



## Renegade Runners

Monthly Club Meeting  
Saturday, September 24, 2011

114-64 Merrick Blvd.  
Jamaica, New York 11434  
[www.renegaderunners.com](http://www.renegaderunners.com)

### Club Officers

<b>President</b>	Monroe Morton
<b>Vice President:</b>	Dino Riojas
<b>VP, Membership:</b>	Maria Romano
<b>Secretary:</b>	Dana Rosales
<b>Treasurer:</b>	Len Richards
<b>Club Coach:</b>	Dino Riojas
<b>Social Chair:</b>	Howard Hylton
<b>Vice Social Chair:</b>	Arthur Vendryes
<b>Webmaster:</b>	Dino Riojas
<b>Newsletter Editor:</b>	Silver Chaudry

### Renegade Monthly News

**September Birthdays** – Happy Birthday to Laferne Thomas, George Bradley, Francois Michel and Nablia Belgrave!

**Tip of the Month** – “Whenever you feel any tension, fatigue, discomfort, or even pain, the first thing to do is check in with your posture. Practice your posture as if your quality of life depends on it, because it does.” – Danny Dreyer, Chirunning

### Committee Report

- **President**
  - Opening remarks
  - Welcome membership
  - Club Elections – Officer role descriptions to be read/discussed for consideration and nomination
- **Vice President**
  - Race Results
- **Club Secretary**
  - Upcoming Races
  - Renegade Runners Blog
- **VP, Membership**
  - Charitable races/events
    - Join the Fight 5K on October 23 – Race for HIV/AIDS (Jointhefight5k.com)
    - Charity Bowling event – The 5<sup>th</sup> Annual James Elliot Watkins Bowling Nite – Sun., Oct. 9 from 5 p.m.- 8 p.m. - \$15 per person - The Garden City Lanes. RSVP by Oct. 1 (more information to be announced)
- **Treasurer**
  - Financial Report
- **Newsletter Editor**
  - Entries needed for quarterly Renegade Newsletter
- **Social Chairs**
  - Annual Renegade Christmas Dinner - proposed dates, Dec. 10 or 17 – proposed venue, *Port Royal Restaurant*
  - Announcing our Annual Renegade Awards Dinner Dance to be held in January (Date TBD) – proposed venue, *Douglaston Manor*

## Recent Race Results

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
LIRRC Walter Colvin 5K	08/24/11	3.1	Vincent Morton	M54	165	11		3	0:19:57.6	6:26
			Cinthya Sandoval	F27	639	18		1	0:21:15.6	6:51
			Letisha Jenkins	F27	622	38		3	0:23:39.1	7:38
			Sal D'Amico	M35	601	62		4	0:25:29.3	8:13
Al Goldstein 5K Summer Series	08/31/11	3.1	Vincent Morton	M54	1447	46	41	3	0:20:29	6:36
			Cinthya Sandoval	F27	247	47	6	1	0:20:31	6:37
			Letisha Jenkins	F27	248	89	18	7	0:23:18	7:30
			Donovan Mulholland	M46	1451	109	82	7	0:25:16	8:09
LIRRC Summer Series	08/31/11	3.1	Sal D'Amico	M35	254	61		5	0:24:00.3	7:45
New Haven 20K	09/05/11	12.4	Myrian Rangon	F43	2568	1237		58	1:55:36	9:18
			Donovan Mulholland	M46	2569	1734		175	2:08:06	10:18
New Haven 5K	09/05/11	3.1	Maria Romano	F53	4889	836		8	0:26:09	8:25
LIRRC Summer Series	09/07/11	3.1	Sal D'Amico	M35	741	7		2	0:24:10.0	7:48
Metro Milers Friday Night Miles	09/09/11	1.0	Maria Romano	F53	157	7	7	2	0:07:30.72	7:30
Chicago Half Marathon	09/11/11	13.1	Cinthya Sandoval	F27	1711	523	90	25	1:36:55	7:24
RnR Philadelphia Half Marathon	09/18/11	13.1	Arthur Vendryes	M43	1697	505	417	50	1:28:04	6:43
Susan G Komen Race for the Cure	09/18/11	3.1	Sal D'Amico	M35					0:23:50	7:40
Yonkers Half Marathon	09/18/11	13.1	Donovan Mulholland	M45		281	191	19	2:04:57	9:32
			Myrian Rangon	F43	1846	304	101	16	2:07:50	9:45

