

# ROCKLAND ROAD RUNNERS

Week of June 21, 2009

Team RRR

The Father's Day race had team points scoring only for the men. We had 22 runners show up on a rainy day over a busy weekend. Thanks to everyone who went down to Central Park, and welcome to the new runners on the team!

Logan Scott led the men with a time of 31:19 and placed 7th in his competitive age group! Gerald Burstein placed 2nd in his age group.

Award List:

Individual:

- \* Gerald Burstein, #2 M70-74
- \* Otto Mond, #6 M75-79
- \* Logan Scott, #7 M45-49
- \* Benny Kim, #9 M65-69
- \* Ann Singer, #7 F65-69

Team:

- \* Men's Open #26 of 47 teams (Logan Scott, JC Santa Teresa, Ricardo Hernandez, Frank Nieves, Rafi Shrem)
- \* M40+ #18 of 46 (Logan Scott, JC Santa Teresa, Ricardo Hernandez)
- \* M50+ #8 of 20 (Ricardo Hernandez, Frank Nieves, Rafi Shrem)
- \* M60+ #5 of 10 (Frank Nieves, Gerald Burstein, Ron Muhlfelder)

**For complete team results**

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

**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.**

**More information on the team bus going down to Central Park in the next email.**

**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**

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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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**A message from John Melican:**

**Relay For Life**

**Many thanks to those of you who supported our clubs seventh year participation in the American Cancer Society's Relay For Life.**

**We not only met our goal of retaining the ACS Gold Standard for the fourth year by raising \$5000 but also met our team's objective by raising more than previous years with a total of \$6200.**

**Special thanks go to the track participants JC Santa Teresa who ran 3 ½ hours, Bill Carpenter, Mike Greco, Amy Stern, Cheryl Langus, Jamie Kempton and Brian Luscher. as well as other team members, Rich Tinger, Kathleen Daly and Bill Rowland.**

**My heartfelt gratitude is extended to the many members who contributed and particularly to those who were very generous in their donations to this worthy cause.**

**Congratulations to a terrific and fun team to work with consisting of Larry Wolf, Fred Turk, Alison Luscher and Jack Ingrassia.**

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**Congratulations go to John Singer, Captain of the Swiftie Sixties 60+ Team. John and son, Michael spent some quality time together Saturday, June 20th competing in the Green Lakes YMCA Triathlon, Syracuse, NY.**

**The distance of events was a 1/2 mile swim, 20K Bike and a 5K run. John placed 1st in his age group 65-69. Who was the first in the father and son competition?**

**Well let us just say Father, John was waiting for "Sonny" at the finish line.**

**Wasting no time, Swiftie Sixty Captain John drove from Syracuse in the driving rain to be home and show up at the start line of the Prostate Cancer 5 Miler Men's team race the next day!**

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