



THE LONG RUN

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E-mail: webmaster@farcnj.com
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FARC Hotline: (732) 431-2627
NJ's 3rd Largest Club & Growing

Toys for Tots 5K Sun. 12/14/08

Toys for Tots 2008 Photos

Photos compliments of Tom Wendel-more at www.farcnj.com



20th Annual Toys for Tots 5K Race

Benefitting the Marines' Toys for Tots Program

Sunday, 14 December 2008

FREEHOLD, NJ – Three hundred & twenty five (325) road racers completed the 20th annual Toys for Tots 5-Kilometer Race in Freehold Township's Michael Tighe Park on Georgia Road on a beautiful sunny Sunday morning *ordered up by the Freehold Area Running Club (FARC)*, December 14.

The title of this charity/volunteer event, sponsored by the Telcordia Pioneers, is from the U.S. Marine Corp.'s charitable Toys for Tots program that has received an estimated \$500,000.00 worth of toys from race entrants over the course of this 20-year event, according FARC's Past President and long-time race walker and volunteer **Isabel (Keeley) Meldrum**. This year's 350+ registered field and the 325 finishers are both records for this race and the scenic course which meanders along the bike trail and park roads.

Local Freehold Borough High School Cross-country and Track star **Cody O'Flaherty** (17), son of the Toys for Tots race director and FARC President-Elect **Mike O'Flaherty**, became this year's Toys for Tots 5K race champion as he was the first runner to cross the finish line at a racing time of 17:29 (17 minutes and 29 seconds) a highly respectable 5:38 per mile pace. Moments (52 seconds) later, runner-up finisher John Ward, 14, crossed the finish line in 18:21, finished this nearly flat, two-loop, accurately measured 5-Kilometer (=3.107-miles) course in the park formerly known as Liberty Oak Park. The third-overall-place finisher, Saul Duarte, 48, completed the course in a racing time of 18:29, and 4th place finisher was the amazing 61-year-young, Harry Nolan 18:57, just ahead of 15-year old Steve Harnett (18:58) and 30-year old Robert Farrell (18:59). After the first two women came across the finish line (discussed two paragraphs below), high school runner Ryan Kelly, 15, completed the 5-K trek in 19:27, then three fast Freehold middle school *phenoms*, Kevin Summonte (13), Al Kaletski (14), and **Robert Murphy** (12) came flying across the finish line in 19:28, 19:29, and 19:40, respectively.

From the very beginning of the race, O'Flaherty had put distance between himself and the rest of the pack. Cody blazed onto the bike trail where the course enters the woods at about 0.95 miles, passing the mile without contention in approximately 5:30 (five minutes and 30 seconds). The course then comes back on the road at 1.3 miles and after the slight rise onto the maintenance road spur, Cody then passed 2 miles at a shade over 11:00 (eleven minutes flat). The course re-

enters the scenic bike trail at an abrupt downhill section with a right turn. The course follows the bike trail from 2.4 to 2.75 miles, again merging with the road after which it was about 2,000' to break the tape at the finish line of the Toys for Tots 5-Kilometer race. Despite his young age, Cody has compiled an impressive FARC history: he is a former club scholastic male runner of the year (2005). [One accomplishment Cody has not yet logged is the course record: that has lasted since it was set during the 2008 Winter Series, by former Howell High and Bucknell University Cross-Country and Track and Field Star, Matt Forys, a former FARC scholarship winner, who like his brother Craig has won FARC's Male Scholastic Runner of the Year."]

The female champion in a new womens' course-record breaking time of 19:06 was *long-distance* FARC member, former Marlboro High School star, and now a cross-county and track standout at the University of Central Florida in Orlando: **Erica Weitz** of Morganville. Weitz was also a 2006 FARC scholarship winner, and won the FARC girls' scholastic runner of the year award (the same year Cody ran the boys' award in 2005). This was a personal record road-racing time for Erica, although she ran a few collegiate cross-country 5Ks in the 18s this fall. [The old record was set by Stephanie Zottoli at age 23 when she ran 19:12 during the February 3, 2008 Winter Series.] Christine Arsego of Monmouth County, NJ was runner-up with a time of 19:21, and third-overall female was FARC member and Freehold Borough High School star junior **McKenzie Roche**, 17, with a time of 21:00. Fourth-overall female was 13-year old **Anne Werkley** of FARC at 21:31!

The leading race-walk finishers male/female respectively were FARC Vice President-elect **Ron Salvio** (nationally ranked in his age group) in a fast 28:34, and FARC's **John Fredericks** (also nationally ranked), who trained through this race at 35:32.

Hats off to the first United States military finisher, Carlo Brancato, who finished in 22:54. Likewise for the first female member of the military, Lisa Grinnell, who ran 26:11. Isabel's hot chicken soup, along with bagels and a variety of other foods helped replace the roughly 300 calories burned by runner/sportswriter **Jim Robbins** and each of the other competitors (Clydesdales burn more calories per mile than other athletes!).

Club Board Member **Walter Rutsky** drew the course map on display at the activity center. The same course will be used at the Winter Series 5-K races (directed by Walt and Isabel) held at the same time and place. See you there! [**FARC RESULTS with all runners and complete photos are on www.farcnj.com**]



1st: Vic Vientos, Jr.

1st: Lindsey & Amanda

24th Annual Born to Run 5-Mile

Written by [Jim Robbins](#) (long-time Freehold Area Running Club Member gave permission for FARC to reprint this article which 1st appeared in the Atlantic Herald) Saturday, 29 November 2008
[FARC PHOTOS by Nate Bergum - More Photos: www.farcnj.com]

FREEHOLD, NJ – Seven hundred & forty-one (741) road racers competed in the 24th annual Born to Run 5 Miler in Freehold organized by the Freehold Area Running Club (FARC) on a cloudy, cool morning-after-Thanksgiving Day of Friday, Nov. 28. According to The Runner's Handbook by Bob Glover each runner would burn 100 calories per mile for a total of 500 calories and this is verified by Rule 684 of Tom Parker's book: Rules of Thumb.


The title of this event has a connection to the fact that Bruce Springsteen, famous American songwriter, singer & guitarist, was raised in Freehold & has an album by that name: Born to Run.

Victor Vientos, 23, of Matawan was the first 500-calorie loser to cross the finish line located at Court Street at a racing time of 26:07 (26 minutes and 7 seconds) a highly respectable 5:14 per mile pace. Fourteen seconds later Rumson's Maximilian Sparshatt, 17, finished this loop course that also starts at Court Street and meanders out to, through and back from Topanemus Park, including going by the lake, at a racing time of 26:21 and third finisher was Shane Kimmins, 24, of Shrewsbury at 26:24.

"We were running as a pack of five or six but about the 3½ mile mark there was a hill & I decided to use that to get ahead & I did," said Vientos when asked if he were in front the whole way. "The course is really cool, you go through the park & by the lake, it's very scenic," he said when asked his thoughts on the course.

"I was leading the pack for about 3½ miles then someone (Vientos) passed me & he started climbing that second hill really fast and I couldn't stay with him," said Sparshatt in describing his runner-up performance. "I love this course, I like the trails, it's something to distract you while you're running," he added in further comments & of the weather, "it was nice but a bit windy."

Friends to the end, Lindsey Gallo, 26, of Freehold and

 Little Silver's Amanda Trotter, 23, chose to run the hilly five-mile challenge side by side but at the finish it was decided that Gallo would be the champion at 29:47.4 and Trotter would settle for runner-up at 29:47.7. Rounding out the top three women leaders was Ali Belicose, 26, of Toms River at 30:35, which was her best time (PR) for this course.

