



THE LONG RUN

An Official Publication of:

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



Website: www.farcnj.com
VOL. 27 NO. 3 (June 2009)

E-mail: webmaster@farcnj.com
(also see e-mailed monthly *FARC Flash*)

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

2009 Freehold Area Running Club Officers:



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26th Annual Winter 5-K Race Series

Community Benefit: Thanks to our Sponsors – Manhattan Bagel, Dunkin Donuts, Shore Runner, Centra-State Fitness Center, and the Freehold Township Parks & Recreation Dept. - and our Loyal Volunteers. Race Directors **Walter Rutsky** and **Isabel Meldrum** have been at the helm of the Winter Series for a decade.

This year, a record 1,038 runners took part in the 5-part series, along with dedicated volunteers and generous sponsors. WEEK #1: The weather cooperated beautifully on January 4th. (Rob Dennis (16:44, by 2 seconds over Pedro Espinoza) and **Gabby Barrett** (20:53, by 0:20 over Monica Sanchez) were male and female winners. **[FARC RESULTS with all runners and complete photos are on www.farcnj.com]** On January 11 (WEEK #2), the footing of thin ice (*no bike path*) portended the *razor thin margins* of victory for male Pedro Espinoza (18:04, 3/10 of a second ahead of Rob Dennis) and female winner Natalie Ocasia (21:36, one second ahead of FARC's **Gabby Barrett**). Then on 1/18/09 (WEEK #3), a bit of snow again diverted racers from the bike path to the road, as Rob Dennis (16:20) and Brittany Hinton (20:31) were male and female winners by 45 & 50 seconds, respectively. By 1/25/09 (WEEK #4), better footing though bitter weather meant return to the bike trail and less crowded racing for the approximately 200-strong field. The winning times were excellent as Rob Dennis (16:17, without being pushed was only 47 seconds off former Stuper Scholarship winner Matt Forys' course record) and Karen Charles (19:17, was a mere 11 seconds from former Scholarship winner **Erica Weitz**' 19:06 run at the '08 Toys for Tots race. At the Series Final on 2/1/09 (WEEK #5), nearly a minute of silence at the start for Bill Meldrum.....then

Rob Dennis (16:27) and Brittany Hinton (20:26) were winners in the season's grand finale.

26th Annual AWARDS Banquet 2/7/09

The Annual Awards Banquet took place at Saint Clements on February 7, 2009, complete with Buffet, Door Prizes, Dancing, Awards (listed immediately below), and a Beer and Wine open bar! Pam Spadola coordinated the event and all seemed to enjoy the festivities. Banquet photos are always on the web-site.

2008 FARC Awardees

Fran Kugelmas	<i>Newcomer/Ed Robbins Memorial Award</i>
Jim Jensen	<i>Don Deneck Memorial Award</i>
Isabel Meldrum	<i>Don Spadola Mem. Award (Vol. of Year)</i>
Diana Burton	<i>Female Masters Runner of the Year</i>
Cody O'Flaherty	<i>FARC Runner of the Year</i>
Harry Papirman	<i>Male Masters Runner of the Year</i>
John Fredericks	<i>Race walker of the Year</i>
Katie Kellner	<i>Female Scholastic Runner of the Year</i>
Ryan Spadola	<i>Male Scholastic Runner of the Year</i>
Tom Wendel	<i>Officers' Award</i>
Dolores Papirman	<i>Comeback Athlete of the Year Award</i>
Marcia Shapiro	<i>Presidents' Award</i>
Avram Shapiro	<i>Presidents' Award</i>
Nestle	<i>Excellence Award (representative: Joe Anderson)</i>
Pat Coyne	<i>RRCA Volunteer of the Year</i>
Tabetha Davis	<i>RRCA Volunteer of the Year</i>
Ron Salvio	<i>RRCA Volunteer of the Year</i>
Maggie Freeman	<i>FARC Foyer of Distinction</i>



20th Annual St. Paddy's Day 10-Mile & 15th Annual Leprechaun 5-Kilometer Races (3/22/09)

Sponsored by Nestle Beverage Co., FARC's St. Paddy's 10-mile race (504 finishers) and Leprechaun 5K (277 finishers) took place at Michael Tighe Park on Sunday, March 22. This day was, coincidentally, dedicated Race Director Isabel's birthday and the calendar says it was 2 days after the vernal equinox. The weather was conducive to running: clear, calm, with mild temperatures, described as perfect by former William and Mary University Steeplechase star, Rob Dennis, 23 of Little Silver, NJ. Dennis was the winner of the 10-mile loop course that started on the access road of the Park, went to the park entrance, then turned left onto adjacent, macadam streets and returned to the park to finish the race in 54 minutes and 56 seconds, ahead of Pedro

Espinoza (25), 55:56 and Luciano DeOliveira (30), 57:33. Dennis reportedly traded off the lead with Pedro Espinoza until about mile 6.5, then he made a strong move and pushed to stay out in front until the finish. Rob described the 10-mile course as great with variety: "very scenic, not too hilly but not too flat." The first woman was Farmingdale's Briana Jackucewicz, 18, senior at Colts Neck High School, who finished in a respectable time of 1:03:05 (19th place overall). Second and third women were Bronwyn O'Leary (33) at 1:04:21 and Karen Charles (36) at 1:04:43. First in the Racewalk were Ron Salvio, 1:48:21 and Maria Paul, 1:56:14. Matthew Nelson, 15, of Barnegat was the Leprechaun 5K overall champion that began 15 minutes after the 10-miler and was also run on the same course, but shorted to the 3.107 mile distance, at a time of 17:26. Barbara Brennan, 45, of Little Egg Harbor was the women's champion at 20:19.

