



Rochester Running Club Monthly Newsletter July 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: July 7th, 14th, 21st

Location: Soldiers Memorial Field Track, Rochester, MN

[Register Today!](#)



Go to the Honkers



Find tickets [HERE](#), and type “**RUN**” in the Promotions section and then you’ll be able to purchase tickets to join our group on the Deck!

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

Date: July 23rd

Location: Honkers Stadium

Time: 5:30 PM: Team REDxRRC Group Run/Walk

6:35 PM: Game Time on the Sports Deck

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

Kasey Kuker

Kasey received the Department of Laboratory Medicine and Pathology (DLMP) Innovation & Leadership in Education Award! This is awarded to one Allied Health Professional and one consultant each year. What an amazing accomplishment!



Elliot Chang

Elliot Completed the Ironman Rockford 70.3 in 5:07:29 on June 14th



#

320



Elliot Chang

Swim

0:26:21

Transition 1

0:05:25

Bike

2:47:38

Transition 2

0:03:20

Run

1:44:44

Finish

5:07:29

39

Div Rank

267

Gender Rank

320

Overall Rank

Finisher

Designation

808

Bib

M25-29

Division

2282

Points

GET CERTIFICATE IN PROFILE

>

Race Details

Event	Time	Division Rank	Gender Rank	Overall Rank
Swim	0:26:21	72	403	570
Transition 1	0:05:25	-	-	-
Bike	2:47:38	41	313	380
Transition 2	0:03:20	-	-	-
Run	1:44:44	39	267	320

Tony Zhang

Tony completed 24-months of training as a fellow in Advanced Clinical Neurology! He is headed back to New Zealand. We will miss you!



Picture from Tony's going away party.



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>



Grandma's Running Club Experience

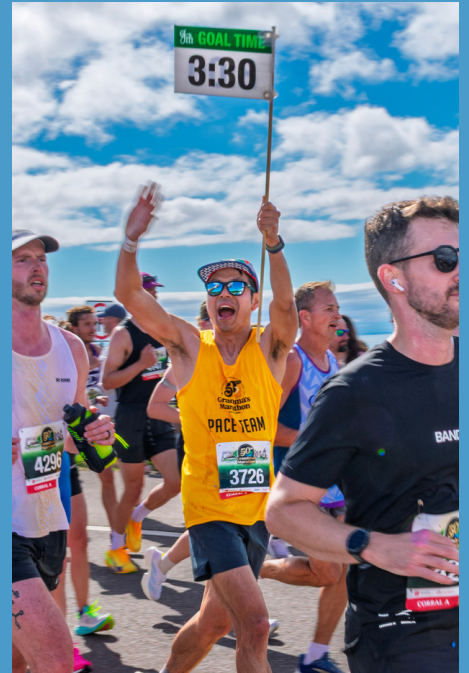
On June 20th, dozens of RRC members went up to Duluth, MN and crushed the 50th Annual Grandma's Marathon, the Garry Bjorklund Half Marathon, and the William Irvin 5k.

76 members were part of the Marathon's "Running Club Experience" alone and additional members ran the half and 5K!

RRC also had several of our members who volunteered as pacers, supporting runners in the half and the full marathon!

Results from the race weekend can be found [here](#).

Great job everyone!



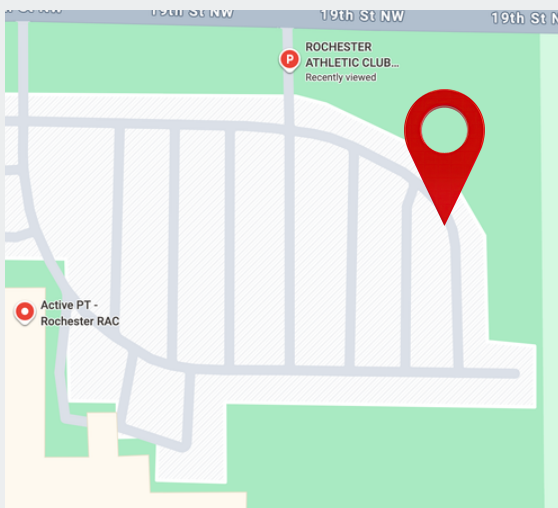
Saturday Morning Training Runs (SMTR)

Saturday Morning Training Runs (SMTR)'s Fall Cycle will begin July 11th and run until Twin Cities Marathon Weekend on October 4th, 2026.

