**27th Annual FARC Winter Series**

**Race 1: Jan. 3, 2010**

1st Man: Jordan Conte 17:57; 1st 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 27th 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**

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

The second week was relatively balmy (by comparison with the 1st 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)

1st Overall: Mike Nilsen 18:41; 1st 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 Adelphia 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 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

---

**20th Annual St. Paddy’s Day**

Certified 10-Mile (Build for Boston) & 5K (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
The 25th 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 25th 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 4th 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 2nd, with a 27:46 finish. Curran had finished 7th overall here last year, when he ran a 26:58. James Cole of Hamilton was the 3rd male, finishing in 29:31. O’Flaherty was 30:00.

On the women’s side, Lindsey Gallo notched her 3rd 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 3rd 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 3rd overall. Her 29:13 finish was the 4th 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 2:54 minutes. Guiney, former Middletown South High School star, held on to Gallo as best she could and finished 2nd in 29:45, the 8th 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 6th 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]

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)

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.

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

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

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

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

The 21st 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 2nd 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 Harrett, 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 4th 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.

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.

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!

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!

Support our Sponsors:

3464 Route 9 South, Freehold, New Jersey 07728
www.unitedstorallcenters.com
Or feel free to call 732-761-8420 - United Storage!

Proud Sponsor of the St. Paddy’s 10 Miler
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 Miler (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. Colonial Classic 5k (Woodbridge)
12. Crossroads of Woodbridge 10k & 5k (Woodbridge)
13. The 4 miler in Woodbridge in July
14. Eden Family 5k (Plainfield)
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 9 Miler (Bloomfield)
21. Legal Runaround 5k (Somerville)
22. Inredeene Romp 5k (Somerville)
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)

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, then we ensure that you receive the informative and fun monthly FARC Flash with upcoming race information!

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 eying 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!

- 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%.

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!

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

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:
- 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 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 us at: webmaster@farcnj.com.

FARC Welcomes New Members!
Robert DeCarlo & Family
Jessica Bamman & Family
Kevin Kelly & Family
Keith Sadowski & Family
Brian Schubel & Family
Thomas Moran & Family
Jim Magliozzo & Family
Leah Pappalardo & Family
Mike Baker & Family
Gloria Witterschein & Family
Marie Paulette Matis & Family
Jodi Nemet & Family
Blair Kolbeck & Family

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 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

Member Race Results
Members: Please send results & photos to FARC
[You can also get times and results off FARCnj.com web-site]

Navesink 15k
Metuchen Jingle Bell Run
Big Chill Rudgers
USATF 10 mile championships
Twilight Run Belmar
Haddonfield Winter 5k
Philadelphia Marathon

Palm Beach half marathon/ultra of the year
Somerset Turkey Trot
Manasquan 5 mile
Born to Run
Seaside Half Marathon
Freehold Toys for Tots 5k
Matawan Turkey Trot 5k
Run for Justice 5k
New York Marathon
Cindy Monica – 30:03 1st AG.

New York Marathon
Cindy Monica - 5:18.
New York Marathon
Diana Burton - 5:28:04 (17th year and 48th (completed) in total.
Diana Burton 2:52:05

New York Marathon
Diana Burton – 4:07:19
New York Marathon
Ralph Garfield - 5:25
New York Marathon
Ralph Garfield - 5:28:04 (17th
K.C. Waddell and Reed Marathon
Philadelphia Marathon

Space Coast 2 mile
Nike Women’s Marathon
Nike Women’s Marathon San Francisco
Born to Run 5 M
Run for the Vikings 5K

Born to Run
Christopher Vercammen - 32:11 2nd 50-59

Born to Run
Kenneth Vercammen-1:03:36 11th male
Metuchen Jingle Bell Run
Ken Vercammen-18:30 1st 40-59 4th OA

Big Chill Rudgers
Kenneth Vercammen - 20:37
USATF 10 mile championships
Kenneth Vercammen - 69:44

Twilight Run Belmar
Kenneth Vercammen-16:59 tied for 1st
New York Marathon
Kenneth Vercammen-19:53 1st 50-59

Manasquan Reservoir
Diana Burton - 5:28:04 (17th
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

Member Race Results
Members: Please send results & photos to FARC
[You can also get times and results off FARCnj.com web-site]

Navesink 15k
Metuchen Jingle Bell Run
Big Chill Rudgers
USATF 10 mile championships
Twilight Run Belmar
Haddonfield Winter 5k
Philadelphia Marathon

Palm Beach half marathon/ultra of the year
Somerset Turkey Trot
Manasquan 5 mile
Born to Run
Seaside Half Marathon
Freehold Toys for Tots 5k
Matawan Turkey Trot 5k
Run for Justice 5k
New York Marathon
Cindy Monica – 30:03 1st AG.