UPCOMING !

**27th Annual Summer Series 6:45 PM &
Kids Summer Nights Races 6 PM
DATES: 6/24, 7/1, 7/8, 7/15, 7/22,&7/29**

**PLAN TO BE AT 2009 FREEHOLD AREA
RUNNING CLUB'S 27th ANNUAL SUMMER
RACE SERIES AT SCENIC AND HISTORIC
MONMOUTH BATTLEFIELD STATE PARK,
ON ROUTE 33 in MANALAPAN; SEE
COMPLETE INFO. IN BACK OF THIS ISSUE,
OR ON WEB-SITE: FARCNJ.com**

COURSE: is Combined Park Road, Trail,
and Cross Country, Certified 5K Course
Within the Park (same as last year)

Weekly *Wed.6:00 PM Track Workout!

**PLAN TO BE AT FREEHOLD AREA
RUNNING CLUB'S WORKOUTS AT
FREEHOLD BORO HIGH SCHOOL TRACK
AT ROBERTSVILLE ROAD AND ROUTE 79.
FREE WORKOUTS LED BY EXPERIENCED
LOCAL COACH MIKE O'FLAHERTY – TO
GET YOU IN RACING CONDITION - HELD
RAIN OR SHINE (BARRING THUNDERSTORMS)**

***for JUNE/JULY-call Mike for alternate schedule**

Weekly Sunday 8:00AM Runs at the 5-Mile Loop at Manasquan Reservoir!

Go as far as you want. Enjoy Camaraderie &
Encouragement of Other Runners & Walkers.

Weekly Sat.8:00AM Race Walks at the 5-Mile Loop at Manasquan Reservoir!

Racewalk training with Ben. Go as far as you
want. Enjoy Camaraderie of Other Walkers.



**Club Picnic @ Monmouth Park:
Sunday July 26th (Rain or Shine)
Mark your calendar!**



\$ 10 Members \$15 Non-members
Registration Flyer Attached - A Good time,
Picnic along the rail; lots of good food,
drink, & desserts is enjoyed each year by
those in attendance! Organized by Linda
Hyer and her hard-working committee! Too
much fun to pass on this. Some actually
win money betting on the horses! Let's
show our support, have some fun and if
you are willing to try: even a chance to win!



**FARC entered a 5-man team of runners in
the Jersey Shore Marathon Relay in April.**
Jim Pate, Jim Bergum, Bob Kucharski, Joe
Aznar, and Jim Jensen represented FARC in
the club category at the Jersey Shore Relay for
Special Olympics starting in Seaside Heights
and ending in Asbury Park. There were the 8th
club team with a time of 3:46:09. See photos
in the May FARC Flash or on the website.

**REMEMBER TO WEAR YOUR GOOD-
LOOKING FARC WEAR AT RACES**

**Also, for Information Call 732-431-
2627, Visit www.farcnj.com or look
further back in this Long Run issue**

2009 Matthew Stuper Scholarship Awardees



Jason Weiner Kaitlin Kellner Allyson Moskal Ryan Spadola Melissa Provost

Five speedy local scholar athletes from fine FARC families were recognized with generous Matthew Stuper scholarship awards at our annual May Scholarship / General Membership meeting, after a 3mile loop fun run from Tighe Park at 7:30 PM. FARC's one of a kind scholarship program is named in memory of Matthew John Stuper, the son of long time Race Walker, Race Director, Race Official and Volunteer, Ms. Isabel Meldrum.



The scholarships help these fine young people continue to pursue their studies and athletics at college. Local member, competitive runner, coach and world-renowned author Marc Bloom was the club's guest speaker and gave the talk at the meeting, following the scholarship presentations. Appropriately, Marc has just published his latest running book on: "Young Runners, The Complete Guide to Healthy Running for Kids from 5 to 18". (available from the club and at bookstores near you. After the scholarship presentations, Marc entertained the crowd with various topics contained in his new book youth running. After the presentation, Marc was available to sign his book and take questions from the crowd. What a great night to celebrate these fine young people. A few interesting tidbits of info. on each of our 5 highly qualified and deserving awardees are as follows:

Jason Weiner, past winner of FARC's scholastic male runner of the year, was also a 2008 MSIC 'All-American. His hard work, talent and persistence battling back from injuries resulted in outstanding times of 9:58 for the 3200 m (~2-mile), 4:31 for the 1600 m (~1 mile) and 16:36 on Bucks Mills' challenging Colts Neck X-C course. Jason will attend Rutgers this fall, and have a fine future!

Kaitlin Kellner raced at West Windsor/Plainsboro High School, where she set one school record of 10:45 for two miles, as good as any female scholastic runner in the state and also set school records for the 1600 m (~1 mile) and 4 x 800 meter relay. Group 4 X-C champion, then 6th in the Northeastern Foot Locker Championship, and 27th at nationals, she set school. Katie will attend Ivy League Cornell University in Ithaca, NY in the fall!

Allyson Moskal is an outstanding individual and was a true leader on her team at Freehold Township. Allyson ran a national class time of 4:59 at the Indoor Eastern Championships in 2007! Adversity and injuries could only temporarily hold her back, and she plans to compete at Ursinus University (PA) in the fall, where she will likely be a standout!

