



THE LONG RUN

An Official Publication of:

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



Website: www.farcnj.com
VOL. 27 NO. 4 (August 2009)

E-mail: webmaster@farcnj.com
(also see e-mailed monthly *FARC Flash* NJ's 3rd Largest Club & Growing

FARC Hotline: (732) 431-2627

Monmouth Park Picnic 2009

Great Food, Drink, Company, Racing, Betting, Weather – For All!.....



Kathy O. & Linda H.: Hard-working organizers who made it all come together.....



On a warm Sunday, July 26, 2009 at Monmouth Park Racetrack, FARC members enjoyed another great summer picnic. Thanks go out to Kathy O'Flaherty and Linda Hyer, the party organizers. There was plenty of food, refreshments, and fun. The weather cooperated until Race 7, when the clouds opened up. See John Emigholz getting out of the rain in photo on website (www.farcnj.com)!.



See you at next summer's picnic!

2009 Freehold Area Running Club Officers:



President Vice Pres. Vice Pres. Secretary Treasurer
Mike O'Flaherty Linda Hyer Ron Salvio Pat Coyne Bob Roman

OCTOBER: CLUB MEETING at Michael Tighe Park off Georgia Road in Freehold Township will be held on **October 14** with a start time of 8:00 PM, following 7:30 PM fun run – starts in parking lot and runs through the park and surrounding neighborhoods.

NOVEMBER: The 25th **Born to Run 5-Mile Race** takes place in downtown Freehold on **November 27** with a start time of 11:00 AM. There will be prize money for overall winners. The race benefits the Open Door Food Kitchen and Lake Topanemus Park. Pre-Registration ends November 20. See the attached flyer. This race is getting bigger every year. Don't miss it!

DECEMBER: The 21st **Toys for Tots 5 K Race** follows a flat fast course through Michael Tighe Park off Georgia Road in Freehold Township on **December 13** with a start time of 10:00 AM. Sweatshirts to all participants. The race benefits the Annual Marine Corps Drive. Pre-registrations (\$5.00 plus unwrapped toy, or \$15) must be post-marked by December 5, 2009. Awards to military participants. See the attached flyer for explanation and details. Records for the two-year old course are 15:30 (1/27/08) set by Matt Forys nearly two years ago in the Winter Series and 19:06 (12/14/08) set by Erica Weitz in last year's Toys for Tots Race. Heated indoor facility, big holiday cheer brunch party. This race is a best value race. Don't miss it!

JANUARY 2010: The 27th **Winter Series of 5 K Races** starts on the same fast, flat course as above through Michael Tighe Park off Georgia Road in Freehold Township on **January 3, 10, 17, 24, and 31** with start time of 10:00 AM, following the kids' ½-mile and 1-mile at 9:30 and 9:35 AM. The race benefits the Freehold Parks and Scholarships Funds. Registrations (\$3.00 for members and \$5 for non-members) on day of race. Unique awards. Look for the flyer coming soon for details. Heated indoor facility,

bagels, donuts, Isabel's famous hot soup and more brunch. This race series grows and grows as the word gets around!

Female Winner:	Erica Weitz	Age 20	21:28
2 nd Female:	Kendyl Seawright	Age 22	21:40
3 rd Female:	Eva Panko	Age 40	22:50

Mackenzie Roche Set the New Mile Record

5:11:18 at Freehold Borough High School.



Under hot, humid, and threatening less-than-optimal conditions, Andre Dutuis (18:50) and Erica Weitz (21:28, graduate of Marlboro, '06, home on a week's vacation from her summer internship in Orlando) were the male and female winners.



Week 1 Race Winner, Andre Dutuis (center) and friends

WEEK 2 - JULY 1st, 2009:

1/2 MILE:

Overall Winner:	Matt Melone	Age 13	----
Female Winner:	Reese Parr	Age 12	----

1 MILE:

Overall Winner:	Brian Smollon	Age 14	6:17
Female Winner:	Julia Panko	Age 11	6:40

5 KILOMETER:

Overall Winner:	Matt Gabor	Age 17	18:24
2 nd Overall:	Rob Dennis	Age 23	18:35
3 rd Overall:	Dillon Hankinson	Age 17	18:58
Female Winner:	Kendyl Seawright	Age 22	20:14
2 nd Female:	Chelsea Thorsheim	Age 17	22:06
3 rd Female:	Megan Peterson	Age 37	22:17

27th ANNUAL SUMMER SERIES WAS A BIG SUCCESS!

