



THE LONG RUN



The Official Publication of The Freehold Area Running Club
VOL. 23 NO. 4 - 11/05

Website: www.farcnj.com
FARC Hotline: (732) 431-2627

Hello from the President

I don't know where time does but it sure is moving faster than I ever remembered it doing. I know Tom Wendel time still is only 24 hours but we do put more into it these days. We've had a wonderful year at FARC and I know it's hard to believe that a year is almost gone by. Our Winter Series has grown to almost 200 runners and one of the best series in the state, St Paddy's races went off and a great success our numbers were down due to a long cold winter, so I hope that this year all club members will support our premier race of the year. The summer series we out did ourselves our kids races averaged 100 kids each week. We had an Ice Cream Party after one of our Summer Series. We went to the Trenton Thunders and the Lakewood Blue Claws these are great FARC outings a lot of fun and comrade. The FARC family also came to the plate when we see others in need Board Member Dave Friedman organized thru his daughters school a clothing drive FARC donated 6 boxes of Rika T-shirts and thank you Board Members for your own personal donations.

In the spring I appointed an Ad Hoc Committee to update our Constitution and to write operating procedures for the club. The committee worked thru the summer and reported back to the Board in September. The Board of Directors and the Executive Committee has approved our updated Constitution and Operating Procedures. This will be posted on our web site www.farcnj.com please read and review. You our memberships will be voting on it at our December 07, 2005 Club meeting. I want to Thank Board Member Stan Dubroff and his committee who did an outstanding job on the Constitution for the Club. This will move FARC forward with an organizational strategy for the future.

We will be having a busy fall season starting with our X-Country team, it makes me very proud to see that FARC is getting competitive again we have 17 club members running in the X-C serious, special thanks to Board Member Walt Rutsky for organizing the teams. The FARC team is up against some heavy hitters in this league but they are holding there own and having fun doing it. Congratulations to all. If you would like to be on a FARC team please see the notice for it. The next

month will bring us two of our major events the Born to Run and our Toys for Tots race I'm trying to think when we started this race I think it's almost 17 years now and I've calculated that we have donated over \$100,000 in toys to the Marine Corp program. I am always made so proud of the running community at this race the generosity of runners and the amount of giving is awesome. Thank you one and all.

It is also that time of year to renew your membership to this great club, please see the membership application in this issue.

I have been going thru the FARC year and it has been a good one. Thanks to a great group of members and club volunteers who put on great races.

I'm looking forward to seeing you all at our Club Meetings, races and on the roads.

A Very Happy Thanksgiving and Holiday Season.

Isabel O'Donovan-Keeley

Weekly Group Runs

FARC group runs are held **every Sunday** at 8:00 AM at the Manasquan Reservoir in Howell. All distances and paces welcome, and those dirt trails are easy on the legs. Awards are given for significant milestones. The club provides the post run bagels and the camaraderie. Come on out and share a run (or walk).

FARC Executive Board

President	- Isabelle O'Donovan-Keeley
Vice President	- Michael O'Flaherty
Vice President	- Tom Dunsheath
Treasurer	- Art Rosen
Secretary	- Jim Bergum

HOTLINE – 732-431-2627

WEBSITE – www.farcnj.com

Club Meeting Wednesday December 7, 2005

Runners Forum

Psychological Association's 5 K

By Cindy Monica

We just came back from D.C., where we attended the American Psychological Association's annual conference. APA has a division of sport psychology which has another subgroup called the Running Psychologists. We have a 5K race every year during our conference. It was a lot of fun this year, as usual. I came in 2nd place in my age group with a time of 27:36. It's a fun group of people. We feel that we are physically and mentally healthier than the rest, since we are runners.

Triathlon Summer

By Ken Vercammen

In the summer of 2005 I decided to increase my endurance by signing up for several triathlons. My hamstrings bothered me so I did not want to risk running speed work. I was fortunate to have joined the Sandy Hooker's Triathlon Club. Their summer series features sprint triathlons.

