



THE LONG RUN



The Official Publication of The Freehold Area Running Club
VOL. 25 NO. 4 - 06/07

Website: www.farcnj.com E-mail: webmaster@farcnj.com
FARC Hotline: (732) 431-2627

Hello from Pres.: See you at 25th Annual, Wed. 6/20-8/8 Summer Series! & Kids' Summer Nights Races, & Monmouth Day at Races Picnic 8/19! – JW.

Ongoing Weekly Group Runs

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

FARC Awards 5 M.J. Stuper Scholarships

Five amazing FARC student/athletes were awarded at the May 16th meeting. Read all about them on pp 5-6!

Also, renowned running author, Marc Bloom (below), spoke at the Meeting to all attending, including 2007 Scholarship awardees & a large crowd of club members. Marc shared results of research on kids' running, along with his views on raising/coaching a student athlete. He addressed this important topic by recalling experiences with his daughters. Marc included a healthy dose of humor. See YOU at the next meeting!



Renowned Running Author & Club Member, Marc Bloom

JACK KUHNERT MEMORIAL 5K RACE WINNERS



Jack Kuhnert Memorial Scholarship 5K Race Michael Tighe Park in Freehold, Sunday May 6, 2007 All Finishers' Names, Times, & Places found on farcnj.com

- | MEN | | WOMEN | |
|---------------------------|----------------------------|-----------------------------|----------------------------|
| 1. Cody O'Flaherty, 17:56 | 1. Maggie Freeman, 20:11 | 2. Rachel Weinberger, 22:43 | 3. Kerry Dyke, 23:28 |
| 2. Scott Linnell, 19:24 | 3. Erica Linnell, 23:29 | 4. Pat Coyne, 25:29 | 5. Christina Dyke, 25:59 |
| 3. Rich Edwards, 20:45 | 6. Michele Fosgreen, 26:22 | 7. Allison Gall, 27:20 | 8. Nancy Roche, 27:41 |
| 4. Brandon Forman, 21:07 | 8. Allison Gall, 27:20 | 9. Nancy Roche, 27:41 | 10. Carlene Sanchez, 28:56 |
| 5. Perry Forman, 21:41 | 9. Fran Bell, 23:44 | | |
| 6. Evan Dziobak, 22:01 | 10. Peter McCaffrey, 24:11 | | |
| 7. John Kopko, 22:31 | | | |
| 8. Bud Fitch, 23:32 | | | |



Scott & Erica Linnell **Start of Kuhnert 5-K Race**
(more on right side of page 4)

**25th ANNUAL SUMMER SERIES STARTS WED.
JUNE 20 AT BATTLEFIELD STATE PARK:**

The 25th edition of the FARC summer series starts on June 20th at Monmouth Battlefield Park. Kids Summer Nights Races (directed by Isabel Keeley) are at 6:00 PM, with a 1-Mile race at 6:30PM. The 5K (directed by Ron Salvio) starts at 6:50 PM. The series ends on August 8th. [Please note: no race on July 4th holiday]

Regarding the summer series, the 1st-ever race was held on July 13, 1983, with 66 finishers (+ 21 in the 1 mile). To commemorate that first event, we're looking to do some special things on the night of July 18. Be there!

The June issue of Runners World Magazine (RWM) featured our Kids Summer Races, as part of their extensive article on family running. RWM included a breakout box with descriptions of 3 kids' events, in the following order: Freehold (New Jersey) Area Running Club, the Twin Cities Marathon, and Marine Corps Marathon Healthy Kids Fun Run, including web sites.

2007 FARC Executive Board

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

Day at the Races

FARC is planning a "Day at the Races" at Monmouth Park on August 19th. Put this date on your calendar, as it promises to be a great event, including a picnic. There will be more information in future FARC Flashes as well as on the new www.farcnj.com website. Please see enclosed flyer and register for only \$7 by July 22, 2007.

FARC Gets Discounts

Club members will receive a 10% discount from two local running shoe & gear stores, as follows:

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

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

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!

