



THE LONG RUN



The Official Publication of The Freehold Area Running Club
VOL. 25 NO. 5 - 09/07

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

Hello from Pres.: It is an exciting time for our youthful club as we celebrate our 1st 25 years and look forward to growing into our next quarter century! In addition to good healthy competition, our club offers many great opportunities to help out and enjoy the fine company of your running friends and more. Personally, I used to run (or racewalk) everything and rarely helped. I enjoyed it, & was lucky that many other people did help. But I have since found that a club like FARC is a terrific place to volunteer. If you want to help with any number of club functions, including races, or get involved & learn at meetings, or enjoy our exciting new club picnic concept, or put your talents to use as a contributor to or in production of the newsletter in various types of capacities and functions (including research, writing, photography, layout & much much more), please call the Hot-line, & you will be promptly contacted and have the opportunity to meet & work with other great people of all ages and walks of life, and experience the good feelings that such activities can provide!

Update Calendars - Club Mtg. Wed. Oct. 17th

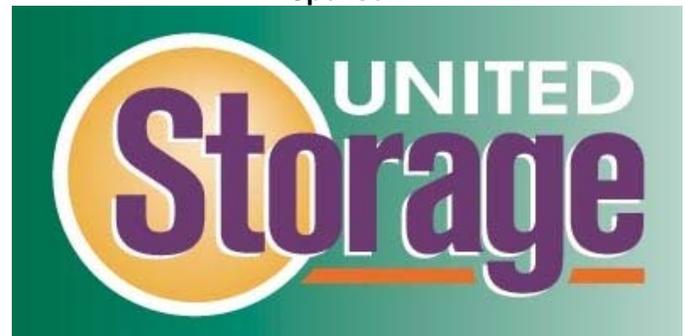
After the traditional 7:30 PM fun run, FARC proudly presents Mr. Jim Allahand as guest speaker at our Oct 17 club meeting at 8:00 PM. Jim, the Director of the Fitness Center at McGuire AFB, was the World Record Holder in the ½-Marathon in the mid-late 1970s, and has also served as a race starter at FARC events. [Thank you to Bob Hyer for lining up Jim to speak. **See page 4.**]

25th Annual Summer Series Races

FARC's 25th Annual Summer Series was an amazing success, under the guidance of Race Directors' Isabel Keeley and Ron Salvio. Over 1,000 participants of all ages over the course of the season took part in 7 weeks of various events including Kids' Summer Nights' 25 meter, 50 meter, 100-meter *up-hill challenge*, ½-mile,

1-mile races, while the adults generally tried their legs in the 5-Km Run or Racewalk, the first of which on June 20 was started by Half-Marathon World Record Holder, Jim Allahand. The longer 3 race courses were modified to utilize a common finish line with each starting line in sight, then measured accurately once again. Except for one 7/11 rainout, the weather complied. The 25th Annual celebration on 7/18 was a night to remember, and many of the club's original founders came out and ran and reminisced about times old & new and enjoyed the social atmosphere. During the final two weeks (August 8 & 15), the 5 Km followed the same course but different rules: Prediction and Handicapping, respectively, to allow *everyone* the opportunity to win the FARC Glassware. CLARIFICATION NEEDED: Even CNN, likely seeing the positive national coverage the Summer Series' received in Runners World Magazine's June Issue, contacted FARC & spoke to our Race Director stating they "wanted to cover a well-organized Kids' Running Series". Well they did, & we feel the results were unfortunate due, *at least this time*, to CNN's bias in news coverage. CNN seemed to have no interest in presenting an accurate portrayal & their story seems to merely *muddy* the subject (& sullies their reputation as journalists). Feel free to go on line to CNN's web-site & view *Dr. Gupta's* Fri. July 13 CNN show. Or please contact FARC's hot-line to request to see a recording (complete with CNN's video & commentary) of the show, & *Dr. Gupta's* rant...then YOU DECIDE, & let us know.

