



THE LONG RUN



The Official Publication of The Freehold Area Running Club
VOL. 24 NO. 2 - 05/06

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

Hello from the President

Well members spring has finally arrived and we are hitting the roads, doing 5K to Marathons. Special Congratulations to Joe Safer, Janet Tickey and Linda O'Brien for there wonderful Boston Marathon performances. Also Special Thanks to Tom Wendel race director of our St Paddy's 10 miler and Leprechaun 5K and his race committee for putting on another great FARC event. This past weekend down at the Manasquan Reservoir was just the best of running and nature that anyone could ask for. You president completed her 30 Marathon doing the Jersey Shore Relay Marathon Seaside Park to Asbury Park, on April 22, yes folk in the wind and the rain. I want to thank the FARC teams who encouraged me, yelling where is the soup and beeping as they were moving to the next transition points. It was great fun and yes the soup will be on in December. But we have a very busy spring and summer to look forward to. Our Summer Series starts on June 22 at Battleground State Park in Manalapan also our Kids Summer Nights series (see flyer in this issue). We are planning a BBQ party, an Ice Cream party and Baseball Games to attend this year. We will keep you posted on these events. During the summer check our web site for what's happening at www.farcnj.com. Come out to our Club meeting May 17, 2006 as we will be presenting our Scholarships to our student athletes and we are also having our own Sherriff Ted Freeman talk on Identity Theft and how to prevent it. Looking forward to seeing you all over the summer and enjoy our sport and the special camaraderie that it brings. See you on the roads and enjoy this wonderful time of year.

Best,
Isabel Keeley
President.

HOTLINE – 732-431-2627
WEBSITE – www.farcnj.com

Club Meeting Wednesday May 17, 2006

Group Run at 7:30 Meeting at 8 P.M.

FARC Honors it 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 Rutsky 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

St Paddy's ... The Green Machine Strikes Again.

This past March 19th FARC once again presented our signature event(s) to the running & walking public. The St., Paddy's 10 mile run the 17th edition once again underwritten by our friends at Nestle's foods and the 13th annual Leprechaun 5K enthusiastically sponsored by Steve Levine owner of Windmill restaurants. How does this happen every year, year in and year out? Easy! You get a group of people (your committee heads) that all probably have 20+ years experience in their area of responsibility. Get them all together sometime in January (If not sooner) and say in so many words, "do your thing." And they do, very well I might add! This year with Easter being in April we went back to our 3rd Sunday in March date. We also had our traditional weather, sunny and 40's, that seemed much colder. Progress was made this year with 450 finishing the 10 miler and the 5k growing to 349 participants (we couldn't find 1 more?). The most important number (to race directors anyway) was 914 which represent the number of runners who registered. Most important - everyone who left the park - returned in good health. John Haulenbek, former director of the Spring Lake 5 told me many years ago the first rule of race directing: "No one dies." You mentally hold your breath until that last runner crosses the finish line. Of course any event of this size requires a good number of volunteers. People who are willing to give up their Sunday for a sweatshirt. We thank you all.

THIS IS NOT POSSIBLE WITHOUT YOU!

Next year you may see some changes. I would really like to get the race off of Jackson Mills Rd. We will be working on this course revision during the course of the coming year. I would also like to keep the sweatshirt as a race feature; they seemed to go over well. Do you have any suggestions for the race(s)? This is your event we want to hear from you. Be forewarned however, if you have really good ideas that is usually a fast track to becoming a committee head. See you all next March 18, 2007 (07!)

Tom W

WHO MAKES THIS ALL HAPPEN?

Your committee heads - that's who! Here's the lineup To your St. Paddy's "Green Machine"

Bob Hyer - Course(s) layout / PA announcements. Our answer to Bob Sheppard

Don Spadola - 10 Mile course security/ team security

Frank Haviland - Parking/Traffic coordinator - You're best hitter bats third.

Dave Friedman - Printing - applications, i.e. Tickets, and distribution of same.

Donna Cetrulo - Race day registration - See Donna at the "Will call window."

Isabel O'Donovan-Keeley - Start/Finish - sings national anthem and Take me out to the ball game during 7th inning stretch.

John Weiss - our rookie of the year- puts out a mean post game spread.

Walt Rutsky - water stops - Our concessionaire, keeps those Gatorade jugs in the dugout full.

