

# ROCKLAND ROAD RUNNERS

Week of March 1, 2009

## Salsa, Blues & Shamrocks 5K

### Congratulations Team RRR.

Despite the cold weather the Rockland Road Runners had a great turnout for the first NYRR club race of the year.

Not only did our runners come out and support the team but they **represented!**

Sheila Casey was our first team runner and placed 1st in her age group. Marie "grandma" Killeen placed 2nd in her age group and Josephine Patten and Alexandra Finger both placed 3rd in their age groups. Congratulations to all our award winners!

We also had a large number of RRR runners who placed in the top 10 of their age groups. Kimberly Chalfin placed 5th, Etta Frankel placed 6th, Otto Mond placed 7th, Frank Nieves Jr. placed 9th and Shelly Shrem placed 10th.

### Team Results

**Men-** Open: Logan Scott, Jerry Sun, Wojciech Cieszkowski, Steven Joseph, Stephen Blackburn placed 21st out of 54 teams  
 40+: Logan Scott, Jerry Sun, Wojciech Cieszkowski placed 9th out of 42 teams  
 50+: Michael Nusblat, Frank Nieves Jr., Ricardo Hernandez placed 12th out of 21 teams  
 60+: Frank Nieves Jr., Ron Muhlfelder, John Singer placed 4th out of 7 teams

**Women-** Open: Sheila Casey, Kimberly Chalfin, Josephine Patten, Shelly Shrem, Julie Wendholt placed 12th out of 39 teams  
 40+ Josephine Patten, Shelly Shrem, Julie Wendholt placed 10th out of 23 teams  
 50+ Josephine Patten, Etta Frankel, Marie Killeen placed 5th out of 12 teams  
 60+ Etta Frankel, Marie Killeen, Alexandra Finger placed 3rd out of 6 teams

To put all these race results in perspective you have to remember that there were almost 4,700 runners!

### Race Results

Last Name	First Name	Sex/ Age	Bib	Team	City	State	Overall Place	Gender Place	Age Place	Finish Time	Pace/ Mile	AG Time	AG Gender Place	AG %
CASEY	SHEILA	F39	61	RRR	PARK RIDGE	NJ	206	23	1	18:27	5:57	17:55	23	82.5 %
SCOTT	LOGAN	M47	369	RRR	NEW CITY	NY	226	198	12	18:39	6:00	16:42	116	77.2 %
SUN	JERRY	M45	400	RRR	BLAUVELT	NY	296	260	21	19:19	6:13	17:34	199	73.3 %
CIESZKOWSKI	WOJCIECH	M40	744	RRR	PEARL RIVER	NY	383	336	42	19:57	6:26	18:51	336	68.4 %
CHALFIN	KIMBERLY	F38	505	RRR	NANUET	NY	469	58	5	20:33	6:37	20:04	77	73.7 %
JOSEPH	STEVEN	M47	207	RRR	NYACK	NY	520	450	38	20:54	6:44	18:43	321	68.8 %
PATTEN	JOSEPHINE	F53	1448	RRR	ORANGEBURG	NY	555	77	3	21:08	6:49	17:47	18	83.1 %
BLACKBURN	STEPHEN	M48	37	RRR	POMONA	NY	604	517	45	21:23	6:53	19:00	357	67.8 %
HERBSTMAN	DAVID	M47	2890	RRR	NEW CITY	NY	735	618	54	22:00	7:05	19:42	467	65.4 %
NUSBLAT	MICHAEL	M56	1426	RRR	STONY POINT	NY	789	663	19	22:16	7:10	18:32	302	69.5 %
MISANTONIS	DIMITRIOS	M40	1731	RRR	PEARL RIVER	NY	846	710	99	22:31	7:15	21:16	783	60.6 %
NIEVES JR	FRANK	M60	1420	RRR	MONROE	NY	918	766	9	22:52	7:22	18:23	292	70.1 %
HERNANDEZ	RICARDO J	M56	1257	RRR	WEST NYACK	NY	933	779	25	22:57	7:24	19:06	373	67.5 %
OZUNER	GOKHAN	M48	1441	RRR	NYACK	NY	1029	854	81	23:19	7:31	20:43	660	62.2 %
SHREM	RAFAEL	M53	1526	RRR	NEW CITY	NY	1047	870	42	23:23	7:32	19:57	511	64.6 %
SHREM	SHELLY	F49	1527	RRR	NEW CITY	NY	1049	178	10	23:23	7:32	20:42	107	71.4 %
HERNANDEZ	GERARDO	M54	1787	RRR	BRONX	NY	1191	982	49	23:51	7:41	20:11	547	63.8 %
FALCON	JOSEPH	M49	4164	RRR	MIDDLETOWN	NY	1660	1293	131	25:21	8:10	22:21	999	57.7 %
MUHLFELDER	RON	M62	2420	RRR	TENAFLY	NJ	1697	1316	22	25:29	8:13	20:08	541	64.0 %
SANTA TERESA	JC	M45	3511	RRR	NANUET	NY	1896	1434	145	26:07	8:25	23:45	1308	54.2 %
SINGER	JOHN	M68	2563	RRR	SUFFERN	NY	1998	1488	16	26:25	8:31	19:45	475	65.2 %
NAPOLITANO	ANTHONY	M32	5433	RRR	WHITE PLAINS	NY	2441	1729	256	27:43	8:56	27:30	1994	46.9 %
WENDHOLT	JULIE	F44	3830	RRR	UPPER NYACK	NY	2616	802	76	28:13	9:06	26:23	661	56.0 %
FRANKEL	ETTA	F63	4185	RRR	TENAFLY	NJ	2640	815	6	28:16	9:07	20:43	108	71.4 %
KILLEEN	MARIE	F71	4301	RRR	PEARL RIVER	NY	2815	907	2	28:50	9:18	18:37	45	79.4 %
FORSTER	JOHN	M60	5202	RRR	SOUTH NYACK	NY	2897	1944	40	29:04	9:22	23:22	1220	55.1 %
DITTEMER	ROBERT	M69	3160	RRR	RINGWOOD	NJ	2901	1946	23	29:05	9:22	21:31	825	59.9 %

