



# THE LONG RUN

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



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

## FREEHOLD AREA RUNNING CLUB'S 2010 BOARD OF EXECUTIVE OFFICERS

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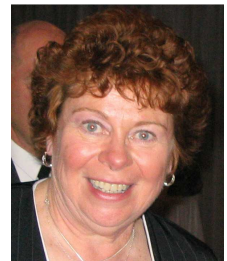
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### MATTHEW STUPER SCHOLARSHIP

Awards Meeting – Tuesday, May 18, Fun Run at 6:30 PM, followed by Meeting Program: Announcements, Scholarship Awards Presentation, and Speaker. This annual club meeting is always inspirational and a lot of fun. Please try to come, bring your family, and a friend for a night to remember! Scholarship Winners are deserving young men and women, whom we have enjoyed watching grow up (too fast!) These kids come from families with big hearts and volunteer instincts; a great example is the memory we honor with the scholarship, named for Isabel Meldrum's youngest son, Matthew. In the past these many have been terrific club volunteers and competed and also taken part in many other different angles of our races and club functions. Some scholarship winners have even included valedictorians of their class, along with State Group, MOC, and National Track and Cross-Country Champions! All people of fine character. **YOU WON'T WANT TO MISS THIS MEETING!**

## 20<sup>th</sup> Annual FARC St.Paddys Day 10 Mile Race & Leprechaun 5K

10-Miler: March 21, 2010, 9:30 AM



1<sup>st</sup> Man: Gerardo Avila 53:59; 1<sup>st</sup> Woman: Alison Linnell: 1:02:07  
With temperatures in the fifties and sixties and little wind on a sunny day, over 500 dedicated runners and race walkers took to the roads at Tighe Park for the start of FARC's 20<sup>th</sup> annual St. Paddy's Day 10-mile race at 9:30 AM. The earlier than usual start may have been a good idea to minimize traffic disruption and potential hazards from the unexpected early season warmth on this first day of spring.

Men's winner Gerardo Avila, 37, with the Army at Fort Monmouth, finished 5 minutes and 18 seconds ahead of 2<sup>nd</sup> place Jeff Propert, 37, (59:17) of Wall, and another 33 seconds back was Freehold's 'Chip Heyser, 32 (50:17), 3<sup>rd</sup> overall in this demanding race. On the women's side, former high school state champion from Colt's Neck, Allison Linnell, now a star at the University of Washington (one of the nation's two or three top distance programs), was home on spring break between winter and spring track seasons and had an excellent workout as the first overall female finisher in 1:02:07. Second and third places went to Tina Morrison (1:06:42), 25, and Marissa Alberti (1:07:26), age 31.

### \*\*\*OVERALL 10-MILE FARC MEMBER RESULTS\*\*\*

#### FARC Place-Name-Sex-Age-Town-RaceTime-PerMile

1	Emilio Deltoro	M	41	East Windsor	1:06:26	6:39	
2	Eric Davis	M	41	Edison	1:07:46	6:47	
3	Dave Hoch	M	55	Bradley Beach	1:08:33	6:52	
4	Bill Winterbottom	M	53	Jackson	1:09:58	7:00	
5	Scott Linnell	M	53	Colts Neck	1:10:50	7:05	
6	Steve Kellner	M	48	W. Windsor	1:12:59	7:18	
7	Gabby Barrett	F	50	Freehold	1:13:25	7:21	
8	Alex Chang	M	15	Manalapan	1:15:00	7:30	
9	Liz Wenslauskas	F	41	Toms River	1:16:15	7:38	
10	John Vee	M	55	South Amboy	1:16:23	7:39	
11	Brian Burlew	M	33	Freehold	1:17:05	7:43	
12	Arielle Weiner	F	15	Freehold	1:17:10	7:43	
13	Mackenzie Roche	F	18	Freehold	1:17:10	7:43	
14	Tom Apostle	M	50	Freehold	1:18:40	7:52	
15	James McNamara	M	40	Freehold	1:19:08	7:55	
16	Christopher Adamo	M	37	Ridgefield	1:19:19	7:56	
17	Robert Schwartz	M	56	Manalapan	1:19:38	7:58	
18	Amanda Maskowitz	F	20	Manalapan	1:23:02	8:19	
19	Jules Levitt	M	42	Manalapan	1:23:39	8:22	
20	Brandon Elimanco	M	44	Freehold	1:23:54	8:24	
21	Sandy McKay	F	48	Jackson	1:24:06	8:25	
22	Keith Sadlowski	M	35	Howell	1:24:50	8:29	
23	James Bergum	M	60	Howell	1:26:04	8:37	
24	Robert McGill	M	49	Bud Lake	1:26:53	8:42	
25	Rob Fisch	M	31	Freehold	1:26:59	8:42	
26	John Drudy	M	49	Freehold	1:27:47	8:47	
27	Cynthia Cirri	F	42	Jackson	1:28:10	8:49	
28	Patricia Hancock	F	56	Toms River	1:28:56	8:54	
29	Joseph Renzella	M	68	Neptune City	1:29:19	8:56	
30	Elizabeth Blaskovich	F	20	Colts Nk.	1:29:23	8:57	
31	Laurie Salberg	F	53	Manalapan	1:30:00	9:00	
32	Anne Kellner	F	48	West Windsor	1:30:18	9:02	
33	Joshua Schwartz	M	28	Manalapan	1:30:56	9:06	
34	James Murphy	M	52	Howell	1:34:08	9:25	
35	John Donoghue	M	65	Howell	1:36:04	9:37	
36	Joanne Quinn	F	40	Freehold	1:36:10	9:37	
37	Nancy King	F	55	Farmingdale	1:38:23	9:51	
38	Olie Nelson	M	74	Farmingdale	1:38:30	9:51	
39	Martha Lanko	F	39	Jackson	1:38:46	9:53	
40	Kevin Kelly	M	53	Freehold	1:39:00	9:54	
41	Andrea Sadlowski	F	33	Howell	1:40:10	10:01	
42	Brian Martin	M	17	Freehold	1:41:11	10:08	
43	April Elimanco	F	43	Freehold	1:41:23	10:09	
44	John Martin	M	52	Freehold	1:41:24	10:09	
45	Lucinda Monica	F	64	Freehold	1:41:34	10:10	
46	Robert Kucharski	M	66	Bound Brook	1:44:06	10:25	
47	Ted Freeman	M	64	Spring Lake	1:45:57	10:36	
48	Bob Roman	M	63	Morganville	1:46:45	10:41	
49	Ray Robertson	RW	M	66	Ocean	1:56:12	11:38
50	Maria Paul	RW	F	45	Long Branch	1:56:21	11:39
51	Ben Ottmer	RW	M	76	Freehold	1:57:09	11:43
52	Phyllis Wenslauskas	F	61	Toms Rvr.	1:58:51	11:54	
53	Linda Aznar	F	51	Manchester	2:02:48	12:17	
54	Laura Baldachino	F	46	Allentown	2:04:59	12:30	
55	Roy Moskowitz	M	69	Jackson	2:16:56	13:42	
56	Ruthann Huttula	F	50	Englishtown	2:16:57	13:42	
57	Kate Schaffner	F	35	Harleyville	2:25:11	14:32	

