

ROCKLAND ROAD RUNNERS

Week of September 6, 2009

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

If you want to pay at the door please email Enilda.

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 - this Sunday!

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!

Team RRR

This Saturday, September 12th, Central Park - 4 miles

Fitness® Mind, Body, Spirit Games

Men start at 9 a.m. Women start at 10 a.m.

Start: East Drive near 68th Street

Finish: West Drive and 69th Street near Tavern on the Green

Race day pick up your race materials in Central Park at the registration tent at Center Road, just south of the 72nd St. Transverse

Saturday, October 3rd, Central Park- 13.1 miles

Norwegian Festival Grete's Great Gallop / Norway Run / Troll Stroll

Even if you haven't run as part of Team RRR up to now, you can still join the team.

All you have to do when signing up for the race is list Rockland RR as your team affiliation.

October 4, 2009 - Little Bit o' Sole - 5k Walk for Life at Blue Hill

9am-2pm - The campus at Blue Hill Plaza, Pearl River

To benefit the Active International cardiovascular institute at Good Samaritan Hospital

A non-competitive walk to help bring awareness of the risk factors of heart disease and how to reduce them.