

The Route 50 Mile Turns 15!

Drag out the cliché: time flies when you are having fun! It is difficult to believe that CAPTAIN Community Human Services will be hosting the 15th edition of the “premier mile road race in the Capital Region” on June 13th. Envisioned as a fundraiser and a linkage to the community, the first race was contested in 20 on the “straight as an arrow” stretch of NY State Route 50 beginning just north Gil’s Garage to what was then the Stewart’s store just south of Design Interiors. Except for a couple of minor tweaks due to certification of the distance of the mile by United States of America Track and Field, it has remained the same.

As the race has evolved through the years, the number of runners has grown steadily and the quality of performances has improved dramatically. The current women’s record of 4:55.0 was established in 2017 by Diane Ryan, and, on the men’s side, Ross Wightman stopped the clock at 4:11.1 in 2018. In all, there are nine age-groups, meaning that we have sixteen additional records for people to shoot at.

The event has not been without challenges, as one year saw the cancellation of the Flag Day Parade due to a torrential downpour. No parade, no closure of the road equals no race. The Covid 19 Pandemic saw the race morphing, as was the case with so many activities, into a virtual affair.

For the second time, the R50M will be part of the USATF-Adirondack Grand Prix of road races, ensuring a registrant pool that will spike upwards over 250. With a strong historical base and an optimistic outlook for a vibrant future, we hope that the race will provide an opportunity for families and individuals to have a fast and fun race. And, don’t forget the bowl of ice cream and a fantastic parade afterwards as we move into the next fifteen years!