

WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

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VISIT US ON THE WEB @WWW.WCRRRC.COM

NEWS AND NOTES

As winter holds its unwelcome grip on us all, there are still races starting to come alive. We at the news desk want to wish everyone who's willing to take on the weather conditions, good luck in all upcoming races and remember to stay safe and dress warm.

We wanted to send out a reminder that the dues for the 2025 WCRRC season are now due. Please use the paper on page 10 to update any changes you have to your address. This will be the last newsletter to go out if you are wavering on renewing.

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 *

- 3/8 – Ellport Borough 5K – Ellwood City, PA
- 3/15 – Pittsburgh Parade Day Dash 5K – Boulevard of the Allies – Pgh, PA
- 3/15 – St. Patty's Day Run 5k – Uniontown PA
- 3/16 – South Hills Shamrock Shuffle 5K – Scott TWP Park – Pittsburgh, PA
- 3/23 – Step Into Spring 5K – Moundsville, WV
- 3/29 – *Barnesville Park 5K -Barnesville, OH
- 3/29 – Yough Band on the Run 5K – West Newton, PA
- 3/29 – Souls for Songs – Helicon Brewery – Oakdale, PA

- 3/30 – Withrow 5K – Helicon Brewery Oakdale, PA
- 4/5 – *Bucks for Bucs – Houston, PA
- 4/12 – Helicon Brewery Truck 5K – Oakdale, PA
- 4/13 – Phenomenal 5K – Riverfront Park – Pittsburgh, PA
- 4/19 – Yough River Trail 5K/10K/10M/Half Marathon – Connellsville, PA

WCRRRC AT THE RACES

It's been a bit chilly out this past month, but the races are still going on. Here is just a short synopsis of a few.

Cupids Chase 5K

There was at least two Cupid races held. In the first one, which was in North Strabane, we had Kelley Murdock finish the walk in a time of 38:47.

There was also a race in Downtown Pittsburgh. In that one we had Doug Midcap finish the run in a time of 31:34, and Kris Midcap came through in 35:03.

Spring Thaw 2025

It was a fitting name for this race this year, as the weather was just starting to break after a week of 20 degree weather.

In this race of multiple distances, we first had Rich Sandala finish the 5 Mile in a time of 42:23, with Kelley Murdock coming through in 46:03. In the 10-mile distance we saw Steve Chabala cross the line in 1:32:52.

And for the 15-mile distance, we had John Titus hitting the finish line in a time of 2:36:24.

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.

Thoughtless Stuff!!!!

Mickey Hornack

- * It's winter!! Cold Snow Wind uncomfortable. But I see races go on clap! clap!
- * Twisty ties or plastic u clips?
- * If you do "Map My Run" app the challenge is to do 1025km in 2025. In miles that would be
ahhh - ummm- it's.. get your calculator
- * The Mrs. told me Running / Walking regularly can add 10 years to your life. Unfortunately, you'll spend them running or walking
- * WCRRC Facebook icons Kondrach & Headon!!! They get after it! Thousands of races and it's just February! Forward men!!
- * For any of you who take medication, and if you don't take heed. Directions say, "take with food," well, while chewing food, do you ever bite a pill? It's awful. The taste is overwhelming yuck! So why do the directions say take with food? How bout before food or after food? Maybe it's me?
- * Add the Mrs.-- brilliant-- try this: she suggested tearing individual paper towels off the roll upwards instead of downwards. It works. Go figure.
- * I'm not "genderizing" here it's the way it was written-- a female of 140lbs (no AG given) would have to run 42 min @ a 10 min pace to burn of 1 Big Mac (540 kCal). Now if the Big Mac is accompanied by say some fries, a soft drink maybe a smoothie---yikes we may be talking ½ marathon!! Ladies don't be intimidated into a salad and no dressing!!
- * In closing, I have found the best way to improve your 5k time; run/walk faster!

👉❤️ U to all!

