



# THE LONG RUN

An Official Publication of:

The Freehold Area Running Club, a.k.a. FARC



Website: [www.farcnj.com](http://www.farcnj.com)  
VOL. 28 NO. 1 (January 2010)

E-mail: [webmaster@farcnj.com](mailto:webmaster@farcnj.com)  
(also see e-mailed monthly *FARC Flash*)

FARC Hotline: (732) 431-2627  
NJ's 3<sup>rd</sup> Largest Club & Growing

## Article By 10-Yr. Winter Series Race Director Isabel M. **27<sup>th</sup> Annual FARC Winter Series**

### Race 1: Jan. 3, 2010

1<sup>st</sup> Man: Jordan Conte 17:57; 1<sup>st</sup> Woman: Dana Guglielmo: 20:08

With temperatures in the teens and 30-50 mph winds, 125 dedicated runners took to the roads at Tighe Park for the start of FARC's 27<sup>th</sup> annual winter series. After the race the soup was hot and the donuts and bagels made for a great morning run. All who complete the 5 weeks of running will be eligible for a raffle drawing.



### Race 2: Jan. 10, 2010

1<sup>st</sup> O.A.: Adam Nilsen 19:08; 1<sup>st</sup> Woman: Mackenzie Roche: 20:18

The second week was relatively *balmy* (by comparison with the 1<sup>st</sup> week) with the temperatures in the 20's but no wind and we had 145 runners. The 10:00 AM Sunday morning races, following 9:30 AM Kids' ½ mile and mile races in the park, will continue to January 31, 2010. All runners and racewalkers who complete the 5 weeks of racing will be eligible for a raffle drawing. Always the best value at \$3.00 for members and \$5 for non-members on day of race. Unique awards. Heated indoor facility, bagels, donuts, Isabel's famous chicken soup & more. This race series grows as the word gets around!

### Race 3: Jan. 17, 2010 (165 runners)

1<sup>st</sup> Overall: Mike Nilsen 18:41; 1<sup>st</sup> Woman: Kimi Rucks: 21:35

## 2010 Freehold Area Running Club Officers:



President Vice Pres. Vice Pres. Secretary Treasurer  
Mike O'Flaherty Linda Hyer Ron Salvio Pat Coyne Isabel Meldrum --

## DON'T MISS FREEHOLD AREA RUNNING CLUB AWARDS CELEBRATION ON SAT. FEB.13:

This extravaganza, always a great time for members, family, and friends, takes place at 7-11 PM at Farmingdale's "Our House" Restaurant on Sat., 2/13/2010. Located at 420 Adelpia Road, in Farmingdale, NJ. Cost is \$30.00 for FARC club members and \$35.00 for non-members. Price includes open bar for beer and wine, DJ/Entertainment and dancing, cocktail hour and buffet dinner! Send payment to Pam Spadola, c/o FARC 18 Poppy Lane, Howell, NJ 07731, By February 5, 2010. Must RSVP to [Pam@pmsrun@aol.com](mailto:Pam@pmsrun@aol.com) or (732) 942-8518 w/ Names, Numbers, and non-members attending by Feb. 5.

## MATTHEW STUPER SCHOLARSHIP

Applications - Due 3/31/10 to Webmaster or FARC, P.O. Box 4, Manalapan, NJ 07726 – See Web-site for app. or Call Hot-Line for Info.–Terrific opportunity for FARC Grads. High School Runner or College Runner

## 20<sup>th</sup> Annual St. Paddy's Day



Certified **10-Mile** (Build for Boston) & **5-K** (Leprechaun) Races start at Tighe Park **Sun. 3/21** at 9:30 AM (see entry form in back) Scenic courses, food, drinks, great

commemorative shirts, age-group awards, random drawings for prizes, expo., beer & fun! Sign up by 3/15 for \$15! All made possible by Nestle, FARC, Court Jester & others! **AWARDS, AMENITIES & DIRECTIONS. SEE ENCLOSED ENTRY FORM**

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Article By 5-Year **BTR Race Director Bob Hyer**

## The 25<sup>th</sup> Born to Run 5-Mile Race

took place in downtown Freehold on November 27. Prize money was awarded for overall winners. Overall and women's winners were Gerardo Avila in 26:50 and Lindsey Gallo, who was third overall in 29:13.



The 25<sup>th</sup> annual Born to Run 5-miler faced a prediction of blustery rain from all the forecasters, even as late as race morning. However, the dire weather never occurred and the race went off with windy yet good conditions. Nonetheless, this kept the race numbers down to 756 entrants and 665 finishers, the 4<sup>th</sup> largest field in this race's history.

