



# THE LONG RUN

An Official Publication of:

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



Website: [www.farcnj.com](http://www.farcnj.com) \*

Join\* FARC Facebook!

E-mail (results & letters to editor): [webmaster@farcnj.com](mailto:webmaster@farcnj.com)

VOL. 30 NO. 1 (January-February, 2012)

also see: [FARC Flash](#) (e-mailed monthly)

NJ's 3<sup>rd</sup> Largest Club & Growing

## 29<sup>TH</sup> Annual WINTER 5 K SERIES Jan. 29<sup>th</sup>, Feb 5<sup>TH</sup>.10AM- TIGHE PARK

FARC ANNUAL AWARDS BANQUET  
Buffet, Dancing, Beer/Wine; 2/3 at 7-11 PM  
at Our House Restaurant, Farmingdale, NJ

Club Meeting 7:00 PM Wed. 3/21 Tighe Park.  
After 6:30 Fun Run. Elections, then Party.

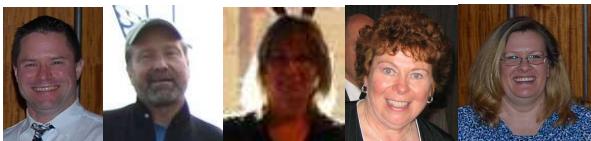
**COMING!!!** Sun.3/25, 9:30 AM  
23<sup>rd</sup> Annual St. Paddy's 10 Mile Race &  
18<sup>th</sup> Annual Leprechaun 5Kilometer Race

Ea. Sat.8AM Reservoir RaceWalk / HealthWalk  
Ea.Sun.8AM Reservoir: Train, Run-Distance

Freehold Boro Track Workouts E-mail  
[mmcoflaherty@yahoo.com](mailto:mmcoflaherty@yahoo.com) For Info.

See FARC Scholarship Info. on Page 3!

FARC's 2012 Executive Officers:



Rich Edwards; Jim Jensen; Cathy O'Flaherty; Isabel Meldrum; Fran Kugelmas;  
(President), (Vice Pres.), (Vice Pres.), (Treasurer), (Secretary)

(See [www.farcnj.com](http://www.farcnj.com) for Photos., Apps., Calendar & Results)

## Support FARC Sponsors:



Complete results on [www.farcnj.com](http://www.farcnj.com)!!!

## 272 Ran the 20<sup>th</sup> ANNUAL TOYS FOR TOTS

### 5K RACE DEC. 11 at MICHAEL TIGHE PARK

Runners brought a toy as an entry fee to benefit the Marines' Toys for Tots Program. 1<sup>st</sup> Place Overall was Freehold's Mike Fromuth - unpictured (too fast for FARC's camera shutter!), age 28, finishing in a time of 18:00.04, beating Freehold's Brian Roche by 24 seconds and the rest of the field by more than a minute. The first (1<sup>st</sup>) women's finisher was Kimberly Williams, 32, of Cream Ridge, NJ, 14<sup>th</sup> overall in 21:18.16.



On a sunny cool Sunday in the middle of the holiday shopping season, nearly 300 participants, whether here more for the competition, charity, camaraderie, or food, took to the road and bike path on FARC's flat and fast course, running and race walking the Toys for Tots Five (5) Kilometer. Race Director Linda Hyer, left, organized and managed this popular race. Techie T-shirts were given to all who registered. Over the past 20 years, the race has donated more than \$50,000 in toys to kids for Marines' Toys for Tots. Awards were 3-deep in age groups. Telecordia provided event sponsorship.



