



## Renegade Runners

### Monthly Club News July 2011

114-64 Merrick Blvd.  
Jamaica, New York 11434  
[www.renegaderunners.com](http://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  
**Newsletter Editor:** Silver Chaudry



#### Renegade Monthly News

**Club Meeting** – This month's club meeting which was previously scheduled for Saturday, July 30 has been **cancelled**.

**Annual Club BBQ** – Our annual club BBQ will be held on Sunday, August 21 at Brookdale Park. The cost is \$20 which will cover the cost of food, beverages, etc. Additional information will be sent out as we get closer to the date.

**Summer Weekend Training** – Remember, both Saturday and Sunday training runs will start at 6 a.m. during the summer months. If you have any questions regarding Saturday's training, please contact Francios Michel and for Sunday training, contact Arthur Vendryes.

**NYRR Queens Half Marathon** – The NYRR Queens Half Marathon will be held this Saturday, July 30 at 7 a.m. in Flushing Meadow Park. It's going to be a hot one (92 degrees) and those of us running this race can definitely use Renegade support. So come out and join us!

**July Birthdays** – Happy Birthday to Dana Rosales, Sheron Wiltshire, Howard Hylton, and Pernell Duncan!

**Tip of the Month** – Hydrate! Water is adequate for workouts under an hour. On hot days, hydrate before your run and take sips every 15 minutes or so. Switch to sports drinks for workouts over an hour, but monitor your energy drink consumption as they contain many stimulants that could impact hydration and blood pressure.

## Recent Race Results

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
Van Cortlandt Park 5K XC Series #3	06/23/11	3.1	Maria Romano	F53	127	111		5	0:29:08	9:22
Long Island 4 Mile Championship (Racewalk)	06/25/11	4.0	Maria Romano	F53	2563	1	1	1	45:13	11:19
			Dino Riojas	M57	2528	3	1	1	46:28	11:38
Massepequa Firecracker 5K	06/26/11	3.1	Maria Romano	F53	336	219	56	6	0:25:51	8:19
LIRRC Summer Series 5K	06/29/11	3.1	Arthur Vendryes	M43	247	9		3	0:19:36.6	6:19
			Vincent Morton	M54	594	11		1	0:19:55.3	6:25
			Cinthya Sandoval	F26	591	27	1	1	0:21:52	7:03
			Dana Rosales	F32	246	34		1	0:22:40.1	7:19
			Reggie Lambert	M31	589	36		5	0:22:58.2	7:25
			Letisha Jenkins	F27	592	47		2	0:23:54.6	7:43
			David (Rasta) Francis	M58	597	56		6	0:24:20	7:51
			Andrea Pryce	F40	590	61		1	0:24:52.3	8:01
			Howard Hylton	M49	245	94		7	0:27:01.8	8:43
Myrian Rangon	F43	641	99		6	0:27:22	8:50			
Independence Day Run	07/04/11	4.0	Arthur Vendryes	M43	385	39	35	3	0:25:22	6:21
			Len Richards	M49		80		12	0:27:15	6:49
			Vincent Morton	M54	755	90	73	7	0:27:36	6:54
			Cinthya Sandoval	F26	338	95	26	4	0:27:51	6:58
			Dana Rosales	F32	328	174	36	8	0:30:18	7:35
			Andrea Pryce	F40	307	185	41	3	0:30:48	7:42
			Letisha Jenkins	F27	193	228	57	10	0:32:08	8:02
			David (Rasta) Francis	M58	643	231	173	21	0:32:16	8:04
			Erol Richards	M62	741	235		10	0:32:22	8:06
			Donovan Mulholland	M46	647	292	218	38	0:34:12	8:33
			Maria Romano	F53	326	304	79	8	0:34:37	8:40
			Myrian Rangon	F43	313	325	88	6	0:35:17	8:50
			Howard Hylton	M49	746	346	248	45	0:35:50	8:58
			Claudelle Trotman	F47	748	409	131	22	0:38:01	9:31
			Dino Riojas	M57	733	550	361	51	0:46:10	11:33
Candice Sexton	F28	744	610	222	26	0:56:21	14:06			
LIRRC Summer Series 5K	07/06/11	3.1	Arthur Vendryes	M43	711	7		2	0:19:30.3	6:17
			Vincent Morton	M54	714	11		1	0:20:27.3	6:36
			Cinthya Sandoval	F26	700	19		1	0:21:32.5	6:57
			Andrea Pryce	F40	704	39		1	0:23:35.5	7:36
			Letisha Jenkins	F27	702	47		2	0:24:20.2	7:51
			Myrian Rangon	F43	727	66		4	0:26:37.7	8:35
Van Cortlandt Park 4M XC Relay #4	07/07/11	2.0	Maria Romano	F53	2CO>108	52		2	0:32:36	8:09
Boomer's Run 10K	07/09/11	6.2	Frank Stonitsch	M66	6705	4012	2291	27	1:06:42	10:46
LIRRC Summer Series	07/13/11	3.1	Vincent Morton	M54	812	6		1	0:19:53.9	6:25
			Cinthya Sandoval	F26	809	20	1	1	0:21:34.1	6:57
			Letisha Jenkins	F27	810	48		1	0:24:30.0	7:54
			Myrian Rangon	F43	879	63		3	0:25:52.6	8:21
Run For Central Park 4 Mile	07/16/11	4.0	Francois Michel	M36	550	693	599	100	0:27:41	6:56
			Reggie Lambert	M31	3438	2403	1733	351	0:34:17	8:35
			Frank Stonitsch	M66	6769	4181	2443	41	0:41:47	10:27
Runner's Edge Long Island 5K	07/16/11	3.1	Maria Romano	F53	Walk	5		3	0:34:35.7	

## Race Results Con't

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
Thunder Run 5K	07/17/11	3.1	Arthur Vendryes	M43		12		1	0:19:14	6:12
			Vincent Morton	M54		26		4	0:19:58	6:26
			Isaiah (Ike) Goodman	M65		64		2	0:21:56	7:04
			Len Richards	M50		70		9	0:22:10	7:08
			Dana Rosales	F33		87		3	0:22:41	7:18
			Andrea Pryce	F40		125		2	0:24:34	7:55
			Letisha Jenkins	F27		130		1	0:24:42	7:57
			Myrian Rangon	F43		156		3	0:26:08	8:25
			Donovan Mulholland	M46		244		21	0:29:09	9:23
			Maria Romano	F53	Rwalk	333		1	0:34:58	11:16
			Dino Riojas	M57	Rwalk	338		4	0:35:22	11:23
Laferne Thomas	F44		346		14	0:36:56	11:54			
LIRRC Summer Series	07/20/11	3.1	Vincent Morton	M54	456	10		2	0:20:06.3	6:29
			Reggie Lambert	M31	917	33		5	0:23:14.6	7:30
			Letisha Jenkins	F27	924	42		2	0:23:49.7	7:41
			Donovan Mulholland	M46	467	58		5	0:25:39.9	8:16
			Myrian Rangon	F43	436	61		3	0:26:12.9	8:27
Van Cortlandt Park 5K XC Series #3	07/21/11	3.1	Maria Romano	F53	65	124		2	0:33:40	10:50

## Upcoming Races for July and August

Date	Time	Race	Location
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
08/21/11, Sun	8:00 a.m.	JackRabbit Battle of Brooklyn 10 Miler <a href="http://www.active.com/running/brooklyn-ny/jackrabbit-battle-of-brooklyn-10-miler-2011">http://www.active.com/running/brooklyn-ny/jackrabbit-battle-of-brooklyn-10-miler-2011</a>	Prospect 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

## 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](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>