



THE LONG RUN



The Official Publication of The Freehold Area Running Club
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Website: www.farcnj.com
FARC Hotline: (732) 431-2627

WEBSITE – www.farcnj.com

Hello from the President

FARC ended 05 with a wonderful year-end race with our Toys for Toys race. We started 06 Happy New Year to all of you, with the best Winter Series Races in the state. Congratulation to the Winter Series Race Committee, Walt Rutzky, Bob Hyer, Tom Wendel, Marcia & Avram Shapiro, John Weitz, and Art Rosen. We hit a high with 189 runners that ended the race series. We had two snow events and we extended the series but fate gave us another snowstorm this one with 20 inches of snow. Special Thanks to Duncan Donuts of Freehold and Manhattan Bagels for supplying the refreshments, also to Marty Slutzky who each week brought us great munchies. Yours truly supplies the soup and as always the FARC hospitality was present. We had our Winter Awards Banquet that was a wonderful celebration of FARC. Special thanks to Pam Spadola who organized our party, making the wonderful silent auction baskets. It was at the Belmar Pavilion and all had a great evening. Also a Thank You goes out to Avram Shapiro who donated one of his wonderful paintings for the auction.

We are now looking forward to spring only 27 days away as I write this but I believe that spring begins on March 21. I saw a robin this week this proves that spring is here. With spring we have our St Paddy's race and Tom Wendel and the race committee is working towards putting on a great FARC event. Please fill out the race app and run a great race or call Marcia and say I'll help with the race.

Just a reminder that the dead line for our Scholarship is March 30, so if you have a High School Senior please check out our web site and download the application. We are back to Sundays at the Manasquan Reservoir and we have been very lucky with this winter in that we have not missed very many Sunday mornings. Come out and train and have fun with the group build your miles Joe Safer keeps track of the miles for you. Wish you all a wonderful spring hitting the roads great training from the 5K to the Marathon FARC does it all. Best,
Isabel Keeley
President.

HOTLINE – 732-431-2627

FARC Honors its Members

Congratulations to the following awardees.

Ed Robbins Memorial Award- Service Award	Janet Bergum
Don Deneck Memorial Award- Love of Running	Linda O'Brien
Male Runner of the Year	Chris Davis
Female Runner of the Year	Pam Spadola
Master's Male Runner	John Donoghue
Master's Female Runner	Gabby Barrett
Racewalker of the Year	Fran Emanuel
Racewalker of the Year	Ted Freeman
Scholastics Runner of the Year	Cody O'Flaherty
Scholastics Runner of the Year	Erica Weitz
Presidents Award	Liz Spector
Excellence Award	Manhattan Bagel-Freehold
Foyer of Distinction	Jim Bergum

The Road Runners Club of American presented to Walt Rutzky and Jim Bergum there Volunteer of the Year Award this is in recognition of giving over 2000 hours of service to the club. Well-done guys.

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	- John Weitz
Treasurer	- Art Rosen
Secretary	- Jim Bergum

Club Meeting Wednesday March 15th, 2006

Runners Forum

XC series week 6 – the end



Tatum Park was the venue for the last race of the Shore XC series. This race had the biggest field of the series. All the teams had their top guns for one last attempt to move ahead in the standings. This week we weren't up for the challenge. Although we gave it our best, we came in last for the day and last for the series.

However, we improved over last year and we laid another building block for the future. This was the second season we had a complete team every week. Last year we finished last every race. This year we moved off the bottom rung a few times.

And most important, we had fun. Pam overheard a runner from another team commenting how the FARC team brought coffee and gathered afterwards to drink it. YEA, right, FARC drinking coffee at a race. So we had a little toast, had fun and we celebrated.

Our scoring runners today were: Open - Chris Davis, Bryan Burlew, Bill Aromando; women – Gabby Barrett, Pam Spadola, Carolyn Anastasio; 40+ Bob Hyer, David Picascia; 50+ Charlie Peer, Walt Rutsky; 60+ Bob Stoveken

Bob Stoveken, our 60+ runner scored a bonus point in the scoring for us. The point did not come cheaply though. Bob toppled to the ground scraping his knee and elbow. Blood was drawn. However, no extra points for that. Too bad. Fortunately, he was spared being trampled, but barely.

