



The Runaround

The Inside Loop

Inside this issue:

Inside Loop	1
Hook Half	2
Core Power	3
Special Guest at RRR Meeting	6
The Agony of the Feet	7
Summer Track	8
Marisa Fund 10K	9
The Rock 'n' Roll Marathon	10
Hiking Storm King	11
Race Results and RRR Appreciation Dinner	12
Team RRR	13

By JC Santa Teresa, June 2009

As we conclude the first half of 2009, I would like our club to go even greener. The first step was to make our newsletter (The Runaround) all electronic! Existing members and new members will have the option to pay for their memberships online using PayPal. We are also working with Soles4Souls, which donate your "gently worn" footwear to people in need. You can bring shoes or sneakers and old cell phones you no longer need to the Women's Distance Festival on July 11, 2009 and they will be distributed to those in need. In fitting to going green, Marie Killeen, one of our board members has donated the leftover shirts from past races to a non-profit organization that sews adaptive clothing for wounded service men and women within the USA and overseas. If anyone is interested in helping out this worthwhile cause, further information is available at their website: www.sewmuchcomfort.org.



Participation in the Hook Half marathon and Marisa Run races are up, but sponsorship is down. If you know of any possible companies who might be able to sponsor any of our races, please contact me.

Our summer track program is doing excellent with large turnouts each week. If you want to improve your speed, build up your stamina or just socialize in a healthy environment, then come to track on Wednesdays at 7PM. For workout details go to <http://www.rocklandroadrunners.org/RRRtrack.html>

RRR representation in Central Park races is up due to the leadership of captains Logan Scott, Shelly Shrem, Steve Blackburn and swiftie sixties coordinators, Ann and John Singer.

The next race is the Run for Central Park 4 miler (in partnership with the Central Park Conservancy) on July 18. The big event for RRR is the NYRR Team Championship on Saturday, August 8, in Central Park. There will be a chartered bus and Team RRR picnic in Central Park right after the race. Join us and have fun and of course... REPRESENT!

Keep up with all the results on our Team RRR Race Results Blog at <http://rrraceresults.blogspot.com/>

Last April, NYRR president and NYC marathon race director Mary Wittenberg came to our meeting for questions and answers. She was very impressed with how active our club is within our community and the apparent camaraderie with other local running clubs.

Mary also presented a plaque to the ladies of the swiftie sixties, for their third place finish in the 60 plus women's team for 2008. Prior to the NYRR award night last March, Ann Singer and the rest of the ladies from the swiftie sixties were unaware that they had advanced from fourth to third place due to changes in scoring. Congratulations ladies!

The meeting adjourned and everyone had a great time. The Sullivan Striders finally relinquished the coveted inter club trophy to RRR. We won the trophy thanks to the great turnout of RRR members and naturally our superior speed.

Congratulations to race directors Rich Tinger and Dave Goldwasser for the success (a marked increased in participation) of their respective races. Once again, thanks to the race committees and volunteers for their time and commitment. A huge thank you to the twenty seven RRR members who went to Central Park and volunteered for Japan Day on May 31. There is an additional opportunity to volunteer on August 1. For those who are interested please email our secretary at shelly.shrem120@gmail.com or myself at president@rocklandroadrunners.org.



Keep moving!

Rockland Road Runners promotes running and jogging in Rockland County. Membership is open to all. Yearly dues are \$25 (individual), \$15 (junior- under 18 and senior - over 64) and \$45 (family of two or more).

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The following stores offer members a 10% discount on running shoes and gear: The Running Company, NJ (various locations); Cleats & Sneaks, Nanuet. Orange County Sporting Goods in Middletown offers 20% off its list price on shoes. Gracie's Ravioli in Nyack offers a 10% discount to members and families.

On the Web

www.rocklandroadrunners.org

Weekly E-News:

www.rocklandroadrunners.org/RRRNews.html

Group Runs:

www.rocklandroadrunners.org/groupruns/workouts.htm

Hook Half, Record Attendance and Record Heat By Rich Tinger

Well, on Sunday April 26, we had the best attendance we've ever had for the twentieth annual Hook Mountain Half Marathon and 5K Run & Walk. This day will probably always be remembered! We had 720 registered runners and over 100 walkers breaking the race record. We also had record breaking temperatures of 89 degrees at the completion of the event.