### 5-Kilometer: March 21, 2010, 9:45 AM

Shortly after the start of the 10-Miler, the 5-Kilometer race began on the Michael Tighe Park Road to Georgia Road, exiting the park, then turning left on Stone Hill Road, and right on Eagle's Nest Road. The race returned on Jackson Mills Road, Stone Hill Road, & Georgia Road to re-enter the park and try to summon that kick to the finish line. 253 runners completed the 5-K Leprechaun Race on a fine 5-K race day.

Male winner Kyle Kroon, 13, of Toms River finished at 17 minutes and 48 seconds, 22 seconds ahead of 2<sup>nd</sup> place Jordan Nissinoff, 16, (18:10) of Freehold, and another 63 seconds back was Hazlet's Steven Harnett, 16 (19:13), 3<sup>rd</sup> overall on this scenic race course. On the women's side, Barbara Brennan, 46, of Little Egg Harbor, completed the challenging course in a rapid 20:23, one minute ahead of Aberdeen's Sarah Root (21:23), 20, former high school star from Old Bridge, with Freehold's Sarah Werkley (13) 3<sup>rd</sup> in 23:48.

### 5 KILOMETER RACE RESULTS, OVERALL FINISHERS

Age Group Winner s Female Male Denoted

Place-	Name-	Sex-	Age-	Town-	RaceTime-	MilePace
1	Kyle Kroon	M	13	Toms River	17:48	5:44
2	Jordan Nissinoff	M	16	Freehold	18:10	5:51
3	Stephen Harnett	M	16	Hazlet	19:13	6:11
4	Miguel Avintona	M	40	South River	19:39	6:20
5	Robert Murphy Jr.	M	13	Freehold	19:46	6:22
6	Tim Horn	M	34	Point Pleasant	19:54	6:25
7	Kenneth Verccammen	M	50	New Brunswick	20:10	6:30
8	Barbara Brennan	F	46	LittleEgg Harbor	20:23	6:34
9	Ricky Leiriano	M	33	Toms River	20:24	6:34
10	Chris Contiliano	M	14	Lumberton	20:26	6:35
11	Marc Bloom	M	63	Marlboro	20:32	6:37
12	Kyle O'Brian	M	15	Freehold	20:34	6:37
13	Brian Hanlon	M	39	Toms River	20:37	6:38
14	Randy Nissinoff	M	45	Freehold	20:55	6:44
15	Brad Klinzing	M	24	Manasquan	20:58	6:45
16	Victor Gilberti	M	50	Freehold	21:20	6:52
17	Ron Apostle	M	18	Freehold	21:20	6:52
18	Sarah Root	F	20	Aberdeen	21:23	6:53
19	Roy Apostle	M	18	Freehold	21:28	6:55
20	Paul Sommer	M	49	Montclair	21:34	6:57
21	Steven Passarella	M	15	Sewell	21:53	7:03
22	Brenen Edgeworth	M	13	Freehold	21:58	7:05
23	Cesar Mendez	M	40	South River	22:15	7:10
24	Dave Zack	M	58	Rumson	22:27	7:14
25	Michael Chiera	M	29	Howell	22:31	7:15
26	Joseph Henderson	M	40	Washington	22:41	7:19
27	Brian O'Dowd	M	49	Colts Neck	22:53	7:22
28	Robert Murphy Sr.	M	40	Freehold	23:14	7:29
29	Taylor Pine	M	44	Freehold	23:16	7:30
30	Eric Kania	M	34	Freehold	23:36	7:36
31	Ron Salvio	M	61	Whiting	23:47	7:40
32	Sarah Werkley	F	13	Freehold	23:48	7:40
33	Diane Williams	F	45	Avon	24:01	7:44
34	Brett Michelini	M	14	Toms River	24:05	7:46
35	Ross Contiliano	M	43	Lumberton	24:07	7:46
36	Frank Mansour	M	38	Parsippany	24:08	7:46
37	Linda Chiera	F	27	Howell	24:19	7:50
38	Pat Barry	M	51	South River	24:22	7:51
39	Bonnie Sheehan	F	44	East Windsor	24:31	7:54
40	Michael Bogardus	M	42	Southampton Twp.	24:32	7:54
41	Dave Przybylko	M	52	Colts Neck	24:34	7:55
42	Mark Germanski	M	42	Monroe Township	24:37	7:56
43	John Heims	M	36	Toms River	24:40	7:57
44	Emilio Deltoro	M	10	East Windsor	24:50	8:00
45	J P Dempsey	M	32	Neptune City	24:56	8:02
46	Richard Brown	M	57	Wall	24:58	8:02
47	Kevin Webster	M	39	Toms River	25:00	8:03

