



Renegade Runners

Monthly Club Meeting
Saturday, October 29, 2011

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:	Dana Rosales
Treasurer:	Len Richards
Social Chair:	TBA
Vice Social Chair:	Arthur Vendryes
Webmaster:	Dino Riojas
Newsletter Editor:	Silver Chaudry

Renegade Monthly News

October Birthdays – Happy Birthday to Clinton Christie, Carol Pryce, Ike Goodman, Chinasa Idika, Winthrop Jacobs and Myrian Rangon!

Quote of the Month – "I've learned that finishing a marathon isn't just an athletic achievement. It's a state of mind; a state of mind that says anything is possible." John Hanc, running writer

Committee Report

➤ **President**

- Opening remarks
- Welcome membership
- Club Officer Nominations (Listing of nominee submissions attached)
- NYC Marathon support logistics (Getting to the start, support positions, marathoner essentials)

➤ **Vice President**

- Race results
- Club ledger

➤ **Club Secretary**

- Upcoming Races and upcoming out-of-town races
- Follow up :
 - Race Committee (Maria, Howard and Lenny)
 - Annual Awards Committee (Francois, Maria, Arthur, Dana)

➤ **VP, Membership**

- Renegade club singlets and uniforms (Unified team, purchasing singlets, follow up on Renegade track suits and other apparel)

➤ **Treasurer**

- Financial Report

➤ **Newsletter Editor**

- Introducing this quarter's newsletter

➤ **Social Chairs**

- Reminder - Annual Renegade Christmas Dinner - Dec. 17 , at Port Royal Restaurant. Details to come.

Recent Race Results

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace
New Hope 5K Run/Walk	09/24/11	3.1	Sal D'Amico	M35	8	2	2	2	0:22:45	7:19
			Andrea Pryce	F40	37	3	1	1	0:24:10	7:46
			Dino Riojas	M57	19	1	1	1	0:35:52	11:32
NYRR Marathon Tune-Up 18M	09/25/11	18.0	Clinton Christie	M49	225	165	149	16	2:15:10	7:31
			Dana Rosales	F33	2684	2023	717	216	2:59:54	10:00
			Myrian Rangon	F43	3631	2326	887	123	3:06:31	10:22
			Maria Romano	F53	5634	3178	1392	52	3:26:57	11:30
Pittsburgh Great Race 10K	09/25/11	6.2	Terrence Baptiste	M27	12	30	30	11	0:34:58	5:38
Bayshore Half Marathon	10/01/11	13.1	Sal D'Amico	M35	906	134		14	1:56:21	8:53
Grete's Great Gallop	10/01/11	13.1	Winthrop Jacobs	M55	5242	1458	1114	22	1:49:17	8:21
			Francois Michel	M37	391	3186	1975	392	2:06:20	9:39
			Maria Romano	F53	7462	3706	1539	50	2:13:06	10:10
			Edwin Baimpwi	M35	8680	3741	2177	413	2:13:33	10:12
			Frank Stonitsch	M66	10482	4602	2457	24	2:33:40	11:44
Divas Half Marathon	10/02/11	13.1	Cinthya Sandoval	F27	18	46	45	8	1:40:28	7:40
			Andrea Pryce	F40	Volunt	196	195		1:51:59	8:32
			Dana Rosales	F33	2885	215	214	45	1:53:00	8:37
			Aurora Sandoval	F45	2967	2428	2417	247	3:09:11	14:26
			Laferne Thomas	F45	Pacer	2429			3:09:11	14:26
			Cinthya Sandoval	F27	18	46	45	8	1:40:28	7:40
Forest Park 5K	10/02/11	3.1	Arthur Vendryes	M43	118	6		1	0:18:58	6:06
			Sal D'Amico	M35	171	34		8	0:23:59	7:43
Newark Corporate 5K Run	10/05/11	3.1	Maria Romano	F53	21	199	37	4	0:25:46	8:17
Knights of Columbus 5K	10/08/11	3.1	Sal D'Amico	M35		11		2	0:23:10	7:28
Inwood 5K Run	10/09/11	3.1	Vincent Morton	M54		3		1	0:19:06	6:09
			Winthrop Jacobs	M55		6		1	0:19:51	6:24
			Letisha Jenkins	F27		32		2	0:22:36	7:17
			Howard Hylton	M50		120		6	0:27:51	8:58
Staten Island Half Marathon	10/09/11	13.1	Arthur Vendryes	M43	806	145	140	24	1:29:03	6:48
			Len Richards	M50	Volunt	398	367		1:35:46	7:19
			Dana Rosales	F33	2678	2610	735	203	1:59:45	9:09
			Donovan Mulholland	M46	5584	2855	1992	176	2:02:07	9:20
			Maria Romano	F53	5684	3415	1149	34	2:08:26	9:49
			Myrian Rangon	F43	3627	3559	1229	135	2:10:05	9:56
			Dino Riojas	M57	5673	5064	2896	114	2:44:40	12:35
Laferne Thomas	F45	Pacer	5232	2272	122	3:04:05	14:04			
Baisley Park 5K	10/15/11	3.1	Marc (Diamond) Smith	M30	108	2	2	1	0:18:21.7	5:55
			Arthur Vendryes	M43	101	4	4	1	0:18:32.1	5:58
			Winthrop Jacobs	M55	120	6	5	1	0:19:40.0	6:20
			Letisha Jenkins	F27	103	13	7	2	0:22:54.3	7:22
			Howard Hylton	M50	119	19	11	3	0:26:34.2	8:33
Baltimore Half Marathon	10/15/11	13.1	Maria Romano	F53	11729	3978	1817	49	2:11:00	9:59
Oyster Festival 5K	10/15/11	3.1	Sal D'Amico	M35		149		11	0:23:16	7:30
Roosevelt Island 5K	10/15/11	3.1	Sabrina Martin	F23	178	120		23	0:28:40.6	9:14
Andy Haller Memorial 5K	10/16/11	3.1	Jamere Shelby	F19	140	70			0:28:51	9:18
			Maria Romano	F53	129	71			0:28:51	9:18
Mel Stamberg 5 Mile	10/16/11	3.1	Sal D'Amico	M35		4		2	0:37:17.5	7:27
Molloy College 5K	10/22/11	3.1	Sal D'Amico	M35		6		1	0:22:14	7:10

