



THE LONG RUN



Printing by Bowne

An Official Publication of The Freehold Area Running Club
VOL. 26 NO. 3 - 04/08 (see e-mailed monthly [FARC Flash](#))

Website: www.farcnj.com E-mail: webmaster@farcnj.com
FARC Hotline: (732) 431-2627 NJ's 3rd Largest Club & Growing



990 Take Part in St. Paddy's Day Races

The St. Paddy's Day USATF Championship 10-Mile and 5 Kilometer Leprechaun Races took place on beautiful courses starting at Tighe Park on 3/30/08 and were a big success. Nearly 1,000 hard-charging runners and walkers were registered, directed, and fed by over 70 dedicated and hard-working volunteers. The race had an exceptional turnout (for spring break week), including 641 10-mile finishers and 272 5-K finishers! This was the 2nd or 3rd largest St. Paddy's Day field in a March tradition directed by Jeff Decker (1990-98), Marcia Shapiro (1999-2004) and now Tom Wendel (2005-date). FARC is grateful for the fine sponsorship provided by Nestles, Old Country Buffet, the Court Jester, and other corporate members of our community who assumed prominent roles in supporting the 19th annual St. Paddy's Day Race. Special Olympics is one of the beneficiaries of this well-managed race. Race timing and scoring utilized the electronic chips/transponders for the first time in Tighe Park.

It was a sunny day with mild temperatures in the 50s, producing fast times as many of the state's best runners competed. The overall 10-mile winner was Ben Reynolds from Chatham, New Jersey in a time of 51:01. Sarah Muhlbradt from Piermont, New York was the female winner in 1:04:23. In the 5-K, Ken Shatzer from Middletown, New Jersey won in 17:31, with our own Cody O'Flaherty (17:41) close in third. Barbara Brennen was the female winner with a time of 19:59. A new race photographer, Tiger Paw, was on hand to better focus on the events.

Afterwards, the thousand runners and racewalkers celebrated with their families and friends at the post-race party at the park. Featured were all-you can eat hot dogs from Old Country Buffet. The race was already ranked #1 on noted critic Rob McGill's list of top beer races. It certainly appeared that everyone was having a good time during the exposition, awarding of prizes, camaraderie, and abundant refreshments!

This year's USATF-NJ 10-Mile Championship & Leprechaun 5-K were huge successes. In '09, St. Paddy's Races will be on 3/15. See complete race results with photographs [on web-site](#).



10 Mi winner: Ben 10 Mi 2nd: Hector 5K women's winner: Barbara

Top 5 Masters

1. Ben Reynolds	51:01
2. Paul Buccino	56:47
3. Joe Donohue	58:48
4. Christopher Blume	59:17
5. John Sabatino	59:25

Top 5 Woman Masters

1. Misa Tamura	1:04:52
2. Jill Everts	1:07:14
3. Rebecca Testa	1:07:14
4. Marybeth Christian	1:07:43
5. Carlene Messinger	1:08:07

Top 6 Male Race walkers

1. Ron Salvio	1:47:31
2. Ben Ottmer	1:55:16
3. John Molendyk	2:06:52
4. Roy Moskowitz	2:15:05
5. Eliot Collins	2:20:05
6. Elliott Denman	2:21:35

Top 6 Male Clydesdales

1. John Kennedy	1:09:58
2. Alex Suarez	1:11:54
3. Kevin Hill	1:15:35
4. Alec Savitsky	1:16:30
5. Eric Davis	1:18:57
6. Matt Sodano	1:19:46

Top Female Racewalker

1. Maria Paul	1:50:45
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Top 1 Female Clydesdame

1. Diane Cismowsk	1:28:49
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Top 10 Male FARC Members Top 10 Female FARC Members

1. Bill Winterbottom	1:04:18	1. Liz Wenslauskas	1:17:12
2. William Aromando	1:10:11	2. Mackenzie Roche	1:20:56
3. Steven Kellner	1:12:26	3. Helene Scarnegi	1:23:56
4. Marc Bloom	1:13:52	4. Heather Fitzgerald	1:26:15
5. Steve Kellner	1:16:56	5. Susan Kratz	1:29:28
6. John Behrens	1:14:17	6. Martha Lanko	1:30:56
7. Jason Haddock	1:15:05	7. Amy Pickett	1:33:41
8. Christophe Adamo	1:16:34	8. Lucinda Monica	1:36:24
9. Christophe Preyster	1:17:15	9. Donna Zeimer	1:42:42
10. Thomas Long	1:17:22	10. Denise Barry	1:49:39

Top 4 Male 5-K Finishers

1. Ken Shatzer	17:31
2. Mike Marullo	17:39
3. Cody O'Flaherty	17:41
4. Richard Orazem	18:27

Top 4 Female 5-K Finishers

1. Barbara Brennan	19:59
2. Caroline Kellner	20:49
3. Anne Kellner	20:49
4. Laura Kochenash	21:08

10 Mile Top 10 Overall

1. Ben Reynolds	51:01
2. Hector Rivera	51:42
3. Craig Segal	51:58
4. Terrance Armstrong	53:21
5. Pedro Espinosa	53:21
6. Elliott Frieder	53:33
7. Gerard Avila	54:09
8. Michael Dixon	54:41
9. Mike Anis	54:49
10. Austin Santillo	54:53