Ryan Spadola hails from a family of dedicated champion athletes and sports officials. He won many titles and set many records while running track at Freehold Township High School. These may be way out of date, but some time back, some of his personal bests were: 1:58 for 800 meters, 49.7 for 400 meters, 22.5 for 200 meters, and several school and district relay records, including 4x200m, 4x400m, and sprint- and distance-medleys. At the collegiate level, Ryan plays to play football and may also run track at competitive Division I Patriot League Lehigh University in Bethlehem, PA.

Melissa Provost also comes from a very talented family as sister (Rachel) won FARC scholarship in '07. Melissa has fought back from a nagging calf injury. While competing for Peddie High School in '08, Melissa won the prestigious Canterbury Cross-Country Invitational, with 40 private schools competing at New Milford, CN. She will attend Elon University (Elon, NC) and run X-C in the fall.

Award Winners with Proud, Grateful Families!



Club meetings will again be held at the same location on Oct. 14 and Dec. 10, 2009. Three(3)-mile loop fun runs from Tighe Park will begin at 7:30 PM, preceding the 8:15 meetings. Be there!

Runner's Forum

The Challenge

by Thomas Golden

I lace my shoes and tie them tightly.
I bend for my toes and loosen up.
Stepping outside into the brisk, cool morning, I prepare for the Challenge.
My legs begin to move and carry me forward.
The Challenge truly begins here.
The fluent motion of pumping arms and legs becomes the only motion I know.
Cruising along the road, telephone poles and trees rush by.
My feet constantly pound against the ground,
Sending pain coursing through my entire lower body.
After a time I become numb to the pain.
My mentality and determination override my desire to slow down.
The pain diminishes.
My shirt becomes saturated with my sweat,
Weighing me down and trying to discourage the Challenge.
I overcome this obstacle, however, and continue.
My mouth turns into a dry desert, yearning for the smallest bit of moisture.
Pain starts to return to my legs, it feels as though a fire is burning within them.
This cannot stop me, I must continue, I must persevere and press on,
Pushing the limits nature has placed on my body.
With fierce desire and passion I have to continue and complete the Challenge.
My arms and legs begin to pump faster,
Like the ceaselessly turning wheels of a locomotive.
My pace quickens, objects on the side of the road move by more quickly.
I look ahead and see the finish.
All thoughts leave my mind, save for the completion of the Challenge.
I begin to sprint, going so fast that everything is blurred.
My legs are searing with blinding amounts of pain.
The finish draws ever closer.
I explode with one last burst of speed and reach my goal.
I stop and the pain subsides.
I have completed the Challenge.
Thomas Golden, who wrote this at age 14,
is an eighth-grader at Barkalow Middle School

Racing in the Winter

by Robert Murphy

FARC just had the great Toys for Tots and Winter Series 5k Series races, my first winter races being a 13-year old. It was a lot different than races in Summer, fall, or spring. Here are some tips and things you have to remember about racing in the winter:

1. Stay warm: When you show up for the race, don't be in a tank top and shorts. Wear a jacket or sweatshirt over your running clothes to keep yourself warm. You want to stay warm before racing to make sure your muscles don't tighten up. When you line up for the race, just throw off your jacket. If you're on the starting line for a few minutes, just move around and stretch a little to stay loose and warm.
2. Stay hydrated: Just because the weather isn't warm doesn't mean that you're going to get hot. Water is very important before a race. Don't chug a whole bottle because that'll cause cramps.
3. Practice in this weather: A winter race will feel hard if you don't practice for it. Don't *always* practice on a treadmill. If it snows, you should be ready for it. If you practice in this weather, the race will seem more

comfortable and you will have less breathing problems. (Yes, it might get harder to breathe in the Winter than the Summer).

4. Pin your bib number to a T-shirt or your first layer of clothing: If you plan to run in a sweatshirt but throw it off in the middle of the race, remember to not pin your bib to your sweatshirt. Even if you don't take off your sweatshirt while your running, you could just reach under your sweatshirt when you're done with the race to a first layer to rip of your number.

hAvE fUn!!!: If you prepare the right way, pace yourself, and follow these rules, you can enjoy the course you're running, get your mind off any bad things, to talk to a friend, or maybe even enjoy the snowflakes falling around you. [Editor's note: sorry for printing delay]

Best Races

By: Robert McGill

(Random Order, based on personal experience and other runners)

Sussex County

1. Stillwater Stampede 5 miler
2. Beach Blast 5k
3. Christmas in August 5k
4. Fredon Pancake Run
5. Hot Chili 8 mile challenge at Kittatinny State Park
6. Tri-State Classic 10k
7. Sparta 8 miler around Lake Mohawk
8. Downtown Sparta 5k
9. High Point Easter 5k
10. Woodstock 5k

Monmouth County

1. Freehold St. Paddy's 10 miler & 5k
2. Freehold Area Running Club's Winter Series
3. Shore AC Summer Series
4. Shore AC Winter Series
5. Belmar 5 miler
6. Neptune City 5k
7. Bahrs 5 miler
8. Born to Run 5 miler
9. Jersey Shore Half Marathon
10. George Sheehan 5 miler
11. Sea Girt 5k
12. Manasquan Turkey Trot 5 miler
13. Freehold Area Running Club's Summer Series
14. Bruce Berritt Race against hunger (Freehold)
15. The All Hills, No Frills 5k

