



# THE LONG RUN



The Official Publication of The Freehold Area Running Club  
VOL. 25 NO. 3 - 04/07

Website: [www.farcnj.com](http://www.farcnj.com) E-mail: [webmaster@farcnj.com](mailto:webmaster@farcnj.com)  
FARC Hotline: (732) 431-2627

**Hello from the Pres.:** Keep up the good running, walking, volunteering, & enjoy spring weather! – JW

**COME, BRING A FRIEND & RUN SUN. MAY 6 @10 AM JACK KUHNERT MEMORIAL SCHOLARSHIP 5-K AT TIGHE PARK. SEE BLUE RACE FORM ATTACHED. STUDENTS ARE ONLY: \$10.00. YOU CAN ALSO PRE-REGISTER FOR \$20 THROUGH FRIDAY NIGHE ON ACTIVE.com PLEASE MAIL IN OR CALL 431-2627 or go to [www.farcnj.com](http://www.farcnj.com) E-mail: [webmaster@farcnj.com](mailto:webmaster@farcnj.com)**

### St. Paddy's Day Races

The St. Paddy's Day Races drew a thousand runners: 668 10-milers and 288 5-K runners, an exceptional turnout on a cool March 18! Although there was snow on the side, the course was dry and all had a good time. Despite the adverse weather with 6" of the white stuff, Race Director Tom Wendel was not deterred, thanks to his great work ethic (that rubs off on his race committee and many dedicated volunteers), an ability to make anything work outdoors (Tom runs a landscape business), & his world-class sense of humor. FARC & the thousand hardy runners and racewalkers helped overcome the adversity presented by 6" of fresh snow (below) and made the USATF-NJ 10-Mile Championship & Leprechaun 5-Kilometer into Huge Successes last month. **In '08, St. Paddy's Races will be on a warm 3/30!**

### Top 5 Masters

1. Anthony Cioce	54:09
2. Paul Buccino	56:12
3. Brian Crowley	56:57
4. Daniel Feder	58:37
5. Glenn McIsaac	58:37

### Top 5 Woman Masters

1. Misa Tamura	1:05:43
2. Beth Moras	1:08:29
3. M. Noe-Schlentz	1:08:54
4. Jill Evarts	1:09:58
5. Ann O'Dowd	1:10:26

### Top 10 FARC Members

1. John Taylor	1:06:20
2. Monica Sanchez	1:07:30
3. Gabby Barrett	1:10:35
4. Bruce McCulloch	1:14:40
5. Steve Kellner	1:16:56
6. Bill Aromando	1:17:23
7. Ralph Garfield	1:18:35
8. Chuck Rothrock	1:22:55
9. John Allen	1:27:49
10. James Bergum	1:27:59

### Top 5 Clydesdales

1. John O'Neil	1:12:30
2. Peter Tummey	1:12:57
3. Joe Lanzalotto	1:13:13
4. Mike Vidnansky	1:19:47
5. Jeff Gero	1:21:30

### Top 4 Racewalkers

1. Maria Paul	1:54:29
2. Fran Emanuel	2:00:29
3. Janel Beckenstein	2:01:50
4. Eliot Collins	2:16:09

The male winner of the 5K was Juan Martinez at 16:59.4

The female winner was Chelsea Callan with 19:57.4

*See complete results on the web-site.*

**ANNOUNCE CLUB MEETS WED. MAY 16:**  
**NEXT FARC CLUB MEETING ON MAY 16 @ 8:00 PM**  
**MATTHEW JOHN STUPER SCHOLARSHIP AWARDS**  
**FEATURING GUEST SPEAKER & RUNNERS WORLD**  
**SENIOR CONTRIBUTING EDITOR, MARC BLOOM**  
**MARK YOUR CALENDAR - WED. MAY 16, 8:00 PM**  
**AT MICHAEL TIGHE PARK CLUBHOUSE**  
**REFRESHMENTS FOLLOWING 7:30PM FUN RUN**



**Monmouth Park, Here we come...So you think our club has some fast "horses"?**

New but talented FARC VP Maggie Freeman has been working hard alongside fellow long-time club board member Linda Hyer to plan another fun new club outing for our members and their families at Monmouth Park on Sunday August 19. Stay tuned for more information!



