



Rochester Running Club Monthly Newsletter May 2026



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Upcoming Events



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 9th, 16th, 30th & July 7th, 14th, 21st

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 25th

Location: Silver Lake Park East Shelter, Rochester, MN

[Register Today!](#)

Member Highlights



Everyone who ran Boston!

Congratulations to everyone who ran Boston! You can find their results here: <https://boston.r.mikatiming.com/2026/>

- | | |
|-----------------|-------------------|
| Chris Aakre | Meaghan Lieburn |
| Andrew Becker | Katie Lorenz |
| Noah Billings | Jeremy McJunkin |
| Corrine Deeg | Nick Odhiambo |
| Tim Deutsch | James Onigkeit |
| Stephen Duffy | Audra Quandt |
| Laree Etter | Anna Sanchez |
| Denise Jacobson | Mike Schmitt |
| Rylee Kopchak | Vanessa Torbenson |
| Kasey Kuker | Tom Woo |
| Mckenzie Lutt | |



Jeremy McJunkin

Jeremy McJunkin ran a 02:54:53 in the TCS London Marathon! This was also McJunkin's sixth star! Congrats!



Tony Zhang

Tony ran a Birthday Marathon in Oklaholoma City! He finished in 3 hours and 14 minutes! Happy belated birthday Tony!

Also shoutout to our new RRC Rabbit shirts!



Saturday Morning Training Runs (SMTR)

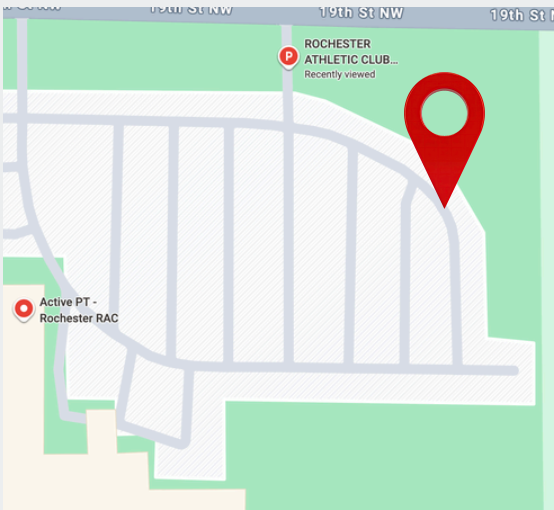


Saturday Morning Training Runs (SMTR) have began! This cycle will run until Grandma's Marathon/Half Marathon Weekend on June 20th, 2026.

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!



Route Info [Here](#)

Waiver [Here](#)

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, Essex Loop	RAC
10	4/18/2026	10.64	9.00	RRC from RAC, Fox/Baihy Loop	RAC	17.17	9.00	RRC from RAC, Fox/Baihy Loop	RAC
11	4/25/2026	6.00	5.78	RRC from RAC, Target Loop	RAC	17.39	5.78	RRC from RAC, Target Loop	RAC
12	5/2/2026		4.86	RRC from RAC, Cascade Loop backwards with MN Treads aid station	MN Treads		11.39	RRC from RAC, Cascade Loop backwards with MN Treads aid station	MN Treads
13	5/9/2026	7.37	6.00	RRC from RAC, Cascade Loop backwards with MN Treads aid station	MN Treads	19.68	6.00	RRC from RAC, Cascade Loop backwards with MN Treads aid station	MN Treads
14	5/16/2026		6.00	RRC from RAC, Essex Loop	RAC		11.39	RRC from RAC, Essex Loop	RAC
15	5/23/2026	10.68	6.00	RRC from RAC, Cascade Loop backwards with Terra Loco aid station	Terra Loco	19.68	6.00	RRC from RAC, Cascade Loop backwards with Terra Loco aid station	Terra Loco
16	5/30/2026	6.00	6.00	RRC from RAC, Fox/Baihy Loop	RAC	12.00	6.00	RRC from RAC, Fox/Baihy Loop	RAC
17	6/6/2026	5.00	6.00	RRC from RAC, Cascade Loop backwards with MN Treads aid station	MN Treads	7.37	6.00	RRC from RAC, Cascade Loop backwards with MN Treads aid station	MN Treads
18	6/13/2026	5.78	5.00	RRC from RAC, Broadway 6	RAC	7.12	5.00	RRC from RAC, Broadway 6	RAC
19	6/20/2026		5.78	RRC from RAC, Walmart Loop	RAC		7.12	RRC from RAC, Walmart Loop	RAC
Grandma's Marathon and Half Marathon Weekend									

RRC Volunteer Opportunities



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!

Med City Expo Booth 5/16/26

We are looking for some RRC members to help the board hang out at our Med City Expo Booth on Saturday May 16th! There are a few roles to sign up for- getting gear from the RRC shed/set up, being at the booth (2-4:30 pm shift or 4:30-7 pm shift) and then taking the gear back to the shed after. Here is the sign up genius link to sign up! Thanks for considering!!
<https://www.signupgenius.com/go/20F0F4AAAA923A3FE3-63662201-medcity>



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

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 1st.

