

# WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

APRIL, 2025

VOL. 25/ No. 4

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

## NEWS AND NOTES

This is just a reminder to everyone that the club dues are now due. This newsletter will be an online one only, but the next one will be a mailer. So please get your dues into the WCRRRC address ASAP.

The awards are here!! The 2024 WCRRRC Grand Prix awards are in the hands of Bob right now. There will be a few races he will be attending this year, so if you see him and you are due to receive an award, please stop and see him.

## UPCOMING RACES

As the weather starts to warm, so are the number of races to be run. Here is a sample of races we have found that might interest one and all. And remember that any club GP races will be marked with an \*

4/12 – Martha's Run 10K – Mt. Lebanon, PA  
4/19 – Yough River Trail 5K/10K/10M/Half Marathon – Connellsville, PA  
4/26 – Autism Awareness 5K – Wheeling, WV  
4/26 – Carnegie VFW 5K – Carnegie, PA  
4/27 – \*Stop, Drop and Run 5K – North Strabane Park  
5/3 – Pittsburgh Marathon 5K – Pittsburgh PA  
5/4 – Pittsburgh Marathon/Half Marathon/ Relay – Pittsburgh, PA  
5/17 – \*Rails to Trails 5K – Barnesville OH  
5/17 – Pike Hike – Claysville, PA  
5/17 – S Fayette/Bridgeville 5K -South Fayette, PA  
5/18 – Phils 5K – Uniontown, PA

## WCRRRC AT THE RACES

The weather has been hot and cold recently, but the racing season is starting to heat up. March saw quite a few Shamrock races, and we had so good participation by club members. We will list a few races by the town it was held in.

### **Cranberry**

In one of the first Shamrock races, we had Carl Kondrach finishing as our first male runner in 22:57, and Kelley Murdock as our first female in 26:51. And, of course, we had Blake as our only walker in 54:22.

### **South Park**

Once again, Carl was our first male finisher and Kelly was again our first female finisher. This was attended by 8 club members.

### **Canfield**

And Carl is making it a clean sweep on the Irish races, and Sarah Donley was our first female finisher at this one.

### **Step into Spring 5K**

Since Sarah and Carl decided to walk this one, we had two different first finishers. But to let you know, Carl and Sarah were first overall in the walk. We had Doug Midcap as the first male finisher in 29:32, and Kris Midcap our first female finisher in 32:29.

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).

## Thoughtful thoughtlessness

!

*Mickey Hornack*

\*\*When grocery shopping where do u park your cart? I mean I seem to get in everybody's way. The store's 50,000 square feet! Nuisance

\*\*A buddy got a new deodorant stick. Directions say remove cap n push up bottom Think about that.

\*\*Daylight savings time, hmmm.

\*\*Saw our grand poopa Tom Trettel is now recruiting for "test proctoring" positions. Maybe it's me, but proctor is an uncomfortable word.

\*\*My friend hates his job! Well not really hate the job but he works in a factory that makes fire hydrants. He can't park anywhere.

\*\*The new trend in wearing apparel - gorpcore. Honest! The fashion indicates "utilitarian outdoor inspired clothing worn in urban settings." G-good O-old R-raisins P-peanuts. Food eaten by hikers. I say nuts!

\*\*Why is it when one drops something it invariably rolls to the most inconvenient place. Why can't one drop something and just pick it up!!

\*\*Speaking of politics (which I never do!!) Listening to Sunday morning talk TV (which I never do but I did by accident recently) Anyone interviewed who is asked what time it is? They don't tell you. Instead, they build you a clock.

\*\* 🙌❤️ U to all!

