



THE LONG RUN



An Official Publication of The Freehold Area Running Club
VOL. 25 NO. 6 - 12/07 (see e-mailed monthly *FARC Flash*)

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

Hi from your Pres.: Please update your Calendars:
FARC's Toys for Tots 5-Km at Freehold's Flat, Fast Mike Tighe Park course, Sun., Dec. 9.

Club Mtg. Wed. Dec. 12th, 8PM at Tighe Park Clubhouse, following 7:30PM Fun Run. Meeting Features Annual Club Elections, Holiday Party Desserts, & Guest Speaker!

FARC's 25th Annual Winter Series of 5-Km races on Jan. 6, 13, 20, 27, & Feb. 3, 2008 at *lightening-fast* Michael Tighe Park course.

Also Mark your Calendars for the Annual Club Banquet Marking FARC's 25 years on Saturday Feb. 2, 2008 7-11 PM at St. Clement's Church on Route 79 in Matawan. *Everyone hopes to see you at each function - JW*

Hats off to Walt Rutsky for Coord. FARC XC Team

600+ Complete 22nd Annual Born to Run
Race Director Bob Hyer, his Race Committee Persons and many volunteers put on another sterling 5-Mile Born to Run Race in Downtown Freehold on 11/23/2007, the day after Thanksgiving. Runners were traversing the scenic course through historic Freehold including Topanemus Park on a brisk November Black Friday in 40° temperatures with a bit of a wind. Despite the chilly conditions, nearly 100 more registered than last year. Court Jester was a sponsor and the race benefited the Open Door Food Pantry and Lake Topanemus Park.

Alex Emanuel of Holmdel was the male winner in 27:50.9, edging out Freehold's and West Virginia Wesleyan University's star Michael O'Flaherty (both pictured at right) who came on fast to capture 2nd in 28:15.8. FARC's and Princeton University's phenom Ashley Higginson of Marlboro (former Colts Neck standout / New Jersey State 5K record holder / National 2-mile titlist) was the first female in 31:42.9, ahead of top local master's runner, FARC member (& local gym manager), Gabby Barrett, 33:11.7. Complete places, times, age groups, and photos of all 612 5-mile finishers may be viewed on the club website at FARCNJ.com.

Start of Born to Run 5-Miler:



#1 Male Finisher #2 Male Finisher #2 Male FARC finisher

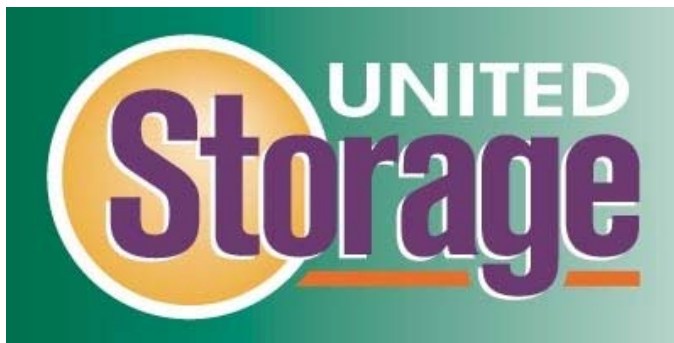


Alex Emanuel Michael O'Flaherty Phil Lozada

#1 Female Finisher #2 Female Finisher #3 Female FARC finisher



Ashley Higginson Gabby Barrett Erica Weitz



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

Ongoing Weekly Group Runs

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

2007 FARC Exec.Board ('08 elections: 12/12)

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

FARC Gets Discounts

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

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

Good shopping & look for club cards in the near future.

Best Wishes to Jim Allahand's Brother

Jim's brother went in for surgery in October and Jim was helping to take care of him. We wish his brother and the family all the best. -FARC family

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!

This is from the Monmouth County Historical Association web site:

Submitted by Hal Smith

25 years ago

Winning the Eastern Athletic Conference cross country championship is just the tip of the iceberg for Rutgers University distance runner Jim Casey. The senior co-captain has his sights set on the National Collegiate Athletic Association finals being run in Wichita, Kansas, this November. Casey, a standout runner at Manalapan High School, has become the dominant runner on the Scarlet Knights' cross country team and he has been getting stronger each race. At Schenley Park in Pittsburgh where Casey won the eastern title, he was 30 seconds ahead of his nearest rival, teammate Peter Glavin. Rutgers cross country coach Les Wallack has more praise for his co-captain and top runner. "Jimmy's a real wonderful kid to have on your team. He's having a fine cross country season and he's getting better each week," Wallack pointed out. The coach said he was also pleased with the enthusiasm Casey has displayed as co-captain. He has become a perfect team leader. To Wallack, reaching the NCAAs is within Casey's grasp.

