WASHINGTON COUNTY ROAD RUNNERS CLUB

ESTABLISHED 1974

NOV/DEC, 2026 VOL. 26/ NO. 11 & 12

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NEWS AND NOTES

As we did last year, any Turkey Trot you do will count in the Grand Prix. If it is an out-of-town race, you will need to turn the time in. The lists below are the races that we found. There may be a few more that we could not find

Everyone, please, look carefully at the printed results for the Grand Prix series. We have tried to capture as many results as we could for all races. If there are any you find we missed, send those results to Tom and Grace ASAP. Grace will no longer accept any race times after 12/31/26. If there are any questions about the races, email Grace, and she will get back to you.

It's time again to start the renewal process for the 2027 WCRRC Racing Season. Please fill out the form on the last page of this newsletter so we can get started on compiling everything for the coming season.

For next year's Grand Prix results, if anyone does not want to receive a trophy from the results, please let either Tom or Bob know. That way we will not have leftover trophies. Please submit yes or no before the end of the year.

UPCOMING RACES

The racing season is really starting to heat up once again. Listed are races we found in the Tri-State area. And remember that all club races are marked with an *.

11/21 – *Eva Boulby Turkey Trot 5K – Waynesburg, PA
11/22 – Oglebay Twinkle Trot 5K – Wheeling WV
11/26 – *Turkey Trots in Bethel Park, Wheeling, Uniontown, Greensburg, Sewickley, Burgettstown, Pittsburgh, Latrobe, North Belle Vernon.
12/5 – Jingle Bell Run – Pittsburgh, PA
12/5 – Ho Ho Hustle 5K – Murrysville, PA
12/5 – *Santa Sprint 5K/1M – Barnesville, OH
12/5 – ATA Jingle Bell Jog 5K – Chester, WV
12/12 – *Run, Santa, Run 5K – North Park, PA
12/13 – *Run, Santa, Run 5K – South Park, PA
12/13 – Festivus for the Rest of Us 5K – New Florence, PA
12/19 – Reindeer 5K/1M – Zelienople, PA
12/20 – Ugly Sweater 5K – Helicon Brewery – Oakdale, PA
1/1/27 – *New Years Resolution Run 5K – Helicon Brewery – Oakdale, PA

WCRRC AT THE RACES

October was still a busy month for races, but we did not have many club runs scheduled. There are two races that we would like to recognize some of the finishers

At the South Park 5K we had Rich Sandala finish first in the male category in a time of 25:32, and Amy Ference as our first female finisher in 31:44.

At the EQT 10 Mile race, Jaminique Milliren was our first female finisher in 1:15:43, and Steve Chabala our first male finisher in 1:28:33. Also Rich Sandala was our only finisher in the 10K race in a time of 51:36.

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.

CEREBRAL MUSINGS

Mickey Hornack

* Happy Thanksgiving, Merry Christmas and Happy New Year to all WCRRC. If you celebrate may it be your best.

* The immature sign flashed again, the Mrs. said you're immature is showing!!! I was speechless. I had to finish the 22 gummy worms in my mouth before I could answer! They were citrus flavors too.

* As I climb the chronological ladder my mantra has changed. Start slowly and taper off. It's been working. Longevity is the goal. Speed has sped!

* Bàlakè, our race participant gruru, no gluru wait gooroo has FB posts from multiple races this side of the continental divide! I'm guessing his Auto has odometer say TILT..

* No matter how s-l-o-w you run or walk remember you are lapping those on the couch!

* If the sign says "unused mirror" for sale --- do not buy it!!!!

* Mingo Park...tops on run/walk list. Try it! Or continue it!!

* Neighbor says he came back from the mall after a visit to drugstore accompanied by his 4yr old son. His son pulls out a candy bar. Neighbor says I didn't buy that n I know he didn't. Ok back to mall. but this time we're going to a jewelry store.

