



# THE LONG RUN

An Official Publication of:

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



Website: [www.farcnj.com](http://www.farcnj.com)  
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E-mail (results & letters to editor): [webmaster@farcnj.com](mailto:webmaster@farcnj.com)  
(also see e-mailed monthly [FARC Flash](#))

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NJ's 3<sup>rd</sup> Largest Club & Growing

## Summer Series Results, pages 2-7

Wed. 6:00 PM Boro Track Workouts

Sat. 8AM Reservoir Race Walk/Health

Sun. 8AM Reservoir Distance Training

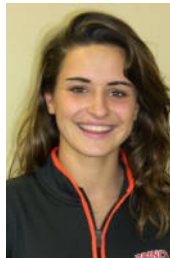
Oct. 3 Jersey Shore 1/2 Marathon & 5K

Oct. 13 7:30 PM Run /Club Meeting

**Join the FARC Face Book**

## Ashley Higginson: Great Junior Year at Princeton

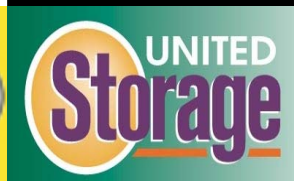
"Captain" Ashley N. Higginson is a **Freehold Area Running Club (FARC)** member (FARC Matthew Stuper scholarship awardee) running for Princeton University. She had a great junior year. She had a 17:13 X-C 5 K (All-Ivy), won the Ivy League Indoor Championship mile in 4:44 and ran the 5K outdoors in 16:02.32 (the only 5K she ran this year).



She won two (2) Outdoor Ivy League Championships (3K Steeplechase and the 3K), the ECAC Championship (3K Steeplechase) and broke the Princeton University and Ivy League record with the 3rd best time in the Nation with a 9:52.73. Came in 3rd in the Division 1 NCAA Championship (3K steeplechase) and was named All-American in that event.

She was named Captain for both the Cross Country Team and the Track & Field teams for her Senior year. Back in her Colts Neck High School days (Freehold Regional High School District), she was a multiple award New Jersey Meet of Champions award winner, and a National Champion, winning the high school division in the two mile at the Penn Relays

## Support FARC Sponsors:



(See [www.farcnj.com](http://www.farcnj.com) for Runners' Forum Contributions)  
(See [www.farcnj.com](http://www.farcnj.com) for Photos, Apps., Calendar, Results)

## Robby Andrews: Great Freshman Year at University of Virginia

Robby is a **FARC** member running for the University of Virginia, and he had a great freshman year. His racing Biography:

*Courtesy: VirginiaSports.com Release: updated from 08/30/2009*

**PRs:** 800m - 1:45.54; Mile - 4:01.55

**ACC Champion:** 800m (Indoor: '10); DMR ('10)

**All-ACC:** 800m (I: '10, O: '10); DMR ('10); 4x400m (O: '10)

**NCAA Qualifier:** 800m (I: '10, O: '10)

### 2010 Outdoor

- ACC Track Performer of the Yr.
- ACC Freshman of the Year
- NCAA runner-up in 800m
- All-American in 800m
- All-ACC in 800m & 4x400m relay
- ACC runner-up in 800m
- Third at ACCs in 4x400m relay
- Penn Relays Champion in 4x800m relay
- Lou Onesty meet record holder in mile (4:01.55)
- Liberty's Matthes-Hopkins Track rec'd at 800m (1:47.73)
- Won 800m at NC A&T
- ACC Performer of the Week (4/27)



### 2010 Indoor

- ACC Freshman of the Year
- NCAA Champion in 800m, Defeated Olympian Wheating
- All-American in 800m
- Won ACC title in 800m and DMR, running anchor leg
- Undefeated on the season in 800m
- Member -4x800m relay team that broke VT's fac. record
- Anchor -4x800m relay team to victory at Millrose Games
- Won Army 800m, running UVA's 3<sup>rd</sup> all-time - 1:48.02
- Won 600m at Hokie Invite

### High School

- Indoor and outdoor 800m national champion ('09)
- Nat. indoor records: 800m (1:49.21) & 1000m (2:22.28)
- First high school athlete to break 1:50 in indoor 800m
- 2-time 1st-team all-state in X-C; Track: 4:03.49 Mile

### Personal

- Full name is Robert Adrian Andrews
- Born on March 29, 1991 in Staten Island, N.Y.
- Son of Bob (coached by B. Welsh) & Mary Perrota Andrews
- Sister Kristin holds St. Joes Univ. 500 m record (now Sr)
- Dad ran track for UPenn, 800 PR: 1:49; Competes SAC
- Mom set S.I. record in heptathlon, Excelled at 400 & 800
- Uncle Bobby Thomson hit "shot-heard-round-world" ('51)
- Grandfather Adrian Andrews was on national HS XC team
- Grandmother Marian Thomson was 2<sup>nd</sup> best Amer. at 200m

*Advertisement: Roadrunners Sport Red Bank will be hosting a Ladies Night they are planning for Thursday, October 7<sup>th</sup>, 2010. This event will coincide with their annual sports bra sale; they will offer special bra pricing that is discounted an additional 10% for FARC. Specially trained fit experts will be on hand and*

representatives from some of the bra companies. We'll also have raffles, free food. For further information contact Roadrunners Sports at (732) 212-1165.

# 28<sup>th</sup> Annual FARC Summer Series 1/2 mi., 1 mi.&5K Results

Thanks to all who came out with families to run and volunteer! Popular 6-Week Series was Directed by Isabel Meldrum

## 6/23/2010 Week #1



1<sup>st</sup> Place Male: Rich Grandelli



1<sup>st</sup> Place Female (8<sup>th</sup> Overall) Katie Kellner

### Place First Last Name Age Gender Time Age Gp Div

Place	First Last Name	Age	Gender	Time	Age Gp Div
01	Rich Grandelli	20	M	19.01	20-29 R
02	Larry Sparadano	18	M	19.33	15-19 R
03	Manuel Arpi	39	M	20.15	30-39 R
08	Katie Kellner	18	F	21.38	15-19 R
10	Caroline Kellner	16	F	22.17	15-19 R
12	Jen Crombie	30	F	22.39	30-39 R
30	Jennifer Choe	12	F	24.34	<14 R
37	Ruby Guo	13	F	25.17	<14 R
42	Sandra Morris	12	F	25.53	<14 R
53	Jenny Samanigo	14	F	26.45	<14 R
51	Danielle Ferriola	19	F	26.43	15-19 R
55	Jordan Chervin	15	F	26.56	15-19 R
46	Janelle Anefe	29	F	26.10	20-29 R
59	Erin Sciorsci	27	F	28.27	20-29 R
70	Courtney Lee	20	F	31.05	20-29 R
72	Caroline Tuck	20	F	31.42	20-29 R
16	Megan Peterson	38	F	23.04	30-39 R
23	Eva Panko	31	F	23.36	30-39 R
34	Liz Spector	35	F	24.38	30-39 R
64	Denise Wildman	34	F	28.51	30-39 R
66	Jodi Rattiner	32	F	29.41	30-39 R
69	Cara Daley	33	F	30.19	30-39 R
71	Lauren Kudsch	39	F	31.17	30-39 R
79	Tara Mole	30	F	35.42	30-39 R

