



THE LONG RUN

An Official Publication of:

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

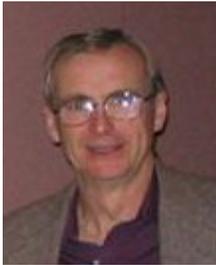


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E-mail: webmaster@farcnj.com
(also see e-mailed monthly *FARC Flash*)

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FREEHOLD AREA RUNNING CLUB'S 2010 BOARD OF EXECUTIVE OFFICERS

President	Vice President	Vice President	Secretary	Treasurer
Michael O'Flaherty	Linda Hyer	Ron Salvio	Pat Coyne	Isabel Meldrum
				

BE THERE AT **FARC SUMMER SERIES** EVENTS THROUGH WED. JULY 28:
 28th Annual Summer Series races, starting at 6:00 PM, consist of 5K (6:40 PM), 1 mile, ½ mile and kids 25 and 50 meter sprints and 100-meter Battlefield Challenge, continues Wednesdays at Manalapan's Scenic Monmouth Battlefield State Park (site of the Revolutionary War's biggest artillery battle in 1778) on route 33. Ribbons for kids, and refreshing ice pops for kids of all ages!



- SUNDAY 8:00 AM runs at Manasquan Reservoir, off Windeler (throughout the year).
- WED., 6 PM (Fri.in July), Track workouts at Freehold Boro HS halfspeeder@yahoo.com
- VOLUNTEER FOR GAIT ANALYSIS! Contact Mike O'Flaherty at halfspeeder@yahoo.com to see if you can be one of 10 volunteers needed for a special summer club meeting to be held at the Road Runner Sports store in Shrewsbury & receive a free gait analysis.

MATTHEW STUPER SCHOLARSHIP



Annual Awards Meeting was May 18, after the pre-meeting Fun Run. The meeting program featured the Announcement and Presentation of FARC's generous Matthew Stuper Scholarship Awards. Following are essays written by these 7 fine recipients. Many of these fine young men and women were FARC kids who grew up with us in the club, and we have all been fortunate to know them and now see them off to new endeavors. Two of the seven are already college students, and the other five are headed there this fall.

Roy Apostle, Colts Neck HS; US Mil. Acad., West Point (or NE-ern)

From the first time I ran in a 100 Yard dash race at one of the FARC summer series races, and watched my father run in the weekly 5K race, I had wanted to make running part of my life. Through the various races the FARC has held each year, I was motivated to become a runner; not an easy task as I was overweight as a child. But through the camaraderie that is brought by the runners in the FARC, I overcame that challenge. When I first started running, running a 7 minute mile on the track was as fast as I could go. Now, I can run a mile in 5:00. At my first FARC Race, the Born to Run 5 miler, it took me over an hour. Now, I can run five miles in less than 34 minutes. I attribute the FARC to helping me accomplish this.

The FARC also gave me my life's first love: Running. Because of the FARC, I was introduced to Track and Cross County in middle and high school. Through this, many of my teammates are lifelong friends, all because of the sport that I was introduced to through the FARC.

Through running, I have also been taught that things are not always easy. When I first began to run FARC races, I found it difficult to run in the sweltering heat or the freezing cold, but I know that if I worked hard, and kept running, I would be rewarded. This carries over into my academics, as I have continuously worked hard in High School, despite it being at times incredibly challenging. I credit running, and more importantly, the FARC, to helping me reach the National Honor Society as well as get into the college I wish to attend (Northeastern University).

I expect the FARC to continue to influence my life. I always look forward to running in the races and trying to better my times and place in my age group. I plan on continuing to run after I graduate high school and possibly in college. Regardless of if I do it in college, I will continue to run every day, and keep the goal of running in the FARC races in the back of my mind.

Overall, the FARC has changed my life drastically. By helping me learn to love running, I gained direction in my life. I know had a goal every week, be it run a fast 5-K or run 40 miles in a week, the dedication and hard work has always paid off. The lessons I have learned from running, hard work and dedication, were learned because of the FARC. Without the FARC, I do not believe I would be the person I am today.

