



THE LONG RUN



The Official Publication of The Freehold Area Running Club
VOL. 24 NO. 5 - 12/06

Website: www.farcnj.com
FARC Hotline: (732) 431-2627

Hello from the President

Well members I just don't know where the last two year as gone by as your president. We've have had a wonderful year at FARC and I know it's hard to believe that yet another year is almost over. Our Winter Series has grown to almost 200 runners and is one of the best series in the state. The St Paddy's races went off and were a great success. Our numbers were up this year almost getting to that 1000 mark again. This was due to a wonderful race committee and the hard work of race director Tom Wendel. The weather cooperated for us with a mild winter day. We outdid ourselves in the summer series where we averaged 100 kids each week and almost 100 runners each week. We had a busy fall season starting with the second year of our X-Country team. It makes me very proud to see the excitement and support of our X-County team. When they get together, it is all about running. Congratulations to all! We were the race management team for the Richard Trivia 5K run in Turkey Swamp Park helping raise over \$10,000 for Spinal Cord Injury Awareness. Congratulation also goes out to Bob Hyer who took over the Born to Run 5 miler as its director. We had 600 runners on a wonderful fall day. We want to give our best wishes and thanks to Hank Bailey who was the director for many years of this race. We will have our Toys for Tots race on December 12th. It's the 18th year that FARC has given back to the community with toys for the Marine Corp program. I am always so proud of the running community at this race. The generosity of runners and the amount of giving is awesome. Thank you one and all. The FARC Board of Directors also approved a program to support our local High Schools Track & Field and X-County programs in the Freehold Regional District each year. It's also that time of year to renew your membership to this great club. Please see the membership application in this issue. I have been going thru the FARC year and it has been a good one. I would also like to thank Art Rosen who has been our Treasurer for the last 6 years. Art is stepping down after being a valued Executive Board member who has given so much to the club. Art - thank you.

Being the president of this great club has been a wonderful experience. I want to thank the Board and the Executive Officers for their support and all the hard work they do for all of our events. What FARC has given me has been great friendships. Thanks to a great group of members. I'm looking forward to seeing you all at our Club Meetings, races and on the roads. A Very Happy Hanukkah and Christmas to one and all.

Isabel O'Donovan-Keeley

Sad News

We have been informed that our club member Don Spadola passed away this past Tuesday. Don was a valued member and one of the hardest volunteers for our club. He never said no. Our deepest sympathy goes out to his family Pam, Randy, Ryan and Heather. Rest in Peace dear friend and fly with the Angels.

Club Meeting Wednesday December 6, 2006

Group Run at 7:30 Meeting at 8 P.M.

Weekly Group Runs

FARC group runs are held **every Sunday** at 8:00 AM at the Manasquan Reservoir in Howell. All distances and paces welcome, and those dirt trails are easy on the legs. Awards are given for significant milestones. The club provides the post run bagels and the camaraderie. Come on out and share a run (or walk).

FARC Executive Board

President	- Isabelle O'Donovan-Keeley
Vice President	- Michael O'Flaherty
Vice President	- John Weitz
Treasurer	- Art Rosen
Secretary	- Jim Bergum

HOTLINE – 732-431-2627
WEBSITE – www.farcnj.com

FARC Winter Party Feb. 3rd

This year's annual FARC awards banquet is February 3rd at the Waterview Pavilion in Belmar. More details will be upcoming. Check www.farcnj.com for the latest information.

Club Meeting Wednesday December 6, 2006 Group Run at 7:30 Meeting at 8 P.M.

FARC Gets Discounts

Club members will receive a 10% discount from the Miles Ahead Running Store. Just say you're a member of the FARC. Good Shopping.

Kudos's

Thanks to FARC

On behalf of the Shore Athletic Club and the **Jersey Shore Half Marathon**, I want express my deep appreciation to the Freehold Area Running Club and its members for the support that the club gives to the Jersey Shore Half Marathon. This race could not have been organized without the valued assistance of FARC. Special thanks to Bob Hyer, Tom Wendel, Marcia & Avram Shapiro for their valued assistance and advice that is so very much appreciated.

