

# ROCKLAND ROAD RUNNERS

Week of October 25, 2009

## NYC Marathon Bus

**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](mailto: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!

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**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

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**Adopt a Road Cleanup ....Saturday (11/7 at 8:00 am)**

The fall clean up at Rockland Lake is scheduled to begin at 8:00am.

We meet at the south entrance to the lake where trash bags and pick up tools will be handed out. Latex gloves will be available but we suggest bringing your own gloves. A team of twelve will enable us to complete the cleanup in a little more than half an hour by starting at both ends as well as the middle.

This is the road that many of you enjoy. Please help us keep it clean.

John Melican ([Jkmelica@aol.com](mailto:Jkmelica@aol.com))

JoAnn Hodges ([jomomma2@optonline.net](mailto:jomomma2@optonline.net))

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## 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](mailto:kdrunner2002@yahoo.com)

**Enilda Indyk** at [enildai@aol.com](mailto:enildai@aol.com)

**JoAnn Hodges** at [jomomma2@optonline.net](mailto:jomomma2@optonline.net)

The deadline for submission is December 03, 2009

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## Turkey Trot (11/26 at 8:30 am SHARP)

**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](http://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](http://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](mailto:rna141@aol.com)  
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**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](mailto:kmptjai@aol.com).

Or check out the race website at: [www.geocities.com/xcalumni](http://www.geocities.com/xcalumni)

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**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](mailto:englertt@pipc.org)**

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**God Bless Our Troops and God Bless America!**