Both Gallo & Trotter talking together at the finish line area agreed that the course was hilly but scenic also. When reminded that they had just lost 500 calories, Gallo offered her Thanksgiving goodies, "I ate a lot yesterday, I'm a big turkey fan and I love sweet-potato pie, I must have eaten at least a half of one."

The leading racewalk finishers male/female respectively were John Fredericks 49:25, Brick; Kenneth Pape 49:53 and Jared Pape 49:54, Clarksburg; Marianne Rullo 45:56, Freehold; Janet Blum 55:21, Manalapan; Susan Middaujh 59:37, Brick.

The leading Clydesdale finishers male/female were Al Siutu 32:47, Titusville; John Guth 36:27, Bethlehem; John O'Connell 38:43, Dorchester; Patty Matisella 40:59, Charlottesville; Erin Pietsch 50:11, Howell; Liz Johnson 51:33, Frenchtown.

Shore Athletic Club president Walter MacGowan of Spring Lake finished at 40:26 and although he didn't win his 60-69 age group award, he did finish 9th place of 44 in that group. "Yes I'm satisfied with my time but I think I was little overdressed for the race, I thought it would be colder, were his initial thoughts. He added that, "...I've run this event every year and it's been a great race, the tradition, the day after Thanksgiving, and we get to see a lot of people...who are home for the Holidays." Reminded of losing calories, MacGowan offered that, "I must have had at least 2500 calories, I had a very traditional feast: turkey & cranberry & mashed potatoes & lots of apple pie."

Howell's Jim Bergum serves the FARC in two capacities: one as its secretary and the other as its webmaster. His racing time today "was satisfactory because my goal was an 8:30 per-mile pace," and his 42:31 finishing time, although an 8:31 pace, was close enough. Bergum, like MacGowan, did not win his 50-59 age group but did finish 32nd of 50. That's a speedy age group with the top 6

being under a 7-minute mile pace with Ocean County's Chris Peters of Barnegat leading the group and racing at a 6:06 pace for a finishing time of 30:26. Bergum informed that his 500 calorie loss was caused by Thanksgiving ingesting " traditional: turkey, dressing, squash, green beans and lots of pumpkin pie."

Richie Broxmeyer, Milltown, who has taken a hiatus from Shore area road-racing, is getting back to it and today's showing is proof...that he intends to return. His racing time of 30:48 was good for 30th place overall of the 741 total and a 6:10 pace. If he were just two seconds faster, he would have received an award in his 40-49 age group. Earlier in the month, in South Brunswick where he raced the Run with the Vikings 5K, he ran a 6:06 pace with a finishing time of 18:55. He's back and he's competitive.

Giving an immediate thumbs-up sign when asked what he thought of the race, Ed Adamsky, Middletown, veteran racewalker of area races finished at 1:04:36 and proceeded to comment: "I never picture Freehold as being hilly until I run this race each year and then I find out - it was a bit chilly but soon as you got moving it was OK - lasagna is what I burned off today - we had the turkey and all that goes with it on Sunday when the family could get together - so yesterday my wife and I had lasagna."

"It's a wonderful course," said Elliott Denman at the finish-line area where the timing clock read 1:07:15. The former Olympian racewalker of the late 1950's and retired Asbury Park Press award-winning sportswriter continued to explain: "it has its ups and...downs, it changes surfaces and you see the racers at all different paces - and since I'm a racewalker I appreciate this event recognizing them with special awards." For Thanksgiving, "we had a lot of turkey, mashed potatoes, cranberry sauce, pumpkin pie - my wife and family all pitched in and we had a wonderful time and I'm glad to burn off all those goodies especially the cherry pie which I ate too much of."

At the starting line at 11 a.m., thereabout, race director Bob Hyer assembled the racers, thanked them for coming and briefed them on the direction and details of the loop course. He then introduced Jeanne Yaecker, the director of Open Door Food Kitchen, the main beneficiary, as the official starter who voiced a "ready, set, go" and the race was underway following the lead police vehicle driven by Patrolwoman Wendy Patt of the Freehold Police Department accompanied by Maggie Freeman, FARC VP.

Handing out awards of money to the aforementioned top three and messenger bags to the winners and age-group leaders at the firehouse on Main Street which served as the staging area was Hyer, assisted by Isabelle Meldrum (both former FARC presidents), Victor Vientos and other club members. Several members of the Cpl. Reynolds Detachment of the Marine Corps League assisted with traffic control. Computer results were compiled by Fred and Anna Torres of Eliteracingsystems.com.

Other Monmouth-area award winners of the calorie-reducing race: Pedro Espinoza 26:45, Freehold; James Curran 26:58, Hazlet; Jeff Propert 29:17, Wall; Grant Gaydos 30:45, Howell; Kevin Summonte (13) 32:21, Freehold; Gabby Barrett 32:22, Freehold; Erica Weitz 33:09, Morganville; Robert Murphy Jr. 33:19, Freehold; Brittany Hinton 33:25 and Rachel Morris 33:41, Marlboro; Anne Werkley 34:28 and Arielle Weiner 36:05, Freehold; Ann O'Dowd 36:40, Colts Neck; Shelly Lodoig 37:27, Marlboro; Jack Cheer 38:50, Manasquan; Sarah Werkley 39:10, Freehold; Cathy Capozzi 42:21, Middletown; Denise Zolnowski 42:59, Freehold; Olie Nelson 45:35, Farmingdale; Marianne Rullo 45:56, Freehold; Marilyn Ryder 47:43, Long Branch; Erin Pietsch 50:11 and Janet Blum 55:21, Howell; Elliott Denman 1:07:15 and Alan Sherman 1:08:39, West Long Branch.

Other Monmouth County Leaders: John Reagan 30:17, Eatontown; Erik Olson 30:32, Leonardo; Farnese Borges 30:39, West Long Branch; Michael O'Flaherty 30:42 and Adam Simon 31:13, Freehold; Brian O'Dowd 31:20, Colts Neck; D.J. McCarthy 31:58, Marlboro; Michael Niken 32:17, Manalapan; David Wardell 32:32, Ron Apostle 32:34, Ian Maclean 32:38 and Eric Malinowski 32:50, Freehold; Scott Linnell 32:57, Colts Neck; John Behrens 32:59, Howell; Paul Greitz 33:38, Freehold; Dan Drury 34:02, Eatontown; Chester Deoliveira 34:05, West Long Branch; Roy Apostle 34:30, Stefano Baccinelli 34:34, Paul Gilly 34:47 and Matthew Parr 34:55, Freehold; Robert Galizio 34:57, Spring Lake; Daniel Repetti 34:59, Manalapan; Matthew MacLean 35:20, Freehold; Michael Cinciotta 35:22, Howell; Charlie Bingham 35:37, Holmdel; Michael Fitzsimmons 35:37 and Kevin Curran 36:00, Hazlet; Dauwe Yaiser 36:05, Manalapan; Kim Lang 36:30, Colts Neck; Ben Lynch 36:36, Freehold; David Unger 36:38 and Mary Clair Peroutka 36:39, Manalapan; Jennifer Curran 36:41, Hazlet; Rick Tully 36:45, Howell; Matthew Elo 36:54, Aberdeen; Carlos Villacres 37:03, Long Branch; James Gray 37:12, Freehold; Sean Griffith 37:25, Colts Neck; Thomas Foley 37:45 and Michelle Miller 37:47, Freehold; Francis Groff 37:51, Brielle; Jeff Ragle 37:54, Ocean; Megan O'Brien 38:07, Freehold; Andre Richburg 38:10, Eatontown; Bob Wyatt 38:17, Colts Neck; Victor Wedernock 38:31 and Robert Murphy 38:34, Freehold; Kevin Golden 38:36, Marlboro; Ken Lemunyon 38:41, Freehold; Tara Mottola 38:42, Farmingdale; Rich Johnston 38:44 and Bruce McCulloch 38:46, Freehold; Gregg Kohlbecker 39:09, Little Silver; Darryl Werkley 39:11, Freehold; Dave Kaplan 39:29, Ocean Grove; Greg Berkowitz 39:33, Josh Lot 39:34 and Brandon Elimanco 39:41, Freehold; Elizabeth Spector 39:57 and Joe Saffer 40:00, Manalapan; Tim Keane 40:15, Ocean; Bob Roman 40:24, Morganville; Walter MacGowan 40:26, Spring Lake; Ken Caporaso 40:31, Matawan; Brandon Simon 40:42, Freehold. [Lake Topanemus Park Organization also receives a donation from the race - [Please see complete FARC RESULTS & pictures Pages 16-18 and on www.farcnj.com](#)]

