Club Meeting – Oct. 14, 2009

Fun Run, Guest Speaker, Food, Drink, and Camaraderie – For All!.........

After a few FARC members enjoyed a lively 7:30 PM evening run through the neighborhoods near Michael Tighe Park, we all had a few snacks and then after 8:00 PM listened to Mr. Raymond de Quintal from XCEL Federal Credit Union – a new FARC sponsor! Ray related many of the benefits of joining XCEL, which was federally chartered in 1964. In 1990, the charter was amended to exclusively serve multiple groups like FARC. They are headquartered in Secaucus with more than 13,500 members from over 75 businesses. They are professionally managed and staffed, federally insured, regulated, and examined annually. Rated four stars!! They have attractive rates on all types of loans and deposit accounts, free interest-bearing checking accounts, free online banking, free direct deposit of payroll, and free savings accounts. Access is easy with convenient online membership, 28,000 surcharge-free ATMs, more than 240 shared branch locations in PA, NJ, and NY. Special offers for FARC members (as of 10/14/09) include 10-year home equity loans as low as 5.84%, new/used vehicle loans up to 60 months as low as 4.84%, and a 12-month CD for 2.25%. Visit XCEL at www.xcelfcu.org. As FARC members, you will receive the special club terms offered by XCEL. We offer a hearty FARC welcome to our new sponsor, XCEL and representative Ray de Quintal!

2009 Freehold Area Running Club Officers:

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

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

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

December Club Meeting at Michael Tighe Park off Georgia Road in Freehold Township will be held on Thurs., December 10 with a start time of 8:00 PM, following 7:30 PM fun run – starts in the main parking lot and, weather permitting, runs through the park and surrounding neighborhoods. The meeting will feature our holiday party and club elections for 2010 officers. Our great 2009 slate is pictured above: Mike, Linda, Ron, Pat, and Bob!

January 2010: The 27th Winter Series of 5 K Races starts on the same fast, flat course as above through Michael Tighe Park off Georgia Road in Freehold Township on January 3, 10, 17, 24, and 31 with start time of 10:00 AM, following the kids’ ½-mile and 1-mile at 9:30 and 9:35 AM. Registrations (a great value at $3.00 for members and $5 for non-members) on day of race. Unique awards. Look for the flyer coming soon for details. Heated indoor facility, bagels, donuts, Isabel’s famous hot soup and more brunch. This race series grows and grows as the word gets around! Application is attached.

Support our Sponsors:

United Storage
3464 Route 9 South, Freehold, New Jersey 07728
www.unitedstorallcenters.com
Or feel free to call 732-761-8420 - United Storage!

Shore Runner
http://www.shorerunner.com/
OLYMPIAN ELLIOTT DENMAN RACE WALKED MARATHON AGAIN IN 6:25!

WEEK 4 - Thompson Park, Lincroft – Sat. 10/24/09: FARC Team moved up to 4th or 5th place! Thompson Park results did not make it to press, but will be available on the Shore Runner web-site (shorerunner.com), linked to FARC’s web-site (farcnj.com), or maybe in the December FARC FLASH and the next Dec./Jan. FARC LONG RUN.

WEEK 5 - Tatum Park, Middletown – Sat. 10/31/09: Tatum Park results did not make it to press, but FARC Team moved up to 3rd or 4th place! Complete Results will be available on the Shore Runner web-site (shorerunner.com), linked to FARC’s web-site (farcnj.com), or maybe in the December FARC FLASH and the next Dec./Jan. FARC LONG RUN. SEE YOU AT THE NEXT RACE!

WEEK 6 – Holmdel Park, Holmdel – Sat. 11/07/09: The SAC Cross-country series ends on November 7 in Holmdel Park. Results will be available on the Shore Runner web-site (shorerunner.com), linked to FARC’s web-site (farcnj.com), or maybe in the December FARC FLASH and the next Dec./Jan. FARC LONG RUN.

JERSEY SHORE HALF MARATHON – OCT. 4, 2009
by local runner Jim Robbins

SANDY HOOK, NJ - Six hundred and seventy road racers competed in the 37th running of the Jersey Shore Half Marathon presented by the Shore Athletic Club (SAC) with the cooperation of the Freehold Area Running Club (FARC) and the Jersey Shore Running Club (JSRC) on an overcast, foggy (at first), windless, good-racing-weather Sunday morning of October 4, at the federal park of Gateway National Recreation Area - Sandy Hook.

