

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

AUGUST, 2024

VOL. 24 / No. 8

VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

Here we are, once again in the dog days of August. The heat has really started to ratchet up and it looks like it is here to stay for a while. The races are starting to come again furiously, and many members are hitting the roads and trails. Make sure that all your races are being entered in the newsletter.

We hope that George Macek is recuperating nicely from his cataract surgery.

Some sad news to report. Long time runner from the Pittsburgh area, Joe Mascari, has recently passed away. Many of you have more than likely seen him at races around the area. He was always at the Run for Alex. RIP my friend.

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 *.

- 8/16 – Findley 5K – Clinton, PA
- 8/17 – Historic Hill 5K – Pittsburgh, PA
- 8/17 – Beat the Heat 5K – Murrysville, PA
- 8/24 – Run Around the Square – Swissvale, PA
- 9/2 – *Labor Day 5K – Washington, PA
- 9/7 – *Little Great Race – Charleroi, PA
- 9/7 – Tunnels to Towers – Canonsburg, PA
- 9/8 – Dormont Dash – Dormont, PA
- 9/15 – Joey Fabus 5K – Bethel Park, PA
- 9/22 – *Harvest 5K/10K/ Half Marathon – Boston, PA
- 9/29 – *Great Race 5K/10K – Pittsburgh, PA

Thinking thoughtlessly thoughts thoughtfully thoughtless

Mickey Hornack

- * I've decided to drop my prescription eye glasses I've seen enuff!!
- * Why is the weather forecast only right when you don't want it to be?
- * Any trip to a grocery store is a lesson in how not to act. I've seen the Instagram Wal-Mart stuff and its funny of course, but I've experienced the grocery store stuff. Cell phone conversations on speakerphone--lady says "Are you attending?" Reply over speakerphone "are there porta-potties?"
I can't make this up!
- * Saw on Facebook that our boy Bálakè apologized for missing a 5k race. I apologize for his apology apologizing. Come on man!
- * Add the Mrs. made a "peach cake" on the recipe, says it serves 12. Ahhh it served one of those numbers!
- * The first organized road race took place in 1829, a 10 miler
I think Tom Trettel got 1st in his AG in that one.
- * Here's a running fact: running can aid digestion and alleviate constipation. Ooohhh yea.
- * No matter when, what time, how fast, the weather when walking in Mingo invariably upon reaching a path/road crossing a vehicle comes and now there's indecision of who's going. Just awful!!
- * Bobby Pikelis' haiku poems are the rage of FB! Check 'em out WCRRC'ers.
- * Add Mrs.- to me "don't bring any more of these cookies home---when these are done!!"
- ** 🍪- ❤️ - & Understanding to all

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.

WCRRC AT THE RACES**MAD MARATHON 26.2 M WALK**

Carl Kondrach	5:59:30
Sarah Donley	5:58:00

X-MAS IN JULY 13.1M'

Kelley Murdock	2:32:30
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WELLNESS FESTIVAL 5K

Shane Brunazzi	29:41
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KALAJAINEN KLASSIC 5K

Ashlyn Brunazzi	39:39
Shane Brunazzi	39:53

MURRAYSVILLE MONSTER 10K

Shane Brunazzi	1:09:45
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JOHN WOODRUFF 5K

Rich Sandala	23:55
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JOHN WOODRUFF 5K WALK

Carl Kondrach	(OA-1)
Sarah Donley	(OA-2)

FLAMINGO 5K

Pat Calmbacher	30:43(A-2)
Deb Calmbacher	35:00(A-3)

OHIO HILLS 5K WALK

Carl Kondrach	30:24(OA-1)
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OHIO HILLS 10K

Sarah Donley	55:14(A-2)
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HOT TO TROT 1M

Kelley Murdock	8:26
Blake Headen	16:42

HOT TO TROT 5K

Kelley Murdock	26:30(A-1)
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HOT TO TROT 5K WALK

Blake Headen	48:30
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FRIDAY NIGHT LIGHTS 5K

Carl Kondrach	24:47
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NORTH FAYETTE 5K

Steve Chabala	27:45
Gary Chabala	33:44(A-1)

TURTLE TROT 5K WALK

Carl Kondrach	30:45(OA-1)
Rich Sandala	34:14(OA-3)
Sarah Donley	37:46(OA-2)
Syndi Kondrach	43:06(A-1)

RUBE'S RUN 5K

Shane Brunazzi	28:24(A-3)
Dave Byers	48:53(A-3)

WINE NOT RUN 2M

Kelley Murdock	27:19
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RACE TO THE MOON 5K

Shane Brunazzi	28:09
Ashlyn Brunazzi	31:27(A-3)

