

October 2011

RENEGADE RUNNERS



**Extra, Extra Read All About
It:
NYRR revises it's NYC
Marathon Qualification
Guidelines**

This just in, due to increasing worldwide popularity of marathon running, there is a significant increase in applicants for guaranteed entry to the NYC marathon and in effect, it has reduced the number of non-guaranteed entries. Therefore, NYRR has changed some guidelines for guaranteed entry which will take effect for 2012. See link below for the details on guaranteed entry method changes.

<http://www.ingnyymarathon.org/entrantinfo/>

[Gauranteed_Entry_Guidelines.htm](#)

To highlight, the following methods are changing:

- * Qualifying by canceling entry - you can now only cancel your entry once for guaranteed entry for the following year's race.
- * Qualifying by being denied entry three consecutive times - this policy will be gradually eliminated.
- * Qualifying by finishing 15 previous NYC Marathons - policy discontinued
- * Qualifying with a fast marathon or half-marathon time - standards are tightened to 75% of age-graded times

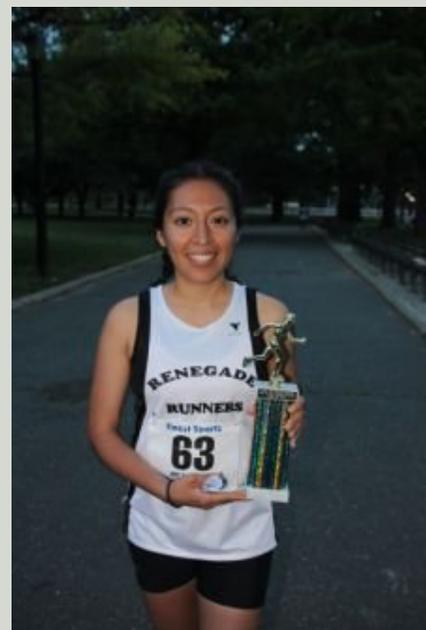
The 9+1 program for NYRR members remains unchanged
How are runners responding? Here's a fellow Renegade's comments:

**ING NYC Marathon 2012:
"New Guidelines"
by Cynthia Sandoval**

When I first read the "new guidelines" for the ING NYC marathon, I thought it was a joke. I am surprised these "new guidelines" have not been placed on the website. As a matter of fact, you have to go to the link of ING NYC Marathon and see on the sidebar, new guidelines. So why this information still hidden?

There are several changes that will occur in the next few years. The one I am mostly concern about is the automatic qualifying times. The actual qualifying time for my age group, 18-39, is 1:37. However they are implementing this "new time" of 1:27, which is 75% of the age-graded times. That's a whole jump, from 1:37 to 1:27. A whole 10 minutes! That's probably about 1 1/2 mile! If I wanted to qualify using a fast marathon time, I would have to run 3hours! This qualifying time is ridiculous compare to the Boston Marathon. For Boston, I would need a 3:35 marathon.

However, one of the changes NYRR has not changed is the 9+1 program. I personally believe, that the faster runners should not be penalized for a "guarantee entry." NYRR should implement the same standard as for Boston. Let those faster runners apply first and then the rest of the population. It is unfair that I am being "penalized" to run a faster half marathon or marathon. Those qualifying times are ridiculous! I am very upset in these new standards. I guess I am going to make my NYC marathon debut sooner than I planned! Thanks NYRR!



Why I was inspired to RUN the NYC Marathon 2011

by Maria Romano

In the summer of 2010, a new runner joined our Club named Candice Baptiste-Sexton. This young lady came with a vision. She was running The New York City Marathon to raise money for a charity for cancer. I could relate to this cause as my mother died of lung cancer. I also had thyroid cancer myself.

There was no stopping Candice. She devoted all her free time to train for the marathon. This was quite a task because Candice has a husband named John and at that time, their cute son, JJ was only a year old suffering from Sickle Cell Anemia. That summer, JJ was an impatient at LIJ hospital many times. Also, Candice works a full-time job. This young lady is superwoman in my eyes.

I made a promise to Candice that I would run the last ten miles of the marathon with her. During her training we went to many races together to prepare. Running made us have a strong bond together and I gained a new and great friend.

The big day finally came, the NYC Marathon 2010! Candice had to leave in the wee hours of the

morning to meet the charity's bus in Manhattan to be driven to Staten Island for 10:30 a.m. start for her wave to run. This meant she sat in the freezing cold for several hours.

Candice used the run/walk method. I met her at the bottom of the Queensboro Bridge. To my surprise, Candice came down the bridge with a smile on her face because by her side was her wonderful, unselfish and strong husband John! He had accompanied her all 16 miles! Now it was my turn. I was proud that we are Renegade Runners! She was being cheered on by the all the crowds on First Ave. Oh, what a feeling! On our journey to the finish line, we made friends with many runners.