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 1st. Register to be re-added.

Matt's Strength Corner: The Runner's Plate

A practical guide to fueling, hydration, and recovery for endurance athletes.

Most runners spend hours each week refining their pace, mileage, and recovery routines. Far fewer give the same attention to what goes into their body before, during, and after the work. That gap is one of the most common reasons capable athletes stall out, struggle through long sessions, and arrive at race morning feeling worn down rather than ready.

Nutrition is not a side conversation. It is one of the largest levers a runner has for performance, for recovery, and for how the body actually feels day to day.



The principles that follow are the ones applied inside The Detour Gym with athletes ranging from teenagers to runners in their seventies. They are simple, evidence informed, and practical enough to put to use this week.

Carbohydrates are not the enemy. They are the fuel.

Somewhere along the way carbohydrates earned a bad reputation. For endurance athletes, that mindset becomes a real performance problem.

Carbohydrates are the primary fuel the body burns when running pushes pace, climbs hills, or holds tempo. Cut them too low and runs begin to feel like wading through wet sand. Energy drops. Pace suffers. Recovery slows. Consistent training requires consistent carbohydrate intake. There is no version of serious endurance work that operates on a low carb diet without consequence.

Before the run: timing is the priority. The closer the run, the simpler the carbohydrate should be.

Matthew Arnold

Head Coach/Owner of Detour Gym



[@mattthrew.arnold.fitness](https://www.instagram.com/mattthrew.arnold.fitness)

[@thedetour_gym](https://www.instagram.com/thedetour_gym)

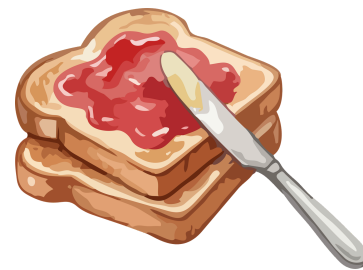
Matt's Strength Corner:

The Runner's Plate Continued

Two to three hours out, there is time for a real meal. Oatmeal with fruit. Rice and lean protein. Toast with banana and honey. A bagel with peanut butter. Something balanced that the stomach has time to settle.



Thirty to sixty minutes out, keep it small and easy. A banana. A piece of toast with jam. A few dates. A small applesauce pouch. The goal is fast absorbing fuel that will not sit heavy in the gut.

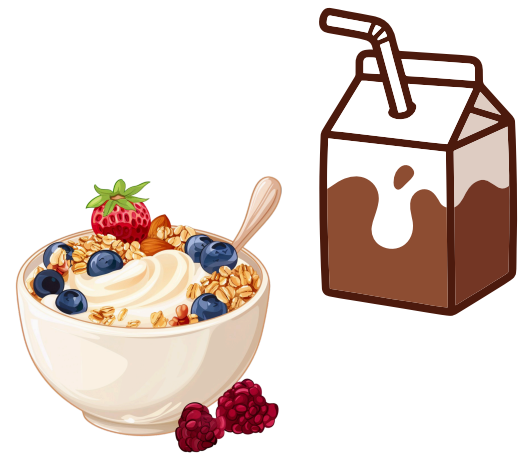


Avoid heavy fat and heavy fiber in the hour before a run. Both slow digestion and are the most common culprits behind GI issues on the road.

After the run: replenish, do not skip the window.

The hour following a hard session is when the body is most prepared to absorb nutrients and begin rebuilding. There is no need to slam a recovery shake within thirty seconds of stopping, but waiting three hours and hoping the run will recover itself is not the answer either.

Within sixty minutes of finishing, get a combination of carbohydrates and protein on board. Real food works well. Rice and chicken. A turkey sandwich. Greek yogurt with fruit and granola. Chocolate milk has earned its reputation for a reason... it delivers carbs and protein in a fast, accessible format.



If the training was hard, eat. Skipping the meal that follows the work is one of the most overlooked ways athletes stall their own progress.

Matt's Strength Corner:

The Runner's Plate Continued

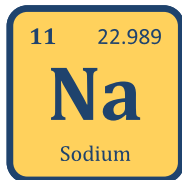


Hydration: more is not better.

This is where many endurance athletes get sideways.

The prevailing message has been to drink electrolytes constantly. Preload. Sip during. Refuel after. In practice, most runners are overdoing flavored electrolyte products and ending up with bloating, GI distress, and a stomach that turns on them at exactly the wrong moment.

For most everyday runs, water with a pinch of real salt is enough. Long efforts, heavy sweat, and races in heat are different. Those sessions warrant additional electrolytes. A five mile easy run on a Tuesday does not require a sugary sports drink.



Sodium is the electrolyte that matters most for runners. Salt food. Drink to thirst. Save the heavier electrolyte products for the sessions and conditions that genuinely demand them.

