

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

DEC, 2024

VOL. 24 / No. 12

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

## NEWS AND NOTES

Weel, it's that time of the year again. And for all those competing in the GP events, here is your last chance to get another race in. Remember to check the latest list of the results to make sure that all your races have been entered and counted. If you see any discrepancies, please contact Grace Goffi to see what needs to be corrected. Grace will take any notices until December 31<sup>st</sup>. After that, all counts are final. And remember, if you did run in a Turkey Trot this year, make sure that you turned your time in. We found some, but those who ran one out of town need to report it.

Now is the time for everyone to send in your renewals for the 2025 WCRRC. Please return the last page of this newsletter with your dues and note if there are any changes to your address or phone number. Looking forward to seeing everyone on the road and in the trails in 2025.

A few people have been asking, so we wanted to take a poll to see if there was any interest in having a banquet next year. Let your comments be known to Tom or Bob at the email addresses below. If there is enough interest, we may schedule it probably sometime in March.

## UPCOMING RACES

12/14 – Dashing for Diapers 5K – Steubenville, OH

12/15 – Festivus for the Rest of Us 5K – New Florence, PA

12/15 – \*Run Santa Run 5K – South Park, PA

12/21 – Reindeer 5K – Zelienople, PA

1/1 – \*Resolution Run 5K – Oakdale PA

1/04 – Run to Read Half Marathon – Fairmont, WV

1/12 – Frigid 5 Miler – North Park, PA

## WCRRC AT THE RACES

There were quite a few races held over the Thanksgiving holiday. We know that there were many who ran and walked them, so we just wanted to report those events. Instead, we will concentrate here on the other races that we found.

### **Eva Bowlby Turkey Trot 5K**

This race was held the week before all the other Turkey Trots. It was a little chilly, but the brave souls who turned out had a good run/

In the walk category we had Kelley Murdock finish first overall in the race, in a time of 36:13, and Blake Headen was our first male finisher, in his usual time of 46:42. And in the 5K run, the only finisher the club had was Mary Krett, in a time of 41:22.

### **Color Me Christmas 5K**

And so, the Christmas races started immediately after Thanksgiving. On this race, we had Doug Midcap as our first male finisher in the run, in a time of 29:58, and Kris Midcap was the first female club finisher in a time of 37:29. And in the 5K walk, Carl Kondrach was the first overall finisher, coming through in a time of 29:04.

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).

## Thoughtless Thoughtlessly Thinking

*Mickey Hornack*

- \* Correct me if I'm "wrong" but on the 1st play of an NFL game a player makes a tackle for no gain and promptly celebrates like he hit the lottery! Ummm really?
  - \* Research says running/walking can: reduce stress, improve mood, improve sleep, improve memory n focus, prevent cognitive decline, help with social involvement--why then doesn't everyone run/walk???
  - \* Heard thru the walls that our famed leader Tom Trettel is proctoring testing! Hmmm That means you watch people take tests. Is it auto airbag tests? Parachute tests? Well i say .. Perfect fit for guy who promoted lap swimming with water wings.
  - \* Add WCRRC member extraordinaire Bálakè is primed -- was primed for his Thanksgiving Day Turkey Trot. He is emphasizing Thanksgiving Day is the most popular running day in America. And our fella is the most popular turkey!
  - \* Average time to eat Thanksgiving dinner 12-15 minutes--coincides greatly with length of halftime!
  - \* The Mrs. didn't consider I helped with TG dinner when I said, "Hey it smells good!"
  - \* Add Proctor testing? Only memory I have is in college I'd watch the "proctor" during my Fine Arts class test ( yea Fine Arts I took it) When he'd turn his head so would I.....
  - \* Add Trettel, Pikelis, Sandella all great dedicated WCRRC runners, icons -- well, the knee creeper has visited. Hope dat monster goes away for ""yinz."" But, Bob n Rich looks like proctoring tests might be on horizon?
  - \* somehow I cannot grasp "self-driving autos!!!" At 75mph do they beep at other self-drivers?
  - \* Please WCRRC'ers don't think less of this insignificant column of literary nonsense, nor the composer, but the template for 2025 may well be determined by the first letter of the 1st three days of Jan '25!!!
  - \* Now for the Christmas stuff--Santa had it right 'visit people once a year!'
  - \* Overheard " Dear Santa please give me a big fat bank account and a slim body this year--you got 'em confused last year!"
  - \* Hopefully most of you have read some of Master Poet Bob Pikelis's iambic pentameter on various social media platforms. Haiku, Ode, Sonnet, Epic...he has it all folks - good stuff. I thought I'd give it a try....I'm stuck on Roses are Red!!!!
  - \*\* To all WCRRC'ers hope your Thanksgiving was food-ilicious, that your Christmas is gift-alicious & 2025 is incrickulous!
- 👉❤ Understanding

# Running in cold weather: 7 tips for exercising outdoors during winter

Do you avoid exercising outside in winter? Running in cold weather is great for your health. Follow these tips to make winter running beneficial and fun.

