



# THE LONG RUN



The Official Publication of The Freehold Area Running Club  
VOL. 22 NO. 3 - 11/04

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

## Hello from the President

Hope all our FARC members are doing well. Now that we've survived Halloween, the election and daylight saving time you need to find a running partner for the dark hour runs. The clear brisk nights with the glowing moon and stars is a beautiful setting for an enjoyable little workout. So grab someone and get going. We had two excellent speakers at the general meeting. Tim Emmons from the Sheriff's office spoke about Identity Theft. It is happening all around us today. A few hints for those that could not attend. If you suspect your identity has been compromised, the following agencies should be contacted.

- Equifax Credit Bureau 800-525-6285
- Experian information solutions 888-397-3742
- TransUnion Credit Bureau 800-680-7289
- Federal Trade Commission 877-438-4338
- Social Security Administration 800-269-0271
- NJ Motor Vehicle Commission 609-292-6500

Contact all offices that you have financial accounts with: list numbers

- Bank # \_\_\_\_\_
- Bank # \_\_\_\_\_
- Credit card # \_\_\_\_\_
- Credit Card # \_\_\_\_\_
- Local Police Dept. \_\_\_\_\_

Jim Dunn gave a very comprehensive talk on his yearlong experience of training for the Lake Placid Iron man. He walked us step by step and by the end he wore us out just listening to his regime. Also gave us some very helpful and interesting tips on swimming, biking and running which I CANNOT disclose without the appropriate approvals. He brought his bike, which I think he must have slept with because of the amount of time the two spent together. He educated us as to all the new fantastic products to help nourish, hydrate, protect and strengthen the body.

I would like to offer a big thanks to Jim and Tim for a job well done. I'm sure if we have enough interest we could persuade them to speak again. They both were very knowledgeable and passionate about their topics. I hope everyone had a good time at this year's picnic. The kids seemed to have had a wonderful time with Linda's Olympic events. The desserts were wonderful and thanks to all those who shared their culinary expertise with us. I would especially like to thank all the volunteers who helped to make this year's picnic a success. Without your assistance it could not be done. The long awaited new FARCwear is here. We have a new line of FARCwear Underarmour, sweatshirts, jackets and long-sleeved cotton tees, all with the new logo. They will be available at all races and meetings. Check them out and buy a few. They make great holiday gifts. All this is at 20% off retail price. Please support and advertise the club. We have a lot going on in the upcoming months. There are the Born to Run, the General Holiday meeting, Toys for Tots and the winter series. Hope to see you all at these events either running or volunteering.

Take care.

Barry

## Weekly Group Runs

FARC group runs are held **every Sunday**, 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).

**CLUB MEETING DECEMBER 8, 2004**

## Upcoming Calendar of Events

### 20th Annual Born to Run

The weather is getting colder, the leaves are falling off the trees, and the days are getting shorter and its time for the Born to Run 5 miler. This year marks the 20th year for this day after Thanksgiving 'burn off the turkey' event. The 11AM start is perfect for the post race refreshments at the Court Jester. Check in is once again at the Freehold Fire House on Main Street. The event again benefits the Monmouth County Child Abuse Task Force. See you on November 26.

### 16th Annual Toys For Tots

On Sunday, December 12, it's the Toys For Tots 5K at Tighe Park on Georgia Road in Freehold Township, at 10AM. The race is entirely in the park, using the bike path. The USMC will be there to cart off the race entry toys for their annual drive. If you're not up to running, then lend a hand and help out.

### FARC Executive Board

President - Barry Seward  
Vice President - Avram Shapiro  
Vice President - Isabelle O'Donovan-Keeley  
Treasurer - Art Rosen  
Secretary - Jim Bergum

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

### Newsletter Editors:

**Jim Bergum & Isabel Keeley**

### 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.

### MEMBERSHIP

It's time to renew for 2005 see membership application in this issue. Take advantages of all the membership benefits.

