



Rochester Running Club Monthly Newsletter April 2025



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Upcoming Events and Information



RRC x Detour Athletics

Date: Sunday, April 6, 2025

Time: 12:30PM-1:45PM

Location: [Detour Athletics](#)

Dynamic & Power-Based Strength Training:

This FREE 75-minute session will introduce participants to explosive movements such as kettlebell swings and power development exercises.

Check your emails for RRC member links to register.

[Detour Athletics Waiver](#)

RRC Book Club

Date: Monday April 14, 2025

Time: 5:30PM-7PM

Location: [Thesis Beer Project](#)

Book: [Long Road to Boston: The Pursuit of the World's Most Coveted Marathon](#), by Mark Sutcliffe

TerraLoco \$5 5K for the RRC All-Comers' Track Meets

Date: Monday, April 28, 2025

Time: 5:30PM for a rolling start with goal to finish at 6:45PM

Location: [TerraLoco](#)

Details: \$5 5K in support of Rochester Running Club's All Comers Meets! Funds raised tonight will go towards the cost of new finisher and participant ribbons for the All-Comers' Track meets.

[More Details Here!](#)

RRC Honkers Game

Details: RRC and Team RED are hosting a fun night of baseball as the Rochester Honkers play the Eau Claire Express.

Date: July 31, 2025

Time: 6:15PM

Registration: [Purchase tickets](#) by navigating to the promotions section. Use code **"RED2"** to secure your tickets

RRC Gear Store

- ✓ Looking for some RRC gear to rep during the upcoming race season?
- ✓ Bummed you missed out on the joggers in the last gear order?
- ✓ Got a voucher for some RRC gear from the January Scavenger Hunt?

Great news! Our storefront will be open March 31-April 16!

Volunteer Opportunities

- ✓ [Spring Classic Races \(May 3\)](#)
- ✓ [Saturday Morning Training Run Aid Stations](#)
- ✓ [All-Comers Meets \(June 3, 10, 17 & July 1, 8, 15\) Rochester Women's 4-Mile Run \(July 26\)](#)
- ✓ [Reggie Oeltjen Douglas Trail 11 Mile \(August 2\)](#)

Each time you volunteer, fill out the [volunteer form](#) to log your points

Saturday Morning Training Runs



Open to the public – RRC membership is not required!

Aim to prepare runners for Spring marathon and half-marathons

Waiver required for participation

Aid stations every 3-6 miles with water and nutrition products

Annual or seasonal contributions recommended

Runs take place at Minnesota Treads.
Doors open at 7AM; Runs start at 7:30AM

Spring 2025 SMTR information

The goal of the SMTR series is to provide a structured & supported training environment for runners preparing for Spring 2025 marathons and half marathons.

You do **NOT** need to be training for a half marathon nor marathon to join us. Runners are welcome to come for as little as one mile or add on as much extra mileage as meets their individual needs.

[2025 Suggested Mileage and Route Maps](#)

[Spring 2025 Waiver](#)

[RRC SMTR Website & More Information](#)

Aid Station Information

Aid stations will be provided at intervals of no more than every 6 miles. Each aid station will have fluids to refuel with (water and Gatorade) and a sampling of nutrition items.

We ask that you use the provided gels as an opportunity to sample new brands and flavors. We recommend primarily relying upon your own nutrition during the SMTR.

Please bring your own collapsible cups if possible. Consider carrying a handheld or running pack if you think you'll need water more often than our aid stations are situated.

SMTR Aid Stations
Sponsored by:



Why Volunteer?

1. To get **INSPIRED** for your next race
2. To **give back** to your fellow runners and running community
3. To be a **part of the action** even if you're not ready for a race that day
4. Gain some good running **KARMA**
5. **Support** your running friends in their race goals
6. **Goodies** – get a free t-shirt & earn points to redeem for swag, race entries, or RRC membership

[We need volunteers for the Saturday Morning Aid Stations.](#)

Please sign-up and remember to [log your volunteer hours!](#)

2025 RRC Races



Rochester Spring Classic Races

Date: May 3, 2025

Location: Slatterly Park, Rochester, MN

Time: 8:30AM - Kids Free Mile / 9:00AM - 15K / 9:05AM - 5K

Details: The Rochester Spring Classic consists of a 15K, 5K, and FREE 1-mile Kids Fun Run. This event is hosted by the Rochester Running Club. The 5K & 15K courses will include an out and back on scenic paved bike trails along the Zumbro River in and around downtown Rochester. **The 15K is an RRC Grand Prix Event.**

Race Morning: Packet pickup at Slatterly Park from 7am-8:45am. Race day registration available from 7:30am - 8:15am.

