



THE LONG RUN

An Official Publication of:

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



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(also see e-mailed monthly *FARC Flash*)

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

Article By 10-Yr. Winter Series Race Director Isabel M.

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 completed the 5 weeks of running were eligible for a raffle drawing.



Joe Rooney won by 31 and 53 seconds over Raimundo Morales and Jeffrey Angelini. Karen Rodriguez won by 1:19 and 1:32 over Kerry Dyke and Susan Neglia.



0.5-Mile Kids' Race, Followed by Mile Race, then 5K

Race 5: Jan. 31, 2010

1st O.A.: Raimundo Morales 18:49; 1st Woman: Shannon McGinn:

21:30 Raimundo Morales won by 4 & 1:09 seconds over Christian Jackson and David Curren. Shannon McGinn won by 3 and 1:07 over Katherine Rodriguez and Christie Patla. All this after 3" of snow was shoveled off the bike trail before race time and a trail of salt added to melt the residue. Walt Rutsky, Sal Carretta and the rest of the hard-working course / grounds crew / committee miraculously kept the race on the bike trail once again.



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, continued to January 31, 2010. 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!

The

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

1st Overall: Mike Nilsen 18:41; 1st Woman: Kimi Rucks: 21:35

ALL FARC RACE DETAILS: farcnj.com

Race 4: Jan. 24, 2010

1st O.A.: Joe Rooney 17:56; 1st Woman: Karen Rodriguez: 21:26

MATTHEW STUPER SCHOLARSHIP

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



See You at St.Paddy's Day Races 5K & 10 Mi. Sun.3/21

Certified 20th Annual 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 & more! **FOR AWARDS, AMENITIES & DIRECTIONS. SEE ENCLOSED APPLICATION.**

Article By 5-Year BTR Race Director Bob Hyer

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.



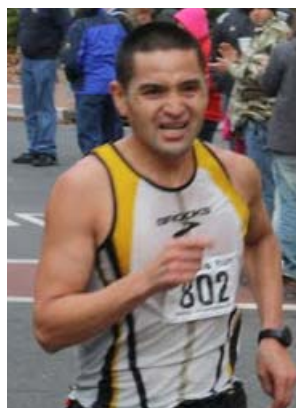
The 25th annual Born to Run 5-miler faced a prediction of blustery rain from all the forecasters, even as late as race morning. However, the dire weather never occurred and the race went off with windy yet good conditions. Nonetheless, this kept the race numbers down to 756 entrants and 665 finishers, 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 hours, 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 Knights, 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)

More on the Born to Run 5-Miler

Written by [Jim Robbins](#) Sun., 29 November 2009

[From the Atlantic Highlands Herald](#)

'Twas the day after Thanksgiving and all through the Borough and Township of Freehold 657 road racers ran and racewalked in the 25th annual Born to Run 5 Mile Race organized by the Freehold Area Running Club (FARC) on the overcast, windy and cool morning of Black Friday, November 27. According to *The Runner's Handbook* by Bob Glover each runner would burn 100 calories per mile for a total of 500 calories and this is verified by Rule 684 of Tom Parker's book: *Rules of Thumb*.



Start of the 2009 Born to Run 5 Miler - Photos by Bob Both, JSRC.

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

U.S. Army Staff Sergeant Gerardo Avila, 36, Fort Monmouth, was the first 500-calorie loser to cross the finish line located at Court Street at a racing time of 26:50 (26 minutes and 50 seconds) a highly respectable 5:22 per mile pace. James Curran 20, Hazlet, was second to finish this out-and-back course, with a loop in Topanemus Park (a lake is part of the

Park), that also starts at Court Street, at 27:46. He was followed by James Cole, 18, of Hamilton at 29:23.