BORN TO RUN 5-MILE Race Director's Perspective by Bob Hyer

In keeping with the tradition set in the first 21 years (1985-2005) of guidance under Hank Bailey, the 2008 edition of the Born to Run 5 miler was yet another success. This 24th annual event saw a near record field of 802 entrants, challenging the record of 850 set back in 1997. This was the first time that the race offered prize money, with cash awards going to the top 3 male and female finishers. This helped draw a strong field.

For the men, a pack of seven runners cruised past the one-mile clock in 5 minutes flat. The group included Vic Vientos Jr., the former St. John Vianney and Lehigh University star. Vic also won a FARC Matthew Stuper scholarship award in 2003. Running with him were Max Sparshatt (a Rumson HS runner), Pedro Espinosa (a frequent race winner on the local circuit), Keith Matiskelly (from Charlottesville, VA), Shane Kimmins (from Shrewsbury), James Curran (former Raritan HS runner now running at Sacred Heart University) and Michael Mykytok. Mykytok brought in some strong credentials. He had finished 3rd at the 1988 Foot Locker National cross country championship while running for Bound Brook HS. Then, after becoming an All-American at the University of Florida, he became the USA 10K and 10-mile national champion in 1997.

The group continued the torrid pace, hitting the 2-mile clock in 10:10. They passed three miles at 15:30 and completed their traverse of the trail section in Lake Topanemus Park. Then Vientos began to pull away from the rest of the pack on the uphill portion of Pond Road. Vic reached four miles at 21:00, then he went on to hit the winner's tape in 26:07, followed by Sparshatt (26:21) and Kimmins (26:24). Rounding out the top finishers were Matiskelly (26:42), Espinosa (26:45), Mykytok (26:47) and Curran (26:58).

On the women's side, there was an intended dead-heat finish with elite runners Lindsay Gallo and Amanda Trotter. These two raced side-by-side with the goal to run under 30 minutes, which they achieved. Gallo ran for Howell HS, then the University of Michigan. Just this past summer, she finished 4th in the US Olympic Trials 1500 meter final in Eugene, Oregon, missing the US Olympic team by one place. Trotter made a name for herself running with her twin sister, Katie, at Red Bank Regional HS and then Stanford University. Gallo was awarded the victory, with a 29:47.4 clocking, with Trotter timed in 29:47.7. Gallo, who also won the Born to Run in 2002, now runs for Reebok. Both she

and Trotter now live in Alexandria, Virginia.

Rounding out the women's top finishers were Ali Belicose 3rd (30:35), our own Gabby Barrett 4th (32:22), U. Central Florida & FARC's Erica Weitz 56th (finishing 33:09 after a paced first 4 miles with training partner Kendyl Seawright), Brittany Hinton 6th (33:25) and FARC's ever-consistently-improving Colts Neck HS runner, Rachel Morris 7th (33:41).

Other club members taking awards were: John Fredericks (49:25, 1st Race Walker), Rita Alles (54:41, 1st 70 & Up), Liz Wenslaukas (36:21, 2nd 40-49), Linda Piff (46:44, 2nd 60-69), Elliott Denman (1:07:15, race walking to a 2nd place 70 & Up) and Robert Murphy Jr. (33:19, 3rd 14 & Under). And special recognition to the young FARC ladies who swept the 14 & Under age group - Anne Werkley (34:28), Arielle Weiner (36:05) and Sarah Werkley (39:10). Some 105 club members finished the race. There were 742 total finishers, the second largest ever.

If you liked running in Lake Topanemus Park, then feel good, because this race benefits the park and helps maintain and expand the trails. The race also benefits the Freehold Open Door food pantry and Jeanne Yaecker, Director of Open Door, was our official starter. A loud 'thank you' goes out to all those who made this event happen: the Court Jester Restaurants (Freehold & Aberdeen) for the 24th year providing post-race refreshments, Shore Runner (Old Bridge & Long Branch) for sponsorship, Freehold Area YMCA, Shop Rite of Freehold for providing fruit, Cpl. Reynolds' US Marine Corps detachment for guarding our streets, the Freehold Township girl scouts for staffing our water stop, the Freehold Borough Fire Dept. for use of their building (and having the Springsteen-donated 'Born to Run' fire truck on the course), and to the Freehold Borough Police, First Aid, and Road Dept.

Last, but far from least, a shout-out 'thank you' to the FARC race committee and volunteers who made it all happen. We had over 40 club volunteers helping out on race morning. And if you ever wonder why our events are so well done, our race committee is the best of the best. They are (in reverse alphabetical order) ---- Tom Wendel, John Weitz, Marcia & Avram Shapiro, Walt Rutsky, Mike & Cathy O'Flaherty, Isabel Keeley, and Linda Hyer.

[Editor's Note: The clear consensus is that the writer, Bob Hyer, also did an excellent job directing and growing the race for the third consecutive year!]

BORN TO RUN RACE RESULTS

TOP 10 MALE FINISHERS:

1	M23	Victor Vientos	Matawan NJ	26:07.4
2	M17	Maximilian Sparshatt	Rumson NJ	26:21.7
3	M24	Shane Kimmins	Shrewsbury NJ	26:24.2
4	M37	Keith Matiskelly	Charlottesville VA	26:42.1
5	M25	Pedro Espinosa	Freehold NJ	26:45.8
6	M37	Michael Mykytok	Bound Brook NJ	26:47.7
7	M19	James Curran	Hazlet NJ	26:58.9
8	M28	Jeff Propert	Wall NJ	29:17.0
9	M46	Carl Goldschmidt	Doylestown PA	29:25.1
10	M37	Jaime Mora	Trenton NJ	29:40.6

TOP 10 FEMALE FINISHERS:

1	(11) F26	Lindsey Gallo	Freehold NJ	29:47.4
2	(12) F23	Amanda Trotter	Little Silver NJ	29:47.6
3	(25) F26	Ali Belicose	Toms River NJ	30:35.4
4	(44) F49	Gabby Barrett	Freehold NJ	32:22.5
5	(56) F20	Erica Weitz	Morganville NJ	33:09.4
6	(59) F18	Brittany Hinton	Marlboro NJ	33:25.4
7	(61) F17	Rachel Morris	Marlboro NJ	33:41.8
8	(64) F21	Kendal Seawright	Manalapan NJ	33:59.0
9	(68) F16	Erin Thomson	West Orange NJ	34:19.2
10	(70) F13	Anne Werkley	Freehold, NJ	34:28.8