Seasons don't matter to people who enjoy running outdoors. Whether it is hot outside or windy and chilly, they will put on their sneakers and head out for a run. But there are some who prefer the treadmill, especially during cold weather. You may wonder if working out indoors is better for your heart and lungs than running in cold weather. Turns out, winter running has some health benefits. If burning calories is on your mind, and you don't have any heart condition, you should exercise outdoors this winter. But before heading out for a run, take certain precautions.

## What are the benefits of running in cold weather?

Running in winter is not a bad idea, in fact it can be beneficial for your overall health. Here are some of the benefits you should know:

### 1. Improves cardiovascular efficiency

"Winter running reduces strain on your heart, as your body does not need to work as hard to cool down," says physiotherapist and fitness expert [Dr Aijaz Ashai](#). This allows your cardiovascular system to function more efficiently, focusing on oxygen delivery to muscles. Exercising in the cold increases body tolerance to stressors, and reduces the risks

of [cardiovascular diseases](#), as per a study published in the [Life Sciences](#) journal in 2023.

It is beneficial for healthy individuals, but those with heart conditions should consult a doctor before running in cold weather, as it may strain their heart. The effects of cold and exercise may contribute to high morbidity and mortality rate when it comes to people with cardiovascular diseases, as per research published in the [Temperature](#) journal in 2018

### 2. May reduce inflammation and swelling

Running in cold weather may help reduce inflammation by constricting blood vessels, and minimising swelling in the body. "After your run, your body warms up then you will notice an increase in your blood flow. This aids in recovery following the workout," shares the expert.

### 3. Helps burn fat

Running during winter boosts calorie burning as your body works to maintain its core temperature. During a 2014 study, published by the US [National Institutes Of Health](#), participants who were exposed to cooler temperatures for one month saw a significant increase in brown fat. "Cold temperatures help to activate brown fat, which burns calories rather than storing them to generate heat. This will [help with fat loss](#) and support weight management," says Dr Ashai.

### 4. Enhances endurance and stamina

Winter running builds endurance and stamina by increasing energy expenditure as your body works to maintain a stable core temperature. "Over time, this

will help your body to use oxygen more efficiently. It also strengthens your ability to sustain any physical activity,” says the expert.

## 5. Reduces exposure to heat stress

Running during winter reduces heat stress, which is a common issue in warmer months. Unlike hot weather, where the body works hard to cool itself, cold air helps maintain a stable core temperature, preventing dehydration, fatigue, and overheating, and improving performance.

## Is running in cold weather good for the lungs?

Exercising during winter is safe for most people. Even when the temperature is extremely low during winter, the air you breathe reaches the body temperature by the time it reaches the lungs, according to the [American Lung Association](#). However, you should cover your nose and mouth with a scarf or muffler to warm and humidify the air when you breathe while running in cold weather. This will reduce the potentially irritating effect on the airways. Also, those with [respiratory conditions](#) need to check with their doctor before working out in the cold. “People with asthma or chronic bronchitis must be cautious, as their symptoms may aggravate during winter workout,” says Dr Ashai.

## Running in cold weather: Precautions to take

### 1. Dress in layers

Go for moisture-wicking layers, which will be close to your skin. Then insulating layers to retain your body heat, and then a wind-resistant outer shell. Do not overdress, as the body heats up in exercise and overheating can lead to sweating and eventual cooling, which can accelerate the risks of hypothermia, a condition that happens when the core body temperature goes below 35 degrees Celsius.

### 2. Cover hands and feet

“In cold weather, the supply of blood flows to the body organs, so there is relatively less supply for extremities,” says the expert. Wear gloves, woolen socks to keep you warm, and running shoes with good grip value to avoid slipping while exercising outdoors.

### 3. Proper warm-up

Injuries tend to occur when muscles are cold. To prevent injuries, warm-up by not only dressing up in comfortable clothes, but also by doing stretches before running. “It is better to do [warm-up exercises](#) and lighter movements indoors or in a covered area before taking the workout outside,” says the expert.

