

ROCKLAND ROAD RUNNERS

Week of February 1, 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.

Volunteers are needed at this event.

Please contact president@rocklandroadrunners.org if you can help.

Team RRR

To increase club participation in Team RRR we will be offering an **incentive** program. More information will follow in the next email.

If you are interested in participating in or want more information about the team please email TeamRRR@RocklandRoadRunners.org

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

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

Sign up by Feb. 14th before the fee goes up. We will be car pooling to this race. If interested, meet at the park and ride near exit 5 on the Palisades Parkway. We will meet at 7:30am sharp! That will give us plenty of time to park, warm up, etc.

The start is at the New Balance Armory track. For those that drive, the driving directions are:

Take the upper level of the George Washington Bridge. Crossing the bridge, get to the right lane and exit at 178th Street. Go through one light and make a right at the next light onto Broadway.

Go 10 blocks south and make a right onto 168th Street. Go one block west to Fort Washington Avenue. The Armory entrance is at 168th and Fort Washington.

The parking garage is a couple of blocks past the Armory on Fort Washington Ave.

Congratulations to Team RRR members who participated in the NYRR Gridiron 4 miler.

Team Patten is definitely on FIRE! Josephine is running at 84.5% which is considered National Class.

We welcome a few new people to our team.

Joseph Falcon and Joann Rean

For complete team results go to

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

THE NYRR CLUB WILL ONCE AGAIN OFFER THE 9 + 1 PROGRAM FOR ENTRY INTO THE NYC MARATHON.

The volunteer program is two-fold: (1) Individual Requirement (2) Running Club Requirement.

1) Individual volunteer program:

Any member who runs 9 races and volunteers for 1 race between February 1, 2009 and December 31, 2009 will receive guaranteed entry into the 2010 marathon.

HOW THIS WORKS:

Modeled after our marathon volunteer system, applicants can choose a weekly race and job through an online Volunteer Registration/Tracking System. Once we reach our volunteer quota on any race, it will be closed.. Applicants will receive a confirmation email with specific instructions and other pertinent information such as when to check in at an assigned location.

Upon checking in, volunteers will meet a captain who will provide assignment instructions and support throughout the shift. Following the check-out process, volunteers will be credited for their participation.

The Volunteer Office will periodically remind those members that did not volunteer that they must complete the requirement or lose eligibility.

2) Running Club volunteer program: *TEAM RRR WILL BE PARTICIPATING IN THIS PROGRAM IN 2009 SO YOU CAN RUN IN THE NOV. 2009 MARATHON.*

* Standards of being recognized by NYRR as a Local Running Club Team to qualify for the participation in the guaranteed entry program:

* Club Teams must have at least 20 members

* Club Teams must run in at least three (3) Club Team points races in a calendar year

* Club Team must have been in existence for at least two years and met the above standards

* [Certain longstanding clubs are grandfathered. If they fall below 20 members for a period of time, they still are recognized by NYRR]

It is not necessary that all the volunteers representing your team be members of your team, but they should understand that they are representing your team.

HOW THIS WORKS

In order to create a more equitable solution for clubs of various sizes, guaranteed entries to the INGNYC Marathon will be awarded in proportion to the number of volunteers provided to NYRR races during a specified Race Period.

The Race Period will be the 12-month period preceding the marathon and will be:

Race Period for 2009 Guaranteed Entries: October 1, 2008 to September 30, 2009

Race Period for 2010 Guaranteed Entries: October 1, 2009 to September 30, 2010

*****Anyone interested in running the 2009 marathon can increase their chances of getting in by volunteering with team RRR at a NYRR race. More information will follow on this program next week.**

Relay For Life

The Relay for Life will be early June this year and we need as many recruits as possible. Times being what they are the more people we have to raise money the better. The other way we are trying to raise money is by doing a change drive. Starting with the next club meeting, we will be going around to collect change. So, please check under all of those seat cushions, your car and all of your pockets. You can also start saving change from purchases. This all adds up quickly.

Also, anyone who has an opportunity to do an in office bake sale for the relay, please let Alison Luscher know and she will help bake some goodies.

Our goal is to get over 50 club members to participate that is only 10% of our membership. We have a great time at the relay never mind doing something for a cause for a disease that unfortunately effects so many. SO LETS GO PEOPLE !!

If you have any questions please contact a member of the Relay for Life committee:

John Melican (jkmelica@aol.com)

Larry Wolf (larrywolf@optonline.net)

Fred Turk (fturk@optonline.net)

Jack Ingrassia (ARAJACK@optonline.net)

Alison Luscher (alyrunner@optonline.net)

Please join us at the next club meeting which will now be on Feb. 12th - 7:30pm

Nanuet Restaurant - free pizza, beer and soda.

We will discuss all new team RRR events, announce the Turkey Trot contribution to various charities, and present the rest of our annual awards.