Members Enjoyed Fall Party

FARC had a great dinner party at Moors Landing Club House at 4 Mariners Cove (off of Strickland Road) in Freehold on Sat., Nov. 20. The Club provided dinner, a hot & cold Buffet, plus beer, wine, soda, coffee, and tea. Random door prizes were awarded. Everyone brought either a dessert or appetizer. The party was organized by lindahyer@yahoo.com. Don’t miss the next one!!

Support FARC Sponsors:

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

See Details inside on page 9 or web farcnj.com

2011 EXECUTIVE OFFICERS

President Vice President Vice President Secretary Treasurer
Michael O’Flaherty Linda Hyer Rich Edwards Fran Kugelmas Isabel Meldrum

Jan. 9, 16, 23, & 30, 2011 Winter Series–p. 4-5
December 12 Toys for Tots 5K – page 6
November 26 Born to Run 5 Mile–page 7-8
Annual Awards Banquet
Our House Restaurant
Farmingdale, February 5

Thanks go to outgoing 2009-2010 FARC Executive
Board of Directors Ron Salvio (2009-2010 Vice
President) and Pat Coyne (2009-2010 Secretary) for
their excellent service to our club. Welcome to new
Officers Rich Edwards (2011 VP) and Fran Kugelmas
(2011 Secretary) who we know will also be fine Officers!

2011 Club Officers: Isabel, Linda, Fran, Mike, Rich

Scholastic Runner of the Year: Arielle Weiner

Race Walker of the Year: Ron Salvio

John MacGillivray with Mike O’Flaherty

Bob Roman

Don Spadola Memorial: Rich Edwards

Linda Hyer with Pat Hancock
Fran Kugelmas

Most Improved Runner: Cathy O’Flaherty

Female Masters: Marilyn Ryder
The late December snow dumped yard-deep snow on our race course, causing the cancellation of our January 2nd season opener. Several follow-up storms in January again masked the course with wintry mixes of snow, sleet, freezing rain, and ice, making the scenic bike trail portion of our course unusable the entire month. Successful races were put on the final four Sundays of the month as Race Directors Isabel Meldrum and Walter Rutsky brought in club officers and attracted many other dedicated regular and new volunteers. Equally important, many talented and motivated runners and race walkers of all ages came out to brave sub-freezing conditions to challenge themselves and their competitors. Long-time club members and veteran competitor (formerly Freehold regional mile record holder and state runner-up, Hal Smith, aptly wrote to the web-site: “Thanks to [FARC] who gave us the incentive to keep moving during this terrible winter”!

Isabel Meldrum’s post-race chicken soup was plentiful, hot, and delicious. Also delicious were Marty Slutzky’s sweet treats, and runner’s fuel from Dunkin’ Donuts. Race awards were distinctive, and the awards ceremony as well as the post-race brunch and camaraderie kept all in attendance warm each Sunday morning.

January 2, 2011

On the order of three (3) feet of snow Dec. 26, 2010 led to rare cancellation of the Winter Series season-opener.

Fully a month before the groundhog did NOT see his shadow, thereby bringing the end of this murderously intense winter into welcome sight, FARC members and runners were no doubt trying to figure out how to get to the races, and if they would even be held. Many club members were hard-pressed even to be able to run, as snow- and ice-clearing, salting, & preventing or trying to deal with ice dams, as well as just trying to get to the store for supplies, much less find a parking spot, while trying to maintain feeling in one’s fingers and toes had to take priority for many FARC members. But, if you have cleats or good footing, running was a great way to stay warm.[Admittedly, the editor was relaxing in Florida]
...runners, with Christa Strychenz, 17 (21:32) and Meagan Drapkin, 26 (21:38) leading Kerry Dyke (22:58) across the finishing line. John Frederick (32:28) and Panse Geer (33:57) won the men's/overall and women's race-walk divisions. One-hundred and thirty eight (138) runners and race-walkers completed the 5-Kilometer race, which followed alternate courses all Series, due to the snow and ice on the bike trail including high piles of snow along the road where the bike trail meets the road.

