



THE LONG RUN



The Official Publication of The Freehold Area Running Club
VOL. 24 NO.4 - 10/06

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

Hello from the President

Hello All,

Our wonderful summer is over and we are heading into the fall season. This is a wonderful time of year to run and train; cool mornings and warm days watching the leaves change and enjoying Mother Nature at her best. We had a great summer and lots of fun. I want to thank all the volunteers at our Summer Series for helping put on another great FARC event. Mark your calendars for next summer as FARC celebrates their 25th summer series and 15th year of Kids Summer Nights. We closed summer with our FARC Family Picnic. We had great food and warm friendships. A special thank you to our Picnic Committee Pam Spadola, Jim Bergum, Mike and Kathy O'Flaherty and Tom Wendel.

A special thank you to Kathy O'Flaherty who made all of the wonderful salads. Also to Janet Bergum for the wonderful baked beans and Jim for the liquids that were awesome. We also had great deserts. What would a FARC get-together be like if we did not have the sweets. Go to our website to see our winning recipes. Linda O'Brien was a repeat winner with her awesome Apple Pie.

Thank you all for bringing wonderful deserts and food to our picnic. Hope to see you all next year.

We will be starting a busy fall season of running. Our X-C team is well on its way every Saturday, the Born to Run race coming up on November 24, Toys for Toys on December 10 and our Fabulous Winter Series Starting on January 7. We had a Club Meeting on Oct 18 with Tom Hyland who had specials on Heine sportswear and gave us the newest info on running shoes. We will have our Holiday Club Meeting on December 6th. I can't believe that another year is almost over. I sure wish that time would slow down a bit, but when you are enjoying life and having fun time goes by quickly. I am looking forward to seeing you at our events and wish you a great fall and training season. Good wishes to you who will be running fall Marathons.

Best, Isabel Keeley

Weekly Group Runs

FARC group runs are held **every Sunday** at 8:00 AM at the Manasquan Reservoir in Howell. All distances and

paces welcome, and those dirt trails are easy on the legs. Awards are given for significant milestones. The club provides the post run bagels and the camaraderie. Come on out and share a run (or walk).

FARC Executive Board

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

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.

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 December 6, 2006

Holiday Party and Elections

(If you want to nominate someone for an officer, please call the hotline or send an email to webmaster@farcnj.com)

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

FARC Team At SAC XC Series

By Walt Rutsky

FARC opened up the SAC cross-country on Sat. 9/30/06 at Thompson Park. We had a perfect morning for cross country racing, sunny and 65 degrees F. The course may have been a tad shorter than last year. We did not run over the small bridge at the start and finish. New pavement was laid over the bridge area.

In spite of some of our teammates not showing because they were running the SAC 1/2 marathon on Sun., we were strong enough to field a scoring team. There were 9 or 10 of us. As a matter of fact, two of them were new team members and did quite well. They were Scott Linnell and John Taylor who finished 26th and 27th respectively. Veteran (2nd year on the team) Brian Burlew was our 3rd top mail finisher and 42nd overall.

Pam Spadola, our top female finisher was 45th overall and 10th among the women. We only had 3 women, the minimum to make up a legal scoring team. Antoinette Picascia was our 2nd place woman. Patti Cottrell made a wrong turn and did not finish, Getting lost in XC happens. The good news is that if Patti did not race, the team would not have been a legitimate scoring team. Joe Saffer is another new member and was 59th. Dave Picascia, yet another new member was 66th.

There were 13 that showed up for XC week 2, 3 more than last week. It was a different mix of people too. The more the merrier. More importantly, it allows us to have a legal scoring team each weekend. The cool, overcast weather didn't discourage anyone from the other teams running too. There was another large field of runners (119 finishers).

We had two new team members joining us too. They were Julie Hadaszy and Liz Spector. They contributed immediately. Julie was our 2nd woman finisher in 21:25 and Liz our 3rd placeholder with a 22:46. Our overall woman was Gabby Barrett with a great time of 20:09. By the way Gabby was 42nd overall and our 2nd team scorer. However, it worked out better to score her as our overall top female instead of our #2 scorer.

Number 1 for the team this week was John Taylor with a time of 19:23; 2nd and 3rd overall was Bill Armando in 20:59 followed by Bob Hyer at 21:04. Our 40-year plus scorers were Joe Saffer and Przemek Nowicki with times of 21:27 and 27:29, respectively.