U.S. Army Staff Sergeant Gerardo Avila crosses the finish line

"During the first half mile or so I was with two or three other runners – then I took the lead, I could hear footsteps behind me but once I got onto the trail in the Park I didn't hear them anymore, then I knew I was alone in the lead," said Sergeant Avila in explaining his championship performance. Nearly a minute passed before runner-up Curran finished. The champion found the course to be "a bit hilly" and the weather "was nearly perfect conditions, a little windy but it didn't bother me at all." Avila can boast of having excellent racing time at the October 25th running of the 34th Marine Corps Marathon in Washington, D.C. where he posted a 2:29:21 for the 26.2 mile distance.



Lindsey Gallo crosses the finish line.

Last year's Born to Run women's champion Lindsey Gallo, 27, of Howell won again this year and her 29:13 racing time (3rd place overall) was 34 seconds faster than last year. Megan Guiney, 29, New York City, was second woman at 29:45 (8th overall) and Morganville's Erica Weitz, 21, came in third at 32:16 (28th overall).

"I started out conservatively at a six-minute (per mile) pace and was not the first woman," said Gallo in describing her race strategy. "But after the first mile or so I started picking people off (passing men and women) and by the third mile I was definitely the lead woman," she further explained. Runner-up Guiney came in 32 seconds later.

"I love this course, I grew up in Freehold and Lake Topanemus was like in my backyard," Gallo said of the course and of the weather: "I wish it were a little less windy but I'm glad it didn't rain." Gallo's close friend runner-up Guiney said, "The course is interesting," and explained: "it's hilly while on the road and flat while in the Park – it's like half cross-country and half road-race." Of the weather, Guiney thought, "The temperature was perfect but just a bit too windy." She further informed that she had done the New York City Marathon a few weeks ago in a 2:54 racing time.

The leading racewalk finishers male/female respectively were Raymond Robertson, 65, of Ocean at 54:45 and Gail Warshaw, 54, of Demarest at 55:14.

A feature of this event is a Race within a Race whereby the finishers are encouraged to get to the Post Race Party at the Court Jester pronto. Ken Vercammen, 50, of North Brunswick won at 32:57 (race time 32:10). Next was Dave Hoch, 54, of Bradley Beach at 34:24 (race time 33:06) followed by Thomas Long, 42, of Manalapan at 36:11 (race time 33:44). First, second and third females, respectively, were Alisa Hagenberg, 42, of Manalapan 42:44 (race time 39:46); Marilyn Ryder, 68, of Long Branch 48:48 (race time 47:11); Jorgie Sanzone, 48, of Toms River 50:45 (race time 45:03).

"Turkey, stuffing, mashed potatoes, pumpkin pie and pumpkin ice cream," said third-place woman Erica Weitz (whose father was FARC president 2007 and 2008) when asked to tell of the Thanksgiving delights she ingested yesterday and burned today in this calorie-reducing race.

Long Branch's Marilyn Ryder, mother-in-law and mother of Phil and Penny Hinck, race directors extraordinaire, and active Jersey Shore Running Club member, finished today at (see above), and that was good for 2nd place award in the 60-69 age group. "I had candied yams, and the usual turkey, stuffing, mashed potatoes but I enjoyed most that which I had made: apple and pumpkin pie," Ryder offered.

Gallo, the women's champion said, "I enjoy turkey so I had plenty of that but I love sweet potato pie so I'll be thinking of the 500 calories I just lost and "pig out" (interviewer's term) on that later today!"

Justin Griffin, 33, finished at 50:00, way slower than even the average racing time, but wait. Griffin had a handicap, an adorable handicap - he was pushing a Double Jogger which had, comfortably and safely belted inside, his one-year-old son Mason and 2-year-old daughter Ellen. "We had a little bit of a problem," said Griffin when asked if the 5-mile pushing journey went OK. "Mason got upset because he wanted the blue lollipop instead of the green one, so once we switched the lollipops we were good."

"It was a great together experience," said Englishtown's Ralph Garfield, 74, referring to him and his visiting-from-Mountain View, California daughter, Pamela, 36, as they crossed the finish line together at 46:12, a respectful 9:12 pace. "It's my first race since knee surgery three years ago," informed Pamela. Ralph's time earned him 2nd place award in the 70-99 age group.

