



THE LONG RUN



An Official Publication of The Freehold Area Running Club
VOL. 26 NO. 1 - 01/08 (see e-mailed monthly *FARC Flash*)

Website: www.farcnj.com E-mail: webmaster@farcnj.com
FARC Hotline: (732) 431-2627

Freehold Area Running Club's 25th Annual Winter Series of 5-Km races continues 10:00 AM on Sun., Jan. 20, 27, & Feb. 3, '08 at the *fast* Mike Tighe Park course. Kids ½- & 1-mile start at 9:30 & 9:40 AM. FARC celebrated the 25th anniversary of the club at the January 13th race. Jan. 6th 5K race started below. Winners were Ocean County star Chris Karle in 16:22 & FARC member Gabby Barrett, 20:32 (profile-this issue).



Photos compliments of Bill Aromando



FARC's Annual Club Banquet Marking FARC's 25 years is on Sat. Feb. 2, 08 7-midnight at St. Clement's Church on Rt 79 in Matawan. Call Pam at 732-942-8518.



Club Founders (Ed, Bob, Ralph, JJ, & Avram) 25 Years Later

Looking out a little further are **FARC's St. Paddy's Day 10-Miler & the Leprechaun 5-Kilometer** races on March 30 at Tighe Park starting at 10:30 AM (see Entry Form in this issue) We will be having a club meeting (with bag stuffing for St. Paddy's races) on Wed. March 26 at 8:00 PM, following a 7:30 PM fun run.

We hope to see you at all FARC Club functions! - J.W.

Sunday Group Runs, Marathon Training - FARC Sunday group runs resume Feb. 10 after Winter Series ends) at 8:00 AM at the usual location off Windeler Road on the south shore of the Manasquan Reservoir in Howell. All distances and 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 earlier. Awards are given for milestones. The club provides post-run refreshments & welcome camaraderie. Come on out & share a run or walk. [Dec. 23 Hol.Party had Gifts for all!]

Manasquan Reservoir Walking Group

Join the walking group every Saturday morning at 8:00 AM sharp at the Welcome Center on Windeler Road at the Manasquan Reservoir. Racewalking coach Ben Ottmer will give you training advice on racewalking or health walking. ...Go 2 miles or 10 miles, it's up to you!

Weekly Group Track Workouts

FARC track workouts are held Friday evenings at Freehold Boro High School at Robertsville Rd. & Rt.79 in the Boro. All speeds and types of runners are welcome. Please call Mike O'Flaherty to confirm time and details.

Toys for Tots 3-Mile Race -Over 300 registered & 275 runners finished the Toys for Tots race in Michael Tighe Park on Dec. 9, 2007. Winners: Cody O'Flaherty (17:31) and Erica Weitz (18:54), are shown below with their attractive holiday-themed awards. See the Website for Complete Results. Race Director Mike O'Flaherty Sr. did a great job and a truck load of gifts were donated to the Toys for Tots program! Normally a 5-K race, this year the course was re-routed, due to park construction and ended up being ~3-Miles, due to a late mis-measurement by our Prez. [Accurate 3.107-Mile (5K) course now used for Winter Series & Toys for Tots in future.]



2008 FARC Exec.Board, after Dec. Elections



Pres. John Weitz Vice Pres. Mike O'Flaherty Vice Pres. Maggie Freeman Secretary Jim Bergum Treasurer Chris Davis

Club Meeting (Dec. 12): Speaker Mike O'Flaherty gave a well received presentation about coaching runners. Mike heads up the Friday night track workouts.



FARC Gets Discounts

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

- Miles Ahead Running Store at Meeting House Road and the Circle in Manasquan, and
- The Running Store on Route 35 in Shrewsbury.

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

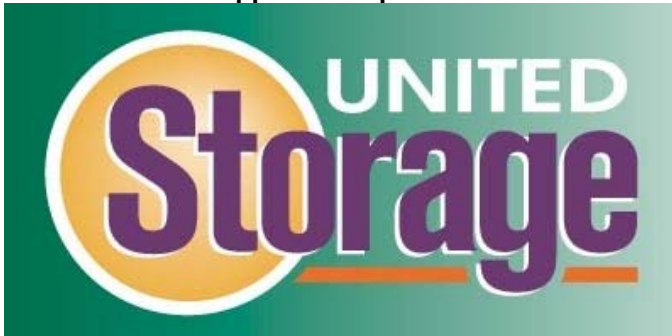
Letters to Editor & Webmaster

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!