### Top 10 Overall

1. Tim Mulligan	53:01.8
2. Hector Rivera	53:11
3. Gene Mitchell	54:09
4. Anthony Cioce	54:09
5. Adam Ambrose	54:13
6. Russ Curley	55:31
7. Dan Newman	56:07
8. Paul Buccino	56:12
9. Gary Rosenburg	56:32
10. Pedro Espinosa	56:34

### Top 10 Women

1. Diane Ross	1:04:05
2. Karen Charles	1:04:15
3. Jennifer Curley	1:05:00
4. Rachel Provost	1:05:14
5. Misa Tamura	1:05:43
6. Christine Barile	1:06:52
7. Ashley Higginson	1:07:25
8. Amanda Marino	1:07:26
9. Monica Sanchez	1:07:30
10. Jennifer Kirsch	1:08:15

## **More on Club Officer Maggie Freeman:**

More about FARC Vice President/Officer Maggie Freeman: Besides planning the club outing (above), Maggie is actively involved in Marathon training & other projects and activities (not all listed here!). She is taking part in an important bicycle ride to Wash., DC to benefit officers killed in line of duty. Maggie is said to prepare some of the finest baked goods in Monmouth County.

**...Next Month: New Club Officer *Chris Davis***

## **Ongoing Weekly Group Runs**

FARC group runs are held **Sunday Mornings** at 8:00 AM at the usual location off Windeler Road on the south shore of the Manasquan Reservoir in Howell. All distances and paces are welcome, and the dirt trail is easy on the legs. Awards are given for milestones. The club provides post-run refreshments – bagels are back- (next winter it will again be by fireside each Sunday) and the camaraderie. Come on out and share a run (or walk).

## **Thanks to St. Paddy's Day Chairpersons!**

Much thanks to St. Paddy's Races Committee Chairmen: Janet Bergum (Pre-registration/Finish Line), Donna Cetrulo (Post Registration), Chris Davis (Clean Up & Funds), Stan Dubroff (Publicity), Manny Eisner (Food/Hospitality /Beverages), Roberta Eisner (Up & Funds), Stan Dubroff (Publicity), Manny Eisner (Food/Hospitality /Beverages), Maggie Freeman (Course/10 Mile Awards), Dave Friedman (Application/Help Desk), Panse Geer (Food/Hospitality/Beverages), Frank Haviland (Parking), Linda Hyer (Awards), Bob Hyer (Course/Certification), Isabel Keeley (Finish Line/Timing), Mike O'Flaherty (Construction), Kathy O'Flaherty (FARC Ware Sales-Membership), Walt Rutsky (Water), Avram Shapiro (5K Course), Marcia Shapiro (Volunteers), Walter Stein (First Aid), Tom Wendel (Race Director). Each of these fine people was responsible for an indispensable task as shown. Thank you to all, you made it work, and to each of the many, many volunteers who worked with them, the list is too numerous for this space, but without you all, it could not have come together and happened as these races did. This hard-working group busted their back-ends to make this edition of the St. Paddy's 10-Mile & 5-kilometer as successful as it turned out to be, despite a Friday sleet & snow storm and January-like conditions through the weekend. Everyone had a well-deserved celebration together later on at the Court Jester in Freehold. Thank you so much again!

## **FARC Gets Discounts**

Club members will receive a 10% discount from two local stores located in our area as follows:

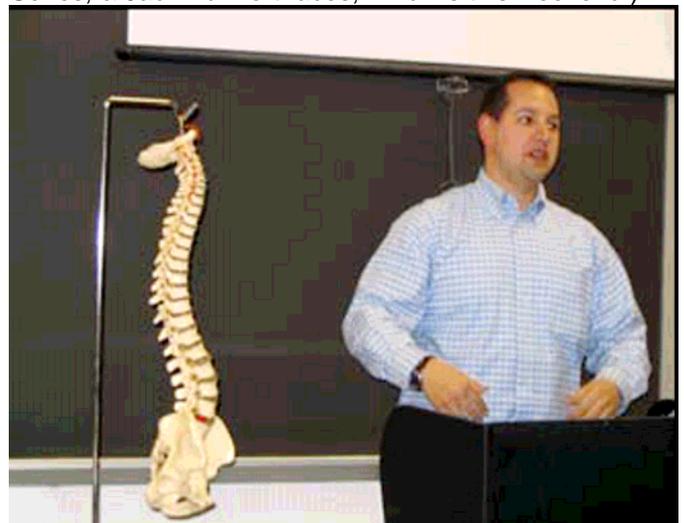
- Miles Ahead Running Store at Meeting House Road and the Circle in Manasquan, and
- The Running Store on Route 35 in Shrewsbury.