For the men, three runners (Fort Monmouth Staff Sergeant Gerardo Avila, former Raritan High School and now Sacred Heart University harrier James Curran and Freehold's **Cody O'Flaherty of FARC**) entered Topanemus Park in the lead. Avila pulled away once it hit the trails in the park, cruised past 2 miles in 10:20. He never looked back, running alone around the park and all the way back into town, winning with a 26:50 clocking. Avila was just coming off of a 2:29:21 finish at the Marine Corps Marathon in Washington, DC, on October 25. Curran held on for 2<sup>nd</sup>, with a 27:46 finish. Curran had finished 7<sup>th</sup> overall here last year, when he ran a 26:58. James Cole of Hamilton was the 3<sup>rd</sup> male, finishing in 29:31. O'Flaherty was 30:00.

On the women's side, Lindsey Gallo notched her 3<sup>rd</sup> victory here. She went out easy, passing the mile in 6 minutes. She then picked up the pace and began picking off the runners ahead of her. Nearing the end of the park, just past the 3<sup>rd</sup> mile mark, she passed Meghan Guiney to take the lead among the women. Gallo continued to pass male runners all the way back to town. She ended up passing all but the top two male runners, finishing 3<sup>rd</sup> overall. Her 29:13 finish was the 4<sup>th</sup> fastest ever by a woman at this race. The former University of Michigan star also won here in 2004 and last year, 2008. Gallo, like Avila, is coming off a strong marathon run. She finished the New York City Marathon earlier in the month in a time of 2 hours, 54 minutes. Guiney, former Middletown South High School star, held on to Gallo as best she could and finished 2<sup>nd</sup> in 29:45, the 8<sup>th</sup> overall finisher in the race. Finishing out the top three women was Marlboro's **Erica Weitz of FARC**, with a 32:16 time. Erica, who currently runs for the University of Central Florida, was the 6<sup>th</sup> overall female here last year when she ran a 33:09.

A special thanks to the dozens of FARC volunteers and the race committee (Mike & Cathy O'Flaherty, Isabel Meldrum, Marcia & Avram Shapiro, Tom Wendel, Walt Rutsky & John

Weitz) who made this event happen. Also, thanks goes to Freehold Borough (Police, Fire, First Aid & Roads Departments), Court Jester Restaurants, Cpl. Reynolds Marine Corps Detachment, the Freehold Township Girl Scouts and the ShopRite of Freehold. Race proceeds once again go to the **Open Door Food Pantry and Lake Topanemus Park.** [full results on [www.farcnj.com](http://www.farcnj.com)]



**Gerardo Avila**



**Lindsey Gallo**

*Finish of 25th Annual Born to Run 5-Miler -Photos Nathan Bergum*

On a sad note, BTR race founder Hank Bailey passed away the day after this year's race. Hank was race director for the first 21 years of this event. He was also one of the original founders of the Freehold Area Running Club back in 1983. We will miss you Hank. (more on page 4)

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## Cross Country Series FARC Team

*[Wks. 1-3 - 10/3-10/17 - were covered in the Nov. '09 Issue]  
Fall Cross-County 2009 Season by Harrier **Walter Rutsky***

X-C Runners Pictured: John Taylor, Ralph Garfield, Laura Donnelly, Jim Bergum, Mike O'Flaherty, Scott Linnell, Alisa Hagenberg, Tom Long, Walt Rutsky (many not pictured)



The FARC X-C team competed in the fall cross-country series at various parks in Monmouth County. The team improved over last year. Just like last year, we can always use more women runners!

The team had several age group winners for the season. They were: Scott Linnell, (M, 50-59), Przemek Nowicki (M, 60-69) Laura Donnelly (W, 40-49), Patricia

Chambers (W, 40-49). I hope I didn't miss anyone. Thanks to all of you who ran. Sorry for those of you who expressed interest in running for the team but had injuries, family commitments, and could not participate. Maybe next year. You're welcome, and we can use you. I guess we had a good year. We became very competitive! We can always use more women runners.

85 <sup>th</sup> Overall	James Bergum	29:39
86 <sup>th</sup> Overall	Walt Rutsky	29:53

**WEEK 4 - Thompson Park, Lincroft – Sat. 10/24/09:**  
FARC Team moved up to 4<sup>th</sup> place, ahead of GP/JSRC and PAC. Shore Runner's Rob Dennis ran for FARC & finished 3<sup>rd</sup> in 16:37. Cody O'Flaherty was 11<sup>th</sup> in 17:16.

