



Rochester Running Club Monthly Newsletter June 2026

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Upcoming RRC 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!](#)

**Merch
reveal!**



Member Highlights



Sarah Nguyen

On April 25th, Sarah ran a 4:36:59 at the Wisconsin Marathon, setting an almost 30 minute PR!



Shawn Zhu

Shawn ran many miles this May - in addition to running the Lake Wobegon Trail Marathon on May 9th, Shawn also paced the Med City half and the Fargo Marathon!



Med City Marathon

Congratulations to everyone who ran Med City, including those who ran the full, the half, the relay, the 20 mile, the 5K, and the kids run!

Whether this was your first ever run or your 50th, this is an amazing accomplishment and we are so proud of all of you!

[Results Here!](#)

[Photos Here](#)

Looking for Submissions

Have you, or someone you know, accomplished something exciting? We want to know about it, and we want to feature your great accomplishment in our newsletter!

Please submit at:

<https://forms.gle/1QknUFS4Bf9SoB6A7>



The STEP PROJECT

First steps to a first 5K or Half Marathon

Congratulations to the Spring 2026 Step Project Cohort!



Spring Classic Recap



Mayor Norton and The Rochester Area Chamber of Congress helped kick off our first Grand Prix Race, the Spring Classic. Here, we presented Mayor Norton with our RRCA Runner Friendly Community Plaque, and had a ribbon cutting ceremony celebrating our joining the Chamber of Commerce.

Mythcal Mile Coaching arranged for volunteer pacers for the Spring Classic half. All of our pacers were amazing! Thank you! Thank you also to all of our volunteers, we couldn't have done it without you!

This was a perfect day to run, and we had over 100 finishers! Results can be found [here](#).



Photos from the Spring Classic can be found [here](#).

Top 3

Half:

- Shalaya Kipp (1:17:13)
- Steven Brady (1:20:04)
- Jeremy McJunkin (1:23:31)

10K:

- Robert Hamberg (40:07)
- Savanna Russell (40:10)
- Jesrik Gomez (40:24)

5K:

- Matthew Perri (22:37)
- John Maher (23:08)
- Samuel Prat-Wacek (23:08)

Saturday Morning Training Runs (SMTR)



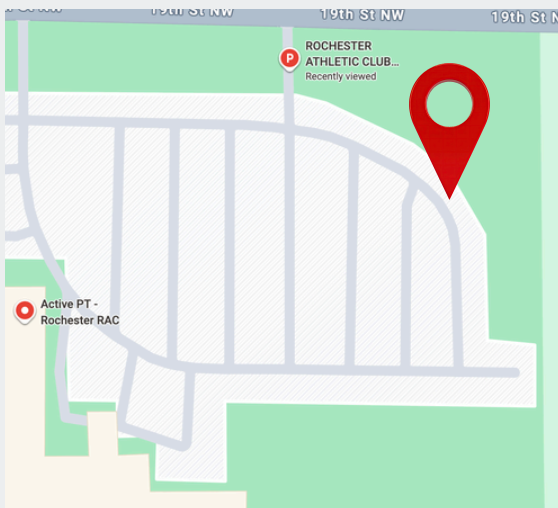
Saturday Morning Training Runs (SMTR)'s Spring Cycle is almost over! This cycle will run until Grandma's Marathon/Half Marathon Weekend on June 20th, 2026.

The Fall cycle will begin July 11th and run until Twin Cities Marathon Weekend on October 4th, 2026. Stay tuned to our discord and social media for more information.

There are two routes, one for the half and one for the full but you are welcome to adapt your route and mileage for the miles you need.

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!



[Route Info Here](#)

[Waiver Here](#)