Our Combined 5K Summer Series and Kids Summer Nights races ranging from 25 meter sprints through 1 mile races/fun runs drew a field of over 200 runners per week and well over 1,000 runners for the summer. The races were held on Wednesdays between June 24 and July 29 in historic Monmouth Battlefield Park on route 33 in Manalapan [just before and after the State Park's annual June 27-28 Revolutionary War battle re-enactment]. The races were sponsored by Pauline's Health Food Store on Route 9 South in Manalapan and Shore Runner of The Shoppes at Old Bridge on Route 9 North (nearest locations). This well-organized race series as usual drew participants from ages 1 – 82, and offered something for everyone. The runners' 5 K course combined roads in the 1st and 3rd miles with sandy trails in the middle mile. The race-walkers had firmer footing, more to their liking, with all 2.5 miles raced on the road with two up-hills. Participation of area cross country runners from the local district high schools included Manalapan, Freehold, Colts Neck and more. Awards were varied and popular. Popular ice pops helped cool runners. Kids' races started the fun.....

WEEK 1 - JUNE 24th, 2009

1/2 MILE:

Overall Winner:	Austin Chang	Age 11	2:55
Female Winner:	Reese Parr	Age 12	3:10

1 MILE - Rained out by Threatening Thunderstorm

5 KILOMETER:

Overall Winner:	Andre Dutuis	Age 16	18:50
2 nd Overall:	Ryan Ramirez	Age 17	18:51
3 rd Overall:	Dylan Bill Kurkowski	Age 18	18:51

First the Preparation...



Then came the Kids Races...



And Ice Pops After the Races...



Then came the 5 K...



Kendyl Seawright 1st woman in 20:06; Tom Long behind



2ndPlace-Shore Runner's Rob Dennis-Too Fast for Clear Focus!



1st in 5 K : Manalapan '09 Grad. Matt Gabor
With thunder and lightning not too far in the distance, a large field of runners assembled to run the 2nd Summer Series 5 K. The winners were Matt Gabor and Kendyl Seawright ('09 and '06 graduates of Manalapan High School, respectively). Manalapan Braves' contingents populating this Summer Series included the Braves cross-country and track team and even students in MHS' regionally recognized Science and Engineering Learning Center Program, which attracts top quality students from around the Freehold Regional District. There has long been a statistical correlation between disciplined distance runners and successful students!

WEEK 3 - JULY 8th, 2009

1/2 MILE:

Overall Winner:	Kyle Smollon	Age 12	3:01
Female Winner:	Carin Roche	Age 11	3:18

1 MILE:

Overall Winner:	Brian Smollon	Age 14	6:21
Female Winner:	Nicole Doherty	Age 12	6:35

5 KILOMETER:

Overall Winner:	Mike Nilsen	Age 19	18:22
2 nd Overall:	Gary Sparapani	Age 18	18:22
3 rd Overall:	Matt Gabor	Age 28	18:29
Female Winner:	Kendyl Seawright	Age 22	20:22
2 nd Female:	Daltilla Both	Age 33	20:32
3 rd Female:	Sarah Amitrani	Age 23	20:41

The winners of the 3rd Summer Series 5 K were Mike Nilsen, '07 graduate of Manalapan High School (MHS) and Kendyl Seawright, '06 graduate of MHS. MHS distance runners' Coach Bob Andrews (long a top competitive middle distance runner himself) trains Manalapan runners and has been bringing Braves' athletes to the Summer Series, including his son Robby, who is a national high school champion and record holder in the 800 meters (1:49.21) and 1000 meters and a 4:03 miler, and enrolled at UVA in Charlottesville.

WEEK 4 - JULY 15th, 2009:

1/2 MILE:

Overall Winner:	Kyle Smollon	Age 12	3:04
Female Winner:	Reese Parr	Age 12	3:06

1 MILE:

Overall Winner:	Jonathan Mugavero	Age 14	5:58
Female Winner:	Rebecca Leviton	Age 11	7:00

5 KILOMETER:

Overall Winner:	Rich Grandelli	Age 19	18:22
2 nd Overall:	Robby Andrews	Age 18	18:22
3 rd Overall:	Jeremy Pilkington	Age 28	18:29
Female Winner:	Ann Werkley	Age 14	21:13
2 nd Female:	Chelsey Thorsheim	Age 17	22:24
3 rd Female:	Megan Peterson	Age 37	22:36

Week 4 of the Summer Series saw new young male and female winners once again: Rich Grandelli, 18:22, matched the fastest time of the summer, running stride for stride with National Track middle distance runner Robby Andrews, whom he edged at the finish line. The

female winner by more than a one-minute margin was young Ann Werkley, at a fine time of 21:13.

WEEK 5 - JULY 22nd, 2009:

1st Finisher in 1/2-Mile Race...



Start of 1-Mile Race...



Near Finish Line of 5 K...



5K 1st Place: Manuel Arpi Jeff Weitz, MHS'09 Pres. Mike (working, not running!)