TOP 4 MALE RACEWALK FINISHERS:

1	M60	John Fredericks,	Brick, NJ FARC	49:25.3
2	1380	Pape, Kenneth	55 M Clarksberg	49:53.6
3	1379	Pape, Jared	18 M Clarksberg	49:53.8
4	1680	Lach, Jack	64 M MARLBORO FARC	56:30.3

TOP 4 FEMALE RACE-WALK FINISHERS:

1	1668	Rullo, Marianne	40 F FREEHOLD	45:56.1
2	1043	Blum, Janet	49 F Manalapan	55:21.4
3	1696	Middaujh, Susan	53 F BRICK	59:37.5
4	1860	Shilling, Alexandra	31 F Long Isl. City	59:46.2

TOP FARC FINISHERS:

27	M22	Michael O'Flaherty	Freehold NJ	30:41.9
32	M16	Adam Simon	Freehold NJ	31:13.3
38	M49	Kenneth Vercammen E.	Brunswick NJ	31:59.5
42	M15	Andrew Berkowitz	Freehold NJ	32:19.6
44	F49	Gabby Barrett	Freehold NJ	32:22.5
47	M17	Ron Apostle	Freehold NJ	32:34.1
53	M52	Scott Linnell	Colts Neck NJ	32:57.6
54	M38	John Behrens	Howell NJ	32:59.6
56	F5	Erica Weitz	Morganville, NJ	33:09.4
57	M12	Robert Murphy Jr.	Freehold NJ	33:19.6
61	F17	Rachel Morris	Marlboro NJ	33:41.8
70	F13	Anne Werkley	Freehold NJ	34:28.8
71	M17	Roy Apostle	Freehold NJ	34:30.4
72	M49	Stefano Baccinelli	Freehold NJ	34:34.2
78	M47	Steve Kellner	W. Windsor NJ	34:53.6
79	M15	Matthew Parr	Freehold NJ	34:55.0
98	F14	Arielle Weiner	Freehold NJ	36:05.2
103	F40	Liz Wenslauskas	Trenton NJ	36:21.0
113	M25	Matthew Elo	Aberdeen NJ	36:54.6
114	M45	Martin McEnroe	Jackson NJ	36:54.6
118	M49	Harry Aszman	East Windsor NJ	37:06.2
128	M51	Francis Groff	Brielle NJ	37:51.2
141	M39	Robert Murphy	Freehold NJ	38:34.3
149	M54	Bruce McCulloch	Freehold NJ	38:46.2
158	F12	Sarah Werkley	Freehold NJ	39:10.4
159	M47	Darryl Werkley	Freehold NJ	39:11.1
165	M47	Paul Tuck	West Windsor NJ	39:31.4
167	M47	Greg Berkowitz	Freehold NJ	39:32.9
172	M42	Brandon Elimanco	Freehold NJ	39:41.1
179	M48	Robert McGill	Budd Lake NJ	39:55.5
180	F33	Elizabeth Spector	Manalapan NJ	39:57.2
182	M54	Joe Saffer	Manalapan NJ	40:00.8
188	M62	Bob Roman	Morganville NJ	40:24.6
189	M61	Walter McGowan	Spring Lake NJ	40:26.2
190	M52	Ken Caporaso	Matawan NJ	40:31.4
192	M14	Brandon Simon	Freehold NJ	40:42.9
204	M41	Jules Levitt	Manalapan NJ	41:03.2
210	M65	Carl Danziger	Freehold NJ	41:28.7
216	M62	Paul Fitch	Freehold NJ	41:42.6
224	F15	Marisa Borchardt	Freehold NJ	41:57.1
225	F16	Kayla Parr	Freehold NJ	41:57.9

227	F38	Joanne Quinn	Freehold NJ	42:00.2
229	F14	Samantha Williams	Hamilton NJ	42:06.6
230	M45	Mark Williams	Hamilton NJ	42:06.9
244	M59	James Bergum	Howell NJ	42:31.6
252	M42	Glenn Moyer	Millstone Twp NJ	42:49.1
259	M57	Bob Nassi	Marlboro NJ	43:04.8
265	M54	Timothy O'Neill	Manalapan NJ	43:11.5
272	F24	Allyson Rosen	Manalapan NJ	43:18.9
273	M51	Art Rosen	Manalapan NJ	43:18.9
281	M57	Fran Bell	Jobstown NJ	43:30.1
288	F28	Estef Chaikin	Manalapan NJ	43:35.6
314	M60	Ron Ackerman	Howell NJ	44:28.7
330	M67	Bill Hentrich	Freehold NJ	45:00.1
337	F13	Mia Apostle	Freehold NJ	45:11.6
339	F23	Meaghan Calnan	Freehold NJ	45:12.7
340	F20	Kerry Calnan	Freehold NJ	45:13.1
341	M13	Mitchell Parr	Freehold NJ	45:13.4
343	M54	Mark Calnan	Freehold NJ	45:16.1
344	M41	Chris Parr	Freehold NJ	45:17.4
349	F23	Emily Groff	Brielle NJ	45:28.4
365	F52	Joyce Noto	Freehold NJ	45:51.5
369	F17	Noelle Borchardt	Freehold NJ	45:54.1
375	M59	James Lau	Freehold NJ	46:06.2
383	M13	David Groff	Brielle NJ	46:25.7
384	F19	Susan Groff	Brielle NJ	46:26.8
386	M59	Jason Chaiken		46:31.4
394	M57	Jim Jensen	Englishtown NJ	46:42.9
395	F60	Linda Piff	Jackson NJ	46:44.8
432	M49	Victor Gilberti	Freehold NJ	47:39.9
433	M54	Stephen Pfeiffer	Freehold NJ	47:40.4
434	F47	Eileen Allen	Freehold NJ	47:40.6
437	M52	Robert Swaney	Manalapan NJ	47:42.4
443	M57	Doug Weber	Freehold NJ	47:50.6
470	M54	Michael Mole	Freehold NJ	48:32.0
477	F26	Kristen Shortmeyer	Freehold NJ	48:40.5
479	M12	Andrew Borchardt	Freehold NJ	48:44.7
480	M47	Peter Borchardt	Freehold NJ	48:45.2
485	M50	Dave Lynch	Freehold NJ	48:47.2
509	M60	John Fredericks	Brick NJ (RW)	49:25.3
532	M67	Bob Smelson	Freehold NJ	49:59.4
544	F48	Paula Borchardt	Freehold NJ	50:44.0
557	M46	John Parr	Freehold NJ	51:37.5
561	M25	Michael Mole	Cambridge MA	51:42.8
582	M47	Tom Apostle	Freehold NJ	52:44.8
602	F51	Rosemarie Rosen	Manalapan NJ	54:13.1
607	F48	Jean Martin	Manalapan NJ	54:27.6
612	M42	Brian McNamee,	Spring Lake Hts., NJ	54:31.8
620	F71	Rita Alles	Hamilton NJ	54:41.2
639	F46	Eileen McGough	Freehold NJ	55:55.0
640	M59	Spencer Holcombe	Ewing NJ	55:59.2
649	M64	Jack Lach	Marlboro NJ	56:30.2
651	M57	Bob Hayes	Ocean NJ	56:39.0
659	M13	Teddy Apostle	Freehold NJ	57:39.5
665	F45	Laura Baldachino	Allentown NJ	58:14.8
666	M50	John Emigholz	Staten Island NY	58:18.8
673	F50	Rose Vanclef	Howell NJ	59:03.6
676	F46	Kathy Moore	Freehold NJ	59:08.5
685	M46	Ray Eppinger	South River NJ	1:00:10
692	F51	Sue Groff	Brielle NJ	1:01:02
694	F47	Susan Santoriello	Freehold NJ	1:01:21
700	F60	Phyllis Wenslauskas	Toms River NJ	1:04:11
704	M66	Edward Adamsky	South River NJ	1:04:36
711	M74	Elliott Denman	W. Long Branch NJ	1:07:15
722	F53	Susan Caporaso	Matawan NJ	1:10:18
738	F16	Kylie Moore	Freehold NJ	1:20:28