BETTY ZANE DAYS 5K

Pat Calmbacher	34:59(A-3)
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BETTY ZANE DAYS 5K WALK

Carl Kondrach	29:26(OA-1)
Sarah Donley	36:17(OA-1)
Blake Headen	46:11(A-3)

JOE PALMER 5K

Doug Midcap	28:45(A-3)
Pat Calmbacher	33:50(A-2)
Deb Calmabcher	34:23(A-2)
Kristine Midcap	34:38(A-3)

JOE PALMER 5K WALK

Blake Headen	46:54(A-1)
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ST BARNABUS 5K

Greg Mussitsch	20:36(A-1)
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MISSION POSSIBLE 5K

Walter Bennett	25:39
Rich Sandala	27:41
Ann McCormick	28:30
Bill McCormick	48:17(W)

TWO FACE 10K

Kelley Murdock	57:22
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HOWL AT THE MOON 5K WALK

Blake Headen	54:27
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How to Work Out When You're Still Sore From Last Time

The hardest part of sticking to a workout routine may be starting, but the second-hardest part is showing up to the *next* workout when everything feels like fire.

You're not off the hook, though! Staying home actually isn't your best plan of action.

Know what normal soreness feels like

Your first question might be: did I seriously injure

myself? Normal next-day muscle soreness, called

DOMS for "delayed onset muscle soreness," can feel

pretty brutal. It's not a serious health condition,

though.

Normal DOMS:

- Hurts the most when you wake up in the morning or when you've been sitting still for a while
- Feels better with movement
- Hurts when you use the muscle *and* when you stretch the muscle
- Usually starts the day after exercise, and may last multiple days
- Is often at its worst *two* days after the exercise that caused it

There are medical conditions that can also cause muscle soreness, so check with a doctor if you think there may be more going on than the usual DOMS situation. One condition worth keeping in mind is rhabdomyolysis, which is muscle damage that gets severe enough to cause muscle breakdown and

kidney issues. Dark-colored urine (often described as "tea colored" or "cola colored") is a huge red flag—get to the emergency room if you notice this. [I've written more here](#) about the differences between normal soreness and the kind that needs medical attention.

But most likely, you just have a normal case of DOMS. If that sounds right, let's talk about what to do about it.

Don't skip your workout

When you're feeling sore, you're probably tempted to just stay home with some Netflix instead of taking your achy body back to the gym. But resting doesn't help much in the long run. Beating the soreness for good comes from getting used to exercise, and you'll never get used to it if you have to take a week off every time you get the idea to start again.

So go back to the gym, or head out for another run, or whatever is on your schedule for today.

Make *some* effort to continue the schedule that you set up for yourself, whether that was a [written program](#) or a promise to yourself that you'd go to the gym a certain number of times per week.

First, do your warmup, but ease into it gradually. If you planned to go for a run, start with a brisk walk and then see how an easy jog feels. If it's a lifting day, start with lighter weights than usual, and only add as much weight as you feel like you can handle today.

Even if you can't manage your regular workout, you're still doing *something*, and that's buying you insurance against future soreness. You're also not going to get anywhere near as sore after today's workout as you did before. Scientists call this the [repeated bout effect](#): each workout (each "bout" of training) protects against soreness from the next one.

Do some active rest

If a rest day comes when you're still sore, you'll probably think: okay, *now* is the time to sit around.

But DOMS feels better with movement, so even if you don't have any training goals to work toward, you'll feel better if you keep moving.

So go for a walk. That's my go-to when I'm not feeling great. If you have access to a spin bike, moving your legs at low resistance tends to help relieve soreness. Cyclists will talk about "flushing" out their muscles; whether that's scientifically accurate or not, it does seem to help. If you're into yoga, a day you're sore is a good time to do some gentle yoga; you can even look up [recovery yoga](#) for some videos to follow.

How to deal with the pain

There are a lot of myths surrounding muscle soreness, and one harsh truth: Nothing but time really works to make the soreness go away. In the meantime, the best tools we have are light activity, massage, and heat. Activity is what I described above, so let's explore the rest.

Heat

Heat tends to make sore muscles feel better, so this is a great time to [hit the sauna](#), if your gym has one. You can also use an electric heating pad, or take a hot bath. Epsom salts don't do anything for your muscles, but adding them to a bath can make it smell nice (get the [lavender scented kind](#)) and can make it feel like you're doing something special for yourself.

