

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

AUGUST, 2025

VOL. 25/ No. 8

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

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## NEWS AND NOTES

Well, it's finally starting to settle in. The dog days of August are upon us. And, with that, summer is slowly ending. But, fear not racers, for the fall season of running is still jammed packed with races to run and new PR's to attain. We want to remind all to please check the GP standings in this issue, and if there are any questions as to your races, send a note to Grace.

Just a side note to everyone. The Greene River Trail 5K race is cancelled for this year. The organizers could not get enough volunteers to man the race. They are hoping to bring it back in 2026. Over

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## 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 \*

8/15 – Findley 5K – Clinton, PA  
8/16 – \*Corney 5K – Claysville, PA  
8/16 – Historic Hill 5K – Pittsburgh, PA  
8/16 – Beat the Heat 5K – Murrysburg, PA  
8/21 – SCIO Scramble 5K – Scio, OH  
8/23 – Run Around the Square – Swissvale, PA  
9/1 – \*Labor Day 5K – Washington, PA  
9/1 – Pittsburgh Steelers 5K – Acrisure Stadium  
9/6 – \*Little Great Race – Charleroi, PA  
9/7 – Dormont Dash 5K – Dormont, PA  
9/13 – Marshall Relay for Life 5K – Moundsville WV  
9/13 – \*Tunnels to Towers 5K – Canonsburg, PA

9/13 – Kids Chance 5K – South Park, PA  
9/14 – Joey Fabus Heroes Run 5K – Bethel Park, PA  
9/19 – Jim Dunn 5 Mile Twilight Run – Morgantown, WV  
9/20 – FAAP Fall Classic 5K/10K – North Park Harmar Pavillion – North Park, PA  
9/21 – \*Harvest 5K/10K/ Half Marathon – Boston, PA  
9/27 – \*Pumpkin Festival 5K – Barnesville, OH  
9/27 – Battle AX 5K – Ninevah, PA  
9/28 – Great Race 5K/10K – Pittsburgh, PA

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## Racing with WCRRRC

There were quite a few races to run during the very hot and muggy July this year. Here are just a few highlights from the month.

## Whiskey Rebellion 5K

On an early slightly muggy morning, over 900 registered to run and walk the annual 4<sup>th</sup> of July Whiskey Rebellion in Canonsburg. In the race, Liam Galocher took the top honor in a time of 17:01. Our first male finisher was Steve Chabala in a time of 24:00 and our first female was Ann McCormick, who broke the tape in 27:30. It was also great to see first time member David Bees finish the race, along with the long time missing but great to see Stush Sadowski finish the course, even with two new knees.

And in the walk category we had Sister Kevin Berdis come through the line in 44:22, and Bill McCormick crossing the mat in a time of 53:32.

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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).

## Thinking about nothing!

*Mickey Hornack*

- \* If by reading on if you are hoping your running and walking will improve--maybe turn the page of our highly acclaimed fish wrap.
- \* Weather person said in the month of August, days get shorter, and we lose a zillion daylight minutes. Suits our man BàLàke perfectly since his hobby of howling at the moon will be enhanced greatly!
- \* Ain't hummingbirds great.
- \* You ever get a race shirt where no matter how you pull it on the tag always sticks out?
- \* Maybe it's me, but I see all these new condos, townhouses, patio homes and apts being built and have to wonder, if these are all full, then 1st; where did all those folks come from, and 2nd; gotta be a bunch of empty places somewhere.
- \* Best hydrating liquid according to Google: milk, that's what it said. Contains mucho vitamins and minerals. Ok...I'm betting after a solid 10K nobody heads for the cooler of milk.
- \* My neighbor told me to put Miracle Gro on my strawberries. Nope I'm going back to whippy cream.
- \* You're probably wondering what's 2nd & 3rd: in order - tea then coffee. Nope not me!
- \* Yea honest a friend told me he wanted to graph all his past relationships. He had an eX-axis and a whY-axis.
- \* The Mrs rationalized on my aging another year "hey" she said "don't be sad just think all the things you buy now you won't have to worry about wearing them out!"
- \* 🍂❤️ U. Fall's on its way already!



