



Renegade Runners

Monthly Club Meeting
Saturday, August 25th, 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

August Birthdays – Happy Birthday to Ricardo Richards, Anthony Riojas and Len Richards!

“Running is a big question mark that’s there each and every day. It asks you, ‘Are you going to be a wimp or are you going to be strong today?’”

-Peter Maher, Irish-Canadian Olympian and sub-2:12 marathoner



Committee Report

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

➤ **Social Chairs**

- Training Run and Wine Tasting - Join us for a training run in beautiful Stony Brook followed by an early afternoon of wine tasting at Baiting Hollow Farm Vineyard. This vineyard is not known just for its wine, but also for its horse rescue. Baiting Hollow houses horses whose lives were at risk. There they are fed, loved, given sanctuary and given a second chance at life. The profits from a significant portion of their featured selection of wines go to their horse rescue efforts. *Tentative Date: October 21st.*

For more information about the winery: <http://www.baitinghollowfarmvineyard.com/rescue/rescue-horses.php>

Recent Race Results

| Race Name | Date | Dist | Name | Sex | BIB | OvPI | SexPI | AgePI | Time | Pace |
|------------------------------------|----------|------|--------------------|-----|-------|------|-------|-------|---------|-------|
| BUS 6 Hour Pajama Romp | 07/28/12 | 26.8 | | | | | | | | |
| | | | Frank Stonitsch | M67 | 175 | 48 | 31 | 3 | 5:21:55 | 12:00 |
| CPTC Founders 5K | 07/28/12 | 3.1 | | | | | | | | |
| | | | Dino Riojas | M58 | 432 | 481 | | 9 | 0:35:26 | 11:24 |
| | | | Laura Crafton | F50 | 97 | 511 | | 8 | 0:38:26 | 12:22 |
| Van Cortlandt Park 5K XC Series #6 | 08/02/12 | 3.1 | | | | | | | | |
| | | | Maria Romano | F54 | 447 | 139 | | | 0:34:31 | 11:07 |
| | | | Carlene Duncan | F31 | 465 | 140 | | | 0:34:40 | 11:10 |
| | | | Donovan Mulholland | M46 | 446 | 141 | | | 0:34:41 | 11:10 |
| NYRR Team Championships 5 Mile | 08/04/12 | 5.0 | | | | | | | | |
| | | | Dino Riojas | M58 | 9170 | 1035 | 1035 | 57 | 1:00:00 | 12:00 |
| | | | Reggie Lambert | M32 | 5557 | 505 | 505 | 102 | 0:36:35 | 7:19 |
| | | | Dana Rosales | F34 | 4176 | 265 | 265 | 78 | 0:41:12 | 8:15 |
| | | | Donovan Mulholland | M47 | 4075 | 796 | 796 | 80 | 0:42:42 | 8:33 |
| | | | Myrian Rangon | F44 | 10000 | 580 | 580 | 71 | 0:51:23 | 10:17 |
| | | | Frank Stonitsch | M67 | 9201 | 991 | 991 | 19 | 0:52:54 | 10:35 |
| | | | Sabrina Martin | F24 | 10204 | 622 | 622 | 28 | 0:53:05 | 10:37 |
| | | | Claudelle Trotman | F48 | 10198 | 633 | 633 | 42 | 0:53:39 | 10:44 |
| | | | Maria Romano | F54 | 10015 | 671 | 671 | 49 | 0:55:16 | 11:04 |
| Sgt Keith Ferguson 5K Run | 08/05/12 | 3.1 | | | | | | | | |
| | | | Carlene Duncan | F31 | 3729 | 651 | 306 | 97 | 0:37:44 | 12:09 |
| | | | Maria Romano | F54 | 700 | 813 | 422 | 51 | 0:48:46 | 15:42 |
| | | | Andrea Phillips | F54 | 3732 | 814 | 423 | 52 | 0:48:46 | 15:42 |
| Brentwood Cookie Run 5K RW | 08/13/12 | 3.1 | | | | | | | | |
| | | | Dino Riojas | M58 | 905RW | 5 | 2 | 2 | 0:36:24 | 11:43 |
| Van Cortlandt Park 5K XC Series #7 | 08/16/12 | 3.1 | | | | | | | | |
| | | | Reggie Lambert | M32 | 479 | 86 | | | 0:24:20 | 7:50 |
| | | | Alonna Leyerle | F07 | 450 | 170 | | 2 | 0:31:26 | 10:07 |
| | | | Donovan Mulholland | M46 | 422 | 175 | | | 0:32:53 | 10:35 |
| | | | Siriah Leyerle | F10 | 451 | 183 | | 3 | 0:35:03 | 11:17 |
| | | | Maria Romano | F54 | 452 | 184 | | | 0:35:03 | 11:17 |
| Battle Of Brooklyn 10 Miler | 08/19/12 | 10.0 | | | | | | | | |
| | | | Frank Priegue | M48 | 1670 | 467 | 301 | 48 | 1:34:28 | 9:27 |
| | | | Sabrina Martin | F24 | 1610 | 582 | 247 | 102 | 1:43:22 | 10:20 |

Upcoming Races for September

| Date | Time | Race | Location |
|----------------|-------------|---|------------------|
| 09/03/12, Mon. | 10:00 a.m. | Labor Day 5K and 10K | Roosevelt Island |
| 09/09/12, Sun. | 7:00 a.m. | NYRR Bronx 10-Miler | Bronx |
| 09/15/12, Sat. | 8 & 9 a.m. | NYRR Fitness Magazine Mind Body Spirit 4miler | Central Park |
| 09/15/12, Sat. | 11:00 a.m. | Great Irish Fair 5K | Coney Island |
| 09/16/12, Sun. | 8:00 a.m. | Rock N Roll Half Marathon | Philadelphia |
| 09/16/12, Sun. | 8:00 a.m. | Yonkers Half Marathon | Yonkers |
| 09/22/12, Sat. | - | NYRR Fifth Avenue Mile | Manhattan |
| 09/22/12, Sat. | 8:30 a.m. | Heels & Wheels 5K | White Plains |
| 09/23/12, Sun. | 7:00 a.m. | NYRR ING NYC Marathon Tune Up 18M | Central Park |
| 09/30/12, Sun. | 10:00 a.m. | Music that Heals 5K | Prospect Park |
| 09/30/12, Sun. | 9:00 a.m. | The Narrows Half Marathon | Bay Ridge, BK |