

EASTERN DUTCHESS

Road Runners Club



NEWSLETTER



NEWSLETTER CONTENT

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MESSAGE FROM THE EDRRC BOARD

Spring has flown by and EDRRC has hosted multiple successful races including; St. Patrick's 5K, Sap Happy 5K, Millbrook Marathon, Summer Warm Up 5K-50K, Upton Lake Eagle Run, Dirty Paws and Claws 2x5K Relay, Pawling Moonlight Trail 5K, and Racing to Save Lives. Board Member Allison Fitzpatrick, also got her chance to race direct the Summer Warm Up 5K-50K. In addition to club races and weekly group runs, club members attended an ice cream run in May and club pool party in June. The board welcomed a new treasurer, Miles Leacy, as Kristin Sherwood stepped into her new role as Entertainment Director. We look forward to seeing what they will accomplish in their new roles.

As always, we wouldn't be a club without our members. Be sure to renew your membership and sign up for our weekly emails to keep updated on all these runs and more. Follow us on Facebook for up-to-the minute meet-up information. And always remember, all our runs are Zero Intimidation and Pace Doesn't Matter!

Stay safe and get out there!

MILLBROOK MARATHON



HIKING FOR A CAUSE



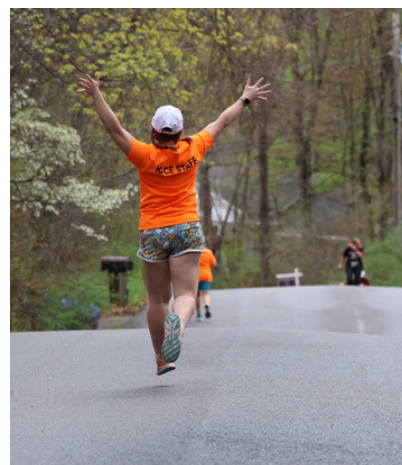
BY: ALLISON FITZPATRICK

Our club members stay active in a variety of ways, whether if they are joining one of our weekly group runs, or going for a hike, or club races. Some club members like to travel and explore new places. Club Member Bonnie Pfeifer has been on a couple of adventures within the last year. Last summer, Bonnie and her husband, Brian, hiked the Vermont Long Trail. She also traveled to Kenya this past winter to climb Mount Kilimanjaro with fellow club member Dana Lewis and a couple friends. Now Bonnie's love for hiking is taking her to New Hampshire to participate in a sunrise hike up Mount Washington. She is partnering with Adaptive Sports Partners to raise money so they can continue to support people of all abilities in athletics. The sunrise hike will happen on July 30th. If you would like to donate to Bonnie's fundraiser click the link below.

[Link to Bonnie's Fundraiser](#)



SPRING RACES AND EVENTS



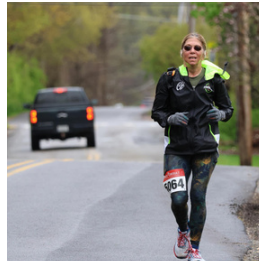
MEMBER SPOTLIGHT

This issue we questioned members:

What is your favorite race you have run and why?

What is your favorite race distance and why?

Carla Mallen



Favorite Race: Eagle Up ultra. I travel with friends and we get 100K done together. The camaraderie is what makes it.

Favorite Distance: 50K-100K. The feeling of accomplishment.

Michael Buyu



Favorite Race: My favorite race run was the Pawling Moonlight Trail Run. I loved it because it was thrilling! Running at night on a trail was a great experience.

Favorite Distance: 5K is the perfect distance for me. I still have enough strength to finish strong at a good pace and strong enough to carry on with the day's other responsibilities!

MEMBER SPOTLIGHT

Colleen Traut



Favorite Race: So far, my favorite race has to be the one I just did, which was the Loon Mountain Race. It was the most challenging race I've ever done, with a one kilometer 40% grade finish. I loved this 6 mile, 3000+ feet race because it pushed my limits and showed me what I can do and where I can improve. I will be back next year!

Favorite Distance: I don't have a favorite distance. I choose races that I think will be fun to do.

Thanks for all the responses we received! All featured runners this issue will receive Slow AF Run Club Book by: Martinus Evans from Fleet Feet Poughkeepsie.

Follow us on social media to find out what our next member spotlight question is for a chance to be featured in our next newsletter and receive might just get prizes from our sponsors.

WHAT IS THE BOARDS FAVORITE EDRRC RACE, AND WHY?



John Morris

I would say the Millbrook Marathon is my favorite race! It's the first marathon that our club has put together. It's the only one in the area and it's the first one I ever ran. In a close second would be the Schaghticoke race. It was a great way for our club to connect with the tribe, support them, and give the runners an opportunity to have such a beautiful course!



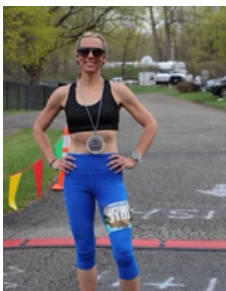
Vicky Nguyen

My favorite is Schaghticoke, it's close to home, pretty, and near my birthday!