Chris Gebhart of Nyack won the half marathon, with a commanding lead, in a time of 1:23:25, and Art Gunther of Nyack won the 5K in 15:37. Christine Dunnery of Sleepy Hollow, N.Y. led the women in a time of 1:41:36 in the half marathon and Kim Chalfin of Nanuet in the 5K at 20:10.

Chris Gebhart also received the Adi Steingraber award as the first Rockland finisher.

Josephine Patten of Orangeburg received the award for the first women Rockland finisher and first in her age group in a time of 1:42:13. Congratulations Josephine!

Again the members of the Tri-Life of NYC and 40 other members biked 36 miles from New York to participate in the race. They are training for the Lake Placid Triathlon.

Three hundred and eighty eight finished the run on a hot course. The weather was very hot for the runners, all the runners seemed to do really well under some severe conditions, and the volunteers also wore shorts.

We had some great sponsors and plenty of food and refreshments.

I would especially like to thank the volunteers from Hospice and the Rockland Road Runners for making the race an annual success. We have raised over twenty thousand dollars for the United Hospice of Rockland, I am sure that George would be very proud.

Those individuals who are always there when you need them: Marie and Singer's, Enilda, Kathy, Becky, Sue, and Alison, Larry, Bernie, Fred, Kathy, Dave, Jack, Al, Cliff and Connie, Amy, Lanie and Lisa and all the Volunteers from Hospice and students and the other Rockland Road Runner volunteers.

Our lead sponsors were Law Office of James J. Sexton, Avanti Health Care Services and New York Home Health Care.

Thanks to everyone for making this event a most memorable experience.

Core Power

By Dr. Robert G. Silverman

Core training has taken the exercise world by storm. This is evident in the variety of books, articles, and videos available on the subject. You can walk into almost any health-club facility today and see individuals engaged in some form of core training.

This article will look at what the core is, how it works, and most importantly, how individuals can activate their core properly.

What is The Core? The core is essentially where our center of gravity is located and where movement begins.

Core musculature consists of 29 pairs of muscles, and they support the lumbar/pelvic/hip complex in order to stabilize the spine, pelvis, and kinetic chain during functional movement.

The core can be divided into two categories of muscles:

- 1) local – stabilization oriented;
- 2) global – movement oriented. The local muscles are further broken down into primary and secondary categories.

Local Muscles—Think of local muscles as the deeper muscles, the ones close to your spine and responsible for keeping your spine stabilized. The primary local muscles are the transverse abdominis and multifidi (the two most critical muscles for providing stability), and the secondary are the internal obliques, quadratus lumborum, diaphragm, pelvic-floor muscles.

Global Muscles—The global muscles are superficial and are responsible for controlling your body's movement. They are made up of the following muscles: rectus abdominis, external oblique, erector spinae, psoas major, and iliocostalis.

The Difference Between Local and Global Muscles—The local muscles are made-up of slow-twitch fibers, while the global muscles are made-up of fast-twitch fibers. Local muscles are active in endurance activities, while global muscles are used in power activities. Local muscles are activated at low-resistance levels (30-40% of maximal contraction) while global muscles are activated at higher resistance levels. (About 40% of maximum contraction).

That last point is the most important because it is the main reason why many people have weak core muscles. In most people, global muscles take over and dominate the local muscles in jobs that should be done by the local muscles (see Core Injury).

Core Function—The core operates as an integrated functional unit (where the local and global muscles work synergistically to allow movement). When working optimally, each component distributes, absorbs, and transfers forces. Therefore, allowing the kinetic chain to function efficiently during dynamic activities.

Core Injury—After the first episode of back pain, the deep stabilizers (local muscles) change how they function in that they have delayed action and are only turned on after you move. Because deep stabilizers do not function as they should, the brain recruits global muscles to compensate. The result: pain in back, pelvis, glutes. One mistake many people make is to try to train the movement system before, or in place of, the stabilization system. Always train stability before mobility.

Performing traditional abdominal exercises without proper internal pelvic stabilization has been shown to increase pressure on the disks and compressive forces in the lumbar spine. In addition, performing traditional low-back hyperextension exercises without proper internal pelvis stabilization has been shown to increase pressure on disks and ligaments in the lower back.

