

The 9th Annual Route 50 Mile – June 7, 2018

-Pete Sheridan, Race Director

The 9th Annual CAPTAIN-Community Human Services **Route 50 Mile** established all-time highs for both registrants (363) and race-running participants (335). Acquisition of a place in the Adirondack-USATF Grand Prix Series and designation as that organization's Road Mile Championship most assuredly was the key factor in this stunning increase. The weather was super, the course fast, and the enthusiasm level off the scale. For the ladies, Diane Ryan of Malta smashed the course record set in the first edition of the race by Emily Finnegan in 2010 at 4:55. Alex Benway, a first-time participant in the event, emerged victorious on the men's side and scared the men's race record with his 4:16. The victory was assured only after a hard-fought battle with Burnt Hills distance star Nick Hunziker, who repeated his second place finish of '17. It is worthy of note that members of the BH-BL boys Class B state championship team filled in places two through six, all with times under 4:25. Young Mr. Hunziker also topped the age-graded males at 91.96. New R50M participant Beth Stalker of Burnt Hills was #1 on the women's AG list with 89.22.

Completing a "trifecta," Nick Hunziker grabbed the Burnt Hills Runner award for the males, while race mainstay Erin Rightmyer garnered the women's trophy in this category. The depth of the performances was outstanding. On the men's side, eight runners ran under 4:30 and twenty-eight under five minutes. For the ladies, six runner were under 5:40.

Several new age group records were established:

<u>Male</u>		<u>Female</u>	
15-18	Nick Hunziker 4:17	19-29	Diane Ryan 4:55
60+	Bob Giambalvo 5:40	60+	Martha Degrazia 7:31

The honor roll of runners who have competed in all races remained steady at four with Carolyn Litynski, Grace Holzman, Jack Rightmyer, and Greg Stevens all returning for the 9th edition. We hope to have them toe the line for historic number 10 next year!

On the administrative side, a large contingent of staff from the newly-merged CAPTAIN-Community Human Services quickly became acclimated to all facets of the event and aided greatly in its success. As usual, Albany Running Exchange Event Productions provided superlative timing services. As always, the finish line was ably manned by Bill Herkenham and his crack crew. For the first time in race history a USATF-certified official, Laura Dolins, was on the scene to offer her expertise. *Ainsley's Angels* entered two chariots and, as best as race officials can determine, Megan James became our first pregnant finisher.

The **R50M** takes pride in the fact that it is an event that encompasses both elite and not-so-elite athletes of all ages. The race has become identified as the premier road mile event in the Capital District. Thanks to all who participated this year. Come and join us again in 2019!