10 Mile Top 10 Women

1. Sarah Muhlbradt	1:04:23
2. Misa Tamura	1:04:52
3. Christine Arsego	1:06:17
4. Diane Ross	1:06:29
5. Jill Everts	1:07:14
6. Rebecca Testa	1:07:14
7. Marybeth Christian	1:07:43
8. Carlene Messinger	1:08:07
9. Jennifer Kirsch	1:08:10
10. Tara Zimliki	1:08:37

The traditional Wed. before St. Paddy's Day Races Club Meeting was at Tighe Park 3/26. The pre-meeting fun run took place as usual at 7:30 just as it was getting dark. Then the meeting started with a featured high-tech therapeutic equipment demonstration by familiar local chiropractor Peter Joffe. After questions and answers between interested FARC members and the doctor, the main business of our meeting began as members all helped by stuffing race packets while walking approximately 1,000 laps around a block of several tables (the *FARC Do-Si-Do*); *the end result being ~1,000 goody bags ready to distribute to runners on race day Sunday.* Attendees enjoyed solid and liquid refreshments *just as Isabel tells me the Irish do best.* Everyone on hand got in the mood for the coming races.

START MOTHER'S DAY RIGHT !!
SEE ENTRY FORM INSIDE – MAY 11
10:00 AM JACK KUHNERT
SCHOLARSHIP FAST 5K at
FREEHOLD'S TIGHE PARK

Once again featuring one of the flattest, fastest 5-K courses and plentiful awards, this race offers sizable entry discounts to club members and local high school students. This year, the bigger & better Jack Kuhnert Scholarship 5 K Race takes to the road and bike trail once again at Tighe Park this time on Mother's Day Sunday, May 11, 2008. Sponsored this year by Saturn of Freehold, this fine race is the brainchild of Mr. Kuhnert's talented widow, Loretta Kuhnert, President of the Western Monmouth Chamber of Commerce. Mr. Kuhnert himself was known and loved by so many as long-time basketball coach in New York and New Jersey. One of his interesting credits was that he coached the great Kareem Abdul Jabbar (*then known as Lew Alcindor*) in the late mid-1960's at Power Memorial High School in Brooklyn, NY, before settling and taking the coaching job at Freehold for many years. FARC donates money to the Scholarship Fund to provide much needed scholarships to students graduating Freehold Boro and Freehold Township High Schools who would not otherwise have the money for higher education. Make sure to pre-enter before Tuesday, May 6.

SEE FLYER INSIDE - 26th Summer Series 5-K Races & Kids' Summer Nights Races are June 25– July 30, 2008 at Manalapan's Battlefield Park. Last Year, Runners' World Ran a Feature Article on Kids' Running and Named FARC's Summer Series Among the 3 Best Organized Kids' Race Series' Nationally. CNN gave it Coverage as only they can.

Sunday Group Runs, Marathon Training

FARC Sun. group runs are held at 8:00 AM at the usual location off Windeler Road on the south shore of the Manasquan Reservoir in Howell. 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 earlier, i.e.~7:00 AM to beat the heat. 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 racewalking, health walking, and flexibility. The distance you go is up to you!

Weekly Group Track Workouts- Freehold Boro H.S.

FARC Coach **Mike O'Flaherty's** (pictured in this issue) track workouts are held Fri. evenings at the High School at Robertsville Rd. & Rt.79. Improve your condition, speed, and finishing kick! All speeds & types of runners are welcome. Please call Mike or the hot-line (732.431.2627) to confirm starting times and details.



3 Speakers at 4/16 FARC Meeting Draw Dozens

Following the club's traditional 30-minute pre-meeting fun run starting and finishing from the Mike Tighe Park activity center, club meeting attendees partook in various refreshments, and then sat down in the activity center and were enlightened by two fascinating presentations: **First, Gabby Barrett** (profiled by LONG RUN in Jan. as a top female club runner as she runs ~19 minutes for the 5K) presented the benefits of cross-training for runners and weight training with pilates and more for athletes of all pursuits. Goals are to build strength, improve flexibility, and remain injury free as possible with the help of these helpful training techniques. Local marathoner **Alisa Hagenberg** demonstrated the exercises for everyone's benefit. At Gabby's gym, **AMERICAN WOMAN FITNESS CENTER** on Route 9 North in Freehold, you may see or participate in these various types of training and much more at any time. The meeting also featured the historic FARC library with many classic running books from over the years. [Please bring me up-to-date and put them all on line, Jim!] The meeting's second presenters were local running shoe store proprietors Mike Chirico (the graduate of Marlboro returns to western Monmouth) and Christine Clifton, both extremely knowledgeable about shoes and running gear, and intimately involved with the shore running community with their Long Branch *Shore Runner* store at Pier Village. To the delight of many in western Monmouth, in May this duo plans to open a new **SHORE RUNNER** store at routes 9 north & 18, at the Texas Road Shoppes at Old Bridge. They would like to lead local training runs, and have a more visible and active presence at our FARC events. Christine is a top local runner, herself, competing in team (sometimes with Gabby B.) and individual competitions. (1) Gabby's gym and (2) Mike & Christine's store will keep the Route 9 corridor *hopping*.

