



THE LONG RUN



Printing by Bowne

An Official Publication of The Freehold Area Running Club
VOL. 26 NO. 4- 06/08 (see e-mailed monthly *FARC Flash*)

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



A field of 40 runners took part in the 2nd Annual Jack Kuhnert Memorial Scholarship 5-K Race on Mother's Day.

The race took place on a beautiful day on the Tighe Park course on the park road and bike trail starting at 10:00 AM on Sunday, May 11 and raised money for the Kuhnert Scholarship fund. Funds raised go to scholarships for needy students in Freehold Borough and Freehold Township high schools. Besides honoring the legendary and beloved long-time area basketball coach, the Memorial Scholarship fund awards college scholarships to needy Freehold high school students to assist in furthering their education. The event was the brainchild of Jack's widow and current Western Monmouth Chamber of Commerce President Loretta Kuhnert. Saturn of Freehold served as race sponsor this year. The overall winner of the race was Freehold's own Cody O'Flaherty, who ran 18:27 to edge out Kyle Shaughnessy by 10 seconds. On the female side, Barbara Jean Brennan of Little Egg Harbor who took the honors at St. Paddy's the previous month in 19:59, won here in 20:01. Club volunteers helped the race go smoothly. Afterwards, a large percentage of the runners won awards, presented by Bob Hyer, and refreshments were enjoyed by all. Local Channel 77 was on hand after the race to interview the overall race winner, O'Flaherty, and the Club. Complete results with age groups & photos are shown on www.FARCnj.com. **JACK KUHNERT SPRING CLASSIC 5K SCHOLARSHIP RACE 2008:**



<u>Men Top Finishers Overall</u>		<u>Women Top Finishers Overall</u>	
1. Cody O'Flaherty	18:27	1. Barbara Brennan	20:01
2. Kyle Shaughnessy	18:37	2. Allison Moskal	22:34
3. John Taylor	19:47	3. Liz Spector	22:50
4. Scott Linnell	19:58	4. Anna Pasciuto	26:03
5. Jordan Nissinoff	20:12	5. Pat Coyne	26:32
6. Marc Bloom	20:29	6. Susan Chimento	29:01
7. Randy Nissinoff	21:39	7. Shirley Sullivan	29:54
8. Eric Caro	21:47	8. Jeanine Santaniello	30:21
9. Ralph Garfield	23:21	9. Linda Aznar	31:26
10. Richard Johnston	23:25	10. Dorit Attias	32:41
11. Evan Dziobak	24:28	11. Joanne Guerran	34:44
12. Brian Korpatnick	24:39	12. Gail Weitz	34:44
13. Thomas Moskal	24:41	13. Rose Van Clef	35:15
14. Jim Bergum	25:41	14. Erica Stagg	41:13
15. Bob Nassi	26:10		
16. Stephen Pfeffer	27:37	<u>Race walker, 1st Male</u>	
17. Bob Paciuto	27:45	1. Ron Salvio	29:57
18. Andrew Blaskovich	28:41		
19. Robert Dziobak	29:44	<u>Race walker, 1st Female</u>	
20. Ron Salvio	29:57	1. Dorit Attias	32:41
21. Spencer Holcombe	30:27		
22. Dave Stagg	32:18	<u>Top Clydesdales</u>	
23. John Carey	34:53	1. Jim Bergum	25:41
		2. John Carey	34:53

(More Results – www.FARCnj.com)

SEE FLYERS INSIDE - FARC PRESENTS:

26th ANNUAL SUMMER 5 K RACE SERIES 2008

WEDNESDAY NIGHTS JUNE 25 – JULY 30, 2008

KIDS' RACES 25 – 50 - 100 METERS 6:00PM

1/2-MILE 6:25 MILE 6:35 5 K 6:45

FEATURES FASTER RACEWALK COURSE

ALL IN MANALAPAN'S HISTORIC

MONMOUTH BATTLEFIELD PARK:



Past 5 K Shown Above. Last Year, Runners' World Magazine Ran a Feature

Article on Kids'

Running and Named FARC's

Summer Series, and



Ranked our Summer Events as among the 3 Best Organized Kids' Race Series' Nationally.

After each races: *All the Refreshing Popsicles you care to eat & Shore Runner Store will Raffle off Shoes this year! CNN Covered last year's 25th Annual Summer Series as only they can.*

Race Directors Ron Salvio & Isabel Keeley aim to make 2008 SUMMER SERIES THE BEST YET!

DON'T MISS SPECIAL 20% OFF NIGHT AT SHORE RUNNER!