Marcia Shapiro - Volunteers - Personnel development - see Marcia if you want a job on the game day staff.

Avram Shapiro - 5K course / Yearbook and program art design.

Walter Stein - Medical & First aid / Team doctor and head trainer rolled into one.

Jim Neary - Shirt Distribution who keeps the ball in play.

And a special thanks to our "advance scouts"

Ken Vercammen and Bob McGill - who got race applications out to events all over the tri-state area all late fall and winter - great job guys!

T. Wendel - General Manager and head grounds keeper.

Summer Series

Our Summer Series Starts on June 22, 2006 at 6:00 p.m. Mile Fun Run and 5K See race flyer in this issue

Kids Summer Nights

Our 12th year for the Kids Summer races. This series is developed for Kids to have fun running. So bring the kids out for running fun, ice pops and watermelon this year. See the flyer in this issue.

Runner's World Seeking Articles

This fall Runner's World is planning a special feature commemorating the 5th anniversary of 9-11 and how the sport of running was a part of many of the lives who perished that day—as well as for those who survived the tragedy. In preparation for the piece we are looking for stories of runners and how 9-11 became a part of their lives. Perhaps it is a story of a victim who was an avid runner and his/her friends and family launched a run in his/her honor. Perhaps it is a story of a person whose skills as a runner helped to save lives on that day. Perhaps it is the story of a fireman or policeman who was a runner but also a hero that day.

If you have a story to share with us, please do. Please provide us with a short synopsis of what made this person's story so significant on an everyday level as well as on a running level. Also, please let us know how we can contact you for more details. Email your stories to Charlie Butler at charlie.butler@rodale.com Thank you for your interest.

Runners Forum

The Hilliest Races

By Robert McGill

10k's

1. Chris & Kevin Truskey Memorial (Tamaqua, PA)
2. The Hilltop 10k (Warren, NJ)

3. Brian's Run 10k (Wayne, NJ)
4. Run for the Cookies 10k (Berwick, Pa)
5. Frost on the Pumpkin 10k (South River, NJ)
6. Hopewell Challenge 10k (Hopewell, NJ)
7. Joel Spector 10k (Washington (Bergen county), NJ)
8. Ramsey Day 10k (Ramsey, NJ)
9. Woodcliff Lakes 10k (Woodcliff Lakes, NJ)
10. Shiver by the River 10k (Muhlenberg, Pa)

5 milers & 8k's

1. Tewksbury 5 miler (Tewksbury, NJ)
2. Raising Hope 5 miler (Readington, NJ)
3. Bahr's 5 miler (Atlantic Highlands, NJ)
4. Our House 5 miler (Summit, NJ)
5. Christmas City Challenge 5 miler (Bethlehem, Pa)
6. Christmas City Classic 5 miler (Bethlehem, Pa)
7. Sunset Classic 5 miler (Bloomfield, NJ)
8. Hit the Bricks 5 miler (Sayreville, NJ)
9. USATF Cross Country 8k championship at Deer Path Park (Readington, NJ)
10. Born to Run 5 miler (Freehold, NJ)

5k's

1. Morris Mauler 5k (Mendham, NJ)
2. Chris & Kevin Truskey Memorial 5k (Tamaqua, PA)
3. Howard Bell Classic 5k (Mount Tabor, NJ)
4. Cross country course at Holmdel Park
5. 5k that starts at Watchung High School
6. Miles for Matheny 5k (Gladstone-Peapack, NJ)
7. High Point 5k (Wantage, NJ)
8. Sparta Main Street 5k (Sparta, NJ)
9. Sprintin Clinton 5k (Clinton, NJ)
10. Teresa & William Wright Memorial 5k (Randolph, NJ)

7 miles & longer

1. Ugly Mudder 7 miler (Reading, Pa)
2. Half-Wit, Half Marathon (Reading, Pa)
3. Run for the Diamonds 9 miler (Berwick, Pa)
4. South Mountain 10 miler (Bethlehem, Pa)
5. Hot Chili 8-mile challenge at Kittatiny State Park (Andover, NJ)
6. Sparta 8 miler around Lake Mohawk (Sparta, NJ)
7. Navesink Challenge 15k (Middletown, NJ)
8. Indian Trails 15k (Middletown, NJ)
9. Oley 10 miler (Oley, Pa)

The Ugly Mudder 7 miler

By Robert McGill

The Ugly Mudder 7 miler was very brutal. You ran on rocks, dirt, downed trees, etc. Parts of the course you had to walk, since you had to walk over 1 downed tree after another for approximately a few hundred feet. This was somewhere after running 6 miles mostly in the woods.