### Place First Last Name Age Gender Time Age Gp Div

81	Alanna Yonelunas	38	F	36.12	30-39 R
33	Patricia Chambers	41	F	24.37	40-49 R
38	Sandi Moore	44	F	25.20	40-49 R
40	Alyssa Hagenberg	43	F	25.51	40-49 R
43	Patti Ferriola	47	F	25.54	40-49 R
50	Joanne Quinn	40	F	26.37	40-49 R
52	Doreen Page	42	F	26.44	40-49 R
63	Eilleen Allen	49	F	25.50	40-49 R
58	Pat Coyne	52	F	28.26	50-59 R
74	Margie Lambert	62	F	31.54	60-69 R
13	Logan Thomson	12	M	22.53	<14 R
18	Chris Colen	14	M	23.07	<14 R
19	Sheldon Chang	12	M	23.16	<14 R
35	Tommy Colen	12	M	24.48	<14 R
41	Tyler Thomson	10	M	25.52	<14 R
49	Bryan Chehanske	11	M	26.20	<14 R
60	Jimmy McNamara	10	M	28.29	<14 R
61	Christopher Wood	10	M	28.34	<14 R
05	Alex Chang	15	M	20.29	15-19 R
07	Brent Knabe	17	M	21.29	15-19 R
32	Jack Loennecker	16	M	24.36	15-19 R
15	Shane Boyce	25	M	22.57	20-29 R
80	Jon Arroy	29	M	35.43	20-29 R
04	Philip Lozada	39	M	20.20	30-39 R
11	Bill Hagan	33	M	22.24	30-39 R
39	Mike Militello	38	M	25.48	30-39 R
44	Adam Wormann	30	M	26.02	30-39 R
78	Tim Riley	30	M	34.49	30-39 R
06	Joe Donovan	40	M	20.39	40-49 R
09	Steve Kellner	48	M	21.38	40-49 R
14	Ken Thomson	40	M	22.53	40-49 R
20	Paul Gazaleh	40	M	23.23	40-49 R
21	Mark Germanski	42	M	23.26	40-49 R
29	Matthew Wood	40	M	24.33	40-49 R
31	Paul Tuck	49	M	24.35	40-49 R
45	John Fiore	46	M	26.08	40-49 R
47	Peter Vandenakker	40	M	26.13	40-49 R
56	Stephen Pappas	44	M	27.55	40-49 R
57	Greg Colen	44	M	28.16	40-49 R
62	James McNamara	40	M	28.38	40-49 R
75	Kevin Roche	45	M	32.00	40-49 R
77	Brian McNamara	43	M	33.26	40-49 R
17	Dave Trulli	51	M	23.05	50-59 R
22	Kerwin Lanz	53	M	23.32	50-59 R
24	Dave Colen	51	M	23.57	50-59 R
25	Bob Peterson	55	M	24.11	50-59 R
28	John Hogan	50	M	24.32	50-59 R
65	Bo Saa	54	M	29.10	50-59 R
67	Jim Jensen	58	M	30.01	50-59 R
76	Leonard Seaton	58	M	32.30	50-59 R
26	Hanny Mantila	60	M	24.19	60-69 R
27	Walter MacGowan	62	M	24.24	60-69 R
36	Paul Fitch	64	M	25.08	60-69 R
48	Bob Roman	63	M	26.18	60-69 R
54	Jim Bergum	61	M	26.46	60-69 R
68	Jason Chaikin	62	M	30.02	60-69 R
82	Jack Lucey	73	M	40.47	70-79 R
83	Hal Smith	80	M	41.38	80 R

# FARC Summer Series Results

## 6/30/2010 Week #2



### 5K: Place First Last Name Age Gp Gender Time Age

1	Rich Grandelli	20-29	M	18.19.37	20
2	Rob Andrews	15-19	M	18.19.68	19
3	Colin Chehanske	< 14	M	19.05	14
4	Phil Lozada	30-39	M	20.02	39
5	Eric Munsell	20-29	M	20.53	20
6	Michael Maltese	< 14	M	21.11	12
7	Kyle O'Brien	15-19	M	21.17	15
8	Brent Knabe	15-19	M	21.18	17
9	Michael Johnson	30-39	M	21.23	35
10	Bob Andrews	50-59	M	21.25	52
11	Brian Burlew	30-39	M	21.28	33
12	Sean Coyne	20-29	M	21.51	22
13	Cara Nelius	30-39	F	21.58	33
14	Ken Thompson	40-49	M	22.05	40
15	Danielle Soldo	40-49	F	22.12	44
16	Alex Eleftheriou	15-19	M	22.28	16
17	Steve Ronaldson	15-19	M	22.44	17
18	Chris Parr	40-49	M	22.49	43
19	Logan Thompson	< 14	M	22.54	12
20	Kerry Dyke	< 14	F	22.56	13
21	Rick Sommers	< 14	M	22.58	12
22	Sebastian Shimmings	< 14	M	22.59	14
23	Megan Peterson	30-39	F	23.03	38
24	Michael Timmers	40-49	M	23.05	46
25	Lanie Meyers	15-19	F	23.12	18
26	Dave Cole	50-59	M	23.14	51
27	Eva Panko	40-49	F	23.33	41
28	Brian Dziobak	< 14	M	23.49	4
29	Patricia Chambers	40-49	F	23.50	44
30	Paul Tuck	40-49	M	23.51	49
31	Walter O'Brien	50-59	M	23.54	50
32	Marisa Borchardt	15-19	F	23.55	17
33	Rich Arabia	50-59	M	23.58	51
34	Preston casertano	15-19	M	24.06	17
35	Jim Chehanske	40-49	M	24.07	45
36	Greg Realmuto	40-49	M	24.14.12	41
37	Tre Foster	15-19	M	24.14.49	16
38	Bert Lundberg	40-49	M	24.14.83	46
39	Walter MacGowan	60-69	M	24.23	62
40	Jennifer Choe	< 14	F	24.33	12
41	Ruby Guo	< 14	F	24.36	13
42	CJ Morris	< 14	M	24.39	12
43	Bud Fitch	60-69	M	25.03	64
44	Patti Ferriola	40-49	F	25.06	47

45	Courtney Thompson	< 14	F	25.12	14
46	Ian Zucker	20-29	M	25.14	26
47	Pat Mantone	50-59	F	25.19	56
48	Jason Dijols	15-19	M	25.20.46	16
49	John Hogan	50-59	M	25.20.92	50
50	Jordan Slotkin	15-19	M	25.36	15
51	Bob Roman	60-69	M	25.37	63
52	Mike Militello	30-39	M	25.38	38
53	Peter Vandenakker	40-49	M	25.39	40
54	Neil Lakdawala	15-19	M	25.41.42	15
55	James Bergum	60-69	M	25.41.98	61
56	Joanne Quinn	40-49	F	25.48	40
57	Daniel Mininsohn	15-19	M	25.56	15
58	Rob Geddes	40-49	M	26.06	40
59	Doreen Page	40-49	F	26.11	42
60	Janelle Annese	20-29	F	26.15	29
61	Wesley Cheng	15-19	M	26.34	15
62	Adam Wormann	30-39	M	26.35	30
63	Hanny Mantila	60-69	M	26.37	60
64	Ralph Garfield	70-79	M	26.47	74
65	Tyler Thomson	< 14	M	26.50	10
66	Stephen Pappas	40-49	M	26.57	44
67	Melissa Baverle	15-19	F	27.11.57	16
68	Samantha Williams	15-19	F	27.11.98	16
69	Tom Lally	30-39	M	27.25	39
70	Ronald Chevestick	30-39	M	27.31	35
71	Noelle Borchardt	15-19	F	27.53	18
72	Paula Borchardt	40-49	F	27.54	49
73	Pat Coyne	50-59	F	28.01	52
74	Robert Dziobak	50-59	M	28.10	50
75	Jodi Rattiner	30-39	F	28.16	32
76	Christina Dyke	40-49	F	28.26	46
77	Erin Sciorsci	20-29	F	28.30	27
78	Martha Lanko	30-39	F	28.39	39
79	Amanda Denis	20-29	F	28.48	24
80	Alex Behan	< 14	M	28.55	12
81	Joe Urbanik	40-49	M	29.02	43
82	Jason Chaikin	60-69	M	29.19	61
83	Eileen Allen	40-49	F	28.25	49
84	Beth Neugass	40-49	F	29.34	48
85	Eric Madia	40-49	M	29.40	40
86	Catherine Akridge	50-59	F	29.41	58
87	Courtney Lee	20-29	F	29.42	20
88	Kim Hansen	40-49	F	29.43	44
89	Jim Jensen	50-59	M	30.02	58
90	John Martin	50-59	M	30.03	53
91	Kevin Roche	40-49	M	30.06	45
92	Matthew Cusack	40-49	M	30.25	47
93	Jimmy McMamara	< 14	M	30.30	10
94	James McMamara	40-49	M	30.32	40
95	Vinnie Guarino	15-19	M	30.46	16
96	Caroline Tuck	20-29	F	30.52	20
97	Brian McMamara	40-49	M	30.55	43
98	Margie Lambert	60-69	F	31.04	62
99	Leonard Seaton	50-59	M	31.33	58
100	Kevin Hurley	50-59	M	32.00	50
101	Meryl Schuzbank	50-59	F	32.12	52
102	Tim Reilly	30-39	M	32.41	30
103	Tara Nole	30-39	F	32.45	31
104	Amy Gazaleh	30-39	F	33.17	39
105	Jon Arroyo	20-29	M	33.43	29
106	Alanna Yonelunas	30-39	F	34.44	38
107	Susan Thomson	40-49	F	36.08	45
108	Jack Lucey	70-79	M	38.35	73

