



Renegade Runners

Monthly Club Meeting
Saturday, April 30, 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: TBA
Member at Large: Maria Romano
Social Chair: Howard Hylton
Vice Social Chair: Arthur Vendryes

Webmaster: Dino Riojas
Membership: Maria Romano

Renegade Monthly News

April Birthdays – Happy Birthday to Dino Riojas, Giovanni Romano, and Maria Romano.

Renegade Singlets – It's the beginning of racing season! If you're in need of a Renegade singlet, please see Peanut (Monroe).

Renegade Group Photo – Reminder! Our group photo will be taken on June 12. The rain date is set for June 26. Details will come closer to the date, just be sure to update your calendar!

Renegade Runners Club Newsletter – Due to Dana's busy schedule, one of our newest members, Silver Chaudry, has offered to become Editor of the quarterly newsletter. Therefore an extension is required and our next Newsletter will now be released in May. Please forward submissions to Silver Chaudry at silver22banks@yahoo.com. Feel free to contact Silver or Dana with questions or suggestions. For those of you who have already made submissions, thank you for your patience.

Committee Report

➤ **President**

- Opening Remarks
- Welcome New Members
- USTAF Certification Announcements
 - Dino Riojas has been re-certified as a level one running coach and Maria Romano, Claudelle Trotman and Juliet Singh have been newly certified as level one coaches.
- Club Coach Election and Announcement
 - **Club Coach, Dino Riojas** – Responsible for providing structure and schedules for member running goals or race walking goals; Race Walking Coach
 - Weekly coaching availability
 - Wednesday** – *Vincent Morton* *specialty – speed work and hill work*
 - Saturday** – *Francois Michel* *specialty – beginner and intermediate long runs (5- 8 miles), core work and complete body workouts*
 - Sunday** – *Arthur Vendryes* -*specialty - long runs for competitors – Half Marathon to Marathon training*

Additional - *Maria Romano*, available on the track for coaching for new and intermediate runners. *Howard Hylton* – available on the track for intermediate distance runners

Committee Report – Cont’d

- Vice President
 - Race Results
 - Upcoming Races

- Other
 - Francois Michel - Report on Renegade Transportation

Recent Race Results

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
Just A Short Run 8.1 Mile	03/67/11	8.1	Terrence Baptiste	M26	1520	3	3	1	0:48:26	5:59
Colon Cancer Challenge 15K	03/27/11	9.3	Latasha Burnett	F33	3096	1280	451	112	1:23:52	9:02
			Myrian Rangon	F43	2650	1648	676	66	1:28:11	9:29
13.1-NYC Half Marathon	04/02/11	13.1	Francois Michel	M36	3014	117	105	16	1:37:28	7:26
BUS 6 Hour Run	04/02/11	30.9	Frank Stonitsch	M66	75	18	14	2	6:00:00	11:40
Karhu 5K	04/02/11	3.1	Maria Romano	f52	5365	70	23	1	0:26:42	8:36
More Half Marathon	04/03/11	13.1	Cinthy Sandoval	F26	675	87	87	23	1:39:01	7:34
			Dana Rosales	F32	650	318	318	65	1:46:47	8:10
			Latasha Burnett	F33	1077	1790	1790	317	2:02:16	9:20
			Myrian Rangon	F43	1619	3023	3023	466	2:11:45	10:04
			Candice Sexton	F28	4020	6275	6275	1333	2:53:47	13:16
Maria Romano	F52	857	6277	6277	414	2:53:48	13:16			
Jackson Laughs 25K	04/09/11	15.5	Terrence Baptiste	M26	1106	3	2	1	1:41:18	6:32
Scotland Run 10K	04/10/11	6.2	Candice Sexton	F28	8022	8423	3925	1129	1:29:22	14:24
Alley Pond 5 Mile Challenge	04/17/11	5.0	Marc (Diamond) Smith	M30		9		2	0:31:56.3	6:23
			Arthur Vendryes	M42		16		2	0:32:44.3	6:33
			Francois Michel	M36		21		2	0:34:05.9	6:49
			Winthrop Jacobs	M55		25		2	0:34:53.9	6:59
			Cinthy Sandoval	F26		29		1	0:35:29.2	7:06
			Elik Hirsch	M35		46		4	0:37:52.7	7:34
			Andrea Pryce	F40		68		3	0:40:12.2	8:02
			Anthony Riojas	M22		86		4	0:41:44.4	8:21
			Letisha Jenkins	F27		105		8	0:42:55.8	8:35
			Claudelle Trotman	F47		139		4	0:46:43.5	9:21
Howard Hylton	M49		202		7	0:51:17.3	10:15			
Dino Riojas	M57		238		23	0:57:59	11:36			
Run for the Parks 4 Mile	04/17/11	4.00	Maria Romano	F53	4648	3928	1597	61	0:41:26	10:22

Upcoming Races for May and June

Date	Time	Race	Location
05/01/11, Sun.	8:00 a.m.	Long Island Marathon and Half Marathon http://www.run-li.com/2011/	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
05/15/11, Sun.	10:00 a.m.	Forest Park 4 Mile Classic http://www.forestparkrunners.org/	Forest Park
05/21/11, Sat.	7:00 a.m.	NYRR Brooklyn Half Marathon** NYRR Club Points Race	Brooklyn, NY
06/05/11, Sun.	9:00 a.m.	Riverdale Ramble 10K http://vctconline.ning.com/page/races-group-runs	Bronx, NY
06/09/11, Thurs.	7:00 p.m.	David Lerner Police Appreciation Run www.marathonguide.com	Eisenhower Park, NY
06/11/11, Sat.	9:00 a.m.	NYRR New York Mini 10K (women only)* NYRR Club Points Race	Central Park, NY
06/19/11, Sun.	8:00 a.m.	NYRR Portugal Day 5M - Fathers Day Race	Central Park, NY
06/25/11, Sat.	9:00 a.m.	NYRR Front Runners Lesbian & Gay Pride Run 5M	Central Park, NY
06/26/11, Sun.	8:30 a.m.	NYRR Achilles Hope & Possibility 5M	Central Park, NY

* Registration is near capacity

** Registration is CLOSED