Barnesville Grand Prix Series



Race Committee:

The Kondrach Family
 Sarah D. Donley
 Meg Miller
 Melanie Krupinski
 Chris Thoburn
 Kayla Crum
 Blake Headen

The Barnesville Grand Prix Racing Series is one where participants are rewarded for their just that: their participation. It does not matter your finishing time, overall place, award status, etc. Those who complete (not just register) all 4 are entitled to a special award recognizing their achievement. Here are the other races in the Series:

Rails-to-Tracks 5k Saturday, May 17, 2025
 @ 8:30 (at The Depot)

Pumpkin Festival 5k Saturday, September 27, 2025
 @ 8:30am (at The Watt Center)

Santa's Spirit Sprint Saturday, December 6, 2025
 @ 2:00pm (at The Rock)

Grand Prix Sponsors:



Donley's Delicious Delights

RTR Dale Landefeld



WEB DESIGN

Special Thanks:

Village of Barnesville

Barnesville Park Staff



We have partnered with GXCX Racing
 Youngstown! To save \$5.00 for select races,
 please use the code

CARL25

www.GXCXRacing.com

16th Annual
 Rotary Lake

5k Trail Walk/Run
 And Kids Fun Run



DATE: March 29, 2025

5K RACE TIME: 9:15 AM—Walk
 9:30 AM-- Run

REGISTRATION: 7:30 AM

KID'S FUN RUN WILL TAKE PLACE IMMEDIATELY
 AFTER 5K EVENTS ARE COMPLETED

ON LINE REGISTRATION IS AVAILABLE AT:



www.RunSignUp.com
 keyword: ROTARY LAKE

DIRECTIONS: Interstate 70 East/West, Exit #202 (Barnesville/Dennison). Go 5.5 miles on State Route 800 South. When you reach the Certified Gas Station @ the top of the hill, proceed 0.25 mile. Make an extreme right U-turn. Follow signs to Park Entrance.

COURSES: Courses are contained inside Park property. Both the Run & Walk start near the Youth Center, proceed down the hill to the Rotary Lake on the trail for two loops (1 lower, 1 upper) and back. Course will be marked. The Trail is crushed limestone and natural surfaces. Course could be muddy in the event of rain. There will be a 15 minute delay for Runners.

KID'S FUN RUN is 100 meters long (for little ones) and 1/3 mile long (for older kids) and will start at the finish line of the 5k IMMEDIATELY AFTER the 5k finishes (normally around 10:30am) All kids will receive a "Finishers Award".

AWARDS: Awards based on last year's results and will be given out in the following categories:
Walkers: 1. Top 5 Male, Top 5 Female 2. Top 3 Masters (50+) 3. Males and Females in Age Groups as indicated:

Age Groups: (Male Walk): Top 5 49+ Under, Top 5 50-59, Top 5 60+ (Female Walk): Top 2: <29, 30-39, 40-49 (3) 50-54 (3), 55-59 (3), 60+ Over (3)
 Remember, if you register as a Walker, YOU MUST WALK the entire race. By definition, one foot must remain on the ground at all times. Jogging or Trotting is considered slow running, not fast walking.
Runners: 1. Top 5 Male, Top 5 Female 2. Top 3 Masters (40+) 3. Top 3 Male & Female in Age Groups (unless otherwise indicated):
Age Groups: (Male Run): 14+ Under, 15-19 (2), 20-29, 30-39, 40-49, 50-54 (2), 55-59 (2), 60+ Over; (Female Run): 19+ Under, 20-29 (2), 30-34(2), 35-39, 40-44, 45-49, 50-59, 60+ Over
NO DUPLICATIONS! NO REFUNDS!

PHOTOS: Crums Creative Captures. They will be posted on the Ohio Belmont Run Walk Forum Page
EXTRAS: Come join us for Pizza, pepperoni rolls, Donley's Delicious Delights Homemade Cookies and Hot Cocoa

TIMING: Provided by Miles of Smiles Timing:
www.SmileyMiles.com

The 1st 200 Registered will receive a hoodie or long-sleeved T-shirt. Race day swag will be limited: Sizes are NOT guaranteed: First come, first serve!