½ MILE:

Overall Winner: Matt Melone Age 13 2:57

Female Winner: Amanda Brendli Age 14 3:19

1 MILE:

Overall Winner: Brian Smollon Age 14 6:09
 Female Winner: Cara Trulli Age 11 6:55

5 KILOMETER:

Overall Winner: **Manuel Arpi** Age 38 18:56
 2nd Overall: Mike Nilsen Age 20 19:12
 3rd Overall: Mike Meltzer Age 14 19:32
 Female Winner: **Kendyl Seawright** Age 22 20:06
 2nd Female: Ann Werkley Age 17 20:37
 3rd Female: Jen Crombie Age 29 22:11

Week 5 Overall and Female winners were veteran of FARC racing competitions, Manuel Arpi (18:56), and Kendyl Seawright (20:06), respectively. Manalapan Braves' product Kendyl, the senior captain of Coker College's Cross Country team in Hartsville, South Carolina, produced the fastest woman's time of the season.

WEEK 6 - JULY 29th, 2009:

The FARC Kids Summer Nights and 5 K Summer Series ended July 29th with another exciting and successful year.

½ MILE:

Overall Winner: Matt Melone Age 13 3:01
 Female Winner: Jessica Martin Age 14 3:10

1 MILE:

Overall Winner: Brian Smollon Age 14 6:24
 Female Winner: Rebecca Leviton Age 11 6:50

5 KILOMETER: RAINED OUT BY THREATENING STORM.

SEE YOU AT PARK NEXT YEAR!

Runner's Forum

Best races By Robert McGill (order is random)

5 Ks

1. Freehold Area Running Club's 5K WINTER SERIES
2. Freehold Area Running Club's 5K TOYS FOR TOTS
3. George Yasso Memorial 5K (Fountain Hill, Pa)
4. Stillwater Stampede 5K
5. Beach Blast 5K (Stillwater)
6. Christmas in August 5K (Stillwater)
7. Wyeth 5K (Madison)
8. Roxbury Community Benefit 5K
9. Dunellen Run for Education 5K
10. Colonia Classic 5K
11. Raritan Valley Road Runners 5K Summer Series
12. Morris County Striders 5K Summer Series
13. Dover Renaissance 5K
14. Morris Mauler 5K (Lewis Morris Park in Mendham)
15. Teterboro Airport 5K
16. St. Pat's 5K (Long Branch)
17. Leprechaun Leap 5K (Mount Olive)
18. Project Children 5K (South Mountain Reservation near South Orange)
19. Newark Corporate 5K
20. Fallen Heroes 5K (now moved to Bar A area)
21. Miles for Matheny 5K (Gladstone-Peapack)
22. Ogdensburg 5K

23. Hunterdon Prevention Resources 5K (Deer Path Park, Readington)
24. Ocean Running Club's 5K Summer Series
25. Battle of the Business 5K (Florham Park)
26. Frog Hollow 5K (South Amboy)
27. 5,000 Strides 5K (Morris Township)
28. Lawyers for Kids 5K (Morris Township)
29. Somerset Turkey Trot 5K (Franklin Township)
30. Rockaway Blast 5K
31. Run for Rachel 5K (Livingston)
32. Pine Beach 5K
33. Legal Runaround 5K (Somerville)
34. Tomorrow's Future 5K (Bloomfield)
35. AMBS 5K (Franklin Lakes)
36. **Freehold Area Running Club's 5K SUMMER SERIES**

5 milers & 8 Ks

1. **Born to Run 5 miler (Freehold Area Running Club)**
2. Run for the Children 5 miler (Elizabeth)
3. Our House 5 miler (Summit)
4. Belmar 5 miler
5. Ashenfelter 8K (Glen Ridge)
6. Sunset Classic 5 miler (Bloomfield)
7. Summer Solstice 5 miler (Kitatinny State Park, Andover)
8. Westfield Turkey Trot 5 miler
9. Hit the Bricks 5 miler (Sayreville)
10. Bahr's 5 miler (Atlantic Highlands)
11. NJ USATF cross country 8K championship (West Windsor)
12. Three Bridges 5 miler (Readington)
13. Ho Ha 5 miler (Hoboken)

10 Ks

1. Run for the Cookies 10K (Berwick, Pa)
2. Truskey Mem. 10K (Tuscarora St. Pk. near Tamaqua, PA)
3. Giralda Farms 10K (Madison)
4. Newport 10,000 10K (Jersey City)
5. Cherry Blossom 10K (Newark)
6. East Brunswick 10K
7. Crossroads of Woodbridge 10K
8. Millburn Spring Run 10K
9. Brian's Run 10K (Wayne)
10. Tri-State Classic 10K (runs through Port Jervis, NY, Montague, NJ & Marmoras, Pa)
11. The 10K (s) at the Bucks County Road Runners Winter Series in Tyler State Park, Newtown, Pa