The first competitor to break the tape at the finish line, held by Anne Chesny, North Bergen Running Club, and race-director Isabel Meldrum, located on the main road outside Parking Lot E, which was

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**Shore Runner X-C Series**

**WEEK 1 - Thompson Park, Middletown – Sat. 10/03/09**

**TEAM RESULTS:** 5K  6th Place: FARC

<table>
<thead>
<tr>
<th>INDIV.</th>
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<td>Tom Long</td>
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</tr>
<tr>
<td>35th</td>
<td>John Taylor</td>
<td>20:21</td>
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<td>39th</td>
<td>Bert Lundberg</td>
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<td>40th</td>
<td>Przemek Nowicki</td>
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<td>48th</td>
<td>Sheldon Chiang</td>
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<td>55th</td>
<td>Laura Donnelly</td>
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<tr>
<td>61st</td>
<td>Patricia Chambers</td>
<td>22:57</td>
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<td>70th</td>
<td>Andre Chiang</td>
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<td>82th</td>
<td>Walt Rutsky</td>
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**WEEK 2 - Tatum Park, Middletown – Sat. 10/10/09**

**TEAM RESULTS:** ~2.5 M? 6th Place: FARC

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<td>88th</td>
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**WEEK 3 - Wolf Hill Park, Oceanport – Sat. 10/17/09**

**TEAM RESULTS:** 5K  6th Place: FARC

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<td>40th</td>
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<td>60th</td>
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<tr>
<td>66th</td>
<td>Peter Snyder</td>
<td>25:05</td>
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**WEEK 6 – Holmdel Park, Holmdel – Sat. 11/07/09:** The SAC Cross-country series ends on November 7 in Holmdel Park. Results will be available on the Shore Runner web-site (shorerunner.com), linked to FARC’s web-site (farcnj.com), or maybe in the December FARC FLASH and the next Dec./Jan. FARC LONG RUN.
also the starting area, and receive a medal as all finishers would, was Shane Kimmins, 25, of Shrewsbury, at 1:14:48 (1 hour, 14 minutes and 48 seconds). Coming in second was Alex Fowlie, 30, of Basking Ridge at 1:16:09 and third place went to Fair Haven’s Geoff Harrison, 39, at 1:18:49.

“1 was running with two other runners until about the three-mile mark, then I went just solo for the rest of the race,” said Kimmins in describing his championship performance. “Awesome course,” he offered and explained: “it was flat, no headwinds, no hills.” At Long Branch’s Half Marathon in May he did his personal best time for this distance at 1:13:00.

Runner-up Fowlie was out in front for awhile but couldn’t keep that position, ”But I am satisfied; it’s a good training run for my Philadelphia Half Marathon coming up in November,” he said.

Diane Petruzzi, 42, of Lincroft was first in for the women, a repeat of the last two years, from this double-loop course which goes to the lighthouse area at the north end of Sandy Hook to complete the 13.1 mile distance at 1:23:56 (1 minute and 38 seconds faster than 2008 time, 6th place overall). She was followed by Sherry Hannay, 28, of Richmond, VA, at 1:28:24 (18th overall) and third women’s finisher was Long Branch’s Dactilia Booth, 33, at 1:30:27 (23rd overall).

Racewalk leaders were Maria Paul, 44, of Long Branch at 2:35:22 and Elliott Denman, 75, of West Long Branch at 3:08:46.

Farnese Dasilva 1:20:55, West Long Branch and Pat Ford 1:22:44 were the fourth and fifth finishers, respectively, and both can be seen at many Shore area races and always as top leaders. “I thought it was perfect, not too hot, and no wind,” said Dasilva of the weather and Ford offered, “beautiful course, flat and Farnese helped me through the whole race.” At the turnaround, just about 7 miles into the course, a great vantage point for viewers, both runners were together.

Tim Mahoney, 49, of Belmar, past president of the JSRC, finished at 1:39:23, a highly respectable 7:36 per-mile pace. Mahoney a retired lieutenant of the New Jersey State Police shared his thoughts: “In a run of this half-marathon size, 13.1 miles, Jim, we often spend time with our inner selves and during that time we realize how fortunate we are knowing our armed forces are protecting us. As I approached the lighthouse area (the farthest part of the course from the starting line) I looked out over the bay and reflected on 9/11 and thought of each and everyone of those poor unfortunates we lost on that day.” (As the crow flies from that area of Sandy Hook to the Twin Towers area of New York is much less than a marathon distance, exactly 16.09 miles, from a reliable source). This would come into Mahoney’s thoughts because he is an originator and the director of the annual, highly dignified JSRC 9/11 Memorial Run, which honors the memory of those horribly killed on that infamous day.