## Want to help in another way? Be a (street) Block Sponsor!

For a \$400 donation, your name or business will be prominently displayed on a block along the racecourse.

Returning Loyalty Sponsors: \$325



**KEEP RUNNING THE RACE**

**YOUR  
INFO  
HERE**

**BLOCK SPONSOR**

All donations will be featured on our Facebook page.

Name \_\_\_\_\_

Address \_\_\_\_\_

Contact Number \_\_\_\_\_

☐ \$400 Street Block Sponsor (please email sign details to [griley295@gmail.com](mailto:griley295@gmail.com))

☐ \$325 Returning Loyalty Sponsor

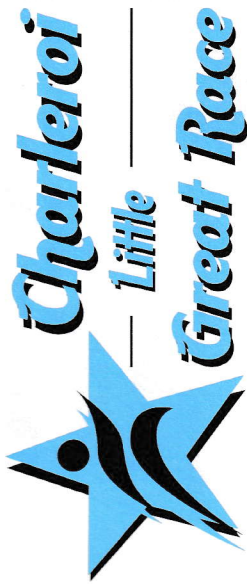
☐ Other Donation

Mail to:

Little Great Race, Inc  
PO Box 764  
Charleroi, PA 15022

Make checks payable to: **Little Great Race, Inc.**

Little Great Race, Inc.  
PO Box 764  
Charleroi, PA 15022



cfsbank

## 38<sup>th</sup> Annual 5k Run/Walk

**Saturday  
September 6, 2025  
8:15 am**

**Online Registration**  
[https://runsignup.com/  
Race/PA/Charleroi/  
CharleroiLittleGreatRace](https://runsignup.com/Race/PA/Charleroi/CharleroiLittleGreatRace)

All festivities, including the start and finish, will take place at the Charleroi Chamber Plaza near Trustees Park

Keeping with our past practice and tradition, proceeds from the race will be donated to the following:

- Charleroi Area School District Harvest Bounty Food Program
- Rostraver West Newton Emergency Services
- Charleroi Volunteer Fire Department
- Charleroi Regional Police Department
- Washington City Mission
- Life Changing Service Dogs For Veterans Inc.

**Strollers/Rollerblades/Dogs Prohibited**

**No registration changes will be made on the day of the race.**

Online Registration at  
<https://runsignup.com/Race/PA/Charleroi/CharleroiLittleGreatRace>



## 38<sup>th</sup> Annual Charleroi Little Great Race 5k (3.1 miles) Run/Walk

**When:** Saturday, September 6, 2025

**Where:** Charleroi Trustees Park

**Time:** Race starts at 8:15 am  
(Walkers will start 2 minutes after runners)

### Entry Fee

**\$20.00 Registration (deadline 8/30/25)**  
*The first 400 applicants are guaranteed a shirt and race bag.*

**\$30.00 Same Day Registration**  
*Race bag/shirt not guaranteed.*

### Packet Pick Up Info

**Charleroi Community Park Pavilion**  
Friday, September 5 from 5:00-6:00 pm

### Awards

The top three overall male/female runners and walkers.

### Age Group Awards

The top three male/female runners and walkers will receive awards in each age category.

*(No duplication of awards.)*

## ENTRY FORM

(one entry per form)