FARC Discounts at Area Running Stores

Say you're a FARC member - you will get at least a 10% discount from these local running shoe & apparel stores:

- 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)
- Runner's High on Route 27 up in Metuchen, Middlesex County, NJ.(732.549.9440)
- **OPENING SOON** (early May 2008): Shore Runner at 3889 US Highway 9 (northbound, a.k.a. Highways 9 & 18) at Shoppes at Old Bridge.

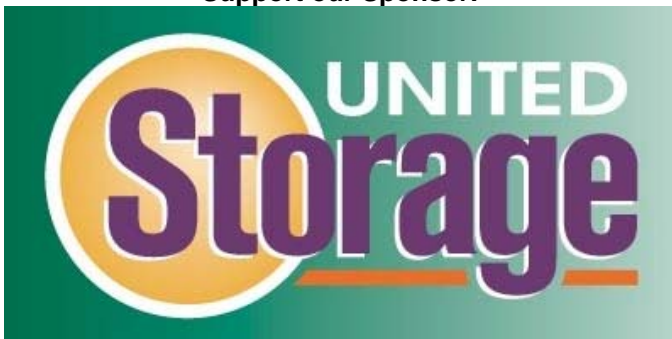
Good shopping & look for club cards in the near future.

MATTHEW STUPER SCHOLARSHIP NIGHT! **NOTED OLYMPIAN WILL BE GUEST SPEAKER** **8 PM Club Meeting May 15 after 7:30 fun run** **Numerous Excellent Club** **Member Awardees Will Receive** **Scholarships based on their** **Running / Athleticism,** **Academics, & Club Participation**

This traditional May Freehold Area Running Club Meeting is always a meeting to remember - a favorite every year drawing local coaches, families, and running enthusiasts of all ages. Past Matthew J. Stuper Scholarship winners have included such Regional and National Class Athlete / Scholars as Matt Forys, Ashley Higginson, and many many more great young men and women who we have in many cases watched grow and progress from early childhood.

FARC Member, Olympic Race Walker, Long-Time Sports Writer at the Asbury Park Press, Director of many competitive Track Meets, Regular Emcee at Shore Athletic Club Banquets and Festivities, Common Sight at local races and on our roads, Locally and Nationally Renowned Communicator, Mr. Elliott Denman will be the Guest Speaker at our Scholarship night meeting, The meeting also features the return of FARC's mobile runner's library.

Support our Sponsor:



3464 Route 9 South, Freehold, New Jersey 07728

www.unitedstorallcenters.com

Or feel free to call 732-761-8420 feel free to call Jim Gilbert, the Manager of United Storage

To Run With Other Members at Different Days & Times

If you want to run with FARC members at other days & times, please communicate with them using our website.



PICNIC AT MONMOUTH PARK

Stay tuned for more info. for Sun. 8/24 date, on the rail!

Monmouth Park, Here we come...So you think *our club* has some *fast "horses"*? Long-time Club board member and Former FARC President Linda Hyer is planning another great and fun club outing for our lucky members and their families at Monmouth Park on Sunday August 24. Sign-up flyers will be available at the May 14th club meeting and on the website. Stay tuned for more information from Linda.

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 in advance!

RE: St. Paddy's Day Races

Isabel & Company,1

Thank you so very much for issuing the bib #420. It meant so much to me & my Dad (who was there), and I think it brought me luck:)

I haven't been around in some time (like, 8 years) but some things never change. I know I can always count on FARC to put on a great event, with the BEST shirts, good food, and good people.
Thanks again!

Barbara Jean Brennan

RE: Born to Run Race

Freehold Area Running Club

Dear Mr. Robert Hyer,
On behalf of the Board of Trustees please accept our thanks to the members of the running club for the donation of \$3,000 which you presented at our meeting Thursday evening. It will greatly aid us in our mission of serving those in need in our community through our food pantry and through our advocacy, scholarship, and lunch programs
Sincerely Yours,

Sharon Moffitt
Corresponding Secretary
Freehold OPEN DOOR, Inc.
P.O. Box 1073, Freehold, NJ 07728 732-780-1089

Our Dear Friend Janet,
We regret to report that our club member and perpetual *super-volunteer* Janet Bergum lost her dear Mother last month. Condolences go out to Janet and her Family, on the passing of her Mother.
Sincerely,
the FARC family

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!