48 Steven Feldman	M 63	Manalapan	25:36	8:15	124 Bonni Moss	F 51	Staten Island	29:46	9:35
49 Erin Mullins	F 24	New Brunswick	25:39	8:16	125 Brian Guilfoyle	M 42	Manalapan	29:48	9:36
50 Anna Breyburg	F 36	Old Bridge	25:40	8:16	126 Kathleen Piettitore	F 37	Middletown	29:49	9:36
51 Paul Fitch	M 63	Freehold	25:42	8:17	127 Isabel Isodoro	F 20	Freehold	29:49	9:36
52 Margaret Werkley	F 11	Freehold	25:43	8:17	128 Walter Zollins Jr.	M 65	Browns Mills	29:51	9:37
53 Darryl Werkley	M 48	Freehold	25:44	8:17	129 Doug Bayconich	M 55	Brick	29:52	9:37
54 Alex Rosenwald	M 29	Freehold	25:52	8:20	130 Margie Lambert	F 62	Robbinsville	29:53	9:37
55 Steven Harnett	M 49	Hazlet	25:55	8:21	131 James Chehanske	M 45	Howell	29:54	9:38
56 Larry Moss	M 66	Staten Island	26:05	8:24	132 Laura Dunberg	F 40	Freehold	29:59	9:39
57 Patrick Neilan	M 43	Jackson	26:06	8:24	133 Maryellen Discenza	F 45	S.Toms River	30:00	9:40
58 Courtney Thompson	F 14	Freehold	26:06	8:25	134 David Stroebel	M 47	Freehold	30:08	9:42
59 Mark Galvin	M 38	Sayreville	26:07	8:25	135 Cesare Cagning	M 33	Marlboro	30:08	9:42
60 Mike Kay	M 51	Millstone	26:08	8:25	136 Alice Johnson	F 62	Wall	30:17	9:45
61 James Montano	M 49	Jackson	26:08	8:25	137 Kenneth Collins	M 65	North Brunswick	30:24	9:47
62 Elizabeth Falkowski	F 35	Monroe Twp.	26:10	8:26	138 Colleen Schubel	F 38	Millstone	30:24	9:48
63 Ron Ackerman	M 61	Howell	26:10	8:26	139 Brian Hoatson	M 37	Island Heights	30:24	9:48
64 Paola Deltoro	F 12	East Windsor	26:13	8:27	140 Brian Schubel	M 39	Millstone	30:25	9:48
65 Derek Silva	M 35	Somerset	26:15	8:27	141 Susan Wiemken	F 45	Howell	30:29	9:49
66 Gene Ferrari	M 36	Hewitt	26:17	8:28	142 Peter Barnett	M 54	Ocean	30:34	9:51
67 Isaac Zimmerman	M 34	Ocean	26:24	8:30	143 Diane Cubas	F 45	Brick	30:40	9:53
68 John Mazzarini	M 59	Levittown	26:27	8:31	144 Kimberly Dudas	F 40	Freehold	30:42	9:53
69 Steven Rubneston	M 47	Manalapan	26:29	8:32	145 Ann Bennion	F 40	Jackson	30:43	9:53
70 Michael Barone	M 32	Tinton Falls	26:30	8:32	146 Sherri Cagnina	F 37	Manalapan	30:44	9:54
71 Mark Goldhammer	M 42	Plainsboro	26:42	8:36	147 Jessica Martin	F 15	Freehold	30:47	9:55
72 Kelly Maier	F 22	Jackson	26:45	8:37	148 Frank Pugliese	M 52	Red Bank	30:50	9:56
73 Lynn Melchionda	F 34	Manalapan	26:46	8:37	149 Charles Carroll	M 22	Jackson	30:52	9:56
74 Alex O'Connor	M 14	Freehold	26:48	8:38	150 Chris Zedalis	M 39	Jackson	30:52	9:57
75 Ray Egler	M 53	Freehold	26:49	8:38	151 Kim Gramlich	F 28	Levittown	30:53	9:57
76 Kevin Egler	M 14	Freehold	26:52	8:39	152 Samy Alim	M 65	Forked River	30:53	9:57
77 Kevin Gilboy	M 14	Freehold	27:02	8:42	153 Will Alim	M 36	Howell	30:59	9:59
78 Trish Sorrentino	F 42	Howell	27:04	8:43	154 Martha Weeden	F 40	Jackson	30:59	9:59
79 Sylvia Hovde	F 37	New Egypt	27:11	8:45	155 Margaret McChesney	F 48	Spring Lake	31:03	10:00
80 Chris Gilboy	M 45	Freehold	27:12	8:46	156 Steve Boykewich	M 58	Oakland	31:04	10:00
81 Nicole Trombino	F 32	Jackson	27:13	8:46	157 Sheila Matrano	F 49	Toms River	31:05	10:01
82 Danielle Hamarich	F33	Jackson (APP 5/2)	27:14	8:46	158 Wendy Dunberg	F 35	Freehold	31:30	10:09
83 Christine Schnowbusch	F 33	Jackson	27:15	8:46	159 Shelby Allen	F 16	Farmingdale	31:40	10:12
84 Nicholas Passarella	M 13	Sewell	27:32	8:52	160 Nicole Galvin	F 24	Jackson	31:44	10:13
85 Doreen Panzica	F 41	Freehold	27:36	8:53	161 Pat McLenna	M 26	Highland Park	31:46	10:14
86 Carly Totin	F 22	Jackson	27:37	8:54	162 Leo Covill	M 48	Edison	31:48	10:14
87 Lauren Bogardus	F 13	Southampton Twp	27:42	8:55	163 Stacey Kohler	F 29	Jamesburg	31:49	10:15
88 Brian Ventrella	M 37	Perrineville	27:44	8:56	164 Brian Barry	M 44	South River	31:49	10:15
89 Glenn Raplee	M 48	Freehold	27:46	8:57	165 Joanne D'Amico	F 33	Bayville	31:50	10:15
90 Uriel Cohen	M 30	New York	27:52	8:59	166 Linda Pasquarello	F 41	Matawan	31:55	10:17
91 Cara Church	F 40	Red Bank	27:55	8:59	167 Ailish KuldaneK	F 38	Tinton Falls	31:56	10:17
92 Rosy Weiner	F 48	Freehold	27:57	9:00	168 Meryl Schutzbank	F 51	Manalapan	31:59	10:18
93 Kara Gardner	F 23	Brick	28:01	9:01	169 Mary Lou Suckow	F 51	East Brunswick	32:02	10:19
94 Kelly Powell	F 21	Ewing	28:08	9:04	170 Robert Kennedy	M 46	Brick	32:06	10:20
95 Brian Ramey	M 48	Farmingdale	28:11	9:05	171 Cara Daley	F 33	Farmingdale	32:09	10:21
96 Amyanne Barone	F 30	Tinton Falls	28:12	9:05	172 Joanne Ficke	F 56	Lavallette	32:21	10:25
97 Otto Cabeta	M 34	Freehold	28:14	9:06	173 Helen Walk	F 38	Howell	32:24	10:26
98 Andrew Katznelson	M 34	Manalapan	28:18	9:07	174 Julie Uchitel	F 25	Metuchen	32:32	10:29
99 Sandra Etlinger	F 50	Freehold	28:19	9:07	175 Matt Bateman	M 29	Metuchen	32:36	10:30
100 Bruce O'Connor	M 51	Freehold	28:21	9:08	176 Frank Digiaimo	M 57	Jackson	32:43	10:32
101 Ron Podel	M 59	Freehold	28:32	9:11	177 Michael Mole	M 55	Freehold	32:45	10:33
102 Jason Chaikin	M 61	Manalapan	28:34	9:12	178 Joe Cowan	M 52	Fords	32:57	10:37
103 Derek Devivo	M 33	Egg Harbor Towns	28:36	9:13	179 Joe Neidermeyer	M 53	Colts Neck	33:00	10:38
104 Kristine Fritz	F 39	Parlin	28:39	9:14	180 Alan Neideomeyer	M57	Howell	33:02	10:38
105 Nolan Kus	M 7	Jackson	28:44	9:15	181 Julia Leung	F 33	Monroe	33:04	10:39
106 Miah Kim	F 44	Jackson	28:54	9:18	182 Dana Donatelli	F 28	Freehold	33:05	10:39
107 Jim Jensen	M 58	Englishtown	28:58	9:20	183 Leonard Seaton	M 58	Whiting	33:06	10:40
108 Lee Wilson	M 49	Freehold	29:00	9:20	184 Charlene Rutledge	F 35	Toms River	33:28	10:47
109 Denise Zolnowski	F 51	Freehold	29:03	9:21	185 Torre Avitabile	M 9	Holmdel	33:35	10:49
110 Erin McKane	F 32	Holmdel	29:12	9:24	186 Stephen Gordon	M 38	Holmdel	33:50	10:54
111 John Lyons	M 41	Hamilton	29:13	9:25	187 Charles Avatar	M 60	Bordentown	33:58	10:56
112 Stephen Pfeffer	M 56	Freehold	29:15	9:25	188 Stephanie Cushman	F 12	Brick	34:08	10:59
113 Bobby KuldaneK	M 37	Tinton Falls	29:15	9:25	189 Lynn Walsh	F 37	Freehold	34:08	11:00
114 Karen Eadicicco	F 41	Brick	29:18	9:26	190 Doris Cruz	F 36	Avenel	34:11	11:00
115 Arthur Suckow	M 51	East Brunswick	29:23	9:28	191 Susan Thompson	F 46	Freehold	34:20	11:03
116 Catherine Cowan	F 26	Fords	29:24	9:28	192 Charlie Cushman	M 49	Brick	34:31	11:07
117 Lee Salisbury	M 47	Kendall Park	29:25	9:28	193 Sean Conaghan	M 42	Manalapan	34:35	11:08
118 Gary Cambareri	M 39	Manalapan	29:26	9:29	194 Jennifer Weaver	F 24	Browns Mills	34:41	11:10
119 Maureen Noland	F 55	Staten Island	29:27	9:29	195 Jamie Weaver	F 27	Cranbury	34:42	11:10
120 Jill Gibson	F 36	Howell	29:29	9:30	196 Sean Shallo	M 43	Jersey City	34:57	11:15
121 Joseph Nulty	M 50	Freehold	29:34	9:31	197 Karen Davi	F 39	Freehold	35:03	11:17
122 Lisa Reed	F 46	Freehold	29:36	9:32	198 Jon Arroyo	M 29	Freehold	35:10	11:20
123 Barbara Cannizzaro	F 42	Freehold	29:44	9:34	199 Alyssa Byron	F 23	Oceanport	35:22	11:23