Entry Fee: 5K Run/Walk Pre-Registration: \$25.00 (long-sleeved T-shirt orders: hooded sweatshirts, please add \$7.00)
 After March 16 & Race Day: \$30.00 (available shirts are 1st come, 1st serve)

MAKE CHECKS PAYABLE TO:
 Kid's Fun Run: FREE
RAILS-TO-TRAILS 5K

808 North Chestnut Street
 Barnesville, OH 43713

CONTACT INFO:
 Carl A. Kondrath, Director
 (740)310-2117

carlkondrath@yahoo.com
www.Facebook.com/barnesvillegrandprix
www.RailsToTrails5K.com



This race is part of the Washington Co. (Pa.) Road Runners Club Series.
www.WCRR.org

PROCEEDS WILL BE DIVIDED BETWEEN MAINTENANCE OF THE PARK TRAIL AND Santa's Spirit Sprint 1M/5k held in December



We have partnered with GCXC Racing Youngstown! To save \$5.00 for select races, please use the code

CARL25
www.GCXCRC.com

Please PRINT Neatly!

NAME: _____
 ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: _____

EMAIL: _____

AGE ON RACEDAY: _____

GENDER: MALE _____ FEMALE _____

RACE: RUNNER _____ WALKER _____

Shirt size preference: S M L XL 2XL
 (+\$1.00) (+\$2.00)
 PLEASE CHECK ONE: AMOUNT

KIDS FUN RUN FREE

Run/Walk EARLY ENTRY FEE \$25.00
 (if ordering a long-sleeved T-shirt)

Run/Walk Fee AFTER MARCH 16 \$30.00

Upgrade to hooded sweatshirt..... \$7.00
NOTE: XL/2XL T-shirts/Hoodies, please add \$1.00/\$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 at this event while traveling 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 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 under 18) DATE

How to Adjust Your Running Technique to Prevent IT Band Injury

You've ramped up your mileage, and you're feeling great. Your breathing is comfortable, your stride is strong, and your legs feel like they can handle anything.

Then you feel a twinge on the outside of your knee. As you head up the hill toward home, the pain gets sharper. By the time you finish your run, the pain is excruciating.

After you stop running, it seems to fade. Until you walk down the steps of your house, and the pain comes screaming back.

You didn't misstep or twist your knee, and nothing is swollen. You know it's not [runner's knee](#), because the front of your kneecap doesn't hurt. So, what's going on?

You've most likely just joined the IT band club — a group no runner wants to join. Yet [IT band syndrome](#) is one of the most common running injuries. According to the National Academy of Sports Medicine (NASM), it's the leading cause of lateral knee pain in runners.

What Is IT Band Syndrome?

IT band is short for iliotibial band. This thick, elastic piece of tissue runs down the outside of your leg. Your IT band stretches from your pelvic bone to a little below your knee.

When your IT band becomes inflamed, it hurts. This is because the band starts to rub against the bone where it attaches to your knee. It can hurt anywhere along the band or even near the hip. You often feel the pain most when walking down stairs and running up hills. But as the inflammation gets worse, it can start to hurt with every step. The outside of your kneecap may even become tender to the touch.

What Causes IT Band Syndrome?

Your IT band makes itself known because the tendon has gotten too tight. The tighter it is, the more likely it is to rub against the bone.

Running can cause the band to tighten, making IT band syndrome an overuse injury. It's most common in runners who have recently increased their mileage.

Other things that may cause it include:

- Doing a lot of downhill running.
- Having weak hip abductors (the muscles that let you externally rotate your hips).
- Increasing your mileage too fast.
- Running on banked or cambered surfaces (meaning the sides of the road tend to slope downward).
- Running high mileage.
- Having bowed legs.

Runners of all ages can get IT band syndrome, but it's usually more common in women. Experts think this has to do with the anatomy of women's hips.

How Do You Treat IT Band Syndrome?

The best treatment for IT band syndrome is the one most runners want to do least: rest. Taking a break from running gives the inflammation a chance to calm down a bit. But taking a break can be difficult if you're in the middle of training for a race.

The good news is that you may not have to stop running with IT band syndrome. But you'll likely need to cut back your runs, at least by a bit, and work to manage the symptoms.

Taking nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and naproxen can help.

Your doctor may prescribe you a stronger anti-inflammatory.

Depending on the severity of the pain, you may get a pain injection. Injecting cortisone near the pain center can help reduce pain and swelling. You should also ice your IT band frequently — especially after running. Try using an ice cube to massage along the place where it hurts (or freeze water in small paper cups to use for an ice massage).

