

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

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VOL. 24 / No. 6

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

## NEWS AND NOTES

We are now reaching the halfway point to the 2024 racing season. It has been nice to see so many of the WCRRRC members striking out on the roads and trails. Remember to check the results of the Grand Prix standings to make sure that all your races are being counted. Send a note to Grace Goffi if you have any questions about the times recorded.

Anyone who is due to receive an award from last year's GP finishes needs to see Bob Pikelis and any upcoming races he will be attending. Also, we want to announce the winners of a few special awards from last year. The winner of the Jack Pawlik walking award went to Carl Kondrach. And the Scott Garet Most Improved awards went to Deb Calmbacher and Gary Chabala. Congratulations to all the award winners and let's see who can take the awards in 2024.

## 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 \*.

6/15 – Dean Martin 5K Dash – Steubenville, OH

6/22 – Pittsburgh Cure Sarcoma 5K – North Park Boathouse

6/22 – \*Peters TWP Cross Country Benefit 5K – Peters TWP, PA (Trail)

6/22 – Move for Mobility 5K – Overlook Drive, Scheneley Park, PGH

6/23 – Caleb Smail Memorial 5K – Wheeling, WV

6/29 – \*Running for Ryan – Belle Vernon, PA

6/29 – Kyles Klassic 5K – Hendersonville Park. Canonsburg, PA (Trail)

6/29 – St. Clairsville 5K – St. Clairsville OH

7/4 - \*Whiskey Rebellion – Canonsburg. PA

7/4 – Brentwood Firecracker 5K – Brentwood, PA

7/13 – Mylan Park Festival 5K – Morgantown, WV

## WCRRRC AT THE RACES

May did see a few more races, with more club members coming out to get some times in. Here are just a few bits from May.

### **Rails to Trails 5K**

For this year's Rails to Trails race, we did not have either the humidity or the pelting rain. It was a good weather morning, and a nice crowd came out to support Carl and his team. And it was a good sign that all runners ran the correct course, as compared to some from last year who made a wrong turn. The overall winner was Jacob Weigand, who broke the tape in a time of 18:49. Our first male finisher was Bob Pikelis, who with a bad knee still came through in 25:12. And our first female finisher was Deb Calmbacher in a time of 33:54. And in the walk category, Carl Kondrach won his own race in a time of 32:12. And Sarah Donley was our first female finisher in a time of 37:34.

### **Memorial Day Remembrance 5K**

In this timely race, we had Kelley Murdock as our only finisher, coming through in a time of 25:28.

To report Grand Prix times, call Tom Trettel (724) 229-0201 or e-mail [tom@wcrrrc.com](mailto:tom@wcrrrc.com). Or Grace Goffi (724-554-0081) at [grace@wcrrrc.com](mailto:grace@wcrrrc.com). For newsletter information or to submit an article contact Bob Pikelis e-mail [bpikelis@wcrrrc.com](mailto:bpikelis@wcrrrc.com).

## Today's Inspirational Quote

Run when you can,  
walk if you have to  
crawl if you must,  
just never give up

Dean Karnazes

---

### THINKING THOUGHTS THOUGHTLESSLY THOUGHT

Mickey Hornack

- \* Nice pre-summer so far!
- \* Bobby "Robert Frost" Pikelis has evolved his running abilities into poetry! Check him on FB or Instagram.
- \* Here's 1 of mine> Rose's are Red, Violets ain't blue, My poems stink, say it ain't true! Take that Bobby!
- \* The Mrs. said for me not to renew my prescription glasses. She felt I'd seen enough.
- \* Here's one--- running trends for 2024 list as one of several trends for this year "Athleisure" describing it as sportswear that includes neon colors, abstract patterns, geometric shapes, bold prints, animal prints and biodegradable workout gear!

