



THE LONG RUN



The Official Publication of The Freehold Area Running Club
VOL.23 NO. 2 - 09/04

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

Hello from the President

Hope this newsletter finds everyone in good health and spirits and having a wonderful summer. It's hard to believe it's almost over. Back to school time. Fall weather is a great time to work on your long runs and enjoy the beauty of our state.

As always we had another Weatherly woman's only race. Robert, maybe next year you can bet the odds of rain and make a windfall in Vegas. It would be a lot easier and even more enjoyable than being the race director. It looked like all involved had a great time. The summer series went back to the old course, which delighted the runners. The Kids summer nights were the biggest success yet. Thanks Isabel. A great race committee made it all happen thank you to Tom & Terry Dunsheath, Bob Hyer, Tom Wendel, Barry Steward, Marci & Avram Shapiro, John Weitz, Jack Lucey, and Don Spadola

Freehold Township Recreation and FARC partnered a 10 week running program. It started with about 40 kids and is winding down with a steady core group of 8 to 10 a night. Being a last minute and brand new program it's pretty good. Thanks coach Tom, Jan Caputo, Linda Ryan, all the great kids and their devoted parents. FARC has a tremendous membership and I believe there are many more activities both athletically and socially in which we could be involved. It would be great to have other members spearhead an event outside our core running events. Some suggestions are a canoe trip, white water rafting, golf, midnight run, bike trip, etc. This is a short list and I'm sure you all have something you always wanted to do, well let's see if other members want to also. Let's make it happen. Our volunteers are second to none and are a big part of what makes this club so special.

Thank You!!!

On August 28th we will be working with the Lake Tompaneunes commission. We will be staking

coconut logs in the lake to stop bank erosion. It should be a good time and a small way to say thanks for the great trail they built that many of us are using. Please let me know if you want in.

Jim Dunn (head of FARCwear) and Terry Dunsheath are doing a yeoman job in selling off the older FARC wear so that we can get a new updated line. Please support their efforts. The summer picnic is September 18th. It's FREE yes, FREE so I hope to see ALL our members enjoying a great day. Helpers are needed and will be much appreciated.

Take good care and great running,
Barry

Congratulations to Maggie Freeman

Who won Five Gold and One Silver Medal in Can-Am Police Fire Games in London, Ontario, Canada? Margaret "Maggie" Freeman, a lifelong resident of Monmouth County and a police officer with the Manalapan Township Police Department since 1996, won five gold and one silver medal in the Can-Am Police and Fire Games held July 11-18, in London, Ontario, Canada. i.e. won gold medals in the 5K race, 10K Cross Country, Cycling Time Trials, Cycling Road Race and the 400 Meter Dash. She won a silver medal in the Half-Marathon. The Can-Am (Canadian-American) Police-Fire Games is a multi-sport event open to law enforcement, fire service and emergency service personnel. Originated in 1977, the Can-Am Games are held every two years in either the United States or Canada. The Games included sixty events at thirty-five venue sites with over 1,000 participants. Maggie is an avid runner and has participated in marathons, half marathons, tri-athlons and ironman competitions. She is a member of the Freehold Area Running Club

Weekly Group Runs

FARC group runs are held **every Sunday**, 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).

Upcoming Calendar of Events

Club Picnic September 18, 2004

Club Meeting Wednesday October 10, 2004

Visit our website FARCNJ.org for great pictures of the Summer Series.

Welcome to FARC

This spring and summer we added quite a few new members. We want to extend a warm welcome to them and looking forward to see them and their families at our annual picnic and President Baseball game on Sept. 18, 2004 at Tighe Park.

KIMBERLY	BANKS	BARBARA	JOHNSON
JAMIE	BRUNO	TINA	KNOWLES
MICHAEL	BUKARICA	DAVE	LYNCH
BRIAN	BURLEW	MATTHEW	MacLEAN
JAMES	CUMMINGS	ALEX	PAPE
PATRICE	DACUNTO	MEGAN	PATTERSON
DAVID	DLUGOSZ	MELISSA	POLAKOS
JENNIFER	DOLAN	ARLENE	ROSENBERG
MICHELE	DONNELLY	MIRTA	SAN MARTIN
SAMANTHA	ECKSTEIN	DOUG	SCHUHARDT
BANDON	ELIMANCO	BONNIE	SHEEHAN
PETER	ESPEUT	DAVID	SMITH
CATHERINE	FLOTT	PAMELA	STEENLAND
VICTOR	GILBERTI	JILL	STOLZENBERGER
HANK	GRAEBE	STEVE	WELLS
BILL	HAGAN	RYAN	WERNER
ALISA	HAGENBERG	MARIA	ZAHARAHIS
MARYBETH	HOCKEMEIER	NANCY	HOROVITZ