Just say you're a member of the FARC. Good Shopping. And look for club cards in the future.



**FARC's April 18 Meeting Last Week**

After a nice traditional fun run (above), the April club meeting featured as guest speaker Dr. Peter Joffe, a Manalapan chiropractor who treats a number of local distance runners. Doc is a familiar face at FARC races, especially the weekend events including the Winter Series. At the meeting, Dr. Joffe led a very informative discussion, while displaying a model of all of the vertebrae, and presenting and discussing the benefits of chiropractic care to maintaining runner's health. An example is the correcting of spinal subluxations to restore spinal health. Many questions were asked by members & all were answered by the doctor. There was a good turnout for the event which also included an assortment of goodies. Future club meetings (starting Wed., May 16) will be back in the Tighe Park Clubhouse right where so many of our race registrations and post-race festivities are enjoyed (i.e., Toys for Tots, Winter Series, & Jack Kuhnert races, which is this weekend!).



## **2007 FARC Executive Board**

Vice President - Maggie Freeman  
Vice President - Michael O'Flaherty  
Treasurer - Chris Davis  
Secretary - Jim Bergum  
President - John Weitz

## **ANNOUNCING 25<sup>th</sup> ANNUAL SUMMER SERIES STARTS JUNE 20 AT BATTLEFIELD STATE PK:**

The 25<sup>th</sup> edition of the FARC summer series starts on June 20<sup>th</sup> at Monmouth Battlefield Park. Kids Summer Nights Races are at 6:00 PM followed by a 1-Mile race at 6:30PM. The 5K starts at 6:50 PM. The series ends on August 1<sup>st</sup>. [Please note: no race on July 4<sup>th</sup> holiday.] Related: Look for the June issue of 'Runners World, which will have an article on our Kids Summer Nights Program!

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## **Letters to Editor & Webmaster**

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*Please let us hear what you have to say about us and we will promptly respond to any questions or issues so that we may do our best to improve your experience in the community. Please send all correspondence to the FARC webmaster Jim Bergum at [www.farcnj.com](http://www.farcnj.com) or [webmaster@farcnj.com](mailto:webmaster@farcnj.com). Thank you in advance!*

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### **USATF-NJ 10 Mile Championship Race**

Thanks to the Freehold Area Running Club for hosting the USATF NJ 10 mile championship race. Although hosting such an event adds to the great deal of work already involved in running the 10 mile/5k. FARC was up to the task. Thanks to the race organization, the many volunteers and all the usual FARC workers for a job well done.

-Walter MacGowan, President of Shore Athletic Club

### **Runner's Forum**

#### ***Blood, Sweat, and Beers***

#### **Ugly Mudder Trail Run Mt. Penn Pa. 2/25/07**

Sunday morning at 7:30 am a group of six Pineland Striders, Jean, Lisa, Keith, Bill, Ted and I started the trip westward in Bill's Ford Excursion nicknamed: "Earth Destroyer". The vehicle was very efficient for this task using only a fraction of the fuel we would have used if we all drove separately. Punching the numbers, I get close to 96 seat miles per gallon! Who would have thought! An earth friendly, Earth destroyer! I digress!

The trip was very comfortable with a coffee/restroom stop about half the way. As we listened to tunes on the CD player we kept noticing the further west we got, the more snow cover on the ground. In the literary world, they call this foreshadowing!

We made the turn up Mt. Penn located on the eastern side of Reading Pa. The ground was totally covered with around four inches of snow. The road slowly wound up the mountain and we could all see there would be very little level ground on this run! I noticed some orange

flags and paint on the snow and it looked to be going straight up a mountain! As we pulled into the entrance of the Liederkrantz German Singing and Sports club, I noticed the cars were parked on top of the snow! There were at least four to six inches of snow cover and cars weren't even denting the surface!

