

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

JULY, 2024

VOL. 24 / No. 7

VISIT US ON THE WEB @WWW.WCRRRC.COM

## NEWS AND NOTES

It's hard to believe, but we are now at the halfway point of the racing season. We've already had some very competitive and exciting races in 2024, and it's not a stretch to think that this will continue throughout the year. Stay tuned to your newsletter for more upcoming events.

Grace Goffi sent us a notice that if you ran a July 4<sup>th</sup> race anywhere, and you want it to count in the GP, please send her and Tom the result of that race.

## 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 \*.

- 7/13 – Mylan Park Festival 5K – Morgantown, WV
- 7/20 – North Fayette 5K – Oakdale, PA
- 7/21 – Sewickley Sundae 5K – Sewickley, PA
- 7/27 – Killian 5K – McCandless, PA
- 7/27 – Rubes Run 5K – Prospect, PA
- 8/3 – St. Barnabus 5K – Gibsonia, PA
- 8/3 – \*Mission Possible – Peters TWP, PA
- 8/3 – Joe Palmer 5K – Wheeling, WV
- 8/4 – TJ Cheer Spirit Sprint 5K – South Park, PA
- 8/10 – \*Brookline Breeze 5K – Brookline, PA
- 8/11 – Solar 5K/15K – Boston, PA
- 8/16 – Findley 5K – Clinton, PA
- 8/17 – Historic Hill 5K – Pittsburgh, PA
- 8/17 – Beat the Heat 5K – Murrysville, PA

## WCRRRC AT THE RACES

There were a few big club races in June that were very well attended. Plus, there were many other races that we had some good representation at. We'll try and recap a few of them here.

### **Run for Alex**

It was another successful day at the 19<sup>th</sup> annual Run for Alex 5 Mile, Two Mile and One Mile fun walk. The weather was warm and sunny and just a slight amount of humidity. Congratulations to the Loos family again for a fun event that raises a lot of money and pays tribute to Alex.

In the 5 Mile event, we had Lorenzo Zeni winning the race in a time of 31:08. Our first male finisher was Greg Mussitsch in a time of 38:09 and Jaminique Milliren was our first female finisher in a time of 38:57. She was also the 2<sup>nd</sup> overall female finisher. For the two-mile event, the winner was Brady Hagerman in a time of 12:12. Our first male finisher was Rich Sandala in a time of 15:53 and Kelley Murdock was our first female finisher in 16:11.

### **Running with Ryan**

On a hot and humid day, Brandon Melillo was the overall winner in a time of 16:57. Rick Sandala was our first male finisher in 25:30, and Amy Ference was our first female runner in a time of 30:07. In the walk category we had Carl Kondrach winning the walk in a time of 32:36.

To report Grand Prix times, call Tom Trettel (724) 229-0201 or e-mail (724-554-0081) at Pikelis e-mail

. Or Grace Goffi . For newsletter information or to submit an article contact Bob

## Thinking thoughtless thoughts thoughtlessly ^^

*Mickey Hornack*

\* Politics, hmmm, not really my thing. Guy asked me what I thought of how Democrats and Republicans are handling things? I replied who? What about Whigs and Tories?

\* Is it better to run for 30 minutes or walk for 60 minutes?

\* I had no idea there are "banned" running shoes in timed running events. Now I get it BàLaké - I know why and how you are doing all those races!

\* Add running shoes check out Hoka TenNine...\$250. Barnum & Bailey - yup I may have seen them.

\* Sign seen at a local farm market " Our corn has worms due to spring weather so take 8 ears for ½ dozen purchase to make up for worms" What no recipe for worms & corn?

\* The Mrs. said her friend tried to surprise her husband on their anniversary with a car! But she missed. Huh?

\* Walk for 60.

\* Carry on WCRRers!

## Daily Inspiration

Speaking of high-level athletes, we recently came upon a clip that offered an explanation of what sets the best apart from the rest, and it's really transformed our thinking. In it, speaker Dr. Jarrod Spencer recalls a study performed on players at a tennis academy, and what they found was that those who were prone to thinking positively after every point, win or lose, experienced valuable physical changes in their body. They had things like a lower heart rate and breathing rate between points, allowing them to save a lot of energy across the duration of the competition, and thus, edging out victories over the other highly skilled opponents. It just goes to show how powerful your mindset can be, and we'll be remembering this clip the next time we're faced with a setback.