Kids Summer Nights

“O what a night”. Is the title of a song but for our little runner had a lot of fun, laughter and learning how a start and finish line works. We had 131 kids pre register for the KSN and each week we would add another 20 to 35. The series was again sponsored by Pauline’s Health Food store in Freehold and Manalapan. Each Pre register child received a t-shirt, and trophy for running the six weeks and ice pops each week. Everyone had a good time a few tumbles in the grass doing the 100 yard charge. Go to our web site and see great picture of the kids. We want to thank the KSN crew who did a great job in managing so many little ones. Don Spadola and Terry Dunsheath on registration. Jack Lucey, Hal Smith and Jim Robbins on Finish Line. John Weitz as bike guide for the ½ mile and the mile. A very special event where we get a chance to see the future of running. Thank you all.



Club Meeting Wednesday October 6, 2004

FARC Executive Board

President	- Barry Seward
Vice President	- Avram Shapiro
Vice President	- Isabelle O'Donovan-Keeley
Treasurer	- Art Rosen
Secretary	- Jim Bergum

HOTLINE – 732-431-2627

WEBSITE – www.farcnj.com

Get Your Newsletter by Email!

If you'd like to receive your FARC newsletter by email, please send an email to Jim Bergum, our webmaster, at webmaster@farcnj.com. Ask to be removed from the snail mail list and added to the email list. By adding your name to the email distribution, you will also get announcements, reminders for meetings, updates to the website, etc.

Club Picnic

Our annual Club picnic is scheduled for Saturday September 18, 2004 at Michael Tighe Park in Freehold at 1 p.m. This is a fun time for all the FARC members. We have games for the kids, our annual past president's baseball game. Whose side will you be picked to play on? The picnic is FREE. All you have to do is RSVP this is so we order enough food for everyone. We hope to see you all out there having fun with us. See the flyer

15th Annual Friday 5K for Women

With the weather once again not cooperating, this event was held on a rainy night in late June. A pack of five women led the race through the mile at 6:07. They were Ashley Higginson, Christy DeFillipis, Erica Weitz, Catherine Lynch and Danielle Plenzo. At about 1 1/2 miles, Higginson and DeFillipis pulled away from the others. These two passed the two mile mark in 12:37, with Weitz hanging on in third place about 40 yards behind. The two leaders ran together until the half mile to go sign, when Higginson started to pull away. Ashley, who finished second in this race last year, had just completed her freshman year at Colts Neck HS. She had run a 5:10 1600 meter during winter track months earlier, the third fastest in the state. Two FARC member high schooler's finished

Summer Series

We started our 21 Annual Summer Series on June 23, 2004. This was a seven week series. We were rain out on July 14. We added a week so the series ending to August 11, 2004. The series was sponsored by Bud Light Beer. We had two special event predicted time and staggered start. Each week we had 90 runners competing. The competition was exceptional. We changed the course making a mile of it cross country which our High School runners use to get ready for their season. It also gave the runners a nice shaded run thru the woods at Battleground State Park. This year we did something unconventional with the awards. We did not have the usual medal or trophies. But a unique awards each week. We had the following awards Water bottle running pack, CD Holder Case, Cooler Bags, Duffel Bags, Crystal Paper weights Travel Clocks, Apothecary candy jars filled with Tootsie Rolls. We would like to thank the Summer Series Race Committee Tom & Terry Dunsheath, Bob Hyer, Tom Wendel, Barry Steward, Marci & Avram Shapiro, John Weitz, Jack Lucey, and Don Spadola. A very special thank you to Nathan Bergum who took all summer series photos. A great addition to our web site. A great and dedicated team. Thank you.
Isabel Keeley, Race Director

Club Picnic Saturday September 18, 2004

first and third overall. Higginson crossed the finish line in first with a 19:32, with Erica Weitz, the soon to be Marlboro HS sophomore, in third place (20:05). Christy DeFillipis was second overall, just 8 seconds behind Higginson. Three other club members finished in the top ten - Barbara Feinstein (21:08, 1st 35-39), UNC Greensboro bound Laura Saffer (8th, 21:44) and Liz Spector (10th, 22:01). Alicia Kelley's course record of 16:44, set in 1994, remained safe for another year. Our own Allyson and Ro Rosen were the first Mother/Daughter team, and the team of Pat Hancock and Michele Kirsch were the first Sister/Sister finishers. Congrats to Brian Dunsheath for winning the 1 Mile Fun Run.