## 170 Finish the 29<sup>th</sup> ANNUAL WINTER SERIES

### WK. 1 5K RACE JAN. 8 at MIKE TIGHE PK.

1<sup>st</sup> Place Overall: 17:48 & 1<sup>st</sup> Place Woman: 19:47



Billy Foster, 15 & Kerry Dyke, 15

## 130 Finished the WINTER SERIES WEEK 2 5-KILOMETER RACE JAN. 15 at MIKE TIGHE PK.

1<sup>st</sup> Place Overall: 16:59 & 1<sup>st</sup> Place Woman: 19:50



Matt Ciociola, 27 & Kerry Dyke, 15

[WINTER SERIES WEEK 3- Snowed, Iced Out]

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## LETTERS TO THE EDITOR

May be sent to farcnj.com or to the *LONG RUN* Editor at jgejweitz@optonline.net

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MANY THANKS TO F.A.R.C.

by J.P. Dobrowolski

I'd like to take this opportunity to say "Thanks" to the people who, week after week during the winter series sessions, give of their time to provide us runners with a venue for expressing ourselves with our feet. I've been enjoying the company of my fellow runners for many winters here but have never officially said, "Thanks." What great volunteers you have, and, for five dollars we get a warm place where we can circulate and chat, meet new folks each week, and enjoy the wonderful amenities these volunteers provide. Thank you, Thank you, Thank you.

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RE: Lou Gallo

Dear FARC :

I have a bit of a favor to ask, although it will benefit many many people (at least I think so). Let me start with a little history:

Lou Gallo (Mr. Lou) is the music teacher at Eddie and Lucyann's school. He has been there for about 2 years and the children love him. He is creative and fun and also a former marathoner. This year, he and his band played during the ING 2011 NYC marathon for 4 hours, singing the "Marathon Song". This song is a tune Mr. Lou wrote in honor of the marathon. He is desperately trying to get this song out to the public. It can be purchased on iTunes as well as his album. One of his friends made a video of Mr. Lou and his band playing at the marathon and it is so inspiring to see the runners go by, cheering the band and taking pictures.

I hope I can find a way to let some of the other runners enjoy it! Here's the link: <http://www.youtube.com/watch>

- Michael

Hi Michael,

My name is Lou Gallo i've been running for years and this year I was invited to sing one of the songs I've written for kids at the NY City Marathon.

One of the mom's at a school where I work who is also a runner had asked the N J Masters to post my video on their web site so others could see it. They did!! Here's the post and the link to the video hope you enjoy it! If you could put it on your bulletin board and help me spread the word I would really appreciate it! I'm not as interested about selling my music as much as I am about letting some of the runners get a chance to enjoy this very unique video.

Please let me know what you think and any suggestions would be appreciated. Sincerely,

- Lou Gallo

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## RUNNERS' FORUM

May be sent to farcnj.com or to the *LONG RUN* Editor at jgejweitz@optonline.net

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By Robert McGill

Top 10 Races in eastern Pennsylvania with Hills tougher or as tough as Indian Trails.

1. Run for the Diamonds 9 miler (Thanksgiving in Berwick) 2-mile hill, unique prizes
  2. Run for the Cookies 10k (February in Berwick) lots of food
  3. Race Street Run 4 miler or 15k (July in Jim Thorpe) over 4 miles uphill from the start
  4. Aardvark Ambler 5 miler (November in Delaware Gap)
  5. Shenandoah Coal Cracker 10k (June in Shenandoah) unique prizes
  6. a half marathon in Pottsville in September (home of Yuengling brewery)
  7. Quakertown Rotary 10 miler and 4 miler (March near Quakertown) good food
  8. Bucks County Winter Series (December, January & February in Tyler State Park in Newtown, Pa) distances vary from 5k to half marathon, low cost
  9. South Mountain 10 miler (November in Bethlehem) go up to the Lehigh University main campus and then go back downhill
  10. Truskey Memorial 10k (cross country in August in Tuscarora State Park near Tamaqua) food
- [Please Note: Bill Welsh ran the Run for the Diamonds back in 1954]

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### The TOUGHEST RACE IN NEW JERSEY

By Robert McGill

The toughest race in the State of New Jersey is the Running with the Devil. You have a choice of 3 hours, 6 hours or 12 hours. The race is held in July at Mountain Creek Ski Resort in Vernon, New Jersey. You run up and down a ski slope(s). The race in 2011 involved a 5k course. You try to run as many miles as you can in 3 hours, 6 hours or 12 hours. During the last half hour of each race, you have a 1/2 mile hill that you can do instead. This race started inside a room inside a building. You then ran downstairs into another room and made a left turn and went out the glass doors onto the porch. Then you ran down the steps and made a turn to go up the ski slope.

