

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

JUNE, 2025

VOL. 25/ No. 6

VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

It's so hard to believe that we are right now halfway through the 2025 racing season. It may have started out cold and rainy, but June is starting to really heat things up. We hope that you all have the races mapped out to get the qualifying races for all the GP events.

We are happy to hear from Bonnie Macek that "The Hammer" George Macek is recovering nicely from a knee replacement. Make sure that you listen to the PT's, George, and we hope to see you out once again on the trails and on the road.

And Kathy Starkey has reported that, because of a fall, she broke her arm in three places. She will not be able to compete this year in any races and hopes to be ready to go in 2026. Rest up, Kathy, and get well soon.

One thing we wanted to report is that the GP will count any July 4th race that you compete in. You will be responsible for getting the time to Tom and Grace to make sure it is counted.

The awards are here!! The 2024 WCRRC Grand Prix awards are in the hands of Bob right now. There will be a few races he will be attending this year, so if you see him and you are due to receive an award, please stop and see him.

UPCOMING RACES

As the weather starts to warm, so are the number of races to be run. Here is a sample of

races we have found that might interest one and all. And remember that any club GP races will be marked with an *

6/21 – *Peters TWP Cross Country 5K – Peters TWP Park

6/21 – Pittsburgh Cure Sarcoma 5K – Allison Park, PA

6/27 – Moon Glow 5K – Moon TWP, PA

6/28 – Kyles Klassic 5K – Montour Trail – Hendersonville, PA

6/28 – Hell Hath No Hurry 5K – Settlers Cabin – Robinson TWP, PA

6/29 – *Running for Ryan 5K – Belle Vernon, PA

7/4 – *Whiskey Rebellion 5K – Canonsburg, PA

7/4 – *Brentwood Firecracker 5K – Brentwood, PA

7/12 – The Swissvale Mile – Swissvale, PA

7/20 – Pacing for the Cure 5K/Meadows – Washington, PA

7/20 – Sewickley Sundae 5K – Sewickley, PA

Racing with WCRRC

One of the more popular races on the WCRRC circuit is The Rails to Trails 5K, held in Barnesville, OH. Carl Kondrach and his crew always put on an amazing race, and this year was no exception. The course had to be moved this year because of construction, but it didn't dampen the spirits of the 179 finishers at the race. Once again, Cedric Robinson took first overall in the race at a time of 19:30. Our first male finisher was Rich Durban, in a time of 24:22, and our first female runner was Sarah Donley, crossing the line at 26:27. In the walk category, our first female finisher was Sister Kevin Berdis in a time of 46:11, and Blake Headen came through in 48:25.

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.

Thinking Thoughts Thoroughly Today

Mickey Hornack

- * When I drop something, it seems the dropped obj never just falls conveniently! It's under, behind, below where I need to be a gymnast to pick it up.
- * Yay or Nay---talk on cell phone in a waiting rooms?

* In the last copy of WCRRC fish wrap, I saw that Jake "the snake" Kiplimo set a half marathon record of 56:41! Followed by first man under 47 minutes. Only in the fish wrap. (Maybe he ran under 47 previously...my reading comprehension is failing)

* Add last copy: Our boy BàLake only had 1 race in the walk GP. Geez I've seen him on social media in 20 pics with t-shirts, medals, a bunch of folks who look like they like him and only 1time in GP???? Come on man!

* Here's are some model names of newest running shoes: Saucony Endorphin Elite 2, Hoka Cielo X1 2.0, Kraft Kype Pro (Kraft makes cheese??), Brooks Hyperion Elite PB4. Article hyping these shoes said they should help achieve PRs. My Adidas Cross Country's (green n white only) did the same 50 yrs ago! No blown rubber outsoles, no 12 mm drop, no built-in speed monitor. Maybe it's not the hammer, more the carpenter!

* Do all yinz know the 80/20 rule? I didn't. Until now. 80% of weekly training should be done at low intensity. Obviously the other 25% at higher intensity. Wait that's the other 20%. Oxygen depleted after 20% march to fridge!

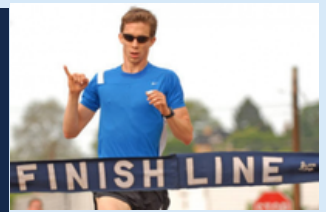
* Here's one--runners used to drink champagne as an energy drink. I read it on a website about running/walking not on some drink commercial ad. Can't imagine what the finish line area might be 45 min after.

* Check out the "Ever resting" challenge.