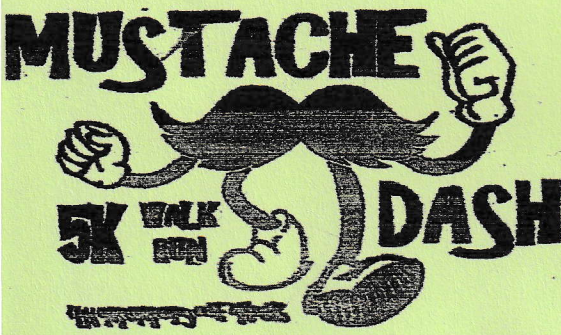
Massage

Pressure can feel good on sore muscles, so consider treating yourself to a massage or asking someone to give you a back rub. A [foam roller](#) is a good way to give yourself some "self-myofascial release" (I'm convinced that's nothing but a fancy word for massage), or consider a [massage gun](#).

Food and sleep

When you're sore, it's good time to pay more attention to taking care of yourself. Anecdotally, I find sleep helps to deal with soreness: if I stay up late, I'm more likely to be sore the next day. Eating plenty of protein can't hurt, either, since protein is important to building muscle.

One last note: Pain relievers like ibuprofen are popular among athletes, but they aren't as good a strategy as the things mentioned above. If you get into the habit of taking ibuprofen regularly, it [can hinder your recovery](#). So it's fine to view it as a short term fix to help you get through a bad day, but try not to make a habit of it.



MUSTACHE DASH

**WALK / RUN FOR A CURE 5 K
IN MEMORY OF Nick Mustachio**

Sunday September 8th 2024

Race will start at 2:30 pm / Runners register by 2:00

**Walkers are welcome to start at their convenience
Moundsville Valley Fork Park – Fitness Trail**

Main Shelter – Evan G. Roberts Complex

\$25.00 per person–Will include T-shirt/water& snack

1st, 2nd, 3rd place awards for runners in

Mens, Womens, Youth (under 14)

Preregister:

runsignup.com/Race/WV/Moundsville/

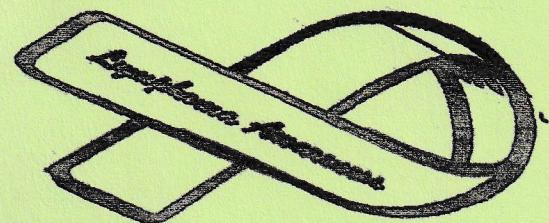
MustacheDash5kRunWalk

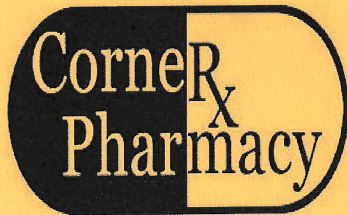
Information at 304-280-3498

Donations: TheLeukemia&LymphomaSociety

<https://givenow.lls.org/give/342076/#!donation>

[/checkout](#)





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

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

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.WCRRC.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.

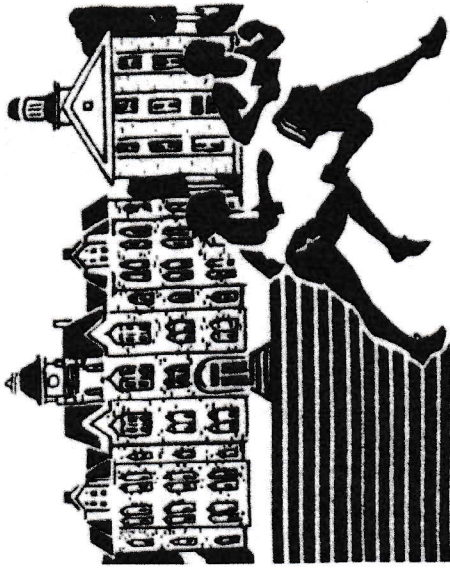
X

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

28th ANNUAL



WAYNESBURG UNIVERSITY
HOMECOMING
5K
Run & Walk

Benefits
Waynesburg University Student Mission Trip Fund
Community Registration

Saturday, October 19, 2024
Start Time: 8:30 AM

For more Information:

Contact:
Adrienne Tharp
(724) 852-3460
atharp@waynesburg.edu

Pre-Register Online:
<https://bit.ly/WU5KRaceRegistration>

WAYNESBURG UNIVERSITY
CENTER FOR SERVICE
LEADERSHIP
51 West College Street



Location

Waynesburg University
51 West College Street
Waynesburg, PA 15370

Date/ Time

Saturday, October 19, 2024 Race
starts at 8:30 a.m.

Registration

Registration will take place in the Goodwin
Performing Arts Center (behind Miller Hall)

Beginning at 7:30 a.m.

From Pittsburgh/Washington

Take I-79 South to Waynesburg, Exit 14
(approximately 1 hour from Pittsburgh and 30
minutes from Washington) Follow the directions
below to our campus.

From Morgantown

Take I-79 North to Waynesburg, Exit 14
(approximately 30 minutes) Follow the directions
below to our campus.