Best Exercises for Preventing Low-Back Pain—As seen in the Journal of Orthopaedic Sports Physical Therapy, 38, p. 596-605, 2008 - abdominal brace, curl-up, side-bridge and bird-dog.

The abdominal brace allows all the contracting muscles in the abdominal wall without drawing in or pushing out to activate (obliques and rectus). These aforementioned muscles along with the transverse abdominis, allow for a co-contraction via their attachment to the lumbodorsal fascia with the multifidi. These bracing allows for an increased spinal stiffness

How To Brace—You'll have to reach behind your back and press your thumbs into your lower back extensors while you slightly bend from your hips.

Feel the extensors contract

Then extend to an upright posture to the point where they feel flaccid again

Without moving, contract abs and feel the extensors contract again

This is called a brace

Dr. Rob's 3 Favorite Exercises for Core Activation

1) Curl-up for Beginners

Trains the rectus abdominis

Starting posture is lying supine with your hands supporting lumbar spine

Bend one leg

Do not flatten back to floor

Head and neck unit locked onto the ribcage

Elbows remain on the floor while elevating the head, with shoulders slightly off the floor

Rotation focused on the mid-thoracic region

Those with neck discomforts, place tongue on the roof of the mouth. This helps stabilize the neck muscle patterns



Curl-Up Beginner



Side-Bridge Beginner

Curl-up for Intermediate/Advanced

Pre-brace abs (only advanced)

Lift elbows (intermediate and advanced)

Push tongue to roof of mouth

Raise head and shoulders slightly

2) Side-Bridge for Beginners

Training quadratus lumborum, lateral obliques and transverse abdominis

Above mentioned muscles are spine stabilizers

Abdominal bracing at all levels

Starting position is on the side

Use down-side shoulder and elbow to elevate upper body (see pic.)

Top leg is in front of bottom leg (heel of lead foot to toe of bottom foot)

The free hand caps the opposite shoulder



Front-plank



Curl-up for Intermediate/Advanced

Side-Bridge for Intermediate/Advanced

Upper body same as beginner

Hip-hinge to bring lower body off floor (see pic.)

Advanced - ability to roll into other positions (i.e. front plank – see pic.)

3) Bird-Dog

Training back extensors (including longissimus, iliocostalis and multifidii)

Ab brace

Raise opposite arm and leg simultaneously (see pic.)



Side-Bridge for
Intermediate/Advanced



Bird-Dog

Conclusion

The core is a compilation of many muscles that can be divided into two categories, for ease of explanation. One category is the stabilization (local) group that has little ability to move joints and is best suited for stabilization. The second category is a movement (global) system that is designed to produce enough forces to move joints.

Both group must work together to produce efficient and effective human motion. Since the core is the center of all motion, it is a critical part of any individual exercise routine. So, brace up and train for core power!

Special Guest at RRR Meeting

By Ann Singer

When was the last time you attended a Rockland Road Runners meeting????? Rockland Road Runners has over 500 members. Every RRR meeting presents important information for our running community. RRR President, JC Santa Teresa, introduces each new runner to our group. Runners are acknowledged for their recent achievements. Future running plans are discussed. Volunteer schedules for RRR races are circulated. Generous checks are presented to recipients of the charities supported by our races. Free refreshments and pizza round out an evening that is well worth the effort to attend.



JC Santa Teresa and CEO of NYRR Mary Wittenberg

The following meetings are still scheduled for 2009.

Tuesdays: September 1 and November 3. All these meetings are at 7:30pm at the Nanuet Restaurant, 211 S Main St., Nanuet, N.Y.

MARY WITTENBERG, director of the ING New York City Marathon and president and CEO of the New York Road Runners for the past four years, was our very special guest speaker at the April 7 meeting. An accomplished runner, Wittenberg won the Marine Corps Marathon in 1987 in a time of 2:44:34 by overtaking several female leaders in the second half of the race. Wittenberg and her staff wanted to observe how our meetings were run, as well as have a round-table discussion with our members. The main concern of the evening's meeting was how NYRR and RRR could improve our joint venture concerning NYRR Club Point races.

What is NYRR Team Champion Series?

NYRR and Club Council designate ten NYRR scored races per year as Club Point races "to foster healthy competition among New York area clubs." While encouraging excellence in running, these races also help boost NYRR race participation and spectator interest. The ten races vary in distance, and clubs such as RRR accumulate points based on their finishing places in each race. Rockland Road Runners is participating for the fifth year as a competitive team in the NYRR Team Championship Series.