[Register Here.](#) RRC members receive a discount on registration.

[Volunteers Needed!](#). Please consider signing up to volunteer!



Rochester Women's 4-Mile Run

Date: July 26, 2025

Location: Silver Lake Park, Rochester, MN

Time: 8AM

Details: This is a unique 4 mile out and back race alongside the Zumbro River on Rochester's paved multi-use paths, open to anyone who identifies as female. Runners and walkers who identify as female are all welcome to join in this event! **This is an RRC Grand Prix Event.**

[Register Here.](#) RRC members receive a discount on registration.

[Volunteers Needed!](#). Please consider signing up to volunteer!



2025 RRC Races



Reggie Oeltjen Douglas Trail 11-Mile Run

Date: August 2, 2025

Location: Douglas Trail, 75th St NW, Co Hwy 14, Oronoco, MN

Time: 8AM

Details: This 11-mile race takes place on the Douglas Trail, an asphalt rail-trail system that extends from Northwest Rochester to Pine Island. Participants meet in Douglas to race through a canopy of trees that shade the trail most of the way. Runners are treated to a race gift, post-race refreshments, and delicious, hydrating watermelon. **This is an RRC Grand Prix Event.**



[Register Here.](#) RRC members receive a discount on registration.

[Volunteers Needed!](#). Please consider signing up to volunteer!

Lance Pfrimmer Memorial Run

Date: August 9, 2025

Location: Eagle's Aerie #2228 (917 15th Ave SE, Rochester, MN)

Time: 10AM - 8K run and 1 mile walk

Details: All proceeds from this event will go to the Lance Pfrimmer Memorial Scholarship, supporting students who ran track and field and/or cross country in high school with a preference to students who are still running while pursuing a post-secondary degree. This event and scholarship were created in loving memory of Lance Pfrimmer, who we lost far too soon. His friends & family created this event to honor his memory and continue his legacy of sportsmanship, positivity, and athleticism. **This is an RRC Grand Prix Event.**

[Register Here.](#) RRC members receive a discount on registration.



2025 RRC Races



SCHEELS Healthy Human Race

Be Healthy. Be Human.