### Club Meeting December 8, 2004 Runners Forum

Dear FARC friends: I am happy to report that while Michael and I were in Hawaii, I ran in the Running Psychologists 5K race held in Honolulu this year, and came in 1st place in my Age Group, with a time of 28:06. Even though the race started at 7am, it was quite hot and humid, but so gorgeous, who

cared? See you all at the Reservoir. Cindy Monica Michael sends his regards, too.

### Best Races (Continued)

By Robert McGill

(Random Order, based upon personal experience and experiences of other runners)

#### Monmouth County

1. Freehold St. Paddy's 10 miler & 5k
2. Freehold Area Running Club's Winter Series
3. Shore AC Summer Series
4. Shore AC Winter Series
5. Belmar 5 miler
6. Neptune City 5k
7. Bahrs 5 miler
8. Born to Run 5 miler
9. Jersey Shore Half Marathon
10. George Sheehan 5 miler
11. Sea Girt 5k
12. Manasquan Turkey Trot 5 miler
13. Freehold Area Running Club's Summer Series
14. Bruce Berritt Race against hunger (Freehold)
15. The All Hills, No Frills 5k

#### Ocean County

1. Reindeer Romp 5k
2. Seafood 5 miler (father's day)
3. Seafood 5 miler (mother's day)
4. Ocean Running Club's Summer Series
5. Ocean Running Club's Winter Series
6. Jackson Day 5k
7. Lacey Day 5k
8. The Chill Out 10 miler
9. Berkley Splash 5k
10. Tinsel Trail Run at Winding River Park

### FARC Letters

Dear Members of the Freehold Area Running Club, Please excuse my tardiness on showing my gratuity to the club. Being a recipient of the Matthew Stuper Memorial Scholarship was truly an honor, and I would like to thank the members of FARC for selecting me. I would have loved to just run off with that check and buy... new running clothes, perhaps? Of course, my education comes first, and I have another seven year to go. On that note I would also like to thank you on behalf of my father for helping not only me, but him too, as that now frees up more money for him to spend on running clothes!

Lastly, I would like to wish the best of luck to all those participating in a marathon this fall as well as to everyone else for their continued running and walking. What a wonderful sport I have chosen where everyone is so supportive. I cannot wait to

see some of you on November 21<sup>st</sup> when I run my first marathon.

Sincerely,  
Allyson Rosen

### Ladies and Gentlemen of FARC.

You have successfully concluded another winter series of races. As you have done in the past, you collectively did a marvelous job. You do these races so well. You are one of the best clubs in the state you should be proud of your efforts. I enjoyed the four races which I attended despite the long ride from the hinterlands of Morris County. I was sorry to miss the third race but I was having a difficult time adjust to my new medication. After seeing the nice sweatshirt that you presented for perfect attendance I was even sorrier that I missed that race. I will make every attempt to make it your March 10 miler... my health permitting. I also look forward to the 2005 winter series. Hopefully with slightly milder weather. Once again Congratulations and thanks,

As always, Bill Hagman

Bill, you make running look so easy no shirt in a wind chill of 10 degrees. We all look forward to seeing you at our winter series the soup will be on.

Thank you for the great winter Series  
Tom Reach

See you all at our Winter Series Starts on January 9, 2005 See flyer in this issue

## FARC College News

### Victor Vientos – 1<sup>st</sup> Lehigh Male!



Victor Vientos finished fifth to lead Lehigh to the team crown

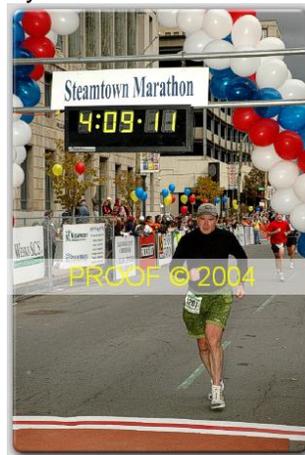
Lewisburg, PA – Lehigh headed west on Friday afternoon to the Gulden

Invitational and in the end, it was the Mountain Hawk men coming out on top, defeating nine other schools for the title. Lehigh scored 48 points on the

day to defeat Army, Lock Haven, Bucknell, and Wayne State in the top-five. For the Lehigh men, sophomore Victor Vientos was the top finisher as he crossed the finish line in a time of 25:34.78 placing him in fifth place, while Sean Swift and Rob Hampson were right behind him in sixth and seventh place respectively. Other top-25 finishers for Lehigh were Alex Hudgins (14), Mark Swanson (16), Brendan Glover (19) and Dave Merola (25). The overall individual winner was Ryan Blood of Lock Haven who crossed the finish line in a time of 25:13.23.

