**THE LONG RUN**

An Official Publication of:

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

Website: [www.farcnj.com](http://www.farcnj.com)

E-mail (results & letters to editor): [webmaster@farcnj.com](mailto:webmaster@farcnj.com)

Join FARC Face Book

NJ’s 3rd Largest Club & Growing

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**Wed. 4:30 PM Boro Track Workouts**

**Sat. 8 AM Reservoir Race Walk/Health**

**Sun. 8 AM Reservoir Distance Training**

Nov. 26 Born to Run 5 Mile-App.attached

Dec. 12 Toys for Tots 5K –App.attached

Dec. 14 7 PM Fun Run /Club Meeting, and You can Run for Club Pres./VP/Sec.orTreas.

Call Marcia at 732.849.5277 if interested.

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Join the FARC Face Book

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**FARC XC Team Finishes 2010 Season**

**Strong among 6 Shore Area Teams**

Thanks to all who came out and ran on FARC’s Team in the popular Cross-Country series in the area’s lovely parks and on varied & challenging terrain. Be there next fall! FARC beat JSRC weeks 1 & 2 as Freehold Area Running Club Finishers were:

**WEEK 1, Sat. 10/2/10 in Thompson Park – 5K**

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
<th>Age</th>
<th>Gender</th>
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<tr>
<td>Scott Linnell</td>
<td>19:26</td>
<td>54</td>
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<td>Tom McDonald</td>
<td>19:50</td>
<td>42</td>
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<tr>
<td>David Murphy</td>
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<td>39</td>
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<tr>
<td>Michael O’Flaherty</td>
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<td>29</td>
<td>M</td>
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<tr>
<td>John Taylor</td>
<td>21:34</td>
<td>54</td>
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</tr>
<tr>
<td>Przemek Nowicki</td>
<td>22:27</td>
<td>66</td>
<td>M</td>
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<tr>
<td>Sheldon Chiang</td>
<td>22:36</td>
<td>10</td>
<td>M</td>
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<tr>
<td>Bert Lundberg</td>
<td>22:55</td>
<td>46</td>
<td>M</td>
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<tr>
<td>Patricia Chambers</td>
<td>23:32</td>
<td>44</td>
<td>F</td>
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<tr>
<td>Alisa Hagenberg</td>
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<td>43</td>
<td>F</td>
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<tr>
<td>Doreen Page</td>
<td>25:33</td>
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<tr>
<td>Andre Chiang</td>
<td>25:49</td>
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<tr>
<td>Maggie Freeman</td>
<td>27:09</td>
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<td>Cathy O’Flaherty</td>
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<tr>
<td>Teresa DiSessa</td>
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<tr>
<td>Janice Krilla</td>
<td>33:19</td>
<td>57</td>
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<tr>
<td>Eileen McGough</td>
<td>33:21</td>
<td>48</td>
<td>F</td>
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**Members’ Fall Family Party**

**Nov. 20, 2010; 6:00-10 PM**

FARC is having a dinner party at Moors Landing Club House at 4 Mariners Cove (off of Strickland Road), Freehold, New Jersey. Club will provide Dinner, a Hot & Cold Buffet, plus beer, wine, soda, coffee, and tea for your enjoyment. Random Door prizes will be awarded. We ask that everyone bring either a dessert or appetizer. Please RSVP to Linda Hyer at 732.462.1573 or [lindahyer@yahoo.com](mailto:lindahyer@yahoo.com) by Tues., November 16, 2010. This is necessary so we order enough food and beverages for all. See you there!

