



IRRC NEWSLETTER



NEXT BUSINESS MEETING

At the Summer Picnic
Saturday, July 15, 2023
3:00 PM



Volume 41, Issue 6

July 2023

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IRRC SUMMER PICNIC

Saturday, July 15, 2023, 3:00 PM
At the Home of Dave & Mary Ann Miller
1686 Philadelphia Street, Indiana, PA
Contact Mary Ann Miller:
call or text 724 541-0589,
e-mail 1686mam@gmail.com

The Summer Picnic is just two weeks away. Personally, I can't wait. Certainly, one of the funnest (real word?) events on the IRRC calendar. Lots of good food and games. You don't want to miss it.

Hosts Dave and Mary Ann will be providing fried chicken and beverages. Please bring a dish to share. RSVP to Mary Ann to let her know that you will be attending, and to give her an idea as to what you may be bringing. (I am taking a break right now to text Mary Ann - done).

There will be a short business meeting followed by dinner around the pool and Dave's boat bar. Fun and games will include the annual Jenga championship, swimming competitions, and hula hoop. If you plan to swim, please bring a suit and a towel.

We look forward to seeing you at the picnic.

IT IS TIME TO REGISTER FOR UPCOMING IRRC RACES!

Registrations for the remaining 2023 IRRC races have been coming in and are pretty much on schedule as compared to this moment in time last year, but very few IRRC members have registered yet; just three in the Deer Fly and three in the 7K/2-Mile. Assuming that IRRC members are going to run, we are in good shape. However, race directors sleep better at night knowing that you are planning to run. With the 4th of July holiday weekend here, there are only a few weeks to the Deer Fly and the 7K. Why not take a few moments over the weekend to register. Links to registration, both paper and online, can be found on the club web site www.indianaroadrunners.com We look forward to hearing from you soon.

RUN WITH THE DEER FLIES 25K & 15K TRAIL RACE

Sunday, July 30, 2023, 8:00 AM
Seph Mack Scout Camp, Penn Run, PA
Bill Serafin, 724 422-5323 billys5@verizon.net

As mentioned above, it is time to register for The Deer Fly "Indiana County's Premier Trail-Running Event." Runners come from all over the area as well as from neighboring states to meet the Fly and run the trails. No doubt that the course is challenging with single-track trails, pipeline roads, swamps, hills and even a creek (crick) crossing in the 25K but don't let any of that deter you, the race is great for seasoned trail runners as well as novices.

There will be finishers' medals for all who cross the line compliments of Bethany Serafin Awalt of Valley Village Oral Surgery of Pikesville, Maryland. A drawing for eight Luigi's Ristorante gift cards will take place during the race, compliments of Bernadette Drew of Bernadette Designer Interiors of Bel Air, Maryland, and Luigi's. Post-race burgers and hot dogs on the grill will be provided by ultra marathoner Ryan Knecht. Of course, the traditional, and coveted, Deer Fly Swatters will be distributed to all finishers too, compliments of Chris Sharbaugh.

Race shirts, provided by Allied Milk Producers, are guaranteed through July 17th. Register now to make sure we have a shirt for you. Race proceeds benefit Indiana County Parks & Trails and Citizens' Ambulance Service.

RUN FOR THE TRAIL 7K RUN & 2-MILE FUN RUN/WALK

Saturday, August 12, 2023, 6:00 PM
Ghost Town Trail Access at Dilltown, PA
Dan Pajak, 724 840-5961, dpajak1987@gmail.com

A favorite with local and regional runners and walkers. Quiet country roads with a couple gently rolling hills before turning onto the Ghost Town Trail for the run to the finish. A very scenic run at a nice time of the year. Don't feel like running? Register for the 2-Mile Fun Run/Walk which will take place on a nearby section of the trail. We had a nice turnout of enthusiastic runners and walkers last year for the 2-Mile.

Awards in the 7K will be local Artisan-made wooden train engines to the top three male and female finishers, and the top male and female masters; gold, silver, and bronze railroad spikes to the top three males and females in five-year age groups up to 70+. Professional timing provided by David Mapes Timing Service, Somerset, PA.

Timing and results will be provided in the 2-Mile. There will be gift card drawings for 2-mile participants.

Ice cream treats after the race are provided courtesy of Allied Milk Producers. T-shirts, compliments of InFirst Bank, are guaranteed through August 1st. After that, shirts are available as supplies last. Register early to avoid disappointment. Family pricing is available.

Race proceeds support Indiana County Parks & Trails.

IRRC RACES DOWN THE ROAD...