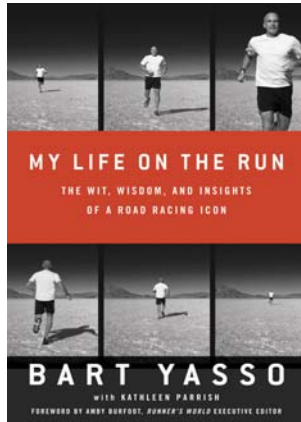
Racewalk Olympian -Elliott Denman

5-Mile Runners



FARC October Meeting was enjoyed by all

Those who attended FARC's club meeting at Michael Tighe Park on the evening of October 15, 2009 got a chance to hear inspiring stories from Runners Worlds' Bart Yasso, oft dubbed the 'Mayor of Running', who shared stories of running some of his more than 1,000 races from all over the world. Bart, who actually serves as the magazine's "CRO" - their Chief Running Officer, a job many of us would crave. Mr. Yasso stayed after speaking to sign copies of his new book, entitled: MY LIFE ON THE RUN, By Bart Yasso with Kathleen Parrish (Foreword by Amby Burfoot, *Runner's World* Editor-at-Large). Bart's innovative technique known as the Yasso 800s, refers to doing a weekly workout of 10 x 800 meters at 5:00/4:00/3:00/2:30 (minutes/seconds) if you are training for a 5:00/4:00/3:00/2:30, respectively, (hours/minutes) marathon — for beginners, intermediate, and advanced runners.



...as was Dec. Meeting and Elections:

The annual December meeting traditionally includes Club Officer elections, holiday goodies, a discussion of upcoming events, and holiday décor, and this meeting did not disappoint – featuring a fascinating presentation by Dr. Stephen Rice, local Sports Medicine practitioner. The elections results were unanimous approval of an exciting new slate of candidates bringing experience, enthusiasm, and a love for their sport & will serve our club in 2009!

PRESIDENT: Mike O'Flaherty
VICE PRESIDENT: Linda Hyer
VICE PRESIDENT: Ron Salvio
TREASURER: Bob Roman
SECRETARY: Pat Coyne

Please offer them congratulations. They will work with the Board, Committees, Race Directors, Sponsors, and Community to manage and grow our club into the future. Congratulations!

Sports Medicine Doc. Steve Rice then gave an extremely interesting talk integrating running and athletics with sports medicine's health and injury treatment. He has a background of keeping young-at-heart athletes of all ages active in their sport whenever possible. He has been a fixture at St. Paddy's Day (with Walter Stein), the New York City Marathon, and has successfully provided health services for area school sports teams.

Dr. Rice heads up Jersey Shore Sports Medicine for Meridian Health Systems, next to Neptune's Jersey Shore Hospital off Route 33. See him if you need to!

Runner's Forum

Alaska By Robert McGill

While in Alaska and preparing for my trip to Alaska, I found a unique race that would make any of Mr. Training's runs look easy. It is called the Matanuska Mountain Challenge. The distance is 14 miles and this year's winner set a new course record with a time of 3 hours, 4 minutes and some seconds. You go up and down about 9,000 feet in elevation. There were approximately 50 finishers this year.

Camptown revisited By Jim Pate



Saturday morning I made the drive up to Camptown from my dad's house in Northeast Pa. for the 42nd running of the Camptown Cross Country Race and the seventh in a row for me. Part of the course follows the original horse race course immortalized in Stephen Foster's "Tioga Waltz". There were a few light showers from Tropical Storm Fay on the way up but it didn't seem too bad.

I ran a mile warm up about 15 minutes before race time and I decided to ditch my shirt. It was in the 70s but had that steamy tropical feeling. It was 100% humidity and sweat wouldn't evaporate.

The race started on a ball field then on to a paved road for the first 2.5 miles. We ran out of town with the sounds of a band playing "Camptown

Ladies sing this song do dah do dah" 🤪 I went by the mile mark in 7:15 with running with another guy in the Clydesdale class, Ken. There was a guy tall guy, Dave, ahead of us also in the division I could see but he went out quicker and was about 100 yards ahead of us. Ken is in his early 40s and he beat me a couple of years ago in this race and said he has been training a lot. He started to pull away and I didn't go with him. I just tried to relax knowing I hadn't run in a week having injured my foot the week before while running the course. My foot felt OK on the blacktop surprisingly.

We made the turn up a hill at mile 2.5 and would continue climbing for over a mile entering a trail that goes over a stone quarry and up the mountain getting progressively steeper. I went by the 3 mile mark at 24:00 and was closing the gap on Ken just as the skies opened up. The trail started out on two tracks with good footing but we made a transition to grass around a field and it was wet! We got to the top of the hill with the trail going over several huge boulders we had to climb over. It was rolling hills for the next mile on single track with me following Ken about 15' back. The footing was wet and a little muddy but nowhere near as bad as I've seen it in the past. The trail crosses several power line right-a-way's and you can see just how much elevation we gained from the road.

Just after a water stop, the trail started down a 3/4 mile steep hill. I gave Ken a "On your left" and flew by him and down the hill. There were some loose rocks but nothing too bad and I passed about a half a dozen runners on the descent switching sides of the trail to find the best footing. The next mile was rolling hills again. I kept as good a pace as I could knowing Ken would try to get me the last half mile where the course comes back into town on paved roads.

The course turned down a steep ravine with a small stream to cross and a lot of big slippery rocks. There was a rope to hang on to but I used alternating trees to keep my footing and slow my decent. When I came up out of the Ravine, I could see Ken coming down so I pushed the last half mile on the trail. The trail came out of the woods up a steep short bank and over the guard rails. I pushed it up the hill and over the rails then flew down hill back into town. I figured I could gap while he was still running the trail.

Just as I was entering the town, I could see Dave, the Clydesdale winner, 100 yards ahead of me. I closed the gap a bit but there wasn't enough

distance left to catch him. If I spent less time saving energy on the trail worrying about Ken, I probably would have caught him! 🏃‍♂️

I beat my time the last two years by over 2 minutes and beat Ken by over a minute. I ran 52:15 for a 10K but this course has hills you have to run to believe! It continued to pour the whole second half of the race. They had a big tent with a chicken barbeque and the local glee club singing some numbers while we waited for the awards. I won a nice trophy for second place Clydesdale. It will serve to motivate me for next year! There were over 15 Clydesdale runners in the race. Guess it still is a horse race in a way after all these years! .

My injured foot felt better after the race than before! I'm going to give Steamtown a shot next month. If you had asked me the middle of last week I would have said no way! Driving out of town, I had a great view of the mountain we ran over and a reminder once more of what keeps calling me back there!

