

EASTERN DUTCHESS Road Runners Club



NEWSLETTER



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MESSAGE FROM THE EDRRC BOARD

Fall has flown by and now our club members prepare to take on the cold winter running months. Club members have traveled all over the world to complete many goals, like conquering a new distance, setting a new personal record, running on a Ragnar Team, or even recovering from an injury.

The club had many successful races this summer and fall, as well as adding a new race, Racing to the Rescue 5K Run/Walk, led by Club Member, Joslyn Walsh, in order to earn her Girl Scout Gold Award. In addition to our club races and weekly group runs, the club ran for Tacos and Margaritas, ran by a Sunflower farm and a Pumpkin Patch, and partied at Halloween!

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!

A ROAD TO A PR



BY: PETE ROSSI

After completing my second full marathon in spring of 2022, I knew my training was not working for my goal of a sub 4 hour marathon. Unlike many of the Eastern Dutchess Road Runners who just keep adding on more distance, I opted to cut back on distance in order to get my half time faster. A faster half marathon became my new running goal, resisting the urge to run a fall or spring marathon.

The day before EDRRC held the 03rd Annual Milbrook Marathon this past spring, I headed north to Albany to run the Helderburg to Hudson Half Marathon, a downhill course along the Albany County Rail Trail. While I did set a personal record of 1:52:19, I didn't break my goal of 1:50 for the race. In response to this race, I set an even more ambitious goal of a 1:45 half at the Dutchess County Classic in the fall.

During the spring and summer, each race I tackled included personal records for those courses which I had run before. By the time I ran the challenging Junkyard Dogs Half Marathon in July with a 1:56, I knew a 1:45 on the much flatter Dutchess Rail trail was within reach.



A ROAD TO A PR

I backed off on any runs over 10 miles during the two weeks leading up to the half, something I had never done before with a half marathon. A stretch of late summer heat in early September broke leading up to the weekend, leading to a beautiful weekend of running.

For the race itself, I used one of the Garmin pacing tools, setting the watch for a 1:45 half marathon. During the race my Garmin displayed how many seconds ahead or behind of my goal I was and my estimated finishing time. I never looked at my pace or miles remaining, just looked at the watch to see if I could slow down or if I should speed up. I had never run a race this way, but it turned out to be great because I wound up running faster than I would have had I seen my pace and my mind tried to slow me down.

The out and back nature of the course, something in the past I never cared for, turned out to be great. On the return across the walkway, I was hearing shouts of support from fellow runners, including many EDRRC runners who were also running. Running with an EDRRC shirt also got me further yells of support from other people along the course! Throw in creative signs and powering up with high-fives and posterboard mushrooms, it's easy to forget the joys of a larger race with spectators.

In the end, I finished with a 1:42:59, not only beating my previous half PR by 10 minutes but also beating my race goal by 2 minutes! With my goal of bringing down my half marathon time now accomplished, I will again turn to longer distances and the eventual sub 4 hour marathon!



FALL RACES AND EVENTS



EDRRC RUNS RAGNAR

BY: VICKY NGUYEN & PETE ROSSI

Earlier this fall, two vans, containing 14 Hudson Valley runners, made their way to Harrisburg, PA to participate in a Ragnar Road Relay. 2023 was the inaugural year for Ragnar Road Pennsylvania, covering 200ish miles from Harrisburg to Philadelphia. The 12 runners participating in the EDRRC runs Ragnar team were divided into two vans, with a support driver for each van. Thursday night both vans were decorated. The Milbrook Marathon and 'The Toughest Marathon You'll Ever Love' was driven across southern PA over the next two days.

Friday morning, van 1, piloted by Brian, made its way across the Market St bridge to City Island in the Susquehanna River. Bob (runner 1) ran the first leg, covering the first 4 miles within Harrisburg of our 200ish mile voyage before passing the baton to Bonnie (runner 2). Each runner would run 3 legs over the two days varying in length from 3 to 9 miles, with a total of 11 to 24 miles being run by each of the 12 runners. After Pete (runner 6) ran by Hershey Park and through downtown Hershey early Friday afternoon, the baton was handed off to Vicky (runner 7), who continued the journey with van 2, driven by Mike and filled with another five runners eager to get out of the van and run the roads of PA. At this point, runners 1-6 and van 1 were relieved, in search of a late lunch, a shower, and a quick nap before meeting up with van 2 again that evening.

While van 1 had a break, van 2 and each respective runner ran their leg and the team continued to make progress on their trek to Philadelphia. When Matt M (runner 12) ran into the Franklin & Marshall College campus in Lancaster, PA after sunset, both vans and 13 enthusiastic runners were there to cheer him on. Matt passed the baton to Bob, and the second round of running had begun! At this point it was dark, so runners were relying on reflective/light vests and head/waist lamps. Many runners had night encounters with cows in roadside pastures and the beauties of rural PA roads, including horses and buggies on the roads at night.



EDRRC RUNS RAGNAR

The vans would meet up for another transfer of the baton near 1 AM and again around sunrise Saturday morning, as runners began to run their final, 3rd leg. A beautiful red sky at sunrise was a warning of the storm to come, with rain beginning lightly during the morning hours and becoming heavier through the middle of day. As the team approached Philadelphia that afternoon, Matt M ran the final leg, running by the famous Rocky steps before proceeding to the Chamounix Field. As Matt approached the inflated Ragnar finish chute, the other 11 runners joined him, with all 12 runners crossing the finish line after 200ish miles and 31.5 hours of running. After the finish, the runners were able to enjoy a free pizza and drinks, before making their way back to the hotel dreaming of comfortable beds and a hot shower (not all dreams were fulfilled).