The registration was very quick and well organized except for them losing Keith's entry after cashing his check. With that straightened out, we all took our neat race shirts emblazoned with a skull-and-crossbones and the words "Ugly Mudder Trail Run, Where Sticks and Stones Will Break Our Bones", more foreshadowing! As we looked around we saw a lot of people slipping, sliding, and falling just walking around on fairly level ground; just a small taste of what lay ahead!

A few minutes before race time, we all walked down the road to the start area, in a park next to a small lake. After standing around for a half-hour trying mostly in vain to hear Ron Horn's often-colorful race announcements, we were ready to go. The one thing I was able to hear was his advice, "Run this like you have somewhere important to go tomorrow!" I didn't hear the start but when 700+ people start slipping and sliding in the same direction, you follow! The first half-mile was run on a park road. The only reason I know this is there was a ten-foot long section of bare pavement just as we made the turn up the hill! I found good traction running in a small depression off to the side and was able to move up well in the pack. From the road we were running up hill we made a turn up a fifty yard bank that had people crawling and grabbing whatever handholds they could find to work their way up the bank. My trail shoes dug in better than I expected so I made it up without much difficulty. The next mile was a lot of up hill and some flat on a ridge line, from which if a runner slipped, he/she would not be seen again for a while! We took a turn to the right and there were people falling all around me. I went with the path of least resistance and managed to maintain some control on the ice using trees to slow my momentum. From there we were back on another ridge path that had quite a few branches swinging back towards me after being bent forward and released by the people in front of me. We started a long uphill climb then broke out to a Japanese pagoda. There it was right on the skyline and the trail went right towards it. The stairway looked like a scene from *Kill Bill* only it was covered with ice! I saw the masonry railing for the first twenty feet was bare of ice so I scampered right up one side and jumped down where I could get ahold of the handrail. Everyone was walking at this point as I just stayed in place and followed the pack. I fully expected to see Pai Mei Head Priest of the White Lotus Clan sitting at the top yelling "Again" with English subtitles! We crossed a road where they had a water stop then ran a path that overlooked the city of Reading. It was a great view for anyone brave enough to take their eyes off the trail for a second or two! The trail started a long gradual decline on a forest road that had fairly decent footing as long as you avoided the horse tracks that were made before the snow turned to ice. It was very easy to turn an ankle or trip if you hit them wrong. It seemed like we were going down for over a mile and I remarked to a runner close to me, "This is too easy, too long! Something is about to happen!" We entered a briar

infested bushwhacking section with no trail and a lot of dead trees on the ground to be negotiated. It was here that I started to notice the first blood on the ground! We broke out and crossed a road then got on a fairly wide trail. Just past the four mile point they had a water/beer stop. The Yuengling tasted so good I had two! Just after the stop, the trail turned down the side of a hill known as "The Bobsled Run" It was by far the worst footing all day! There were people sliding down, falling, some looked possibly banged up but I had no chance to stop and offer assistance! I tried to pick a clear path close to trees to grab on and away from falling people! I somehow made it down without falling only to notice the trail turned to the right and I was almost past it! I hooked a tree and swung around and got back on course just before plunging another 30 yards down the hill! We ran a ridgeline then went back into a very rocky and brushy section where everyone was walking to try and pick their way through. After that section we wound around and back by the beer stop. I enjoyed another and was back on my way. The next section was a mix of nice trail, bushwhacking and gradual descents as we worked our way back down the mountain. We broke out by the lake we started at and followed a path around it before crossing a road and following a gully. I could hear the cheering and people yelling "Stay to the right from the top of the bank. I had heard about the famous Mt. Mud before but this was my first time experiencing it! I assumed the people yelling, "Stay to your right" were yelling at the people who had already climbed the bank to direct them to the finish. I was wrong! They were trying, not too successfully, to show us an easier way up the bank! By the time I realized this I was half way up the ice, rock and dirt bank with a little broken glass thrown in for texture! I crested the bank then ran around the corner and up to the finish. I finished in 1:13 and went back to try and cheer the rest of the Striders in. It was then I started to notice just how many were bloody and scraped up badly. A few were obviously limping or holding their arms due to a trail miss hap.