200	Corey Silverstein	F	23	W.Long Branch	35:22	11:23
201	Nicole Owsiak	F	27	East Brunswick	35:23	11:24
202	Stacey Kennedy	F	36	So Amboy	35:24	11:24
203	Terri Oconnor	F	46	Old Bridge	35:39	11:29
204	Mark Tarmann	M	29	Hammonton	35:40	11:29
205	Mary Elge	F	51	Jackson	35:59	11:35
206	Shari Rosenberg	F	39	Aberdeen	36:01	11:36
207	Dennis Galvin	M	51	Jackson	36:02	11:36
208	Kevin Roche	M	44	Freehold	36:22	11:43
209	Linda Rehrer	F	61	Point Pleasant	36:29	11:45
210	Susan Linnell	F	53	Colts Neck	36:34	11:47
211	Rose Vanclef	F	51	Farmingdale	36:41	11:49
212	Megan Demarco	F	21	East Brunswick	36:44	11:50
213	Frank Kus Jr	M	47	Jackson	36:47	11:51
214	Charmaine Chestnut	F	44	Freehold	36:50	11:52
215	John Bouthillette	M	48	E.Brunswick	36:57	11:54
216	Melissa Boonroueng	F	37	Hoboken	37:14	12:00
217	Muriel Cushman	F	47	Brick	37:19	12:01
218	Gail Weitz	F	55	Morganville	37:24	12:03
219	Alex Arancio	M	46	Freehold	37:26	12:03
220	Mark C. Cannizzaro	M	11	Freehold	37:28	12:04
221	Mark Cannizzaro	M	45	Freehold	37:28	12:04
222	Ysabella Esteban	F	20	Maplewood	37:40	12:08
223	Daphne Gonzales	F	21	Tinton Falls	37:40	12:08
224	Kaitlin Owens	F	19	North Bergen	37:41	12:08
225	Janine Figliozzi	F	43	Staten Island	37:54	12:12
226	Bonni Hayes	M	59	Ocean	38:00	12:14
227	Shaina Chagrin	F	23	Jackson	38:22	12:21
228	Hannah Chagrin	F	43	Jackson	38:25	12:22
229	Katie Falco	F	23	Freehold	38:26	12:23
230	Valerie Spano	F	40	Freehold	39:16	12:39
231	Christina Bachar	F	45	Freehold	39:31	12:44
232	Julia Bachar	F	9	Freehold	39:32	12:44
233	Gabby Freeman	F	10	Harleysville,PA	39:43	12:47
234	Sarah Jacobsen	F	27	Freehold	40:14	12:57
235	Barbara Barth	F	27	Long Branch	40:14	12:57
236	Janelle Miller	F	9	Freehold	40:18	12:59
237	Alfred Cinter	M	74	Freehold	40:33	13:03
238	Jay Hoatson	M	49	Toms River	40:41	13:06
239	Lisa Albert	F	38	Avon	40:49	13:09
240	Dave Lamorte	M	26	Highland Park	40:56	13:11
241	Michael Brown	M	7	Jackson	40:59	13:12
242	Elisa Schneider	F	29	Long Branch	41:42	13:26
243	Laura Cecilione	F	34	Freehold	41:42	13:26
244	Jesseann Ransom	F	31	Hoboken	45:02	14:30
245	Melanie Shelley	F	30	Howell	45:03	14:30
246	Lori Dolnick	F	47	East Windsor	45:05	14:31
247	James Robbins	M	80	Batontown	45:29	14:39
248	Lorraine Barry	F	51	South River	46:03	14:50
249	Mary Sotanski	F	56	Sayreville	46:35	15:00
250	John Emigholz	M	52	Staten Island	47:22	15:15
251	Toni Freeman	F	64	Spring Lake	52:39	16:57
252	Joyce Petino	F	50	Metuchen	54:27	17:32
253	Christine Foley	F	53	Freehold	54:28	17:32



