

ROCKLAND ROAD RUNNERS

Week of October 5, 2009

Next RRR General Meeting, November 05, 2009 7:00PM at
Nanuet Restaurant, 211 S Main St. Nanuet, NY

Guest Speaker:

Dr. Bruce Pinker, DPM, AACFAS, AAPWCA
Associate, American College of Foot & Ankle Surgeons
Associate, American Professional Wound Care Association
Specialist, Foot & Ankle Sports Medicine

Club Elections

This is election year. All executive positions are up for re-election.
Interested individuals should contact the voting committee:

Kathy Daly at kdrunner2002@yahoo.com

Enilda Indyk at enildai@aol.com

JoAnn Hodges at jomomma2@optonline.net

The deadline for submission is December 03, 2009

Turkey Trot

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 am 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.

Nyack College Homecoming 5K Race/3K Walk: This race takes place Saturday, Oct.10 at Nyack College, 1 South Boulevard (just off Route 9W) in Nyack. It's being held in conjunction with the college's Homecoming Weekend and is open to all. Registration begins 8 a.m. at Moseley Field and the 5K Run/3K Walk goes off at 9 a.m. An awards ceremony with refreshments will be held following the race. All those who register early -- by Oct. 5 -- pay a \$10 entry fee. After that date, and on race day, the entry fee is \$15. The fee is \$5 for Nyack College students. All registered participants will receive race T-shirts. For more information, contact race director Wendy Muckell at 845-642-3238 or RunningWarrior@yahoo.com. For a printable application go to: <http://www.rocklandroadrunners.org/pdfs/NyackHomecomingRace2009app.pdf>

Rockland Alumni Cross Country Run

The 27th annual Rockland Alumni Cross Country Run/Bill Markiewicz Memorial will be held Saturday, Nov. 28, at noon at Bear Mountain State Park. The club has become a joint sponsor of this race for the first time this year, and we hope to have a strong RRR turnout. The 3-mile course is challenging and scenic, starting and finishing on the large playing field in front of the Bear Mountain Inn, circling Hessian Lake and taking runners up the famed ski-jump hill. Despite what the race title says, you don't have to be an alumnus of a Rockland high school to participate; anyone of high school graduation age or older can take part. What's unique about this race is that there's no entry fee (although as a state park, Bear Mountain charges \$6 for parking). There are also no T-shirts and no awards. This is running in its purest, no-frills form, the way cross country was meant to be contested. Entrants represent their high school, contributing to their alma mater's team score (five runners are needed to post a team score). Registration begins at 10:30 a.m. at the picnic tables adjacent to the Carousel merry-go-round. Participants are guaranteed to have a good time. For more information, contact Jamie Kempton at 845-521-0400 or kmptjai@aol.com. Or check out the race website at www.geocities.com/xcalumni .

Team RRR

NYRR Grete's Half Marathon, Oct 3, 2009

We had another great turnout with 31 finishers braving some thick humidity in the Grete's Great Gallop Half Marathon in Central Park. There were some impressive individual and team placings.

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

NYC Marathon Bus

Rockland Road Runners will once 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 10920

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

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

Reminder: Please be advised that we switch back to Daylight Savings Time on Sunday morning! Don't forget to change your clocks back one hour. Enjoy the extra hour of sleep!

God Bless Our Troops and God Bless America!