

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

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VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

Well, the kids are now back at school, and it's time to get ready for the homestretch of the WCRRC Grand Prix series. There are quite a few races scheduled for the next three months. Hopefully, everyone is drawing out their schedules and marking the races to attend.

We've been notified by the race committee for the Jack-o-Lantern Jog that this is the 20th anniversary for this race. And to celebrate the event the course will run backwards this year. The theme will be "Nightmare on Elm Street", since the course will finish coming up Elm Street. For those who know the course, this was the first big downhill in the last few years. Good luck to all.

If anyone is interested in helping put together a banquet for next year, please let us know. Just email Tom or Bob.

UPCOMING RACES

Here is the most updated list of races that have been found around the area. And remember that all club runs will be marked with a *.

9/7 – *Little Great Race – Charleroi, PA
9/7 – Tunnels to Towers – Canonsburg, PA
9/8 – Dormont Dash – Dormont, PA
9/14 – Musicians of Steel 5K – Millvale, PA
9/15 – Joey Fabus 5K – Bethel Park, PA
9/22 – *Harvest 5K/10K/ Half Marathon – Boston, PA
9/28 – *Pumpkin Festival 5K – Barnesville, OH
9/29 – *Great Race 5K/10K – Pittsburgh, PA
10/13 – South Park 5K – South Park TWP, PA
10/18 – Riverview 5K – Pittsburgh, PA

10/19 – Buffalo Creek Half Marathon – Cabot, PA
10/19 – Breast Saturday Ever 5K – Mount Pleasant, PA
10/19 – Augies Run 5K – Wheeling, WV
10/19 – *Waynesburg Homecoming 5K – Waynesburg, PA
10/19 – *Greene River Trail 5K – Rice's Landing, PA
10/26 – *Jack-o-Lantern Jog 5K – Canonsburg, PA
10/26 – Monsters at the Mall 5K – St. Clairsville, OH
10/26 – Shades of Death 10 Miler – Avella, PA

WCRRRC AT THE RACES

August was a busy month for races, and the WCRRC crew was well represented. We've got room for one recap.

Brookline Breeze 5K

Attendance was down a little from previous years, but the weather cooperated for those who braved the long climb at the beginning of the annual Brookline Breeze.

The winner of the 5K race was Dennis Doyle, who finished in a time of 17:55. Our number one male racer was Mike Romzy, who crossed the line in a time of 22:31, and Sarah Donley was our first female finisher, who crossed the line in a time of 26:09.

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 THOUGHT THOUGHTLESSLY THINKING THOUGHTLESS THOUGHTS:

Mickey Hornack

- * Cling wrap works to well! Just saying
- * Hope to see or glad to see lots of WCRRC friends at the Charleroi LGR (depending on newsletter release date)
- * Growing old> used to do KEGs, now it's EKGs
- * ""Yinz"" see our own Bálakè's foto on FakeBook showing puppy that looked just like him? Same smile!
- * Add Growing old ² > listen to 8 tracks now deal with catarac"k"s
- * Check this: 5 pillars of Running=
1 power 2 speed 3 balance
4 flexibility 5 endurance
Describe you? Me neither!
- * Growing Old³ > going to a new hip joint, now gettin a new hip joint.
- * It's again time for the Pittsburgh Great Race. A staple in running/walking. Whether you are a fan or not it's part of WPa heritage. Meet you at the fountain!
- * Cudos to Bob Pikelis for perseverance in assembling, distributing the WCRRC newsletter & of course his online poetry!
- * 🙌❤️ & Understanding

3 Exercises to Beat Back Pain

Bird dog

The [bird dog exercise](#) enhances stability and strengthens the lower back and core, which is crucial for maintaining balance during long runs.

Begin on all fours, with hands directly under shoulders and knees under hips.

Extend your right arm forward and your left leg back simultaneously, aiming to keep your body aligned.

Hold for a few seconds, then return to the starting position.

Repeat on the opposite side. Perform 10-15 repetitions per side.

Plank with leg lift

This [variation of the plank](#) challenges your lower back while also engaging your core, mimicking the demands of running.

Start in a plank position with your forearms on the ground and body in a straight line.

Lift your right leg off the ground, keeping it straight and your core tight.

