

ROCKLAND ROAD RUNNERS

Week of February 22, 2009

Next Club Race: March 15th - 11am Inter club challenge 5K

Rockland Lake Firehouse - Run begins at the 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.

NYRR Club Night Award Nominees

NYRR Club Night 2009 honors the top-performing runners and teams from their races in 2008.

Congratulations to Sheila Casey and Laura DiMarino for their nomination for the

Fred Lebow Runner of the Year Award in their age group. The awards are given to the male and female runners who have exhibited the most consistently superior performances over a variety of races and distances. Good luck to both of you! You make Rockland Road Runners proud!

Click for more information:

Club Night

Team RRR

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.

Coogan's Salsa, Blues, and Shamrocks Run 5K & Kids Races

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

In order to make sure that we fill age group divisions please email - TeamRRR@rocklandroadrunners.org and let the captains know that you plan to participate in our first NYRR club race.

Congratulations to the few RRR members who made the trek down to Brooklyn to compete in the Al Gordon Snowflake 5K

For complete team results go to

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

NYRR has opened the registration for the Scotland Run 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. Register early!

Remember to put Rockland RR - RRR for team affiliation.

To increase club participation in Team RRR we will be offering an incentive program.

There are 9 team races plus the NYC Marathon. If a team member runs:

4 races plus the **team championship** run the club will give you a team RRR singlet or tee shirt

6 races plus the **team championship** run the club will give you a team RRR long sleeved shirt or vest or singlet

If you run **all team races** including the **NYC marathon** you will receive a Team RRR jacket!

The club will be sponsoring a bus down to the 5 mile **team championship** race on August 15th. Following the run we will be having a team picnic. More info will follow in future emails but please mark your calendars for this fun event.

If you are interested in being a part of Team RRR and want to included on a separate email list please respond to: secretary@rocklandroadrunners.org

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 - April 7th - Mark your calendars!

Special Guest Speaker - Mary Wittenberg, President and CEO of NYRR

Ms. Wittenberg will take questions.

Let's have a large turnout for this special meeting!