Ron Apostle, Colts Neck High School; Going to Indiana Univ.

When I first started running, I was overweight, and I was lucky if I could break a ten or twelve minute mile. Now I can run a sub-five-minute mile. How did this transformation happen? It happened because I discovered running. My dad took me to my first FARC summer race many years ago, and it was there that I discovered my love for running. I learned that running is made up of three things: dedication, hard work, and discipline. Without all three

things, I could never have improved as much as I did and would have never developed into the person I am today.

For me, dedication to my sport can be a trying thing. I have had numerous injuries that have required me to stop running on many occasions. I could have quit, and almost did, but I always kept at it. As soon as my doctor cleared me I was back on the trails, or training at the track, trying to get better. I stayed dedicated to running, and it paid off. My dedication to running has carried over into many things. In the Boy Scouts I am still an active leader and an Eagle Scout. I have dedicated myself to many projects that I continue to work on to this day. In my JROTC battalion, my dedication has awarded me with my attainment of Cadet Company Commander and an officer rank. All of these accomplishments would never have been if I was not dedicated. Running has taught me how to be dedicated to something.

I am always improving my race times because I am willing to put in the hard work that it required. I have run hundreds of miles, and nursed numerous injuries. I know running is hard, but that is why I do it. I run because I know that it is the hard work that I am willing to put in that puts me above the non-runner. It is running that separates me, it is running that completes me. The value of hard work that running has taught me has carried over into my academics. I am in the top fifteen percent of my class, and have completed numerous honors and AP courses. All of this required much hard work, without which I would not have been able to pass the difficult courses or earn my way into the National Honor Society.

The final thing running has taught me is the importance of discipline. Many mornings I awake to go out for a run, and found that it was raining or snowing. I could have just rolled over and gone back to sleep, but the discipline that running has instilled in me always managed to get me out of bed and out on the roads for that ten to twelve mile run. I have run for many weeks straight because of the discipline that running requires. My discipline in running is part of my disciplined personality. I am very organized and have a very good ability to plan. Running has indirectly influenced this by instilling discipline in me that many non-runners do not have.

As I mentioned before, running completes me. It is the one activity I have been able to be successful at, and it has taught me many valuable lessons. It has taught me dedication, hard work, and discipline. It has developed me into the person I am. Without FARC, I may never have started running, and may never have experienced the joy of running, or have learned all that I have experienced. Running will always be a part of my life, and FARC has made that happen.

James Decker, Freehold Twp. High School; Going to College

It is not much of a stretch to say that I owe my life to running. My parents, both avid runners, were introduced to each other through mutual friends they had from running.

Without the sport, it is unlikely that they would have met or gotten married, and I would not exist today. Running had an influence even on my birth, but my experiences with it for the next ten years were sporadic watching my parents or their friends run various races, running the kids' races every year at the George Sheehan Classic, but little else.

When I entered sixth grade, however, I decided, with some parental influence, to take up cross country. At the time, I still harbored some hope of one day playing professional baseball, and I thought that cross country would help me to achieve that dream. Although it did not improve my baseball ability at all, I embraced ruining in its own way. I could not even finish a mile and a half when I started cross country, but for strange, inexplicable reasons I grew to love the sport.

My times improved, and while improvement is reason enough to like anything, there was more to it than that. I have grown to love and admire everything about running even though I may complain and profess to hate it. Running, unlike almost everything else, is the one area where I really have to try to succeed; most other things come naturally to me. The effort required has given me a deeper appreciation for hard work and has improved my work ethic on other aspects of life, mostly because running has shown me the necessity for arduous labor. The camaraderie of running, and the friendships I've formed because of it, has had the most influence on me. There are many people who I either would not know or would not like as much if we both did not run cross country or track. It is hard to not become close to someone after running long miles with them, through extreme weather conditions and the ups and downs of a season. The friends I have from running are very close to me and ones I will not forget.

The best aspect of running is that it is something that anyone, me included, can take part in forever. Many people run into their seventies and beyond; I see myself doing just that. The peace of mind running brings allows me to think more easily to problem-solve better. Often, when something distresses me, I will go for a run and feel much better by the time I am finished. Running calms and soothes me, at least when I need it to, and I do not ever want to lose that feeling. The competitive aspect is nice, but the relaxation it brings is why I will continue to run throughout my life.

