

RICHMOND ROCKETS HISTORY

-The Rockets started as the World Gym Runners and was founded by Mary Karasinski who was an aerobics instructor at the gym. The club started informally in the winter of 1995. In May of 1995 13 runners completed the Verrazano Bridge Run for the first time as the World Gym Runners. The first newsletter was published in July of 1995 and was called Footnotes (Lynda Mazzella came up with the name). The first elections were held on July 20th 1995. These officers went on to become the first board of the Richmond Rockets: President-Mary Karasinski, Vice President- Marybeth Morrison (now Gallagher), Treasurer-Jose Orengo and Secretary-Lynda Mazzella. The original purpose of the club was to bring exercise out of the gym and into the community, promoting healthy lifestyles and the encouragement of long distance running.

-The Richmond Rockets were born on August 27th 1995 in Lynda Mazzella's backyard in an emergency meeting of the WGRS. See attached article by Roy Moskowitz for the full story. It was originally published in the first Richmond Rockets newsletter in October of 1995. Tom Beck is credited with coming up with the Rockets name. Jim Kumm (now Van Name) took over the newsletter from Lynda and the first color edition was published in December of 1995. The Rockets joined the NY Road Runners Club council in October 1995 and attended monthly meetings. Several group runs were held at various locations during the week as well as track workouts. The famous (or infamous!) 6-8 mile Howard Ave run can be credited to Norm Berger who spearheaded the Jody's Club Forest Running Team back in the 1980's. Richmond Rockets meetings were held at Afternoons restaurant during this time period.

- The second elections were held in March of 1996 and were actually the first under the name of Richmond Rockets. At this time the club had approximately 30 members. President-Mary Karasinski, VP-Marybeth Morrison, Secretary Diana Dimeo, Treasurer-Jose Orengo, Newsletter Coordinator-Jim Kumm, Men's Team Captain-Joe Gagliardi, Women's Team Captain-Theresa Sanborn and NYRRC Council Representative-Linda Hope and Jim Kumm.