# The Barkcamp Race

Always the first Saturday in October

	—Custom one-of-a-kind Finishing Medal	
	—Long-sleeve shirt	
On the	—Fully Stocked Aid Stations	On the
Road:	—Post-Race Meal	Trail:
5k	—Hand-Crafted Plaques to Top 3 Males	Half
10k	& Top 3 Females at each distance	Full
Half	—Homemade Cookies!	40M
	—Finishing Hug from the Race Director!	

[www.TheBarkcampRace.net](http://www.TheBarkcampRace.net)



# WHAT IS THE WASHINGTON CHRISTIAN OUTREACH

- It is a non-profit, non-denominational Christian organization that aims to spread the gospel by helping fulfill both the material and spiritual needs of the poor and needy in our area.
- Was started 46 years ago by Jeannie Allender.
- Is located at 119 Highland Avenue (across from Family Dollar) in Washington, PA.
- Is open Monday through Friday from 9:00am to 1:00pm
- Everything donated to WCO is returned FREE to the community.
- Has a kitchen serving hot meals on a daily basis.
- Operates with an all volunteer staff.
- There are NO paid employees.
- Functions on monetary and material donations from individuals, churches, foundations, and Fraternal Associations.
- Do you have a question? Would you like to volunteer? Would you like to financially support our efforts? If so, please contact us at 724-222-0750 or email us at: [washingtonchristianoutreach78@gmail.com](mailto:washingtonchristianoutreach78@gmail.com)
- Thank you to all of our runners and walkers, our race sponsors and advertisers, all of our course workers, the City of Washington and everyone who made this year's event possible.



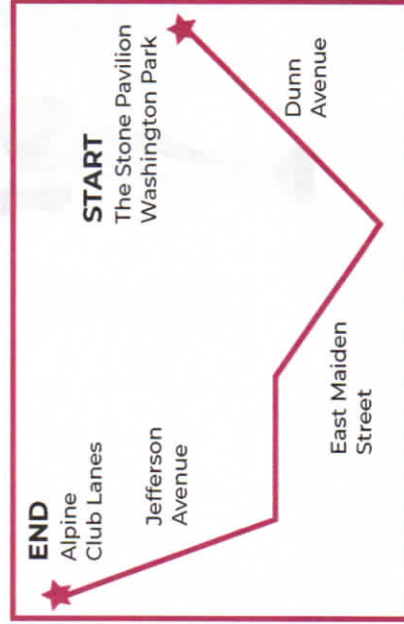
**SPONSOR THE RACE TODAY!**



## COURSE

Begins at The Stone Pavilion in Washington Park & ends at Alpine Club Lanes on Jefferson Avenue.

**This is NOT an OUT and BACK COURSE.**



# LABOR DAY 5K CLASSIC

SEPTEMBER 2, 2024





# 42<sup>nd</sup> ANNUAL LABOR DAY 5K CLASSIC

The Fastest 5K Race in Western Pa —  
Hundreds of personal records have  
been set on this course!

PART OF WCRRC GRAND PRIX

## AGE GROUPS

Runners: Age 11& under, 12-15, 16-24, 25-29,  
30-34, 35-39, 40-44, 45-49, 50-54, 55-59,  
60-69, 70+

Walkers: 12 & under, 13-19, 20-29, 30-39,  
40-49, 50-59, & 60+

\*\* The race will be electronically chip timed.

## AWARDS

Runners: Top 3 male and female, Top 3 in age  
group. Walkers: Top male and female overall  
& Top 2 in age group. No duplication of awards.

## MISCELLANEOUS

Race day registration begins at 7:00 am at  
Alpine Club Lanes finish line. Race starts  
at 9:00 am for both walkers and runners.  
Refreshments and random prize posted  
at awards ceremony. Proceeds benefit  
Washington Christian Outreach. Timing  
service by Miles of Smiles.

Results posted at [www.smileymiles.com](http://www.smileymiles.com)

## FEE

Postmarked by 6/3/24 to 6/30/24, \$25.00.  
From 7/1/24 to 8/25/24 \$27.00. From 8/26/24  
to race day \$30.00. Make checks payable & send  
to Washington Christian Outreach, P.O. Box 1659,  
Washington, PA 15301. Tee shirts guaranteed to  
all pre-registered by 8/19/24.

Register online today at [www.runsignup.com](http://www.runsignup.com).