## Waiver

In consideration of my entry being accepted, I hereby, for myself, my heirs, executors, successors, and assigns, waive, release, and discharge any and all right for damages or liability of any kind relating to or arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the entities or persons named in this waiver and release. I attest that I am physically fit to participate, my condition has been verified by a licensed medical doctor and I assume entry into this race at my own risk. I have read the above conditions and accept them and understand that I am entering at my own risk.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

(Parent must sign for children under 18)

## Registration and Finish Line at:

Yough River Park  
369 N 3rd St. (GPS)

Connellsville,  
Fayette County, PA 15425

**Awards and light refreshments served  
at end of race.**

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

Sex: M F Age \_\_\_\_\_

**Event:** 5K Walk \_\_\_\_\_

5K Run \_\_\_\_\_

10K Run \_\_\_\_\_

10 Mile Run \_\_\_\_\_

Half Marathon \_\_\_\_\_

**T-Shirt Size:** S M L XL  
(XX \$2 more and XXX \$4 more)

**For more information phone:**

**724-628-6078**

Race Course is on the  
Yough River Trail



**Make Checks Payable to:**  
Yough River Trail Council (YRTC)  
PO Box 988  
Connellsville, PA 15425



## 31st Annual Yough River Trail Races

5K Run & Walk

10K Run

10 Mile Run

**Half**

**Marathon**

Saturday,  
April 19, 2025 **RoadID**  
It's Who I Am  
(date is subject to change)

**Registration 8 AM**

**Start time 9 AM**



Race is sponsored by the Yough River Trail Council and proceeds benefit the Great Allegheny Passage Trail. **T-shirts guaranteed only to pre-registered participants.** Race results available after the race by **SERJ Timing.**



**Yough River Trail**  
portion of the  
**Great Allegheny Passage**  
**DIRECTIONS TO YOUGH PARK**  
**GPS setting: 369 N. 3rd St**

**Route 119 South to Connellsville:** As you enter the City limits you will see McDonald's and Italian Oven on the left and Dunkin' and Rite Aid on the right. After crossing the Yough River on the 'Memorial Bridge', take the first **right turn** onto 7th Street. A sign for "Crawford's Cabin" marks this turn which brings you directly to Yough Park at the end of the block. More parking is available on the other side of Yough Park.

**Route 119 North to Connellsville:** As you enter the City limits, make a **right turn** onto Crawford Avenue (RT. 711 N) (there's a Sheetz at the intersection). At the next traffic light make a **left turn** onto 3rd Street. Yough Park is at the end of the street. More parking is available on the right as you approach the park. (The GAP Trail lane also runs along the left side of 3rd Street).

**Route 51 to Route 201 South to Connellsville:** As you enter the City limits you will see Wendy's at the end of Rt 201. Make a **left turn** onto Crawford Avenue (Rt. 711 N). Travel straight through the next traffic light. 5 blocks later at the next traffic light make a **left turn** onto 3rd Street. Yough Park is at the end of the street. More parking is available on the right as you approach the park. (The GAP Trail lane also runs along the left side of 3rd Street).



**The Events**

**5K Run/Walk**  
**10K Run (6.2 miles) / 10 Mile Run**  
**Half Marathon (13.1 Miles)**  
**Saturday, April 19, 2025**  
(date subject to change)

**Registration 8 AM Start 9 AM**

**ENTRY FEE:**

**By April 5th - \$20.00**  
**After April 5th and**  
**on day of race - \$30.00**

**SIGNATURE REQUIRED ON BACK**

**Awards:**

In order to keep registration fees down, **ONLY** the **OVERALL** Top 3 Male & Female winners in each of the **5 races** will receive awards and free registration or reduced fees to next year's race.

**ALL** entrants will receive a commemorative T-Shirt, **AND** be eligible to receive random CASH DRAWINGS.

**We'd like our Trail to be the big winner.**



**31st Annual**  
**Yough River**  
**Trail Races**

**5K Run & Walk**

**10K Run**

**10 Mile Run**

**Half**

**Marathon**

**Saturday,**  
**April 19, 2025**  
(date is subject to change )

**Registration 8 AM**  
**Start time 9 AM**





# 18TH ANNUAL CARNEGIE VOLUNTEER FIRE & RESCUE BUREAU 5K RUN/WALK



**SATURDAY, APRIL 26, 2025**

**Time:** 8:00 a.m. – Sharp!

**Distance:** 5K (3.1 miles)

**Start/Finish:** Carnegie Borough Building, One Veterans Way, Carnegie, PA 15106

**Schedule:** 6:30 – 7:45 a.m. – Race Day Registration and Packet Pick-Up  
8:00 a.m. – 5K Run/Walk Begins  
9:15 a.m. – Awards Ceremony

**Course:** The course is flat and fast! Veterans Way to West Main Street continuing to East Main Street to Jane Street and back to the Carnegie Borough Building.