### 4. Stay hydrated

People tend to feel less thirsty during colder temperatures; however, the loss of water in sweat and respiration can still be significant. If you are a runner, hydrate before, during, and after exercising to avoid dehydration. You can drink water or healthy beverages to stay well hydrated.

## 5. Watch out for frostbite and hypothermia

After getting exposed to cold air, frostbite can come on very rapidly. Your nose, cheeks, and ears will be mostly affected. Be aware of numbness, tingling, and other early warnings of frostbite, and head inside if the temperature drops close to freezing.

## 6. Wear reflective gear

Winter days are short, so visibility is poor, especially during dawn and dusk. "Wearing reflective gear, clothes or accessories will make you visible to others who are also running, biking or driving," says the expert. This way, you don't have to worry about accidents or injuries.

## 7. Stop if your body hurts

Following warm-up exercises, start slow while running in cold weather. After covering some distance, if your head or chest starts to hurt, or you feel out of breath, don't continue running. Go back home and rest, but if you still feel something is wrong, reach out to a doctor.

Running in cold weather has benefits, but it does require proper preparation and awareness. However, seniors or people with health issues like respiratory and heart problems should avoid winter running.

## 3 Things to Know About Training After an Injury

[Malissa Rodenburg](#)

Getting to the point where you're pain-free after battling an injury is an incredible feeling. But it can also be a scary one, like standing out on a ledge. You're probably eager to get back to running, but also a little fearful of re-injuring yourself.

The most important thing is that you're listening to the guidance of any medical professional who you've been working with. But when they give you the OK to start running again you might feel like you're on your own.

We spoke with several professional coaches about how to properly ease back into your routine after an injury and they gave us three key pieces of advice.

### Test the waters, then focus on consistency.

If you've been handling the injury on your own, coach Heather McKirdy of [McKirdy Trained](#) recommends that you're at least 72-hours pain free before thinking about returning to running. The name of the game is caution.

Once you've been pain-free for 72 hours, McKirdy recommends you test out your body with a [set of drills](#) (A-skips, B-skips, C-skips, cariocas, high knees, butt kicks, etc.) and check in with your pain level. If any pain arises, give it a few more days of rest.

If no pains come up during the drills, you can give running a try and start working back up to your pre-injury schedule. "The general philosophy should be to build back up to the normal days per week of running before trying to significantly extend the duration of the runs," says McKirdy. So if your normal routine was to

run five times a week, your first milestone to reach is five days of short runs.

“The consistent load over the span of the week will actually help to incrementally strengthen soft tissue (like muscles, tendons, and ligaments), with a lower risk of re-injury,” says McKirdy.

As for pace, start by leaving the smart watch at home. Running without it will help you avoid the inevitable ego-check when you realize that you’re not running as fast as you want. McKirdy recommends that you start running by feel. “In the return to running phase, it’s so important to keep your runs easy, and there are a lot of external factors that can impact what that actual pace is.” And if your injury kept you out for eight weeks or more, focus first on a walk/run routine.

Be prepared for the build back to feel slow. McKirdy says that until you are back to your full training load, every week should end feeling like you could have done more, but didn’t because you chose not to. That patience is what will keep you from re-injury.

## **You don’t have to go it alone.**

Some runners need help to slow down.

Natalie Dorset, New York-based running coach and founder of [The Laughing Runner](#) coaching practice, recommends that injured runners find an expert, like [a coach](#), to lean on. “A coach is like an on-ramp,” she says. “They will help ease you back to training by keeping workouts less intense, less frequent, and shorter to help the body have time to adapt to the training load. Your coach will also check in to make sure you are keeping up with any exercises/stretching that are needed to keep the injury at bay.”

If you’re in the beginning stages of dealing with an injury, a coach can help you figure out what kind of specific professional you might need to see, such as a physical therapist, chiropractor,

orthopedist, or nutritionist. If they see a pattern of re-injury, they may recommend you get blood work done.

Chances are high that your coach has worked with an athlete before that’s had your injury, or they’ve had it themselves. And they’re there to answer all your questions.

## **Don’t skimp on rest and recovery (for your body and your mind).**

When you get back into your running routine, you want to treat your body as best as possible. That means stretching, foam rolling, hot baths, whatever you need to do to help your muscles recover properly.

And don’t forget to take care of your mental health while recovering from an injury. “You’ll make more progress with a positive mindset,” says Dorset. You might feel like you are behind and harbor a desperation to ‘catch up.’ But that will only make it more likely that you’ll get re-injured. “It’s a vicious cycle,” she says.

It’s important to go easy on your ego. “It seems like there is a culture of shame that surrounds injuries to a certain extent,” says McKirdy.

