

# ROCKLAND ROAD RUNNERS

Week of May 17, 2009

**The Marisa Fund 10k run/3 mile walk** took place this past Sunday.

Matthew Miller of Blauvelt, was the first runner in the time of 37:51. The first female runner, Laura DiMarino of New City, ran a 41:12.

Congratulations to all the runners who showed up and supported such a worthwhile cause!

**Marisa results are posted:**

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

## **The Healthy Kidney 10K**

Congratulations to all who showed up to support **Team RRR** at the NYRR's Healthy Kidney 10k. Despite the pouring rain and high humidity, RRR was represented!

Alexandra Finger placed 1st in her age group, Josephine Patten and Narcis Aron placed 2nd, Gerald Burnstein placed 3rd and Frank Nieves, Jr. placed 4th.

The RRR Men's Open team placed 23rd out of 52 teams - L. Scott, B. Patten, S. Joseph, N. Aron, F. Nieves

The RRR Women's Open team placed 31 out of 37 teams - J. Patten, S. Shrem, J. Napolitano, J. Rean, A. Finger

40+ Men: 9th place: L. Scott, B. Patten, S. Joseph

40+ Women: 14th place: J. Patten, S. Shrem, J. Rean

50+ Men: 8th place: B. Patten, N. Aron, F. Nieves

50+ Women: 10th place: J. Patten, A. Finger, A. Singer

60+ Men: 2nd place: N. Aron, F. Nieves, R. Muhlfelder

60+ Women: 5th place: A. Finger, A. Singer, H. Sottile

*Only a couple of races left before the team championship run in August. Please come out to the next 2 and show your support for TEAM RRR*

**For complete team results**

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

## **NEXT TEAM RRR RACES:**

**JUNE 7TH -**

9:00 a.m. / [NYRR Mini 10K \(women only\)](#)

**JUNE 21 - Men's Club Points Race Only**

8:30 a.m. / [NYRR Presents: The 10th Annual Father's Day Race Against Prostate Cancer](#)

[Sponsored by ABC 7 and 1050 ESPN](#)

\*\*\*\*\*

## **Next Club Race:**

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

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

\*\*\*\*\*

**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>**

\*\*\*\*\*

**Relay For Life June 13th**

Whether it is a friend, family member, a club member or the neighbor down the street, or our own personal battle, we have all been touched by cancer in some way.

We all have the power to make a difference in the fight against cancer. That's why our club has chosen, for the seventh year, to Fight Back by participating in the American Cancer Society Relay For Life.

This year it is on Saturday, June 13th beginning at noon at Rockland Community College through Sunday morning 6:00 am.

**Please Support Us** by joining our team and participating in the Relay by either running or walking for a half an hour or an hour or more and committing to raise whatever funds you are able to.

**Please Support Us** by sponsoring a team member or making a donation to the team or having a candle lit in a loved one's name by selecting the Luminaria.

**Please Support Us** if you, yourself are a cancer survivor or a family member is, by joining us for the Care Givers and Survivors walk at 5:00 pm. It's a silent emotional walk around the track for all.

**Thank You! John Melican [jkmelica@aol.com](mailto:jkmelica@aol.com)**

**[Click here to view the team page for Rockland Road Runners](#)**

**If the text above does not appear as a clickable link, you can visit the web address:**

**[http://main.acsevents.org/site/TR?pg=team&fr\\_id=14036&team\\_id=472906](http://main.acsevents.org/site/TR?pg=team&fr_id=14036&team_id=472906)**