Hold for a few seconds, then lower your leg.

Repeat with the left leg; perform 10-15 lifts per leg.

Superman

The Superman exercise targets the lower [back muscles](#) directly, improving your endurance for those tough uphill runs.

Lie face down on a mat with arms extended forward and legs straight.

Simultaneously lift your arms, chest and legs off the ground, as if you're flying.

Hold this position for a few seconds, focusing on engaging your lower back muscles.

Slowly lower back to the starting position. Aim for 10-12 repetitions.

Finish strong

Incorporating these exercises into your routine will not only bolster your [lower back](#) but also contribute to a more resilient and powerful running stride. By dedicating just a few minutes each week to these moves, you'll notice improvements in your posture, endurance and overall running efficiency.

Feedback

Age Categories

5K Runners

14 & Under

15-19

20-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-69

70-79

80 +

5K Walkers

19 & Under

20-29

30-39

40-49

50-59

60-69

70-79

80+

**Spotters on course. Please make
sure you are walking.**

Awards:

**Top 3 male/female runners &
walkers overall**

**Top 3 male/female runners &
walkers in each age category**

Greene County Department of Recreation
107 Fairgrounds Rd
Waynesburg Pa 15370

2024 Greene River Trail 5K Run/Walk

**Saturday, October 19th
9am
Registration 7:30am-8:30am
Rices Landing Trail Head**

**5K Out and Back
Beginning at the
Trail Head.**

**For More Information Call
Greene County Department of Recreation
724-852-5323**

Greene River

Registration Fee \$20.00

Pre-registrations receive a t-shirt while supplies last.

**Shirts will be limited on race day.
Adult sizes only.**

Please mail registration form to:

**Greene County
Department of Recreation
107 Fairgrounds Rd.
Waynesburg, Pa 15370**

724-852-5323

**Registration Fees
are non-refundable.**

Greene River Trail Run Waiver

Name_____

Address:_____

Phone:_____

Age as of October 19th 2024:_____

Email:_____

____Run 5K____Male____Female

____Walk 5K____Male____Female

Shirt Size: S M L XL XXL XXXL

I acknowledge that my participation in the 5k Run and Walk involves a risk of injury, including bodily injury, and assume the risk for same. On my behalf and on behalf of my heirs and legal representatives and to the fullest extent permitted by law, I hereby release and discharge the County of Greene and their respective directors, officers, employees, affiliates, members, agents and representatives, of and from any and all liability for injury, death, or damages and/or any other claims, demands, losses or damages, incurred by me in connection with any aspect of the 5k Run/Walk.

Signature_____

Date_____

Parent /Guardian Signature if under 18

Make Checks Payable to: County of Greene

Trail Run

LOCATION:

**Rices Landing Trail Head
125 Main St
Rices Landing, PA 15357**

Course:

5K Out & Back

SAFETY:

Please NO strollers, dogs, roller blades, bicycles etc. on the trail.

TIMING SERVICE

**SERJ Racing Services
Uniontown Pa.
www.serjracing.com**



How to Connect Long-Term Goals to Your Daily Runs

Three steps to make each run more meaningful and build mental skills while you train your body

[Goals are the bedrock of high performance.](#) October marathon PR's begin as January plans that manifest into methodical consistency over weeks and months of training. Goals provide an anchor for focus, drive intentionality, and create meaning in our lives.

One of the reasons I personally love having races on my calendar to look forward to is the structure and meaning they provide to my days and weeks. The meaningful individual goals I'm striving toward provide a foundation for daily motivation, weekly consistency, and matching appropriate effort and intensity throughout the training cycle.

Psychologically, goals in and of themselves serve a powerful function in our human psych. Most athletes can attest to the satisfaction felt when achieving goals, and the disappointment when falling short.

Identifying goals is usually easy. Staying committed in a consistent way to see them through to fruition is another story. When goals are clear and [personally relevant](#), we can leverage the underlying psychological function they provide on a daily basis through a three-part routine that involves learning how to say yes to the right things at the right times. Here's how.

Setting Up Your Run

Check in with yourself before you run, spending a quick moment of honest reflection with these three questions:

1. **What type of run/workout am I about to do?** (Review the specifics of the day's plan.)