After 12 weeks of no running after recovering from a bilateral fasciotomy, she recalls her first walk/runs back as being the most joyous moments of her running career. “While being injured is absolutely the worst, it can also bring a beautiful dose of perspective,” she says.

Be patient with the training process. Fitness is a result of quality and consistency over time.

“I’m not aware of a single professional runner who hasn’t dealt with an injury at some point in their career,” says McKirdy. “So, if you find yourself injured, trust that you’re in good company.”

## WCRRRC AT THE RACES

### JONAH HART 5K

Mike Romzy 21:37(A-1)

### WAYNESBURG 5K

Mary Krett 42:04(A-2)

### PEACE RACE

Pat Calmbacher 18:59(A-3)  
Deb Calmbacher 21:23(A-3)

### SOUTH PARK 5K

Shane Brinazzi 27:24  
Dave Dziamnski 28:24(A-1)  
George Dziamnski 28:42(A-2)  
Amy Ference 31:24(A-1)

### GREENE RIVER TRAIL 5K

Steve Chabala 25:15(A-1)  
Rich Sandala 25:37(A-2)  
Bob Pikelis 27:12(A-1)  
Ann McCormick 28:22(A-1)  
Roxanne Wray 28:23(A-1)  
Donna Patrina 34:53(A-1)  
Albie Rinehart 40:24(A-1)

### GREENE T TRAIL 5K WALK

Kelley Murdock 38:18(OA-1)  
Bill McCormick 50:25(A-1)

### BUFFALO CREEK 13.1M

Greg Mussitsch 1:42:13

### AUGGIE'S 5K

Doug Midcap 28:59

### AUGGIE'S 5K WALK

Blake Headen 47:16(A-2)

### COSTUME CAPER 5K

Shane Brunazzi 25:41(A-2)

### JACK O' LANTERN JOG 5K

Steve Chabala 26:17(A-3)  
Rich Sandala 26:27(A-2)  
Bob Pikelis 28:19(A-2)  
Ann McCormick 28:48(A-1)  
Gary Lorenzi 33:18  
Gary Chabala 34:31  
Kathy Starkey 42:53  
Bill McCormick 45:48(Walk)

### EQT 10K

Rich Sandala 51:51(A-2)

### EQT 10 MILER

Jaminique Milliren 1:25:42  
Steve Chabala 1:29:04  
Mike Romzy 1:30:02(Pacer)  
Tom Carter 1:42:01

### DIABETES DASH 5K WALK

Carl Kondrach 32:57(OA-1)  
Sarah Donley 36:23(OA-2)  
Blake Headen 42:18(A-2)

### VETERANS 5K

Deb Calmbacher 35:27(A-1)  
Pat Calmbacher 35:30(A-2)

### LET'S PLAY 5K WALK

Terry Whitecotten 41:58(OA-2)  
Blake Headen 47:41(A-2)

### LET'S PLAY 5K

Doug Midcap 28:52(A-1)  
Pat Calmbacher 32:12(A-2)  
Deb Calmbacher 32:34(A-1)

### MONSTERS AT THE MALL 1M WALK

Carl Kondrach 10:54(OA-1)  
Blake headen 14:43(OA-3)

### MONSTERS 5K WALK

Carl Kondrach 26:32(OA-1)  
Blake Headen 45:29(A-1)

### SHADES OF DEATH 10 MILER

Laurel Rush 2:56:06

### GREAT PUMPKIN 5K

Kelley Murdock 25:56(A-1)

### BUTLER 5K

Ashlyn Brunazzi 25:57(A-2)  
Shane Brunazzi 26:08

### LOUISVILLE 26.2M

Sarah Donley 4:40:03  
Carl Kondrach 5:14:22

### MONTOUR T. TROT 5K

Kelley Murdock 27:37

# How to Become a Morning Runner

Waking up is hard. And waking up to run? It might feel impossible. But Ripps says even if you are not a morning person, you can make a few tweaks to start crushing sunrise runs:

