



# Rochester Running Club Monthly Newsletter April 2026



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# Upcoming Events



## 2026 Rochester Spring Classic Races



Registration is now open for the 2026 Rochester Spring Classic Races! New in 2026, we'll have race distances including a half marathon, 10K, 5K and Kids' 1-Mile Run. RRC members receive \$5 off registration. Discount code can be found in your RRC members only email.

**Date:** May 2, 2026

**Location:** Slatterly Park, Rochester, MN

[Register Today!](#)

## 2026 All-Comers' Track Meets



Meets are FREE for kids 2-15+ years old and are open to the public. Para-athlete/wheelchair inclusion - independent or parent assisted are encouraged to participate.

**Date:** June 9<sup>th</sup>, 16<sup>th</sup>, 30<sup>th</sup> & July 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>

**Location:** Soldiers Memorial Field Track, Rochester, MN

[Register Today!](#)

## 2026 Rochester Women's 4-Mile Run/Walk & Girls' 1-Mile Run/Walk



This incredible race is open to anyone who identifies as female. We'll have post-race refreshments, prizes for the top 3 overall in the 4-Mile Run, plus age group awards for the top finisher in each age group.

**Date:** July 25<sup>th</sup>

**Location:** Silver Lake Park East Shelter, Rochester, MN

[Register Today!](#)

# Member Highlights



## Gwen Jacobson

On March 9<sup>th</sup>, Gwen finished the Antarctica Marathon! This was her 6<sup>th</sup> Continent and her 132<sup>nd</sup> Marathon! She finished in 4:16:35 and placed 3<sup>rd</sup> in women overall!



## Sofia Lehrer

Sofia ran the United Airlines NYC Half on March 15th and finished in 3:15:11! Great work!



## David Jorgenson

New Dad alert!





# Boston Watch!

The 130th Boston Marathon is April 20th!

There are 21 Rochester athletes running!

Help us cheer for them! Good Luck Racers!

To track our Rochester runners, you will need to download the [B.A.A. Racing](#)

[App](#).

You can also watch the race!



Exclusive National Television & Streaming Partner

Coverage on Race Day from 9:00 a.m. to 12:30 p.m. on ESPN2



Exclusive Year-Round Local Television & Streaming Partner

Coverage on Race Day from 4:00 a.m. to 8:00 p.m.

**Chris Aakre**  
**Andrew Becker**  
**Noah Billings**  
**Corrine Deeg**  
**Tim Deutsch**  
**Stephen Duffy**  
**Laree Etter**  
**Denise Jacobson**  
**Rylee Kopchak**  
**Kasey Kuker**  
**Mckenzie Lautt**

**Meaghan Lieburn**  
**Katie Lorenz**  
**Jeremy Mcjunkin**  
**Nick Odhiambo**  
**James Onigkeit**  
**Audra Quandt**  
**Anna Sanchez**  
**Mike Schmitt**  
**Vanessa Torbenson**  
**Tom Woo**

## Athlete Q&A with Kasey Kuker

*Q: What Charity are you Representing?*

A: I'm thrilled to represent the Silver Lining Mentoring (SLM) charity this year!

*Q: How many times have you run Boston?*

A: This is my 10th time running the Boston Marathon!

*Q: Do you have any goals for this race?*

A: My goal is to have a great time, soak it all in, and run a BQ time.

*Q: What are you most excited for?*

A: I'm most excited to meet the SLM team and some of the foster youth they support, high-five Coach Rick at mile 15, see Dale & Jen at the mile 17 aid station, eat my body weight in lobster rolls, do all the Unicorn Club activities, meet up with fellow RAD Rabbit and Nuun Ambassadors, and have the most amazing weekend with Rochester friends and running friends from around the world!