Participants are required to do a 5k open ocean swim in the Atlantic Ocean starting near the Sea Bright Municipal Building. Thereafter, they bike 10.6 miles from Sea Bright to Monmouth Beach and Long Branch, then back. Lastly, there is a three-mile run. There are no official timers. You keep and report your own time and splits on the honor system.

The swimming and biking provided a great workout and actually less pressure than a timed 5K. The fee for members is only \$10.00 for Sandy Hooker members and for non-members \$15.00. This is certainly a bargain.

Also included is a fruit cup and energy drinks. Races are held once a month every June, July, August and September. For more information go to <http://www.sandyhookers.org/shtc.htm> or visit Metro Race Forum's website: www.raceform.com.

While looking for other events this summer, I discovered the New York City Triathlon, which I immediately entered online. This was an Olympic distance triathlon, featuring a 2.5k [1 mile] swim in the Hudson River, then a hilly 40k [25 mile] bike to the Bronx along the Henry Hudson Parkway, then a 10K including a loop in Central Park. Fortunately, we swam downstream in a strong current, which helps amateur swimmers as myself.

The Philadelphia Independence Triathlon was held on July 31, with New Jersey Race Director Mark Zenobia at the registration, and CompuScore handling the timing. We swam 1/2 mile in the Schuylkill River, then a 17 mile bike, followed by 4 mile run. I came within 50 seconds of an age group award.

For my birthday when I was in college we would challenge ourselves to do shots or go to 25 bars in a night. My challenge for this year's birthday on August 7 was to finish the Wilkes-Barre Triathlon. I was a varsity runner at the nearby University of Scranton, so I was familiar with the hills/ The Wilkes-Barre Triathlon is also an Olympic length Tri, featuring approx 1

mile swim in Harvey's Lake, 25 mile bike in the back mountains past the Poconos, then 10k run past farms and rolling hills.

During the summer I try to swim at lunch twice per week, run every morning, ride life cycle for 10 minutes, then bicycle or go to Tae Kwon Do karate at night. I look forward to additional triathlons for 2006.

Our run in the pines, "A dog's perspective"

By Danny Boy Pate

"Trail Dog Danny"



I knew something was up when my master got up early and started to get out his running clothes. I followed him around watching his every move. There was no way I was letting him get out of the house without me this time! It was still dark outside when we got in the car and drove down through the forest to a place where he put out drinks for our water stop. I kept a close watch out for the deer we usually see next to the road but there were none out.

We got to Pakim Pond a little before daylight and waited for my master's friend Bill Scott. My master sprayed me with a spray I hate but he says keeps the bugs from biting me. As soon as I got out of the car, I rolled in the dirt to cover the smell. If his nose was as good as mine I bet he would think twice about spraying that stuff!

We started out on the trail and I would run ahead and then back to try to get those old guys to run faster. I made several quick runs off the trail and I could smell the deer that were there just before us. I stayed close to the trail because I didn't want my master to get lost. He's pretty old and his friend looked to be no spring chicken either! They were moving along pretty good though and I passed my spot where I always check for rabbits. I have chased them from that spot before so I always check but no fresh scent today.

We saw a dog with his man just before the bogs but my master wouldn't let me stop and say hello. The sun was just starting to rise in the east over the bog as we ran across the dike. I dove in for a quick drink but was soon out front again. This trail has a lot of turns and I would feel bad if my master and his friend got lost.

We turned down the trail by the blueberry bushes and Bill took the lead. He was running pretty fast for an older guy! I snuck past and went in the lead again. You never know when there may be a deer or squirrel to chase around the next corner.

We crossed a road and my master always makes me wait for him before we cross. He keeps saying something about being "Road Pizza" but I crossed a lot of roads with him and I haven't smelled pizza one time! We saw several deer just before Mt. Misery and I chased them just a little. They ran down the path so it was easy but I couldn't leave my master. This part of the trail has a lot of turns and they would easily get lost.

We stopped at the road where we put out the drinks and I got a cool drink of water my master poured into his hand. This was about 5 ½ miles for them but I probably did 7 at least.