- Compiled by Dick Metzgar

Jim ran in the FARC races at Monmouth Battlefield State Park (MBSP) in the club's early years. He was a member then, but I don't believe he is now. However, he may still hold the course record for the course that went around the horse track at MBSP.

Member Race Results

Philadelphia Marathon (clock)

Bill Aromando - 3:30:19 (3:30:19)
Martha Lanko - 4:33:09 (4:37:34)
Sandy McKay - 4:18:46 (4:22:45)
Maggie Freeman - 3:19:50 (3:21:01)
Tom Long - 4:15:03 (4:17:11)

Steamtown Marathon

Jose Rivera - 3:31:21 (3:31:29)
Jim Pate - 4:47:07 (4:48:02) -see *narrative* below
Philip Lozada - 3:25:56 (3:26:04)

Marine Corps Marathon (clock)

Cindy Monica - 4:52:27 (4:55:46)

Little Silver 5K

Ralph Garfield-23.25 (1st 70+)

CPL Breakfast 5K

Ralph Garfield -23.21(1st 70+)

Little Silver 5K

Ralph Garfield -23.25(1st 70+)

Buckelew 5K

Ralph Garfield - 24.38(1st 70+)

USATF-NJ 8K Cross Country

Ralph Garfield - 40.02(3rd 70-74)

Vikings 5k

Ralph Garfield - -23.14(1st 70+)

Colonial Park 5k
 Ralph Garfield - -23.16(1st 70+)

Shore AC Cross Country Series
 Ralph Garfield-1st 70+

East Brunswick 5k
 Ken Vercammen 19:33 2nd place family team

Trick or Trot Long Branch
 Ken Vercammen 23:36 2nd age group, 7th overall

Sun & Fun 2 Mile, Cocoa Beach FL
 Ken Vercammen 13:13 1st Overall

Space Coast Classic 15K, Melbourne FL
 Ken Vercammen 1:01:21

Hashathon Old Bridge
 Ken Vercammen 45:10 1st 40-49

Carnegie 5k
 Ken Vercammen 18:54 3rd 45-49

Sandy Hooker Sprint Triathlon
 Ken Vercammen 59:03

Jersey Shore 1/2 Marathon
 Ken Vercammen 1:33:24 [same morning]

USATF cross-country
 Ken Vercammen 20:14 2nd place team

Metuchen YMCA 5k
 Ken Vercammen 19:08 1st 45-49 4th overall

Run 4 Lupus 4 mile
 Ken Vercammen 25:10 1st Master

Dunellen Run for Education 5k
 Robert J. Mc Gill - 22:57

Newark Cherry Blossom 10k
 Robert J. Mc Gill - 48:48

Hoboken UMC 5k
 Robert J. Mc Gill - 23:38

Steamtown Marathon
 Robert J. Mc Gill - 5:19:27

Delaware Water Gap Series 5k
 Robert J. Mc Gill - 40:33

Little Silver 5k
 Steven Feldman - 26:56 (2nd 60-64)

South Brunswick Run with the Vikings 5K
 Steven Feldman - 26:40 (3rd in 60-69 Age Group)

Henry Hudson Race (8 miles)
 George Shimanovich – 1:02:12.

APA (American Psychological Association) Ray's Race
 5k (San Francisco, CA)
 Cindy Monica - 28:42 1st AG

Vineland Exchange Club Duathlon
 Laura Baldachino-2:49:41 2nd 40-44 AG&2nd Athena

Stroudsburg PA 5k
 Ken Vercammen 19:54 2nd age group

South Plainfield 3 mile
 Ken Vercammen 18:06 1st 40-49

Buckalew Jamesburg 5k cross-country
 Ken Vercammen 19:52 3rd overall

Monmouth Sprint Triathlon
 Ken Vercammen - 1:20:26

Bishop Ahr Alumni Cross-Country Classic
 Ken Vercammen 18⁴⁰ 1st 30-55

Keyport 5k
 Ken Vercammen 18:54 1st 40-49

Endless Summer Triathlon LBI
 Ken Vercammen 1:13:08

Jim Pate – 4:47:07 (4:48:02) at Steamtown Marathon:
“I was on pace until 18 miles when the cramps hit. My quads cramped and if I tried to stretch them, the hamstring would cramp. I was reduced to stopping, rubbing out the cramp, then walking slowly and eventually running again. Sometimes I would make it a mile, sometimes less. There was absolutely no wind and it felt like we were simmering in a vacuum. I don't think that's how ‘Steamtown’ got its name but it sure fit that day!”