# Saturday Morning Training Runs (SMTR)

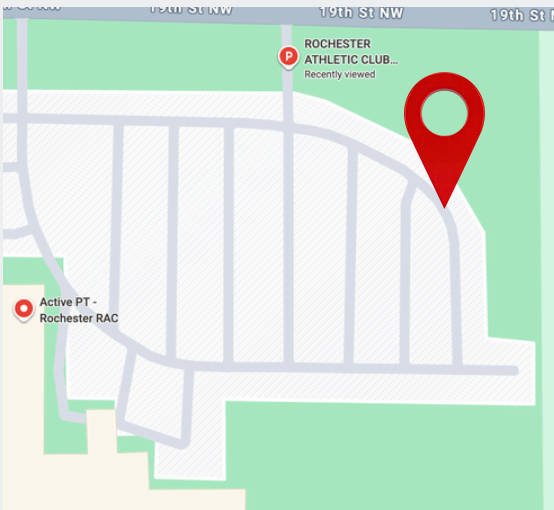


Saturday Morning Training Runs (SMTR) have began! This cycle will run until Grandma's Marathon/Half Marathon Weekend on June 20<sup>th</sup>, 2026.

There will be two routes, one for the half and one for the full.

We are meeting at the RAC at 7:30, we will meet inside during the cold months, but we must park on the far east side of the lot.

Water and Gatorade will be available, but we are cup-less so please bring a water bottle or cup to fill!



SPRING 2026 SATURDAY MORNING TRAINING RUN SCHEDULE									
		RRC ROCHESTER RUNNING CLUB		Mythical Mile COACHING WITH MIKE		SOARELLINA'S ITALIAN BY VICTORIO		Aid Stations Sponsored By: Central Bark State Farm David Jorgenson	
Week	Date	Half Marathon Plan				Marathon Plan			
		Total Mileage	Route Mileage	Route	Aid Station Information	Total Mileage	Route Mileage	Route	Aid Station Information
1	2/14/2026	4.86	4.86	RRC from RAC, Cascade Loop backwards	RAC	7.37	7.37	RRC from RAC, Walmart Loop	RAC
2	2/21/2026	5.00	5.00	RRC from RAC, Cascade Loop	RAC	9.00	9.00	RRC from RAC, Fox/Baihy Loop	RAC
3	2/28/2026	6.00	6.00	RRC from RAC, Cascade Loop backwards with MN Treads aid station	MN Treads	6.00	6.00	RRC from RAC, Cascade Loop backwards with MN Treads aid station	MN Treads
4	3/7/2026	6.00	6.00	RRC from RAC, Broadway 6	RAC	11.00	6.00	RRC from RAC, Broadway 6	RAC
5	3/14/2026	7.37	7.37	RRC from RAC, Walmart Loop	RAC	12.37	7.37	RRC from RAC, Walmart Loop	RAC
6	3/21/2026	8.45	3.45	RRC from RAC, Hill work :)	RAC	8.45	3.45	RRC from RAC, Hill work :)	RAC
7	3/28/2026	6.00	6.00	RRC from RAC, Cascade Loop backwards with MN Treads aid station	MN Treads	14.58	14.58	RRC from RAC, Cascade Loop	RAC
8	4/4/2026	8.31	3.45	RRC from RAC, Hill work :)	RAC	14.84	3.45	RRC from RAC, Hill work :)	RAC
9	4/11/2026	9.00	4.86	RRC from RAC, Cascade Loop backwards	RAC	13.86	9.00	RRC from RAC, Cascade Loop backwards	RAC
10	4/18/2026	10.64	5.78	RRC from RAC, Target Loop	RAC	17.17	5.78	RRC from RAC, Target Loop	RAC
11	4/25/2026	6.00	4.86	RRC from RAC, Cascade Loop backwards with MN Treads aid station	MN Treads	17.39	11.39	RRC from RAC, Cascade Loop backwards with MN Treads aid station	MN Treads
12	5/2/2026	Spring Classic Races							
13	5/9/2026	7.37	7.37	RRC from RAC, Walmart Loop	RAC	19.68	10.68	RRC from RAC, Cascade Loop backwards with Terra Loco aid station	Terra Loco
14	5/16/2026	Med City Marathon and Half Marathon Weekend							
15	5/23/2026	10.68	10.68	RRC from RAC, Cascade Loop backwards with Terra Loco aid station	Terra Loco	19.68	10.68	RRC from RAC, Cascade Loop backwards with Terra Loco aid station	Terra Loco
16	5/30/2026	6.00	6.00	RRC from RAC, Cascade Loop backwards with MN Treads aid station	MN Treads	12.00	6.00	RRC from RAC, Cascade Loop backwards with MN Treads aid station	MN Treads
17	6/6/2026	5.00	5.00	RRC from RAC, Cascade Loop	RAC	7.37	7.37	RRC from RAC, Walmart Loop	RAC
18	6/13/2026	5.78	5.78	RRC from RAC, Target Loop	RAC	7.12	7.12	RRC from RAC, Elton Hills with MN Treads aid station	MN Treads
19	6/20/2026	Grandma's Marathon and Half Marathon Weekend							