After we all finished, we got some dry clothes on and had a little breakfast and a few pitchers of beer enjoying the band and watching the awards ceremony. A thing we all had in common is that we were all grinning like kids on Christmas morning! The trail was challenging in more ways than I could describe but the race left me with more of a sense of accomplishment than any race I have completed in a long time.

We all piled back into the Earth Destroyer for the trip home just as the snow started to fall. It was a fun ride listening to Jimmy Buffett and joking the whole way back.

To sum it all up: The Ugly Mudder, long stretches of winter forest beauty followed by moments of stark terror...Jim Pate

*[Editor's Note: Jim, Glad you returned in one piece, & thanks for sharing your thoughts on a difficult but really fun-sounding trail run & experience! Now, how does a Pineland runner prepare for the steep hills you encountered? You created good visual imagery and made the reading fun! -JW]*

## Great Edition

The latest edition of the *Long Run* has arrived, both by email and snail mail. What a wonderful job you have done in creating such an informative and elegant

newsletter! We enjoyed reading every word and thank you for the kind words about Joel's art and the Monmouth Festival of the Arts. -Bev Stern

[We all enjoy seeing and hearing about the successes of our many members in their varied endeavors. Keep up the good work, Joel, & it is also apparent that having the support of a concerned & kind spouse as you 2 do never hurts either!]

## Condolences

We regret to report that our friend, club member, board member, race director, runner, & X-C Coach Walter Rutsky lost his dear Mother last month.

We regret to report that our friend, race walker, and dedicated volunteer Donna Cetrullo lost her dear Mother in the last month, shortly after losing her father.

Finally, Tom Wendel lost his dear Aunt at the age of 103.

## Kudos & Congratulations

Our own David Friedman has been elected United States Amateur Track & Field Association of New Jersey (USATF-NJ) President for 2007. Let's all wish Dave well going forward in his important endeavor! Dave was also the winner of FARC's President's Award for 2006.

Dave's consistent involvement in the running community is well known; probably just one more example of the axiom saying: If you need to get something done, just give it to a busy person. Dave still finds time to be with his close young family. FARC's Ron Salvio (racewalker) has previously served as a USATF officer. Both Dave and Ron currently serve on FARC's Board. Thanks gentlemen, for always making time to give back to the running and racewalking communities as you do!

## Team FARC

Tis the season for track & field and team competition. As the USATF-NJ Liaison for FARC this is a good time to give you some information about running as a team members.

To run in USATF events you must be a member and our club code is 118, use this code to declare yourself as a runner for FARC when you join. You may also join as an unattached athlete. There are rules that you must follow in team competition. You cannot run for other clubs within a 3 month period. This means that if you run for FARC in March and then in April another club wants you to run for them you would not be permitted to run for that club in USATF events. Now this does not apply to a Fun, All Comers or a training session where a group of you may get together to run. All members of the team must wear the same team shirt/singlet. The following is good policy to follow:

- The Athlete has to be a Freehold Area Running Club member as well as registered with USATF-NJ as Freehold Area Running Club no later than the entry deadline for the event.
- Only the Coach or Board appointed designee can formally file a meet entry for team competition.
- In the event of more than the required number of members needed for a team (relays, track and field), in order to establish a team, the coach will hold trials open to all members. The coach should attempt to accommodate convenient time trials. If not possible,

selection should be made based on certified past performance (within 60 days). Selection shall be in time order.

Now a coach's job is to train and recruit runners for his/her team but it is also the runner's choice as to who he/she wants to run for. You may join USATF-NJ on line at <http://www.usatfnj.org/index.html> and FARC membership application may be downloaded at <http://www.farcnj.com/>

You may also want to contact our coaches Track Mike O'Flaherty and X-C Walt Rutsky.

I hope that all of you are dedicated to FARC and will have an enjoyable track/road running season.

- Good Running, Isabel Keeley

## FARC Welcomes New Members

Clarence Lurch

Lori McGill

Lawrence Corley and Family

Perry Forman and Family

Ken Gallagher

Bert Lundberg and Family

John Martin and Family

Christie Mazurek

Susan McQueeney and Family

Chris Parr and Family

Keith Post

Chuck Rothrock

Matt Sordano

Tina Tillem

Michael Tuozzolo

Eric Tymczsk

Mary Welge

Paul Yoncak

## Clarence Lurch Still Running at 86

Congratulation to Clarence Lurch who makes us all young by competing at the age of 86. In our winter series he beat a few *kids* in their 70's. Way to go, Clarence! You are inspirational!