These two fall races may be weeks away, but don't forget about them. Mark your calendars now and remember, it is never too early to register. Visit www.indianaroadrunners.com

HOODLEBUG 5K RUN & FUN WALK

Sunday, September 10, 2023, 4:30 PM

Floodway Park, Main Street, Homer City, PA

Contact: John Swauger, 412 289-6299, jswauger@comcast.net

InFIRST BANK VETERAN'S MARATHON, HALF MARATHON AND MARATHON RELAY

Sunday, November 5, 2023, 9:00 AM

Ghost Town Trail at Saylor Park, Black Lick, PA

Contact Stephanie Daniels, 814 244-2270 veteransmarathon@outlook.com

LOTS HAPPENING!

Summer is here and IRRC members have been busy running races all over the place as you will see from the many results listed later in this newsletter. If you have run a race and don't see your result, send an e-mail to jswauger@comcast.net Please include the name of the event, city and date, and your time and place. I generally list the top three age group finishes as well as the top three overall places. If you find that you have run a PR, please include that too! I will be glad to include a short race report if you have experienced a unique experience, or even if you haven't.

July and early August will be busy with the picnic on the 15th of July, the Deer Fly on the 30th of July, and the 7K/2-Mile on August 12th. Lots to do.

A note about the 7-K/2-Mile: Several years ago, Race Director Emeritus Tad Pajak added a 2-Mile Fun Run/Walk to the event in order for it to be more inclusive for all family members. That addition, along with a \$5.00 discount per registrations for three or more family members (7K and 2-Mile), has had the desired effect with 42 runners and walkers taking part in the 2-Mile last year. The 2-Mile is timed and scored. While there are no separate awards, finishers in the 2-Mile are eligible for a chance at winning one of five \$25 gift cards donated by local businesses.

Not planning to run? Contact the race directors listed above and volunteer to help. Help is always needed and appreciated.

A Hoodlebug 5K update: Dan and Terri McQuiston are again planning to have a post-race picnic at their home on Main Street. They will provide burgers and hot dogs along with beverages. Details in the next newsletter.

CONDOLENCES

Emily Louise Conrad, the mother of IRRC member Chuck Conrad, passed away on May 4th at the age of 91.

Mrs. Conrad lived most of her life in Indiana, working for many years at the Indiana branch of the unemployment office. She was also a volunteer at IRMC and the Indiana Historical and Genealogical Society.

Our condolences to Chuck and Tabitha, and to the family.

IRRC member Bob Barger's mother **Linda Barger**, aged 78, passed away on June 18th. Mrs. Barger and her husband were co-owners of the B & B Alternator Shop and Yesterday's Lounge, both in Greensburg.

Our condolences to Bob and Barb, and to the family.

ROUNABOUT RUNNER

I'm not a big fan of roundabouts. They are popular in England and Europe, and we are starting to see more of them round here, but I find them confusing and often find myself heading off down the wrong road, never to be seen again (you wish!).

But Tate Dobson of Healdsburg, California seems to be okay with them though, having run two roundabout marathons in a space of 12 days, one clockwise, one counterclockwise. On his second attempt, he ran around a 140-meter loop 437 times, fueling himself with water and Motts-branded fruit gummies (no Tootsie Rolls). Average pace of 5:53/km, covering 38 miles in six hours, his preset time limit.

News From the President.....aka Ginny

Summer is here! No excuses for not getting out and enjoying some time out on the trails or the roads! One of the things we look forward to most is the IRRC Summer Picnic, a time we can spend together, exchanging racing and running experiences. This is a family picnic and there is something for everyone at the home of Mary Ann & Dave Miller! Lots of great food, swimming for all ages, life size Jenga games and a chance to win the Club's Jenga trophy. If that isn't enough for you, don't miss out on the hula hoop competition! Runners we might be, but I guarantee watching some of us try to hula hoop will be the most entertaining part of the night! Last but not least are the annual floatie races in the pool. Floatie races are just plain silly fun! So, grab your bathing suit & towel, and bring a dish to share on Saturday July 15th. We will have a short club meeting around 3:00 PM to be followed by food, fun, and friendship. Or as I like to think, "memories in the making"!

At the meeting we will be discussing options for a club event sometime in late August. A few ideas are being tossed around so if you would like to be part of the discussion plan to attend the club meeting and offer your input.

We hope that even if you aren't running these days, you will still join in the fun at the Annual Picnic. So many of you have made the club what it is today, and everyone enjoys seeing you, hearing your stories, and spending time in your company!