We started back on the trail and ran one of my favorite sections. This is where I chased the turkey last time. I could smell them but they were probably still on the roost and hadn't flown down yet.

We turned up the trail where the hills are and I saw 3 deer! I chased them a little way but Bill took the lead again so I followed. He went up those hills pretty good too! We came over the hill above the sandpit and started down the hill to the road. The road goes over a bridge where I usually get a drink when it is hot out but I skipped it today.

I could be wrong but I swear those old guys picked up the pace the last 3 miles! I just stayed on the path and didn't even bother to chase the squirrel that jumped out in front of us.

Before you know it, we were back at Pakim Pond and I was getting a drink from the blue pump faucet. Next to my master's hand, that is my favorite place to drink from. Overall, it was a great day to be in the woods. My master said something to Bill about being close to or slightly under an 8-minute mile pace. Not too bad for a couple of old guys! I laid down on the car seat and took a rest. My master said something to Bill about going for breakfast at the Korean restaurant and he put me in the house. It's probably for the better; I've always heard that dogs should avoid Korean restaurants... Trail Dog
Danny

RESULTS

Atlantic City 10 K

Cindy Monica - 59:02 1st AG

Run Thru Deal 5 Miler

Hilary Gall – 41:44 (2nd 13-17)

Gary Gall - 44:47

Run through Deal 5 M

Ralph Garfield - 37.35(1st 70+)

Ken Vercammen - 30:51 2nd age group

Shrewsbury Classic 5k

Ralph Garfield - 23.40-1st 70+

RVRR A MEN 40

Ken Vercammen - first place team- State Champs!

Little Silver Classic 5 k

Ralph Garfield -23.17-1st 70+

South Plainfield Labor Day Run 2.9m

Ken Vercammen - 17:41 2nd age group

Monmouth Sprint Triathlon

Ken Vercammen -1:08:28

Berkeley Heights

Kenneth Vercammen - 18:59 1st age group

Liberty Half Marathon

Ken Vercammen - 1:35:07 [started 5 minutes late]

Carnegie 5k

Ken Vercammen -18:39 2nd age group

Jersey Shore Half Marathon

Ken Vercammen - 1:26:54 15th overall

Sayreville 5 mile

Ken Vercammen - 31:09 3rd overall

Seaside 1/2 marathon

Ken Vercammen - 1:26:08 1st 40-49 , 7th overall

Isabel Keeley – 2-47 5th Female Racewalker

Muscular Dystrophy 5k-Cranford

Ralph Garfield - 23.04(1st 70-74)

Trick or Trot

Ralph Garfield -29.22(1st 70-74)

Northeast Philly 5 Miler

Hilary Gall - 43:14 (1st age group 15-19)

Gary Gall - 45:19

Results

Ocean Grove 5K

Ralph Garfield – 23:33 1st 70-79

Broadway Classic 5 K

Ralph Garfield – 23:52-1st 70+

Jimmy Hamilton Memorial 5k

Ralph Garfield –24:14-1st 70+

FARC Gets Discounts

Club members will receive will receive a 10% discount from the Miles Ahead Running Store. Just say you're a member of the FARC. Good Shopping.

Get Your Newsletter by Email!

If you'd like to receive your FARC newsletter by email, please send an email to Jim Bergum, our webmaster, at webmaster@farcnj.com. Ask to be removed from the snail mail list and added to the email list. By adding your name to the email distribution, you will also get announcements, reminders for meetings, updates to the website, etc.

FARC CONSTITUTION NOTICE

All members are requested to read and review the update constitution on our web site www.farcnj.com. Any comments please forward to our webmaster at Webmaster@farcnj.com. All members will vote on the revised constitution on Wednesday December 07, 2005 as part of the regular business meeting for the club.