SOSTRE	EUGENE	M47	2568	RRR	WASHINGTONVILLE	NY	3277	2117	214	30:22	9:47	27:12	1939	47.4 %
BURCKARDT	FRANK	M60	4697	RRR	GARNERVILLE	NY	3421	2170	45	30:59	9:59	24:55	1545	51.7 %
REAN	JOANN	F49	5494	RRR	MAHWAH	NJ	3480	1291	72	31:16	10:05	27:41	876	53.4 %
WOLF	LAWRENCE S	M63	5628	RRR	NEW CITY	NY	3610	2239	47	31:53	10:17	24:58	1557	51.6 %
FINGER	ALEXANDRA	F74	6144	RRR	PEARL RIVER	NY	3931	1580	3	33:51	10:55	20:45	110	71.3 %
HERNANDEZ	ISABEL	F63	6227	RRR	W NYACK	NY	4085	1689	23	34:58	11:16	25:37	532	57.7 %
SINGER	ANN	F65	6528	RRR	SUFFERN	NY	4250	1810	12	36:42	11:50	26:06	601	56.7 %
CASOLARO	DYLAN	M11	6073	RRR	VALLEY COTTAGE	NY	4343	2471		38:01	12:15	32:03	2383	40.2 %
CASOLARO	GIOVANNI	M51	5083	RRR	VALLEY COTTAGE	NY	4344	2472	158	38:01	12:15	32:58	2423	39.1 %
MOND	OTTO	M76	6372	RRR	NEW YORK	NY	4450	2510	7	39:35	12:46	26:28	1832	48.7 %
RADAKOVICH	ROZANNA	F61	6464	RRR	NEW YORK	NY	4647	2058	45	48:15	15:33	36:25	1886	40.6 %

For complete team results go to  
<http://rrrraceresults.blogspot.com/>

NYRR has opened the registration for the  
**Scotland Run 10K**

This is the 2nd NYRR club/team race in 2009. Let's get an even larger turnout for this 10K.

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.

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**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**

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**April 26th - Rockland Lake**

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

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

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**The 5th Annual John Bellew Memorial 5K and Fun Run will take place on Saturday April 18th**

[http://www.johnbellew.com/5K\\_Run\\_Application.html](http://www.johnbellew.com/5K_Run_Application.html)

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**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!**