Favorite Races That No Longer Exist

By Jim Jensen and Bob Hayes

1) Long Branch Beach Run (about 4 miles)

This was last run in 1992. It was held in mid-Feb. so beach conditions weren't always ideal. The sand replenishment hadn't begun yet so all of the jetties were fully exposed. Most runners chose to race near the water's edge in the firm sand and climb or vault over the jetties and other debris that had accumulated there. Sometimes if you miscalculated the wave pattern and got too close to the incoming surf you would get soaked with freezing cold ocean water. The leaders received hand-carved whales for their awards. Around 2000, this race was revived for several years as a beach/boardwalk run at Seven Presidents Park in Long Branch.

2) Run For Awareness (April -- about 3 miles)

This was first held in 1994 and lasted about five years. It was staged by the Monmouth County Prosecutors Task Force Against Drunken Driving. The entire race was a most unique three loop course at Seven Presidents Park. It began on asphalt then grass; dirt and gravel; went on to hard and soft sand followed by a short stretch on the boards, concluding on concrete. The numbers were never good for this race (probably at most about 40 people), because not many knew about it.

3) Ocean Township League of Women Voters Five Miler (Sunday after Labor Day)

This one folded around 1996 after losing its major sponsor. It started and finished at Ocean Twp High. It went through Deal Test Site (now known as Joe Palaia Park) before the trails were paved and the park upgraded. It was important to keep someone in sight while in the park because it was easy to get lost in the maze-like trails.

4) Monmouth Park Road Race - Started as a 5 miler, and then became a 4 miler (late July early Aug).

It began in 1987 as a companion to the Haskel (horse race) Day festivities. After two years it was shortened and switched to an evening (usually Thursday) event.

The last mile was run on the turf course but after the first year the turf was off-limits to all human racers. The finish became a quarter-mile run on the dirt homestretch.

As an added bonus in the inaugural year, all participants were given reserve seats in the picnic area near the finish line.

Those who remained the entire day for the main event were treated to the best horse race ever held in NJ.

The top three 3-year-old colts in North America were in the race and staged a monumental battle finishing just noses apart. Twenty years later, this race is still the standard against which all other big time horse races are measured.

The road race ended several years ago after management changes and sponsorship losses. The good news is that it was back in late Oct. staged by the Jersey Shore Running Club as part of the Breeders Cup Fanfest. There is optimism that it will be back in its regular slot on the road-racing calendar next year.

5) Battle of Monmouth Five Mile Run (late June)

It started and finished at the Freehold YMCA on East Freehold Rd and was usually held on a Friday evening. It was mostly on country roads with a three-quarter mile stretch through woods. The race course retraced much of the route Washington and his troops used in the famous battle. This one ended in the late eighties.

6) Toms River Roots Run Dash For Cash (five miles)

This took place the Sunday after Thanksgiving at the First National Bank of Toms River. It ended in the late eighties after the bank was taken over by another bank. The overall men and women champions each had 30 seconds to enter the bank vault and grab as many \$1 bills that had been scattered throughout the floor and shelves. The cash was placed in a bin located about twenty yards away and it all went to local charities.

7) Sayreville Run With the Stars (mid-June 5k)

With its unique 9:00 pm starting time this was probably the only race in the area that took place in total darkness. The final 500 yards (about) were slightly downhill-resulting in some blazing stretch-run finishes.

8) Lakewood Community School Five Mile Run (Sunday of Memorial Day Weekend)

One lap around Lake Carasaljo. The alternative (or the antidote) to the Spring Lake Five held the day before. If there ever was the right race slotted in on the right date on the race calendar, this was that race! It was a low-key race for those who didn't want to deal with the 10,000 runners at Spring Lake or a race to run on a long Holiday weekend for those who were shut out of Spring Lake. (Or it was a chance for redemption for those who had run lousy at Spring Lake.) The race-walk that accompanied the run still exists. The run was eliminated around 2000 or 2001 and strangely this date has remained open on every race calendar in this area.

9) American Cancer Society Five Mile Run (Father's Day)

The main reason this is on the list is that Bob Hayes ran his 5 mile PR on this course!! It started and finished at Wanamassa School in Ocean Twp. The last year for this was 1989 or 1990. A version of this still exists as the Jersey Shore Running Club Pre-Fathers Day Race- held on the Saturday of the weekend before Father's Day.