PHILADELPHIA, Pennsylvania (CNN) -- At 5 a.m. on any given day, Anne Mahlum could be found running the dark streets of Philadelphia -- with homeless men cheering her on as she passed their shelter. But one morning last spring, she stopped in her tracks.



"Running really is a metaphor for life," Anne Mahlum says. "You just have to take it one step at a time."

"Why am I running past these guys?" recalls Mahlum, 27. "I'm moving my life forward every day -- and these guys are standing in the same spot."

Instead of continuing to pass them by, the veteran marathoner sprang into action so they could join her.

She contacted the shelter, got donations of running gear, and in July 2007 the "Back On My Feet" running club hit the streets.

The first day, Mahlum led nine shelter residents in a mile-long run. Today, Back on My Feet has teams in three Philadelphia shelters, including 54 homeless members and more than 250 volunteers. The group has logged more than 5,000 miles. Requirements for shelter residents to join are simple -- they must live in an affiliated facility and be clean and sober for 30 days. Members receive new shoes and running clothes, and teams run together three times a week between 5:30 and 6 a.m.


The runners are diverse -- doctors, janitors, students and shelter residents -- but such distinctions aren't apparent. "All you can tell is who's the fastest," says Mahlum. "You can't tell who's homeless and who's not."


For Mahlum and others, Back On My Feet is more than a running club.

"We're a community of support, love, respect," she says.  **Watch how the group hits the predawn streets of Philadelphia. »**

Runners greet each other with hugs and words of encouragement. While members say they've lost weight, quit smoking and have more energy, Mahlum believes they're also learning important life skills such as discipline and goal-setting that can help them get on the road to self-sufficiency. "Running really is a metaphor for life," she says. "There is always another mile. You just have to take it one step at a time."

That's something Mahlum herself has learned over the past 10 years as she's dealt with her father's alcoholism. Running has been her therapy, she says.

"I'm learning more about my life through all of this."  **Watch Mahlum recall a troubling moment when she turned to running. »**
Don't Miss in Depth: CNN Heroes, Get Involved: Back On My Feet
Back On My Feet also has a job training program for a partner. Three members are taking classes, learning computer and interview skills, while three others have found jobs.

Mike Solomon, an original member, is one of the group's success stories. A former crack user who spent his youth in and out of trouble on the streets of Wilmington, Delaware, Solomon is employed, in school and training to run a marathon in his hometown. He considers Back on My Feet part of his support group.  **Watch Solomon describe how he got off crack and on the run. »**
"Anne is helping people see the hero in themselves," says Solomon.

Mahlum aims to have Back On My Feet in 10 local shelters by the end of the year and expand beyond Philadelphia in 2009. She believes her approach could be part of a solution to homelessness.

"Do we need homes? Yes. We need jobs? Yes," she says.
"But imagine if you didn't have anybody in your life who said,
'I'm really proud of you.' Back On My Feet does just that."

[Editor's Note: Long-distance running enhances creativity, courage, and persistence. It appears Anne M. has a good dose of each, and the goodness to impart these qualities to the less-motivated! I am happy to see our good friends at CNN have found a running-related cause they researched and reported forthrightly...Whatever it takes, our sport needs all the help we can get in this post-running boom era]

Lecture on Knee Issues

Dr Cozzarelli will be giving a lecture regarding knee issues in runners on 6/12 at 7:00PM at Centrastate.

Runner's Forum

Most Scenic courses (except for # 1, random order)

From Robert McGill *Noted Runner & Race Critic*
(*"NLE"* means: *no longer exists*)

1. Truskey Memorial 10k,5k (Tuscarora State Pk., near Tamaqua, PA)
2. Run for Cookies 10k (Berwick, PA) *Ed. Note - I heard don't rank races when hungry*
3. Race Street Run 15k & 4 miler (Jim Thorpe, PA)
4. Steamtown Marathon (Forest City, PA to Scranton, PA)
5. Oley 10 miler (Oley, PA)
6. Bucks County Road Runners Winter Series (Tyler State Park, Newtown, PA) distances vary from a 5k to a half marathon
7. South Mountain 10 miler (Bethlehem, PA)
8. 15k Mountain Challenge at Great Gorge (Vernon, NJ) NLE
9. Hacklebarney Hill Climb 15k Pottersville, NJ, NLE
10. Midland 15k (Far Hills, NJ) NLE
11. Stillwater Stampede 5k (Stillwater, NJ)
12. High Point Easter 5k (Wantage, NJ) race was moved (and name changed) to a less scenic area
13. Beach Blast 5k (Stillwater, NJ)
14. Christmas in August 5k (Stillwater, NJ)
15. 9 to 5 relay race (Lodestar Park in Fredon, NJ)
16. Fredon Firefighters Pancake Run 4.4 miler NLE
17. The Tri State Classic 10k (starts in Montague, NJ runs thru NY State and finishes in Matamoras, PA)
18. Nike Bunker Loop 5k (Atlantic Highlands, NJ)
19. Charlie Horse Half marathon, near Reading, Pa
20. Half-Wit, Half Marathon, near Reading, Pa
21. Ugly Mudder 7.25 miler, near Reading, Pa
22. Double Trouble 15k & 30k, French Creek St.Pk, near Reading, PA
23. Mount Penn Mudfest 15k, near Reading, Pa
24. Tewksbury miler (Tewksbury, NJ)
25. Raising Hope 5 miler (Readington, NJ), NLE
26. Shepard's Lake 5k (Ringwood, NJ)
27. Sparta 8 miler around Lake Mohawk (Sparta, NJ)
28. Sparta Frostbite Trail & Road 5k more or less (Sparta, NJ)
29. Miles for Matheny 5k (Peapack-Gladstone, NJ)
30. Our House 5 miler (Summit, NJ)
31. Mountain Top 10k (Warren, NJ)
32. 12 miler at Allamuchy Mountain (border of Warren, Morris and Sussex counties, NJ) NLE
33. Tinsel 5 miler (Toms River, NJ)
34. Cherry Blossom 10k (Newark, NJ)
35. Delaware Water Gap 5k night races

