

## Member Communication, June 6, 2020

We look forward to a time when our member communications are not triggered by a COVID-19 phase change. That said, we find ourselves in the "Green." Gatherings are no longer relegated to 25 people! Woot woot! **However, social distancing (6 feet or greater) is still in place.** Thank you for your ongoing cooperation. And now for the fun updates.

### NPTR 100--Mile Patch Challenge

- [Registration](#) is \$6 and proceeds go to the Greater Pittsburgh Food Bank.
- All miles accumulated in May and June count! (**even if you register now, your May miles count!**)
- To date, 66% of registrants are women, 44% are men. The gap continues to widen. Draw your own conclusions.
- [Details and FAQ's](#)

### Weekly #missions

What started out as a quarantine-engagement activity grew to be a spectacular display of individuals and families posing with an assortment of celebrities. Who knew these would be so popular? Special thanks to Tom Cruise, who kicked off the series and inspired everyone to dig deep. (e.g. Barney). Seems we have cultivated our photoshop skills as part of the missions. Well done! Collage of collages: [Who We Are](#)

### The Segment of the Week

There's a lot to unpack here. Let's start with the dozens of runners who hit segments they'd never known existed. P.R.'s galore. Free speed work for everyone! Ironically, at the peak of our segment challenge, Strava decided to roll back a bunch of features, leaving us in a state of despair. We persevered (or paid for Premium) and moved on. Next up: we learned about the innerworkings, analytics, and shortcomings of the tool. (GPS has gone awry!) Knowledge is power. Special thanks to Nicolas Sluis-Cremer, who went the extra mile (no pun intended) and scientifically broke it down for us. Lastly, we had some punks, oops we mean kids, hitting the segments, even taking crowns! The horror of it all! We celebrate all efforts, regardless of age, and salute you for emptying the tank on some brutal

segments. (But we yearn for the fall, when the kids can resume school and hopefully focus on their track meets) The list of featured segments, in case you're not done, can be found on our [Segment Challenge](#) page.

## **Group Runs**

Since we resumed group runs on May 19th we've seen some record-setting attendance despite what Matt Lipsey says. If you're not a fan of Facebook, you can always check the calendar on the [When We Run](#) page. Standing group runs, rain or shine, include:

1. Tuesday Trail Trotters, 8:00 a.m.
2. Thursday Nights, 6:30 p.m. (Rotating theme, never disappoints)
3. Friday Morning, Just Right Run, 6:30 a.m.
4. Sunday Beginner /Relaxed Run: 9:00 a.m. ([See tomorrow's event description](#))

Shout out to **Tom Kalbaugh** who is single-handedly managing and promoting **Rachel Carson Runs** in June. Distances of 10 miles or greater are rewarded with special dog tags. This is a super cool project that so many of us appreciate and are using as inspiration to tackle Rachel. Thank you, Tom!

And speaking of Rachel....another shout out...this one to **Aaron Clineman**, who attacked an out-and-back on Rachel, 45 miles each way, an unparalleled achievement that is simply mind-blowing! Our very own **Christina Montemurro** captured Aaron's epic journey on video and created a documentary that will surely knock our socks off! We're putting together a "movie screening" party... stay tuned for event details!

Last but definitely not least: July 4th is **North Park Trail Runners Annual Birthday Celebration**. We turn 8 years old next month! Mark Knapp, our beloved founder, is spearheading the event. Tina will be there to issue NPTR Patches for the folks who've completed their 100 miles! This is a family friendly celebration. [Link to FB event.](#)

Congratulations for slogging through this long email!

See you on the trails! (but remember to keep the 6-foot distance)  
[North Park Trail Runners](#)