**January 23, 2011**

Male winner Jonathan Rohl, 31, rolled to an 18 second win in 18:02, ahead of Jeff Angelini, 25 (18:20) and Steve Ziegler, 24 (18:44) was third in a strong six-minute per mile pace. On the gals’s side, the 1st and 3rd place Strychenz sisters, Christa (20:41) and Larissa (22:49) were 7th and 18th overall, sandwiched around the second place woman, Tara Fasch (31), 22:05. National-class race-walker John Soucheck, 45 (26:36), who finished very high up in the last Olympic Trials (2008) participated and on this day was well ahead of the rest of the field in his division. Legendary coach Bill Welsh, who has coached champions in high school and CUNY College, Staten Island, was second among runners in the 80+ age group. Eighty-eight (88) runners and race-walkers registered for the 5-Kilometer, which was run on a three-loop course during the last two weeks of the series due to ice in the back half of Michael Tighe Park as well as on the bike trail portion.

**January 30, 2011**

Male winner was William ("Will-he") Finish, (30-39) in 17:54, ahead of Michael Sing (30-39) at 18:08, and Brian DaSailva (<15) at 19:04. On the girls’ side of the ledger, the 1st and 3rd place Strychenz sisters, Christa (20:18) and Larissa (21:37) were 12th and 20th overall, sandwiched around the second place woman, Courtney Thompson (<15), finished in 20:19. John Soucheck, 45 (25:39) and Donna Cetrulo (60-69) were the week’s men’s and women’s race-walk division winners. One-hundred-and-twenty-three (123) runners registered for this finale 5-Kilometer race of the season.

Who says athletes cannot continue improving in their 70s and 80s? While there were many fine performances in this Winter Series, the accomplishments of two distinguished long-time FARC members are highlighted here: 70-79 age group winner, Ralph Garfield, 75 (26:16, 25:37, 24:45, 23:58) and 80+ age group winner, Hal Smith, 81 (45:33, 44:19, 42:53, 42:43) both improved from week-to-week-to-week-to-week! These two active young-at-heart, mind, and body gentlemen are certainly trend setters with few peers in sight!

Parade of runners braved arctic race conditions to finish
Despite regional heavy rain predicted well in advance, the 22nd Annual Toys for Tots was a success with 161 runners and race-walkers finishing. The race, sponsored by Telcordia Pioneers, traversed Michael Tighe (formerly Liberty Oak) Park’s full 5 K course. Attractive seasonal sweatshirts were provided to all registrants, each of whom provided a new toy with a value on the order of $10 as a portion of the very reasonable entry fee.

Winners John Ward and Christie Patla are shown below:

**Men’s Winner:** John Ward, 16, Howell, 16:29.28

**1st Woman:** Christie Patla, 42, Aberdeen, 21:22.91

Even the race clocks wore their rain coats at race!

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**Matthew Stuper Scholarship**

The Freehold Area Running Club (FARC) awards scholarships to deserving members who will be continuing their education at college, vocational/technical, or graduate school. Each scholarship is a one-time award. An applicant may apply during any year in which he or she is enrolled full-time in school, beginning with the senior year of high school. The deadline for submitting applications is March 30th. The Scholarship Committee reviews applications and reach a decision at the end of April each year.

Please note these guidelines:
1. The applicant must be a member of FARC for at least the last 3 consecutive years.
2. The applicant will be evaluated based on criteria established by the FARC Scholarship Committee, as approved by the Board of Trustees.

Criteria include
1. Participation in cross-country and track in high school, college, and /or club races. (This includes being part of a team as manager, etc.)
2. Participation in other school or community sports and activities.
3. Academic achievements.
4. The applicant’s and family’s support/assistance in FARC events.
6. The quality of your essay.