Looking further ahead, for those who might be thinking of a fall marathon, a small group will be starting to do long runs on the weekends. Usually, due to the heat we have to start earlier in the morning than some of us like. If you are interested, please let me know. We can add you to the text messaging group so you will know when and where to show up. Some of us are looking towards a late October or November marathon, but to date have not finalized a choice of a race. If you are interested in making a road trip with a group let me know.

Monday Night Fun Runs are still a weekly occurrence. Six o'clock at the Indiana Senior High Parking Lot. It usually doesn't take much to talk someone into going for ice cream after the run!

Ginny

UPCHUCK CLASSIC

Tuesday, July 4, 2023
Beaverdale, PA

The Upchuck is in its 40th year from what I have been told. It consists of a 14+ mile run up to the top of Blue Knob and it has been a favorite of many IRRC members over the years.

The race is not widely publicized, or publicized at all, but postcards are sent out to former participants who show up year after year. No official times are kept, nor are there official results. Most years there are t-shirts.

I spoke with Bill Winters this afternoon and he said there are probably five or six IRRC members planning to attend this year, representing the bulk of the field. If you are interested in running, give Bill a call at 724 349-1354 for information. As times are not kept, runners should keep track of their own times for the report in the August newsletter.

RACE RESULTS

CUPID'S CHASE 5K

February 11, 2023, Latrobe

Dean Banko, 17:44, 1st overall

SEMPER GRATUS 5K

March 18, 2023, Leechburg, PA

Dean Banko, 18:27, 1st overall

SHAMROCK SHUFFLE 1-MILER

March 25, 2023, Harmony, PA

Dean Banko, 5:44.99, 1st overall

CARNEGIE 5K

April 29, 2023, Carnegie, PA

Tammy Slusser, 20:31, 1st female overall, 8th overall
Don Slusser, 34:42, 3rd age

GRAYSON HIGHLANDS 50 MILER

May 6, 2023, Mouth of Wilson, VA

Dean Banko, 9:09:41, 3rd overall

MOUNTAIN RAILROAD HALF MARATHON

May 13, 2023, Everett, PA

Dean Banko, 1:21:18, 1st overall

NEON NIGHTS 5K

May 13, 2023, Connellsville, PA

Dean Banko, 17:36, 1st overall

LAUREL HILL 20K

May 20, 2023, Somerset, PA

Dean Banko, 1:38:22, 1st overall

HERO WALK/RUN 5K (3.6 mile untimed fundraiser)

May 21, 2023, Ligonier, PA

Dean Banko, 27:30, 1st overall

OGDEN WHEELING HALF MARATHON

May 27, 2023, Wheeling, West Virginia

Tammy Slusser, 1:38:44, 4th female overall
Don Slusser, 2:46:45, race walk, 1st age

WORLD'S END ULTRAMARATHON 50K

June 3, 2023, Forksville, PA

Steve Pagano, 8:19:04

WORLD'S END ULTRAMARATHON 100K

June 3, 2023, Forksville, PA

Dean Banko, 16:46:42

TRI-TOWN 5K

June 3, 2023, Dawson, PA

Don Slusser, 34:59, 1st overall race walk

GREENFIELD GLIDE 5K

June 4, 2023, Pittsburgh, PA

Darlene Hudak, 45:05

BEL AIR TOWN RUN 5K

June 4, 2023, Bel Air, Maryland

Bill Serafin, 26:33, 3rd age
Bernadette Drew, 28:53
Serafina Drew, 43:35

31st GATEWAY TRACK MILE

June 8, 2023, Monroeville, PA

Herb Cratty, Heat #2, 6:21, 5th place
Tammy Slusser, Heat #2, 6:31, 6th place
Don Slusser, Heat #4, 10:43, 4th place

BULLDOG CRAWL

June 10, 2023, Nanty Glo, PA

Kosie Shepherd-Porada, 26:35, 1st female overall,
5th overall
Averi Yewcic, 40:56, 2nd age

HIGH STREET BODY SHOP 5K

June 10, 2023, Ebensburg, PA

Steve Pagano, 21:45, 1st age, 9th overall

**MEDAL MADNESS NINJA HALF MARATHON AT
BASELINE ROAD TRAILHEAD**

June 10, 2023, Ocala, Florida

Christie Orlosky, 2:52:10, half marathon #3 of 10

LAUREL HIGHLANDS 70.5 MILE ULTRA

June 10, 2023, Ohiopyle, PA

Alex Cullison, 17:13:32, PR
Dean Banko, 17:58:02
Ryan Knecht, 20:21:18
Carl Leer, 20:43:43
Stephanie Daniels, 20:43:43

