



# THE LONG RUN



The Official Publication of The Freehold Area Running Club  
VOL. 24 NO. 3 - 08/06

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

## Hello from the President

We are well into summer and its wonderful, yours truly loves these hot long days of summer, I love getting out early in the mornings and hitting the roads. I hope all of you are having wonderful long training runs as well. I hope also that you are taking part in our Summer Series. It's the 24<sup>th</sup> year and we are having a great time at Battlefield State Park even if we had to cancel one week because of the New Jersey State Budget crises. We have extended the 5K to August 16<sup>th</sup>. We had to cancel the Kids Summer Nights due to a thunder storm so their races have also been extended to August 16<sup>th</sup> when they will receive their trophies and run the Battleground 100Meter Charge. It gives me great pleasure to see the little ones and their enthusiasm for running each week. We are averaging over 100 kids each week. I know because I purchase 250 ice pops each week. A special thank you to the Summer Series Volunteers who come out each week to put on this great FARC event. Congratulations to our FARC Women's team of Janis Ticky, Carolyn Anastasio, Gabby Barrett and Pam Spadola who won the USATF-New Jersey 4x800 Open/Master Championship. Way to go ladies! Other winners were Cody O'Flarathy in the Open 1500 Meters and Bob Hyer in the Open/Masters 5000Meters. As your club president, it was great seeing you win and the awesome running that each of you performed. They brought home the gold for FARC. Our thanks go out to Mike O'Flarathy who coached and trained the team. If you would like to run for the team, the next outing will be training for the cross-country season. Please contact Mike for the ladies and Walt Rutsky for the men. Let's go FARC.

We are planning ahead at FARC as next year will be the 25<sup>th</sup> Anniversary as a Club. We will have special events thru out the year. I have appointed an Ad Hoc Anniversary committee and if you would like to be on it or if you have FARC memorabilia or ideas on how you would like to see us celebrate this milestone, please contract me at [imok97@msn.com](mailto:imok97@msn.com) or 732-409-3948. I would also like to thank Bev and Joel Stein who manned the FARC booth the Belmar 5 miler this year, We sold our FARC ware and advertised our club. Great job guys! Thanks for your wonderful enthusiasm.

So everyone it does not get any better than this, enjoy the summer have fun and see you on the roads.

Best,  
Isabel Keeley  
President.

## CLUB PICNIC SEPTEMBER 24, 2006

Its picnic time for FARC! Come out and have fun with your running friends. We have great food, a softball game that is a lot of fun and good fellowship. So mark September 24, 2006 at 1:00 p.m. on your calendars. Hot dogs, Hamburgers and summer fun for the FARC family. New location this year at Battlefield State Park which is home to our Summer Series.



Born to Run Our FARC Kids on the Line

HOTLINE – 732-431-2627  
WEBSITE – [www.farcnj.com](http://www.farcnj.com)

**Club Meeting Wednesday October 18, 2006**

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

## 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

**FARC Picnic Sept 16, 2006 2:00 P.M. Great food, fun and as always the FARC Hospitality.**

## Summer Series

Our Summer Series continues. Come out and be part of the fun at Michael Tighe Park on Wednesday's at 6:00 p.m. - Mile Fun Run and 5K. See race flyer in this issue

## Kids Summer Nights

This is our 12<sup>th</sup> 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. See the flyer in this issue.

**Club Meeting Wednesday October 18, 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 their web site at [www.unitedstorallcenters.com](http://www.unitedstorallcenters.com). Please support our sponsor as they assist us in putting on quality events for our runners.

## Kudos's

Thank you

Dear FARC Officers,  
I want to thank you so much for allowing me to receive a wonderful scholarship. It will be put to great use when I attend and run cross country and indoor/outdoor track at

the University of Central Florida in the fall. I appreciate all you help and support.

Love, Erica Weitz

## Runners Forum

*Sole Sisters: Stories of Women and Running*  
By Jennifer Lin and Susan Warner

This article is an article sent in by the co-author of a book on women runners called *Sole Sisters: Stories of Women and Running* that was selected by People Magazine for its Mother's Day gift guide.