* ✌♡ U to all to all a good nite

In addition to the Title Sponsor listed on the front, this race was also made possible through the generosity of these sponsors:

Platinum Sponsors:

—Domino's Pizza
—Donley's Delicious Delights
—Shirts N' More
—Joe Allen & Associates
—Margaret J. Miller

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—AVC Communication
—Joe's Tire
—Starr's Used Cars
—VFW, Post 2792
—Parker & Parker Ins

Grand Prix Sponsors:

10T WEB DESIGN

mix 97.3

Refreshments generously provided at a reduced cost by the following businesses:

—Domino's Pizza
—Donley's Delicious Delights
—Convenient Food Mart

Race Course manned and patrolled by the following:
—Barnesville Fire Dept.
—Barnesville Police Dept.
—Barnesville Street Dept.

Thank You Race Committee Members:
—The Kondrach Family
—Sarah D. Donley
—Margaret J. Miller
—Melanie Krupinski
—Chris Thoburn
—Kayla Crum
—Blake Headen
—Cody Johnson
—Shelly & Jeff Ward
—John Fitzgerald

OTHER RELEVANT WEB INFO:

www.barnesvilleohio.com
www.behra.us
www.dominos.com
www.joestires.com
www.kempins.com
www.lorrigrisellinsurance.com
www.10Twebdesign.com
newsradio1170.iheart.com
www.runsignup.com
www.smileymiles.com
www.wcrrc.org

Carl A. Kondrach, Director
808 North Chestnut Street
Barnesville, OH 43713-1118
www.RailsToTrails5k.com
Facebook.com/barnesvillegrandprix
Cell: 740-310-2117/740-238-1833
E-mail: carlkondrach@yahoo.com

Barnesville's 16th Annual



Santa's Spirit Sprint

1 Mile Run & Walk (2:00pm)
5k Run & Walk (2:30pm)

Saturday, Dec 6, 2025

Title Sponsor:

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www.RailsToTrails5k.com
Facebook.com/barnesvillegrandprix

Mail form(s) and make check payable to:
Rails-to-Trails 5k
808 North Chestnut Street
Barnesville, OH 43713-1118
Please Note: This is a MAILING ADDRESS ONLY! The physical race address is: **440 Watt Avenue**

			CHAIR/	>11/23	11/23+
5K:	☐	☐	☐	☐	☐
	RUN	WALK	CYCLE	$28	$33
Mile:	☐	☐	☐	☐	☐
	RUN	WALK	CHAIR	$19	$24
Both:	☐	☐	☐	☐	☐
	RUN	WALK	CHAIR	$36	$46

Shirt Size: (Add $7 to Entry Fee) *(Circle One):*

No Shirt	S	M	L	XL	2XL (+$1)

☐ **Male** ☐ **Female**

$_____. **Donation**

$_____. **Total Enclosed**

Name (please PRINT clearly)

Address

City State ZIP

Phone e-mail (optional)

Age on Race Day Birthday

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 (or my dog, if applicable) at this event while travelling 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 also recognize that persons with dogs on leashes will be participating and that I may encounter them on and off the course. I also 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 or Legal Guardian if under 18) Date

Race Info:

Directions: (From all points North:) Interstate 70 East/ West, Exit #202 (Barnesville/Dennison). Go 6.5 miles on State Route 800 South to first Red Light. Turn left. Go 200 yards. (From all points South:) Take State Route 800 North to 3rd Red Light. Turn right. Go 200 yards. Race begins at and ends near The Rock Gym, 440 Watt Avenue

Entry Fee: 5K: $26 pre-registered (deadline, postmarked BEFORE Thanksgiving). $31 late registration AFTER Thanksgiving and on race day. **1 Mile:** $17 pre-registered, $22 AFTER Thanksgiving. Special Rate: **Save $11** by registering for both events!