Top Beer Races by Rob McGill (-Edited by Editor)

1. Freehold St. Paddy's 10 miler & 5k (*once again!*)
 2. Fallen Heroes 5k (Elizabeth, NJ in September)
 3. President's Cup 5k (Millburn, NJ in June)
 4. Raritan Valley Road Runners Summer Series 5k
 5. A 5 miler in Readington, NJ in August
- tie. Freehold Area Running Clubs Born to Run 5miler (-Ed)*

Top Recent Food Race(s) by Newsletter Editor

1. Freehold St. Paddy's 10 miler & 5k (all the delicious hot dogs you can eat, and much, much more...maybe there were even some lucky charms in there)- Many Kudos to the expertise and hard working crew of Roberta and Manny Eisner, and Bev and Joel Stern and all those who worked with them.

1. FARC Winter Series – Delicious hot chicken soup, & tons of delicious Carbohydrate-rich energy foods!

1. Freehold Summer Series – All the Refreshing Popsicles you can eat.

FARC Welcomes New Members in the past month!

Eric Davis

Jean Martin

Darren Weisenstein

Erik Nolte

Dori Sabik

FARC tries to do our best to retain existing members (as we have for 25+ *fast, racing* years). To avoid delay in receiving your hard copy & electronic newsletters & FARC FLASH, please renew your membership if label on back says it is due. Please tell us how we can serve you better! Thanks. See renewal application form on web-site.

Kudos & Congratulations

To members for your fine running accomplishments. Please forward them, along with Du-, & Tri-athlon, Race-walk, & other accomplishments so as to share the news!

Member Race Results

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

Ralph Garfield (70<age<74):

Worlds Indoor Masters Track and Field championships at Clermont-Ferrand (France)

8k Cross Country - 39.51

3k Indoor - 13.35

Half Marathon - 1:52:57.

And Back in the States:

St Paddys Day 10 Mile -1:17:49(2nd 70-75).

Newark Classic 20K -1:40:35(1st 70-74)

Ocean Running Club 4 mile - 29:24(1st 70-79)

Marc Bloom (age 61):

USATF NJ Masters indoor 60-64 1500-meter title - 5:28

Erica Weitz (age 19):

Clermont, FL 4/19/08. Spring/Outdoor Track 5 K (19:04)

Miami, FL 4/12/08. University of Miami 3K Steeplechase (12:11)

(1st in 10+ school meet, again competing for Univ. of Central FL)



Members: Please send results & photos to FARC

FARC Member Profile: Mackenzie Roche!



The second place finisher in 1:20:56 at FARC's recent 19th annual St. Paddy's 10-miler was 16-year old Freehold Borough High School star, Mackenzie Roche. And the 10-mile workout for early-season mileage on Sun. Mar. 30 was just the start of an amazing week for this budding distance star, who then accomplished more feats with her fleet feet as follows:

- Winning the 800 & 1600 meter (formerly known as the *half-mile & mile*) in a dual meet vs. Neptune H.S. on Wed., 4/2
- 800 (a blazing 2:27 at the Howell Rebel Relays Frosh./Soph. meet on Fri., Apr. 4, approaching her best indoor time, anchoring the Boro.'s sprint medley relay team to an amazing victory in which she received the baton in 4th place and proceeded to pass every girl in front of her, all arguably the best half-milers on their respective teams. Then she still had enough left to run a fine 5:33 mile on her distance medley relay team, placing the team in second.

All in a week's work! On the scholastic front as you can see, Mackenzie is already running District-, County-, and Conference-class times as a sophomore. One of the FRHS District's top runners, she is mentored by some of the finer area coaches: FARC's award-winning Mike O'Flaherty (Sr.) and nationally-recognized Jim Schlentz whose summer X-C camp in Pennsylvania draws the elite among distance runners.