At the starting line at approximately 11 a.m., race director Bob Hyer, former president of FARC, assembled the racers, thanked them for coming and briefed them on the direction and details of the course. He then introduced Jeanne Yaecker, the director of Open Door Food Pantry, the main beneficiary, as the official starter who sounded the horn and the racers were

underway following the lead police vehicle driven by Sergeant Chris Colaner accompanied by Sergeant Jeff Allen, both of Freehold police.

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

"I want to thank all the racers for participating in this year's 25th anniversary of FARC's Born to Run and all the volunteers who do the many activities necessary to put on a race such as this. I would also like to thank the Court Jester Restaurants, the Freehold Township girl scouts and the Freehold Borough Fire Dept., First Aid, Police and Public Works Departments. I would like to acknowledge Hank Bailey, who started this race back in 1985 and served as director for 21 years," said race-director Hyer in an Email summary.

Herald area finishers of this calorie-reducing event: Amanda Scibetta 35:44, Middletown; Bill Clifton 35:53, Carly Clifton 36:26 and Kathleen Clifton 36:51, Red Bank; Javier Damien 40:12, Kerry Gillespie 40:15 and Martin Dugan 42:11, Middletown; Tom Morrison 42:44, Highlands (first-aid man extraordinaire); Nicole Froemlich 43:36 and Tara Froemlich 43:37, Red Bank; Richard Spakowski 43:49, Rumson; Gregory Victor 44:00, Red Bank; Peter Dodenhoff 47:29, Little Silver; Karissa Trotter 48:24, Port Monmouth; Sue Spakowski 48:49, Rumson; Jennifer Dumas 50:14, Fair Haven; Robert Vanclef 53:08, Middletown; Jennifer Woods 57:09, Red Bank; Christopher Boyle 57:10, Little Silver; Mary Pauels 57:26, Rumson; Elene Daniels 58:01, Middletown.

Other Monmouth County leaders:

Freehold: Kevin Sumonte 30:02, Cody O'Flaherty 30:59, Adam Simone 31:00, Paula Greitz 33:25, Matthew MacLean 33:37, Ron Apostle 33:40, Logan MacLean 33:46, Greg Yaecker 33:47, Jason Weiner 33:48, Robert DeCarlo 34:37, Arielle Weiner 35:17, Matthew Parr 35:27, Reid Levitt 35:28, Ryan McCulloch 35:54, Liame Price 36:08, Brian Pascarella 36:50, Cara Trulli 36:51, Andrew Freire 37:12, Tom Apostle 37:23, Burt Lundberg 37:36, Warren Zwirn 38:04, Lavra Coyne 38:10, David Trulli 38:31.

Others: Jon Stouber 31:30 and Brittany Hinton 32:17, Marlboro; Grant Gaydos 32:22, Howell; Scott Linnell 32:25, Colts Neck; Craig Wien 32:29, Englishtown; Ben Barnes 32:57, Manalapan; Dave Hoch 33:07, Bradley Beach; Lennon Cooper 33:14, Holmdel; Joe Donovan 33:43 and Thomas Long 33:45, Manalapan; Ann O'Dowd 33:51, Colts Neck; Kendyl Seawright 33:57, Manalapan; Justin Mann 34:39, Marlboro; Michael Cincotta 35:31, Howell; Przemek Nowicki 36:20, Holmdel; Joseph Hughes 36:27, Long Branch; Jeff Ragle 36:36, Ocean; Diane Petersen 36:52, Howell; Lauren Kerensky 37:03, Ocean; Dan Drury 37:07, Eatontown; Michael Fitzsimmons 37:14, Hazlet; Kristin Enderly 37:20, Ocean; Lisa Buckley 37:28 and Devon Miller 37:34, Howell; Mary Beth Whitehead 37:40 and Clifford Whitehead 37:47, Spring Lake; Robert Schwartz 38:10 and Joshua Schwartz 38:11, Manalapan; Jan Farnung-Kraus 38:31, Oakhurst; Jordan Pauker 38:38, Manalapan.