* Neighbor said some guy stole the car. They were asked, "did you see him?" Reply "No" but I got the license plate number"

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RUNNING WITH RYAN —REGISTRATION FORM



12TH ANNUAL RUNNING WITH RYAN 5K RUN/WALK

Saturday, June 28

THE RUNNING WITH RYAN 5K IS A RUN/WALK RACE TO CELEBRATE RYAN'S LOVE FOR RUNNING AND PROVIDE SCHOLARSHIPS TO BELLE VERNON AREA & RINGGOLD TRACK AND FIELD ATHLETES.

RACE START TIME IS 8 AM AT THE DIVIRGILIO PAVILLION (203 MUNICIPAL DRIVE, BELLE VERNON, 15012). THE RACE FEE IS \$25.

TO GUARANTEE A SHIRT, ENTRY FEE OF \$25 MUST BE RECEIVED BY JUNE 3, 2025. ENTRY FEE IS \$30 AFTER JUNE 3 AND DOES NOT GUARANTEE A SHIRT.

EMAIL 5KRUNNINGWITHRYAN@GMAIL.COM OR CALL/TEXT 724.322.5466 WITH ANY QUESTIONS.



REGISTRATION INFORMATION

Full Name:

E-Mail:

Race Day age:
(06-28-2025)

Gender:

☐

Male

☐

Female

Phone Number:

Event:

☐

5K Run

☐

1 Mile Walk (no awards)

Select (1) one.

☐

5K Walk

☐

Kids Fun Run (free for kids aged 7 and under)

Shirt Size:

☐

Small

☐

Medium

☐

Large

☐

X-Large

☐

2XL

☐

3XL

Select (1) one.

☐

Youth Small

☐

Youth Medium

☐

Youth Large

Waiver: I know that running in a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver, know these facts and in consideration of you accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the organizers of this race, city, the parks and recreation board and all sponsors, their representatives and successors, for all claims of liabilities of any kind arising out of my participation of this event.

Signature (Parent's Signature if under 18)

Date

Mail to: Amanda Moravec DeMedio
239 Karen Drive
Elizabeth, PA 15037

Checks made payable to Running with Ryan.

2025 GRAND PRIX UPDATE

The GP series is in full swing.
Please check your races/times and
report any discrepancies to Grace or
Tom ASAP.

LONG DISTANCE GP (6/8/25)

1. Roxanne Wray	1	48:31
2. Tom Carter	2	49:25
3. Kelley Murdock	2	50:17
4. Steve Chabala	1	50:18
5. Rich Durbin	1	51:03
6. John Titus	2	51:41
7. Sarah Donley	2	52:12
8. Carl Kondrach	2	1:00:27
9. Shane Brunazzi	1	1:06:44

GRAND PRIX (6/8/25)

1. Ann McCormick	1	32:33
2. Mike Romzy	1	35:19
3. Amy Ference	1	39:08
4. Rich Durbin	2	41:26
5. Jam Milliren	1	42:00
6. Rich Sandala	5	42:17
7. Bob Pikelis	1	42:28
8. David Dziemski	1	44:36
9. Kelley Murdock	4	44:45
10. Donna Patrina	1	46:13
11. Grace Goffi	1	46:24
12. Deb Calmbacher	1	46:41
13. Steve Chabala	1	47:02
14. George Dziemski	2	47:09
15. Shane Brunazzi	1	47:21
16. Sarah Donley	2	48:03
17. Carl Kondrach	1	48:14
18. Roxanne Wray	1	51:13
19. Gary Lorenzi	2	52:26
20. Doug Midcap	1	54:12
21. Mary Krett	1	55:25
22. Pat Calmbacher	1	57:08

WALKING GRAND PRIX(6/8/25)

1. Sister Kevin Berdis	1	44:46
2. Bill McCormick	1	1:02:26
3. Kelley Murdock	1	1:06:56
4. Dave Byers	1	1:12:58
5. Blake Headen	2	1:25:09

RUNNING TIMES

RUN FOR ALEX 2M

Kelley Murdock	16:17(A-1)
Rich Sandala	16:19(A-1)
Nathan Milliren	18:00(A-1)
Rickey Andrews	18:02
Dave Dziemski	18:28(A-1)
Ann McCormick	18:34(A-1)
Bob Pikelis	18:41(A-3)

RUN FOR ALEX 2M WALK

Bill McCormick	27:16
Dave Byers	30:47
Blake Headen	41:39

RUN FOR ALEX 5M

Jaminiue Milliren	39:12(OA-1)
Roxanne Wray	48:30(A-2)
Shane Brunazzi	49:49
George Dziemski	50:42(A-2)
Gary Lorenzi	57:17(A-3)
Donna Patrina	1:01:23(A-1)
Mary Krett	1:18:39(A-2)