Morris County

1. Pfizer 5k (Morris Plains)
2. Wyeth 5k (Madison)
3. Rockaway Blast 5k (Rockaway)
4. Merry Heart 5k (Roxbury)
5. William & Teresa Wright 5k (Randolph)
6. Swamp Devil 15k (Long Hill & Bernards)
7. Apple Chase Chilton Memorial 10k & 5k (Pequannock)
8. Morris County Striders Summer Series
9. Howard Bell Memorial 5k (Mount Tabor)
10. Run for Life 4 miler (Boonton)

Union County

1. Heroes 5k (Elizabeth)
2. Run for the Children 5 miler (Elizabeth)
3. Our House 5 miler (Summit)
4. Sleepy Hollow 5k (Plainfield)
5. Roselle 21 st Century 5k
6. Wee Run Wild (Kean University)
7. Cranford Firecracker 4 miler
8. Run Goose Run 5 miler (Rahway)
9. Winter's End 5k (Rahway)
10. Downtown Westfield 5k & Pizza Extravaganza

Middlesex County

1. Edison Day 5k
2. Lightning 5k (Edison)
3. Toys for Tots 5k at Rutgers University
4. Raritan Valley Road Runners Summer Series (Highland Park)
5. Equinox 20k (Piscataway)
6. Hip Hop 5k (Piscataway)
7. Run for Education (Dunellen)
8. Crossroads of Woodbridge 10k & 5k
9. Colonia Classic 5k
10. Frog Hollow 5k (South Amboy)

Essex County

1. Newark Corporate 5k
2. CPA 5k (Roseland)
3. Newark Easter 5k
4. Ashenefelter 8k (Glen Ridge)
5. Run for Freedom 5 miler (Newark)
6. Montclair YMCA 10k & 2 miler

7. Project Children 5k (South Mountain Reservation)
8. Millburn Spring Run 10k & 2 miler (South Mountain Reservation)
9. Sunset Classic 5 miler (Bloomfield)
10. South Orange Village Classic 5k
11. Portugal Day 5k (Newark)
12. Newark Distance Classic 20k
13. Cherry Blossom 10k (Newark)
14. Run for Rachel 5k
15. West Essex YMCA 5k (Livingston)

Somerset County

1. Midland 15k & 5k
2. Miles for Matheny 5k (Gladstone & Peapack)
3. Haybale 25k & 5k (Branchburg)
4. Branchburg 5k
5. Run for the Elderly 4 miler (Bernards)
6. Run with Aimee 5k (Montgomery)
7. Hillsborough Hop 5k
8. June Moon 5k (Franklin)
9. Watchung 5k
10. Somerset Turkey Trot 5k (Franklin)

Ocean County

1. Reindeer Romp 5k
2. Seafood 5 miler (father's day)
3. Seafood 5 miler (mother's day)
4. Ocean Running Club's Summer Series
5. Ocean Running Club's Winter Series
6. Jackson Day 5k
7. Lacey Day 5k
8. The Chill Out 10 miler
9. Berkley Splash 5k
10. Tinsel Trail Run at Winding River Park

FARC MEMBER PROFILE

John Behrens ran cross-country and track (running 17:09 for 5-K X-C, and 1:58 for 800 meters on cinders!) for the Howell Rebels in high school, graduating in 1987, and then ran at Monmouth College where his personal best in the 8-K at Holmdel grueling X-C course was in the 28-minute range, before taking time off as other responsibilities became important in his life. Some of these new diversions included his wife and their three girls, ages 16, 14, and 9, all three of whom play soccer and the oldest competes in track & field as a thrower! John, who works as an IT software engineer at Verizon in Freehold, resumed running in about 2000 as his oldest daughters were then kids doing the kids' runs.

Now, as a 9-year veteran of FARC, John has completed numerous half marathons and now also several marathons under his belt, including the New Jersey Marathon, where his family is in the throng cheering him on. He prefers the cool weather, and runs in the 3:15 to 3:20s range! Yet some of his favorite races remain the FARC events, including winter and summer series. He has enjoyed running the Spring Lake 5-Miler in the past. He plans to continue marathoning, and there just may be a triathlon or two in his future!

really is memorable and even more so since I'd gone to school there and started a family before heading out to travel and live around the world. Flying Pig should be run by every runner. Disney's Goofy Challenge not only gave us the two days of running but when we heard about the Friday add-on run, we created our own Dumbo award by doing all three. The Reykjavik Marathon in Iceland is amazingly convenient to NYC and a way to run in 40 degree weather in August. Las Vegas running down the strip can't be beat whereas West Palm Beach's daybreak over the water is not to be missed. Shall I go on? I could!

When did you get started as a runner?

I joined the New Jersey RRC in late 2001 as a pure walker and announced in early '02 that I wanted to run a marathon. They called my style a Wrunner (for runner wanna-be) but they didn't laugh at me. They just encouraged me to try a couple of smaller races first, which I did, and then I managed to get through the famous northeaster in '02 at the Jersey Shore Marathon (5:25). Pretty much out of cockiness I entered the NYC Marathon lottery and got in for '02 and did respectably well (4:46). How could I quit?