Physical therapy is a great treatment when the IT band is inflamed. The physical therapist can go over exercises to strengthen and stretch, as well as discuss ways to modify running to avoid pain. Surgery can release the IT band, but you should consider that a last resort. Most people don't need surgery and can resolve IT band issues on their own.

Stretching Your IT Band

Stretching can help you manage IT band symptoms. However, because we're all built differently, there's no one perfect stretch for everyone.

Some stretches that often work for people include:

- Standing IT band stretch (cross one leg in front of the other and reach overhead to the opposite side).
- Figure-four stretch (either lying down or standing up).
- Standing quadriceps stretch (bending your knee behind you and grabbing your foot). You can also do a version of this lying on your side.
- Cross-legged forward fold (moving around until you feel it at the precise right point).
- Pigeon pose.

IT Band Syndrome Prevention

Can you prevent IT band syndrome before it starts? Or prevent it from coming back if you're ramping up your mileage?

There are some strategies you can try.

- **Build mileage slowly.** If you're training for a marathon or other race, build mileage incrementally rather than too much or too fast.
 - **Warm up before you run.** Walk briskly before you run or do other warm-up exercises like jumping jacks.
 - **Stretch regularly.** Stretch your IT band multiple times a day. You can do the stretches above or find ones that work for you.
 - **Foam roll.** Though some experts believe that foam rolling your IT band is beneficial, others doubt its effectiveness. (If your IT band's inflammation is intense, this will likely cause too much pain.)
 - **Strengthen muscles around your knee.** You generally want to avoid exercises like squats and lunges when your IT band hurts, but they're good preventive exercises. Leg presses and leg raises with resistance bands can help strengthen your stabilizer muscles, too.
 - **Strengthen glute and hip muscles.** Exercises like clamshells, side planks, side-lying leg raises, and hip bridges can help strengthen your gluteal muscles.
 - **Wear the right shoes.** Try not to run in shoes that you've worn out too much. Consider going to a specialty running store where they do gait analysis and can help you choose the best shoe for you. (UPMC also offers [running assessments](#).)
 - **Work with a physical therapist.** Consider [seeing a PT](#) to help you create a preventive program with exercises and stretches tailored to you.
- IT band pain may temporarily sideline you. But with some focused attention, you can overcome it and get back to doing what you love.

APPLICATION

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Age (date of race) _____

Gender (M/F) _____ E-mail _____

I hereby: 1.attest that I am physically fit and have sufficiently trained for this event; 2.waive any and all rights and claims for damages I may have against the sponsors, directors, and all groups associated with the event ("Releasees"); and, 3.grant Releasees permission to photograph or record me and use such images for promotional purposes in any medium.

Signature _____
(parent/guardian if under 18)

Circle Shirt Size: Youth S M L XL
Adult S M L XL 2LX
Women S M L XL 2LX

Adult: 5k Runner @ \$25 _____
1 Mile Walk @ \$20 _____

Student: 5k Runner @ \$20 _____
1 Mile Walk @ \$15 _____

Kids Mile @\$15..... _____

Make checks payable to: Bucks for Bucs

Mail to: Mr. Justin Gavazzi
2050 West Pike Street
Houston, PA 15342

ENTRY INFORMATION

A t-shirt and goodie bag are guaranteed with registration on or before March 24, 2025.

(Adults)

5k Runner: \$25 pre-registration

1 Mile Walk: \$20 pre-registration

(Students—18 and younger)

5k Runner: \$20 pre-registration

1 Mile Walk: \$15 pre-registration

Kids Mile (6th grade and younger):

\$15 pre-registration

You may register on-line at active.com or submit this form.

Questions?

Contact bucksforbucs@gmail.com

No rollerblades, bicycles, motorized vehicles or skateboards allowed for event.

Strollers will be allowed

RACE WILL BE HELD RAIN, SNOW, OR

SHINE

NO REFUNDS

You're Invited

Bucks for Bucs
5K Race and
Fun Walk

Saturday,
April 5, 2025

Race starts 9:00 a.m.

Kid's Mile at 8:30 a.m.