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_

Email \_\_\_\_\_

Gender: M or F

**Race Entered (circle choice): RUN WALK**

**Circle Shirt Size: S M L XL 2XL 3XL**

### Emergency Contact

Name \_\_\_\_\_

Phone \_\_\_\_\_

**Mail to:**

Little Great Race, Inc  
PO Box 764  
Charleroi, PA 15022

Make checks payable to: **Little Great Race, Inc.**

### Waiver & Release

*(Must be signed to participate)*

In consideration of the acceptance of my entry into this race, I acknowledge that participation in a 5K road race that proceeds along Charleroi streets, across railroad tracks, a parking lot and the grounds of the Charleroi Trustees Park presents risks of harm to me. I represent that I am physically fit, sufficiently trained to participate in this event and am not medically restricted from participation in the Little Great Race. I acknowledge that Covid-19, and its variants, poses a risk to me at a public gathering. I understand that there are inherent risks associated with the participation in this race and those risks may result in physical restriction, disability, and serious and possibly fatal health conditions. I assume the risk of any and all injuries and harm that I may sustain while participating in or attending the Little Great Race. I, for myself, my heirs, successors, and assigns do fully and generally release the Little Great Race, Inc., its officers, directors, committee members and volunteers from any and all liability and claims for any and all injuries and damages, whether physical, mental or disease related, and all economic and non-economic damages that I may sustain as a result of my participation in the Little Great Race. I acknowledge this is a public event that will be photographed, video and audio recorded, and that the times of race participants may be published. I grant full permission to use my name, image and likeness and waive my expectation of privacy.

Signature \_\_\_\_\_

(Signature of parent or guardian, if under 18)



# What Should Your Optimal Long Run Pace Be?

- [Greg McMillan](#)

At some point, every runner wonders or asks what their long run pace should be. That's a great question, but the answer is nuanced.

When I started running, several "rules of thumb" were used to inform training. Over time, these rules of thumb became antiquated or more fairly, in need to adjustment based on the type of runner. A good example is the guidance on long run pacing.

I was told that long runs should be run at one to two minutes per mile *slower* than your marathon pace. This guidance came from coaches and elite runners in the 1960s and 1970s—the first running boom in the U.S.. And it worked at the time.

It's hard to imagine now but at that time, there weren't many runners, and most were high-performance runners. For example, the 1980 Boston Marathon had only 5,417 runners. And in the first New York City Marathon, the average finish time of 3 1/2 hours is more than an hour faster than the average finish time in 2025.

For runners like Frank Shorter, the 1972 Olympic marathon champion, cruising along at 6 to 7 minutes per mile on long runs was easy-peasy. After all, his [marathon pace](#) was five minutes per mile so six-to-seven-minute pace was quite a bit slower than his [marathon](#) pace. Using reverse engineering, coaches and runners deduced that long runs should be 1-2 minutes per mile slower than marathon pace just like Shorter was doing.

## Best Long Run Pace for ALL Runners

This rule of thumb was great for a while but then the second running boom happened in the 1990s and 2000s. With big thanks to coaches Hal Higdon and Jeff Galloway and charity

training groups like Team in Training, the sport grew exponentially. No longer was it just former high school and collegiate runners hitting the roads, but every man and woman learned that they could, in fact, complete a marathon and it became a bucket list item for many.

With all the new runners coming into the sport, it was clear that the old 1-2 minutes slower than your marathon time rule needed adjusting.

In the second running boom, the bulk of finishers were between four and a half and 5 1/2 hours. Marathon pace for a 5-hour marathoner is 11:27 minutes per mile. Using the old 1-2 minutes slower per mile rule for long runs, the runner would never do any running or if they did it was uncomfortably slow.

Luckily, I focused my graduate research in exercise science on connecting running performance with physiology. From this research, I knew that ideal endurance development occurred at three and a half (at the fastest end) up to 10:00:00 race pace (at the slowest end). That means that if you run at a pace that you can race at for 3 1/2 to 10 hours, you get optimal endurance adaptations. (This is called Race Pace Relativity and you can read more about it [here](#).)

As a result, I knew that for my five-hour marathoners, it was better if they ran at or even slightly faster than marathon pace for their long runs since their marathon pace was right between the two boundaries of the endurance zone.

Boy was it a relief to the runners. Instead of stumbling along at 12:30-13:30 minute pace, they could run or run/walk at a pace that felt more natural. They felt they were really training, and they could cover more distance on long runs, which made them feel more confident they could finish the marathon.

The point is that some of the old rules need adjusting because they cause confusion. It's not that they are bad. It's just that they are being applied to the wrong runner. If you read



a rule about running, make sure it applies to you and isn't a holdover rule for runners faster or slower than you are.

## Long Run Pace Caveats

All that said, there are some caveats to the long run pace guide:

First, pace is not the best metric for endurance training. Instead, focus on effort/breathing (see my [Talk Test article](#)). Run at the "conversational" effort/breathing rate and afterwards, check your pacing. I suspect you'll find you start toward the slow end of the long run pace range from the McMillan [Pace Calculator](#) and then settle into the middle of the range for the bulk of the run. And when you feel great on a long run, you may even approach the faster end. And remember, faster is not always better. Never force a pace but instead let your body guide you based on how you feel that day (aka do you feel like Kipchoge or Eeyore on the run – [video here](#)).

