

ROCKLAND ROAD RUNNERS

Week of April 12, 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/HMHM/index.html>.

Volunteers are needed for both races. If you would like to help out please contact:

Rich Tinger @ 914-720-9139 or email race director Rich Tinger.

Team RRR represents at the Scotland 10K!

Despite the cold, windy and rainy weather conditions, 44 RRR members showed up to run this race! We had one of the largest turnouts among

all the teams that participated. Hope to have more of you at future team races.

The following runners placed in their age groups:

Sheila Casey - 1st in her age group! (Good luck in Boston!)

Josephine Patten - 2nd, Marie Killeen - 2nd

Alexandra Finger - 4th

Carol Decker - 6th

John Singer - 8th, Miriam Kaminer - 8th

Narcis Aron - 10th

Men's Open Team placed 17 out of 50 teams

L. Scott, J. Sun, W. Cieszkowski, S. Josephs, D. Herbstman

Women's Open Team placed 16 out of 38 teams

S. Casey, J. Patten, S. Shrem, K. Daly, M. Killeen

Men's 40+ placed 7 out of 45 teams

L. Scott, J. Sun, W. Cieszkowski

Women's 40+ placed 9 out of 28 teams

J. Patten, S. Shrem, K. Daly

Men's 50+ placed 10 out of 24 teams

N. Aron, E. Howard, M. Nusblat

Women's 50+ placed 7 out of 14 teams

J. Patten, M. Killeen, M. Kaminer

Men's 60+ placed 3 out of 10 teams

N. Aron, F. Nieves, R. Muhlfeder

Women's 60+ placed 5 out of 6 teams

M. Killeen, M. Kaminer, I. Hernandez

For complete team results go to

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

Congratulaions to all runners who participated. Let's have a larger turnout at the next race!

Saturday, May 16th, Central Park- sign up early and save money!

9:00 a.m. / Healthy Kidney 10K / S, Q, \$, C + (M/W) / Central Park

A few race date changes:

Nyack 10 miler has been changed to September 13th
NYRR has changed the date for the club/team Championship 5 Miler.
From Sat. August 15th to 2nd Sunday August 9th
P L E A S E mark your running calendar to save the date.
THIS IS A DOUBLE POINTS TEAM RACE.

NYRR has finalized dates for the following races.
NONE OF THESE RACES ARE CLUB/TEAM RACES.
Brooklyn Half stays at Sat. May 30th
NYC Half from August 30th to Sun. August 16th
Queens Half from August 9th to Sun. September 20th
5th Avenue Mile from Sept. 20th to Sat. Sept. 26

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

Summer Track is back!

Sessions start Wednesday, May 6, 7 p.m. at Pearl River H.S. and will continue each Wednesday, same time and place, through August 26.

It is suggested that you arrive about 15 minutes early, to allow time to stretch and warm up.

Dress comfortably and prepared to run.

Locker rooms are not available. It is important to stay hydrated. Water and cups are provided by the club (\$1 contribution is requested to continue this, or you are welcome to bring your own).

Upcoming Races:

April 18th - John Bellew Memorial 5K and Fun Run

http://www.johnbellew.com/5K_Run_Application.html

April 20th Boston Marathon -Good luck to all RRR members who are running!

May 17th - Rockland Lake

5th Annual Marisa 10K Run and 3 Mile Fun Walk

Save the date:

Rockland Road Runners Holiday Party

December 4th - Friday night