10) - Elberon Five Mile Run (First Sunday of June)

The main reason this is on the list is that it was the first race that Bob ever ran!! It was a great course through the Elberon neighborhood of Long Branch starting and finishing at the Elberon School. It ended in the late eighties after some residents complained of roads being blocked.

11) - Atlantic Highlands Harborview 5-Mile Run (Mid-April)

Started and finished at St. Agnes School. This course was completely flat with a nice view of the water. The last one was around 1986.

12) - USMAPS Half-Marathon (late March)

This was a well organized race staged by the army prep school at Fort Monmouth. It was about two 5 mile loops around the fort, sandwiched around a 3-mile run through Oceanport.

13) -Oceanport Lions/Perkin-Elmer 5-Mile Run (mid-Sept.)

It started and finished at Monmouth Park Horse Track and ran through the streets of Oceanport. It ended its run with the demise of Perkin-Elmer around 1988.

14)-Shore Athletic Club Winter Series (var. date/distances)

It started with a 10k in mid-December in honor of two Olympians-Bill Reilly and Todd Scully- and was held at Lake Takanassee. The races continued into the winter months. The distances were 5 mile, 10k, 15k, 10-mile and 20k. There was a 10k run/walk for several years. In 2000 the series shifted to Joe Palaia Park in Ocean Township while the bridge at Lake Takanassee was being rebuilt. The race became a 5k and returned to the lake the following year only to return to Joe Palaia Park in 2003 due to the lack of bathroom facilities and a heated-shelter. The end came in 2005 as

there were too few runners and too much trouble finding volunteers to help.

15) - Asbury Park YMCA/Boardwalk Summer Series

This series was held on Thursday evenings throughout the summer. It began in the mid-eighties and lasted until the mid-nineties when it was moved to Wall Twp and became the highly successful Wall Twp. summer series. The first couple of years it was run from the YMCA on Main Street and included a trek to the boardwalk and an out and back run on the boards back to the YMCA. It became too dangerous running through the streets of Asbury, so it was shifted entirely to the boardwalk and the end came when race participants declined due to the deteriorating condition of the boards.

(Editor's Note: It is my estimation that our venerable *Ironman*, Jim Jensen has likely run more races than the entire number of races ever cancelled!)

Since the above appeared in the FARC FLASH and on the website, several other members sent in lists:

Rob McGill's lists:

- 1) Mountain Challenge 15k at Great Gorge (also had a 3k) Vernon, New Jersey
- 2) Hacklebarney Hill Climb 15k & 5k (Pottersville, NJ)
- 3) The Midland Run 15k & 5k (Far Hills, NJ)
- 4) Easton Hospital 5k (Easton, Pa)
- 5) Around the Lake 5k (Lake Hauto, Pa)
- 6) Raising Hope 5-miler (Readington, NJ)
- 7) Joel Spector 10k & 5k (Washington Township in Bergen County, NJ)
- 8) Ogdensburg 5k (Ogdensburg, NJ)
- 9) Colonia Classic 5k (Colonia, NJ)
- 10) Tappan Zee Boosters Club 10k (Orangeburg, NY)
- 11) Patriots Path 10k (Mendham, NJ)
- 12) Trenton Waterfront 5k (Trenton, NJ)
- 13) 12 miler at Allamuchy (Allamuchy & Byram, NJ)
- 14) Montclair YWCA 10k (Montclair, NJ)
- 15) Race of the Plainfields 10k (Plainfield, South Plainfield & North Plainfield, NJ)

15 other races that have disappeared.

- 1) HANDS 5k (North Arlington, NJ)
- 2) Lightning 5k (Edison)
- 3) Rockaway Blast 5k
- 4) Run for the Roses 10k (Denville)
- 5) Pfizer 5k (Morris Plains)
- 6) Harvest Festival 5k (Denville)
- 7) St. Mary's Romp 5k (Denville)
- 8) Run for Grace 10k (Morris Plains)
- 9) Field of Dreams 5 miler (Independence)
- 10) Wee Run Wild 5k (Kean University)
- 11) Run to Finish 5k (Boonton)
- 12) Pennington 10k
- 13) Sleepy Hollow 5k (Plainfield)
- 14) Fourth of July 3 miler in Linden
- 15) 20k at Round Valley Reservoir

Jim Bergum's List:

1) Howell 5 Miler

The race was part of Howell days in the early 90's. It was a nice 5 mile race with great prizes. The race was not well advertised so very few runners showed up. It died after a few years.