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

Wanted: Need FARC photographer(s) webmaster@farcnj.com

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

Runner's Forum

Robert McGill's TOP FOOD RACES (order is random and is based upon 2007 experience, previous year's experiences and information from other runners)

1. Franklin Lakes AMBS Jingle Bell 5k
2. South Orange Village Classic 5k
3. Sunset Classic 5 miler (Bloomfield, NJ)
4. Newark Corporate 5k
5. Millburn Spring Run 10k and 2 miler
6. Our House 5 miler (Summit, NJ)
7. Downtown Westfield 5k and Pizza Extravaganza
8. Fallen Heroes 5k (Elizabeth, NJ)
9. Run for the Children 5 miler (Elizabeth, NJ)
10. Crossroads of Woodbridge 10k
11. Hit the Bricks 5 miler (Sayreville, NJ)
12. Run with the Vikings 5k (South Brunswick, NJ)
13. Jimmy D's 5k (New Brunswick, NJ)
14. Frog Hollow 5k (South Amboy, NJ)
15. Ramona's Run 4 miler (Perth Amboy, NJ)
16. Miles for Matheny 5k (Peapack-Gladstone, NJ) the very best food race
17. Legal Runaround 5k (Somerville, NJ)
18. Terry Roemer 5k & 10k (Paramus, NJ)
19. East Brunswick 5k & 10k
20. Raritan Valley Road Runners Summer Series 5k (New Brunswick, NJ)
21. Morris County Striders Summer Series 5k (Boonton, NJ)
22. Morris Mauler 5k (Mendham, NJ)
23. Carnegie Center 5k (near Princeton, NJ)
24. Eden Family 5k (near Princeton, NJ)
25. RWJ Johnson Hospital 5k (Hamilton, NJ)
26. Sgt. Pat's 5k (Long Branch, NJ)
27. Navesink Challenge 15k & 5k (Middletown, NJ)
28. George Sheehan 5 miler (Red Bank, NJ)
29. **Freehold St. Paddy's Day 10 miler & 5k**
30. Reindeer Romp 5k (Point Pleasant Beach, NJ)
31. Hot Chili Challenge 8 miler (Kittatiny State Park, NJ)
32. Solstice 5 miler (Kittatiny State Park, NJ)
33. USATF 15k championship race (West Windsor, NJ)
34. Ocean Running Club's Summer Series 5k(TomsRiver, NJ)
35. Run for the Cookies 10k (Berwick, Pa)
36. The Ugly Mudder 7.25 miler (Reading, Pa)
37. Run for the Canoli 5k (Hazelton, Pa)
38. Quakertown Rotary 10 miler & 4 miler
39. Healthquest of Hunterdon County 5k (Raritan, NJ)
40. Merry Heart 5k (Roxbury, NJ)
41. Leprechaun Leap 5k (Mount Olive, NJ)
42. Westfield Turkey Trot 5 miler
43. Delia Memorial 10k & 5k (Ridgewood, NJ)
44. Camden Waterfront 5k
45. Boardwalk Runners St. Paddy's Day 10 miler & 5k (Margate City, NJ)
46. Stone Harbor Lion's Club 10k
47. Jersey Shore Half Marathon & 5k (Sandy Hook National Park)
48. Belmar 5 miler
49. Spring Lake 5 miler
50. Manasquan Turkey Trot 5 miler
51. Manasquan Mid-Winter 2 mile Beach Run

Editor's note: Thanks, Rob! Now looking for someone to review the best beer races.

Member Race Results

- Ramona's Run 4 mile
Ralph Garfield -30.37(1st 70-74)
- New Jersey 15k Championship
Ralph Garfield -1:12:16(1st 70-74)
- Hamilton Hangover 5 mile
Ralph Garfield -38.07(1st 70+)
- Polar Bear Race Asbury Park
Ken Vercammen - 28:58 2nd 45-49
- Freehold Born to Run
Ken Vercammen - 31:36
- Navesink Challenge
Ken Vercammen - 19:30
- Jingle Bell Run for Arthritis Metuchen
Ken Vercammen - 18:35 2nd overall, 1st age
- Reindeer Romp
Ken Vercammen - 18:43
- New Year's Eve Twilight Fun Run
Ken Vercammen - 14:35 1st overall
- 2007 Results for Dorit Attias (Race Walker/ Ultra walker./ Rank 11th in World 2007 for 24 hour walk)