**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

June 20, 2007—Kids' Summer Nights 50-Yd Race-female



1st-5Km: Cody O'Flaherty:18:14, Megan Peterson:21:40

July 25, 2007 - 5Km Race - Finishing



5Km Male: 1st Cody O'Flaherty:18:16, 2nd Mike Milsen, 3rd Manual Arpti, and 4th Randy Spadola

June 27, 2007 – 5Km Race - ~200 Yards into Race



1st-5Km: Cody O'Flaherty:19:08, Megan Peterson:22:34

August 1, 2007—5Km Race Start: Manalapan HS XC



5Km 1st Male: Cody O'Flaherty:17:43,
1st Female: Erica Weitz (not pictured): 21:30.15

Aug.8, 2007, Prediction Race Aug. 15, Handicap Race

July 18, 2007 – Kids' Summer Nights one-half mile Race



1st-5Km: Cody O'Flaherty:19:08, Megan Peterson:22:34



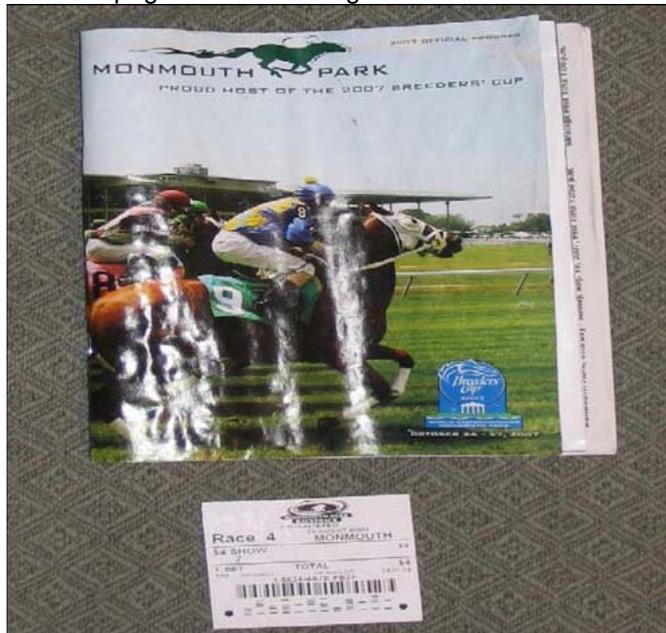
Daryl Workley predicted his exact time!



Alex Minore improved his Best time by 4:32!

FARC's Summer Picnic Held Aug. 19 at Monmouth Park Race Track

Linda Hyer, Maggie Freeman and others did a wonderful job of planning, organizing, and arranging the FARC picnic at Monmouth Park for the 65 club attendees on a Sunday afternoon last month! Please see more on the picnic written by our very fair picnic critics Bev and Joel Stern on page 2 below among the Letters to the Editor.



Ongoing Weekly Group Runs

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

2007 FARC Executive Board

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

FARC Gets Discounts

Say you're a FARC members will get a 10% discount from two local running shoe & gear stores, as follows:

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

Good Shopping ! & look for club cards in the near future.

Letters to Editor & Webmaster

Please let us hear what you have to say about us and we will promptly respond to any questions or issues so that we may do our best to improve your experience in the community. Please send all correspondence to the

FARC webmaster Jim Bergum at www.farcnj.com or webmaster@farcnj.com. Thank you in advance!

Speaking out on FARC's Summer Picnic Held Aug. 19 at Monmouth Park Race Track

What a delightful afternoon we enjoyed at the FARC picnic at Monmouth Park! Even the showers did not dampen the enthusiasm and camaraderie of the 65 of us who gathered. The food was great, the location was lovely and the pleasure of sharing the company of such a wonderful group of people made it an afternoon to remember. To you who conceived this event, to those of you who worked so diligently to put it together and have it run so smoothly, and to everyone who shared the day with us, we extend our thanks. It was a fantastic new way to celebrate with a great organization.