Route Info [Here](#)

Waiver [Here](#)

# RRC Volunteer Opportunities



## Spring Classic 05/02/26

Looking for volunteers to help with Spring Classic! You can even help with set-up/clean-up and still race!

Sign-up [here](#):



## Med City Altra 5K Water Stops 05/16/26

Looking for 5-6 volunteers to assist with the Med City Altra 5k water stop on Saturday May 16th at 6 pm.

**Details:** Arrive around 6 pm at water stop location (near Soldiers Field) Water stop items will already be here! We are encouraged to bring a bluetooth speaker to crank up some tunes!

Race starts at 6:30 pm  
Hand out water & clean up to be done at 7:30 pm at the latest

Please comment on the Discord thread or email us if you can help!



When volunteering, we request you wear RRC gear!

Need some? We have RRC Volunteer shirts available for volunteers! Email us for more info!

Don't forget to log your hours [HERE!](#) Each hour you volunteer at an RRC-sponsored event, earns you 1 point which can be redeemed!

10 Points: Small swag item such as a RRC Running Cap, Beanie, or Visor

20 Points: Medium swag item such as a RRC t-shirt, tank top, or shorts

30 Points: Large swag item such as a RRC hoody or quarter zip

40 Points: RRC race entry (eligible races include: Polar Bear Prediction Run, Spring Classic, RochesterFest Mile, Rochester Women's 4-Mile, Reggie Oeltjen Douglas Trail 11-Mile)

60 Points: RRC Membership Renewal & Annual Meeting Registration

# RRC Member Benefits



## Exclusive RRC Member Benefits

- Race discounts to all RRC-owned races, RRC Grand Prix races, as well as other local, regional, and even national races
- Participation in the RRC Grand Prix Race Series
- Eligibility to serve on the RRC Board of Directors
- Grandma's Marathon Running Club Experience, including 10% off entry to all Marathon Weekend races and the Run Club Experience for the Marathon
- Exclusive discounts to local businesses such as Detour Athletics
- Discounts on RRC events like Capture the Segment
- 10% off when you shop at TerraLoco or Minnesota Treads (some exclusions apply)
- Discounts at Twin Cities TC Running Stores
- New member gifts

## Updates to RRC Membership Pricing

All RRC memberships that were renewed or started before or on December 31, 2025 expired on January 1, 2026. Details for the new RRC membership model and pricing were sent out in a separate email on January 1<sup>st</sup>.

Membership registration can now be found on <https://rochesterrunningclub.org/membership-registration>.

Members who prepaid for multiple years should have received a second email. The new model took effect on January 1, 2026.

Anyone who hasn't renewed was removed from the mailing list on March 1<sup>st</sup>. Register to be re-added.

# Partner Spotlight



RRC is pleased to announce our partnership with Tailwind Nutrition. Tailwind will be our course hydration sponsor for the Women's race!

Keep an eye on our RRC instagram, as we will announce special events and helpful education!

## HOW TO FUEL WITH TAILWIND

1

### DIAL IN YOUR BASE

 = 200 CALS

in 20-24oz of water per hour  
\* this is the ratio you will find at aid stations

2

### CALCULATE YOUR FUEL

4 HOURS  
= 800 CALORIES

3

### CHOOSE A CARRYING METHOD

Be sure to continue targeting 20-24oz of water/hour by carrying plain water, or drinking water at the aid stations along the way.