You're E-MAIL Address

Many of you are changing your Internet provider and your e-mail addresses are invalid. We have started a new service call the FARC FLASH a monthly electronic update on what's happening in the Club. So if you change your E-mail provider please send your new address to our webmaster at Webmaster@farcnj.com

FARC XC Team

By Walt Rutsky

XC race 1

FARC opened up the Shore AC's XC series on Sat. Oct. 1st at Thompson Park. This is the second year in a row that we have a team in this fall event. We finished 5th out of 6 teams. 5 out of 6 may not sound good but last year we finished last every race and obviously in last place for the series. We scored 87 points to beat out Jersey Shore Running Club with their team score of 106 points. And we were only 11 points from a 4th place finish behind the 76 point Sandy Hookers team. We still have a long way to go to top the winners, the Hoboken Harriers who were 1st with 25 points.

Our team had 15 runners today, 7 men and 8 women. The team looked good too! We were sporting new FARC singlets to help promote our club.

Our top male finisher was Chris Davis who ran an 18:33 and was the 13th finisher out of 111 competitors. Behind Chris was our 2nd finisher Cody O'Flaherty with a 19:21. By the way Cody is only 14. So the club has some young blood up and coming for the future. Bill Aromando was our 3rd finisher with a 21:18. Our top two females were Gabby Barrett, 21:49 (53 3rd place) and Pam Spadola 22:54 (61st place).

XC race 2

The bad weather reduced the total field to 77 from last week's 111. A small window of decent weather appeared; no rain and then it changed to a slight drizzle, when the race started. After the race the team did a cool down run. During this cool down a heavy shower (downpour) occurred. It was a real team shower. By the way, it was nice showering with all of you. Our new team motto will be, 'WE WIN/LOSE TOGETHER' 'WE SHOWER TOGETHER!'

We finished 5th again but we reduced our score from 84 to 74. Nevertheless, we showed improvement. Chris Davis led us again for the men and Gabby Barrett for the women.

XC race 3

Race 3 was held in the Wolf Hill Recreation Area. This was the first time the SAC XC raced here. We all had a PR. After all the rain, all of the past week the course conditions were good. It was a 2-loop course.

Bob Bazley (race director) gave the course description before the race. The 2nd course loop was slightly different from the 1st. His description made it sound like we were all going to be lost souls before our time. As it turned out our fears were wiped out. We all made it. The course had more up hills than we expected. The temperature was good for running but it was windy. Again, were led by Chris Davis with. Bill Aromando,

second and our top 3 finisher was Gabby Barrett. This combo led us to a 5th out of 6 finishing teams.

FARC Elections

I have appointed an Ah Hoc Committee of the Past Presidents for the selection of Officers for the coming year. If you are interested in running for a officer's position in the club please contact Marcia Shapiro at 732-431-2627 or e-mail to www.farcnj.com

Scholarship

FARC, Scholarship information and application may be found at our website. www.farcnj.com.

Manasquan Reservoir Walking Group

Join the walking group every Saturday morning at the Manasquan Reservoir. Racewalking coach Ben Ottmer's group leaves at 8:00 a.m. sharp. He will give you training advice on racewalking or health walking. You can go 2 miles or 10 mile's it up to you. The group meets at the welcome center on Windeler Road.

FARC Marathoners

Congratulations to FARC members Joe Saffer, Janis Ticky and Mike O'Flaherty on there Mohawk Hudson Marthon. Way to go Joe this is truly a great time.

Thanks to FARC

On behalf of the Shore Athletic Club and the **Jersey Shore Half Marathon**, I want express my deep appreciation to the Freehold Area Running Club and its members for the support that the club gives to the Jersey Shore Half Marathon. This race could not have been organized without the valued assistance of FARC. Special thanks to Bob Hyer, Tom Wendel, Marcia & Avram Shapiro for their valued assistance and advice that they give to me, is so very much appreciated. Isabel Keeley
Race Director

FARC Winter Series

Mark your calendars for January 8, 2006 see flyer in this issue. The soup will be cooking.