**FARC's Wednesday, March 17, 2010 pre-ST. PADDY'S DAY 10-MILE & 5 K RACE PACKET STUFFING CLUB MEETING**, a.k.a. *the FARC do-si-do* was held once

again at Tighe Park off Georgia Road in Freehold Twp., after all those who wanted to enjoy a fun run before the meeting—the usual loop through the park & surrounding neighborhoods. Attendees relaxed while stuffing bags. The meeting also featured announcements on upcoming races. This meeting (see picture above), traditionally includes delicious Irish Soda Bread and Irish Music!

**See You at the 6:00 PM Summer Series 5K, 1mile, 1/2-mile races, ~2-mile race-walk & the Kids' Summer Nights 25, 50,& 100-meter Battlefield Charge races, to be held on June 23, 30, July 7, 14, 21, & 28, 2010.**

(see information forms and applications in back) Registration starts at 5:30 PM and is On-site Only. The scenic race courses, with well-placed water station, are a combination of road, trail, and cross-country, followed by ice pops, overall and age-group awards, camaraderie & fun! Sign up on site on race Wednesdays for only \$3 for members, \$5 for non-members! Member discounts at Winter and Summer Series alone will more than pay for your FARC membership. All made possible by Nestle, FARC, Court Jester & more! **FOR AWARDS, AMENITIES & DIRECTIONS. SEE ENCLOSED APPLICATION.**

## 2<sup>nd</sup> Annual Run for the Animals 3 K Race and Doggie Dash

Local Scholastic Prodigal Runner & Race Director Robert Murphy, 14, and his co-race director father and FARC board member, Bob Murphy put on another excellent and record-setting 3 K race and Doggie Dash at Battlefield Park on April 24, 2010.