2. **Why is this important at this stage of my training?** (Review how this workout will lead to fitness improvement in pursuit of your goals.)
3. **How am I planning to engage in the work?** (What mental skills or attitude are you planning to focus on and develop?)

These three questions can be considered while your watch is locking into GPS and you are lacing up your shoes. Answers don't need to be written down; going over them in your mind works just fine.

If you are like most athletes I know, my guess is that while you often consider the first question — consulting your training plan to determine what type of run you'll do — you rarely entertain the subsequent questions. But the importance here cannot be overstated. Mentally reviewing the connection between the specifics of the planned run/workout with how this will contribute to your overall fitness at this stage in training (stage is an important reminder here given the different periodized training demands), and reminding yourself of the mental skill development you are working on helps you stay anchored to the larger goals you are pursuing. It takes the guesswork out of the importance of each day's training and sharpens the image of why today matters in the pursuit of your bigger goal.

One of the biggest disconnects I hear from athletes is the difference between how important goal achievement down the road feels to them and how little they connect to it on a daily basis (or how severely that connection can wane throughout the training cycle). Frustration paired with a lack of a daily actionable plan becomes a recipe for giving up on the goal or not fully leaning in when required and doing the hard work.

The self-awareness process helps bridge that gap, helping you realize that each and every day is another step in a meaningful direction. As the philosopher Socrates is [said to have pointed out](#), "If you want to get to Mount Olympus, make

sure every step you take is in that direction.” This process starts by saying yes to these three questions as you prepare to embark on the day’s workout.

Making the Growth Choice

I have quite a few athletes come my way within a week or two of their A race, looking to learn mental toughness skills. And I always ask what they did during their training to build mental toughness along the way. Some point to specific workouts, or specific ‘moments of truth’ during their training, when they decided to keep going or increase intensity despite feeling tired, fatigued, or watching their own thoughts doubt their ability to be successful. Some shrug their shoulders.

The secret to mental toughness is that there is no secret. There is no shortcut, nor easy path to becoming mentally tough. Further, no two mentally tough athletes are the same. Each of us has the capacity to become mentally tough in our own way, with our own unique constellation of skills to help us stay on course despite how we feel in the moment. This truth holds for every possible mental skill you can develop as an athlete.

Instead of looking for a special trick, take advantage of the fact that every workout provides you a choice for how you “show up,” as Des Linden says. You get a choice during every run for what mental skills you plan to work on, influencing your attitude and intentionality as you go about clipping off the miles or pounding out the day’s intervals. Recognizing that the point of the workout includes the mental skill development lets you integrate the mental reactions with the physical sensations — “It’s supposed to feel this way” — and consciously work on building and using your mental fitness and toughness.

But you need to be clear about what you are developing before you begin. I call this process the “Growth Choice” — learning to spend time during each workout developing some aspect of the mental game. Harder efforts allow you the

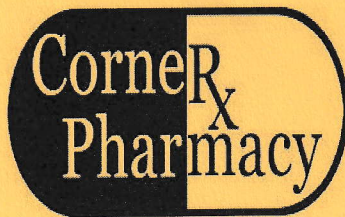
opportunity to work on key elements — willingness to accept and embrace discomfort, credible self-talk, and optimism — that are the cornerstones of mental toughness. Easier, aerobic based days provide opportunity to focus on gratitude and mindfulness. Some runs lend themselves to developing focus, during others you might work on learning to use an energy-saving zen-like dissociation. And there are endless others.

Clarity and purposeful development of these skills on a daily basis not only helps you keep your longer term goal in focus as you recognize that the development of these skills is critical to your successful attainment of your goal, but further ensures that these mental skills will not be left to chance come race day.

Putting Your Run Away

After you hit stop on your watch and you’re preparing to head into the next part of your day, how often do you reflect for a moment on what you just completed? On how that contributed to your fitness development in achieving your goals? And how you approached the work?

The moments after hitting stop on your watch are an important, yet often overlooked, timeframe in your life as an athlete. A quick review in your mind as you are walking back into your house or apartment or taking off your shoes and preparing for the next part of your day, helps cement this mental framework and keeps your goals, and the necessary steps it takes to achieve them both physically and psychologically, fresh and in perspective. Consolidating the work psychologically in this way will also help you pick back up from a relatively similar starting point tomorrow, giving your longer term goal daily accountability and focus.