In late '05 (while still working full time as an investor relations officer for a Fortune 500 company and commuting to a Florida office) I started working with coach Tom Schaeffer, who brought me into a Boston qualifying time of 4:25 at Steamtown. I sometimes dream of trying for that again when I reach the 65 age bracket, but it would be hard to give up all my destination marathons that I've learned to love. It was my running friend Maricar (ex coach and now 11th grade chemistry teacher) who suggested that I try for 6 marathons in '06 for my 60th year, and while I thought she was crazy to even suggest it, it worked.

Should I continue something similar in '07? You bet! We needed to up the ante so it became a goal of 7 (full) and 7 (halves) in '07 to finish a triple-7 in Vegas. I got a bit carried away and ran the Disney Goofy series, Mardi Gras, OKC Memorial, Wilmington DE, Reykjavik, Chicago, Marine Corps, and Las Vegas.

2008 was the biggest test to my body ever. My 2008 goal was 8 full marathons and 8 half-marathons. Between February and August, I completed Myrtle Beach (5:20), Shamrock (5:13), ING Georgia (5:25), Nashville (5:27), Green Bay (5:13), Seafair in Seattle (5:40), Leading Ladies in SD (5:16), and showed up for the Hurricane Ike-canceled Lewis & Clark in St Charles, MO. Leading Ladies was my 26th marathon in total and my 22nd state.

This fall found me heading to Hartford for my fifth half-marathon in 4



weeks, and then to the Breakers Marathon in Rhode Island to start a series of 5 full marathons in 9 weeks. By the end of the year, I had exceeded my 8 and 8 in '08 goal to the tune of 10 (half-marathons) and 12 (full marathons).

How do you train?

By my heart I suppose is the most important. If something hurts, I don't run. Simple. If I'm burned out, I don't run. Simple. I found that the more marathons I run, the less mileage I get in because I'm prone to be

conservative and rest some before and rest some after. Yet I still average a bit over 35 miles a week. Maricar often tells people that it's the lazy runner who runs multiple marathons because we do it instead of long runs. We very rarely go out for a long run.

How do you get by doing multiple marathons?

Well, I'm not entirely certain that I shouldn't touch wood, or that I'll keep getting by with it, but if Paul Reece is any example, he wrote One Million Steps about running across the country doing 26.2 miles every day and he'd been a runner forever and he was 73 then. He crossed the country a few more times and died at a ripe old age of something quite unrelated to his legs killing him. To hedge my bet, I do a lot of cross training with weight lifting and yoga, plenty of stretching, even more resting, and after a marathon I sit in an ice bath for 20 minutes, hopefully a lake or an ocean or a cold fountain, but sometimes a



FARC 2008 Female Master Runner of the Year: Diana Burton

What is your favorite running event? Wow, that's like asking which child is the best! All my marathons are all my favorite while I'm there or when I remember them. San Francisco is spectacular for being able to run over the Golden Gate Bridge, but it was my slowest time due to having hiked Yosemite the day before. New Orleans the second year after Katrina will always hold a spot in my heart for all the wonderful spectators and great fun attached to it. Men in red dresses serving margaritas? Why not! Oklahoma City



bathtub with a wastebasket full of hotel ice. I'd like to think my nutrition is excellent in part because runners can eat a lot and thus not need to take supplements, which I'm not so sure isn't a lot of snake oil anyway.

I mostly follow the Jeff Galloway concept of running 6 minutes and

walking 1 minute, but if I find a hill, I walk no matter where I am in the process. If I see a good band, I stop to dance. I've been known to stop on a street corner where there were bags of ice to sit on them awhile. I don't hesitate to go backwards to see a sight or to wait for a friend. At my age I am thrilled to be moving at all, so who cares what my time is?

Art Castellano, president of NJRRC and NJ Marathon race director, trained me well. For my first marathon, the old NJ Marathon when it started in Sandy Hook, he said he just wanted me to have a good time finishing, and forget the finish time. To cross that finish line with a smile. He continued to say that when he paced me to my Boston qualifier at Steamtown. No throwing up at the finish line for me. My pictures all show a big smile, thanks to the good coaching of Art and Maricar.

I didn't set out to be a role model, but I am oftentimes delighted when others get inspired by a 63 year old "new" runner who's just trying to make some goals happen. Some days I think I'm super woman, and other days I realize there are many other 60 year olds out there who are doing so much more. We need to be seen! We need to share! We need to inspire!

I'd love to tell you more about each and every marathon I've been to, and even those I'm going to. I study my destinations extensively, I give myself many days at each place, and I write about my tourist as well as my running endeavors and share those reports with anybody who is willing to listen or read. I've already got a file on 9 marathon destinations and I'm still collecting—and hoping! [Ed.: Diana's an inspiration! Is there a future book in the making?]

It's that time of Year to Renew your Membership by Paying Dues for the next 1 or 3 years for you/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!

-PLAN TO BE AT 2009 FREEHOLD AREA RUNNING CLUB'S 27th ANNUAL SUMMER RACE SERIES At MONMOUTH BATTLEFIELD STATE PARK, ON ROUTE 33 in MANALAPAN

COURSE: is Combined Park Road, Trail, and Cross Country, Certified 5K Course Within the Park (same as last year)

Also, for Information Call 732-431-2627, Visit www.farcnj.com or look further back in this Long Run issue

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!

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

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

- Shore Runner (Rob Dennis) at 3889 US Hwy. 9 North @ rt.18) at Shoppes at Old Bridge, NJ.(732.571.3100)
- Runner's High (Rob deFillipis) 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 & look for club cards at your next renewal.

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.