**Fees:** \$20 – Early Registration (Until **April 11th**) \$25 – Registration Fee (**after April 11th** / Race Day)  
\$15 – First Responder/Military Registration  
\$10 – Children 10 years and younger  
\$10 – Carlynton students

**All proceeds benefit the Carnegie Volunteer Fire & Rescue Bureau (CVFRB)**

**\*\*\*OVERALL FIRST PLACE FINISH FOR MALE AND FEMALE\*\*\***

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Place awards for the following age groups:

Ages 10 and Under; Ages 11-14; Ages 15-18; Ages 19-29; Ages 30-39; Ages 40-49; Ages 50-59; Ages 60 and Over

\*\*\*\*\*

Name: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_ Male or Female  
(Please Print Legibly) (Circle One)

Address: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone #: \_\_\_\_\_

Amount Enclosed: \$ \_\_\_\_\_ 5K T-Shirt Size (Please Circle One) S M L XL XXL

\_\_\_\_\_ No t-shirt(s). Donate to CVFRB.

**(FIRST 300 REGISTRANTS GUARANTEED FREE T-SHIRT)**

General Release: I/We, individually, jointly and personally, shall release, indemnify, and hold harmless the Borough of Carnegie, the Carnegie Police Department and the Carnegie Volunteer Fire Department, and its employees, from and against, any and all claims by any parties, including myself/ourselves, for any purpose whatsoever resulting from participation in this event in which I agree to take part.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent/Guardian **must** sign for entrants age 18 and under)

**Mail applications with checks made payable to: Carnegie Volunteer Fire Department - 5K Run/Walk  
One Veterans Way, Carnegie, PA 15106**

\_\_\_\_\_ I would like to "Round Up" my registration fee to help the CVFRB.  
Please round up fee to: \_\_\_\_\_\$30 \_\_\_\_\_\$40 \_\_\_\_\_\$50 \_\_\_\_\_Other

## **2025 WCRRC GRAND PRIX**

The WCRRC Grand Prix's will both return in 2025 for the 40th edition. Please read the guidelines below and keep for your own information.

**\*\*Races must be run while a member. Anyone joining in progress will be eligible as of the date of membership and may not use races run prior to membership.**

### **2025 GRAND PRIX (RUN AND WALK)**

1. A tentative list of races is below. Changes and additions will be made as soon as possible. Not all races are confirmed as of this printing.

Resolution Run 5K (Jan)	Peters TWP 5K (June)	Little Great Race 5K (Sept)
Barnesville Park 5K (March)	Whiskey Rebellion 5K (July)	Boston Harvest 5K/10K (Sept)
Bucks for Bucs 5K 9April)	Running for Ryan 5K (July)	Pumpkin Festival 5K (Sept)
Polar Vortex 5K/15K (April)	Mission Possible – (Aug)	Great Race 5K/10K (Sept)
Rails to Trails 5K (May)	Brookline Breeze 5K (Aug)	Jack-O-Lantern Jog 5K (Oct)
The Pike Hike 5K (May)	Stop, Drop and Run 5K (April)	
Run for Alex 5M (June)	Labor Day 5K (Sept)	Turkey Trots 5K Any (Nov)

2. To qualify, you must run or walk 5 of the above races.

3. It is the responsibility of the runner to report times to Grace Goffi (724-745-4029) [gracegoffi@verizon.net](mailto:gracegoffi@verizon.net).