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

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**Support FARC Sponsors:**

- Paulino’s Health Food Store
- United Storage
- Nestle Good Food, Good Life

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28th Annual FARC BANQUET on 2/5/11-Our House-Farmingdale
See Weeks 3-6 (just completed days ago)
Of X-C Results in next (December 2010) Issue

2011

28th Annual Winter Race Series
5K held on Five Consecutive Sundays in January 2, 9, 16, 23, and 30, 2011
½ Mile and 1 Mile Kid’s Run 9:30 A.M. 5K at 10 A.M at Michael Tighe Park, Georgia Road, Freehold Township. Come race the best winter series in New Jersey, indoor facilities, soup and refreshments for all. There is No Pre Registration Required; Race Day Sign Up Only. Special RETRO-Entry Fees: 5K - $5.00 FARC Members - $3.00 HS & College Students $1.00 Kid’s run - $1.00

26th Annual Born to Run
Five Mile Race on Fri. 11/26

The Freehold Area Running Club presents our 26th Annual Five Mile Race. This event will generously benefit the Open Door Food Pantry and Lake Topanemus Park. Conveniently held 11:00 a.m. Friday, November 26th 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; Preregister by 11/19/10.

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.

(See www.farcnj.com for Runners’ Forum Contributions in Dec. Issue)
Freehold Area Running Club’s

Members’ Fall Family Gathering

November 20, 2010

Moors Landing Club House
4 Mariners Cove, Freehold New Jersey
Off of Strickland Road

Dinner will be Served from 6 P.M. to 10:00 P.M.

The Club will provide a Hot & Cold Buffet, plus beer, wine, soda, coffee, and tea for your enjoyment.

We ask everyone to bring either a dessert or appetizer.

During the evening Random Door prizes will be awarded.

Please RSVP to Linda Hyer at 732-462-1573 or lindahyer@yahoo.com
By Tuesday November 16, 2010

This is necessary so we order enough food and beverages for all.

See you there!
The Freehold Area Running Club
Presents the 26th 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 26th 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 19th .................. $ 20.00
FARC Members Pre: ........... $15.00
Post-Registration
Sweatshirt While They Last .... $ 25.00
Without Sweatshirt............. $ 15.00

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+)

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

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 Borough of Freehold, their departments and employees, The Freehold Area Running Club, the CPL Reynolds Detachment Marine Corps League, sponsors and all volunteers form 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: ______________

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
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

SPONSORED BY: TELCORDIA PIONEERS

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 **


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: ______________________

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.
Michael Tighe Park, Georgia Road, Freehold Township
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 ____ (Circle one)
print
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 ***
Membership Application 2011

Member Road Runners Club of America and USA Track & Field – New Jersey

WWW.FARCNJ.COM visit us on Facebook

New_____ or Renew_______ (Please check one) Birthday: _______________

Name: ________________________________________________

Family Members’ Name & Age

Street: ________________________________________________

(Please Print)

City: _________________________________________________

State: _______________________ Zip: _______________

(Additional names on back of form) Telephone #: __________________

E-Mail Address: (Please Print) ________________________

Membership Types, Select One: Please circle option
Standard Membership Fee: Individual Family
1 YEAR (Good thru 12/31/11) $15.00 $ 25.00
3 YEAR (Good thru 12/31/13) $35.00 $ 55.00

Shirt size: (new membership only) 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.

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: ___________

Member - USATF-NJ Club #118
Weekly Group Runs Race Walking Team/Program
X-Country Workouts Volunteer at Club Events or Offer Your Services e-mail
Member Road Runners Club of America and USA Track & Field – New Jersey
AREA RACE & ACTIVITY CALENDAR
All phone nos. 732 unless otherwise noted. Many races have websites Go to www.farcnj.com or P.O. Box 4, Manalapan, NJ 07726 for details.