A special note of thanks to Anne Walsh and Dr. Kenneth Nahum for their support of the race, for the Sandra Glazier Foundation. Our committee head came through as always - Isabel, Linda, Tom, Don, Ed, Bob Waitt, Marcia, Jack, Avram, Walt and Barry. Thanks too to our 50 club member volunteers. Club finishers were:

Ashley Higginson	- 19:34, 1st Overall
Erica Weitz	- 20:05, 3rd Overall
Barbara Feinstein	- 21:08, 1st 35-39
Laura Saffer	- 21:44, 2nd 15-19
Liz Spector	- 22:01, 1st 20-29
Allyson Rosen	- 22:23, 3rd 15-19
Rachel Morris	- 22:47, 1st 14 & Under
Marti Rettino	- 23:22, 1st 45-49
Carolyn Anastasio	- 23:27, 1st FARC
Susan Patla	- 23:29, 2nd 45-49
Laurie Salberg	- 23:45, 3rd 45-49
Pat Hancock	- 24:59, 2nd 50-59
Linda Hyer	- 25:53, 2nd FARC
Heidi Neufeld	- 26:08, 3rd FARC
Pat Coyne	- 26:33
Michele Kirsch	- 26:47
Ann Walsh	- 26:48
Christen Gallin	- 27:00
Kathy Craven	- 27:13
Ro Rosen	- 27:45
Kathleen Thompson	- 28:19
Cindy Monica	- 28:23
Fior Bruton	- 28:36
Debbie Madge	- 29:28
Ruthann Huttula	- 30:40

Gail Weitz	- 31:03
Elaine Hartung	- 31:47
Penny Hinck	- 31:53
Susan Schwartz	- 32:58
Fran Emanuel	- 34:57, 1st RW
Joan Venslavsky	- 35:01, 1st Master RW
Barbara Coomber	- 37:39
Cynthia Natoli	- 39:34

Mother/Daughter Teams

1) Allyson & Ro Rosen	- 50:08
2) Erica & Gail Weitz	- 51:08
3) Penny Hinck & Marilyn Ryder	- 59:41

Sister/Sister Teams

1) Pat Hancock & Michele Kirsch	- 51:46
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Beth DeMichele	- 39:39
Mirta San Martin	- not available

Toys for Tots

Mark your calendars for our annual Toy for Tots race. It's Sunday December 12, 2004.

Born to Run

Black Friday may be a great day to shop but it's a better day to run. Our Born to Run race will take place on Friday November 26, 2004 in Freehold Boro.

Visit our Website FARCNJ.COM

Club Meeting Wednesday October 6, 2004

Runners Forum

From Ollie

I still say that walking is a weird sport.

Fact one: in most large marathons, what do you see lots of "midpack" people doing towards the end? WALKING. Why? Because they are too tired to run. Most people WALK when they are too tired to run.

Fact two: race walking has a "straight knee" requirement. Why? To prevent a walking race

becoming a running race. Walking with a bent knee is too "running like".

Fact three: at my last 50K, I was DQ'ed for bent knees at about 37 km (23 miles). I was DQ'ed because, in effect, I was starting to "run". Why did I do that? Because, I was TOO TIRED TO WALK, I INADVERTANTLY STARTED TO RUN!!!!

No wonder people think that we are strange. :-)

(quote: don't *judge* someone until you've walked a mile in his shoes.....hmmm, perhaps I should have told those race walking judges that! :-))

Flag Day 5K

From Cindy and Michael Monica

Hi There, On Sunday, June 13th Michael and I participated in a really nice event - the Flag Day 5K in Bernardsville YMCA, This was a family event fundraiser, with proceeds going to prevent homelessness among veterans. Michael ran alongside granddaughter Kaitlyn (age 8) who is in the Girls on the Run program. This was Kaitlyn's first running event. She was proud to finish the race. I came in 2nd in my age group with a time of 28:22 and Michael came in 3rd in his age group with a time of 50 minutes! This was the first race we've been to where they served a complete meal afterwards - hamburgers, salads, pasta, and drinks. We also enjoyed participating in the Relay for Life on Saturday. Our team was well represented and it was good to have such fine weather for a change.

