Greater Rochester Running Club President's Letter

June 4, 2024

Dear Members and GRRC Followers:

I hope everyone is doing well and training safely as this warm spring is on the brink of summer. This letter recaps May club activity, highlights upcoming GRRC-related races, events, and volunteer opportunities, and provides a couple of reminders. Given the impending warmth of the season, I'm also including some summer training and racing tips.

May Club Recap

1) As part of our efforts to increase participation in RROY events and to get Freezeroo races on racers' calendars, Jim Moragne designed double-sided cards for distribution at our events and RROY races, so you may start seeing those soon.

2) The board has started to work behind the scenes to update how we handle administrative tasks and to spread work out. Look for upcoming opportunities in the monthly newsletter, separate callouts via email, and on our Facebook page (https://www.facebook.com/groups/GreaterRochesterTrackClub).

3) Mind the Ducks saw some incredible performances and even a record-breaking performance. Race Director Gil Robs reports Jessie George (79.95 miles) and Nathan Price (69.83 miles) were the top female and male racers. See more at the race Facebook page (https://www.facebook.com/groups/147586232008887). Thanks to everyone who made MTD happen!

4) Our water stop at Lilac 10K was clearly appreciated by racers and spectators alike. It gave racers a respite and spectators a good location from which to cheer. Thanks to everyone who volunteered at our water stop and otherwise helped the new RDs with the race.

5) Sunset House 5K saw a lot of GRRC support! Great seeing members at the second of the May RROY races.

6) MILEStone Patch Challenge Update

   Current Top Three (same three from May, new order)**:** Jennifer Toti: 640.71, Bill Murphy: 202.094, and Jamie Howard: 189.25
   Number Registered: 37
   Number "On the Board" (submitted one or more races): 27
   Other Notable Numbers: Those within 10 miles of a bronze patch: 2; at bronze (50-99 miles): 12; at silver (100-199 miles): 2; at gold (200-299 miles): 1; at platinum (300 and more miles): 1

Coming Events (June to July)

June

6/7 - Charlie McMullen Memorial Mile (AKA McMullen Mile), directed by Carol Reif, is a one-mile track race at St John Fisher College. It's both the culminating race included in your registration fee for our Spring Track Clinic, and a **RROY** race. Organized by heats, it's a different experience from a road race. You do not need track shoes or track experience for this race! See more at http://www.gvh.net/charlie-mcmullen-memorial-miles-2/.

6/8 – 9 Hours for 9 Lives, directed by Martha Doody, is a fixed time race allowing racers up to nine hours to walk or run a mixed terrain course in Shortsville. One of GRRC's ultra events, the proceeds support the club and cats in need. Don your trail shoes and enjoy the 1.52-mile cross-country and trail loop as many times as you can! Sign up at https://runsignup.com/Race/NY/Shortsville/9Hoursfor9LivesUltra.

6/16 - June Jaunt is the kickoff race for the West of the River Series, directed by Vickey Beaver (yes, that's me), and a **RROY** race. The 5K in Hilton is fairly (not completely) flat and offers a sundae bar at the end, including yummies for those who don't eat dairy. See complete details at https://runsignup.com/Race/NY/Rochester/WestoftheRiverSeries. Also, see the Volunteer tab for volunteer opportunities.

July

7/13 – Candlelight 12/24, directed by Gil Robs, is another of GRRCs ultras. This one is in Rush, NY at Rotary Sunshine Camp. Proceeds from the race support both the club and Rotary Camp Sunshine. Enjoy 1-mile loops for as many hours as you want in either the 12-hour or 24-hour events. With a mostly asphalt course, there's a mix of woods and open areas to enjoy as the night and day pass. Sign up at https://runsignup.com/Race/NY/Rush/CandleLight12HourOvernightUltra.

7/21 – Jungle Jog, directed by Angela Giuseppetti, is part of RROY for a second year. This time, Seneca Park Zoo is highlighting lemurs! Focusing on conservation, the race is cupless, so bring your own container full of water for the course and get ready to run wild. Sign up at https://runsignup.com/Race/NY/Rochester/SenecaParkZooJungleJog.

Reminders

Rochester Runner of the Year (RROY) Participation

Don't forget: **RROY** races are discounted for GRRC members and members need six to be a Frequent Participant! See the full list at https://rochesterrunneroftheyear.org/.

Boilermaker Bus Registration

The annual bus to Boilermaker is filling up! You have to sign up for the race separately, but we've got your transportation covered. Sign up for the bus at https://runsignup.com/Race/NY/EastRochester/GRTCBoilermakerBusTrip. Note: This is transportation for the 15K only. Race registration is separate and taking this will NOT get you to the 5K.

MILEStone Patch Challenge

Don't forget to log your in-person race miles this month so you can get on the board or move up the rankings. Put the name of your race in the log comments and have fun! Sign up at https://runsignup.com/Race/NY/Rochester/GreaterRochesterRunningClubMILEStonePatchChallenge.

Volunteerism

RROY Races – Check with races directly; they nearly all need help!
https://rochesterrunneroftheyear.org

GRRC – We are an all-volunteer organization. Members are encouraged to consider helping on short-term and long-term activities. How can you help? We need people to help with or do the following:

- Treasurer in Training (requires board membership, succeeds Jim Moragne)
- Equipment Manager (succeeds Jim Moragne)
- Freezeroo Helpers
- Marketing
- Website
- Social Media
- Special Events (Banquet, Picnic, etc.)
- Outreach

Thank you for being a member or being interested enough to follow us in email and social media. Members can renew before their membership lapses and followers can become members by registering at https://runsignup.com/Club/NY/Rochester/GreaterRochesterTrackClub. Lots of reasons to become a member, here's one: getting updates on what's happening on a regular basis.

See you out there!

Vickey Beaver