<b>TEAM RESULTS: 5 K</b>	<b>4<sup>th</sup> Place: FARC</b>	
1 <sup>st</sup> Team	SHTC	30
2 <sup>nd</sup> Team	HOHA	52
3 <sup>rd</sup> Team	SAC	59
<b>4<sup>th</sup> Team</b>	<b>FARC</b>	<b>75</b>
5 <sup>th</sup> Team	GP/JSRC	91
6 <sup>th</sup> Team	PAC	96

<b>INDIVID.: 3<sup>rd</sup> Overall</b>	<b>Rob Dennis</b>	<b>16:37</b>
11 <sup>th</sup> Overall	Cody O'Flaherty	17:16
29 <sup>th</sup> Overall	Scott Linnell	19:18
37 <sup>th</sup> Overall	Tom McDonald	20:34
41 <sup>th</sup> Overall	Mike O'Flaherty	20:58
42 <sup>th</sup> Overall	John Taylor	21:01
49 <sup>th</sup> Overall	Tom Long	21:30
52 <sup>th</sup> Overall	Eric Davis	22:01
53 <sup>th</sup> Overall	Przemek Nowicki	22:13
66 <sup>th</sup> Overall	Sheldon Chiang	23:08
79 <sup>th</sup> Overall	Laura Donnelly	23:54
88 <sup>th</sup> Overall	Patricia Chambers	24:25
93 <sup>rd</sup> Overall	Alisa Hagenberg	25:04
98 <sup>th</sup> Overall	Robert T. McGill	26:15
109 <sup>th</sup> Overall	James Bergum	27:45
115 <sup>th</sup> Overall	Walt Rutsky	28:44
118 <sup>th</sup> Overall	Andre Chiang	29:44

**WEEK 5 - Tatum Park, Middletown – Sat. 10/31/09:**  
Results were available on the Shore Runner web-site ([shorerunner.com](http://shorerunner.com)), linked to FARC's web-site ([farcnj.com](http://farcnj.com)) FARC finished 6<sup>th</sup> among the teams. Scott Linnell was 23<sup>rd</sup> overall in 20:33. Tom McDonald was 26<sup>th</sup> in 21:15.

<b>TEAM RESULTS: 5 K</b>	<b>4<sup>th</sup> Place: FARC</b>	
1 <sup>st</sup> Team	SHTC	40
2 <sup>nd</sup> Team	HOHA	55
3 <sup>rd</sup> Team	SAC	65
<b>4<sup>th</sup> Team</b>	<b>PAC</b>	<b>76</b>
5 <sup>th</sup> Team	GP/JSRC	78
6 <sup>th</sup> Team	FARC	91

<b>INDIVID.: 23<sup>rd</sup> Overall</b>	<b>Scot Linnell</b>	<b>20:33</b>
26 <sup>th</sup> Overall	Tom McDonald	21:15
31 <sup>th</sup> Overall	Tom Long	31:51
35 <sup>th</sup> Overall	John Taylor	32:16
47 <sup>th</sup> Overall	Przemek Nowicki	23:48
49 <sup>th</sup> Overall	Sheldon Chiang	24:14
60 <sup>th</sup> Overall	Laura Donnelly	24:45
67 <sup>th</sup> Overall	Patricia Chambers	25:31
72 <sup>th</sup> Overall	Alisa Hagenberg	26:30
78 <sup>th</sup> Overall	James Murphy	28:30

**WEEK 6 – Holmdel Park, Holmdel – Sat. 11/07/09:**  
The SAC Cross-country series ended on November 7 in Holmdel Park. Results were on the Shore Runner web-site ([shorerunner.com](http://shorerunner.com)), linked to FARC's web-site ([farcnj.com](http://farcnj.com)). FARC Team placed in the top 6.

<b>INDIVID.: 37<sup>th</sup> Overall</b>	<b>Tom McDonald</b>	<b>20:40</b>
41 <sup>st</sup> Overall	Scott Linnell	21:14
43 <sup>rd</sup> Overall	Tom Long	21:34
44 <sup>th</sup> Overall	John Taylor	21:41
54 <sup>th</sup> Overall	Mike O'Flaherty	22:46
59 <sup>th</sup> Overall	Przemek Nowicki	23:04
73 <sup>th</sup> Overall	Laura Donnelly	24:16
85 <sup>th</sup> Overall	Sheldon Chiang	24:54
91 <sup>st</sup> Overall	Alisa Hagenberg	25:23
94 <sup>th</sup> Overall	Patricia Chambers	25:44
103 <sup>th</sup> Overall	James Bergum	28:10
107 <sup>th</sup> Overall	Walt Rutsky	29:48

## The 21<sup>st</sup> Annual Toys for Tots 5 K

Benefiting the Marines' Toys for Tots Program

Sunday, December 13, 2009

FREEHOLD, NJ – Three hundred & forty eight (348) road racers followed the flat fast course through Freehold's Michael Tighe Park on December 13, 2009, with quality sweatshirts to all participants. The race benefits the Annual Marine Corps Drive. The event was a great value for all involved. Special awards were provided for military participants.

