

# ROCKLAND ROAD RUNNERS

Week of March 15, 2009

## **The Rockland Road Runners overwhelmingly win the Inter Club Challenge!**

We had a great turnout for this year's inter club challenge. A challenging 5K course, good food and fantastic runners made this a race to remember! The best part is that all proceeds raised from the run goes to the American Cancer Society. Thank you everyone for coming out and supporting this fun and worthwhile event.

Number of Participants  
Rockland Road Runners - 98  
Orange Runners Club - 34  
Sullivan Striders - 22  
Bronx Road Runners - 11

Total Points-(not official-some runners were scored wrong)  
Rockland Road Runners - 307  
Orange Runners Club - 131  
Sullivan Striders - 115  
Bronx Road Runners - 13

Full results will be posted soon on

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

## **NEXT CLUB RACE:**

### **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).**

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## **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.**

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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 5<sup>th</sup>**  
**Japan Day on May 31<sup>st</sup>**

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](mailto: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.

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Congratulations to all runners who participated in the NYRR 8000

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

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**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 ([ikmelica@aol.com](mailto:ikmelica@aol.com))

Larry Wolf ([larrywolf@optonline.net](mailto:larrywolf@optonline.net))

Fred Turk ([fturk@optonline.net](mailto:fturk@optonline.net))

Jack Ingrassia ([ARAJACK@optonline.net](mailto:ARAJACK@optonline.net))

Alison Luscher ([alyrunner@optonline.net](mailto:alyrunner@optonline.net))

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

[membership@rocklandroadrunners.org](mailto:membership@rocklandroadrunners.org)

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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.**

**Team RRR clothing will be on display and we will be taking orders.**

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