Lauren Hyer, Marlboro HS; The College of New Jersey (TCNJ)

The Freehold Area Running Club has made me a good person. Everyone I meet at races and events are nice to me, loving and caring. The races keep me active, I meet new people, make new friends and it lets me be a good helper. For the future I hope the friends I made from the club will always be there for me. I will keep helping people out at events because it is fun and makes you feel good.

Mackenzie Roche, Freehold H.S.; Going to Monmouth Univ.

It was a warm, clear Friday night in May. My adrenaline was pumping and my nerves were plentiful as I stood before the stands filled with spectators, family, friends and college coaches alike. After qualifying for both the 800-meter and 1600-meter at State Sectionals last Spring, I knew with certainty I had a tremendous chance at setting a new school mile record after finishing Sectionals only seconds away from the current record. Now, moving into Group Championships would give me at least one more opportunity at attacking the school record.

The Championship race was a blur except crossing the finish line when I glanced up at the clock, which read a smoking 5:11:38. Overwhelmed with feelings of immense excitement, exhaustion and a surge of pride, I suspected I had set a new record. My coach ran over to me, gave me a huge hug and explained how very proud she was with my race and time. I had indeed set the new school record but would not know this for certain until school Monday afternoon. Monday, while on the bus ride home, a friend turned to me stating, "I didn't know you broke the school mile record!" I turned to view the huge school marquee, displayed from all to see on the front lawn of the school. It read: "Congratulations Mackenzie Roche new 1600m School Record." Wow, I did it! Having friends, family and people who I've never talked to in my school say congratulations and great job put an enormous smile on my face and gave me a great sense of accomplishment and self-worth. The hard work, dedication and sacrifices I have made over my three years of high school running and competing proved to make this a most rewarding experience. Although my races are finished in just over five minutes, life is a marathon and this experience became a memorable milestone to look back and build on during that long journey.

Another milestone to look back on over is voyage is earning the recognition of being the first female from Freehold High School to win the Freehold Regional High School District Cross County Championship race. I was second in the race last year and knew the title was well within my reach. I also knew that in order to obtain larger goals in my future, whether it is running, school, family or my career path. Hopefully, what will always be a source of inspiration to me will inspire others to achieve great things. My passion for running has brought me to the realization I may want to coach cross-country and track.

Whether through the running club, on the track or course, or at a cross-country camp, running has helped me to build and sustain lifelong friendships. Running FARC's annual St. Paddy's Day ten mile race has inspired me to run a half marathon and maybe one day a full marathon, never having even run 10 miles until two years ago. Many of the FARC races have become a Roche family tradition to run and or volunteer for annually. Looking ahead I can't wait for my first college break being able to run the Born to Run race with former teammates & competitors, family members, friends, and coaches. However, I also recognize how FARC provides me a fun way to contribute back to our

community, whether by running at the annual Toys for Tots race, or just volunteering at various other races. Our club donates a tremendous amount and greatly impacts our immediate community and my participation lends a hand in some small way. As you can see, running and my involvement in FARC has greatly influenced my life and will continue to do so in my college career at Monmouth University as a student athlete.

Randy Spadola, Freehold Township High School, going to Susquehanna University.

I have grown up with running being an important part of our family life. Before I became a runner myself, my mom took me to races where she competed and / or FARC events where she volunteered. My siblings and I would go with her to her track workouts where we would play while she ran. Running was a natural part of everyday life from as far back as I can remember, so it is not surprising that I too began running – first in the kid's races at FARC race series, and then joining the cross country and track teams in middle school and high school. My level of intensity and commitment has increased with time and now as I plan to head off to college, I would like to compete at the challenging collegiate level. My mom's influence has proven to me that running most certainly can remain a part of my life beyond college and the multitude of involvement choices are varied. Assuming I stay healthy and injury free, I plan to keep running as a part of a total fitness lifestyle.

Jeff Weitz, Manalapan High School; Attends (2009) Richard Stockton College of NJ.

