

# ROCKLAND ROAD RUNNERS

Week of July 26, 2009

## **The 21st Annual South Nyack Ten Miler is coming!!!**

This year's event is Sunday, September 13, 2009 at 8:30AM. Kid's Run at 8:15AM. This is a challenging and scenic course. On-line registration is open at:

[http://www.active.com/event\\_detail.cfm?event\\_id=1731734](http://www.active.com/event_detail.cfm?event_id=1731734) or you can download an application at: <http://www.rocklandroadrunners.org/races/SN10/index.html>

As usual, we can use many volunteers. If you are interested please contact Kathleen Daly at: [kdrunner2002@yahoo.com](mailto:kdrunner2002@yahoo.com).

We welcome school teams or groups and individuals that need community service. This is a large event and needs your support. Remember that it benefits the South Nyack & Piermont Fire Departments as well as Junior Achievement.

Many of our members use this event as a training run for a fall marathon because of the scenic course and the water/gatorade stops provided.

For more details contact us at 845-512-8009 or [kdrunner2002@yahoo.com](mailto:kdrunner2002@yahoo.com).

Please join us!

## **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](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](mailto:TEAMRRR@Rocklandroadrunners.org) as soon as possible to reserve your seat! The bus is filling up quickly! The bus will leave from the Commuter parking lot at the Palisades Mall at 6:15am.

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](mailto: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](mailto:TeamRRR@rocklandroadrunners.org) for more information or for carpool.