It was a great honor to have Mary Wittenberg present our 60+ women with a third place award for 2009 Team Champion Series at the April 7 meeting.

For additional information on this series go to: nyrr.org ...results...club team races or check our own rocklandroadrunners.org/team races. Everyone is invited to join RRR in Central Park for any of these races.

OPEN ROUND-TABLE DISCUSSION

Some of the questions, discussions and opinions expressed at our meeting for Wittenberg and her staff reflected the diversity of our community of runners.

The nostalgic marathon buffs reminisced about the days when runners would line up at the stroke of midnight to post entry forms to gain admittance to the NYC Marathon. That was actually easier than today's lottery system, which was introduced in the '80s. NYRR does not hire an outside concern but rather uses a computer system that attempts to fairly select a balanced microcosm of entrants. The New York City Marathon will be celebrating its 40th anniversary and Wittenberg said 42,000 entries will be available. Many agreed that since NYC has two new baseball stadiums, the Run to Home Plate should be reinstituted in one of them.

"Capped" races were also a concern to our runners. Wittenberg explained that long ago NYRR needed only one permit to run each race ... now each department of the City of New York has to issue a permit for every single race. "That is the reason the race dates have to be changed at various times ... to accommodate the city's needs. Our goal is to keep each runner alive and safe and to increase the quality of racing for all runners," Wittenberg explained.

As the volume of runners increased at each race, so did the problem of accurately timing each runner at the finish line. Shoe chip technology is changing. An inclusive non-returnable bib/chip would defray the average \$1.00 cost for each chip and eliminate the distribution and collection of chips at races. [Good-bye to the "Chipper" at our RRR races!]

This evening with Mary Wittenberg and the NYRR staff ended on a very happy note with the runners thanking her for the positive changes her club has made. Thank you to our president, JC, and Kathleen Daly and RRR's board of directors for setting up this informative evening.

Please consider attending our next RRR meeting!

How to Avoid “The Agony of the Feet:” Choosing the Proper Running Shoes

By Dr. Bruce Pinker, DPM, AACFAS, AAPWCA (Sports Podiatrist/Foot Surgeon)

Most modern foot concerns stem from people choosing improper footwear. In many countries, especially in the ‘Third World,’ where many people walk and run barefoot, people have very few concerns about their feet (unless they were born with a foot deformity). In our culture, typically, it is not acceptable to walk or run barefoot. Therefore, choosing proper footwear is very important, as it affects our well-being everyday.

Runners, especially, must choose their running gear wisely. As one runs, up to two and one-half times the body’s weight is impacted on each foot at every step. Advanced technology in footwear design takes into account the needs of today’s runners. There are several quality brands of running shoes available. The important point is to choose the shoe that is appropriate for one’s individual needs.

First, one must know his or her “foot type.” There are three different types of feet: 1. the flat-foot (pes planus), 2. the high-arched foot (pes cavus), and 3. the normal foot. An easy method for revealing one’s foot type is called: “The Wet Test.” To perform “The Wet Test,” one simply immerses his/her feet in water and steps across a large piece of paper. The impression made on the paper will help determine the foot type. If the impression is shaped like an oval, one has a flat-foot (typically the most common foot type in our population). A question mark-like impression indicates a high-arched foot. An impression shaped in between the two aforementioned types reveals a normal foot type.



For those with flat-feet, the shoe type of choice is an anti-pronator. High-arched feet should be wearing anti-supinator shoes. Other features to consider when choosing the proper running shoe include torsional control, shock absorption, stability, and cushion.

It is important to remember that running shoes must eventually be replaced, similar to the tires on a car. The average lifetime for a pair of running shoes is 300 – 500 miles. It has been proven through research studies that the midsole of most running shoes begin to break down at the 300 mile mark. The midsole provide most of the shock absorption for the runner. Replacing running shoes at 300 – 500 miles of usage greatly reduces the chances for injuries, such as stress fractures, tendonitis, ankle sprains, and plantar fasciitis (heel pain).

If injury should occur, prompt treatment is the best treatment. Many times, custom-made orthotics, designed by a sports podiatrist, can alleviate most of the painful symptoms runners encounter. Recovery from any injury can be greatly enhanced if addressed early. The first step to successful and enjoyable running is choosing the proper footwear, in order to promote safety and prevent injury.