## Steamtown Marathon 10/10/2004

By Jim Pate



After turning 50, I decided to do a “Mid Life Crisis” marathon. I started training for the race after surviving a few 10-mile races last spring. I worked in long runs whenever the hot weather would allow. Three weeks before the marathon, I ran a 20-mile training run around the Manasquan reservoir and other than feeling like I had run 20 miles; I had no long lasting effects. I started checking the long-range forecast for Forest City Pa. where the marathon began. I ran the Whites Bog 10K the Sunday before and took 3<sup>rd</sup> overall and first in my age group. I felt strong and knew the hardest thing for me would be to hold back.

This being my first marathon, I set a goal of 4 hours. The forecast was for clear skies; 40 degrees at start warming up to the low sixties by my finish time. The wind was supposed to be a slight tailwind increasing to 15 mph.

The marathon is a point-to-point event where they bus you to the starting point. The bus was greeted at Forest City high school by cheerleaders and students who escorted us to the warm gym inside until the start time.

I lined up at the start in the 9:00 minute mile group with several others I met inside and my friend Jim from New Jersey. Jim and I have done several long training runs up to 20 miles together. After the

national anthem and some short words from race officials, they fire civil war cannon and off we go. At my point in the pack of over 1700 runners, we start walking forward toward the starting line. It took 55 seconds to reach the starting line and shortly after we could start a slow jog. With the News helicopter hovering overhead we started down the hill through the streets of Forest City past the groups of cheering residents who watched us while enjoying their morning coffee from their yards. We passed the mile mark at 9:30. A little slow but plenty of time to make it up. Steamtown is a mostly downhill marathon with the start 955' higher than the finish. It is easy to run fast down the hills in the beginning but you take a pounding and burn up energy you will need later. I just tried to relax as we hit a couple of up-hills. The 2-mile mark came and went and we picked up a little bit at 18:20. We started out of town on a beautiful tree lined road and a long gradual down hill. I just relaxed and tried to burn as little energy as possible. The 5-mile mark came at 42:20 and I verified it with Jim. He said, "You have picked up the pace a bit!" I asked him how he was feeling and he said "Great!" but I made a mental note to slow down a bit. Just past the 6-mile water stops, I took advantage of one of the porto-lavs placed along the route. I was lucky in as soon as I got to them, a runner came out so I didn't lose time waiting. Hydrating is very important before and during a marathon but having to go makes it hard to drink at the water stops. All along the course there were people relieving themselves in the bushes and behind buildings. Some were more discreet than others! Back on the course, I couldn't see Jim. I figured I lost at least a minute on my pit stop but some things in this world you can't rush! After a mile I could see him ahead and I just kept my pace until I over took him. Hey! Did you miss me? He just laughed. We ran through Mayfield Borough and saw my wife Sharon and my sister Terri cheering us on. Terri snapped our picture and Jim and I ran together and passed the 10-mile mark in 1:27:00. I thought about what a marathoner once said, "If you are hurting at 10 miles you are in trouble! If you are hurting at 20 miles, you are normal. If you aren't hurting after 26 miles you are abnormal! My legs were a little bit sore but I couldn't say I was hurting. I started to relax and zone out and go to a place mentally I go to on long runs. I passed the half way point in 1:55 and looked around me and couldn't see Jim any more. We came into a park and ran a loop around their jogging trail. On the exit I could see Jim back there just entering the park. After a short distance we entered Rails to Trails trail that followed the Lackawanna River.

