



THE LONG RUN

An Official Publication of:

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



Website: www.farcnj.com

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

Join FARC Facebook!

VOL. 28 NO. 6 (November 2010)

(also see e-mailed monthly [FARC Flash](#))

NJ's 3rd Largest Club & Growing

Wed. 4:30 PM Boro Track Workouts

Sat.8AM Reservoir Race Walk/Health

Sun.8AM Reservoir Distance Training

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

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

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

Call Marcia at 732.849.5277 if interested.

Join the FARC Face Book

FARC XC Team Finishes 2010 Season Strong among 6 Shore Area Teams

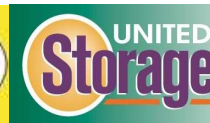


Thanks to all who came out and ran on FARC's Team in the popular Cross-Country series in the area's lovely parks and on varied & challenging terrain. Be there next fall! FARC beat JSRC weeks 1 & 2 as Freehold Area Running Club Finishers were:

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

16 19:26	Scott Linnell	54	M
18 19:50	Tom McDonald	42	M
26 20:33	David Murphy	39	M
35 21:20	Michael O'Flaherty, II	29	M
37 21:34	John Taylor	54	M
46 22:27	Przemek Nowicki	66	M
48 22:36:00	Sheldon Chiang	10	M
52 22:55:00	Bert Lundberg	46	M
56 23:32:00	Patricia Chambers	44	F
61 23:58:00	Alisa Hagenberg	43	F
77 25:33:00	Doreen Page	43	F
80 25:49:00	Andre Chiang	10	M
91 27:09:00	Maggie Freeman	41	F
92 27:11:00	Cathy O'Flaherty	46	F
93 27:16:00	Teresa DiSessa	35	F
102 33:19:0	Janice Krilla	57	F
103 33:21:00	Eileen McGough	48	F

Support FARC Sponsors:



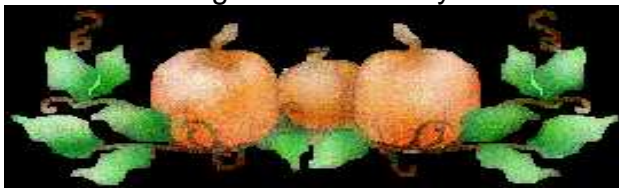
**28th Annual FARC BANQUET on
2/5/11-Our House-Farmingdale**



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 by Tues., November 16, 2010. This is necessary so we order enough food and beverages for all. See you there!



(See www.farcnj.com for Photos, Apps., Calendar, Results)

WEEK 2, Sat. 10/9/10 in Tatum Park – 5K

21 20:40	Scott Linnell	54	M
22 20:55	Tom McDonald	42	M
29 21:34	David Murphy	39	M
37 22:49	John Taylor	54	M
38 23:01	Sheldon Chiang	12	M
45 23:40	Przemek Nowicki	66	M
50 24:01:00	Tom Bria	35	M
57 24:45:00	Patricia Chambers	44	F
58 24:46:00	Alisa Hagenberg	43	F
79 26:37:00	Andre Chiang	10	M
80 26:55:00	Doreen Page	43	F
85 28:34:00	Eric Madia	41	M
88 29:08:00	Antonietta Picascia	53	F
89 29:09:00	Leslie Nowicki	47	F
96 34:11:00	Janice Krilla	57	F

**SEE Weeks 3-6 (just completed days ago)
Of X-C Results in next (December 2010) Issue**

New 2010 Freehold Area Running Club Members

First Name	Last Name
Peter	Conner
Keith	Sadlowski
Brian	Schubel
Jennifer	Thomas
Elizabeth	Thomas
Nancy	King
Rob	DiTota
Gloria	Witterschein
Marilyn	Ryder
Blair	Kolbeck
Marie Paulette	Matis
Laura	Donnelly
Mark	Leary
Susan	Thompson
Cynthia	Cirri
Chris	Wolf
Paulette	Stallone
Peter	Rancan
Jennifer	Crombie
Meryl	Schutzbank
Joe	Mella
Helen Joy	Walk
Christine	Schnorrbusch
Danielle	Hamarich
Jason	Bartley
Cara	Daley
Tray	LaBracio
Shane	Boyce
Alanna	Yonelunas
Eva	Panko
Adam	Wormann
Kathy	Morris
Kerwin	Lanz
Bill	Hagan
Cara	Nelius

