

Y-10 Open Road Race Press Release

On Saturday, February 9, 2008, YMCA Camp Kenan is proud to host the 36th Annual Y-10 Open Road Race. The race features a challenging 10-mile course and beautiful February weather. Runners will start in front of the Lockport YMCA at 11:00 AM.

The first Y-10 race was held on February 5, 1972. The race directed by retired Lockport YMCA pillars Alex Chiara and Goose Gray featured a field of 14 entrants on a very cold winter day. Gerald Teal of Niagara Falls, Ontario lead all runners with a time of 56 minutes and 47 seconds. Goose finished tenth in the race with a respectable time of 1 hour, 12 minutes and 3 seconds.

In 1973, in the Second Annual Y-10 Mary Ann Boles of the Orchard Park Road Runners became the first female to enter and finish the race. Her time was 1 hour 43 minutes and 53 seconds. She was the only female entrant that year. In 1975 the race featured four females.

This year the YMCA hopes to attract over 300 entrants to this growing event. Included in the field is local running great Judy Arlington. Arlington is one of the top females runners in Western New York. She is the course record holder for the women. She set the standard in 2002 with a blistering time of 1 hour, 4 minutes and 24 seconds. Entrants will receive a long-sleeve t-shirt and refreshments at the post-race party in the gym.

Runners will leave the Lockport YMCA at 11:00 AM. The runners will head east on East Avenue and then turn left on Washburn Street to Union Street. They will run on Union until Market Street. The runners will cross the canal on the Cold Springs Road Bridge. The runners will then pick up Lockport-Olcott Road to Slayton Settlement Road, a right onto Harrington Road and then North Canal Road before returning to the YMCA the same way that they left.

The course is challenging due to the hills, open farmland in the Town of Lockport and the time of year in which it is held. For many runners though it is their first time completing a ten-mile run.

East Avenue between Elm Street and Washburn Street will be closed for the duration of the race. Traffic will be limited on the rest of the course while the race is in progress. Race organizers ask that residents and motorists to please be patient so the race is safe and successful. Residents are encouraged to get out and support this event.

The men's course record is held by Tom Proctor, Town of Niagara. He set the record in 2002 by covering the course in 54 minutes and 38 seconds.

A safe and successful race cannot take place without the runners and dedicated volunteers. Those wishing to volunteer can call the Lockport YMCA at 434-8887. More information on the Y-10 can be found on-line at *score-this.com*.

The Y-10 is the first in a two race series sponsored by YMCA Camp Kenan. The 7th Annual Polar Bear Run in Olcott will be held on Sunday, February 24, 2008. The race features a 5k run and 1-mile "cub run" for the kids. Also, the Polar Bear race will feature a pancake breakfast open to the public.

As one runner who was overheard a couple of years ago put it, "They are not so much about results as they are about memories." All proceeds from the races benefit the summer camp program at Camp Kenan. Come out and build some memories of your own and contribute to the memories of the kids this summer at camp.