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



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



5k Run & Walk Saturday, September 28, 2024 @ 8:30am

Kids Pumpkin Run begins at APPROXIMATELY 9:45am!



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

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

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

Registration: Begins at 6:45 @ the Watt Center. Arrive early to avoid long lines! **Online Registration** is available at:

www.RunSignUp.com Keyword: Pumpkin For more info or to download an application, go to: www.RailsToTrails5k.com

Refreshments: Enjoy the BIGGEST smorgasbord of delicious food you will find at ANY 5k event of this size!

(Pizza, subs, deli-fresh sandwiches, pepperoni rolls, pasta salad, cookies) If you leave this race hungry, DON'T BLAME US!!

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

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

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

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

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

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

After the race, stick around and bring your family to see all that Barnesville's famous Pumpkin Festival has to offer:

Parade @ 2:00pm, great food, entertainment, rides, crafts, games, contests, & much more, going on all weekend! For more info about all the Pumpkin Festival Events, check out the website: www.BarnesvillePumpkinFestival.com

Results/Photos: Results available at: www.SmileyMiles.com Photos available at: Crums Creative Captures



Barnesville Grand Prix Series



WEB DESIGN

Facebook.com/barnesvillegrandprix

www.WCRR.org

(cut here)

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

(cut here)

Mail form(s) and make

Check payable to:

Rails-to-Trails 5k

808 North Chestnut Street
Barnesville, OH 43713-1118

Please Note: This is a
mailing address. The Race
Address is 511 Watt Avenue

☐ ☐ ☐

Run Walk HeavyWeight Run
(Check One Box ONLY)

☐

Male

☐

Female

☐

Name (please PRINT clearly)

Address

City

State

ZIP

Phone

e-mail (optional)

Age on Race Day

Birthday

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

Circle Shirt Size (5k ONLY)

YL

AS

M

LG

XL

2XL

(No shirt: -\$5.00)

Add \$1.00 Add \$2.00

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

X

Signature (Parent/Legal Guardian if <18)

Date

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

Kids under 10, Entry Fee Only \$14 preregistered

WCRRRC AT THE RACES

FIREFLY 2M

Kelley Murdock 17:00

SCIO SCRAMBLE 5K

Carl Kondrach 23:50(A-2)
Sarah Donley 25:19(A-1)
Doug Midcap 29:33(A-2)
Pat Calmbacher 32:05
Kris Midcap 33:51(A-2)
Deb Calmbacher 35:08(A-1)

SCIO SCRAMBLE 5K WALK

Blake Headen 46:44(OA-3)

SOLAR 5K

Gary Lorenzi 31:18

MARYLAND HGTS 2M WALK

Carl Kondrach 23:50(OA-1)
Blake Headen 30:51(A-2)

BROOKLINE BREEZE 5K

Mike Romzy 22:31(A-2)
Carl Kondrach 24:46
Steve Chabala 26:03
Sarah Donley 26:09
Rich Sandala 29:40
Gary Chabala 31:00(A-2)
Dana Kuzniewski 31:22

SOLAR VORTEX 5K

Walter Bennett 24:52(A-1)
Sarah Donley 24:59(OA-1)
Carl Kondrach 25:05(A-1)
Kelley Murdock 26:10(A-1)
Rich Sandala 26:21(A-2)
George Dziemnski 26:50(A-2)
Ashlyn Brunazzi 27:10(A-2)
Shane Brunazzi 27:11(A-2)
David Dziemnski 27:39(A-3)
Any Ference 29:50(A-1)
Gary Lorenzi 31:18
Lois Connolly 32:52

SOLAR VORTEX 15K

Greg Mussitsch 1:11:40(A-1)

MAIN STREET CLASSIC 5K

Gary Lorenzi 32:01

FINDLAY 5K

Mike Romzy 22:53(A-1)