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.

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! Just like last year, 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	4th Place: FARC	
	1 st Team	SHTC	30
	2 nd Team	HOHA	52
	3 rd Team	SAC	59
	4th Team	FARC	75
	5 th Team	GP/JSRC	91
	6 th Team	PAC	96
INDIVID.:	3rd Overall	Rob Dennis	16:37
	11 th Overall	Cody O'Flaherty	17:16
	29 th Overall	Scott Linnell	19:18
	37 th Overall	Tom McDonald	20:34
	41 th Overall	Mike O'Flaherty	20:58
	42 th Overall	John Taylor	21:01
	49 th Overall	Tom Long	21:30
	52 th Overall	Eric Davis	22:01
	53 th Overall	Przemek Nowicki	22:13
	66 th Overall	Sheldon Chiang	23:08

79 th Overall	Laura Donnelly	23:54
88 th Overall	Patricia Chambers	24:25
93 rd Overall	Alisa Hagenberg	25:04
98 th Overall	Robert T. McGill	26:15
109 th Overall	James Bergum	27:45
115 th Overall	Walt Rutsky	28:44
118 th Overall	Andre Chiang	29:44

The 21st Annual Toys for Tots 5 K

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 Toys for Tots 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 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 4th place finisher was the amazing local 13-year-old, Robert Murphy, 2009 FARC President's Award Winner & co-race director of the 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 are 15:30 (at 2008 Winter Series) and 19:06 (at the 2008 Toys for Tots), respectively, set by past FARC scholarship winners.

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.

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

INDIVID.: 23rd Overall	Scot Linnell	20:33
26 th Overall	Tom McDonald	21:15
31 th Overall	Tom Long	31:51
35 th Overall	John Taylor	32:16
47 th Overall	Przemek Nowicki	23:48
49 th Overall	Sheldon Chiang	24:14
60 th Overall	Laura Donnelly	24:45
67 th Overall	Patricia Chambers	25:31
72 th Overall	Alisa Hagenberg	26:30
78 th Overall	James Murphy	28:30
85 th Overall	James Bergum	29:39
86 th Overall	Walt Rutsky	29:53

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), linked to FARC's web-site (farcnj.com). FARC Team placed in the top 6.

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

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!

Club Meeting: March 17th

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:



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



Proud Sponsor of the St. Paddy's 10 Miler



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



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

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. Leprechaun Leap 5k (Mount Olive)
4. Roxbury Community Benefit 5k (Roxbury Township)
5. Summer Solstice 5 Mr (Kitatting 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 (Berwick, Pa)
5. Truskey Memorial 10k & 5k (Near Tamaqua, Pa)
6. Run for the Diamonds 9 Miler (Berwick, Pa)
7. Oley 10 miler & 5k (Oley, Pa)

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 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 originally went to press. **Go Sean, & 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 well 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

Also, for Information/Hotline 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

Wanted: Willing Participants in club - webmaster@farcnj.com

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

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

FARC Discounts at Area Running Stores

FARC members get 10% discounts from local 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 car for ID.*

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	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		

Manasquan 5 mile	Kenneth Vercammen - 31: 41
Born to Run	Kenneth Vercammen - 32:11 2 nd 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 st 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 th state
K.C. Waddell and Reed Marathon	Diana Burton – 5:39
East Brunswick 10k	Ken Vercammen 40:25 2 nd AG,11 th OA
Trick or Trot 4 M	Kenneth Vercammen-23:59 3 rd maleOA
Daytona Beach ½ Marathon	Kenneth Vercammen 1:35:05 1 st 50-54
Space Coast 2 mile	Kenneth Vercammen 11:55 2 nd 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 Invit. 3K (1/16)	Erica Weitz-10:53 (coming off BTR injury)

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 - Find Others to Run With - Train for Marathon & Half-Mara., etc.