Dear FARC,
I just wanted to drop you a note to thank all the members of the Freehold Running Club for their dedication of the

first spring race to Jack's Scholarship. Your dedication and generosity to the youth of the community in his memory means so much to our family. God Bless you all... Thank you all again. Sincerely,
Loretta R. Kuhnert
President
Western Monmouth Chamber of Commerce

Dear FARC,
Joel and I were thrilled to see the FARC newflash and learn that you had graciously awarded us the President's Award. We are honored and appreciative of this recognition. It has been our privilege to serve the Freehold Area Running Club, and even though I am obviously no longer a runner/walker, it makes me very happy that I was able to help out. Thank you again for bestowing this honor upon us.
Bev Stern

Dear FARC,
I received my newsletter (v.25, no. 2) on Saturday, March 11 and it really looked good especially the photos. Nice job for your 1st issue.
-Dave
(Member David Friedman is President of USATF)

Tom Wendel,
Nice race! The course and water stops were great! The beer flowed this year, which only added to the success. Thanks,
Anonymous (forwarded by Jim Bergum)
[Ed.'s Note: Tom Wendel directed the 18th Annual St. Paddy's Race, a wildly successful USATF-NJ Championship Grand Prix Event. Thanks to Tom & all other dedicated volunteers and our generous sponsors: Nestles, Old Country Buffet, & New Balance]

Runner's Forum

Spadolas Running: Carrying the Torch for Wonderful Family Tradition

In her final regular season meet, Heather (7th grade at Howell Middle School North) ran her best 800 m. time, 2:35, and she finished the season undefeated. She entered the County Championships with the fastest time in the league. She is competitive in the 400 m. and long jump while also running the 4 x 100 m. relay. The elongated season starting with cross-country and then traveling to Nationals in Spokane, Washington proved to make this track season a successful one.

Randy (freshman @ Freehold Twp.) is competing at the Varsity 1600 m., and 3200 m. distances, gaining personal bests of 4:56 in the mile and 10:21 in the 2 mile.

Ryan (sophomore at Freehold Twp) is having a record-breaking year posting new school records in almost every meet throughout indoor and outdoor seasons. As the anchor leg of the 4 x 400 m. relay, he has set the new mark several times with the most recent posting of 3:24, placing first in the Monmouth County Championships. He also anchors the 4 x 800 m. relay and has captured first in every meet in which they have

competed. In personal events, He has set a personal best in the 400 m. (50.3) taking 6th in the Monmouth County Championships. He has posted 1:58 (school record) in the 800 m. and has added javelin to his events this year, posting a personal best throw of 147 feet.

Kudos & Congratulations

Congrats to new member of USAT&F, Cindy Monica whose age group 60-64 female time of 1:36 is excellent for any age group!

FARC Welcomes New Members

Robert Scott & Family
Patricia Wyatt & Family
Rachel Weinberger
James Schaefer & Family
Alisa Molbert
Cherie Twardus-Sheridan

Please continue to introduce your friends to your club!

FARC FLASH

Please send your 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 and full of good running information.

Member Race Results

Send your complete race results to FARC's Webmaster Jim Bergum at webmaster@farcnj.com,

Blue Claws 5k

Ralph Garfield - 22.18(1st 70-75)

Colt 5k Trail Run

Ralph Garfield - 23.42

Spring Lake Five

Bill Pane – 31:52 (72nd and mug winner)

NJ Marathon

Ken Gallagher – 3:40:01 (1st Marathon)

Our House 5 mile

Ralph Garfield-37:57 (3rd 70-75)

St. Paddy's 10-miler

Cindy Monica-1:36 (2nd 60-64)

New Jersey Half-Marathon

Monica Sanchez- Women's Winner- 1st Place!

Rich Edwards' Recent West VA Trail Run...

Joe, Nicole, & Laura Saffer and I left on Friday, June 1st for the Decker's Creek Trail Half Marathon in Morgantown, WV, along with essential support/spectators: our wives Ellen Saffer & Betty Edwards. A great dinner Friday consisted of carbohydrate-loading at the Olive Garden, with the conversation centering mostly about the next day's race. After a night's sleep, we were up and out to the park to get our shirts and numbers. Buses took runners to the start for the point-to-point course, so it was *All or Nothing!* Winding roads were interesting and scenic. The temperature was in the mid-70s & the race started on time but it was crowded and the trail was just big enough to fit a truck on. After a few instructions, the gun went off, away we all went and even the race director ran the event! The course was slightly downhill, up to 1.5% grade & mostly shaded. At about 10.5 miles into the race, we came out of the trail section and onto the asphalt & into the now 86°F sun. It had to be one of the most grueling parts of any race I

have ever entered and run. Anyway, the four of us who ran the event all finished & survived the race. After a little water, hose spray, 5-minute massage, some food and Advil; we were all good to go. The women went shopping after lunch and then they all got together for dinner next to the hotel. It was a much different night and very relaxing and Betty and I had a great time with the Saffers in WV!