LISTS

From Robert McGill

Beer races outside of Monmouth & Ocean counties

1. President's Cup 5k (Millburn)
2. Long Hill Township 5 miler
3. Morris County Striders Summer Series 2.6 miles
4. Raritan Valley RR Summer Series 5k's
5. Friday Night at the races series 5k's
6. Frost on the Pumpkin 10k (South River)
7. Hero's 5k (Elizabeth)

Revised hilly course list

5 milers & 8k's

1. Raising Hope 5 miler (Readington, NJ)
2. Tewksbury 5 miler
3. Our House 5 miler (Summit, NJ)
4. Summit HI-5 miler
5. Christmas City Challenge 5 miler (Bethlehem, Pa)
6. Christmas City Classic 5 miler (Bethlehem, Pa)
7. Sunset Classic 5 miler (Bloomfield, NJ)
8. The Scenic 5 miler (Atlantic Highlands, NJ)
9. Stillwater Stampede 5 miler (Stillwater, NJ)
10. Long Hill Township 5 miler (Long Hill, NJ)

10k's

1. Run for the Cookies 10k (Berwick, Pa)
2. Brian's Run 10k (Wayne, NJ)
3. Woodcliff Lakes 10k (Woodcliff Lakes, NJ)
4. Frost on the Pumpkin 10k (South River, NJ)
5. Amazing Feet 10k (New Providence, NJ)
6. Hopewell Challenge 10k (Hopewell, NJ)
7. Joel Spector 10k (Washington Twp, Bergen County, NJ)
8. Giralda Farms 10k (Madison, NJ)
9. Brielle Day 10k
10. Ramsey Day 10k (Ramsey, NJ)

8 milers and longer

1. Half Wit, Half Marathon Reading area of Pa.
2. Charlie Horse 20k Reading area of Pa.
3. Hacklebarney Hill Climb 15k Pottersville, NJ.
4. South Mountain 10 miler Bethlehem, Pa.
5. 9 miler at Allaire State Park Wall, NJ.
6. Hot Chili 8 miler challenge at Kittatiny State Park Andover, NJ
7. Sparta 8 miler around Lake Mohawk Sparta, NJ
8. Indian Trails 15k Middletown, NJ
9. Midland 15k Run
10. E. Murray Todd Half-Marathon

5k's

1. The Morris Mauler 5k (Mendham, NJ)
2. Chilly Hilly 5k (Randolph, NJ)

3. All Hills, No Frills 5k
4. William & Teresa Wright 5k (Randolph, NJ)
5. High Point Easter 5k (Wantage, NJ)
6. CPA 5k (Roseland, NJ)
7. Essex ARC 5k (Bloomfield, NJ)
8. Wyeth 5k (Madison, NJ)
9. Raritan Valley RR Summer Series 5k
(Highland Park, NJ)
10. Friday Night at the races 5k Highland Park, NJ

The best races from each county (order is random)

Mercer County

1. Trenton Waterfront 5k (food, music & raffle)
2. Hamilton Half-Marathon (food & course)
3. Carnegie 5k (same as Trenton Waterfront)
4. Tommy May 5k (Washington Twsh small race with a large raffle & prize money)
5. Hamilton Peace 5k (course & food)

Somerset County

1. Miles for Matheny 5k (food)
2. Race for Runaways at Duke Island 5k (food)
3. Midland Run (course & food)
4. June Moon 5k (food & prizes)
5. Run for Aimee 5k (food & raffle)

Morris County

1. Merry Heart 5k (food, raffle & flat course)
2. Morris Cty Striders Summer Series (beer & food)
3. Run for Life 4 miler (food)
4. Pfizer 5k (best goody bag)
5. Wyeth 5k (goody bag)
6. Rockaway Blast 5k (downhill finish & food)
7. Lepauchan Leap 5k (food)
8. Hounds & harriers 3 miler (food & goody bag), must run with a dog
9. Apple Chase Chilton Memorial 10k & 5k (raffle and flat course with long straight aways)
10. Mendham Patriots Path 10K (beautiful trail race & food)
11. William & Teresa Wright 5k (Randolph) (goody bag & raffle)