Isabel Keeley
Race Director

Runners Forum

Marine Corp Marathon
By Cindy Monica

Hi There, I am happy to report the following results for the Marine Corps Marathon on 10/29/06:
The weather was just about perfect - 45 degrees and sunny with a little wind. There were over 34,000 runners. I ran with my niece Casey. She went ahead of me after a couple of miles and finished in 4:13. My time was 4:56:33, which sounds pretty slow, but it was 6 minutes faster than the last marathon I ran in 2000. I was 20th place of 62 females in my age group. I felt good just being able to go up that last steep hill to the finish line! It was so great to have Michael help me get to the starting line and find him waiting for me at the end of the race. There were so many people cheering and playing music all along the course. I did a fundraiser for the Alzheimer's Association in memory of my mom, who just passed away a few weeks ago. If anyone wants to donate, please let me know, and I'll send you the information.

All the long training runs at the Reservoir really helped, especially the 20-mile run I was able to do on 10/15/06. Thanks to my running friends Sue, Jose, Linda and all of you who encouraged me. You were fantastic!

FARC XC Team



Week 5

The day started out rainy, chilly and windy. Just as predicted. This was the way XC race 5 at Thompson Park opened up. These conditions made the long walk from the race parking seem even longer. Most were huddled under a tarp trying to stay warm and dry. Where was Noah the arc builder today. Every once in a while someone would jog out from under the make shift shelter to loosen up.

The weather surely kept some home today. This was the smallest field so far this season, 73. And the master's race at Holmdel Park tomorrow may have helped shrink the field. I guess any had valid reasons for staying home today. But this was the Halloween race, the race for the pies and packages of Delicious Orchards cookies for the age group winners.

There was a silver lining though. As the race was ready to start, the rain subsided. And the winds started to die down. Without the gusty winds, the temp was actually in the high 50's. These weather changes held up throughout the race. Of course the course was very sloppy.

The race was scored by place and not times today. It did not matter too much for FARC though. We did not score as a team. There were only 3 of us and did not have an official team. But two-thirds of the team did win age group pies. Congrats to John Taylor (50-59) and Przemek Nowicki (60-69).

At the end of the race there was doughnuts and apple cider for all. It wasn't a bad day after all.

Results

Turkey Trot Colonial Park 5K
Ralph Garfield -23.13(1st 70+)
Space Coast 15 K Melbourne, FL
Kenneth Vercammen - 1:00:50 3rd 45-49
Tortoise & Hare 5k Melbourne, FL
Kenneth Vercammen - 18:55 1st 45-49
Hashathon Cheesequake Park 6.6M
Kenneth Vercammen - 45:22 1st 40-49
East Brunswick 5k
Kenneth Vercammen - 18:58 1st 45-49
South Brunswick Viking 5k
Kenneth Vercammen - 19:19 1st 45-49
Bassman Triathlon 1/2 M swim 26M bike 4.5 M run
Kenneth Vercammen - 2:35:22
Sayreville Hit the Bricks 5 mile
Kenneth Vercammen - 31:44 2nd Master
Little Silver 5 K
Bryan Pfeffer - 23:13 3rd 11-14
CPL Breakfast Robert McGill - 5k
Ralph Garfield -22.56(1st 70-74)
Robert McGill - 23:27
East Brunswick 10k
Robert McGill - 48:32
Sayreville Hit the Bricks 5 miler
Robert McGill - 39:18 3 rd male 45 - 49
Paramus Terry Roemer 10k
Robert McGill - 52:58
Newark Corporate 5k
Robert McGill - 24:31
Fighting Children Cancer 5k
Robert McGill - 23:47
Steamtown Marathon
Robert McGill - 5:24:19
Art Glass 5K Run
Ralph Garfield - 21.45
USATF 5K National Championship
Ralph Garfield - 23.15
Disneyland Half Marathon
Chuck Schmidt - 2:11:56

You're E-MAIL Address

Many of you are changing your Internet provider and your e-mail addresses are invalid. If you change your E-mail provider please send your new address to our webmaster at Webmaster@farcnj.com

Manasquan Reservoir Walking Group

Join the walking group every Saturday morning at the Manasquan Reservoir. Racewalking coach Ben Ottmer's group leaves at 8:00 a.m. sharp. He will give you training advice on racewalking or health walking. You can go 2 miles or 10 mile's it up to you. The group meets at the welcome center on Windeler Road.