Applications may be obtained by
1. Print from web site [Click Here](#)
2. Writing to the following:

   FARC Scholarship Committee
   c/o Avram Shapiro
   P.O. Box 4
   Manalapan, NJ 07726

Please mail completed application with letters of recommendation to the above address._
 michael dixon, 27, of fanwood was the first to cross the finish line located at court street at a racing time of 26:23 (26 minutes and 23 seconds) a highly respectable 5:17 per mile pace. alan wells, 47, of orlando, fl, at 26:44 was second to finish this out-and-back course, with a loop in topanemus park (a lake is part of the park), that also starts at court street at 26:44. he was followed by old bridge’s brandan lyman, 21, at 27:29.

“there were three of us running together for maybe the first mile but after that i was alone to the finish,” said dixon in describing his championship performance. “i liked it a lot: there were challenging hills and a lot of crowd support especially at the finish-line area,” he said of the course and of the weather: “it was great for running.”

for the third year in a row, lindsey gallo, 28, of arlington, va, was the women’s champion of this 5 mile race in a time of 29:26 (7th place overall). alison pilkington, 28, red bank, was second woman at 31:18 (14th overall) and marlboro’s jenna jensen, 25, came third at 31:31 (16th overall).

“my time was a little slower than last year’s but maybe that’s because i ate more turkey this year,” gallo said when asked to compare and when reminded that in a five-mile race, according to the runner’s handbook by bob glover a runner will lose 500 calories, she said, “maybe i’ll go home now and have some well-earned pumpkin pie.” when asked if she’d be running the born to run next year, the university of maryland graduate student who’s studying for a doctorate degree in accounting said, “as long as my parents continue to live in freehold, i’ll be home for a thanksgiving visit and will participate.”
Born to Run 5-Mile

The leading race-walk finishers male/female respectively were Patrick Heeb, 44 of Freehold at 52:32 and Gail Warshaw, 55, of Demarest at 58:19.

A feature of this event is a Race within a Race whereby the finishers are encouraged to get to the Post Race Party at the Court Jester pronto. The men winners were champion Mike Dixon (26:23, race time) who dashed across the street in 27:22 (27 seconds and 22/100), followed by Steve Apostolacuc (33:26) of Wanamassa in 34:38 and Robert Tona (37:09) of Monmouth Junction in 38:36.

For the women it was Meg Foley (39:24) of Grand Junction, Colorado in 41:25 followed by Shannon Wedly (38:59) of New Brunswick in 42:43 and in a tie for third it was Mary Moriarty (45:44) of Highlands and Marilyn Ryder (46:02) of Long Branch in 47:41.

“I really like this course a lot - it has challenging hills and it offers a taste of cross-country and a taste of road running, so we get both,” said Ann O’Dowd, 48, of Colts Neck who finished at 35:42, a very respectable 7:09 per-mile pace. She informed that she had raced the Philadelphia Marathon (26.2 miles) on Sunday so “whatever my time was today, I’m satisfied with it and just glad to finish.” She thought the weather was “a bit windy but overall good for running.”

At the starting line at 11 a.m., thereabout, race director Mike O’Flaherty president of FARC, assembled the racers, thanked them for coming and briefed them on the direction and details of the course. He then introduced Linda Hyer as the official starter who sounded the horn and the racers were underway following the lead vehicle driven by the race director.

Handing out awards of money to the aforementioned top three and gymnasium bags to the winners and age-group leaders at the firehouse on Main Street which served as the staging area was the director, assisted by other club associates. Several members of the Cpl. Reynolds Detachment of the Marine Corps League assisted with traffic control. Computer results were compiled by Fred and Anna Torres of elitecrasystems.com. Open Door Food Pantry and Lake Topanemus Park were the beneficiaries.