Our running started with a craving for ice cream. And chocolate. And creamy pasta. But before long, our three-mile, lunch-break jogs along Philadelphia's riverside Kelly Drive became so much more than away to burn off flab. It became our therapy, our time to mull questions big and small, to escape the workaday world, to connect, to talk. Eyes focused straight ahead, legs turning in tandem, we commiserated over fussy cats and forgetful husbands, working our way up to Rosetta stone of being, our mothers. We took turns and switched topics, one moment celebrating the success of a shy child on the soccer field or ballet stage, the next lamenting the creaks and gray hairs of middle age. Across those miles, our running brought back the lost pleasure of visiting for a spell with a friend.

We weren't alone on Kelly Drive. We passed a constant stream of women running alone, or in pairs, gabbing all the way. More than 11 million women have taken up running to relieve stress, lose weight, have fun and forget their troubles.

Our running partnership grew into a book titled *Sole Sisters: Stories of Women and Running*. The book is a celebration of women who have found fitness and friendship on the run.

We met Sandy Felt, a widow whose husband died on Flight 93 on Sept. 11, 2001, who conquered her grief by completing the New York City Marathon. The four sisters who celebrated a victory over breast cancer with a 5-K race. A mother whose determination to nurse her newborn may have cost her a spot on the U.S. Olympic team. Then there is Colleen Cannon, who became a professional triathlete, even though the bicycle she rode in her first race had upright handlebars, a basket, a horn and streamers.

Grete Waitz, the nine-time winner of the New York City marathon, who once ran to be the world's best, now runs like the rest of us, to stay healthy. "If it's raining and it's cold and windy, I say, 'Oh, do I really want to go out today? I can relate to all the excuses people have,'" she told us. These inspiring women show what it means to have the support of others who share their trials and triumphs. And a taste for ice cream, chocolate and pasta.

*Jennifer Lin and Susan Warner are the coauthors of Sole Sisters: Stories of Women and Running. Jennifer is a reporter at The Philadelphia Inquirer. Susan is a freelance writer in New Jersey.*

## Results

### USTF-NJ Open/Master Championships

1<sup>st</sup> Place: Women's 4x800 M - 11:51

Janis Ticky - 3:10  
Carolyn Anastasio - 3:03  
Gabby Barrett - 2:52  
Pam Spadola - 2:46

1<sup>st</sup> Place: Cody O'Flaherty open 1500 M - 4:50

#### JCC 5k

Ralph Garfield - 23.20(1st 70+)

#### Hamilton RWJ 5k

Ken Vercammen - 21:18 2nd AG  
Nike Bunker (formerly All Hills, No Frills)  
Ken Vercammen - 22:37 4th overall

#### RVRR cross-country

Ken Vercammen - 21:12 2nd AG, 1st masters team  
Pine Barrens Tri Splash & Dash 1/2 mile swim and 5k  
Ken Vercammen - 48:35

#### JSRC Summer 3 mile

Ken Vercammen - 18:59 [5 races in one week]

#### Eden 5k

Ken Vercammen - 18:27 1st AG  
Brendan Vercammen - 23:11

#### Summit Our House 5 mile

Ken Vercammen - 30:35

#### Edison 5k

Brendan Vercammen - 21:55 1st AG  
Cynthia Vercammen - 30:09 first race ever  
Ken Vercammen - 17:58  
Steven Feldman - 24:43 (1st 55-59)

#### Vietnam Veterans 10K

Hilary Gall - 54:08 1st 19 & under  
Gary Gall - 58:32

#### North Brunswick 5K

Hilary Gall - 24:52 3rd 13-19  
Gary Gall - 27:41

#### Run For Dad 5K

Hilary Gall - 25:02  
Gary Gall - 29:19

#### Sheehan Classic

Ralph Garfield 38.43(1st 70-74)

#### Pine Beach 5k

Ralph Garfield -23.26(1st 70-74)

#### Firecracker 5

Ralph Garfield -39.00(1st 70-74)

#### Lake Tak Week 1

Ralph Garfield - 23.09(1st 70+)

#### Lake Tak-Week 2

Ralph Garfield - 23.40(1st 70+)

#### Wanamassa Pre-fathers day 5k

Ralph Garfield - 21.42(1st 70+)

#### Belmar 5 mile-July 8

Ralph Garfield -38.42(1st 70-74)

#### North Brunswick Memorial Day 5K

Steven Feldman - 25:14

#### Rahway 5k

Ralph Garfield - 23.46(1st 70-79)

#### Jersey Shore Marathon

Allyson Rosen - 3:35:42 Qualified for Boston, (2nd 20-24 AG)

Asbury Park Press/Ocean County Observer 5K

Steven Feldman - 24:47

Ralph Garfield -22.34(1st 70-79)

## 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.

## 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)

## Summer Day Hot Weather Running

The Road Runners Club of America wants to remind the running community about the importance of following our hot weather running tips. Running in the heat of summer can be dangerous if proper precautions and preparations are not followed.