Happy and Healthy running to all!

Summer Track Workouts

Copied from the RRR Website

The Rockland Road Runners offers summer track workouts for all fitness levels, overseen by our experienced and knowledgeable coaching staff. Our coaches, Jamie Kempton, Jesse Hackell and Steve Borton, assisted by veteran Bill Fortune are prepared with a variety of challenging, but enjoyable workouts. Runners of all fitness levels can benefit from these summer sessions which have proven to lower your race times at all distances. Getting faster is just as important to a beginner as it is to a highly competitive runner. Additional benefits include aerobic and muscular fitness, race pacing and confidence within your training level. Our experienced staff is also available to answer your individual training questions before, during and after workouts.

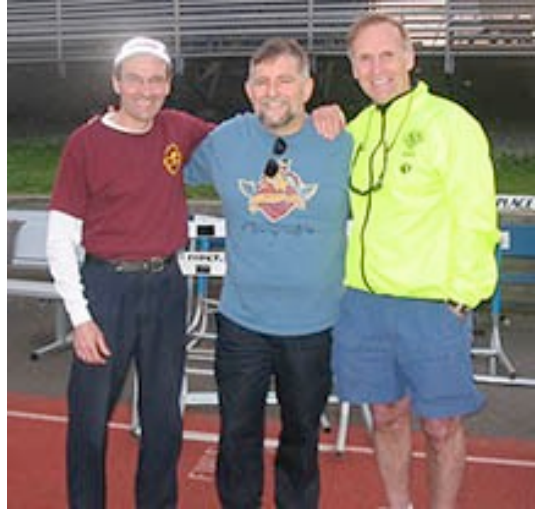
We're looking forward to a great program in 2009. Our first workout was on Wednesday, May 6, 7:00 PM at the Pearl River High School track.

Sessions will continue on Wednesday evenings at 7:00 PM throughout the season until August 26. Schedule is posted on our website.

It is suggested that you arrive early, to allow time to stretch and warm up. Please be warmed up and ready to run by 7pm! Wear your running gear to the track. Locker rooms are not available. It is important to stay hydrated. Water and cups are provided by the club. We request a contribution of \$1 per person per week to cover the costs of cups, water, and end of season refreshments.

Periodically, track sessions are held at other locations, such as Rockland Lake or Bear Mountain. Please note the locations of July workouts, while the track at PRHS is being renovated. Check the RRR website for schedule updates.

In case of inclement weather contact a member of the coaching staff for possible cancellations. (We often conduct workouts in light rain, however thunder/lightning conditions automatically cancel the workout.)



Track Coaches: Jamie Kempton, Jesse Hackell and Steve Borton



Just a few of the folks attending the track workout on any given Wednesday.

The Marisa Fund 10K Run and 3 Mile Walk...Our 5th Annual Event

Wow! Our 5th annual Marisa Fund 10K Run & 3 Mile Walk was one of our most successful ever. We had over 200 runners and about 100 walkers. For runners this is our highest total and we were very excited to see how this running event has grown over the past 5 years.

We really appreciate that kind of support especially considering the damp cool weather. As always, we are grateful to all the RRR folks who come each year. We have a very high RRR turnout that keeps growing.

I want to thank all the RRR folks who volunteer each year and help make this event so successful. We get lots of compliments on how organized our race is and how helpful the volunteers are...we could not do this without you. I also need to thank all the friends and family volunteers who have been with the Marisa Fund since we began.

For those who do not know:

The Marisa Fund was created in response to an outpouring of grief caused by the sad and untimely death of my daughter Marisa at the age of 20. Her death was caused by the toxic treatments needed to help her overcome cancer. Marisa beat the cancer twice but the related therapies needed took her life.

The goals of The Marisa Fund are twofold: first to support research to create less toxic forms of treatment for cancer, so we can cure the cancer without killing the patient; and second, to provide financial assistance to the many families who need help defraying the direct and indirect costs related to these treatments.



To date, our charity (we are a recognized 501 (C) 3) has helped fund over 15 different research studies and has helped over 500 families. We are proud of all we have accomplished but we need to keep going until no parents ever have to lose their children to cancer.