- \* Add Athleisure...all the above sound like fun except one!!! "Yinz" figure which one?
- \* My man Bálákę has to be the busiest advocate for running/walking ever. If he doesn't have several posts on FB I wonder if he lost his cell!
- \* Walked Mingo! Don't c regulars no mo!
- \*\*Add athleisure--ax my man "Stush" about athleisure!! Hair guile running shirts!!
- \* Who is the best-selling music artist of all time?  
Beatles.  
Elvis.  
Michael Jackson
- \* What happens if somebody slaps you at a high frequency? It hertz!!
- \* Ever wonder what you'd be like if you didn't run or walk regularly? Me neither.
- \* Summer heat be coming soon y'all!!
- \* 🙏❤️ & Understanding

# How to Make Your Running Shoes Last Longer

Running shoes are your most important piece of gear.

Cushioning foam helps soak up the repeated impact your body takes during a workout, and the burly outsole rubber gives you improved traction and adds durability to the shoe. Many popular running shoes are built to get you through long training periods, while others are streamlined to help you race faster.

No matter what running shoes you buy, though, they don't last forever. But making your running shoes last longer is simple with the proper care.

Here are seven ways to help extend the life of your running shoes and keep your legs happy as you train:

## 1. Rest and rotate your running shoes

Just like your body needs rest, shoes need rest days as well. When foam gets compressed and sweaty, it needs time to bounce back and dry out. If you have a second pair of shoes, give the first pair of shoes a break while you use the others. An extra day or two without use helps your shoes to last longer.

Plus, if you use two different models of shoes, the subtle change in stack height or heel-to-toe drop can help strengthen the small muscles in your feet and legs. That's the beauty of a good shoe rotation.

Wearing different types of shoes for different types of runs can help your training, too. Try out a carbon-plated shoe for hard workouts and race days. Opt for a soft, cushioned shoe for easy miles and long runs.

## 2. Dry them out

If you run through a rainstorm, a flooded trail or a stream crossing—or you just sweat a lot—you'll end up with soaked shoes. Like resting your shoes to let the foam decompress, it's important to let your shoes dry out because wet shoes will start to stink and generally feel gross.

One simple way to dry your running shoes is to remove the insole, set them aside where they can easily dry and stuff the shoes with something

absorbent, like newspaper, tissue paper, rags or paper towels. Let them sit for a few hours or overnight, and then remove the paper. You can also let the paper dry out afterward and reuse it several times.

If you don't subscribe to a newspaper, look for free publications outside the grocery store. Just choose newsprint and not a glossy magazine. Keep a pile of paper on hand for rainy days or extra sweaty runs.

If your shoes came in the box with paper stuffed in them, keep it! It's already the perfect size and texture to absorb excess moisture. Your local running store probably has a giant pile they would be thrilled to give you.

## 3. Protect them from the elements

Don't leave your shoes out on the porch to bake in the sun for days. The sun will help your shoes dry, but it will also start to degrade the materials if you leave them for too long.

Also, while it's convenient to have a spare pair of shoes in your trunk, excessive temperatures can harm them there as well. Don't leave your running shoes in your car for long periods of time. For obvious reasons, you also don't want to abandon them to the rain or snow.

## 4. Know when to wash your shoes, and never put them in the dryer

It's important to clean your running shoes if they get caked in dirt. Excess grime can compromise traction, promote bacteria growth, and wear out the material. But if you dry your shoes after a wet run and knock off the dirt by banging the soles together, deep cleaning often isn't necessary.

Many runners prefer to keep their shoes out of the washing machine and clean them by hand—if at all. If you absolutely must wash your shoes and don't want to use the old rag-and-toothbrush method, the washing machine is permissible only if you use the cold cycle. Hot temperatures can damage the glues that are used to hold shoes together and will shorten their lifespan.

If you do wash your shoes, don't put them in the dryer. The heat will damage the shoes. Refer to #2 on how to dry your shoes.

## 5. Keep an eye on the miles

Running shoes should be replaced every 300-500 miles, depending on factors like your weight, stride pattern and how durable the shoes are.

Tracking your miles may seem cumbersome, but it's easier to do than you may think. If you keep a training log by hand, note when you take a new pair for their inaugural journey and tally your mileage by week or month. If you use a GPS watch, pair it with a good digital running log, like Garmin Connect or Strava, that lets you track your shoe's mileage with little effort.

