

ROCKLAND ROAD RUNNERS

Week of July 19, 2009

Next Club Race:

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

Team RRR

We had a great turnout with 29 runners at the Run for Central Park this past Saturday! Congratulations to all who showed up and supported TEAM RRR.

A few individual honorable mentions:

- * Marie "Grandma" Killeen, #1 F70-74
- * Josephine Patten, #5 F50-54
- * Narcis Aron, #7 M60-64
- * William Chandler, #8 M60-64
- * John Singer, #10 M65-69

Team Results:

- * Open Men, #12 of 43 (John Mackenzie, Logan Scott, Wojciech Cieszkowski, Jerry Sun, Bernard Patten)
- * Open Women, #23 (Josephine Patten, Julie Napolitano, Marie Killeen, Romana Villasenor, Isabel Hernandez)
- * M40+, #7 of 34 (Logan Scott, Wojciech Cieszkowski, Jerry Sun)
- * W40+, #13 (Josephine Patten, Marie Killeen, Romana Villasenor)
- * M50+, #11 (Bernard Patten, Michael Nusblat, Narcis Aron)
- * W50+, #8 (Josephine Patten, Marie Killeen, Isabel Hernandez)
- * M60+, #3 (Narcis Aron, William Chandler, Frank Nieves Jr)
- * W60+, #3 (Marie Killeen, Isabel Hernandez, Ann Singer)

Check out the RRR blog for complete team results.

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

NYRR Team Championships

The team needs your participation in the championship race coming up on August 8 so we can continue to deliver strong results and representation from Rockland.

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. We encourage members to wear their RRR shirts for this race. If you do not have a shirt and want to purchase one go to: http://rrr.promoshop.com/featuredproduct/index.aspx?DPSV_Id=176908

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 bus is filling up quickly!

Team RRR has another opportunity to volunteer for an entry into the NYC marathon. Please sign up to volunteer on August 1st to work a water stop at the [\(ING New York City Marathon Long Training Run #2\)](#) .

You must sign up with the team so please contact secretary@rocklandroadrunners.org if you are available to help.

Masters Challenge Race on July 29

Taconic Road Runners are hosting a Masters Challenge race for the area racing teams on Wednesday, July 29, 7PM at Manhattanville College in Purchase, NY.

This competition is for runners that are 40 and older.

Rockland Road Runners will be competing against Taconic Road Runners, Westchester Track Club, Wolfpit, and South Shore. This is a very fun event with a great party afterward on campus.

The course is 3 miles on roads and XC terrain.

Let's get some runners out on that course! It would be appreciated if participants could bring lawn chairs for the post race party.

Please contact TeamRRR@rocklandroadrunners.org if you want more information or plan to participate

Women's Distance Festival

Great weather, record turnout, great support. This was the highlight of the 22nd Annual Women's Distance Festival. We almost had a photo finish at the end with Shelby Greany edging out Sheila Casey by 3 seconds.

I want to thank all the volunteers who showed up and without naming names our group of old reliables and some new surprises that just showed up to help. It makes a tough job that much simpler.

I would be remiss if I didn't mention our committee members who I could count on each and every year I've been involved:

Claudia Cohen

Billie Cronin (Rockland Family Shelter)

Laura DiMarino

Enilda Indyk

Marie Killeen

Cheryl Langus

Peggy Neil

Julie Sadowski (Rockland Family Shelter)

Jerry Sun

We would like to thank our sponsors for their financial support in these tough economical times:

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RnJ Sports

Dr. Gladys Velazquez

Nicole Olds

Abbey Water and Ice

David's Bagels Valley Cottage

With much appreciation,

Larry Wolf

PS. Save the date, July 10, 2010

Help keep our running trails

I've proposed to Rockland Lake a project building Knickerbocker benches along the Haverstraw Trail from Nyack to Dutchtown.

On October 17th we'd build 8 to 10 benches in one day, towing a portable saw mill from one end of the trail to the other, cutting the logs and placing the benches along the way.

We'll need five or six teams of 4 - 6 people, and must include at least two adults and two children, ages 12 or more.

We're doing it with Keep Rockland Beautiful and the Artists in the Parks program, which will have painters making paintings along the trail. Rain date on the 18th.

If interested in helping out contact President@rocklandroadrunners.org

Timothy J. Englert

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www.PalisadesParksConservancy.org

Cascadian Farm has agreed to donate up \$25,000 to state parks in NY - but we need people's help to make it happen. This is \$25k, NO obligations, just for trail maintenance and promotion.

Here are the details:

Cascadian Farm (a company that makes yummy organic food) has created a great program supporting NY State Park Trails.

For every person who goes to www.parkvisitor.com/CascadianFarm <<http://www.parkvisitor.com/>

[CascadianFarm](http://www.parkvisitor.com/CascadianFarm)> Cascadian Farm will donate \$1 up to \$25,000 to support NY State Park Trail maintenance and promotion.

Visitors to the site can also get a \$1 off coupon. The program ends November 15th so we need to act fast!