Post-Marathon Recovery Tips

By Steven J. Loder, MES, CSCS

Congratulations on completing your marathon!

Here are a few suggestions to help speed your post-marathon recovery and enhance your overall marathon experience:

1. **Be sure to hydrate after your marathon.** Just as you had done prior to your marathon, drinking plenty of fluids after your marathon is important too. Water is OK, but juices and sports drinks are better since they help to quickly replenish carbohydrate stores in your muscles depleted by the marathon.
2. **Plan to engage in post-marathon walks and/or light running.** Doing this helps to combat post-marathon soreness by flushing lactic acid from those tired running muscles.
3. **Even better, try Cross Training Activities instead! After all those weeks of tough training runs,** taking a break from running for a few days to a week or more can be refreshing both mentally as well as physically. Swimming or biking both work great! No pounding and each help to relieve the mental burnout.
4. **Pamper yourself to a post-marathon Massage?!** Ahhh, feels great and also helps to relieve sore tired muscles. Using *The Stick* is a good substitute until you can meet with your massage therapist.
5. **Stretch, Stretch and Stretch!** Just as with Tips #2, #3 and #4, stretching helps to flush lactic acid from the muscles and restore a comfortable, pain free range of motion. The *Pro Stretch* works great for the calf and shin lower leg muscles.
6. **Do treat yourself to a special post-marathon meal.** You worked hard to train for your marathon and no doubt made some sacrifices along the way including abstaining from certain foods that would be detrimental to your training efforts. So go ahead. You deserve it! Just don't go completely overboard.
7. **Focus on eating post-marathon meals that offer a combination of complex & simple carbohydrates as well as lean sources of protein.** Once you have finished your special post-marathon meal, be sure to focus on eating to replenish depleted your glycogen stores and to promote muscle repair. You may want to try a good quality whey protein powder and incorporate into some delicious breakfast fruit smoothies.
8. **Do include a daily multi-vitamin rich in Zinc and Vitamin E.** Most grain products are fortified with these two important micro-nutrients. In addition, you may want to consider taking a multi-vitamin formula. Either way, including both zinc and vitamin E in your post-marathon meal plan will help to speed healing and recovery.
9. **Do make sure you get enough rest during the first post-marathon week.** Following a tough marathon effort, your immune system function is roughly at the same level as a typical AIDS patient. This means that you are very susceptible to the ill-effect of germs during this initial post-marathon week. So be sure to get your Z's.
10. Do plan on **recovering for 3-4 weeks** prior to beginning a new training and racing buildup. You may feel fine after a few days, but your body is still recovering at the cellular level. The basic rule of thumb is to allow one recovery day for each mile of a tough race effort.

Steven Loder is a Jackson, NJ based running, marathon and strength & conditioning coach and Boston Marathon Qualifier.

APA 5K By Cindy Monica

I came in 1st place in my age group in the APA 5k in Boston, on 8/16/08 with a time of 28:13. It was a special thrill for me, as president of the group called the Running Psychologists, to have organized the race, and to run with Bill Rodgers, who was our celebrity race starter and guest speaker. He is a wonderful person and a very inspirational example to all of us runners and walkers. Bill is now raising money for Prostate Cancer Awareness, after just going through that himself earlier this year. Bill was very encouraging to everyone in our group. I mentioned how running is my therapy, which helps clear my mind and keep me healthy and positive.

Organizing the race made me very mindful of how much work it is for the people in our club who do all the work to put on our races and other events. Getting the sponsors, keeping track of the registrations, designing the t-shirts and getting the prizes were all a lot of work, but very gratifying to see the result on race day. My husband Michael helped with all of this, and made sure that we got there.

THANKS to our outgoing 2007-2008 Executive Board! : 2008 Freehold Area Running Club Exec. Bd.



Pres. VP(&coach) Vice Pres. Sec.(&webmaster) Treasurer
John Weitz Mike O'Flaherty Maggie Freeman Jim Bergum J.Chris Davis

WELCOME to our Incoming 2009 Executive Board! 2009 Freehold Area Running Club Exec. Bd.



Pres. (&coach) Vice Pres. Vice Pres. Secretary Treasurer
Mike O'Flaherty Linda Hyer Ron Salvio Pat Coyne Bob Roman

It's that time of Year to Renew your Membership by Paying Dues for the next 1 or 3 years for you/family. The 3-year family deal is an outstanding value! Please check the important information on your [mailing label](#) – It will inform you when you are due to renew – always at year-end. Use the Membership form at the back of this newsletter. Also please send your current e-mail address to the webmaster www.farcnj.com, then we ensure that you receive the informative and fun monthly FARC Flash with upcoming race information!

2008 FARC X-C Team Race Results by Walter Rutsky

WEEK #1 Excerpts from WALT's write-up:

...we did not field a legal team: As last year, we did not have enough females. We did recruit one new woman. Her name is Judy Nealon. Welcome to the team Judy! There were other competing events last week that probably caused the female drought. At the finish last week, each runner got a place card to fill out to compile the results. I did not run last week, so I helped filling out the cards because all energy was spent by our runners.

Shore A.C. Cross-Country Series

September 27, 2008

Race # 1 Thompson Park

[NO WEEK #1 Results are Available – Does anyone recall any?]

WEEK #2 I had a conflict, so Mike & Cathy O'Flaherty handled of team business.

Shore A.C. X-C Series

October 4, 2008

Race # 3 Tatum Park

Place	Name	Age	Time	Team
1.	Eric Schaffer	22	16:52.8	Overall
7.	Michael O'Flaherty	22	18:31.41	FARC
24.	Kyle Shaughnessy	19	20:38.37	FARC
31.	John Taylor	52	21:50.64	FARC
39.	Mike O'Flaherty	47	22:31.52	FARC
49.	Tom Brieva	--	24:20.45	FARC
65.	Judy Nealon	29	26:17.54	FARC
67.	Charlie Peer	56	26:37.93	FARC
71.	Ralph Garfield	73	30:01.41	FARC

WEEK #3 Team, Team results are included. Although we weren't first place, we did score as a team.

Shore A.C. X-C Series

October 11, 2008

Race # 3 Wolf Hill Rec Area

Place	Name	Age	Team	Time	Overall
1.	Dave DeMonico	40	SAC	19:02.21	Overall
25.	Scott Linnell	52	FARC	22:18.21	
28.	Eric Davis	40	FARC	23:03.05	
29.	John Taylor	52	FARC	23:18.21	
30.	Joe Santonacita	28	FARC	23:26.94	
32.	Thomas Long	41	FARC	23:29.42	
38.	Mike O'Flaherty	47	FARC	24:16.0	
42.	Tom Brieva	33	FARC	24:25.17	
48.	Przemek Nowicki	64	FARC	25:13.7	
52.	Alisa Hagenberg	41	FARC	25:43.11	
77.	James Bergum	59	FARC	29:16.02	
80.	Ralph Garfield	73	FARC	29:55.9	
87.	Leslie Nowicki	45	FARC	31:48.1	
96.	Cathy Locklear	51	FARC	35:58.41	

Team Scores:

1. Shore AC	23 points
2. Hoboken Harriers	39
3. Green's Pond/ Jersey Shore	66
4. Sandy Hookers	67
5. Freehold Area RC	86

WEEK #4

Shore A.C. Cross-Country Series

October 18, 2008

Race # 4 Thompson Park

Place	Name	Age	Team	Time	Overall
1.	Scott DeFilippis	28	SH	16:45.00	Overall
38.	Scott Linnell	52	FARC	20:27.7	
43.	John Taylor	52	FARC	20:51.54	
52.	Thomas Long	41	FARC	21:22.66	
59.	Bert Lundberg	44	FARC	21:52.12	
63.	Tom Brieva	33	FARC	22:00.43	
67.	Przemek Nowicki	64	FARC	22:25.64	
75.	Patricia Chambers	42	FARC	23:49.6	
80.	Alisa Hagenberg	41	FARC	23:59.71	
88.	Paul Fiton	62	FARC	24:28.42	
98.	Antonietta Picascia	51	FARC	26:02.57	
103.	Ralph Garfield	73	FARC	26:30.21	
114.	Leslie Nowicki	45	FARC	28:41.22	

Even though we weren't 1st, we did score as a team. Our last week is in Holmdel Park.