# FARC Summer Series Results

## 7/07/2010 Week #3

### 5K: Place First Last Name Age Gp Gender Time

Overall Male	Overall Female	14 < Male	14 < Female	15-19 Male	15-19 Female	20-29 Male	20-29 Female	30-39 Male	30-39 Female	40-49 Male	40-49 Female	50-59 Male	50-59 Female	60-69 Male	70-79 Male	Race walkers	OVERALL FINISH PLACE
1 Rich Grandelli	18 Megan Peterson	07 Jake Simon	36 Maggie Werkley	04 Anthony Silvestri	47 Noelle Borchartd	19 Shane Boyce	54 Caroline Tuck	06 Phil Lozada	55 Cara Daley	05 Joe Donovan	46 Paula Borchartd	10 Bob Andrews	53 Paddy Chehanske	41 Walter MacGowan	44 Ralph Gardfield	01 Elliott Denman	01 Rich Grandelli
2 Jack Tarpey	25 Marisa Borchartd	27 Dylan Tarpey	40 C.J. Morris	08 Brent Knabe	49 Samantha Williams	20-29 Female	54 Caroline Tuck	09 Manuel Arpi	61 Marion Fontanilla	11 Ken Thompson	62 Susan Thompson	24 Ron Apostle	53 Paddy Chehanske	45 Risk Bessette	65 Jack Lucey	02 Hal Smith	02 Jack Tarpey
3 Colin Chekanskysky	31 Patricia Chambers	29 Sebastian Shimmings	36 Maggie Werkley	13 Chin Tavsha	50 Melissa Bauerde	20-29 Male	54 Caroline Tuck	12 Brian Burlew	63 Helen Walk	20 Jim MacNamara	64 Yolanda Starr	30 Bob Peterson	53 Paddy Chehanske	48 Jim Bergum	07 Jake Simon	03 Alex Morris	03 Colin Chekanskysky
																04 Kathy Morris	04 Anthony Silvestri
																	05 Joe Donovan
																	06 Phil Lozada
																	07 Jake Simon
																	08 Brent Knabe
																	09 Manuel Arpi
																	10 Bob Andrews
																	11 Ken Thompson
																	12 Brian Burlew
																	13 Chin Tavsha
																	14 Andrew Cooper
																	15 Kyle O'Brien
																	16 Steve Ronaldson
																	17 Thomas Puglisi
																	18 Megan Peterson
																	19 Shane Boyce
																	20 Jim MacNamara
																	21 Bob Fisch
																	22 Mark Germanski
																	23 Jason Dijols
																	24 Ron Apostle
																	25 Marisa Borchartd
																	26 Paul Tuck
																	27 Dylan Tarpey
																	28 Alex Eleftheria
																	29 Sebastian Shimmings
																	30 Bob Peterson
																	31 Patricia Chambers

### 5K: Place First Last Name Age Gp Gender Time

32 Michael Tuozzolo	15-19	M	24.46
33 Jim Chenanske	40-49	M	24.46
34 Matthew Wood	40-49	M	24.56
35 Jeff Riemann	15-19	M	25.31
36 Maggie Werkley	<14	F	25.33
37 Darryl Werkley	40-49	M	25.34
38 Tray Foster	15-19	M	25.47
39 Mark Williams	40-49	M	26.09
40 C.J. Morris	<14	F	26.13
41 Walter MacGowan	60-69	M	26.19
42 Jordan Slotkin	15-19	M	26.25
43 Neil Lakdawala	15-19	M	26.28
44 Ralph Gardfield	70-79	M	26.49
45 Rick Bessette	60-69	M	27.24
46 Paula Borchartd	40-49	F	27.31
47 Noelle Borchartd	15-19	F	27.56
48 Jim Bergum	60-69	M	28.18
49 Samantha Williams	15-19	F	28.29
50 Melissa Bauerde	15-19	F	28.29
51 David Loring	40-49	M	28.37
52 Bryan Chehanske	<14	M	28.37
53 Paddy Chehanske	50-59	F	29.44
54 Caroline Tuck	20-29	F	30.32
55 Cara Daley	30-39	F	31.05
56 Matthew Cusack	40-49	M	31.16
57 Kevin Roche	40-49	M	32.23
58 Christopher Wood	<14	M	32.42
59 Joe Urbanik	40-49	M	33.12
60 Faith Zanett	15-19	F	34.52
61 Marion Fontanilla	30-39	F	35.42
62 Susan Thompson	40-49	F	36.02
63 Helen Walk	30-39	F	38.07
64 Yolanda Starr	40-49	F	39.52
65 Jack Lucey	70-79	M	39.58
<b>Place by Age &amp; Gender</b>			
36 Maggie Werkley	<14	F	25.33
40 C.J. Morris	<14	F	26.13
25 Marisa Borchartd	15-19	F	24.01
47 Noelle Borchartd	15-19	F	27.56
49 Samantha Williams	15-19	F	28.29
50 Melissa Bauerde	15-19	F	28.29
60 Faith Zanetti	15-19	F	34.52
54 Caroline Tuck	20-29	F	30.32
18 Megan Peterson	30-39	F	23.13
55 Cara Daley	30-39	F	31.05
61 Marion Fontanilla	30-39	F	35.42
63 Helen Walk	30-39	F	38.07
31 Patricia Chambers	40-49	F	24.42
46 Paula Borchartd	40-49	F	27.31
62 Susan Thompson	40-49	F	36.02
64 Yolanda Starr	40-49	F	39.52
53 Paddy Chehanske	50-59	F	29.44
03 Colin Chekanskysky	<14	M	19.27
07 Jake Simon	<14	M	20.42
27 Dylan Tarpey	<14	M	24.13
29 Sebastian Shimmings	<14	M	24.28
52 Bryan Chehanske	<14	M	29.05
58 Christopher Wood	<14	M	32.42
04 Anthony Silvestri	15-19	M	20.01
08 Brent Knabe	15-19	M	21.02
13 Chin Tavsha	15-19	M	22.02
14 Andrew Cooper	15-19	M	22.13
15 Kyle O'Brien	15-19	M	22.19
16 Steve Ronaldson	15-19	M	22.52
17 Thomas Puglisi	15-19	M	23.09
23 Jason Dijols	15-19	M	23.48
28 Alex Eleftheria	15-19	M	24.16
32 Michael Tuozzolo	15-19	M	24.46
35 Jeff Riemann	15-19	M	25.31
38 Tray Foster	15-19	M	25.47
42 Jordan Slotkin	15-19	M	26.25
43 Neil Lakdawala	15-19	M	26.28
01 Rich Grandelli	20-29	M	18.22
02 Jack Tarpey	20-29	M	18.28
19 Shane Boyce	20-29	M	23.17
06 Phil Lozada	30-39	M	20.25
09 Manuel Arpi	30-39	M	21.06
12 Brian Burlew	30-39	M	22.00
21 Bob Fisch	30-39	M	23.30
05 Joe Donovan	40-49	M	20.18
11 Ken Thompson	40-49	M	21.30
20 Jim MacNamara	40-49	M	23.24
22 Mark Germanski	40-49	M	23.36
26 Paul Tuck	40-49	M	24.10
33 Jim Chenanske	40-49	M	24.46
34 Matthew Wood	40-49	M	24.56
37 Darryl Werkley	40-49	M	25.34
39 Mark Williams	40-49	M	26.09
51 David Loring	40-49	M	28.37
56 Matthew Cusack	40-49	M	31.16
57 Kevin Roche	40-49	M	32.23
59 Joe Urbanik	40-49	M	33.12
10 Bob Andrews	50-59	M	31.16
24 Ron Apostle	50-59	M	23.57
30 Bob Peterson	50-59	M	24.33
41 Walter MacGowan	60-69	M	26.19
45 Risk Bessette	60-69	M	27.24
48 Jim Bergum	60-69	M	28.18
44 Ralph Gardfield	70-79	M	26.49
65 Jack Lucey	70-79	M	39.58

# FARC Summer Series Results

## 7/14/2010 Week #4



1<sup>st</sup> Place Male: Phil Lozada and 1<sup>st</sup> Place Female: Megan Peterson

### 5K: Place First Last Name Age Gp Gender Time

#### Overall Male

Place	First Last Name	Age Gp	Gender	Time
01	Philip Lozada	30-39	M	19.54
02	Brent Knabe	15-19	M	20.41
03	Robby Andrews	15-19	M	20.43

