

ROCKLAND ROAD RUNNERS

Week of August 02, 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 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.

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.

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

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!

ING New York City Marathon Long Training Run #2.

Thanks to the 18 individuals who volunteered for four hours at the water stops last Saturday in Central Park.

Masters Challenge Race results (Captain Logan Scott)

The Masters Challenge 3mi XC race for 40+ year old members of Taconic Road Runners, Westchester Track Club, Rockland Road Runners, Wolfpit, and South Shore did take place on Wednesday July 29 despite the horrendous weather all

day. The thunderstorms gave us a brief respite so we could get in a wet and muddy race at 7PM around the Manhattanville College campus in Purchase, NY.

Unfortunately, the violent weather during the day kept the turnout very low. RRR was not able to field enough runners to score as a team (10 runners required for Men 40+, and 5 runners required for the other categories)

Thank you to the hearty souls who did make it. Team RRR finishers were: Ann Mitlof, Jamie Kempton, Logan Scott, Wojciech Cieszkowski (VT), Jerry Sun, Roy Altman, Dan Mitlof, and Ed Brown.

I will post results when I get them. Although we did not score as a team, we did have some impressive placings: 4th, 5th, 8th, 10th, 13th, 14th...

Our thanks to the hosts, the Taconic Road Runners and Manhattanville College, who put on another fun event with great microbrew beer and food for the soggy runners after the race.

Summer BBQ - Friday, September 11th, 2009 6:30pm

Kennelly's Grille House

962 S. Rte. 9W

Congers, NY 845-268-2587

(across the street from Rockland Lake)

The BBQ will feature hamburgers, hot dogs, grilled chicken, macaroni, potato, and tossed salad. Beverages will include beer, wine, soda, coffee and tea. Cash bar for other beverages.

Cost:

\$10 per adult (RRR member)

\$20 per adult (non-member)

\$5 per child under 12 (RRR member)

\$10 per child under 12 (non-member)

Children under 2 are free

RSVP by September 4th or you will be charged non-member prices.

Make checks payable to RRR and mail to:

RRR Summer BBQ

PO Box 132

**Congers, NY 10920 or give check to: Bob Goldsmith, RRR Activities Director
email [Bob](mailto:Bob@activities@rocklandroadrunners.org) at activities@rocklandroadrunners.org for more information or to respond.**