Registration: May be done through the mail, on race day or online. Please visit: **www.RunSignUp.com**
Keyword: Santa Sprint

Christmas Ornaments: All registrants, regardless of distance, are guaranteed a Christmas ornament. Limit one per registrant.
Challenge Finish Medals: All participants who finish both distances earn a Challenge Finish Medal

5K Trophies: Unique, high-quality, hand-crafted tro-phies to be awarded in the following categories:
Walkers: 1. Top 5 Male, Top 5 Female
2. Top 3 Male, Top 3 Female Masters (50+)
3. Top 3 Male & Female in Age Groups unless otherwise indicated.
Runners: 1. Top 5 Male, Top 5 Female
2. Top 3 Male, Top 3 Female Masters (40+)
3. Top 3 Male & Female in Age Groups unless otherwise indicated **NO DUPLICATIONS!**
Wheelchair/Handcyclists: Top Finisher

1-Mile Trophies: Unique, high-quality, ceramic Pottery trophies to be awarded to Top 3 Male & Female in the Run, the Walk, and Chair/Hand Cycle Divisions. Ceramic-fired medallions earned to the winners of each Age Group in the Run and the Walk.
NO DUPLICATIONS!

Combined Awards: Top 5 Male, Top 5 Female in The Run and The Walk with the LOWEST COMBINED TIME for both events will earn an additional hand-crafted custom plaque!

PLEASE NOTE: the Age Groups for Males & Females and for the Walk & Run can and do vary greatly. They are ever-changing as they are based on last-year's results so as to minimize waste and cut down on cost. If you have a specific Age-Group award question, please contact the director.

Shirts: All pre-registered 5K/1M runners and walkers are guaranteed a soft-blend T-shirt for an additional $7.00 Register early to nab the right size! Late registrants: first come, first serve as shirts will be limited.

More Race Info:

Santa Spirit Award: We are currently seeking candidates for this award. If you would like to nominate someone, please contact me by phone, e-mail, or with your application (deadline, Thanksgiving) Please include a detailed summary of how he/she has made contributions to the walking, running, or racing communities. Winner will be recognized and presented with a special trophy

Grand Prix: This event is associated with 2 Grand Prix Series: **1.** The Washington County (Pa.) Road Runners Club (WCRRC) Grand Prix Series; **2.** It is the 4th of four races in the Barnesville Grand Prix.





Door Prizes: Over 50 door prizes/certificates valued nearly $1000 donated by surrounding merchants/ businesses. As usual, No tickets or purchase necessary. Must be present to win.

Timing: Chip-in-the-bib timing by Miles of Smiles:
www.SmileyMiles.com

Food: All participants are welcomed to join us for hot dogs, pizza, hot cocoa (and marshmallows, of course!) and Donley's Delicious Delights homemade cookies!

Pictures: Race pictures will be available for viewing and download on Facebook:
BehrART Also, check out his site: www.behra.us

Additional photos will be posted on Ohio Belmont Run Walk Facebook Page.

Proceeds: All funds from this event, as well as a large majority from the other 3 events in this Series, are used to fill the Christmas Wish Lists of 15-25 less fortunate children in Barnesville and other parts of Belmont County during the Holiday Season. We communicate directly with the parents/grandparents/guardians of those struggling or in need. They provide us with a complete list of all childrens' wants, needs, and more. We do our very best to fulfill all requests. Donations are accepted race day. For a complete list of needed items, please contact the Race Director.

NO REFUNDS ISSUED FOR ANY REASON!

The Benefits of Walking

Some of the best things we can focus on are the simplest. The things that are right in front of us and, in this case, right under our feet. Walking is something many of us do every day without giving it much thought, but it offers an impressive list of health benefits. From improving heart health and building endurance to supporting your mental well-being and simply helping you move more throughout the day, walking is one of the most effective and sustainable forms of fitness.

You don't need fancy equipment, a gym membership, or years of experience to reap the rewards. Put on a comfortable pair of walking shoes, put one foot in front of the other, and go. Here are some of the best

benefits of walking.