Our featured athlete is the oldest of three in Father Kevin and Mother Cheryl's athletic family of skiers, surfers, soccer players, skateboarders, baseball players, track athletes and more. Mackenzie follows in the running footsteps of her Mom, Cheryl, who ran all three seasons while in high school, including the 800 meters, and who *several year's back* at Carteret High School, led her Cross-Country team to a conference championship. Cheryl had the privilege of competing in cross-country against still-state record holder Janet Smith (check the record books). She would be a fine candidate for Walter Rutsky's FARC X-C team! But, back to daughter, Mackenzie, who is already well under 21 minutes on the formidable Holmdel 5 K X-C course. And the legacy doesn't stop with Mackenzie (who is now in 5th year of running outdoor track since starting at Freehold Intermediate School while also a gymnast), as sister Kendall now 12 ½ has switched from softball to track and field and has already thrown 23' in the shot put in middle school! Mackenzie was faced last year with the difficult decision of whether to try out for soccer or X-C in high school. As most of you know, Freehold girls soccer is synonymous with *State Champions*, but Mackenzie has chosen a different path to excel. Our featured runner

of this issue is definitely on pace to attend a quality Division I college, but she is not even half-way through high school to date, so we can enjoy charting the progress of this rising star and only hope that she and her family continue their involvement with the Freehold Area Running Club. She ran in the Winter Series at Tighe Park. We'll also be interested to see which direction 6-year old brother, Keegan, goes in his future athletic interests which already include skiing, surfing, soccer, and tee ball. The family, led by Kevin, enjoys snow skiing, boating, and traveling together, and all worked on the St. Paddy's Day course where they could also cheer for Mackenzie. In the summer, Mackenzie trains on her own at the Jersey Shore and works a summer job. The rest of her day is spent at the beach, mostly in the water. This summer she will be joining a group of Freehold students, The Freehold Classics Society (as they call themselves) on a two week educational tour of Italy and Greece.

Mackenzie is refreshingly laid-back in her attitude about competitive running, taking it *in stride* if she has a *bad day*. She would like to run for a university one day. Someday, she may want to coach. But that is a long way off. For now, she is simply looking for a summer job at or near the Jersey shore.

[Editor: Mackenzie certainly has the family support, coaching, talent, and determination to take her far! We'll enjoy *following* her progress in future!]

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 our webmaster at webmaster@farcnj.com.

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.

2008 Freehold Area Running Club Exec. Bd.



Pres. VP(&coach) Vice Pres. Sec.(&webmaster) Treasurer
John Weitz Mike O'Flaherty Maggie Freeman Jim Bergum J.Chris Davis



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 for more details.)

APR 08

- 04/26 Lake Como Bar A, Lake Como, NJ 5 K 10:00 AM
- 04/26 Country Roads Cream Ridge Winery, NJ 5 K 9:00 AM
609-689-0136 x143
- 04/26 Draft Day Practice Bubble Giant Stad., NJ 5K 8:30 AM
- 04/27 Colt Trail CBA, Lincroft, NJ 5 K 10:00 AM
- 04/27 Donna Lane Thompson Park, Lincroft, NJ 5 K 9:00 AM
732-975-9735

MAY 08

- 05/04 A.J. Bruder Memorial Rumson, NJ 5 M 9:30 AM
- 05/04 New Jersey Marathon Long Branch, NJ 26.2 M 13.1 M
7:30 AM
- 05/04 Broad Street Run Philadelphia, PA 10 M 8:30 AM
- 05/10 Bud Fifield Memorial Burlington County College, NJ 5 K
9:30 AM
- 05/10 Beach PTA Monmouth Beach, NJ 3 M 9:00 AM
- 05/10 D.A.R.E. Veterans Park, Bayville, NJ 5 K 9:30 AM
- 05/11 Jack Kuhnert Michael Tighe Park, Freehold, NJ
(Mother's Day) 5 K 10:00 AM 732-431-2627**
- 05/11 Morris Mauler Lewis Morris Park, Morris Twp, NJ 5 K
10:00 AM
- 05/17 Spring into Summer Middletown, NJ 5 K 8:30 AM
- 05/17 Bay Head Bay Head, NJ 5 K 8:30 AM
- 05/17 Breakneck for FAS Sewell, NJ 5 M 9:00 AM
- 05/18 Bahr's Landing Highlands, NJ 5 M 9:00 AM 732-872-
1245
- 05/18 Michael Thorne Franklin Park, West Long Branch, NJ 4
M 9:00 AM

- 05/18 Delaware Marathon Wilmington, DE 26.2 M 7:00 AM
- 05/31 Avon, Avon, NJ 5 K 8:30 AM 732-502-4519
- 05/31 Ocean Medical Center Brick, NJ 5 K 8:30 AM