Newsletter Mailing Update!

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

Your E-MAIL Address

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

FARC Health Update:

A friend of ours sent this to us and encouraged us to spread the word. I agree. If everyone can remember something this simple, we could save some folks. Seriously... Please read:

STROKE IDENTIFICATION:

During a BBQ, a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) and just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food - while she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening. Ingrid's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00pm, Ingrid passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this...

A neurologist says that if he can get to a stroke victim within 3 hours, he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the "3" steps, STR. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S * Ask the individual to SMILE.

T * Ask the person to TALK to SPEAK A SIMPLE SENTENCE (Coherently) (i.e. It is sunny out today)

R * Ask him or her to RAISE BOTH ARMS.

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his/her tongue. If the tongue is 'crooked', going to one side or the other, it is an indication of a stroke. If he or she has trouble with ANY ONE of these tasks, call 911 immediately! And describe the symptoms. A cardiologist says if each of us forwards this info. to 10 people; at least one life will be saved.

Wanted: Need contributors to submit articles to the Long Run Newsletter at webmaster@farcnj.com.

Wanted: Need FARC photographer(s) by fall '07 (you're welcome to start sooner! webmaster@farcnj.com) as FARC photographer, Nathan Bergum, has now graduated from college (Univ. of DE) and is moving on to the real world of work! Nate's been great for FARC, & he may be able to help break you in this summer as our new club photographer(s)! Good luck to you, Nate!

Manasquan Reservoir Walking Group

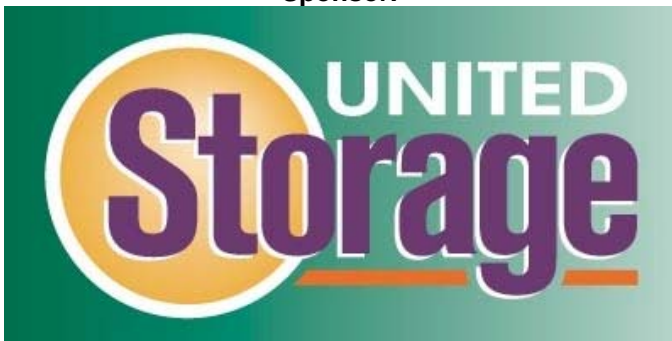
Join the walking group every Saturday morning at the Manasquan Reservoir. Racewalking coach Ben Ottmer's group leaves at 8:00 a.m. sharp. He will give you training advice on racewalking or health walking. You can go 2 miles or 10 miles, it's up to you. The group meets at the welcome center on Windeler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

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

Make Your Day

Be a race volunteer, & learn how good it feels to give back to the running community. More helpers are always needed at the races & events, but even at summer series & others. If interested, please call and speak with or leave a message for our Volunteer's Coordinator: Marcia Shapiro at the FARC hot-line at 732-431-2627 or contact the webmaster webmaster@farcnj.com and offer your time as a volunteer for races. You will be glad you did. Previous experience is helpful but not required.—Ed.

Support our
Sponsor:



3464 Route 9 South, Freehold, New Jersey 07728

www.unitedstorallcenters.com

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

[CONTINUED, Jack Kuhnert Race from Page 1]



**FREEHOLD AREA
RUNNING CLUB (FARC)
2007 MATTHEW J.
STUPER SCHOLARSHIP
AWARD WINNERS!!!!!!!**



ASHLEY HIGGINSON helped at the Born to Run 5 miler in November. She began running at Marlboro Middle School, immediately winning the mile in ~5:27 as 7th grader in All Star meet. Attended & starred at Colts Neck High School, while finishing a sterling 2nd as Salutatorian in her graduation class (with a 5.05 GPA with AP & honors classes). Ashley has gone out of her way to run with teammates during races, helping them to improve their times and performances. Ashley has won repeat state 2-mile titles, & smashed the old NJ high school girls record for the 5-Km by 56 seconds in 16:38, and this All-American won her 2nd 2-mile title at Penn Relays at 10:16. She will attend nearby Princeton Univ. **CONGRATULATIONS** Ashley on winning the 2007 Matthew J. Stuper Scholarship!

