Greater Rochester Running Club President's Letter

March 10, 2026

Dear Members and GRRC Supporters:

Welcome new members! This letter contains the March club recap, upcoming events, and some club highlights.

March Club Recap

1) Our last meeting included the other two of our new directors, so now the whole board has met in the first two months of the new board year. We focused on the annual banquet and Rochester Runner of the Year Series (https://rochesterrunneroftheyear.org/) updates.

2) We've had the annual banquet. Plans at our original location went awry, so with only three full days to go, Davinci of Greece stepped up to accommodate us with nearly an identical menu. The banquet was a success, and we have many pictures on the Facebook page. Congratulations to the MILEStone Patch awardees, RROY winners, and our Hall of Fame inductees, Mark Andrews and William "Bill" Murphy, as well as our raffle winners. Anyone who won a RROY award and didn't collect it should reply to this message, and I'll get you in touch with Jennifer Gaudino, the RROY chair.

   Thanks to all who attended and all who helped prepare beforehand, handle tasks at the banquet, and tear it all down. I'm lucky to be surrounded by terrific volunteers on and off the board. Among those who donated to our raffle are Obatron Fitness, Randy Rocks!, Tina Ruhland, and Rochester Running Company. The banquet program is online at https://grtconline.org/2026-grrc-banquet-program for all to view.

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

March (Remaining)

14 – Runnn' of the Green: **Rochester Runner of the Year Series Kickoff Race!** Live music, festive atmosphere, and an easy-to-follow out-and-back course featuring the Genessee River Trail. Register at https://runsignup.com/Race/NY/Rochester/RunninoftheGreenpresentedbytheYMCA and get a club discount!

April

23 – Spring Track Clinic Kicks off; due to a scheduling conflict at our host site, Nazareth University, the initial meeting is on Thursday, but all others will be on Wednesdays. The McMullen Mile, a RROY race, immediately follows the clinic, a perfect way to test all you work on in the clinic. Participants who register with the code provided during the clinic get the race for free. https://runsignup.com/Race/NY/Rochester/GreaterRochesterTrackClubSpringClinicsandTrackWorkouts

May

3 – Medved Madness Short Course on Trails! (**RROY Race**), 5 Miles (subject to change, depending upon trail conditions), https://runsignup.com/Race/NY/HoneoyeFalls/MedvedMadnessTrailRace

3 – Duvall Goat Run, not RROY, but giving members a great discount, 4 Miles, https://runsignup.com/Race/NY/Bloomfield/DuvallFarmsGoatRun4MileRun

9 – Mind the Ducks, a GRRC race directed by Gil Robbs, 12-Hour on asphalt around a pond; do as many or few of the hours as you'd like; volunteers needed (reply here and I'll get you to the right person); https://runsignup.com/Race/NY/Webster/MTD12

17 – Lilac 10K (**RROY Race**), the last weekend of the Lilac Festival; the 5K happens the same day, but does not count as a RROY race. Many people enjoy the chance to do both as they are spaced out apart long enough for a lot of folks to do just that. 10K, https://runsignup.com/Race/NY/Rochester/RocLilacRun; Also, 10K Water Stop volunteers needed! Reply here and I'll get it to Tina Ruhland, the water stop captain.

23 – Sunset House 5K (**RROY Race**), traditionally with a great soup selection among the post-race refreshments, this is a fundraiser as well as fun, 5K, https://runsignup.com/Race/NY/Irondequoit/SunsetHouse5KRunandWalk

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. Patches from 2025 will be mailed within the next two weeks.

Discounts

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

Volunteerism

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

Mind the Ducks, 5/9 – Aid station, set-up, tear-down. Reply here, and I'll get it to Jim Moragne, the Volunteer Captain.

Lilac 10K, 5/17 - 10K Water Stop volunteers needed! Reply here and I'll get it to Tina Ruhland, the Water Stop Captain. She'll have all the details as it gets closer.

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/GreaterRochesterRunningClub.

See you out there!

Vickey Beaver