

# ROCKLAND ROAD RUNNERS

Week of April 19, 2009

**This coming Sunday!**

**April 26, 2009 - 8:30 AM**, The 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.**

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**TEAM RRR - NEXT CLUB POINTS 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**

**Congratulations to the RRR members who participated in the Run As One 4 miler in Central Park**

Placing in the top 10 in their age group

Etta Frankel - 4th

Carol Decker - 5th

Otto Mond - 9th

**For complete team results go to**

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

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**ONLINE REGISTRATION IS NOW OPEN FOR:**

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

**on May 17th at Rockland Lake**

**Women's Distance Festival 5K Run/Walk on July 11th at Rockland Lake**

[http://www.active.com/event\\_detail.cfm?event\\_id=1727059](http://www.active.com/event_detail.cfm?event_id=1727059)

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**Sixth annual North Rockland Community 3-Mile run/walk**

Sunday, May 21, 2009, 9AM

Bowline Park, Haverstraw

Event benefits North Rockland residents:

**Lauren Shields** - 8-year old, 3rd grade student at Stony Point Elementary. She contracted Viral Myocarditis, which has brought on heart failure. On 3/18/09, a donor heart became available and Lauren received her transplant. She is currently recovering from surgery.

**Xenia Rodriguez** - 27-year old Xenia is bedridden as a result of a fall in which she struck her head on concrete and severely fractured her skull. She can not walk or talk and only has minimal movement of her hands and arms. Much needed physical therapy is not covered by insurance and handicap-accessible renovations to the family residence and van are required.

**Carol Kelly** - Former NYPD Detective Ronald Kelly was tragically lost immediately after sustaining a bee sting on Oct 18, 2008. He left behind his wife and 3 loving children. Finances have become a serious issue.

For more info call (845) 429-2200 or visit [www.townofhaverstraw.us](http://www.townofhaverstraw.us)

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**Summer Track is back!**

**Sessions start Wednesday, May 6, 7 p.m. at Pearl River H.S.**

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

**<http://www.rocklandroadrunners.org/RRRtrack.html>**

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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 affects so many.

**SO LETS GO PEOPLE !!**

If you have any questions please contact a member of the Relay for Life committee:

John Melican ([jkmelica@aol.com](mailto:jkmelica@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))