One of FARC's newest sponsors, Shore Runner at 3889 US Highway 9N at Texas Road & 18 at the Shoppes at Old Bridge is having a Freehold Area Running Club casual get together night on **Thursday, July 17th, 6:30-9:00 PM** at the new store in Shoppes at Old Bridge on Rt.9 N & Texas Road. Drinks, food, & running talk provided along with an informal in-store info. session concerning the technical basics of running shoes, and 20% off all purchases that night all through the store! Hang out with your runner friends, & meet national class steeplechase/track competitor/store manager Rob Dennis along with store co-owner/runners Christine Clifton and Mike Chirico (www.shorerunner.com). Or meet Rob @ SS.

MATTHEW STUPER SCHOLARSHIP NIGHT!

Generous FARC Scholarships Awarded based on their Fine Running & Athleticism, & Strong Academics & Participation in Club Volunteerism to:

- Renee Hyer
- Richard "Rich" Roman
- Alexis Roy
- Jacqueline "Jackie" Roy
- John "Jack" Tarpey

...& Then Noted Olympian Spoke at May Meeting Draws Club Crowd



Elliott

This traditional May Freehold Area Running Club Meeting is always a meeting to remember - a favorite every year drawing local coaches, families, and running enthusiasts of all ages. The meeting always features an excellent guest speaker and very qualified awardees, and this was definitely no exception on either. Past Matthew J. Stuper FARC Scholarship winners have included such Regional and National Class Athlete/Scholars as Craig Forys, Ashley Higginson, and the list goes on and on with the many many great young men and women who many of us have watched grow and progress from early childhood!

Following the club's traditional 30-minute pre-meeting fun run starting and finishing from the Mike Tighe Park activity center, club meeting attendees partook in various refreshments, and then sat down in the activity center to enjoy the scholarships presentations being made to five high-achieving and very deserving 2008 FARC scholarship awardees that were hand-picked by FARC's scholarship committee. The winners included: current collegian Jack Tarpey, and recent June 2008 high school graduates: Richard Roman, Renee Hyer, Alexis Roy and Jackie Roy. The scholarships were given to each by

Isabel Keeley, whose son Matthew's memory is commemorated by the generous scholarships in his name.

To show what a student athlete can accomplish after graduation from college when he really sets his heart and mind to it, our distinguished guest speaker, Elliott Denman was up next. The Olympic race walker, Denman, formerly of NYU and the Asbury Park Press Sports Department is the inspiration of Shore AC and still the hardest-working track meet director known by most. Elliott told his story about becoming an Olympian and his years attending many Olympiads as a reporter. He displayed his extensive Olympic knowledge as he tirelessly and patiently answered many questions from the crowd and challenged those in the crowd to answer historical questions about the Olympics. As this goes to press, Elliott may be going to London for the 100-year commemoration of Marathon at its full modern-day 26 miles & 385 yards (= approximately 26.2 miles). Later this summer, he will again be a journalist covering the Olympics, this time in Beijing, China. FARC is truly blessed to count this fine person among us.

The meeting also featured the historic FARC library with many running books donated to the club over the years. These classic publications are available for members to sign out at meetings. You will recognize the barely portable blue plastic crate that these titles get carted around to the meetings in. Whoever knows the source of the donated books please let us know who you are so FARC can give credit where it is due!

2008 Matthew Stuper Scholarship Awardees:

Jacqueline "Jackie" Roy



Jackie Roy hales from a fine running family, and she started running in FARC's Summer KSN series 15 years ago at age 3. FARC has been a part of her life as far back as she can remember. She participated in H.S. XC & Track. She attained High Honor roll each marking period and was ranked near the top of her large class, with perfect attendance at school.

Jackie has been involved in Lacey High School's Student Government Association as Vice President of the student body. She also chaired homecoming, in charge of every aspect of her high school's 2007 homecoming dance. Jackie is a proud member of the National Honor Society (NHS), and some of her other school activities and memberships include Tutoring, Chemistry Club, Future Business leaders of America, Nursing Home Volunteer, American Cancer Society's Relay of Life, and the Interact Club assisting less fortunate families by preparing/delivering food baskets. Jackie applied and was accepted Early Decision at American University in Washington, D.C. She somehow managed to work 20+ hours per week. Jackie volunteered at the FARC Winter Series where you may have seen her at the end of the finish chute taking down your name or the names of other finishers.

Richard "Rich" Roman



Richard Roman is a man who possesses a love of running & appreciates the focus it provides him. He has been running for more than eight years, six as a member FARC, and most recently as Marlboro's XC & Track team captain and top 3200 meter distance runner. He is intelligent, thoughtful, and always cheerful. Almost every class he's taken at MHS has been honors or AP and he has excelled at them, & made NHS. He tutored Math & Science for 4 years. His talents and efficiency have also allowed him to work as a Counselor at Bible Camp, and as a Counselor at Marlboro Summer Rec. Camp for 30 hours per week, and for 16-20 hours per week at a large corporation! Rich always has made time to be a steadfast & dependable FARC volunteer for many many races over the years. Rich will attend Rutgers in the fall, and we expect great things from him in his future!

