

ROCKLAND ROAD RUNNERS

Week of June 14, 2009

Next RRR team race *This Sunday, 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.

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

If interested in Carpooling to the city, email TeamRRR@Rocklandroadrunners.org

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

Sessions are on Wednesdays, 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>

TURKEY TROT LOOKING FOR COMMITTEE MEMBERS

We are in the process of re-establishing the 2009 Turkey Trot committee.

There will be a committee meeting very soon (before the summer begins) so please reply if interested in being part of the club's *largest event of the year*.

We are always looking for new people to help out and it's a great opportunity to participate in a very worthy community event. If you are interested in serving on this year's race committee please e-mail Mike at Grecland@yahoo.com ASAP. Thanks.