Second, runners are different in their natural pacing. Some runners are "fast trainers" – meaning they tend to feel best from the middle to fast end of the pace range. Others do better from the middle to slow end. Read [my article on Fast Trainers vs. Slow Trainers](#) for to see which you may be.

Third, ignore pace, even as a secondary metric after the run, when you are running on undulating terrain, trails and/or in the heat/humidity/wind. Again, effort/breathing is a much better guide in those conditions.

## Optimal Long Run Pace FAQs

### Why is it important to nail down your long run pace?

Finding the right long run pace is crucial because it helps optimize endurance and build aerobic capacity. It also aids in maximizing the physiological adaptations necessary for long-distance running and prepares the legs for more and faster training in the future.

## How can I find my ideal long run pace?

Your ideal long run pace can be determined by utilizing the McMillan running calculator that takes into account your recent race times and current training data. Alternatively, using the conversational pace method or heart rate training can help identify your appropriate long run pace.

### Should I run at my fastest pace during long runs?

No, running at your fastest pace during long runs is not recommended. Long runs are primarily meant for building endurance and should be performed at a conversational pace or slightly slower. Running too fast can lead to increased fatigue, increased risk of injury, and hinder the desired training adaptations.

### How often should I reassess my long run pace?

It is advisable to reassess your long run pace periodically, especially when there are significant changes in your fitness level or race performances. Additionally, it's beneficial to evaluate your pace when training for different race distances or after completing a training cycle to ensure your long run pace remains appropriate for your goals.

## Final Thoughts About Your Long Run Pace

I hope this article clears up some of the confusion with the long run pace guidance and you see that for some runners, optimal long run pace is slower than marathon pace (like the rule of thumb I was taught). But for some runners, optimal long run pace is at or even faster than marathon pace (like what physiology and coaching experience has taught).



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!



**Saturday, September 27, 2025 @ 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 Early Bird. \$30 pre-registered (post-marked by September 1) \$35 after September 1st and on race day. Charity Rates available

**Shirts:** 1st 400 registered are guaranteed a moisture-management shirt. 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](http://www.RunSignUp.com) **Keyword: Pumpkin** For more info or to download an application, go to: [www.RailsToTrails5k.com](http://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 (185+)

**(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, 50-54, 55-59, 60-64, 65-69, 70-74, 75+Over **(Female Walk)** Top 3: 24U, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+Over **(Male Run)** Top 3: 10+ Under, 11-14, 15-19, 20-24, 25-29, 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, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+ Over **(Heavyweights)** Top 3: Clydesdale (200lbs+) Top 3: Lady Athena (170lbs+)

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

**Grand Prix Series:** Proudly part of the Washington County (PA), River City (WV), and Barnesville (OH) Grand Prix Series

**Contact Info:** Carl A. Kondrach, Director (740)310-2117 carlkondrach@yahoo.com [Barnesville Grand Prix](http://BarnesvilleGrandPrix)

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](http://www.BarnesvillePumpkinFestival.com)

**Results/Photos:** Results available at: [www.SmileyMiles.com](http://www.SmileyMiles.com) Photos available at: **Behra Photography** [www.Behra.us](http://www.Behra.us)



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

[Facebook.com/barnesvillegrandprix](https://Facebook.com/barnesvillegrandprix)

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

(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: \$35 after September 1st or your application will be sent back!**

Kids under 10, Entry Fee Only \$16 preregistered



## WCRRRC AT THE RACES

### DAM RACE 5K

Dave Byers 45:43

### AMERICAN MILE

Mike Romzy 6:14

### RACE TO THE MOON 5K

Shane Brunazzi 28:59

Ashlyn Brunazzi 33:41

### PETERS TWSP XC 5K

John Titus 33:15(A-2)

Zach Titus 33:14(A-3)

### OHIO HILLS 5K WALK

Carl Kondrach 29:57(OA-1)