They had 977 runners registered for this race. There were approximately 800 finishers. I saw several runners, who were unable to finish, due to injuries and fatigue. Those runners are an example of why you run slow and carefully. This course is a personal worst type course.

The race was held on a cold windy day, near Reading, Pennsylvania. The wind chill was around 13 degrees, on February 25, 2006. They had beer on the course somewhere around 6 miles. They had scrambled eggs, pancakes, water and beer after the race.

You had to climb the last hill on the course on all fours. I climbed up it and positioned my body in front of a tree, in order to take a rest for about a minute or two and did that about 3 times. I used a large rock for the last time. At the top of the hill, I started running again and passed a few runners in an unpaved parking lot to the finish line.

Some of the other hills were brutal. One of the hills involved climbing several old and broken stone walls. One hill involved going up these stairs by the pagoda. Another hill was near the fire tower. After passing the fire tower, it was a nice downhill without too many rocks.

Results

Cherry Blossom 10k Branch Brook Park

Ralph Garfield - 47:38(1st 70-79)

Sgt Pat's 5k

Ralph Garfield - 22:50(1st 70-79)

Organ Donor Dash, Phila, PA

Hilary Gall - 52:20 (2nd AG 16-19) PR)

Gary Gall - 57:44

Odd Man Cross Country Marlton

Ken Vercammen - 19:12 1st 40-49

Indian Trails 3 M

Ken Vercammen - 18:04 3rd overall

Space Walk 8k Titusville, Florida (across from Kennedy Space Center) Ken Vercammen - 30:45 1st 45-49

Curing Autism Now 5K at Penn State U.

Allyson Rosen - 20:20 PR, 1st AG (21-25), 2nd female

E.Murray Todd -Half Marathon

Ralph Garfield -1:49:12(1st 70+)

William Aromando - 1:46:02

Just A Short Run Half Marathon Allyson Park, PA

Allyson Rosen - 1:33:15 (1st 21-25).

McHeffey Run

Ken Vercammen - 19:23 1st 40-49 5th overall

Club Meeting Wednesday May 17, 2006 Group Run at 7:30 Meeting at 8 P.M.

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.

United Stor-All USA

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 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

Safety for Running

Since 1989 the RRCA has actively worked on behalf of women runners' safety, and has several safety resources available to the public. One example is Rica's Tips for Running Safety, 15 tips that are worth remembering.

1. Don't wear headsets. Use your ears to be aware of your surroundings.
2. Carry change for a phone-call or carry a small cell phone.
3. Run with a partner. Run with a dog.
4. Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.
5. Run in familiar areas. In unfamiliar areas contact a local RRCA club or running store. Know where telephones are, or open businesses or stores. Alter or vary your route pattern.
6. Always stay alert. The more aware you are, the less vulnerable you are.
7. Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid unlit areas at night. Run clear of parked cars or buses.

8. Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information. Don't wear jewelry.
9. Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
10. Run against traffic so you can observe approaching automobiles.
11. Wear reflective material if you must run before dawn or after dark.
12. Use your intuition about a person or an area. React on your intuitions and avoid if you're unsure.
13. Practice memorizing license tags or identifying characteristics of strangers.
14. Carry a noisemaker and/or OC (pepper) spray. Get training in self-defense and the use of pepper spray.

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.

**Have you renewed you FARC Membership?
See Application on the back page.**

Club Meeting Wednesday Mary 17, 2006 7:30p.m. Fun run and 8:00 p.m. Meeting

Come hear our own Sheriff Ted Freedman presentation on Identify theft and the awarding of our scholarships to our student athletes. As always FARC hospitality will be present refreshment will be served.

Support our Sponsor



3464 Route 9 South Freehold, New Jersey 07728
732-761-8420

www.unitedstorallcenters.com

Freehold Area Running Club

Club Meeting

May 17, 2006 @ 8:00 p.m.

