

WASHINGTON COUNTY ROAD RUNNERS CLUB

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NEWS AND NOTES

Hello, all my fine, chilly running friends. Welcome to 2025. So, it looks like January decided to greet us with some very cold and snowy conditions. We all hope that you are staying warm and getting all your plans made for the 2025 racing season. Stay safe out there, for those who are still venturing outside, and ramp up the treadmills for everyone else. See you on the roads sometime.

We wanted to send out a reminder that the dues for the 2025 WCRRRC season are now due. If you would please use the paper on page 10 to update any changes you have.

Congratulations to Kelley Murdock on competing in the Run Santa Run Triple Sleigh Challenge. She raced all three Santa races and came away with a second overall finish in the points total. Now that's the way to finish off a strong race and walking season. What's up for 2025, Kelley?

UPCOMING RACES

As you can see by the listings, there are not many races scheduled through January and February. But here is a list of all those we found that may interest a few of you. And remember that any club GP races will be marked with an *

- 2/1 – Groundhog Day 5K – McCandless, PA
- 2/8 – *Cupid's Chase 5K – North Strabane Park
- 2/8 – Cupid's Chase – Acrisure Stadium PGH PA

- 2/8 – Cupid's Chase 5K – Butler PA
- 2/15 – The Big One Run 5K – New Castle PA
- 2/15 – South Park Half Marathon – South Park, PA
- 2/22 – The Spring Thaw 10M/15M/20M – North Park Boathouse – Allison Park, PA
- 3/8 – Ellport Borough 5K – Ellwood City, PA
- 3/16 – South Hills Shamrock Shuffle 5K – Scott TWP Park – Pittsburgh, PA

WCRRRC AT THE RACES

There were a few races to end the 2024 campaign, and a few brave souls took part in them. Here is just a sample.

Santa Sprint 1M/5K

Over 150 souls ventured out to Barnesville, Ohio this past December to run and walk the annual Santa Sprint. This was the final event in the Barnesville Grand Prix, and those who finished all 4 celebrated the event.

In the 1 Mile run and walk we had Carl Kondrach finish first overall in the walk, and Sarah Donley was our first female finisher and second overall. And for the 5K walk, we once again had Carl finish first overall and Sarah coming in third overall. And least we forget, our other club finisher for both events was our very own Blake Headen.

For the 5K event, the first place overall finisher was 17 year-old Amos Kimble, who ran a quick time of 16:22.

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.



"Ok, last night you washed the dishes, and today you're folding the laundry... What race did you sign up for, and how much did it cost?"

THOUGHTFULL THOUGHTLESSNESS

Mickey Hornack

*Why is it that when you leave early to go somewhere and plan on crowds; traffic and congestion -- there ain't none!!

* Our fav buffet Buster Joe "munchinelli" Mancinelli shared some holiday finances with his dog Merrit. Well, sharing is a stretch, Merrit ate most of six \$20 bills!!

* Here's one for your treadmill lovers-- the treadmill was originally invented as a form of punishment for prisoners in the early 19th century. Well, I've seen some faces on them their t-mills that'll back that up!

* The average human will run 26,000 miles in a lifetime. We have quite a few WCRRC members who will eclipse that by age 50! I'd we have several who already have. No names!

* The Mrs. didn't get a package from Amazon the other day. So, Amazon sent a rep to the house to check if she was OK. Just saying.....

* Add treadmill: those prisoners would be clamoring to "be punished" on current TMs. TVs, S/XM satellite radio, beer can holders....Yea

* If this isn't dedication then hmmm, our ambassador plenipotentiary of road racing Bàlakè H drove from Wheeling WV to Harmony PA on New Year's eve to do a 1 mile race.

* Rather be: Too Hot? or Too Cold?

* Are we paranoid? A lady who is supervisor at a local Aldi's told me on Sunday Jan 5 the store did \$100k in business. If you'll recall it was the day of 6-8" snow forecast. Milk, bread & TP!

* Did you look up plenipotentiary?

* Stay warm yinz! 🙌❤️ U

How to survive cold-weather running with frozen fingers caused by Raynaud's phenomenon

Do your hands turn ice cold in even the slightest chill, or change to white, blue or purple? If so, you might be among the [five per cent of the general population](#) experiencing Raynaud's phenomenon (RP). The syndrome is characterized by episodes of decreased blood flow to the extremities—most commonly fingers, but sometimes toes, too. For winter runners exposed to cold temperatures but wary of overdressing, RP can be an especially frustrating challenge.

The primary type of RP, which develops between the ages of 15 and 30, is most common, but has no known cause. Secondary RP develops around age 40, and is more serious—it can be linked to autoimmune disorders such as lupus or scleroderma. If you suspect you have RP, it's a good idea to see your doctor to ensure it's not indicative of an underlying health condition.

