



Renegade Runners

Monthly Club Meeting
Saturday, January 29, 2011

114-64 Merrick Blvd.
Jamaica, New York 11434
www.renegaderunners.com

Club Officers

President	Monroe Morton
Vice President:	Dino Riojas
Secretary:	Dana Rosales
Treasurer:	Len Richards
Club Coach:	Vincent Morton
Member at Large:	Maria Romano
Social Chair:	Howard Hylton
Vice Social Chair:	Arthur Vendryes
Webmaster:	Dino Riojas
Membership:	Maria Romano

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Renegade Monthly News

**Happy New Year Renegades! Here's to a Happy, Healthy
and Challenging New Year!**
**If you haven't done so already, now is the time to set your
goals!**

New Renegade Members Donovan Hulholland, Chinasa Idika, and
Christabelle Jeanty

January Birthdays – Happy Birthday to David Hamilton and
Christopher Hall!

Renegade Runners Club Newsletter - Submissions for our new
newsletter can be forwarded to Dana Rosales at
danaharrison24@yahoo.com. Information, running tips, member
news and announcements are welcome. Contact Dana with
questions or suggestions.

Did you Know?

Did you know the Manhattan Half Marathon started in 1977, and was originally called the "Hispanic Half Marathon"?

Quotes:

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. - Martin Luther King, Jr.

Reminders:

When registering for a NYRR race, please remember to add our NYRR team designation "RENE".

Committee Report

- **President**
 - Opening Remarks
 - Introduction of New Members (Dec. and Jan.)
 - Announcements
 - Uniforms

- **Vice President**
 - Race Results
 - Brief message by former Vice President

- **Club Secretary**
 - Upcoming Races
 - Member Contact Information
 - Renegades on Facebook
 - Renegade Quarterly Newsletter

- **Member at Large**
 - NYRR recognition

- **Treasurer**
 - Opening balance as of December 31, 1010
 - Goal amount to be reached for the year of 2011
 - Various resources for Renegade cash flow

- **Social Chair and Vice Social Chair**
 - Renegade Club's weekend in Virginia Beach - Shamrock Run
Friday, March 18 – Sunday, March 20.
Hotel Information Attached
 - Blood Donation Program – North Shore LIJ

- **Club Coach**
 - Winter Training

- **Q&A**

Recent Race Results

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace	
Christmas Trail Half Marathon	12/25/10	13.1	Myrian Rangon	F43	1225				2:30:00	11:27	
			Dino Riojas	M56	1225	Walk			2:54:58	13:21	
Christmas Trail Marathon	12/25/10	26.2	Maria Romano	F52	1225	26			5:40:00	12:58	
LIRRC Hangover 5 Mile	01/01/11	5.0	Donovan Mulholland	M45	5M						
			Laferne Thomas	F44	5M						
			Jamere Shelby	F18	5M/Walk						
			Maria Romano	F52	4M/Walk					0:45:20	11:20
			Dino Riojas	M56	5M/Walk					0:57:56	11:35
New Years Trail 10K	01/01/11	6.5	Maria Romano	F52	2011				1:25:00	12:59	
			Dino Riojas	M56	2011	Walk				1:59:55	18:20
Fred Lebow Classic 5 Mile	01/09/11	5.0	Maria Romano	F52	2341	2341	1288		0:45:37	9:07	
13.1 Marathon Los Angeles	01/16/11	13.1	Cinthya Sandoval	F26	1746	373	104	15	1:42:34	7:49	
			Maria Romano	F52	1684	1187	434	26	2:05:51	9:35	
Manhattan Half Marathon	01/22/11	13.1	Francois Michel	M36	550	751	671	282	1:41:01	7:42	
			Len Richards	M49	652	753	673	62	1:41:04	7:42	
			Dana Rosales	F32	2640	1037	151	60	1:44:33	7:58	
			Latasha Burnett	F33	4083	2118	506	209	1:56:44	8:54	
			Myrian Rangon	F43	3612	3129	987	105	2:08:43	9:49	
			Donovan Mulholland	M45	Volunt	3426				2:13:52	10:13
			Maria Romano	F52	Walk	4138	1550	59		2:35:46	11:53
			Dino Riojas	M56	Walk	4161	2598	117		2:36:42	11:57



