



# THE LONG RUN



The Official Publication of The Freehold Area Running Club  
VOL. 23 NO. 3 - 09/05

Website: [www.farcnj.com](http://www.farcnj.com)  
FARC Hotline: (732) 431-2627

## Hello from the President

As I am writing this, I realize that it's Mid Summer and our Summer Series and Kids Summer Nights are over. We had a wonderful series again this year. Over 100 kids signed up for our program and we had 75 runners every Wednesday night. Since I always put the safety of our runners first, we had to cancel two weeks due to thunderstorms; however this is a part of summer. We will always have another 5K to run. I want to thank a wonderful group of volunteers who came out every Wednesday to put on these races: Bob Hyer - results, Marcia & Avram Shapiro - 5K Registration, Pam Spadola - KSN Registration, Tom Wendel - Timing, Water, & Course, Jack Lucey, Jim Robbins and Hal Smith - Finish Line for KSN, Art Rosen - Ribbons for KSN, Mike O'Flaherty and Chris Davis - our rabbits for the half and the mile races, Tom & Terry Dunsheath - refreshments and finish line. I hope you also enjoyed the different awards that we presented this year. The idea to give awards that were fun and useful which was the idea of yours truly. We also did something different this year and had an after race Ice Cream Party at Ice Cream on 9. We had our sundaes and listened to wonderful music after the race. All had a good time. I would like to do more things like this in the future. I will be adding a new chair to our board called Member Services. If you would like to volunteer for this position please call me. We are now looking forward to an active fall running and walking season. We will start out with fun at our Annual Members Picnic on September 25 (see the flyer in this newsletter). I hope to see you all come out with your kids and have some fun. It is free to all our members. We will have our annual Past Presidents Baseball Game. It's them against me, the current Pres. So if you would like to be on my team or the past presidents team come out to the picnic. It's always full of great fun and good sportsmanship. Our next big race is our Toys for Tots. Again, this is FARC at its best. It's a great race for a wonderful cause and the FARC family comes out and puts on a wonderful race. I'm not going to rush summer away; I, like you, want to enjoy these wonderful training days and the warm weather. I look forward to seeing you at the Manasquan Reservoir on Sundays and on the Roads.

Isabel O'Donovan-Keeley

## FARC Summer Series

Another great summer of running at the Monmouth Battleground State park. We had over 100 kids every week running distances from 25 yards to the 100 yard charge - the highlight event for our young set of runners. We got rained out twice with thunderstorms but everyone came back the next week. The runners were full of anticipation to see what the awards would be that week. Instead of your usual trophy or medal this year we did something different. For example, we gave a crystal paperweight with the American flag on it for our July 4th week's race. The last week was a stuffed animal. We had ice pops, watermelon and fun. A great way to spend a summer evening? Running!



## 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](http://www.farcnj.com)

## **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](mailto: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.

**Members Picnic Sept 25, 2005 Tighe Park  
Starting at 1 P.M. It's FREE  
See Flyer**

**Club Meeting: October 19, 2005  
See Flyer**

## **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](mailto:Webmaster@farcnj.com)

## **FARC Scholarships Awards**

At our May Club meeting we awarded our Matthew Stuper Memorial Scholarship to four recipients for this year. We are proud of our student athletes who represent their families, their school and our club. This year's recipients are:

### **Timothy Dunsheath:**

We have seen this young man grow up in the FARC family. He has been our Rabbit for the KSN series half mile and mile. Sometimes his little brother jumps ahead of him. He has helped with our Winter Series carrying donuts, setting up and cleaning up, worked at the St Paddy's day race, and Our Women's Only races. He uses running to stay in shape. His sport is Football but with his Dad's coaching he has found that running is a sport to use for conditioning. He and his family represent what a FARC family is all about. We have seen him watching out for his little brothers with care and love for them. He is going on to college and wants to

major in Computer Engineering. We wish him good luck in his future studies and his football career.

### **Laura Saffer:**

This young lady is an avid runner. She and her family have been FARC members for many years. She has run both our Summer and Winter series. She received 12 varsity letters while at Manalapan High School and is an athlete for the NCAA Division One University North Carolina Greensboro Spartans earning a 3.63 GPA. She represents what a student/athlete is all about.

### **Melissa Vientos:**

Here we have another FARC family of runners. Along with her Dad and brother, she has participated in our Winter and Summer Series. She has also worked finished line at our St Paddy's race and our Toys for Tots race. She ran cross-country and track for St John Vianney. She is an outstanding student/athlete and will be attending Monmouth University running for the Hawks this fall.

Note from Melissa:

FARC,

I just wanted to thank FARC for the generous scholarship. The money will be put to good use. I can't wait to run the summer series.

### **Megan Skeehan:**

We have another outstanding student/athlete earning a varsity letter in track at Allentown High School while earning a 3.93 GPA. This is another FARC family that comes out to our events and participates and volunteers their time to make it happen for FARC.

Congratulation to all of these well deserving and outstanding young men and women.

Our FARC scholarship application is on our website [www.farcnj.com](http://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.