Alexis Roy



Alexis Roy is Valedictorian (**top student!**) of her senior class with outstanding credentials: she was a 4-year honor student, a proud member of National Honor Society (NHS), the President of Lacey H.S.'s Student Government Association. She has been an active volunteer for the library, ACS, ARC, & she has traveled to Europe w/ Lacey students & faculty. Alexis was a 4-year letter winner and standout in cross country (X-C) & Track, holding All-County, All-Shore, & All-State awards in X-C. Her X-C & track coach/Spanish teacher said she worked just as hard on the track as she did in class. Her fine attributes will serve her well in life. She comes from a fine FARC family.

John "Jack" Tarpey



Jack Tarpey attends and has completed freshman year at Desales University in Center Valley, Pennsylvania, competing on a collegiate level for the school's cross-country and track teams. He has worked hard and smart in a work-study program. Back in high school, Jack was an NHS member on honor roll and he is **considering a career teaching history** (his H.S. "A" average with advanced placement, a.k.a. AP coursework included *honors* western civilization) and **coaching cross-country and track**. At Freehold Township (FTHS) Jack was a four-year letter-man in XC, winter & spring track, and senior captain during all 3 seasons. He also worked hard at a job at a large corporation for 15 hours/week while in HS. He has volunteered for Habitat for Humanity, building homes for people in the community. This 5-year FARC member used to bring his FTHS team out to train at Summer Series. Jack's a nephew of well-known state-class masters' runner & gym operator, Gabby Barrett.

graduating seniors who maintained an A average for 4 straight years. Additionally, Renee has been busy with behind-the-scenes volunteering for FARC, as well as teaching English as a Second Language to Spanish students at Freehold's St. Peters Church. Renee will be attending Drexel's outstanding Bio-Medical Engineering Program, where there is little doubt she will learn and discover exciting and pioneering information to apply in her career!

Renee Hyer



Renee Hyer comes from a family that embodies athleticism, dedication, accomplishment, excellence, and a sense of volunteerism that is practically unparalleled, and contributed significantly to help build FARC's fine reputation. To date, she is upholding the family standard well, while creating a legacy of her own. At an early age, she was running every kids' race, ½ mile, mile, 5 K that FARC and others had to offer. Since 7th grade, Renee has competed for the Comets competitive cheerleading team, which has won several National Level titles. Renee is a National Honor Society student with a near perfect academic record, including AP, and college-level classes. She was recently honored as one of only four of Marlboro High School's 536



MAKE SURE TO ATTEND FARC's 2nd Annual Monmouth Park Picnic- At the RaceTrack: August 24th, 2008



FARC SUMMER PICNIC- FLYER INSIDE!

Long-time Club board member and Former FARC President Linda Hyer (proud mother of scholarship award winner, Renee, photo at left) is planning another great and fun club outing for our lucky members and their families at Monmouth Park. Join us on Sun. Aug. 24 for the 2nd Annual Day at the Races. Linda has arranged this year to have the Picnic on the rail, so make sure to come out and socialize with your FARC friends and even place a bet if you like. **Registration required but cheap! See flyer for more details and the registration form....Get early signup discount!**

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

So you think *our club* has some fast "horses"?
Monmouth Park, Here we come.....



Runner's Forum

No One Immune From Cancer

By CHUCK SCHMIDT

They say the early bird catches the worm, which is great ... if you're a bird. But when it comes to human beings and cancer, early detection saves lives.

I was diagnosed with prostate cancer on Jan. 21. When I was a kid growing up in the 1950s and 1960s, I remember vividly the dread and fear on people's faces whenever the word cancer was mentioned. Back then, a cancer diagnosis was akin to a death sentence for far too many people. Thankfully, times have changed.

Huge strides have been made over the years in the fight against the disease. There are more treatment options available, far better medicines have been developed and vastly superior procedures have combined to sharply increase cancer survivor rates.

In mid-February, I underwent a radical prostatectomy, which means I had my cancerous prostate gland removed. The surgery was performed by Dr. Isaac Kim at Robert Wood Johnson Medical Center in New Brunswick, N.J., using the state-of-the-art daVinci robotic device.

In my case, early detection was crucial. Prostate cancer is the 2nd-leading cause of cancer deaths for men, but when detected in its early stages, the survival rate is very high.

A simple blood test in December showed a spike in my prostate specific antigen (PSA) level. A subsequent biopsy in mid-January came back positive for prostate cancer.

