
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RUNNING NEWS AND NOTES

- Regular exercise reduces a woman's risk of early death by 24%; it reduces men's by 15%.
- Cranberries eaten on a regular basis seem to improve lactate levels and muscle reoxygenation.
- Men's marathon world record holder Kelvin Kiptum (2:00:35) died in a car crash in Kenya in February.
- Plans are underway for the nation's largest indoor track and field arena in Las Vegas.
- A new study confirms that drinking pickle brine eliminates cramps faster than water.
- P3R, the organizing arm of the Pittsburgh Marathon, has been named one of the best places to work in sports by Sports Business Journal.
- A new study shows that 140 minutes of weekly cardio reduces mortality in women by 18%. It took men 300 minutes of cardio to get the same return.

APPLICATION

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Age (date of race) _____

Gender (M/F) _____ E-mail _____

I hereby: 1.attest that I am physically fit and have sufficiently trained for this event; 2.waive any and all rights and claims for damages I may have against the sponsors, directors, and all groups associated with the event ("Releasees"); and, 3.grant Releasees permission to photograph or record me and use such images for promotional purposes in any medium.

Signature _____
(parent/guardian if under 18)

Circle Shirt Size: Youth S M L XL
Adult S M L XL 2LX
Women S M L XL 2LX

Adult: 5k Runner @ \$25
1 Mile Walk @ \$20

Student: 5k Runner @ \$20
1 Mile Walk @ \$15

Kids Mile @\$15.....

Make checks payable to: Bucks for Bucs

Mail to: Mr. Justin Gavazzi
2050 West Pike Street
Houston, PA 15342

ENTRY INFORMATION

A t-shirt and goodie bag are guaranteed with registration on or before March 22, 2024.

(Adults)

5k Runner: \$25 pre-registration

1 Mile Walk: \$20 pre-registration

(Students—18 and younger)

5k Runner: \$20 pre-registration

1 Mile Walk: \$15 pre-registration

Kids Mile (6th grade and younger):

\$15 pre-registration

You may register on-line at active.com or submit this form.

Questions?

Contact bucksforbucs@gmail.com

No rollerblades, bicycles, motorized vehicles or skateboards allowed for event.

Strollers will be allowed

**RACE WILL BE HELD RAIN, SNOW, OR
SHINE
NO REFUNDS**

You're Invited

**Bucks for Bucs
5K Race and
Fun Walk**

**Saturday,
April 6, 2024**

Race starts 9:00 a.m.

Kid's Mile at 8:30 a.m.

Chartiers-Houston H.S.

**Bag pick up/Race Day
Registration starts at 7
a.m. at C-H Field
House/Buccaneer
Stadium**

**Bucks for Bucs is a non-
profit educational
foundation serving the
Chartiers-Houston School
District.**



COURSE INFORMATION

The 5K race begins and ends at the Chartiers-Houston High School stadium and runs through a residential neighborhood with rolling hills. Course outline will be posted the day of the race. Course description on active.com.

QR Code for Active.com



AWARDS

5K Awards: Special awards will be given to top three men and women overall. Medals will be awarded to the top 3 male and female finishers in the following age categories:

- ♦ 8 and under
- ♦ 9-11
- ♦ 12-14
- ♦ 15-17
- ♦ 18-20
- ♦ 21-24
- ♦ 25-29
- ♦ 30-39
- ♦ 40-49
- ♦ 50-59
- ♦ 60 and over

The 1 Mile Fun Walk is for FUN! It will not be scored and no awards will be given. Feel free to time yourself! Kids 1 mile race will be for younger runners from 6th grade and below. This fun race will take place on the Chartiers-Houston track at 8:30am

PRIZES

50/50 and Silent Auction!

Silent Auction winners will be drawn during the race and presented immediately following the race.





Run to Breathe
Half Marathon and 5K
Sunday, April 21, 2024
Half Marathon @ 9:00 a.m.
5K Run / Walk @ 9:15 a.m.

Please help support this cause.
Proceeds from this event will help to support
Pennsylvania Cystic Fibrosis, Inc.
Visit their web @: <http://www.pacfi.org>

Location: **McDanel's Boat Launch, Pavilion #7**
McDanel's Road
Moraine State Park
Portersville, PA 16051

Course: **Out and back on the bike trail.**

Race Director: Herb Cratty (724-841-6528) or bonnherb@yahoo.com

Awards: Top Overall Individual Male and Female 5K Run
Top Overall Individual Male and Female Half Marathon
Finisher medals for Half Marathon

Make Checks payable and send to:

Miles of Smiles Timing Services
511 Harpers Ferry Road
Ellwood City, PA 16117

Registration is also available at RunSignup.com

Entry fee is per entrant. Please indicate which Race:

Half Marathon _____\$35.00 5K _____\$20.00

(Race fee will be an additional \$5.00 per entrant on race day.)

SHIRT OR SOCKS FOR HALF MARATHON AND 5K (PLEASE CHOOSE ONE)

PLEASE INDICATE WHAT SIZE: SHIRT S M L XL OR RUNNING SOCKS M L

Gender: M F Age _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release this race and all organizers, sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event . I also release any photos that may involve myself. Participant Signature Parent or Guardian:

Signature: _____ Date: ____/____/2024

Is your sweat rate negatively impacting your health and performance?

As the weather gets warmer, I often get emails from athletes asking me about my recommendations for sweat testing or if I can review sweat test analysis. Interestingly, almost every time I speak with an athlete in regards to sweat rate and sodium loss, they give a lot of focus to sodium. While sodium is important and plays a role in sport drinks (and in your daily diet), you can't load your body with sodium and expect your body to perform well if you are exercising in a dehydrated state.