## Upcoming Races for October and November

\* Registration near capacity \*\* Registration is CLOSED

Date	Time	Race	Location
09/25/11, Sun,	7:00 a.m.	NYRR NYC Marathon Tune-Up 18 Mile**	Central Park
9/18/11, Sun.	9:00 a.m.	Komen Greater New York City Race for the Cure 5K <a href="http://www.komennyc.org/site/TR?fr_id=1230&amp;pg=entry">http://www.komennyc.org/site/TR?fr_id=1230&amp;pg=entry</a>	Central Park
9/25/11, Sun.	9:30 a.m.	Tunnel to Towers Run/Walk 5K <a href="http://tunneltotowersrun.org/nyc_run.aspx">http://tunneltotowersrun.org/nyc_run.aspx</a>	Brooklyn
10/01/11, Sat,	8:15 a.m.	NYRR Grete's Great Gallop 13.1M	Central Park
10/02/11, Sun,	8:00 a.m.	Diva's Half Marathon 13.1M <a href="http://www.runlikeadiva.com/Half_Marathon_Events/Long_Island_NY/Register_Like_A_Diva_for_LI.htm">http://www.runlikeadiva.com/Half_Marathon_Events/Long_Island_NY/Register_Like_A_Diva_for_LI.htm</a>	Eisenhower Park
10/2/11, Sun	10:00 a.m.	Forest Park 5K and Children's Day <a href="http://www.forestparkrunners.org/Forest_Park_5K_2011_Application.PDF">http://www.forestparkrunners.org/Forest_Park_5K_2011_Application.PDF</a>	Forest Park
10/09/11, Sun,	8:30 a.m.	NYRR Staten Island Half 13.1M**	Staten Island
10/09/11, Sun,	9:00 a.m.	Inwood 5K <a href="http://www.inwood5k.com/">http://www.inwood5k.com/</a>	Inwood Park
10/09/11, Sun,	10:00 a.m.	Bed Stuy 10K <a href="http://www.restorationplaza.org/calendar/10k-community-run-amp-fun-walk-0">http://www.restorationplaza.org/calendar/10k-community-run-amp-fun-walk-0</a>	Bedford Stuyvesant
10/09/11, Sun	8:00 a.m.	Wildlife Conservatory Society - Run for the Wild <a href="http://e.wcs.org/site/TR?fr_id=1080&amp;pg=entry">http://e.wcs.org/site/TR?fr_id=1080&amp;pg=entry</a>	Coney Island
10/30/11, Sun,	8:30 a.m.	NYRR Poland Spring Marathon Kickoff 5M	Central Park
10/30/11, Sun	9:00 a.m.	The Halloween Marathon Half Marathon, 10K and 5K (all <b>Free</b> ) <a href="http://www.thehalloweenmarathon.com/">http://www.thehalloweenmarathon.com/</a>	Van Cortlandt Park
10/15/11, Sun	9:00 a.m.	Town of Oyster Bay Supervisor's 5K <a href="http://www.glirc.org/events/Town_of_Oyster_Bay_Supervisor_s_5K.php">http://www.glirc.org/events/Town_of_Oyster_Bay_Supervisor_s_5K.php</a>	Oyster Bay
10/23/11, Sun.	9:30 a.m.	Blazing Trails for Autism - 4 mile Run/Walk <a href="http://glirc.org/assets/images/events/brochure%202011.pdf">http://glirc.org/assets/images/events/brochure%202011.pdf</a>	Great Neck
10/30/11, Sun.	8:30 a.m.	NYRR Poland Spring Marathon Kickoff 5M*	Central Park
10/30/11, Sun	10:00 a.m.	11th Annual Sleepy Hollow 5K Charity Run/Walk <a href="http://www.active.com/running/massapequa-park-ny/sleepy-hollow-5k-charity-runwalk-2011">http://www.active.com/running/massapequa-park-ny/sleepy-hollow-5k-charity-runwalk-2011</a>	Massapequa Park
11/6/2011, Sun.	(various starts)	<b>The ING NYC Marathon</b>	NYC
11/12/11, Sat.	10:00 a.m.	Rockville Centre 5K and 10K	Rockville Centre
11/19/11, Sat.	8:30 a.m.	Fly with the Owls	Lynbrook
11/19/11, Sat.	8:00 a.m.	NYRR Knickerbocker 60K, 37.3 Miles	Central Park
11/20/11, Sun.	8:30 a.m.	NYRR Race to Deliver	Central Park
11/20/11, Sun	8:00 a.m.	Brooklyn Marathon	Prospect Park
11/26/11, Thurs.	9:00 a.m.	PPTC Turkey Trot 5M	Prospect Park