

ROCKLAND ROAD RUNNERS

Week of August 23, 2009

Next RRR General Meeting, September 01, 2009 7:30PM at
Nanuet Restaurant (211 S Main St. Nanuet, NY)

Guest Speaker – Bart Yasso

For those of you who do not know Bart here is a small blurb from his website (www.bartyasso.com):

"Yasso joined Runner's World in 1987 to develop the groundbreaking Runner's World Race Sponsorship Program, creating a vehicle for Runner's World to work with over 7,000 races representing 4 million runners per year. Inducted into the Running USA Hall of Champions.

Yasso also invented the Yasso 800s, a marathon-training schedule used by thousands around the world. He is one of the few people to have completed races on all seven continents from the Antarctica marathon to the Mt. Kilimanjaro marathon. In 1987, Yasso won the U.S. National Biathlon Long Course Championship and won the Smoky Mountain Marathon in 1998. He has also completed the Ironman five times and the Badwater 146 through Death Valley. He has also cycled, unsupported and by himself, across the country twice."

Free pizza, soda and beer

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.

Come join us!

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 at activities@rocklandroadrunners.org or Enilda at enildai@aol.com for
more information or to respond.

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/>

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 race

Saturday, Sept. 12

Fitness Mind, Body and Spirit Games 4 Miler

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