#### Overall Female

Place	First Last Name	Age Gp	Gender	Time
14	Megan Peterson	30-39	F	23.17
15	Eva Panko	40-49	F	23.28
21	Danielle Aran	15-19	F	24.35

#### <14 Male

Place	First Last Name	Age Gp	Gender	Time
04	Robert Murphy Jr.	<14	M	21.14
13	Devon Miller	<14	M	23.08
20	Neil Lakdawala	<14	M	24.32

#### <14 Female

Place	First Last Name	Age Gp	Gender	Time
26	Maggie Werkley	<14	F	25.00
28	Sarah Werkley	<14	F	25.12

#### 15-19 Male

Place	First Last Name	Age Gp	Gender	Time
05	Andrew Cooper	15-19	M	21.22
06	Brian Dunsheath	15-19	M	21.30
08	Steven Ronaldson	15-19	M	21.48

#### 15-19 Female

Place	First Last Name	Age Gp	Gender	Time
25	Jordan Chervin	15-19	F	24.57
27	Anne Werkley	15-19	F	25.00
30	Samantha Williams	15-19	F	25.25

#### 20-29 Male

Place	First Last Name	Age Gp	Gender	Time
07	Eric Munsell	20-29	M	21.47
18	Joshua Schwartz	20-29	M	24.15
43	John Arroyo	20-29	M	34.34

#### 20-29 Female

Place	First Last Name	Age Gp	Gender	Time
39	Caroline Tuck	20-29	F	31.15

#### 30-39 Male

Place	First Last Name	Age Gp	Gender	Time
12	Bill Hagen	30-39	M	22.15
41	Tim Reilly	30-39	M	32.28

#### 40-49 Male

Place	First Last Name	Age Gp	Gender	Time
22	Paul Tuck	40-49	M	24.37
35	Steven Kellner	40-49	M	27.07
37	Stephen Pappas	40-49	M	29.40

#### 40-49 Female

Place	First Last Name	Age Gp	Gender	Time
44	Yolanda Starr	40-49	F	39.54

#### 50-59 Male

Place	First Last Name	Age Gp	Gender	Time
10	Robert Andrews	50-59	M	21.55
16	Walter O'Brien	50-59	M	23.35
19	Tom Apostle	50-59	M	24.27

#### 50-59 Female

Place	First Last Name	Age Gp	Gender	Time
42	Meryl Schutzbank	50-59	F	34.34

#### 60-69 Male

Place	First Last Name	Age Gp	Gender	Time
24	Hannu Mantill	60-69	M	24.49
33	Jim Bergum	60-69	M	26.43
34	Rich Bessette	60-69	M	26.46

#### 70-79 Male

Place	First Last Name	Age Gp	Gender	Time
36	Ralph Garfield	70-79	M	28.03
45	Jack Lucy	70-79	M	40.56

#### Racewalkers

Place	First Last Name	Age Gp	Gender	Time
01	Hal Smith	80 +	M	34.46

#### Overall Placement

Place	First Last Name	Age Gp	Gender	Time
01	Philip Lozada	30-39	M	19.54
02	Brent Knabe	15-19	M	20.41
03	Robby Andrews	15-19	M	20.43
14	Megan Peterson	30-39	F	23.17
15	Eva Pnako	40-49	F	23.28
21	Danielle Aran	15-19	F	24.35
26	Maggie Werkley	<14	F	25.00
28	Sarah Werkley	<14	F	25.12

### 5K: Place First Last Name Age Gp Gender Time

25	Jordan Chervin	15-19	F	24.57
27	Anne Werkley	15-19	F	25.00
30	Samantha Williams	15-19	F	25.25
31	Melissa Baverce	15-19	F	26.23
32	Cassie Laletti	15-19	F	26.29
39	Caroline Tuck	20-29	F	31.15
44	Yolanda Starr	40-49	F	39.54
42	Meryl Schutzbank	50-59	F	34.34
04	Robert Murphy Jr.	<14	M	21.14
13	Devon Miller	<14	M	23.08
20	Neil Lakdawala	<14	M	24.32
05	Andrew Cooper	15-19	M	21.22
06	Brian Dunsheath	15-19	M	21.30
08	Steven Ronaldson	15-19	M	21.48
09	Thomas Puglisi	15-19	M	21.52
11	Kyle O'Brien	15-19	M	22.02
17	Jason Dijols	15-19	M	24.10
23	Jordan Slotkin	15-19	M	24.42
29	Tre Foster	15-19	M	25.25
38	Ted Apostle	15-19	M	29.46
07	Eric Munsell	20-29	M	21.47
18	Joshua Schwartz	20-29	M	24.15
43	John Arroyo	20-29	M	34.34
12	Bill Hagen	30-39	M	22.15
41	Tim Reilly	30-39	M	32.28
22	Paul Tuck	40-49	M	24.37
35	Steven Kellner	40-49	M	27.07
37	Stephen Pappas	40-49	M	29.40
40	Kevin Roche	40-49	M	32.26
10	Robert Andrews	50-59	M	21.55
16	Walter O'Brien	50-59	M	23.35
19	Tom Apostle	50-59	M	24.27
24	Hannu Mantill	60-69	M	24.49
33	Jim Bergum	60-69	M	26.43
34	Rick Bessette	60-69	M	26.46
36	Ralph Garfield	70-79	M	28.03
45	Jack Lucy	70-79	M	40.56

#### Place by Age & Gender

26	Maggie Werkley	<14	F	25.00
28	Sarah Werkley	<14	F	25.12
21	Danielle Aran	15-19	F	24.35
25	Jordan Chervin	15-19	F	24.57
27	Anne Werkley	15-19	F	25.00
30	Samantha Williams	15-19	F	25.25
31	Melissa Baverce	15-19	F	26.23
32	Cassie Laletti	15-19	F	26.29
39	Caroline Tuck	20-29	F	31.15
14	Megan Peterson	30-39	F	23.17
15	Eva Panko	40-49	F	23.28
44	Yolanda Starr	40-49	F	39.54
42	Meryl Schutzbank	50-59	F	34.34
04	Robert Murphy Jr.	<14	M	21.14
13	Devon Miller	<14	M	23.08
20	Neil Lakdawala	<14	M	24.32
02	Brent Knabe	15-19	M	20.41
03	Robby Andrews	15-19	M	20.43
05	Andrew Cooper	15-19	M	21.22
06	Brian Dunsheath	15-19	M	21.30
08	Steven Ronaldson	15-19	M	21.48
09	Thomas Puglisi	15-19	M	21.52
11	Kyle O'Brien	15-19	M	22.02
17	Jason Dijols	15-19	M	24.10
23	Jordan Slotkin	15-19	M	24.42
29	Tre Foster	15-19	M	25.25
38	Ted Apostle	15-19	M	29.46
07	Eric Munsell	20-29	M	21.47
18	Joshua Schwartz	20-29	M	24.15
43	John Arroyo	20-29	M	34.34
01	Philip Lozada	30-39	M	19.54
12	Bill Hagen	30-39	M	22.15
41	Tim Reilly	30-39	M	32.28
22	Paul Tuck	40-49	M	24.37
35	Steven Kellner	40-49	M	27.07
37	Stephen Pappas	40-49	M	29.40
40	Kevin Roche	40-49	M	32.26
10	Robert Andrews	50-59	M	21.55
16	Walter O'Brien	50-59	M	23.35
19	Tom Apostle	50-59	M	24.27
24	Hannu Mantill	60-69	M	24.49
33	Jim Bergum	60-69	M	26.43
34	Rick Bessette	60-69	M	26.46
36	Ralph Garfield	70-79	M	28.03
45	Jack Lucey	70-79	M	40.56

