



Renegade Runners

Monthly Club Meeting
Saturday, July 28th, 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
Webmaster:	Dino Riojas

Renegade Monthly News

July Birthdays – Happy Birthday to Dana Rosales, Howard Hylton, Sal D’Amico and Frank Priegue!

“Everyone is an athlete. The only difference is that some of us are in training, and some are not.”

-Dr. George Sheehan



Committee Report

- **President**
 - Opening remarks
 - Welcome membership
- **Vice President**
 - Race results
- **Vice President - Membership**
 - Group Training Runs – Hill Work Days, Long Run Days
 - Club Picnic
 - Marathon Training
 - Meet & Greet – New Members
- **Club Secretary**
 - Upcoming Races
- **Treasurer**
 - Financial Report

Recent Race Results

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
Queens 10K	07/01/12	6.2								
			Myrian Rangon	F44	8325	3215	1017	120	1:02:19	10:02
			Maria Romano	F54	6359	3253	1044	32	1:02:32	10:04
			Claudelle Trotman	F48	11394	3954	1446	82	1:06:44	10:44
			Dino Riojas	M58	9336	4975	2877	117	1:17:40	12:30
			Dana Rosales	F33	2347	1276	217	62	0:52:05	8:23
			Donovan Mulholland	M47	1277	1984	1524	142	0:55:57	9:00
Independence Day Run	07/04/12	4.0								
			Winthrop Jacobs	M56		66	42	7	0:26:58	6:45
			Dana Rosales	F33		164	19	6	0:30:07	7:32
			Maria Romano	F54		336	22	11	0:36:47	9:12
Run for Central Park 4 Mile	07/14/12	4.0								
			Dana Rosales	F34	2661	1403	290	85	0:31:18	7:49
Van Cortlandt Park 5K XC Series #5	07/19/12	3.1								
			Maria Romano	F54	597	141		4	0:32:02	10:19
Run To Breathe 10K	07/21/12	6.2								
			Sabrina Martin	F24	6491	3058	1155	86	1:00:24	9:43

Upcoming Races for August

Date	Time	Race	Location
08/01/12, Wed.	7:00 p.m.	NYC Runs Riverside Park Summer 5K	Riverside 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
08/26/12, Sun.	9:00 a.m.	NYC Runs Ice Cream Social 10K	Riverside Park