When we finally reached the finish line, I never saw so many bright lights! The best part was seeing how proud John was of his wife, as he waited at the finish line. I would like to thank our coaches, Vince and Dino for giving me the

inspiration, guidance, knowledge, and most of all, the opportunity to gain my experience, so I can be ready to run the marathon myself this year!



**CONGRATULATIONS
MARIA ON BECOMING A
USATF CERTIFIED
COACH!**

Mom, I'm Running the New York City Marathon!

by Dana Rosales

When I was younger, approximately 9 years of age, I started watching the NYC marathon in the comfort of my home with my mother. Thereafter, we started watching the marathon every year religiously. It was just so thrilling to see the professional and elite runners race at such fast speeds for 26.2 miles! I was fascinated by their strides, the power they exuded, the perfect form. I would start to imagine myself in the race with such long legs, the speed of a cheetah and the form of a Kenyan (hey, there's nothing wrong with day dreaming). I was a good sprinter for as long as I could remember. I won many races in school. Nothing serious, but I knew I had speed, but I could never imagine running for 26.2 miles. Only in my dreams. I could never imagine making that distance a goal.

Fast forward 21 years. After lending me her ear, my friend and co-worker, Annette, began to encourage me to run. I would tell her how stressed out I've become with raising three kids on my own and stresses at work. I started getting back and shoulder pains and at one point, my back actually went

out. I began to gain weight sitting in my office, without moving, eating at my desk, doing overtime almost every day. I didn't know how to leave the snack basket at my job alone! I'd let the chocolate subsidize the stress. After re-evaluating myself, what I've become and what I actually want, I took Annette's advice and started to run.

For my first run, Annette took me to Central Park and we ran...4 miles! I couldn't believe it! I realized I must have something! As I continued to go out with my friend to improve my form, increase my speed and distance, she encouraged me to sign up for my first race. The MORE/Fitness Half Marathon. A half marathon? Really "Yes, really", Annette replied. If she believed in me, I had to believe in myself. And I did it! I ran my first race, a half marathon and actually felt good after (achy, but emotionally wonderful!) At first I contributed it to dedicating the race to my ex-husband who passed away a few years ago. I thought about my kids and how I want to stay healthy for them. I started signing up for more races, and I saw the weight drop off, my speed increase and endurance improve. It's not my ex-husband helping to carry me through the

race! It's me. I have something! During that time a thought crept into my head. Could I actually run a marathon? Do I have it in me? Maybe not. With three kids and a full time job, how am I going to find time to training for a marathon, never mind my sweet dream, the NYC marathon? Hold that thought!

Fast forward to the year 2010 when I met the Renegades! My uncle Donnie passed away and it was a very tough time for the family. I took it harder than I could imagine. I was actually angry. I had to place the sadness and anger somewhere. My mother's childhood friend, Maria was at my uncle's funeral and told me all about the Renegades. I considered them, but wasn't really thinking about it too seriously. I trained with them a couple of times, and got to know them. Dred was the first to run with me. The dreaded hill work in Alley Pond Park! He kept me going. The thought of my uncle kept me going. Vincent ran up and down the hill yelling encouraging words to all of us. They all made me smile. I found I wasn't really fighting through sad and anger anymore during my runs. I was running and happy! (cont)

I became a member of Renegades shortly after that and fancied them all part of my family. My race times dropped and I felt good about myself. When I told them I wanted to run a marathon, they didn't discourage me. They encouraged me! They all helped me form a training schedule. Dred ran with me during a snow storm. Francois took me to his gym to teach me all the workouts I need to do going forward. Between him, Maria, Francois, Vincent and Howard, I always had a ride to and from races and the track. This made thing so much easier. Being a single mother with 3 kids and no car, the training would have been almost impossible would it not be for the Renegades helping me with one thing or another. I am truly grateful.

I've been training for this marathon for a few months now. I settled on a finish goal of 3:45 hours. I've been focused and had no bumps in my training. All was going so well and I couldn't see how I couldn't reach my finish time goal. Not only was I going to run the NYC marathon, but I was going to run a sub 4! How's that for tenacity? During my first real long training run (18 miles), I got

injured. Achilles Tendonitis! I couldn't believe it. I haven't been hurt during the 2 years I've been running, and I have the marathon staring me straight in the face and I'm injured? At the peak of training season, none-the-less. I had to take 3 weeks off, and boy was I depressed. I started doing furious research on the injury and got nothing but bad news. The injury would take months to heal. Oh no, nothing will come between me and my dream and new realized goal. I knew I had to find a way to complete my training and run this race.