Tighe Park Georgia Road

Freehold, New Jersey



**Come hear our own Club Member
Sheriff Ted Freeman
Presentations on protecting you're self
against Identity Theft.**

**We will also be presenting our
Scholarships to our Student Athletics**



Presents

KIDS' SUMMER NIGHTS RUNNING SERIES

June 21, 2006 – August 2, 2006 6:00 P. M.

**AT BATTLEGROUND STATE PARK,
MANALAPAN, N. J.**

Sponsored by:

PAULINES HEALTH FOOD STORES in Manalapan & Freehold

25 YARD "TODDLER TROT".....18 MONTHS TO 3 YEARS

50 YARD DASH.....4 YEARS & UP

MONMOUTH BATTLEFIELD "100 YARD CHARGE".....8 YEARS & UP

½ MILE RUN.....ONE MILE RUN.....8 YEARS & UP

MEDALS and ICE POPS TO ALL FINISHERS

T-Shirts and TROPHIES TO KIDS WHO PRE ENTER FOR SERIES

FEE: \$2.00 PER RACE OR ALL SEVEN FOR \$12.00

NAMES: _____ AGE: _____ Shirt Size: _____

RACE DATES: On Site Registration Only

JUNE 21 _____ JUNE 28 _____ JULY 5 _____ JULY 12 _____ JULY 19 _____

JULY 26 _____ AUGUST 2 _____ ALL SEVEN RACES _____

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 races 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 risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership of anyone and myself entitled to act on my behalf, waiver and release the Road Runners Club of America, the Freehold Area Running Club of New Jersey and all sponsors, their representatives successors from all claims or 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 named 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 Freehold Area Running Club Member.

PARENTS SIGNATURE: _____



The 24th Annual
Wednesday Night

Summer 5K RACE SERIES

June 21, 2006 – August 2, 2006 5K - 6:45PM

BATTLEGROUND STATE PARK, OLD RT. 33, MANALAPAN, N. J.

Sponsored by:
Crown Beer Distributors

Come run the historic Battle of Monmouth State Park, Mile Splits, Mile Fun Run, Kids Races, and refreshments for all finishers.

- Awards to the Overall Finishers Overall Age Group Finishers in Numerous Age Groups
- Overall Race Walk Finishers No Duplicate Awards

On Site Registration Only

FEE: \$2.00 PER RACE FOR FARC MEMBERS AND \$5.00 FOR OTHERS

RACE DATES: Every Wednesday night for the following dates;

JUNE 21 JUNE 28 JULY 5 JULY 12 JULY 19 JULY 26 AUGUST 2

RACE TIME: Kids Summer Night Races start at 6:15 p.m.
Mile Fun Run 6:30p.m.
5K Starts at 6:45 p.m.

Come join FARC for a Summer of Fun
Running and Walking.

Visit our Website: www.farcnj.com for results and club information



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)

MAY

- 06 Xercise Chester, NJ 5 K 9:00 AM 381-0318
- 06 Lighthouse Sandy Hook, NJ 5 K 9:30 AM 642-5595
- 06 Woolley House Joe Palaia Park, NJ 5 K 9:00 AM 531-2136
- 06 River to Bay Toms River, NJ 5 K 10:00 AM
- 07 Lanoka Harbor EMS Lacey Twmsp, NJ 5 K 10:15 AM 609-971-5148
- 07 Our House Summit, NJ 5 M 10:00 AM 381-0318
- 07 Newport 10,000 Jersey City, NJ 10 K 8:30 AM 381-0318
- 07 Rumson Fairhaven Rumson, NJ 5 M 9:30 AM 741-2140
- 07 Madison High Five Madison, NJ 5 K 11:00 AM 973-660-0544
- 07 Broadstreet Run Philadelphia, PA 10 M 8:30 AM 215-683-3594
- 07 Run for the Red Marathon Stroutsburg, PA 26.2 M 8:00 AM
- 07 Big Red Race III Lawrenceville, NJ 5 K 10:15 AM 609-912-1911
- 07 Run For the River Asbury Park, NJ 4 M 10:00 AM 908-537-7060
- 10 Waterfront Park, Trenton, NJ 5 K 6:45 PM 609-393-8009 x230
- 12 Joe Vastano Hamilton Square, NJ 5 K 7:00 PM 609-208-2940
- 13 Spring into Summer Middletown, NJ 5 K 8:30 AM 671-4219
- 13 D.A.R.E. Veterans Park, Bayville, NJ 5 K 9:30 AM 269-4456
- 13 Family Day Edison, NJ 5 K 9:30 AM 248-7364
- 13 Brandon's Run Seaside Heights, NJ 5 K 9:30 AM 773-0045
- 13 Mother's Day Pt. Pleasant Beach, NJ 5 K 8:30 AM 295-1193
- 14 Pace Yourself for Parkinson's Lincroft, NJ 5 K 9:00 AM 866-350-2583
- 17 Club Meeting, Michael Tighe Park, Fun Run 7:30, Meeting 8:00 PM
- 21 Gilda's Run Paramus, NJ 15 K 9:00 AM 201-457-1670
- 21 Bahr's Highlands, NJ 5 M 9:00 AM 872-1245
- 21 Michael W. Thorne Scholarship West Long Branch, NJ 4 M 9:00 AM 222-072529, Mayor's Trophy Rahway, NJ 5 K 9:45 AM