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## NEW YEARS' EVE. RACES AT THE SHORE (by Joe Sapia)

**ASBURY PARK** — As 10 a.m. Saturday rolled around, it was overcast on the oceanfront, but New Year's Eve spirits were high.

"End of the year, do something good," cheered Brigitta Graf, a Middletown resident. "Then, have a drink, go into the New Year."

Graf, 57, was explaining why she and her husband, Hans Peter, 59, were about to join about 75 others on the Boardwalk in a combination 10-mile race-walk/5-mile health walk, one half — along with an afternoon 5-mile run — of the 48th annual Asbury Park Polar Bear Races. The winners of the 5-mile run were Gerard Sclafani of Rutherford for the men and Allison Linnell of Colts Neck for the women.

"The last time I walked this race, my recollection, was 38 years ago," said Jerry Richards, 60, of Westfield. "I remember it being cold, not snowy."

Not like last year's wintry conditions.

"It's not polar bear weather," Graf said.

In the hour and a half before the race-walk winner — John Soucheck, 46, of Little Silver — crossed the line, the temperature remained 50 to 55 degrees, with little wind, what the walkers said was beautiful weather for a race. The sun even broke through.

"You couldn't ask for a more beautiful day," said Soucheck, who wore shorts and a short-sleeve shirt. "I didn't expect a day like today."

Soucheck finished in 1 hour 29.08 minutes, giving him his estimated sixth or seventh win in a race he has run about 18 of the last 20 years.

The top female was Panse Geer, 65, of Hazlet, finishing in 1:49.41. This was her third win in the race.

"Very nice race," Geer said. "No wind compared to other times. We are lucky. No snow."

The Polar Bear Races, run by the Shore Athletic Club, date to 1964, when city public relations man George Zuckerman got the idea for this type of off-season event, said Elliott Denman, 77, a 1956 U.S. Olympics Team race-walker who has directed the race-walk every year.

For the first few years, the running race was 5 kilometers, or about 3.1 miles, but changed to a 5-miler, said Denman, a retired Asbury Park Press sportswriter who is a legend in Jersey Shore race-walk and running circles.

Denman shared the overall co-directorship with Shannon Gillespie, 25, of Neptune City.

Gillespie directed the afternoon run. She is an assistant girls and boys cross-country and track coach at Red Bank Catholic, from which she graduated in 2004 and was a three-sport athlete.

"This is the event that never abandoned Asbury Park," said Walter MacGowan, Shore Athletic Club's president.

As for the walk, it ran a half-mile out along the Boardwalk from Convention Hall to Ocean Grove, then a half-mile back, 10 laps.

"I race-walk competitively," Richards said. "I always workout and enter races."

Dupinder Sidhu, 41, of Jersey City was a first-time competitor. The Boardwalk route was "good for your feet and joints," Sidhu said.

Sidhu, too, noted the weather.

"It's a perfect day," she said.

While temperatures do not bother her, a more windy day might have.

"If it's too windy, it's not too much fun for me," Sidhu said.

Soucheck kept a machine-like cadence through the 10 laps. He figured he did consistent 8-minute, 50-second to 9-minute miles. "If you can hold an even pace, that's probably your best race strategy," Soucheck said.

Earlier, Graf wished a "happy new year," walking away, getting ready to race-walk away. **Joe Sapia: 732-308-7754,**

[JSapia@njpressmedia.com](mailto:JSapia@njpressmedia.com)[Twitter.com/JosephSapia](https://twitter.com/JosephSapia)

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## Applications Due March 30<sup>th</sup>, 2012: for Matthew Stuper Scholarship

The Freehold Area Running Club (FARC) awards scholarships to deserving members who will be continuing their education at college, vocational/technical, or graduate school. Each scholarship is a one-time award. An applicant may apply during any year in which he or she is enrolled full-time in school, beginning with the senior year of high school. The deadline for submitting applications is March 30<sup>th</sup>. The Scholarship Committee reviews applications and reach a decision at the end of April each year.

