

# The 10<sup>th</sup> Annual Route 50 Mile – June 13, 2019

-Pete Sheridan, Race Director

The 10<sup>th</sup> Annual CAPTAIN Community Human Services **Route 50 Mile** continued to be the greater capital region standard for road miles with 282 registrants and 266 running participants. The weather, overcast and cool but with no rain, provided excellent running conditions and some fantastic performances were the result. On the men's side, an epic battle between Ross Wightman of Chatham and 2018 champion Alex Benway of Queensbury, resulted in both athletes smashing the course record and Ross eking out a victory 4:11.1 to 4:11.9. For the ladies the championship result was even tighter, with young (13 yrs) Mia Paolino of Burnt Hills emerging victorious over Heidi Stears of Ballston Spa, 5:07.0 to 5:07.3. Dave Metacarpa of the three-time BH-BL State Championship Boys Class B state championship team won both the men's BH-BL runners award and age-graded (88.63) trophies. Due to the fact that they were competing in a National Championship relay the following weekend, four members of that championship contingent were unable to run our race this year, but we will count on them returning in 2020. They have been an integral part of the event for many years, and were missed.

Completing a "trifecta," Mia Paolino grabbed both the Burnt Hills Runner Award for the females and age-graded award at 88.45.

Several new age group records were established:

<u>Male</u>		<u>Female</u>		
<b>19-29</b>	Ross Wightman	4:11.1	<b>11-14</b> Mia Paolino	5:07.0
			<b>40-49</b> Marta Dauphines	5:44.0

The honor roll of runners who have competed in all races remained was reduced by one due to the absence of Grace Holzman, but Carolyn Litynski, Jack Rightmyer, and Greg Stevens all returned for the 10<sup>th</sup> anniversary edition. All were honored with special recognition at the start line and personalized race bibs adorned with the #10 signifying their streak. We hope to have them toe the line for number 11 next year!

On the administrative side, a large contingent of staff from CAPTAIN Community Human Services aided greatly in its success of the 10<sup>th</sup> Anniversary race. 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. *Ainsley's Angels* returned and entered three chariots. Hopefully they will continue as a key facet of the event many years into the future.

No event would be possible without the participation of the running community and ***The Route 50 Mile*** is no different. The growth of our event both in the number of participants and quality of performances is a tribute to those who train hard and come back year after year to support the effort. 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 2020!