-Beverly and Joel Stern

Runner's Forum

Can't Dance but I still can Wiggle

By Jim Pate

I had a fun weekend in Northeast Pa!

I left from work Friday and drove up to Northeast Pa. I started out with a deep tissue massage on my hamstring and high thigh strain that has been bothering me since April. My friend is a sports trainer and Deep Tissue massage therapist. He had me screaming as he dug his elbow into my hamstring and thigh breaking up the scar tissue adhesions and trigger points. After that I went up Lake Winola and spent time with my dad.

The Lake Winola Wiggle 5K starts at 4:30 in the afternoon so I took my dad out to breakfast and then spent the rest of the day chatting. The temperature was to be in the high seventies but the sun heats up the asphalt to well over 100 degrees and a good portion of the course is unshaded. The course is rolling hills for the first 3/4 mile then goes up hill for over a mile. There are a couple short down hills followed by more hills until you pass the highest point on the course. You then loose all the altitude in a little over a half mile and finish the last 10th of a mile uphill.

I went to pick up my race number and they had a scale to weigh the runners in the Clydesdale division. The scale said I weighed 225lbs. There were about 8 of us in the division and I was by far the oldest. There was one young redhead guy who weighed 204. He said he was under 10% body fat and looked like it! My 20 year old nephew Tony also made the division at 208 and said he was planning on pacing me for the first 2 mile then taking off. Oh! to be young and optimistic! 🤪 Age and deceit will beat youth-full exuberance every time!

We lined up for the start and the starter shot the gun. No "Get ready, set" or anything! My biggest worry was my broken toe and how it would stand up to the down hills. It was tested early as there is a good downhill in the first 1/4 mile. It hurt quite a bit but I tried to relax and concentrate on form. As I ran up the first hill Tony was right off my shoulder. We weaved around fading runners and stayed close for the first mile. I passed the mile at 7:15 about 30 seconds slower than usual. The redhead guy was 30 yards ahead and looked strong. We made a right turn up an even larger hill and he was about fifty yards ahead but I was starting to close slowly. I couldn't

see Tony any more off my shoulder so I leaned into the hill and tried to close on the big guy ahead of me. When we reached the top his lead was only 20 yards but it stabilized on the slight down hill. We came to another decent hill and I started closing again to 10 yards. I think he knew I was his competition because when he looked back and saw how close I was he picked it up down the next hill. We passed the 2 mile mark at 16:00. The last uphill before the big down hill was steep but short and I caught him just before the crest. I went into my free-fall mode and tried to increase my leg turnover to keep from pounding my feet too bad. My toe was numb at this point, numb up to the knee! 🤔😓 The massage really helped my hamstring and I was able to muster some speed. I turned the corner at the bottom of the hill and pushed the last 10th uphill to the clock finishing in 23:49.

I had the good sense to locate my car with the cooler close to the finish line. I grabbed a bag of ice for my foot and one of those recovery drinks made in Mexico that you put the lime in. The Clydesdale award was the first trophy they gave out and it was as big as the race winner trophy. It took me 3 years to talk the race director into having the division and another 3 for me to win it!... [Ed.'s Note: Thanks, Jim, & take care of that hamstring!]

Seaside Heights 1 mile swim - Great recent event

By Ken Verccammen

I participated in the Seaside Heights 1 mile swim on August 5 and enjoyed the change from my usual 5k running event. The swim start was at 6:30pm, so participants did not have to get up early and we avoided the morning traffic.

The entry fee for the 1-mile swim was only \$20. The fee includes a beach barbecue which included beer, soda, water, hot dogs, hamburgers, and salads. Post swim party featured music from 105.7 the HAWK. Where can you go for \$20 and get a free beer & food barbecue, T shirt plus a work out? The registration also includes plenty of life guards to watch out for non competitive swimmers such as me. The swim was along the shore, so for slower swimmers if you are having a bad day you can just float to shore. There is a \$10.00 entry fee into the beach party for all non-race participants to enjoy beer, food and music. What a bargain.