The next morning, everybody was pitching in while scrubbing down the vans and then began proceeding back home, with all positive memories of the weekend of running across Pennsylvania!

Team:

Van 1: Bob Churchill, Bonnie Pfeifer, Christopher Regan, Dana Lewis, Fumiyo Watanabe, Pete Rossi

Van 2: Vicky Nguyen, Sandy Ermo, Rob Phillips, Tiffanie Karcher, Matt Sze, Matt Mauriello

Drivers: Brian Pfeifer and Mike Flannery



MILLBROOK MARATHON 2024

Join us on April 14th, 2024 for something special, the fourth annual Millbrook Marathon presented by the Eastern Dutchess Road Runners Club. Come enjoy 26.2 miles on the beautiful roads of Millbrook and the surrounding area. This might not be the flattest marathon you've ever run, but with the quiet country roads, rolling hills and the countless farms it sure will be the most scenic one! Take the first step and be a part of this exciting marathon by signing up, and when you take that last step across the line it will feel so rewarding.

<https://runsignup.com/Race/NY/Millbrook/MillbrookMarathon>

REVEL WHITE MOUNTAINS 2024

On May 5, a team of EDRRC members will journey to the beautiful White Mountains of New Hampshire to tackle "A One Time Only" downhill race. Team Members can register for either a full marathon with 2,350 feet elevation loss or a half marathon with 795 feet elevation loss. The marathon and half marathon both have time cutoffs at 6 hours and 33 minutes. Come join our Eastern Dutchess Road Runners Club Team at the link below. Any further questions contact, Team Captain, Angela Legg Carter.

<https://www.runrevel.com/rwm/register>

Team Name: Eastern Dutchess Road Runners
Use Code: JENNIFER10 to get \$10 dollars off registration

MEMBER SPOTLIGHT

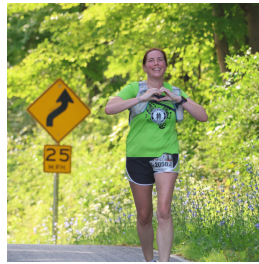
This issue we questioned members:
How has Eastern Dutchess Road Runners Club
(EDRRC) changed your life?

Carla Mallen



Enabled me to find a like minded group of friends who continually inspire me.

Jessica Velez



Has given me a social group that understands my insanity and is leading me to adventures that I am sooo looking forward to in the future!

Anonymous

When I joined EDRRC, I was a low point with my friendships. I have been so fortunate to make new friends that I consider extremely close friends now. I can truly be myself around them and they are an excellent support system. I hope I am able to return the support they provide me. Overall, the group has been a place where I feel at home with people I want to share my time.

MEMBER SPOTLIGHT

Rob "Freebird" Phillips



I find myself at the eve of the Philadelphia Marathon super excited and nervous, preparing for my 3rd marathon and an event that I never thought was in my realm a few years ago. A cliché, but true. Thanks to the group and welcoming people at EDRRC runs and events.

More than this: during the last few years I have embarked on a journey to live a sober life so as to thrive as a runner. Thank you all for the laughs, the fun at our runs and keep moving!

Joslyn Walsh



The Eastern Dutchess Road Runners changed my life by helping me to achieve my goal of earning the Girl Scout Gold Award. The club members (especially John and Kristen) helped me through every step of organizing and hosting a 5k. Although it was a lot of work, they were always willing to help. My 5k, "Racing to the Rescue" was a success and we were able to raise funds to buy supplies and help the farm, as a result, I earned my Gold Award!

UPCOMING EVENTS



Dec 14th
4th Annual Pawling Christmas Light Run
2 Lakeside Drive Pawling, NY US 12564

[Facebook Event](#) >



Dec. 16th
Very Merry EDRRC Holiday Party
799 Route 82, Hopewell Junction, NY

[Facebook Event](#) >



Jan. 1st
New Years Day Run
1157 State Rte 55, Lagrangeville, NY 12540

[Facebook Event](#) >



April 14th
2024 Millbrook Marathon
Town of Washington Park and Pool
3744 Route 44 Millbrook, NY 12545

[Sign Up Now](#) >



Date TBD
Frozen Looper
2 Lakeside Drive
Pawling, NY US 12564

[Coming Soon](#) >



Date TBD
St. Patrick's 5K Run/Walk
J H Ketcham Memorial Park
46 Ketcham Pk Dover Plains, NY 12522

[Coming Soon](#) >

UPCOMING RACES



Date TBD

Summer Warm Up 5K - 50K

2 Lakeside Drive

Pawling, NY US 12564

Coming Soon >



Date TBD

Eagle Run 5K & Kids Fun Run

Upton Lake Christian School

37 Shepherds Way Clinton Corners, NY 12514

Coming Soon >



Date TBD

Dirty Paws & Claws 2X 5K Relay

Wilcox Park

Rt. 199 Stanfordville, NY 12581

Coming Soon >



Date TBD

Pawling Moonlight Trail Run

2 Lakeside Drive

Pawling, NY US 12564

Coming Soon >



Date TBD

Racing to Save Lives 5K/10K

Tymor Park

8 Tymor Park Rd, Lagrangeville, NY

Coming Soon >



Date TBD

Junkyard Dog Hilltopper Half

296 Millbrook School Rd Millbrook, NY 12545

Coming Soon >

WEEKLY GROUP RUNS

**ALL RUNS ARE ZERO INTIMIDATION,
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

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, meet 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, Kristopher 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

