



THE LONG RUN

An Official Publication of:

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



Website: www.farcnj.com *

Join* **FARC Facebook!**

E-mail (results & letters to editor): webmaster@farcnj.com

VOL. 29 NO. 5 (November-December, 2011)

also see: [FARC Flash](#) (e-mailed monthly)

NJ's 3rd Largest Club & Growing

Club Meeting 7:00 PM Wed. 12/14 Tighe Park. 6:30 Fun Run. Elections, then Party.

COMING! 20th ANNUAL TOYS FOR TOTS 5K Dec. 11, 10 AM - MIKE TIGHE PARK RACE BENEFITS ANNUAL MARINES TOY DRIVE BRING AN UNWRAPPED UNUSED TOY

29TH ANNUAL WINTER 5 K SERIES Jan. 8, 15, 22, 29, Feb 5TH.10AM- TIGHE PARK

Sat.8AM Reservoir RaceWalk / HealthWalk

Sun.8AM Reservoir: Train, Run-Distance

Freehold Boro Track Workouts E-mail mmcoflaherty@yahoo.com For Info.

The 2nd Annual Fall Harvest Gathering for Club Members took place at the Gordon's Corner Fire House on November 18th. The food was delicious and all had a great time. Thanks to Linda Hyer for organizing it. Please attend next year.



(See www.farcnj.com for Photographs, Applications, Calendar, Race Results)

Support FARC Sponsors:



CROSS-COUNTRY (XC) TEAM AT HOLMDEL FINALE, NOVEMBER 5



700 Finished the 27TH Annual BORN TO RUN 5-MILE 11/25/11 in FREEHOLD
1st Place Overall: 27:21 & 1st Place Woman: 30:13



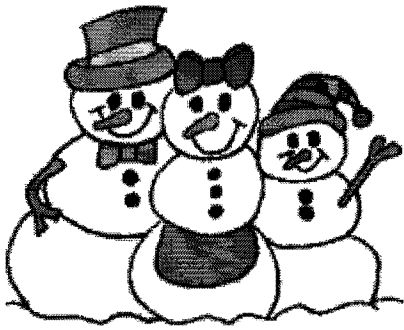
OR's Andrew Huston, 28 & FL's/FARC's Erica Weitz, 23

Complete results on www.farcnj.com!!!

On a perfect *Black Friday* to be exercising, about 700 competitors were out running and race walking the Born to Run Five (5) Mile course. The course started and finished in downtown Freehold, running a point to point course with a loop through the Topanemus Park consuming the 3rd mile. Andrew Huston from Portland, Oregon led all runners with a 5-mile race time of 27:21 while the females were led by Erica Weitz from Orlando, FL (a long-time FARC member and club scholarship winner from Morganville) with a time of 30:13, eighth overall in the race. The UCF graduate's last previous race in NJ was her May 1st debut 3:05 NJ Marathon, qualifying her for Boston next April. Another former FARC scholarship winner who placed high in the race was 6th place overall Jason Weiner of Freehold, 29:53.4.

Great T-shirts went to runners. Prize money was awarded to the top three male and female runners. The Court Jester provided refreshments to runners. The event benefited the Open Door Food Pantry. Visit farcnj.com for all results and photos and check out Jim Robbins' article on this year's Born to Run race in the Atlantic Highlands Herald's electronic newspaper.

CONDOLENCES FOR BOB WENDEL'S (92) PASSING



Freehold Area Running Club's
 23rd Annual
Toys For Tots 5K
 Sunday, December 11th, 2011, 10:00AM
 Michael Tighe Park, Georgia Road, Freehold
 Township



**Benefits the Annual Toys for Tots Marine
 Corps Drive**

HEATED INDOOR FACILITY, BIG HOLIDAY CHEER BRUNCH PARTY
Course Loops through Tighe Park,

SPONSORED BY: TELCORDIA PIONEERS

Registration: Pre-Registration (post marked by 12/9/11) - **\$10.00** plus a new unwrapped toy
 Valued at approximately \$10-\$15.00 (brought race day) or **\$20.00** shirts guaranteed to all pre-registered
Post Registration - \$20.00 plus a new unwrapped toy valued at approximately
 \$10-\$15.00 (brought race day) or **\$25.00**

**** All toys donated to the Marine Corps Toys for Tots Drive ****

Awards: Top 3 overall male and female; Top 3 male and female in the following age categories 14- under, 15-19,
 20-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70-79, 80 +, Top 3 male and female Race-Walkers.