As one might imagine, I was shocked when I was told I had cancer. I'm 58 years old and in good health overall; heck, I had completed the 2-day, 39.3-mile Goofy Challenge at Disney World just a week before I was told I had cancer.

But rather than retreat into a shell or start feeling sorry for myself, I adopted a simple rallying cry: "OK, you have cancer; now let's take care of it."

After consulting with Dr. Kim, I knew the robotic surgery was the proper course to take — and I also knew Dr. Kim was the right man for the job. I was impressed with him from the moment I shook his hand. He came across as a very sharp, compassionate person. He answered all my questions clearly and honestly and explained in detail what I was up against. I was confident I was in good hands. The procedure lasted about four hours. When I awoke from the anesthesia, I had six incisions in my abdomen; most were about a half-inch long with the largest, near my naval, measuring about an inch. All were closed, not with stitches or staples, but with glue.

The six incisions were made to allow Dr. Kim to maneuver the daVinci robotic arms through the complicated maze of nerves, muscles and organs to get to the prostate gland and remove it with as little internal damage as possible.

As registered nurse Stephanie Matlin had explained during the pre-surgery testing, a catheter was inserted during the

procedure which ran from the bladder, through the penis, to a bag attached to my bed. For the first few hours, the bag filled with both blood and urine before gradually returning to all urine.

Also during the procedure, biopsies were taken of the areas surrounding the prostate to make sure the cancer hadn't spread. I was hospitalized for two days. I felt the most uncomfortable the day after the surgery when I went through a period of about 12 hours of intense abdominal cramps, but aside from losing sleep, they were bearable.

I returned for a post-surgery checkup, including the removal of the catheter, a week after surgery. Incontinence is a big issue following prostate cancer surgery and, thankfully, I've had few problems. Exercises specific to bladder control, as well as simply taking walks, have helped in that regard.

But the best news came when Dr. Kim gave me the results of the pathology report: The cancer was confined to the prostate gland and my long-term prognosis is excellent. I will have to have periodic checkups for the rest of my life, but it's a small price to pay for peace of mind.

To borrow a line from baseball legend Lou Gehrig, I consider myself to be the luckiest man on the face of the Earth. I've turned back cancer, I've gotten loving support from family and friends, and I had an incredible medical team making sure I got through the entire experience as expeditiously as possible.

And now it's time to get up on a soap box. Most men — unfortunately — walk around thinking they're invincible. I know; I was one of them. Cancer, heart disease, stroke ... that's for someone else. Regular physical exams? Why bother? And being a runner tends to make us think we're even more bullet-proof.

If you're a man over the age of 50, you need to put down the TV remote and get proactive. Get your cholesterol and blood pressure under control ... go for a colonoscopy ... and make regular physicals a part of your routine. As I found out first-hand, simple bloodwork will detect anything amiss with your prostate.

And if you're a guy over 40 who has a family history of cancer, get yourself tested now, too.

Many of you may remember Dr. George Sheehan. He was a running legend in these parts in the 1970s and 1980s. He wrote several books and a column for the Asbury Park Press, dealing with the cerebral aspects of running.

It turns out Doc George Sheehan & I had a lot in common. We ran in several road races together. We wrote about the virtues of running. We wrote about medical issues. And we both wrote about — and ran with — prostate cancer. The big difference, though, was I was diagnosed with the disease in its very early stages and was, thanks to medical advances, able to beat it. Doc Sheehan wasn't as lucky. He died of prostate cancer in 1993 at the age of 74.

As I've learned first-hand, no one is immune from cancer. Remember, early detection saves lives ... maybe yours.

Chuck Schmidt is the Sunday News Editor of the Advance. [\[LONG RUN Editor's Note: Thank you Chuck!\]](#)

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!

Freehold Area Running Club:

On behalf of the Colts Neck Reformed Church, I thank you and your team for the outstanding job you did in providing timing services at the race. That aspect of the race went off without a hitch, and that is the aspect of a race that *must* work! So, a job well done!

Thanks again!! Go FARC!!

-Scott (Linnell)

[Ed. Note: FARC assisted with timing, finish line, & scoring at inaugural Colts Neck 5 K on Sat. 6/14/08 at Church; Scott & Susan L. had to make last minute alterations in course rt. due to a tree & wires down across road.]

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:

- Miles Ahead Running Store at 2241 Meeting House Rd. @Circle in Manasquan, NJ (732.223.0444)
- Shore Runner at 40 Centennial Drive (Pier Village Shopping Center) in Long Branch, NJ (732.571.3100)
- The Running Store at 595 State Highway 35 in Shrewsbury, NJ (732.758.8008)
- Runner's High on Route 27 up in Metuchen, Middlesex County, NJ.(732.549.9440)
- **NOW OPEN!** Shore Runner at 3889 US Highway 9 (northbound, a.k.a. Hwys. 9 & 18) at bustling Shoppes at Old Bridge, NJ.(732.571.3100)

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

Newsletter Mailing Update

Newsletters are sent by both e-mail and postal mail. If you don't want the e-mail version, please send an e-mail to webmaster@farcnj.com and you will be taken off the list. If you don't get an e-mail version but would like one in addition to the

postal version, or if your e-mail is either not valid or has been changed – please send an e-mail to webmaster@farcnj.com.