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 worth of toys from race entrants over the course of this 21-year event, according to FARC officials. This year's ~350-registered field and the 293 finishers are 2<sup>nd</sup> best for this race and for the scenic course which meanders along the bike trail and park roads. Were it not for the rain, the consensus was that the race would have set records.

Howell High School freshman Colin Chekanske (14), 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 18:46 (18 minutes and 46 seconds) a highly respectable 6:02 per mile pace. Moments (16 seconds) later, runner-up finisher Stephen Harnett, 16, crossed the finish line in 19:02, completing 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, ageless Harry Nolan, 62, completed the course in a racing time of 19:18, and 4<sup>th</sup> place finisher was the amazing local 13-year-old, Robert Murphy, race director of the local Run for the Animals in

late April at Battlefield Park (see calendar at back of this issue).

The first overall woman finisher, Kimberley Williams (30) of Cream Ridge, came across the finish line in 21:25. The second, third, and fourth overall women, Diane Petersen (46) of Howell, Cara Trulli (12) of Freehold, and Nichole DelPizzo (20) of Ocean, crossed the finish line in 22:07, 22:12, and 22:17, respectively.

Male and female course records remain at 15:30 (at 2008 Winter Series) and 19:06 (at the 2008 Toys for Tots), respectively, set by FARC scholarship winners of the past decade.

The leading racewalk finishers, male/female respectively, were FARC's John Fredericks (nationally ranked), who completed the race at 29:59, and Susan Middaugh of Brick who finished in 35:53.

Hats off to the first United States military finisher, Jaime Jordan of McGuire AFB in 24:11.

Isabel's hot chicken soup, along with bagels and a variety of other foods helped replace the roughly 300 calories burned by the ~300-some-odd competitors. Complete results and photos are on [www.farcnj.com](http://www.farcnj.com).

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## With great sadness, Community Bids Final Farewell to Hank Bailey, One of the Original Founding members of FARC

**(1983)** who passed away on November 28, 2009. Hank was also Founder and 21-year race director of the annual Born to Run 5-Mile Road Race. Hank guided the race from 166 finishers in 1985 to 800 finishers in 1997. 41-year resident of Manalapan, Hank was a Marine Corp. veteran, self-employed insurance broker, and past president of the Western Monmouth Chamber of Commerce, Manalapan Optimist Club, and Manalapan Soccer Club. Hank is survived by his wife, Claire O'Grady Bailey; a son and daughter-in-law, Douglas and Valerie Bailey, Atlantic Highlands; and a granddaughter, Sara Bailey. Condolences to Hank's loving family and friends.

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## Manasquan Reservoir 12/20/09 Holiday Party for the hardy souls in the Sun.8AM Distance Group



**DECEMBER CLUB MEETING** at Michael Tighe Park off Georgia Road in Freehold Township was held on **December 10** with a start time of 8:00 PM, following the customary 7:30 PM 3-mile fun run – starts in the main parking lot and, weather permitting, runs through the park and surrounding neighborhoods. The meeting featured delicious holiday goodies, then our club President spoke to members in attendance about exciting upcoming club events, and finally club elections were held for 2010 officers. Our dynamic executive board slate (pictured on page 1) includes: Mike, Linda, Ron, Pat, and Isabel!

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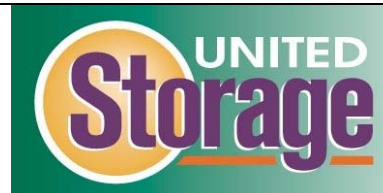
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## The Upcoming Wednesday, March 17, 2010 pre-ST. PADDY'S DAY 10-MILE AND 5 K RACE PACKET STUFFING CLUB MEETING, a.k.a.

*the FARC do-si-do* will be held once again at Tighe Park off Georgia Road in Freehold Township with a start time of 8:00 PM, after all those who want to can enjoy a 5K fun run at 7:30 PM – following the usual loop through the park and surrounding neighborhoods. Then relax while stuffing bags meeting, which will also feature announcements on upcoming races. Past meetings have been known to feature Irish Soda Bread and Irish Music!

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**Support our Sponsors:**



3464 Route 9 South, Freehold, New Jersey 07728

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

Or feel free to call 732-761-8420 - United Storage!