A special feature of this race is that water spots are strategically placed on the scenic course and serviced by cross-country teams from Monmouth University, Colts Neck High School, Georgian Court College and Georgian Court Track and Field. A money donation is awarded to the school that expresses the most enthusiasm to the runners/racewalkers. This is decided by the racers’ votes. “In a stunning upset,” wrote Donna Cetrulo, feature organizer, “this year the Georgian Court XC Team beat out the Monmouth University XC Team. The winners were lauded for their enthusiasm and their super-hero costumes. Colts Neck was second followed by Monmouth University and Georgian Court Track and Field.”

At the starting line, Phil Hinck, past president of the JSRC (twice) and director of many local races, two of which are nationally recognized, informed the racers of the water stops and encouraged the participants to make use of them. Hinck then introduced road-racing champion of many Shore area events David Demonic of Ocean who gave a fine rendition of our Star-Spangled Banner on his trumpet and all were encouraged to sing along. Hinck then got the Half Marathoners ready and voiced a loud “Ready, Set, GO” and the racers were off at 9 a.m. following the lead vehicle driven by the race director.

The Sandy Hook Lighthouse 5K is part of this annual event and that race of 3.1 miles went off a few minutes after the main event and was led by bicyclist Wayne Baker of Westfield (listed in the Writers-at-Large of the Runners Gazette). Its course was part of the main course, including the same finishing-line chute, along with the vast parking lot itself. Michael Mykytok, 38, of Ocean Township, was the winner of the 120 total competitors at a going away 16:41 and Amanda Sciabetta, 23, of Middletown was the women’s winner at 19:25 (3rd place overall).

“No, I was out in front the whole way,” Mykytok said when asked if anyone challenged him. He further informed that 13:45 is his best time for this distance on a track and 13:51 on the road.
Race director Isabel Meldrum, also race director of FARC’s St. Paddys Day 10 Miler and Leprechaun 5K and Winter and Summer Series and past president of both FARC and SAC while remaining an active racewalker, presented models of lighthouses to the aforementioned winners and age-group leaders at the Parking Lot E’s concession section, which served as the staging area. Random prizes created by Donna Cetrulo and Linda Hyer, past president of FARC, were offered. A great picnic was provided at this oceanside location: hot soup, hot dogs, bagels, fruit and soft drinks. This race has been voted the best food race at the Jersey Shore.

Dactilia Booth of Long Branch, 3rd place finisher in the 5K.

*I'm very excited about the excellent turnout, 670 half-marathoners & 120 in the Lighthouse 5K, and want to thank all the runners for their support. I want to acknowledge the know-how cooperation we get from the volunteers (250 total of the area clubs (SAC, FARC, JSRC).

Compliments, too, to the chairpeople of the organizing committee who did an outstanding job of food preparation and distribution for the athletes. I want to thank Donna Cetrulo, Bob Hyer, Tom Wendel, Marcia and Avram Shapiro, Phil and Penny Hinck, Walter MacGowan, Manny and Roberta Eisner, Fred and Anna Torres of Elite Racing Systems for all their help. I also want to recognize our sponsor Charlie Rooney, Shore Runner, and McClone’s Riverside Restaurant. A special thank you to the National Park Service Rangers who coordinate the traffic on the roads. The Half is a very special Jersey Shore event as it has its roots right here at Sandy Hook and this year marks 37 years of running at the Shore. It keeps on growing and my philosophy is that when you put on a quality event the runners will come out and support it. The Jersey Shore Half Marathon is a runners’ race put on for runners and by runners. I want to thank you one and all. We hope to see you on Oct. 3, 2010. The website is http://jerseyshorehalfmarathon.com,” said director Meldrum via E-mail.

