

ROCKLAND ROAD RUNNERS

Week of January 25, 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!

Team RRR

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

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

Congratulations to all runners who completed the Manhattan Half Marathon. Despite the cold weather, Sheila Casey, was able to PR and place first in her age group and second woman overall in a time of 1:24:24. The Patten team are also continuing their amazing times with Josephine placing 3rd in her age group. Gerard Burstein deserves a special mention for finishing 4th in his age group. Logan Scott, Jerry Sun and Gary Lausin all finished in under 1:30.

Great job team RRR!

For complete team results please go to the RRR blog page:

<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.

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
Sept. 6	SOUTH NYACK 10 Miler
Nov. 26	5 Mile TURKEY TROT
Nov 28	ROCKLAND ALUMNI Cross Country Run

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

Please join us at our **next club** meeting where we will discuss our new incentive program for Team RRR as well as other club happenings.

Feb. 3rd, 7:30pm, Nanuet Restaurant, free pizza, beer and soda