William C. Meldrum
 12/17/1954 – 01/27/2009

Some people come into our lives and quickly go.
 Some people stay for awhile
 and give us a deeper understanding of what is truly
 important in this life.
They touch our souls.
 We gain strength from the foot-prints they have left
 on our hearts and we will never be the same.
 Thank you,

Isabel Meldrum & the Meldrum Family
[2/13/09 Asbury Park Press <http://php.app.com/inremembrance/newimages/5000124972.jpg>]

FARC Welcomes New Members

[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!

Hall	Scott
Chambers	Patricia
Robertson	Raymond
Linder Basso	Daniela
Dewhurst	Andrea
Charmaine	Chestnut
Trulli	David
Blair	William
Harnett	Steve
Powles	Mary Ann
Cline	Stephen
Nelson	Olie
Shah	Keith
Bertscha	Veronica
Middaugh	Susan
& welcome back to these returning members:	
Simpson Van Ecuwen	Jane
Tepper	Harold
Herrick	Lisa
Drudy	John

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!

FARC WEEKLY TRAINING
Sunday Group Runs, FARC Marathon Training

Sun. group runs are held at 8:00 AM at the usual location off Windeler Rd. on the south shore of Howell's Manasquan Reservoir. All distances & paces are welcome. The up to 5-mile long dirt trail is easy on the legs. Those who wish to do >15 miles often begin early, i.e.~7:00 AM to beat the heat in the summertime. Awards are given for milestones. The club provides post-run refreshments & welcome camaraderie. Come out & share a run or walk.

Manasquan Reservoir Walking Group
 Join **Ben Ottmer's** walking group Saturday mornings at 8:00 AM at the Welcome Center on Windeler Road at the Manasquan Reservoir. Walker/Walking Coach Ben has tips on race walking, health walking, and flexibility. Go your distance!

Support our Sponsor:



3464 Route 9 South, Freehold, New Jersey 07728
www.unitedstorallcenters.com
 Or call Jim, Mgr. of United Storage at 732.761.8420

Member Race Results

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

- Born to Run
 - Robert Murphy - 33:19, 3rd age group 14<
- Toys for Tots
 - Robert Murphy - 19:35, 3rd age group 14<
- FARC Winter series Robert Murphy
 - week 1: 20:40, 2nd AG 13<
 - week 3: 20:35, 1st AG 13<
 - week 4: 19:47, 1st AG 12<
- 1/2Way to Brielle Day 5K
 - Robert Murphy - 19:55
 - Patrick Young - 27:50
- SDA Spring Thaw 5k
 - Robert McGill - 22:21 2nd 45-49
- Geo Washington Birthday Marathon (Greenbelt MD)
 - Diana Burton - 5:36:05 1st AG
- Little Rock Marathon
 - Diana Burton - 5:24:52

RACE CALENDAR

(All phone numbers 732 unless otherwise noted. Many races have websites Go to www.farcnj.com or hotline 732-431-2627 for details.)

Date	Race	Location	Distance	Time	INFO:
JUNE 2009					
06/19	June Moon	Somerset	5 K	7:15 PM	website
06/20	Ryan's	Middletown	5 K	9:00 AM	website
06/20-21	USATF Track & Fld. Champ.	Pomona	Open & Masters	Sat.PM-Sun.	website
06/21	Rotary Father's Day	Pt. Pleasant	5 K	8:30 AM	website
06/21	Run for Dad	Windsor	5 K	9:00 AM	910-686-0026
06/23	Firecracker	Princeton	5 K	7:30 PM	609-497-2100
06/24	FARC Summer Series	Monmouth Battlefield Park, Manalapan	Kids 5K	6:00 PM 6:45 PM	Kids Info 5 K Info
06/25	JSRC Summer Series	Wall Municipal Complex	3 M	7:00 PM	website
06/27	Save Barnegat Bay	Lavallette	8 K	8:30 AM	website
06/27	Frog Hollow	South Amboy	5 M		732-721-6592
06/28	Pine Beach	Pine Beach	5 K	9:00 AM	website
06/29	SAC Summer Series	Lake Takanassee,	1500 M 5 K	6:30 PM 6:45 PM	website
JULY 2009					
07/01	FARC Summer Series	Monmouth Battlefield Park, Manalapan	Kids 5K	6:00 PM 6:45 PM	Kids Info 5 K Info
07/04	Firecracker Five	Wall Township Municipal Complex,	5 M	8:35 AM	732-280-1281
07/04	Revolutionary	Washington Crossing	10 K	8:30 AM	215-968-3340
07/06, 13	SAC Summer Series	Lake Takanassee	1500 M 5 K	6:30 PM 6:45 PM	website
07/07	All-Comers Track Meet	Ocean Twp HS	Various	6:15 PM	732-222-9080
07/08	FARC Summer Series	Monmouth Battlefield Park, Manalapan	Kids 5K	6:00 PM 6:45 PM	Kids Info 5 K Info
07/09	Strides for Stoke	Hamilton	5 K	7:30 AM	609-890-8343
7/9, 16	JSRC Summer Series	Wall Municipal Complex	3 M	7:00 PM	website
07/11	Belmar Five	Belmar	5 M	8:30 AM	website
07/12	Nike Bunker Loop	Highlands	5 K	7:30 AM	website
07/12	Amber Pizzo Memorial	Berkeley Heights	5 K	9:30 AM	website
07/14	All-Comers Track Meet	Ocean Twp HS	Various	6:15 PM	732-222-9080
07/15	FARC Summer Series	Monmouth Battlefield Park, Manalapan	Kids 5K	6:00 PM 6:45 PM	Kids Info 5 K Info
07/19	Eden Family	Forrestal Village, Princeton	5 K	9:00 AM	website
07/20, 27	SAC Summer Series	Lake Takanassee	1500 M 5 K	6:30 PM 6:45 PM	website
07/21	All-Comers Track Meet	Ocean Twp HS	Various	6:15 PM	732-222-9080