Some of the best running apps can track mileage on multiple pairs of shoes, and they let you specify which pair you wore for each run when it uploads. You get to decide what the mileage cap is and the program will let you know when the shoes have hit their limit. This can also help you monitor which shoes are the most durable and long-lasting.

You may hit 400 miles and find that your favorite pair is still supportive and full of life. Or you may find that some models don't last as long as others. Tracking your miles will help you protect your body and be mindful of how long your running shoes last.

## 6. Only wear them for running

Yes, your running shoes are super cool, but if you run in them, cross-train in them and also wear them around town all day, the extra miles will add up and reduce their longevity.

Remember, shoes need to rest. If you love your running shoes that much, get a couple pairs: one for running and one to wear on vacation or for errands. If you have multiple pairs, you can put a beating on your running pair and keep your going-out shoes fresh.

## 7. Use running shoes for their intended purpose

There are differences between trail running shoes and road running shoes, race shoes and training shoes. So make sure you use them for what they were made for.

Wear trail running shoes on trails, road shoes on the road, and racing shoes for races. All of these shoes are specifically designed for a purpose and surface. Trail shoes have extra-grippy rubber lugs that are built to withstand dirt and rocks but will wear out faster on asphalt and concrete.

Road shoes won't give you the grip or the extra protection of toe caps and rock plates that you want on a burly trail, but they'll cushion your joints and give you good traction on unforgiving pavement.

Racing shoes are designed for fast running for a limited period of time. They won't hold up as well or as long as a trainer. Rotate your shoes and use them for the purpose the designer intended. It really does make a difference.

## 8. Tie and untie the laces

If you like to slip your shoes on without untying them, this one is for you. If you're rushing out for your run, or yanking them off when you get home, keep in mind that tying and untying your shoes can help them last longer. When you force your foot into a tied shoe, you strain the heel cup, which can make it break down faster and diminish the support that it offers your foot. A few extra moments can make a big difference.

If you simply can't make this work, consider replacing your traditional laces with a stretchy bungee pair.

It's the (incorrect) running advice non-runners love to give us: "running will wreck your knees!" While there's a growing body of [research](#) that running strengthens, rather than destroys, your joints, you probably don't realize how tough your knees actually are, [recently reported](#). To have unshakeable knee joints, you need to use them—here's how and why.

Note: if you're feeling intense pain rather than some [mild discomfort](#) and inflammation, now is not the time to push through or try new things—instead, consult a sports medicine professional.

## **"Don't let your knees go past your toes"**

The "knees over toes" rule is often touted when it comes [to](#) [balance](#) and strength training, cautioning adults to show restraint when performing activities like squats. **Dr. Howard Luks**, a New York-based orthopedic surgeon, suggests otherwise. "You can squat your knees over your toes all you want," he says. Instead of focusing solely on knee position, he recommends paying attention to the basics: a neutral back position and an engaged core. This not only improves your squat, but also aids in everyday movements like lifting objects or standing up.

## **"If you feel knee pain, stop immediately"**

Many of us panic if we feel a twinge in our knees after some tough training, and take some time off to let what must surely be [a minor injury](#) heal. Not so fast—Dr. Luks says you

don't need to throw in the towel when you experience [this](#), explaining that pain is not always a mechanism telling us to stop immediately.

Instead of taking time off, Dr. Luks suggests simply scaling back, explaining that a twinge in your knee or a bit of swelling is probably an indication of mild arthritis, rather than a mechanical issue. "Our knees are not fragile," he says, adding that most minor aches and pains will benefit from movement. Head out for a 5K run instead of an 8K, and adjust [your pace](#) depending on how you feel—or start adding more walks to your routine, something that a [2023 study](#) showed corresponded with reduced pain in people with knee osteoarthritis.

## **How to get started**

### **Keep it regular**

Luks suggests prioritizing consistency over intensity. If going hard results in several forced rest days, opt for more gentle movement until you get stronger—getting some exercise of any intensity is better than none.