My involvement in running has encouraged me to participate in High School Track at Manalapan High School. I never thought that I would be able to achieve success in track due to the fact that soccer has always been my main sport. However, I scored nearly 100 points this season helping the team to win a Class A-North title. With the determination I attribute to running, I was able to break through barriers to reach success where previously I did not believe that was possible.

Patriots' 4 x 800 team shone at Penn Relays, Franklin Field

BY TIM MORRIS Staff Writer of News Transcript

By finally putting it all together, the Freehold Township High School boys 4x800-meter relay team got to experience one of the greatest days in Penn Relays history. The quartet of Rich Fedak, Gregg Tilley, James Faith and Randy Spadola

knocked more than 12 seconds off their indoor best on April 23, running a time of 7:51.23 in their heat to qualify for the High School Boys' 4x800 Championship of America race that was held on April 24 at the University of Pennsylvania's Franklin Field in Philadelphia.

"It definitely was in reach for us to break 8:00," said Spadola, who anchored the team. "It just never worked out. We just couldn't all do it on the same day (before April 23). We finally got ourselves together." And the Patriots could not have found a better day to do it. By running their school record 7:51.23 behind Abington, Pa., the Patriots secured a place in the 15-team final.

Spadola's 1:55.9 anchor leg, a personal best, helped get the Patriots into the April 24 championship race, "Everyone had run so well, I didn't want to let them down," he said. Spadola said he could not believe his eyes when he glanced at the clock after the race and saw a time of 7:51. "I was so elated," he said. "I knew there was no way that time wouldn't get us into the final."

Spadola was right, and he, Fedak, Tilley and Faith returned to Franklin Field on April 24, the final day of the three-day relays. It would prove to be a special day for the Patriots and the record crowd of 54,000 fans who packed the stadium.

There was a buzz all day because the sport's biggest star, Usain Bolt of Jamaica, was running in the USA vs. the World 4x100-meter relay. Bolt did not disappoint the large crowd as he anchored Jamaica to the win with a stunning time of 8.79 seconds for his 100-meter leg.

Spadola said he and his teammates were in the paddock area awaiting their race when Bolt walked by. "He was an arm's length away from us," said Spadola, who added that Bolt acknowledged them with a wave.

The Patriots had run the 4x800 at the Millrose Games in Madison Square Garden, New York, in January, but that was not Saturday at the Penn Relays. "It was incredible," said Spadola. "Words can't describe it."

The Patriots had to follow the frenzy that Bolt created and they did not shrink before the moment. They produced another effort of 7:51 (7:51.83) with all four runners once again breaking 2:00 for their leg. Fedak ran a 1:58.3 leadoff, with Tilley following with a time of 1:59.2. Faith turned in his best 800 (1:57.1), and Spadola finished it with a 1:57.2 that brought the team home in 10th place. "After the race we were all talking to each other about how incredible it was to experience the race," said Spadola.

Competing in the race was a triumph in itself for raising the bar for the Freehold Township track program. The Patriots were the first local team to compete in an American Championship final and that is no small feat. Teams from across the nation and Jamaica were in the final and the Patriots were lined up with them, proving they belonged.

The Penn Relays will not be it for the Patriots' relay team; the 4x800 has been added to the NJSIAA Meet of Champions and that should give the Patriots an opportunity to run for a state title. The Meet of Champions will be held June 2, so for now the team members can soak in their Penn Relays experience.