SPRING 2026 SATURDAY MORNING TRAINING RUN SCHEDULE													
		Rochester Running Club				Sorellina's		Aid Stations Sponsored By:		Central Bark		State Farm	
		Mythical Mile				COACHING WITH MIKE						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/Bailhy 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, Fox/Bailhy Loop + Silver Lake with MN Treads aid station	MN Treads				
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	11.39	11.39	RRC from RAC, Essex Loop	RAC				
10	4/18/2026	10.64	9.00	RRC from RAC, Fox/Bailhy Loop	RAC	13.86	9.00	RRC from RAC, Fox/Bailhy Loop	RAC				
11	4/25/2026	6.00	5.78	RRC from RAC, Target Loop	RAC	17.17	4.86	RRC from RAC, Cascade Loop backwards	RAC				
12	5/2/2026	6.00	4.86	RRC from RAC, Cascade Loop backwards	RAC	17.17	11.39	RRC from RAC, Essex Loop	RAC				
13	5/9/2026	6.00	6.00	RRC from RAC, Cascade Loop backwards with MN Treads aid station	MN Treads	17.39	6.00	RRC from RAC, Cascade Loop backwards with MN Treads aid station	MN Treads				
14	5/16/2026	6.00	11.39	RRC from RAC, Essex Loop	RAC	11.39	11.39	RRC from RAC, Essex Loop	RAC				
Spring Classic Races													
15	5/23/2026	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				
16	5/30/2026	6.00	6.00	RRC from RAC, Cascade Loop backwards with Terra Loco aid station	Terra Loco	19.68	9.00	RRC from RAC, Fox/Bailhy Loop	RAC				
Med City Marathon and Half Marathon Weekend													
17	6/6/2026	6.00	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				
18	6/13/2026	6.00	9.00	RRC from RAC, Cascade Loop backwards with Terra Loco aid station	Terra Loco	19.68	9.00	RRC from RAC, Fox/Bailhy Loop	RAC				
19	6/20/2026	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				
20	6/20/2026	6.00	6.00	RRC from RAC, Broadway 6	RAC	7.37	7.37	RRC from RAC, Walmart Loop	RAC				
Grandma's Marathon and Half Marathon Weekend													
21	6/20/2026	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				

RRC Volunteer Opportunities



All Comers' Meets

(June 9th, 16th, 30th,
July 7th, 14th, 21st)

All Comers' Track meets need you to check-in participants, handout ribbons at the finish line, assist with long jump, assist with over/under hurdles to help make our FREE event possible! This is a great event for kids of all ages to experience the joys of running! We hope you can help!

Sign-up [Here!](#)

Other Race Assistance (varies)

Sign-up to assist with the Rochester Women's 4-Mile Race (July 25th) [Here!](#)

Sign up to assist with the Reggie Oeltjen Douglas Trail 11-Mile Race (August 1st) [Here!](#)

SMTR Aid Station Set-up and Tear-Down (Saturdays)

We need help to set-up aid stations for SMTRs. The cost of SMTR covers the cost of supplies but not the labor - that comes amazing volunteers like you! With over 20 stations during the season, we simply cannot do it alone. We would love if you can help! We have two SMTRs left this season for you to volunteer for, and will need your help for next season too! The best part? You can still run! Simply set-up before and tear-down after!

Sign-up [Here!](#)



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 **7**

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 3-Day Strength Plan I Give My Runners

A simple plan, the reasoning behind it, and the mistakes I see runners make most..

By Matthew Arnold · The Detour Gym, Rochester, MN

Runners don't usually get hurt because they run too much. They get hurt because they're not strong enough for the running they're already doing.

I've coached for eighteen years, and the pattern barely changes. The runners who are still healthy at fifty, still setting PRs in their forties, still showing up pain-free week after week, almost all lift. Not for two hours. Not to get big. Just enough, and consistently enough, to make the body more durable than the miles ask it to be.

This is the third piece in our series with the Rochester Running Club. The first article covered training, the second covered nutrition. This one is the workout itself: a real three-day plan, why it's built this way, how to adjust it, and where I watch runners go wrong.

The plan

Three short sessions a week, 30 to 40 minutes each. Run them on non-consecutive days when you can. Start every session with five minutes of easy movement to open the hips and ankles: leg swings, walking lunges with a reach, a few glute bridges, ankle rocks toward a wall.

Keep every set two or three reps short of failure. You should leave feeling worked, not wrecked. If it touches your running, it's too heavy. Pull it back.

Day 1 — Foundation

Exercise	Sets × Reps	Cue
Goblet Squat	3 × 8	3 seconds down, full depth
Dumbbell Romanian Deadlift	3 × 10	slow, feel the hamstrings
Push-Up	3 × 8–12	ribs down, full range
Front Plank	3 × 30–45s	squeeze the glutes

Standing Calf Raise	3 × 15	full stretch at the bottom
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Day 2 — Single-Leg

Exercise	Sets × Reps	Cue
Reverse Lunge	3 × 8 / leg	knee tracks over the toes
Single-Leg Glute Bridge	3 × 10 / leg	drive through the heel
Dumbbell Row	3 × 10 / arm	pull to the hip
Side Plank	3 × 20–30s / side	stack the hips, lift tall
Tibialis Raise	3 × 15	toes toward shins