**1.** Avoid dehydration!!! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10-15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20-30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indications that you are running while dehydrated are a persistent elevated pulse after finishing your run and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.

Visit Gatorade Endurance's site at <http://www.itsonthecourse.com>. You will find great tools for developing a hydration strategy and coupons for Gatorade Endurance.

To stay hydrated on your run, consider using one of the many products designed by FuelBelt, Inc, "The Official Hydration Delivery System of the RRCA". Find them online at <http://www.fuelbelt.com>.

**2.** Avoid running outside if the heat is above 98.6 degrees, body temperature, and the humidity is above 70-80%. While running, the body temperature is regulated by the process sweat evaporating off of the skin. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature.

**3.** When running, if you become dizzy, nauseated, have the chills, or cease to sweat.... STOP RUNNING, find shade, and drink water or a fluid replacement drink such as Gatorade. If you do not feel better, get help. Heatstroke occurs when the body fails to regulate its

own temperature, and the body temperature continues to rise. Symptoms of heatstroke include mental changes (such as confusion, delirium, or unconsciousness) and skin that is red, hot, and dry, even under the armpits. Heatstroke is a life-threatening medical emergency, requiring emergency medical treatment. For more information and symptoms of heatstroke visit <http://www.webmd.com/content/article/87/99468.htm>.

**4.** Run in the shade whenever possible avoid direct sunlight and blacktop. When you are going to be exposed to the intense summer rays of the sun, apply at least 15 spf sunscreen and wear protective eyewear that filters out UVA and UVB rays. Consider wearing a visor that will shade your eyes and skin but will allow heat to transfer off the top of your head.

**5.** If you have heart or respiratory problems or you are on any medications, consult your doctor about running in the heat. In some cases it may be in your best interests to run indoors. If you have a history of heatstroke/illness, run with extreme caution.

**6.** Children should run in the morning or late afternoon hours, but should avoid the peak heat of the day to prevent heat related illnesses. It is especially important to keep children hydrated while running and playing outdoors in the heat.

**7.** DO wear light colored breathable clothing. DO NOT wear long sleeves or long pants or sweat suits. Purposefully running in sweat suits hot days to lose water weight is dangerous!

**8.** Plan your route so you can refill water bottles or find drinking fountains. City parks, local merchants, and restaurants are all good points to incorporate on your route during hot weather running. Be sure to tell someone where you are running how long you think you will gone, and carry identification.

Stay hydrated, cool, and safe this summer!

## 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. Don't wear headsets. Use your ears to be aware of your surroundings.

1. Carry change for a phone-call or carry a small cell phone.
2. Run with a partner. Run with a dog.
3. Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.

4. 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.
5. Always stay alert. The more aware you are, the less vulnerable you are. Avoid unpopulated areas, deserted streets, and overgrown trails. Specially avoid unlit areas at night. Run clear of parked cars or buses.
6. 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.
7. Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
8. Run against traffic so you can observe approaching automobiles.
9. Wear reflective material if you must run before dawn or after dark.
10. Use your intuition about a person or an area. React on your intuitions and avoid if you're unsure.
11. Practice memorizing license tags or identifying characteristics of strangers.
12. 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?

**FARC Board Meeting September 13, 2006 at Moors Landing Club House 7:30 p.m.**



**Support our Sponsor**

3464 Route 9 South Freehold, New Jersey 07728

732-761-8420

[www.unitedstorallcenters.com](http://www.unitedstorallcenters.com)

# Freehold Area Running Club

## Club Meeting

Fun Run at 7:30 p.m. from Club House

October 18, 2006 @ 8:00 p.m.

Tighe Park Georgia Road, Freehold, NJ

Come hear Tom Hyland of Hyland and Assoc.  
Shoe Mfg. Representative Talk on the latest,  
newest things in running shoes.