## DIRECTIONS

### FROM PITTSBURGH

I-79 S to I-70 W to Exit #17. At end of exit make  
right on Wylie Avenue. Go to 2<sup>nd</sup> stop light  
& make a left on Jefferson Avenue. Follow  
Jefferson Avenue to Alpine Club Lanes,  
735 Jefferson Avenue.

### FROM WHEELING

I-70 to Exit #17. Turn left on Jefferson Avenue.  
Follow Jefferson Avenue to Alpine Club Lanes,  
735 Jefferson Avenue.

### BUS TRANSPORTATION

Provided from Alpine Club Lanes to race  
start from 7:15 am until 8:15 am. (No parking  
is available at the starting line at the  
Stone Pavilion.)



# ENTRY FORM LABOR DAY 5K CLASSIC

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please indicate:

Shirt Size    S    M    L    XL

Walker    \_\_\_\_\_    Runner    \_\_\_\_\_

Sex:    M    F

Age (on race day)    \_\_\_\_\_

In consideration of the acceptances of  
this entry, I waive for my self, my heirs  
and assigns, and any and all claims for  
damages which may arise against all  
organizations and individuals connected  
with this race as a result of any injuries which  
may be incurred during or from this race.

Signature: (Parent/Guardian if under 18)

Please send race entries to:

**LABOR DAY 5K CLASSIC**

Washington Christian Outreach  
PO Box 1659 - Washington PA, 15301 or  
sign up online and save at  
[www.runsignup.com](http://www.runsignup.com)

## INFORMATION

Call 724-222-0750 or  
email: [labordayrace@yahoo.com](mailto:labordayrace@yahoo.com)  
[www.runsignup.com](http://www.runsignup.com)

## Want to help in another way?

### Be a (street) Block Sponsor!

For a \$400 donation, your name or business will be prominently displayed on a block along the race course.

Returning Loyalty sponsors: \$325



All donations will be featured on our Facebook page.

Name \_\_\_\_\_

Address \_\_\_\_\_

Contact Number \_\_\_\_\_

- \$400 Street Block Sponsor (please email sign details to [griley295@gmail.com](mailto:griley295@gmail.com))
- \$325 Returning Loyalty Sponsor
- Other Donation

Mail to:

Little Great Race, Inc  
PO Box 764  
Charleroi, PA 15022

Make checks payable to: **Little Great Race, Inc.**



cfsbank

# 37<sup>th</sup> Annual 5k Run/Walk

## Saturday, September 7, 2024

### 8:15 am

### Online Registration

<https://runsignup.com/Race/PA/Charleroi/CharleroiLittleGreatRace>

All festivities, including the start and finish, will take place at the Charleroi Chamber Plaza near Trustees Park

Little Great Race Inc,  
PO Box 764  
Charleroi, PA 15022



Keeping with our past practice and tradition, proceeds from the race will be donated to the following:

- **Charleroi Area School District Harvest Bounty Food Program**
- **Rostraver West Newton Emergency Services**
- **Charleroi Volunteer Fire Department**
- **Charleroi Regional Police Department**
- **Washington City Mission**

**Strollers/Rollerblades/Dogs Prohibited**

**No registration changes will be made on the day of the race.**

Online Registration at:

<https://runsignup.com/Race/PA/Charleroi/CharleroiLittleGreatRace>



37<sup>th</sup> Annual

Charleroi Little Great Race

5k (3.1 miles) Run/Walk

**When:** Saturday, September 7, 2024

**Where:** Charleroi Trustees Park

**Time:** Race starts at 8:15am

(Walkers will start 2 minutes after runners)

**Entry Fee**

\$20.00 Registration (deadline 8/30/24)

*The first 400 applicants are guaranteed*

*a shirt and race bag.*

**\$30.00 Same Day Registration**

*Race bag/shirt not guaranteed.*

**Packet Pick Up Info**

Charleroi Community Park Pavilion

Friday, September 6th from 5:00-6:00 pm

**Awards**

The top two overall male/female runners and walkers.

**Age Group Awards**

The top three male/female runners and walkers will receive awards in each age category. (No duplication of awards.)