Club Meeting Wednesday December 7, 2005 7:30p.m. Fun run and 8:00 p.m. Meeting

Club Meetings

We would like to thank our guest speaker at our club meeting this year. We started in March with the FARC Doe z Doe around the table with packet stuffing for our St Paddy's Day races a good time and fellowship was had by all.

In May we were honored with premier Distance Runner Dorian Myer and her coach Pete Squire talking on Marathons and Marathon training a wonderful talk and very inspirational and down to earth practical advice. This past month we had Wayne Baker from Mark of Fitness talking on the benefits of Heart Monitors how to use them and the different types. Thank you to our guest speaker for contribution and advice. If you have a topic or know someone who would like to talk at our club meetings please call me at 732-409-3948.

YOU'RE MAILING LABEL

Please read it, it had important information on it. If it is highlighter you have to renew your membership dues. If it has an **E** you signed up to get you're newsletter electronically. If you have not been getting your newsletter please send your current e-mail address to the webmaster www.farcnj.com we will correct.

Freehold Area Running Club's



Toys for Tots 5K Run/Walk

Sunday December 11, 2005

SPONSORED BY: TELCORDIA PIONEERS

TIME: 10:00 a.m. (PRE-PRGISTRATION STARTING 8:30 a.m.)

PLACE: MICHAEL TIGHE MEMORIAL PARK, GEORGIA ROAD
FREEHOLD, NJ (formally Liberty Oak Park)

HEATED INDOOR FACILITY – BIG HOLIDAY CHEER BRUNCH PARTY

ENTRY FEE: Pre- (Before 12/2/05) \$5.00 plus a new unwrapped toy valued at appr.
\$10-\$15.00 (brought race day) or \$15.00

Post – RACE DAY \$10.00 plus a new unwrapped toy valued at appr.
\$10-\$15.00 (brought race day) or \$20.00

All toys donated to the Marine Corp Tot for Tots Program

AWARDS: Top 3 overall male and female – Top 3 male and female in the following age
categories 14- under, 15-19, 20-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-69,70 +
Top 3 male and female racewalkers.

Mail entries to Freehold Area Running Club Make check payable to: FARC
31 Breakwater Sq Freehold, New Jersey 07728

For information call 732-431-2627 or visit our website <http://www.farcnj.com/>

Name: _____ Age: ___ M_ F _____ Run or Walk _____
(Circle one)

Address: _____ City: _____ State: _____

Zip: _____ Phone #: _____ Shirt Size (circle one) M L XL _____

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work a race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and or humidity, the conditions of the road and traffic on the road, all such risk being know and appreciated by me. Having read this waiver and knowing these acts, and in consideration of your acceptance of my application for membership of myself and anyone entitled to act on my behalf, waiver and release the ROAD RUNNERS CLUB OF AMERICA and the FREEHOLD AREA RUNNING LCUB and all sponsors, their representatives successors from all claims of liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons names in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recording or any other records of this event for any innate purpose.

Signature: _____ Date: _____

Parent Signature (if under 18): _____ Date: _____

Freehold Area Running Club's
Club Meeting

Wednesday December 7, 2005

It's our

Holiday Club Celebration

Business Meeting to:
Approve Constitution
Vote for Club Officers

Refreshment and goodies will be served with
good fellowship and laughter.

At Michael Tighe Memorial Park
(Formerly Liberty Oak Park)

Fun Run Starts at 7:30 p.m.
Short Business Meeting at 8:00 p.m.

UNITED MOBILE HOMES INC. &
MONMOUTH REAL ESTATE & INVESTMENT CORPORATION
Presents the 21st Annual

BORN TO RUN

Five Miler

In cooperation with the **Freehold Area Running Club**

With traffic control by the CPL Reynolds Detachment of the Marine Corps League.

“Our Streets are guarded by the U. S. Marines”

Conveniently held 11:00 a.m. Friday, November 25th 2005 the day after Thanksgiving
Registration Begins 9:00 a.m. at the Freehold Fire House 49 West Main Street, Freehold.