ESCAPE FROM FORT DELAWARE TRIATHLON

By Kenneth Verccammen

1500 meter swim – 40K bike – 10K run. This Triathlon was one of the more exciting and difficult Triathlons I entered this decade. Competitors are taken by Ferry to the middle of the Delaware River to Fort Delaware, a Civil War Prison. The application states: "Join the 52 escapees of this Civil War Prison located on Pea Patch Island! Boat shuttle out to Fort Delaware...jump into the river thru re-enactment soldiers' gun arch, swim back to "land" for your bike & run. A cannon swim start! Historic, scenic, beautiful...finish on historic Clinton Street." We first had to swim- 1500 meters from Fort Delaware on

Pea Patch Island situated in the middle of the Delaware River. Challenging swim - wetsuits mandatory!! "

Part of the swim seemed to be up river. Having survived the swim, we next run to the bike portion. This was a Scenic flat and fast run and bike course through Delaware City and surrounding wetlands.

Battery Park in Delaware City provided a beautiful transition area. The run portion was a 10k, in which the runners pass the swimmers. Although an expensive application fee, competitors received post race food, T-shirt & finisher's medal. For something different in 2008, try this event. Timing handled by Lin-Mark.

Kudos & Congratulations

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

FARC Welcomes New Members

Please continue to introduce your friends to your club!

FARC FLASH

Please send your e-mail address to webmaster@farcnj.com to get the **FARC Flash**, our monthly electronic newsletter. This is an easy to read two-page format with race forms and it's full of good running information.

OCTOBER MEETING SPEAKER: FORMER WORLD RECORD HOLDER JIM ALLAHAND

By Bob Hyer

Jim Allahand was a World Record Holder back during the early days of the distance running boom. This is the same Jim Allahand who kicked off the recent 25th Annual FARC Summer Series 5Ks as Race Starter. Please come here Jim speak at our October 17 meeting (8:00PM, after the traditional 7:30 PM fun run, starting in front of the Michael Tighe Park Clubhouse.

Back in 1979, Jim set a world record in the half marathon with a time of 1:05:41. Jim was on hand at our first summer series races on June 20th and he was the official started for the 5K race. This kicked off our 25th year of summer races at Monmouth Battlefield State Park. Jim is currently the fitness director at the McGuire AFB fitness center.

Allahand was the second world record holder to grace our club. Just a few years back, renowned running coach Pete Squires was a speaker at one of our club meetings. Unexpectedly, Pete brought Tegla Laroupe with him. Tegla had set the world record in the marathon twice, first in Rotterdam (2:20:47) in 1998 and then again in Berlin (2:20:43) in 1999. Laroupe also had world records at 20K, 25K and 30K. She has an impressive list of marathon victories too, including New York twice, Boston, and London.

Regarding the half marathon, the current American record was set by Ryan Hall on January 14 of this year. Hall ran a

59:43 at the Houston Half Marathon and became the only American to ever run under one hour for this distance. Some of his splits included: 14:05 at 5K, 28:21 at 10K, 42:21 at 15K and unofficially 57:06 at 20K (which, had it been officially timed, would have broken his own American 20K record of 57:54).

FARC Member Profile on Tom Long

Club member Thomas Long of Manalapan has been with FARC for a little more than two years and a runner for about four. He first began running to pass the time during his dear 11-year old daughter's, all-star cheerleading practices (like running: a very positive pursuit, helping them bond). These days you will tend to find him at many club & area races & functions: either competing, cheering for friends who are racing (as it last weekend's Brielle 10Km) or volunteering, like he helpfully did at Jack Kuhnert 1st Annual 5Km in Michael Tighe Park after his spring 2007 Long Branch Marathon.