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Proud Sponsor of the St. Paddy's 10 Miler



<http://www.shorerunner.com/>

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<http://www.xcelfcu.org/>

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## Runner's Forum

### Top Food Races in New Jersey (order is random)

1. The Morris Mauler 5k (Mendham Township)
2. Morris County Striders Summer Series 5k (Boonton Township)
3. Lepuchan Leap 5k (Mount Olive)
4. Roxbury Community Benefit 5k (Roxbury Township)
5. Summer Solstice 5 Mr (Kitattiny St.Park in Andover Township)
6. Hot Chili 8 Mile Challenge (Kitattiny State Park in Andover Twp)
7. Transitions 5k (Washington Township, Warren County)
8. USATF 8k Championship (Deer Path Park in Readington)
9. Sunset Classic 5 miler (Bloomfield)
10. Raritan Valley Road Runners Summer Series (New Brunswick)
11. Colonia Classic 5k (Woodbridge)
12. Crossroads of Woodbridge 10k & 5k (Woodbridge)
13. The 4 miler in Woodbridge in July
14. Eden Family 5k (Plainsboro)
15. Arthritis Foundation 5k (Metuchen)
16. Our House 5 Miler (Summit)
17. Run for the Children 5 Miler (Elizabeth)
18. Amber Piezzo 5k (Berkeley Heights)
19. Newark Corporate 5k
20. Miles for Matheny 5k (Gladstone-Peapack) Tough to top
21. Legal Runaround 5k (Somerville)
22. Reindeer Romp 5k (Brick Township)
23. Belmar 5 Miler
24. Freehold St. Paddy's Day 10 miler
25. Manasquan Turkey Trot 5k
26. Duke Island 5k for Runaways (Bridgewater)
27. East Brunswick 10k & 5k
28. Jimmy D's 5k (New Brunswick)
29. Cpl. Shea's 5k (Stillwater)
30. Jersey Shore Half Marathon (Sandy Hook)
31. Sgt. Pat's 5k (Long Branch)

### Food Races in Pennsylvania & New York

1. Celebrate Life Half Marathon (Rock Hill, NY)
  2. Quakertown Rotary Club's 10 & 4 Milers (Quakertown, Pa)
  3. George Yasso Memorial 5k (Fountain Hill, Pa)
  4. Run for the Cookies 10k (Beriwck, Pa)
  5. Truskey Memorial 10k & 5k (Near Tamaqua, Pa)
  6. Run for the Diam0000000onds 9 Miler (Berwick, Pa)
  7. Oley 10 miler & 5k (Oley, Pa)
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It's that time of year to **renew your membership** by paying dues for the next 1 or 3 years for you and 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](http://www.farcnj.com), then we ensure that you receive the informative and fun monthly FARC Flash with upcoming race information!

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Sean P. Coyne, 2006 FARC Matthew J. Stuper Scholarship Award winner, who starred in track for Freehold Township High School and now for Bucknell University as a senior, is a well-rounded college senior eyeing graduate school in animal behavior. Sean, son of FARC's Patrick and Patricia (dedicated FARC club Secretary) Coyne, was recently honored as a homecoming host by Bucknell. He was nominated by the campus community and selected by the entire student body. Honorees are chosen for commitment to service, academics, leadership and extracurricular involvement! Sean was scheduled to hurdle and sprint at a track meet in Akron, Ohio as this issue went to press. **Go Sean**, and have a great track season!

The Hidden Benefits of Exercise, Excerpted from the Wall Street Journal, Wed. Jan. 6, 2010, page D1. The article summarizes a study of those who walked briskly for 30-45 minutes 5 days a week for 12-15 weeks:

- Reduced incidence of colds, flu s, & sick days by 50%.

The article references results of other studies reported by the American College of Sports Medicine, concluding these benefits to health of body & mind:

- Reduce Depression as effectively as Prozac or behavioral therapy
- Lowered risk of stroke - reduced by 27%.
- Reduced incidence of diabetes - onset lowered ~50%.
- Shrink the population of those with high blood pressure by 40%
- Beat mortality and risk of recurrent breast cancer - down 50%.
- Can lower the risk of colon cancer - by a whopping 60%. –*Editor*

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**Also, for Information Call 732-431-2627 or Visit [www.farcnj.com](http://www.farcnj.com)**

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## **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](http://www.farcnj.com) or [webmaster@farcnj.com](mailto:webmaster@farcnj.com). Thank you!*

### **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](mailto: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](mailto:webmaster@farcnj.com).

**Wanted:** More FARC photographer(s) [webmaster@farcnj.com](mailto:webmaster@farcnj.com)

**Wanted:** 'Willing Participants in club - [webmaster@farcnj.com](mailto:webmaster@farcnj.com)  
FARC FLASH Please send your new e-mail address to [webmaster@farcnj.com](mailto: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](mailto: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:

- Shore Runner at 3889 US Hwy. 9 North at Hwy. 18 at Shoppes at Old Bridge, NJ.(732.571.3100)
- Runner's High on Route 27 up in Metuchen, Middlesex County, NJ.(732.549.9440)
- 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)

Good shopping! *Carry issue of LONG RUN in your car for proof of membership.*

### 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](mailto: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](mailto: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 us at: [webmaster@farcnj.com](mailto:webmaster@farcnj.com).