Member Race Results

Members: Please send results & photos to FARC

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

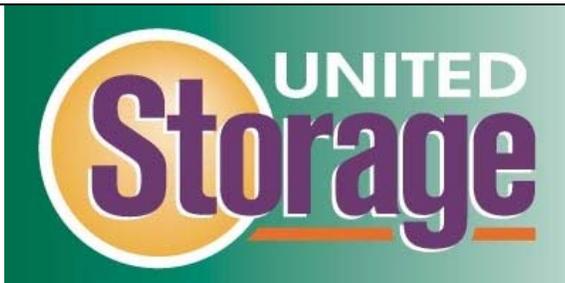
DC National Marathon
CASA 5k Diana Burton - 5:44:49
Monmouth Beach 3 M Ralph Garfield - 24.46(1st 70+)
Spotlight on Lyme 5 K Ralph Garfield - 23.34 (1st 70+)
Princeton Health Care 10K Cynthia Cirri - 23:42 1st AG
Long Branch Half Marathon Cynthia Cirri - 54:09
Blue Claws 5 K Cynthia Cirri - 2:05:40
Michael Thorne 4 M Cynthia Cirri - 23:45 2nd 40-44
Melbourne, Fl Cynthia Cirri - 31:20 1st 40-44 AG
Indian Trails Ken Vercammen - 22:03
Jersey Shore Relay Leg 1 Ken Vercammen-39:02 1st Place Corp. tm.
Ocean Running Club Wtr Ser 4 M Ken Vercammen-25:59 #3 place OA
FARC St. Paddy Leprechaun run Ken Vercammen - 20:10 1st 50-59
Steven Feldman - 25:36 3rd 60-69
River to Bay 5K Ralph Garfield -24.36(1st 70+)
Lakewood Blue Claws 5K Steven Feldman - 24:38
Quakertown Rotary 10 miler Robert McGill - 1:32:30
NJ Trail Winter Series 10 miler Robert McGill - 2:04:31
PCRC Winter Series 5k Robert McGill - 24:58
Run for the Cookies 10k Robert McGill - 53:35
Pic Your Own Way 5.3 miler Robert McGill - 45:04
Einee Meenie Mynie Moe 1/2 Marathon Robert McGill - 2:12:57
Cupid's Chase 5k Robert McGill - 24:47
NJ Trail Winter Series 10 miler Robert McGill - 3:00:36
Sparta Frost Bite Road & Trail 5k Robert McGill - 27:16
Centenary College 5k Run Robert McGill - 23:59
XC Series at Greystone Robert McGill - 26:09
Laces for Learning Northvale 5k Robert McGill-24:09 #2male 40 - 49
Clinton Country 15k Run Robert McGill - 1:19:47
XC Series at Greystone Robert McGill - 25:40
Miles for Matheny 5k Robert McGill - 24:11
Building Tomorrow's Future 5k Robert McGill - 23:55
Run for the Children 5 miler Robert McGill - 39:00
MK 5k Run Robert McGill - 23:27
Mount Penn Mudfest 15k Robert McGill - 2:02:20
Millburn Spring Run 10k Robert McGill - 48:42
Loschavio Memorial 4 miler Robert McGill - 31:26
Bordentown 5k Robert McGill - 22:56
Celebrate Life Half Marathon Robert McGill - 2:13:52
Morristown St. Paddy's 5k Robert McGill - 23:55
Serpentine 5k(London) Ralph Garfield - 25.29 (1st 70+)
Sgt Pat's 5k Ralph Garfield - 24.43 (1st 70-79)
CASA 5k Ralph Garfield - 25.08 (1st 70-79)
Conf.USA Outdoor Championships, 5k (5/16) Erica Weitz -17:42 PR



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Runner's Forum

(See www.farcnj.com for Classic Forum Contributions)