Summer series x 3 - 1st
 24 hour walk-Bourge France 105 mile/ 168 km 8th
 24 hour Rouen France 107mile/ 172.5km 1st
 20th all time world list 24 hour walk.
 First American to be invited to Paris
 Colmar race 110 mile /178.8km 9th
 Jersey Half Jersey Half Marathon 1st
 Seaside Half Marathon 1st
 JSRC Hashathon – 6M
 George Shimanovich – 56:54
 NJRRC Thanksgiving – 10K
 George Shimanovich – 47:12 3rd 45-49 AG
 Ashenfelter 8k
 Robert McGill – 38:53
 Born to Run 5 miler
 Robert McGill – 39:04
 Somerset Turkey Trot 5k Swamp Devil 15k
 Robert McGill – 23:17 Robert McGill – 1:16:58

More Favorite Races That No Longer Exist

Debbie Madge – Fri. 5K for Women in Marlboro

Avram Shapiro List

Race Against Hunger 5M - if my memory is correct, began in the Fall of 1981 as a fundraiser by the Men's Club of Temple Shaari Emeth, Manalapan. With the temple as the staging area and a one-loop course, the race, predating FARC, achieved great popularity for many years and became the oldest continuously run race in Western Monmouth. Its director, Bruce Berritt, along with the race committee of Roy Moskowitz, Ralph Garfield and myself, joined FARC at its outset and employed FARC's help in staging the race, for which the club received co-billing. Bruce's passing and the subsequent loss of the course route to encroaching development, forcing changes in directors, dates and venue, eventually led to its demise around 2001, although the racewalk division lasted through 2005.

Gene Geer's List

1979: Winter Series 15km at Lake Takannassee
 NJAHPER (New Jersey Association for Health, Physical Education and Recreation) 5-miler at Monmouth College (which turned out to be a fiasco with last second route changes.) They have since added Dance and now are NJAHPERD.
 West Long Branch 5-miler Tinton Falls 5-miler
 Fort Monmouth 10k Run for Julie 5-M, Brookdale CC
 St. Mary's PTA (don't recall where) YMCA 10k at Brookdale CC
 CPC 10k at Brookdale CC Camp Zehnder YMCA 5-miler
 1980: Cheesequake Park 5-miler
 Lake Takannassee 10k
 1981: Seaside Heights (?) 20km
 1982: Hazlet Township/Swim Club 5-miler
 1982: Keyport Recreation 5-miler
 1983: Cherry Hill New Jersey 10-miler
 Brookdale Community College 5-miler
 1984: Prupac 10k
 1985: Clean Ocean Action/Sandy Hookers 8 miles.

Tom Hall List - Bayshore 5 Miler in Union Beach. It was on a Sat. eve.

If you had a favorite race that no longer exists, send an email to webmaster@farcnj.com & it will be listed on the website.

Kudos & Congratulations

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

FARC Welcomes New Members

FARC FLASH Please send your 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 Profile: GABBY BARRETT

Top Masters runner Gabby Barrett lives in Freehold and has worked many years as a certified trainer & group instructor, while now managing the American Woman's Fitness Center, located at 3333 Chadwick Square on Route 9 North in Freehold. Although a master distance runner who competes with the best women & girls of all ages), Gabby was FARC's overall female runner of the year in 2006 & she also placed 5th in the prestigious New Jersey Shore Golden Grand Prix, consisting of Spring Lake, Belmar (her first race in '98 and still her favorite), Asbury Park, Pier Village, and George Sheehan. She ran on a USAT Masters Outdoor State Championship (at Monmouth Regional High School) FARC 4 x 800 meter women's masters team (winning with Pam Spadola, Janis Tickey, & Carolyn Anastasio in 11:51.6) on 7/9/06. She also ran for the Shore A.C. team at the 15KState USATF championship at Mercer County Park last Dec. 9. At FARC's first race this year, the Jan. 6 Winter Series 5-K, Gabby (a FARC member for about 7 years) won the women's division racing just over 20 minutes. This March, Gabby will race the St. Paddy's Day 10-Miler (her longest race in '07) and she also plans to run a half marathon, preferably in hot weather! (Yep, you read that right – Gabby prefers running in hot weather).