4

### USE YOUR FUEL

For a bladder or large bottle, sip continuously as you run.



Using a small handheld or flask (4-6 oz), create a super concentrated Endurance Fuel gel with your total calories. Using a permanent marker, add lines to indicate one hour's worth of fuel.

## IMPORTANCE OF CARBOHYDRATES

During prolonged or intense exercise, your body's glycogen stores can become depleted.

Consuming carbohydrates during exercise can help to maintain your body's glycogen stores and provide a quick source of energy.

Fuel that contains simple carbs, like glucose, are best since they are already in the form that your body uses for energy.

Endurance Fuel's glucose/sucrose fuel takes advantage of how our bodies absorb nutrients.

Tailwind enters the system quickly, without taxing the digestive tract. Your system doesn't have to do any additional "work" - making your stomach happy and you energized.

## PREVENTING STOMACH ISSUES



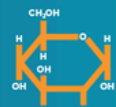
**HYDRATE CONSISTENTLY**  
(WITH ELECTROLYTES)



**AVOID PROTEIN DURING ACTIVITY**



**AIM FOR TAKING IN 200 CALS PER HOUR**



**CONSUME A STEADY FLOW OF SIMPLE CARBS**

# Matt's Strength Corner:

## Why Runners Need More than Just Running

### **Most runners do not have an effort problem.**

They know how to work. They show up, get the miles in, run in bad weather, and keep going even when they do not feel great. That mindset is a strength.

### **But it can also become the trap.**

Because a lot of runners start to believe the answer is always the same: run more.

More miles.  
More effort.  
More pushing through.

And sometimes that works.

Until it doesn't.

That is usually when the same pattern starts showing up. A runner stops improving. Their legs always feel heavy. The same aches keep coming back. They are training hard, but they do not feel like they are actually moving forward.

At Detour, we have worked with enough runners to know this is rarely about motivation. Most runners are not stuck because they are lazy or inconsistent. They are stuck because they are asking a lot from their body without building enough around the running itself. Running is repetitive by nature. That is part of what makes it great. It is simple, honest, and freeing. But it is still one movement pattern, done over and over again.

**Forward.**  
**Forward.**  
**Forward.**

And if that is the only thing you train, eventually your body will show you where the gaps are.

# Matt's Strength Corner: Why Runners Need More than Just Running Cont.

Sometimes it is weak hips. Sometimes it is poor single-leg stability. Sometimes it is a lack of strength through the glutes, hamstrings, and trunk. Sometimes it is mobility. Sometimes it is just not enough recovery to handle the amount of work being done.

Whatever the issue is, the result usually looks the same: plateaued performance, nagging injuries, and the feeling that your body is always a little more beat up than it should be.

That is why strength training should not be treated like an extra.

For runners, it is part of the job.

Not because every runner needs to live in the gym. Not because they need some extreme program. But because if you want to run well, your body has to be strong enough to support the demands of running.

Good strength work helps runners build force, control, balance, and durability. It helps them hold form longer when fatigue sets in. It gives them more capacity so every run does not take quite so much out of them.

And just as important, it gives them something most runners do not get enough of: training variety.

## That matters.

A lot of runners spend nearly all of their training time doing the same thing in the same direction at roughly the same effort. Then they wonder why certain muscles keep getting overloaded, why little aches turn into recurring problems, or why progress starts to flatten out.

The body adapts to what you repeatedly ask it to do. But if you only ever ask it to do one thing, eventually you are going to hit a ceiling.

That is where more intentional training makes a big difference.

Training variety does not mean random workouts or chasing whatever looks hard online. It means giving the body what running alone does not.

That could look like one or two strength sessions each week. It could mean more single-leg work, better hip strength, stronger posterior chain muscles, more trunk stability, or mobility work that actually supports how you move. It could also mean smarter recovery and a little less junk volume.

The point is not to do everything.

The point is to stop expecting running alone to cover every base.