# FARC Summer Series Results

## 7/21/2010 Week #5



### 5K: Place First Last Name Gender Time Age Group

#### Overall Male

01	Rich Grandelli	M	19.48	20-29
02	Phillip Lozada	M	20.06	30-39
03	Brent Knabe	M	20.13	15-19

#### Overall Female

15	Cara Nelius	F	22.01	30-39
21	Julia Panko	F	22.36	<14
24	Megan Peterson	F	23.22	30-39

#### 14 < Male

13	Joe Lundberg	M	21.44	<14
20	Mike Maltese	M	22.32	<14
22	Devon Miller	M	23.04	<14

#### 14 < Female

46	CJ Morris	F	25.17	<14
63	Erin Bertscha	F	29.00	<14

#### 15-19 Male

05	Alex Chang	M	20.54	15-19
06	Kyle O'Brien	M	21.14	15-19
08	Steve Ronaldson	M	21.30	15-19

#### 15-19 Female

47	Jordan Chervin	F	25.28	15-19
58	Melissa Bauerle	F	27.36	15-19
59	Samantha Williams	F	27.36	15-19

#### 20-29 Male

19	David Curren	M	22.28	20-29
36	Joshua Schwartz	M	24.39	20-29

#### 20-29 Female

55	Janelle Annuse	F	26.34	20-29
70	Carlonie Tuck	F	31.38	20-29
83	Tracy Cognetta	F	39.58	20-29

#### 30-39 Male

07	Manuel Arpi	M	21.20	30-39
0	Mike Johnson	M	21.32	30-39
12	Bill Siemen	M	21.37	30-39

#### 30-39 Female

35	Liz Spector	F	24.35	30-39
64	Jen Bertscha	F	29.17	30-39
65	Jodi Rattiner	F	29.41	30-39

#### 40-49 Male

04	Joe Donovan	M	20.33	40-49
10	Ken Thompson	M	21.36	40-49
11	Steve Kellner	M	21.37	40-49

#### 40-49 Female

30	Eva Panko	F	24.07	40-49
31	Patricia James	F	24.11	40-49
34	Laura Donnelly	F	24.32	40-49

#### 50-59 Male

17	Bill Pane	M	22.14	50-59
27	Tom Apostle	M	23.43	50-59
28	Walter O'Brien	M	23.48	50-59

#### 50-59 Female

42	Pat Martone	F	24.49	50-59
60	Eileen Lyman	F	28.23	50-59
75	Meryl Schutzbank	F	32.35	50-59

#### 60-69 Male

37	Hannu Mantila	M	24.41	60-69
43	John Nowatkowski	M	24.51	60-69
48	Paul Fitch	M	25.44	60-69

#### 70-79 Male

56	Ralph Garfield	M	26.37	70-79
82	Jack Lucey	M	39.51	70-79

#### 80 + Male

86	Hal Smith	M	42.58	80-89
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#### Race walkers

01	Ron Salvio	M	27.30	60-69
01	Alex Morris	F	40.28	<14
02	Kathy Morris	F	40.28	40-49
03	Carla Murphy	F	DQ	40-49

#### Overall Placement

### 5K: Place First Last Name Gender Time Age Group

01	Rich Grandelli	M	19.48	20-29
02	Phillip Lozada	M	20.06	30-39
03	Brent Knabe	M	20.13	15-19
04	Joe Donovan	M	20.33	40-49
05	Alex Chang	M	20.54	15-19
06	Kyle O'Brien	M	21.14	15-19
07	Manuel Arpi	M	21.20	30-39
08	Steve Ronaldson	M	21.30	15-19
09	Mike Johnson	M	21.32	30-39
10	Ken Thompson	M	21.36	40-49
11	Steve Kellner	M	21.37	40-49
12	Bill Siemen	M	21.37	30-39
13	Joe Lundberg	M	21.44	<14
14	Brian Burlaw	M	21.51	30-39
15	Cara Nelius	F	22.01	30-39
16	Alex Eleftherio	M	22.07	15-19
17	Bill Pane	M	22.14	50-59
18	Gerard Murphy	M	22.18	40-49
19	David Curren	M	22.28	20-29
20	Mike Maltese	M	22.32	<14
21	Julia Panko	F	22.36	<14
22	Devon Miller	M	23.04	<14
23	Jason Dijols	M	23.16	15-19
24	Megan Peterson	F	23.22	30-39
25	Logan Thomson	M	23.26	<14
26	Jeff Riemann	M	23.42	15-19
27	Tom Apostle	M	23.43	50-59
28	Walter O'Brien	M	23.48	50-59
29	Paul Tuck	M	23.57	40-49
30	Eva Panko	F	24.07	40-49
31	Patricia James	F	24.11	40-49
32	Rich Johnson	M	24.18	40-49
33	Bert Lundberg	M	24.23	40-49
34	Laura Donnelly	F	24.32	40-49
35	Liz Spector	F	24.35	30-39
36	Joshua Schwartz	M	24.39	20-29
37	Hannu Mantila	M	24.41	60-69
38	Jordan Slakin	M	24.45	15-19
39	Rob Fisch	M	24.45	30-39
40	Bob Peterson	M	24.46	50-59
41	Neil Karmarkar	M	24.46	<14
42	Pat Martone	F	24.49	50-59
43	John Nowatkowski	M	24.51	60-69
44	Matthew Wood	M	24.58	40-49
45	Tyler Thomson	M	25.09	<14
46	CJ Morris	F	25.17	<14
47	Jordan Chervin	F	25.28	15-19
48	Paul Fitch	M	25.44	60-69
49	Glen Kupsch	M	25.55	40-49
50	John Fiore	M	26.06	40-49
51	Patti Ferriola	F	26.07	40-49
52	Stephen Pappas	M	26.16	40-49
53	Rick Bessette	M	26.21	60-69
54	Anne Kellner	F	26.26	40-49
55	Janelle Annuse	F	26.34	20-29
56	Ralph Garfield	M	26.37	70-79
57	Bob Roman	M	26.58	60-69
58	Melissa Bauerle	F	27.36	15-19
59	Samantha Williams	F	27.36	15-19
60	Eileen Lyman	F	28.23	50-59
61	Jim Murphy	M	28.49	50-59
62	Daniel Minnisohn	M	28.54	15-19
63	Erin Bertscha	F	29.00	<14
64	Jen Bertscha	F	29.17	30-39
65	Jodi Rattiner	F	29.41	30-39
66	Martha Lanko	F	30.15	30-39
67	Colin Bertscha	M	30.30	<14
68	Jason Chaiken	M	30.33	60-69
69	Kevin Roche	M	31.05	40-49
70	Carlonie Tuck	F	31.38	20-29
71	Jim Jensen	M	31.51	50-59
72	Matthew Cusack	M	32.00	40-49
73	Jim Bergum	M	32.14	60-69
74	Leonard Seaton	M	32.34	50-59
75	Meryl Schutzbank	F	32.35	50-59
76	Susan Thompson	F	32.36	40-49
77	Christopher Wood	M	32.44	<14
78	Laura Kupsch	F	34.13	30-39
79	Sonali Karmarkar	F	36.53	15-19
80	Faith Zanetti	F	37.01	15-19
81	Yolanda Starr	F	37.24	40-49
82	Jack Lucey	M	39.51	70-79
83	Tracy Cognetta	F	39.58	20-29
84	Elizabeth Walker	F	39.59	20-29
85	Kristen Emerick	F	40.57	30-39
86	Hal Smith	M	42.58	80-89

