



Renegade Runners

Monthly Club Meeting
Saturday, February 25th, 2012

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

Club Officers

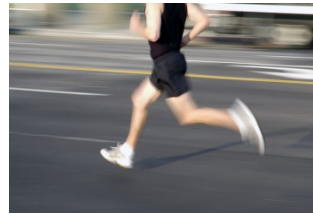
President Monroe Morton
Vice President: Dino Riojas
VP, Membership: Maria Romano
Secretary: Sabrina Martin
Treasurer: Len Richards
Asst. Treasurer: Claudelle Trotman
Social Chair: Dana Rosales
Vice Social Chair: Arthur Vendryes
Webmaster: Dino Riojas
Newsletter Editor: Silver Chaudry

Renegade Monthly News

February Birthdays – Happy Birthday to Juliet Singh, Tress Walker, David (Rasta) Francis, Silver Chaudry, Vincent Morton, Andrea Pryce, and Letisha Jenkins!

“We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves...No one can say ‘You must not run faster than this, or jump higher than that.’ The human spirit is indomitable.”

-Sir Roger Bannister (first runner to run a sub-4 min/mile)



Committee Report

- **President**
 - Opening remarks
 - Welcome membership
- **Vice President**
 - Race results
 - Membership Dues for 2012 – Now Due in March
- **Vice President - Membership**
 - Group Training Runs
 - Daylight Savings Time
 - Support for NYC Half Marathon
- **Club Secretary**
 - Upcoming Races
 - Follow up : Race Committee – Status Update

➤ **Treasurer**

- Financial Report

➤ **Social Chairs**

- Travel Race – TowneBank 8K, Virginia Beach, VA – March 17th
 - For those of us already registered, we will be flying down to Virginia instead of the usual road trip. Contact Dana or Arthur with any questions or for more info.
- This year's obstacle course –The Spartan Race – September 8th
 - We Renegades love a good road race; why not mix it up to an obstacle course. This race is 8 miles full of obstacles! Sign up by March 8 and pay only \$95 (Cost gradually goes up to \$145 by September 5) we need 4 to register to form the Renegade team (we currently already have 2)!

Recent Race Results

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace	
Brooklyn Hot Chocolate 10K	01/28/12	6.2									
			Maria Romano	F53					0:55:45	8:58	
Miami Half Marathon	01/29/12	13.1									
			Cinthy Sandoval	F27	11748	866	139	18	1:42:41	7:50	
Manhattan Hot Chocolate 10K	02/04/12	6.2									
			Maria Romano	F53	466	169		8	1:09:44	11:13	
NJ Trail Series Half Marathon	02/04/12	13.1									
			Sal D'Amico	M35	287				4:23:00	20:04	
Gridiron Classic 4 Mile	02/05/12	4.0									
			Anthony Riojas	M23	2693	2224	1616	50	0:33:30	8:23	
			Donovan Mulholland	M46	Volun	3712				0:37:35	9:24
			Myrian Rangon	F44	4705	3871	1541	193	0:38:05	9:32	
			Dino Riojas	M57	5694	5462	2864	152	0:45:58	11:30	
			Maria Romano	F53	8298	5716	2787	113	0:49:34	12:24	
BRRC Valentine's 5K	02/12/12	3.1									
			Donovan Mulholland	M46	1341		56	11	0:26:30	8:32	
			Myrian Rangon	F44	1379		91	16	0:30:36	9:51	
PPTC Cherry Tree 10 Mile	02/19/12	10.0									
			Arthur Vendryes	M43	1181	79	70	5	1:06:57	6:42	
			Cinthy Sandoval	F27	1028	166	28	13	1:12:34	7:15	
PPTC Cherry Tree 10 Mile Relay	02/19/12	10.0									
			Donovan Mulholland	M46	858	517	327	36	1:29:43	8:58	
			Maria Romano	F53	999	688	300	15	1:36:25	9:39	
			Frank Priegue	M47	946	668	380	43	1:37:49	9:47	
			Sabrina Martin	F24	796	695	304	26	1:38:48	9:53	
			Myrian Rangon	F44	957	698	307	35	1:38:55	9:54	
			Esther Priegue	F39	945	810	387	55	1:52:15	11:14	
			Dino Riojas	M57	980	828	430	20	1:57:59	11:48	
PPTC Cherry Tree 10 Mile Relay	02/19/12	10.0									
			Reggie Lambert	M31		75	39		1:18:07	7:49	
			Dana Rosales	F33	108	75	39		1:18:07	7:49	
			Sal D'Amico	M35		75	39		1:18:07	7:49	

Upcoming Races for March

Date	Time	Race	Location
3/3/12, Sat.	9:30 a.m.	Parade Day 5K	95 th Rockaway Bch.
3/4/12, Sun.	9:00 a.m.	Coogan's Salsa, Blues & Shamrock 5K	Washington Heights
3/4/12, Sun.	8:30 a.m.	Caumsett Park 50K and 25K Races	Lloyd Harbor, NY
3/4/12, Sun.	9:00 a.m.	LIRR 4 Miler	Eisenhower Park
3/11/12, Sun.	9:00 a.m.	NJRRC Half Marathon & Relay	Asbury Park, NJ
3/11/12, Sun.	9:30 a.m.	Celebrate Life Half Marathon	Rock Hill, NY
3/18/12, Sun.	7:00 a.m.	NYC Half Marathon	Central Park
3/24/12, Sat.	9:30 a.m.	Sleepy Hollow Half Marathon	Sleepy Hollow, NY
3/25/12, Sun.	9:15 a.m.	13.1 New York Half Marathon	Flushing Meadows