1. **Make the transition slowly:** Ripps advises picking your two easiest workouts — maybe even [strength training](#) or yoga days — and try to wake up early for those before you shift your whole schedule.
2. **Adjust your clocks in small increments:** Your first thought is probably to wake up tomorrow with enough time for a full run. But you're better served to adjust your wake-up time by 15 to 30 minutes for a few days until you reach your new desired alarm time, Ripps says. (See tip #1 about starting not on a long run day.) That way the adjustment isn't as much of a shock to your body.
3. **Go to bed earlier:** Often, runners focus on the waking up early part of the equation — not their bedtime routine. "In order to wake up earlier, what are you going to have to do the night before? Go to bed 15 to 30 minutes earlier to ensure you get enough sleep," Ripps adds.
4. **Improve your bedtime routine:** To make going to bed earlier, easier, Ripps suggests making sure that your sleep environment is conducive to you falling asleep. Her (and science's) recommendations: Keep your room cool, use blackout shades or an eye mask, swap TV for a book, and try a nightly meditation.
5. **Maintain a consistent sleep schedule:** Once you get to your ideal bed and wake up, it's important to stick to it almost every day, Ripps says — including weekends. "Aim for 80% perfection, but try to get in bed at least one night on the weekend at the same time that you would during the week."
6. **Fuel up first thing:** Some people like to [run fasted](#), but Ripps feels strongly that most people will perform better with some calories in their system to fuel the miles. That can be tough at 4 or 5:00 a.m., so she suggests put graham crackers or a carb-heavy protein drink right on your nightstand. "When you hit your alarm, eat those and then have a glass of water or an electrolyte sports-based drink," she advises. Then by the time you actually get yourself up, get dressed, do a 10-minute pre-run warmup, it's at least 20 minutes before you head out the door so that food will be ready to be used.
7. **Stay flexible:** There are, of course, nights where you can't get to bed on time or you sleep terribly. When that happens, it might be worth moving your workout to later in the day to log extra sleep, Ripps points out. Or, adjust your workout to be easier on your body. There's a balance between being determined and showing up for yourself and listening to what your body needs. "Be patient and super kind to yourself, because consistency is far more important than perfection," she says. "Over time, when you start small with your goals when it comes to morning workouts, you'll be able to build upon it."



## 2024 GRAND PRIX

The 2024 Grand Prix racing series has hit the homestretch. All times must be submitted to Grace by Dec 31. Please check your races/times and submit any discrepancies ASAP.

### 2024 GRAND PRIX(12-5)

1. Ann McCormick	7	33:16
2. Greg Mussitsch	7	34:41
3. Mike Romzy	5	36:02
4. Amy Ference	5	39:46
5. Rich Sandala	17	39:57
6. Bob Pikelis	4	40:02
7. Jam Milliren	4	40:39
8. David Dziamniski	6	41:36
9. Donna Patrina	3	42:05
10. George Dziamniski	6	42:08
11. Walter Bennett	4	42:51
12. Carl Kondrach	6	43:01
13. Sarah Donley	7	44:03
14. Deb Calmbacher	6	44:35
15. Kelley Murdock	7	44:35
16. Loris Connolly	3	45:15
17. Gary Chabala	4	47:02
18. Steve Chabala	7	47:07
19. Doug Midcap	4	49:20
20. Mary Krett	5	49:33
21. Gary Lorenzi	5	50:04
22. Kathy Starkey	7	50:21
23. Pat Calmbacher	6	50:27
24. Nathan Milliren	3	51:27
25. Shane Brunazzi	4	52:00

### 2024 WALK GRAND PRIX (12-5)

1. S. Kevin Berdis	5	44:53
2. Carl Kondrach	6	56:31
3. Sarah Donley	3	1:03:35
4. Kelley Murdock	5	1:04:18
5. Bill McCormick	5	1:08:47
6. Blake Headen	8	1:19:27

## 2024 LONG DISTANCE GP(12-5)

1. Greg Mussitsch	2	37:55
2. Mike Romzy	2	39:25
3. Carl Kondrach	9	47:40
4. John Titus	5	49:12
5. Sarah Donley	7	49:25
6. Steve Chabala	4	50:50
7. Kelley Murdock	4	53:44

### WCRRC AT THE RACES

#### WINE T. TROT 5K

Kelley Murdock	25:24
----------------	-------

#### HALL DASH 5K

Kelley Murdock	28:03
----------------	-------

#### GREENWAY 13.1M

Kelley Murdock	1:58:47
Steve Chabala	1:59:52

#### GREENWAY 5K

Carl Kondrach	23:43(A-1)
Blake Headen	55:41

#### HARVEST MOON 10M

Steve Chabala	1:36:25
---------------	---------

#### LAST TRAIL 5K WALK

Blake Headen	1:34:43
--------------	---------

#### LEG DAY 5K

Kelley Murdock	26:45
----------------	-------

#### BOWLBY LIBRARY 5K WALK

Kelley Murdock	36:13(A-1)
Blake Headen	46:42(A-2)

#### BOWLBY 5K

Mary Krett	41:22
------------	-------

#### PITTSBURGH T TROT 5K

Mike Romzy	22:01(A-2)
------------	------------

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.