### **The knee bone is connected to the hip bone**

The children's song is correct—all the joints in your body work together. You may feel some soreness in your knees as a result of tightness in your ankles and hips. Focus on strengthening your entire legs, including glutes, [hamstrings](#) and hips, to have healthy limbs, capable of logging all the miles.

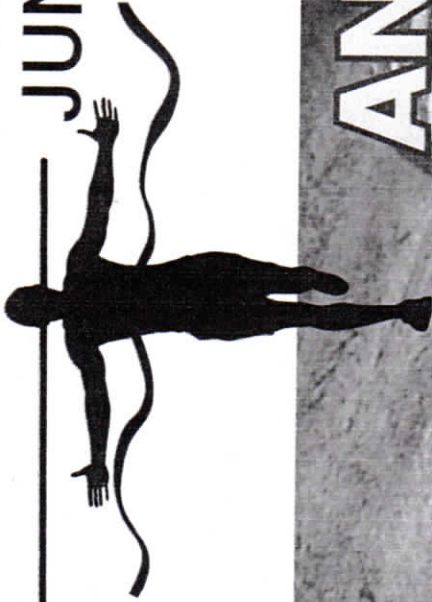
Bethlehem Community Park

**JUNE 23, 2024**

Early bird, \$20 (Until April 24)

\$25 (April 25-June 9)

\$30 (June 10-21)



**5K**

**DAY OF RACE, \$35**

# AND CORNHOLE TOURNAMENT \$25



**PRESENTED BY:**

**CALEB SMAIL HUMAN KINDNESS PROJECT**

**CORNHOLE REGISTRATION & FOR MORE INFORMATION :**

CalebSmailHumanKindnessProject@gmail.com



5K registration at 7:30am, Cornhole registration at 11:00am

Sign Up for the 5K @

<https://runsignup.com/Race/WV/Wheeling/CalebSmailMemorial5k>

Proceeds to benefit Youth Services System, Inc.



# RUNNING WITH RYAN -REGISTRATION FORM



11TH ANNUAL RUNNING WITH RYAN 5K RUN/WALK

*Saturday, June 29*

THE RUNNING WITH RYAN 5K IS A RUN/WALK RACE TO CELEBRATE RYAN'S LOVE FOR RUNNING AND PROVIDE SCHOLARSHIPS TO BELLE VERNON AREA & RINGGOLD TRACK AND FIELD ATHLETES.

RACE START TIME IS 8 AM AT THE DIVIRGILIO PAVILLION (203 MUNICIPAL DRIVE, BELLE VERNON, 15012). THE RACE FEE IS \$25.

TO GUARANTEE A SHIRT, ENTRY FEE OF \$25 MUST BE RECEIVED BY JUNE 7, 2024. ENTRY FEE IS \$30 AFTER JUNE 7 AND DOES NOT GUARANTEE A SHIRT.

EMAIL 5KRUNNINGWITHRYAN@GMAIL.COM OR CALL/TEXT 724.322.5466 WITH ANY QUESTIONS.



## REGISTRATION INFORMATION

Full Name:

E-Mail:

Race Day age:  
(06-29-2024)

Gender:

Male

Female

Phone Number:

Event:

Select (1) one.

5K Run

1 Mile Walk (no awards)

5K Walk

Kids Fun Run (age 7 and under)

Shirt Size:

Select (1) one.

Small

Medium

Large

X-Large

2XL

3XL

Youth Small

Youth Medium

Youth Large

Waiver: I know that running in a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver, know these facts and in consideration of you accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the organizers of this race, city, the parks and recreation board and all sponsors, their representatives and successors, for all claims of liabilities of any kind arising out of my participation of this event.

Signature (Parent's Signature if under 18)

Date

Checks made payable to Running with Ryan.