Chartiers-Houston H.S.

Bag pick up/Race Day
Registration starts at 7
a.m. at C-H Field
House/Buccaneer
Stadium

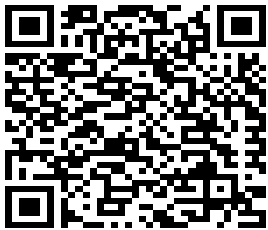
Bucks for Bucs is a non-profit educational foundation serving the Chartiers-Houston School District.



COURSE INFORMATION

The 5K race begins and ends at the Chartiers-Houston High School stadium and runs through a residential neighborhood with rolling hills. Course outline will be posted the day of the race. Course description on active.com.

QR Code for Active.com



AWARDS

5K Awards: Special awards will be given to top three men and women overall. Medals will be awarded to the top 3 male and female finishers in the following age categories:

- ◆ 8 and under
- ◆ 9-11
- ◆ 12-14
- ◆ 15-17
- ◆ 18-20
- ◆ 21-24
- ◆ 25-29
- ◆ 30-39
- ◆ 40-49
- ◆ 50-59
- ◆ 60 and over

The 1 Mile Fun Walk is for FUN! It will not be scored and no awards will be given. Feel free to time yourself! Kids 1 mile race will be for younger runners from 6th grade and below. This fun race will take place on the Chartiers-Houston track at 8:30am

PRIZES

50/50 and Silent Auction!
Silent Auction winners will be drawn during the race and presented immediately following the race.



WCRRC AT THE RACES

JUST A JOG 5K

Carl Kondrach 22:40(A-2)
Kelley Murdock 26:42
Blake Headen 53:33(W)

FREAKIN FREEZING 5K

Kelley Murdock 25:57

GARAGE SALE 5K

Carl Kondrach 23:45

CROSS TRAIL 17K (FLA)

Tom Carter 1:52:01

ME STRONG 5K (FLA)

Tom Carter 28:48

GROUNDHOG DAY 5K (PA)

Carl Kondrach 22:57(A-3)
Sarah Donley 26:26
Blake Headen 53:31(W)

GROUNDHOG DAY 4M

Kelley Murdock 37:26

GROUNDHOG DAY 5K (OH)

Carl Kondrach 23:17(A-2)

CUPID'S CHASE 5K

Doug Midcap 31:34(A-2)
Kris Midcap 35:39(A-2)

YOU COMPLETE ME 5K

Carl Kondrach 22:56(A-1)
Sarah Donley 25:52(A-2)
Blake Headen 52:05(W)

CUPID'S CHASE (CBURG)

Kelley Murdock 38:47(WA-3)

FLY WITH EAGLES 13.1M

Kelley Murdock 2:11:23

4EVER YOURS 4M

Carl Kondrach 30:42(A-2)
Kelley Murdock 38:08
Blake Headen 1:13:50(W)

BIG RUN ONE 5K

Shane Brunazzi 35:22

BIG RUN ONE 1M

Shane Brunazzi 7:46(OA-5)
Blake Headen 16:32(W)

HOT COCOA 5K

Carl Kondrach 23:52(A-1)
Sarah Donley 28:37(A-2)

CHILI 5K

Carl Kondrach 24:23

RUNNING BITS AND PIECES

- Jasmin Paris became the 1st woman to finish the grueling Barkley Marathon, just 99 seconds under the 60 hour countdown.
- In a study of 100,000 adults, people with a higher step count experience fewer signs of depression. Just 7,000 steps per day seemed to make a difference.
- Hoka has released its first dress shoe, the Speed Loafer.
- Your fitness level matters more to your longevity than your weight. Those overweight but still fit had a lower risk of death.
- Jon Sutherland's record running streak has ended at 20,309 days for a lifetime output of 202,420 miles. The 74-year-old developed a medical condition that stopped the streak that started in 1969.
- Ultrarunner Sophie Power has set a new women's long distance record after running 226 miles in 48 hours on a treadmill in Birmingham, Alabama.
- Men who improved their cardio-respiratory fitness were 35% less likely to develop prostate cancer.
- A recent study found that spouses who work out together achieve lower physical activity levels than those who work out separately.

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