Day 3 — Power & Posture

Exercise	Sets × Reps	Cue
Step-Up	3 × 8 / leg	drive through the heel
Hip Thrust	3 × 12	hard squeeze at the top
Half-Kneeling Overhead Press	3 × 8 / side	tall, no leaning
Pallof Press	3 × 10 / side	resist the twist
Bird Dog	3 × 8 / side	slow, flat back

When all the sets of a movement start feeling easy, add a little weight or a rep. Small jumps. You're building something that lasts years, not chasing a number this week.

Why it's built this way

Three ideas drive every choice.

It's full-body and low-volume on purpose. You already pile up single-direction work on the road. These sessions spread the stimulus and stay light enough to leave your legs fresh for the runs that matter.

Almost everything is slow on the way down. That controlled lowering is what builds tendon resilience, the kind that protects your Achilles and your knees, and it gets you strong at lighter loads so you're not trashing your legs before tomorrow's run.

Half the plan is one leg at a time. Running is a single-leg sport. You're never on two feet at once, so the strength that actually transfers is built one side at a time. That's also where you find the left-right imbalances that quietly turn into injuries.

And the core work resists motion instead of crunching, because that's the job your trunk does when you run: hold your posture together as you tire, and pass force from the ground to your stride.

How to adjust it

Knee pain on squats or lunges. Don't quit the movement, shrink it. Squat to a box or a higher chair, shorten the lunge, slow it down further. You protect a knee by loading it well through a range it can handle, then growing that range, not by avoiding it.

No equipment or traveling. Everything has a bodyweight version: split squats, single-leg glute bridges, push-ups, walking lunges, planks. You lose almost nothing for a few weeks.

Short on time. Do the first two moves of the day plus one core exercise. Fifteen minutes covers the essentials.

Cranky low back on deadlifts. Swap the Romanian deadlift for hip thrusts or glute bridges and own the hinge with lighter weight before you load it.

Where runners go wrong

The mistakes are predictable, and they're rarely the program.

They go too hard. A runner who finally commits to the gym wants to feel it, so they pile on weight and leave sore enough to wreck the week's mileage. Strength work is the supplement, not the main event. Restraint is the skill.

They skip the single-leg work because it's humbling. It's supposed to be. The wobble on your weaker side is the exact thing that protects you, and it's the first thing people cut when they're rushing.

They don't actually use their glutes. Weak, sleepy glutes are the most common thing I see in runners, and they're upstream of a huge share of knee and IT band pain. If your bridges and hip thrusts feel like your lower back is doing the work, slow down and find the squeeze before you add load.

And they quit at three weeks. Strength shows up on a timeline of months, not days. The runners who get the payoff are simply the ones who kept going after it stopped being novel.

A summer offer for Rochester Running Club members

If you want help building this in the right way, The Detour Gym is offering Running Club members one month of coaching for \$50, your pick of June, July, or August 2026. One month, learn the lifts, dial in the form, feel what it does for your running before fall. *Limit one month per member. Choose any single month, summer 2026 only. Reach out to us at The Detour Gym and mention the Running Club.*






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	<u>YMCA Camp Olson Rochesterfest Mile</u>
07/04	<u>Stewartville Summerfest 5-Mile</u>
07/18	<u>Byron Good Neighbor Days 5K</u>
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
09/17	<u>Mayo Open Cross Country 5K Meet</u>
10/10	<u>Tour de Essex Trail Run 7K</u>
10/31	<u>Brighter Tomorrow Go for the Gold 10K</u>

2026 RRC Race Calendar



Date	Race Name	Distance	Race Location
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
9/17/2026	Mayo Open Cross Country 5K	5K	Eastwood Golf Course
10/10/2026	<u>Tour de Essex</u>	7K & 10K	Essex Park
TBD	Ugly Sweater 1-Mile	1-Mile	Edison Building/School

Non-RRC Events



Everyone Can...Run, Walk, & Roll 5K 6/13

Designed for participants of all abilities

Cascade Lake Park
Register [HERE](#)

Elgin Cheese Chase 6/20

5K/1K

Elgin, MN
Register [HERE](#)

Honors Bound Veterans 5K 6/20

Proceeds from this event support Honor Bound Veterans' ongoing efforts to combat veteran isolation

Cascade Lake Park
Register [HERE](#)

Fox Valley Race 9/20

The 9/20 Fox Valley race has a 5k, 13.1, 20, and 26.2 mile distances and permits dropping down to a shorter distance if training or even race day are not what a runner had originally planned, so it is a good fit for all.