Your E-MAIL Address

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

Please Be a Volunteer and Be Glad You Did

Be a race volunteer, & learn how good it feels. More helpers are always needed at all the races & events. If interested, please call & speak with or leave a message for our *Volunteer's Coordinator*, Marcia Shapiro at the FARC hot-line (732-431-2627) or contact the webmaster webmaster@farcnj.com & offer your time as a volunteer for races. No previous experience necessary.

FARC Welcomes New Members!

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

Kudos & Congratulations

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

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. Awards are given for milestones. The club provides post-run refreshments & welcome camaraderie. Come out & share a run or walk.

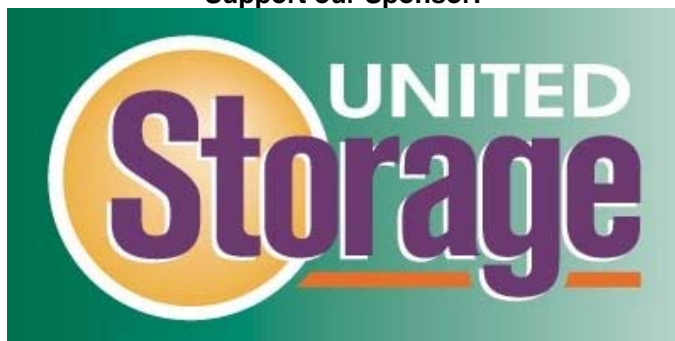
Manasquan Reservoir Walking Group

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. The distance you go is up to you!

Weekly Group Track Workouts- Freehold Boro H.S.

FARC Coach **Mike O'Flaherty's** (pictured in this issue) track workouts are held Fri. evenings starting at 6:30 PM at the High School at Robertsville Rd. & Rt.79. Improve your condition, speed, finishing kick, and more! All speeds & types of runners are welcome. Please call Mike or the hot-line (732.431.2627) with any questions or to confirm starting times, details, and logistics.

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

Member Race Results

Members: Please send results & photos to FARC

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

River to Bay 5K

Ralph Garfield -22.52(1st 70-79)

Cherry Blossom 10k

Ralph Garfield -48.25 (1st 70-79)

Bergen County Police "Hot Pursuit" 5K

Amy Pickett - 25:47 1st 45-50

Long Branch 1/2 Marathon

Cindy Monica - 1:22:41

Helene Scarnegi - 1:48:55

Clinton Country 15 K (Annandale, NJ)

John Emigholz - 1:47:17

Freehold Winter 5k

Wk 1 Kenneth Vercammen - 19:22 2nd 40- 49

Wk 2 Kenneth Vercammen -19.18 2nd 40- 49

Wk 3 Kenneth Vercammen -19.21 1st 40-49

Wk 4 Kenneth Vercammen -19:11 1st 40-49

Ocean Running Club 4 mile

Kenneth Vercammen - 24:52 1st AG

E. Murray Todd 1/2 marathon

Kenneth Vercammen - 1:32:09

Newark Distance Classic

Kenneth Vercammen -1:27:23 1st open team State Champions!

Set the Pace 5k Rockledge Florida

Kenneth Vercammen -19:13 1st AG 2nd master

Rumson 5 mile

Kenneth Vercammen -31:56

Hearts & Soles 5k Bridgewater

Kenneth Vercammen -19:24 3rd AG

Run for Justice Princeton X-C

Ken Vercammen -20:54 9th Place

HIPHOP Piscataway

Kenneth Vercammen -18:41 2nd place overall, 1st 40-49

CASA 5k Lawrenceville

Kenneth Vercammen -19:27 2nd AG 2nd team

Franklin Food Bank 40 mile bike

Kenneth Vercammen -2:47

Farmlands 62 mile bike

Kenneth Vercammen - 3hr:57min

St Paddys Day 10 mile

Ralph Garfield -1.17.49(2nd 70-75).

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

All Ralph Garfield: 8k Cross Country - 39.51

3k Indoor - 13.35

Half Marathon - 1.52.57

Newark Classic 20 K

Ralph Garfield -1:40:35(1st 70-74)

Ocean Running Club 4 mile

Ralph Garfield -29.24(1st 70-79)

USATF NJ Masters indoor 60-64 1500-meter title

Marc Bloom - 5:28 [1'm 61]

Gridiron Classic 4M, Central Park

John Emigholz - 40:11

Manhattan 1/2 marathon

John Emigholz 2:34:08.