### FREEHOLD AREA RUNNING CLUB CALENDAR

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<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>PLACE</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Sundays</td>
<td>Distance Training</td>
<td>Windeler Rd. Manasquan Reservoir Lot/Vis.Ctr.</td>
<td>8:00 AM</td>
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<td>ALL YEAR</td>
<td>Race walking</td>
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<tr>
<td>Saturdays</td>
<td></td>
<td>Windeler Rd. Manasquan Reservoir Lot/Vis.Ctr.</td>
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<tr>
<td>Wednesdays</td>
<td>Track Workouts</td>
<td>Freehold Boro High School Track, Robertsville Rd. &amp; rt. 79</td>
<td>6:00 PM Wednesdays</td>
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<tr>
<td>Sun. 11/20/2010</td>
<td>Turkey Trot 5 Mi</td>
<td>Manasquan, NJ</td>
<td>11:00 AM</td>
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<tr>
<td>Sat. 11/20/2010</td>
<td>Turkey Trot 5 Mi</td>
<td>Rumson, NJ</td>
<td>10:00 AM</td>
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<tr>
<td>Sun. 11/21/2010</td>
<td>S Sprague Mem. 5K</td>
<td>Toms River E. H.S.</td>
<td>9:30 AM</td>
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<td>Fri. 11/26/2010</td>
<td>Born to Run 5 M</td>
<td>Freehold, NJ</td>
<td>11:00 AM</td>
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<tr>
<td>Sat. 11/27/2010</td>
<td>Turkey Trot 5K</td>
<td>Matawan, NJ</td>
<td>10:00 AM</td>
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<tr>
<td>Sun. 11/28/2010</td>
<td>Navesink 15 &amp;5K</td>
<td>Bodman Pk., NJ</td>
<td>10:00 &amp; 10:10AM</td>
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<td>Sun. 12/5/2010</td>
<td>Reindeer Romp 5K</td>
<td>West Brick, NJ</td>
<td>10:30 AM</td>
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<tr>
<td>Wed. 12/8/2010</td>
<td>Club Meeting</td>
<td>Michael Tighe Park</td>
<td>6:30 Fun Run 7 PM Meeting</td>
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<td>Sat. 12/11/2010</td>
<td>Jingle Bells 5K</td>
<td>Bar A, Lake Como, NJ</td>
<td>8:30 AM</td>
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<tr>
<td>Sun. 12/12/2010</td>
<td>Toys for Tots 5K</td>
<td>Tighe Pk, Freehold</td>
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### FREEHOLD AREA RUNNING CLUB CALENDAR

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<th>DATE</th>
<th>EVENT</th>
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<tr>
<td>Sun. 12/26/2010</td>
<td>Polar Bear 5&amp;10 M</td>
<td>Asbury Pk., NJ</td>
<td>1 PM &amp; 10 AM</td>
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<tr>
<td>Sat. 1/1/2011</td>
<td>Hangover 5 M</td>
<td>Vets.Pk., Hamilton</td>
<td>12:30 PM</td>
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<td>Sun. 1/2/2011</td>
<td>Winter Series 5K and Kids ½ &amp; 1 M</td>
<td>Michael Tighe Park</td>
<td>10:00 AM Run</td>
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<tr>
<td>Sat. 1/8/2011</td>
<td>Freezing Cold Hash 3-5 M</td>
<td>Edison, NJ</td>
<td>10:00 AM</td>
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<tr>
<td>Sun. 1/9/2011</td>
<td>Winter Series 5K and Kids ½ &amp; 1 M</td>
<td>Michael Tighe Park</td>
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<td>Sun. 1/16/2011</td>
<td>Winter Series 5K and Kids ½ &amp; 1 M</td>
<td>Michael Tighe Park</td>
<td>10:00 AM Run</td>
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<tr>
<td>Sun. 1/23/2011</td>
<td>Winter Series 5K and Kids ½ &amp; 1 M</td>
<td>Michael Tighe Park</td>
<td>10:00 AM Run</td>
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<tr>
<td>Sun. 1/30/2011</td>
<td>Winter Series 5K and Kids ½ &amp; 1 M</td>
<td>Michael Tighe Park</td>
<td>10:00 AM Run</td>
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<td>Sat. 2/5/2011</td>
<td>Annual Banquet</td>
<td>Our House Restaurant, Farmingdale</td>
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<td>Sat. 3/26/2011</td>
<td>Rat Race 10&amp;20K</td>
<td>Wells Mills Pk., Waretown, NJ</td>
<td>10&amp;11AM Runs</td>
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