



Renegade Runners

Monthly Club Meeting
Saturday, June 25, 2011

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:	Dana Rosales
Treasurer:	Len Richards
Club Coach:	Dino Riojas
Social Chair:	Howard Hylton
Vice Social Chair:	Arthur Vendryes
Webmaster:	Dino Riojas
Membership:	Maria Romano
Newsletter Editor:	Silver Chaudry

Renegade Monthly News

June Birthdays – Happy Birthday to Arthur Vendryes and Tricia Rhoden!

Tip of the Month – Be sure to fit in core workouts into your weekly training. Fact - a novice runner can shave off an average of 47 seconds from their 5K time following 6 weeks of core training!

Committee Report

- **President**
 - Opening remarks
 - Welcome membership
 - New Club position announcement
- **Vice President**
 - Race Results
- **Vice President, Membership**
 - Club Issues
 - Organizing teams for the NYRR Championship race in August.
- **Club Secretary**
 - Renegade Club Photos – The photo session was a success. What next?
 - Bellmore Independence Run (Club Run Event)
 - Other Upcoming Races
 - Discuss and determine a location for our next Renegade meeting
 - Communication for weekend training
- **Coach Vincent**
 - Beginning of Eisenhower Summer Series – Speed work

Committee Report – Cont’d

➤ **Treasurer**

- Financial Report

➤ **Social Chairs**

- Renegade Club Annual Picnic

Recent Race Results

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
L'Chaim 5K Run for Israel	05/29/11	3.1	Terrence Baptiste	M27	335	1	1	1	0:17:44	5:43
			Vincent Morton	M54	358	7	7	1	0:20:50	6:43
			Elik Hirsch	M37	133	13	13	3	0:22:17	7:11
			Anthony Riojas	M22	410	32	28	2	0:24:50	8:00
			Andrea Pryce	F40	333	43	6	1	0:25:51	8:20
			Carol Pryce	F45	332	50	8	1	0:26:15	8:27
			Maria Romano	F53	128	54	9	1	0:26:44	8:37
			Claudelle Trotman	F47	339	73	13	2	0:28:41	9:14
			Dino Riojas	M57	Walk	160	116	10	0:35:18	11:22
			Dian Pryce	F44	331	231	72	8	0:42:11	13:35
Memorial Day Trail 10K	05/30/11	6.6	Cinthy Sandoval	F26					0:58:24	8:55
16th Annual Bayville 5K Run	06/04/11	3.1	Anthony Riojas	M22	120	46		5	0:24:56	8:02
			Maria Romano	F53	132	56		3	0:25:29	8:13
			Dino Riojas	M57	Walk	134		5	0:37:35	12:06
22nd Annual Kenneth Dolan 5K Run	06/05/11	3.1	Anthony Riojas	M22	818	271			0:25:01	8:03
			Dino Riojas	M57	Walk	569	2		0:35:18	11:21
Celebrate Israel Run 4 Mile	06/05/11	4.0	Maria Romano	F53	Buddy	4091	1663	71	0:42:25	10:37
Herndon Festival 10K	06/05/11	6.2	Len Richards	M49	1085	12	12	5	0:44:12	7:08
New Hyde Park 8K Run	06/05/11	5.0								
			Winthrop Jacobs	M55		46	41	2	0:34:06	6:52
Van Cortlandt Park 5K XC Series #2	06/09/11	3.1	Maria Romano	F53	98	81		3	0:29:54	9:37
New York Mini 10K	06/11/11	6.2	Dana Rosales	F32	681	505	505	128	0:48:59	7:54
			Latasha Burnett	F33	2105	2249	2249	562	0:59:30	9:35
			Silver Chaudry	F23	5157	3395	3395	231	1:06:26	10:42
			Christine Bond	F43	7069	4350	4350	498	1:19:21	12:47
LIRRC Summer Series 5K	06/15/11	3.1	Arthur Vendryes	M43	199	7		2	0:20:02.1	6:28
Police Chase 5K	06/16/11	3.1	Arthur Vendryes	M42	203	10		4	0:19:36.6	6:19
			Vincent Morton	M54	93	12		2	0:20:01.7	6:27
			Len Richards	M49	214	16		6	0:20:39.5	6:39
			Cinthy Sandoval	F26	63	21		1	0:21:30.3	6:56
			Andrea Pryce	F40	179	42		1	0:23:23.3	7:32
			Letisha Jenkins	F27	200	56		6	0:24:29.4	7:53
			Howard Hylton	M49	182	93		5	0:27:56.7	9:00
Portugal Day 5 Mile	06/19/11	5.0	Len Richards	M49	694	448	432	47	0:34:21	6:53
			Anthony Riojas	M22	2681	2213	1813	61	0:40:31	8:43
			Latasha Burnett	F33	4093	3095	801	201	0:47:52	9:35
			Maria Romano	F53	Volunt	3225	868		0:48:32	9:43
			Frank Stonitsch	M66	Walk	3805	2606	42	0:52:49	10:34
			Dino Riojas	M57	Walk	4282	2793	154	0:58:47	11:46

Upcoming Races for July and August

Date	Time	Race	Location
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
08/06/11, Sat.	8 :00 a.m. and 9:00 a.m.	NYRR Team Championships (5M) Teams Only Point Race	Central Park
08/21/11, Sun.	7:00 a.m.	NYRR ING New York City Marathon Long Training Run #2*	Central Park
08/27/11, Sat.	8:30 a.m.	NYRR Percy E. Sutton Harlem 5K and NYC Family Health Walk	St. Nicholas Park, Harlem
08/28/11, Sun.	TBD	NYRR Bronx Half-Marathon	The Bronx (TBD)
08/28/11, Sun.	11:30 a.m.	NYRR Henry Isola Cross Country Classic (4M)	Van Cortlandt Park

* Registration near capacity

** 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>