Blake Headen 49:08

### OHIO HILLS 10K

Doug Midcap 1:10:38(A-3)

### SEWICKLEY 5K

Carl Kondrach 28:22

### SUNDAE 5K

Carl Kondrach 29:57(OA-1)

Stush Sadowski 31:41

### ELWOOD CITY 10K

Shane Brunazzi 1:05:04

### KICK FOR KIDS 5K WALK

Carl Kondrach 27:10

### FREDONIA 5K

Dave Byers 46:46(A-3)

### HOT TO TROT 5K

Shane Brunazzi 28:43

Pat Calmbacher 33:02

Deb Calmbacher 35:05(A-2)

Blake Headen 53:14

### HOT TO TROT 1M

Shane Brunazzi 8:38

Blake Headen 19:31

### FRIDAY NGT LIGHTS 5K

Carl Kondrach 23:53(A-2)

Sarah Donley 24:11(A-3)

### TURTLE TROT 5K

Greg Mussitsch 22:09(A-2)

Rich Sandala 24:53(A-2)

### TURTLE TROT 5K WALK

Carl Kondrach 38:43(OA-1)

Sarah Donley 38:43(OA-1)

### CLIPPER COLOR RUN 5K

Carl Kondrach 15:08

### FIRECRACKER 5M

Carl Kondrach 51:02

### FREEDOM 5K WALK

Carl Kondrach 29:40(OA-1)

Sarah Donley 35:54(OA-1)

Syndi Kondrach 45:51

### WELLSBURG 5K WALK

Carl Kondrach 29:16(OA-1)

Kelley Murdock 36:06(OA-1)

Dave Byers 46:44

Blake Headen 53:04

### FIRECRACKER 5K WALK

Kelley Murdock 36:45

### FIREFLY 1M

Kris Midcap 7:58(OA-2)

### FLASH IN THE NIGHT 5K

Kelley Murdock 26:10

Doug Midcap 29:46(A-3)

Kris Midcap 34:38

### J WOODRUFF 5K WALK

Carl Kondrach 30:29(OA-1)

Sarah Donley 37:06(OA-2)

### SHARPSVILLE 5K WALK

Dave Byers 45:43

### BETTY ZANE 5K WALK

Carl Kondrach 30:40(OA-1)

Blake Headen 53:01(A-3)

### ST BARBABUS 5K

Dave Byers 46:13

### RUN FOR CAITLIN 5K

Kelley Murdock 26:09

### TWO FACE ROAD 10K

Kelley Murdock 54:03

Sarah Donley 54:25

### WINE NOT RUN 5K

Kelley Murdock 26:47

### 5K ON THE RUNWAY

Kelley Murdock 25:37

### HOPEWELL 5K WALK

Blake Headen 59:02

### DOG DAYS 5K

Kelley Murdock 25:46

### FIREFLY 1M

Kelley Murdock 8:08

### HILLER 3.35M

Steve Chabala 27:08(A-2)

Rich Sandala 27:34(A-2)

Tom Carter 32:13(A-3)

Gary Chabala 37:03

### RUBE'S RUN 5K

Shane Brunazzi 28:54

### BLUE RIBBON 5K

Shane Brunazzi 25:34(OA-1)

Ashlyn Brunazzi 33:44(A-3)

### MISSION POSSIBLE 5K

Rich Sandala 25:59(A-3)

Ann McCormick 28:37

Bill McCormick 52:00(W)

### HOWL/MOON 5K WALK

Blake Headen 1:01:13



### **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 (8/5/25)**

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	3	54:56
8. Carl Kondrach	3	58:06
9. Shane Brunazzi	1	1:06:44