The sweating response is a thermoregulatory mechanism designed to help cool down the body. Dehydration increases in hot conditions.

Dehydration occurs from sweat loss. When you sweat you lose fluids. If you don't replenish these fluids as you are exercising, your blood volume drops, which causes your blood to get thicker. This makes it harder for your heart to supply blood to your muscles. As a result, your heart has to work even harder to pump that blood. Additionally, when fluid levels drop, you have a harder time controlling body temperature which causes the core temperature to rise even faster.

You are going to lose more fluid through sweating when your body gets warm. But you DO NOT lose sodium without fluids. Dehydration is fluid and sodium loss - not directly from sodium loss. If you are simply focusing on sodium, but not drinking enough water (fluid) each hour, the sodium will not benefit your high sweat rate.

You must drink enough fluid - in the right combination/formulation of sodium and carbohydrates - for those nutrients to be properly digested and absorbed, in order to keep you properly hydrated and fueled.

When it comes to understanding your hydration needs in order to devise a personalized hydration and fueling plan, you need to take into account the following: how much fluid you are losing each hour (ex. your sweat rate—usually measured ml/hr) and how much sodium you're losing when you sweat. You can't just focus on sodium and neglect water (and carbohydrates). They all work together to keep your body performing well and to stay in good health.

To help keep your body functioning well as you advance your training en route to your upcoming endurance events, do the following:

- Keep yourself well-hydrated during the day.
~90 ounces of fluid for women, ~120 ounces of fluid for men.

- Rehydrate after sweaty workouts: ~16-20 ounce water + pinch of salt
- Follow well researched, practical sport nutrition and hydration guidelines before/during and after workouts.
- Do not ration your fluids to minimize stopping or try to "save weight" when biking by limiting how much fluids you have on your bike.
- Make sure you are comfortable drinking while moving (ex. biking, running, between sets while swimming).
- Wear a hydration belt/pack everytime you run outside. I love my [Naked Running band](#) Karel likes [this belt](#) (PYFK Running Belt Hydration Waist Pack with Water Bottle Holder) as well as the one he has from [Compress Sport](#).
- There are a variety of [sport nutrition powders on the market](#) to help you take away the guessing to ensure you are meeting your needs. As a reminder, gels and chews are sodium low, concentrated sources of carbohydrates. If you are prioritizing gels, chews and solid food over sport drinks, you are

likely falling short on your sodium and fluid needs.

Thoughts Thoughtfully Thought Thoughtlessly

Mickey Hornack

* Myrtle's Beach Marathon, ½ & 5K . nice event. Full n half participants ran in an out of rain depending on location and time! 5k was outside of all that crazy beach weather. I'm not sure how that happens but it did! There was no snow! Honest.

* Ran into a lamppost while walking. No problem, "light" injuries

* About 1% of all people in USA are runners (walkers not in the demographics here) 3.5 million. So, if you run you are 1÷3,500,000! Go ahead figure it!! Age group doesn't matter.

* Realized people are prisoners of their phones...hence the name "cell".

* Aldi's - every store is closing! Alas for 24 hrs!! 3/31/24. Ahhh its Easter. Get your triple chocolate fudge cake early. I will!!!!

* Best cushioned daily training shoe - Brooks Ghost 15. RW stat. Everyone has an opinion. I still like my Adidas green n white cross country's.

* Saw BàLaké's Foto on FB man he grew since i last saw him ... he towered over the guy next to him in the pic!! Yikes!

* The Mrs. asked why I get sick only on work days? Must be my weekend immune system

* May you get mucho Easter candy!!

2024 WCRRC GRAND PRIX (Update 3/18/24)

The WCRRC Grand Prix's will both return in 2024 for the 39th edition. Please read the guidelines below and keep for your own information.

****Races must be run while a member. Anyone joining in progress will be eligible as of the date of membership and may not use races run prior to membership.**

2023 GRAND PRIX (RUN AND WALK)

1. A tentative list of races is below. Changes and additions will be made as soon as possible. Not all races are confirmed as of this printing.

Resolution Run 5K (Jan)	The Big Run 5K (June)	Little Great Race 5K (Sept)
Barnesville Park 5K (March)	Peters TWP 5K (June)	Boston Harvest 5K/10K(Sept)
Bucks for Bucs 5K (April)	Whiskey Rebellion 5K (July)	Pumpkin Festival 5K (Sept)
Boston Trail 5K (April)	Running for Ryan 5K (July).....	Great Race 5K/10K (Sept)
Stop, Drop and Run 5K (April)	Brookline Breeze (Aug)	Greene River Trail 5K (Oct)
Rails to Trails 5K (May)	Labor Day 5K (Sept)	Jack-O-Lantern Jog 5K (Oct)
Run for Alex 5M (June)	Turkey Trots 5K Any (Nov)	

2. To qualify, you must run or walk 5 of the above races.
3. It is the responsibility of the runner to report times to Grace Goffi (724-554-0081) gracegoffi@verizon.net.
4. A separate Walking Division will use the above races.
5. The standings will be posted monthly in the newsletter.
6. The Grand Prix is age graded. Your age on race day will be needed to score you.

2024 LONG DISTANCE GRAND PRIX

1. Any race 15K or longer can be used. No races are chosen by the WCRRC.
2. Four (4) races are needed to qualify.
3. The LDGP begins January 1 and ends December 16.
4. All times must be submitted to Tom or Grace within two weeks
QUESTIONS? Tom Trettel (724-229-0201)

KEEP THIS PAGE FOR FUTURE REFERENCE

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.