Bronx Half Marathon

John Emigholz - 2:27:20 (7 min. less than Manhattan Half 2 weeks earlier!).

NJEA Atlantic City Boardwalk 5k

Joel Stern - 29:05 2nd 70+

Einee Meenie Half Marathon

Robert J. Mc Gill - 2:01:01

Ocean Running Club 4 mile

Ralph Garfield -29.30(2nd 70-79)

Walt Disney World Goofy's Marathon Race and a Half-Marathon Challenge

Chuck Schmidt Half-Marathon: 2:40:24, Marathon: 5:51:33

Tracy Schmidt Silvera - 5:51:33

Shore AC Cross Country Series 5 K

Week 1: William T. Aromando 24:57

Week 2: William T. Aromando 21:15

Week 3: William T. Aromando 24:56

Week 4: William T. Aromando 21:59

Week 5: William T. Aromando 21:22

Trick or Trot 4 miles

William T. Aromando 0:25:40

Philadelphia Marathon 26.2 miles

William T. Aromando 3:30:19

Ramona's Run 4 mile

Ralph Garfield -30.37(1st 70-74)

Hamilton Hangover 5 mile

Ralph Garfield -38.07(1st 70+)

Polar Bear Race Asbury Park

Ken Vercammen - 28:58 2nd 45-49

Freehold Born to Run

Ken Vercammen - 31:36

Jingle Bell Run for Arthritis Metuchen

Ken Vercammen - 18:35 2nd overall, 1st age

Reindeer Romp

Ken Vercammen - 18:43

2007 Results for Dorit Attias (Race Walker/ Ultra walker/ Rank 11th in World 2007 for 24 hour walk)

Summer series x 3 - 1st

24 hour walk-Bourge France 105 mile/ 168 km 8th

24 hour Rouen France 107mile/ 172.5km 1st

20th all time world list 24 hour walk.

Fiirst American to be invited to Paris

Colmar race 110 mile /178.8km 9th

Jersey Half Jersey Half Marathon 1st

Seaside Half Marathon 1st

NJRRC Thanksgiving - 10K

George Shimanovich - 47:12 3rd 45-49 AG

Ashenfelter 8k

Robert McGill - 38:53

Somerset Turkey Trot 5k

Robert McGill - 23:17

Philadelphia Marathon (clock)

Maggie Freeman 3:19:50 (3:21:01)

Bill Aromando - 3:30:19 (3:30:19)

Martha Lanko - 4:33:09 (4:37:34)

Sandy McKay - 4:18:46 (4:22:45)

Tom Long - 4:15:03 (4:17:11)

Marine Corps Marathon (Clock)

Cindy Monica - 4:52:27 (4:55:46)

Born to Run 5 miles

William T. Aromando 0:34:18

New Jersey 15k Championship

Ralph Garfield -1:12:16(1st 70-74)

Navesink Challenge

Ken Vercammen - 19:30

New Year's Eve Twilight Fun Run

Ken Vercammen - 14:35 1st overall

JSRC Hashathon - 6M

George Shimanovich - 56:54


Born to Run 5 miler

Robert McGill - 39:04

Swamp Devil 15k

Robert McGill - 1:16:58

Members: Please send results & photos to FARC

 The May 31 Blue Jay
Scholarship 5 K Race was run on
Freehold's lovely Turkey Swamp
Park course. FARC's Gabby Barrett (20:04,
pictured) edged out Coker College's (&
Manalapan H.S. '08 graduate) Kendyl Seawright
(20:33) to win women's division!
350 Runners & Walkers Registered -
Complete Results on FARC Website!



2008 Freehold Area Running Club Exec. Bd.



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PROFILE: on FARC Vice President and Board Member MAGGIE FREEMAN

**from June 18, 2008 News Transcript
(www.gmnews.com):**

**Endurance races keep officer in great
shape - Manalapan police Sgt. enjoys
social aspect of challenging events
BY PATRICIA YOCZIS Correspondent**



Sgt. Maggie Freeman

MANALAPAN - Sgt. Maggie Freeman of the Manalapan Police Department confesses that she is a junkie - a race junkie, that is.

Freeman enters between 25 and 30 endurance events a year, including marathons, duathlons and triathlons.

"I'm really addicted to races," said Freeman, 38. "I just love them and I am a race junkie."

Freeman has run the Boston and Philadelphia marathons, which are 26.2-mile races. Duathlons, she explained, usually involve running 2 to 3 miles, biking 10 to 18 miles, and then running another 3 to 4 miles.

So far this year, duathlon race results have garnered Freeman first overall in the Bassman, Hammonton and Belleplain duathlons.