2) Gold's Gym 5 Miler

This was a great race that started and ended at the swim club in Howell. They had great food with a festive atmosphere. We were told after the first race to put the race on our calendars for future years since it would be an annual event. I think it lasted 2 years.

3) Joe Parker Memorial 5 K Asbury Park in April

This was a big race in the early 90's on the Asbury boardwalk with fast times.

4) Repeat: Root's Run: See above. Does anyone besides me still have the green-and-black tassel cap?

Bruce Marshall's List:

- 1) Haybale 25K
- 2) Midland Run 15K
- 3) Equinox 20K
- 4) Bar A Half Marathon

If you have a favorite race that no longer exists, send an email to webmaster@farcnj.com and it will get added to the website list.

Spadola Running News

Heather (8th grade) is once again headed to Jr. Olympic Cross Country Regionals (11-18-07) and hopefully National competition (12-2-07). She qualified recently at the State meet, placing 8th in the Youth 2.5 mile race. One week earlier, she placed 4th in the Monmouth County Championships, with a personal best time of 10:28 for the 1.6 mile course at Holmdel. Her season included three personal bests at the home course of Howell Middle School North while her team went undefeated and won the County Team title for the third year in a row.

Randy, running for Freehold Twp High School, had a challenging year, managing one personal best at Holmdel. Dual meets had him in the top three finishers but the big meets posed a challenge and disappointment. He will be re-grouping for indoor track. Ryan went back to football (!) instead of cross country. But he managed to use his running talents to run the ball down field to help his team. He will be returning to the oval for indoor track.

Kudos & Congratulations

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

FARC Welcomes New Members

Please continue to introduce your friends to your club!

- Donald McCarthy and Family
- Paul Tuck and Family

FARC FLASH

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

FARC Member Profile: Scott Linnell

Several items stand out for youthful & speedy masters club-member and familiar-face Scott Linnell as his favorite aspects of running:

- Becoming acquainted with fellow runners (a delightful crowd indeed is the vibrant community of runners we can socialize with at these races)
- Staying in shape
- Exploring unfamiliar parts of Monmouth County
- Having a plethora of races to choose from

- Running clubs, their race directors, & volunteers

(Ed. Note: Scott's list does not even include winning age group awards, evidence of a fine character to complement prodigious talent!)

Family has always been an important factor in Scott's involvement in running. Scott started running during Middle School, back in Okemos, Michigan, when his older brother – a fitness fanatic – had Scott join him on runs of several miles around the neighborhood. Now hooked, Scott then continued running on his own during high school and college as a way to stay fit. He ran in a road race for the first time here in New Jersey in 1982 while an engineer at Bell Labs. Then other commitments limited him to racing just once a year. But about seven years ago, he really started into running again in a big way, and family again played a part. Young grade-school daughters, Allison and Erica, were now suddenly running and excelling, too. Here's an example of how this fine father/coach motivated the girls: He would create a simple puzzle on paper for each, taping the puzzles to a post ½-mile away, & then lead the girls on a run to the post. Taking a break and solving the puzzles was their reward for completing one half of the mile run. Then when in middle school, Allison & Erica participated with the Wall Track Club during summers and also ran their first 5K road races. Both now compete for Colts Neck High School while attending the highly-regarded and selective Marine Academy of Science and Technology, a Monmouth County Vocational High School on Sandy Hook. Scott's wife Susan is not merely just a supporter of all the running, as she also *caught the running bug* (whether contagious or genetic: it's all good) herself 2 years ago, and she now runs 3-4 times per week. The family has belonged to FARC for several years now.

Before going to work at Alcatel-Lucent, Scott begins most mornings at 4:30 or 5 AM with a 2-mile run with the family's yellow labrador, *Flash*. With oldest daughter Allison, now a speedy senior Cougar mainstay (now running 1-2 with National Class teammate Brianna Jackucewicz) on the very competitive Colts Neck High School (CNHS) girls X-C & track teams (& Allison plans to continue to run in college), he runs 3 miles, twice per week, *at her request*. Younger daughter, Erica, now a junior also runs at CNHS on the Cougars' formidable X-C and track teams and Erica is also very competitive. Oh yeah, back to Scott, our profilee who made the others' running possible: his favorite race series are **the FARC Winter Series where you will almost certainly see him in Jan.-Feb** and the SAC Cross-Country Series where he has run on the FARC team. His favorite race is the Jersey Shore Marathon Relay from Seaside Heights to Asbury Park in April. He regularly beats most of his age-group competition, and he won FARC's Masters Runner of the year award for 2006. A sampling of his personal best times include:

- 1-Mile 5:29 – NJ International meet, June 2005
(lifetime goal is to break 5:00, & he just may!)
- 5-Km 18:20 - Pre-Fathers Day 5-Km-Allenhurst- 6/9/07
18:11 - Pre-Fathers Day 5-Km-Allenhurst-6/2006
- 5-Mile 30:58 – Run Through Deal, 10/13/02(goal:30:00)
- 10-Km 40:14 - Colts Neck 10K, 9/10/2006
- 15-Km 1:04:45 – Indian Trails, Middletown, April 1, 2007

Knowing Scott, it should surprise no one that what was to be a profile of one man's running ended up being a Linnell family (including Flash) profile. You will undoubtedly be hearing more about each member of this fine contingent. We wish this Colts Neck family well in all their pursuits (& truly hope they are not embarrassed by this attention, as they really ought to be getting used to it by now!

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 our webmaster at webmaster@farcnj.com

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

Wanted: Need FARC photographer(s) by fall '07 (you're welcome to start sooner! webmaster@farcnj.com) as FARC photographer, Nathan Bergum, has graduated from college (Univ. of DE) and has now moved on to the real world of work at a large accounting firm! Nate's been great for FARC! Good luck to you, Nate!

Manasquan Reservoir Walking Group

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

First Aid / CPR / AED

If you would like to become certified or re-certified in First Aid / CPR / AED, then you are a member of the right club. Once again, FARC will bring in long-time member and experienced local Instructor Mr. Walter Stein to teach the class. Now, we are just searching for a place, and then we will confirm the date, time, details. Please call the hot-line or email to webmaster@farcnj.com if you wish to participate. Preference may be given to finish line & course volunteers.

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

Hearty Soup Recipe for the Winter Season

BARLEY AND BEAN SOUP (VEGETARIAN)

(thank you to Stan Dubroff and his sister Janey):

1 cup large dry lima beans
¼ cup barley
1 carrot sliced cross wise, about 1/8 thick
1 stalk celery cut cross wise about 1/8 thick
1 onion, quartered
3 cubes Knorr's vegetarian bouillon cubes
6 cups water

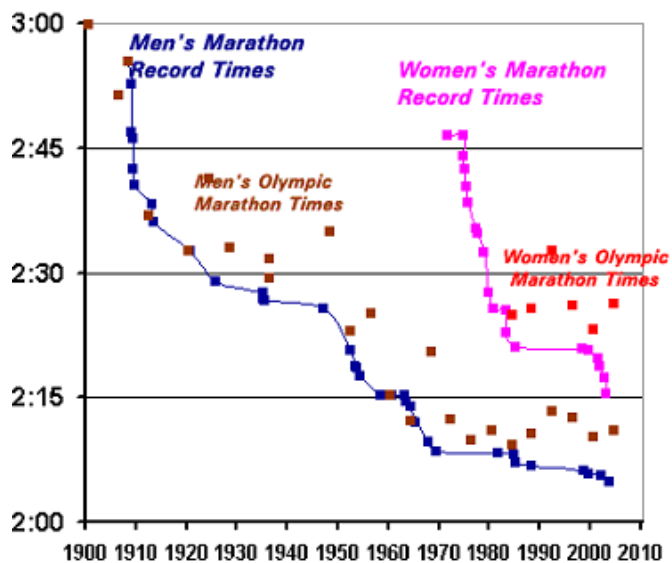
Place limas in pot, cover with water and bring to a boil. Let stand for one hour.
Shell limas
Place shelled limas, carrot, celery and onion in soup pot and add water.
Simmer covered for 1 hour
Add barley
Cook till done, then add vegetable bouillon

Will thicken as it stands. If double recipe is made, use only 4 bouillon cubes.

Make Your Day

Be a race volunteer, & learn how good it feels to give. More helpers are always needed at the races & events, but even at winter series & others. If interested, please call and speak with or leave a message for our *Volunteer's Coordinator*: Marcia Shapiro at the FARC hot-line at 732-431-2627 or contact the webmaster webmaster@farcnj.com and offer your time as a volunteer for races. You will be glad you did. No previous experience is necessary.

Marathoners become ever faster:



New records were set in both the men and women's marathons as late as the 3rd quarter of 2003 and 2nd quarter of 2003 respectively.