Other finishers of the 13.1 mile challenge:


**HOMETOWN HARVEST 5 K RACE IN HIGHTSTOWN, NEW JERSEY – OCT. 11, 2009 from local runner, FARC BORN TO RUN race Director and regular community race official Bob Hyer**

**2009 Hometown Harvest 5 K Race in Hightstown, New Jersey**

<table>
<thead>
<tr>
<th>Place</th>
<th>Sex</th>
<th>Age</th>
<th>First Name</th>
<th>Last Name</th>
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<tbody>
<tr>
<td>1</td>
<td>M</td>
<td>41</td>
<td>Gene</td>
<td>Mitchell</td>
<td>Arpt</td>
<td>PA</td>
<td>15:57</td>
<td>1st OA</td>
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<tr>
<td>4</td>
<td>M</td>
<td>38</td>
<td>Manuel</td>
<td>Arpi</td>
<td>Hightstown</td>
<td>NJ</td>
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<tr>
<td>9</td>
<td>M</td>
<td>31</td>
<td>Michael</td>
<td>Flaherty</td>
<td>East Windsor</td>
<td>NJ</td>
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<td>3rd 30-39</td>
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<td>M</td>
<td>58</td>
<td>Tony</td>
<td>Bleach</td>
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<td>NJ</td>
<td>27:56</td>
<td>FARC</td>
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<tr>
<td>58</td>
<td>F</td>
<td>46</td>
<td>Laura</td>
<td>Baldachino</td>
<td>Allentown</td>
<td>NJ</td>
<td>34:44</td>
<td>FARC</td>
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</tbody>
</table>
BELMAR, NJ - In keeping with our nation's myriad demonstrations of solemn tribute to the victims of September 11, 2001, locally over 200 runners/joggers, some bicyclists, with hand flags for men and stem roses for women participated in the seventh annual non-competitive 9/11 Memorial Run organized by the Jersey Shore Running Club (JSRC), at the Belmar-Spring Lake boardwalk on an overcast/drizzly/windy Friday evening. Included in that number were 26 West Point Cadets, stationed at Fort Monmouth.

The proceedings began at 6 p.m. with a moment of silence for all our servicemen present and past. Then the participants began reading aloud (without a hand microphone this year because of the bad weather) the name, age and town, from a typed list, each of the 145 Monmouth County residents who tragically died on that day. Each passed the list to another so as to get as many as possible to read at least one name. About a third of the names were read at Sixteenth and Ocean Avenues, Belmar, where the Run/Jog (not a race) began. The past-president of the JSRC, Belmar's Tim Mahoney, recently retired from the New Jersey State Police, the Run director and "proud American," with the Stars and Stripes flag pole in hand led the silent, no-talking pack on their trek, with the Cadets in groups of two being first followers.

They briefly stopped at the Memorial Park adjacent to Lake Como. Here the Spring Lake Police Association had donated a plaque, dedicated September 11, 2004, set in stone with this message: "We the people of Spring Lake remember our residents and neighbors who lost their lives in terrorist attacks against the United States of America.”

On the Plaque:
Shanksville, PA: Donald A. Petersen, Jean Petersen

World Trade Center: Richard E. Bosco, Thomas F. Hughes, Jr., Paul H. Keating, James J. McAlary Jr., James T. Murphy, Robert W. O'Shea, Donald W. Robertson, Jr.

Here at the Park, the participants resumed reading aloud another third of the names from the list of 145.

They then continued their absolutely-silent Run/Jog on Ocean Avenue (not the boardwalk this year – too much sand from the storm) to the destination point at the Spring Lake/Sea Girt border, approximately a two-mile distance. There a piece of the World Trade Center, donated by Eddie Lennon, friend of Mahoney and also a retired State Police Officer, had been placed on the sand and the mournful joggers gathered around it and finished reading the names from the list. Mahoney then offered the still very silent group an opportunity to sound aloud any name that was not on that list who also was a victim on 9/11/2001. About 27 names were heard. The song "God Bless America" was started by someone and eventually all joined in. A choirmaster searching for talent might not have been impressed but this assemblage surely found it heartwarming. Mahoney again thanked all for coming on this not-good-weather evening and also thanked the Spring Lake Police for excellent traffic control.

The group then placed the remaining flags and flowers at the World Trade Center piece and “resumed” their Memorial Run/Jog and returned to the starting area at their own pace with talking now permitted. Lake Como’s popular restaurant Bar Anticipation was the new “destination point” for the joggers/walkers/cyclists where a barbecue had been arranged.