1. Every Step is Good for Your Heart

When we think about exercise, we often picture training our muscles. Your heart is a muscle too, and one of the most important ones in your body. Regular walks can improve circulation, lower blood pressure, and reduce your risk of heart disease while building cardiovascular endurance. Like any muscle, your heart becomes stronger the more consistently you challenge it.

2. Walking is Gentle on Your Joints

Not every workout has to leave you sore to be effective. One of the greatest advantages of walking is that it offers many of the benefits of exercise without placing excessive stress on your body. Unlike higher-impact activities like running or jumping, walking creates less force through the joints while still allowing them to move through a healthy range of motion.

It also strengthens the muscles that support your hips, knees, and ankles, which can improve stability and help reduce the risk of injury. Walking is always a great place to start if you are recovering from an injury, returning to exercise after time off, or simply looking for a sustainable way to stay active.

3. Walking Builds Endurance

When you walk consistently, you give yourself a chance to feel more at ease in other activities like climbing stairs, carrying groceries, or keeping up with your kids. Walking regularly helps your heart, lungs, and muscles work more efficiently together. Your body learns to deliver oxygen where it is needed while using energy more efficiently. The result isn't just better performance during exercise; it's having enough energy left at the end of the day to play with your kids, tackle a project around the house, or take the dog for a walk.

4. Walking is Great for Weight Management

Burning calories does not have to mean pounding pavement, spending hours on the treadmill, or spinning endlessly on a bike. Never underestimate what consistency can accomplish. I have seen some of the best weight loss results from family, friends, and clients who simply committed to walking every single day.

While walking may not burn as many calories as a hard run, a big cycle, or a long swim, it burns more than doing nothing. It is an exercise that most people can stick with in the long term. Instead of searching for the "perfect" workout, building a daily walking habit may be one of the most realistic ways to support a healthy weight and overall wellness.

Quick Tip

Consistency beats intensity when it comes to weight management. A daily walking habit you'll actually stick with adds up to more calories burned over time than an intense workout you abandon after a few weeks

5. Walking Clears Your Mind

Sometimes the best thing you can do for your body and mind is take a walk. Research has shown that walking reduces stress, improves mood, and supports mental well-being. Ever notice how you think more clearly after a walk or finally solve a problem you've been ruminating on all day? It isn't just your imagination; the studies support it.

Taking a walk outdoors with fresh air, sunshine, and a change of scenery can provide an extra mental boost.

6. Improves Balance, Posture, and Coordination

While walking may seem like an automatic, thoughtless movement, your body is constantly working behind the scenes. Each step challenges your balance while encouraging your core, hips, and postural muscles to work together. Stand tall, look ahead, and allow your arms to swing naturally to make walking even more effective.

Done regularly, these small movements help improve coordination and can make everyday movement feel smoother and more confident

7. Walking Fits Into the Schedule

One of my favorite reasons to advocate for walking is that it is so easy to incorporate into everyday life. You don't need to schedule an hour at the gym or spend extra time driving. Even a few short walks throughout the day can add up.

If scheduling is tight, try taking a walk after dinner, parking a little farther from the grocery store entrance, enjoying a lunchtime stroll, or getting the family out for a morning walk around the neighborhood. Every opportunity to move is an opportunity to build a healthy habit that can last for years.

8. You Can Continue to Challenge Yourself

Walking isn't only for beginners. It truly is a movement for everyone. As your fitness improves, your walks can grow with you. Increase your pace, choose a route with hills, extend your distance, mix in short intervals of faster walking, or, if appropriate for your fitness level, add a weighted vest.

The beauty of walking is that there is always another step forward, no matter where you start.

Sometimes the most effective form of exercise is the one that you will actually do. Walking does not require perfect weather, expensive equipment, or hours of free time. It can be done alone, with friends, or with the whole family. Whether you are just beginning your fitness journey or looking to complement your current routine, walking offers meaningful benefits for both your body and mind.
After all, better health is not built in a single workout. It is built one step at a time.