At the awards presentation for the final and series, FARC had some top award winners. Chris Davis was 5th overall open runner. Cody O'Flaherty was acknowledged as the youngest runner (14) being able to run with the lead pack. Our 40+ women took home awards too and powered our team this year. In this division Gabby Barrett was 1st, Pam Spadola 2nd (tie), Carolyn Anastasio 4th and Patti Cottrell 5th. Hey! What happened to 3rd?

Pam overheard one of the other clubs regarding FARC bringing and sharing coffee at the end of the race. YEA,

right, FARC drinking coffee at a race. We were just toasting a successful season. And it was.

The team captain was grateful no one thought of dousing him with a 5-gallon jug of Gator Aid. It would have been a waste of some good Gator Aid.

By the way no reports are for week 4 and 5. Bob Bazley (race director) creates a little write up about each race and it is on the XC web site. His comments captured the flavor of those two weeks.

Hope to see you again next year. You have a year to prepare. Don't negotiate with any of those other teams. FARC needs you.

Asbury Park Polar Bear 5 mile By Kenneth Vercammen

One of the longest running races in New Jersey is the Asbury Park Polar Bear 5 mile. This event is directed by Track legend and Olympian Elliot Denman. The Polar Bear this year was held on the last Saturday of the year on the famous Boardwalk. Runners traverse the landmark Convention Hall, with RRCA rep Dave DeMonico playing Christmas songs on the trumpet. This is a multi lap race, so runners get to see the front-runners and cheer on their friends.

Hot soup is supplied in the warm Howard Johnson restaurant. Following the race, there is the traditional "polar plunge" in the Atlantic Ocean. Over two dozen brave souls went for a quick swim. I enjoyed the run plus swim. I hope to be able to participate again next year.

I have been road running competitively in New Jersey for the past twenty years. We all appreciate running events with sufficient course marshals, water stops and post race refreshments. The organizers and sponsors of this race should be commended on the excellent set up. I have encouraged other runners to support local running events that raise money for charity and non-profit groups.

My Pick for the 10 best Races in New Jersey (order is random) By Robert McGill

5k

1. Stillwater Stampede 5k (June)
2. Beach Blast 5k (Stillwater) atmosphere & low entry fee
3. Merry Heart 5k (Roxbury) June food, raffle
4. Rockaway Blast 5k (Rockaway) July food
5. Morris County Striders Summer Series (June, July & August) food
6. Teresa & William Wright Memorial (Randolph) June goody bag
7. Newark Corporate Run (October) food
8. Newark Easter 5k (Easter Sunday) goody bag
9. South Orange Village 5k (the day before Easter) food
10. Lepuchan Leap 5k (Mount Olive) food, raffle
11. Project Children 5k (South Mountain Reservation)

- food and beer
12. Downtown Westfield Extraganza food, raffle and goody bag (July)
 13. Roselle 21st Century (June) food
 14. Fallen Hero's 5k (Elizabeth) September food, goody bag and beer
 14. Dunellen Run for Education (September) raffle and course
 15. Frog Hollow (South Amboy) food and free use of pool for the day (June)
 16. Raritan Valley Road Runners Summer Series (Highland Park) food and beer
 17. Carnegie Center 5k (West Windsor) (October) food, nice awards
 18. Eden Family 5k (near Princeton) (April) food and nice awards
 19. Trenton Waterfront (May or June)
 20. June Moon (June) food and nice course
 21. Miles for Matheny (April) food Gladstone-Peapack
 22. Teterboro Airport (July) unique course, raffle and goody bag
 23. Freehold Area Running Club's Winter Series (January and February) food and nice course, low entry fee
 24. Shore AC Summer Series low entry
 25. Freehold Area Running Club's Summer Series Low entry fee
 26. Neptune City 5k (August) raffle
 27. Sea Girt 5k (August)
 28. Reindeer Romp 5k (December) food (Point Pleasant Beach)
 29. Ocean Running Club's Summer Series (Toms River) food and low entry fee
 30. Camden Waterfront (December or November) food
 31. Dover Renaissance October and is known for its raffle.