Our team bonus points for over 50 years old were David Picascia and James Bergum. We had no bonus points for 60 years +. We would have but Przemek was showing off and scored in the 40 + group.

Richard Travia 5K Results

from Bob Hyer

Freehold Township resident Richard Travia ran cross-country for Freehold Borough High School in the late

1990s and went on to graduate from Villanova University in 2003. On August 13, 2005, while swimming in the ocean at Manasquan, a wave knocked him down. In an unfortunate accident, Richard had suffered a broken neck, which rendered him a quadriplegic.

A non-profit foundation was established to help Richard and his family deal with their new financial burden. They approached FARC to put on a race in an effort to raise money. It is out tradition to help out worthwhile local causes when possible, like the Scott Rafaloff and Charlie Sheffer races we held a few years back. Thus, on September 16, we held the Richard Travia Recovery 5K run at scenic Turkey Swamp Park. There was the added draw of a post race raffle of two American Airlines domestic roundtrip tickets. The course looped through the flat, packed dirt roads of the park. Unfortunately, torrential downpour hours before made the roads muddy for the race. Nonetheless, over 150 runners and walkers completed the 5K.

Not surprisingly, FARC men and women did well in the race, including a pair of first place finishers. Thirteen-year-old Eric Dynarski ducked in under 20 minutes (19:58) for the men's overall win. He outlasted Desi Singletary (20:10), Nick Arnell (20:12) and from right up the street, Jon Gloth (20:13). On the women's side, Maggie Freeman ran hard, hoping to hold off an expected late kick from Pam Spadola. The strategy worked, with Maggie finishing in 20:19 and Pam's kick falling just 3 seconds behind.

Also, running her first 5K ever was Lauren Hyer (49:27). She gutted it out with her mom.

This was the first race ever held on the loop road around Turkey Swamp Park. Richard Travia was there in a wheelchair for the event, which netted about \$15,000 for his Foundation.

Club finishers were:

Eric Dynarski - 19:58, 1st Overall
Maggie Freeman - 20:19, 1st Overall
Pam Spadola - 20:22, 2nd Overall
Evan Dziobek - 23:34, 1st 19 & Under
Ralph Garfield - 23:46, 1st 70 & Up
Jim Bergum - 25:45, 2nd 50-59
Stephen Pfeffer - 26:35, 3rd 50-59
A. Bruce O'Connor - 26:56, 3rd 45-49
Doug Weber - 27:06
Kylie Moore - 27:23, 1st 19 & Under
Meredith Peterson - 28:18, 1st 30-34
Jeff Allen - 28:30
Robert Dziobek - 29:27
Allison Krilla - 29:59
Janice Krilla - 30:05, 2nd 50-59
Carolyn Heuser - 30:32, 1st 60-69
Kathy Moore - 30:34, 2nd 40-44
Lauren Hyer - 49:27
Linda Hyer - 49:31, 3rd 45-49
Maureen McCulloch - 49:32

Our Picnic Recipe Winners were

American Apple Pie made by Linda O'Brien
Sour Cream Coffee Cake made by Kate Freeman
Cherry Confetti Cake made by Patti Ferriola
Congratulations and thank you for sharing your wonderful deserts and your talents with all of us.

The judges were Tom Wendel, Jim Bergum and Bill Meldrum. They had a very difficult job but they were up to the challenge.

Recipes will be post to our web site.

We Have Results

Armed Forces Day 5k
Robert McGill - 22:18
Ho Ha 5 miler
Robert McGill - 38:15
Newport 10,000 10k
Robert McGill - 52:19
Our House 5 miler
Robert McGill - 39:52
Xercise 5k
Robert McGill - 23:37
Stateliner Classic 5k
Robert McGill - 23:01
Clinton Township 10k
Robert McGill - 52:19
Miles for Matheny 5k
Robert McGill - 28:36
Run for the Children 5 miler
Robert McGill - 39:11
Sparta Main Street 5k
Robert McGill - 23:54
So. Plainfield 3 mile
Kenneth Vercammen - 18:08 2nd AG
Cranford 4 mile Run for Lupus
Kenneth Vercammen - 25:30 1st Overall
RWJ Hospital 5K, Hamilton NJ
Gary Gall 28:30
Hilary Gall 26:06
Alison Gall 35:08 (1st female 14 & under)
Morrisville 10K, Morrisville PA
Gary Gall 1:05
Hilary Gall 55:00 (2nd female 19 & under)
Garden of Reflection 5K, Yardley Pa
Gary Gall 28:38
Hilary Gall 25:56 (1st female 19 & under)
Jimmy Hamilton 5k
Ralph Garfield - -23.10(1st 70+)-

