



Renegade Runners

Monthly Club Meeting
Saturday, May 26th, 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

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

“It is true that speed kills. In distance running, it kills anyone who does not have it.”

-Brooks Johnson



Committee Report

- **President**
 - Opening remarks
 - Welcome membership
- **Vice President**
 - Race results
- **Vice President - Membership**
 - Group Training Runs – Hill Work Days, Long Run Days
 - Independence Day Run
 - NYRR Team Points Races
- **Club Secretary**
 - Upcoming Races
 - Volunteering – Achilles Hope & Possibility Race
 - Summer gear prototypes
- **Treasurer**
 - Financial Report

➤ **Social Chairs**

- Renegade Runners Group Hike – Save the Date: Saturday, June 30th, 2012. Sal D’Amico is coordinating a group hiking outing at the Nassau-Suffolk Greenbelt trails. The following is a list of recommended items for the trip: back pack, sunscreen, insect repellent, whistle, non-perishable foods/snacks, water, cell phone, compass, eye protection, extra change of clothes, hiking boots or trail sneakers, maps, first aid kit. Please contact Sal or Dana for further information.
- Club communication

Recent Race Results

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
Long Island Half Marathon	05/06/12	13.1								
			Arthur Vendryes	M43	15516	105	95	14	1:30:30	6:54
			Len Richards	M50	16674	188	168	17	1:35:03	7:15
			Dana Rosales	F33	15419	1412	428	58	1:57:51	8:59
			Donovan Mulholland	M46	18240	3217	1853	311	2:20:24	10:42
			Myrian Rangon	F44	18239	3503	1545	253	2:25:34	11:06
			Anthony Riojas	M23	15410	3849	2093	100	2:33:01	11:40
			Dino Riojas	M58	15411	4039	2150	140	2:39:27	12:10
Long Island Marathon	05/06/12	26.2								
			Frank Priegue	M47	26470	520	394	62	4:40:08	10:41
Healthy Kidney 10K	05/12/12	6.2								
			Winthrop Jacobs	M56	1397	649	603	7	0:21:53	7:05
Roosevelt Island 5K	05/12/12	3.1								
			Reggie Lambert	M31	299	44			0:22:22	7:12
Japan Day 4 Mile	05/13/12	4.0								
			Maria Romano	F53	8377	4882	2246	120	0:59:29	14:52
Brooklyn Half Marathon	05/19/12	13.1								
			Arthur Vendryes	M43	1764	540	488	59	1:28:36	6:45
			Clinton Christie	M50	2687	1696	Volunt	60	1:38:06	7:29
			Winthrop Jacobs	M56	2382	2712	2169	45	1:43:14	7:52
			Francois Michel	M37	1489	4040	3038	575	1:48:56	8:19
			Dana Rosales	F33	4671	5426	1593	401	1:54:04	8:42
			Donovan Mulholland	M47	2573	8554	5309	412	2:05:07	9:33
			Sabrina Martin	F24	12504	9849	4032	348	2:10:11	9:56
			Anthony Riojas	M23	5600	10764	6122	278	2:14:25	10:15
			Maria Romano	F54	11569	11265	4984	111	2:17:12	10:28
			Myrian Rangon	F44	12634	11598	5201	465	2:19:18	10:38
			Claudelle Trotman	F48	20864	11599	5202	204	2:19:18	10:38
			Frank Stonitsch	M67	18666	12035	6554	40	2:22:23	10:52
			Sal D'Amico	M35	19636	13045	Volunt		2:32:01	11:36
			Edwin Baimpwi	M39	9029	13141	6838	1308	2:33:17	11:42
			Dino Riojas	M58	15658	13696	6982	223	2:45:32	12:38
Run The Crater 5K Petersburg, VA	05/19/12	3.1								
			Vincent Morton	M55		4		1	0:19:53	6:24
			Isaiah Goodman	M66		18		2	0:22:59	7:24
Bravo 5K	05/20/12	3.1								
			Maria Romano	F54		158		6	0:36:39	11:48
Forest Park Classic 4 Mile	05/20/12	4.0								
			Arthur Vendryes	M43	85	12		2	0:25:15	6:19
			Howard Hylton	M50	272	165		19	0:37:28	9:22

Brooklyn Half Marathon			
Teams - Men		Teams - 40+ Men	
56 Renegade Runners	08:43:59	30 Renegade Runners	04:49:56
Arthur Vendryes	1:28:36	Arthur Vendryes	1:28:36
Len Richards	1:38:06	Len Richards	1:38:06
Winthrop Jacobs	1:43:14	Winthrop Jacobs	1:43:14
Francois Michel	1:48:56		
Donovan Mulholland	2:05:07		
Teams - Women		Teams - 50+ Men	
55 Renegade Runners	11:12:46	27 Renegade Runners	06:06:52
Dana Rosales	1:54:04	Len Richards	1:38:06
Sabrina Martin	2:10:11	Winthrop Jacobs	1:43:14
Maria D Romano	2:17:12	Dino Riojas	2:45:32
Myrian Rangon	2:19:18		
Tricia Rhoden	2:32:01		

Upcoming Races for June

Date	Time	Race	Location
06/02/12, Sat.	10:00 a.m.	McCarren Park 5K	McCarren Park
06/03/12, Sun.	8:00 a.m.	Celebrate Israel Run 4Miler*	Central Park
06/09/12, Sun.	8:00 a.m.	NY Mini 10K (women only)*	Central Park
06/17/12, Sun.	8:00 a.m.	Portugal Day*	Central Park
06/23/12, Sat.	9:00 a.m.	FRNY Pride Run 5 Miler*	Central Park
06/24/12, Sun.	9:00 a.m.	New York Giants Run of Champions 5K	MetLife Stadium
06/24/12, Sun.	9:00 a.m.	Achilles Hope & Possibility*	Central Park
06/30/12, Sat.	7:00 a.m.	Sprint Triathlon	Corona Park
06/30/12, Sat.	9:00 a.m.	Take Your Base 5Miler	Coney Island
06/30/12, Sat.	8:30 a.m.	NY Harriers Randall's Island 5K	Randall's Island

PLUS: Every Wednesday in June, the LIRRC puts on a 5K, which begins at 7:00pm (registration ends 6:45pm) and the races are \$10 for non-members.

* indicates sold out