## Member Race Results

**Members: Please send results & photos to FARC**

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

New Jersey State indoor championship, 3 K Racewalk

John Fredericks - 18:06 1st (60 -64) 5th overall

Toys for Tots 5K Cindy Monica – 28:29 1<sup>st</sup> (60-64)

St. Paddy's 10 mile race Cindy Monica - 1:41 1<sup>st</sup> (60-64)

MS Blues in Mississippi Marathon Diana Burton - 5:49:43

Waco's Toughest Little Marathon in TX - Diana Burton - 5:49:05 1st AG

Austin in Texas Diana Burton - 5:45:24

Gasparilla in Tampa Florida Diana Burton - 5:45:07

B&A Trail Marathon in Severna Pk.MD Diana Burton - 5:45:53 1st AG

Run for the Vikings 5K Steven Feldman - 25:32 2nd 60-64

Florida Relays Div. I Track 5K (3/26/10) Erica Weitz – 17:52

University of FL – College Track 3K (4/17/10) Erica Weitz – 10:23

## Support our Sponsors:

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3464 Route 9 South, Freehold, New Jersey 07728  
[www.unitedstorallcenters.com](http://www.unitedstorallcenters.com)  
Or feel free to call 732-761-8420 - United Storage!

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Proud Sponsor of the St. Paddy's 10 Miler

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

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

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## Runner's Forum

The toughest and hilliest courses in the State of New Jersey

1. The Muddy Marathon (Rockaway Township, NJ)
  2. Mountain Madness 50k (Ringwood, NJ)
  3. Running with the Devil 3 hour, 6 hour and 12 hour run (Vernon, NJ)
  4. Sparta Glen Challenge 3.5 miles (Sparta, NJ)
  5. Morris Mauler 5k (Lewis Morris Park in Mendham, NJ, near Morristown)
  6. Summer Solstice 5 miler (Kitatinny State Park in Andover Twp, NJ)
  7. Hot Chili 8 Mile Challenge (Kitatinny State Park in Andover Twp, NJ)
  8. Sparta 8 miler Around Lake Mohawk (Sparta, NJ)
  9. Woodcliff Lake 10k (Woodcliff Lake, NJ)
  10. Woods and Lakes 10k (Mountain Lakes, NJ)
- 

It's that time of year to **renew your membership** by paying dues for the next 1 or 3 years for you and family. The 3-year family deal is an outstanding value! Please check the important information on your **mailing label** – It will inform you when you are due to renew – always at year-end. Use the Membership form at the back of this newsletter. Also please send your current e-mail address to the webmaster [www.farcnj.com](http://www.farcnj.com), then we ensure that you receive the informative and fun monthly FARC Flash with upcoming race information!

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### BARLEY AND BEAN SOUP (VEGETARIAN) (Stan's sister Janey's)

- 1 cup large dry lima beans
- ¼ cup barley
- 1 carrot sliced cross wise, about 1/8 thick
- 1 stalk celery cut cross wise about 1/8 thick
- 1 onion, quartered
- 3 cubes Knorr's vegetarian bouillon cubes
- 6 cups water

Place limas in pot, cover with water and bring to a boil. Let stand for one hour.  
Shell limas  
Place shelled limas, carrot, celery and onion in soup pot and add water.  
Simmer covered for 1 hour  
Add barley  
Cook till done (the longer the better), then add vegetable bouillon

Will thicken as it stands

If double recipe is made, use only 4 bouillon cubes.

# FARC PROFILE: Laura Baldachino



Laura Baldachino has been a FARC member for 10 years. She's a graduate of Dumont High School in Dumont, N.J. She was greatly encouraged by her cross-country coach, Norm Fink, to join the cross-country team. She ran four years of high school cross-country and four seasons of spring track, where she was a quarter-miler. She is also a graduate of Kutztown University of Pennsylvania, where she earned a Bachelors Degree in Fine Arts. She describes herself as a recreational runner while attending Kutztown. She worked in N.Y.C. for about six years after graduating from Kutztown, finding work in the children's accessory business. She moved with her family from Dumont N.J. to Allentown N.J. in 1993. She has run to keep in shape, relieve stress, and maintain a healthy weight. She joined Twin Rivers Athletic Club (TRAC) to get in shape and meet other runners in the area. With TRAC, Laura was awarded "Most Improved Runner of the Year" in 1998. The first FARC race that she participated in was the St. Paddy's Day 10-miler. It took her just over two hours. She remembers it was a really cold and rainy day, and she was so happy just to finish. She soon became a FARC member and she really enjoyed FARC's Winter Series and Summer Series races. While *mostly a runner*, Laura also does triathlons, bike tours, open-water swimming and road racing all year long. She's done a lot of races over the years. Some of the races that she's been awarded for are:

Finisher in the New Jersey Shore Marathon, 1999, Bruce Berritt Race Against Hunger 5-mile race: 1st place female 35-39, Andrew B. Manning Ocean Mile Swim 30-39 3rd place. She was also a finisher of the New Jersey State Olympic Triathlon in 2006 and 2007. She was also featured in *HER Sports Magazine's* feature: "Women Who Move" in January-February 2007. She just recently received two awards, Long Branch Pier Village 4-Mile Beach Race, 3rd in age group, 45-50, Rise 5k Run, 3rd place - 45-49. She really enjoys running with the Freehold Area Running Club, and she recalls that the club has grown over the years. Laura's current work is in the aquatics field, and she says it helps her with her swimming and it is useful cross-training for her running. She recently competed in another half-marathon, an all-woman's race in Central Park in N.Y.C. on April 25. "It's a great race and I really enjoy running in Central Park", offered Laura. AND she added, "It's a real accomplishment just to finish!"

