

ROCKLAND ROAD RUNNERS

Week of February 8, 2009

Next Club Race: March 15th - 11am Interclub challenge

Rockland Lake Firehouse-

Click on application and register if you plan on running so we know how many members to expect.

APPLICATION

April 26th - Rockland Lake

20th Annual George Wodicka Hook Half-Marathon & Hope 5K

Click on link. The website is now open. Please register early.

Team RRR

To increase club participation in Team RRR we will be offering an incentive program. More information will follow after the club meeting on Thursday.

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.

After the run we plan to regroup and meet at Coogan's Bar for a post race drink!

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.

NYRR has opened the registration for the Scotland 10K.

This is the 2nd NYRR club/team race in 2009.

Date: Saturday, April 11th in Central Park at 10:00 a.m.

This is a NYRR capped race at 5,000 entrants.

In 2008 it had 6928 finishers.

Remember to put Rockland RR - RRR for team affiliation.

Congratulations to all runners who participated in the Bronx Half Marathon.

Welcome new team member, Thomas Noonan, who finished first for our team. Kim Chalfin, was first RRR woman, placing 3rd in her age group.

Josephine Patten took first place honors in her age group! Nice running team RRR.

For complete team results go to

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

We encourage all runners to join Team RRR no matter what your running ability! Let's have a large turnout for our first race on March 1st.

The American Cancer Relay for Life will be early June this year and we need as many of you to help us as possible, especially times being what they are, in trying to raise funds.

Alison has come up with a fund raising idea she calls a CHANGE DRIVE. Starting with the next club meeting, we will be going around to collect change. So, please check for that loose change laying around.

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 25 club members to participate that is only about 5% of our membership. We have a great time at the Relay, not to mention doing something for such a worthy cause, fighting 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)

If you have not renewed your 2009 RRR membership please do it now. For more information contact: Fred Turk at

membership@rocklandroadrunners.org

Next club meeting:

Thursday, Feb. 12th

Nanuet Restaurant - 7:30 pm

Free pizza, soda & beer