

The Virtual Route 50 Mile – June 11-14, 2020 **by Pete Sheridan, Race Director**

The Year of the Pandemic has provided challenges for individuals and organizations around the country and CAPTAIN Community Human Services. Our **Route 50 Mile** falls into this category. As was the case several years ago, when torrential rains wiped out the annual Burnt Hills Business Association's Flag Day Parade, "no parade, no race." Seeking to provide an opportunity for our runners, many of whom had contested the event multiple times, race leadership decided to provide a "virtual" race for those who were willing to run in a socially distant fashion and record and submit their times. In all, 59 runners did their thing and submitted times.

As sure as the sun comes up in the morning, Carolyn Litynski, Greg Stevens and Jack Rightmyer, all of whom have run every race, toed their own individual start lines and "got the job done." On the men's side, current Burnt Hills-Ballston Lake distance star Ryan Allison, a junior, was unchallenged, as he recorded a 4:24 on the Ballston Lake bike trail. Top performance on the women's side was turned in by young Kaitlin Bogucki of East Greenbush who clocked in at 6:11. Kaitlin, who will be in eighth grade in the fall, runs for the Columbia team. It was a clean sweep for *Team Bogucki*, as dad Jason won the men's 40 – 49 and sister Lauren was victorious in the girl's 10 – 14.

We would also like to recognize the continued efforts of Sam Mercado, a R50M regular who posted a great time of 5:39.8. Sam may not have raced all versions of the event, but he has only missed one or two, and hasn't lost step through the years. The event could not have been a success the efforts of CAPTAIN Community Human Services staff and board who provided the registration portal, received and tabulated the results and created a commemorative bib that contestants could download.

The R50M would like to thank all runners who made a donation when they registered and the incredible sponsors who continued their support despite the change to a virtual event. It is our firm belief that we will be back on the road in 2021 with an even bigger and better event.

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 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 “virtually” this year. Come and join us again in 2021 when we will bring back the shirts, awards, and, most importantly, ice cream!