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

Freehold Area Running Club's

# Summertime Members' Picnic



Sunday, September 24th 2006

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

**BATTLEFIELD STATE PARK, OLD RT. 33, MANALAPAN, N. J.**

(NEW LOCATION)

**Picnic will start at 1 P.M.**

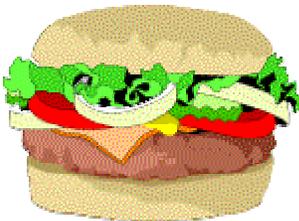
It will be located in the back of the park picnic area.

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!**



Presents

**KIDS' SUMMER NIGHTS RUNNING SERIES**

June 21, 2006 – August 16 2006 6:00 P. M.

**AT BATTLEFIELD 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 \_\_\_\_\_ AUGUST 9 \_\_\_\_\_ AUGUST 16 \_\_\_\_\_

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 24<sup>th</sup> Annual  
Wednesday Night

# Summer 5K RACE SERIES

June 21, 2006 – August 16, 2006 5K - 6:45PM

BATTLEFIELD 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;

JULY 26, AUGUST 2, August 9, August 16th

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](http://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](http://www.farcnj.com) for more details)

### AUGUST

- 08/01 ORC Summer Series Winding River Park, Toms River, NJ 5 K 6:45 PM
- 08/02 **FARC Summer Series Monmouth Battlefield State Park, NJ Kids Summer Night 6:00 PM 5K 6:45 PM 431-2627**
- 08/05 Neptune City Day Neptune, NJ 5K 8:00 AM 776-7224 x27
- 08/05 Rotary Club Tinton Falls, NJ 5 K 8:30 AM 544-1800
- 08/05 River to Sea Milford to Manasquan, NJ 92 M Various 381-0318
- 08/06 Sea Girt Sea Girt, NJ 5 K 8:30 AM
- 08/07 SAC Summer Series Long Branch, NJ 5 K 6:45 PM
- 08/09 **FARC Summer Series Monmouth Battlefield State Park, NJ Kids Summer Night 6:00 PM 5K 6:45 PM 431-2627**
- 08/12 Asbury Park Asbury Park, NJ 5 K 8:30 AM
- 08/13 Batsto Pig Iron Batsto Village, NJ 5 K 9:00 AM
- 08/13 Island Beach Island Beach, NJ 5 K 8:00 AM 793-0506
- 08/13 Turkey Swamp Day Turkey Swamp Park, Freehold, NJ 50 K, 20 M, 25 K, 10 M 8:30 AM 872-1255
- 08/14 SAC Summer Series Long Branch, NJ 5 K 6:45 PM
- 08/16 **FARC Summer Series Monmouth Battlefield State Park, NJ Kids Summer Night 6:00 PM 431-2627**
- 08/19 Bradley Beach Bradley Beach, NJ 5 K 8:30 AM 774-3492
- 08/21 SAC Summer Series Long Branch, NJ 5 K 6:45 PM
- 08/26 Lacey Alliance Forked River, NJ 5 K 8:30 AM 609-971-3327
- 08/26 Summer Showdown Bucks Mill Park, Colts Neck, NJ 2.5 M HS Girls 8:30 AM HS Boys 8:55 AM 5 K Open 9:15 AM
- 08/28 SAC Summer Series Long Branch, NJ 5 K 6:45 PM

### SEPTEMBER

- 09/02 Saturday in the Park Holmdel, NJ 5 K 9:00 AM 542-6090
- 09/03 Rock 'N' Roll Virginia Beach, 26.1 M 7:00 AM
- 09/04 Pier Village Long Branch, NJ 5 K 8:30 AM
- 09/04 Eatontown Eatontown 5 K 9:10 AM 389-7607
- 09/04 Mayor's Labor Day Ocean City, NJ 5 M 9:00 AM 609-625-9317
- 09/09 Hill & Dale Brielle, NJ 10 K 9:00 AM 528-6600 x100
- 09/09 Broadway Classic Long Branch, NJ 5 K 8:30 AM 923-2043
- 09/09 Jimmy Hamilton Sandy Hook, NJ 5 K 8:30 AM 865-3642
- 09/10 Colts Neck Colts Neck, NJ 10 K 10:00 AM 780-6666

