



Renegade Runners

Monthly Club Meeting
Saturday, January 28th, 2012

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

Club Officers

President Monroe Morton
Vice President: Dino Riojas
VP, Membership: Maria Romano
Secretary: Sabrina Martin
Treasurer: Len Richards
Asst. Treasurer: Claudelle Trotman
Social Chair: Dana Rosales
Vice Social Chair: Arthur Vendryes
Webmaster: Dino Riojas
Newsletter Editor: Silver Chaudry

Renegade Monthly News

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

“I constantly remind myself that resting takes confidence. Anyone can train like a mad man, but to embrace rest and to allow all the hard training to come out takes mental strength.”

-Ryan Hall



Committee Report

- **President**
 - Opening remarks
 - Welcome membership
- **Vice President**
 - Race results
 - Membership Dues for 2012 – Now Due in March
- **Club Secretary**
 - Upcoming Races
 - Follow up :
 - Annual Awards Dinner – Tonight, January 28th
- **Treasurer**
 - Financial Report
- **Social Chairs**
 - Renegade Annual Awards Dinner – TONIGHT, January 28th, 7pm at Dougleston Manor.

Recent Race Results

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
Ho Ho Ho Holiday 5K	12/17/11	3.1								
			Sal D'Amico	M35	1224	110		4	0:21:43	7:00
Ted Corbitt 15K	12/17/11	9.3								
			Frank Stonitsch	M66	7689	3884	1941	23	1:44:56	11:17
Ten Dollar 10K Shore Road Park	12/18/11	6.2								
			Maria Romano	F53	238	101		1	0:56:25	9:05
Christmas Tibbets Park 10K	12/25/11	6.6								
			Maria Romano	F53					1:06:47	10:10
Christmas Tibbets Park Half Marathon	12/25/11	13.1								
			Sal D'Amico	M35					1:58:18	9:01
Emerald Nuts Run 4 Mile	12/31/11	4.0								
			Cinthy Sandoval	F27					0:29:59	7:30
			Maria Romano	F53					0:38:07	9:32
New Years Hangover 5 Mile Fun Run	01/01/12	5.0								
			Sal D'Amico	M35					0:52:30	10:30
NYRR Thursday Night at the Races	01/05/12	1.0								
			Sal D'Amico	M35					0:06:51	6:51
Joe Kleinerman 10K	01/07/12	6.2								
			Maria Romano	F53	4737	3535	1332	64	1:00:22	9:45
			Frank Stonitsch	M67	7478	4534	2533	33	1:07:10	10:50
FatAss 50 Trail Run	01/08/12	10.2								
			Sal D'Amico	M35					2:40:37	15:45
Bermuda Mile	01/13/12	1.0								
			Maria Romano	F53	1970	192			0:08:12	8:12
Bermuda 10K	01/14/12	6.2								
			Maria Romano	F53	1970	410			0:59:44	9:37
Bermuda Half Marathon	01/15/12	13.1								
			Maria Romano	F53	1970	306			2:12:33	10:08
Robert Moses Park 5K Run	01/15/12	3.1								
			Sal D'Amico	M35	3703	431	289	29	0:29:53	9:37

Upcoming Races for January & February

Date	Time	Race	Location
1/28/12, Sat.	8:00 a.m.	Brooklyn Hot Chocolate 10K	Prospect Park
1/29/12, Sun.	6:15 a.m.	Miami Half Marathon	Miami, FL
02/04/12, Sat.	10:00 a.m.	M-M-Manhattan Hot Chocolate 5K & 10K	Riverside Park
02/05/12, Sun.	9:00 a.m.	NYRR Gridiron Classic 4M	Central Park
02/14/12, Sun.	9:00 a.m.	Valentine's Day 5K	Prospect Park
02/19/12, Sun.	10:00 a.m.	PPTC Cherry Tree 10 Miler	Prospect Park
02/25/12, Sat.	8:00 a.m.	NYRR Al Gordon Classic 4M	Central Park