“I want to thank all the racers for participating in this year’s 26th anniversary of FARC’s Born to Run and all the volunteers who do the many activities necessary to put on a race such as this. I would also like to thank the Court Jester Restaurants, the Freehold Township girl scouts and the Freehold Borough Fire Dept., First Aid, Police and Public Works Departments. I also want to thank the race committee who always comes together to put on quality running events for our runners/race walkers: Linda Hyer, Isabel Meldrum and Cathy O’Flaherty for Registration; Tom Wendel for Finish Line; Rich Edwards and Hal Smith for Course; Marcia Shapiro for Volunteers; Fran Kugelmans for Hospitality; and all the other FARC volunteers,” said the race director in an E-mail summary.


Other Monmouth County leaders:

FARC Member Times, Various Races

Lancer 5K  
Mark S. Leary - 23:39, 3rd age group
Beauty & Beach 5 mile -  
Sue Patla - 39:39, 3rd age grp.
Philadelphia Marathon -  
Rob DiTota - 3:19
Born to Run -  
Cindy Monica - 48:21
Little Silver Classic -  
Cara / Dave Trulli - 21:24 / 22:20
Seaside 1/2 Marathon -  
Cynthia Cirri - 1:52:27
Philadelphia Marathon -  
Rob DiTota - 3:19
usatfnj 2010 Grand Prix -PrzemekNowicki 2ndAgeGp
Center Harbor NH 2M -  
Christina Rancan-12:45 4th F. Pre-Fathers Day 5K -  
Ralph Garfield - 23:34(1st 70-79)
DC National Marathon -  
Diana Burton - 5:44:49
Indian Trails -  
Ken Vercammen - 19:30 2nd place
Orlando OUC ½ Marathon, 12/4/2010 -  
Erica Weitz (1:25:51)–5th female in debut 1/2-marathon-“felt great!”
Cross-Country 5K Series
October–November 2010
Complete results are on the Hoboken Harrier hoha.net web site.

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

WEEK 1, Sat. 10/2/10 in Thompson Park – 5K
Place TIME NAME AGE SEX
1 145 31:55 Leslie Nowicki 47 F
2 143 31:29 Janice Krilla 57 F
3 139 28:55 Antionetta Picascia 53 F
4 138 28:46 Eric Madia 41 M
5 132 27:37 Linda Hyer 52 F
6 131 27:37 Cathy O’Flaherty 46 F
7 124 27:09 James Bergum 61 M
8 122 26:53 Rich Edwards 41 M
9 118 26:12 Andre Chiang 10 M
10 115 25:48 Doreen Page 43 F
11 106 24:56 David Trulli 51 M
12 104 24:30 Patricia Chambers 44 F
[Team Score: 1)HOHA 38; 2)SAC 24; 3)SHTC 64; 4)GP/JSRC 72; 5)FARC 93; 6)PAC 119]

WEEK 2, Sat. 10/9/10 in Tatum Park – 5K
Place TIME NAME AGE SEX
1 121 32:00 Eileen McGough 48 F
2 118 31:06 Janice Krilla 57 F
3 115 29:29 Jeff Allen 53 M
4 114 29:19 Leslie Nowicki 47 F
5 110 27:36 Eric Madia 41 M
6 109 27:25 James Bergum 61 M
7 108 27:21 Antonietta Picascia 53 F
8 107 26:53 Doreen Page 43 F
9 101 27:16 Teresa DiSessa 35 F
10 98 27:11 Cathy O’Flaherty 46 F
11 93 27:09 Maggie Freeman 41 F
12 80 25:49 Andre Chiang 10 M
13 77 25:33 Doreen Page 43 F
14 61 23:58 Alisa Hagenberg 43 F
15 56 23:32 Patricia Chambers 44 F
16 52 22:55 Bert Lundberg 46 M
17 46 22:27 Przemek Nowicki 66 M
18 46 22:27 John Taylor 54 M
19 42 20:45 Tom McDonald 39 M
20 36 20:04 Scott Linnell 54 M
[Team Score: 1)SAC 24; 2)HOHA 44; 3)SAC 45; 4)PAC 62; 5)FARC 83; 6)JSRC 90]