4. A separate Walking Division will use the above races.

5. The standings will be posted monthly in the newsletter.

6. The Grand Prix is age graded. Your age on race day will be needed to score you.

### **2025 LONG DISTANCE GRAND PRIX**

1. Any race 15K or longer can be used. No races are chosen by the WCRRC.

2. Four (4) races are needed to qualify.

3. The LDGP begins January 1 and ends December 16.

4. All times must be submitted to Tom or Grace within two weeks  
QUESTIONS? Tom Trettel (724-229-0201)

**KEEP THIS PAGE FOR FUTURE REFERENCE**



## **Train smarter, recover faster: Marathon tips from an ultra- endurance athlete**

### **How to prepare mentally and physically for marathon running**

With marathon season in full swing, athletes everywhere want to find new ways to optimize their training and recovery for success. Ultra-endurance athlete Sachin Latti, a former law enforcement officer turned elite runner, is preparing for a 4,660-mile ultramarathon across Canada. Latti is also the founder of the Sachin-in-Motion Fund.

His jaw-dropping plan, which involves running 62 miles daily for 75 consecutive days, makes him the first person of color to attempt this feat. To learn more about his marathon training goals, I chatted with Latti, who shared his best tips for athletes to **train smarter and faster**. Below, he shares his insight into new marathon runners' mistakes and how they can overcome them with his fine-tuned marathon training and recovery tips.

### **Mistakes when preparing for a marathon**

According to Latti, first-time marathoners' biggest mistake is prioritizing volume over recovery. "Many follow training plans that focus solely on weekly mileage increases without building in **proper recovery protocols**. After 18 years in law enforcement and transitioning to ultra-endurance running, I've learned that sustainable performance comes from balancing intensity with intentional recovery," he said.

"Most new marathoners underestimate how much the mental component affects performance. They'll religiously track miles but neglect mental training. While preparing for running across Canada (7,500 km in 75 days), I've found that mental resilience often determines success more than physical capacity, especially when you hit those inevitable walls around miles 18 to 22."

Even experienced runners like Latti had to learn from their mistakes at one point. He shared that he had to learn the hard way when "Neglecting nutrition timing during the critical 30-minute window after long runs. During my early ultramarathon training, I would finish grueling sessions and wait hours before properly refueling, thinking I was being disciplined. This severely hampered my recovery between training sessions and eventually led to persistent fatigue that took weeks to overcome." To avoid this same mistake, Latti recommends that marathon runners focus on **consuming protein** immediately after a run, ensuring no delay in the recovery process.

### **Mental preparation for a run**

Latti also shared that brain endurance training (BET) is a cognitive method that helps him mentally prepare for the most challenging runs. He described this lesser-known aspect of performance as "strength training for your mental resilience." Using this mental preparation technique has helped Latti prepare for his cross-Canada run, which requires mental clarity over two months.

"[Brain endurance training] challenges your cognitive functions under physical stress to expand your capacity to withstand



discomfort. In practice, I incorporate cognitive tasks during my most challenging runs. This might mean solving math problems during hill repeats or performing memory challenges during the final miles of a long run. What this does is train your brain to function effectively while experiencing fatigue signals from your body,” he shared.

“The science behind this is fascinating. Research shows that perceived effort is often the limiting factor in endurance performance, not actual physical capacity. You can gain more physical potential by training your brain to process these fatigue signals differently.”

## Other mental strategies

In addition to BET, Latti implements other mental strategies to help him get through the distance. He calls his method “segmentation,” which involves reshifting thoughts away from thinking about the remaining distance. Instead of fixating on what’s left, he focuses only on reaching the next aid station or landmark. Breaking down the total run into smaller segments helps make the challenge feel more manageable rather than overwhelming.

He also uses another powerful strategy called purpose reconnection. “I carry mental images of the veterans and first responders I support through fundraising efforts. When physical pain intensifies, I remind myself that this temporary discomfort is nothing compared to what many of them face daily.”

## Nutrition and supplements

Latti shared, “Fueling for ultra-endurance requires a personalized approach that evolves with training adaptations. During my 100 km training runs, I’ve learned that my body performs best with a combination of easily digestible carbohydrates consumed at consistent 30-minute intervals, rather than waiting for hunger cues.”