07/22	FARC Summer Series	Monmouth Battlefld.Pk., Manalapan	Kids 5K	6:00 PM 6:45 PM	Kids Info 5 K Info
07/23, 30	JSRC Summer Series	Wall Municipal Complex	3 M	7:00 PM	website
07/25	Run for Water	Monmouth Battlefld.Pk., Manalapan	5 K	9:30 AM	
07/26	JFK Miles for Minds	Roosevelt Park, Edison	5 K	9:00 AM	
07/28	All-Comers Track Meet	Ocean Twp HS	Various	6:15 PM	732-222-9080
07/29	FARC Summer Series	Monmouth Battlefld.Pk., Manalapan	Kids 5K	6:00 PM 6:45 PM	Kids Info 5 K Info
AUGUST 2009					
08/01	River to Sea	Milford to Manasquan	92 M	Various	910-686-0026
08/01	Neptune City	Neptune	5 K	8:00 AM	732-776-7224
08/02	Sea Girt	Sea Girt,	5 K	8:30 AM	website
08/03, 10	SAC Summer Series	Lake Takanassee	1500 M 5 K	6:30 PM 6:45 PM	website
08/06	JSRC Summer Series	Wall Municipal Complex	3 M	7:00 PM	website
08/09	Turkey Swamp Race Day	Turkey Swamp Park	50 K, 20 M, 25 K, 10 M	8:30 AM	732-578-1771
08/15	Bradley Beach	Bradley Beach	5 K	8:30 AM	732-774-3789
08/15	Jack Rafter	Tinton Falls	5 K	8:30 AM	732-530-9610
08/17, 24	SAC Summer Series	Lake Takanassee	1500 M 5 K	6:30 PM 6:45 PM	website
08/22	Alliance	Forked River	5 K	8:30 AM	609-971-3327
08/23	Summer Showdown	Colts Neck	HS 2.5 M Open 5K	8:30 AM 9:15 AM	732-571-3100
SEPTEMBER 2009					
09/06	Jimmy D Memorial	New Brunswick	5 K	9:00 AM	732-549-9440
09/07	Labor Day	Eatontown	5 K	9:15 AM	website
09/12	Run for Our Troops	Cooper River Park, Pennsauken	5 K	8:30 AM	website
09/13	Via's Marathon	Allentown	26.2 M 13.1 M	7:00 AM	website
09/19	Seafood	Pt. Pleasant Beach	5 K	8:30 AM	732-892-1089
09/26	Boardwalk Relay	Asbury Park	15 K		
09/26	Friends and Neighbors	Thompson Pk., Monroe Twp.	5 K	9:00 AM	website
OCTOBER 2009					
10/03	Challenge	Hopewell	10 K	9:00 AM	609-773-0459
10/04	JS Half Marathon	Sandy Hook	13.1 M	9:00 AM	email
10/11	Run Thru Deal	Deal	5 K	11:00 AM	732-531-1994
10/11	Commemorative	LBI Brant Beach	18 M	10:30 AM	
10/11	Classic	Little Silver	5 K	9:30 AM	732-345-7130
10/18	Seaside 1/2 Marathon	Seaside	13.1 M 5 K	10:00 AM 10:10 AM	website
NOVEMBER 2009					
11/27	Born to Run	Freehold	5 M		
DECEMBER 2009					
12/13	Toys for Tots Run	Tighe Pk.,Freehold	5 K		



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

IM Brasil Race Report

The following is a blow by blow of Maggie Freemans recent trip to Ironman Brazil Triathlon. For those who do not know what an Ironman is, it is a 2.4-mi. swim, 112-mi. bike and marathon.

First and foremost, Thank you all for all the good wishes and congratulation wishes from everyone! So here it goes, the much anticipated race report.

Memorial Day: The driver picked me up early and we had a little difficulty getting the bike in the trunk of the town car but eventually we did it. The driver was a great guy and got me there in plenty of time. (Thanks Dad:)) Got my stuff checked in and waited for my flight. As I was at the gate, they announced everything in Portuguese (here we go already!) Got on the first of two flights, had a great seat and off I went. First flight went well, then I had one hour to retrieve my bike and bag and make it to the next plane, I made it with 15 min to spare! Whew! Arrived in Florianopolis with bike and bag in hand!