racers of 8 miles & more, but less than a marathon

1. **Freehold St. Paddy's Day 10 miler**
2. Race Street Run 15K (Jim Thorpe, Pa)
3. Celebrate Life Half Marathon (Rock Hill, NY)
4. Turkey Swamp Races 10 miler, 15K, 20 miler & 50K
5. Liberty Half Marathon (Jersey City)
6. Jersey Shore Half Marathon
7. Half Wit, Half Marathon (Reading, Pa)
8. Charlie Horse Half Marathon (Reading, Pa)
9. Mount Penn Mud fest 15K (Reading, Pa)
10. Sparta 8 miler around Lake Mohawk
11. Hot Chili 8 mile Challenge (Kitatinny State Park, Andover)
12. Swamp Devil 15K (Bernards & Long Hill)
13. Seaside Heights Half Marathon
14. NJ USATF 10 miler championship (West Windsor)
15. Navesink Challenge 15k (Middletown)
16. Eany Meany Myny Half Mara. (TylerSt.Pk., Newtown, Pa)
17. Run for the Diamonds 9 miler (Berwick, Pa) This year will be the 100th running of this race. (Bill Welsh ran it in 1954.)

Pocono Marathon May 17, 2009 By Jim Pate

Sometimes the best things in life are unplanned; at least that's what my mother used to tell me!

I have had a funny year so far. I have stopped following preset training plans, tried to spend time running with friends and my dog and slowly recover from the injuries that have held me back over the last few years. It has been interesting, to say the least.

Two weeks ago I broke the big toe on my left foot running the Muddy Marathon in North Jersey. "Rocky Marathon" would have been a better name! The majority of the race was held on a boulder infested section of woods and mountains which made for some great photos but poor running conditions. I had to withdraw at mile 20 on the GPS. I will save that report for another time. I'm still scratching my head about that one!

I drove up to Northeast PA Friday to spend some time with my father. We had a nice dinner overlooking the lake in Northeast PA where I grew up. My sister and her husband joined us on the deck and I could feel the temperature dropping from the mid 70s to the sixties while we ate.

Saturday a line of thunderstorms barreled through the state but the forecast was for a cool blast from the northwest Sunday morning.

My right foot was starting to throb and turn red. I was having a gout flare! For me, the only thing that seems to rid me of gout consistently is a run over 20 miles. I put two and two together and drove up to the Pocono Marathon Expo and registered there. Two of my friends from the Pineland Striders were running the marathon but they had no idea I would be. The expo was small but everyone was friendly and helpful! When was the last time you could register at the Expo of a marathon for only \$75.00 including a free pasta dinner! I originally wanted to take my dad to the pasta dinner but he wasn't feeling well so I got takeout pizza and we watched the Saturday night NASCAR race together at his house.

I got up at four in the morning got packed and drove an hour and a half to Stroudsburg arriving early enough to get a parking spot close to the stadium where the finish is. They had busses lined up to take us to the marathon start at the Clear Run Elementary School. I walked in to the gym to see a very surprised Will and Keith with Will's wife Amy taking candid photos.

We shuffled out to the start and Keith asked me what time I was going for. I told him I had no idea I was running this as a training run to get rid of my gout. He said he was looking for sub 4:00 so I said "Lets take it easy in the beginning and run 9's for the first few miles. It was so windy we didn't even hear the national anthem until a few people in front started singing along. I quickly took off my hat and heard the last couple bars. They sounded a horn and we were off!

As soon as we were out of the driveway turning on Rt. 611, we were met by a strong 25 mph headwind and a half mile up hill. We turned right onto Echo Lane; a rolling side road that had some trees to block the wind a bit and passed the mile in 8:30 I told Keith we may be going a little bit fast for up hill into the wind but he was on a roll! I slowed down a bit but still went by 2 miles in 17:07. We came back out on Rt. 611 just in time to

see the leaders go by. We made a right into the wind and up another hill to the turnaround point.

We turned downhill with the wind at our back and passed the 3 mile mark at 25:00. Keith was ahead a bit but he ducked into the woods to briefly add moisture to some of the botanical wonders of the Pocono Mountains and he was back along side me a short time later. We were running with a lady we met the last time we ran Pocono named Teresa. She was also looking to break four hours. We were all making an effort to run lightly down the hills knowing the worst down hills lay ahead.

We went up and down a series of rolling hills up to around mile 8. Our split times leveled off around 8:30 but occasionally an 8:08 would sneak in there. I joked to Keith, "I should take off my shirt and we could hold it between us like a sail!" The tailwind was strong! We started the long drop through Mt. Pocono. I missed the 8 mile sign; the wind had blown it down. I hit the split at mile 9 as we continued descending. I tried to run the grass between the road and the side walk but gave up on that after almost hitting a telephone pole on a narrow spot! Just before mile 10, I pulled off the long sleeve shirt I had been wearing only to have it get stuck on my watch, gloves and GPS! It stopped my GPS and reset my watch! I felt like a dummy having to stop in the middle of a downhill!

