

ROCKLAND ROAD RUNNERS

Week of March 29, 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.

Relay For Life Team thanks RRR for your donation from Inter club Challenge

We want to thank JC Santa Teresa as Race Director for recommending the American Cancer Society as the recipient as well as the Board for their approval.

We think that this is particularly appropriate. Whether you live in Sullivan, Orange, The Bronx or Rockland counties, we all know friends or associates or even members and family members that have been effected by this terrible disease.

Please help us by participating in the Relay or by contributing. A link from our club website will be established soon.

Saturday June 13th through Sunday morning the 14th are the dates of the Relay For Life at Rockland Community College. It's a fun event

Team RRR

Next Team Race: 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.

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.

For complete team results go to

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

Congratulations!!!

At the NYRR's club night awards, the RRR 60+ women's team was awarded the 3rd place club team award for 2008.

The following Swifty women competed last year.

The number following their name indicates club races ran.

Rozanna Radakovich 10

Ann Singer 9

Alexandra Finger 8

Harriet Sottile 5

Marie Killeen 2

Carol Decker 2

Benita Auge 1

Isabel Hernandez 1

Enilda Indyk 1

Miriam Kaminer 1

We are now signing up volunteers for the following race in Central Park:

Japan Day on May 31st

It's a 4 mile race and is 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

We need at least 10 people to qualify for the guaranteed entries. You do not have to be a member of either club to volunteer. Try to bring family members to help. Carpool info will be sent to those who volunteer.

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 jmelica@aol.com

JoAnn Hodges jomomma2@optonline.net

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