

# ROCKLAND ROAD RUNNERS

Week of May 25, 2009

## **General Meeting:**

**Thursday, June 11, 2009 7:30PM** at Nanuet Restaurant (211 S Main St. Nanuet, NY)

**Guest Speaker** – Dr. Robert Silverman. Dr. Silverman specializes in the diagnosis of joint pain and soft-tissue management and its treatments with an innovative, established and well-researched approach to non-surgical care, while incorporating proper nutrition protocols.

## **Next Club Race:**

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

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

**Volunteers are still needed! Please email Kathy Daly at** [kdrunner2002@yahoo.com](mailto:kdrunner2002@yahoo.com)

## **Local Race:**

Sunday, May 31 [North Rockland Community Day 3 Mile Run/Walk](#) Haverstraw, NY 845-429-2200

## **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**

## **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)

## **Newsletter:**

If you have articles, pictures, or anything of interest, send them to our club editor, Herb Conrad, at [runner5k61@hotmail.com](mailto:runner5k61@hotmail.com)