We went by Amy taking a few pictures and turned off on Grange Road, a nice, winding country road. Keith and I were running easy and enjoying the scenery. We ran the next 3 miles each at 8:34 on the nose. The course turned right on Rt. 940. The tailwind had left us and in a few places it felt like we were going into the wind.

We passed the half in 1:53 and were treated by some great views of Caesars Paradise Stream, vacation lodges and resorts. Mile 17 we ran through a tunnel.

I told Keith, "It feels like we are running a Richards!", a Sunday morning training run we run to train on. The course was gently rolling and I remarked to Keith about the overabundance of aid stations. It seemed like there was one every mile for a stretch. I would grab a cup of Gatorade and walk while I drank it then continue up to Keith who would wait for me. I told him not to let me hold him up. He looked very fresh still. The big down hills were behind us and there were several significant climbs ahead. I guess they all look significant in the later stages of a marathon!

Mile 20 went by at 2:51:00. I still felt pretty good but I have crashed too many times to get cocky! The sun came out and the wind was in our face again but wasn't blowing as hard. We ran rolling hills the next few miles. It seemed like you were either going up or down! I attacked the hills and it even felt good to use different muscles. There was a steep 100 yard hill at mile 24. Most people were walking it but I just ran right up it.

We entered the town of Stroudsburg. My mile times had fallen off to the low to mid 9:00s but I knew if I could just get my legs to turnover I would finally break four hours in a marathon.

We turned up on Main Street and I could see Keith in the distance so I concentrated a little harder and let him pull me along. We turned into the high school access road but there is still a half mile to go at that point. I was passing runners and could see Keith getting closer. I crossed mile 26 with an 8:50 split and entered the Stadium. You run the last .2 on the track.

The soft cinder track felt wonderful! I leaned into the turn; something about a track always gets my legs going! I was mid

backstretch watching Keith finish. I turned for home and picked it up for the finish line picture and crossed in 3:53:29 gun time. Will was there yelling and Amy was taking pictures. Our friend Teresa got her sub four also finishing with a 3:55. We all got together for some pictures before enjoying the nice food they set out.

Will missed his BQ by 4 minutes but ran a 3:14 PR! I ran a PR by 9 minutes and finally got under 4 hours in a marathon! Keith finished in 3:51:55 Chip time mine was a 3:53:15 Chip this was his 32nd marathon. And my remedy for gout has worked again! The feet looked identical after the run. – Jim Pate

Ed. Note: Congrats. on your Marathon PR, Jim & the fine amateur Podiatry!!

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

Also, for Information Call 732-431-2627 or Visit www.farcnj.com

Letters to Editor & Webmaster

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

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.

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:

- 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! FARC may issue club cards at future renewal.

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 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, Race-walk, & other accomplishments so as to share the news!

FARC WEEKLY TRAINING

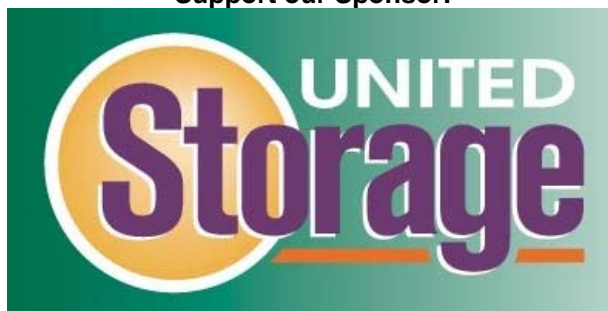
Sunday Group Runs, FARC Marathon Training

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 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!

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]

