



Renegade Runners

Monthly Club Meeting
Saturday, June 30th, 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

June Birthdays – Happy Birthday to Arthur Vendryes, Tricia Rhoden and Esther Santiago-Priegue!

“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
 - Bellmore Independence Day Run
 - NYRR Team Points Races
- **Club Secretary**
 - Upcoming Races
- **Treasurer**
 - Financial Report
- **Social Chairs**
 - Club communication

Recent Race

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
S.I. 4 Mile Memorial Day Run	05/28/12	4.0								
			Maria Romano	F54	2288(W)	4		2	0:47:45	11:57
			Sal D'Amico	M35	888	843			0:47:45	11:57
23rd Annual Kenneth Dolan 5K Run	06/03/12	3.1								
			Dino Riojas	M58	717(W)	496	1		0:35:22	11:23
Belmont Stakes 5K	06/03/12	3.1								
			Len Richards	M50	544	29		3	0:20:48	6:42
			Maria Romano	F54	595(W)	505		23	0:36:34	11:48
Celebrate Israel 4 Mile	06/03/12	4.0								
			Maria Romano	F54	Volunt	5020	2350	113	0:58:04	14:31
New York Mini 10K	06/09/12	6.2								
			Myrian Rangon	F44	3686	3206	3206	397	1:01:22	9:53
			Dana Rosales	F33	754	922	922	240	0:51:31	8:18
L'Chaim 5K RunWalk for Israel	06/10/12	3.1								
			Len Richards	M50	207	8	8	1	0:21:01	6:46
			Anthony Riojas	M23	255	28	23	4	0:25:21	8:10
			Monroe Morton	M52	186	61	48	6	0:30:24	9:47
			Dino Riojas	M58	254(W)	99	76	9	0:35:34	11:27
Belmont Stakes Good Shepard Sports 5K	06/16/12	3.1								
			Maria Romano	F54	Volunt	188		6	0:40:46	13:07
Police Chase 5K	06/21/12	3.1								
			Vincent Morton	M55	163	5	5	1	0:20:11	6:30
			Pernell Duncan	M27	166	35	29	8	0:25:40	8:16
Achilles Hope & Possibility 5 Mile	06/24/12	5.0								
			Clinton Christie	M50	234	92	84	4	0:34:34	6:55

Results

Upcoming Races for July & August

Date	Time	Race	Location
07/01/12, Sun.	8:00 a.m.	Queens 10K	Queens
07/14/12, Sat.	8:00 a.m.	CPC Run for Central Park 4Miler	Central Park
07/21/12, Sat.	9:00 a.m.	Run to Breathe 10K	Central Park
07/28/12, Sat.	7:00 a.m.	NYC Marathon Long Training Run #1	Central Park
08/04/12, Sat.	8:00 a.m.	Team Championships 5 Mile (Men and Women)	Central Park
08/19/12, Sun.	7:00 a.m.	NYC Marathon Long Training Run #2	Central Park
08/25/12, Sat.	8:30 a.m.	Percy Sutton 5K	Central Park