



## Renegade Runners

Monthly Club Meeting  
Saturday, March 26, 2011

114-64 Merrick Blvd.  
Jamaica, New York 11434

[www.renegaderunners.com](http://www.renegaderunners.com)

### Club Officers

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

**Webmaster:** Dino Riojas  
**Membership:** Maria Romano

### Renegade Monthly News

**March Birthdays** –Happy Birthday to Terrance Baptiste, Philip Brown, Mosa Parris, Jamere Shelby, and Lloyd Spencer.

**Renegade Runners Club Newsletter** – Our next Newsletter will be released in April! Submissions can be forwarded to Dana Rosales at [danaharrison24@yahoo.com](mailto:danaharrison24@yahoo.com). Information, running tips, member news, announcements and local business announcements/info are welcome. Contact Dana with questions or suggestions.

### Committee Report

#### ➤ **President**

- Opening Remarks
- Welcome New Members
- Uniforms
- Club Coach Nominations (Elections to be held in April)
  - Coaching for runners at all levels -Head Coach, Race Walking Coach, Beginner and Intermediate Coach – **Send nomination submissions to Club Secretary, Dana Rosales.**

#### ➤ **Club Secretary**

- Race Results
- Upcoming Races
- Vote on date for Renegade Runners group photo
- Renegade Quarterly Newsletter – Entries needed for 2<sup>nd</sup> quarter issue

#### ➤ **Social Chair and Vice Social Chair**

- Renegade Club's weekend in Virginia Beach Recap

#### ➤ **Acting Coach**

- Spring Training – Wednesday speed work and Sunday long runs
- Club Transportation
- Club Participation

## Recent Race Results

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
Al Gordon Snowflake 4 Mile	02/26/11	4.00	Anthony Riojas	M22	2424	2076	1448	61	0:35:47	8:57
			Dino Riojas	M56	4428	2748	1730	51	0:38:51	9:43
			Candice Sexton	F26	5022	3885	1778	529	0:56:11	14:03
			Donovan Mulholland	M45	5687	3991	2151	183	1:18:50	19:43
Coogan's Salsa, Blues 5K	03/06/11	3.10	Len Richards	M49	629	756	645	43	0:21:33	6:57
			Dana Rosales	F32	2632	1340	259	65	0:23:41	7:38
TowneBank 8K	03/19/11	5.00	Arthur Vendryes	M42	15100	97	79	7	0:33:23	6:43
			Vincent Morton	M54	16314	345	275	18	0:37:42	7:35
			Isaiah (Ike) Goodman	M65	16337	369	293	3	0:38:01	7:39
			Dana Rosales	F32	15384	370	77	8	0:38:01	7:39
			Andrea Pryce	F40	15496	885	249	35	0:42:07	8:28
			Carol Pryce	F45	20192	944	271	17	0:42:22	8:31
			Claudelle Trotman	F47	17033	1906	754	62	0:47:00	9:27
New York City Half Marathon	03/20/11	13.10	Cinthya Sandoval	F26	2667	1351	313	105	1:37:13	7:26
			Maria Romano	F52	Walk	8527	4189	170	2:22:57	10:55

## Upcoming Races for April and May

Date	Time	Race	Location
03/27/11, Sun.	Various Starts	NYRR Colon Cancer Challenge 15K/4M**	Central Park
03/27/11, Sun.	9:00 a.m.	Suffolk Half Marathon <a href="http://www.sc-halfmarathon.org/documents/Flyer-2011%20Rev2%20Website.pdf">http://www.sc-halfmarathon.org/documents/Flyer-2011%20Rev2%20Website.pdf</a>	
04/02/11, Sat.	9:13 a.m.	13.1 Half Marathon <a href="http://www.active.com/framed/event_detail.cfm?CHECKSSO=0&amp;EVENT_ID=1856534">http://www.active.com/framed/event_detail.cfm?CHECKSSO=0&amp;EVENT_ID=1856534</a>	Flushing Meadow Park
04/03/11, Sun.	8:00 a.m.	More Half Marathon (Women Only)**	Central Park
04/03/11, Sun	10:00 a.m.	Van Cortlandt Urban Environmental Challenge 10K <a href="http://www.vctc.org/">http://www.vctc.org/</a>	Van Cortlandt Park
04/10/11, Sun.	10:00 a.m.	NYRR Scotland Run 10K*	Central Park
04/17/11, Sun.	10:00 a.m.	Alley Pond 5 Mile Challenge <a href="http://www.apstriders.org/47267.html">http://www.apstriders.org/47267.html</a>	Alley Pond Park
04/17/11, Sun.	8:00 a.m.	NYRR City Parks Foundation Run for the Parks 4M	Central Park
04/23/11, Sat.	9:00 a.m.	NYRR 4 Mile	Central Park
05/01/11, Sun.	8:00 a.m.	Long Island Marathon and Half Marathon <a href="http://www.run-li.com/2011/">http://www.run-li.com/2011/</a>	Uniondale, NY
5/8/2011, Sun	8:00 a.m.	NYRR Japan Day	Central Park
05/14/11, Sat.	9:00 a.m.	NYRR UAE Healthy Kidney 10K	Central Park
05/21/11, Sat.	7:00 a.m.	NYRR Brooklyn Half Marathon**	Brooklyn, NY
05/15/11, Sun.	10:00 a.m.	Forest Park 4 Mile Classic <a href="http://www.forestparkrunners.org/">http://www.forestparkrunners.org/</a>	Forest Park

\* Registration is near capacity

\*\* Registration is CLOSED