## WCRRC AT THE RACES

### RAILS TO TRAILS 5K

|                 |            |
|-----------------|------------|
| Bob Pikelis     | 25:12(A-1) |
| Rich Sandala    | 25:21(A-1) |
| Dave Dziamniski | 27:17(A-3) |
| Doug Midcap     | 28:45      |
| Pat Calmbacher  | 31:11      |
| Deb Calmbacher  | 33:54(A-1) |

### RAILS TO TRAILS 5K WALK

|               |                      |
|---------------|----------------------|
| Carl Kondrach | 32:12(OA-1)          |
| Sarah Donley  | 37:34(OA-1/Dog Walk) |
| Blake Headen  | 45:03(A-3)           |

### SEAT BAR TRAIL 5K WALK

|              |         |
|--------------|---------|
| Blake Headen | 1:27:36 |
|--------------|---------|

### PIKE HIKE 5K

|                |             |
|----------------|-------------|
| Kelley Murdock | 26:32(OA-1) |
|----------------|-------------|

### CLAIRTON 5K

|                 |            |
|-----------------|------------|
| Shane Brunazzi  | 27:26(A-2) |
| Gary Lorenzi    | 36:36(A-1) |
| Ashlyn Brinazzi | 37:46(A-2) |

### OHIO RIVER 5K

|                |            |
|----------------|------------|
| Pat Calmbacher | 31:53(A-2) |
| Deb Calmbacher | 35:05(A-1) |

### MEMORIAL DAY 5K

|                |             |
|----------------|-------------|
| Kelley Murdock | 25:28(OA-3) |
|----------------|-------------|

### OTTAWA 26.2M

|            |         |
|------------|---------|
| John Titus | 4:34:08 |
|------------|---------|

### BACK THE BLUE 5K

|                |            |
|----------------|------------|
| Shane Brunazzi | 27:04      |
| Deb Calmbacher | 35:41(A-2) |

### WING OF WELLNESS 5K

|                |            |
|----------------|------------|
| Pat Calmbacher | 31:39(A-1) |
| Deb Calmbacher | 35:11(A-3) |

### JAVA JOG 2M WALK

|                |             |
|----------------|-------------|
| Sydni Kondrach | 26:53(OA-1) |
| Carl Kondrach  | 26:56(OA-1) |

### MELANOMA 5K

|                |       |
|----------------|-------|
| Shane Brunazzi | 33:32 |
|----------------|-------|

### RUN LIKE A MOTHER 5K

|                |       |
|----------------|-------|
| Shane Brunazzi | 27:31 |
|----------------|-------|

### THRIFTY 5K

|                |            |
|----------------|------------|
| Rich Sandala   | 25:22(A-1) |
| Kelley Murdock | 25:55      |
| Shane Brunazzi | 25:58      |

### ELDERTON 5K

|                |            |
|----------------|------------|
| Shane Brunazzi | 27:15(A-3) |
|----------------|------------|

### RUN FOR ALEX 2M

|                 |            |
|-----------------|------------|
| Rich Sandala    | 15:53(A-1) |
| Kelley Murdock  | 16:11(A-1) |
| Bob Pikelis     | 17:02(A-1) |
| Ricky Andrews   | 17:50      |
| Dave Dziamniski | 17:58(A-1) |
| Ann McCormick   | 18:03(M-1) |
| Amy Ference     | 19:17      |
| Loris Connolly  | 22:20      |
| Nathan Milliren | 22:35      |
| Gary Lorenzi    | 24:21      |

### RUN FOR LAX 2M WALK

|                |       |
|----------------|-------|
| Bill McCormick | 24:50 |
| Blake Headen   | 46:23 |

### RUN FOR ALEX 5M

|                    |             |
|--------------------|-------------|
| Greg Mussitsch     | 38:09(A-1)  |
| Jaminique Milliren | 38:57(OA-2) |
| Cathy Loos         | 44:34(M-1)  |
| George Dziamnski   | 47:40(A-3)  |
| Sarah Donley       | 47:41(A-1)  |
| Shane Brunazzi     | 56:24       |
| Kathy Starkey      | 1:13:03     |
| Mary Krett         | 1:13:06     |