## FARC Welcomes New Members!

Robert	DeCarlo	& Family	
Jessica	Bammann	& Family	
Kevin	Kelly	& Family	
Keith	Sadlowski	& Family	
Brian	Schubel	& Family	
Thomas	Moran	Jennifer	Thomas
Jim	Magliozzo	Elizabeth	Thomas
Leah	Pappalardo	Nancy	King
Mike	Baker	Rob	DiTota
Gloria	Witterschein	Marilyn	Ryder
Marie	Paulette Matis	Peter	Conner
Jodi	Nemet		
Blair	Kolbeck		

To avoid delay in receiving your hard copy & electronic newsletters & FARC FLASH, please renew your membership if label on back says it is due. Thanks. Renewal applications can be downloaded from the [www.farcnj.com](http://www.farcnj.com) web-site. Please tell us how we can serve you better!

### Kudos & Congratulations

To members for your fine running accomplishments. Please forward them, along with Du-, & Tri-athlon, Racewalk, & 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. Go your distance!

### Freehold Boro Track Training

Join Mike O'Flaherty's track workout group at Freehold Boro High School Track at Robertsville Road and Route 79, Thursdays at 5:30 PM. **For more on track Workouts, send Email to Mike O'Flaherty for details: [halfspeeder@yahoo.com](mailto:halfspeeder@yahoo.com)**

## Member Race Results

### Members: Please send results & photos to FARC

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

Navesink 15k	Kenneth Vercammen-1:03:36 11 <sup>th</sup> male
Metuchen Jingle Bell Run	Ken Vercammen-18:30 1 <sup>st</sup> 40-59 4 <sup>th</sup> OA
Big Chill Rutgers	Kenneth Vercammen - 20:37
USATF 10 mile championships	Kenneth Vercammen - 69:44
Twilight Run Belmar	Kenneth Vercammen-15:59 tied for 1 <sup>st</sup>
Freehold Winter 5k	Kenneth Vercammen-19:53 1st 50-59
Philadelphia Marathon	Diana Burton - 5:28:04 (17th year and 48th (completed) in total.
marathon/ultra of the Palm Beach half marathon	Diana Burton 2:52:05
Somerset Turkey Trot	Kenneth Vercammen - 19:53
Manasquan 5 mile	Kenneth Vercammen - 31: 41
Born to Run	Kenneth Vercammen - 32:11 2 <sup>nd</sup> 50-59
Seaside Half Marathon	Ralph Garfield -2.05(1st 70+)
Freehold Toys for Tots 5K	Steven Feldman 25:16 2nd-age 60-69
Matawan Turkey Trot 5K	Steven Feldman -- 26:14 3rd 60-69
Run for Justice 5K	Cindy Monica – 30:03 1 <sup>st</sup> AG.
New York Marathon	Cindy Monica - 5:18.
New York Marathon	Diana Burton - 5:47
New York Marathon	Joe Witt - 4:07:19
New York Marathon	Ralph Garfield - 5.25
Indianapolis Marathon	Diana Burton - 5:29. 34 <sup>th</sup> state
K.C. Waddell and Reed Marathon	Diana Burton – 5:39
East Brunswick 10k	Ken Vercammen 40:25 2 <sup>nd</sup> AG,11 <sup>th</sup> OA
Trick or Trot 4 M	Kenneth Vercammen-23:59 3 <sup>rd</sup> maleOA
Daytona Beach ½ Marathon	Kenneth Vercammen 1:35:05 1 <sup>st</sup> 50-54
Space Coast 2 mile	Kenneth Vercammen 11:55 2 <sup>nd</sup> overall
Nike Women's Marathon San Francisco	Nancy Witt - 5:30:23
Run for the Vikings 5K	Steven Feldman - 25:32 2nd 60-64
Born to Run 5 M	Erica Weitz – 32:16
Univ. Kentucky, Lexington Invt. 3K (1/16)	Erica Weitz-10:53 (coming off BTR injury)



**FREEHOLD AREA RUNNING CLUB'S AWARDS CELEBRATION**

**February 13, 2010**

**7 – 11 P.M.**

**OUR HOUSE RESTAURANT**

**420 ADELPHIA RD, FARMINGDALE**

**\$30.00 FARC CLUB MEMEBERS .. \$35.00 NON CLUB MEMBER**

**PRICE INCLUDES**

**OPEN BAR FOR BEER AND WINE**

**DJ ENTERTAINMENT AND DANCING**

**COCKTAIL HOUR & BUFFET DINNER**

**SEND PAYMENT TO: PAM SPADOLA C/O FARC**

**18 POPPY LANE HOWELL NJ 07731**

**By February 5, 2010**

**NAME \_\_\_\_\_ (Print)**

**#FARC MEMBERS (\$30) \_\_\_\_\_ # Non Members (\$35) \_\_\_\_\_**

**Total amount enclosed \$ \_\_\_\_\_**

**MUST RSVP to Pam @ [pmsrun@aol.com](mailto:pmsrun@aol.com) or 732/942-8518**

THE FREEHOLD AREA RUNNING CLUB  
21st Annual

# Nestle Beverage Co.



and the 16th Annual

## Leprechaun 5K

**Sunday, March 21, 2010 at 9:30 A.M.**

Michael J. Tighe Park, Georgia Road, Freehold Township, NJ  
Register on line at:



**Race Day Registration:** Begins at 8:00 AM. Come early. Allow time for parking. Starting time for the 10 mile is 9:30 AM. The 5K follows at 9:45 AM. **All entry fees non-refundable.**

Course Certification # NJ92003DB

**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](http://www.farcnj.com)

**Please Note!** Due to the race in progress, you may not exit the Park between 9:30 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.

Mail Registration:	5K	10 Mile
Entries postmarked on or before March 15.....	\$20.00	\$25.00
Current FARC members on or before March 15....	\$15.00	\$20.00
All entries postmarked after March 15 and race day.	\$25.00	\$30.00

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

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

City: \_\_\_\_\_ State: \_\_\_\_ ZIP: \_\_\_\_\_

Telephone: (\_\_\_\_) \_\_\_\_\_

Sex: M\_\_\_ F\_\_\_ Date of Birth: M\_\_\_ D\_\_\_ Y\_\_\_

Age (Race Day): \_\_\_ Shirt Size: S \_\_\_ M\_\_\_ L\_\_\_ XL\_\_\_

Check One: 5 K Run \_\_\_ or 10 Mile Run \_\_\_

10 Mile Clydesdale \_\_\_ 10 Mile Racewalk \_\_\_

Clydesdale and Racewalk prizes limited to 10 mile race

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

**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 its Officers, Trustees, Members and volunteers associated with this event; The Township of Freehold, its Officials, Employees and Departments; The Nestle Beverage Company, 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 Isabel Meldrum, 1222 Barton Ave., Point Pleasant, NJ 08742





# Membership Application 2010

[WWW.FARCNJ.COM](http://WWW.FARCNJ.COM)



## **BENEFITS OF FREEHOLD AREA RUNNING MEMBERSHIP**

- Informative Newsletters**
- Free T-Shirt to New Members**
- Sunday Group Runs**
- Seasonal Track Sessions**
- Summer Series with Kids' Races**
- Winter Series with Kids' Races**
- Race Entry Discounts**
- Discount at Local Merchants**
- Annual Scholarship**
- Annual Club Picnic**
- Annual Awards Banquet**
- Member – RRCA**
- Member - USATF-NJ Club #118**
- Weekly Group Runs**
- Race Schedule**
- Team Entries**
- X-Country Workouts**
- Race Walking Team/Program**
- Social Activities**

New \_\_\_\_\_ or Renew \_\_\_\_\_ (Please check one)

Family Members' Name & Age \_\_\_\_\_

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

(Please Print)

Street: \_\_\_\_\_

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

(Additional names on back of form)

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Telephone #: \_\_\_\_\_

E-Mail Address: (Please Print) \_\_\_\_\_

Membership Types, Select One:

*Please circle option*

Standard Membership Fee:

Individual

Family

Shirt size: (new membership only)

Two Shirts for Family Membership

1 YEAR (Good thru 12/31/10)

\$15.00

\$ 20.00

Shirts may be picked up at any club event

3 YEAR (Good thru 12/31/12)

\$35.00

\$ 45.00

S M L XL

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

[Visit our web site at FARCNJ.COM for upcoming events.](http://WWW.FARCNJ.COM)

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 FREEHOLD AREA RUNNING CLUB Member.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature (if under 18): \_\_\_\_\_ Date: \_\_\_\_\_



# USATF Membership Application

New Member  Renewal (from previous year – USATF Number \_\_\_\_\_)

Please print or type information

Last Name	First Name	Initial
<input type="text"/>	<input type="text"/>	<input type="text"/>

Address

City	State	Zip Code
<input type="text"/>	<input type="text"/>	<input type="text"/>

Sex M/F  Age Today  Date of Birth  -  -  (MM-DD-YYYY – i.e.: 02-19-1958)

USA Citizen  Yes  No If no, country of Citizenship

Phone Number  -  -

Club No.  Club Name

Email

(Your membership # will be emailed to you. Your email address will not be shared with anyone.)

### Please check all appropriate sports codes here:

Track  Field  Road Running/LDR  Cross Country  Ultra-Marathon  Mountain/Trail  Race Walking

### Membership Category Codes

Please use the codes below – you may indicate one or more categories.