He has progressed from his first race at the Belmar 5 in July 2005 to the Sandy Hook Half-Marathon in both 2005 (where despite cramping a bit at mile 8, he recovered to finish strong) and 2006 and finally to the Jersey Shore Marathon in Long Branch, NJ at the end of April 2007 as well as this year's E. Murray Todd Half Marathon. Tom exceeded his own goal and expectation in his Long Branch Marathon by breaking the four-hour barrier. He remarked there were a lot of people to run with during the first half of the marathon, but the second loop was lonely by comparison with the thousands of half-marathoners finished and the marathoners spread out. Tom has met many new friends and regular training partners (e.g. Martha Lanko and Sandy McKay of Jackson) through FARC. Tom is a durable runner, & he's feeling pretty good about now, despite a recent case of minor shin splints for which he has done strengthening exercises.

A typical training week for Tom consists of:

- maybe two or three miles on Mondays,
- a 10-mile run on Wednesdays,
- Friday night speed workouts with Mike O'Flaherty's group at the Freehold Boro High School Track (last Friday's workout consisted of a ladder with 200 m-400 m – 600 m – 800 m – 600 m – 400 m – 200 m with a 200 m or 90 second jog between each pick-up).
- He does his *long* (maybe named for him!) runs on Sundays, including an 18-mile long run on the soft trails this past Sunday starting at 6:00 AM to try & beat the heat a bit at the lovely & popular Manasquan Reservoir in Howell, NJ.

Tom's advice to first-time marathoners is: "Go out & enjoy it. Simply run your own race at your own pace". The next marathon on his schedule is the Philadelphia Marathon on November 18. Good luck, Tom! (There is a half-marathon, there, too.) Please send us your Philly time & a few notes, Tom, so we can let people know maybe in the next issue! Maybe one day, Tom's daughter will follow her dad's example and run; but for

now, her cheerleading is also a very positive pursuit, which has plenty of its own competitions (i.e. last St. Paddy's Day weekend), allowing them to travel and bond together. Tom Long is employed by Compact Auto Body of Matawan. If you happen to visit Tom's Shop, please ask for him or mention his name. [My advice when non-runners or new runners say that training is too difficult for them to schedule & maintain: Not for Long!] Hat's off to Tom, this Long Run issue's profilee and a great guy.

Member Race Results

- Ralph Garfield:
Hyde Park(London) 10 K - 48.40
JCC 5k - 23.07(1st 70+)
Asbury Park 5K - 22.52(2nd 70-74)
Pier Village 5K - 22.49(2nd 70-74)
Cranford Firecracker 4M - 30.37 (1st 70+)
- Cindy Monica: Belmar 5 M - 46:42 (2nd AG)
- George Shimanovich:
Ocean City Labor Day Mayor 5 M - 38:03.
- Ken Vercammen:
Manasquan Challenge Aquathon 1/4 Ocean swim, 4 M run - 1:00:05
Spring Lake 5 - 34:39
Cape May Belleplain Triathlon - 1:20:33
Escape from Ft. Delaware Triathlon
1,500 m swim, 40k bike, 10k run - 3:06
President's Cup 5k - 19:59
USATF championship Pine Beach 5k - 19:30
1st co-ed Team: Eddie Baynes, K.Vercammen, Lauren Rhatigan
ETS 5k Lawrenceville - 19:50 2nd ag
Frog Hollow 3.2 - 20:36 2nd ag
Long Branch Triathlon
800 meter swim, 19 m bike, 5 m run - 1:59
RVRR 100th X-C race - 20:46 2nd team
Belmar 5 - 32.29 1st Corporate Team
Ocean Grove Biathlon - 19:10
Parker House 2 m - 11:13 9th of 600
NJ Triathlon Olympic Distance - 2:40:34
RVRR X-C 5k - 19:28 1st masters team
Seaside Heights .8 Ocean Swim - 34:28
Long Branch 1 mile Ocean Swim - 47:27

Newsletter Mailing Update!