“Proper hydration and electrolyte management have been game changers for me. Every hour, I mix one packet of ONE OF ONE Hydration into my water bottle to maintain optimal electrolyte and sodium levels. This consistent approach to electrolyte replacement has virtually eliminated the cramping and fatigue issues I previously experienced during extended efforts. For events exceeding 6 hours, I incorporate small amounts of protein to prevent muscle catabolism and maintain cognitive function. I’ve found that amino acid supplements significantly reduce late-stage fatigue during extreme-duration efforts.”

Not only is hydration important, but consuming real foods is essential when fueling for runs. “While engineered sports nutrition serves a purpose, incorporating whole foods like boiled potatoes with salt, rice balls with maple syrup, and nut butter sandwiches provides both physical and psychological benefits during multi-day challenges.” Additionally, Latti noted that he uses targeted supplements to help him maximize his body’s natural recovery process, such as magnesium glycinate and targeted amino acids that support tissue repair during sleep.



## WCRRRC AT THE RACES

### SPRING THAW 5M

Rich Sandala	42:23(A-1)
Kelley Murdock	46:03
Blake Headen	1:31:29(W)

### SPRING THAW 10M

Steve Chabala	1:32:52
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### SPRING THAW 15M

John Titus	2:36:24(A-3)
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### EPICENTER 8.5M

Greg Mussitsch	1:24:38(A-2)
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### SLIPPERY ROCK 5

Carl Kondrach	22:57(A-2)
Rich Sandala	25:25(A-2)
Kelley Murdock	26:31
Sarah Donley	27:35
Blake Headen	54:22(W)

### GATE RIVER 15K

Tom Carter	1:30:56
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### ELLPORT 5K

Greg Mussitsch	24:42
Shane Brunazzi	30:29
Ashlyn Brunazzi	38:23(A-3)

### ELLPORT 5K WALK

Carl Kondrach	32:56(OA-1)
Dave Byers	46:10(A-1)

### SHAMROCK 5K

Carl Kondrach	23:26(A-1)
Walter Bennett	25:25
Rich Sandala	25:50(A-1)
Kelley Murdock	26:10
Dana Kuzniewski	32:10
Gary Lorenzi	33:14
Pat Calmbacher	34:38
Deb Calbacher	36:24(A-3)

### RABID RACCOON 13.1M

Rich Durbin	2:13:05
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### MARCH MAD DASH 5K

Kelley Murdock	26:55
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### SHAMROCK 5K

Carl Kondrach	24:49(A-3)
Sarah Donley	29:52

### SLIPPERY ROCK SHUFFLE 5K

Rich Sandala	24:06(A-1)
Carl Kondrach	24:34(A-1)

### SHAMROCK 5K

Shane Brunazzi	29:26
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### STEPPING INTO SPRING5K

Doug Midcap	29:52(A-2)
Kris Midcap	32:29(A-3)
Deb Calmbacher	35:06(A-3)

### STEPPING INTO SPRING 5K WALK

Sarah Donley	35:50(OA-1)
Carl Kondrach	35:51(OA-1)
Blake Headen	53:38

### BAND ON THE RUN 5K

Walter Bennett	24:17(A-1)
Dave Dziemski	27:43(A-3)
Shane Brunazzi	28:15(A-2)
Amy Ference	29:33(A-3)
Ashlyn Brunazzi	34:49(A-2)

### ROTARY 5K

Sarah Donley	29:14(OA-5)
Doug Midcap	33:15(A-3)
Pat Calmbacher	36:22
Deb Calmbacher	36:45(A-2)

### ROTARY 5K WALK

Blake Headen	51:08
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### JUST A SHORT RUN 5K

Rich Sandala	25:21(A-1)
Kelley Murdock	27:15(A-2)

### JUST A SHORT RUN 30K

John Titus	3:27:07
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### SEMPER GRATUS SHAMROCK 5K

Carl Kondrach	24:34(A-1)
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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.