With all the continued to support I am able to press on. I now see the physical therapist 3 days a week. This means more time away from my many responsibilities, but do I not deserve to reach this goal of mine? Will it not teach the kids that if you have a goal and if you have determination and the will to succeed, nothing will stand in your way? My kids are watching me. They are cheering me on, I must push on! With the magical hands of my Physical Therapist, Michael from Forest Hills Rehabilitation Center, the pain in my achilles has subsided and I've been able pick up my training again. My highest

mileage has been 18 miles, so with the continued slight pain in the achilles and training that was less than my original plan, I had to change my time prediction from a sub 4 (3:45) to a 4 (if luck is on my side) or 4:10 (still...if luck is on my side). But that's o.k...because I'm still running the NYC marathon! Mom, remember when we sat together and watched the marathon from the comfort of our home, well, now you're going to have to stand in the cold and be just a bit uncomfortable to watch me actually run the race! Mom, with the support of all these wonderful people, your daughter's dream will soon come true.



Sweet Potato Muffins

2 1/2 cups whole-wheat flour (preferably pastry flour)
3/4 cup sugar
2 teaspoons baking powder
1 teaspoon ground ginger
1/4 teaspoon baking soda
1/4 teaspoon salt
1/4 cup melted unsalted butter
1/4 cup vegetable oil
1 cup pureed or mashed cooked sweet potato
1 egg, beaten
1/2 cup buttermilk

Calories per muffin: 248
Carbs: 37 G
Fiber: 3 G
Protein: 4 G
Fat: 9 G

Heat oven to 375° F. Grease 12 muffin cups or add paper liners.

Combine flour, sugar, baking powder, ginger, baking soda, and salt.

In a bowl, whisk butter, oil, sweet potato, egg, and buttermilk. Fold wet mixture into the dry; stir until just combined.

Fill muffin cups three-quarters full. Bake for 20 to 25 minutes.

Banana Nut Variation Reduce sugar to 1/2 cup. Replace sweet potato with 1 cup mashed, very ripe banana; add 1/2 cup chopped walnuts to the batter.

Pumpkin Coconut Variation Replace sweet potato with 1 cup canned pumpkin; add 1/2 cup shredded, unsweetened coconut to the batter.

Book Recommendations:

"ChiRunning" by Katherine and Danny Dreyer - If you have been experiencing injuries, and/or want to improve your form, this is a must read.

"Chiwalking" by Danny Dreyer.

"Endurance - Shackleton's Incredible Voyage" One of the very few great examples of endurance exhibited by human beings.

"Kara Goucher's Running For Women", by Kara Goucher

By Mark Bittman
Image by Antonis Achilleos
From the November 2011 issue of
Runner's World



"I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion'."

- Muhammad Ali

Save The Date

October 30 - Renegade Club Monthly Meeting with Club Office Nominations

November 6 - ING NYC marathon (Renegades, we need your support!)

November 27 - Renegade Club Monthly Meeting with Renegade Club Officer Elections

December 17 - Renegade Christmas Dinner

Mid-January - Renegade Runners Award Ceremony and Dinner/Dance



Upcoming Races for 2011

10/30/11, Sun.	8:30 a.m.	Poland Spring Marathon Kickoff 5M** http://www.nyrr.org/races/2011/r1030x00.asp	Central Park, NY
10/30/11, Sun.	9:00 a.m.	The Halloween Marathon/Half/10K/5K http://www.thehalloweenmarathon.com/	Bronx, NY
10/30/11, Sat.	10:00 a.m.	Sleepy Hollow 5K Run/Walk http://www.active.com/running/massapequa-park-ny/sleepy-hollow-5k-charity-runwalk-2011	Massapequa Park, NY
11/06/11, Sun.	Various	ING NYC Marathon http://www.ingnycmarathon.org/	NYC
11/12/11, Sat.	10:00 a.m.	Rockville Center 5K/10K	Rockville Center, NY
11/19/11, Sat.	8:00 a.m.	Knickerbocker 60K, 37.7M http://www.nyrr.org/races/2011/r1119x00.asp	Central Park, NY
11/19/11, Sat.	8:30 a.m.	Fly With The Owls 4 Mile	Lynbrook
11/20/11, Sun.	8:30 a.m.	Race To Deliver 4M http://www.nyrr.org/races/2011/r1120x00.asp	Central Park, NY
11/20/11, Sat.	8:30 a.m.	Brooklyn Marathon	Prospect Park, NY
11/26/11, Thu.	9:00 a.m.	PPTC Turkey Trot 5 Mile	Prospect Park, NY
12/04/11, Sun.	8:30 a.m.	Join the Voices 5 Mile http://www.nyrr.org/races/2011/r1204x00.asp	Central Park, NY
12/10/11, Sat.	9:00 a.m.	Jingle Bell Jog 4M http://www.nyrr.org/races/2011/r1210x00.asp	Prospect Park, Brooklyn
12/17/11, Sat.	8:00 a.m.	Ted Corbitt Classic 15k 9.3M http://www.nyrr.org/races/2011/r1217x00.asp	Central Park, NY
12/31/11, Sat.	11:59 p.m.	Emerald Nuts Midnight Run 4M http://www.nyrr.org/races/2011/r1231x00.asp	Central Park, NY

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