

ROCKLAND ROAD RUNNERS

Week of October 17, 2009

The latest edition of the newsletter is now available on the website:
<http://www.rocklandroadrunners.org/pdfs/Runaround-October2009.pdf>

NYC Marathon Bus is now FULL

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

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

Contact: Enilda at enildai@aol.com.

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!

NYC Marathon tips from the Swifty Sixty coordinators

(John and Ann Singer)

If you have not "picked up" a small fold up throw away beach chair on your long runs check if Target or WalMart has a sale on the small canvas chairs that come in the shoulder carrying case.

You could be over at Fort Wadsworth for 2 to 3 hours before the start; you have to be off your feet.

No chair? Start saving the Sunday paper to sit on.

Throw away clothes; in addition to what you plan to wear to run the Marathon in you should have:

3 throw away layers for your torso,

2 throw away layers for your legs,

a throw away stocking cap and throw away gloves.

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.

If you are not running this event but would like to volunteer please email Richard Fernandez rna141@aol.com

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 .

3RD ANNUAL J.B. CLARKE RAIL TRAIL 5

5 MILE "FUN RUN"

SUNDAY, OCTOBER 25, 2009 9:00AM

J.B. CLARKE RAIL TRAIL, SPARKILL

The run begins and ends on the latest addition to the Orangetown Parks system the Joseph B. Clarke Rail Trail. This non-competitive event will not offer prizes, but will include accurate mile splits, water stops and post run refreshments.

RACE DAY REGISTRATION BEGINS AT 8:00AM*

in the Sparkill Square in Downtown Sparkill, NY

OR STOP AT OFFICE BETWEEN 9:00AM & 5:00PM * FOR MORE INFORMATION

PLEASE CALL 359-6503

Knickerbocker Bench Building

Nyack Beach State Park, Nov 14, 2009 (8am-4pm)

Volunteers are needed help make six Knickerbocker Benches, which will be installed along the Haverstraw trail.

For more info contact Tim Englert at englertt@pipc.org

God Bless Our Troops and God Bless America!

 Please consider the environment before printing this e-mail.