JUNE

- 03 Avon 5K Avon, NJ 8:30 AM 502-4519
- 10 George Sheehan Classic Red Bank, NJ 5 M 8:30 AM -988-7725
- 10 June Fete Princeton, NJ 10 K 8:00 AM 609-737-9137
- 11 Cops-N-Runners Barnegat, NJ 5 K 10:00 AM
- 17 Pre-Fathers Day Ocean, NJ 5 K 9:00 AM 542-6090
- 21 FARC Summer Series Monmouth Battlefield State Park, NJ Kids Summer Night 6:00 PM 5 K 6:50 PM 431-2627**
- 24 Save Barnegat Bay Lavallette, NJ 8 K 8:30 AM

28 FARC Summer Series Monmouth Battlefield State Park, NJ Kids Summer Night 6:00 PM 5K 6:50 PM 431-2627

- 18 ACS Run For Dad Mercer County Park, NJ 5 K 9:00 AM 381-0318
- 25 Pine Beach Pine Beach, NJ 5 K 9:00 AM 505-9554
- 26 Sprint Triathlon Series Long Branch, NJ 0.5K Swim - 10 M Bike - 3 M Run 6:45 AM

JULY

- 05 FARC Summer Series Monmouth Battlefield State Park, NJ Kids Summer Night 6:00 PM 5 K 6:50 PM 431-2627
- 04 Firecracker 5 Wall Township, NJ 5 M 8:35 AM 280-1281
- 08 Johnny Cobb Memorial Belmar, NJ 5 M 8:30 AM
- 09 USATF-NJ Open/Master State Championship Monmouth Reg. HS Tinton Falls 8 A.M. 732-409-3948**
- 11ORC Summer Series Winding River Park, Toms River, NJ 5 K 6:45 PM
- 12 FARC Summer Series Monmouth Battlefield State Park, NJ Kids Summer Night 6:00 PM 5 K 6:50 PM 431-2627**
- 18ORC Summer Series Winding River Park, Toms River, NJ 5 K 6:45 PM
- 19 FARC Summer Series Monmouth Battlefield State Park, NJ Kids Summer Night 6:00 PM 5 K 6:50 PM 431-2627**
- 25ORC Summer Series Winding River Park, Toms River, NJ 5 K 6:45 PM
- 26 FARC Summer Series Monmouth Battlefield State Park, NJ Kids Summer Night 6:00 PM 5 K 6:50 PM 431-2627**

AUGUST

- 01ORC Summer Series Winding River Park, Toms River, NJ 5 K 6:45 PM
- 02 FARC Summer Series Monmouth Battlefield State Park, NJ Kids Summer Night 6:00 PM 5 K 6:50 PM 431-2627**
- 05 Neptune City Day Neptune, NJ 5K 8:00 AM 776-7224 x27
- 12 Asbury Park 5K Asbury Park, NJ 8:30 AM
- 13 Batsto Pig Iron Batsto Village, NJ 5 K 9:00 AM

SEPTEMBER

- 02 Saturday in the Park Holmdel, NJ 5 K 9:00 AM 542-6090
- 03 Rock 'N' Roll Virginia Beach, 26.1 M 7:00 AM
- 04 Pier Village Long Branch, NJ 5 K 8:30 AM
- 04 Mayor's Labor Day Ocean City, NJ 5 M 9:00 AM 609-625-9317