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.

For most runs, we will meet at the RAC at **7:00**, on the far east side of the parking lot. Please see the run schedule, as some runs will start in alternative locations to allow for members to run races.

Water and Gatorade/Tailwind will be available!



FALL 2026 SATURDAY MORNING TRAINING RUN SCHEDULE									
Week	Date	Total Mileage	Route Mileage	Route	Aid Station Information	Total Mileage	Route Mileage	Route	Aid Station Information
1	7/11/2026	7.37	7.37	RRC from RAC, Walmart Loop	RAC	12.37	7.37	RRC from RAC, Walmart Loop	RAC
2	7/18/2026	8.45	3.45	RRC from RAC, Hill work	RAC	8.45	3.45	RRC from RAC, Hill work	RAC
3	7/25/2026	6.00	4.00	Rochester Women's 4-Mile Race	Silver Lake	14.00	4.00	Rochester Women's 4-Mile Race	Silver Lake
4	8/1/2026	7.00	11.00	Reggie Oelgen Douglas Trail Race	Douglas Trail	15.00	11.00	Reggie Oelgen Douglas Trail Race	Douglas Trail
5	8/8/2026	9.00	9.00	RRC from RAC, Fox/Bailey Loop	RAC	13.86	9.00	RRC from RAC, Fox/Bailey Loop	RAC
6	8/15/2026	11.00	5.00	Lance Pfitzinger Memorial 8K Race	Eagles	17.00	5.00	Lance Pfitzinger Memorial 8K Race	Eagles
7	8/22/2026	8.39	8.39	RRC from RAC, Elton Hills with MN Treads aid station	RAC / MN Treads	19.78	8.39	RRC from RAC, Elton Hills with MN Treads aid station	RAC / MN Treads
8	8/29/2026	7.37	7.37	RRC from RAC, Walmart Loop	RAC	14.58	14.58	RRC from RAC, Walmart Loop	RAC
9	9/5/2026	11.39	11.39	RRC from RAC, Essex Loop	RAC / Watson	22.07	11.39	RRC from RAC, Essex Loop	RAC / Watson
10	9/12/2026	6.00	6.00	RRC from RAC, Broadway 6	RAC	13.00	13.00	RRC from RAC, Broadway 6	RAC
11	9/19/2026	5.00	5.00	RRC from RAC, Cascade Loop	RAC	7.37	7.37	RRC from RAC, Cascade Loop	RAC
12	10/4/2026								

*Subject to change, see run schedule link for most up-to-date schedule

Run Schedule/
Route Info [Here](#)

Waiver [Here](#)

Volunteer [Here](#)



RRC Volunteer Opportunities

All Comers' Meets

(July 7th, 14th, 21st)

All Comers' Track meets need you to check-in participants, hand out ribbons at the finish line, assist with long jump, and help 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!](#)

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!](#)

Sign up to assist with Lance Pfrimmer Memorial Race (August 15th)

[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 from amazing volunteers like you!

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

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

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.



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> (RRCA Minnesota State Half Marathon Championship) 	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
12/12/2026	<u>Santas on the Run</u>	5K	TerraLoco

Non-RRC Events

Get Your Rear in Gear 5K Run/Walk 07/11

This event raises funds for the Colon Cancer Coalition. There is a. Kid's Fun Run, 5K Timed Run and Untimed Walk.

Register Here:

<https://coloncancercoalition.org/event/get-your-rear-in-gear-rochester/>

Code: RUNROCH for \$5 Off

Want your Race Featured?