It was beautiful and tree covered and kind of made me forget the throbbing in my legs. I checked my

split times and I was still holding at just under 9 minute miles. The sun was out and the temperature was edging up just a little bit. We crossed the river on a bridge and went back on the trail. After leaving the trail we starting winding down the streets of Olyphant. I came around a corner and there was the 20-mile marker! Sharon and Terri were there to cheer me on and asked me if I needed anything. I gave Sharon the power bars I had been carrying. I only managed to eat about half of one along the way but at 20 miles, they felt too heavy to carry! I passed the 20-mile mark at 2:58:00. I headed out of town and a cheerleader gave me some candy. I was excited about the time I was running and felt like I would be able to maintain a good pace over the next 6 miles.

All of a sudden, the sun disappeared. The wind picked up and the clouds looked like it may snow at any minute. My knees started to ache and my feet hurt like a toothache with every step. When they tell you Advil works for four hours, don't you believe it! I did my best to hold my form and as I passed the 23-mile mark I yelled to the group of runners I was with, "Hey"! Anyone want to run a 5K?" It got a few chuckles but my form was starting to deteriorate. I felt chilled to the bone and my upper body started to cramp up. Welcome to Green Ridge, a suburb of Scranton and the 3-block uphill. I walked a bit of the hill and I actually could go as fast walking as I was running and my feet didn't hurt as bad. I think every person in Green Ridge came out to cheer and have a block party. There was music playing and at the very top of the hill was a bunch of disabled children from the St Joseph's Children's hospital cheering from their wheelchairs. I started down the long down hill running once more and trying to block out the pain. I hear "Hey Dude!" and there was my nephew Billy pouring a beer from a keg. I suppressed the urge for the beer stop and continued down the hill. All hopes of breaking four hours were gone as I passed the 25-mile marker. I don't remember ever envisioning a mile as so long a distance as the one I was facing just then. I trudged up the last hill and started the final 1/2-mile slight down hill. It seemed like every block I passed there was someone yelling, "Just one more block!" Finally I could see the finish! I remarked to the guy next to me who looked worse than I felt! "Remind me again why we do this?" I started down the last block to the finish shoot and there was my father giving me one of those teary eyed, proud father looks that still invokes emotion in me. I thought to myself, "They are going to see me crying as I cross the finish!" I crossed the finish 4:09:11 on the gun clock. After you subtract the 55 seconds it took me to get to the starting line my Chip time was 4:08:16. They wrapped me in a Mylar blanket and put a finisher's medal around my neck. There were all

kinds of goodies and drinks at the recovery area. I had two bowls of pierogies sautéed in onions and butter. I figured my serum cholesterol needed a boost! Jim finished in 4:17, only 2 minutes over his goal time and a best. He ran the Baltimore Marathon last year. I met Sharon and Terri for a few photos and Terri picked up my warm ups from the bag check area. We drove back up to my parent's house and I spent the rest of the day recuperating in Terri's new hot tub.

A week has come and gone since my marathon. I even managed to run a nice 8 miles Sunday with my dog in the State Forest. I am not decided about any future marathons. I enjoy running for the sake of running but all of the training that is required for a marathon is a big commitment. One of the E-mails I received leading up to Steamtown from the race director summed it up: "If you want to win something, enter a 100 meter dash. If you want to experience something, enter a marathon." I will always remember my first marathon and it truly was an experience.

### FARC Club Elections

Each fall at the December club meeting, FARC members elect officers for the upcoming year. We are currently searching for potential officers for 2005. Any club member is eligible to become a club officer. This is your chance to make a contribution to the club. You can run for several positions including president, vice president, treasurer or secretary. If you would like to run for any of these positions, please send an email to [webmaster@farcnj.com](mailto:webmaster@farcnj.com) or express your interest to any of our current officers (Barry Seward, Isabel O'Donovan-Keeley, Art Rosen, Avram Shapiro, or Jim Bergum). All nominations will be forwarded to our nominating committee, which is made up of our past FARC presidents. If you are not interested in becoming an officer, please join us at our club events and/or club meetings. Also, visit our website [www.farcnj.com](http://www.farcnj.com) to keep up to date on club information and activities.