Please note these guidelines:

1. The applicant must be a member of FARC for at least the last 3 consecutive years.
2. The applicant will be evaluated based on criteria established by the FARC Scholarship Committee, as approved by the Board of Trustees.

Criteria include:

1. Participation in cross-country & track in high school, college, and/or club races. (This includes being on a team as manager, etc.)
2. Participation in other school or community sports and activities.
3. Academic achievements.
4. The applicant's and family's support/assistance in FARC events.
5. Letters of reference.
6. The quality of your essay.

Applications may be obtained by:

1. Print from web site
2. Writing to the following:

FARC Scholarship Committee  
c/o Avram Shapiro  
P.O. Box 4  
Manalapan, NJ 07726

Please mail completed application with letters of recommendation to the above address.

### **FARC Welcome New Members:**

Robert Buckley  
Richard Salls & Family  
Erin Sciorsci  
Beth Siepmann  
Maura Wehrle  
Keith Stone  
Robin Gamatko  
Donna Tepedino & Family  
Matthew Wood & Family  
Kenneth Kirsch  
Frank Ambrosino

### **FARC Gives to the Community**

The Freehold Area Running Club supports the community each year with donations of over \$20,000 from the races that it organizes each year. Some of the beneficiaries from our events are, The Freehold Recreation Department, Open Door, Lake Topanemus Commission, Freehold First Aid, and Our Matthew Stuper FARC Scholarship which support runners heading off to College. Our Toy for Tots race donates over \$10,000 worth of toys each year. Thank you to our club members & to the running community for supporting FARC.

### **January 2012 FARC Birthdays**

Eileen	Allen
Robert	Buckley
Susan	Chimento
John	Drudy
John	Emigholz
Steven	Feldman
Stephen	Fratini
Paul	Gilly
Jeanne	Hiles
June	Howcott
Gordie	Koncsol
Pamela	Lamb
Jean	Martin
Kathy	Moore
Ben	Ottmer
Marie	Paul

### **February Birthdays**

Marc	Bloom
Robin	Gamatko
Sharon	Hanson
Spencer	Holcombe
Ingrid	Kiss
Olie	Nelson
Ron	Podel
Michael	Prendergast
Joshua	Sanchez
Shirley	Sullivan
John	Taylor
Paul	Tuck
Patricia	Zinna

### **FARC Members Volunteer**

Through 2011, some of our members are volunteers who have spent over 2000 hours in supporting our events. FARC's January-February Winter Series attracts 25 Volunteers each week. Our March 25 St Paddy's 10 miler and 5 kilometer require 150 volunteers. The day-after-Thanksgiving November Born to Run 5 miler needs *mega help*. Our June-July Summer 5 K Series and Kids Summer Nights races each week need 25 volunteers. Toys for Tots - our December fun race - brings out 25 volunteers. If you are a course marshal, finish line marshal, clock watcher, registration worker, cook, or on clean up detail, FARC wants to say Thank You. We could not put on events without You. We reiterate: Thank you *very much*.

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Did you hear.....**FARC'S DAVID FRIEDMAN** was presented the Goodspeed Award for service to USATF and Dave was sitting at Saturday's banquet with Joetta Clark Diggs, the 4-time Olympian 800 m great, so he had a great time and the banquet went well also.

# Freehold Area Running Club Membership Volunteer Form

Name: \_\_\_\_\_ Family Members: \_\_\_\_\_

Volunteer Shirt Size: S M L XL  
(Circle one)

<b>Club Races to Volunteer for:</b>	<b><u>Please Check off</u></b>	<b>Areas to Volunteer at:</b>	<b><u>Please Check Off (may be multiple)</u></b>		
Winter Series	_____	Registration	_____	Food/Hospitality	_____
St Paddy's 10 Miler & Lep. 5K	_____	Shirt Distribution	_____	Water Stop	_____
Summer Series	_____	Course	_____	Finish Line	_____
Kids Summer Nights	_____	Course Marshal	_____	Set-Up	_____
Born to Run	_____	Clock Watcher	_____	Clean Up	_____
Toys for Tots	_____	Timer/Splits	_____	Results	_____

Each time you volunteer you earn FARC Points, see website for redeeming point categories.