AT: Athlete

PA: Parent

DA: Disabled Athlete

OF: Official -uncertified  
OA: Official – Association

CH: Coach-uncertified

ON: Official - National

CD: Developmental certified

OM: Official - Master

C1: Coach - Level 1 certified

AD: Administrator

C2: Coach - Level 2 certified

C3: Coach - Level 3 certified

By signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations, and Competition Rules for my level(s) and category(ies) of membership.

Signature (If an athlete is under age 18, parent or guardian must sign)

### Date of Application

-  -  (MM-DD-YYYY)

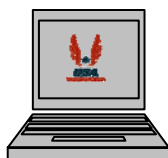
**Important information:** Memberships are on a calendar year basis, and expire on December 31. However, if you join between November 1 and December 31 of the current year, the membership will be valid for the following year as well.

**Youth members:** New or lapsed memberships must submit a copy of birth certificate or other ID.

Check here if you do not wish your address used as part of a direct mail list.

## Membership Fees & Registration Options

OPTION 1



JOIN ONLINE AT  
[www.usatf.org/membership](http://www.usatf.org/membership)

You will receive your new Membership # – Instantly!!

Have your previous membership # and password ready as they will be needed for the renewal process

OPTION 2

### MAIL TO YOUR LOCAL ASSOCIATION

Mail the completed application and appropriate membership fees to your local Association.

Mailing addresses can be found at [www.usatf.org/associations](http://www.usatf.org/associations)



<b>Adult Membership</b> (19 yrs & over)	\$ _____
\$ 29.95 (1-year)	\$ 79.95 (3-years)
\$ 54.95 (2-years)	\$ 99.95 (4-years)

<b>Youth Membership</b> (18 yrs & under)	\$ _____
\$ 19.95 x _____ =	\$ _____
# of membership years	

**CONTRIBUTIONS (TAX DEDUCTIBLE)** \$ \_\_\_\_\_

Please direct my contribution to  LDR  Youth

Masters T & F  RW  Association Programs

Unrestricted

**TOTAL** \$ \_\_\_\_\_

Please make checks payable to USATF.





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](http://www.farcnj.com) or hotline [732-431-2627](tel:732-431-2627) for details.)

### JANUARY 2010

- 24 NJAPERD Winter Warm Up, Long Branch, NJ 2 M 3:00 PM
- 24 FARC Winter Series-Tighe Pk, Freehold, NJ 5K 10AM [431.2627](tel:732-431-2627)
- 31 FARC Winter Series-Tighe Pk, Freehold, NJ 5K 10AM [431.2627](tel:732-431-2627)
- 31 ORC Winter Series Ocean County Park, NJ 4 M 11:00 AM

### FEBRUARY

- 7 ORC Winter Series Ocean County Park, NJ 4 M 11:00 AM
- 13 Cupid's Chase Princeton, NJ 5 K 8:30 AM
- 14 ORC Winter Series Ocean County Park, NJ 4 M 11:00 AM
- 20 Beach Run Manasquan, NJ 2 M 11:00 AM
- 20 Frostbite Ambler, PA 5 M 9:00 AM
- 21 ORC Winter Series Ocean County Park, NJ 4 M 11:00 AM
- 28 ORC Winter Series Ocean County Park, NJ 4 M 11:00 AM
- 28 Beach Run Pier Village, Long Branch, NJ 4 M Noon

### MARCH

- 7 Murray Todd Lincroft, NJ 13.1 M 9:00 AM
- 13 1/2 Way to Brielle Day Brielle, NJ 5 K 11:00 AM
- 14 Keith McHeffey Sea Bright, NJ 3 M 11:00 AM
- 21 St. Paddy's-Tighe Pk, Freehold, NJ 10M & 5K 9:30AM [431.2627](tel:732-431-2627)
- 21 Caesar Rodney Wilmington, DE 13.1 M 9:30 AM 302.656.7258
- 27 Fool's Manasquan, NJ 5 K 11:00 AM
- 27 Paulette Steps To Cancer Wellness Mo. Battlefld.Pk, NJ 5K 10AM
- 27 Get the Lead Out Wissahickon HS, PA 10 K 9:00 AM 5 K
- 28 Rat Race Tom's River, NJ 5 M 11:00 AM

### APRIL

- 11 Indian Trails Middletown, NJ 15 K 9:00 AM 5 K
- 17 RunAPalooza Asbury Park, NJ 26.2 M Relay; 13.1 Web
- 17 Half Marathon Asbury Park, NJ 13.1 M 8:30 AM
- 18 Unite Rutgers University, NJ 13.1 M 8:00 AM Web
- 24 Country Roads Cream Ridge Winery, NJ 5 K 9AM Web
- 24 Run For Animals Mo.Battlefld.Pk,NJ,3K 10:15 AM,40Yd DogDash10

### MAY

- 02 Broad Street Philadelphia, PA 10 M 8:30 AM Website