12. Dover Renaissance 5k (raffle)

Sussex County

1. Fredon Pancake Run 4.4 miles (food & course)
2. Stillwater Stampede 5 miler (course)
3. Christmas in August 5k (course & food)
4. Beach Blast 5k (course & uniqueness of race)
5. Downtown Sparta 5k (raffle, goody bag & food)
6. Sparta 8 miler around lake Mohawk (cheap race & beautiful course)
7. Tri-State Classic 10k (course)
8. Hot Chili 8 miler challenge at Kittatinny State Park (food & course)

Bergen County

1. Teterboro Airport 5k (raffle)
2. Woodcliff Lakes 10k & 5k (goody bag)
3. Joel Spector 10k & 5k (course)
4. Wyckoff 5k (flat course that is tree-lined)
5. Ramsey Day 10k & 5k (course plus washcloth at finish line and t-shirt)

Hudson County

1. Newport 10,000 (flat course & very fast elite runners who bring down the participation of fast USATF runners)
2. Hoboken Police Race Against Crime & Drugs (course & something crazy happens at this race almost every year)
3. St. Dominic's 5k (fast course)
4. Bayonne Terminal 5k (fast course)
5. Race Against Autism
6. Lincoln Tunnel Challenge 5k (unique course)

Union County

1. Our House 5 miler (food & raffle)
2. Summit Hi-5 miler (food & raffle)
3. Sleepy Hollow 5k (goody bag)
4. Downtown Westfield Pizza Run (food & music)
5. Winter's End 5k & 5 miler (raffle)
6. Run for the Children 5 miler in Elizabeth (food, raffle & awards)
7. Heroes 5k in Elizabeth (best food in the State)
8. Roselle 21st century 5k (food & raffle)
9. Cranford firecracker 4 miler (large crowds of

- spectators, food & goody bag)
10. Contact we care 5k (food & raffle)

Essex County

1. Newark Corporate 5k (food & flat course with long straight-aways)
2. Newark Easter 5k (goody bag)
3. Portugal Day 5k (flat course & nice trophies)
4. Run for Freedom 5 miler (food & friendliness of people putting on the race)
5. Newark Distance Classic 20k & 5k (course & warm building for awards)
6. Essex ARC 5k (raffle & goody bag)
7. Run for Rachel 5k (raffle & goody bag)
8. CPA 5k (unique awards & food)
9. South Orange Village 5k Classic (food)
10. Sunset Classic 5 miler (food & collar shirt)
11. Montclair 10k (course & food)
12. Ashenfelter 8k (course, warm building & food)

Middlesex County

1. Run for Education 5k (food, raffle & flat course)
2. Beringer House 5k (raffle & flat, tree-lined course)
3. Edison Day 5k (food, flat course & awards)
4. Frog Hollow 5k (food & tough challenging course)
5. Crossroads of Woodbridge 10k (food & raffle)
6. Frost on the Pumpkin 10k (challenging course & beer)
7. East Brunswick 10k & 5k (food)
8. Raritan Valley Road Runners Summer Series (food & beer)
9. Friday night at the races 5k (food & beer)
10. Colonia Classic 5k (food)
11. Lightning 5k (course & politeness of people putting on the race)

Hunterdon County

1. Healthquest 5k of Hunterdon County (food & course)
2. Raising Hope 5 miler (challenging but beautiful)
3. Windmill Classic 5k (challenging but beautiful)

Club Picnic September 18, 2004 @ 1 p.m.

Raising Hope 5 Miler From Robert McGill

Here is a new race that people who love hills should do, Raising Hope 5 miler in Readington. This course is a killer. There is little or no shade. You start at the bottom of a hill and finish at the top of that same hill.

The worst hill goes up and down over almost the entire third mile. It would remind you of the hill during the 6th mile of Indian Trails that you run through a residential neighborhood, except that this hill is longer and steeper. When you get to the top, you start running along a gradual incline, then go to a gradual decline and then you run down that hill. The scenery is beautiful. You get a smell of horse manure near the start and the finish. A horse farm is near the start and finish lines. It was a small race. I ran a 40:30 and took 19th out of 77 runners.

FARC Matthew Stuper Memorial Scholarship

At our May Club meeting Dominique DeVito the chairperson for the FARC scholarship committee presented scholarships to the following candidates. The recipients for 2004 are:
Allyson Rosen, James Coomber, Daniel O'Brien and Lisa Oldak. Each candidate received \$750.00 this year. As always it is so good to see our FARC family gowning up and moving on to college. They all demonstrated that running or volunteering for FARC was major requirement for recognition. Congratulations to all and the Best of Luck in your college careers

Sad News

The club is saddened to announce the untimely death of fellow runner Mary Conry of Colts Neck in early August. Mary was a frequent participant at many of our events, most recently the St. Paddy's 10 Miler. She taught at Susan Wagner High School on Staten Island. Mary was a very devoted runner and would run on the high school track during lunch time almost every day. Her cheerful 'hello' will be sorely missed. Our thoughts and prayers go out to her family and children.