Discount code will be in next discount code member email

Mt. St. Mary's Park, St. Charles, IL
Register [HERE](#)

Want your Race Featured?

Fill out this form on our website:
<https://form.jotform.com/201254224760042>

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
 Storm the Woods - Mason Run; 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)	<u>All-Comers' Track Meets;</u> Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		SMTR
12	13	14	15	16	17	18
OSS at Brothers Bar & Grill @ 7:30AM	TerraLoco \$5 5K @ 6PM (Boys and Girls Club)	<u>All-Comers' Track Meets;</u> 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
19	20	21	22	23	24	25
OSS at People's Food Co-op @ 7:30AM	TerraLoco \$5 5K @ 6PM (Season's Hospice)	<u>All-Comers' Track Meets;</u> 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
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		

August 2026



SUN	MON	TUES	WED	THURS	FRI	SAT
						 1  Reggie Oeltjen Douglas Trail 11-Mile; No SMTR
2	3	4	5	14	15	8
OSS at Five West @ 7:30AM	TerraLoco \$5 5K @ 6PM (United Way)	Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		SMTR
9	10	11	12	13	14	 15
OSS at Brothers Bar & Grill @ 7:30AM	TerraLoco \$5 5K @ 6PM (Dorothy Day)	Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM	 Lance Pfrimmer Memorial Run; No SMTR	
16	17	18	19	20	21	22
OSS at People's Food Co-op @ 7:30AM	TerraLoco \$5 5K @ 6PM (ASFP & Zumbro Chorus)	Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		SMTR
23	24	25	26	27	28	29
OSS at Novios Café @ 7:30AM	TerraLoco \$5 5K @ 6PM (Gift of Life)	Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		SMTR
30	31					
OSS at Charlie's Eatery & Pub @ 7:30AM	TerraLoco \$5 5K @ 6PM (Society of St. Vincent Paul)					

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

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

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.**

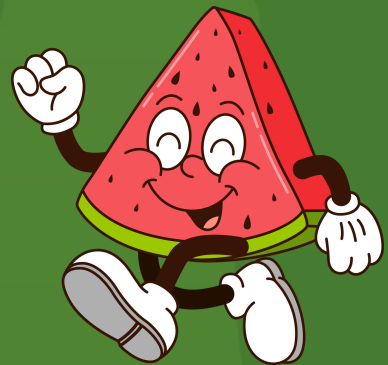
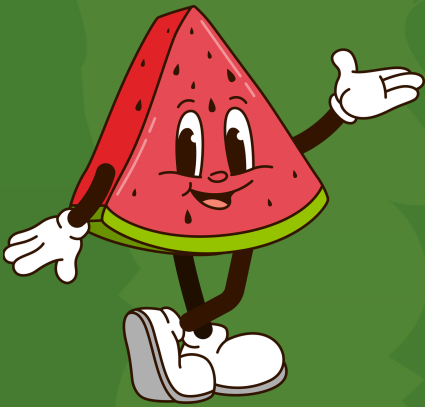


Presented by the Rochester Running Club

SCAN ME



50TH REGGIE OELTJEN DOUGLAS TRAIL 11-MILE RUN



Saturday, Aug 1, 2026
Douglas Trail Trailhead, Oronoco, MN



Watermelon donated by People's Food Co-Op
Presented by the Rochester Running Club



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.

RRC Presented by the Rochester Running Club





OCTOBER 10, 2026
ESSEX PARK | ROCHESTER, MN

PLEASE JOIN US FOR A FUN FALL MORNING OF RUNNING THROUGH THE MORNING DEW. YOU CAN CHOOSE TO RUN THE TRADITIONAL TRAIL 7K AT 9:00AM OR THE ROAD 10K AT 7:30AM. IF YOU'RE FEELING REALLY ADVENTUROUS CHOOSE TO RUN THEM BOTH AND RECEIVE AN EXTRA SOMETHING FOR YOUR EFFORTS.

100% OF THE PROFITS GO BACK TO TAKING CARE OF THE TRAILS AT ESSEX PARK.



Presented by the Rochester Running Club

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



Meshbeshner & Spence

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