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

Your E-MAIL Address

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

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

Wanted: Need FARC photographer(s) by fall '07 (you're welcome to start sooner! webmaster@farcnj.com) as *FARC photographer*, Nathan Bergum, has now graduated from college (Univ. of DE) and is moving on to

the real world of work! Nate's been great for FARC, & he may be able to help break you in at the November 23 Born-To-Run 5-miler this fall as our new club photographer(s)! Good luck to you, Nate!

Manasquan Reservoir Walking Group

Join the walking group every Saturday morning at 8:00 AM sharp at the Welcome Center on Windeler Road at the Manasquan Reservoir. Racewalking coach Ben Ottmer will give you training advice on racewalking or health walking. ...Go 2 miles or 10 miles, it's up to you!

First Aid / CPR / AED

If you would like to become certified or re-certified in First Aid / CPR /AED, then you are a member of the right club! Once again, FARC will bring in long-time member and experienced local Instructor Mr. Walter Stein to teach the class. Date, time, details will be announced.

Independent Survey

If you are interested in taking part in a sports nutrition survey, Ms. Jackie Boucher (JBoucher@mhif.org) wants to gather information from runners across the country. Some of what she says she will ask is about what runners are eating before, during, & after a marathon. She says she is writing a book for runners, & she says she would be willing to write a summary after people complete the survey of what runners say they are doing and what is recommended they do. If you want to try this survey, the link is :

https://www.surveymonkey.com/s.aspx?sm=wJmXdQeWGzDYnoWGfGe2w_3d_3d

Try Member Bev Stern's Delicious Noodle Pudding Recipe

- 1 lb. Bag Penna. Dutch Broad Noodles or Goodmans (not homestyle) be careful as some bags are only 12 oz.
 - 1 stick (1/4 lb) butter
 - 2 cups sugar
 - 6 eggs
 - 1 tablespoon vanilla extract
 - 1 tablespoon baking powder
 - 3 large or 4 medium red delicious apples, peeled and sliced thinly
 - 1 ½ packets Sunmaid Baking raisins (they do not burn like regular raisins) optional
 - 1 tsp. cinnamon
1. Preheat oven to 325 degrees
 2. Boil noodles according to package directions
 3. Place butter in 9x13 glass baking dish and melt in oven
 4. Peel and Slice apples, rinse and drain in colander
 5. Wisk eggs, add sugar, baking powder, vanilla and melted butter (cool slightly) in a large mixing bowl
 6. Add apples and raisins (I sometimes use FRESH peaches instead of apples and raisins)
 7. Drain noodles—do not rinse

8. Add to mixture
9. Pour into buttered 9x13 glass baking dish
10. Bake 50-60 minutes in center of oven till nicely browned and firm in the center.
11. Allow to cool, then slice

May be reheated, may be frozen
Enjoy!

[Editor's Note: If you enjoy this, ask multi-talented FARC member Bev or go on line for her equally delicious holiday kugel recipe]

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

Make Your Day

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

Ending This Issue of The Long Run With The Short Run

Jamaican Asafa Powell set another world record in the 100 meters in Rieti, Italy on Sunday September 9, and suspects he can go even faster. The world's fastest man improved his record Sunday, winning a heat at the Rieti Grand Prix in 9.74 seconds despite easing at the end. "This means that I can do even 9.68," Powell said. "I'm worth that time, I know it."

"I made a couple of mistakes and I corrected them," said Powell, who lowered the mark by 0.03 seconds, having run 9.77 three times. "That's what happens when I start to listen to the coach."



The heat, the second of two, was run with a strong tail wind, but it was below the maximum allowed by track and field's governing body, making the record valid. In the final, Powell won in 9.78 — with no tail wind. Michael Frater of Jamaica was second in 10.03, followed by Jaysuma Saidy Ndure of Norway in 10.10.

It is only the 5th time in the last 95 years an American has not held the record. "Today I ran like I should have done at the worlds," Powell said. "At Osaka I was too tense, I was thinking about the race and the time I had to set. Instead here I was relaxed."