Registration: Pre-Registration by Friday
November 18th guarantees
Shirt..... \$20.00
Post –Registered with
(Not guaranteed).....\$22.00
Post-registered
Without shirt.....\$12.00

- 500 Travel Prizes
- All Entrants Eligible
- The Super Born to Run Sweatshirt
- Run the Backyard of the “BOSS”
- Post Race Refreshments Courtesy of The Court Jester
- Scoring & Finish by L&M Computer Sports Services

Awards: Top overall Male & Female
Top 3 Male & Female Finishers
In age groups 19 & under, 20-24,
25-29, 30-34, 35-39, 40-44, 45-49,
50-54, 55-59, 60 & over 70 & over.
Top overall Male & Female Racewalkers.
Clydesdale 200 lbs + Top 3.

Name: _____ Age: ____ M ____ F ____ Run, Walk or CLY ____
(Circle one)

Address: _____ City: _____ State: ____ Zip: _____

Phone #: _____ Shirt Size (circle one) M L XL _____

Release: I, the undersigned, do hereby knowingly discharge and release: The Township of Freehold, The Boro of Freehold, their departments and employees, The Freehold Area Running Club, the CPL Reynolds Detachment Marine Corps League, sponsors and all volunteers from any and all claims arising out of participation in the event. Further, I represent that I have trained for the event and I am physically able to participate in said event. I further agree to permit the race organizers and sponsors to use any photographs taken in conjunction with the event for publicity purposes.

Signature: _____ Date: _____

Parent Signature (if under 18): _____ Date: _____

Make Checks payable to: BORN TO RUN, P.O. Box 224 Tennent, N.J. 07763
For information 1-800-300-8184/732-780-5959



2006



23rd Annual Winter Race Series

5K held on Five Consecutive Sundays in January and February
½ Mile and 1 Mile Kid's Run 9:30 A. M.

***** No Pre Registration Required, Race Day Sign Up Only *****

DATES: *** Sunday January 8th at 10:00 A.M.

*** Sunday January 15 at 10:00 A.M.

*** Sunday January 22 at 10:00 A.M.

*** Sunday January 29 at 10:00 A.M.

*** Sunday February 5 at 10:00 A.M.

WHERE: Michael J. Tighe Park, Georgia Road, Freehold, N. J. 07728

Course: ** Flat and Fast ** ** Fun in the Park **** Certified 5K Course **

Awards: ** Presented to: **The Top Overall Winners **

* Age Group Winners * *RaceWalking Winners *

* Clydesdale Winners * * Special Overall Series Awards *

* Must Participate in All Five Races to Qualify *

Amenities: * Heated Indoor Facility with Clean Restrooms *

* Post Race Refreshments *

* Ample Parking Picnic Area & Playground *

Entry Fee: * No Pre Registration Required *

5K - \$5.00 FARC Members - \$3.00 High School & College Students \$1.00

Kid's run - \$1.00

Directions: Michael J. Tighe Park, Georgia Road Freehold NJ 07728. Take Rt. 9 to the Elton Adelpia Road (Rt. 524) exit, follow signs toward Smithburg & Turkey Swamp Park. Turn left three blocks after the Freehold Twp. High School on to Georgia Road Proceed ½ mile to park on left 9 just past (St. Robert's Church) Tighe Park is one mile north of Turkey Swamp Park.

*** For information Call (732) 431-2627 – FARC HOTLINE***

*** Or visit our web site at – www.farcnj.com ***



Membership Application

WWW.FARCNJ.COM



Send the attached form with check to:
Freehold Area Running Club
P.O. Box 4
Manalapan, New Jersey 07726

BENEFITS OF MEMBERSHIP
Informative Newsletters - Member - RRCA
Meetings with Guest Speakers - Race Schedule
Race Entry Discounts - Weekly Group Runs
Summer & Winter Race Series - Kids Races
Annual Club Party - Social Activities
Seasonal Track Sessions - Annual Awards Party

.....
(Please Print)

Name: _____ **FAMILY MEMBERS & AGES**
(If applicable)
Street: _____
City: _____
State: _____ Zip: _____ Telephone #: _____