ROAD TO TRAIL 5K

Shane Brunazzi 27:41(A-3)
Ashlyn Brunazzi 30:54

ICE CREAK 5K

Greg Mussitsch 20:29(A-2)
Carl Kondrach 24:08
Sarah Donley 26:03

TUTU 2.2M

Ann McCormick 20:16
Bill McCormick
Blake Headen 22:05

ROCK AND ROLL 13.1M

Sarah Donley 2:05:34
Carl Kondrach 2:05:35

HILLER HIKE 5K

Kelley Murdock 27:01(A-1)
Rich Sandala 27:34(A-3)
Blake Headen 55:45(WALK)

FIT FEST 2.75M

Shane Brunazzi 23:53

BEAT THE HEAT 5K

Pt Calmbacher 33:10(A-3)
Deb Calmbacher 35:51(A-1)

SPLASH/DASH 5K WALK

Dave Byers 47:58(A-2)

RUCK CANCER 5K WALK

Blake Headen 56:02

RUN AROUND THE SQUARE 5K

Mike Romzy 22:35(A-3)
John Titus 25:53
Greg Mussitsch 29:15

BANANA 5K

Walter Bennett 24:12(A-3)
Carl Kondrach 24:26
Sarah Donley 25:51
Rich Sandala 26:22(A-1)

SPLASH/DASH 5K

Pat Calmbacher 32:10(A-3)

HERO 5K

Shane Brunazzi 29:24(A-1)

2024 GRAND PRIX

The 2024 Grand Prix racing series continues. Below are the latest results of the year. Thanks to Grace Goffi for her continued work on tabulating the GP for another year. Remember to submit your GP times to Grace or to the club website.

2024 GRAND PRIX(9-5)

1. Ann McCormick	4	34:03
2. Cathy Loos	1	35:11
3. Mike Romzy	3	36:55
4. Greg Mussitsch	5	39:32
5. Bob Pikelis	2	38:44
6. Amy Ference	3	39:28
7. Rich Sandala	11	40:06
8. Donna Patrina	1	41:04
9. Jam Milliren	3	41:05
10. David Dziemnicki	3	42:35
11. George Dziemnicki	4	43:25
12. Walter Bennett	3	43:33
13. Kelley Murdock	6	44:35
14. Carl Kondrach	2	44:38
15. Loris Connolly	2	45:08
16. Gary Chabala	3	45:38
17. Deb Calmbacher	4	45:53
18. Sarah Donley	3	46:33
19. Steve Chabala	3	48:29
20. Dana Kuzniewski	1	48:32
21. Roxanne Wray	1	49:34
22. Gary Lorenzi	2	49:36
23. Doug Midcap	3	49:44
24. Nathan Milliren	2	50:06
25. Mary Krett	2	50:53
26. Doug Midcap	2	51:10
27. Pat Calmbacher	4	51:03
28. Kathy Starkey	4	51:29
29. Tom Carter	2	51:40
30. Shane Brunazzi	2	53:11
31. Laurel Rush	1	1:04:30

2024 WALK GRAND PRIX (9-5)

1. S. Kevin Berdis	2	45:13
2. Carl Kondrach	3	59:46
3. Kelley Murdock	1	1:02:03
4. Sarah Donley	2	1:03:22
5. Bill McCormick	2	1:08:35
6. Blake Headen	4	1:25:40

2024 LONG DISTANCE GP(9-5)

1. Mike Romzy	1	36:05
2. Greg Mussitsch	1	38:02
3. Carl Kondrach	3	48:38
4. Sarah Donley	1	48:40
5. John Titus	5	49:12
6. Kelley Murdock	2	59:36
7. Steve Chabala	1	54:03
8. Gary Lorenzi	1	1:06:27

WCRRRC AT THE RACES

BRADY'S HAPPY PLACE 5K

Ashlyn Brunazzi	26:48(A-1)
Shane Brunazzi	30:34(A-2)

HAPPY PLACE 10K

Shane Brunazzi	1:03:45
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BRADY'S PLACE 5K WALK

Blake Headen	47:38(OA-1)
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MAX VERTICAL 25K

Kelley Murdock	3:43:27
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ST BARBABUS 5K

Greg Mussitsch	19:43
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TUNNELS TO TOWERS 5K

Mike Romzy	22:13(A-1)
Tom Carter	31:58

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.