Marisa was a wonderful person and a Rockland Road Runner at the age of 5. She was funny, compassionate, sweet and loving. Marisa was a terrific varsity athlete, a fiercely bright student, talented musician, and a gifted writer. Losing a person like Marisa diminishes us all. Thank you for helping to keep her memory alive and honoring her courage through your support of The Marisa Fund!

The Rock 'n' Roll Marathon -- San Diego, California, May 31, 2009

By Celeste-Hoppey-Broder

January 1, 2009-- Happy New Year! A new year and a new goal: complete my ninth marathon! This seemed a lot to tackle since my last marathon was in 2005, but somehow I knew I had the mental discipline and determination to succeed. Last year my New Year's resolution was to complete America's Most Beautiful Bike Ride, a Century Bicycle Ride in Lake Tahoe. While I had a wonderful experience and it truly lived up to its name, I needed to drop the wheels and return to running.



Celeste Hoppey-Broder

Five years ago after completing the New York City Marathon, my fifth marathon, I learned something very extraordinary. Hitting the wall had a much deeper meaning. My body ached from the crown of my head to the bottoms of my feet, but my heart felt absolutely amazing. Since I had been grieving the death of my husband, hitting the wall had temporarily cured my broken heart. I decided to utilize that feeling and run additional marathons for charity. Now I was contemplating my ninth marathon—my first one in California!

Two days before the marathon on Friday evening, May 29, I attended the VIP event for elite racers and sponsors. The event was appropriately held in the Hall of Champions Museum in Balboa Park. I was able to meet some running legends including Frank Shorter, who won the marathon in the 1972 Munich Olympics, Stu Mittleman, who ran 3,000 miles from San Diego to New York City in the summer of 2000, Dean Kamazes, who ran 50 marathons in 50 days. But I was the most impressed with New Zealand's Rod Dixon, who won the New York City Marathon in 1983 and a bronze medal in the 1972 Munich Olympics for the 1500 meter run. He seemed particularly interested in what it would

be like to be in the back of the marathon pack in the four- or five-hour finishing range. Our conversation had a great deal of relevance since I definitely felt like one of "those little people."

On marathon Sunday in Balboa Park, drizzle, along with a light fog--ideal conditions--welcomed more than 16,000 runners for the 6:30am start. Many participants wore costumes. I've never seen so many runners dressed as Elvis, and I even saw Batman and Robin. The wheelchair invitational began at 6:25am, and was won by wheelchair champion Scott Parson of San Jose with a new course-record of 1:34:39.

This year I disciplined myself to stay with a pacing group, which helped me tremendously since I lacked my usual Rockland Lake runner entourage. Our pacing group began very slowly but by mile 13, I felt remarkably strong. It certainly helped that 45 bands performed along the 26.2 mile course. When I reached mile 20, I could feel my Morton's neuroma really hurting, but I chose to ignore and deny the pain. I was going to crawl to the finish if necessary. Then unfortunately I took a bad fall. I didn't see the two square raised reflectors on the highway and fell down flat, and luckily didn't hit my face, but blood was everywhere. I was lifted to my feet by the pacer and another man in the pacing group. Feeling very shaky, I began walking. The pacer graciously looked at his watch and said we were a minute ahead of schedule. That one-minute walk gave me the confidence and the encouragement to continue. I stayed with the pacer until mile 23 when I began slowly running out of steam. At that point I kept telling myself that all that remained was the equivalent of running one loop around Rockland Lake.

Entering the Marine Corps Recruit Depot at the final half-mile was exceptionally invigorating. The Marines were especially friendly and very supportive; it reminded me of the scene of my third marathon, the Marine Corps Marathon in Washington, D.C. San Diego was my first marathon where spectators actually still filled the bleachers near the finish line, by the time I was finishing! Usually by the time I get to the end, they've all gone! My sister

happened to call my cell phone and I had her log on to the Rock 'n' Roll webcast where she could see me go through the finish. Afterwards, while drinking my "free" beer and listening to the English Beat perform, I started to feel that great runner's high and wonder if there might be another marathon in me yet...