## Summer Ser. Handicap Race Results 7/28/10 Wk.6

Place	Last Name	Age Group	Gender	Finish Time	Handicap Time	5K Time
1	Kristin Emerick	30-39	F	14:13:00	22:47:00	37:00:00
2	Brian McNamee	40-49	M	15:02:00	12:36:00	27:38:00
3	Katie Kellner	15-19	F	16:42:00	3:19:00	20:01:00
4	Cassie Laletti	15-19	F	16:58:00	8:10:00	25:08:00
5	Jack Lucey	70-79	M	17:09:00	20:16:00	37:25:00
6	Susan Thompson	40-49	F	17:09:00	14:17:00	31:26:00
7	Meryl Schutzbank	50-59	F	17:14:00	14:16:00	31:30:00
8	Jordan Slotkin	15-19	M	17:15:00	6:23:00	23:38:00
9	Neil Lakdawala	14 <	M	17:16:00	6:13:00	23:29:00
10	Matthew Cusack	40-49	M	17:24:00	12:57:00	30:21:00
11	Steve Ronaldson	15-19	M	17:34:00	3:11:00	20:45:00
12	Glenn Kupsch	40-49	M	17:40:00	7:36:00	25:16:00
13	Liz Spector	30-39	F	17:41:00	6:16:00	23:57:00
14	Tyler Thomson	14 <	M	17:42:00	6:50:00	24:32:00
15	Kevin Roche	40-49	M	17:44:00	11:47:00	29:31:00
16	Jeff Riemann	15-19	M	17:45:00	5:23:00	23:08:00
17	Joe Donovan	40-49	M	17:46:00	1:59:00	19:45:00
18	Alex Chang	15-19	M	17:49:00	2:10:00	19:59:00
19	Bob Andrews	50-59	M	17:50:00	2:41:00	20:31:00
20	Walter O'Brien	50-59	M	17:51:00	5:16:00	23:07:00
21	Rob Fisch	30-39	M	17:53:00	5:11:00	23:04:00
22	Steve Kellner	40-49	M	17:54:00	3:18:00	21:12:00
23	Greg Realmuto	40-49	M	17:57:00	5:55:00	23:52:00
24	Laura Donnelly	40-49	F	17:59:00	6:13:00	24:12:00
25	Paul Tuck	40-49	M	18:00:00	5:32:00	23:32:00
26	Jim Jensen	50-59	M	18:02:00	11:42:00	29:44:00
27	Andrew Cooper	15-19	M	18:04:00	3:03:00	21:07:00
28	Philip Lozada	40-49	M	18:05:00	1:35:00	19:40:00
29	John Aroya	20-29	M	18:07:00	15:24:00	33:31:00
30	Joanne Quinn	40-49	F	18:10:00	7:29:00	25:39:00
31	Manuel Arpi	30-39	M	18:11:00	1:56:00	20:07:00
32	Mark Germanski	40-49	M	18:12:00	5:07:00	23:19:00
33	Kyle O'Brien	15-19	M	18:13:00	2:55:00	21:08:00
34	CJ Morris	14 <	F	18:15:00	6:20:00	24:35:00
35	Ken Thompson	40-49	M	18:17:00	3:11:00	21:28:00
36	Anne Kellner	40-49	F	18:19:00	0:00:00	18:19:00
37	Bob Peterson	50-59	M	18:27:00	5:52:00	24:19:00
38	Jodi Rattiner	30-39	F	18:28:00	9:57:00	28:25:00
39	Christopher Parr	40-49	M	18:30:00	4:30:00	23:00:00
40	Tim Reilly	30-39	M	18:31:00	14:09:00	32:40:00
41	Rich Grandelli	20-29	M	18:33:00	0:00:00	18:33:00
42	Pat Coyne	50-59	F	18:34:00	9:42:00	28:16:00
43	Marissa Borchardt	15-19	F	18:35:00	5:35:00	24:10:00
44	Jordan Chevin	15-19	F	18:36:00	6:38:00	25:14:00
45	Josh Schwartz	20-29	M	18:37:00	5:56:00	24:33:00
46	Christopher Wood	<14	M	18:40:00	10:15:00	28:55:00
47	Matthew Wood	40-49	M	18:48:00	6:14:00	25:02:00
48	Janelle Annese	20-29	F	18:49:00	7:51:00	26:40:00
49	Caroline Tuck	20-29	F	18:54:00	12:13:00	31:07:00
50	Megan Peterson	30-39	F	18:55:00	4:44:00	23:39:00
51	Rob Geddes	40-49	M	18:58:00	7:47:00	26:45:00
52	Eileen Allen	40-49	F	19:00:00	9:31:00	28:31:00
53	Paul Fitch	60-69	M	19:02:00	6:44:00	25:46:00
54	Doreen Page	40-49	F	19:03:00	7:51:00	26:54:00
55	Laura Kupich	30-39	F	19:12:00	12:58:00	32:10:00
56	Brent Knabe	15-19	M	19:14:00	1:54:00	21:08:00
57	Walter McGowan	60-69	M	19:23:00	6:04:00	25:27:00
58	Daniel Mininsohn	15-19	M	19:49:00	7:37:00	27:26:00
59	Patricia Mantone	50-59	F	20:01:00	6:30:00	26:31:00
60	Devon Miller	<14	M	20:03:00	4:45:00	24:48:00
61	Maggie Werkley	<14	F	20:11:00	6:41:00	26:52:00
62	Daryl Werkley	40-49	M	20:32:00	7:15:00	27:47:00
63	Samantha Williams	15-19	F	20:33:00	0:00:00	20:33:00
64	Melissa Bauerle	15-19	F	20:39:00	0:00:00	20:39:00
65	Pati Ferriola	40-49	F	20:39:00	6:47:00	27:26:00
66	Brian Roche	40-49	M	20:42:00	0:00:00	20:42:00
67	Chintav Shah	15-19	M	20:43:00	0:00:00	20:43:00
68	Joe Urdinak	40-49	M	20:45:00	10:43:00	31:28:00
69	Ralph Garfield	70-79	M	21:14:00	2:37:00	23:51:00
70	Scott Hall	40-49	M	21:25:00	0:00:00	21:25:00
71	Tom Apostle	50-59	M	21:54:00	5:24:00	27:18:00
72	Austin Chang	<14	M	22:23:00	0:00:00	22:23:00
73	Alexandria Kavoleff	15-19	F	22:24:00	0:00:00	22:24:00
74	Patrick O'Leary	20-29	M	22:58:00	0:00:00	22:58:00
75	Peter Borchardt	40-49	M	23:00:00	0:00:00	23:00:00
76	Jim Bergum	60-69	M	3:43:00	7:22:00	35:05:00
77	Will Spector	<14	M	3:49:00	0:00:00	27:49:00
78	Karen Dyer	30-39	F	4:53:00	0:00:00	28:53:00
78	Cheryl Roche	40-49	F	4:54:00	0:00:00	28:54:55
80	Steve Pfeiffer	50-59	M	5:08:00	0:00:00	29:08:00
81	Elizabeth Wood	<14	F	5:32:00	0:00:00	29:32:00
82	Laura Baldachino	40-49	F	15:03:00	0:00:00	39:03:00
83	Morgan Henley	<14	F	16:16:00	0:00:00	40:16:00

## AWWA-New Jersey Run for Water Results 7/24/10



1st place 5K finisher, Rufino Mendez (left). Race director, Michael Johnson (right).



Place	First Last Name	Age	Gender	Time	Age Group
01	Rufino Mendez	28	M	17.55	24-29
02	Scott Murphy	20	M	18.37	20-24
03	Vernier Morfa	26	M	19.27	25-29
04	Cheerio Schneckloth	33	M	19.35	30-34
05	Easel Flores	15	M	19.38	15-19
06	Shuichi Kubota	46	M	19.47	45-49
07	Matthew Jacobson	47	M	19.48	45-49
08	Kevin Dyvelos	39	M	20.02	35-39
09	Patrick Applegate	48	M	21.08	45-49
10	Jonathan Hooker	22	M	21.26	20-24
11	Kevin Hom	22	M	21.46	20-24
12	Nick DeVecchio	28	M	21.56	25-29
13	Kyomi Parente	47	M	22.15	45-49
14	David Tanzi	35	M	22.23	35-39
15	Charles Schneckloth	60	M	22.31	60-64
16	Mike Maltese	12	M	23.03	<14
17	Neil Glasser	41	M	23.11	40-44
18	Kayla Glynn	16	F	23.34	15-19
19	Winnie Fairbrook	24	F	24.27	20-24
20	Matt Hichbo	27	M	24.29	25-29
21	Gil Poulsen	48	M	24.55	45-49
22	Lisa Most	40	F	25.02	40-44
23	Tina DeStefano	25	F	25.05	25-29
24	Jeffrey Feldschneider	29	M	25.06	25-29
25	Jennifer Ketschke	37	F	25.07	35-39
26	Dan Lanzafama	39	M	25.09	35-39
27	Alan Branamsha	44	M	25.10	40-44
28	Emily Wolszyk	13	F	25.26	<14
29	Paul Fitch	64	M	25.31	60-64
30	Jared Bacall	24	M	25.56	20-24
31	David Gross	69	M	26.03	65-69
32	Dan Martin	40	M	26.21	40-44
33	Tracy Johnson	39	F	26.45	35-39
34	James Bergum	61	M	26.55	60-64
35	Missy Dover	40	F	27.02	40-44
36	David Mott	39	M	27.04	35-39
37	Ed Diganigi	62	M	27.19	60-64
38	Michael Hooker	55	M	27.29	55-59
39	Alan Patton	30	M	27.58	30-34
40	Mary Sullivan	49	F	28.02	45-49
41	Dan Spedaliere	33	M	28.18	30-34
42	Alan Rothchild	59	M	28.28	55-59
43	Jim Evans	49	M	28.30	45-49
44	Charles Mott	31	M	28.53	30-34
45	Walter Olson	62	M	28.54	60-64
46	Reilly Carlton	10	M	29.23	14 <
47	Chris Walczyk	16	M	29.31	15-19
48	Patricia Taylor	19	F	29.41	15-19
49	Olie Nelson	74	M	29.44	70-74
50	Alister Murray	40	M	29.46	40-44
51	Stephen Pfeiffer	56	M	30.05	55-59
52	Herb Rudolph	37	M	30.17	35-39
53	Sebastian Mulder	53	M	30.23	50-54
54	Melissa Acquaviva	34	F	30.29	30-34
55	Kimberly Cole	29	F	30.39	25-29
56	Robert VanClef	50	M	31.09	50-54
57	Emily Bracher	13	F	31.26	<14
58	Ana Marie Mostorkaios	13	F	31.27	<14
59	Gerry Iajajan	54	M	31.32	50-54
60	Lindsay Bulava	31	F	32.00	30-34
61	Michael Roberts	56	M	32.01	55-59
62	Jackie Meder	26	F	32.06	25-29
63	Carol Walczyk	42	F	32.55	40-44
64	Ted Holod	39	M	33.08	35-39
65	Rose VanClef	51	F	33.19	50-54
66	Melissa Holod	38	F	33.34	35-39
67	Len Walczyk	49	M	33.45	45-49
68	William Richardson	76	M	34.06	75-79
69	Leticia Galvis	29	F	34.25	25-29
70	Erica Gustafson	19	F	34.44	15-19
71	Jerry Kodopidij	24	M	35.12	20-24
72	Susan Rauth	51	F	35.37	50-54
73	Susan Miner	45	F	37.14	45-49
74	Ashley Santillo	22	F	37.16	20-24
75	Evan Lameron	11	M	37.18	<14
76	Mary Jo Adams	40	F	37.22	40-44
77	Greg Adams	43	M	37.23	40-44
78	Patty Smith	41	F	37.47	40-44
79	Kristin Miner	15	F	38.05	15-19
80	James Marhold	45	M	38.51	45-49
81	Crystal paten	13	F	40.51	14 <
82	CW Evans	13	M	42.10	14 <
83	Karol Evans	45	F	42.23	45-49