- 09/16 Run For The Arts Ocean Grove, NJ 5 K 9:00 AM 775-5107
- 09/16 Richard Travia 5K Turkey Swamp Park 9:30AM 732-431-2627
- 09/17 Hudson Trail Middletown, NJ 8 M 9:30 AM 530-6561
- 09/17 ECI School For Children Eatontown, NJ 5 K 10:00 AM 542-0669
- 09/23 Dotties House Pt. Pleasant, NJ 5 K 10:00 AM 295-7380
- 09/24 USATF XC Championship Washington Crossing, Titusville, NJ 8 K Men: 10:30 Women 11:30
- 09/24 Manasquan Reservoir Howell, NJ 5 M 9:00 AM 542-1642 x27
- 09/24 Shoprite Readington Township, NJ 5 K 9:30 AM 908-454-4322
- 09/24 Crest Adventure Triathlon Wildwood Crest, NJ 3M Run, 10M Ride, 1/2 M Obstacle Course 9:00 AM 09/30 Carnegie Center Run for the Parkinson Alliance Princeton, NJ 5 K 9:30 AM 609-688-0870
- 09/30 Hopewell Challenge Hopewell, NJ 10 K 9:00 AM 609-773-0459
- 09/30 Carpenters Classic Seaside Park, NJ 5 K 10:00 AM 349-0230

### OCTOBER

- 10/01 JS 1/2 Marathon Sandy Hook, NJ 13.1 M 9:00 AM 409-7644 x3
- 10/01 Sandy Hook Lighthouse Sandy Hook, NJ 5 K 9:05 AM 409-7644 x3
- 10/01 Allaire Allaire State Park, NJ 5 K 8:30 AM 449-4424 x185
- 10/01 Shrewsbury Classic Shrewsbury, NJ 5 K 9:00 AM 219-5349
- 10/07 The Rat Race Wall, NJ 5 K 5 M 10:07 AM 988-4953
- 10/08 LBI Commemorative Brant Beach, NJ 18 M 10:30 AM 609-494-8861
- 10/15 Little Silver Classic Little Silver, NJ 5 K 9:30 AM 450-1473
- 10/15 Atlantic City Marathon Atlantic City, NJ 26.2 M, 13.1 M, 10 K, 5 K 8:30 AM 609-822-6910
- 10/15 ORC Half-Marathon Seaside Heights, NJ 13.1 M
- 10/21 Run For Kate Princeton, NJ 5 K 9:30 AM 609-921-7600 x2243
- 10/22 Road Races East New Brunswick, NJ 5 K 1:05 PM 10 K 1:20 PM 848-391-0200
- 10/29 Trick or Trot Long Branch 4 M 11:00 AM 542-6090
- 11/23 Thanksgiving Day Long Branch 10 K 7:30 AM 578-1771

## Directions

- NJ Turnpike to Exit 7A to Interstate 195 east. Follow I-195 east. Follow I-195 to exit 22. Turn left onto Jackson Mills Rd. north. Follow Jackson Mills Rd. to Georgia Rd., turn left and follow 1.7 miles to main park entrance.
- Garden State Parkway to Exit 98 to Interstate 195 west. I-195 west to Exit 22. Turn right onto Jackson Mills Rd. north; follow Jackson Mills Rd. to Georgia Rd.; turn left and follow 1.7 miles to main park entrance.
- State Hwy. 9 to route 524 west. Follow 524 west to Georgia Rd., turn left and follow Georgia Rd. 1.7 miles to main entrance.
- Nomoco Activity Area Is located 1.5 miles past the main park entrance. Continue south on Georgia Rd. to Nomoco Rd.; turn right and follow signs to Activity Area.



NTAF MID-ATLANTIC  
SPINAL CORD INJURY FUND

IN CORPORATION WITH

FREEHOLD AREA RUNNING CLUB

PRESENT

THE RICHARD TRAVIA RECOVERY 5K  
& RAFFLE

SEPTEMBER 16, 2006

9:30AM

TURKEY SWAMP PARK  
FREEHOLD, NJ



**200 Georgia Road, Freehold Twp, NJ**

**Race Day Registration:** Begins at 8am.  
Starting time for the 5K is 9:30am.

**Shirts:** Commemorative shirts are guaranteed to all entries received prior to September 1st and on race day while supplies last.

