



THE LONG RUN



The Official Publication of The Freehold Area Running Club
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Website: www.farcnj.com
FARC Hotline: (732) 431-2627

Hello from the President

A very Happy New Year to you our members. We sure are having a wonderful run of it with our weather. I hope that Mother Nature will forget about winter this year. As we start the New Year FARC has new officers. My congratulations go out to John Weitz who will be our president and Maggie Freeman who will be our Second Vice President and Chris Davis who will be our treasurer. They will be taking over the reins on February 3, 2007 at our Club Banquet. Talking about our Banquet please see the flyer in this issue. Like all FARC events this a great party with a lots of fun and friendship, I hope to see you all so please RSVP and come dance with us. We started the New Year with our 24th Winter Series and a record number of runners 209 finisher on a wonderful warm winter's day. If you have not renewed your membership please check out your mailing label and see the membership application in this issue. I'm looking forward to another great year as we will celebrate our 25th Summer Series and great plans are in the works for FARC to celebrate its 25th Anniversary. March will bring our St Paddy's 10 Miler which this year is the USATF-NJ 10 Mile State Championship Race see application in this issue. I wish you all a great year of running and it's been my pleasure to serve as your president.

See you all on the roads.

Isabel Keeley
President

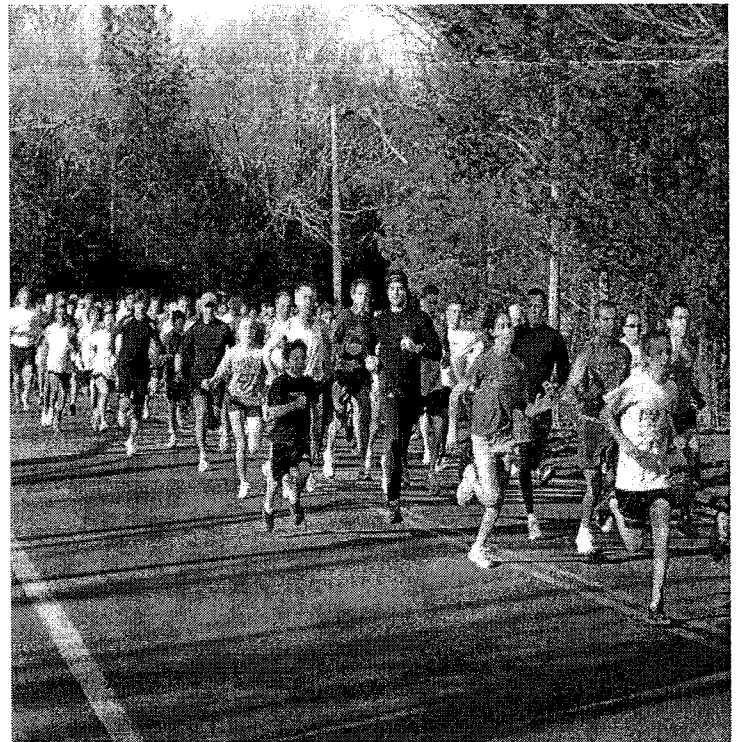
Weekly Group Runs

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 - Isabel Keeley
Vice President - Michael O'Flaherty
Vice President - John Weitz
Treasurer - Chris Davis
Secretary - Jim Bergum

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



Start of Week One of the Winter Series

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.

You're E-MAIL Address

Many of you are changing your Internet provider and your e-mail addresses are invalid. We have started a new service call 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

FARC Welcome New Members

Kevin	Adams	
Trish	Arfuso	
Denise	Barry	& Family
Shaun	Frame	
Ronald	Giaquinto	& Family
Matthew	Guerron	
Brad	Hartzell	& Family
Maureen	Hayward	
Debbie	Madge	
Christie	Mazurek	
Katelyn	Mc Cook	& Family
Thomas	Mc Gowan	& Family
Kathy	Misciagna	& Family
Michael	Prendergast	& Family
Kevin	Roche	& Family
Bill	Shelley	& Family
George	Shirmanovich	& Family
John	Taylor	
Tina	Tillenn	
Mary	Welge	

Scholarship

FARC, Scholarship information and application may be found at our website. www.farcnj.com.

FARC Get's Kudos

Just a little note to all that organized the 5k this past Sunday...."you guys did a really great job...it was well organized, plenty of goodies, great course, love seeing the online photos, affordable, and a lot of fun". We hope to make next week race.

Thanks
Elaine D'Achille

Dear FARC Members
Thank you all for your thoughts and prayers. The generous donation of the club provided the boys the opportunity to see Heather compete at the National

Junior Olympics in Spokane. The time away provided us with an opportunity to heal and bond as we prepare to lead our lives in a new direction. The members of FARC have always proved to be wonderfully supportive friends.

Thank you all for that.

Sincerely,

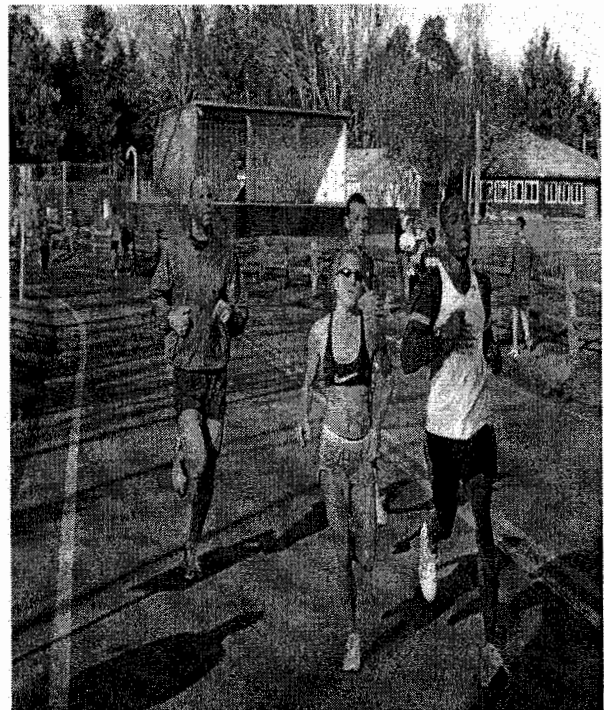
Pam, Ryan, Randy and Heather Spadola.

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.

YOU'RE MAILING LABEL

Please read it, it had important information on it. If it is highlighter you have to renew your membership dues. Please send your current e-mail address to the webmaster www.farcnj.com we will correct.



It really is January 4, 2007