Gabby's running goals for her future are to get faster & remain injury-free. It is a testament to her conditioning that she has remained free of injuries while training and racing on such a high level. She says that rest time is nearly as important as running time. She trains on the Pilates Reformer, a specialized piece of equipment that helps her flexibility, strength and core strength. This training has helped her with chronic conditions & aches and pains. With Gabby, there is a sense that she & we have not yet seen the best she can do!

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.

First Aid / CPR / AED

Once again, FARC will bring in long-time member & experienced local Instructor Mr. Walter Stein to teach the First Aid/CPR/AED class for certification. Once we get more response, we'll confirm a place with Walt, then we'll confirm the date & time details. Please call the hot-line or email to webmaster@farcnj.com to participate. Preference may be given to finish line & course volunteers.

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.



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

RACE CALENDAR

(All phone numbers 732 unless otherwise noted. Many races have websites Go to www.farcnj.com for more details.)

JAN 08

- 01/19 Double Trouble Marathon, 2xTrouble Pk, Berkeley, NJ
01/20 FARC Winter Series Michael Tighe Park, NJ 5 K
10:00 AM 431-2627
01/20 Chilly Cheeks Reading, PA 7.25 M 10:00 AM
01/24 Indoor T&F: Thursday Night at the Races, NYC Armory
01/27 FARC Winter Series Michael Tighe Park, NJ 5 K
10:00 AM 431-2627
01/27 ORC Winter Series Ocean County Park, Lakewood, NJ
4 M 11:00 AM 831-1016

FEB 08

- 02/02 FARC Awards Banquet, 7PM St.Clements, Matawan,NJ
02/03 FARC Winter Series Michael Tighe Park, NJ 5 K
10:00 AM 431-2627
02/03 ORC Winter Series Ocean County Park, Lakewood, NJ
4 M 11:00 AM 831-1016
02/10 ORC Winter Series Ocean County Park, Lakewood, NJ
4 M 11:00 AM 831-1016
02/14 Indoor T&F: Thursday Night at the Races, NYC Armory
02/16 Beach Run Manasquan, NJ 2 M 11:00 AM 800-435-0066
02/17 ORC Winter Series Ocean County Park, Lakewood, NJ
4 M 11:00 AM 831-1016
02/24 ORC Winter Series Ocean County Park, Lakewood, NJ
4 M 11:00 AM 831-1016
02/28 Indoor T&F: Thursday Night at the Races, NYC Armory

MAR 08

- 03/02 Celebrate Life Rock Hill, NY 13.1 M 10:00 AM
03/29 D&R Canal Watch Washington Crossing, PA 5 K 10:00 AM
03/29 CASC Hightstown, NJ 5 K 9:20 AM 742-6868
03/30 **St. Paddy's Leprechaun Michael Tighe Park, NJ 10 M & 5 K 10:30 AM**

APR 08

- 04/05 Run With Eagles Allentown, NJ 13.1 M 10:00 AM 610-533-7524
04/13 8th Annual Run for Rachel, Livingston, NJ, Sunday (see Active.com for more details)
04/19 Inaugural Natalee Brooklynn Dunn 5K Run for Life, Williamstown, NJ, Saturday (see Active.com for more details)
04/20 USA Women's Olympic Trial, Boston, MA
04/21 The Boston Marathon, Hopkinton, Massachusetts
04/26 Country Roads Cream Ridge Winery, NJ 5 K 9:00 AM 609-689-0136 x143
04/27 13th Annual SouthOrange Rotary 5K, South Orange, NJ Sunday (see Active.com for more details)

MAY 08

- 05/03 4th Annual Xercise 5-K & Kids Run, Chester, NJ, Saturday (see Active.com for more details)

JUNE 08

- 06/07 22nd Annual NJ International Meet , Bob Roggy Field, Holmdel, NJ

FREEHOLD AREA RUNNING CLUB'S

2008

WINTER RACE SERIES



25th ANNUAL

TIGHE PARK, GEORGIA ROAD, FREEHOLD

Held On The First Five Sundays of 2008

*** 5K 10:00AM, Kids 1/2 & 1 Mile Races 9:30AM ***

SERIES DATES: *** SUNDAYS, JANUARY 6-13-20-27

*** & SUNDAY, FEBRUARY 3, Special 25th Birthday Party Celebration ***

COURSE: * Fast, Flat Certified 5K Course Within the Park *

* Run On Park Bike Path And Road *

AWARDS: Over 40 Awards Each Week Presented to:

- * The Top Overall Winners *
- * RaceWalking Winners *
- * Age Group Winners *
- * Clydesdale Winners *

*Finish All 5 Races & Be
Entered into a Post
Series Raffle Drawing*

AMENITIES: * Heated Indoor Facility with Clean Restrooms *

* Post Race Soup, Donuts, Bagels, Coffee, etc. *

* Ample Parking, Picnic Area & Playground *

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

ENTRY FEE: * 5K - \$5.00, FARC Members - \$3.00, High School & College \$1.00 *

* Kids Races - \$1.00 *

DIRECTIONS: Michael Tighe (Formerly) Liberty Oak Park, Georgia Rd, Freehold Township - take Rt 9 to the Elton Adelpia Rd exit, follow signs west toward Smithburg & Turkey Swamp Park, pass Freehold Township HS, then turn at the third left past the HS (Georgia Rd), proceed 1/2 mile to park on left.

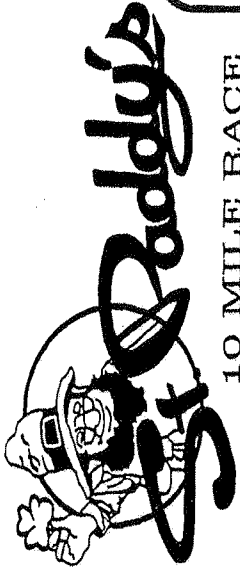
Tighe Park is one mile north of Turkey Swamp Park.

*** **For Information Call 732-431-2627 or Visit www.farcnj.com** ***

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

THE FREEHOLD AREA RUNNING CLUB
19th Annual

Nestlé Beverage Co.

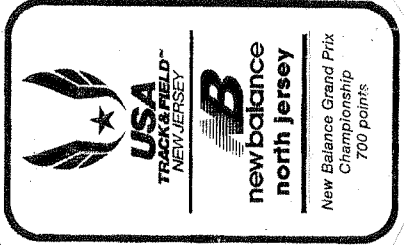


10 MILE RACE

USATF-NJ 10 MILE CHAMPIONSHIP

and the 14th Annual

Leprechaun 5K



Sunday, March 30, 2008 at 10:30 A.M.

Michael J. Tighe Park, Georgia Road, Freehold Township, NJ



Race Day Registration: Begins at 8:00 AM. Come early. Allow time for parking. Starting time for the 10 mile is 10:30 AM. The 5K follows at 10:45 AM. All entry fees non-refundable.

Course Certification # NJ92003DB

Mail Registration:

Entries postmarked on or before March 21.....	5K	10 Mile
Current FARC members on or before March 21.....	\$15.00	\$20.00
Current USATF-NJ members on or before March 21.....	\$12.00	\$15.00
All entries postmarked after March 21 and race day.....	\$15.00	\$18.00
	\$20.00	\$25.00

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: (____) _____ Shirt Size M ___ L ___ XL ___

Sex: M ___ F ___ Date of Birth: M ___ D ___ Y ___

Age (Race Day): _____ USATF-NJ # _____

Check One: 5 K Run ___ or 10 Mile Run ___

10 Mile Clydesdale _____ 10 Mile Racewalk _____

A Happy St. Patrick's Day to You! This event is for you, the community of runners and walkers who compete not only to win, but to experience the challenge of going the distance and have fun in the process. We offer two scenic courses: the 10-mile for those looking to build toward the Boston Marathon, or other spring long distance events; the 5K for a speed or shorter fitness workout. And there's plenty to eat and drink, commemorative shirts, random drawings, an Expo, age group awards, and a corps of experienced volunteers to guide you.

The Awards: 10-mile: To the first three male and female finishers overall, and the top three male and female finishers in the following categories: 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 - 74, 75 - 79, 80 and over, Clydesdale (200 lbs.+), and Racewalk; and to the first male and female FARC members.

The Awards: 5K: To the first male and female finishers overall, and top three male and female finishers in the following age groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over. No duplicate awards.

Directions:

From the North: Garden State Parkway to Exit 123 (U.S. 9 South).
From the South: Garden State Parkway to Exit 83 (U.S. 9 North).