RACE CALENDAR

(All phone numbers 732 unless otherwise noted. Many races have websites Go to www.farcnj.com for more details.)

September

- 15 Seafood Pt. Pleasant Beach, NJ 5 M 8:30 AM 892-1089
- 15 Bayshore Classic Holmdel, NJ 5 K 9:00 AM 739-5918
- 16 ECI School for Children Eatontown, NJ 5 K 10:00 AM
- 16 Distance Run Philadelphia, PA 13.1 M 7:45 AM
- 16 Pk. Performance W.Windsor, NJ 5K 9:30AM 609.223.3716
- 22 Keyport Fest Keyport, NJ 5 K 9:00 AM 739-5121
- 22 Run For The Arts Ocean Grove, NJ 5 K 9:00 AM 775-5107
- 23 Newport Liberty Jersey City, NJ 13.1 M 8:30AM 5K 8:40AM
- 23 Manasquan Reservoir Manasquan Reservoir, Windeler Road, Howell, NJ 5 M 9:00 AM
- 29 Carpenter's Classic Seaside Park, NJ 5K 10 AM 349-6115
- 29 Base Race Fort Dix Army Installation & McGuire Air Force Base, NJ 13.1 M 8:30 AM 5 K 8:40 AM
- 29 Hopewell Challenge Hopewell, NJ 10K 9AM 609-773-0459
- 29 Interlaken Interlaken Park, NJ 5 K 10:00 AM 531-0340
- 29 Carnegie Center Princeton, NJ 5 K 9:30 AM
- 30 Make Your Mark Tyler St. Park, Richboro, PA 5 K 8:30 AM
- 30 X-C Allaire State Park, Wall, NJ 5 K 8:30 AM 282-0225
- 30 Jersey Shore 1/2 Sandy Hk., NJ 13.1 M 9:00AM 409-3948
- 30 Sandy Hook Lighthouse Sandy Hook, NJ 5 K 9:05 AM

October

- 06 Fallen Officers Robert Miller Air Park, Berkeley Twp, NJ 5 K 10:00 AM 757-9675
- 07 Lawrence Loop Lawrenceville, NJ 10 K 9AM 609.896.8000
- 07 LBI Commem.Brant Beach,NJ18M 10:30AM 609.494.8861
- 07 Cross Country Championships Holmdel, NJ 5K Women 10:30 AM Men 11:30 AM 973-334-8900
- 13 Dottie's House Pt. Pleasant Bch, NJ 5 K 10AM 295-7380
- 13 The Rat Race Shark River Park, Wall, NJ 3-5 M 10:07 AM
- 13 Hit The Bricks Sayerville, NJ 5 M 9:30 AM 390-7092
- 14 AC Marathon Atlantic City, NJ 26.2 M, 13.1 M, 10K, 5 K 8:30 AM 609-822-6911
- 14 Classic Little Silver, NJ 5 K 9:30 AM 450-1473
- 14 Run Thru Deal Deal, NJ 5 M 11:00 AM
- 14 Race For The Cure Six Flags Great Adventure, Jackson, NJ 5 K 8:30 AM
- 14 Classic Shrewsbury, NJ 5 K 9:00 AM 219-5349
- 20 Breedrs Cup Fanfest Monmouth Pk,NJ 5K 11AM 222.4367
- 20 Harbor Seal Seaside Heights, NJ 5 K 10:30 AM
- 20 FNA Thompson Park, Monroe Township, NJ 5 K 10:30 AM
- 21 Road Races East Brunswick, NJ 5K 1:05 PM 10 K 1:20 PM 848-391-0200
- 21 Seaside Half Seaside Hts., NJ 13.1 M 10AM 5 K 10:10 AM
- 21 Shark Run Bayhead, NJ 5 K 8:30 AM 892-0668
- 27 Just Us Girls Sea Girt Army Camp, Sea Girt,NJ 5K 9:30 AM
- 28 Shore AC Open X-C Lakewood, NJ 5 K 222-9080
- 28 Trick or Trot Long Branch, NJ 4 M 11:00 AM 542-6090