### RACE RESULTS

#### Seaside ½ Marathon

Ally Rosen - 1:40:18 1<sup>st</sup> AG

Isabel Keeley 2:52 1<sup>st</sup> Racewalker

#### Hamilton Peace Run 5K

Hilary Gall - 26:04

Gary Gall - 27:05

#### Run for Life 4 miler

Robert J. Mc Gill - 31:16

#### The Great Race of Middletown

Robert J. Mc Gill - 23:25

#### Jersey Shore Half-Marathon

Cindy Monica – 2:11 2nd 55-59

Rich Salls - 1:52:46

Ralph Garfield - 1.47.45(2nd 65-69)  
 Frank Pelcher ----1:56:30(pr)  
 Deal 5-mile run  
 Ralph Garfield -37.51(3rd 60-69)  
 Hilary Gall 45:05 (2nd age group 13-17)  
 Gary Gall 45:23  
 Frank Pelcher - 41:03 (pr)  
 Newark Corporate 5k  
 Robert J. Mc Gill 22:16 10/6/4  
 Hounds & Harriers 3 miler  
 Robert J. Mc Gill 26:34 10/09/04  
 Steamtown Marathon  
 Robert J. Mc Gill 4:34:58 10/10/4  
 Watchung Municipal Alliance 5k  
 Robert J. Mc Gill 23:28 10/16/4  
 Carlos Negron 5k  
 Robert J. Mc Gill 23:27 10/3/4  
 Mendham Patriots Path 10k  
 Robert J. Mc Gill 55:51 10/3/4  
 Carnegie Center 5k  
 Robert J. Mc Gill 23:19 10/2/4  
 Mercer Community College Alumni 5k 10/1/4  
 Robert J. Mc Gill 22:57  
 Dunellen Run for Education 5k  
 Robert J. Mc Gill 22:35 9/25/4  
 Hamilton Peace 5k 9/4/4  
 Robert J. Mc Gill 23:10  
 Crossroads of Woodbridge 10k 9/5/4  
 Robert J. Mc Gill 49:44  
 S.P.A.S.A. 5k  
 Robert J. Mc Gill 21:50 9/6/4  
 Pfizer 5k  
 Robert J. Mc Gill 23:51 9/7/4  
 The Windmill Classic 5k  
 Robert J. Mc Gill 25:04 9/8/4  
 The Fallen Heroes 5k 9/11/4  
 Robert J. Mc Gill 23:17  
 Joel Spector 10k 9/12/4  
 Robert J. Mc Gill 53:48  
 Wyckoff 5k 9/18/4  
 Robert J. Mc Gill 22:57 9/18/4  
 Berkley Heights 5k  
 Robert J. Mc Gill 23:04 9/19/4  
 Chris & Kevin Truskey Memorial 10k  
 Robert J. Mc Gill 1:11:51 8/28/4  
 Experience Downtown Cranford 5K  
 Rich Salls - 23:44 3rd in age group!  
 Fallen Heroes 5k  
 Frank Pelcher - 23:48(pr)  
 Colts Neck 10k  
 Frank Pelcher - 51:49  
 Manasquan Reservoir 5 miler  
 Patrick Asay - 33:13-1st 40-44  
 Victor Gilberti - 35:58  
 Frank Pelcher - 41:45(3ag)  
 Ocean Grove 5K Run for the Arts  
 John MacGillivray 22:10 3rd AG  
 Elaine Hartung 29:05 3rd AG

Bog Trotter 10-K trail Run  
 Patrick Asay with dog Holly 1st overall -44:06  
 First time ever winning a race outright!

Rocky Run 10K, Philadelphia, Pa  
 Hilary Gall 54:39 (2nd 10-19)  
 Gary Gall 57:16