FARC MEMBER PROFILE:
KEN VERCAMMEN



When not working as a central NJ lawyer, member Ken Vercammen, *whom many of you do know*, keeps himself busy and youthful running and triathloning in the region. In the summer months, he enjoys doing Monmouth County races followed by a trip to the beach. Ken is a family man, who when I called to interview him was dutifully completing chores at home. He is now suddenly 50 and a force to be reckoned with in his new age group. Ken is also frequently seen at FARC races (usually in his trademark red, white, and blue shorts seen above), banquets, and various events. Triathlon training (next for the NJ sprint triathlon with a lake swim on July 24) routinely takes him on 2-hour swims at the Edison Elks pool and 2 ½ hour bike rides on the road. He warns of poor visibility during swims in the lakes, noting he was kicked in the head by better swimmers a few years back, but he got some revenge passing them in the run, the final leg of the race! His first race was several years back when at age 13, boys trying out for the grammar school basketball team were required to run track the previous year. Ken says modestly that he finished last in his first race. Then by high school, he was racing the 1 and 2 mile. Competing at the University of Scranton, Ken performed well in cross-country and varsity track. Ken enjoys the competitiveness of our sport. He was racing in the Belmar 5-miler in the late 1980s when he was passed at about the 4-mile mark by a much older runner and then he recognized that it was none other than Bill Rodgers, who won several Boston Marathons in the 1970s. In mid-2005, Ken was striving to break 18:00 in the 5K; however, a pulled hamstring held him back. In his 40s, he ran close to 30 minutes at the Belmar 5-mile, at about the time he won the FARC masters runner of the year award. His favorite road races are probably (1) FARC's Born to Run 5 miler on Thanksgiving weekend, where he tries to be the first to the Court Jester after finishing the scenic race and (2) the President's Cup in Millburn in late June, which he missed this summer as his son's high school graduation took precedence. I was able to pry out of Ken the following information on a couple of his recent performances:

3/21 FARC St. Paddy Leprechaun run 20:10 1st 50-59
 4/2010 Melbourne, Florida 22:03
 4/11/10 Indian Trails 19:30 2nd place overall
 4/1710 Jersey Shore Relay-Leg 1 39:02 1st Place Corp.
 4/24 Beach-to-Bay ran 21:37 1st50-59, w/ lead car lost!

4/25 Lincoln Tunnel Challenge 21:38
 5/1 Muddy ½ Marathon Newfoundland,NJ 3rd50-59 1:49
 5/2 NJ Marathon 3rd leg 9.5-mile 1:25 (93°heat/humidity)
 5/16 Jersey Shore Kick Off Sprint Triathlon Men 1:14
 5/22 Spring into Summer 5k Middletown 19:31 1st>50
 5/29 Spring Lake 5 mile 32:55
 6/5 Sea Isle City Heart Run 20:11 2nd overall
 6/12 JSRC Pre-Father's Day 5K 19:34, 2nd age group.

Looking forward at some of his goals, now that his son is in college at Miami, FL (while Ken will no longer be so much of a soccer-, wrestling-, and track-&-field-dad), he will visit his son and run a Miami race during the school year. Ken's wife is very supportive of Ken's racing-related activities. Also, he has plans this August for the Asbury Park NJ Triathlon. Also, he will compete in the Clam-Man in Berkeley in Ocean County.

The editor discovered later after speaking with Ken that his web-site lists some of his recent athletic accomplishments and FARC is listed prominently among his many club memberships. To receive Ken's free e-mail *legal* newsletter, e-mail him at kenvnlaws@verizon.net with your email address.

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

Also, for Information or Visit

www.farcnj.com

**And /or Send Mail to P.O. Box 4,
 Manalapan, NJ 07726**

FARC is on Face Book!

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!

Dear Freehold Area Running Club,

Thank you very much for picking me for the Matthew Stuper Scholarship. I am very honored to receive it. I will always remember how happy it made me feel and will use the money towards college this year.

Thank you very much and I love you all.

Love, Lauren Hyer

Dear FARC Scholarship Committee,

I would like to thank you for the awarding of the FARC scholarship to me. I appreciate your generosity and recognition of my accomplishments. I am planning on purchasing a lap top computer for college with the scholarship money.

I hope to continue my running in college (Susquehanna University) and will send updates of my (hopeful) accomplishments. Thank you for affording me the opportunities to run outside the school arena as well as recognizing my scholastic accomplishments. I look forward to running future FARC events.

Thank you again.

Sincerely, Randy Spadola

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 website www.farcnj.com or contact the webmaster webmaster@farcnj.com directly & offer your time as a volunteer for races. No previous experience necessary.

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

Wanted: More FARC photographer(s) webmaster@farcnj.com

Wanted: Willing Participants in club - webmaster@farcnj.com
FARC FLASH Please send your new e-mail address to webmaster@farcnj.com to get the **FARC Flash**, our monthly electronic newsletter. This is an easy-to-read two-page format with race forms & it's full of good information.

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

FARC Discounts at Area Running Stores

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.*

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

Your E-MAIL Address

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

FARC Welcomes New Members!