**05/31 Blue Jay Race, Location: Turkey Swamp Park,
Freehold, NJ 5K 10:00 AM**

JUN 08

- 06/14 Sgt Nutter Sea Girt, NJ 5 K 10:00 AM
- 06/25 FARC Summer Series 5 K & Kids Summer Nights, Battlefield
Park, Manalapan, NJ 6:00 PM**
- 06/28 Save Barnegat Bay Lavallette, NJ 8 K 8:30 AM

JUL 08

- 07/02 FARC Summer Series 5 K & Kids Summer Nights, Battlefield
Park, Manalapan, NJ 6:00 PM**
- 07/09 FARC Summer Series 5 K & Kids Summer Nights, Battlefield
Park, Manalapan, NJ 6:00 PM**
- 07/16 FARC Summer Series 5 K & Kids Summer Nights, Battlefield
Park, Manalapan, NJ 6:00 PM**
- 07/23 FARC Summer Series 5 K & Kids Summer Nights, Battlefield
Park, Manalapan, NJ 6:00 PM**
- 07/30 FARC Summer Series 5 K & Kids Summer Nights, Battlefield
Park, Manalapan, NJ 6:00 PM**

SEP 08

- 09/21 Distance Run Philadelphia, PA 13.1 M 7:45 AM

OCT 08

- 10/11 Baltimore Marathon Baltimore, ME 26.2, M, 13.1 M

NOV 08

**11/28 Born to Run Race, Location: Routes 537 (Main
Street) and 522 (Broad Street), Runs through
beautiful Topanemus Park, Freehold, NJ 5 Miler
10:00 AM**

DEC 08

**12/08 Toys for Tots, Michael Tighe Park, Freehold, NJ
5 K 10:00 AM 732-431-2627**

FREEHOLD AREA RUNNING CLUB

Presents the 2nd Annual

Jack Kuhnert Memorial Scholarship 5K Race



Sunday, May 11th, 2008, 10:00AM

Michael Tighe Park, Georgia Road, Freehold Township

Fast, Flat Course Loops Through Tighe Park

**** All Proceeds Benefit the Jack Kuhnert Scholarship Fund ****

Distributed to Needy Students in Freehold Borough

And Freehold Township High Schools

Awards:

- Top Overall 3 Male & Female Finishers
- Top 3 in Age Groups - 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 & Up
- Top Overall Male & Female RaceWalkers
- Top 3 Clydesdales (200lbs+)

Registration:

- Pre-Registered: Post Marked by Tuesday, May 6
Shirt Guaranteed..... \$ 20.00
- Pre-Registered: Post Marked by Tuesday, May 6
FARC Members..... \$ 16.00
Freehold Borough or Freehold Township
HS Student..... \$10.00
- Post-Registration..... \$ 25.00

Make Check Payable To: Freehold Area Running Club
Mail To: FARC, P.O. Box 4, Manalapan, New Jersey 07726

Or Sign Up Pre-Reg \$20 on



Name: _____

Age: _____ Sex: _____

Address: _____

Circle One:

City: _____ State: _____

Run RaceWalk Clydesdale

Zip: _____ Phone #: _____

Shirt Size: S M L XL

Release: I, the undersigned, do hereby knowingly discharge and release: The Township of Freehold, Recreation Commission, their departments and employees, The Freehold Area Running Club, 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: _____

For information call the FARC Hotline 732-431-2627
or visit <http://www.farcnj.com/>



Clifton T. Barkalow PTO presents the

Blue Jay 5K run/walk



Saturday, May 31, 2008 - 10:00 AM -Turkey Swamp Park

Sponsored by: CentraState, Norkus Foodtown, Freehold Raceway Mall, Sportcraft Sodexho, Gutter Master, Rusterholz Woodworking, Odyssey Decks, Plastic Surgery Plus, Sam's Club
Managed by: The Freehold Area Running Club (FARC)

This inaugural event offers something for everyone, from the competitive racer, to the first-time runner, to the fitness walker. You will be treated to great race shirts, excellent awards, refreshments, a fast, flat course on scenic park roads, and a chance to win prizes!

Awards will be presented to the top 3 female and male finishers in these categories:					
Overall	6 th Grade	8 th Grade	20-29	40-49	60-69
Elementary	7 th Grade	15-19	30-39	50-59	70+

Directions:

- NJ Turnpike to Exit 7A to Interstate 195 east. Follow I-195 east. Follow I-195 to exit 22. Turn left onto Jackson Mills Rd. north. Follow Jackson Mills Rd. to Georgia Rd., turn left and follow 1.7 miles to main park entrance. Follow signs to Sandy Run Area.
- Garden State Parkway to Exit 98 to Interstate 195 west. I-195 west to Exit 22. Turn right onto Jackson Mills Rd. north; follow Jackson Mills Rd. to Georgia Rd.; turn left and follow 1.7 miles to main park entrance. Follow signs to Sandy Run Area.
- State Hwy. 9 to route 524 west. Follow 524 west to Georgia Rd., turn left and follow Georgia Rd. 1.7 miles to main entrance.