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 weekday 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	Kenneth Vercammen-1:03:36 11 th male
Metuchen Jingle Bell Run	Ken Vercammen-18:30 1 st 40-59 4 th 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 st
Freehold Winter 5k	Kenneth Vercammen-19.53 1st 50-59
Philadelphia Marathon	Diana Burton - 5:28:04 (17 th mara- thon/ultra of the year and 48th (completed) in total.
Palm Beach half marathon	Diana Burton 2:52:05
Somerset Turkey Trot	Kenneth Vercammen - 19:53

FARC 2010 Schedule

Date	Event	Place	Time
3/17/10	Club Meeting	Michael Tighe Park	7:30 PM Run
			8:15 PM Meeting
3/21/10	St. Paddy's 10 M Leprechaun % K	Michael Tighe Park	9:30 AM 9:45 AM
4/21/10	Club Meeting	Michael Tighe Park	7:30 PM Run
			8:15 PM Meeting
5/19/10	Club Meeting	Michael Tighe Park	7:30 PM Run
			8:15 PM Meeting
Wednesdays 6/23-7/28	Summer Series	Monmouth Battlefield Park	Kid's 6:00 PM 5K 6:45 PM
7/26/10	Club Picnic	Monmouth Park	TBD
10/13/10	Club Meeting	Michael Tighe Park	7:30 PM Run
			8:15 PM Meeting
11/26/10	Born to Run	Freehold	11:00 AM
12/8/10	Club Meeting	Michael Tighe Park	7:30 PM Run
			8:15 PM Meeting
12/13/10	Toys for Tots	Michael Tighe Park	10:00 AM

2010 Freehold Area Running Club Officers:



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

FREEHOLD AREA RUNNING CLUB'S 27th ANNUAL AWARDS CELEBRATION ON SAT. FEB.13:

This extravaganza, always a great party for members, family, and friends, took place at Farmingdale's "Our House" Restaurant. It was inspirational to see our friends and fellow club members honored with well-deserved awards. The fun event returned to this excellent local venue. It was a bargain for attendees, amenities including awards, appetizers, refreshments, a delicious buffet dinner, cocktails, open bar for beer and wine, dancing, drawings, DJ/Entertainment, and more! Don't miss it next year! Great Job Linda, Kathy and Mike et al.

February 13 Annual Awards Banquet AWARD WINNERS:

Don Deneck Memorial - *Maggie Freeman*

Don Spadola Memorial - *Jeff Allen*

Male Runner of the Year - *Thomas Long*

Male Master Runner of Year - *Steve Kellner*

Male Scholastic Runners of the Year -

Freehold Township X-C Captains - *Andrew Berkowitz, Jimmy Decker, Randy Spadola*

Female Scholastic Runner- *Mackenzie Roche*

Excellence - *Shore Runner*

Presidents Award- *Robert Murphy Jr*



Male Scholastic Runner of the Year Award: Jimmy Decker
(Also Andrew Berkowitz and Randy Spadola - not pictured)



President's Award to Robert Murphy – Top Middle School Runner / Race Director



President Mike with Male Runner of the Year: Thomas Long



Female Scholastic Runner of the Year Award: MacKenzie Roche



Racewalkers: Olympian Elliott Denman & Champion Dorit Attias



Linda (&Mike/Kathy) made it happen! Snow didn't keep FARC away



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 or hotline [732-431-2627](tel:732-431-2627) for details.)