The Freehold Area Running Club  
Presents the 26<sup>th</sup> Annual  
**Born to Run**

**Five Mile Race**

This event will benefit the Open Door Food Pantry and Lake Topanemus Park.

Conveniently held 11:00 a.m. Friday, November 26<sup>th</sup> 2010 the day after Thanksgiving  
Registration Begins 9:00 a.m. at the Freehold Fire House 49 West Main Street, Freehold.

*Includes the Famous Born to Run Sweatshirt  
Course Loops Through Scenic Topanemus Park  
Court Jester Refreshments; plus bagels, fruit, donuts & soda*

**Make Check Payable & Mail To:**

Freehold Area Running Club, P.O. Box 4, Manalapan, NJ 07726

**Registration:**

**Pre-Registration: Post Marked by Friday**

November 19<sup>th</sup> ..... \$ 20.00

FARC Members Pre: ..... \$ 15.00

**Post-Registration**

Sweatshirt While They Last .... \$ 25.00

Without Sweatshirt..... \$ 15.00

**Prize Money:** The male and female winners each receive \$100; the runner-ups receive \$75; and third place receives \$50. If the male or female winner (or both) breaks the course record he or she will earn another \$100.

**Make Check Payable & Mail To:**

Freehold Area Running Club, P.O. Box 4, Manalapan, NJ 07726

**Awards:**

**Top Overall 3 Male & Female Finishers**

**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 RaceWalkers**

**Top Clydesdale (150 lbs+); Top 3 Clydesdales  
(200lbs+)**

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_ **M** \_\_\_\_ **F** \_\_\_\_ **Run, Walk or CLY / CLD**  
(Circle one)

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_

**Zip:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_ **Shirt Size (circle one) S M L XL**

**E-Mail Address:** \_\_\_\_\_

Release: I, the undersigned, do hereby knowingly discharge and release: The Township of Freehold, The Boro 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:** \_\_\_\_\_

**Make Checks payable to: Freehold Area Running Club**

**Mail to: FARC P.O. Box 4 Manalapan, NJ 07726 \*\*\* For Information Visit our website FARCNJ.com**



Shore Athletic Club of New Jersey  
Host & Organizer of the

The 38th Running of  
The Jersey Shore Half Marathon  
A Great Tradition A Great Race

Gateway National Recreation Area — Sandy Hook, NJ

**Sunday, October 3, 2010**

**START TIME 9:00 AM**

*The Jersey Shore Half Marathon* has a history that places it as one of the oldest distance events held in New Jersey and the surrounding area. The first Jersey Shore Marathon was held January 9, 1972.

**The Race**

- A fast and flat USATF certified course
- Split times every mile, clocks every two miles
- Aid stations every two miles
- All entrants will receive a distinctive Sweatshirt
- Post race party
- All entrants will receive a race medal
- A great way to prepare for your fall marathon

**REGISTRATION**

To enter, fill out this application completely, sign it and mail to Jersey Shore Half Marathon 1222 Barton Ave Pt. Pleasant, NJ 08742. You will receive your race number and information packet in mid September. **Applications received after September 25<sup>th</sup> will be held for pick up on race day.**

**Entry Fee**

Early registration fee is \$27.00 can be made by mail and must be postmarked before September 1, 2010. Pre-registration (\$30.00) can also be made by mail. All pre-registration entries must be post marked on or before September 26, 2010. Post registration (\$35.00) will begin September 27, 2010 and will be available on race day beginning at 7:00 A.M. Post registration will take place at McLoones Riverside Restaurant on Ocean Avenue, Sea Bright, and 2 miles south of Sandy Hook. –

**Refreshments**

Refreshments will be available in Sandy Hook Park for all participants after the finish. Please be considerate of the other runners and remember that refreshments are for all.

**First Aid**

The medical tent will be located at the finish line at the end of the chutes. In addition, radio operators and local first aid squad will monitor the course.

**Strollers, Dogs, Costumes**

We love kids but!!! We must prohibit *strollers* in the Half Marathon. We know that you are careful parents. Dogs at a race may be a hazard to runners, children and spectators. We also cannot have runners in costumes as this is a hazard to other runners and a safety issue that our insurance company will not cover these situations. **We ask for your cooperation!! Thank You. 3 hour course limit.**

**Awards**

The awards ceremony for the Half Marathon will be held in Sandy Hook Park at 12:30 p.m.

- 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> male & female runners
- 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> male and female runner in each age category: 20-29, 30-34, 35-39, 40-44,

45-49, 50-54, 55-59, 60-64. First overall male and female in the 16-19, 65-69, 70-79 age groups. Race walker Awards to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> male and female. Awards to the first male and female Wheel Chair competitors

**Directions**

From South, take the Garden State Parkway to exit 105 and follow Route 36 East to the Ocean. Make a left turn on Ocean Avenue to Gateway National Park, Sandy Hook. From North, take the Garden State Parkway to exit 117 to Route 36 follow signs to Sandy Hook.

**Volunteers**

The race could not take place without the dedication of hundreds of volunteers. If you are interested in becoming a volunteer, please call

**Race Information**

For race information or race applications e-mail to [jerseyshorehalfmarathon@gmail.com](mailto:jerseyshorehalfmarathon@gmail.com) or at <http://jerseyshorehalfmarathon.com/>

You may also register on line for the race at:



**POST REGISTRATION CLOSING AT 8:30 A.M. SHARP!!**

# The Jersey Shore Half Marathon

One entry per application — May be reproduced

**Entry Fees:**

Early Registration postmarked before September 1, 2010 - \$27.00

Pre-Registration postmarked before September 26<sup>th</sup>, 2010 - \$30.00

--+Post Registration after September 27<sup>th</sup>, 2010 - \$35.00

Course Limit of 3 Hours for Completion

<b>FIRST NAME</b>										<b>LAST NAME</b>										
ADDRESS (Include Apt)																				
<b>CITY</b>										<b>STATE</b>					<b>ZIP CODE</b>					
<b>BIRTHDATE</b>						<b>AGE / Race Day</b>				<b>MALE</b>		<b>FEMALE</b>								
MONTH		DAY		YEAR		AGE		RACE DAY		MALE		FEMALE								
<b>HOME PHONE</b>																				
E-Mail Address:																				
<b>Please Print</b>																				
<b>SHIRT SIZE</b>																				
S		M		L		XL														
RUN			WHEELCHAIR PARTICIPANT			RACEWALK 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 38<sup>th</sup> 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

Shore Athletic Club of New Jersey  
Jersey Shore Half Marathon  
Proudly presents the 7th Annual  
**Sandy Hook Lighthouse 5K**



Gateway National Recreation Area — Sandy Hook, NJ

**Sunday, October 3, 2010**

**Start time: 9:05 am** (five minutes after the half marathon start)

### **Registration**

To enter, fill out the application complete, sign it. You will receive your race number and information packet will be mailed to you in mid September. **Applications received after September 26 will be held for pickup on race day at the park.** On line registration at [www.RaceForum.com/Lighthouse](http://www.RaceForum.com/Lighthouse) download application at <http://jerseyshorehalfmarathon.com/>

### **Entry Fee**

Pre-registration can be made by mail. The pre-registration fee is \$20.00. Post-registration \$25.00 will be available on race day beginning at 7:00 am. Post-registration will take place at McLoone's Riverside Restaurant on Ocean Avenue, 2 mile south of Sandy Hook. **Please note No Registration will take place at the Park**

**Post Registration Closes at 8:30 A.M. SHARP.**

### **Awards**

Awards will be given to: Top 10 male and female runners and 1<sup>st</sup> male & female Racewalker (not health walkers) USATF rules apply.