RUN TO THE PEW 5K

Kelley Murdock	29:38
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MEMORIAL DAY 5K

Kelley Murdock	24:42(A-1)
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JR TAYLOR 5K

Dana Kuzniewski	31:10
Deb Calmbacher	34:13(A-2)
Pat Calbach	35:41

GATEWAY MILE

Carl Kondrach	6:57
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All proceeds go to:



WESTERN
PENNSYLVANIA
SCHOOL
FOR BLIND
CHILDREN

and

Uniontown
Cross Country Team

Don't forget about:

The Little Scrambler

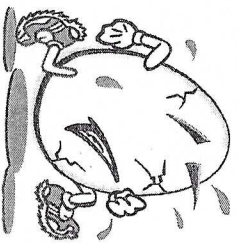
(A 400 meter race for 12 & under)

Ribbons for all.

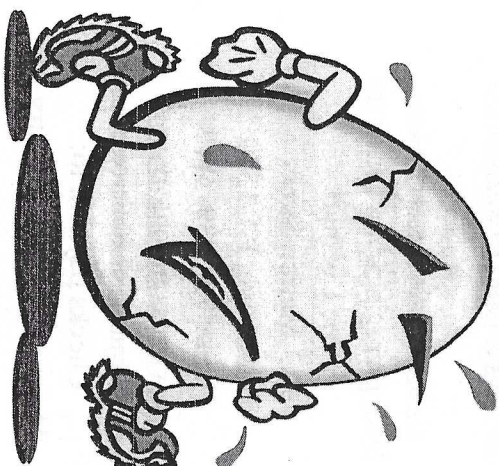
Medals for top 3 boys & girls.

Pre-registration - \$5.00

Post-registration - \$5.00



**CHEF
JOE'S**



**OMELET
RUN**

SATURDAY

JUNE 21, 2025

8:30 AM - Mile

9:00 AM - 5K

NAME _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

EMAIL _____

CHECK: MILE RACE _____ 5K RUN _____ 5K WALK _____ LITTLE SCRAMBLER _____ SEX _____

Child Shirt Size: (check One) S _____ M _____ L _____

Adult Shirt Size: (check One) S _____ M _____ L _____ XL _____ Additional Omelets _____ Adults \$6 _____

Being that I am physically fit and have trained for this race, I waive any and all right and claims for damages I may have. I relieve sponsors, directors, and all peoples and groups associated with this race of any and all liabilities.

Signature: (parent of guardian if under 18) _____

Race Site:

Registration will take place at
Uniontown High School Stadium

From 7:30am - 8:45am

AWARDS & OMELET BREAKFAST

at

Uniontown High School Cafeteria

Mail preregistration forms to:

Joe Everhart

13 Marion Street

Uniontown, PA 15401

Phone: 724 439-2113

www.cross.uniontown.net

facebook.com/uniontowncrosscountry

Checks payable to:

Uniontown Cross Country

The Omelet Run has been featured in:

RUNNER'S WORLD &

PITTSBURGH POST GAZETTE

OMELET BREAKFAST:

The Omelet Breakfast will start at 9:30.

All are invited to partake. Racers who have
paid a registration fee will be granted free
admission.

Non-participants will be allowed to partake
in the breakfast for \$6.00.

Children under 10 Free

Participants may prepay breakfast for family
and friends when they pre-register or when
they register on race day.

ENTRY FEE:

- Those who pre-register before
June 14th will save \$10.00.
- Pre-registration fee: \$15.00
- Post-registration fee: \$25.00
(After June 14th)

All registrants are also entitled to a
complimentary breakfast.

Post-registrants
are not guaranteed a t-shirt.

AWARDS:

MILE

Top 3 men and women open division.

5K RUN

Top quality awards will be given to:

Top 3 men and women runners overall.

Also awards will be given to the top
three runners in each of the following

age groups:
*13 & under, *14-19, *20-29,
*30-39, *40-49, *50-59,
*60 & up.

5K WALK

Top male and female walker.

Also awards will be given to the top
three walkers in each of the following
age groups:

*19 & under, *20-39, *40-49, *50-59,
*60 & up

MILE RACE:

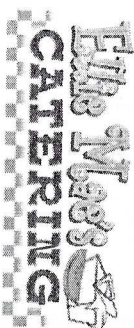
Again this year, along with the 5K, we
will hold the **JOE THOMAS MILE**.
This race is in honor one of the greatest
milers ever from Uniontown High
School. Joe Thomas was a two time
state champion in the mile and also a
two time state champion in cross-
country. His high school mile time
was an amazing 4:14! He also was a
national champion and All American
at Southern Illinois.