MARCH

- 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 (App. at farcnj.com)
- 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 Fool's Manasquan, NJ 5 K 11:00 AM On website – farcnj.com
- 27 Paulette Steps To Cancer Wellness Mo. Battlefid.Pk, NJ 5K 10AM
- 27 Fisherman's, Pt. Pleasant Beach, NJ 5K 9:30 AM App.-farcnj.com
- 27 Get the Lead Out Wissahickon HS, PA 10 K 9:00 AM 5 K
- 27 Rise Fit for Life, Hightstown, NJ, 5K, 9:30 AM
- 28 Rat Race Tom's River, NJ 5 M 11:00 AM

APRIL

- 03 Sargent Pat's, Long Branch, NJ, 5K, 11:00 AM
- 10 Run With the Eagles, Allentown, NJ, 5K, 10:00AM, farcnj.com
- 10 CASA:Step Up For a Child,Joe Palaia Pk,5K, 10AM 460.9100 Web
- 10 Crack the Code, Holmdel, NJ 5 K, 10 AM
- 11 Indian Trails Middletown, NJ 15 K & 5 K 9:00 AM farcnj.com
- 11 Cherry Blossom, Branch Park, Newark, 10 K, 10:00 AM
- 17 Run-A-Palooza 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 farcnj.com
- 18 Blue Claws, First Energy Park, Lakewood, NJ, 5K, 10:30 AM
- 24 Country Roads Cream Ridge Winery, NJ 5 K 9 AM farcnj.com
- 24 Beach to Bay, Brick Beach 3, Brick, NJ, 5 K, 8:30 AM, farcnj.com
- 24 Lake Como, Bar A, Lake Como, NJ, 5 K, 10 AM, farcnj.com
- 24 Run For Animals Mo.Battlefid.Pk,NJ,3K 10:15 AM,40Yd DogDash10
- 25 Donna, Lincroft, NJ, 5 K, 9:00 AM
- 25 Colt, CBA, Lincroft, NJ, 5 K, 10:00 AM
- 25 Strive for Safe Driving, Colts Neck HS, Colts Neck, NJ, 5 K, 11 AM

MAY

- 02 Broad Street Philadelphia, PA 10 M 8:30 AM Website
- 02 Run for the River, Asbury, NJ, 4 M, 10:00 AM
- 06 GDLoucks Games Masters Mile, White Plns., HS, NY, 720PM,web
- 08 GDLoucks' Games Masters 5 K, White Plns., HS, NY, 8:00AM,web
- 08 PTA Monmouth Beach, NJ, 3 Mile, 9:00 AM
- 09 Jeanne Alter Memor., Brookdale CC,Lincroft, NJ, 3 Mi., 9:00 AM
- 09 Rumson-Fair Haven, Rumson, NJ, 5 Mi., 9:00 AM
- 15 RunAmuck,Washington Crossing St.Pk.,PA, 5K,Various,farcnj.com
- 15 Kennett Square, Kennett Square, PA, 10 K, 9:00 AM, farcnj.com
- 16 Michael Thorne Scholarship, W.Long Br., NJ, 4 Mi. 9 AM 222.0725
- 31 Mayor's Trophy, Rahway, NJ, 5 Kilometers, 9:45 AM, farcnj.com

JUNE

- 02 Jaguar Jog, Battlefield Park, Man.,NJ, 1 Mi.& 5 K, 6 & 645PM,Web
- 05 Pt. Beach HS, Pt.Pleasant Beach,NJ, 5 K, 8:30 AM- farcnj.com
- 05 Race to Educate, Howell Midl.Sch.South, Howell,5K,9AM-Web
- 23 Summer Series 5K & Kids, Battlefield St.Pk. 6,6:45PM Web**
- 26 Save Barnegat Bay, Lavallette, NJ, 8K, 8:30 AM Website
- 30 Summer Series 5K & Kids, Battlefield St.Pk. 6,6:45PM Web**

JULY

- 02 Broad
- 07 Summer Series 5K & Kids, Battlefield St.Pk. 6,6:45PM Web**
- 14 Summer Series 5K & Kids, Battlefield St.Pk. 6,6:45PM Web**
- 21 Summer Series 5K & Kids, Battlefield St.Pk. 6,6:45PM Web**
- 28 Summer Series 5K & Kids, Battlefield St.Pk. 6,6:45PM Web**