#### **GRAND PRIX (8/5/25)**

1. Ann McCormick	3	32:29
2. Mike Romzy	2	35:30
3. Amy Ference	3	39:55
4. Rich Durbin	2	41:26
5. Rich Sandala	8	41:39
6. Bob Pikelis	2	41:49
7. Jaminique Milliren	1	42:00
8. Donna Patrina	2	43:55
9. Kelley Murdock	4	44:45
10. Dave Dziemski	3	44:48
11. Steve Chabala	4	46:31
12. Deb Calmbacher	1	46:41
13. Tom Carter	2	46:48
14. Carl Kondrach	2	46:51
15. George Dziemski	4	47:05
16. Shane Brunazzi	1	47:21
17. Greg Mussitsch	1	47:33
18. Sarah Donley	2	48:03
19. Grace Goffi	1	46:24
20. Deb Calmbacher	1	46:41
21. Sarah Donley	2	48:03
22. Roxanne Wray	3	49:16
23. David Bess	1	50:27
24. Stush Sadowski	1	51:24
25. Gary Chabala	2	51:37
26. Gary Lorenzi	3	53:21
27. Doug Midcap	1	54:12

28. Mary Krett 2 54:23

29. Pat Calmbacher 1 57:08

#### **WALKING GRAND PRIX( 8/5/25)**

1. Sister Kevin Berdis	2	43:53
2. Carl Kondrach	1	51:59
3. Sarah Donley	1	1:00:24
4. Kelley Murdock	3	1:04:17
5. Bill McCormick	3	1:09:58
6. Dave Byers	2	1:11:39
7. Blake Headen	4	1:26:20

#### **RUNNING SHORTS**

- In a survey of over 22,000 5K results, just 1.85% finished under 20 minutes. The average finish time for men was 32 minutes; for women, 39 minutes.
- A new study found the Apple Watch is the most accurate on heart rate at 86%.
- The Apple Watch had a 28% error rate on calories burned.
- The Garmin was the most accurate in step totals at 82% accuracy.
- A Monash Univ study found that exercising within 4 hours of bedtime negatively impacts sleep quality.
- Smart insoles are being tested with sensors that detect signs of injury by tracking subtle changes in gait.
- Next year's London Marathon has set a world record with 1,133,813 applicants.
- A new study of over 400 US marathons finds the median finish time is 4:25:33. Men: 4:14, Women: 4:41.
- A woman won a New Zealand 62-mile ultra while breastfeeding her daughter at aid stations.
- New research shows quality sleep can add up to 5 years to life

## **Battle Ax Races**

Albie Rinehart has sent a note from his friend, Greg Hopkins, about a unique race that is coming up on September 27<sup>th</sup>. Here is all the info.

**BattleAxe 5k Trail Run** - This unique 5k offers a walk/run on a wooded trail course with race day activities for the entire family. All race participants will receive a BattleAxe t-shirt, finisher medal, and the BattleAxe Brunch to enjoy after the race. Top place finishers also receive podium awards. Come out and enjoy a day on the trail with the whole family! Registration options start at \$69 online for the run or walk. Late registration will be available beginning at 9 am the day of the event for \$79 [Course Profile Video](#)

**BattleAxe 5k Obstacle Run** - For competitive runners looking for more, this obstacle course run is everything you're after! This forested 5k trail offers a gauntlet of challenges. Over 27+ obstacles including: Heavy Hoist, Traverse Rope, Spear Throw, 10' Grotto, Z-Wall 2.0 and many more! The course will test your upper body & core strength, concentration, endurance, agility, balance, and much more! Top place obstacle finishers also receive BattleAxe podium awards. Registration options start at \$79 online for the obstacle course run. Late registration will be available beginning at 9 am the day of the event for \$89 [Course Profile Video](#)

**BattleAxe 5k Four Person Team Obstacle Run** - Looking for a way to build camaraderie and trust? The Team Obstacle Run is what you want. Gather a team of four runners and put your minds and bodies to the ultimate test. The 5k trail facilitates your team to conquer obstacles, perform

physical surveillance, reconnaissance & social engineering while you run. This is the ultimate in team building. Get your group together and sign up! Top placing teams receive BattleAxe podium awards. Registration options start at \$279 for your four person team. Late registration will be available beginning at 9 am the day of the event for \$289 [Course Profile Video](#)

Early Registration ends August 1st. Race shirts and finishing medals are guaranteed to early registrants ONLY. Race shirts will be first come, first serve for quantity and sizes to those who register AFTER August 1st. Online registration will close on Thursday, September 25, 2025 at noon.

Rain or shine, come out and support our VFD!!

## **Place**

1699 Browns Creek Road  
Nineveh, PA US 15353



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.