5 M

1. Run for the Children 5 miler (Elizabeth) has been held in June and October, known for awards and food
2. Run for Freedom 5 miler (Newark)(mother's day)
3. Sunset Classic 5 miler (Bloomfield) (June)food and shirt
4. Winter's End 5 miler (Rahway) March
5. Born to Run 5 miler (Freehold) November
6. Our House 5 miler (Summit) May food, goody bag and raffle
7. Bahr's 5-miler May (Highlands) food
8. Ashenfelter 8k (Glen Ridge) Thanksgiving Day gloves and a shirt
9. Belmar 5 miler (July) food
10. Westfield Turkey Trot 5 miler (November)

10 K

1. The Tri-State Classic 10k October (starts in New Jersey, goes thru New York State and finishes in Pennsylvania)
2. Montclair 10k June
3. Millburn Spring Run 10k March food

4. Apple Chase Chilton Memorial 10k (Pequannock) May raffle and flat course that is tree-lined
5. East Brunswick 10k October food
6. Frost on the Pumpkin 10k (South River) mugs, challenging course and beer
7. Crossroads of Woodbridge 10k (September) food
8. Stone Harbor Lions Club 10k (August) food
9. Hilltop 10k (Warren) beautiful scenery and killer mountains June
10. Cherry Blossom 10k (Newark) (April) pretty course

8 miles+

1. Sparta 8 miler around Lake Mohawk (June), low entry fee and t-shirt with no advertising, very scenic and hilly course
2. Hot Chili 8-Mile Challenge at Kittatiny State Park (October), scenic trail run and lots of food
3. Indian Trails 10 miler (Middletown)(March or April)
4. Navesink Challenge 15k (Middletown) November food
5. The USATF 10 mile Championship December
6. Sea Isle City 10 miler (Captain Gallagher's) August
7. Freehold St. Paddy's Day 10 miler (March) food and beer
8. Liberty Waterfront half marathon (September) goody bag
9. Newark Distance Classic 20k (March)
10. Swamp Devil 15k (November)

RESULTS

NYRRC 4K X-C Races, Van Cortlandt Park

Mike Chudkowski - 21:00 (2AG)

Mike Chudkowski - 20:14 (3AG)

Ocean County Park 4 M

Ken Vercammen - 24:15 1st 40-49

Ralph Garfield - 30.24(1st 70+)

Freehold Winter 5k

Ken Vercammen - 18:56 (1st 40-49)

Polar Bear 5 Mile Run

Ralph Garfield -38.18(1st 70-79)

Kenneth Vercammen - 31:02 1st 40-49

Westfield Hangover 5K

Ralph Garfield - 23.00(1st 70-75)

Hamilton Hangover 5 Miler

Hilary Gall - 43:22

Gary Gall - 45:34

Toys for Tots-5k

Ralph Garfield-23.55(1st 70+)-

Ramona Run 4M

Ralph Garfield-30.50(1st70-75)

Ken Vercammen - 24:47

Sayreville Hit the Bricks 5 M

Kenneth Vercammen - 31:09

Navesink Road Race

Ken Vercammen - 19:42 (6th OA)

NJ 10 Mile Championship Mercer County Park

Ken Vercammen - 1:05:25

Born to Run 5m

Bob Nassi - 41:38
Ralph Garfield - 38.12(1st 70+)
Ken Vercammen - 31:00 3rd AG
Navesink Challenge 15k
Bob Nassi - 1:22:23
Naperville IL 5K
Jim Neary - 29:13 Cold, Cold ,Cold.
USATF Cross Country Holmdel Park
Ken Vercammen - 19:57 1st Masters Men 40 Team
East Brunswick RVRR 5k
Ken Vercammen - 19:04 2nd AG
South Brunswick Viking 5k
Ken Vercammen -18:39 3rd AG
Brendan Vercammen - 22:26 1st team
Manasquan Turkey Trot-5 mile
Ralph Garfield-37.14(1st 70-79)
5k Turkey Trot-Franklin Twp
Ralph Garfield -23.24(1st 70+)
Campus 5k(OCC)
Ralph Garfield 22.55(1st 70+)
Frost on the Pumpkin 10k
Ralph Garfield -49.11(1st 70+;4th overall age graded)
Bob Nassi 52:09
Jersey Shore 1/2 Marathon
Bob Nassi 1:59:41

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.

