

ROCKLAND ROAD RUNNERS

Week of July 5, 2009

Next Club Race: This Saturday -

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

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

This year, we are participating in the Verizon Wireless HopeLine program, turning unused wireless phones into support for victims of domestic violence

Volunteers needed please contact Larry Wolf-845-634-1800 or larrywolf@optonline.net

Men, come out and support the ladies and this great cause!

Team RRR

Rockland Road Runners will be sponsoring a bus down to the Team Championship Race on August 8th. This will be a club points race only. Only men and women running for teams will be allowed to participate in this run. Come out and show support for RRR! We will be having a picnic in the park after the race. The club will sponsor food and beverages but if you would like to bring your favorite food or homemade goodies, please feel free.

RSVP for the bus to: TEAMRRR@Rocklandroadrunners.org as soon as possible to reserve your seat!

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

Club BBQ will be held in August. Separate email will be going out with all the details.