

The 2009 Onteora Runners Club Breakfast Runs

Date	Location	Contact person
1/3/09	Original Kingston Classic Course - Dietz Stadium, Kingston	Larry Byrne: 845-567-1338 (Lawrence.byrne@usma.edu)
1/10/09	Port Ewen – meet at Ulster County BOCES, Route 9W	Pam Buono: 845-334-9388 (pbuonous@aol.com)
1/17/09	Rhinebeck	Julia Spiegel Lunn: 917-952-5666 (julia@maktheyak.com)
1/24/09	New Paltz , Wallkill View Farm, Rt. 299	Larry Byrne: 845-567-1338 (Lawrence.byrne@usma.edu)
1/31/09	3-Car Garage Run , Dietz Stadium	Karen Spinozzi: 845-338-0626 (karenrose@yahoo.com)
2/7/09	Rosendale Brunch Run , Linda Schrader's place	Linda Schrader: 845-658-3427 (schraderros@aol.com)
2/14/09	5th Annual Red Hook Cupid Run	Brad & Jane Hamann: 845-758-6186 (bhamann@hvc.rr.com)
2/21/09	Catskill (meet behind Bill's Grill)	Bonnie Maroney: 518-731-9860 (bamaroney@gmail.com)
2/28/09	Ashokan Reservoir at Ben Nesin Lab	Larry Byrne: 845-567-1338 (lawrence.byrne@usma.edu)
3/7/09	Original Kingston Classic Course , Kingston	Phil Canion: 845-331-6115 (PCani@dmv.state.ny.us)
3/14/09	Kerhonkson (Kelly's Greenhouse)	Dennis Kelly: 845-647-5338 (greenthumb_522000@yahoo.com)

- ❑ All runs are on Saturdays, start at **9:30 sharp** and feature a suggested 6 to 7 mile course, sometimes based upon a popular race.
- ❑ These are not races, but fun runs! Runners are free to run as far and fast as they would like.
- ❑ After the run, we head to a local diner, restaurant, or someone's home for breakfast.
- ❑ We have lots of fun, **so please join us!** You do not need to be a member of the Onteora Runners Club to participate.

Contact Person: Larry Byrne (845) 567-1338
Coordinated by the Onteora Runners Club