We have a new corporate sponsor for the club. **United Stor-All USA** on route 9 South in Freehold has donated a storage unit to the club. Please check out there web site at www.unitedstorallcenters.com Please support our sponsor as they assist us in putting on quality events for our runners.

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

Support our Sponsor



3464 Route 9 South Freehold, New Jersey 07728
732-761-8420
www.unitedstorallcenters.com

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.

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

Scholarship

FARC, Scholarship information and application may be found at our website. www.farcnj.com. All applications area due March 30, 2006

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.

Club Meeting Wednesday March 15, 2006 7:30p.m. Fun run and 8:00 p.m. Meeting

Please come out and do the FARC dozy doe as we stuff packets for the St Paddy Race. Refreshment, Irish Soda Bread and Irish Music to keep you going. A fun evening where we enjoy each others company and help put on a great race.

THE FREEHOLD AREA RUNNING CLUB
Sixteenth Annual

Nestle Beverage Co.



10 MILE RACE

and the Twelfth Annual

WindMill

Leprechaun 5K



Sunday, March 19, 2006 at 10:30 A.M.

Michael J. Tighe Park, Georgia Road, Freehold Township, NJ

REGISTER AT
www.active.com

Race Day Registration: Begins at 8:30 AM. Come early. Allow time for parking. Starting time for the 10 mile is 10:30 AM. The 5K follows at 10:45 AM. All entry fees non-refundable.

A Happy St. Patrick's Day to You! This event is for you, the community of runners and walkers who compete not only to win, but to experience the challenge of going the distance and have fun in the process. We offer two scenic courses: the 10-mile for those looking to build toward the Boston Marathon, or other Spring long distance events; the 5K for a speed or shorter fitness workout. And there's plenty to eat and drink, commemorative shirts, random drawings, an Expo, age group awards, and a corps of experienced volunteers to guide you.

The Awards: 10-mile: To the first three male and female finishers overall, and the top three male and female finishers in the following categories: 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over, Clydesdale (200 lbs.+), and Racewalk; and to the first male and female FARC members.

The Awards: 5K: To the first male and female finishers overall, and top three male and female finishers in the following age groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

No duplicate awards.

Directions:

From the North: Garden State Parkway to Exit 123 (U.S. 9 South).

From the South: Garden State Parkway to Exit 83 (U.S. 9 North).

From the East: From the Belmar/Wall. Twp area, take I-195 West to Exit 28N (U.S. 9 North) or from the Long Branch area take NJ 36 West to NJ 18 North to exit 22B (NJ 537 West), continue on 537 to U.S. 9 South.

From the West: I-195 East to Exit 28N (U.S.9 North).

Then all: follow U.S. 9 (North or South) to Route 524 (Elton-Adelphia Road) toward Smithburg and Turkey Swamp Park. Go West on 524 approximately one mile (past two schools). Turn left at light onto Georgia Road. Tighe Memorial Park will come up on your left just past St. Robert's Church.

Information: (732) 431-2627 .. www.farcnj.com

Please Note! Due to the race in progress, you may not exit the Park between 10:30 AM and 12:30 PM. If this will inconvenience you, parking is available outside the Park in nearby side streets. Please do not park on Georgia Road.

Mail Registration:

Entries postmarked on or before March 10:.....\$16.00

Current FARC members on or before March 10.....\$12.00

All entries postmarked after March 10 and race day.\$20.00

10 Mile and 5 K Race Application: Runners may choose which race they do on race day. Just line up for the start of one race. You will be scored for whichever race you finish. Clydesdale and Racewalk prizes limited to 10 mile race.