## ENTRY FORM

*one entry per form*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_

Email \_\_\_\_\_

Gender: M or F

**Race Entered** (circle choice): **RUN** or **WALK**

**Circle Shirt Size:** S M L XL 2XL 3XL

**Emergency Contact**

Name \_\_\_\_\_

Phone: \_\_\_\_\_

Mail to:

Little Great Race, Inc

PO Box 764

Charleroi, PA 15022

Make checks payable to: **Little Great Race, Inc.**

**Waiver & Release**

**\*Must be signed to participate\***

In consideration of the acceptance of my entry into this race, I acknowledge that participation in a 5K road race that proceeds along Charleroi streets, across railroad tracks, a parking lot and the grounds of the Charleroi Trustees Park presents risks of harm to me. I represent that I am physically fit, sufficiently trained to participate in this event and am not medically restricted from participation in the Little Great Race. I acknowledge that Covid-19, and its variants, poses a risk to me at a public gathering. I understand that there are inherent risks associated with the participation in this race and those risks may result in physical restriction, disability, and serious and possibly fatal health conditions. I assume the risk of any and all injuries and harm that I may sustain while participating in or attending the Little Great Race. I, for myself, my heirs, successors, and assigns do fully and generally release the Little Great Race, Inc., its officers, directors, committee members and volunteers from any and all liability and claims for any and all injuries and damages, whether physical, mental or disease related, and all economic and non-economic damages that I may sustain as a result of my participation in the Little Great Race. I acknowledge this is a public event that will be photographed, video and audio recorded, and that the times of race participants may be published. I grant full permission to use my name, image and likeness and waive my expectation of privacy.

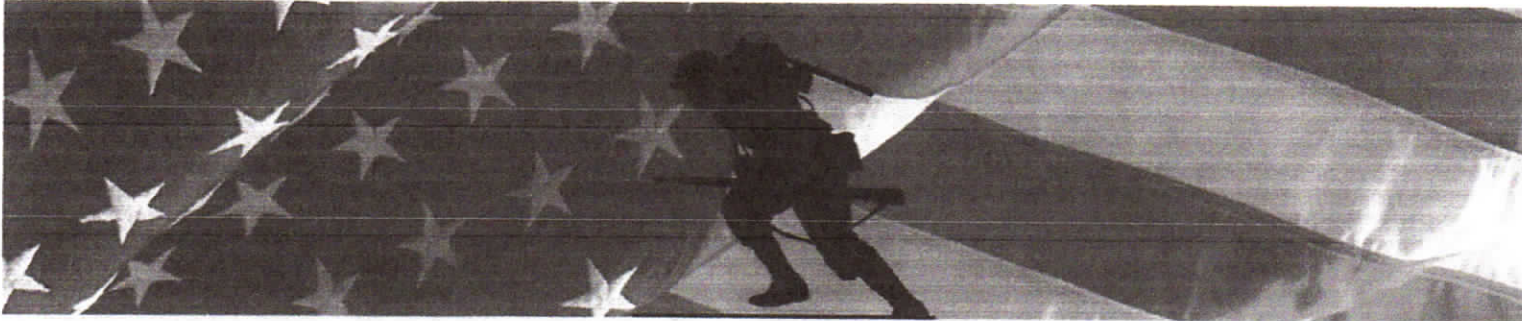
Signature \_\_\_\_\_

(Signature of parent or guardian, if under 18)

**Presenting Sponsor:**



**Host Sponsor:**



**MISSION POSSIBLE IX  
5K RACE / 1 MILE FUN WALK**

**Saturday, August 3 2024  
Peterswood Park—8:00 AM Start**

**Pre-Registration:**      [missionpossiblerun.org](https://missionpossiblerun.org)

**Day-Of Registration:**    Peterswood Park

**\$25 registration cost includes your event T-Shirt**

For Sponsorship information contact: Eric Smith  
(724) 222-8530 ext. 284 or [esmith@citymission.org](mailto:esmith@citymission.org)

**All proceeds benefit the City Mission's  
Crabtree Kovacicek Veterans House**





## 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(7-5)

1. Ann McCormick	3	34:05
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	6	40:17
8. Jam Milliren	3	41:05
9. David Dziamniski	2	42:35
10. George Dziamniski	3	43:42
11. Kelley Murdock	3	44:30
12. Walter Bennett	1	44:37
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 (7-5)

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	1	1:08:46
6. Blake Headen	2	1:21:42

### 2024 LONG DISTANCE GP(6-3)

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. Gary Lorenzi	1	1:06:27

### WCRRC AT THE RACES

#### FREEDOM 5K

Pat Calmbacher	32:15(A-3)
Deb Calmbacher	35:34(A-1)

#### FREEDOM 5K (GREENSBURG)

Walter Bennett	26:26(A-3)
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#### FREEDOM 5K WALK (GBURG)

Carl Kondrach	30:41(OA-1)
Sarah Donley	36:48(OA-2)
Blake Headen	46:55(A-2)