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The Hidden Benefits of Exercise, Excerpted from the Wall Street Journal, Wed. Jan. 6, 2010, page D1. The article summarizes a study of those who walked briskly for 30-45 minutes 5 days a week for 12-15 weeks:

- Reduced incidence of colds, flu, & sick days by 50%.

The article references results of other studies reported by the American College of Sports Medicine, concluding these benefits to health of body & mind:

- Reduce Depression as well as Prozac or behavioral therapy
- Lowered risk of stroke - reduced by 27%.
- Reduced incidence of diabetes - onset lowered ~50%.
- Shrink the population of those with high blood pressure by 40%
- Beat mortality and risk of recurrent breast cancer - down 50%.
- Can lower the risk of colon cancer - by a whopping 60%. -*Editor*

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**Also, for Information/Hotline Call 732-431-2627 or Visit [www.farcnj.com](http://www.farcnj.com)**

## Letters to Editor & Webmaster

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

### Please Be a Volunteer and Be Glad You Did

Be a race volunteer, & learn how good it feels. More helpers are always needed at all the races & events. If interested, please call & speak with or leave a message for our *Volunteer's Coordinator*, Marcia Shapiro at the FARC hot-line (732-431-2627) or contact the webmaster [webmaster@farcnj.com](mailto: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](mailto:webmaster@farcnj.com).

**Wanted:** More FARC photographer(s) [webmaster@farcnj.com](mailto:webmaster@farcnj.com)

**Wanted:** Willing Participants in club - [webmaster@farcnj.com](mailto:webmaster@farcnj.com)

**FARC FLASH** Please send your new 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 with race forms & it's full of good information.

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

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## FARC Discounts at Area Running Stores

FARC members get 10% discounts from local stores:

- Shore Runner at 3889 US Hwy. 9 North at Hwy. 18 at Shoppes at Old Bridge, NJ.(732.571.3100)
- Runner's High on Route 27 up in Metuchen, Middlesex County, NJ.(732.549.9440)

- Miles Ahead Running Store at 2241 Meeting House Rd. @Circle in Manasquan, NJ (732.223.0444)
- Shore Runner at 40 Centennial Drive (Pier Village Shopping Center) in Long Branch, NJ (732.571.3100)
- The Running Store at 595 State Highway 35 in Shrewsbury, NJ (732.758.8008)

Good shopping! *Carry issue of LONG RUN in car for ID.*

#### Newsletter Mailing Update

Newsletters are sent by both e-mail and postal mail. If you don't want the e-mail version, please send an e-mail to [webmaster@farcnj.com](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, or if your e-mail is either not valid or has been changed – please 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 us at: [webmaster@farcnj.com](mailto:webmaster@farcnj.com).

## FARC WEEKLY TRAINING

### Sunday Group Runs - Find Others to Run With - Train for Marathon & Half-Mara., etc.

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

### Manasquan Reservoir Walking Group

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

### Freehold Boro Track Training

Join Mike O'Flaherty's weekday track workout group at Freehold Boro High School Track at Robertsville Road and Route 79, Thursdays at 5:30 PM. **For more on track Workouts and to confirm current scheduling**, send Email to Mike O'Flaherty for details: [halfspeeder@yahoo.com](mailto:halfspeeder@yahoo.com)

## **FARC Welcomes New Members!**

First Name	Last Name	Type
Peter	Conner	
Keith	Sadlowski	Family
Brian	Schubel	Family
Jennifer	Thomas	
Elizabeth	Thomas	
Nancy	King	
Rob	DiTota	
Gloria	Witterschein	
Marilyn	Ryder	
Blair	Kolbeck	
Marie Paulette	Matis	
Laura	Donnelly	Family
Mark	Leary	Family
Susan	Thompson	Family
Cynthia	Cirri	
Chris	Wolf	
Paulette	Stallone	Family
Peter	Rancan	Family
Jennifer	Crombie	
Meryl	Schutzbank	

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](http://www.farcnj.com) web-site. Please tell us how we can serve you better!

#### Kudos & Congratulations

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

DATE	EVENT	PLACE	TIME
<b>Tuesday 5/18/10</b>	Club Meeting	Michael Tighe Park	6:30 PM Run 7:00 PM Meeting
<b>Wednesdays 6/23-7/28</b>	Summer Series	Monmouth Battlefield Park	Kid's 6:00 PM 5K 6:45 PM
<b>7/26/10</b>	Club Picnic	Monmouth Park	TBD
<b>10/13/10</b>	Club Meeting	Michael Tighe Park	7:30 PM Run 8:15 PM Meeting
<b>11/26/10</b>	Born to Run	Freehold	11:00 AM
<b>12/8/10</b>	Club Meeting	Michael Tighe Park	7:30 PM Run 8:15 PM Meeting
<b>12/13/10</b>	Toys for Tots	Michael Tighe Park	10:00 AM