We love kids but!!! We must prohibit *strollers* in the Half Marathon. We know that you are careful parents. Dogs at a race may be a hazard to runners, children and spectators. We also cannot have runners in costumes as this is a hazard to other runners and a safety issue that our insurance company will not cover these situations. **We ask for your cooperation!! Thank You.**

Amenities You will enjoy the same quality refreshments, shirt and raffle chances as the Half Marathon participants. Please be considerate of those finishing after you and half marathon finishers. The refreshments are for all participants and volunteers.

### **Directions**

From the South, take the Garden State Parkway to exit 105 and follow Route 35 East to the Ocean, Make a left turn on Ocean Avenue to Gateway National Park, Sandy Hook. From the North, take the Garden State Parkway to exit 117 to Route 36, follow signs to Sandy Hook. Parking lot "E" at the Park. **Because of Construction on the Sea Bright bridge leave enough travel time.**

Additional information e-mail to [jerseyshorehalfmarathon@gmail.com](mailto:jerseyshorehalfmarathon@gmail.com) or  
download application from our web site at <http://jerseyshorehalfmarathon.com/>

## Sandy Hook Lighthouse 5K

FIRST NAME										LAST NAME																			
<input type="text"/>																													
ADDRESS																													
<input type="text"/>																													
CITY										STATE					ZIPCODE														
<input type="text"/>																													
MALE					FEMALE					AGE on race day					SHIRT SIZE														
<input type="checkbox"/>					<input type="checkbox"/>					<input type="checkbox"/>					<input type="checkbox"/>														
Runner or Racewalker (check one)										S					M					L					XL				
<input type="checkbox"/>										<input type="checkbox"/>					<input type="checkbox"/>					<input type="checkbox"/>									
HOME PHONE										E-Mail Address: _____																			
( <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"/>																													

**Make checks payable to:**

**Jersey Shore Half Marathon and mail to: P.O Box 3057 Point. Pleasant New Jersey 08742**

### 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 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 to 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, Sandy Hook, NJ, the Shore Athletic Club of New Jersey, The Jersey Shore Half Marathon, McLoone's Riverside Restaurant, the Road Runners Club of America, 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 \_\_\_\_\_

**With Cooperation from:**  
**Freehold Area Running Club - The Jersey Shore Running Club**  
On line registration at [www.RaceForum.com/Lighthouse](http://www.RaceForum.com/Lighthouse)

Freehold Area Running Club's  
22nd Annual  
*Toys For Tots 5K*

**Sunday, December 12th, 2010, 10:00AM**  
Michael Tighe Park, Georgia Road, Freehold Township

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

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

**Registration:**

Pre-Registration (post marked by 12/9/10) - \$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 Tot for Tots Drive \*\***

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

**And the Top Three Military Service Personnel.**

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

-----  
**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Circle One: Run or Walk**

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Size: S M L or XL**

**Zip:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_ **Pre-Entry Fee:** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

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

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent Signature (if under 18):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Make Check Payable to Freehold Area Running Club & mail to 1222 Barton Avenue Point Pleasant, NJ 08742**

**For information visit <http://www.farcnj.com/>**



2011

## 28th Annual Winter Race Series

5K held on Five Consecutive Sundays in January

1/02, 1/09, 1/16, 1/23 and 1/30, 2011

½ Mile and 1 Mile Kid's Run 9:30 A. M. 5K at 10 A.M.

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

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

Entry Fee: 5K - \$5.00 FARC Members - \$3.00 HS & College Students \$1.00 Kid's run - \$1.00

BIB #: \_\_\_\_\_

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

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone #: \_\_\_\_\_ E-Mail: \_\_\_\_\_

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature (if under 18): \_\_\_\_\_ Date: \_\_\_\_\_

\*\*\* For information visit our web site at – [www.farcnj.com](http://www.farcnj.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](http://www.farcnj.com) or P.O. Box 4, Manalapan, NJ 07726 for details.

FREEHOLD AREA RUNNING CLUB CALENDAR			
DATE	EVENT	PLACE	TIME
<b>Sundays</b> <b>Saturdays</b> <b>ALL YEAR</b>	Distance Training Race walking	Windeler Rd. Manasquan Res- ervoir Lot/ Vis.Ctr.	8:00 AM
<b>Wednesdays</b>	Track Workouts	Freehold Boro High School Track, Rob- ertsville Rd. & rt. 79	6:00 PM Wednesdays.
Sat. 8/14/2010	Jack Rafter 5 K	Monmouth Regi- onal, Tinton Falls	8:30 AM
Sat. 8/14/2010	Asbury Park 5 K	Asbury Park, NJ	8:30 AM
Sat. 8/21/2010	Bradley Bch. 5K	Bradley Beach, NJ	8:30 AM
Sat. 8/22/2010	McCormack 5 K	Bar A, Lake Como,	9:00 AM
Sat. 8/28/2010	Alliance	Lacey 5K	8:30 AM
Sat. 8/28/2010	S.T.A.R.S.	Hazlet 5K	8:30 AM
Sat. 8/29/2010	OPCF	Winding River Pk., Toms River 5K	8:30 AM
Sat. 9/4/2010	Sat. in the Pk. 5K	Holmdel Park	9:00 AM
Mon. 9/6/2010	Pier House	Long Branch, NJ	8:30 AM
Sat. 9/11/2010	Hill & Dale 10 K	Brielle, NJ	9:00 AM
Sun. 9/12/2010	Cure Chase 5K	Rutgers-Piscatwy.	9:30 AM
Sat. 9/18/2010	PBA Shum 15&5K	Turkey Swamp Pk.	8 & 10 AM

### FREEHOLD AREA RUNNING CLUB CALENDAR

DATE	EVENT	PLACE	TIME
9/19/2010	ING 13.1 M	Philadelphia, PA	See website
9/26/2010	Mansqun.Res.5M	Howell, NJ	9:00 AM
10/02/2010	FNA 5 K	Thompson Pk, Monroe	9:00 AM
<b>Sunday</b> <b>10/3/2010</b>	Jersey Shore Half Marathon & Light-house 5K	Sandy Hook Gateway National Recreation Area	13.1: 9:00 AM 3.1: 9:05 AM
Sat. 10/10/2010	Run ThruDeal 5K	Deal, NJ	11:00 AM
<b>Wednesday</b> <b>10/13/2010</b>	Club Meeting	Michael Tighe Park	7:30 PM Run 8:15 PM Meeting
<b>Fri. 11/26/10</b>	Born to Run	Freehold	11:00 AM
<b>Wednesday</b> <b>12/8/2010</b>	Club Meeting	Michael Tighe Park	6:30 PM Run 7:00 PM Meeting
Sun. 12/12/10	Toys for Tots	Michael Tighe Park	10:00 AM
Sun. 1/2/2011	Winter Series 5K and Kids ½ & 1 M	Michael Tighe Park	10:00 AM Run
Sun. 1/9/2011	Winter Series 5K and Kids ½ & 1 M	Michael Tighe Park	10:00 AM Run
Sun. 1/16/2011	Winter Series 5K and Kids ½ & 1 M	Michael Tighe Park	10:00 AM Run
Sun. 1/23/2011	Winter Series 5K and Kids ½ & 1 M	Michael Tighe Park	10:00 AM Run
Sun. 1/30/2011	Winter Series 5K and Kids ½ & 1 M	Michael Tighe Park	10:00 AM Run