2026 GRAND PRIX WINDS DOWN

The 2026 Grand Prix is almost in the books. In this month's standings, we have eliminated anyone with just one race. Please take a minute to review the standings and report any discrepancies to Grace ASAP. Final standings will be reported in our next issue.

2026 GRAND PRIX(11-4-26)

1.	Ann McCormick	8	32:22
2.	Cathy Loos	4	34:00
3.	Mike Romzy	5	36:39
4.	Jaminique Milliren	7	38:16
5.	Kathy Starkey	8	38:43
6.	Nathan Milliren	4	39:27
7.	Rich Sandala	13	39:34
8.	Bob Pikelis	6	40:57
9.	Greg Mussitsch	7	41:10
10.	John Flower	3	42:05
11.	Amy Ference	5	43:31
12.	Dave Dziamniski	7	44:01
13.	Carrie Perrell	5	44:58
14.	Steve Chabala	7	45:18
15.	Kelley Murdock	4	46:27
16.	Sarah Donley	5	47:02
17.	Stush Sadowski	2	47:22
18.	Gary Lorenzi	6	47:32
19.	Carl Kondrach	5	48:10
20.	George Dziamniski	7	48:51
21.	Tom Carter	2	48:59
22.	Roxanne Wray	3	49:30
23.	Gary Chabala	2	50:18
24.	Shane Brunazzi	4	51:57
25.	Owen Milliren	2	55:37
26.	Mary Krett	3	58:29
27.	Jim Loos	2	1:00:29

2026 GP WALK(11-4-26)

1.	Sister Kevin Berdis	5	43:58
2.	Albie Rinehart	2	53:18
3.	David Dziamniski	1	54:10
4.	Sarah Donley	3	1:02:47
5.	Kelley Murdock	5	1:03:55
6.	Bill McCormick	7	1:05:11
7.	Blake Headen	6	1:29:37

2026 LONG DISTANCE GP(11-4-26)

1.	Greg Mussitsch	1	35:38
2.	Mike Romzy	2	40:24
3.	Steve Chabala	3	48:51
4.	Matt Brandstetter	2	49:55
5.	Carl Kondrach	9	50:28
6.	Kelley Murdock	2	51:00
7.	John Titus	2	52:11
8.	Sarah Brandstetter	1	1:01:51

RUNNING SHORTS

- In a study of 232,000, runners had a 27% lower risk of death and a 30% lower risk of cardiovascular death than nonrunners.
- 100 adults did 4 2-minute wall squats three times a week; after 4 weeks, systolic BP dropped 9 points. After 4 more weeks, it dropped another 14 points.
- A study of 1.8 million marathoners found that temps between 39-50 degrees were good for peak running speed.

WCRRC AT THE RACES

WENDY'S 5K WALK
Blake Headen 48:54(A-1)

SHADES OF DEATH 10M
Steve Chabala 1:36:59(A-2)
Laurel Rush 2:48:45

COSTUME CAPER 5K
Rich Sandala 22:46(A-2)

AUGGIE'S RUN 5K
Kelley Murdock 26:00(OA-3)

AUGGIE'S RUN 5K WALK
Blake Headen 1:03:10(A-1)

BUFFALO CREEK 13.1M
Greg Mussitsch 1:38:10(A-2)

PRESTON PARK 5K
Shane Brunazzi 33:37

PRESTON PARK 10K
Shane Brunazzi 1:04:02(A-2)

SOUTH PARK 5K
Rich Sandala 25:32(A-1)
Any Ference 31:44(A-1)
George Dziamniski 32:25
Gary Lorenzi 34:23(A-3)

YOUGHTOBERFEST 5K
Rich Sandala 25:08

GLOW RUN 10K
Sarah Donley 56:17(OA-3)
Carl Kondrach 58:36(A-1)

BUONICONTI 13.1M
Matt Brandstetter 1:53:52

MONSTER DASH 5K
Carl Kondrach 29:55(A-1)

