

ROCKLAND ROAD RUNNERS

Week of April 26, 2009

Record Attendance and Record Heat!

Despite the extremely hot weather conditions, we had the best attendance ever for the *Twentieth Annual Hook Mountain Half Marathon and 5K run & Walk*.

We had 750 registered runners and walkers breaking the race record.

We also had record breaking temperatures of 89 degrees at the completion of the event!

Chris Gebhart of Nyack won the half marathon, with a commanding lead, in a time of 1:23:25 and Art Gunther of Nyack won the 5 K in 15:37. Christine Dunnery of Sleepy Hollow, N.Y. led the women in a time of 1:41:36 in the half marathon and Kim Chalfin of Nanuet in the 5K at 20:10.

Chris also received the Adi Steingraber award as the first Rockland finisher. .

Josephine Patten of Orangeburg received the award for the first women Rockland finisher award and was first in her age group and second female overall in a time of 1:42:13. Congratulations Josephine!

Again the members of the Tri-Life of NYC and 40 other members biked 36 miles from New York to participate in the race. They are training for the Lake Placid Triathlon.

I would especially like to thank the volunteers from Hospice and the Rockland Road Runners for making the race an annual success. We have raised over twenty thousand dollars for the United Hospice of Rockland, I am sure that George would be very proud.

Those individuals who are always there when you need them: Marie, the Singers, Enilda, Becky, Sue, Alison, Larry, Bernie, Fred, Jack, Al, Cliff. Plus Connie, Amy, Lanie and Lisa and all the Volunteers from Hospice and students and the other Rockland Road Runner volunteers.

We had great sponsors this year. Our lead sponsors were Law Office of James J. Sexton, Avanti Health Care Services and New York Home Health Care. We raised over twenty five thousand dollars for the United Hospice of Rockland.

Thanks to everyone for making this event a most memorable experience.

Rich Tinger

For complete race results go to:

<http://www.rocklandroadrunners.org/races/HMHM/results.html>

Upcoming Club Races:

Sunday, May 17, 2009 – *Marisa Fund 10k Run/3 mile Walk*

Link: <http://www.rocklandroadrunners.org/races/Marisa>

Saturday, July 11, 2009 – *Women's Distance Festival 5k (women only)*

Link: <http://www.rocklandroadrunners.org/races/WDF>

Sunday, September 13, 2009 – *South Nyack Ten Miler*

Link: <http://www.rocklandroadrunners.org/races/SN10>

Please note correct date!

We always need volunteers for our events. This is a great opportunity to get community service credit for anyone who needs hours. All our events benefit local non-profit charities. All ages and abilities welcome! Contact Kathleen Daly at kdrunner2002@yahoo.com for more information.

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

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.

For complete team results go to

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

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.

For more information or to see the schedule and workouts go to:

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