



Renegade Runners

Monthly Club Meeting
Saturday, May 28, 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: Dino Riojas
Member at Large: Maria Romano
Social Chair: Howard Hylton
Vice Social Chair: Arthur Vendryes

Webmaster: Dino Riojas
Membership: Maria Romano

Renegade Monthly News

May and June Birthdays – Happy Birthday to Donovan Mulholland, Dian Pryce, Sharon Locker, Mary Fisher, Ferdinand Hague and Reggie Lambert!

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

Renegade Outing – Are you a true Renegade? Why not try “racing” through the sky? That’s right, we’re going skydiving! This sky race is scheduled for **June 5**. If you are interested, please speak to Arthur Vendryes after the meeting.

National Running Day is June 1!

Committee Report

- **President**
 - Opening remarks
 - Welcome new members
 - Final vote on club van/transportation
- **Vice President**
 - Race Results
 - Race Awards
- **Club Secretary**
 - Upcoming Races
 - Renegade Group Photo - Photo day details to be confirmed
- **Club Coach**
 - Training Schedule
- **Treasurer**
 - Overview of Finances
- **Social Chair**
 - Renegade outings and events on the horizon (Skydiving, race day brunch, Renegade picnic, Upstate weekend getaway)

Recent Race Results

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
Long Island 10K	05/01/11	6.2	Anthony Riojas	M22	11235	167	121	9	0:52:42	8:29
Long Island Half Marathon	05/01/11	13.1	Arthur Vendryes	M42	15147	115	106	16	1:14:01	6:55
			Cintha Sandoval	F26	13322	298	43	7	1:38:54	7:33
			Dana Rosales	F32	16886	690	158	28	1:48:25	8:16
			Latasha Burnett	F33	14700	1447	432	80	1:59:22	9:06
			Myrian Rangon	F43	14900	2227	783	125	2:09:42	9:54
			Dino Riojas	M57	Walk	3736	2053	123	2:42:46	12:25
			Arthur Vendryes	M42	15147	115	106	16	1:14:01	6:55
Japan Day 4 Mile	05/08/11	4.0	Maria Romano	F52	Volunt	3065	1019		0:36:59	9:15
Healthy Kidney 10K	05/14/11	6.2	Latasha Burnett	F33	5097	3632	1054	305	0:55:16	8:54
Forest Park Classic 4 Mile	5/15/11	4	Arthur Vendryes	M42	113	22		3	0:25:30	6:23
			Cintha Sandoval	F26	66	44		1	0:28:30	7:02
			Dana Rosales	F32	140	65		5	0:31:19	7:50
			Andrea Pryce	F40	13	72		3	0:31:57	7:59
			Francois Michel	M36	127	83		19	0:32:16	8:08
			Reggie Lambert	M30	216	82		18	0:32:16	8:08
			Anthony Riojas	M22	261	93		15	0:32:57	8:14
			Silver Chaudry	F23	141	176		23	0:40:57	10:14
			Dino Riojas	M57	262	217		19	0:46:31	11:38
Pittsburgh Half Marathon	05/15/11	13.1	Terrence Baptiste	M27	400	29	22		1:20:57	6:10
			Maria Romano	F53	3352	2437	999		2:01:43	9:17
Brooklyn Half Marathon	05/21/11	13.1	Arthur Vendryes	M42	759	422	379	54	1:31:19	6:58
			Francois Michel	M36	547	557	487	81	1:33:50	7:09
			Dana Rosales	F32	2642	1939	493	145	1:50:20	8:25
			Maria Romano	F53	5645	3663	1415	28	2:05:16	9:33
			Myrian Rangon	F43	3626	4090	1685	143	2:09:35	9:53
			Donovan Mulholland	M46	Volunt	4574	2535	197	2:15:17	10:19
			Frank Stonitsch	M66	Walk	5141	2681	9	2:23:42	10:58
			Dino Riojas	M57	Walk	5692	2822	97	2:43:28	12:28
Uncle Yuddy 5K Walk	05/22/11	3.1	Dino Riojas	M57	74	1	1	1	0:35:40	11:29
			Maria Romano	F52	89	2	1	1	0:35:40	11:29
VCTC Summer Series XC Race #1	05/26/11	3.1	Maria Romano	F52				4	0:29:47	9:35

Upcoming Races for June and July

Date	Time	Race	Location
05/29/11, Sun.	10:00 a.m.	L'Chaim 5K RunWalk for Isreal http://run.yije.org/sponsor.html	188 th St (Avon & Radnor) Cunningham Park
05/29/11, Sun.	9:00 a.m.	Memorial Day 5 Miler Rockaway Running Series http://www.rockapulcorun.com/	Rockaway Beach
06/05/11, Sun.	9:00 a.m.	Riverdale Ramble 10K http://vctonline.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
06/05/11, Sun.	10:00 a.m.	Ken Dolan 5K http://www.dolanrun.com/	Prospect Park
06/05/11, Sun.	9:00 a.m.	NYRR Celebrate Israel Run 4 Mile	Central Park
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
07/04/11, Mon,	9:00 a.m.	Independence Day 4 Mile Run http://www.krossoverstudios.com/bellmore_striders/bellmore_flyer_2011.pdf	Farmingdale, LI
07/09/11, Sat,	8:00 a.m.	NYRR Cystic Fibrosis Run10K	Central Park
07/16/11, Sat.	8:00 a.m.	NYRR Run for Central Park 4 Mile	Central Park
07/23/11, Sat.	7:00 a.m.	NYRR NYC Marathon Long Training Run #1	Central Park
07/30/11, Sat.	7:00 a.m.	NYRR Queens Half Marathon	Flushing Meadow Park

** Registration is CLOSED

Summer Series

LIRRC Summer Series 5K 5-25-11 The Wednesday night summer series from the LIRRC will run throughout the summer and feature affordable 5K races as well as kids races and more. <http://www.lirrc.org/calendar.html>

PPTC Al Goldstein Series 5K 5-25-11 . This race runs once every two weeks over the course of the summer. https://nycruns.com/index.php?option=com_dtregister&Itemid=361&eventId=20&controller=event&task=individualRegister

VCTC X-C Summer Series 5-26-11 A great local series run weekly in Van Cortlandt Park - a mecca for cross country in NY Metro. <http://nycruns.com/races/race-calendar/viewevent/3704-Van+Cortlandt+Track+Club+XC+Summer+Series+%281%29>