Primary RP is most common among women, people living in colder climates and individuals with a family history of the condition. The most noticeable sign of RP is the dramatic change in skin color, but it's often accompanied by numbness, tingling or pain in the hands and fingers. It's easy to spot the runner with RP in a group—they'll be the only one wearing gloves while still running comfortably in shorts and a T-shirt.

Runners already struggle with frozen hands in the winter; it's hard to perfect the number of layers you should wear when it's freezing out, but you're drenched in sweat. Unfortunately, throwing on a big pair of mittens as soon as the temperature dips below 10 C isn't a realistic solution for runners who need to balance

warmth with comfort and mobility. Overheated hands can leave your mittens damp and uncomfortable, and as the sweat dries, it makes your hands even colder—not to mention, the bulky accessory is very impractical for accessing your phone or watch mid-workout.

Tips for surviving winter

- Stash a pair of inexpensive, throw-away gloves in your workout bag for those unexpected temperature drops—they're great for chilly grocery store aisles, too.
- Layer thin gloves under your chunky mittens so you can access your phone or watch without being directly exposed to the cold air. (Bonus points if they're touchscreen-compatible.)
- Put extra, dry mittens or gloves in your jacket pocket in case your first pair get sweaty and cold. (Packing a pair of hand warmers wouldn't hurt, either.)
- Take a hot shower as soon as you are finished your cold-weather workout to eliminate the chill.

How to get rid of sore muscles overnight: Top tips to alleviate workout discomfort

Massage guns, heat therapy, and more

Muscle soreness can be a signal of various things, depending on the person. As a trainer, I constantly have clients approach me, saying that they are sore and asking how to minimize the discomfort so they can be ready for their next workout. While exercise and hard labor are the most common causes of sore muscles, certain medical conditions like fibromyalgia and diabetes could be the reason.

When it comes to exercise, sore muscles can be a sign that you should [reduce the intensity](#) of your workouts or simply take a rest day and keep up the pace. Whatever the case, it's safe to say that muscle soreness is normal to some people and a cause for alarm to others.

At this point, it's okay to wonder whether it is possible to get rid of those sore muscles in a short time. Not to worry. We will explore a few effective tips on how to get rid of sore muscles overnight. It's time to dive in!

Take a warm Epsom salt bath

Epsom salt, or magnesium sulfate, is a chemical compound made of sulfur and magnesium. According to Dr Naoki Umeda, MD, an [integrative medicine specialist](#), "Despite the lack of available scientific data,

tales about the healing power of Epsom Salt have been circulating for centuries."

So, a warm 12 to 15-minute Epsom salt bath can ease and relieve pain around your muscles since the warm water expands your blood vessels. This, in turn, improves circulation, allowing more oxygen and essential nutrients in your body. It ultimately soothes your muscles and joints.

Pregnant women and people with kidney diseases, heart infections, and severe burns should avoid taking Epsom salt baths as it may lead to complications.

Use a foam roller or massage gun

Foam rollers and massage guns are tools that use myofascial release therapy. This alternative medicine therapy focuses on relieving pain around your myofascial tissues.

While both tools perform the same function of [relieving muscle soreness](#), experts advise their usage in different scenarios. Foam rollers are better when targeting a muscle group or a wider area of your body. These tools rely on your body weight to ease muscle tension. So, they are better used in a wider range of motion for best results.

Meanwhile, a massage gun is better for targeting a specific part of your muscle because of how it is structured. It has a pointed surface that comes in contact with the muscle. Unlike foam rollers, it doesn't depend on your body weight to be effective since it operates mechanically.

Apply heat therapy

Also known as thermotherapy, heat therapy is a procedure that involves applying heat to specific parts of the body to relieve pain and promote overall health. Experts use a hot cloth, ultrasound, a sauna, and even hot water to achieve the soothing effects of heat therapy.

Heat therapy helps to relieve muscle soreness. It opens up your blood vessels to accommodate more blood and oxygen, especially in the affected area. This improved circulation relaxes the injured muscles and tissues, making you feel relieved.

Try to avoid heat therapy if you have inflammation or an open wound, as it may lead to further complications.

Stretch gently before bed

Sleep experts recommend [stretching before bed](#). It's valuable for your mental and physical health since it delivers a soothing effect throughout your body, especially your muscles.

Stretching before bed can help you relieve tension around your muscles, allowing your body to feel more comfortable. This happens because of increased blood circulation around your body. In other words, stretching before bed increases the muscle's demand for oxygen, making your heart pump blood into your system.