Pier Village 5k
Ralph Garfield - 22.45(1st 70-74)
Bradley Beach-5k
Ralph Garfield -23.10(1st 70-79)
Lake Tak-Week 9
Ralph Garfield -23.01(1st 70+)
Asbury Park 5k
Steven Feldman - 24:35
Honolulu Diamond Head 4 mile
Ken Vercammen - 25:42 2nd overall
Asbury Park 5k
Ken Vercammen - 18:59
Turkey Swamp Trail 10 mile
Ken Vercammen - 1:06:57 3rd overall
Lake Tak-Week 8
Ralph Garfield -23.30(1st 70+)
Westfield 5k-July 26
Ralph Garfield -23,36(2nd 70+):
Neptune 5k August 5
Ralph Garfield -22.55(1st 70+):
Asbury Park 5k August 12
Ralph Garfield -22.33(1st 70-74)
Belmar 5
Cindy Monica - 47:54 1st AG

Club Meeting Wednesday December 6, 2006

FARC Get Kudu's

Dear Tom,
On behalf of the Freehold Township Board of Parks and Recreation Commission, I would like to thank you and the Freehold Area Running Club for its very generous donations to the Recreation Trust Account and the Jack Kuhnert Scholarship Fund. The success of your St Paddy's Nestles 10 Miler and the Windmill Leprechaun 5K is direct reflection of your race committee's hard work and effort. Congratulations on another successful run.
Sincerely,
Sue McGough
Superintendent Parks and Recreation
Township of Freehold.

**Please send in your results to our
webmaster at**

www.farcnj.com

Support our Sponsor



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

www.unitedstorallcenters.com



2007

24th Annual Winter Race Series

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

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

DATES: *** Sunday January 7th at 10:00 A.M.
*** Sunday January 14 at 10:00 A.M.
*** Sunday January 21 at 10:00 A.M.
*** Sunday January 28 at 10:00 A.M.
*** Sunday February 4 at 10:00 A.M.

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

Course: ** Flat and Fast ** ** Fun in the Park **** Certified 5K Course **
Awards: ** Presented to: **
**The Top Overall Winners **
* Age Group Winners * *RaceWalking Winners *
* Clydesdale Winners * * Special Overall Raffle for Series *
* Must Participate in All Five Races to Qualify for raffle*

Amenities: * Heated Indoor Facility with Clean Restrooms *
* Post Race Refreshments and Brunch
* Ample Parking Picnic Area & Playground *

Entry Fee: * No Pre Registration Required *
5K - \$5.00 FARC Members - \$3.00 High School & College Students \$1.00
Kid's run - \$1.00

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

*** For information Call (732) 431-2627 – FARC HOTLINE***
*** Or visit our web site at – www.farcnj.com ***

Freehold Area Running Club's



Toys for Tots 5K Run/Walk

Sunday December 10, 2006

SPONSORED BY: TELCORDIA PIONEERS

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

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

HEATED INDOOR FACILITY – BIG HOLIDAY CHEER BRUNCH PARTY

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

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

All toys donated to the Marine Corp Tot for Tots Program

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

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

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

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

Address: _____ City: _____ State: _____

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

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

Signature: _____ Date: _____

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

22nd Annual

Born to Run



5 MILE RACE

**Friday, November 24th 2006, The Day After Thanksgiving
Downtown Freehold 11:00AM**

Traffic Control by the CPL Reynolds Detachment of the Marine Corps League
"Our Streets are Guarded by the U. S. Marines"

- ***Includes the Famous Born to Run Sweatshirt***
- ***Course Loops Through Scenic Topanemus Park***
- ***Court Jester Refreshments; plus bagels, fruit, donuts & soda***

Registration:

Pre-Registered: Post Marked by Friday
November 17th..... \$ 20.00
Pre-Registered: Post Marked by Friday
Nov 17th FARC Members..... \$ 15.00
Post-Registration..... \$ 25.00

Awards:

Top Overall 3 Male & Female Finishers
Top 3 in Age Groups - 14 & Under, 15-19, 20-29,
30-39, 40-49, 50--59, 60-69 and 70 & Up
Top Overall Male & Female RaceWalkers
Top Clydesdame (150 lbs+); Top 3 Clydesdales
(200lbs+)

Registration Begins 9:00 AM at the Freehold Fire House 49 West Main Street, Freehold

Make Check Payable & Mail To:

Freehold Area Running Club, P.O. Box 4, Manalapan, NJ 07726

Name: _____ Age: _____ Sex: _____

Address: _____ FARC Member: Y or N

City: _____ State: _____ Circle One: Run CLY CLD or Walk

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

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

Signature: _____ Date: _____

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

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



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)

OCTOBER

- 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
10:00 AM 5 K 10:10 AM
- 10/21 Camp Arrowhead Marlboro, NJ 5 K 10:00 AM 946-
4598
- 10/21 Run For Kate Princeton, NJ 5 K 9:30 AM 609-921-
7600 x2243
- 10/22 Arthur Glass Memorial Joe Palaia Park, Ocean
Twp., NJ 5 K Run 10:00 AM 5 M Walk 8:30 AM
542-6090
- 10/22 Shark Bay Head, NJ 5 K 8:30 AM
- 10/22 Semper Fi Midland Beach, Staten Island, NY 5 M
9:30 AM 718-816-2133
- 10/22 Road Races East New Brunswick, NJ 5 K 1:05
PM 10 K 1:20 PM 848-391-0200
- 10/28 Just Us Girls Sea Girt Army Camp, NJ 5 K 9:30
AM
- 10/29 Trick or Trot Long Branch 4 M 11:00 AM 542-6090
- 10/29 Race For The Cure Bristol-Myers Squibb,
Lawrenceville, NJ 5 K Men 8:45 AM Women 10:00
AM Walk 11:15 AM
- 10/29 Spooky Tails and Trails Veterans Park, Hamilton,
NJ 5 K 10:30 AM 609-581-9622 x1112
- 10/29 Witches Hollow Millstone, NJ 5 K

NOVEMBER

- 11/04 Manhattan Track Club's Bad Boy Van Cortland
Park, NY 8 K Men 11:00 AM 5 K Women 11:45
AM
- 11/04 Sheriff William L Polhemis Robert J. Miller Airpark,
Berkeley Township, NJ 5 K 10:00 AM 341-3451

- 11/04 Morris Mauler Lewis Morris Park, Morris County,
NJ 5 K 10:30 AM 908-295-8580
- 11/12 Run With Dennis PNC Arts Center, NJ 3.5 M
10:30 AM
- 11/12 Giralda Farms Madison, NJ 10 K & 5 K Noon
- 11/18 Turkey Trot Colonial Park, Franklin Park, NJ 5 K
9:30 AM 908-722-1200 x226
- 11/18 Turkey Trot Manasquan, NJ 5 M 11:00 AM 223-
2894
- 11/24 Born To Run Freehold, NJ 5 M 11:00 AM**
- 11/26 Thanksgiving Sunday Long Branch 10 K 7:30 AM
578-1771
- 11/26 Navesink Challenge Middletown, NJ 15 K 10:00
AM 5 K 10:10 AM 542-6090

DECEMBER

- 12/02 Solstice Piscataway, NJ 15 K 908-295-8580
- 12/06 Club Meeting, Michael Tighe Park, 8:00 PM**
- 12/09 Jingle Bell Run Lake Como, Bar A, NJ 5 K 283-
4300 Ext. 313
- 12/10 Toys For Tots Michael Tighe Park, Freehold,
NJ 5 K 10:00 AM**
- 12/30 Ramona's City Hall, Perth Amboy, NJ 4 M 4:00
PM 381-0318
- 12/30 Polar Bear Asbury Park, NJ 5 M Run 1:00 PM
10 M Walk 10:00 AM 222-9080
- 12/31 Happy New Year Long Branch, NJ 4 M Midnight
578-1771

JANUARY

- 01/01 Hamilton Hangover Veterans Park, Hamilton, NJ
5 M 12:30 PM 609-737-9069
- 01/06 Freezing Cold Hash Edison, NJ 4-6 M 10:00 AM
572-0500

MARCH

- 03/18 St. Paddy's Freehold, NJ 10 M 5 K**