Copyright ©2000-2007 Web Marketing Associates (WMA). Go to "LiveToRunMarathonGuide.com"



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

RACE CALENDAR

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

DEC 07

- 12/01 Reindeer Run Franklin Lakes, NJ 5 K 9:30 AM
381-0318
- 12/02 Reindeer Romp Pt. Pleasant, NJ 5 K 10:30 AM
370-2948
- 12/08 Jingle Bell Bar A, Lake Como, NJ 5 K 10:00 AM
1-888-467-3112
- 12/09 Toys For Tots Michael Tighe Park, NJ 5 K
10:00 AM 732-431-2627**
- 12/27 Ramona's Perth Amboy, NJ 4 M 4:00 PM 381-
0318
- 12/29 Polar Bear Asbury Park, NJ 10 M RW 10:00 AM
5 M Run 1:00 PM
- 12/31 Bar A New Year's Eve Bar A, Lake Como, NJ 3 M
5:30 PM 542-6090

JAN 08

- 01/01 Hangover Hamilton, NJ 5 M 12:30 PM 609-737-
9069
- 01/05 Freezing Cold Hash Edison, NJ 4-6 M 10:00 AM

- 01/06 FARC Winter Series Michael Tighe Park, NJ
5 K 10:00 AM 431-2627**
- 01/13 FARC Winter Series Michael Tighe Park, NJ
5 K 10:00 AM 431-2627**
- 01/20 FARC Winter Series Michael Tighe Park, NJ
5 K 10:00 AM 431-2627**
- 01/27 FARC Winter Series Michael Tighe Park, NJ
5 K 10:00 AM 431-2627**

FEB 08

- 02/03 FARC Winter Series Michael Tighe Park, NJ
5 K 10:00 AM 431-2627**
- 02/16 Beach Run Manasquan, NJ 2 M 11:00 AM 800-
435-0066

MAR 08

- 03/02 Celebrate Life Rock Hill, NY 13.1 M 10:00 AM
- 03/30 St. Paddy's 10 M & Leprechaun 5 K, Michael
Tighe Park, NJ 10 M 5 K 10:30 AM**



Membership Application 2008



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 check one

(Please Print)

Name: _____ **FAMILY MEMBERS & AGES:**
(If applicable)

Street: _____

City: _____

State: _____ Zip: _____ Telephone #: _____

Name	Age
_____	_____
_____	_____

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 M L XL <i>(circle one)</i>
Standard Membership Fee:			
1 YEAR (Good thru 12/31/08)	\$15.00	\$ 20.00	
3 YEAR (Good thru 12/31/10)	\$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 FREEHODL AREA RUNNING CLUB Member.

Signature: _____ Date: _____

Parent Signature (if under 18): _____ Date: _____

Visit our web site at FARCNJ.COM for upcoming events.



FARC ANNUAL AWARDS BANQUET

**25 Years of Great Running
Don't Miss the Celebration of the Year**

**SATURDAY FEBRUARY 2, 2008
7 - 11 P.M.**

The Reception Center at Saint Clements
172 Freneau Avenue (route 79), Matawan, NJ 07747

\$25.00 PER MEMBER \$35.00 NON-MEMBER

**BUFFET
GIFT AUCTION
DANCING
AWARDS**

Beer & Wine Open Bar

**RSVP To: Pam Spadola 732-942-8518
E-mail: pmsrun@aol.com**

RSVP BY January 23, 2008

FREEHOLD AREA RUNNING CLUB'S
2008
WINTER RACE SERIES



25th ANNUAL
TIGHE PARK, GEORGIA ROAD, FREEHOLD

Held On The First Five Sundays of 2008

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

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

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

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

AWARDS: Over 40 Awards Each Week Presented to:

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

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

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

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

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

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

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

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

Freehold Area Running Club's
19th Annual



Toys For Tots 5K



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

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



Registration:

Pre-Registration (post marked by 12/5/07) - \$5.00 plus a new unwrapped toy valued at approximately \$10-\$15.00 (brought race day) or \$15.00
Post Registration - \$10.00 plus a new unwrapped toy valued at approximately \$10-\$15.00 (brought race day) or \$20.00

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



Awards: Top 3 overall male and female; Top 3 male and female in the following age categories 14-under, 15-19, 20-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 +; Top 3 male and female Race-Walkers and the Top Three Military Service Personnel

Make Check Payable To: Freehold Area Running Club

Mail To: FARC, 31 Breakwater Sq, Freehold, New Jersey, 07728

Name: _____

Age: _____ **Sex:** _____

Address: _____

Circle One: Run or Walk

City: _____ **State:** _____

Size: M L or XL

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

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

Signature: _____

Date: _____

Parent Signature (if under 18): _____

Date: _____

For information call 732-431-2627 or visit <http://www.farcnj.com/>

THE FREEHOLD AREA RUNNING CLUB
19th Annual

Nestlé Beverage Co.

