Greater Rochester Running Club President's Letter

May 15, 2026

Dear Members and GRRC Supporters:

Welcome new members! We have eleven new folks from the Spring Track Clinic alone. This letter contains the May club recap, upcoming events, and some club highlights.

May Club Recap

1) The board discussed previously raised conflict of interest concerns and lacking consensus that any actions were being taken that were in conflict with established norms, no new decisions were made on the matter. However, in the course of addressing concerns, we determined we need a formal conflict of interest policy, which all directors were asked to consider so it can be formed, reviewed by a lawyer, and officially adopted in the near future.
2) Part of our process structuring – in some cases, restructuring – includes allocating funds for sponsorships. Those are intended to support other organizations' initiatives that coincide with our mission: supporting and growing running in the Greater Rochester Area. Those are separate from donations made to beneficiaries of our events such as Mind the Ducks and Candlelight 12/24-Hour, which generally have nothing to do with running. We have work to do to determine the complete process for this and it will be part of our new (in progress) budgeting process.
3) In line with the sponsorship conversation, we approved sponsoring the second Summer Speed Festival, and as part of a membership benefit, we approved paying a team fee that enables any GRRC member who wants to participate to do so for free! Details in the Coming Events section for June.
4) We have opened the GRRC Summer Picnic & Membership Meeting registration! It's free. We ask folks to bring something to contribute, if possible. The club provides the main course, lodge, and organization. Join us on August 9th! This year it's at Mendon Ponds Park and we have options for walking/running that include a visit to Wild Wings Center. https://runsignup.com/Race/NY/Henrietta/GRTCSummerPicnic
5) Mind the Ducks saw its best weather in a long time, if not ever. Gil, the race director and board member, shared with the group after it was done the challenge he had as his timing set-up picked the Friday before the race to act up. Nonetheless, he got it working and the race went on! Thanks to the volunteers and Gil for the enormous effort they expended to make it all happen.
6) MILEStone Recap: Three people already earned their Platinum Patches!

- Jennifer Toti, 91:54:34 covering 400 miles
- Bruce Carter, 61:01:33 covering 335 miles
- Jill Carter, 61:56:57 covering 320 miles

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

May

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 – Summer Speed Fest 400m, 1-mile relay, and 1-mile solo, not a RROY or club race but it is sponsored by GRRC; current members register for **FREE**; 100% club discount taken off automatically at check-out, https://runsignup.com/Race/NY/Rochester/summerspeedfest

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 – Juneteenth 5K, not a RROY or club race, https://runsignup.com/Race/Events/NY/Rochester/IrondequoitJuneteenth5K

20 – Musselman Preview Ride, training bike ride, not a club event, https://runsignup.com/Race/NY/Geneva/iM703MusselmanPreviewRideCookout

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

July

18-19 – Candlelight 12/24-Hour, this overnight endurance challenge is on asphalt and hard-packed trail with largely foot-friendly footing on a 1-mile looped course; this is a GRRC race where you can challenge yourself for as many laps as you'd like for up to 24 hours, https://runsignup.com/Race/NY/Rush/CandleLight12HourOvernightUltra

19 – Jungle Jog, 5K (**RROY Race**), a perennial favorite starting and ending in the zoo, https://runsignup.com/Race/NY/Rochester/SenecaParkZooJungleJog

24 – Karknocker 5K, a former RROY race, this Friday night race gives you the perfect evening chance to test yourself in East Rochester, https://runsignup.com/Race/NY/EastRochester/Karknocker

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 – a couple more 10K Water Stop volunteers would help! Send a message to Tina Ruhland, the Water Stop Captain, at clruhland016@gmail.com.

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