

# ROCKLAND ROAD RUNNERS

Week of July 12, 2009

## **Next Club Race:**

Sunday, September 13th - The 21st South Nyack 10 Miler

## **Team RRR**

This Saturday, July 18 at 9 a.m. - Run for Central Park 4 miler

Start: On Central Park's East Dr. near 68th St., head North.

Finish: On the 72nd St. Transverse Rd.

Carpools will be leaving from the Park and Ride near exit 5 on the PIP at 7:15am.

Check out the RRR blog for updates and team results.

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

**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](mailto:TEAMRRR@Rocklandroadrunners.org) as soon as possible to reserve your seat! The bus is filling up quickly!**