

ROCKLAND ROAD RUNNERS

Week of September 13, 2009

South Nyack 10 Miler, September 13, 2009

Again, Mother Nature cooperated with the South Nyack 10 miler. Under bright sunny skies the race took off and finished without a hitch.

Thank you to Gracie's Ravioli for the delicious food and to Bob at Beverage 59 for supplying the beer!! Congratulations to all the finishers and medal winners.

Results are posted here

Team RRR

NYRR Fitness 4 mile race

Again, Team RRR, had a nice turnout on a very busy running weekend. Thank you to all who participated.

Award List:

Individual:

Alexandra Finger, 1st F75-79
Josephine Patten, 2nd F50-54
Robert Ditterer, 4th M70-74
William Chandler, 8th M60-64
Mike Nusblat, 9th M55-59
John Singer, 9th M65-69

Team:

- Men Open #19 (Bernard Patten, Michael Nusblat, JC Santa Teresa, William Chandler, Frank Nieves Jr)
- Women Open #25 (Josephine Patten, Brenda McCarville, Julie Napolitano, Isabel Hernandez, Alexandra Finger)
- M40+ #14 (Bernard Patten, Michael Nusblat, JC Santa Teresa)
- W40+ #18 (Josephine Patten, Isabel Hernandez, Alexandra Finger)
- M50+ #6 (Bernard Patten, Michael Nusblat, William Chandler)
- W50+ #10 (Josephine Patten, Isabel Hernandez, Alexandra Finger)
- M60+ #2 (William Chandler, Frank Nieves Jr, John Singer)
- W60+ #7 (Isabel Hernandez, Alexandra Finger, Ann Singer)

For complete team results please go to our blog page:

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

Next RRR team race:

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.

Coming soon: Rockland Road Runners facebook page!! All information about our races, runs, activities, news, etc. will be posted and updated weekly!

**Rockland Road Runners will once again sponsor a bus to the start of the NYC Marathon
This will be a one way bus - you must arrange your own transportation back to Rockland County.**

Charge: Members \$10; Non-Members \$35 (\$25 to join RRR + \$10 for the bus)

Check to be made out: Rockland Road Runners. Please indicate on the check that it is for the Marathon Bus

Check to be Mailed: Rockland Road Runners-Marathon Bus, P.O. Box 132, Congers, NY 0920

Bus Departure Time: 6:30 sharp!!!!

Place Bus will Depart from: Across from the Home Depot at the Palisades Mall commuter bus area.

Seats are limited and will be reserved on a first come basis. Please send in your checks ASAP!

Local Competitive Start for ING NYC Marathon

Through our participation in the NYRR team points championship series, RRR members are eligible to qualify for the local competitive program at the ING NYC Marathon this year.

With this program, a reserved space in the pre-race village is provided for local competitive runners who are accepted by NYRR. In addition, you would be eligible for a starting position near the front of the race.

To be accepted into this program, runners must have run a qualifying time in the half-marathon or marathon in their respective age groups between January 1, 2008 and October 3rd, 2009.

If you qualify with the criteria below and would like to request participation in this program, please send the following information to TeamRRR@rocklandroadrunners.org by end-of-day Friday, October 2:

- Full name
- RRR membership number
- Email address to use for further updates
- Marathon entry number
- Qualifying time and date of race (meeting criteria below by age group)
- Website where your results can be found (if applicable). If possible, please hyperlink the link.

NYRR will verify times based on the following criteria:

MEN:

1. Open Men: 1:20 half-marathon or better 2:50 marathon or better
2. Men 40-44: 1:30 half-marathon or better 3:10 marathon or better
3. Men 45-49: 1:32:30 half-marathon or better 3:15 marathon or better
4. Men 50-54: 1:35 half-marathon or better 3:20 marathon or better
5. Men 55-59: 1:37:30 half-marathon or better 3:25 marathon or better
6. Men 60-64: 1:40 half-marathon or better 3:30 marathon or better
7. Men 65-69: 1:42:30 half-marathon or better 3:35 marathon or better
8. Men 70+: 1:45 half-marathon or better 3:40 marathon or better

WOMEN:

1. Open Women: 1:35 half-marathon or better 3:20 marathon or better
2. Women 40-44: 1:40 half-marathon or better 3:30 marathon or better
3. Women 45-49: 1:42:30 half-marathon or better 3:35 marathon or better
4. Women 50-54: 1:45 half-marathon or better 3:40 marathon or better
5. Women 55-59: 1:47:30 half-marathon or better 3:45 marathon or better
6. Women 60-64: 1:50 half-marathon or better 3:50 marathon or better
7. Women 65-69: 1:52:30 half-marathon or better 3:55 marathon or better
8. Women 70+: 1:55 half-marathon or better 4:00 marathon or better

Athletes who have been approved by NYRR to participate in the local competitive start program will be notified via e-mail and/or telephone.

More information will be provided in mid-October to the athletes who have qualified and been invited to participate in this program.

Due to the limited space, only the first 400 runners who meet the qualifications will be accepted into the Local Competitive Program.

As you may know, due to the bad weather, we had to postpone our RRR September 11th BBQ.

We left messages at everyone's home. Hopefully, you got the news and didn't venture out in that bad weather.

The next available date we could reschedule the BBQ at Kennelly's
962 S. Route 9W, Congers, NY is:

October 2nd - 6:30pm - 9:30pm

Rain Date, Saturday October 3rd 12:30pm-3:30pm

Restaurant phone: 845-268-9896

It would be great if you could make it on Friday, October 2 for some hot dogs, hamburgers, chicken, salads and drinks and to socialize with some RRR fellow runners.

If you'd like to bake a lite finger dessert, i.e. cookies or brownies, you're welcome to bring some. This is totally optional. If the weather is chilly, wear something warm.

Please let your running buddies know of the new date. Maybe they'd like to join us!

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

www.littlebitsole.com

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.