South Plainfield 3 miler  
 Ken Vercammen - 17:33 1st Master

Gelman 5k  
 Ken Vercammen - 18:42 2<sup>nd</sup> OA

Dawg Dare 5k  
 Ken Vercammen - 19:05 3<sup>rd</sup> OA

Carnegie 5k  
 Ken Vercammen - 18:51 3rd AG, 1st place team

Lainie's Angels Run 5K+  
 Ken Vercammen - 25:33 1st OA

Lacey 5-K Race  
 Patrick Asay - 19:55 2nd 40-49

Go With Your Heart 5K  
 Hilary Gall 25:36 (2nd 15-19 AG)  
 Gary Gall 26:36

Belmar 5  
 Ken Vercammen - 30:11

Ocean Grove Biathlon  
 Ken Vercammen - 20:11

Sea Bright July Triathlon  
 Ken Vercammen - 1:03:07

Moscow Pa 3K  
 Ken Vercammen - 11:50 2nd OA

Hook O'Malley Mountain Run  
 Ken Vercammen - 19:11 3rd OA

Berringer 5k  
 Ken Vercammen - 18:25 1st 40-49

Edison 5k  
 Ken Vercammen - 17:47 3rd OA, gold watch winner

Spring Lake 5  
 Ken Vercammen - 31:38

North Wildwood Law Enforcement 5k  
 Ken Vercammen - 18:24<sup>1st</sup> OA

Trenton Waterfront 5k  
 Ken Vercammen - 18:43 1<sup>st</sup> place team

Brewery to Brewery 5k  
 Ken Vercammen - 18: 15 3rd OA

Frog Hollow South Amboy 5 Milers  
 Ken Vercammen - 18:54 3<sup>rd</sup> OA

Hot Dawg Glory Run  
 Ken Vercammen - 18:03 1st OA

Woodbridge Crossroads of NJ 10K  
 Rich Salls - 50:56

Lake Takanasee Summer Series(SAC)  
 Ralph Garfield - 1st overall 60-69

Morrisville Pa, Labor Day 10K Run  
 Hilary Gall - 54:35 (2nd 15-19)  
 Gary Gall - 56:45

Virginia Beach Rock and Roll Half Marathon  
 Frank Pelcher - 1:58:36

Broadway Classic  
 Ralph Garfield -22.56(1st 65-69)

NYRRC Summer Kickoff 10K  
 Rich Salls 52:05

NYRRC Anniversary 4.6K  
 Rich Salls 21:50

Cranford Firecracker 4 miler  
 Rich Salls 31:43

Downtown Westfield 5K  
 Rich Salls 24:18

NYRRC 5th Avenue Mile  
 Rich Salls 6:34

Harvey Cedars 5 mile Dog Day Race  
 Hilary Gall - 41:00 (3rd age group 14-16)  
 Gary Gall - 45:18

King of the Trails 12 M, Allamuchy Mountain  
 Robert J. Mc Gill - 3:15:30 (makes Holmdel Park look flat as the track!)

The Half-Wit, Half Marathon  
 Robert J. Mc Gill - 3:36:31

Hamilton CYO Heatbuster 5K  
 Hilary Gall 24:43 (2nd - age group 15-19)  
 Gary Gall 27:01

Neptune Day 5-K  
 Patrick Asay - 19:50

Sea Isle City 10 mile  
 Steve Schwartz - 1:11:17.

Serpentine 5k(London, England)  
 Ralph Garfield - 23.48(72.3% age graded)

## Club Meeting

Mark your Calendar for our End of Year Club Meeting. December 8, 2004 7:30p.m. run for our hardy runners/walkers and 8:00 p.m. for our meeting and club social. This is a good time to meet and chat with all the friends that we have seen at the races all year long. Good food and fellowship.

## E-Mail Newsletter

To encourage members to receive the newsletter by E-mail, the board approves raising dues for members who chose to receive their newsletter by postal mail. Starting in January, newsletters will be electronic unless a member specifically requests to have their newsletter sent by postal mail. For those that want their newsletter mailed to them, the membership fee will increase from \$10 to \$15 for individuals and \$15 to \$20 for families. For three years, the fee will increase from \$25 to \$35 for individuals and \$35 to \$45 for families. Please see the 2005 membership application with this issue.