Make Check Payable To: Freehold Area Running Club
Mail To: FARC, 1222 Barton Avenue Point Pleasant New Jersey 08742

Name: _____ **Age:** _____ **Sex:** _____

Address: _____ **Circle One: Runner or Walker**

City: _____ **State:** _____ **Circle One: Size: S M L or XL**

Zip: _____ **Phone #:** _____ **Pre-Entry Fee:** _____

E-Mail: _____

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

Signature: _____ **Date:** _____

Parent Signature (if under 18): _____ **Date:** _____

Make Check Payable to Freehold Area Running Club & Mail to 1222 Barton Avenue Point Pleasant, NJ 08742
For information visit <http://www.farcnj.com/>



Membership Application 2012



WWW.FARC.NJ.COM visit us on Facebook

BENEFITS OF FREEHOLD AREA RUNNING MEMBERSHIP

- Informative Newsletters
- Free T-Shirt to New Members
- Sunday Group Runs
- Seasonal Track Sessions
- Summer Series with Kids' Races
- Winter Series with Kids' Races
- Race Entry Discounts
- Discount at Local Merchants
- Annual Scholarship
- Annual Club Picnic
- Annual Awards Banquet
- Member – RRCA
- Member - USATF-NJ Club #118
- Weekly Group Runs
- Race Schedule
- Team Entries
- X-Country Workouts
- Race Walking Team/Program
- Social Activities
- Volunteer at Club Events or Offer Your Services e-mail webmaster at farcnj@gmail.com

New _____ or Renew _____ (Please check one) Birthday: _____

Name: _____ (Please Print) Family Members' Name & Age _____

Street: _____

City: _____

State: _____ Zip: _____ Telephone #: _____ (Additional names on back of form)

E-Mail Address: (Please Print) _____

Membership Types, Select One:	<i>Please circle option</i>		Shirt size: (new membership only)
Standard Membership Fee:	Individual	Family	Two Shirts for Family Membership
1 YEAR (Good thru 12/31/12)	\$15.00	\$ 25.00	Shirts may be picked up at any club event
3 YEAR (Good thru 12/31/14)	\$35.00	\$ 55.00	S M L XL

Please make check Payable to FARC, P.O. Box 4, Manalapan, New Jersey 07726
 Visit our web site at FARC.NJ.COM for upcoming events.

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

Signature: _____ Date: _____

Parent Signature (if under 18): _____ Date: _____



FARC ANNUAL AWARDS BANQUET

Celebrating a Year of Accomplishments

FRIDAY FEBRUARY 3, 2012

7-11 P.M.

Our House Restaurant

420 Adelphia Road, Farmingdale, NJ 07727

\$30.00 PER MEMBER -\$35.00 NON-MEMBER

BUFFET

DOOR PRIZES

50/50

DANCING

AWARDS

BEER & WINE

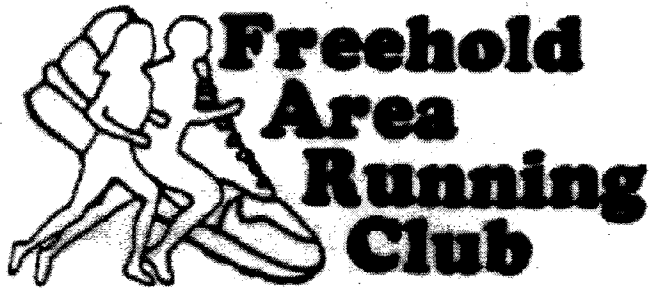
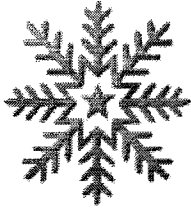
RSVP by JANUARY 20TH

Mail tear-off to: FARC *c/o* O'Flaherty; 18 Hudson St, Freehold, NJ, 07728

Name: _____

FARC Members: _____ # Non-FARC Members: _____

Amount Enclosed: \$ _____



2012

29th Annual Winter Race Series

5K held on Five Consecutive Sundays in January & February
1/08, 1/15, 1/22, 1/29 and 2/05, 2012

5K Starts at 10 A.M.