Shore A.C. X-C Series

October 25, 2008

Race #5 Tatum Park

Place	Name	Age	Team	Time	Overall
1.	Dave DeMonico	40	Shore AC	16:35	Overall
17.	Kyle Shaughnessy	19	FARC	18:45	
34.	Tom Brieva	33	FARC	20:57	
36.	Bert Lundberg	44	FARC	21:18	
37.	Przemek Nowicki	64	FARC	21:49.5	
44.	Patricia Chambers	42	FARC	23:14	
56.	Paul Fitch	62	FARC	24:34	

62.	Ralph Garfield	73	FARC	27:17
65.	James Bergum	59	FARC	27:46
69.	Walt Rutsky	59	FARC	28:49
70.	Leslie Nowicki	45	FARC	29:34

Team Results:		3. GPH/JSRC	63 Pts.
1. Hoboken Harriers	30 Points	4. Sandy Hookers	66 Pts.
2. Shore A.C.	45 Points	5. FARC	83 Pts.

The final race was Saturday November 1st at Holmdel Park.

PLAN TO BE AT FREEHOLD AREA RUNNING CLUB'S 26th ANNUAL WINTER RACE SERIES At TIGHE PARK, ON GEORGIA ROAD in FREEHOLD

COURSE: is Fast, Flat Certified 5K Course Within the Park (same as last year & Toys for Tots) Run On Park Bike Path & Road

In January, the 26th annual FARC Winter Series offers a 5-K race and Kids' ½ mile and 1-mile every Sunday (5 consecutive weekends) from January 4th through February 1, 2009, at Michael Tighe Park in Freehold Township. The series is growing each year and it cleared 1,000 runners during the series last January (2008). Winter Series sponsors have included Manhattan Bagel, Dunkin Donuts, Shore Runner, & Centra-State Fitness Center, and the Freehold Township Parks and Recreation Department. The chicken soup is always the best! The 5 K course is scenic and fast and it will incorporate the bike trail, weather permitting.

AWARDS, AMENITIES & DIRECTIONS on FLYER IN THIS ISSUE

26th ANNUAL BANQUET: SATURDAY, FEBRUARY 7, 2009, 7:00-11:00 PM - SEE FLYER IN THIS ISSUE

Also, for Information Call 732-431-2627 or Visit www.farcnj.com

Letters to Editor & Webmaster

Please let us hear what you have to say about us and we will promptly respond to any questions or issues so that we may do our best to improve your experience in the community. Please send all correspondence to the FARC webmaster Jim Bergum at www.farcnj.com or webmaster@farcnj.com. Thank you in advance!

Please Be a Volunteer and Be Glad You Did

Be a race volunteer, & learn how good it feels. More helpers are always needed at all the races & events. If interested, please call & speak with or leave a message for our Volunteer's Coordinator, Marcia Shapiro at the FARC hot-line (732-431-2627) or contact the webmaster

webmaster@farcnj.com & offer your time as a volunteer for races. No previous experience necessary.

Wanted: Need contributors to submit articles to the *Long Run Newsletter* at webmaster@farcnj.com.

Wanted: More FARC photographer(s) webmaster@farcnj.com
Wanted: 'Willing Participants in club - webmaster@farcnj.com
FARC FLASH Please send your new e-mail address to webmaster@farcnj.com to get the **FARC Flash**, our monthly electronic newsletter. This is an easy-to-read two-page format with race forms & it's full of good information.

Please let FARC (webmaster@farcnj.com) know your interesting activities – FIT for FARC to print!

FARC Discounts at Area Running Stores

Say you're a FARC member - you will get at least a 10% discount from these local running shoe & apparel stores:

- Miles Ahead Running Store at 2241 Meeting House Rd. @Circle in Manasquan, NJ (732.223.0444)
- Shore Runner at 40 Centennial Drive (Pier Village Shopping Center) in Long Branch, NJ (732.571.3100)
- The Running Store at 595 State Highway 35 in Shrewsbury, NJ (732.758.8008)
- Runner's High on Route 27 up in Metuchen, Middlesex County, NJ.(732.549.9440)
- Shore Runner at 3889 US Highway 9 (northbound, a.k.a. Hwys. 9 & 18) at Shoppes at Old Bridge, NJ.(732.571.3100)

Good shopping & look for club cards in the near future.

Newsletter Mailing Update

Newsletters are sent by both e-mail and postal mail. If you don't want the e-mail version, please send an e-mail to webmaster@farcnj.com and you will be taken off the list. If you don't get an e-mail version but would like one in addition to the postal version, or if your e-mail is either not valid or has been changed – please send an e-mail to webmaster@farcnj.com.

Your E-MAIL Address

Many of you are changing your Internet provider and your e-mail addresses listed in our membership directory for you are invalid. We have started a new service called 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.

FARC Welcomes New Members!

FARC is attracting many new members and tending to retain existing members (as we have for 25+ *fast, racing* years). To avoid delay in receiving your hard copy & electronic newsletters & FARC FLASH, please renew your membership if label on back says it is due. Please tell us how we can serve you better! Thanks. See renewal application form on web-site.

Kudos & Congratulations

To members for your fine running accomplishments. Please forward them, along with Du-, & Tri-athlon, Race-walk, & other accomplishments so as to share the news!

FARC WEEKLY TRAINING

Sunday Group Runs, FARC Marathon Training

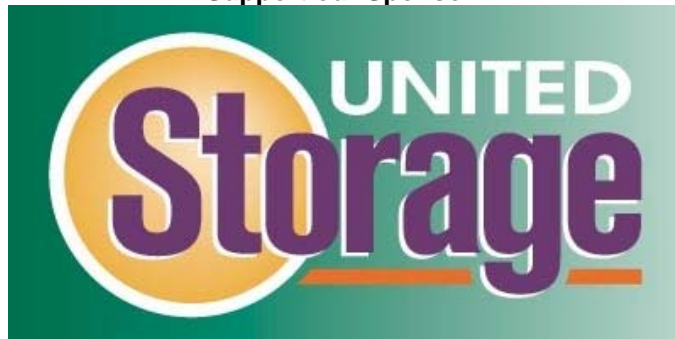
Sun. group runs are held at 8:00 AM at the usual location off Windeler Rd. on the south shore of Howell's Manasquan Reservoir. All distances & paces are welcome. The up to 5-mile long dirt trail is easy on the legs. Those who wish to do >15 miles often begin early, i.e.~7:00 AM to beat the heat in the summertime. Awards are given for milestones. The club

provides post-run refreshments & welcome camaraderie. Come out & share a run or walk.

Manasquan Reservoir Walking Group

Join **Ben Ottmer's** walking group Saturday mornings at 8:00 AM at the Welcome Center on Windeler Road at the Manasquan Reservoir. Walker/Walking Coach Ben has tips on race walking, health walking, and flexibility. The distance you go is up to you.