Triathlons, she explained, vary in distances of swimming, biking and running. The International Triathlon Union has distances of swimming 1.86 miles, biking 49.6 miles and running 12.4 miles. A standard or short course triathlon is half those distances.

Freeman said the full Ironman or long distance triathlon is swimming 2.4 miles, biking 112 miles and running 26.2 miles. The half-Ironman is one-half the distance for each discipline.

Usually a triathlon, she said, is swimming one-quarter to one-half mile, biking 10 to 18 miles and running 3 to 4 miles. In 2007, the USA Triathlon gave Freeman an honorable mention ranking of eighth nationally.

The Jersey Shore Triathlon Club named Freeman its 2007 Triathlete of the Year. Other 2007 triathlon results in her age group (35-39) include: first in the DQ at Marlton; fourth in the SheRox, Philadelphia, and first in the Jersey Genesis and the North East, Maryland. Currently, her sponsors are Goody hair products and Astavita, a supplement company.

Freeman came in first overall in the 2007 Danskin Triathlon at Sandy Hook. She was sixth after the swim segment, but was first after the bike segment.

"My strong segment is biking," said Freeman, who when weather and terrain are favorable can bike at a speed of 20 mph. "Swimming is my least proficient race segment [and] I can run a mile in around 6:30 to 7:30."

Freeman has gained international recognition for her athletic skills. In 2006 she won a silver medal at the Long Course World Championship Duathlon held in Barcis, Italy.

"This was my most memorable duathlon to date," she said. "Just being in Italy with the scenery of the Dolomite Mountains, the culture and the people was a once-in-a-lifetime experience."

She has won gold and silver medals at the International Police and Fire Games, held last year in Canada. She is preparing for this year's games that will be held in Orlando, Fla., and will compete as a member of Manalapan's PBA 229 and receive individual awards.

Freeman is a graduate of West Chester University, West Chester, Pa., with a bachelor of science degree in health and physical education. She worked as an aerobics instructor during college and started competing in endurance sport events after graduation.

"I got a late start and have been competing about 10 years or so," said Freeman, who now trains between 10 and 15 hours a week. "You're never too old to start or to continue. It does take drive and organizational skills to fit it into your schedule."

After doctor approval, she recommends exercising slow and joining a running or bike club.

"It's not all about fast and races," said Freeman, who is vice president of the Freehold Area Running Club. "There are many pleasure rides and runs. It's a great place to meet people. I've made great friends. Sometimes we just ride, have a meal and come back home."

Freeman, who is a graduate of the Ocean County Police Academy, Lakewood, said she wanted to follow in her father's footsteps. Her father, Ted, was a police officer in Spring Lake and is now a Monmouth County undersheriff.

"I love my job and the races help reduce the stress of my work," said Freeman, who is a road patrol supervisor. "Also, I love running with my dad and share his love of motorcycles."

Many races that Freeman competes in benefit educational scholarship funds and charities such as breast cancer awareness and the Special Olympics.

As a participant in the 25th annual New Jersey Law Enforcement Torch Run for Special Olympics held June 6, she ran the torch from Freehold to Marlboro. On June 7, she presented the track and field awards to the Special Olympic participants.

In her spare time, Freeman likes to visit friends and family, especially Gabrielle, her 8-year-old godchild and niece. Gabrielle is the daughter of her sister, Katherine, who is married to Nelson Schaffner, and they reside in Pennsylvania.

Also, there is a new resident in her household: Bella, an abandoned kitten that she adopted and is acclimating to her home.

"I'm really in a good place right now," Freeman said. "I have a great balance in my life. I love my family and friends, my work and my races in that order. And I'm going to continue to race as long as I can because I love it."

Freeman's father and mother, Ted and Toni, and brother, Theodore, reside in Spring Lake. Her other sister, Teresa, lives in Florida.



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 or hotline 732-431-2627 for details.)

JUNE 2008

06/25 Summer Series 5K&KSN Races Battlefield Pk.,Manalapan 6PM
06/26 JSRC Summer Series, 3 M, Wall Municipal Complex, Wall 7 PM
06/28 Independence 5 K, South Amboy, New Jersey 9 AM
06/29 Fabulous Feat 5 K, Veterans Park, Hamilton, NJ 9 AM

