

## The 14th Route 50 Mile – July 6, 2023 by Pete Sheridan, Race Director

*A Tale of Two Dates:* For the first time in the history of the race, **The Route 50 Mile** was rescheduled due to unhealthy atmospheric conditions on June 8. Close to 250 runners were registered with some lost and some gained due to the reschedule. When the dust settled, 162 athletes ran in extremely hot conditions. Starting the race with her airhorn was Samantha Torres, a member of the BH-BL state championship 4 X 400-meter relay state championship team.

As was the case with the temperature on race day, the pace on the men's side scorched, as well. Two thousand twenty-two winner Shaun Donegan remarked that "I ran five seconds faster than last year, and only got third!" Champion Tyler Berg scared the course record with his 4:12.8. He noted that, after an illustrious four years at Columbia University, he will continue his studies and running with the Fighting Irish of Notre Dame this fall. Tyler of course secured the BH-BL runner award as did 2022 overall champion Janelle Rothacker, who was second women this year.

Top performance on the women's side was turned in by 2022 runner-up Emily Taft at 5:10.7. Keeping their impressive streaks alive, Carolyn Litynski and Greg Stevens, both of whom have run every race (virtual, too), "laced 'em up" and "got the job done." Unfortunately, Jack Rightmyer's 13-year streak came to an end due to circumstances beyond his control.

Several age group records were set:

Ramon Dominguez	40-49	4:46.3	
Derrick Staley	60-69	5:16.3	
Dan Brown	70-99	9:44.2	(new age category)
Martha Degrazia	70-99	8:28.9	(new age category. Martha achieved this time in 2022 at age 71)

Age-graded winners were Derrick Staley (64 yrs, 91.26) and champ Emily Taft (33 yrs, 81.54)

The event could not have been a success without the efforts of the CAPTAIN Community Human Services staff and board who provided the registration portal, received and tabulated the results, and created the commemorative tee shirts that were provided to runners.

The R50M would like to thank all runners who made a donation when they registered and the incredible sponsors who continued their support.

No event would be possible without the participation of the running community and ***The Route 50 Mile*** is no different. The ***R50M*** takes pride in the fact that it is an event that encompasses both elite and recreational runners of all ages. The race has become identified as the premier road mile event in the Capital Region. Thanks to all who participated this year. Come and join us again in 2024 for the historic 15<sup>th</sup> version of this classic race.

Find Race Results and Pictures at: [Route 50 Mile | CAPTAIN CHS \(captaincares.org\)](https://captaincares.org/route-50-mile)