**Registration Fee:** All entry fees are non-refundable.

- Members..... \$12.00
- Non-member entries received by  
September 1..... \$15.00
- Race day entries..... \$20.00

Make checks payable to Freehold Area Running Club.  
Mail to FARC, P.O. Box 4, Manalapan, NJ 07726

**Online registration**



**Awards:** to the first three male and female finishers overall, and the top three male and female finishers in the following categories: 14-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70 and over, and racewalkers.

**Raffle:** Each entry includes one raffle ticket. Must be present to receive prize. Additional tickets will be available at race. **Raffle to include 2 round trip American Airlines domestic tickets good through February 2007, plus other prizes.**

*\*\*\* Any additional donations to our beneficiary, the Mid-Atlantic Spinal Cord Injury Fund (in honor of Richard Travia), will gladly be accepted. The Foundation is a 501(c) 3 non-profit organization. \*\*\**

*If you are interested in volunteering or becoming an event sponsor, please send an email to richardtravia@gmail.com.*

**For more information contact:**  
**(732) 431-2627**  
**www.farcnj.com**  
**www.richardtravia.org**

Richard Travia, a resident of Freehold, NJ for the past sixteen years graduated as an exceptional student and scholar athlete from Freehold Boro High School. After high school he attended Villanova University where he received his degree in economics and participated in various volunteer and club organizations. After graduating from Villanova in 2003, he moved out of Freehold to Jersey City in order to focus his time and energy on his career at Tradex Global Advisors in Greenwich, CT as a hedge fund analyst. Richard has always been a strong athlete, so he spent his free time golfing, playing volleyball, and vacationing at the Jersey shore during the summer.

On Saturday, August 13, 2005, Richard was body surfing in Manasquan, NJ with friends. Richard was a strong, experienced swimmer, but on this day, he was unable to successfully pull out of a very powerful wave, which drove him headfirst into the bottom of the sea floor, breaking his neck. He was taken to the trauma unit at Jersey Shore Medical Center where he received his first operation within six hours of the injury in order to stabilize his spine. Richard shattered his C5 vertebra and sustained an injury to his C4 vertebra. Two days later, Richard received his second surgery, which replaced his C5 by inserting a metal cage in his spinal cord to support the C4 and C6 vertebrae. Richard was admitted to Kessler Rehabilitation Institute in West Orange, NJ four days following the second surgery and remained there until January, 2006. Richard now lives at his parents' house in Freehold, NJ and receives three hours of outpatient therapy at HealthSouth in Tinton Falls three days a week.

The spinal cord injury changed everything that was normal for Richard. He put his career on hold, focusing his time on his recovery at Kessler. He now spends his free time focusing on different exercises to improve his mobility and again works for Tradex, now out of his home office. Although Richard has feeling through his whole body, the injury left him with minimal movement. The recovery from a spinal cord injury can take up to two years. He initially regained movement in his neck, shoulders, wrists, and biceps. Within the past four months, Richard gained control of his triceps again. Since he currently has no movement in his fingers, trunk, and legs, Richard is dependent upon his family and aid for help. He has gained a significant amount of independence in the past 6 months at home, and he will complete his driving lessons by this fall. He is confident that his dependence on others will continue to decrease over time. Additionally, he is able to wiggle his toes, so he knows that his nerves will regenerate over his injury site and allow him to walk again in the future. However, until that time, he needs our support.

The financial burdens of a spinal cord injury for quadriplegics can cost a single individual or family close to half a million dollars during the first year. Insurance covers very little after the first 3 months in a rehabilitation hospital. The money raised from this race will help Richard's family cope with the costs associated with his injury and rehabilitation. For more information on how you can help, or on upcoming events and Richard's progress, please visit

www.richardtravia.org.

**Race Application:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Age (on Race Day): \_\_\_\_\_

Shirt Size S\_\_\_ M\_\_\_ L\_\_\_ XL\_\_\_

FARC Member \_\_\_\_\_

**Liability and Publicity Release**

I know that running and walking is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by the orders of any race official relative to my ability to safely complete the event. I assume all risks associated with participating, including but not limited to: falls, contact with other entrants, the effects of weather, including high heat and humidity, traffic and other conditions 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 acceptance of my entry for myself and anyone entitled to act on my behalf, waive and release the race committee, the Monmouth County Parks, race volunteers, Freehold Township (officials, employees and departments), and all sponsors (their representatives and successors), from 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)

\_\_\_\_\_