

ROCKLAND ROAD RUNNERS

Week of January 11, 2009

**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!

Mark your 2009 calendars:

2009 RRR Club Races:

March 15	INTER-CLUB CHALLENGE 5K AT ROCKLAND LAKE
April 26	HOOK MT. HALF MARATHON and HOPE 5K
May 17	MARISA 10K and 3 mile FUN WALK
July 11	WOMEN'S FESTIVAL 5K RUN/WALK
Nov. 26	5 Mile TURKEY TROT

2009 NYRR Team Races:

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

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

<http://rrraceresults.blogspot.com/> SEE RESULTS FROM THE FRED LEBOW 5 MILER

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](#)

KNICKERBOCKER ICE FESTIVAL
January 24-25 2009
Rockland Lake State Park
*Official Launch Site of the
Hudson Valley Quadricentennial*



***Not-to-be-missed
Weekend Event***

- Quadricentennial Kick-off, Sunday
- Spectacular fireworks, Saturday
- Ice sculptures by award-winning artists
- Awe-inspiring Ice Gallery
- Knickerbocker ice house ruin
- History of Rockland's ice industry
- Exciting Hot Air Balloon rides
- Art-in-the-park, Saturday
- Art for sale, Sunday
- Live Music
- Fabulous food
- Much, much more

visit www.knickerbockericefestival.com

The third annual Knickerbocker Ice Festival celebrates Rockland Lake's history as an ice-harvesting epicenter of the 19th Century. It also celebrates the dedication of the Knickerbocker Ice House #3 as an official Clarkstown Town Historic Site.



The 2009 Knickerbocker Ice Festival will mark the launch of a year-long celebration of the 400th anniversary of the discovery of the Hudson River and Lake Champlaine. It will also celebrate the 200th anniversary of the maiden voyage of the steamboat on the Hudson River.

The featured ice sculpture, by award-winning Ice sculptor Rob Patalano, will be a 20-foot representation of Henry Hudson's ship, the Half Moon. Emmy-winning and internationally famous ice artist Earl Covington will create an ice replica of the Clermont, the steamboat invented by Robert Fulton.

*Explore the benefits of sponsoring this high-profile media event.
Call Maria Rodd at 845-290-1644 or email
sponsorships@knickerbockericefestival.com*



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