The theme of the Memorial Run as stated by Mahoney at the 6 p.m. start is to “Run, Remember, Reflect and Resume.” The Run is obvious since the idea was created by Mahoney and Bob Both who are members of the JSRC and regulars on the club’s Thursday night runs in that same boardwalk area. The Remember is why the group read the names. Reflect is the reason for the silence (the only sound was the noise of the more than 400 running shoes meeting the surface) so that there can be time to think about and concentrate on the tragedy that occurred including reflecting on those poor souls that had to make that horrible decision to jump to their deaths rather than burn alive. The Resume is in response to that which President Bush had asked the citizens of our beloved America to do. “Resume your lives but never forget.”

Mahoney’s parting words were slow, loud and direct: “We runners will never forget!”

Runner’s Forum

Races in Pennsylvania and New York State with hills similar to or tougher than Indian Trails
by Robert McGill

1. Run for the Diamonds 9 miler Berwick, Pa (Thanksgiving)
2. Run for the Cookies 10k Berwick, Pa (February)
3. Race Street 15k Jim Thorpe, Pa (around the Fourth of July)
4. South Mountain 10 miler (Bethlehem, Pa) (November)
5. Celebrate Life Half Marathon Rock Hill, NY (March)
6. Quakertown Rotary 10 miler Quakertown, Pa (March)
7. Charlie Horse Half Marathon Birdsboro to Prowville, Pa (May)
8. Half Wit, Half Marathon Reading, Pa (August)
9. The Ugly Mudder 7.2 miler Reading, Pa (February)
10. Chilly Cheeks 7.2 miler Reading, Pa (January)
11. Double Trouble 15k & 30k French Creek State Park, Pa (June)
12. The Dirty Bird 15k Reading, Pa (November)
13. The Einree Meenie Myne Half Marathon Newtown, Pa (part of the Bucks County Winter Series)
14. The 10k’s that are a part of the Bucks County Winter Series
15. The Polar Bear 8 miler part of the Bucks County Winter Series
16. Terrible Tyler 15k part of the Bucks County Winter Series
Also, for Information Call 732-431-2627 or Visit www.farcnj.com

Letters to Editor & Webmaster

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

Please Be a Volunteer and Be Glad You Did

Be a race volunteer, & learn how good it feels. More helpers are always needed at all the races & events. If interested, please call & speak with or leave a message for our Volunteer’s Coordinator, Marcia Shapiro at the FARC hot-line (732-431-2627) or contact the webmaster webmaster@farcnj.com & offer your time as a volunteer for races. No previous experience necessary.

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

Wanted: More FARC photographer(s) webmaster@farcnj.com

FARC DISCOUNTS at Area Running Stores

Say you’re a FARC member - you will get at least a 10% discount from these local running shoe & apparel stores:
- Shore Runner at 3889 US Hwy. 9 North at Hwy. 18) at Shoppes at Old Bridge, NJ. (732.571.3100)
- Runner’s High on Route 27 up in Metuchen, Middlesex County, NJ. (732.223.0444)
- Miles Ahead Running Store at 2241 Meeting House Rd. @Circle in Manasquan, NJ. (732.223.0444)
- The Running Store at 395 State Highway 35 in Shrewsbury, NJ. (732.758.8008)
Good shopping! FARC may issue club cards at future renewal.

Newsletter Mailing Update

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

Your E-MAIL Address

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

Hilliest Courses: Order is random
By Bob McGill

10 Kilometer Races
1. Skylands Challenge 10k (Newton, NJ)
2. Brian’s Run 10k (Wayne, NJ)
3. Woodcliff Lakes 10k
4. Terry Roemer 10k (Paramus, NJ)
5. Frost on the Pumpkin 10k (South River, NJ)
6. Hopewell Challenge 10k
7. Crossroads of Woodbridge 10k
8. Brielle Day 10k
9. Giralda Farms 10k (Madison, NJ)
10. Woods & Lakes 10k (Mountain Lakes, NJ)

5 Kilometer Races
1. Tewksbury 5 miler
2. Hit the Bricks 5 miler (Sayreville, NJ)
3. Sunset Classic 5 miler (Bloomfield, NJ)
4. Ho Ha 5 miler (Hoboken, NJ)
5. USAF X-C Championship 5k at Deer Path Park
6. Solstice 5 miler (Andover, NJ)
7. Our House 5 miler (Summit, NJ)
8. Bahr’s 5 miler (Atlantic Highlands, NJ)
9. George Sheehan 5 miler (Red Bank, NJ)
10. Born to Run 5 miler (Freehold, NJ)