## FARC FLASH

Please send your e-mail address to [webmaster@farcnj.com](mailto:webmaster@farcnj.com) to get the **FARC Flash**, our monthly electronic newsletter. This is an easy to read two-page format and full of good running information.

## Member Race Results

Send your complete race results to FARC's Webmaster Jim Bergum at [webmaster@farcnj.com](mailto:webmaster@farcnj.com), (There is more than a high probability they will be printed accurately, as Jim is a professional statistician in his day job!)

**Penn Relays (HS) 3K - Ashley Higginson 9:37**(1stUS;4/27)

**Track Meet (HS), 2-Mi.- Brian Jensen - 10:49** (4/18/07)

Brian, a Senior at RBC, will attend Lock Haven Univ. in Central PA to run X-C & Track, & Study to enter the field of Coaching. By press time, Brian may have re-broken this PR!

**Boston Marathon - Allyson Rosen 3:38:03**

- Dick Heuser 4:23:25

**Reindeer Romp - Ralph Garfield 21.47**(1st 70-79)

**E.Murray Todd 13.1mi - Ralph Garfield-1.48.28** (1st 70+)

**Bordentown 5K - Ralph Garfield--22.48** (1st 70+)

**Sgt Pat's 5k - Ralph Garfield -23.16** (1st 70-79)

**New Hope 5k - Ralph Garfield -23.15** (1st 70+)

Ralph reports his own results with precision, as he is a PhD in Mathematics!

We look forward to receiving your race results at the FARC website or call 732-431-2627, to let us know & show your results! Did anyone race the NJ Marathon or ½ -Marathon on Sunday April 29? (*running as THE LONG RUN went to press*). Please send pictures, too, so we can show all your running-related pictures!



FARC member, current collegiate X-C and distance track runner from Marlboro HS '06, Erica Weitz (above, *photo from UCF web-site*) competes in the Steeplechase (University of Central Florida (UCF)). Erica, who ran a 12:08 PR in the 3K Steeple at UCF on 4/28, is coached by UCF's Marsha Mansur Wentworth, formerly of Colts Neck, graduate of Marlboro HS, '79.....small world, huh?

Colt's Neck High School's & FARC's Ashley Higginson (bound for Princeton University in the fall) is seen here (*APP Photo*) winning another national high school division title on Friday, April 27, 2007, winning the 3,000 meter race in 9:37 over top national competition at the prestigious Penn Relays Track & Field meet in Philadelphia!



## Newsletter Mailing Update!

Newsletters are sent by both e-mail and postal mail. If you don't want the e-mail version, send an e-mail to [webmaster@farcnj.com](mailto:webmaster@farcnj.com) and you will be taken off the list. If you don't get an e-mail version but would like one in addition to the postal version, your e-mail is either not valid or has been changed – send an e-mail to [webmaster@farcnj.com](mailto:webmaster@farcnj.com)

## Your E-MAIL Address

Many of you are changing your Internet provider and your e-mail addresses listed in our membership directory for you are invalid. We have started a new service called the FARC FLASH, a monthly electronic update on what's happening in the Club. So if you change your E-mail provider, please send your new address to our webmaster at [webmaster@farcnj.com](mailto:webmaster@farcnj.com)

## Want Ads - Help FARC, While You Gain Fulfilling Volunteer Experience & Satisfaction, & Strengthen a College Resume

Wanted! Budding Photographers who want to try their hand at photographing races, then see your acknowledged work on the web-site! Maybe even get on the job training this summer for our Nate Bergum, photographer extraordinaire who's moving on to a more profitable venture (working full-time for a living in Philly – Good luck Nate! And thanks for all you've done for so long to make FARC known literally around the world via his *web works of art*...Sorry to see you go, Nate! Just 1 of Nathan's many fine photos is said to be worth thousands of these words...sorry to see you go, Nate.

**Wanted:** Need Contributors to submit articles to the *Long Run Newsletter* at [webmaster@farcnj.com](mailto:webmaster@farcnj.com).