From the East: From the Belmar/Wall. Twp area, take I-195 West to Exit 28N (U.S. 9 North) or from the Long Branch area take NJ 36 West to NJ 18 North to exit 22B (NJ 537 West), continue on 537 to U.S. 9 South.

From the West: I-195 East to Exit 28N (U.S.9 North).

Then all: follow U.S. 9 (North or South) to Route 524 (Elton-Adelphia Road) toward Smithburg and Turkey Swamp Park. Go West on 524 approximately one mile (past two schools). Turn left at light onto Georgia Road. Tighe Memorial Park will come up on your left just past St. Robert's Church.

Information: (732) 431-2627 .. www.farcnj.com

Please Note! Due to the race in progress, you may not exit the Park between 10:30 AM and 12:30 PM. If this will inconvenience you, parking is available outside the Park in nearby side streets. Please do not park on Georgia Road.

Liability and Publicity Release: I know that running in a road race is a potentially hazardous activity and that I should not enter and participate unless I am medically able and properly trained. I agree to abide by the orders of any race or police official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including but not limited to: falls, contact with other entrants or deer, the effects of weather, potholes, slippery road conditions, including snow and ice, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the St. Paddy's Race Committee, the Freehold Area Running Club and USATF-NJ, its officers, Trustees, Members and volunteers associated with this event; The Township of Freehold, its Officials, Employees and Departments; The Nestle Beverage Company; Old Country Buffet, The Court Jester and any and all other sponsors and their representatives and employees and successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. Further, I grant to all the forgoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature _____ Date _____
(Participant or parent/guardian if under 18.)

Make check payable to FARC. Mail to: FARC c/o Tom Wendel,
99 School Road West, Marlboro, NJ 07746

THIS YEAR'S RACE WILL BE THE USATF-NJ 10 MILE CHAMPIONSHIP RACE for open and masters men and women. If you want to be eligible for an award in any of these categories you MUST include your 2008 USATF-NJ membership number



Membership Application 2008



WWW.FARCNJ.COM

Send the attached form with check to:
Freehold Area Running Club
P.O. Box 4
Manalapan, New Jersey 07726

BENEFITS OF MEMBERSHIP

Informative Newsletters - Member - RRCA
Meetings with Guest Speakers - Race Schedule
Race Entry Discounts - Weekly Group Runs
Summer & Winter Race Series - Kids Races
Annual Club Party - Social Activities
Seasonal Track Sessions - Annual Awards Party

New _____ or Renew _____
Please check one

(Please Print)

Name: _____ **FAMILY MEMBERS & AGES:**
(If applicable)

Street: _____

City: _____

State: _____ Zip: _____ Telephone #: _____

Name	Age

E-Mail Address: _____

Please Print

Please make check Payable to FARC
P.O. Box 4 Manalapan, New Jersey 07726

Membership Types, Select One: *Please circle option*

	Individual	Family	Shirt size (new membership only) Shirt may be picked up at any club event M L XL <i>(circle one)</i>
Standard Membership Fee:			
1 YEAR (Good thru 12/31/08)	\$15.00	\$ 20.00	
3 YEAR (Good thru 12/31/10)	\$35.00	\$ 45.00	

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 CLUB 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 events for any innate purpose, I understand the failure to sign this waiver may affect my, status as an official FREEHODL AREA RUNNING CLUB Member.

Signature: _____ Date: _____

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

Visit our web site at FARCNJ.COM for upcoming events.



25TH FARC ANNIVERSARY CELEBRATION

February 2, 2008

7 – 11 P.M.

The Reception Center at Saint Clements

Rt. 79 Matawan

*****SPECIAL ANNIVERSARY PRICING*****

\$25.00 FARC CLUB MEMEBERS

\$35.00 NON CLUB MEMBER

PRICE INCLUDES

- **OPEN BAR FOR BEER AND WINE**
- **DJ ENTERTAINMENT AND DANCING**
- **BUFFET DINNER AND GIFT AUCTION**
- **SPECIAL SURPRISE GIVE - AWAYS**

Return to: FARC PO Box 4 Manalapan NJ 07726

By January 23,2008

NAME_____

Number of FARC members(\$25)_____

Number of Non Members(\$35)_____

Total amount enclosed_____

For planning purposes please rsvp to Pam @

pmsrun@aol.com

or

732 942-8518