Michael J. Tighe Park, Georgia Road, Freehold Township

Come race the best winter series in New Jersey, indoor facilities,
soup and refreshments for all.

***** No Pre Registration Required, Race Day Sign Up Only *****

Entry Fee: 5K - \$5.00 FARC Members - \$3.00 HS & College Students \$3.00

BIB #: _____

Name: _____ Age: _____ M _____ F _____ Run Walk CLYD
print (Circle one)

Address: _____ City: _____ State: _____

Zip: _____ Phone #: _____ E-Mail: _____

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

Signature: _____ Date: _____

Parent Signature (if under 18): _____ Date: _____

*** For information visit our web site at – www.farcnj.com ***

Freehold Area Running Club Membership Volunteer Form

Name: _____ Family Members: _____

Volunteer Shirt Size: S M L XL
(Circle one)

Club Races to Volunteer for:	<u>Please Check off</u>	Areas to Volunteer at:	<u>Please Check Off (may be multiple)</u>		
Winter Series	_____	Registration	_____	Food/Hospitality	_____
St Paddy's 10 Miler & Lep. 5K	_____	Shirt Distribution	_____	Water Stop	_____
Summer Series	_____	Course	_____	Finish Line	_____
Kids Summer Nights	_____	Course Marshal	_____	Set-Up	_____
Born to Run	_____	Clock Watcher	_____	Clean Up	_____
Toys for Tots	_____	Timer/Splits	_____	Results	_____

Each time you volunteer you earn FARC Points, see website for redeeming point categories.

How would you like to be contacted?

Phone #: _____ E-Mail _____

Please fill out form, save and return to our webmaster at; farcnj@gmail.com

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

THE FREEHOLD AREA RUNNING CLUB
23rd Annual



And the 18th Annual

Leprechaun 5K

CHIP TIMING

By Elite Racing Systems

Sunday, March 25, 2012 at 9:30 A.M.

Michael J. Tighe Park, Georgia Road, Freehold Township, NJ
Register on line at:

REGISTER AT **www.active.com** Race Forum REGISTER ONLINE

Race Day Registration: Begins at 8:00 AM. Come early. Allow time for parking. Starting time for the 10 mile is 9:30 AM. The 5K follows at 9:45 AM. All entry fees non-refundable.

Course Certification # NJ92003DB

A Happy St. Patrick's Day to You! This event is for you, the community of runners and walkers who compete not only to win, but to experience the challenge of going the distance and have fun in the process. We offer two scenic courses: the 10-mile for those looking to build toward the Boston Marathon, or other spring long distance events; the 5K for a speed or shorter fitness workout. And there's plenty to eat and drink, commemorative shirts, random drawings, an Expo, age group awards, and a corps of experienced volunteers to guide you.

The Awards: 10-mile: To the first three male and female finishers overall, and the top three male and female finishers in the following categories: 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ and Racewalk; and to the first male and female FARC members.

The Awards: 5K: To the first male and female finishers overall, and top three male and female finishers in the following age groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

No duplicate awards.

Directions:

From the North: Garden State Parkway to Exit 123 (U.S. 9 South).

From the South: Garden State Parkway to Exit 83 (U.S. 9 North).

From the East: From the Belmar/Wall. Twp area, take I-195 West to Exit 28N (U.S. 9 North) or from the Long Branch area take NJ 36 West to NJ 18 North to exit 22B (NJ 537 West), continue on 537 to U.S. 9 South.

From the West: I-195 East to Exit 28N (U.S.9 North).

Then all: follow U.S. 9 (North or South) to Route 524 (Elton-Adelphia Road) toward Smithburg and Turkey Swamp Park. Go West on 524 approximately one mile (past two schools). Turn left at light onto Georgia Road. Tighe Memorial Park will come up on your left just past St. Robert's Church.