## Manasquan Reservoir Walking Group

Join the walking group every Saturday morning at the Manasquan Reservoir. Racewalking coach Ben Ottmer's group leaves at 8:00 a.m. sharp. He will give you training advice on racewalking or health walking. You can go 2 miles or 10 miles, it's up to you. The group meets at the welcome center on Windeler Road.

Please let FARC ([webmaster@farcnj.com](mailto:webmaster@farcnj.com)) know what interesting activities you do!



## Make Your Day

Be a race volunteer and learn how good it feels to help others! Some of us used to run races, marathons, and triathlons and now many volunteers of all ages and backgrounds are finding a lot of satisfaction in giving back to the community in this way. More helpers are always needed, especially at the big races, but even at summer series & others. If interested, please call up the FARC hot-line at 732-431-2627 or contact the webmaster [webmaster@farcnj.com](mailto:webmaster@farcnj.com) and offer

your time as a volunteer for races. It will put a *smile on your face*, and soon you'll put a smile on your face & those of local runners you help. Previous experience is helpful but not required. –*The Long Run Newsletter Editor*

## FARC Jersey Shore Relay Team FARCer's

Our team of Jim Jensen, Bill Aromando, Jim Bergum, Jim Pate, Bob Kucharski ran hard and had fun doing it. Their Team Time was a very respectable 3:28, placing 73<sup>rd</sup> of 323 teams Overall, and 5<sup>th</sup> out of 14 Clubs, in the 26-mile long April Relay run from Seaside Heights to Asbury Park! Way to go guys!



All your activities and interests  
are fit for FARC to print!

Support our Sponsor:



3464 Route 9 South, Freehold, New Jersey 07728  
[www.unitedstorallcenters.com](http://www.unitedstorallcenters.com)  
Or feel free to call 732-761-8420 feel free to call Jim Gilbert, the Manager of USA United Stor-All



# Membership Application 2007



WWW.FARCNJ.COM

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

### BENEFITS OF MEMBERSHIP

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

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

*(Please Print)*

Name: \_\_\_\_\_ **FAMILY MEMBERS & AGES:**  
(If applicable)

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

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

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

Name	Age

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

*Please Print*

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

Membership Types, Select One: *Please circle option*

	Individual	Family	Shirt size (new membership only) Shirt may be picked up at any club event M L XL <i>(circle one)</i>
<b>Standard Membership Fee:</b>			
<b>1 YEAR (Good thru 12/31/07)</b>	<b>\$15.00</b>	<b>\$ 20.00</b>	
<b>3 YEAR (Good thru 12/31/09)</b>	<b>\$35.00</b>	<b>\$ 45.00</b>	

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work a race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and or humidity, the conditions of the road and traffic on the road, all such risk being know and appreciated by me. Having read this waiver and knowing these acts, and in consideration of your acceptance of my application for membership of myself and anyone entitled to act on my behalf, waiver and release the ROAD RUNNERS CLUB OF AMERICA and the FREEHOLD AREA RUNNING CLUB and all sponsors, their representatives successors from all claims of liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons names in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recording or any other records of this events for any innate purpose, I understand the failure to sign this waiver may affect my, status as an official FREEHODL AREA RUNNING CLUB Member.

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

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

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



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

### RACE CALENDAR

(All phone numbers 732 unless otherwise noted, Go to [www.farcnj.com](http://www.farcnj.com) for more details)

#### APRIL

- 04/28 Lake Como Bar A, Lake Como, NJ 5 K 10:00 AM 542-6090
- 04/28 Country Roads Walnford Park, Allentown, NJ 5 K 9:00 AM 609-689-0136 Ext 143
- 04/29 Draft Day Giants Stadium Bubble, East Rutherford, NJ 5 K 8:30 AM
- 04/29 Trail Run Colts Neck, NJ 5 K 10:00 AM
- 04/29 NJ Marathon Long Branch, NJ 26.2 M, 13.1 M 7:30 AM