WANTED - FARC TEAMMATES

Does anyone want to form a FARC team to compete in the SAC's Cross-Country League Series? The dates and sites are yet to be announced. It usually starts the last Sat. in Sept and runs for approx. 6 weeks. And unless there is a change, the whistle blows to start the race at 9:00AM. If you are interested please contact Walt Rutsky at runwk@att.net or on 732 566-6495 .

When Running Is Just 1/3 Of The Fun

By Jim Dunn

Participating in triathlons is a great way to inject a lot of variety into your training schedules - and possibly help to reduce injuries that can occur when just training by doing the same routine over and over (runner's knee, shin splints, etc).

A triathlon is a competitive event involving the three disciplines of swimming, bicycling, and running. The format for triathlon is usually swimming - bike - run; however, it can be in any order. Triathlons have three different set distances: Olympic, Half-Ironman and Ironman. The Olympic distance is a 1.5K (.9 miles) swim, 40K (24.9 miles) of cycling followed by a 10K (6.2 miles) run. This is the official distance for Triathlon in the Olympics (hence the name) The Half-Ironman distance is 1.2 miles of swimming, 56 miles on the bike followed by 13.1 miles of running. The Ironman, considered "the ultimate endurance test", is twice the half - 2.4 mile swim, 112 mile bike followed by a full marathon of 26.2 miles. There is a fourth "distance" known as the sprint distance but it is not a defined distance for any discipline but any triathlon less than Olympic distance is considered a sprint.

Most people are afraid of doing a Triathlon due to fear of the water. Being a Triathlete myself for the past 9 years, I shared that 'aqua-phobia' as well 10 years ago. The reality is the swim is always the shortest part of any Triathlon in both length and time, so as long as you keep calm in the water and can do a little better than doggy-paddle, I can guarantee you will find a way to get back to shore. It is after the swim that the race really begins. The bike is usually the longest leg and will take the longest to complete - so my advice here is to first have a bike that fits you properly (see your local bike shop pro) and second, spend tons of time in that saddle! We all know how to run, but to finish a

Triathlon running (not walking) you must practice your BRICK workouts. A BRICK is a bike workout immediately following a run work out - no better way to simulate race day conditions. Always rotate between doing a long bike/short run BRICK and a short bike/long run BRICK. Stay away from doing both in long distances back to back during training as it just invites injury.

Since starting the TRI life, everyone always asked me if I had ever done the Ironman. Up until this past week, the answer was always no. On July 25th I finally "climbed the mountain" and completed the Ironman USA in Lake Placid, NY. I spent 1 hour and 18 minutes swimming, 7 hours and 1 minute on the bike and ran the marathon in 4:50. My total time, including time spent transitioning from one sport to the other, was 13 hours and 30 minutes - not too spectacular but I was happy to finish pain free, smiling and running!

They say doing a triathlon does not make you a triathlete, but doing an Ironman makes you an Ironman for life - and it's a good thing as I think my Ironman days are behind me!!

LETTERS

Dear Race Organizer:

I enjoyed running your race recently (St Paddy's). I have been road running competitively in Middlesex County for the past twenty years. We all appreciate running events with sufficient course marshals, water stops and post race refreshments. The organizers and sponsors of your race should be commended on the excellent set up. I have encouraged other runners to support local running events that raise money for charity and non-profit groups. We look forward to running your race again next year.

Very truly yours, Kenneth A. Vercammen

Thank you very much for your generous scholarship award. It means so much to me. I apologize again for not being able to attend the scholarship meeting. Thank you, Daniel O'Brien

Dear Freehold Area Running Club

Thank you for the scholarship award you presented to me on May 12. It was a great surprise to me when I was advised that I was chosen to be a recipient of the FARC Matthew Stuper Memorial Scholarship. I am satisfied with my choice of ESU as my college because it not only has a competitive running program but also a good Pre-Physical Therapy Program that I am apart of. With FARC generous award my financial obligations have been substantially reduced. Thank you for your generosity. Sincerely, James Coomber