(See www.farcnj.com for Runners' Forum Contributions in Dec. 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**

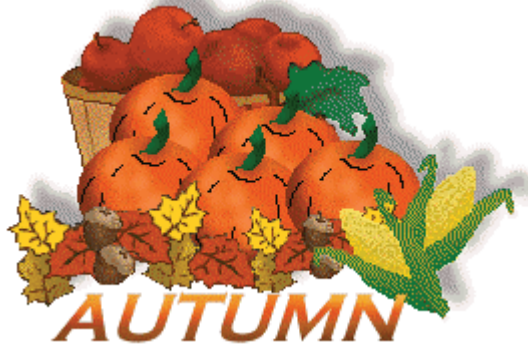
The Freehold Area Running Club presents our
26th Annual Five Mile Race. This event will
generously benefit the Open Door Food Pantry
and Lake Topanemus Park. Conveniently held
11:00 a.m. Friday, November 26th 2010 the
day after Thanksgiving. Registration Begins
9:00 a.m. at the Freehold Fire House 49 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.**



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 you enjoyment.

We ask everyone to bring either a desert 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

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**



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 ****

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.

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 _____ 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 ***



Membership Application 2011



WWW.FARCNJ.COM visit us on Facebook

BENEFITS OF FREEHOLD AREA RUNNING MEMBERSHIP

- Informative Newsletters
- Free T-Shirt to New Members
- Sunday Group Runs
- Seasonal Track Sessions
- Summer Series with Kids' Races
- Winter Series with Kids' Races
- Race Entry Discounts
- Discount at Local Merchants
- Annual Scholarship
- Annual Club Picnic
- Annual Awards Banquet
- Member – RRCA
- Member - USATF-NJ Club #118
- Weekly Group Runs
- Race Schedule
- Team Entries
- X-Country Workouts
- Race Walking Team/Program
- Social Activities
- Volunteer at Club Events or Offer Your Services e-mail webmaster at farcnj@gmail.com

New _____ or Renew _____ (Please check one)

Birthday: _____

Name: _____
(Please Print)

Family Members' Name & Age _____

Street: _____

City: _____

(Additional names on back of form)

State: _____ Zip: _____

Telephone #: _____

E-Mail Address: (Please Print) _____

Membership Types, Select One:

Please circle option

Standard Membership Fee:

Individual Family

Shirt size: (new membership only)

Two Shirts for Family Membership

1 YEAR (Good thru 12/31/11)

\$15.00

\$ 25.00

Shirts may be picked up at any club event

3 YEAR (Good thru 12/31/13)

\$35.00

\$ 55.00

S M L XL

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

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

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

Signature: _____

Date: _____

Parent Signature (if under 18): _____

Date: _____



P.O. Box 4 Manalapan, N J. 07726

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

FREEHOLD AREA RUNNING CLUB CALENDAR			
DATE	EVENT	PLACE	TIME
Sun. 12/26/2010	Polar Bear 5&10 M	Asbury Pk., NJ	1 PM & 10 AM
Sat. 1/1/2011	Hangover 5 M	Vets.Pk.,Hamilton	12:30 PM
Sun. 1/2/2011	Winter Series 5K and Kids ½ & 1 M	Michael Tighe Park	10:00 AM Run
Sat., 1/8/2011	Freezing Cold Hash 3-5 M	Edison, NJ	10:00 AM
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
Sat. 2/5/2011	Annual Banquet	Our House Resta- urant, Farmingdale	7-11 PM
Sat. 3/26/2011	Rat Race 10&20K	Wells Mills Pk., Waretown, NJ	10&11AM Runs