Have you renewed your FARC Membership?

See Membership Application in this issue.

FARC Gets Discounts

Club members will receive will receive a 10% discount from the Miles Ahead Running Store. Just say you're a member of the FARC. Good Shopping.

Club Meeting Wednesday December 6, 2006

Group Run at 7:30 Meeting at 8 P.M.

Support our Sponsor



3464 Route 9 South Freehold, New Jersey 07728

732-761-8420

www.unitedstorallcenters.com

Freehold Area Running Club's

Club Meeting

Wednesday December 6, 2006

It's our

Holiday Club Celebration

Business Meeting to:

Vote for Club Officers 2007

Refreshment and goodies will be served
with good fellowship and laughter.

At Michael Tighe Memorial Park
(Formerly Liberty Oak Park)

Fun Run Starts at 7:30 p.m.
Short Business Meeting at 8:00 p.m.



Membership Application 2007



WWW.FARCNJ.COM

Send the attached form with check to:
Freehold Area Running Club
P.O. Box 4
Manalapan, New Jersey 07726

BENEFITS OF MEMBERSHIP

- Informative Newsletters - Member - RRCA
- Meetings with Guest Speakers - Race Schedule
- Race Entry Discounts - Weekly Group Runs
- Summer & Winter Race Series - Kids Races
- Annual Club Party - Social Activities
- Seasonal Track Sessions - Annual Awards Party

New _____ or Renew _____

(Please Print)

Name: _____ FAMILY MEMBERS & AGES:

(If applicable)

Street: _____

Name Age

City: _____

Name Age

State: _____ Zip: _____ Telephone #: _____

E-Mail Address: _____

Please Print

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

Membership Types, Select One: *Please circle option*

Individual Family Shirt size (new membership only)

Shirt may be picked up at any club event

Standard Membership Fee: M L XL *(circle one)*

1 YEAR (Good thru 12/31/07) \$15.00 \$ 20.00

3 YEAR (Good thru 12/31/09) \$35.00 \$ 45.00

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

RACE CALENDAR

(All phone numbers 732 unless otherwise noted, Go to www.farcnj.com for more details)

DEC 06

12/09 Jingle Bell Run Lake Como, Bar A, NJ 5 K 283-4300 Ext. 313

12/10 Toys For Tots Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627

12/30 Ramona's City Hall, Perth Amboy, NJ 4 M 4:00 PM 381-0318

12/30 Polar Bear Asbury Park, NJ 5 M Run 1:00PM 10 M Walk 10:00 AM 222-9080

12/31 Happy New Year Long Branch, NJ 4 M Midnight 578-1771

JAN 07

01/01 Hangover Tamaques Park, Westfield, NJ 5 K Noon 866-841-9139

01/01 Hamilton Hangover Veterans Park, Hamilton, NJ 5 M 12:30 PM 609-737-9069

01/06 Freezing Cold Hash Edison, NJ 4-6 M 10:00 AM 572-0500

01/07 FARC Winter Series Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627

01/14 FARC Winter Series Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627

01/14 ORC Winter Series Ocean County Park, Lakewood, NJ 4 M 11:00 AM

01/21 FARC Winter Series Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627

01/21 ORC Winter Series Ocean County Park, Lakewood, NJ 4 M 11:00 AM

01/28 FARC Winter Series Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627

01/28 ORC Winter Series Ocean County Park, Lakewood, NJ 4 M 11:00 AM

FEB 07

01/04 FARC Winter Series Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627

02/04 ORC Winter Series Ocean County Park, Lakewood, NJ 4 M 11:00 AM

02/11 ORC Winter Series Ocean County Park, Lakewood, NJ 4 M 11:00 AM

MAR 07

03/18 St. Paddy's Freehold, NJ 10 M 5 K 10:00 AM 431-2627

03/24 CASC Hightstown, NJ 5 K 9:30 AM 742-6868

APR 07

04/14 John Parkhill Memorial Joe Palaia Park, Ocean Township, NJ 5 K 10:00 AM 539-4400

04/29 NJ Marathon Long Branch, NJ 26.2 M 13.1 M 7:30 AM