5 Milers
1. Sparta 8 miler around Lake Mohawk
2. Navesink Challenge 15k (Middletown, NJ)
3. Indian Trails 15k (Middletown, NJ)
4. USAF 10 miler championship at Mercer Co. Park
5. E. Murray Todd Half Marathon (Middletown, NJ)

8 milers & longer
1. 5 Kilometer Races
2. 8 Milers & longer
3. 5 Milers

FARC Discounts at Area Running Stores

Says you’re a FARC member - you will get at least a 10% discount from these local running club stores:
- Shore Runner at 3889 US Hwy. 9 North at Hwy. 18)
- Runner’s High on Route 27 up in Metuchen, Middlesex County, NJ.
- Miles Ahead Running Store at 2241 Meeting House Rd. @Circle in Manasquan, NJ.
- The Running Store at 395 State Highway 35 in Shrewsbury, NJ.
Good shopping! FARC may issue club cards at future renewal.

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

Lee Magenheim & Family
Nancy Witt & Family
Emilio DelToro & Family
Byron Varlack & Family
Joanne Caccamo-Bauwens & Family
Jane Kaye-Coyne & Family
Jodi Nemet
Scott Hall
Patricia Chambers
Raymond Robertson
Daniela Linder Basso
Andrea Dewhurst
Cheyntah Charmaine
David Trulli
William Blair
Steve Harnett
Mary Ann Powles
Welcome Back:
Jane Simpson Van Ecuwen
Harold Tepper
Lisa Herrick
John Drudy

To avoid delay in receiving your hard copy & electronic newsletters & FARC FLASH, please renew your membership if label on back says it is due. Thanks. Renewal applications can be downloaded from the www.farcnj.com web-site. Please tell us how we can serve you better!

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

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FARC WEEKLY TRAINING

Sunday Group Runs, FARC Marathon Training
Sun. group runs are held at 8:00 AM at the usual location off Windeler Rd. on the south shore of Howell’s Manasquan Reservoir. All distances & paces are welcome. The up to 5 miles long dirt trail is easy on the legs. Those who wish to do >15 miles often begin early, i.e.~7:00 AM to beat the heat in the summertime. Awards are given for milestones. The club provides post-run refreshments & welcome camaraderie. Come out & share a run or walk.

Manasquan Reservoir Walking Group
Join Ben Ottmer's walking group Saturday mornings at 8:00 AM at the Welcome Center on Windeler Road at the Manasquan Reservoir. Walker/Walking Coach Ben has tips on race walking, health walking, and flexibility. Go your distance!

Freehold Boro Track Training
Join Mike O'Flaherty’s track workout group at Freehold Boro High School Track at Robertsville Road and Route 79, Thursdays at 5:30 PM. For more on track Workouts, send Email to Mike O'Flaherty for details: halfspeeder@yahoo.com

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Support our Sponsor:

United Storage

3464 Route 9 South, Freehold, New Jersey 07728
www.unitedstorallcenters.com
Or feel free to call 732-761-8420 - United Storage

Member Race Results

Members: Please send results & photos to FARC
[You can also get times and results off FARCnj.com web-site]

George Sheehan Classic
Farc summer Series
Robert Murphy- 33:58, 1st AG 11-14
Robert Murphy- 20:20, 2nd AG 14<
Bob Murphy- 23:38

ORC Summer Series
Sea Girl 5K
Robert Murphy- 20:06, 1st AG 14<
Bob Murphy- 21:11
Bob Murphy- 24:58
Robert Murphy- 19:58

Bradley Beach 5K
Little Silver Classic 5K
Dave Trulli - 22:15
Cara Trulli - 21:30 2nd place 11-14 yr.
Steven Feldman - 25:48 2nd 60-64
Ralph Garfield - 24 39<1st 70+<

