

The 13th Route 50 Mile – June 9, 2022

by Pete Sheridan, Race Director

The rain held off and breezy but sunny conditions prevailed for the return of an in-person **Route 50 Mile** this year. Both the race committee and 196 runners (217 registered) shook off the rust of two years of virtual events to make 2022 a stupendous rebirth year. Starting the race as the runners toed the line was Ross Wightman, 2019 champion and course record holder. Notwithstanding the fact that she had the distinct honor of running in the high school state championship meet in the upcoming weekend, BH-BL sophomore Mia Paolino not only made an appearance, but ran the race! Striding at what was for her, conservative pace she still managed a solid 5:32.3 run. The race committee greatly appreciates Mia's dedication to our event!

Top performance on the women's side was turned in by Janelle Rothacker at 5:15.5. Being a BH-BL grad, Janelle also copped the alumni award. She was followed closely by Scotia-Glenville Middle School teacher Emily Taft, coming off an impressive 25th place in the Freihofer's Run for Women. On the men's side, R50M mainstay Shaun Donegan edged out BH-BL senior standout Ryan Allison, clocking in at 4:25.1. After a large number of close calls, it was great to see Shawn break the tape. Keeping their impressive streaks alive, Carolyn Litynski, Greg Stevens and Jack Rightmyer, all of whom have run every race (virtual, too), "laced 'em up" and "got the job done."

One age group record was set, as Marta Dauphinee improved her previous mark by a whopping seven seconds to 5:32.2. Age-graded winners were Ryan Allison (18 ys, 86.54) and Martha Degrazia, repeating her win from 2019 (71, 82.18).

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 a commemorative tee shirt that was 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 2023 for an even bigger and better race!