



## Renegade Runners

Monthly Club Meeting  
Saturday, March 31st, 2012

114-64 Merrick Blvd.  
Jamaica, New York 11434

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

**March Birthdays** – Happy Birthday to Lloyd Spencer, Jamere Shelby, Mosa Parris, Terrence Baptiste, and Phillip Brown!

*“The will to win means nothing without the will to prepare.”*  
-Jma Ikangaa (1989 NYC Marathon Winner)



### Committee Report

- **President**
  - Opening remarks
  - Welcome membership
  - Renegade Club Singlets
  
- **Vice President**
  - Race results
  - Membership Dues for 2012 – Due
  
- **Vice President - Membership**
  - Group Training Runs – Hill Work Days, Long Run Days
  - 30 Minute Club
  
- **Club Secretary**
  - Upcoming Races
  - Follow up : Race Committee – Status Update
  - Quarterly Club Newsletter – Submissions Due by April 20th
  
- **Treasurer**
  - Financial Report

➤ **Social Chairs**

- Renegade Runners Group Hike – Save the Date: Saturday, June 30<sup>th</sup>, 2012. Sal D’Amico is coordinating a group hiking outing, either in New Jersey or Upstate New York. Hiking gear is essential. Please email Dana Rosales if you are interested.
- Obstacle Course – As a reminder, some club members are looking to do an obstacle course and they are more fun in groups! If you are interested, please contact Dana or Arthur. We are currently looking at the Spartan Sprint in Tuxedo, NY on June 2, the Spartan Race on September 8, or Tough Mudder Tristate on October 21. We’re not looking to do all of them, but if there is interest in any one, let us know.

**Recent Race Results**

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
Al Gordon Classic 4 Mile	02/25/12	4.0								
			Donovan Mulholland	M46	4794	1816	1328	127	0:34:04	8:31
			Frank Stonitsch	M67	6638	3662	2077	24	0:42:18	10:35
NYCRUNS Ekiden Relay	02/26/12	16.2								
			Myrian Rangon	F44	3.4	1	37	16	2:20:25	8:38
			Donovan Mulholland	M46	5.1	3	37	16	2:20:25	8:38
			Maria Romano	F53	1.7	4	37	16	2:20:25	8:38
Coogan's Salsa, Blues 5K	03/04/12	3.1								
			Francois Michel	M37	1470	969	800	129	0:22:22	7:13
			Dana Rosales	F33	2620	1152	219	58	0:23:05	7:27
			Frank Priegue	M47	3551	2356	1631	187	0:26:47	8:39
			Maria Romano	F53	4819	3282	1244	59	0:29:49	9:37
			Esther Santiago-Priegue	F39	5631	3780	1574	245	0:31:51	10:17
			Frank Stonitsch	M67	6688	3812	2213	34	0:32:01	10:20
TowneBank 8K	03/17/12	5.0								
			Arthur Vendryes	M47	15710	80	61	5	0:31:37	6:21
			Dana Rosales	F33	15832	621	140	26	0:39:28	7:56
New York City Half Marathon	03/18/12	13.1								
			Cintha Sandoval	F27	3596	1414	261	83	1:35:06	7:15
			Maria Romano	F53	6585	10072	4235	148	2:08:03	9:46
			Myrian Rangon	F44	15565	10807	4716	587	2:11:09	10:00
			Frank Stonitsch	M67	19636	12789	6737	47	2:21:49	10:49
			Dino Riojas	M57	21557	14566	7252	297	2:41:44	12:20
Karhu 5K	03/24/12	3.1								
			Maria Romano	F53	6416	81	21	1	0:26:29	8:31
Sleepy Hollow Half Marathon	03/24/12	13.1								
			Frank Priegue	M47	871	562	378	60	2:00:14	9:10
North Carolina Half Marathon	03/25/12	13.1								
			Cintha Sandoval	F27	1398	68	7	1	1:39:00	7:33

## Upcoming Races for April

<b>Date</b>	<b>Time</b>	<b>Race</b>	<b>Location</b>
04/1/12, Sun.	9:00 a.m.	NY Colon Cancer Challenge 4 Miler*	Central Park
04/1/12, Sun.	9:00 a.m.	The Race at Roosevelt Island 10K	Roosevelt Island
04/7/12, Sat.	8:30 a.m.	Scotland Run 10K*	Central Park
04/7/12, Sat.	9:30 a.m.	Essential 2 Life 5K	Liberty State Park,NJ
04/08/12, Sun.	9:00 a.m.	Easter Bunny 5K	Eisenhower Park
04/15/12, Sun.	8:00 a.m.	More/Fitness Mag Women's Half Marathon*	Central Park
04/15/12, Sun.	9:00 a.m.	5K Run on the Runway	JFK Airport
04/22/12, Sun.	8:00 a.m.	City Parks Foundation Run for the Parks 4 Miler	Central Park
04/22/12, Sun,	10:00 a.m.	Alley Pond 5 Mile Challenge	Alley Pond Park
04/28/12, Sat.	9:00 a.m.	Verrazano Half Marathon	Shore Road Park
04/29/12, Sun.	9:00 a.m.	Run as One 4 Miler	Central Park
04/29/12, Sun.	10:00 a.m.	Brooklyn PTA 5K	Prospect Park

\* indicates sold out