BIG BROTHER/SISTER 5K WALK
Blake Headen 54:53

OCTOBERFEST 5K
Rich Sandala 25:31(A-1)

GREAT PUMPKIN 5K
Kelley Murdock 27:24(A-2)
Shane Brunazzi 37:24

HOWL-O-WEEN 5K
Shane Brunazzi 36:44
Ashley Brunazzi 42:21(A-1)

VETERANS 13.1M
Steve Chabala 1:56:59(A-1)

STAY ALIVE 5K
Carl Kondrach 26:43

RUN, RUN RUDOLPH 5K
Carl Kondrach 26:12(A-2)
Sarah Donley 27:43

TROOP APPRECIATION 5K
Shane Brunazzi 29:20(A-3)

EQT 20K
Rich Sandala 51:36

EQT 10 MILER
Jaminique Milliren 1:15:43
Steve Chabala 1:28:33
Mike Romzy 1:29:34
Nathan Milliren 1:31:30

FALLBACK 5K WALK
Carl Kondrach 29:00(OA-1)

The Loneliness of the Long-distance Runner

"Running will destroy your knees."
"Jim Fixx was a runner and look what happened to him."
"Distance runners are solitary and introverted."

As a life-long runner, I've spent no small amount of time countering claims like these from non-runners. I cite recent literature that finds no correlation between running and deterioration of the knees, and I point out that running probably added years to the life of Jim Fixx, who died from a heart defect that was totally unrelated to running. The informed running community knows that those first two myths are just that—myths. But it seems like the notion of "the loneliness of the long distance runner" just won't go away, even among those who should know better. Popular running magazines like *Running Times* and *Runner's World* frequently uses the supposed solitary nature of runners as a hook for stories on training methods and profiles of elite athletes. Perhaps it is a myth that runner's themselves like to cultivate: each month in *Runner's World* readers send in a description of their "Rave Run," the route that they find most inspiring. Inevitably, the photograph that accompanies the description shows a solitary runner striding along, dwarfed by the grandeur of nature. I was especially amused by a photograph last year that showed a man running along the Great Wall of China without another person in sight. Having traveled recently in Asia, it strikes me as extremely unlikely that one could manage to find that much solitude in one of the most densely populated areas on earth. To what lengths did *Runner's World* have to go to cultivate the image of the solitary runner?

My own running reality—and probably that of everyone in the WCRRC—has been quite different. Running as I know it is one of the most sociable experiences I've ever had. I can hardly think of running without thinking first of those people with whom I have shared the pains and pleasures of our sport. Recently I relocated to Crawfordsville, Indiana, to take a teaching position at my *alma mater*, Wabash College. In the weeks since I moved here I have trained alone, logging miles on the treadmill to beat the heat and doing longer runs on a rail-trail to dodge vehicular traffic. Each run has been solitary to the extreme, making the void created by the absence of good friends and training partners especially acute and causing me to reflect all the more on the people in Pennsylvania who have made running so much fun. I think especially of Andrew Place, who not only has been the best training partner one could hope for, but has also been a great friend outside of running as well. I think of Brian McPeake and Bob Pikelis and three hour runs on a cold day in January or a dozen 1-mile repeats at the Canon-Mac track during a driving rain—no one would want to endure runs like that alone, but with Andrew and Brian and Bob I not only endured those runs, I thought they were fun (in the distance runner's sense of the word!). Oh sure, I have always enjoyed the occasional long run with nothing but my own thoughts to keep me company, but in my experience the notion of running as a solitary endeavor seems to be the exception rather than the rule.

> This sense of companionship is the underlying principle of the WCRRC, and it manifests itself in the good-natured ribbing dished out (and received) by Trettel, McPeake, Hornack, and just about everyone else who takes up a pen for the sake of our newsletter: we kid each other because we care about each other, and we care about each other at least in part because we share a common bond. God help us, we're runners! We may be a bit eccentric, and even masochistic, but we are rarely lonely.
>
> —Greg Redding

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