Eatontown 5K
NYC 18 mile tune-up in central park
Patrick Young - 3:16:47
Staten Island Half Marathon
Patrick Young - 2:10:53
Chicago Marathon
Alyson Rosen - 3:31:29
High Stktn 5k
Patrick Young - 2:13:18
Kenny Vercammen - 19:11 5 overall
Deal 5k
Kenneth Vercammen-19:25 2nd AG,8 OA
Lacey 5k
Kenneth Vercammen-19:45 2nd AG
Cranford Fall Classic 4 mile
Kenneth Vercammen - 25:40 2nd AG
Lake Scranton
Kenneth Vercammen - 21:01 3rd AG
Cranbury Coby
Kenneth Vercammen - 25:16
Great Atlantic Super Sprint Triathlon
Kenneth Vercammen - 51:22 Top10 OA
Lavallette Sprint triathlon Swim ½ mile, Bike 12 miles, Run 3.1 miles
Kenneth Vercammen - 1:03:48 9 OA
Metuchen YMCA Garbolino 5k
Kenneth Vercammen-19:38 1st AG,4 OA
Perth Amboy Ribbon
Kenneth Vercammen -20:11 5th OA
Pt. Pleasant Triathlon
Kenneth Vercammen -1:09:10
Clam Man Triathlon
Kenneth Vercammen -1:12:53 3rd AG
Dunellen Run for Education 5k
Robert McGill - 23:26
Liberty Waterfront Half Marathon
Robert McGill - 2:04:49
Omaha Marathon
Kenneth Vercammen -2:04:58
Grete's Great Gallop half marathon
Diana Burton-5:57:16 2nd AG 32nd state
Kenneth Vercammen - 1:09:10
Jersey Shore Half-Marathon
Cindy Monica – 2:06 1st place AG
New Jersey Half Marathon
Kenneth Vercammen -1:57:57(1st 70+1
Summer Showdown 2.5 M
Cara Trulli – 22:26 1st <18 AG (age 11)
Lake Takanasee
Ralph Garfield: June 30-26:15
Ocean Grove Biathlon
Kenneth Vercammen -17:48
Parker House 2 M
Kenneth Vercammen-10:36(Free Beer)
Jersey State Triathlon Mercer Co.Park
Kenneth Vercammen -1:12:48
Chicago Rock n Roll ½ Marathon
Kenneth Vercammen - 1:12:48
Asbury Park 5k
Kenneth Vercammen - 1:12:48
Omaha Marathon
Kenneth Vercammen -1:09:04
Bradley Beach 5k
Kenneth Vercammen - 21:16
Rumson Hash Monmouth Pk.Trail run
Kenneth Vercammen - 50 minutes
Born to Tri Swim 1/3 M, Bike 13.5 M, Run 3.5 M
Ken Vercammen - 1:04 3rd AG 1st award ever in 25 yrs. of Triathlon
Conference USA Championships:
5 K Indoor (Hustler), February ‘09 Erica Weitz – 18:21
5 K Outdoor(Tulsa), May 2009 Erica Weitz – 18:14, right after Steeple
UCF Invitational,3 K Steeplechase, 4:00Erica Weitz – 11:31
Deland, FL Cross-Country 5 K 10/17/09 Erica Weitz – 18:48
Disney Invitational, X-C, 3.2 M 10/10/09 Erica Weitz–19:17(adj),18:37 5K (PR)
11/1/09 NEW YORK
R: Ralph Garfield – 5:25:53
CITY Marathoners: Race-Walked: Elliott Dennman – 6:25
Toys For Tots 5K

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

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

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

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

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

Make Check Payable To: Freehold Area Running Club
Mail To: FARC, 1222 Barton Ave, Pt. Pleasant, NJ, 08742

Name: ____________________________ Age: _____ Sex: ______
Address: __________________________
City: ____________________________ State: _____ Sweatshirt Size: M L or XL
Zip: ____________________________ Phone #: __________
Check if Military: ______

I know that running and volunteering to work at club activities 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 known 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, waive and release the Freehold 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, videos, pictures, recording or any other records of this event for any purpose paragraphs.

Signature: ____________________________ Date: __________
Parent Signature (if under 18): ______________ Date: __________

For information call 732-431-2627 or visit http://www.farcnj.com/
25th Annual

Born to Run

5 MILE RACE

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

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

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

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

Awards:
Overall Male & Female Finishers:
  1st Place - $100 +$100 for New Course Record
  2nd Place - $75 Men - Kevin Kelly 24:45 (1997)
Top 3 in Age Groups - 14 & Under, 15-19, 20-29, 30-39, 40-49, 50--59, 60-69 and 70 & Up
Top Overall Male & Female Race Walkers (Official Rules)
Top One Clydesdame (Female - 150 lbs+); Top 3 Clydesdales (Male - 200lbs+)

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

Make Check Payable & Mail To:
Freehold Area Running Club, c/o Isabel Keeley, 1222 Barton Ave, Pt. Pleasant, NJ, 08742