EDWARD "ANSKAR" FOSSE is a Freehold native. He has run the last 6 years as a member of FARC. He was running every Kids' Summer Nights race in 2002, & moved up to the mile race. He has been X-C and track co-captain at Freehold HS for the last 2 years, racing 800-3200 meters in track. He has done something very rare for his age: at age 16, Anskar completed his 1st marathon, the Jersey Shore Marathon. The 26.2-mile event has helped teach him the values of perseverance, self-discipline, & the first-hand appreciation of how distance running enhances mental focus & relaxation. At Ranney, he excelled in 5 AP courses & was inducted into the National Honor Society, & he will be attending a fine private college in the fall. **CONGRATULATIONS** Anskar on winning the 2007 Matthew J. Stuper Scholarship!



KEN WALSH just graduated from Point Pleasant Boro HS, where he amassed a fine record of accomplishments for others to aspire to. He is an Eagle Scout, raised thousands of dollars, then built a public exercise trail project with signs, maps, and posts. Lifeguarding has been a full-time summer job for him. Ken has been the X-C captain for 2 years and Indoor Track captain as senior. Ken was President of Point's chapter of the National Honor Society. He performed well in 4 AP & 11 honors courses. Ken plans to remain active with FARC in the Winter & Summer series. Ken was also awarded a University of Rochester scholarship/award in Humanities & Sciences, and he will attend the fine Ramapo College this fall, running under coach Mike Jackson. **CONGRATULATIONS** Ken on winning the 2007 Matthew J. Stuper Scholarship!





The 25th Annual
Wednesday Night

SUMMER 5K RACE SERIES

June 20, 2007 – August 8, 2007 5K - 6:45 P.M.
(No Race on July 4th)
Registration starts at 5:45 p.m.

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

Sponsored by:
Crown Beer Distributors

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: \$2.00 PER RACE FOR FARC MEMBERS AND \$5.00 FOR OTHERS

RACE DATES: Every Wednesday night for the following dates;

JUNE 20 JUNE 27 JULY 11 JULY 18 JULY 25 AUGUST 1 AUGUST 8

Special Commemorative 25 year Summer Series T-Shirt to all participants on July 18

RACE TIME: Half Mile Starts at 6:15 p.m. Fee \$2.00 per race adults
Mile Fun Run at 6:30p.m. Fee \$2.00 per race adults
5K Starts at 6:45 p.m.

**Come join FARC for a Summer of Fun Running and Walking.
Come Celebrate 25 years of Running**

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

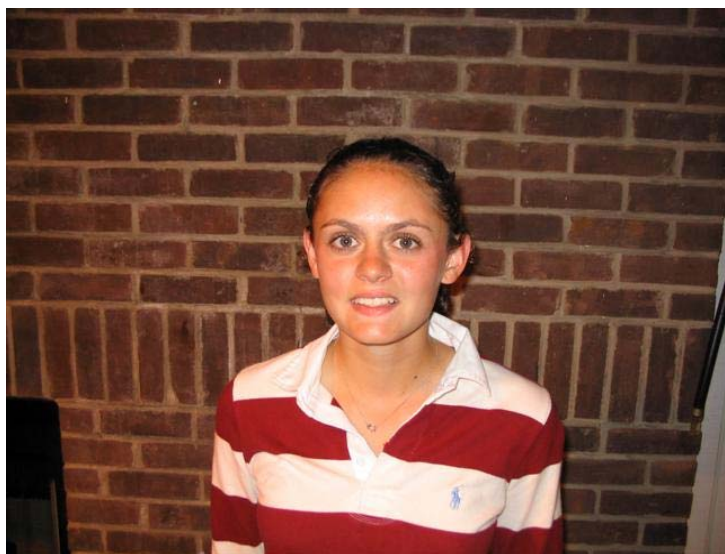
**Continued...FREEHOLD
AREA RUNNING CLUB
2007 MATTHEW J.
STUPER SCHOLARSHIP
AWARD WINNERS!!!!!!!**



MICHAEL O'FLAHERTY is a legacy in running, and hails from an amazing running family in Freehold Boro. In high school, Mike was captain of both cross-country & track, & he was one of the top distance runners ever in the District. Mike was the Applied Technologies student of the year both Junior & Senior years & inducted into the Spanish Honor Society. In his first two years at West Virginia Wesleyan, he has placed first in a number of collegiate dual meets and even in large invitational meets in the multi-state region. At college, he currently studies engineering and is a member of the Science & Engineering Club. Mike's excellent work ethic is also molded by his working 40-hour weeks with his Dad's company in the summer. **CONGRATULATIONS** Mike on winning the 2007 Matthew J. Stuper Scholarship!