Caffeine: a useful tool, used carefully.

Caffeine before a run can sharpen focus and reduce perceived effort, and a moderate dose has solid evidence behind it for endurance performance. It is also a diuretic and a digestive accelerant, and on race morning that combination can become a problem.

Self knowledge matters here.



If coffee has never been part of long run preparation, race day is not the time to introduce it. If caffeine reliably sends the body to the bathroom thirty minutes later, plan around it or remove it from the race day routine entirely.

Matt's Strength Corner: The Runner's Plate Continued

The principle is simple. Practice race day fueling during training. Every dose. Every food. Every drink. The race itself should never be the first time something enters the system. Five things worth remembering.

Eat carbohydrates. They are the fuel the body actually uses for running. Time them well. A real meal a few hours before. A simple snack close to the start.

Replenish after the work. The post run meal is part of the training.

Hydrate intelligently. Water and a pinch of salt covers most days. Rehearse the race plan during training, never for the first time on race day. Nutrition does not have to be complicated. Most runners get into trouble in one of two directions. They overthink it and chase every new supplement trend, or they ignore it entirely and wonder why performance has stalled. The middle path is where progress actually lives. Real food. Hydration to thirst. Respect for the basics.

When fuel and hydration are handled well, everything else begins to compound. Performance improves. Recovery improves. And just as importantly, the body feels better between runs.

That last piece is the one too few athletes talk about. Good nutrition is not only about the next race. It is about waking up with energy, sleeping well, training hard, and enjoying the body that is being asked to do all this work.

Take care of the inputs. The rest gets a lot easier.






2026

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

May 2026



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

June 2026



SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
	TerraLoco \$5.5K @ 6PM (Salt & Light Partners)	Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM GLOBAL RUNNING DAY 	Team RED at LTS Brewing @ 6PM		SMTR at RAC @ 7:30AM
7	8	9	10	11	12	13
<u>Storm the Woods - Mason Run</u> ; OSS at Five West @ 7:30AM	TerraLoco \$5.5K @ 6PM (Aidan's Light & Rainbow Choir)	All-Comers' Track Meets; Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		SMTR at RAC @ 7:30AM
14	15	16	17	18	19	20
OSS at Brothers Bar & Grill @ 7:30AM	TerraLoco \$5.5K @ 6PM (Families First)	All-Comers' Track Meets; Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		Grandma's Marathon/Half ; No SMTR
21	22	23	24	25	26	27
OSS at People's Food Co-op @ 7:30AM	TerraLoco \$5.5K @ 6PM (Village Ag Cooperative)	Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		Rochesterfest /Camp Olson 1-Mile Fun Run; No SMTR
28	29	30				
OSS at Novios Café @ 7:30AM	TerraLoco \$5.5K @ 6PM (Elder Network)	All-Comers' Track Meets; Back of the Pack at Thesis Beer Project @ 6PM				

July 2026



SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
			MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM	 Stewartville Summerfest; No SMTR	
5	6	7	8	9	10	11
OSS at Five West @ 7:30AM	TerraLoco \$5 5K @ 6PM (Rain Date)	All-Comers' Track Meets; Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		SMTR at RAC @7:15AM
12	13	14	15	16	17	18
OSS at Brothers Bar & Grill @ 7:30AM	TerraLoco \$5 5K @ 6PM (Boys and Girls Club)	All-Comers' Track Meets; Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		Byron Good Neighbor Days 5K; SMTR at RAC @7:15AM
19	20	21	22	23	24	25
OSS at People's Food Co-op @ 7:30AM	TerraLoco \$5 5K @ 6PM (Season's Hospice)	All-Comers' Track Meets; Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM	Team RED x RRC goes to the Honkers; Run @ 5:30 PM, Game @ 6:35PM		 Rochester Women's 4-Mile Run; SMTR at RAC @7:15AM
26	27	28	29	30	31	
OSS at Novios Café @ 7:30AM	TerraLoco \$5 5K @ 6PM (EA Therapeutic)	Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		

The



PROJECT

First steps to a first
5K or Half Marathon

12 Week
Structured
Training Plan

Running,
Training,
& Gear
Talks

Group Runs
Mentorship
Online Forum

Inclusive of all
paces, including
walkers
transitioning to
running

REGISTER NOW >

Beginning
May 25th, 2026



Join us for a Night at the



5:30 PM: Group Run/Walk
6:35 PM: Game Time on the Sports Deck

Find tickets HERE:



<https://rochester-honkers.nwltickets.com/Buy/Tickets>

Type "RUN" in the Promotions section and then you'll be able to purchase tickets to join our group on the Deck!



TEAM
R.E.D.

x



Ticket includes All you can Eat and Drink until the 7th Inning

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 9TH, 16TH, 30TH
JULY 7TH, 14TH, 21ST

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
RC
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



[Even More RRC Information Here!](#)

Thank you to our 2026 Annual Sponsors



David Jorgenson



SenSei Project