### GREENFIELD GLIDE 5K

|              |            |
|--------------|------------|
| Rich Sandala | 24:00(A-2) |
| Gary Chabala | 30:33(A-3) |

### GLOW RUN 1M WALK

|              |       |
|--------------|-------|
| Blake Headen | 17:53 |
|--------------|-------|

### BEAVER FIRE 5K

|                |            |
|----------------|------------|
| Carl Kondrach  | 29:04      |
| Pat Calmbacher | 33:18      |
| Deb Calmbacher | 34:39(A-2) |

### BEAVER FIRE 10K

|               |       |
|---------------|-------|
| Carl Kondrach | 53:14 |
|---------------|-------|

### OGDEN 13.1M

|             |         |
|-------------|---------|
| Doug Midcap | 2:42:00 |
| Kris Midcap | 3:05:59 |



## 2024 GRAND PRIX

The 2024 Grand Prix racing series has begun. 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(6-3)

|                       |   |       |
|-----------------------|---|-------|
| 1. Ann McCormick      | 2 | 34:38 |
| 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. Rich Sandala       | 4 | 40:16 |
| 7. Amy Ference        | 1 | 40:18 |
| 8. Jam Milliren       | 2 | 41:00 |
| 9. David Dziamniski   | 1 | 42:02 |
| 10. George Dziamniski | 2 | 43:53 |
| 11. Kelley Murdock    | 3 | 44:30 |
| 12. Gary Chabala      | 1 | 45:02 |
| 13. Deb Calmbacher    | 2 | 47:01 |
| 14. Steve Chabala     | 1 | 49:52 |
| 15. Nathan Milliren   | 1 | 50:15 |
| 16. Sarah Donley      | 1 | 50:44 |
| 17. Doug Midcap       | 2 | 51:10 |
| 18. Mary Krett        | 1 | 52:24 |
| 19. Pat Calmbacher    | 2 | 52:38 |
| 20. Shane Brunazzi    | 1 | 54:04 |
| 21. Kathy Starkey     | 1 | 55:01 |

### 2024 WALK GRAND PRIX (6-3)

|                   |   |         |
|-------------------|---|---------|
| 1. Carl Kondrach  | 1 | 57:40   |
| 2. Sarah Donley   | 1 | 1:05:20 |
| 3. Bill McCormick | 1 | 1:08:46 |
| 4. Blake Headen   | 1 | 1:17:23 |

## 2024 LONG DISTANCE GP(6-3)

|                  |   |         |
|------------------|---|---------|
| 1. Carl Kondrach | 1 | 35:26   |
| 2. Mike Romzy    | 1 | 36:05   |
| 3. John Titus    | 5 | 49:12   |
| 4. Steve Chabala | 1 | 54:03   |
| 5. Gary Lorenzi  | 1 | 1:06:27 |

## WCRRC AT THE RACES

### OGDEN 13.1M WALK

|               |               |
|---------------|---------------|
| Carl Kondrach | 2:19:18(OA-2) |
| Sarah Donley  | 2:47:21       |

### OGDEN 5K WALK

|              |       |
|--------------|-------|
| Blake Headen | 45:05 |
|--------------|-------|

### WINE NOT RUN 2M

|                |       |
|----------------|-------|
| Kelley Murdock | 16:50 |
|----------------|-------|

### SOUTH RIDGE TRAIL 3.5M

|                |            |
|----------------|------------|
| Kelley Murdock | 37:20(A-1) |
|----------------|------------|

## NEWS AND NOTES

- An analysis of ultras shows the number of ultras has increased 772% in 24 years.
- Physical activity lengthens the time of non-rem sleep at night; supports link between exercise and better sleep.
- The Boston Marathon turned away 11,000 runners who had run a qualifying time; to get in, you had to run more than 5 minutes faster than the qualifying time.
- The marathon also announced that this year's time standards would be used for the next two years.
- Russ Cooke covered 9,940 miles in 352 days in running the length of Africa.
- A record 840,000 runners applied to this year's London Marathon.

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