Recent Race Results – Con't

Join The Fight 5K	10/23/11	3.1	Arthur Vendryes	M43	181	1	1	0:18:50.3	6:05
			Vincent Morton	M54	185	2	1	0:19:16.3	6:13
			Len Richards	M50	553	4	2	0:20:39.5	6:40
			Isaiah (Ike) Goodman	M66	136	8	1	0:22:05.3	7:07
			Andrea Pryce	F40	188	14	1	0:24:14.5	7:49
			Sabrina Martin	F23	575	44	4	0:28:44.0	9:16
			Maria Romano	F53	504	60	5	0:31:30.0	10:10
			Giovanni Romano	M46	503	61	5	0:31:30.3	10:10
			Dino Riojas	M57	558	78	7	0:35:30.5	11:27
			Tricia Rhoden	F28	574	80	11	0:35:43.0	11:31
LIRRC 10 Mile Marathon Tune-up	10/23/11	10.0	Sal D'Amico	M35		16	3	1:24:28.8	8:27

Upcoming Races for November

Date	Time	Race	Location
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 Free)	Van Cortlandt Park
10/30/11, Sun	10:00 a.m.	11th Annual Sleepy Hollow 5K Charity Run/Walk http://www.active.com/running/massapequa-park-ny/sleepy-hollow-5k-charity-runwalk-2011	Massapequa Park
11/6/2011, Sun.	(various starts)	The ING NYC Marathon**	NYC
11/12/11, Sat.	10:00 a.m.	Rockville Centre 5K and 10K http://www.glirc.org/assets/images/events/Rockville%20Center%2010K.pdf	Rockville Centre
11/13/11, Sun.	8:30 a.m.	2011 5K and 10K Run for Prospect Park 2011 5K Run for Prospect Park (http://signup.runnyc.com/evententry/2197102) 2011 10K Run for Prospect Park (http://signup.runnyc.com/evententry/2197103)	Prospect Park
11/19/11, Sat.	8:30 a.m.	Fly with the Owls http://www.flywiththeowls.com/ (Registration is now \$20 until 10/31 and then will increase to \$23)	Lynbrook
TEAMS Register as a team in-person only on Friday 11/18 and Saturday 11/19. Teams must consist of 5 people as follows: at least 2 women, 1 person under age 16 and 1 person over age 50. Each team member must register as an individual before a team registration can be processed. There is no additional team registration fee.			
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 https://www.nycruns.com/index.php?option=com_dtregister&Itemid=361&eventId=32&controller=event&task=individual Register	Prospect Park
11/26/11, Thurs.	9:00 a.m.	PPTC Turkey Trot 5M http://www.pptc.org/docs/2011_Turkey_Trot_Application.pdf	Prospect Park

* Registration near capacity ** Registration is CLOSED

2012 Club Officer Nominations

<u>Office</u>	<u>Nominees</u>	<u>Comments and Proposals</u>
President	Monroe Morton Dino Riojas	
Vice President	Dino Riojas Dana Rosales	
Vice President, Membership	Maria Romano	
Secretary	Sabrina Martin Christine Bond	Dana Rosales is stepping down.
Treasurer	Len Richards	
Social Chair	Dana Rosales	Howard Hylton is stepping down.
Vice Social Chair	Arthur Vendryes	
Newsletter Editor	Silver Chaudry	
Webmaster	Dino Riojas	Should there be two?
Club Coach	Vincent Morton Maria Romano	Final vote on whether we need an official club coach(s)
<i>New Proposed Officer Roles</i>		
Chairman and Co-Founder	Monroe Morton	