**12th Rock 'n' Roll Marathon
San Diego, California, Sunday, May 31, 2009**

:WOMEN

- 1) Yulia Gromova, Russia, 2:27:37, \$25,000
- 2) Hellen Kimutai, Kenya, 2:29:32, \$17,500
- 3) Nuta Olaru, Romania, 2:30:40, \$10,000
- 4) Albina Mayorova, Russia, 2:31:46, \$7500
- 5) Albina Gallyamova, 45, Russia, 2:38:35, \$5000

Celeste Hoppey-Broder-- finishing her 9th marathon \$ priceless!!



Elvis at the Rock 'n' Roll Marathon

Hiking Storm King

By Glenn Nelson

The formidable rock outcropping of Storm King Mountain loomed abruptly overhead as our "six o'clock eight" stepped off from the Rt. 9W trailhead. The hikers, not in any particular order are: Master Hiker Glenn Nelson and associate hikers, Alison Luscher, John Melican, Rich Tinger, Angelo Gallo, Fred Turk, Marie Killeen and Jack Ingrassia.

It was a bright, sunny Good Friday/Passover morning as our garrulous "point man" confidently led the team up the fast rising, orange-blazed Butter Hill Trail. Great views of our rapidly diminishing parking lot below and a distant glimpse of the narrow channel of the Hudson River came into view across the precipitous rock face of the promontory. Cold Spring dozed peaceably across the river to the east.

At one hour of steady climbing, the yellow-blazed Stillman Trail came in from west and we diverted toward our summit destination. Descending through a deep Col we began a second ascent to the impressive top of Storm King. The popular peak, rising to 1300 feet, is a spectacular sentinel guarding the river passage separating the west bank from the equally awesome Breakneck Ridge to the east.

At two hours we reached the summit and were afforded a rewarding 180-degree panorama featuring Schunemunk Ridge, the U.S. Military Academy, Bannerman's Castle on Pollepel Island and the distant Newburgh-Beacon Bridge.

After trail snacks and a photo op we began a long descent as the Stillman Trail traversed the northeast shoulder of the mountain overlooking Cornwall. Crossing a sturdy wooden walkway spanning a steep rock face, we intersected with the blue/red blazed Bluebird Trail. Turned left at the neatly constructed cairn and started up the steep rise, which brought us back to our original route and a retracing of steps back down to the trailhead.

A cautiously determined Marie and aggressively adept Allison made their final descent with point man Rich and indomitable Fred in the vanguard. Loquacious Angelo sporting his new "Merrels" and yak-like John, despite feeling somewhat "run down" followed. Tough former Marine, Jack, kept a careful eye on the situation and a "jacketless" Glenn followed as sweep. Arriving back after little more than three hours we headed for Hogan's Diner in Stony Point where we obliterated their brunch menu. A great hike enjoyed by all!

No animals or people were hurt during this hike.

Race Results

"If you have RRR member results from other races, please send a writeup to TeamRRR@RocklandRoadRunners.org so we can post them. Please include the race name, date, and location, finisher names and times, plus any award winner results." Following is the website for team RRR results, <http://rrraceresults.blogspot.com/>

2009 RRR Appreciation Dinner

On May 12, 2009 the Rockland Road Runners Board of Directors held the annual Appreciation Dinner for all RRR members that contributed significantly to the success of RRR for 2009. The dinner was held at Stir Crazy in the Palisades Center Mall.



Attendees seated from left to right Joann Hodges, Myrna Rivera, Teresa Kenny, Marie Killeen, Enilda Indyk, Bob Goldsmith, Jesse Hackell and Bill Fortune. Standing from left to right—Logan Scott, Herb Conrad, Shelly Shrem, JC Santa Teresa, John Melican, Larry Wolf, Allison Luscher, Mike Greco and Bernie Casserly.



10 % discount to RRR members at Stir Crazy

Team RRR Rocks On- Be Part Of It !!!

By Logan Scott

Rockland Road Runners has sped off to a fast start in the 2009 racing season. We have had very large turnouts at the New York Road Runner races with many individual award winners and competitive team finishes.

A key focus for Team RRR is the New York Road Runners Team Championship Series. NYRR hosts a competition for all of the NY metro area running clubs. NYRR picks a series of eleven races from their calendar (see table below) that are designated to score points in a year-long team competition between the dozens of local running clubs.

Team RRR has had as many as 44 participants in a single race, which rivals the presence of even the largest NYC racing teams. As a team, we want to promote broad participation and encourage runners of all abilities to join us in the NYRR races.