JULY 2008

07/1,8,15,22 ORC Sum.Ser.,5 K Wndg.Rv.Pk.,Toms River,NJ 6:45 PM
07/01 Lawyers for Kids 5 K Ginty Fld. Complex, Morris 'Twp., NJ 7:15 PM
07/02 Summer Series 5K&KSN Races Battlefield Pk.,Manalapan 6PM
07/04 Firecracker 5 M. Wall, New Jersey 8AM
07/09 Summer Series 5K&KSN Races Battlefield Pk.,Manalapan 6PM
07/10,17,24 JSRC Sum.Ser.,3M,Wall MunicipalComplex,Wall,NJ7PM
07/12 Johnny Cobb, 5 M. Belmar, New Jersey 8:30 AM
07/13 Eden Family, 5 K, Princeton Forrestal Village, NJ 9 AM
07/16 Summer Series 5K&KSN Races Battlefield Pk.,Manalapan 6PM
07/17 Corporate Classic, 5 K, Morristown, NJ 7:30 PM
07/19 Teterboro Airport 5 K, Moonachie, NJ 8:30 AM
07/23 Summer Series 5K&KSN Races Battlefield Pk.,Manalapan 6PM
07/23 Downtown & Pizza Extravaganza 5 K, Westfield, NJ 7 PM
07/26 Genesis Triathlon (1/2 M,16 M,4 M), Harry Bowen Park,NJ 8AM
07/30 Summer Series 5K&KSN Races Battlefield Pk.,Manalapan 6PM

AUGUST 2008

08/02 Neptune City Day 5 K Neptune, NJ 8 AM
08/03 Sea Girt 5 K, Sea Girt, NJ 8:30 AM
08/09 Asbury Park 5 K, Asbury Park, NJ 8:30 AM
08/16 Bradley Beach 5 K Bradley Beach, NJ 8:30 AM
08/23 Alliance 5 K, Forked River, NJ 8:30 AM

SEPTEMBER 2008

09/01 Pier Village 5 K, Long Branch, NJ 8:30 AM
09/06 Hill & Dale 10 K, Brielle, NJ 9:00 AM
09/07 Fallen Heroes 5 K, Veterans Park, Elizabeth, NJ 9:45
09/13 Run for the Arts 5 K, Ocean Grove, NJ 9 AM
09/14 School for Children 5 K, Eatontown, NJ 10:00 AM
09/21 Philly Distance Run 13.1 M, Philadelphia, PA 7:45 AM
09/27 Carpenter's Classic 5 K, Seaside Park, NJ 10:00 AM
09/27 Boardwalk Relay 15 K, Asbury Park, NJ 9:00 AM

OCTOBER 2008

10/05 Jersey Shore ½ Marathon, Sandy Hook, NJ 9 AM
10/05 Race for the Cure, 5 K, Great Adventure Park, various
10/11 Rat Race – Various Distances, Wall, NJ 10 AM
10/11 Baltimore Marathon Baltimore, ME 26.2, M, 13.1 M
10/12 Run Through Deal 5 K, Deal, NJ 11:00 AM
10/12 Fall Five 5 M, Nutley, NJ 8:30 AM
10/18 Borough of Interlaken 5 K, Interlaken, NJ 11 AM
10/25 Just Us Girls 5 K, Sea Girt, New Jersey 9:30 AM

NOVEMBER 2008

11/02 Run with the Vikings 5 K, South Brunswick, NJ 10 AM
11/28 Born to Run 5 Miler, Routes 522/537, Freehold, NJ 10 AM

DECEMBER 2008

12/14 Toys for Tots 5 K, Mike Tighe Park, Freehold, NJ 10 AM



Presents 15th Annual

KIDS' SUMMER NIGHTS RUNNING SERIES

June 25, 2008 – July 30, 2008

Registration starts at 5:30 p. m.

Races start at 6:00 p. m.

AT BATTLEFIELD STATE PARK, MANALAPAN, N. J.

Sponsored by:

PAULINES HEALTH FOOD STORES in Manalapan & Freehold

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

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

MONMOUTH BATTLEFIELD "100 YARD CHARGE"5 YEARS & UP

HALF MILE RACE AND THE ONE MILE RACE

Ribbons and ICE POPS TO ALL FINISHERS

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

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

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

(Circle one)

RACE DATES: On Site Registration Only

JUNE 25 _____ JULY 02 _____ JULY 09 _____ JULY 16 _____

JULY 23 _____ JULY 30 _____ ALL SIX RACES _____ check one

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

PARENTS SIGNATURE: _____



The 26th Annual
Wednesday Night

SUMMER 5K RACE SERIES

June 25, 2008 – July 30, 2008 5K - 6:45 P.M.
Registration starts at 5:45 p.m.

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

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

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

On Site Registration Only

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

**RACE DATES: Every Wednesday night for the following dates;
JUNE 25 JULY 02 JULY 09 JULY 16 JULY 23 JULY 30**

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

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

26 years of Great Running

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

FARC Picnic at Monmouth Park



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

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

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

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

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

This includes:

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

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

Name: _____

FARC members: _____ # Non-FARC members _____

Amount enclosed: \$ _____