Fill out this form on our
website:

<https://form.jotform.com/201254224760042>

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 @ 7AM
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 @ 7 AM
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	<u>Team RED x RRC goes to the Honkers;</u> Run @ 5:30 PM, Game @ 6:35PM 		Rochester Women's 4-Mile Run; with SMTR add-on
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 ; with SMTR add-on
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 @ 7AM
9	10	11	12	13	14	 15
OSS at Brothers Bar & Grill @ 7:30AM	TerraLoco \$5 5K @ 6PM (Dorthy Day)	Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM	 Lance Pfrimmer Memorial Run; with SMTR add-on	
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 @ 7AM
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 @ 7AM
30	31					
OSS at Charlie's Eatery & Pub @ 7:30AM	TerraLoco \$5 5K @ 6PM (Society of St. Vincent Paul)					

September 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
		Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		SMTR @ 7AM
6	7	8	9	10	11	12
OSS at Five West @ 7:30AM	LABOR DAY ★ No 5K ★	Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM	PATRIOT DAY  NEVER FORGET	 MN Treads Healthy Human Races
13	14	15	16	17	18	19
OSS at Brothers Bar & Grill @ 7:30AM	TerraLoco \$5 5K @ 6PM (Children's Dental)	Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM	 Mayo Open Cross Country 5K; Team RED at LTS Brewing @ 6PM		SMTR @ 7AM
20	21	22	23	24	25	26
OSS at People's Food Co-op @ 7:30AM	TerraLoco \$5 5K @ 6PM (TBD)	 Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM	Team RED at LTS Brewing @ 6PM		SMTR @ 7AM
27	28	29	30			
OSS at Novios Café @ 7:30AM	TerraLoco \$5 5K @ 6PM (Rain Date)	Back of the Pack at Thesis Beer Project @ 6PM	MN Treads Run @ 6PM			

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



Merch!

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

**18 & Under
Race for Free!**

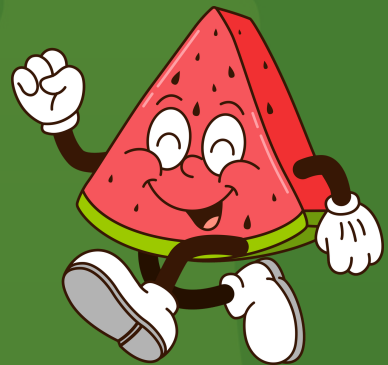
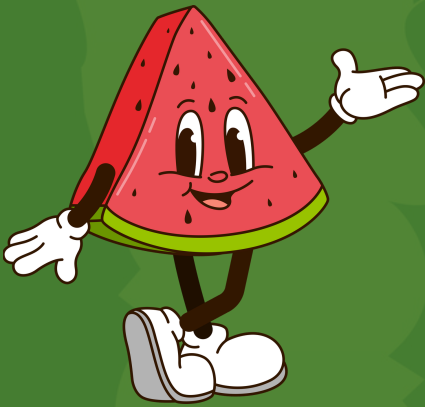


Presented by the Rochester Running Club

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





Healthy Human Race



Half Marathon • Relay • 5K



**Be healthy.
Be human.**

September 12TH, 2026

Soldiers Memorial Field
300 7th St SE, Rochester, MN

Scan here
for more info



Presented by Rochester Running Club



MAYO OPEN

CROSS COUNTRY 5K

EASTWOOD PARK, ROCHESTER, MN
SEPTEMBER 17, 2026 | 6 PM*

Cost: FREE!

Register online or on race day.
Registration & Bib pick-up: 5- 5:45 PM

*Approximate start time, starts after
Mayo Invitational cross country meet



RC

PRESENTED BY 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

ROCHESTER RUNNING CLUB PRESENTS

SANTAS *on the Run*

5K RUN/WALK

**SATURDAY,
DECEMBER** **12** **10:00 AM
START**

TERRA LOCO, 16TH ST SW, ROCHESTER, MN



SCAN
ME!



The first 200 people to register receive
a 5 piece felt Santa Suit / Jacket, Pants,
Belt, Beard, & Hat included in their
registration!

RRC

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



SenSei Project