Information e-mail stpaddy10@gmail.com or www.farcnj.com

Please Note! Due to the race in progress, you may not exit the Park between 9:30 AM and 12:30 PM. If this will inconvenience you, parking is available outside the Park in nearby side streets. Please do not park on Georgia Road.

Mail Registration:	5K	10 Mile
Pre Registration only for		
Current FARC members on or before March 15...	\$20.00	\$25.00
Entries postmarked on or before March 15.....	\$25.00	\$30.00
Race Day Registration and		
Entries postmarked after March 15 and race day.	\$30.00	\$35.00

Name: _____

Address: _____

City: _____ **State:** _____ **ZIP:** _____

Telephone: (_____) _____

Sex: M ___ F ___ **Date of Birth:** M ___ D ___ Y ___

Age (Race Day): ___ **Shirt Size:** S ___ M ___ L ___ XL ___

Check One:
5 K Run ___ or 10 Mile Run ___ 10 Mile Racewalk ___

Race walk prizes limited to 10 mile race only

FARC Member: _____

E-Mail: _____

Liability and Publicity Release: I know that running in a road race is a potentially hazardous activity and that I should not enter and participate unless I am medically able and properly trained. I agree to abide by the orders of any race or police official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including but not limited to: falls, contact with other entrants or deer, the effects of weather, potholes, slippery road conditions, including snow and ice, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the St. Paddy's Race Committee, the Freehold Area Running Club and USATF-NJ, its officers, Trustees, Members and volunteers associated with this event; The Township of Freehold, its Officials, Employees and Departments, The Court Jester and any and all other sponsors and their representatives and 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 the forgoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature _____ **Date** _____
(Participant or parent/guardian if under 18.)

Make check payable to FARC. Mail to: FARC c/o Isabel Meldrum, 1222 Barton Ave., Point Pleasant, NJ 08742



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

AREA RACE CALENDAR

All phone nos. 732 unless otherwise noted. Many races have websites
Go to www.farcnj.com or P.O. Box 4, Manalapan, NJ 07726 for details.

FREEHOLD AREA RUNNING CLUB CALENDAR			
DATE	EVENT	PLACE	TIME
Sundays Saturdays ALL YEAR	Distance Training Race walking	Windeler Rd. Manasquan Res-ervoir Lot/ Vis.Ctr.	8:00 AM
Wednesdays (Mike has schedule)	Track Workouts	Freehold Boro High School Track,Robts.ville Rd.&rt 79	Contact Mike mmcoffaherty@yahoo.com
Sun. 12/03/2011	Poricy Park Trail 5K	Middletown, NJ	8:30 AM farcnj.com
Sat. 12/03/2011	MAC Classic	W. Long Branch, NJ	9AM farcnj.com
Sun. 12/04/2011	Reindeer Romp 5 K	West Brick, NJ	1030 AM farcnj.com
Sun. 12/11/2011	Toys for Tots 5K	Tighe Pk,Freehold NJ	11:00 AM farcnj.com

FREEHOLD AREA RUNNING CLUB CALENDAR

DATE	EVENT	PLACE	TIME
Sat. 12/31/2011	Polar Bear 5-Mile Run & 10-Mile Walk	Asbury Park, NJ	1 PM Run, 10AM Walk farcnj.com
Sat. 1/07/2012	Frzg. Cold Hash 3-5M	Thos.Edison Pk., NJ	10AM farcnj.com
Sun. 1/08/2012	Winter Series 5K	Tighe Pk,Freehold NJ	10AM farcnj.com
Sun. 1/15/2012	Winter Series 5K	Tighe Pk,Freehold NJ	10AM farcnj.com
Sun. 1/22/2012	Winter Series 5K	Tighe Pk,Freehold NJ	10AM farcnj.com
Sun. 1/29/2012	Winter Series 5K	Tighe Pk,Freehold NJ	10AM farcnj.com
Sun. 2/5/2012	Winter Series 5K	Tighe Pk,Freehold NJ	10AM farcnj.com
Sun. 2/11/2012	Cupid's Chase 5K	Princeton Shopping Ctr, NJ	10AM farcnj.com
Sun. 3/25/2012	St. Paddy's Day 10 miler and 5 K	Tighe Pk,Freehold NJ	9:30, 9:45AM(5K) farcnj.com