To avoid delay in receiving your hard copy & electronic newsletters & FARC FLASH, please renew your membership if label on back says it is due. Thanks. Renewal applications can be downloaded from the www.farcnj.com web-site. Please tell us how we can serve you better!

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!

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, Weds. at 6:00 PM (but Fri. in July). **For more on track Workouts and to confirm current scheduling, send Email to Mike O'Flaherty for details: halfspeeder@yahoo.com**



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.

JULY

4 Firecracker 5, Wall, NJ
6, 13, 20 **Ocean Smr.Ser.,5K, Wi.Rv.Pk, Toms R., 6:45, Web**
7 **Summer Series 5K & Kids, Battlefld St.Pk. 6:45PM Web**
8 Lawyers for Kids Ginty Field, Morris Twp.,NJ 5K 7:15 PM
8, 15, 22, 29 **JSRC,Smr.Ser.,5K, Wall, Twp. Rec., 6:45, Web**
14 **Summer Series 5K & Kids, Battlefld St.Pk. 6:45PM Web**
18 Eden Autism Princeton Forrestal Village, NJ 5 K 9:00 AM
20 Georgian Ct. Track Meet, Campus, Various, 6-8 PM, Web
21 **Summer Series 5K & Kids, Battlefld St.Pk. 6:45PM Web**
24 Wtr. for People Monmouth Battlefield Pk., NJ 5K 8:30 AM
25 Run W/Balloons Solberg Airpt, Readington,NJ 5K 8 AM
28 **Summer Series 5K & Kids, Battlefld St.Pk. 6:45PM Web**

AUGUST

5 Georgian Ct. Track Meet, Campus, Various, 6-8 PM, Web
8 Turkey Swamp Pk., 10-,25-M, 25-,50-K, 8:30AM, 578-1771
14 Jack Rafter, 5K, Monmouth Reg., Tinton Fls, 8:30AM, Web.
14 Asbury Park, 5K, Asbury Park, NJ, 8:30 AM, Web
21 Bradley Beach, 5K, Bradley Bch., NJ, 8:30 AM, Web.

SEPTEMBER

4 Sat. in the Park, 5 K, Holmdel, NJ, 9:00 AM, Web
11 Hill & Dale, 10K, Brielle, NJ, 9:00 AM, Web
18 Fallen Heroes, 5K, Bar A, Lake, Como, NJ, 9:45 AM, Web.
25 Boardwalk Relay, 5,10,15-K Tm, Asbury Pk, 8:30 AM, Web

OCTOBER

3 Jsy.Shore ½ (13.1 Mile) &Lt.house 5K 9AM SandyHk., Web
www://jerseyshorehalfmarathon.com/
17 Seaside ½ (13.1 Mile) & 5K, Seaside Heights, 10 AM, Web
24 Trick or Trot, 4 Mile, Seven Pres. Pk., Long Br., 11 AM, Web

NOVEMBER

7 Run the Bridge 10K, Campbell's Fld.,Camden,8:30AM, Web
26 **Born to Run 5 Mile, Main St. Freehold Boro, 11:00 AM Web**

DECEMBER

12 **Toys for Tots 5K, Freehold Mike Tighe Park, 10:00 AM Web**

FREEHOLD AREA RUNNING CLUB CALENDAR			
DATE	EVENT	PLAC9	TIME
Wednesdays Through-7/28	Summer Series	Monmouth Battlefield Park	Kid's 6:00 PM 5K 6:45 PM
Fridays 6/25-7/30/10	Track Workouts	Freehold Borough High School Track, Robertsville Rd. & rt. 79	7:30 PM; then back to 6:00 PM Weds. in August
Wednesday 10/13/2010	Club Meeting	Michael Tighe Park	7:30 PM Run 8:15 PM Meeting
Fri. 11/26/10	Born to Run	Freehold	11:00 AM
Wednesday 12/8/2010	Club Meeting	Michael Tighe Park	7:30 PM Run 8:15 PM Meeting
12/12/10	Toys for Tots	Michael Tighe Park	10:00 AM