Date: Saturday August 23, 2025

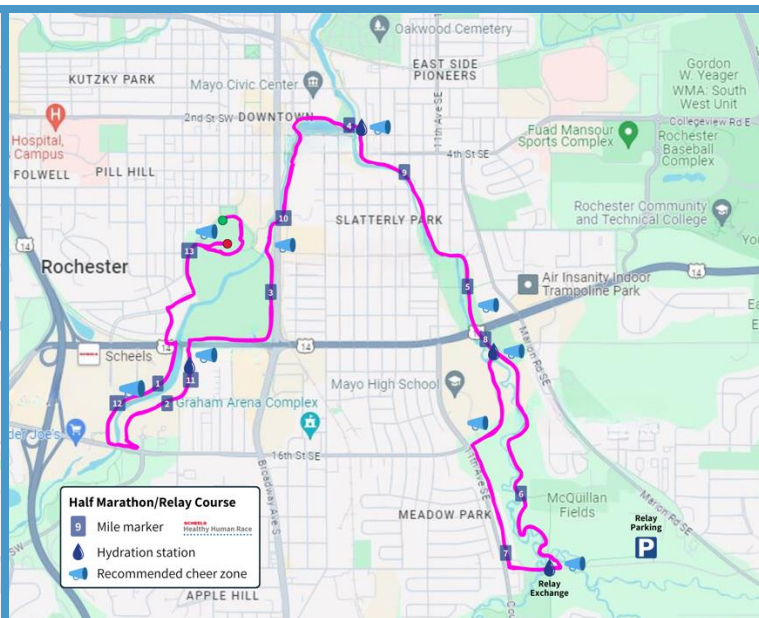
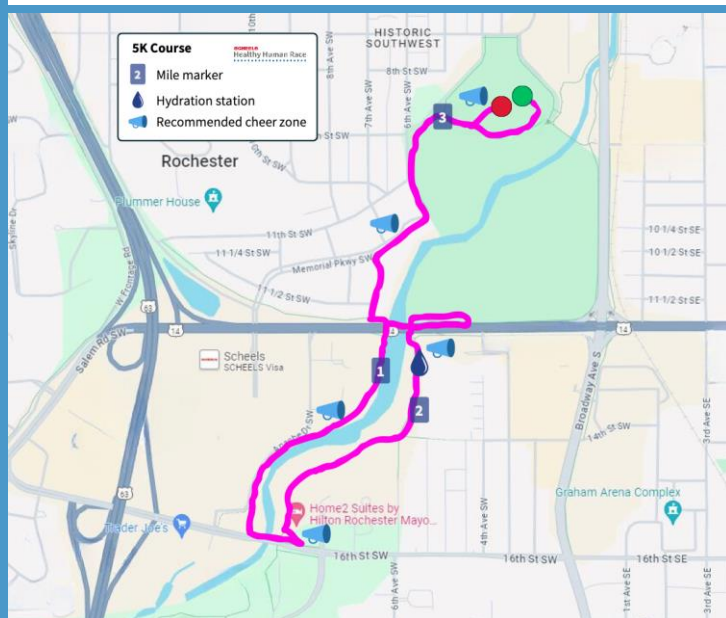
Location: Soldiers Memorial Field Track, 300 7th St SE, Rochester, MN

Time: 7AM – Half Marathon and Half Marathon Relay / 7:15AM – 5K

Details: Register today for the flat and fast Scheel's Healthy Human Race Half Marathon, Half Marathon Relay, or 5K. All races start and end at the Soldiers Memorial Field Track. Racers will primarily run along a beautiful sampling of paved paths throughout Rochester, MN, though there will be short segments on sidewalks in residential neighborhoods. Pacers will be available for a variety of goal finishing times.

This is an RRC Grand Prix Event.

[Register Here.](#) RRC members receive a discount on registration.



Member Highlight: Mika Takahashi



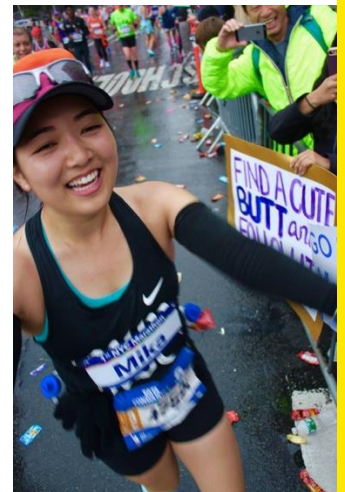
Meet Mika Takahashi! She is approaching the end of a training cycle that will bring her to the start line of the Boston Marathon on Monday, April 21, 2025. The Boston Marathon will mark her 7th marathon and **the final marathon in her journey to run the Abbott Six Star Major Marathon challenge.**

Mika was born in northern New Jersey in a first-generation multicultural household. She describes herself as a third culture kid, growing up in a blended household with Chinese and Japanese heritage in language, food, and mannerisms. She grew up in the USA and spent summers in Japan with extended family and lived in the UK for 3 years. She says “every time I move somewhere, even in the US - I pick up the best of the places I’ve experienced and introduce them into my personal traditions. There are so many facets of identity, and there are many others like me who in different ways have intersectional identities. We are not a monolith. I’m sure like me, many others who have multiple identities have never felt enough of one or the other, or had to choose one part of their identity, overlooking the other.”

Her journey into running started in high school. She tried out for spring track in her junior year of high school – and lasted only one season, feeling discouraged by others who demonstrated what she perceived as “superior physical prowess.” She started running again for fitness while attending Boston University. She found the weekly ritual of running along the Charles River esplanade to offer scenery and solo time to think through the day.