Dear FARC

I am writing to thank you for awarding me the Matthew Stuper scholarship award this year. It is an n honor that is greatly appreciated. Although I was unable to attend the awards ceremony due to final exams at my college, my parents told me about the ceremony I was sorry to have missed it. My family and I are proud to be members of the Freehold Area Running Club. We look forward to continued volunteerism and participation in the races (9 for me, especially the Summer Series). If there is any way in which I could repay this club for its generosity to me I would be happy to do so. Once again, I say "Thank you" to the club and the Scholarship Committee
Sincerely, Lisa M. Oldak student at
Towson University

FARC Does Track

From Avram Shapiro,

Marcia and I were officiating at the New Jersey International Track & Field meet at Colts Neck H.S. on June 12th, and were pleasantly surprised to see a FARC team entered in the open 4x400 relay. Turns out that Michael O'Flaherty brought down a team consisting of himself, Michael F. and Cody O'Flaherty, and Chris Davis. They were aiming for a 4:07, and surpassed that goal with a 4:05.2. This was after Mike ran the Masters mile in 5:35, Cody turned in a 5:40 in the Middle School mile, and Mike F. and Chris did 4:55 and 5:07 respectively in the Open mile. Nice going, guys!

WATER

1. 75% of Americans are chronically dehydrated.
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzi short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

From Bernie S. & Heidi D.

Renew for 2004

If your mailing label had a '/03' after your name, then you need to renew your membership for 2004. A form was enclosed for everyone needing to renew. FARC has the cheapest membership dues in the state, with one or three years, and individual or family options. Download membership application from our web site farcnj.com

RACE RESULTS:

Pine Beach 5-K

Patrick Asay - 19:34 3rd place 40-44 AG

Frank Pelcher - 24:35

Run For Hope 5K, Core Creek Park Langhorne PA

Hilary Gall - 24:53 (3rd 15-19)

Gary Gall - 26:28 (PR)

St. Mary's Feast 5.5 mile, Cranston, Rhode Island

Frank Pelcher - 46:01

Downtown Westfield 5k

Frank Pelcher - 25:30

Sea Girt 5k

Frank Pelcher - 25:20

JCC 5k-July 18

Ralph Garfield -24.00

JSRC summer series week four 3 mile race

Week 1: Patrick Asay - 18:55

Week 2: Patrick Asay - 18:50

Week 4: Patrick Asay - 18:40 1st AG and PR

Firecracker 5

Frank Pelcher - 54:41 (2nd race walk)

Ralph Garfield - 41.39 2nd 65-69

Patrick Asay - 33:08

Pineland Striders 10K

Hilary Gall - 54:27 (1st 15-19)

Gary Gall - 1:00:13

Ryans 5k

Frank Pelcher - 25:25

Midland 15k

Robert McGill - 1:26:58

Friday Night At The Races

Race 1: Robert McGill - 26:44 (9 min handicap)

Race 2: Robert McGill - 26:22

Race 3: Robert McGill - 26:10

Robert J. Mc Gill - 26:17

Robert Mc Gill - 26:10, (6 minute handicap) 1st overall

Run for Freedom 5 miler

Robert McGill - 38:47

Newport 10k

Robert McGill - 48:56

Ventnor 10-K

Patrick Asay - 41:17

Spring Lake 5 M

Mike Chudkowski - 39:57

Lorraine Chudkowski - 40:10

Cindy Monica - 47:00

Hamilton CYO 5K Veteran's Park

Hilary Gall – 24:49 (1st 14-19) 2nd overall F

Gary Gall - 27:49

Corpus Christi CYO 10K

Hilary Gall 59:11(1st 14 & under)

Gary Gall 59:09

Healthquest 5k of Hunterdon County

Robert J. Mc Gill - 19:45

Charlie Horse 20k

Robert J. Mc Gill - 2:36

Ridgewood 10k

Robert J. Mc Gill - 48:48

Run for Rachel 5k

Robert J. Mc Gill - 23:43

Raising Hope 5 miler

Robert J. Mc Gill - 40:30

Stone Harbor Turtle Trot

Evan Bessette - 22:00

Rick Bessette - 23:40

Bayhead 5-K

Patrick Asay finished in 19:46 a PR

Avon 5-K

Patrick Asay - 20:08

Frank Pelcher - 24:48

Christmas City Challenge 5 miler

Robert J. Mc Gill - 39:08

Hillsborough Hop 5K

Hilary Gall 24:52

Gary Gall 27:12

Hartshorne woods 7.2 mile trail run

Patrick Asay and Dog Holly: 68 min. (covered in mud!)