Consequently, this circulation helps to transport essential nutrients to your muscles, aiding faster recovery from pain or soreness.

Stay hydrated

As humans, we cannot do without some [form of hydration](#). It is akin to life. Besides, your body and even your muscles are made up of over 70% water. This means that without water in your system, a malfunction could occur.

For example, fluid loss occurs during intense workouts or conditions like diarrhea or hormonal imbalances. Failure to replenish such fluids through hydration can lead to complications such as muscle soreness. This is because fluids eliminate toxins, regulate temperature, and lubricate your joints to prevent inflammation and overall pain.

Use topical muscle relief creams

Topical muscle relief creams are available in pharmaceutical stores. They include painkillers, rubs, and analgesics [you apply directly](#) to the sore area of the muscle. Note that these creams usually include counterirritants, lidocaine, or capsaicin.

Counterirritants include ingredients like camphor or menthol that irritate the surface of the skin to heal the underlying discomfort or soreness. Meanwhile, lidocaine is a local anesthetic that relieves soreness by blocking the brain's pain receptors to numb the painful area.

Capsaicin helps to relieve muscle soreness by providing warmth to the area to block the brain's pain receptors.

Get plenty of quality sleep

Aside from lowering overall stress levels, getting quality sleep can help to relieve muscle soreness. Sleeping properly allows your body to enter a state of healing and relaxation. This, in turn, promotes the release of growth hormones, which repair damaged tissues and boost recovery from muscle soreness.

Plenty of quality sleep is also necessary, as it keeps you in perfect condition to perform your workouts without feeling unnecessarily tired. Hence, sleep between seven to nine hours each night for the best recovery results.

and even water is vital. They contain the necessary ingredients to ease muscle pain after strenuous activities.

Frequently asked questions

How do you treat sore muscles ASAP?

You can treat sore muscles as soon as possible using the steps in this article. For example, you can take a warm Epsom salt bath, adopt heat therapy, or even use topical muscle relief creams.

Can sore muscles heal overnight?

You want to know how to get rid of sore muscles overnight, but it depends on what caused the soreness. If it was a light workout, the soreness can heal in a day. Soreness from intense workouts or muscle overstrain can take more time to heal.

What drinks help with muscle soreness?

Hydration is just as important as any other way of curing soreness. Hence, watermelon juice, beetroot juice, tart cherry juice, coffee,

4 Ways To Make Your Resolutions Stick

Turn your resolve into reality this January

Have you made the resolution to incorporate running into your life, but are worried you won't be able to make the habit stick? Here are three ways to ensure you can sustain your New Year's resolution for a lifetime.

Make it the default

If you plan to run first thing in the morning, lay out your running kit (top, tights, socks, shoes, belt, reflective vest or headlamp and jacket, if applicable), plus a small snack, such as a tangerine or a couple of crackers with nut butter and a few sips of water, before you go to bed. That way, there's nothing to do in the morning but suit up, [wolf down your snack](#) and get out the door. It can also help to add your runs to your daily calendar, just like anything else you are scheduling for the coming week. There may be days when you have to shift things around, but most of the time, scheduling your run will lend it importance, and you'll be less likely to skip it.

Make it social

When you're trying to establish a base of fitness, company definitely makes it easier, so look for a [running club](#) or learn-to-run program in your area. On your non-club days, consider listening to music, an audiobook or podcast to take your mind off the physical effort of running while you slowly build your fitness. Linking your routine (going for a run) to your reward (listening) can also help with

motivation (i.e., saving that new album or podcast episode for your next run) and can be a great way to get yourself outside, even when you aren't feeling it. For safety, keep the volume low, or opt for just one earbud.

Keep the pace easy

If you're getting into running for the first time, keep the pace very easy and comfortable; many people give up because they think they have to run fast. You don't! You want to be able to carry on a conversation while jogging; later, when you've built a base of fitness, you can add some [faster workouts](#) to your training. You can also adopt and run/walk system, where you alternate jogging for three minutes (or five minutes, or whatever feels doable) and then walking for one minute. No one but you has to know how fast or how slow you go.

If you've run in the past but are just rebuilding the habit, it's still a good idea to start slowly and make at least 80 per cent of your runs easy-paced; it will take a few weeks to rebuild your fitness if you've taken a long break.

Get racing

There's nothing quite like a goal to make a habit stick. And there is something very satisfying about signing up for, training for and completing a race. (Keep it short, for your first few races; a 5K is a lot more manageable than a marathon.) You have the initial excitement of putting a date on the calendar, and you could even invite friends to join you (or at least cheer you on). At many races, they'll print your name on your bib, and even announce your name as you cross the finish line, which is very motivating! Training toward your goal and running a few times a week are great ways to stay consistent.