Name: ___________________________________________ Age: _____ Sex: ________
Address: ___________________________________________ FARC Member: Y or N
City: __________________________ State: ______ Circle One: Run RW CLY-F CLY-M
Zip: _______ Phone #: ___________________________ Sweatshirt Size (circle one): S M L XL 2X

Release: I, the undersigned, do hereby knowingly discharge and release: The Township of Freehold, The Borough of Freehold, their departments and employees, The Freehold Area Running Club, the CPL Reynolds Detachment Marine Corps League, sponsors and all volunteers 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: ______________
Parent Signature (if under 18): ___________________________ Date: ______________

For information call 732-431-2627 or visit http://www.farcnj.com/
FREEHOLD AREA RUNNING CLUB'S

2010

WINTER RACE SERIES

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27th ANNUAL
TIGHE PARK, GEORGIA ROAD, FREEHOLD

Held On The First Five Sundays of 2010

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

SERIES DATES: *** SUNDAYS, JANUARY 3-10-17-24-31

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 *

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 Adelphia 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
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

Membership Application 2010
WWW.FARCNJ.COM

New______ or Renew______ (Please check one)

Name: ___________________________ ___________________________ (Please Print)
Street: ___________________________ ___________________________
City: ___________________________ ___________________________
State: __________________ Zip: __________________
(Additional names on back of form)

E-Mail Address: (Please Print)

Membership Types, Select One:

Please circle option

Standard Membership Fee: Individual Family

1 YEAR (Good thru 12/31/10) $15.00 $ 20.00
3 YEAR (Good thru 12/31/12) $35.00 $ 45.00

Shirt size:(new membership only) S M L XL

Two Shirts for Family Membership

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

(All phone numbers 732 unless otherwise noted. Many races have websites Go to www.farcnj.com or hotline 732-431-2627 for details.)

NOVEMBER 2009

14  Turkey Trot Barnegat, NJ 5 K 10:00 AM
14  Turkey Trot Colonial Park, NJ 5 K 9:30 AM
21  Turkey Trot Manasquan, NJ 5 M 11:00 AM 223-2894
21  Turkey Trot Rumson, NJ 5 M 10:00 AM 291-5532
21  Macoby Run Greenlane, PA 5 M 9:00 AM
22  Steven Sprague Memorial, Toms River East H.S.,NJ 5 K  9 AM
27  Born to Run Freehold, NJ 5 M 11:00 AM 732-431-2627
28  Turkey Trot Westfield, NJ 5 M 11:00 AM
29  Navesink Challenge Bodman Pk,Middletown,NJ 5&15 Ks 10AM
29  Thanksgiving Sunday Long Branch, NJ 10 K 9:00 AM

DECEMBER 2009

06  Reindeer Romp West Brick, NJ 5 K 10:30 AM
12  Jingle Bell Bar A, Lake Como, NJ 5 K 10:00 AM
26  Toys for Tots Mike Tighe Park, NJ 5 K  10 AM 431-2627
13  Jingle Bells Toms River, NJ 5 K 3:30 PM
27  Polar Bear, Asbury Park, NJ 5M 1PM, 10K Walk 10AM 222-9080

JANUARY 2010

01  Hangover, Westfield, NJ, 5K, 12:00 Noon (web-site)
03  FARC Winter Ser., Tighe, Freehold 5K 10AM 431-2627
09  Freezing Cold Hash Run, Edison, NJ 3 M & 5 M 9:50 AM
10  FARC Winter Ser., Mike Tighe Park, 5K 10 AM 431-2627
17  FARC Wintr. Series, Tighe, Freehold 5K 10 AM 431-2627
24  FARC Winter Series Tighe, Freehold 5K 10AM 431-2627
31  FARC Wint. Series, Tighe, Freehold 5K 10AM 431-2627

MARCH 2010

21  Caesar Rodney, Wilmington, DE, 13.1M, 9:30 AM 302.655.7258
21  St. Paddys 10 M & Leprechaun 5K 10AM Freehold 431-2627
27  Paulette Steps–Cancer, Monmouth Battlefield, 5K 10AM-web

APRIL 2010

17  RunAPalooza, Asbury Park, NJ, 26.1 M Relay & 13.1 M web
18  Unite, Rutgers University, NJ, 13.1 M, 8:00 AM Website
24  Country Roads, Cream Ridge Winery, NJ, 5 K, 9 AM- Web

MAY 2010

02  Broad Street, Philadelphia, PA, 10 M, 8:30 AM Website