



RUNNING TIMES
Island Road Runners
 Grosse Ile, Michigan
 www.islandroadrunners.com

November 2013

Annual Island Road Runner Banquet
 (R.S.V.P. by November 23rd)

This year there is a change in venue as our annual banquet will be held at Portofino's in Wyandotte. The banquet will be held on Saturday, December 7th with cocktails being served at 6:00 p.m. and dinner at 6:30 p.m. Members and guests are welcome to sit down and enjoy a wonderful meal while celebrating in the camaraderie of this club's traditional banquet. The entrée menu will feature a choice of: baked Atlantic Salmon, boneless chicken piccata or roast sirloin of beef. Accompaniments will include a chef's medley of vegetables, mixed green salad, roasted redskin potatoes, and freshly baked rolls. For those who prefer a vegetarian option, meatless mostaccioli has been requested. Soft drinks are included and a cash bar is available for alcohol.

Please be sure to make your reservation by returning the attached form to our Vice President, Paul Deladurantaye, either in person or via mail to: 649 Vinewood, Wyandotte 48192. You can pay by cash or a check made out to Island Road Runners.

Remember..... Saturday, November 23 is our deadline.

Prediction Run 2013
 (December 7th at 8:30 am)

What this "Prediction Run" is all about.....

Longstanding members Linda and Bill Tilley have taken the time to map out two courses, 4 miles and 6 miles, that you can run/walk without a timepiece. You will need to select your course and note your time for this "Prediction Run" before the clock starts. The Tilley's will have the clock, but no one can see their starting or finishing time. No bribes, no cheating... just a lot of FUN!

The results of this prediction run will be announced at the banquet. Prizes will then be awarded to participants who come closest to matching their predicted time. So join us Saturday, December 7th at 8:30 a.m. at the usual place of the Grosse Ile Middle School parking lot and have FUN with this historical club run.

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2012 Island Road Runner of the Year

THE NOMINATIONS

(Please submit by November 23rd to a club officer)

As the banquet rapidly approaches, we need to nominate individuals to receive the honor of IRR of the Year. We greatly look forward to honoring both past winners of the title as well as this year's deserving recipient. So please start thinking of club members who you feel are worthy of being nominated. As you make your decision, please consider the following criteria:

1. Contributions to the club
2. Outstanding year of running accomplishment(s)
3. Contribution(s) to the sport of running
4. Overcoming adversity (physical or otherwise) in maintaining an active lifestyle

The officers on the board, along with last year's recipient, Josie Deladurantaye, will work together to make a selection from the received nominations, and the honoree will be announced at the annual banquet.

The deadline to submit your nomination is no later than Saturday, November 23rd (no exceptions). Nominations must be in writing and given to one of the following club officers: Erika Hidalgo, Paul Deladurantaye, Erika Pfeiffer, or Larry Simon

MEMBERSHIP DUES

Your yearly membership due of \$10 can be paid to our Treasurer, Larry Simon at our annual banquet. Of course, new and current memberships can also be obtained at Total Runner. Just write a check to Island Road Runners or pay cash. Membership is special when you consider the following:

- Exciting Newsletters
- Tailgate Treats and Parties
- 10% Discount from Total Runner
- Saturday Run/Walks Year Round
- Monday Run/Walks during Daylight Saving Time
- Support and Friendship from fellow members year around
- Club Membership with Road Runners Club of America (R.R.C.A.)
- Best bargain in town!

2013 Detroit Free Press Marathon & Half Marathon

To club members, along with their friends and families, thank you for taking the time out of your day to cheer and support the participants in the race. I'm sure the gratitude of the participants and your presence helped make this event memorable.

Congratulations on completing the race!

Marathon Participants:

David Allie	Jim O'Callaghan
Janet Cousino	Curt Penland
Mark Gluch	Nisa Penland
Erika Hidalgo	Alec Penland
Zach Hill	

Half-Marathon Participants:

Paul Aufdemberge	Jackie Olsen
Gina Carroll	Suzanne Olsen
Beth Gillyday	Tad Hill
Bill Hill	Patrick Phillips
Karen Hill	Dan Sitarski
Jeanne Johnson	
Neil Keller	

Relay Participant:

Sue Quick



Prediction Run
2012



Island Road Runners



Saturday, December 7, 2013

Prediction Run

@8:30 A.M. – 4 Mile & 6 Mile

Grosse Ile Middle School

Annual Banquet

Portofino Restaurant

3455 Biddle Ave, Wyandotte

Cocktails@6:00 P.M. – Dinner@6:30 P.M.

\$10.00 per Person – CASH Bar

Please complete the bottom portion of this page and remit with cash or check (made out to Island Road Runners) no later than November 23, 2013 to Paul Deladurantaye.

ISLAND ROAD RUNNERS ANNUAL BANQUET (Guests welcome)

Name: _____

No. of Persons _____ X \$10.00 = \$ _____

ISLAND ROAD RUNNER OF THE YEAR

Criteria

- Contributions to the club in some manner
- Outstanding year or past of running accomplishment(s)
- Contribution(s) to the sport of running
- Overcoming adversity (physical or otherwise) in maintaining an active lifestyle
- Any criterion alone or in combination may be considered

Nominations

- Nominations by members only
- Self-nomination is allowed
- Only written nominations accepted
- Deadline for nomination is November 23, 2013
- Only one nomination per member

Nominations must be submitted to one of the following Club Officers: Erika Eidalgo, Paul Deladurantaye, Erika Pfeiffer or Larry Simon.

NOMINATION FOR ISLAND ROAD RUNNER OF THE YEAR

I nominate:

Because (optional)