LAUREL HIGHLANDS 50K MILE ULTRA

June 10, 2023, Ohiopyle, PA

Candi Lockard, 6:41:52

2023 DuBOIS COMMUNITY DAYS 5K

June 17, 2023, DuBois, PA

Mary Beth Rine, 41:14

GHOST TOWN TRAIL CHALLENGE 25K

June 17, 2023, Black Lick, PA

Mike Riggerbach, 4:57:37
Wendy Riggerbach, 4:57:42

GHOST TOWN TRAIL CHALLENGE 12K

June 17, 2023, Black Lick, PA

Chris Wagner, 1:31:48

SPROUL 10K

June 17, 2023, North Bend, PA

Bill Serafin, 1:25:00

SOUTH FORK HERITAGE DAYS**BILL & JILL MEMORIAL 5K**

June 17, 2023, Johnstown, PA

Grant Cruse, 21:09, 3rd age, 6th overall
Denny Cruse, 25:10, 1st age, 8th overall

STRAWBERRY DAYS 5K

June 21, 2023, Grove City, PA

Herb Cratty, 21:41, 1st age

KYLE'S KLASSIC 5K

June 24, 2023, Canonsburg, PA

Dean Banko, 18:32, 1st overall

PITTSBURGH CURE SARCOMA 5K

June 24, 2023, North Park, PA

Linda Pilipovich, 41:16, 1st age

HASTINGS BOROUGH POLICE DONUT DASH 5K

June 25, 2023, Hastings, PA

Bill Serafin, 26:30, 1st age

UPCOMING EVENTS

FORD CITY 5K

Saturday, July 1, 2023, 9:00 AM
Ford City Memorial Park, 800 Block of 4th
Avenue, Ford City, PA

ELLWOOD CITY LEDGE 10K

Saturday, July 1, 2023, 9:00 AM
Veterans Memorial Swimming Pool in Ewing Park, 313
Joffre Street, Ellwood City, PA 16117

LATROBE 4th of JULY 5 MILE RUN AND 2 MILE WALK

Saturday, July 1, 2023, 8:30 AM
Latrobe Memorial Stadium, 131 Irving Avenue,
Latrobe, PA 15650

FREEDOM 5K RUN & WALK, Virtual Option Available

Tuesday, July 4, 2023, 8:30 AM
Lynch Field, 526 New Alexandria Road, Greensburg, PA
15601

ANGIE GIOIOSA MEMORIAL 15K, 5K & 2 MILE WALK

Tuesday, July 4, 2023, 7:30 AM
1208 12th Avenue, Altoona, PA 16601

CHERNISKY CLASSIC 10K, 5K

Saturday, July 8, 2023, 9:05 AM
Young People's Community Center, 300 Prave Street,
Ebensburg, PA 15931

**RUNWAY 5K JIMMY STEWART AIRPORT – Directed by
IRRC member Jess Mulvihill**

Sunday, July 9, 2023, 7:15 AM
398 Airport Road, Indiana, PA 15701
Jessica Mulvihill, 724 747-5108,
jessicamulvihill09@gmail.com

DAM RACE 5K (QUAD II)

Wednesday, July 12, 2023, 7:00 PM
Near Thelma's Sports Bar, East High Street Extension,
Sharpsville, PA
S. Mark Courtney, 724 866-1374 smc@runhigh.com

RACE TO THE MOON 5K

Saturday, July 15, 2023, 9:00 AM
Roaring Run Watershed, Canal Road, Apollo, PA 15613

FREDONIA 5K (QUAD III)

Thursday, July 26, 2023, 7:00 PM
Fredonia, PA
S. Mark Courtney, 724 866-1374 smc@runhigh.com

RUN WITH THE DEER FLIES 25K & 15K TRAIL RACE -

Conducted by Indiana Road Runners Club

Sunday, July 30, 2023, 8:00 AM

Seph Mack Scout Camp, Penn Run, PA

Bill Serafin, 724 422-5323, billys5@verizon.net

RUN FOR THE TRAIL 7K RUN & 2-MILE FUN RUN/WALK

- Conducted by Indiana Road Runners Club

Saturday, August 12, 2023

Ghost Town Trail at Dilltown, PA

Dan Pajak, 724 840-5961, dpajak1987@gmail.com

Visit the Local Race Schedule page at
www.indianaroadrunners.com for links to online
registration for the races listed above.

**Looking forward to hanging out
with you at the Summer Picnic!**