That is a big part of how we look at things at Detour. We are not just thinking about how to help runners work harder. We are looking at what the body needs to stay healthy, move well, and keep progressing over time.

That is the bigger picture.

Because the goal is not just to survive training.

## The goal is to handle training well.

That means building a runner who is not only fit, but strong. Not only motivated, but durable. Not only able to push, but able to recover and come back again.

In the long run, the runners who stay healthiest and keep improving are usually the ones who train like complete athletes, not just people chasing miles.

# And more often than not, better running starts with more than just running.



**2026**

<b>05/02</b>	<u>Spring Classic Half Marathon</u>
<b>05/16</b>	<u>Med City Full Marathon</u>
<b>06/07</b>	<u>Storm the Woods - Mason Run 10 Mile Trail Race</u>
<b>06/27</b>	YMCA Camp Olson Rochesterfest Mile
<b>07/04</b>	Stewartville Summerfest 5 Mile
<b>07/18</b>	Byron Good Neighbor Days 5K
<b>07/25</b>	<u>Rochester Women's 4-Mile Race</u>
<b>08/01</b>	<u>Reggie Oeltjen Douglas Trail 11-Mile Race</u>
<b>08/15</b>	<u>Lance Pfrimmer Memorial 8K</u>
<b>09/12</b>	<u>Scheels Healthy Human Race Half Marathon</u> 2026 RRCA State Championship Half Marathon for Minnesota
<b>10/10</b>	Tour de Essex Trail Run 7K
<b>TBD</b>	Mayo Open Cross Country 5K Meet
<b>TBD</b>	Brighter Tomorrow Go for the Gold 10K

# 2026 RRC Race Calendar



Date	Race Name	Distance	Race Location
5/2/2026	<u>Rochester Spring Classic Races</u>	Half Marathon, 10K, 5K, Kid's 1-Mile	Slatterly Park
7/25/2026	<u>Rochester Women's 4-Mile Run</u>	4-Mile Run & Girls 1-Mile	Silver Lake Park East Shelter
8/1/2026	<u>Reggie Oeltjen Douglas Trail 11-Mile</u>	11-Mile	Douglas State Trailhead
8/15/2026	<u>Lance Pfrimmer Memorial Run</u>	8K Run & 1-Mile Walk	Eagles Club
9/12/2026	<u>Healthy Human Races</u> <small>(RRC Minnesota State Half Marathon Championship)</small> 	Half Marathon, Half Marathon Relay, 5K	Soldiers Memorial Field Track
TBD	Mayo Open Cross Country 5K	5K	Eastwood Golf Course
10/10/2026	Tour de Essex	7K & 10K	Essex Park
TBD	Ugly Sweater 1-Mile	1-Mile	Edison Building/School

# April 2026



SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
			MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		SMTR at RAC @7:30AM
5	6	7	8	9	10	11
<b>EASTER</b> OSS at Five West @ 7:30AM	TerraLoco \$5 5K @ 6PM (RAIL)	Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		SMTR at RAC @7:30AM
12	13	14	15	16	17	18
OSS at Brothers Bar & Grill @ 7:30AM	TerraLoco \$5 5K @ 6PM (NAMI)	Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		SMTR at RAC @7:30AM
19	20	21	22	23	24	25
OSS at People's Food Co-op @ 7:30AM	<b>Boston Marathon;</b> TerraLoco \$5 5K @ 6PM (Earth Fest)	Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		SMTR at RAC @7:30AM
26	27	28	29	30		
OSS at Novios Café @ 7:30AM	TerraLoco \$5 5K @ 6PM (TBD)	Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM			