George Sheehan Classic	Cindy Monica 48:43.39 2 nd AG
New Jersey Marathon	Cindy Monica - 4:51:11 2nd AG
Pine Beach	Ralph Garfield - 24.56(1st 70-74)
ETS Firecracker 5 K	Ralph Garfield - 25.21(1st 70-74)
5,000 Strides 5 K	Robert McGill - 24:11
Raritan Valley Road Runners Summer Series 5 K	Robert McGill - 25:35
Delaware Water Gap 5 K	Robert McGill - 32:39
Flag Day 5 K	Robert McGill - 23:33
Summer Solstice 5 miler	Robert McGill - 55:45
Mendham Patriots 5 K	Robert McGill - 25:20
Woodcliff Lakes 10 K	Robert McGill - 53:24
President's Cup 5 K	Robert McGill - 24:05
Delaware Water Gap Summer Series 5 K	Robert McGill - 26:35
Ogdensburg 5 K	Robert McGill - 23:37
Run for Dad 5 K	Robert McGill - 23:31
Battle of the Business 5 K	Robert McGill - 24:01
Raritan Valley Road Runners Summer Series 5 K	Robert McGill - 25:04
Delaware Water Gap 5 K	Robert McGill - 31:39
Sunset Classic 5 miler	Robert McGill - 41:51
Zinc town 5 K	Robert McGill - 23:47
Pine Beach 5 K	Robert McGill - 24:07
Morris County Striders Summer Series 5 K	Robert McGill - 25:14
Warinco Park Summer Series 5 K	Robert McGill - 26:18
Belmar Five (Governor attended)	Cindy Monica - 49:55
Sea Isle City 5 K	Ken Vercammen - 19:33 5th overall
RVRR Summer 5 K X-C New Brunswick	Ken Vercammen - 19:44 3 rd in A.G.
Metuchen Fuce run	Ken Vercammen - 18:59 2nd overall
Presidents Cup 5 K	Ken Vercammen - 19:06
Long Branch Sandy Hooker Triathlon	Ken Vercammen - 2:08:56
RVRR Summer 5 K X-C New Brunswick	Ken Vercammen - 19:43 2nd age group
Pine Beach 5 K	Ken Vercammen - 19:08 1st place mens open team
Woodbridge 4 mile	Ken Vercammen - 25:45
Stroudsburg Freedom Fest 5 K	Ken Vercammen - 19:25 1st age group, 5th overall
RVRR Summer 5 K X-C New Brunswick	Ken Vercammen - 19:41 3rd age group
Belmar 5	Ken Vercammen - 31:54 1st Place team
JCC 5 K	Ralph Garfield - 24.07(1st 70+)
Eden Family 5 K	Bob Nassi 26:19
JSFO Marathon:(10 th Marathon of yr.Incl.Ultra)	Diana Burton-5:40:35on64 th b-day!
41st marathon total; 30th state	
Pre-Fathers Day 5 K	Ralph Garfield - 23.18(1st 70+)
Kilometers for Karyn 5 K	Robert Nassi - 26:30 (3rd 55-59)
Pleasant Valley Twilight Challenge 5 K	Robert McGill - 26:18
Carlee Wines 5 miler	Robert McGill - 40:35
Rockaway Blast 5 K	Robert McGill - 23:56
Roxbury Community Benefit 5 K	Robert McGill - 23:58
Run for Rachel 5 K	Robert McGill - 24:05
Sparta 8 Miler Around Lake Mohawk	Robert McGill - 1:14:08
Ridgewood 10 K	Robert McGill - 50:39
Charlie Horse Half Marathon	Robert McGill - 3:21:07
Together with Derek 5 K	Robert McGill - 24:28
Legal Runaround 5 K	Robert McGill - 24:27
Wyeth 5 K	Robert McGill - 23:38
Stillwater Stampede 5 K	Robert McGill - 23:32
Morris Mauler 5 K	Robert McGill - 32:11
Newport 10,000 10 K	Robert McGill - 49:10
Our House 5 Miler	Robert McGill - 39:31
Hunterdon Prevention 5 K	Robert McGill - 24:52
Run for the Children 5 miler	Robert McGill - 40:46

The Jersey Shore Half Marathon

One entry per application — May be reproduced

Entry Fees:

Early Registration postmarked before September 1, 2009 - \$27.00

Pre-Registration postmarked before September 26th, 2009 - \$30.00

--+Post Registration after September 28th, 2009 - \$35.00

FIRST NAME										LAST NAME									
<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>																			
ADDRESS (Include Apt)																			
<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>																			
CITY										STATE					ZIP CODE				
<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>										<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>					<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>				
BIRTHDATE						AGE / Race Day				MALE		FEMALE							
<input type="text"/> <input type="text"/>		<input type="text"/> <input type="text"/>		<input type="text"/> <input type="text"/>		<input type="text"/> <input type="text"/>		<input type="text"/>		<input type="text"/>									
MONTH		DAY		YEAR															
HOME PHONE																			
(<input type="text"/> <input type="text"/> <input type="text"/>)			<input type="text"/> <input type="text"/> <input type="text"/>			-		<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>											
E-Mail Address: _____																			
Please Print																			
SHIRT SIZE																			
<input type="text"/>		<input type="text"/>		<input type="text"/>															
S		M		L		XL													
<input type="text"/>		<input type="text"/>		<input type="text"/>															
RUN		WHEELCHAIR		RACEWALK															
		PARTICIPANT		DIVISION															

You will receive your race number and information packet in the mail in mid September.

Make checks payable to:
The Jersey Shore Half Marathon and mail to:
 1222 Barton Ave
 Pt. Pleasant, New Jersey 08742
 (No REFUNDS Non-Transferable
 U S Currency)

Liability and publicity release

I know that running and volunteering to work club races are potentially hazardous activities. I should not enter and run in this event unless I am medically able and properly trained. I agree to abide by any decision of the race official related to my ability to safely complete the run. I assume all risks associated with running and volunteering to work this race event including, but not limited to falls and contact with other participants, the effect of either, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application of myself or anyone entitled to act on my behalf, waive and release The Municipality of Sea Bright, Gateway National Park, Sand Hook, NJ, The Shore Athletic Club of New Jersey, The Shore Half Marathon, McLoone's Riverside Restaurant, The Road Runners Club of America, Gatorade any and all sponsors, volunteers, race officials, their representatives, successors from all claims or liability 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 the waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recording or any other record of this event for any innate purposes. By signing my name below, I certify that I have read all terms and conditions of this release and do intend to be legally bound thereby. I must complete the application legibly and completely for award eligibility.