## **WANTED – TEAMMATES**

Does anyone want to run on the FARC team to compete in the SAC's Cross-Country League Series? Last year was the first year we had a team. Though we didn't do well, we all had a good time. The dates and sites are yet to be announced. It usually starts the last Sat. in Sept or first Sat. in Oct. and runs for approx. 6 weeks. And unless there is a change, the whistle blows to start the race at 9:00AM. I will give more specifics when they become available.

If you are interested contact Walt Rutsky at [runwk@att.net](mailto:runwk@att.net) or on 732 566-6495.

## RACE RESULTS

### Sea Girt 5k

Bob Nassi - 25:53

### President's Cup 5k

Ken Vercammen - 18:36

### Frog Hollow 3.2 mile

Ken Vercammen - 19:12 3rd OA

### Sea Bright Triathlon

Ken Vercammen - 1:03:35

### ETS Firecracker 5K

Ken Vercammen - 18:39 3rd AG

First place team

Ken Vercammen Team - 1:17:26

Team: Ken, David Rosenblatt, David Hoch, Dan Fabrizio, John Liptak, Kathleen Rocker, Gordon Deal, Mary Foley, Cheryl Scher, Imme Dyson

### East Stroudsburg PA Hot Dawg 3.2M

Ken Vercammen - 19:11 1st OA-Defending champ

### Belmar 5 mile

Ken Vercammen - 33:33 [training run]

Cindy Monica - 47:05 1<sup>st</sup> AG

### New York City Triathlon- Olympic distance

Ken Vercammen - 2:47:56 (1,500 meter swim 24:30 in Hudson River, bike 40k up, Henry Hudson Parkway -1:30:32, then Run 10,000 meters in Central Park. 43:44)

### Raritan Valley Road Runners cross-country 5k

Ken Vercammen - 19:41 3rd AG

Ken Vercammen - 19:43 3rd AG

Robert J. Mc Gill - 26:18

Robert J. Mc Gill - 26:27

Robert J. Mc Gill - 24:56

### Philadelphia Triathlon

Ken Vercammen 1:41:30 (0.5 Mile Swim -- 17 Mile Bike -- 4 Mile Run)

### Wilkes Barre Triathlon (Harvey's Lake/Penn State)

Ken Vercammen - 2:49:33 (1.5K Swim - 40K Bike - 11K Run)

### Run For Hope 5K, Langhorne Pa

Hilary Gall - 25:51

Gary Gall - 27:51

### Firecracker 5

Ralph Garfield - 40.43 1st 65-69

Bob Nassi - 42:40

### Penns Purchase 5K Lahaska, Pa

Hilary Gall - 26:22 1st age group 19 & under

Gary Gall -28:08

### Rockaway Blast 5k

Robert J. Mc Gill - 23:35

### Morris County Striders Summer Series

Robert J. Mc Gill - 25:42

### Cranford Firecracker 4 miler

Robert J. Mc Gill - 30:38

### Montville 5k

Robert J. Mc Gill - 23:23

### Sunset Classic 5 miler

Robert J. Mc Gill - 40:18

### Pine Beach 5k

Robert J. Mc Gill - 23:35

Bob Nassi - 25:55

### Frog Hollow 5k

Robert J. Mc Gill - 24:32

### Trenton Waterfront 5k

Robert J. Mc Gill - 23:14

### Friend to Friend Billy Hilly 5 miler more or less

Robert J. Mc Gill - 40:15

### President's Cup 5k

Robert J. Mc Gill - 23:33

### Point Pleasant Lions Club 5 miler

Robert J. Mc Gill - 38:52 1<sup>st</sup> Clydesdale

Hilary Gall 40:02 (PR) 2nd 19 & under

Gary Gall 47:16

### Teresa & William Wright Memorial 5k

Robert J. Mc Gill - 24:55

### June Moon 5k

Robert J. Mc Gill - 24:15

### Sean's Landscaping 5k

Robert J. Mc Gill - 23:27

### Chris O'Shea Memorial 5k

Robert J. Mc Gill - 23:52

### Bank of America Teterboro 5k

Robert J. Mc Gill - 23:33

### JCC 5k

Bob Nassi - 25:09

### Four For The Future 5K, Levittown, PA

Hilary Gall 24:19 (1st Female Overall)

Gary Gall 29:30

### Edison 5k

Ken Vercammen - 18:23 2nd Place AG

### Lawrence School Big Red Race 5K

Ken Vercammen - 18:26 3rd 40-49

### Metuchen Berringer 5k

Ken Vercammen - 18:33

### Spring Lake 5 mile

Ken Vercammen - 30:57 [top 100 out of 8,000]

### North Brunswick 5k

Ken Vercammen - 18:16

### Indian Trails 3 mile

Ken Vercammen - 18:27 First Place overall!