Support our Sponsor:



3464 Route 9 South, Freehold, New Jersey 07728

www.unitedstorallcenters.com

Or feel free to call 732-761-8420 feel free to call Jim Gilbert, the Manager of United Storage

Member Race Results

Members: Please send results & photos to FARC

[You can also get times and results off FARCnj.com web-site]

Cheesequake Hash-a-thon	Diana Burton -	1:28 2nd AG
San Antonio Marathon	Diana Burton -	5:20:16
North Central Trail Marathon	Diana Burton -	5:28:13 2nd AG
Colonial Park 5K	Ralph Garfield -	25.03(1st 70+)
Shore A.C. Cross Country Series	Ralph Garfield -	1st Overall 70+.
Philadelphia Marathon	Jared Cittadino -	4:20:57 3rd Under 15 AG
Trick or Trot	Ken Vercammen -	25:02
Morris Mauler	Ken Vercammen -	22:55
Viking 5k South Brunswick	Ken Vercammen -	19:13 2 nd age group
Space Coast Classic 2 mile Melbourne, FL	Ken Vercammen	1 st overall
Manasquan Turkey Trot 5 mile	Ken Vercammen -	31:41
Philadelphia Half Marathon	Jared Cittadino -	3 rd Under 15 AG
	Jean Martin -	2:36:25 (0:05:30 < than 2007)
	Diana Burton -	2:26:31
S.Brunswick Run w/ the Vikings 5K	Steven Feldman	26:51 (3rd 60-69)
Beach to Battleship Ironman Triathlon (Wilmington, NC)	Maggie Freeman -	10:48 3 rd Female OA
Breakers Marathon (Newport RI)	Diana Burton -	5:26:55 (8th marathon in '08!)
New York City Marathon	Diana Burton -	5:22:23
Run For Your Life 2-Mile Fun Run	Robert Murphy -	11:17 2 nd OA
Jersey Shore ½ Marathon	Cindy Monica -	2:09:34 2 nd 60-64 AG
APA 5K (Boston)	Cindy Monica -	28:13
Steamtown Marathon (Scranton,PA.	Andrew Wohl -	5:15
East Brunswick 5k	Ken Vercammen -	19:11 2nd age group
Run Thru Deal	Ken Vercammen -	20:00 2nd age group
Delaware Water Gap 5k Series	Robert J. Mc Gill -	26:13 29:42
	Robert J. Mc Gill -	29:35
Brian's Run 10k	Robert J. Mc Gill -	49:41
Dunellen Run for Education 5k	Robert J. Mc Gill -	23:49
Liberty Waterfront Half Marathon	Robert J. Mc Gill -	2:49:03
Watchung Municipal Alliance 5k	Robert J. Mc Gill -	23:26
East Brunswick 10k	Robert J. Mc Gill -	49:57
Roxbury PBA 5k	Robert J. Mc Gill -	24:00
USATF NJ XC Champ. 5k (Holmdel)	Robert J. Mc Gill -	26:22
Paces for Prevent. 5k (Stillwater, NJ)	Robert J. Mc Gill -	23:21 2nd 40-49
Rock on 5k Rock & Run	Robert J. Mc Gill -	24:13
Netcong Day 5k	Robert J. Mc Gill -	23:45
Roxbury Field of Dreams 5k	Robert J. Mc Gill -	24:00
Sea Girt 5k	Ken Vercammen -	18:48
Seaside Heights 1 mile swim	Ken Vercammen -	59:42

RVRR summer cross-country Ken Vercammen - 19:11 3rd age
 Long Branch Triathlon Ken Vercammen - 47:31
 Fallen Heroes Ken Vercammen - 21:13
 Lavallette Triathlon Ken Vercammen - 1:06:40 12th overall
 Rutgers Run for Warriors 3 mile Ken Vercammen - 18:38 2nd age, 7th OA
 Metuchen YMCA 5k Ken Vercammen - 19:38 1st age, 6th OA
 Pt. Pleasant Triathlon Ken Vercammen - 1:15:08
 Pier Village 5K Robert Murphy - 21:07 3rd AG (<=14 under)
 Jackson Day 5k Robert McGill - 23:33
 Crossroads of Woodbridge 10k Robert McGill - 49:10
 South Plainfield 5k Robert McGill - 22:11

Delaware Water Gap 5k Robert J. Mc Gill - 25:30
 Lori Mc Gill - 37:23
 Windmill Classic 5k (Holland Township, NJ) Robert J. Mc Gill - 24:31
 Truskey Memorial 10k Robert J. Mc Gill - 59:00 3rd 45 - 49
 Leading Ladies Mara. (Spearfish,SD) Diana Burton - 5:16:14 (7th Marathon in 08)
 Seagirt 5k Robert Murphy - 21:32
 Bradley Beach 5k Robert Murphy -20:47 1st AG 12 and under

RACE CALENDAR

(All phone numbers 732 unless otherwise noted. Many races have websites Go to www.farcnj.com or hotline 732-431-2627 for details.)

DEC 08

12/28 Polar Bear Asbury Park, NJ 10 M Walk 10:00 AM 5 M Run 1:00 PM

12/31 Twilight Bar A, Lake Como, NJ 3 M 5:45 PM

The last races of the year are at the boardwalk in Asbury Park with the 45th annual Polar Bear Races: 10-mile racewalk at 10 a.m., 5-mile run at 1 p.m., info call 732-222-9080 or elliottden@aol.com.

JAN 09

01/01 Hangover Veteran's Park, Hamilton, NJ 5 M 12:30 PM 609-737-9069

01/01 Hangover Westfield, NJ 5 K Noon
 WINTER SERIES SUNDAY 5Ks and Kids' ½ & 1-Mi. at Michael Tighe Park in Freehold Township at 10 a.m., info call 732-431-2627 or www.farcnj.com.

01/04 FARC Winter Series Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627

01/11 FARC Winter Series Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627

01/18 FARC Winter Series Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627

01/25 FARC Winter Series Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627

FEB 09

01/01 FARC Winter Series Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627

MAR 09

03/01 Murray Todd Brookdale College, Lincroft, NJ 13.1 M 9:00 AM

03/07 1/2 Way to Brielle Day Brielle, NJ 5 K 11:00 AM

03/22 St. Paddy's Michael Tighe Park, Freehold, NJ 10 M 5 K 10:30 AM 431-2627

APR 09

04/18 Jersey Shore Relay Seaside Hts. - Asbury Pk. 26 M Total Various Times

04/18 Asbury Park 1/2 Asbury Park, NJ 13.1 M 8:30 AM

04/18 Run with Eagles Allentown, NJ 5 K 10:00 AM 610-533-7524

04/25 Country Roads Cream Ridge Winery, NJ 5 K 9:00 AM

JUNE 2009

06/24 Summer Series 5K&KidsRuns, BattlefieldPk, Freehold,NJ 6PM

JULY 2009

07/01 Summer Series 5K&KidsRuns, BattlefieldPk, Freehold,NJ 6PM

07/08 Summer Series 5K&KidsRuns, BattlefieldPk, Freehold,NJ 6PM

07/15 Summer Series 5K&KidsRuns, BattlefieldPk, Freehold,NJ 6PM

07/22 Summer Series 5K&KidsRuns, BattlefieldPk, Freehold,NJ 6PM

07/29 Summer Series 5K&KidsRuns, BattlefieldPk, Freehold,NJ 6PM



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