WEEK 3, Sat. 10/16/10 in Wolf Hill Rec. Area – 5K
Place TIME NAME AGE SEX
1 95 34:11 Janice Krilla 57 F
2 89 29:09 Leslie Nowicki 47 F
3 88 29:08 Antionetta Picascia 53 F
4 85 28:34 Eric Madia 41 M
5 80 26:55 Doreen Page 43 F
6 79 26:37 Andre Chiang 10 M
7 58 24:46 Alisa Hagenberg 43 F
8 57 24:45 Patricia Chambers 44 F
9 50 23:54 Patricia Chambers 44 F
10 38 23:01 Sheldon Chiang 12 M
11 37 22:49 John Taylor 54 M
12 28 20:33 David Murphy 39 M
13 26 20:25 Scott Linnell 54 M
14 25 20:10 Tom McDonald 42 M
[Team Score: 1)HOHA 44; 2)SAC 45; 3)PAC 65; 4)SHTC 81; 5)FARC 83; 6)JSRC 96]

WEEK 4, Sat. 10/23/10 in Thompson Park – 5K
Place TIME NAME AGE SEX
1 26 19:27 Scott Linnell 54 M
2 30 19:36 Tom McDonald 42 M
3 31 19:37 David Murphy 39 M
4 20:57 Cara Trulli 13 F
5 51 21:02 Sheldon Chiang 12 M
6 56 21:15 Michael O’Flaherty 49 M
7 61 22:01 Przemek Nowicki 66 M
8 64 22:08 Tom Briea 35 M
9 69 22:34 Bert Lundberg 46 M
10 78 23:15 Alisa Hagenberg 43 F
11 79 23:24 Patricia Chambers 44 F
12 84 24:40 Andre Chiang 10 M
13 95 24:47 Richard Edwards 41 M
14 99 25:13 Doreen Page 43 F
15 102 31:47 Janice Krilla 57 F
[Team Score: 1)HOHA 84; 2)SAC 33; 3)SHTC 82; 4)GP/JSRC 83; 5)FARC 96; 6)PAC 101]
Hal Smith is third from the right in the back row (and still looks the same). Second from the left in the front row is Jim Bibbs, former world record holder in the 100 yards indoors and long-time head track coach at Michigan State U. Prior to his college days, Hal was New Jersey High School Runner Up Mile Champion. For most of the time since then, Hal has been either the top or one of the top Freehold Running Club competitors, a long-time track and field official and dedicated FARC volunteer.

**Rated Top Food Races, by our FARC Members**

1. Miles for Matheny 5k (Peapack-Gladstone, NJ)
2. Run for the Cookies 10k (Berwick, Pa) in February
3. Celebrate Life Half Marathon (Rock Hill, NY)
4. Safe Dating 5k (Convert Station, NJ)
5. Solistice 5 miler (Kitattiny State Park in Andover, NJ)
6. Hot Chili Challenge 8 mile, Kitattiny St. Pk. (Andover)
7. Thunder Run Half Marathon, Kitattiny St. Park (Andover)
8. Peeps 5k (Bethlehem, Pa)
9. Our House 5 miler (Summit, NJ)
10. Morris County Striders Summer Series (Boonton, NJ)
11. Raritan Valley Road Runners Summer Series (Boonton)
12. Mahlon Madness 25k, 50k 75k and 100K (Jefferson, NJ)
13. Legal Runaround 5k (Somerville, NJ)
14. Crossroads of Woodbridge 10k & 5k (Woodbridge, NJ)
15. East Brunswick 10k & 5k (East Brunswick, NJ)
16. **Freehold Area Running Club’s St. Paddy’s 10 mile,5K**
17. Millburn, NJ Spring Run 10k (South Mtn. Reservation)

**Booze Races**

1. Mt. Penn Mudfest 15K (Reading, PA)-margaritas in race
2. Half Wit, Half Marathon (Reading, Pa)-beer on course.
3. President’s Cup 5K (Millburn, NJ)
4. **Freehold Area Running Club’s St. Paddy’s 10 mile,5K**
5. Three Bridges 5 miler (Readington, NJ)
6. Celebrate Life Half Marathon (Rock Hill, NY)