WCRRC AT THE RACES

TWINKLE TROT 5K

Carl Kondrach 26:28
Sarah Donley 32:10

B VERNON TURKEY TROT5K

Jaminique Milliren 22:21(A-2)
Nathan Milliren 26:46

B PARK T. TROT 5K

Kelley Murdock 27:30

GOBBLE WOBBLE 5K WALK

Carl Kondrach 29:18(OA-1)
Sarah Donley 36:19(OA-1)

SANTA SPRINT 5K WALK

Carl Kondrach 31:12(OA-1)
Sarah Donley 35:30(OA-3)
Blake Headen 48:12(A-1)

SANTA SPRINT 1M WALK

Carl Kondrach 8:59(OA-1)
Sarah Donley 10:41(OA-2)
Blake Headen 14:20

NIGHT BEFORE XMAS 5K

Carl Kondrach 23:24
Sarah Donley 26:45
Kelley Murdock 26:49

COLOR ME X-MAS 5K

Doug Midcap 29:58(A-1)
Kris Midcap 37:29(A-2)

COLOR ME X-MAS 5K WALK

Carl Kondrach 29:04(OA-1)
Blake Headen 47:14(OA-3)

RUN SANTA RUN 5K

Kelley Murdock 26:39(A-2)

IRVING FROST 13.1M

Kelley Murdock 2:13:40

RUN SANTA RUN15K

Kelley Murdock 1:17:20(OA-2)

CRANBERRY SANTA 5K

Kelley Murdock 25:18

SOUTH PARK SANTA 5K

Kelley Murdock 25:23
Davis Dziamnski 27:53(A-3)
George Dziamnski 29:50
Amy Ference 31:05(A-2)
Gary Lorenzi 32:54

CHILLY CHEEKS 5K

Carl Kondrach 23:49(A-2)
Kelley Murdock 25:45
Shane Brunazzi 27:49
Blake Headen 59:44(Walk)

X-MAS EVE 5K

Kelley Murdock 24:23

NY RESOLUTION 5K

Mike Romzy 21:40(A-1)
Steve Chabala 25:26
Kelley Murdock 25:49
Rich Sandala 25:54

YEAR ON FIRE 5K

Carl Kondrach 27:07(A-1)

FRIGIS 5-MILER

Carl Kondrach 41:03
Kelley Murdock 47:26

FRIGIS 5-MILER WALK

Blake Headen 1:37:23

2024 GRAND PRIX

For the first time in Grand Prix history, three women topped the final results. In the Grand Prix, Ann McCormick claimed her first title with a narrow victory over Greg Mussitsch. In the LDGP, Kelley Murdock and Carl Kondrach finished in the dead heat for the top spot. In the Walk GP, Sister Kevin Berdis demolished the field for her first ever GP title.

2024 GRAND PRIX- FINAL

1.	Ann McCormick	7	33:16
2.	Greg Mussitsch	7	34:41
3.	Mike Romzy	5	36:02
4.	Amy Ference	6	39:36
5.	Rich Sandala	17	39:57
6.	Jam Milliren	5	40:20
7.	David Dziamniski	7	41:36
8.	George Dziamniski	7	42:08
9.	Carl Kondrach	6	43:01
10.	Sarah Donley	7	44:03
11.	Kelley Murdock	8	44:16
12.	Deb Calmbacher	6	44:35
13.	Steve Chabala	7	47:07
14.	Mary Krett	5	49:33
15.	Gary Lorenzi	6	49:56
16.	Kathy Starkey	7	50:21
17.	Pat Calmbacher	6	50:27

2024 WALK GRAND PRIX- FINAL

1.	S. Kevin Berdis	5	44:53
2.	Carl Kondrach	8	54:15
3.	Sarah Donley	5	1:02:56
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-FINAL

1.	Kelley Murdock	6	47:40
2.	Carl Kondrach	9	47:40
3.	John Titus	5	49:12
4.	Sarah Donley	7	49:25
5.	Steve Chabala	4	50:50

NEWS AND NOTES

- The Boston Marathon rejected over 11,000 runners who achieved the required time standard in 2024. To be accepted a runner had to be 5:29 faster than the standard.
- According to a recent study, a record 23.7% of the US population had a membership at a fitness facility.
- A recent study of weekend warriors shows that exercising just on the weekends still significantly reduced the risk of disease compared to inactive people.
- Another study of young men showed vigorous exercise resulted in a reduced hangover effect.
- Men who improved their cardio respiratory fitness were 35% less likely to develop prostate cancer.
- A study of 4,300 people reported that "persistently active" people are 55% more likely to be normal sleepers.
- Excessive exercise may "muffle" one's immune system.

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