Registration – Blue Jay 5K

- Entry Fee \$20.00 before May 21, 2008
- Students (18 & under) \$15.00 before May 21, 2008
- Post registration*(shirt not guaranteed) \$25.00 after May 21, 2008

*Registration starts at 8:30 AM on race day

RETURN WITH CHECK MADE OUT TO: CTB PTO

to Barkalow School PTO, 498 Stillwells Corner Rd. Freehold, NJ 07728 c/o BJ5K

Shirt size: (circle) S M L XL (Adult sizes)

Name _____ Age/Grade _____ Sex (circle): M or F

Address _____ City _____ State _____ Zip _____

Phone number _____ email address _____

RELEASE

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to falls, contact with other participants, the effect of the weather, including low or high temperatures and/or humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, myself and anyone entitled to act on my behalf waive and release the Freehold Township School District, Clifton T Barkalow PTO, its Officers, Members and race volunteers, the Township of Freehold and its Departments and employees, FARC, RRCA, any and all sponsors, their representatives, 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 of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature _____ Date _____

Signature of Parent/Guardian(if under 18) _____

For more information, training tips and motivation: <http://clifontbarkalow.freeholdtwp.nj.k12us.com/JCaputo>



Presents 15th Annual

KIDS' SUMMER NIGHTS RUNNING SERIES

June 18, 2008 – July 30, 2008

Registration starts at 5:30 p. m.

Races start at 6:00 p. m.

AT BATTLEFIELD STATE PARK, MANALAPAN, N. J.

Sponsored by:

PAULINES HEALTH FOOD STORES in Manalapan & Freehold

25 YARD "TODDLER TROT".....18 MONTHS TO 3 YEARS

50 YARD DASH.....4 YEARS & UP

MONMOUTH BATTLEFIELD "100 YARD CHARGE"5 YEARS & UP

HALF MILE RACE AND THE ONE MILE RACE

Ribbons and ICE POPS TO ALL FINISHERS

T-Shirts and TROPHIES TO KIDS WHO PRE ENTER FOR SERIES (Presented at end of Series)

FEE: \$2.00 PER RACE OR ALL SEVEN WEEKS FOR \$12.00

NAMES: _____ **AGE:** _____ **Shirt Size:** _____ **Race: Kids 1/2 Mile or Mile**
SML

(Circle one)

RACE DATES: _____ **On Site Registration Only**

JUNE 18 _____ **JUNE 25** _____ **JULY 02** _____ **JULY 09** _____ **JULY 16** _____

JULY 23 _____ **JULY 30** _____ **ALL SEVEN RACES** _____ **check one**

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 races 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 risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership of anyone and myself entitled to act on my behalf, waiver and release the Road Runners Club of America, the Freehold Area Running Club of New Jersey and all sponsors, their representatives successors from all claims or 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 named 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 Freehold Area Running Club Member.

PARENTS SIGNATURE: _____



The 26th Annual
Wednesday Night

SUMMER 5K RACE SERIES

June 18, 2008 – July 30, 2008 5K - 6:45 P.M.

Registration starts at 5:45 p.m.

BATTLEFIELD STATE PARK, OLD RT. 33, MANALAPAN, N. J.

Come run the historic Battle of Monmouth State Park, Mile Splits, Mile Fun Run, Kids Races, and refreshments for all finishers.

- Awards to the Overall Finishers Overall Age Group Finishers in Numerous Age Groups
- Overall Race Walk Finishers No Duplicate Awards

On Site Registration Only

FEE: \$3.00 PER RACE FOR FARC MEMBERS, \$5.00 FOR OTHERS AND \$1.00 for STUDENTS

RACE DATES: Every Wednesday night for the following dates;

JUNE 18 JUNE 25 JULY 02 JULY 09 JULY 16 JULY 23 JULY 30

RACE TIME: 5K Starts at 6:45 p.m.

Come join FARC for a Summer of Fun, Running and Walking.

26 years of Great Running

Visit our Website: www.farcnj.com for results and club information

FARC Picnic at Monmouth Park



GET UP CLOSE AND PERSONAL WHILE PICNICKING ALONG THE RAIL!
Grandstand Picnic Area with picnic tables, umbrellas, and Fun Fun Fun!

When: Sunday, August 24th (Rain or Shine)

Where: Monmouth Park: 175 Oceanport Avenue, Oceanport, NJ
Front Rail Reserved Grandstand Picnic Area

Time: Gates open at 11:30 am / First race starts at 12:50 pm

Price: Members: \$10.00 until July 26th or \$15.00 by August 16th
Non-members: \$15.00 until July 26th or \$20.00 by August 16th

This includes:

- Grandstand Admission
- Official Track Program with Pen
- Family Fun Day activities
- Unending Hot/Cold Entrees, Beer, Wine, and Soda

Mail Tear-off to: FARC c/o Hyer, 43 Heron Dr, Marlboro, NJ 07746

Name: _____

FARC members: _____ **# Non-FARC members** _____

Amount enclosed: \$ _____