

ROCKLAND ROAD RUNNERS

Weeks of September 20 & 27, 2009

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!

RRR on Facebook

Thanks to Logan Scott, Rockland Road Runners has a facebook page. Please join to post any running information, race times, group runs, running events etc. that you would like to let other RRR members know. Let's try to get everyone involved.

Team RRR

Congratulations to all RRR members who participated in either the Queens Half Marathon, 5th Avenue Mile, or the 18 mile tune up run these past two weeks. Our team had some age group winners!

For complete team results - go to: <http://rrraceresults.blogspot.com/>

NYRR Queens Half Marathon, September 20, 2009

Some fast times on a beautiful day for running. Congratulations to our two Age Group Winners!

Award List:

Carol Guzinski, #1 F40-44

Josephine Patten, #1 F50-54

Benny Kim, #4 M65-69

Robert Dittmer, #6 M70-74

Thomas Noonan, #8 M35-39

NYRR 5th Avenue Mile, September 26, 2009

An exciting run down the museum mile.

Award List:

Isabel Hernandez, #7

Logan Scott, #9

Narcis Aron, #9

18 Mile tune up, September 27, 2009

3 loops of Central Park

Gerald Burstein, #1

Carol Guzinski, #2

Benny Kim, #3

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.

Rockland Road Runners will one again sponsor a bus down 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.

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

www.littlebitosole.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.

Turkey Trot On-Line Registration Now Open!

On-line registration for the RRR 18th annual Active International 5-Mile Turkey Trot is now open.

Visit the Turkey Trot website at www.rocklandroadrunners.org/turkeytrot

This year's race (Thanksgiving Day) is on **November 26, 2009 and kicks off at **8:30 SHARP**.**

*** New long sleeve **TECHNO Shirts** to all pre-registered participants.**

NO SHIRTS TO THOSE REGISTERING ON RACE DAY - NO EXCEPTIONS!

*** Pre-race Registration and Packet Pickup at the Palisades Center Mall in front of The Sports Authority (2nd floor) on **Tuesday, Nov. 24 and Wednesday, Nov. 25** between **12 noon - 8PM**.**

*** Proceeds benefit the Active International Cardiovascular Institute at Good Samaritan Hospital and other local charitable organizations within our community.**

*** Don't forget to bring non-perishable foods on race day for our annual Thanksgiving Day food drive.**

All collected food will be given to "People to People" for needy families in Rockland County.

*** **IMPORTANT** - Because of race day traffic/parking congestion issues it is highly recommended that you plan to arrive at Rockland Lake **NO LATER than 7:30AM**.**

*** Turkey Trot Sponsorship Opportunities -**

We are always looking for new sponsors to jump on board and be a part of the Turkey Trot support team.

1. Financial - Printable sponsorship packets with necessary info are available on the Turkey Trot website at www.rocklandroadrunners.org/turkeytrot on the "SPONSORSHIP" page.

2. contributing (race packets) - 2000 race packets to be made (donations for packet inserts always welcome).

*** The Turkey Trot is in memory of those who have made the ultimate sacrifice and in honor of those who continue to fight around the world in the name of freedom.**

God Bless Our Troops and God Bless America!