Greater Rochester Running Club President's Letter

June 11, 2025

Dear Members and GRRC Followers:

Yay! It's spring! This letter recaps May club activity, highlights upcoming GRRC-related races, events, and volunteer opportunities, and provides new information. NEW: When a local race offers our members discounts, I'll include it in this letter as often as possible. You can see them at any time by going to the club's RunSignup page shown below.

May Club Recap

1) The board didn't meet in May, but we still had much going on as a club.

2) Mind the Ducks saw a variety of people making their goals and we had an uptick in very young racers. We even had a two-year-old that Gil commented took a "very long time" to complete the ~1-mile loop.

3) April and May also saw the continuation of the GRRC Spring Track Clinic, our presence for the water stop, captained by Tina Ruhland, for Lilac 10K, a RROY race, and VP Martha Doody's second year of Wild Water Derby 5K direction, this time also a RROY race, as well as the Sunset House 5K, another RROY race.

Coming Events (See Club RSU page for any unlinked events)

June

14 – Musselman Preview Ride in Geneva, NY: $5.00 off

14 – Stache Dash 5K in Canandaigua, NY: $5.00 off

15 – June Jaunt 5K in Hilton, NY: 15% off; I direct this race and there are fewer than 10 spots left. The relatively flat course is our most family-friendly race with an easy-to-follow route, a medal for all finishers, and a trip through our Sundae & Fruit Bar for breakfast! This is also a **Rochester Runner of the Year Series** race! Register at https://runsignup.com/Race/NY/Rochester/WestoftheRiverSeries.

20 – Summer Fest by Rochester Running Company; 50% off with coupon code; GRRC Members will get a separate message with that code

21 – Irondequoit Juneteenth 5K in Rochester, NY: 10% off

22 – RHSC's Super Hear-O 5K & Family Fun Day in Rochester, NY: $5.00 off

July

13 – **GRRC** Utica Boilermaker Bus Trip in East Rochester, NY$20.00 off; Thanks to Wilt Alston, the GRRC bus to Boilermaker 15K Start Line is at your service! Don't sign up for the bus if you're doing the 5K. It won't get you where you need to be. Register **for the bus** at

https://runsignup.com/Race/NY/EastRochester/GRTCBoilermakerBusTrip. Registration for the race is not part of the bus registration. That must be done at the Boilermaker signup page.

19 & 20 - Candlelight 12/24 Hour - Overnight Ultra and Relays in Rush, NY: $10.00 off; This is a **GRRC** race directed by Gil Robs. You can do as many or few laps as you'd like in up to either the 12- or 24-hour limit, your choice. Held at Rotary Sunshine Camp, the terrain is a mix of asphalt and packed earth through open and wooded trails. The 1-mile loop takes you by indoor restroom facilities and the race aid station, both right on the course. Pre-race camping is possible and space for race campsites for personal aid stations is plentiful. Register at https://runsignup.com/Race/NY/Rush/CandleLight12HourOvernightUltra. Use discount code **"CroneWilson"** and get an additional $15 off through Friday, June 13th.

19 – Keuka Outlet Trail Half Marathon & 10K in Penn Yan, NY:10% off

20 – Jungle Jog 5k Run and Walk in Rochester, NY: $5.00 off; This is a Rochester Runner of the Year race! Register at https://runsignup.com/Race/NY/Rochester/SenecaParkZooJungleJog.

25 – Karknocker 5K in East Rochester, NY; This is a Rochester Runner of the Year race! Register at https://runsignup.com/Race/NY/EastRochester/Karknocker.

Summer Clinic

This year, we're kicking off on August 4th! Members get $20.00 off. The clinic is held at Roberts Wesleyan University (not sponsored by the university) at the track near Voller Athletic Center on Mondays from 6 p.m. to 7:30 p.m. It starts with a one-mile baseline effort and concludes on the final night, September 29th,with a one-mile clinic race. Register at https://runsignup.com/Race/NY/Rochester/GreaterRochesterTrackClubSummerClinic

MILEStone Patch Challenge

Register now at https://runsignup.com/Race/NY/Rochester/GreaterRochesterRunningClubMILEStonePatchChallenge to start tracking your mileage. Even if you're not sure how to do the data entry, **if you want to be in the MILEStone Challenge, free registration is required.** If needed, we'll help you out with the data entry. Questions? Just email us at milestone@grtconline.org.

Discounts

See member discounts at https://runsignup.com/Club/NY/Rochester/GreaterRochesterTrackClub. They are updated as race directors extend the discount to our members.

Volunteerism

6/15 – June Jaunt

I could use up to ten people helping in various places ranging from directing races to turn while cheering them to handing them their medals. Volunteers get a trip through the Sundae & Fruit Bar and tickets to our free raffle. The time commitment is a maximum of 90 minutes. Claim our volunteer spot at https://runsignup.com/Race/Volunteer/NY/Rochester/WestoftheRiverSeries.

7/ 19 & 20 – Candlelight 12H/24H has volunteer spots open. Contact Gil Robs through the race page linked a few sections back.

GRRC – Want to help and don't know how? Contact me at president@grtconline.org and let's talk!

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.

See you out there!

Vickey Beaver