She started to run races with two close college friends. She was present during the bombings in 2013 and entered her first B.A.A. race in 2014 – the 5K race before the Boston Marathon. Since, the Boston Marathon has continued to hold a special place for Mika.

She moved to New York City and began exploring different run clubs with a friend, trying to find the right community and niche. Her first marathon was the NYC Marathon. Mika says: “this began my journey into the pursuit of performance running, and soon running became a metaphor in striving to be the best version of myself.”



Member Highlight: Mika Takahashi



Mika reflects on the perception of running as a white man's sport in the US/UK, saying: "Running is often described as a white man's sport in the US/UK and many Asian American pioneers in running are overlooked (such as Miki Gorman and Toshi d'Elia), but in Japan, distance running has been around since the early 1900s, with the New Year's Day Ekiden being one the most celebrated sporting events showcasing the best of team camaraderie. To work hard and exert your best effort, or "Ganbaru" is a culture ingrained in the Japanese part of my identity - and I translate this into working on empowering the community I represent, and towards understanding one another so we can find the parts we find collective similarity rather than differences."

Coming full circle in her running journey, Mika will be running the Boston Marathon this April as the final marathon in her Abbot Six Star Major Marathon challenge. She is running this year's Boston Marathon to support the **City of Boston's Animal Care and Control Division**, which offers a safe haven for animals that are picked up as stray, abandoned by their owners, court-ordered to be held as part of legal proceedings, or are rescued from unfit homes. They provide care for these animals, even urban wildlife, with a warm bed, medical treatment, play & enrichment, and a safe place to stay until they can either be reunited with their owners or adopted to a new, loving home either through their service or through their many partner rescue organizations. The Animal Care and Control Division also provides low-cost services to Boston residents, including spay/neuter procedures and vaccination clinics, as well as a pet food pantry for neighbors experiencing economic hardship and needing help feeding their pet.

Mika now lives (and runs) here in Rochester, MN. She's a frequent participant at the Saturday Morning Training Runs, Off Season Strider Runs, and Wednesday night social runs at MN Treads. She can often also be found walking and hanging with her rescue dog, Riku.

If you're able, please consider donating to her fundraiser for the City of Boston's Animal Care and Control Division. [Your donation](#) will bring valuable support to the City's shelter to raise money for food and supplies to help care for these displaced and stray animals. The Animal Care and Control Division has no administrative costs that are covered by this Fund; therefore, 100% of every dollar I fundraise will be donated directly to care for these animals!



2025 Grand Prix and RRC Race Schedule



2025 RRC Grand Prix Information

- You must be an RRC member to participate.** You can join at any time during the 2025 season and 2025 races will be retroactively counted.
- Points will be earned in the following age groups for **female, male, and non-binary** runners: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, & 80 and over
- Points are earned based age group ranking for each race: 1st place – 10 points, 2nd place – 9 points, 3rd place – 8 points, etc.
- A runner must participate in at least 3 races and earn points in 1 race to be eligible to receive an award.
- The 5 highest scoring races will be used to determine the runner's overall point total
- All awards are based on the age that you are on the day of the last grand prix race of the season
- The three persons in each age group earning the most points and meeting the eligibility criteria will receive Grand Prix Awards.

2025 RRC Grand Prix Races

*Indicates RRC race

5/3/2025	<u>Spring Classic 15K Race*</u>	8/2/2025	<u>Reggie Oeltjen Douglas Trail 11-Mile Race*</u>
5/18/2025	<u>Med City Marathon</u>	8/9/2025	<u>Lance Pfrimmer Memorial 8K Run*</u>
6/1/2025	<u>Chester Woods 10-Mile Trail Race</u>	8/23/2025	<u>Scheels Healthy Human Race*</u>
6/28/2025	<u>RochesterFest Camp Olson 1-Mile Race*</u>	Date TBD	Mayo Open Cross Country 5K Meet*
7/4/2025	Stewartville Summerfest 5-Mile Race	10/18/2025	Tour de Essex Trail 7K Run*
7/19/2025	<u>Byron Good Neighbor Days 5K Race</u>	10/25/2025	Brighter Tomorrows Go for the Gold 10K*
7/26/2025	<u>Rochester Women's 4-Mile Race*</u>		