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: (____) _____ Shirt Size M ___ L ___ XL ___

Sex: M ___ F ___ Date of Birth: M ___ D ___ Y ___

Age (Race Day): _____

Check One: 5 K Run ___ or 10 Mile Run ___

10 Mile Clydesdale ___ 10 Mile Racewalk ___

Liability and Publicity Release: I know that running in a road race is a potentially hazardous activity and that I should not enter and participate unless I am medically able and properly trained. I agree to abide by the orders of any race or police official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including but not limited to: falls, contact with other entrants or deer, the effects of weather, potholes, slippery road conditions, including snow and ice, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the St. Paddy's Race Committee, the Freehold Area Running Club, its officers, Trustees, Members and volunteers associated with this event; The Township of Freehold, its Officials, Employees and Departments; The Nestle Beverage Company; The WindMill, The Court Jester and any and all other sponsors and their representatives and employ-ees and successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. Further, I grant to all the forgoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature _____ Date _____
(Participant or parent/guardian if under 18.)

Make check payable to FARC. Mail to: FARC c/o Tom Wendell,
99 School Road West, Marlboro, NJ 07746



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)

MAR 06

- 03/05 E. Murray Todd Brookdale Community College,
Lincroft, NJ 13.1 M 9:00 AM 542-1642 x23
- 03/18 Chambersburg Chambersburg, PA 13.1 M 8:30
AM 301-739-1366
- 03/19 St. Paddy's Leprechaun Michael Tighe Park,
Freehold, NJ 10 M 10:30 AM 5 K 10:45 AM 431-
2627**

APR 06

- 04/01 Fool's Run Manasquan, NJ 5 K 11:00 AM 223-
0705
- 04/01 Building Tomorrows Brookdale Park, Bloomington,
NJ 5 K 9:30 AM 973-535-1181 x1230
- 04/02 Indian Trails Middletown, NJ 15 K & 3 M 9:00 AM
842-4317
- 04/02 Run With Aimee Montgomery Township, NJ 5 K
10:30 AM 877-342-4633
- 04/15 Sgt. Pat's Long Branch, NJ 5 K 11:00 AM 542-
6090
- 04/15 Rotary South Orange, NJ 5 K 9:00 AM 381-0318
- 04/15 Clean Air Philadelphia, PA 5 K 9:00 AM website
- 04/22 Country Roads Walnford Park, Allentown, NJ 5 K
9:00 AM 609-689-0136 x143
- 04/23 Eden Family Princeton, NJ 5 K 9:00 AM 609-631-
9211

- 04/23 Lincoln Tunnel Weehawken, NJ 5 K 9:00 AM
- 04/29 Lake Como Bar A, Lake Como, NJ 5 K 10:00 AM
542-8090
- 04/29 Draft Day Giants Stadium, NJ 5 K 8:30 AM 381-
0318
- 04/30 NJ Marathon Long Branch, NJ 26.2 M 8:00 AM
13.1 M 7:15 AM 578-1771
- 04/30 Rachel Livingston, NJ 5 K 9:30 AM 381-0318
- 04/30 Asbury Park Press/Ocean County Observer First
Energy Park, Lakewood, NJ 5 K 10:00 AM

MAY 06

- 05/06 Xercise Chester, NJ 5 K 9:00 AM 381-0318
- 05/07 Run For The Red Tobyhanna, PA 26.2 M 8:00 AM
- 05/07 Our House Summit, NJ 5 M 10:00 AM 381-0318
- 05/07 Newport 10,000 Jersey City, NJ 10 K 8:30 AM
381-0318
- 05/07 Rumson Fairhaven Rumson, NJ 5 M 9:30 AM
741-2140
- 05/07 Broadstreet Run Philadelphia, PA 10 M 8:30 AM
215-683-3594
- 05/07 Run for the Red Marathon Stroudsburg, PA 26.2
M 8:00 AM
- 05/21 Gilda's Run Paramus, NJ 15 K 9:00 AM 201-457-
1670

JUN 06

- 06/18 ACS Run For Dad Mercer County Park, NJ 5 K
9:00 AM 381-0318