

ROCKLAND ROAD RUNNERS

Week of May 10, 2009

Adopt a Road Cleanup

Our club participated in the Great American Cleanup as part of a local effort by Keep Rockland Beautiful on April 18th. We would like to thank the following, without which we would not have succeeded as well; being it was the first cleanup since last fall:

Our regulars, Marie Killeen, Hodges and Kenny family members Liam, and Brendan respectively, Enilda Indyk, Jack Ingrassia, Glen Nelson, JC and family members Ashley and Kara and Michael Manalo as well as Dan Hogan, Bill Carpenter, Tony Berman, Steve Borton and last but not least Bill Rowland who came days before on his own because of another commitment.

What was collected, were a consolidated eight full bags. Remember, this was a week before the Hook half, so this effort, not only affects the appearance of the Lake but of our club. Once again thanks to all of you.

John Melican
JoAnn Hodges

Upcoming Club Races:

The 5th annual Marisa Fund 10k Run/3 mile Walk

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

is right around the corner! Join us on **Sunday, May 17th** at Rockland Lake for the fastest and flattest 10K anywhere. Please support the efforts of The Marisa Fund as we help children with cancer and their families.

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://rrraceresults.blogspot.com/>

Summer Track

May 13, 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>