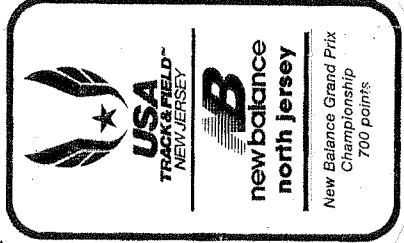


10 MILE RACE

USATF-NJ 10 MILE CHAMPIONSHIP

and the 14th Annual

Leprechaun 5K



Sunday, March 30, 2008 at 10:30 A.M.

Michael J. Tighe Park, Georgia Road, Freehold Township, NJ



Race Day Registration: Begins at 8:00 AM. Come early. Allow time for parking. Starting time for the 10 mile is 10:30 AM. The 5K follows at 10:45 AM. All entry fees non-refundable.

Course Certification # NJ92003DB

Mail Registration:

Entries postmarked on or before March 21.....	5K	10 Mile
Current FARC members on or before March 21.....	\$15.00	\$20.00
Current USATF-NJ members on or before March 21.....	\$12.00	\$15.00
All entries postmarked after March 21 and race day.....	\$15.00	\$18.00
	\$20.00	\$25.00

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: (____) _____ Shirt Size M ___ L ___ XL ___

Sex: M ___ F ___ Date of Birth: M ___ D ___ Y ___

Age (Race Day): _____ USATF-NJ # _____

Check One: 5 K Run ___ or 10 Mile Run ___

10 Mile Clydesdale _____ 10 Mile Racewalk _____

A Happy St. Patrick's Day to You! This event is for you, the community of runners and walkers who compete not only to win, but to experience the challenge of going the distance and have fun in the process. We offer two scenic courses: the 10-mile for those looking to build toward the Boston Marathon, or other spring long distance events; the 5K for a speed or shorter fitness workout. And there's plenty to eat and drink, commemorative shirts, random drawings, an Expo, age group awards, and a corps of experienced volunteers to guide you.

The Awards: 10-mile: To the first three male and female finishers overall, and the top three male and female finishers in the following categories: 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 - 74, 75 - 79, 80 and over, Clydesdale (200 lbs.+), and Racewalk; and to the first male and female FARC members.

The Awards: 5K: To the first male and female finishers overall, and top three male and female finishers in the following age groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over. No duplicate awards.

Directions:

From the North: Garden State Parkway to Exit 123 (U.S. 9 South).
From the South: Garden State Parkway to Exit 83 (U.S. 9 North).

From the East: From the Belmar/Wall. Twp area, take I-195 West to Exit 28N (U.S. 9 North) or from the Long Branch area take NJ 36 West to NJ 18 North to exit 22B (NJ 537 West), continue on 537 to U.S. 9 South.

From the West: I-195 East to Exit 28N (U.S.9 North).

Then all: follow U.S. 9 (North or South) to Route 524 (Elton-Adelphia Road) toward Smithburg and Turkey Swamp Park. Go West on 524 approximately one mile (past two schools). Turn left at light onto Georgia Road. Tighe Memorial Park will come up on your left just past St. Robert's Church.

Information: (732) 431-2627 .. www.farcnj.com

Please Note! Due to the race in progress, you may not exit the Park between 10:30 AM and 12:30 PM. If this will inconvenience you, parking is available outside the Park in nearby side streets. Please do not park on Georgia Road.

Liability and Publicity Release: I know that running in a road race is a potentially hazardous activity and that I should not enter and participate unless I am medically able and properly trained. I agree to abide by the orders of any race or police official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including but not limited to: falls, contact with other entrants or deer, the effects of weather, potholes, slippery road conditions, including snow and ice, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the St. Paddy's Race Committee, the Freehold Area Running Club and USATF-NJ, its officers, Trustees, Members and volunteers associated with this event; The Township of Freehold, its Officials, Employees and Departments; The Nestle Beverage Company; Old Country Buffet, The Court Jester and any and all other sponsors and their representatives and employees and successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. Further, I grant to all the forgoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature _____ Date _____
(Participant or parent/guardian if under 18.)

Make check payable to FARC. Mail to: FARC c/o Tom Wendel,
99 School Road West, Marlboro, NJ 07746

THIS YEAR'S RACE WILL BE THE USATF-NJ 10 MILE CHAMPIONSHIP RACE for open and masters men and women. If you want to be eligible for an award in any of these categories you MUST include your 2008 USATF-NJ membership number