RACHEL PROVOST started running four years ago, and was immediately a natural as her very first 5-K race before even starting training was a very respectable 24:40 in the 2003 Summer Series. This fine FARC member, X-C and track competitor has also been captain of her Peddie X-C team in high school. She virtually re-wrote the Peddie record book, now holding nearly every school record above 800 meters, both indoors & outdoors. She is a volunteer extraordinaire for Special Olympics, fundraisers, food drives and tour guiding, gaining valuable life experience. After taking several AP courses, her coach & advisor say she is one of the most talented students & athletes they have ever known. Rachel plans to step right up to the 5-K and 10-K when she's at Durham, NC to attend the very fine Duke University in the Fall. **CONGRATULATIONS** Rachel on winning the 2007 Matthew J. Stuper Scholarship!





Presents

KIDS' SUMMER NIGHTS RUNNING SERIES

June 20, 2007 – August 8, 2007

(No Race on July 4th)

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

MEDALS and ICE POPS TO ALL FINISHERS

T-Shirts and TROPHIES TO KIDS WHO PRE ENTER FOR SERIES

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

NAMES: _____ AGE: _____ Shirt Size: _____

RACE DATES: On Site Registration Only

JUNE 20 _____ JUNE 27 _____ JULY 11 _____ JULY 18 _____ JULY 25 _____

AUGUST 1 _____ AUGUST 8 _____ ALL SEVEN RACES _____

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, Go to www.farcnj.com for more details)

June

- 20 FARC Summer Series Monmouth Battlefield Park, Freehold, NJ Kid's 6:00 PM 5 K 6:50 PM**
- 21 JSRC Summer Series Wall Municipal Complex, NJ Youth Mile 6:45 3 M 7:00 PM
- 23 Run For Your Life Orchard Park, Wall, NJ 5 K 8:30 AM 919-6070
- 23 Ryan's Run Middletown, NJ 5 K 9:00 AM
- 24 Pine Beach Pine Beach, NJ 5 K 9:00 AM
- 27 FARC Summer Series Monmouth Battlefield Park, Freehold, NJ Kid's 6:00 PM 5 K 6:50 PM**
- 28 JSRC Summer Series Wall Municipal Complex, NJ Youth Mile 6:45 3 M 7:00 PM

July

- 04 Firecracker, Municipal Complex, Wall, NJ, 8:35 AM, 280-1281
- 04 Firecracker Nomahegan Park, NJ 4 M 9:30 AM
- 05 JSRC Summer Series Wall Municipal Complex, NJ Youth Mile 6:45 3 M 7:00 PM
- 08 Amber Pizzo Memorial Berkeley Heights, NJ 5 K 9:30 AM
- 11 FARC Summer Series Monmouth Battlefield Park, Freehold, NJ Kid's 6:00 PM 5 K 6:50 PM**

- 12 JSRC Summer Series Wall Municipal Complex, NJ Youth Mile 6:45 3 M 7:00 PM
- 12 Lawyers for Kids Ginty Field Complex, Morris Township, NJ 5 K 7:15 PM
- 14 Johnny Cobb Memorial Belmar, NJ 5 M 8:30 AM
- 18 FARC Summer Series Monmouth Battlefield Park, Freehold, NJ Kid's 6:00 PM 5 K 6:50 PM**
- 19 JSRC Summer Series Wall Municipal Complex, NJ Youth Mile 6:45 3 M 7:00 PM
- 21 Teterboro Airport Moonachie, NJ 5 K 8:30 AM
- 21 Biathlon 2007 Ocean Grove, NJ Run 2 M Swim 8:30 AM 774-9567
- 22 NJ Triathlon Mercier County Park, NJ Olympic & Sprint Distance 7:30 AM
- 25 FARC Summer Series Monmouth Battlefield Park, Freehold, NJ Kid's 6:00 PM 5 K 6:50 PM**
- 26 JSRC Summer Series Wall Municipal Complex, NJ Youth Mile 6:45 3 M 7:00 PM

August

- 01 FARC Summer Series Monmouth Battlefield Park, Freehold, NJ Kid's 6:00 PM 5 K 6:50 PM**
- 08 FARC Summer Series Monmouth Battlefield Park, Freehold, NJ Kid's 6:00 PM 5 K 6:50 PM**
- 04 River to Sea Milford to Manasquan, NJ 92 M
- 07 Sea Girt Sea Girt, NJ 5 K 8:30 AM
- 12 Batsto Pig Iron Hammonton, NJ 5 K 9:00 AM
- 19 PICNIC (not a race) at Monmouth Park Race Track**