

ROCKLAND ROAD RUNNERS

Week of March 22, 2009

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 March 27th and rates increase!!

In 2008 it had 6928 finishers.

Remember to put **Rockland RR - RRR** for team affiliation.

Carpools will leave from commuter parking area near exit 5 on the PIP. More info in future email.

We are now signing up volunteers 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 and increase your chances of winning the guaranteed entry. We will post carpool information in a later email.

The RRR's represented at the NYRR Colon Challenge!

Sheila Casey won her age group in the 15k and was 2nd woman overall! Josephine Patten came in 2nd in her age group and Frank Nieves Jr. placed 4th!

In the 4 mile race we had many top 10 age group finishers!

Carol Decker placed 3rd, Patti Gindoff placed 5th, Isabel Hernandez placed 8th, Ricardo Hernandez and Robert Dittermer both placed 9th and Renee Sliva placed 10th!

Everyone ran great times! Way to go, TEAM RRR!

For complete team results go to

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

Adopt a Road Cleanup on Saturday April 18th

We will be conducting our cleanup a week before the Hook Half. We will meet at the south entrance to Rockland Lake at 8:00 and form teams consisting

of two members on either side of the road starting at points in the middle as well as the north and south ends. In all, sixteen people are ideal to complete the cleanup in less than 45 minutes.

Bags and latex gloves will be provided, but we suggest that you bring your own gloves.

Many of us run the outer loop on a regular basis, we would appreciate if you pitch in and help us *Keep Rockland Beautiful* .

Thank you

John Melican jkmelica@aol.com

JoAnn Hodges jomomma2@optonline.net

Nam Knights MC Hosts Spaghetti Dinner to Benefit Make-A-Wish

The Nam Knights Motorcycle Club (Hudson Valley Chapter) is having a fundraiser spaghetti dinner to benefit Make-A-Wish this coming Saturday, March 28 (4PM - 8PM) at the Hillcrest Fire Company, Thiells-Mt. Ivy Road, Pomona (off the Palisades Parkway at exit 13).

\$20 per person (under 12 is free). Food, beverages, 50/50 and DJ. Proceeds will grant a wish for a child from Rockland County.

The Nam Knights MC have been supporting RRR's Thanksgiving Day Turkey Trot for many years so let's return the favor and show our appreciation by supporting a great cause.

For more information call 359-4005 or visit www.namknights.org.

Hope to see you there. Bon appetit.

Saturday, March 28th

Wurtsboro Mountain 30K

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

Mary Wittenberg, director of the ING New York City Marathon and president & CEO of the New York Road Runners, will participate in a roundtable discussion at the Rockland Road Runners club meeting April 7.

Admission to the 7:30 p.m. event, to be held at the Nanuet Restaurant (211 S. Main St., Nanuet), is free for RRR members and \$10 for non-members.

Pizza and beverages will be served at the meeting.

Wittenberg and other New York Road Runners representatives will attend the meeting as the latest stop on a tour of local running clubs to gain members' feedback on various issues.

As per the request from NYRR, the meeting will be held at its usual location - The Nanuet Restaurant.

Unless we have more than 125 RSVP's.

So, please RSVP if you plan to attend this meeting!

For reservations or more information contact

Kathleen Daly at kdrunner2002@yahoo.com