**Club Meeting December 8, 2004 7:30 p.m.**

FREEHOLD AREA RUNNING CLUB'S



**2005**

**22nd ANNUAL WINTER RACE  
SERIES**

5K's Held on Five Consecutive Sundays in January and February

**1/2 MILE and 1 MILE Kid's run 9:30**

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

**DATES:**   \*\*\* Sunday JANUARY 9 at 10AM \*\*\*  
              \*\*\* Sunday JANUARY 16 at 10AM \*\*\*  
              \*\*\* Sunday JANUARY 23 at 10AM \*\*\*  
              \*\*\* Sunday JANUARY 30 at 10AM \*\*\*  
              \*\*\* Sunday FEBRUARY 6 at 10AM \*\*\*

**WHERE:** Michael J.Tighe Park, Georgia Rd, Freehold Township, NJ

**COURSE:** **\*\* Flat and Fast \*\***  
              \*\* Run in the park \*\*  
              \*\* Certified 5K course \*\*

**AWARDS:**   - **Presented to:**  
                  \* The top Overall Winners \*  
                  \* Age Group Winners \*  
                  \* RaceWalking Winners \*  
                  \* Clydesdale Winners \*  
                  \* Special Overall Series Award -  
                  Must Participate in All Five Races to Qualify \*

**AMENITIES:** \* Heated Indoor Facility with Clean Restrooms \*  
                  \* Post Race Refreshments \*  
                  \* Ample Parking Picnic Area & Playground \*

**ENTRY FEE:** No Pre-Registration Required  
                  \* 5K - **\$5.00**    **FARC Members - \$2.00** \*

**DIRECTIONS:** Michael J.Tighe Park, Georgia Rd, Freehold Township  
Take Rt. 9 to the Elton Adelpia Rd (Rt. 524) exit, follow signs toward Smithburg & Turkey  
Swamp Park. Turn left three blocks after the Freehold Twp. High School on to Georgia Rd.  
Proceed 1/2 mile to park on left (just past St. Robert's Church). Michael J.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](http://www.farcnj.com) \*\*\***  
**Freehold Area Running Club**

P.O. Box 4 Manalapan, NJ 07726



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## RACE CALENDAR

(all phone numbers 732 unless otherwise noted)

- |   |   |  |   |
|---|---|--|---|
| 10/31   | Frost On The Pumpkin South River , NJ 10 KM<br>9:30 AM                                      | 12/11  | PAL Tinsel Toms River, NJ 5.1 M 10:00 AM 573-9752                       |
| 11/13   | SunTrust Richmond Richmond, VA 26.2 M 8:00 AM   | <b>12/12 Toys For Tots Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627</b>      |   |
| 11/14   | Hashathon Cheesequake Park, NJ 6 M 11:00 AM 528-0132  | 12/26  | Polar Bear Asbury Park, NJ 5 M Run 1:00 PM<br>10 M RW 10:00 AM 222-9080 |
| 11/14   | Campus Toms River, NJ 5 K 10:00 AM 255-0494   | 12/31  | Midnight Run Long Branch, NJ 4 M Midnight 578-1771                      |
| 11/20   | Turkey Trot Colonial Park, Somerset, NJ 5 K 9:30 AM 908-722-1200 x266                       | <b>01/09 FARC Winter Series Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627</b> |   |
| 11/20   | Turkey Trot Manasquan, NJ 5 M 11:00 AM 223-9738   | <b>01/16 FARC Winter Series Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627</b> |   |
| 11/21   | Morris Mauler Morris Park, NJ 5 K 10:30 AM  | <b>01/23 FARC Winter Series Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627</b> |   |
| <b>11/26 Born To Run Freehold, NJ 5 M 11:00 AM 800-300-8184</b> |   | <b>01/30 FARC Winter Series Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627</b> |   |
| 11/27   | Turkey Trot Westfield, NJ 5 M 11:00 AM 908-245-9422   | <b>02/06 FARC Winter Series Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627</b> |   |
| 11/28   | Navesink Challenge Middletown, NJ 15 & 5 K 9:00 AM 542-6090                                 |  |   |
| 12/05   | Autumn's End Middletown, NJ 7 M 10:00 AM 578-1771   |  |   |
| 12/08   | <b>Club Meeting, Michael Tighe Park, Fun Run 7:30 PM, Meeting 8:00 PM Holiday Gathering</b> |  |   |