How would you like to be contacted?

Phone #: \_\_\_\_\_ E-Mail \_\_\_\_\_

Please fill out form, save and return to our webmaster at; [farcnj@gmail.com](mailto:farcnj@gmail.com)

Release: I, the undersigned, do hereby knowingly discharge and release: The Township of Freehold, their departments and employees, The Freehold Area Running Club, the sponsors and all volunteers from any and all claims arising out of participation in the event. Further, I represent that I have trained for the event and I am physically able to participate in said event. I further agree to permit the race organizers and sponsors to use any photographs taken in conjunction with the event for publicity purposes.

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

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

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

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

**THE FREEHOLD AREA RUNNING CLUB**  
23rd Annual



And the 18th Annual  
**Leprechaun 5K**

**CHIP TIMING**  
By Elite Racing Systems

**NO HEAD PHONES**

**Sunday, March 25, 2012 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

Mail Registration:	5K	10 Mile
Pre Registration only for		
Current FARC members on or before March 15...	\$20.00	\$25.00
Entries postmarked on or before March 15.....	\$25.00	\$30.00
Race Day Registration and		
Entries postmarked after March 15 and race day.	\$30.00	\$35.00

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 Racewalk \_\_\_

Race walk prizes limited to 10 mile race only

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

E-Mail: \_\_\_\_\_

**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 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:** Take 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.

We must prohibit Strollers, Head Phones, Dogs and Runners in Costumes in the Race. Head Phones are prohibited as runner will not hear directions from the race staff. Strollers & Dogs at a race may be a hazard to runners, children and spectators. We also cannot have runners in costumes as this is a hazard to other runners and a safety issue. The RRCA and our insurance company will not cover these situations. We appreciate your compliance

**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.

**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 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 2012



[WWW.FARCNJ.COM](http://WWW.FARCNJ.COM) visit us on Facebook

## 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
- Volunteer at Club Events or Offer Your Services e-mail webmaster at [farcnj@gmail.com](mailto:farcnj@gmail.com)

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

Name: \_\_\_\_\_ (Please Print)      Family Members' Name & Age \_\_\_\_\_

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

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

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Telephone #: \_\_\_\_\_ (Additional names on back of form)

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

Membership Types, Select One:	<i>Please circle option</i>		Shirt size: (new membership only)
Standard Membership Fee:	Individual	Family	Two Shirts for Family Membership
1 YEAR (Good thru 12/31/12)	\$15.00	\$ 25.00	Shirts may be picked up at any club event
3 YEAR (Good thru 12/31/14)	\$35.00	\$ 55.00	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: \_\_\_\_\_



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

### AREA RACE CALENDAR

All phone nos. 732 unless otherwise noted. Many races have websites  
Go to [www.farcnj.com](http://www.farcnj.com) or P.O. Box 4, Manalapan, NJ 07726 for details.