Made it to the hotel with ease and got my room key. Number 313! Ugh! had a 13 in it! Oh well, got unpacked, took a nap then went out for a short run. Felt tired but I expected that. Went to dinner then up to bed. The room was very European in style, the bed was like sleeping on a rock, the mattress was extremely thin, tile floor, and a toilet that looked like it belonged in an airplane! I did not have an ocean view and the people residing across the way from me were jamming all night, it was actually kinda cool! They even tried to do a Nirvana song in English:)

The next day as I was having breakfast, I started to introduce myself a bit. Made a few friends and was starting to have a lot of fun. I went to go out on my bike with a girl from Belgium and we assisted a wheelchair athlete from Spain who wanted to come along. He spoke no English but we managed. He was a maniac on the hand-cycle! Never looked before going into traffic etc so bad that we got stopped by the police! I had no idea what was happening but I think he was telling Raphael to stop riding in the lane of travel. Kristel got a flat so I took Raphael back to the hotel. We had our lives in our had at this point and I was praying to make it back alive since no one knows me or how to contact my family etc! A car started following us, taking our pictures. We made it back, thank goodness, and I had to get the translator to tell the bus driver that we needed to go pick up Kristel. After a few minutes, I was in the van going back to get her. We all made it through with a lot of laughs. Met more people at dinner, this was better.

The next morning we get the paper and Raphael is on the cover! He comes over says a bunch of stuff to me that I didn't understand and he and his wife hug and kiss me! Pretty darn cool! Took the bike course tour and was very confused since the van could not drive the exact course due to one way roads. We then drove the 21k loop of the run course and OMG the hills were crazy! Got back, had dinner and went to a bar for a beer:) Packs of wild dogs were everywhere but they seemed friendly and happy.

Next day went to the expo and checked in, my shirt was too big and they wouldn't change it but oh well. Bought some stuff at the expo and went to lunch with friends. We had about 6 in our little group and we were really getting along well.

Race day: Woke up and I couldn't move my neck! Holy Moly! Went down to breakfast and begged for advil. I got two advil and back to my room I went. A lady from Australia heard I was hurting and she brought a drugstore to my room! I took a muscle relaxer or something and prayed for the best! Made it over to the race site, checked my bike and put all my gear on it, checked my bags and got my wetsuit on. After several trips to the port-o potty, I made my way over to the swim. Holy Crap! The waves were unbelievable especially since it was glass all week. We had 4 foot waves and they had to keep moving the buoys as they were becoming loose. I thought to myself, if I can do a 1:40-1:45, I will be happy. Did the first leg in 56 min! Ugh! The second leg was shorter so I was still hoping to pull it off. I was almost to shore when I heard whistles all around me. I picked my head up to see a jetski in front of me and a kayak on each side of me. They were screaming at me in Portuguese (here we go again) They were pointing to my far right and motioning for me to go toward 2 white buoys that were pretty far away. I thought, great there goes my time and I was aggravated that these buoys were never mentioned at the athlete meeting or by Ken. I had to fight the current the whole way! Finally made it out of the water in just under 2 hours! My worst swim EVER!!!! Oh well, onto the bike.

The bike was rolling. Whoever said this is a PR course was lying. It started to rain on us and we had some crosswinds to deal with. I was puking some salt water but no biggie. The bike course actually flowed very nicely compared to the tour I took. It had a lot of turns and u-turns with rough roadway and cobblestone, yes cobblestone! Used all of my nutrition which is a first for me, I usually do not drink enough:)

The run: The first 21 K were HILLY! Most people were walking the hills. I only walked one and I thought it was crazy! It was so bad, people were walking down hill too to save their quads! I had alot of fun on the run and I passed alot of people and I cheered them all on! I was cheering Dede Greesbauer the womens winner on all day and she cheered for me when she was done! I finally finished, Not my best time not my worst but a fun day except the damn swim.

Got changed and noticed a huge blood blister on my foot-OUCH! Cheered athletes in all night!

The next day as we were all talking about our races, I found out that none of the people I talked to went through those stinking white bouys on the swim! UGH! Oh well!

Next day I went and did an Outward bound ropes course that was amazing!!

Ready to come home! Flights were great and I made it to JFK on time except my luggage did not make it! I still do not have my luggage or any of my IM gear! Let's hope they find it soon!

Thanks again for all the well wishes!

Next stop KONA for Ironman Hawaii, (let's hope I can improve my swim by then:) – Maggie [Ed. Note: "Iron Woman"- This was a great read. Best at KONA, HI! Pls. keep us up to date]



Presents 16th Annual

KIDS' SUMMER NIGHTS RUNNING SERIES

June 24, 2009 – July 29, 2009

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 for ages 8 and up

Ribbons and ICE POPS TO ALL FINISHERS

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

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

NAMES: _____ **AGE:** _____ **Shirt Size:** _____ **Race:** Kids, 1/2 Mile or Mile
S M L

(Circle one)

RACE DATES: _____ On Site Registration Only

JUNE 24 _____ **JULY 01** _____ **JULY 08** _____ **JULY 15** _____

JULY 22 _____ **JULY 29** _____ **or** **ALL SIX RACES** _____ **check one**

Make check payable to the Freehold Area Running Club

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 27th Annual
Wednesday Night

SUMMER 5K RACE SERIES

June 24, 2009 – July 29, 2009 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 24 JULY 01 JULY 08 JULY 15 JULY 22 JULY 29

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

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

for our 27th year 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!

BACK BY POPULAR DEMAND

When: Sunday July 26th (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 races start at 12:50 pm

Price: Club Members \$10.00 until June 26th or \$15.00 by July 12th
Non-members \$15.00 until June 26th or \$20.00 by July 12th

Price includes:

- Grandstand Admission
- Official Track Program with Pen
- Family Fun Day Activities (bands, pony rides.....)
- Hot/Cold Entrees, Beer, Wine and Soda

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

Name: _____ Phone _____

#FARC Members: _____ #Non members _____

Amount Enclosed: \$ _____