

ROCKLAND ROAD RUNNERS

Week of June 7, 2009

Next RRR General Meeting this Thursday night, 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

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

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

Team RRR

Congratulations to all the RRR women who ran the NY Mini 10K this past Sunday in Central Park. Josephine Patten led the way as first RRR woman and placed 3rd in her age group! Despite a low turnout we were still able to field a team.

Open Women placed 31st - J. Patten, S. Shrem, J. Napolitano, M. Rivera, I. Hernandez

40+ placed 12th- J. Patten, S. Shrem, M. Rivera

50+ placed 10th- J. Patten, M. Rivera, I. Hernandez

60+ placed 5th- I. Hernandez, A. Finger, A. Singer

For complete team results

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

Next RRR team race **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**

This race is a Men's points race but women can still run or just come out and cheer the men on. Make plans to start your Father's Day with this fun race.

The RRR Men's teams are very competitive this year. We need as many guys to show up as possible to boost our standings.

Currently, Team RRR is in the following positions in the NYRR team points competition:

- * Men 60+, #2 of 12. In a very tough battle for a trophy at year end.
- * Men 50+, #12 of 34. Scored 9th in the last race. Let's keep it going.
- * Men 40+, #8 of 62. We have a great chance to move up a couple of places with a strong showing.
- * Men Open B, #8 of 68. We were 6th in the Scotland 10K, so we have the ability to move up here as well.

There are only 2 club points races left before the Team Championship run in August. Come out and support the team and fellow RRR runners. To qualify for the Team RRR incentive program you must run the Championship Run on August 8th. In order to qualify for the Club Championship run you need to do at least one team points race before then.

The next team points race is the 4 mile Run for Central Park on July 18th.

Time 9:00 a.m. / CPC Run for Central Park / **S, Q, C + (M/W)** / Central Park

Carpool information will follow in the next RRR email

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

Great opportunity for the men to come out and volunteer and support the ladies!

Summer Track

Session starts Wednesday, 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>
