

Renegade Runners Club
Monthly Meeting
Saturday, July 25th, 2009
114-64 Merrick Blvd
Jamaica, New York 11434
Race Results

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
LIRRC Summer Series 5K (Week 9)	07/01/09	3.1								
			Vincent Morton	M53		11		1	0:19:49	6:23
			Marc (Diamond) Smith	M27		12		2	0:19:55	6:25
			David Hamilton	M42		20		3	0:20:58	6:45
			Cintha Sandoval	F24		24		1	0:21:39	6:59
			Isaiah (Ike) Goodman	M63		25		1	0:21:41	6:59
			Pernell Duncan	M24		40		3	0:23:06	7:27
			Nelisa Roach	F25		89		4	0:27:38	8:54
Independence Day Run	07/04/09	4.0								
			Terrence Baptiste	M25		8	8	1	0:22:56	5:44
			Winthrop Jacobs	M53		32	31	5	0:25:47	6:27
			Len Richards	M47		34	33	3	0:26:04	6:31
			Vincent Morton	M52		38	36	8	0:26:20	6:35
			Francois Michel	M34		39	37	3	0:26:25	6:37
			Isaiah (Ike) Goodman	M63		101	86	7	0:29:42	7:26
			Anthony Riojas	M20		127	105	6	0:31:00	7:45
			Dino Riojas	M55		292	215	20	0:37:18	9:20
			Nelisa Roach	F25		308	84	13	0:37:58	9:30
			Howard Hylton	M47		312	227	34	0:38:11	9:33
			Myrian Rangon	F41	Walk	417	136	17	0:43:38	10:55
			Laferne Thomas	F42		447	154	21	0:45:58	11:30
TEAM RESULTS										

OPEN-MALE TEAMS										

2. RENEGADE RUNNERS										
22:56 26:25 31:00 = 1:20:21										
TERENCE BAPTISTE 25 M, FRANCOIS MICHEL 34 M, ANTHONY RIOJAS 20 M										

MASTERS-MALE TEAMS										

3. RENEGADE RUNNERS										
23:35 25:47 26:04 (26:20) (29:42) (37:18) = 1:15:26										
JAIME PALACIOS 54 M, WINTHROP JACOBS 53 M, LEN RICHARDS 47 M, VINCENT MORTON 52 M, IKE GOODMAN 63 M, DINO RIOJAS 55 M										

OPEN-FEMALE TEAMS										

3. RENEGADE RUNNERS										
37:58 43:38 45:58 = 2:07:34										
NELISA ROACH 25 F, MYRIAM RANGON 41 F, LAFERNE THOMAS 42 F										

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
LIRRC Summer Series 5K (Week 10)	07/08/09	3.1								
			Marc (Diamond) Smith	M27		9		2	0:19:22	6:14
			Winthrop Jacobs	M53		11		1	0:19:29	6:17
			Arthur Vendryes	M41		15		2	0:20:04	6:28
			Pernell Duncan	M24		20		3	0:20:33	6:37
			Cinthya Sandoval	F24		21		1	0:20:34	6:38
			Vincent Morton	M53		22		3	0:20:35	6:38
			David Hamilton	M42		26		5	0:20:58	6:45
			Nelisa Roach	F25		122		3	0:26:51	8:39
LIRRC Summer Series 5K (Week 11)	07/15/09	3.1								
			Marc (Diamond) Smith	M27		4		1	0:19:04	6:09
			Pernell Duncan	M24		11		1	0:19:56	6:25
			Cinthya Sandoval	F24		31		1	0:21:47	7:01
			Nelisa Roach	F25		103		3	0:26:50	8:38
			Howard Hylton	M48		125		13	0:28:13	9:05
Arrow LI Women's 5K Racewalk	07/18/09	3.1								
			Myrian Rangon	F41	Walk	8	8	4	0:31:54	10:16
Arrow LI Women's 5K Run	07/18/09	3.1								
			Laferne Thomas	F42		258	258	28	0:34:48	11:12
Park Racewalkers 5K Racewalk	07/19/09	3.1								
			Dino Riojas	M55	Walk	17	11	5	0:35:06	11:18
LIRRC Summer Series 5K (Week 12)	07/22/09	3.1								
			Marc (Diamond) Smith	M27		8		1	0:18:52	6:05
			Arthur Vendryes	M41		20		2	0:20:11	6:30
			Cinthya Sandoval	F24		32		1	0:21:13	6:50
			Pernell Duncan	M25		46		3	0:22:26	7:13
			Howard Hylton	M48		121		14	0:28:02	9:02

❖ Committee Report

- President
 - A) Status on club banner/sign
 - B) Overview of recent club races
- Vice President
 - A) Status of Club Bank Account
 - B) Training schedule 2009 with coach Vincent Morton
- Treasurer
 - A) Overview of RRC's financial statement
- Social Chairman
 - A) Summer outings
 - B) Updates on the camping/hiking trip

-Location & Time (TBD)

Q & A