The mile race will begin at 8:30. (So
you can also run the 5K.)

It will be run on an all weather track at
the Uniontown High School Stadium.

This year we will have two divisions,
but hope to add to that as the race
grows in popularity.

The fastest male and female will have
their names engraved on a plaque that
will stay at UHS.



877-329-1516

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WHAT IS THE WASHINGTON CHRISTIAN OUTREACH

- It is a non-profit, non-denominational Christian organization that aims to spread the gospel by helping fulfill both the material and spiritual needs of the poor and needy in our area.
- Was started 46 years ago by Jeannie Allender.
- Is located at 119 Highland Avenue (across from Family Dollar) in Washington, PA.
- Is open Monday through Friday from 9:00am to 1:00pm
- Everything donated to WCO is returned FREE to the community.
- Has a kitchen serving hot meals on a daily basis.
- Operates with an all volunteer staff.
- There are NO paid employees.
- Functions on monetary and material donations from individuals, churches, foundations, and Fraternal Associations.
- Do you have a question? Would you like to volunteer? Would you like to financially support our efforts? If so, please contact us at 724-222-0750 or email us at: washingtonchristianoutreach78@gmail.com
- Thank you to all of our runners and walkers, our race sponsors and advertisers, all of our course workers, the City of Washington and everyone who made this year's event possible.



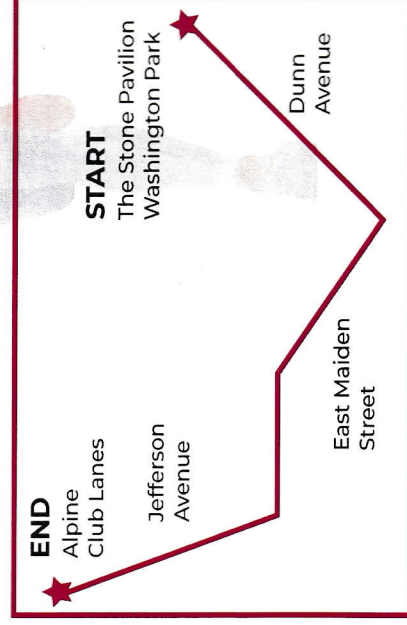
**SPONSOR THE
RACE TODAY!**



COURSE

Begins at The Stone Pavilion in Washington Park & ends at Alpine Club Lanes on Jefferson Avenue.

This is NOT an OUT and BACK COURSE.



LABOR DAY 5K CLASSIC

SEPTEMBER 1, 2025

43rd ANNUAL LABOR DAY 5K CLASSIC

The Fastest 5K Race in Western Pa —
Hundreds of personal records have
been set on this course!

PART OF WCRRRC GRAND PRIX

DIRECTIONS

FROM PITTSBURGH

I-79 S to I-70 W to Exit #17. At end of exit make
right on Wylie Avenue. Go to 2nd stop light
& make a left on Jefferson Avenue. Follow
Jefferson Avenue to Alpine Club Lanes,
735 Jefferson Avenue.

FROM WHEELING

I-70 to Exit #17. Turn left on Jefferson Avenue.
Follow Jefferson Avenue to Alpine Club Lanes,
735 Jefferson Avenue.

BUS TRANSPORTATION

Provided from Alpine Club Lanes to race
start from 7:15 am until 8:15 am. (No parking
is available at the starting line at the
Stone Pavilion.)



AGE GROUPS

Runners: Age 11& under, 12-15, 16-24, 25-29,
30-34, 35-39, 40-44, 45-49, 50-54, 55-59,
60-69, 70+

Walkers: 12 & under, 13-19, 20-29, 30-39,
40-49, 50-59, & 60+

** The race will be electronically chip timed.

AWARDS

Runners: Top 3 male and female, Top 3 in age
group. Walkers: Top male and female overall
& Top 2 in age group. No duplication of awards.

MISCELLANEOUS

Race day registration begins at 7:00 am at
Alpine Club Lanes finish line. Race starts
at 9:00 am for both walkers and runners.
Refreshments and random prize posted
at awards ceremony. Proceeds benefit
Washington Christian Outreach. Timing
service by Miles of Smiles.

Results posted at www.smileymiles.com

FEE

Postmarked by 6/30/25, \$25.00. From 7/1/25
to 8/15/25, \$30.00. From 8/16/25 until race
day \$35.00. Make checks payable & send to
Washington Christian Outreach, P.O. Box 1659,
Washington, PA 15301. Tee shirts guaranteed
to all pre-registered by 8/19/25.

