

## The 15th Route 50 Mile – June 13, 2024 by Pete Sheridan, Race Director

While I can't guarantee the 2024 version of *The Route 50 Mile* was the best of all time, there is no doubt that this iteration is firmly in the conversation for that title. Three hundred fifty-one runners registered and 321 crossed the finish line. Our timing company, Albany Running Exchange Event Productions, indicated that within their experience, this was an unusually high percentage. Race conditions were perfect, and results seemed to support this contention. Starting the race was Eric Freestone, long time Burnt Hills-Ballston Lake physical education teacher and coach.

In perhaps the best performance of the night, Nicole Moslander of Rotterdam established a new course record for women at 4:53.1, taking down Diane Ryan's 4:55.0 of 2018. Adding frosting to the cake, 36-year-old Nicole was also the women's age-graded champ as well, at 86.87%. Thirty-eight-year-old R50M mainstay Shawn Donegan once again dipped under the 4:20 mark and topped the men's age-graded with a tremendous 90.93. The men's course record withstood all-out assault with four runners under 4:15, led by University at Albany star Jared Rogelski at 4:12.5.

The BH-BL runners awards were taken by Joe Chapman of Gaithersburg, Maryland and current BH-BL cross country/track coach Megan James. 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."

A significant number of age group records were set:

Louie DiNuzzo	40-49	4:33.1
Shaun Donegan	30-39	4:18.8
George Baranauskas	70-99	7:46.8
Colleen Brackett	60-69	6:33.3
Nicole Moslander	30-39	4:53.1
Karen Bertasso	40-49	5:03.4

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. This group was led by Executive Director Andy Gilpin, Community Engagement & Events Manager Jaime Ianniello, Director Philanthropy Ava Martin, Volunteer & Community Engagement Manager Bill Lubin and Marketing Manager Michelle Bauer.

The R50M would like to thank all runners who donated 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 2025 for the historic 16<sup>th</sup> version of this classic race.

Find Race Results and Pictures at: [Route 50 Mile | CAPTAIN CHS \(captaincares.org\)](#)