**Paulette Steps Toward Cancer Wellness 5K run/1-mile walk on March 27 was an overwhelming success. The event raised \$23,000 to benefit cancer survivorship programs and research at CentraState & support widespread cancer awareness, education & screening outreach efforts. Paulette Stallone has courageously battled cancer, and Jan Dragotta of Centra State was the Race Director. FARC supported the race with volunteers and equipment.**



The 28<sup>th</sup> Annual  
Wednesday Night

# ***SUMMER 5K RACE SERIES***

June 23, 2010 – July 28, 2010 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 23    JUNE 30    JULY 07    JULY 14    JULY 21    JULY 28**

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

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

**for our 28<sup>th</sup> year of Great Running**

**Visit our Website: [www.farcnj.com](http://www.farcnj.com) for results and club information**





**Presents**  
**17<sup>th</sup> Annual**

**KIDS' SUMMER NIGHTS RUNNING SERIES**

**June 23, 2010 – July 28, 2010**

**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, ½ Mile or Mile**  
**S M L**

(Circle one)

**Sex: \_\_\_\_\_ RACE DATES: \_\_\_\_\_ On Site Registration Only**

**JUNE 23 \_\_\_\_\_ JUNE 30 \_\_\_\_\_ JULY 07 \_\_\_\_\_ JULY 14 \_\_\_\_\_**

**JULY 21 \_\_\_\_\_ JULY 28 \_\_\_\_\_ 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: \_\_\_\_\_**



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](http://www.farcnj.com) or hotline 732-431-2627 for details.)

### MAY

- 6 GD Loucks Gms. Wh.Plns HS, NY 1 M 7PM Masters Mile
- 8 Newport 10K Jersey City, NJ 10 K 8:30 AM 910-686-0026
- 8 Home Frnt.for Hope Princeton, NJ 5 K 11AM 609.989.9417
- 8 Glenn D. Loucks Games White Plains HS, NY 5 K 8:00 AM
- 8 PTA Monmouth Beach, NJ 3 M 9:00 AM
- 9 J.Alter Mem.Brkdale CC,Lincroft,NJ 3M 9AM 866.350.2583
- 9 Rumson-Fair Haven Rumson, NJ 5 M 9:00 AM 224-9374
- 12 Autism Lakewood, NJ 5 K 10:00 AM 918-0850
- 15 Dottie's House Brick Reservoir, NJ 5 K 10:00 AM
- 15 Gallop Colts Neck, NJ 10 K 10:00 AM 780-6666 5 K
- 15 RunAmuck Washington Cross.State Pk., PA 5K Various
- 15 Pennington Pennington, NJ 5 K 9:15 AM
- 15 Kennett Square Kennett Square, PA 10 K 9:00 AM
- 16 Mike Thorne Schol. W.Long Br., NJ 4 M 9AM 222-0725
- 16 Carlee Wines Manalapan HS, NJ 5 M 9:30 AM
- 19 Cross-Country Rosedale Park, NJ 5 K 6:30 PM
- 22 Ocean Medical Center Brick, NJ 5K 8:30 AM
- 22 Spring 'to Summer Middletown, NJ 5 K 8:30 AM 671-4219
- 22 Bay Head Bay Head, NJ 5 K 8:30 AM 917-292-8910
- 23 JB MDL Arm.Forces Lakehurst,NJ 10 M 8:30 AM 323-7266
- 26 Cross-Country Rosedale Park, NJ 5 K 6:30 PM
- 26 Mayor's Trophy Rahway, NJ 5 K 9:45 AM

### JUNE

- 2 Cross-Country Rosedale Park, NJ 5 K 6:30 PM
- 2 Jag.Jog Mo.Battlefld.Pk.,NJ 1 M 6PM-804.9016 5K 645PM
- 5 Avon Avon, NJ 5 K 8:30 AM
- 5 Pt. Beach HS Point Beach, NJ 5 K 8:30 AM
- 5 Race to Educ.Howell Middle Sch.South, NJ 5 K 9:00 AM
- 6 June Fete Princeton, NJ 10 K 9:00 AM 609-497-4069
- 6 Spring Trail Highlands, NJ 7.2 M 578-1771
- 12 Pre-Fathers' Day Wanamassa, NJ 5 K 9:00 AM 542- 690
- 18 June Moon Somerset, NJ 5 K 7:15 PM
- 19 D.A.R.E Bayville, NJ 5 K 9:40 AM
- 20 Run for Dad West Windsor, NJ 5 K 9:00 AM 609-895-0867
- 23 **Summer Series 5K & Kids, Battlefld St.Pk. 6,6:45PM Web**
- 26 Save Barnegat Bay Lavallette, NJ 8 K 8:30 AM
- 26 Ryan's Run Middletown, NJ 5 K 9:00 AM
- 27 Pine Beach Pine Beach, NJ 5 K 9:00 AM
- 30 **Summer Series 5K & Kids, Battlefld St.Pk. 6,6:45PM Web**

### JULY

- 7 **Summer Series 5K & Kids, Battlefld St.Pk. 6,6:45PM Web**
- 8 Lawyers for Kids Ginty Field, Morris Twp.,NJ 5K 7:15 PM
- 14 **Summer Series 5K & Kids, Battlefld St.Pk. 6,6:45PM Web**
- 18 Eden Autism Princeton Forrestal Village, NJ 5 K 9:00 AM
- 21 **Summer Series 5K & Kids, Battlefld St.Pk. 6,6:45PM Web**
- 24 Wtr. for People Monmouth Battlefield Pk., NJ 5K 8:30 AM
- 25 Run W/Balloons Solberg Airt, Readington,NJ 5K 8 AM
- 28 **Summer Series 5K & Kids, Battlefld St.Pk. 6,6:45PM Web**