### Cherry Blossom 10K

Ken Vercammen - 38:30 [4th place team]

Robert McGill - 57:27

### Eden 5K

Ken Vercammen - 18:09 1st Age group  
1<sup>st</sup> OPEN Team

Hilary Gall (2nd age group 15-19) - 23:52

Gary Gall - 26:58

### Melbourne Florida 5k

Ken Vercammen - 18:27

### Summit Our House 5 Mile

Ken Vercammen - 30:37

2nd Place Team

### Miles for Matheny 5k

Robert McGill - 25:19

### Tiger 24 5k

Robert McGill - 24:48 2nd overall

### New Providence 5k

Robert McGill - 23:50

**Our House 5 miler**

Robert McGill - 39:52

**Westfield 5 miler**

Robert McGill - 39:39

**Wee Run Wild 5k**

Robert McGill - 23:39

**Glen Ridge 5k**

Robert McGill - 24:11

**Hip Hop 5k**

Robert McGill - 24:21

**Newark Easter 5k**

Robert McGill - 24:58

**South Orange Village Classic 5k**

Robert McGill - 24:21

**Lepuchan Leap 5k**

Robert McGill - 24:21

**Winter's 5 Miler**

Robert McGill - 40:28

**Bayhead 5-K**

Patrick Asay - 19:30

**River to Bay 5-K**

Patrick Asay - 19:30 1st 40-44

**Joe Vastano 5K**

Hilary Gall - 23:44 (1st 13-19) 3rd female OA

Gary Gall - 27:19

Alison Gall - 33:22

**Wag your Tail 5-K Trail Run**

Patrick Asay and dog Holly 1<sup>st</sup> overall - 22:32

**Club Meeting: October 19, 2005**

**See Flyer**

# Freehold Area Running Club's Summertime Members' Picnic



Sunday, September 25<sup>th</sup> 2005

(Check the website for status: [www.farcnj.com](http://www.farcnj.com))

At Michael Tighe Memorial Park

(Formerly Liberty Oak Park)

Picnic will start at 1 P.M.

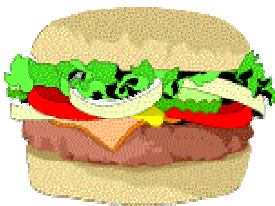
It will be located in the back of the park picnic area.

Come join us for the Past Presidents Baseball game. (Bring your glove)

There will be games and prizes for the children.

The Famous FARC Bake Off will also take place.

- Everyone who brings a dessert to the FARC dessert table will be included in the Bake Off contest.  
(To enter, bring a dessert and the recipe card.)



Please RSVP call Pam Spadola at 732-942-8518

This is necessary so we order enough food and beverages for all.

***See you there!***

Freehold Area Running Club's

## Club Meeting

Wednesday October 19<sup>th</sup>, 2005

### HEART RATE MONITORS for Runner's

Come hear expert Wayne Baker of Mark of Fitness Inc. talk on how to use heart rate monitors as training tools and the various technologies available for runners today.

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.



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

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## RACE CALENDAR

(All phone numbers 732 unless otherwise noted, Go to [www.farcnj.com](http://www.farcnj.com) for more details)

- |       |   |       |  |
|-------|---|-------|--|
| 09/03 | Saturday in the Park Holmdel Park, Holmdel, NJ 5 K 9:00 AM 542-6090       | 09/25 | Manasquan Reservoir Howell, NJ 5 M 9:00 AM 542-1642 x27  |
| 09/04 | Jimmy D Memorial Memorial Stadium, New Brunswick, NJ 5 K 9:00 AM 545-6729 | 10/01 | Conservancy Poricy Park, Middletown, NJ 5 K 10:00 AM   |
| 09/05 | Fall Classic Nomahegan Park, Cranford, NJ 4 M 9:30 AM                     | 10/01 | Run for Angels Demarest, NJ 5 K 9:00 AM  |
| 09/05 | Pier Village Long Branch, NJ 5 K 8:30 AM                                  | 10/02 | JS Half Sandy Hook, NJ 13.1 M 9:00 AM 409-7644   |
| 09/10 | Hill & Dale Brielle, NJ 10 K 9:00 AM 528-6600 x100                        | 10/08 | Heights Harvest Spring Lake, NJ 5 K 8:30 AM 449-8862   |
| 09/11 | National and Masters Championship Ocean Twp, NJ 40 K RW 8:30 AM 222-9080  | 10/09 | Run Thru Deal Deal, NJ 5 M 11:00 AM  |
| 09/17 | Seafood Pt. Pleasant, NJ 5 M 8:30 AM 295-1193                             | 10/15 | Baltimore Marathon Baltimore, MD 26.2 M 8:00 AM  |
| 09/17 | Carpenters Classic Seaside Park, NJ 5 K 8:00 AM 349-0230                  | 10/16 | Seaside Half Seaside Heights, NJ 13.1 M 10:00 AM 5 K 10:10 AM                                  |
| 09/18 | ECl School for Children Eatontown, NJ 5 K 10:00 AM 542-2525               | 10/16 | Race For The Cure Bristol Myers Squibb Princeton, NJ 5 K 8:45 AM Men 10:00 AM Women 11:15 Walk |
| 09/18 | Distance Run Philadelphia, PA 13.1 M                                      | 10/29 | Just Us Girls Sea Girt Army Camp, NJ 5 K 9:30 AM 840-9063                                      |
| 09/24 | Hopewell Challenge Hopewell, NJ 10 K 9:00 AM 609-773-0459                 |       |  |