



## Renegade Runners

Monthly Club Meeting  
Saturday, September 29<sup>th</sup>, 2012

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>	Sabrina Martin
<b>Treasurer:</b>	Len Richards
<b>Asst. Treasurer:</b>	Claudelle Trotman
<b>Social Chair:</b>	Dana Rosales
<b>Webmaster:</b>	Dino Riojas

### Renegade Monthly News

**September Birthdays** – Happy Birthday to Laferne Thomas, Carlene Duncan and Francois Michel!

*“I love the fact that not many people can say ‘Oh, I went out and ran 20 miles today.’ I love how much dedication it takes and how much you learn a lot about yourself, your physical and mental limits. There’s just something about it.”*

-Shalane Flanagan, U.S. Olympic 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 21<sup>st</sup>.*

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
NFL Back To Football Run 4 Mile	08/30/12	4.0	Maria Romano	F54	3231	2318	976	21	0:40:01	10:00
			Althea Casimir-Magloire	F49	7391	3267	1639	76	0:51:12	12:48
Farmingdale Main Street Mile	09/01/12	1.0	Carlene Duncan	F31		202		9	0:07:30	7:30
			Maria Romano	F54		213		8	0:07:40	7:40
			Andrea Phillips	F54		344		21	0:11:47	11:47
New Haven 20K	09/03/12	12.4	Donovan Mulholland	M47	1576	1410		174	1:54:32	9:22
			Maria Romano	F54	1421	1931		67	2:07:58	10:26
			Myrian Rangon	F44	1577	1932		102	2:07:58	10:26
Roosevelt Island 5K	09/03/12	3.1	Sabrina Martin	F24	85	29	8	2	0:26:28	8:32
Bronx 10 Mile	09/09/12	10.0	Dana Rosales	F34	2452	1452	274	89	1:21:20	8:08
			Donovan Mulholland	M47	1369	2596	1919	179	1:28:58	8:54
			Sabrina Martin	F24	10340	3123	936	84	1:32:21	9:15
			Maria Romano	F54	6446	4189	1544	51	1:40:36	10:04
			Myrian Rangon	F44	8436	4190	1545	165	1:40:37	10:04
			Claudelle Trotman	F48	11598	4970	2038	130	1:49:51	11:00
			Althea Casimir-Magloire	F49	11072	5616	2468	174	2:11:37	13:10
Fitness Games Women 4 Mile	09/15/12	4.0	Sabrina Martin	F24	4699	753	753	61	0:34:55	8:44
RocknRoll Philadelphia Half	09/16/12	13.1	Dana Rosales	F34	4157	2454	728	135	1:47:49	8:14
Yonkers Half Marathon	09/16/12	13.1	Frank Priegue	M48	755	426	306	71	2:07:13	9:43
			Myrian Rangon	F44	760	472	140	28	2:11:29	10:02
			Donovan Mulholland	M47	708	589	386	94	2:32:06	11:37
Fifth Avenue Mile	09/22/12	1.0	Ymara Magloire	F14	4037	35	7	6	0:06:25	6:25
			Imani James-McDaniels	F15	4267	2598	603	17	0:06:52	6:52
Marathon Tune Up 18 Mile	09/23/12	18.0	Dana Rosales	F34	1706	1084	257	74	2:36:09	8:41
			Donovan Mulholland	M47	1584	2207	1456	196	2:54:38	9:42
			Frank Priegue	M48	3635	2247	1479	199	2:55:08	9:44
			Myrian Rangon	F44	5662	2751	1046	138	3:04:07	10:14
			Maria Romano	F54	4705	3177	1301	63	3:12:34	10:42
			Frank Stonitsch	M67	7760	3234	1900	15	3:13:55	10:46
			Althea Casimir-Magloire	F49	7102				4:27:00	14:50

## Upcoming Races for October/November

<b>Date</b>	<b>Time</b>	<b>Race</b>	<b>Location</b>
09/29/12, Sat.	9:30 a.m.	New Hope 5K	Roy Wilkins Park
10/07/12, Sun.	8:30 a.m.	NYRR Staten Island Half Marathon	Staten Island
10/14/12, Sun.	10:30 a.m.	NYRR Grete's Great Gallop 1.7 Mile & Half Marathon	Central Park
10/21/12, Sun.	11:30 a.m.	NYRR Cross Country – Harry Murphy	Van Cortlandt Park
10/28/12, Sun.	8:30 a.m.	Poland Springs Marathon Kick-Off	Central Park
11/3/2012, Sat.	8:30 a.m.	Dash to the Finish Line	Central Park
11/4/12, Sun.	Various	ING NYC Marathon	5 Boroughs