(See [www.farcnj.com](http://www.farcnj.com) for Runners Forum, Calendar, Results)
THE FREEHOLD AREA RUNNING CLUB

22nd Annual

10 MILE RACE

and the 17th Annual

Leprechaun 5K

Chip Timing
by Elite Timing Systems

Sunday, March 20, 2011 at 9:30 A.M.
Michael J. Tighe Park, Georgia Road, Freehold Township, NJ
Register on line at: www.active.com

Race Day Registration: Begins at 8:00 AM. Come early. Allow
time for parking. Starting time for the 10 mile is 9:30 AM. The 5K
follows at 9:45 AM. All entry fees non-refundable.

Course Certification # NJ92003DB

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 South).
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: e-mail stpaddy11@gmail.com or farcnj.com

Please Note! Due to the race in progress, you may not
exit the Park between 9:30 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.

Mail Registration:

Entries postmarked on or before March 15.............. $22.00 $27.00
Current FARC members on or before March 15..... $17.00 $22.00
All entries postmarked after March 15 and race day. $27.00 $32.00

Name:_____________________________________________
Address:___________________________________________
City:_________________________ State:___ ZIP:________
Telephone: (_______ )______________________________________
Sex:  M___ F___ Date of Birth: M____ D___ Y_____
Age (Race Day):______ Shirt Size: S____ M___ L___ XL___
Check One: 5 K Run____ or 10 Mile Run____
10 Mile Clydesdale ____ 10 Mile Racewalk ___
Clydesdale and Racewalk prizes limited to 10 mile race
FARC Member: Yes__No (circle one)

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 Court Jester and

Mail to: FARC c/o Isabel Meldrum,
1222 Barton Ave., Point Pleasant, NJ 08742

Make check payable to FARC. Mail to: FARC c/o Isabel Meldrum,
3rd annual
Run for the Animals 3K
and 40 Yard Doggie Dash

April 16, 2011 Monmouth Battlefield State Park 3K- 10:15 Doggie Dash- 10:00

Giving away free 32-inch flat screen TV! Rain or shine!!!

Get there about 9:30. DJ!!!

www.runanimals.zoomshare.com VISIT WEBSITE FOR ONLINE REGISTRATION.

Dog awards: Winner of each category will win an award
Fastest dog: First dog to finish the Doggie Dash  Best Dressed Dog: The dog that is
dressed the best/coolest  Friendliest dog: The friendliest dog at Run for the Animals
3K/ Doggie Dash.

Awards/age categories: (Male and female have separate categories)
Age groups: Overall, 5th grade and under, 6th grade, 7th grade, 8th grade, high school, adult
20-40, adult 40+
Awards: Top 3 male and female overall winners get trophies and medals, top 3 in each
age group, male and female, get medals.

Benefiting THE MONMOUTH COUNTY SPCA
SPCA Mobile Adoption Unit @ run/walk. You can adopt a pet here!

BRING YOUR DOG
Managed by the Freehold Area Running Club

What it is: A 3 kilometer (1.8 mile) run/walk to
help stop animal abuse, and to save the lives of the
homeless animals of the Monmouth County SPCA.
There are two races, the 3k and the Doggie Dash.
Dogs can run in both events, but only have to sign
up for the doggie dash. Owners will run with their
dog in the dash.

Fees: The fee is $9 for Run for the Animals 3K before March 24th, and after $13. For the doggie dash, the fee is $1

Contact race director Robby Murphy @ runfortheanimals@gmail.com, or 732-761-1945.

Mail to: 58 Cambridge rd, Freehold, NJ, 07728. Make check out to Run for the Animals 3K. $9 before March 24th, $13 after.

