

ROCKLAND ROAD RUNNERS

Week of January 4, 2009

Happy New Year to all our club members!

Next Club Race: March 15th - 11am

Rockland Lake Firehouse

The inter club challenge will be on March 15, 2009 (11:00 AM). After seven years in Orange County, this event which includes Sullivan, Orange and the Bronx running clubs will finally be held in Rockland County, This race is a fun run with bragging rights going to the club that has the most finishers scoring for their running club. Please put this one on your calendar!

RRR is in the process of planning this event. If anyone is interested in volunteering you can email president@rocklandroadrunners.org.

Mark your 2009 calendars:

2009 RRR Club Races:

3rd Sun	March 15	INTER-CLUB CHALLENGE 5K AT ROCKLAND LAKE
4th Sun	April 26	HOOK MT. HALF MARATHON and HOPE 5K
3rd Sun	May 17	MARISA 10K and 3 mile FUN WALK
2nd Sat	July 11	WOMEN'S FESTIVAL 5K RUN/WALK
1st Sun	Sept. 6	SOUTH NYACK 10 Miler
4th Thur	Nov. 26	5 Mile TURKEY TROT

2009 NYRR Team Races:

1st. Sun.	March 1	COOGAN'S SALSA BLUES SHAMROCK 5K
2nd Sat	April 11	SCOTLAND RUN 10K
3rd Sat	May 16	HEALTHY KIDNEY 10K
1st Sat	June 6	NYRR MINI 10K (Women Only)
3rd Sun	June 21	WABC FATHER'S DAY 5 Miler (Men Only)
3rd Sat	July 18	CPC RUN FOR CENTRAL PARK 4 Miler
3rd Sat	August 15	NYRR TEAM CHAMPIONSHIPS 5 Miler
2nd Sat	Sept. 12	FITNESS MIND,BODY, SPIRIT GAMES 4 Miler
1st Sat	Oct. 3	NORWEGIAN FESTIVAL Half Marathon 13.1
1st Sun	Nov. 1	NYC MARATHON
1st Sun	Dec. 6	JOE KLEINERMAN 10K

2009 Team RRR

Are you interested in running the 2010 NYC Marathon? Are you interested in being a part of a supportive, fun and inspirational group? All you have to do is join the team this year and run 9 NYRR races. Why not support the RRR team & get a guaranteed entry into the NYC marathon at the same time? When you sign up for a NYRR race put **Rockland RR** as your team affiliation.

We are looking to field a team in each age group so try to incorporate as many team races into your schedule as you can. Remember, all running levels are welcomed. Join the team and meet fellow runners who share your passion for running!

Many thanks to Logan Scott, who started a Team RRR blog. Each week this blog will be updated with team results and information. Please check it out. Give us your feedback on the new blog!

You can track RRR member race results at the following web address:

<http://rrraceresults.blogspot.com/>

We will post results for RRR members in the NYRR races.

If you have RRR member results from other races, please send them to TeamRRR@RocklandRoadRunners.org so we can post them.

Please include the race name, date, and location, finisher names and times, plus any award winner results.

Registration is now open for our first club points race on March 1st.

[Coogan's Salsa, Blues, and Shamrocks Run 5K & Kids Races](#)

NYC Marathon 2009 will be on Sunday, November 1, and the APPLICATION for the LOTTERY will be available in mid- February. Details will be posted at: www.ingnycmarathon.org and www.nyrr.org If you are eligible for GUARANTEED entry, you will be notified via e-mail by mid-February and you must still register for the race.

NYC Marathon 2010

To get guaranteed entry into the 2010 NYC Marathon you have to:

1. Be a member of the NYRR's by January 31 of 2009.
2. Complete 9 qualifying (Q) NYRR races within 2009 (preferably do 9 club/team (+) races)
3. Plus members must volunteer for one NYRR race in 2009.
4. Continue your NYRR membership in 2010.

You can get guaranteed entry into the 2009 NYC Marathon by meeting the following qualifying time standards on any certified course.

The qualifying standards are as follows, by age-group:

MEN -

18-39 years-old: Marathon, sub-2:55 or half-marathon sub-1:23

40-49: Marathon, sub-3:10 or half-marathon sub-1:30

50-59: Marathon, sub-3:30 or half-marathon sub-1:40

60+: Marathon, sub-3:45 or half-marathon sub-1:48

WOMEN -

18-39 years-old: Marathon, sub-3:23 or half-marathon sub-1:37

40-49: Marathon, sub-3:38 or half-marathon sub-1:44

50-59: Marathon, sub-3:52 or half-marathon sub-1:50

60+: Marathon, sub-4:13 or half-marathon sub-2:00:30

****9+1 Guaranteed Entry Volunteer Deadline Extended****

NYRR has extended the 9+1 program!

During the month of January, participants may continue to volunteer to receive credit toward their 2009 entry.

Please note that no January volunteer activity will count toward 2010 guaranteed entry eligibility.

NYRR has capped races run in Central Park.

Capped races now have a "C" designation on the calendar along with the other symbols.

Coogan's 5K, Bronx 1/2 etc. are not capped races.

Boston Marathon-Charity Entries Available

The Jack H Marston II Melanoma Fund would like to invite marathon runners to run on Jack's Team-Boston '09. Those who would like to run the famed Boston Marathon but have not yet qualified can have a guaranteed entry through our team. Our fundraising requirement is \$2500 and funds raised go directly to melanoma research and awareness programs. Runners who wish to join can email me directly or go to www.jacksfund.org to request information through the team registration form.

Please pass this along to anyone you know who might be interested. We have 7 spots available at this time. Thanks!

PS If any runners have already qualified-we'd love to have them run with us, too! Fundraising minimum would be much lower.

Happy Holidays,

Amy Saletta

630-853-9272

amy@jacksfund.org

NEXT CLUB MEETING:

February 3, 2009 at 7:30pm

Nanuet Restaurant