Angela Legg

My favorite races (how can I possibly pick just one!?) are the Pawling Moonlight Trail 5k and the Millbrook Marathon. I love Moonlight because it encourages people to try trail running and, hello, glowsticks! I love the Millbrook Marathon because the heart and spirit of that race are as big as its hills!



Kristin Sherwood

Millbrook Marathon because so many club members are involved as runners & or volunteers. It's a very challenging course but I always feel incredibly supported at this race & I love running in that area.

WHAT IS THE BOARDS FAVORITE EDRRC RACE, AND WHY?



Miles Leacy

I like all of them equally, EXCEPT the ones that involve hills, mud & weeds.



Jessica Dickinson

Millbrook Marathon for sure. It's my favorite EDRRC race because it was my toughest physical challenge in 2021, coming back from a very hard year of barely running at all. I signed up for MM to give myself a reason to train and refocus. There's nothing more special than tackling "the toughest marathon you'll ever love" on home turf. My MM streak will continue for as long as I'm able!



Allison Fitzpatrick

Mine are Summer Warm Up and Ryan's Superhero Run 5K. Summer Warm Up because it was my first EDRRC race and it provides runners a variety of options to challenge themselves. Ryan's Run because of the costumes.



Kris Lowe

I have only walked two of them for a preview (Pawling Moonlight and Summer Warm Up) but I believe I took photos at all of them now over the last year. I'm going to say the one I like best is the Millbrook Marathon. I have the option to jump around and get many different spots for photos.

UPCOMING EVENTS



July 30th

Junkyard Dogs Hilltopper Half Marathon

296 Millbrook School Rd Millbrook, NY 12545

Registration is
Closed



August 24th

Sprint for Sobriety 5k Run/Walk

41 Green Blvd. Kent, CT US 06757

[Sign Up Now](#)



October 15th

Ryan's Run Superhero 5k & 1 Mile Run/Walk

198 Rt. 22 Pawling, NY US 12564

Coming Soon



October 29th

The Great Giveback

31 Van Wyck Lane
Hopewell Junction, NY US 12533

Coming Soon



Date TBD

Beer Mile

2 Lakeside Drive
Pawling, NY US 12564

Coming Soon



April 14th

2024 Millbrook Marathon

Town of Washington Park and Pool
3744 Route 44 Millbrook, NY 12545

[Sign Up Now](#)

WEEKLY GROUP RUNS

**ALL RUNS ARE ZERO INTIMIDATION RUN,
AND PACE DOESN'T MATTER!!**

Keep up to date on our Facebook page!

Please arrive a few minutes early so we can leave on time. Most runs are held rain or shine!

Tuesday Morning Group Run

Meet in front of The Crafted Kup in Poughkeepsie for 6:30am run.

The Crafted Kup, 44 Raymond Ave, Poughkeepsie, New York

Tuesday Night Group Run

Meet at Union Vale Town Hall at 5:30pm for our no set distance run.

Union Vale Town Hall, 249 Duncan Road. Lagrangeville, New York

Wacky Wednesday Night Group Run

In conjunction with East Fishkill Recreation, meet in front of The Powerhouse Gym East Fishkill in IPark at 5:30pm for a fun run with no set distance, usually ending with a meet-up for drinks and/or food after the run.

The Powerhouse Gym East Fishkill, 730 South Drive, Hopewell Junction, New York

Thursday Night Group Run

Meet at Lakeside Park at 5:30pm for leisurely run.

Lakeside Park, 2 Lakeside Drive, Pawling, New York

Friday Morning Breakfast Run

Locations vary. 6:30am In conjunction with Fleet Feet Poughkeepsie, met us for an early no set distance run. Then stay for breakfast! Check Facebook and sign up for our weekly newsletter to keep up to date on meeting location.

Sunday Morning Run

Locations vary. Check email and sign up for our weekly newsletter to keep up to date as to meeting location. We take off at 7:30 no matter where we meet and there's usually breakfast available for after our run.

EASTERN DUTCHESS ROAD RUNNERS CLUB

BOARD ROSTER

President: John Morris

Vice President: Vicky Nguyen

Treasurer: Miles Leacy

Secretary: Angela Legg Carter

Entertainment Director: Kristin Sherwood

Board Members: Jessica Dickinson, Allison Fitzpatrick, Kris Lowe

EDRCC is always looking for individuals to help out, whether as a board member or an event volunteer.
Reach out to us if you are interested!

Eastern Dutchess Road Runners Club is a Non-Profit 501(c) 3 organization established in 2016. Our goal is to promote and encourage distance running for fitness and health by supporting running and jogging as a way of life. Toward those goals, the Eastern Dutchess Road Runners Club will promote and conduct races to benefit local charities, organize group runs and other running activities. It will provide information on running via newsletters, presentations and educational programs.

EDRCC is a proud member of the Road Runners Club of America.

Contact Us

Eastern Dutchess Road Runners Club
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<https://edrcc.org>



Looking forward to seeing you on the road,
John Morris

Founder, Eastern Dutchess Road Runners Club