Upcoming Races

Date	Time	Race	Location
02/06/11, Sun.	8:00 a.m.	NYRR* - Gridiron 4M	Central Park
02/12/11, Sat	10:00 a.m.	Cupid's Chase 5K http://www.comop.org/cupidschase/nyc.html	Prospect Park
02/20/11, Sun.	10:00 a.m.	16 th Annual Cherry Tree 10 Miler http://pptcblog.blogspot.com/2011/01/2011-cherry-tree-ten-miler-and-3-person.html	Prospect park
02/26/11, Sat.	8:00 a.m.	NYRR - Al Gordon Classic 4M	Prospect Park
03/06/11, Sun.	9:00 a.m.	NYRR - Coogans Salsa, Blues Shamrock 5K	Washington Heights
03/19/11, Sat.	8:00 a.m.	Shamrock – TowneBank 8K http://www.shamrockmarathon.com/registration.htm <i>The Anthem Half Marathon and the Yueling Marathon are SOLD OUT</i>	Virginia Beach, VA
03/20/11, Sun.	6:30 a.m.	NYRR - NYC Half Marathon	New York City
03/27/11, Sun.	11:15 a.m.	NYRR - NY Colon Cancer Challenge 15K/4M	Central Park
03/27/11, Sun	9:00 a.m.	Suffolk Half Marathon and 5K http://www.sc-halfmarathon.org/documents/Flyer-2011%20Rev2%20Website.pdf	Suffolk County
04/03/11, Sun.	8:00 a.m.	NYRR More Half Marathon (Women Only) <i>This race has reached capacity, but there are two more ways to enter. See nyrr.org for more info.</i>	Central Park

*Registration for all NYRR races can be found on their website (nyrr.org)

In a Renegade's Words

The Cost of Running

By Cinthya Sandoval



I recalled a couple of years ago, when Vince was complaining about the increase in race fees. As a newbie in road racing, I found it odd to be complaining over \$15. We make a lot of purchases that surpass our race fees. However, I have come to agree with Vince that SOME race fees are ridiculous. This past Tuesday December 28, at the armory, the Holiday Classic was held. As I was searching for the race information, I noticed that the cost of the race was \$25! This is a little harsh for an indoor meet!!! Yes you can run multiple events, but \$25 it's quite a bit expensive. I recall two years ago, the meet only cost \$15!! I thought we were in a RECESSION!!! It would seem logical for race directors to decrease their race fees so more runners can run. According to the USA Road Running information, in 2008 there was a growth of 3% in marathon participants. On contrast, in 2009, there was a growth of 20%, a total of 425,000 finishers in 243 marathons in the United States. They also reported that this year looks promising since there are marathon sell-outs and record fields across the country (hint: the Boston Marathon which was sold out within 6 hours of opening its registration). I guess there is a lot of truth behind the commercial of Master Card. Running sneakers \$65, racing gear \$60, NYC Marathon entry fee \$156, running the ING NYC Marathon, PRICELESS. For everything else there is Master Card.

My New Year's Resolution

By Dana Rosales



We all make a New Year's resolution of some kind and nine times out of ten, we don't stick to it. I decided that my New Year's resolution would be to run two marathons. Mind you, I have never run a marathon before. To say this out loud to anyone who asks is not a big deal. As I boost my goals for the year to anyone who listens, my confidence swells and my quads and calves twitch with pride. However, after running the Manhattan Half Marathon last week and losing my focus at mile 10, I came to the realization that running a good marathon will be no easy feat, in fact it will be one of the most challenging things I have ever done in my life (next to raising three kids as a single mom!) So, as I come back down to reality and revisit my mortal body, I take a look at myself to see what needs to be done, conditioned... improved. But the one thing I have not given real consideration (yes, Francois, I know, my breathing) is my mind. I must condition my mind to stay focused and push through the pain and the loneliness of running 26.2 miles (yes, Dred, I know you'll be there by my side – you better be!!). So I guess you can say my New Year's resolution is to get **mentally tough!**

"The body does not want you to do this. As you run, it tells you to stop but the mind must be strong. You always go too far for your body. You must handle the pain with strategy...It is not age; it is not diet. It is the will to succeed."

Jacqueline Gareau, 1980 Boston Marathon champ