19th annual 10-mile race in South Nyack to benefit local emergency responders

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SOUTH NYACK - Next month, the Rockland Road Runners will be running for a cause during the 19th annual 10-miler.

The race, which begins and ends in South Nyack, will benefit local volunteer responders.

Proceeds from the race will be donated to the Nyack Community Ambulance Corps and the Piermont and South Nyack volunteer fire departments.

After Sept. 11, 2001, the race committee has focused on benefiting first responders. Last year, more than $4,000 was raised.

"We're absolutely thrilled to know that a local organization is recognizing and supporting the volunteers," said Steve Stoltze, vice president of Nyack Community Ambulance Corps. "We're not recognized very often."

For past 10-milers, the ambulance corps has stayed on standby, ready to assist if necessary. In return, the Road Runners have chosen to repay the corps for its service.

The race day features the traditional 10-mile scenic run along the Hudson River, as well as a children's race and first responders' mile challenge, open only to volunteer emergency personnel and police officers.

The Mile Volunteer Challenge is a new event, and the winner receives a $100 check for his or her volunteer organization.

Children can participate in short-distance competitions, and they all receive medals for their efforts.

"It's a way to get them involved in running like their parents are," said Bernie Casserly, one of the race directors.

Post-race raffles, refreshments and complimentary T-shirts are provided by the competition's 14 local sponsors.

Casserly said that food ranging from ravioli to ice cream is given out after the event, and the directors are trying to expand that and "do a little more each year."

The 10-miler is one of the most popular races in Rockland, attracting more than 400 runners last year from the New York metropolitan area, organizers said.

Its challenging, carefully measured course follows the Hudson through the villages of South Nyack, Grand View and Piermont to the Piermont Pier before returning to its starting place.

"It's a favorite race because it's so scenic," said Mike Angarola, race director. "It's always sunny; it's never rained."

If you go
What: 19th annual Rockland Road Runners 10-mile race
When: Sept. 9
- Check-in begins at 7a.m.
- Children's race begins at 8:15 a.m.
- Ten-Miler begins at 8:30 a.m.
Where: Franklin Avenue Park, South Nyack
Cost: $17 for Rockland Road Runners members, residents of South Nyack, Piermont, and Grand View
- $20 for pre-entry by mail, $25 on race day
- $3 for children's runs
- $10 for volunteer mile challenge
Information, applications: visit www.rocklandroadrunners.org, or call Kathleen Daly at 845-348-1766.
Different beneficiaries have been chosen in the past. Thousands of dollars have been raised for causes including Camp Venture, St. Agatha’s Respite Care, St. Dominic’s Home and the Rockland County Association for Children with Learning Disabilities.

The overall race winners, one male and one female, receive trophies and $100 in prize money.

Winners in the 40 and over "Masters" category receive $50, and awards are provided to the top three participants in each of 11 age brackets.

Pre-registration is encouraged, but there is no limit to the number of runners participating.

Rockland Road Runners is a club started in 1983, and its membership is now about 400.

"The inner core is made up of dedicated volunteers, people who like to promote running and racing throughout Rockland County," Angarola said.

In 1978, the 10-miler was started as a 7.8-mile race to commemorate South Nyack’s 100th anniversary of becoming a village. When Angarola took over the organization 19 years ago, the race was extended to an even 10 miles.

Rockland Road Runners holds five annual race events, all to benefit charities.