Signature _____ Date _____ Parent signature if athlete is under 18 _____

In case of emergency, please notify: Name _____ Phone _____

Proud Sponsors of the 37th Running of the Jersey Shore Half Marathon

The Charlie Rooney Family



With the cooperation from
 The Freehold Area Running Club and the Jersey Shore Running Club

25th Annual

Born to Run

5 MILE RACE



**Friday, November 27th 2009, The Day After Thanksgiving
Downtown Freehold 11:00AM**

Traffic Control by the CPL Reynolds Detachment of the Marine Corps League
"Our Streets are Guarded by the U. S. Marines"

Random Prizes!

• Prize Money for Overall Male & Female Finishers
1st - \$100, 2nd - \$75, 3rd - \$50, PLUS \$100 for a New Course Record

- Includes Born to Run Sweatshirt, Court Jester & Other Refreshments
- Race Benefits the Open Door Food Kitchen & Lake Topanemus Park

Awards:

Overall Male & Female Finishers:

- 1st Place - \$100 +\$100 for New Course Record
- 2nd Place - \$75 Men - Kevin Kelly 24:45 (1997)
- 3rd Place - \$50 Women - Michele Lilenthal 27:59 (2006)

Top 3 in Age Groups - 14 & Under, 15-19, 20-29,
30-39, 40-49, 50--59, 60-69 and 70 & Up

Top Overall Male & Female Race Walkers (Official Rules)

Top One Clydesdame (Female - 150 lbs+); Top 3
Clydesdales (Male - 200lbs+)

Registration:

Pre-Registered, Post Marked:

- By Friday Nov 20th \$ 20.00
- FARC Members by Nov 20th - \$ 17.00

Or Sign Up On

Race Forum REGISTER ONLINE OR **active.com**

Post-Registration..... \$ 25.00
(sweat shirt size not guaranteed)

Registration Begins 9:00 AM at the Freehold Fire House - 49 West Main Street

Make Check Payable & Mail To:

Freehold Area Running Club, c/o Isabel Keeley, 1222 Barton Ave, Pt. Pleasant, NJ, 08742

Name: _____

Age: _____ Sex: _____

Address: _____

FARC Member: Y or N

City: _____ State: _____

Circle One: Run RW CLY-F CLY-M

Zip: _____ Phone #: _____

Sweatshirt Size (circle one): S M L XL 2X

Release: I, the undersigned, do hereby knowingly discharge and release: The Township of Freehold, The Borough of Freehold, their departments and employees, The Freehold Area Running Club, the CPL Reynolds Detachment Marine Corps League, sponsors and all volunteers from any and all claims arising out of participation in the event. Further, I represent that I have trained for the event and I am physically able to participate in said event. I further agree to permit the race organizers and sponsors to use any photographs taken in conjunction with the event for publicity purposes.

Signature: _____

Date: _____

Parent Signature (if under 18): _____

Date: _____

For information call 732-431-2627 or visit <http://www.farcnj.com/>



Freehold Area Running Club's
21th Annual

Toys For Tots 5K



Sunday, December 13th, 2009, 10:00AM
Benefits the Annual Marine Corps Drive
Michael Tighe Park, Georgia Road, Freehold Township

HEATED INDOOR FACILITY, BIG HOLIDAY CHEER BRUNCH PARTY
Fast, Flat Course Through Tighe Park, Sweatshirts to All Participants

Registration:

Pre-Registration (post marked by 12/5/09) - \$5.00 plus a new unwrapped toy valued at approximately \$10-\$15.00 (brought race day) or \$15.00
Post Registration - \$10.00 plus a new unwrapped toy valued at approximately \$10-\$15.00 (brought race day) or \$20.00

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

Awards:

Top 3 overall male and female; Top 3 male and female in the following age group: 14 & under, 15-19, 20-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-69 & 70 +; Top 3 male and female Race Walkers & Top male & female in the military. No duplicates.