With that large participation also come strong team results. The "Swiftly Sixty's" 60+ Men's team is currently in second place, and the 60+ Ladies are in fourth, hungry to move up into trophy position. We are also in the top 10 with the Men's 40+ team, at #8 of 62 teams, and the Women's 50+ team, who are #7 of 22 teams. Our Women's 40+, Men's 50+ and Open teams are also competitive and in position to do great in the standings.

Team RRR has had some stellar individual performances in the NYRR team points races. Sheila Casey won the F35-39 age group twice. Narcis Aron (M60-64) and Alexandra Finger (F70-74) have both won their age groups. Josephine Patten (F50-54) has been a consistent star on the NYC scene with two second place and two third place finishes. Marie "Grandma" Killeen (F70-74) has placed second twice. Gerald Burstein (M70-74) has placed second and third. Other award winners in the team points races include: Frank Nieves (#3, M60-64), and Alexandra Finger (#3, F70-74). Considering that close to 8,000 runners have been in the races, these results are really fantastic!

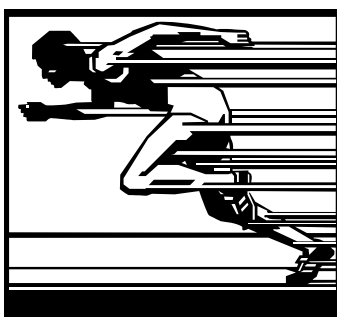


***Larry Wolf, Ann Singer and John Singer
at the Coogan's Salsa, Blues, and Shamrocks 5K***

We have had many additional age group award winners in the other NYRR races on the calendar. Keep up with all the results on our Team RRR Race Results Blog. <http://rrraceresults.blogspot.com/>

The fun is just getting started. The meat of the racing season is still to come. We would appreciate your continued support to keep building up our presence in NYC. The first race of the second half of the year is the CPC Run for Central Park 4 miler on July 18. The big event is the NYRR Team Championship race on Saturday, August 8, in Central Park. They open up the scoring to more people in the championship race and the points

count double. Team RRR will charter a bus to get you to this race in comfort and style, and we will have a team picnic in Central Park right after the race. Please join us!



In addition to the fun, camaraderie, and competition, Team RRR has other benefits. We have an incentive program where we award prizes based on the number of races you compete in during the year. We have a coveted “runner of the year” award for the ladies and men. We are also planning for a Team RRR dinner near the end of the year (details to follow).

Join the fun by simply choosing “Rockland RR – RRR” as your designated team when you register for the races with NYRR (<http://www.nyrr.org>).

The team captains would like to thank everyone for the fantastic level of participation so far this year. Let’s build on the momentum and fill up Central Park with Rockland racers in the second half of the year.

For more information on the racing team, go to the “Team RRR” page on the website, <http://www.rocklandroadrunners.org>, or send an email to TeamRRR@RocklandRoadRunners.org

Co-captains: Shelly Shrem, Steve Blackburn, Logan Scott
“Swift Sixties” coordinators are Ann and John Singer

2009 NYRR Team Championship Points Races:

Date	Event
Sunday, March 1	Coogan's Salsa, Blues, and Shamrocks 5K
Saturday, April 11	Scotland Run 10K
Saturday, May 16	Healthy Kidney 10K
Sunday, June 7	NYRR Mini 10K (Women Only)
Sunday, June 21	WABC Father's Day 5 Miler (Men Only)
Saturday, July 18	CPC Run for Central Park 4 Miler
Saturday, Aug. 8	NYRR Championship 5 Miler (Double Points!)
Saturday, Sept. 12	Fitness Mind, Body and Spirit Games 4 Miler
Saturday, Oct. 3	Norwegian Festival Half Marathon
Sunday, Nov. 1	ING New York City Marathon
Sunday, Dec. 6	Joe Kleinerman 10K

The Runaround

Next Issue: **Deadline Sept 30, 2009**

Send articles, photos, publicity, anything of interest:
to Herb Conrad at the below Email Address
runner5k61@hotmail.com

or by mail to
Rockland Road Runners
Box 132, Congers, NY 10920

**Please email address changes or corrections to Fred Turk at membership@rocklandroadrunners.org
or mail to RRR, Box 132, Congers, NY 10920**

Next Club Meeting
7:30 p.m.
Tuesday, Sept 1, 2009
Nanuet Restaurant