



10K Classic celebrates city's unity

M'town hosts hundreds of runners

By Amanda Spadaro
Times Herald-Record

MIDDLETOWN - On Sunday, 500 runners trekked through the streets of downtown, participating in a 10K that is synonymous with community pride and tradition.

The Crystal Run Healthcare 10K Classic is not just any old race.

"It's not just another 10K: It's The 10K," said Terree Angerame, a regular spectator who lives on Wisner Avenue.

The traditional event began in 1981, after Middletown native Frank Shorter won the gold medal in the Olympic Marathon in Munich in 1972 - the first American to do so since 1908.

On Sunday, Shorter, now 69, finished what he called a "sight-seeing tour" of Middletown, saying he's no longer running to win.

"All I ask is that when you go by me, tell me I'm looking good. That's all I want," he joked to fellow runners before the pistol shot began the 10K.

Just past the starting line, Kim Dubin sipped her coffee and watched the runners from the front step of her home on Gardiner Avenue Extension.

She has watched the race for the past 20 years, often with the company of anyone who set up chairs on her front lawn, she said.

Dubin loves the atmosphere of the race, especially how it brings perfect strangers together.

"It's tough to put it into words. I like the positivity, seeing the people," Dubin said.

Angerame, although not a runner, also said she finds the energy contagious.

"Since 1991, we've been cheering," she said, with a group of friends near the finish at the Middletown High School track.

"I love to come out for this day for the energy, the excitement. The



Terree Angerame cheers for her neighbor, Alex Loeb, 15, who was running in the Orange Classic 10K. [PHOTOS BY ALLYSE PULLIAM/FOR THE TIMES HERALD-RECORD]

pride for this city is what you see here today," she said.

During the old route, which changed in 2006, Angerame would even host a breakfast for anyone who wanted to stop by, she said.

The event brings out the young and old, both runners and spectators, to celebrate the Middletown community.

The Middletown High School band played near the finish line on Sunday to give runners a final boost, and retired teachers Gary Day and Rick Brown sat in lawn chairs waving to everyone they knew.

If you ask Shorter, the history, the pride and the welcoming atmosphere set this race apart from the average 10K. It uplifts Middletown.

"It's a community of inclusion," he said.



The race is a tradition in Middletown, where spectators line the route to socialize and cheer on the runners.

As Shorter entered the Middletown High School track for the final stretch of the 10K on Sunday morning, runners who had already

finished enthusiastically cheered, "Looking good, Frank!"

—asparado@th-record.com

For complete race coverage, see sports pages 43-47.