#### BIASI-SHUMA 5K

Doug Midcap	29:52
Pat Calmbacher	31:23
Deb Calmbacher	35:44(A-2)
Kris Midcap	36:54

#### BIASA-SHUMA 5K WALK

Blake Headen	45:13
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#### FIRECRACKER 5K(BWOOD)

Greg Mussitsch	21:20
Mike Romzy	22:36(A-3)
George Dziamniski	28:07
David Dziamniski	29:07

#### REECE ROUND-UP 5K

Mike Romzy	21:37(OA-3)
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**WCRRC AT THE RACES****HATFIELD-MCCOY 26.2M**

Carl Kondrach 5:22:39(Walk)

**MONROE COMMUNITY 5K**Rich Sandala 23:55(A-2)  
Walter Bennett 24:50(A-3)  
Shane Brunazzi 26:20(A-3)  
Ashlyn Brunazzi 49:01**KYLE'S KLASSIC 5K**

Mike Romzy 23:03(OA-2)

**CALEB SMALL 5K WALK**Carl Kondrach 26:29(OA-1)  
Blake Headen 52:53(A-2)**SUMMER SOLTICE 5K**

Tom Carter 31:33

**DINO DASH 5K**Kelley Murdock 29:44(A-2)  
Shane Brunazzi 30:41(A-3)**DINO DASH 5K WALK**

Blake Headen 54:21(A-1)

**RUNNING WITH RYAN 5K**Rich Sandala 25:30(A-1)  
Walter Bennett 26:12(A-2)  
George Dziemski 27:21(A-2)  
David Dziemski 28:00(A-3)  
Amy Ference 30:07(A-1)  
Gary Lorenzi 32:26  
Loris Connolly 34:02  
Mary Krett 42:09(A-1)  
Kathy Starkey 42:59**RUNNING WITH RYAN 5K WALK**

Carl Kondrach 32:36(OA-1)

**MELANOMA 5K**Mike Romzy 22:25(A-1)  
Rich Sandala 23:12(A-2)  
Walter Bennett 23:24(A-3)  
Pat Calbacher 31:10  
Deb Calmbacher 37:07**CURE SARCOMA 5K**

Dave Dziemski 29:36

**BIG RUN 5K**

Shane Brunazzi 26:23

**SUNSET DIP 5K**

Kelley Murdock 26:40

**SUNSET DIP 5K WALK**Carl Kondrach 35:25(OA-1)  
Blake Headen 47:23(OA-2)**PTRS TOWNSHIP XC 5K**

Greg Mussitsch 21:33(A-1)

**STRAWBERRY DAYS 5K**Carl Kondrach 24:50  
Sarah Donley 26:05(A-2)**DUCK DAYS 5K**Kelley Murdock 24:38(OA-3)  
Kris Midcap 35:30**DUCK DAYS 5K WALK**Carl Kondrach 28:52(OA-2)  
Sarah Donley 37:33(OA-1)  
Blake Headen 44:41(A-2)**HUMANE SOCIETY 5K WALK**

Blake Headen 57:45

**WHISKEY REBELLION 5K**Jaminique Milliren 23:25(A-3)  
Rich Sandala 25:55(A-1)  
Steve Chabala 25:14  
Nathan Milliren 25:59  
Ann McCormick 27:42(A-1)  
Roxanne Way 28:30  
Gary Chabala 30:04(A-2)  
Tom Carter 30:05  
Laurel Rush 41:10  
Kathy Starkey 42:01(A-2)**WHISKEY REBELLION 5K WALK**Kelley Murdock 35:41(OA-1)  
Sister Kevin Berdis 45:22(A-1)**LAND OF THE FREE 5K WALK**

Blake Headen 50:05(A-2)

**MONACA 5K**Pat Calmbacher 31:58(A-2)  
Deb Calmbacher 36:07(A-1)

## WCRRRC 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
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### PIKE HIKE 5K

Kelley Murdock	26:32(OA-1)
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### 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)
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### OTTAWA 26.2M

John Titus	4:34:08
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### 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
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### RUN LIKE A MOTHER 5K

Shane Brunazzi	27:31
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### THRIFTY 5K

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

### ELDERTON 5K

Shane Brunazzi	27:15(A-3)
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### 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
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### BEAVER FIRE 5K

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

### BEAVER FIRE 10K

Carl Kondrach	53:14
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### OGDEN 13.1M

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



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