# May 2026



SUN	MON	TUES	WED	THURS	FRI	SAT
					1	
						 <b>Spring Classic Races; No SMTR</b>
3	4	5	6	7	8	9
 <b>Eau Claire Marathon Weekend; OSS at Five West @ 7:30AM</b>	<b>TerraLoco \$5 5K @ 6PM</b> (AEDs for Athletes & RRC)	 <b>Back of the Pack at Thesis Beer Project @ 6PM</b>	<b>MN Treads Run @ 6PM</b>	<b>Team RED at LTS Brewing @ 6PM</b>	<b>Stay out of the Sun Run</b>	<b>SMTR at RAC @ 7:30AM</b>
10	11	12	13	14	15	16
 <b>OSS at Brothers Bar &amp; Grill @ 7:30AM</b>	<b>TerraLoco \$5 5K @ 6PM</b> (GOTR)	<b>Back of the Pack at Thesis Beer Project @ 6PM</b>	<b>MN Treads Run @ 6PM</b>	<b>Team RED at LTS Brewing @ 6PM</b>		<b>Med City Marathon/ Half; No SMTR</b>
17	18	19	20	21	22	23
<b>OSS at People's Food Co-op @ 7:30AM</b>	<b>TerraLoco \$5 5K @ 6PM</b> (Sunny's Helping	<b>Back of the Pack at Thesis Beer Project @ 6PM</b>	<b>MN Treads Run @ 6PM</b>	<b>Team RED at LTS Brewing @ 6PM</b>		<b>SMTR at RAC @ 7:30AM</b>
24	25	26	27	28	29	30
<b>OSS at Novios Café @ 7:30AM</b>	 <b>No 5K</b>	<b>Back of the Pack at Thesis Beer Project @ 6PM</b>	<b>MN Treads Run @ 6PM</b>	<b>Team RED at LTS Brewing @ 6PM</b>		
31						
<b>OSS at Charlie's Eatery &amp; Pub @ 7:30AM</b>						



# Rochester Running Club Spring Classic Races

Half-Marathon, 10K, 5K, & Kids' 1-Mile

May 2<sup>nd</sup>, 2026 | Slatterly Park

**MORE DETAILS** >



## 2026 Race Swag!

With your registration you  
get a Spring Classic tumbler!

Half Marathon participants also  
receive a Spring Classic umbrella



Overall  
Men/Women/  
Non-binary win  
a pair of shorts  
from  
 lululemon



\*The Half is a RRC Grand Prix Race

RochesterRunningClub.org | RochesterRunningClub@gmail.com

# 2026 ALL-COMERS' TRACK MEETS

Meets are FREE for kids 2-15+ years old and are open to the public. Para-athlete/wheelchair inclusion - independent or parent assisted are encouraged to participate.



**TUESDAY**  
JUNE 9<sup>TH</sup>, 16<sup>TH</sup>, 30<sup>TH</sup>  
JULY 7<sup>TH</sup>, 14<sup>TH</sup>, 21<sup>ST</sup>

**SOLDIERS MEMORIAL FIELD TRACK**  
244 Soldiers Field Dr. SW  
Rochester, MN

**Start at 6PM**

\*Check Facebook for weather related updates



**REGISTER NOW**

# Rochester Women's 4-Mile Run/Walk & Girls' 1-Mile Run/Walk

**Saturday, July 25, 2026**  
**Silver Lake Park East Shelter**

**Schedule of Events**

**7:30AM:** Girls' 1-Mile Run

**8AM:** 4-Mile Run

**10AM:** Raffle & Awards Ceremony

**8:30-11AM:** Post-Race Festivities

**Our Race.  
Our Pace.  
Our Power.**



Presented by the Rochester Running Club

SCAN ME



REGGIE OELTJEN



DOUGLAS TRAIL



**11-mile run**  
**Saturday August 1, 2026**  
**Douglas Trail Trailhead, Oronoco, MN**

# THE 3RD ANNUAL LANCE PFRIMMER MEMORIAL 8K RUN & 1 MILE WALK



**August 15**

**Eagles Club:**  
917 15th Ave SE,  
Rochester, MN 55904

Scan to register



All proceeds from this event 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.



# How to Find Us



[RochesterRunningClub](#)



[RochesterRunningClubMN](#)



[Join Discord](#)



[Membership Information](#)



[RochesterRunningClub@gmail.com](mailto:RochesterRunningClub@gmail.com)



[Even More RRC Information Here!](#)

# Thank you to our 2026 Annual Sponsors