New York Marathon
Cindy Monica - 5:18.
New York Marathon
Diana Burton - 5:28:04 (17th year and 48th (completed) in total.
Diana Burton 2:52:05

New York Marathon
Diana Burton – 4:07:19
New York Marathon
Ralph Garfield - 5:25
New York Marathon
Ralph Garfield - 5:28:04 (17th
K.C. Waddell and Reed Marathon
Philadelphia Marathon

Space Coast 2 mile
Nike Women’s Marathon
Nike Women’s Marathon San Francisco
Born to Run 5 M
Run for the Vikings 5K

Born to Run
Christopher Vercammen - 32:11 2nd 50-59

Born to Run
Kenneth Vercammen-1:03:36 11th male
Metuchen Jingle Bell Run
Ken Vercammen-18:30 1st 40-59 4th OA

Big Chill Rudgers
Kenneth Vercammen - 20:37
USATF 10 mile championships
Kenneth Vercammen - 69:44

Twilight Run Belmar
Kenneth Vercammen-16:59 tied for 1st
New York Marathon
Kenneth Vercammen-19:53 1st 50-59

Manasquan Reservoir
Diana Burton - 5:28:04 (17th
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

Member Race Results
Members: Please send results & photos to FARC
[You can also get times and results off FARCnj.com web-site]
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 MEMBERS .. $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 or 732/942-8518
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 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 $20.00 10 Mile $25.00
Current FARC members on or before March 15 $15.00 10 Mile $20.00
All entries postmarked after March 15 and race day $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

New______ or Renew_______ (Please check one)  Family Members’ Name & Age

Name: ____________________________________________________________
(Please Print)

Street: ____________________________________________________________

City: ____________________________________________________________

State: _______________________ Zip: ________________________ Telephone #: __________________

E-Mail Address: (Please Print) ______________________________________

Membership Types, Select One: Please circle option

Standard Membership Fee: Individual Family

1 YEAR (Good thru 12/31/10) $15.00 $ 20.00

3 YEAR (Good thru 12/31/12) $35.00 $ 45.00

Shirt size: (new membership only) S     M     L     XL

Two Shirts for Family Membership

Shirts may be picked up at any club event

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

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

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 known 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: ______________

Member Road Runners Club of America and USA Track & Field – New Jersey
USATF Membership Application

New Member

Renewal (from previous year – USATF Number ________________________)

Please print or type information

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>Initial</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Address

<table>
<thead>
<tr>
<th>City</th>
<th>State</th>
<th>Zip Code</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

AT: Athlete

DA: Disabled Athlete

CH: Coach-uncertified

CD: Developmental certified

C1: Coach - Level 1 certified

C2: Coach - Level 2 certified

C3: Coach - Level 3 certified

PA: Parent

OF: Official -uncertified

OA: Official – Association

ON: Official - National

OM: Official - Master

AD: Administrator

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

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

JOIN ONLINE AT

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

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

Adult Membership (19 yrs & over)

$ 29.95 (1-year)

$ 79.95 (3-years)

$ 54.95 (2-years)

$ 99.95 (4-years)

Youth Membership (18 yrs & under)

$ 19.95 x [ ] = $ _________

# of membership years

CONTRIBUTIONS (TAX DEDUCTIBLE)

☐ LDR ☐ Youth

☐ Masters T & F ☐ RW ☐ Association Programs

☐ Unrestricted

TOTAL $__________

Please make checks payable to USATF.
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.)

JANUARY 2010
24 NJAHPERD Winter Warm Up, Long Branch, NJ 2 M 3:00 PM
24 FARC Winter Series-Tighe Pk, Freehold, NJ 5K 10AM 431.2627
31 FARC Winter Series-Tighe Pk, Freehold, NJ 5K 10AM 431.2627

FEBRUARY
7 ORC Winter Series Ocean County Park, NJ 4 M 11:00 AM
24 FARC Winter Series-Tighe Pk, Freehold, NJ 5K 10AM 431.2627
31 FARC Winter Series-Tighe Pk, Freehold, NJ 5K 10AM 431.2627

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
21 Caesar Rodney Wilmington, DE 13.1 M 9:30 AM 302.656.7258
27 Foo'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.Battlefd.Pk,NJ,3K 10:15 AM,40Yd DogDash10

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