



NYRR LOCAL RUNNING NEWSLETTER THIS RUNNING TOWN

FALL 2011



NEW YORK ROAD RUNNERS

NYRR is devoted to running as a competitive sport. We are committed to the local runners who come out and run our races week after week, and who participate and shine as individuals and members of our wonderful network of local teams.

This newsletter covers the local running scene. In this issue, we profile four athletes who compete at a high level with the help of some atypical equipment: a racing wheelchair, a prosthetic running leg, a handcycle, and a guide runner. We celebrate milestones with two local teams of longstanding excellence, and we talk to the coaches of an equally longstanding rivalry on the track. And we introduce you to the all-new Official NYRR ING New York City Marathon Training Program.

We thank you for your continued support of the sport, and of our organization and its mission. We'll see you on the roads.



PROFILES

Athletes

2 Yannick Benjamin, Helene Hines, Ben Simmons, Lauren Oplinger

Teams

6 Front Runners New York, Warren Street Social & Athletic Club

Coaches

10 Lesleigh Hogg, John Kuhl

NYRR TRAINING PROGRAM

12 John Honerkamp, head coach

13 Matt Moran, program designer

14 Coaching staff

CLUB COUNCIL

15 April-August Update

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