

2010 Team NY Rotary Runner Package

#	Activity	Date/Time	Location	Comments
1	Personal Website	Upon Sign Up		To make fundraising easy and effective
2	Marketing Assistance	Upon Request		
3	Snail Mail or Hand out cards	Upon Sign Up		
4	Runner Tshirt	October		Distribution
5	Pasta Dinner	6-Nov	Ronald McDonald House, 415 E 73rd St.	Runner & Guest
6	Transportation to Start, Opt 1	5:30 AM	Central Manhattan - TBD	Runner's choice - www.nyrr.org to sign up.
7	Transportation to Start, Opt 2	7:30 AM	Lower Manhattan-SI Ferry	Runner's choice - www.nyrr.org to sign up.
8	Victory Lunch at the Harvard Club	8-Nov-10	Harvard Club, 35 West 44 St.	Runners are our guest; Guests of Runners is \$60 paid in advance. Advance Reservations required - www.nyrotary.org
9	Sincere Appreciation			From the Kids we help and the Members of Rotary.
10	4K Int'l Friendship Run	6-Nov-10	47th & 1st Avenue 8:30 AM	Register at the www.nyrr.org - click Races
11	Expert Guidance			Advice available from 3 time NYC Marathoner
12	Independent Training Runs	organized by	New York Running Company	2nd Floor - Time Warner Center at Columbus Circle
		Monday	6:30 PM	Sign up with Nike when you arrive
		Tuesday	6:30 PM	Speedword w/Coach Jerode
		Wednesday	6:30 PM	Women's only Group
		Thursday	6:30 PM	Everypace with Mat
		Sunday	9:00 AM	Women's Group Long Run