First& Last Name: ____________________________ Age:________ Age category:____ Gender (circle): Male Female
Payment (circle one) Cash Check Additional donation to SPCA (OPTIONAL) $____
Address, Town, Zip code, State: _______________________________________________________________________
E-mail: ____________________________ Phone: ____________________________ T-shirt size (circle one): YM S M L XL XXL

Signing up a dog for the doggie dash? Name of dog: ____________________________ Fee is $1 for doggie dash

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 Monmouth Battlefield State Park 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 ____________________________ Parent signature if under 18: _______________ Date: __________

REMEMBER: DOGS MUST SIGN UP FOR DOGGIE DASH, BUT CAN ALSO RUN THE 3K FOR FREE
Freehold Area Running Club

The 29th Annual Wednesday Night

SUMMER 5K RACE SERIES

Registration starts at 5:45 p.m.

BATTLEFIELD STATE PARK, OLD RT. 33, MANALAPAN, N. J.

Come run the historic Battle of Monmouth State Park, Mile Splits, Mile Fun Run, Kids Races, and refreshments for all finishers.

- Awards to the Overall Finishers
- Overall Age Group Finishers in Numerous Age Groups
- Overall Race Walk Finishers
- No Duplicate Awards

On Site Registration Only

FEE: $3.00 PER RACE FOR FARC MEMBERS, $5.00 FOR OTHERS AND $1.00 for STUDENTS

RACE DATES: Every Wednesday night for the following dates;

JUNE 22  JUNE 29  JULY 06  JULY 13  JULY 20  JULY 27

We love kids but!!! We must prohibit strollers in the summer series. We know that you are careful parents. Dogs at a race may be a hazard to runners, children and spectators. We also cannot have runners in costumes as this is a hazard to other runners and a safety issue that our insurance company will not cover these situations. We ask for your cooperation!! Thank You.

RACE TIME: 5K Starts at 6:45 p.m.

Come join FARC for a Summer of Fun, Running and Walking

for our 29th year of Great Running

Visit our Website: www.farcnj.com for results and club information
Presents

18th Annual

KIDS’ SUMMER NIGHTS RUNNING SERIES


Registration starts at 5:30 p.m.

Races start at 6:00 p.m.

AT BATTLEFIELD STATE PARK, MANALAPAN, N. J.

Sponsored by:

PAULINES HEALTH FOOD STORES in Manalapan & Freehold

25 YARD "TODDLER TROT" ...................... 18 MONTHS TO 3 YEARS

50 YARD DASH .................................. 4 YEARS & UP

MONMOUTH BATTLEFIELD "100 YARD CHARGE" ........ 5 YEARS & UP

HALF MILE RACE AND THE ONE MILE RACE for ages 8 and up

Ribbons and ICE POPS TO ALL FINISHERS

T-Shirts TO KIDS WHO PRE ENTER FOR SERIES (Presented at end of Series)

FEE: $2.00 PER RACE OR ALL Six WEEKS FOR $12.00

 NAMES: __________________________________________ AGE:_____ Shirt Size:_____ Race: Kids, ½ Mile or Mile

SEX: _______ S M L (Circle one)

RACE DATES: On Site Registration Only

JUNE 22____ JUNE 29____ JULY 06_____ JULY 13____

JULY 20_____ JULY 27 _____ or ALL SIX RACES_____ check one

Make check payable to the Freehold Area Running Club

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 in races 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 risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership of anyone and myself entitled to act on my behalf, waiver and release the Freehold Area Running Club of New Jersey and all sponsors, their representatives successors from all claims or 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 named 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 Freehold Area Running Club Member.

PARENTS SIGNATURE: ___________________
Membership Application 2011
WWW.FARCNJ.COM visit us on Facebook

New______ or Renew_______  (Please check one)  Birthday: _____________

Name: ____________________________________________________________

Street: ____________________________________________________________

City: ______________________________________________________________

State: ___________________________ Zip: ____________________________

E-Mail Address: (Please Print)

Membership Types, Select One:  Please circle option

Standard Membership Fee:  Individual  Family  Shirt size: (new membership only)

1 YEAR (Good thru 12/31/11)  $15.00  $ 25.00

3 YEAR (Good thru 12/31/13)  $35.00  $ 55.00

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
AREA RACE CALENDAR
All phone nos. 732 unless otherwise noted. Many races have websites
Go to www.farcnj.com or P.O. Box 4, Manalapan, NJ 07726 for details.