FREEHOLD AREA RUNNING CLUB CALENDAR			
DATE	EVENT	PLACE	TIME
Sundays <b>Satur-</b> <b>days</b> ALL YEAR	Distance Training Race walking	Windeler Rd. Manasquan Res- ervoir Lot/ Vis.Ctr.	8:00 AM
<b>Wednesdays</b> (Mike has schedule)	Track Workouts	Freehold Boro High School Track, Robts.ville Rd.&rt 79	Contact Mike mmcoflaherty @yahoo.com
Sun. 1/29/2012	Winter Series 5K	Tighe Pk,Freehold NJ	10AM <a href="http://farcnj.com">farcnj.com</a>
Sun. 1/29/2012	ORC Winter Series 4 Mi	Ocean Co.Pk,Lakewd.	11AM <a href="http://farcnj.com">farcnj.com</a>
Sun. 2/05/2012	Winter Series 5K	Tighe Pk,Freehold NJ	10AM <a href="http://farcnj.com">farcnj.com</a>
Sun. 2/05/2012	ORC Winter Series 4 Mi	Ocean Co.Pk,Lakewd.	11AM <a href="http://farcnj.com">farcnj.com</a>
Sun. 2/11/2012	Cupid's Chase 5K	Princeton Shopping Ctr, NJ	10AM <a href="http://farcnj.com">farcnj.com</a>
Sun. 2/12/2012	ORC Winter Series 4 Mi	Ocean Co.Pk,Lakewd.	11AM <a href="http://farcnj.com">farcnj.com</a>
Sat. 2/18/2012	Mid-Wintr.Bch.Run 2 Mi	Manasquan, NJ	11AM <a href="http://farcnj.com">farcnj.com</a>
Sun. 2/19/2012	ORC Winter Series 4 Mi	Ocean Co.Pk,Lakewd.	11AM <a href="http://farcnj.com">farcnj.com</a>
Sun. 2/26/2012	JohnMac's Trn.Run1-6 Mi.	Asbury Park, NJ	10:58AM <a href="http://farcnj.com">farcnj.com</a>
Sun. 3/4/2012	Murray Todd 13.1 Mi.	Lincroft, NJ	9 AM <a href="http://farcnj.com">farcnj.com</a>
Sat. 3/10/2012	½-Way to Brielle 5 K	Brielle, NJ	11 AM <a href="http://farcnj.com">farcnj.com</a>
Sun. 3/11/2012	Miles for Music 20 K	Highland Park, NJ	9 AM <a href="http://farcnj.com">farcnj.com</a>

FREEHOLD AREA RUNNING CLUB CALENDAR			
DATE	EVENT	PLACE	TIME
Sat. 3/17/2012	Little Egg Harbor 5 K	Little Egg Harbor,NJ	10 AM <a href="http://farcnj.com">farcnj.com</a>
Sat. 3/18/2012	Paulette Steps-Cancer 5 K	Centra-State-Freehold	11 AM <a href="http://farcnj.com">farcnj.com</a>
Sun. 3/25/2012	St.Paddy's Day 10 Mi &5K	Tighe Pk,Freehold NJ	930, 9:45AM <a href="http://farcnj.com">farcnj.com</a>
Sat. 3/31/2012	Fool's Run 5 K	Manasquan, NJ	11 AM <a href="http://farcnj.com">farcnj.com</a>
Sat. 3/31/2012	Rat Race 10, 20K	Waretown, NJ	10, 9:45 AM <a href="http://farcnj.com">farcnj.com</a>
Sat. 3/31/2012	Pot of Gold 5 K	St.B.Acad., Scotch Plns, NJ	9:30 AM <a href="http://farcnj.com">farcnj.com</a>
Sat. 3/31/2012	Rat Race 10, 20K	Waretown, NJ	10, 9:45 AM <a href="http://farcnj.com">farcnj.com</a>
Sun. 4/01/2012	Indian Trails 15, 5K	Middletown, NY	9:00 AM <a href="http://farcnj.com">farcnj.com</a>
Sat. 4/21/2012	RunaPolooza Relay& ½	Seaside-Asbury Pk., NJ	Various 8:30 AM <a href="http://farcnj.com">farcnj.com</a>
Sun. 4/22/2012	Unite 13.1 Mi., 8 K	Brunswick, NJ	800, 8:15 AM <a href="http://farcnj.com">farcnj.com</a>
Sun. 4/22/2012	Stateline Spring Classic5K	Phillipsburg H.S., NJ	10:00 AM <a href="http://farcnj.com">farcnj.com</a>
Sat. 4/28/2012	Indian Trails 15, 5K	Lake Como, NY	10:00 AM <a href="http://farcnj.com">farcnj.com</a>
Sun. 5/06/2012	NJ Marathon,&Half	Long Branch, NJ	8,6:50AM <a href="http://farcnj.com">farcnj.com</a>
Sat., 6/02/2012	Race to Educate 5 K	Howell M.S., NJ	9:00 AM <a href="http://farcnj.com">farcnj.com</a>
Sat. 6/02/2012	Friend-to-Friend 5 K	Kittatinny Valley St.Pk, NJ	6:30 AM <a href="http://farcnj.com">farcnj.com</a>