#### MAY

- 05/05 River to Bay Island Heights, NJ 5 K 10:00 AM
- 05/05 Xercise Chester, NJ 5 K 9:00 AM
- 05/06 Jack Kuhnert Memorial Scholarship Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627**
- 05/06 Our House Summit, NJ 5 M 1:00 PM
- 05/06 The Big Red Race IV Lawrenceville, NJ 5 K 10:15 AM 609-912-1911
- 05/06 Run For The Red Coolbaugh Township, PA 26.2 M 10:00 AM
- 05/06 Broad Street Run Philadelphia, PA 10 M 8:30 AM
- 05/06 Rumson Rumson, NJ 5 M 9:30 AM 741-2140
- 05/12 Newport 10,000 Jersey City, NJ 10 K 8:30 AM
- 05/12 D.A.R.E. Classic Veterans Park, Bayville 5 K 9:30 AM
- 05/12 C.A.S.P.E.R Camp Zehnder, Wall, NJ 5 K 1:00 PM 946-4598
- 05/12 Shana Wasserman Memorial Monmouth Beach, NJ 3 M 9:00 AM
- 05/12 Woolley House Joe Palaia Park, NJ 5 K 9:00 AM 531-2136
- 05/12 Ocean County Bar Association Seaside Park, NJ 5 K 11:00 AM 240-3666
- 05/12 Road to the Pogue Woodstock, VT 6.7 M 1:00 PM
- 05/13 Pace Yourself For Parkinsons Lincroft, NJ 3 M 9:00 AM 866-350-2583
- 05/16 8PM CLUB MEETING-TIGHE. 7:30 FUN RUN-Scholshp.:Spkr**
- 05/19 C.A.S.P.E.R Camp Arrowhead, Marlboro, NJ 5 K 1:00 PM 946-4598
- 05/19 Zoomer Holmdel Park, NJ 5 K 8:30 AM
- 05/19 Spring Into Summer Middletown, NJ 5 K 8:30 AM 671-4219
- 05/20 Pop Warner Bucks Mill Park, Colts Neck, NJ 5K 9:00 AM

- 05/20 Michael W. Thorne West Long Branch, NJ 4 M 9:00 AM
- 05/20 Bahr's Highlands, NJ 5 M 9:00 AM 732-872-1245

#### JUN

- 06/02-06/03 Green Mountain Relay Jefferson to Bennington, VT 200 M Various
- 06/09 June Fete Princeton, NJ 10 K 8:00 AM 607-716-4546
- 06/09 Pre-Fathers Day Wanamassa, NJ 5 K 9:00 AM 542-6090
- 06/10 Cops n Runners Barnegat, NJ 5 K
- 06/15 June Moon Colonial Park, Somerset, NJ 5 K 7:15
- 06/16 George Sheehan Classic Red Bank, NJ 5 M 8:30 AM
- 06/20 **FARC Summer Series Monmouth Battlefield Park, Freehold, Kids' Summer Nights 6:00 PM, 5 K 6:50**
- 06/24 Pine Beach Pine Beach, NJ 5 K 9:00 AM
- 06/27 **FARC Summer Series Monmouth Battlefield Park, Freehold, Kids' Summer Nights 6:00 PM, 5 K 6:50**

#### JULY

- 07/08 Amber Pizzo Memorial Berkeley Heights, NJ 5 K 9:30 AM
- 07/11 **FARC Summer Series Monmouth Battlefield Park, Freehold, Kids' Summer Nights 6:00 PM, 5 K 6:50**
- 07/12 Lawyers for Kids Ginty Field Complex, Morris Township, NJ 5 K 7:15 PM
- 07/14 Johnny Cobb Memorial Belmar, NJ 5 M 8:30 AM
- 07/18 **FARC Summer Series Monmouth Battlefield Park, Freehold, Kids' Summer Nights 6:00 PM, 5 K 6:50**
- 07/21 Teterboro Airport Moonachie, NJ 5 K 8:30 AM website
- 07/25 **FARC Summer Series Monmouth Battlefield Park, Freehold, Kids' Summer Nights 6:00 PM, 5 K Prediction Race 6:50**

#### AUGUST

- 08/01 **FARC Summer Series Monmouth Battlefield Park, Freehold, Kids' Summer Nights 6:00 PM, 5 K Handicap Race 6:50**
- 08/19 Monmouth Racetruck Summer Club Outing / Picnic

#### NOVEMBER

- 11/23 FARC Born to Run 5-Miler, Freehold Borough, NJ

#### DECEMBER

- 12/09 FARC Toys for Tots, Michael Tighe Park, Freehold Township, NJ 5 K