Register online today at www.runsignup.com.

INFORMATION

Call 724-222-0750 or
email: labordayrace@yahoo.com
www.runsignup.com

ENTRY FORM LABOR DAY 5K CLASSIC

Name: _____

Address: _____

Phone: _____

Email: _____

Please indicate:

Shirt Size S M L XL

Walker _____ Runner _____

Sex: M F

Age (on race day) _____

In consideration of the acceptances of
this entry. I waive for my self, my heirs
and assigns, and any and all claims for
damages which may arise against all
organizations and individuals connected
with this race as a result of any injuries which
may be incurred during or from this race.

Signature: (Parent/Guardian if under 18)

Please send race entries to:

LABOR DAY 5K CLASSIC

Washington Christian Outreach
PO Box 1659 - Washington PA, 15301 or
sign up online and save at
www.runsignup.com

WCRRRC AT THE RACES

THRIFTY 5K

Kelley Murdock	25:04(A-2)
Rich Sandala	25:08(A-2)
Shane Brunazzi	29:29
Blake Headen	55:28(WALK)

BACK THE BLUE 5K

Kelley Murdock	25:08
Shane Brunazzi	29:52(A-2)

MOTHER OF ALL RACES 5K WALK

Carl Kondrach	28:28(OA-1)
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RAILS TO TRAILS 5K

Rich Durbin	24:22(A-1)
Sarah Donley	26:27(OA-4)
Rich Sandala	26:32
Carl Kondrach	27:09

RAILS TO TRAILS 5K WALK

Lee Stough	25:52(OA-1)
Sister Kevin Berdis	46:11(A-1)
Blake Headen	48:25(A-1)
Dave Byers	48:30

OHIO PYLE 13.1M

Roxanne Wray	2:06:18
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PIKE HIKE 5K

Kelley Murdock	26:47(OA-2)
Ann McCormick	29:48(A-1)
Tom Carter	31:13(A-1)
Laurel Rush	42:25(A-1)
Bill McCormick	45:00(WALK)

CHAD'S RECOVERY 5K

Steve Chabala	24:03(A-1)
Gary Chabala	32:20(A-2)
Gary Lorenzi	32:41(A-3)

RISE UP HERO TRAIL 5K

Kelley Murdock	39:03(OA-2)
Blake Headen	2:11:48(WALK)

FIREHOUSE 5K WALK

Blake Headen	52:45
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CLAIRTON 5K

Shane Brunazzi	28:25(A-2)
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REMEMBRANCE RUN 5K

Kelley Murdock	24:42(A-2)
Dave Byers	46:02(A-2)

OGDEN 13.1M WALK

Carl Kondrach	2:16:48(OA-1)
Sarah Donley	2:37:15(OA-2)

OGDEN 5K

Rich Sandala	24:30(A-1)
Kris Midcap	29:04(A-1)

OGDEN 5K WALK

Blake Headen	46:14(A-1)
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IT'S A BIRTHDAY 5K

Deb Calmbacher	34:03
Pat Calmbacher	34:21

RUNTO BREATHE 13.1M

Shane Brunazzi	2:38:28
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SOUTH RIDGE TRAIL 5K

Kelley Murdock	35:41(OA-3)
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GLOW RUN 5K

Sarah Donley	26:06
Carl Kondrach	26:14

GLOW RUN 1M

Carl Kondrach	9:05
Sarah Donley	9:04
Blake Headen	17:15(WALK)

GREENFIELD GLIDE 5K

Greg Mussitsch	20:48(A-1)
Steve Chabala	24:07(A-3)
Rich Sandala	25:13(A-2)
Roxanne Wray	28:02
Gary Chabala	32:02(A-3)

BEAVER VFD 5K

Mike Romzy	23:38(A-1)
Deb Calmbacher	32:46(A-1)
Pat Calmbacher	37:15

BEAVER VFD 5K WALK

Carl Kondrach	29:50
Blake Headen	53:42

BEAVER VFD 10K

Mike Romzy	48:43(A-1)
Carl Kondrach	54:06(A-3)
Doug Midcap	1:02:43
Kris Midcap	1:08:18(A-2)

BE A WARRIOR 5K TRAIL

Shane Brunazzi	40:12(A-1)
David Dziemski	43:00(A-1)
Lois Connelly	56:55(A-1)
Amy Ference	56:56(A-2)

RUN THROUGH THE WOODS 5K

Rich Sandala	26:35(A-1)
Kelley Murdock	26:44(A-3)

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.