FREEHOLD AREA RUNNING CLUB CALENDAR

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>PLACE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sundays</td>
<td>Distance Training</td>
<td>Windeler Rd., Manasquan Reservoir Lot/ Vis.Ctr.</td>
<td>6:00 AM</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Race walking</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ALL YEAR</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Track Workouts</td>
<td>Freehold Boro High School Track, Robertsville Rd. &amp; rt. 79</td>
<td>6:00 PM Wednesdays. Contact Mike</td>
</tr>
<tr>
<td>Sat. 3/26/2011</td>
<td>Rat Race 10 &amp; 20K</td>
<td>Wells Mills Pk., Waretown, NJ</td>
<td>10 &amp;11AM Runs</td>
</tr>
<tr>
<td>Sat. 4/2/2011</td>
<td>Fool’s Run 5 K</td>
<td>Manasquan, NJ</td>
<td>11:00 AM 732.223.0705</td>
</tr>
<tr>
<td>Sun. 4/3/2011</td>
<td>Indian Trails 15 K &amp; 3 mile</td>
<td>Middleton, NJ</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Sat. 4/16/2011</td>
<td>Jersey Shore Relay 26.2 Mile</td>
<td>Seaside to Asbury Park, NJ</td>
<td>Various, See farcnj.com</td>
</tr>
</tbody>
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FREEHOLD AREA RUNNING CLUB CALENDAR

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<tr>
<td>Sat. 4/16/2011</td>
<td>Jersey Shore ½ Marathon 13.1 Mile</td>
<td>Asbury, NJ</td>
<td>8:30 AM See farcnj.com</td>
</tr>
<tr>
<td>Sun. 5/8/2011</td>
<td>Run with Mom 5 Mile</td>
<td>Rumson, NJ</td>
<td>9:30 AM See farcnj.com</td>
</tr>
<tr>
<td>Sun. 5/15/2011</td>
<td>Delaware Marathon 26.2 &amp; 13.1 Miles</td>
<td>Wilmington, DE</td>
<td>7:00, 7:20 AM See farcnj.com</td>
</tr>
<tr>
<td>Wed. 6/22/2011</td>
<td>Summer Series 5K Kids summer nights</td>
<td>Monmouth Battlefield, Manalapan Park, NJ</td>
<td>6:00 PM See farcnj.com</td>
</tr>
<tr>
<td>Wed. 6/29/2011</td>
<td>Summer Series 5K Kids summer nights</td>
<td>Monmouth Battlefield, Manalapan Park, NJ</td>
<td>6:00 PM See farcnj.com</td>
</tr>
<tr>
<td>Wed. 7/10/2011</td>
<td>Summer Series 5K Kids summer nights</td>
<td>Monmouth Battlefield, Manalapan Park, NJ</td>
<td>6:00 PM See farcnj.com</td>
</tr>
<tr>
<td>Wed. 7/17/2011</td>
<td>Summer Series 5K Kids summer nights</td>
<td>Monmouth Battlefield, Manalapan Park, NJ</td>
<td>6:00 PM See farcnj.com</td>
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<tr>
<td>Wed. 7/24/2011</td>
<td>Summer Series 5K Kids summer nights</td>
<td>Monmouth Battlefield, Manalapan Park, NJ</td>
<td>6:00 PM See farcnj.com</td>
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<tr>
<td>Wed. 7/31/2011</td>
<td>Summer Series 5K Kids summer nights</td>
<td>Monmouth Battlefield, Manalapan Park, NJ</td>
<td>6:00 PM See farcnj.com</td>
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</tbody>
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