Greater Rochester Running Club President's Letter

April 18, 2026

Dear Members and GRRC Supporters:

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

April Club Recap

1) We skipped the April meeting with no pressing business proposed beforehand.
2) Due to concerns raised by some board members regarding conflicts of interest in me coaching the Summer Performance Clinic, it has been cancelled for this year. To keep it, the conflict concerns would need resolved sooner than was possible or someone would have needed to volunteer to conduct a search for a non-board coach and coordinate with them for location, dates, fees, etc., which didn't happen.

Coming Events (See Club RSU page for additional events/dates)

April (Remaining)

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

2 - The ThermoFisher Scientific Grand Island 1/2 Marathon, by GBTC, Half Marathon, https://runsignup.com/Race/NY/GrandIsland/GBTCGrandIslandHalfMarathon

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 a RROY or club race, 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 (contact Jim Moragne at jimmoragne@gmail.com); 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 it 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

June

5 – Charlie McMullen Mile **(RROY Race)**, 1 Mile Track Race, on a Friday night following the end of the GRRC Spring Track Clinic; this year it is at an alternate location, East Rochester High School, https://runsignup.com/Race/NY/EastRochester/CharlieMcMullenMile

6 – 9 Hours for 9 Lives, no longer a club race, this race is mostly on cross-country terrain in Shortsville, https://runsignup.com/Race/NY/Shortsville/9Hoursfor9LivesUltra

7 – Montezuma Festival of Races, 5K, 10K, and Half Marathon, not a RROY or club race, https://runsignup.com/Race/NY/Savannah/MontezumaHalfMarathon5K

13 – Strawberry Festival 5K/8K, not a RROY or club race, FREE for ages 70 and up! See more at https://runsignup.com/Race/NY/Albion/28thAnnualStrawberryFestival5k8krun

20 – Stache Dash, 5K, a former RROY race, supports Blue Foundation, https://runsignup.com/Race/NY/Canandaigua/StacheDashNY

21 – June Jaunt, 5K, a former RROY race, this is a Father's Day race with an ice cream and sundae bar finish, full disclosure: this is one of my company's races, https://runsignup.com/Race/NY/Rochester/WestoftheRiverSeries

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 were mailed out within the last two weeks.

Rochester Runner of the Year Series

See the complete list of RROY races with links and additional information at https://rochesterrunneroftheyear.org/. RROY races offer discounts to GRRC members.

Discounts

See member discounts at https://runsignup.com/GreaterRochesterRunningClub. Only races within our service area, plus those by Greater Buffalo Track Club, are highlighted in the president's letter or social media, if they are providing a club discount. However, races outside our area often extend discounts to us through RunSignup's options and are visible at the bottom of the club's RSU page.

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, or contact him directly at jimmoragne@gmail.com.

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