November

- 11 Hashathon Cheesequake State Park, NJ 6 M 11:00 AM 528-0132
- 17 Mercer Cup Mercer County Park, NJ 5 K 8:00 AM
- 23 Born To Run Freehold, NJ 5 M 11:00 AM 431-2627**
- 25 Navesink Challenge Bodman Pk.,NJ 5K 10:10AM 15K @10
- 25 Thanksgiving Day Long Branch,NJ 10 K 7:30 AM 578-1771

December

- 09 ToysForTots M.Tighe Pk,Freehold,NJ 5K 10am431.2627**

January 2008 06,13,20,27, &2/3 Winter Series, Michael Tighe Pk., Freehold,NJ 5K 10AM & 9:30 Kids ½-& 1mi. 431-2627

Freehold Area Running Club's
19th Annual



Toys For Tots 5K



Sunday, December 9th, 2007, 10:00AM
Benefits the Annual Marine Corps Drive
Michael Tighe Park, Georgia Road, Freehold Township

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



Registration:

Pre-Registration (post marked by 12/5/07) - \$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 +; 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, 31 Breakwater Sq, Freehold, New Jersey 07728

Name: _____

Age: _____ **Sex:** _____

Address: _____

Circle One: Run or Walk

City: _____ **State:** _____

Size: M L or XL

Zip: _____ **Phone #:** _____ **Pre-Entry Fee:** _____

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/>

FREEHOLD AREA RUNNING CLUB'S
2008
WINTER RACE SERIES



25th ANNUAL
TIGHE PARK, GEORGIA ROAD, FREEHOLD

Held On The First Five Sundays of 2008

*** 5K 10:00AM, Kids ½ & 1 Mile Races 9:30AM ***

SERIES DATES: *** SUNDAYS, JANUARY 6-13-20-27

*** & SUNDAY, FEBRUARY 3, Special 25th Birthday Party Celebration ***

COURSE: * Fast, Flat Certified 5K Course Within the Park *
* Run On Park Bike Path And Road *

AWARDS: Over 40 Awards Each Week Presented to:

- * The Top Overall Winners * * Age Group Winners *
- * RaceWalking Winners * * Clydesdale Winners *

*Finish All 5 Races & Be
Entered into a Post
Series Raffle Drawing*

AMENITIES: * Heated Indoor Facility with Clean Restrooms *
* Post Race Soup, Donuts, Bagels, Coffee, etc. *
* Ample Parking, Picnic Area & Playground *

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

ENTRY FEE: * 5K - \$5.00, FARC Members - \$3.00, High School & College \$1.00 *
* Kids Races - \$1.00 *

DIRECTIONS: Michael Tighe (Formerly) Liberty Oak Park, Georgia Rd, Freehold Township - take Rt 9 to the Elton Adelpia Rd exit, follow signs west toward Smithburg & Turkey Swamp Park, pass Freehold Township HS, then turn at the third left past the HS (Georgia Rd), proceed 1/2 mile to park on left.
Tighe Park is one mile north of Turkey Swamp Park.

*** For Information Call 732-431-2627 or Visit www.farcnj.com ***

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

23rd Annual

Born to Run



5 MILE RACE



**Friday, November 23th 2007, 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"

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

Registration:

Pre-Registered: Post Marked by Friday
November 16th..... \$ 20.00
Or Sign Up On 

Pre-Registered: Post Marked by Friday
Nov 16th FARC Members..... \$ 15.00
Post-Registration..... \$ 25.00

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

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 Race Walkers (Official
Rules Apply)
Top Clydesdame (Female - 150 lbs+); Top 3
Clydesdales (Male - 200lbs+)

Make Check Payable & Mail To:

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

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): M L XL XXL

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/>