



Renegade Runners Club
Monthly Meeting
Saturday, July 31, 2010
114-64 Merrick Blvd
Jamaica, New York 11434
Race Results



Race Name	Date	Dist	Name	Sex	BIB	OvPl	SexPl	AgePl	Time	Pace
Long Island 4 Mile Championship	06/26/10	4.0								
			Dino Riojas	M56	Walk	1	1		0:45:12.8	11:19
			Maria Romano	F52	Walk	3	2		0:46:36.2	11:40
Adventist Race for Health 10K	06/27/10	6.2								
			Cinthy Sandoval	F25	116	9	1	1	0:47:02	7:11
LIRRC Summer Series 5K	06/30/10	3.1								
			Winthrop Jacobs	M54	6	5		1	0:19:34.9	6:18
			Arthur Vendryes	M42	757	9		1	0:20:25.4	6:34
			Isaiah (Ike) Goodman	M64	11	34		1	0:22:47.4	7:20
			Andrea Pryce	F39	759	48		2	0:23:54.9	7:42
			Latasha Burnett	F32	12	65		4	0:25:14.2	8:07
			Letisha Jenkins	F26	RuffK	66		7	0:25:29.4	8:12
			Howard Hylton	M48	760	94		7	0:27:27.5	8:50
Independence Day Run	07/04/10	4.0								
			Winthrop Jacobs	M54		30		3	0:25:54	6:29
			Len Richards	M48		41		10	0:26:44	6:41
			Arthur Vendryes	M42		59		5	0:27:19	6:50
			Anthony Riojas	M21		165		6	0:31:55	7:59
			Myrian Rangon	F42		252		11	0:34:49	8:43
			Jamere Shelby	F18		330		8	0:37:43	9:26
			Dino Riojas	F56		336		29	0:38:07	9:32
			Howard Hylton	M48		344		42	0:38:30	9:38
			Monroe Morton	M50		346		39	0:38:33	9:39
			Candice Sexton	F27		535		23	0:55:34	13:54
LIRRC Mike Saltser 5K	07/07/10	3.1								
			Nelisa Roach	F26	777	52		1	0:26:51.2	8:39
Dash & Splash 10K	07/10/10	4.0								
			Francois Michel	M35	336	268	239	43	0:45:15	7:17
			Candice Sexton	F27	7022	3835	1846	557	1:33:14	15:02
LIRRC Summer Series 5K	07/14/10	3.1								
			Marc (Diamond) Smith	M27	151	6		1	0:19:00.8	6:08
			Arthur Vendryes	M42	139	17		1	0:21:31.2	6:56
			Pernell Duncan	M26	152	18		2	0:21:52.6	7:03
			Cinthy Sandoval	F25	150	22	1	1	0:22:01.3	7:06
			Letisha Jenkins	F26	RUFFK	51		1	0:25:29.2	8:13
			Jamere Shelby	F18	144	53		2	0:25:52.3	8:21
			Nelisa Roach	F26	116	65		2	0:26:44.9	8:37
			Howard Hylton	M49	143	83		7	0:28:13.8	9:06

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
Arrow Exterminating Long Island 5K	07/17/10	3.1								
			Jamere Shelby	F18	341	94		5	0:26:31.4	8:33
			Maria Romano	F52	Walk	7		3	0:35:21.3	11:24
			Laferne Thomas	F43	332	263			0:36:36.6	11:48
Thunder Run 5K	07/18/10	3.1								
			Tricia Rhoden	F27		293		7	0:33:30	10:47
			Dino Riojas	M56	Walk	3		3	0:35:22	11:23
			Maria Romano	F52	Walk	4		1	0:35:30	11:26
LIRRC Summer Series 5K	07/21/10	3.1								
			Nelisa Roach	F26	281	69		4	0:26:40.3	8:36
Queens Half Marathon	07/24/10	13.1								
			Len Richards	M48	557	275	254	20	1:41:42	7:46
			Francois Michel	M35	457	642	548	117	1:51:06	8:29
			Myrian Rangon	F42	2731	2251	714	61	2:16:37	10:26
			Maria Romano	F52	4528	2705	919	32	2:25:18	11:06
			Dino Riojas	M56	Walk	3384	2115	80	2:46:45	12:44
			Nabila Belgrave	F35	5853	3455	1304	204	2:50:53	13:03
LIRRC Summer Series 5K	07/28/10	3.1								
			Winthrop Jacobs	M54	345	11		3	0:19:55	6:25
			Arthur Vendryes	M42	470	19		1	0:21:13	6:51
			Cinthya Sandoval	F25	352	25		1	0:21:53	7:04
			Anthony Riojas	M21	473	46		6	0:23:59	7:44
			Latasha Burnett	F32	354	56		2	0:25:10	8:07
			Jamere Shelby	F18	351	59		3	0:25:30	8:14
			Nelisa Roach	F26	313	68		2	0:27:01	8:43
			Howard Hylton	M49	474	84		11	0:27:37	8:55

Committee Report

* Vice President

- A) Club race results
- B) Membership cards, (Membership dues for 2010)

* Secretary

A) Upcoming races

- 08/01/10, Sun, 7:00 am, NYC Marathon Long Training Run #1
- 08/05/10, Thu, 7:00 pm, VCTC Summer Series XC 5K
- 08/11/10, Wed, 7:00 pm, Long Island Summer Series 5K (Eisenhower Park)
- 08/15/10, Sun, 7:00 am, Bronx Half Marathon
- 08/19/10, Thu, 7:00 pm, VCTC Summer Series XC 5K
- 08/21/10, Sat, 8:30 am, Percy Sutton Harlem 5K
- 08/22/10, Sun, 8:00 am, Battle of Brooklyn 10 Miler (Individual / 3 person relay)
- 08/22/10, Sun, 9:00 am, Ellen's Run 5K (Southhampton)
- 08/25/10, Wed, 7:00 pm, Long Island Summer Series 5K (Eisenhower Park)
- 08/28/10, Sat, 7:00 am, NYC Marathon Long Training Run #2
- 08/29/10, Sun, 11:30 am, NYRR Henry Isola XC Classic 4 Mile (Van Cortlandt Park)

* Club Coach

- 08/04/10 Hillwork Alley Pond Park
- 08/11/10 Long Island Summer Series 5K (Eisenhower Park)
- 08/18/10 Hillwork Alley Pond Park
- 08/25/10 Long Island Summer Series 5K (Eisenhower Park)

* President

- A) Club Announcements
- Club Picnic