

# ROCKLAND ROAD RUNNERS

Week of May 31, 2009

## **NEXT TEAM RRR RACES:**

**JUNE 7TH -**

**9:00 a.m. / NYRR Mini 10K (women only)**

**If interested in starting a car pool please email [TEAMRRR@ROCKLANDROADRUNNERS.ORG](mailto:TEAMRRR@ROCKLANDROADRUNNERS.ORG)**

**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**

*Only a couple of races left before the team championship run in August. Please come out to the next 2 races and show your support for TEAM RRR. We will have a club bus going down to the August 8th team championship race. The run will be followed by a team picnic in Central Park.*

*Congratulations to all runners who ran in the Brooklyn Half Marathon or Japan Day 4 miler.*

**For complete team results**

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

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## **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.

**Volunteers Needed: Contact: John Melican [jkmelica@aol.com](mailto:jkmelica@aol.com)**

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

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**Next Club Race:**

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

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

**Volunteers needed please contact Larry Wolf-845-634-1800 or [larrywolf@optonline.net](mailto:larrywolf@optonline.net)**

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**Next RRR 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.**

**Free pizza, soda and beer**

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**A message from Dave Goldwasser:**

To all those runners and walkers who braved the miserable weather and came out to support the Marisa Fund... thank you so much... a special thanks to all my volunteers especially Dan, Alexandra, Bernie, Larry, Ernie, Jerry, Enilda, Dave, JC and Kathleen.

I could never do this without your help. to all those RRR members who offered to help and came out to run, you guys are great... thanks for your support.

Dave Goldwasser