April 2025

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
		Thesis Beer Run @ 6PM April Fools Day	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		SMTR at MN Treads @ 7:30AM Fools Five Road Race
6	7	8	9	10	11	12
OSS at Five West @ 7:30AM Strength Training at Detour Athletics @ 12PM	TerraLoco \$5 5K @5:45P	Thesis Beer Run @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		SMTR at MN Treads @ 7:30AM
13	14	15	16	17	18	19
OSS at Brothers Bar & Grill @ 7:30AM	TerraLoco \$5 5K @5:45P	Thesis Beer Run @ 6PM Tax Day	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		SMTR at MN Treads @ 7:30AM Storm the Park
20	21	22	23	25	25	26
OSS at People's Food Co-op @ 7:30AM	TerraLoco \$5 5K @5:45P Patriot's Day 	Thesis Beer Run @ 6PM Earth Day	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		SMTR at MN Treads @ 7:30AM Eau Claire Marathon Weekend
27	28	29	30			
OSS at Novios Cafe @ 7:30AM Eau Claire Marathon Weekend	TerraLoco \$5 5K @5:45P benefitting the RRC All Comers' Meets	Thesis Beer Run @ 6PM	MN Treads Run @ 6PM			

May 2025



SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
						<u>RRC Spring Classic Races @ 8:30AM</u>
4	5	6	7	8	9	10
OSS at Five West @ 7:30AM	TerraLoco \$5 5K @5:45P	Thesis Beer Run @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		SMTR at MN Treads @ 7:30AM
11	12	13	14	15	16	17
OSS at Brothers Bar & Grill @ 7:30AM	TerraLoco \$5 5K @5:45P	Thesis Beer Run @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		Med City Marathon Weekend
18	19	20	21	22	23	24
Med City Marathon Weekend		Thesis Beer Run @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		SMTR at MN Treads @ 7:30AM
25	26	27	28	29	30	31
Off Season Striders at Novios Café @ 7:30AM		Thesis Beer Run @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		SMTR at MN Treads @ 7:30AM

How to Find Us



[RochesterRunningClub](#)



[RochesterRunningClubMN](#)



[Join Discord](#)



[Membership Information](#)



RochesterRunningClub@gmail.com



[Even More RRC Information Here!](#)

2025 Sponsorship!



The Rochester Running Club (RRC) is seeking organizations to collaborate as sponsors for 2025!

Sponsors are integral to our ability to offer high-quality and low-cost races and events to our members throughout the year. We love working with different businesses in the Rochester community as sponsors and are excited to continue expanding opportunities for partnership within our community.

If an organization you are involved with might be good a fit for sponsorship, let us know and we'd be happy to discuss opportunities!

Annual Sponsor \$400/year

- ✓ Logo and link to website on the RRC website and member communications
- ✓ Opportunities for physical presence at our races including booth or banners
- ✓ Logo displayed on RRC race apparel
- ✓ Social media posts highlighting your business/organization
- ✓ Flyer/coupons/physical advertisements in race swag bags
- ✓ Recognition at our annual awards banquet

All-Comers' Meets Sponsor Price Varies

- ✓ Logo and link to website on the RRC website and member communications
- ✓ Opportunities for physical presence at youth track meets throughout the summer
- ✓ Logo displayed on RRC race apparel
- ✓ Social media posts highlighting your business/organization
- ✓ Flyer/coupons/physical advertisements in race swag bags
- ✓ Recognition at our annual awards banquet

Race Sponsor Price Varies

- ✓ Title sponsorship or race support options
- ✓ Signage and name recognition at RRC sponsored race
- ✓ Logo and link to website included in race participant communications
- ✓ Opportunity for physical presence at sponsored race
- ✓ Logo displayed on RRC race apparel

*In-kind donations and/or sponsorships are also welcome
Interested in learning more about sponsorship of the Rochester Running Club? Please email us at RochesterRunningClub@gmail.com. **Thank you for your time and consideration!**

Thank you to our sponsors!

RC
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RUNNING CLUB

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TM



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MOTOR CARS

KARL ROGERS
DWELL
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David Jorgenson

