

ROCKLAND ROAD RUNNERS

Week of March 8, 2009

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

Rockland Lake Firehouse- Run begins at the Rockland Lake firehouse.

More information will follow in a separate club email.

APPLICATION

CAN YOU HANDLE THE HOOK?

On Sunday, April 26, 2009 - 8:30 AM, Rockland Road Runners will host the

21st Annual George Wodicka Hook Half Marathon. This event is in memory of Rockland

Road Runner member, George Wodicka and benefits United Hospice of Rockland.

The Hook Half Marathon is 13.1 mile challenging and beautifully scenic course.

The 5k Run & Walk course is a flat and scenic loop around Rockland Lake.

The start and finish for all events is at Rockland Lake State Park, North Lot, Congers, NY.

T-shirts are guaranteed to the first 500 registrants only. Race day registrants are

not guaranteed a t-shirt.

You can obtain an entry form or register on-line by visiting: <http://www.rocklandroadrunners.org/races/HMHH/index.html>.

For more information, call 914-720-9139 or [email race director Rich Tinger](mailto:rich.tinger@rocklandroadrunners.org).

Team RRR

Next Team Race:

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. Register before it closes out and rates increase!!

In 2008 it had 6928 finishers.

Remember to put Rockland RR - RRR for team affiliation.

Want to run the 2009 NYC Marathon? Increase your chances of getting in by volunteering as part of TEAM RRR. We need a minimum of 10-20 people to volunteer at one race to get 2 entries. The more people we get the more entries we receive. Our club can earn up to 5 entries!! We will raffle off the entries among the volunteers. You don't have to be a member of RRR to volunteer. Bring anyone you want to volunteer as part of TEAM RRR to increase your chances of getting in.

To explain it again:

Based on having over 100 members, we would have to provide a minimum of 10 volunteers per race if we wanted to earn 2 guaranteed entries. We would have to provide a minimum of 21 per race if we wanted 4 guaranteed entries.

If we wanted five guaranteed entries, our team would have to provide a minimum of 31 volunteers per race.

We are now signing up people for the following 2 races in Central Park.

**City Foundation Run for the Parks on April 5th
Japan Day on May 31st**

Both are 4 mile races and both are on a Sunday which makes parking much easier!

If interested in volunteering as part of TEAM RRR and increasing your chances of getting into the 2009 NYC Marathon:

email - TEAMRRR@rocklandroadrunners.org

*** Indicate which race you want to volunteer for. You can volunteer for both***

We will post carpool information in a later email.

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

March 28th - NAM Knights of America MC, Hudson Valley Chapter is hosting a spaghetti dinner to benefit Make-A-Wish, For more information - click on link:

[Flyer- Spaghetti Dinner v1\[1\].3 proof.pdf](#)

Oldest road race in Westchester County:

40th Annual 15K/4M runs which will be held at 9am on Sunday, March 29th

You may find further information regarding
the event at this link:

<http://scarsdale.com/Home/Departments/Recreation/tabid/66/Default.aspx>

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

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!