E-Mail Address: _____
Please Print

Please make check Payable to FARC

Please check newsletter option: Postal _____ or E-Mail _____

Membership Types, Select One: *Please circle option*

	Individual	Family	Shirt size (new membership only) Shirt may be picked up at any club event M L XL <small>(circle one)</small>
E-Newsletter Membership Fee:	<i>Please circle option</i>		
1 YEAR (Good thru 12/31/06)	\$10.00	\$15.00	
3 YEAR (Good thru 12/31/09)	\$25.00	\$35.00	
Standard Membership Fee:			
1 YEAR (Good thru 12/31/06)	\$15.00	\$ 20.00	
3 YEAR (Good thru 12/31/09)	\$35.00	\$ 45.00	

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work a race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and or humidity, the conditions of the road and traffic on the road, all such risk being know and appreciated by me. Having read this waiver and knowing these acts, and in consideration of your acceptance of my application for membership of myself and anyone entitled to act on my behalf, waiver and release the ROAD RUNNERS CLUB OF AMERICA and the FREEHOLD AREA RUNNING CLUB and all sponsors, their representatives successors from all claims of liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons names in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recording or any other records of this events for any innate purpose, I understand the failure to sign this waiver may affect my, status as an official FREEHODL AREA RUNNING CLUB Member.

Signature: _____ Date: _____
Parent Signature (if under 18): _____ Date: _____

Visit our web site at FARCNJ.COM for upcoming events.



P.O. Box 4 Manalapan, N J. 07726

RACE CALENDAR

(All phone numbers 732 unless otherwise noted, Go to www.farcnj.com for more details)

NOV 05

- 11/06 Run The Bridge Ben Franklin Bridge, Camden, NJ
0 K 8:30 AM
- 11/12 Suntrust Marathon Richmond, VA 26.2 M 8:00 AM
- 11/13 Hashathon Cheesequake State Park, NJ 6 M
11:00 AM 528-0132
- 11/19 Turkey Trot Manasquan, NJ 5 M 11:00 AM 223-
9738
- 11/25 **Born to Run Freehold, NJ 5 M 11:00 AM 800-
300-8184**
- 11/27 Navesink Challenge Bodman Park, Middletown,
NJ 5 K 10:10 AM 15 K 10:00 AM 732-542-6090

DEC 05

- 12/03 Run For the Holiday Burlington, NJ 5 K 9:00 AM
- 12/10 Jingle Bell Bar A, Lake Como, NJ 5 K 10:00 AM
283-4300 x394
- 2/11 **Toys for Tots Michael Tighe Park, Freehold, NJ
5 K 10:00 AM 431-2627**
- 12/31 Twilight Fun Run Bar A, Lake Como, NJ 3 M 5:00
PM 542-6090
- 12/31 Polar Bear Asbury Park, NJ 5 M Run 1:00 PM 10
M Walk 10:00 AM 222-9080

JAN 06

- 01/01 Hangover Hamilton, NJ 5 M 12:30 PM 609-737-
9069
- 01/07 Freezing Cold Hash Edison, NJ 4 - 6 M 10:17 AM
- 01/08 **FARC Winter Series Michael Tighe Park,
Freehold, NJ 5 K 10:00 AM 431-2627**
- 01/15 **FARC Winter Series Michael Tighe Park,
Freehold, NJ 5 K 10:00 AM 431-2627**
- 01/22 **FARC Winter Series Michael Tighe Park,
Freehold, NJ 5 K 10:00 AM 431-2627**
- 01/29 **FARC Winter Series Michael Tighe Park,
Freehold, NJ 5 K 10:00 AM 431-2627**

FEB 06

- 02/05 **FARC Winter Series Michael Tighe Park,
Freehold, NJ 5 K 10:00 AM 431-2627**

MAR 06

- 03/19 **St. Paddy's 10 M & Leprechaun Michael Tighe
Park, Freehold, NJ 10 M 11:00 AM 5 K 11:15
AM 431-2627**