Make Check Payable To: Freehold Area Running Club

Mail To: FARC, 1222 Barton Ave, Pt. Pleasant, NJ, 08742



Name: _____

Age: _____ Sex: _____

Address: _____

Circle One: Run or Walk

City: _____ State: _____

Sweatshirt Size: M L or XL

Zip: _____ Phone #: _____

Check if Military: _____

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

Signature: _____

Date: _____

Parent Signature (if under 18): _____

Date: _____

For information call 732-431-2627 or visit <http://www.farcnj.com/>



Membership Application 2010

WWW.FARCNJ.COM



BENEFITS OF FREEHOLD AREA RUNNING MEMBERSHIP

- Informative Newsletters
- Free T-Shirt to New Members
- Sunday Group Runs
- Seasonal Track Sessions
- Summer Series with Kids' Races
- Winter Series with Kids' Races
- Race Entry Discounts
- Discount at Local Merchants
- Annual Scholarship
- Annual Club Picnic
- Annual Awards Banquet
- Member – RRCA
- Member - USATF-NJ Club #118
- Weekly Group Runs
- Race Schedule
- Team Entries
- X-Country Workouts
- Race Walking Team/Program
- Social Activities

New _____ or Renew _____ (Please check one)

Family Members' Name & Age

Name: _____

(Please Print)

Street: _____

City: _____

(Additional names on back of form)

State: _____ Zip: _____ Telephone #: _____

E-Mail Address: (Please Print) _____

Membership Types, Select One:

Please circle option

Standard Membership Fee:

Individual Family

Shirt size:(new membership only)

Two Shirts for Family Membership

1 YEAR (Good thru 12/31/10)

\$15.00

\$ 20.00

Shirts may be picked up at any club event

3 YEAR (Good thru 12/31/12)

\$35.00

\$ 45.00

S M L XL

Please make check Payable to FARC, P.O. Box 4, Manalapan, New Jersey 07726

[Visit our web site at FARCNJ.COM for upcoming events.](http://WWW.FARCNJ.COM)

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

Signature: _____ Date: _____

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



P.O. Box 4 Manalapan, NJ 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.)

SEPTEMBER 2009

- 05 Saturday in the Park Holmdel Park, NJ 5 K 9:00 AM
- 06 Jimmy D Memorial New Brunswick, NJ 5 K 9:00 AM 549-9440
- 06 Rock and Run for Africa Morristown, NJ 5 K 11:00 AM
- 07 Labor Day Eatontown, NJ 5 K 9:15 AM
- 07 CPC Pier House Long Branch, NJ 5 K 8:30 AM
- 07 Labor Day Classic Verona, NJ 5 K 9:30 AM 973-239-4111
- 12 Hill & Dale Brielle, NJ 10 K 9:00 AM
- 12 Run for Our Troops Cooper River Park, Pennsauken, PA 5 K 8:30 AM
- 12 Fallen Heroes Bar A, Lake Como, NJ 5 K 9:30 AM
- 12 Helene Cody Memorial Cranbury, NJ 5 K 9:00 AM
- 13 Via's Marathon Allentown, PA 26.2 M 13.1 M 7:00 AM
- 19 Seafood Pt. Pleasant Beach, NJ 5 K 8:30 AM 892-1089
- 19 Run for the Arts Ocean Grove, NJ 5 K 9:00 AM 775-5107
- 19 The Rat Race Neptune/Wall, NJ 10 M 1.9 M 11:00 AM
- 19 Jackson Township Jackson, NJ 5 K 8:00 AM 928-1200 x255
- 20 Hightstown High School, 5K, 10:00 AM (forms at YMCA)
- 26 Boardwalk Relay Asbury Park, NJ 15 K 8:30 AM
- 26 Mud Run McGuire Air Force Base, NJ 10 K 9:00 AM
- 26 Friends and Neighbors Thompson Park, Monroe Twp., NJ 5 K 9:00 AM

OCTOBER 2009

- 03 Challenge Hopewell, NJ 10 K 9:00 AM 609-773-0459
- 04 JS Half Marathon** & 5 K Sandy Hook, NJ 13.1 M 9:00 AM
- 04 Allaire Allaire Park, NJ 5 K 8:30 AM
- 11 Run Thru Deal Deal, NJ 5 K 11:00 AM 531-1994
- 11 LBI Commemorative Brant Beach, NJ 18 M 10:30 AM
- 11 Classic Little Silver, NJ 5 K 9:30 AM 345-7130
- 18 Seaside 1/2 Marathon Seaside, NJ 13.1 M 10:00 AM 5 K 10:10 AM
- 25 Trick or Trot Long Branch, NJ 4 M 11:00 AM

NOVEMBER 2009

- 27 Born to Run Freehold, NJ 5 M 11:00 AM 732-431-2627**

DECEMBER 2009

- 13 Toys for Tots, Tighe, Freehold 5K 10AM 732-431-2627**

JANUARY 2009

- 03 Winter Series, Tighe, Freehold 5K 10AM 732-431-2627**
- 09 Freezing Cold Hash Edison, NJ 3-5 M 9:50 AM
- 10 Winter Series, Tighe, Freehold 5K 10AM 732-431-2627**
- 17 Winter Series, Tighe, Freehold 5K 10AM 732-431-2627**
- 24 Winter Series, Tighe, Freehold 5K 10AM 732-431-2627**
- 31 Winter Series, Tighe, Freehold 5K 10AM 732-431-2627**