From Uniontown

Route 21 West towards Waynesburg
(approximately 3/4 a mile from I-79). There will be
a traffic light at a "T" (CVS is in front of you)
make a right at the light. Follow to the fifth traffic
light. At the Courthouse on the left, turn right onto
Washington Street. Go 3 blocks. Miller Hall is the
large red brick building to your left at the fourth
block. Parking is on your right.



Please print clearly. Detach and mail this form with your
check payable to Waynesburg University to:

Waynesburg University, C/O Adrienne Tharp,
51 W. College St. Waynesburg, PA 15370

Name: _____
M/F: _____ Age: _____ (as of 10/19/2024)
Home Address: _____
City: _____ State: _____ Zip: _____
Telephone No. () _____ - _____
Email Address: _____
Adult Shirt (circle): S M L XL XXL
Race Selection: _____
5K WALK _____ 5K RUN _____
WAIVER:
"In consideration of this entry being accepted, I, the undersigned,
intending to be legally bound for myself, my heirs, executors and
administrators, waive and release any and all rights and claims for
damages I may have against the sponsors of Waynesburg
University, their representatives, successors, and assigns for any
and all injuries suffered by me in said event. I attest and verify the
I am physically fit and have been successfully trained for the
completion of a race of this distance and difficulty."
SIGNATURE: _____
DATE: _____
PARENT OR GUARDIAN (if under 18): _____
EMERGENCY CONTACT: _____
Name: _____
Relationship: _____
Telephone No. () _____ - _____

Runners

13 & under 14-19 20-29 30-39 40-49 50-59
60-69 70+

Walkers

19 & under 20-29 30-39 40-49 50-59 60-69
70+

Entry Fee

\$25 per person, includes a t-shirt*

* To guarantee a t-shirt, register by September 1, 2024

Awards

Awards for the first finishers, male and female, in
the walk and run. Prizes for the top 2 finishers in
each category, male and female, in the walk & run.

Timing

SERJ Timing Service

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(8-6)

1. Ann McCormick	4	34:03
2. Cathy Loos	1	35:11
3. Mike Romzy	2	37:02
4. Bob Pikelis	2	38:44
5. Greg Mussitsch	1	39:19
6. Amy Ference	2	39:53
7. Rich Sandala	7	40:17
8. Jam Milliren	3	41:05
9. David Dziamniski	2	42:35
10. George Dziamniski	3	43:42
11. Walter Bennett	2	44:09
12. Kelley Murdock	3	44:30
13. Gary Chabala	2	45:08
14. Loris Connolly	1	45:55
15. Deb Calmbacher	3	46:38
16. Tom Carter	1	46:49
17. Steve Chabala	2	48:27
18. Roxanne Wray	1	49:34
19. Nathan Milliren	2	50:06
20. Gary Lorenzi	1	50:29
21. Sarah Donley	1	50:44
22. Mary Krett	2	50:53
23. Doug Midcap	2	51:10
24. Pat Calmbacher	3	52:08
25. Kathy Starkey	3	52:48
26. Shane Brunazzi	1	54:04
27. Laurel Rush	1	1:04:30

2024 WALK GRAND PRIX (8-6)

1. S. Kevin Berdis	1	45:01
2. Carl Kondrach	2	58:02
3. Kelley Murdock	1	1:02:03

4. Sarah Donley	1	1:05:20
5. Bill McCormick	2	1:08:35
6. Blake Headen	2	1:21:42

2024 LONG DISTANCE GP(8-6)

1. Mike Romzy	1	36:05
2. Carl Kondrach	2	48:14
3. John Titus	5	49:12
4. Steve Chabala	1	54:03
5. Kelley Murdock	1	59:07
6. Gary Lorenzi	1	1:06:27

WCRRRC AT THE RACES

SPIRIT SPRINT 5K

Carl Kondrach	26:58(A-2)
Shane Brunazzi	28:32
Gary Lorenzi	34:21
Blake Headen	58:18(Walk)

SPIRIT SPRINT 1M

Shane Brunazzi	8:02(OA-1)
Carl Kondrach	8:02(A-1)
Blake Headen	20:36(A-3) Walk

NEWS AND NOTES

- The ACSM American Fitness index ranks Pittsburgh as the 17th fittest city in the nation. Arlington, VA, took the top spot for the 7th straight year.
- Kenyan Michael Saruni has been banned for using a look-alike to provide blood and urine samples.
- Good news, bad news. Fitness tracker purchases hit a record 36 million in 2020. However, physical activity has declined over the same period. Looks like we are keeping track of how inactive we are.

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.

Washington County Road Runners Club
1427 Willowbrook Drive
Washington, PA 15301