5000 strides 5k

Frank Pelcher - 24:42

Robert J. Mc Gill - 24:08

Portugal Day 5k

Robert J. Mc Gill - 23:08

Morris County Striders Summer Series 2.6 miler

Robert J. Mc Gill - 21:14

Trenton Waterfront 5k for Habitat for Humanity

Robert J. Mc Gill - 23:35

June Moon 5k

Robert J. Mc Gill - 23:38

Steve Schwartz - 20:53 2nd 45-49

Summer Solstice 10-K

Patrick Asay - 44:19 3rd 40-49, 7th overall.

George Sheehan Classic

Frank Pelcher - 42:34

Woodbridge Father's Day 5k

Robert J. Mc Gill - 22:50

Fathers Day 5 mile, Pt. Pleasant

Frank Pelcher - 41:55

Lake Takanassee

Week 2: Patrick Asay - 19:57

Patrick Asay- 20:06

Run For The River 4 Miler

Hilary Gall - 32:34 (1st 14 & under)

Gary Gall - 36:22

NYRRC Gridiron 5K

Rich Salls - 24:44

NYRRC Snowflake 4 miler

Rich Salls - 31:37

NYRRC 8K

Rich Salls - 39:42

NYRRC Scotland Run 10K

Rich Salls - 49:33

NYRRC Niketown Run for the Parks 4 miler

Rich Salls - 31:33

NYRRC Thomas Labrecque Classic 4 miler

Rich Salls - 30:43

Tails 'N Trails 2.5 mile Canine RacePatrick Asay & dog Holly - 17:17 1st place
(shelter adopted dog), 5th overall**Ram 5-K**

Patrick Asay - 20:34 2nd 40-49

Child's Magazine Mother's Day 5 K

Lorraine Chudkowski - 23:27

Mike Chudkowski - 24:29

Bay Bridge 10 K

Walt Rutsky - 45:43

Sesame Place 5K

Gary Gall 28:31 (ran like Cookie Monster)

Gail Gall 34:20

Alison Gall 8:05 (1 mile fun run)

Mothers Day 5k

Frank Pelcher 24:33

Bahrs 5 mile

Frank Pelcher - 45:20

NYRRC Downtown Dash

Mike Chudkowski - 19:27 (2AG)

Lorraine Chudkowski - 20:06

Edison Family Day 5k

Frank Pelcher - 24:19(2ag)

Robert McGill - 22:48

Pace Yourself For Parkinsons 5k

Frank Pelcher --- 24:40

Rumson 5 Mile

Frank Pelcher - 43:24

Brooklyn ½ Marathon

Steve Schwartz - 1:31:17.

Thomas G. Labrecque 4 Mile Race

Lorraine Chudkowski 31:23

Mike Chudkowski 31:39

NJ Marathon

Bill Aromando - 3:28:06

Wee Run Wild 5k

Robert Mc Gill - 23:03

Friday night at the races

Robert Mc Gill - 25:41

Westfield Recreation 5 miler

Robert Mc Gill - 38:30

New Jersey Marathon

Robert Mc Gill 5:41:53

Cardinals 5k

Robert Mc Gill 23:41 5/1/4

River to Bay 5kFrank Pelcher - 26:25 1st

Patrick Asay - 20:06 2nd 40-44

Observer 5k

Patrick Asay - 20:09 2nd 40-44

9th Annual Organ Donor Dash 10K

Hilary Gall - 54:41 (1st 15 & under) PR

Gary Gall - 1:01:47 PW (personal worst)

Brandon's run 5-K

Patrick Asay - 20:29 2nd male overall

Fools Run

Frank Pelcher - 26:28 3rd

Sgt Pats 5k

Frank Pelcher - 24:28

Race For Independence 10K

Fran Bell 48:13 (1st 50-59)

Gary Gall 59:45

Club Meeting Wednesday October 6, 2004 Group Run 7:30 p.m. Meeting @ 8 p.m.



Membership Application

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 Picnic - Social Activities
- Seasonal Track Sessions - Annual Awards Party

(Please Print)

Name: _____ FAMILY MEMBERS & AGES
(If applicable)

Street: _____

City: _____

State: _____ Zip: _____ Telephone #: _____

E-Mail Address: _____
Please Print

Please make check Payable to FARC

Newsletter by E-Mail _____

Membership Type, Select One:	Individual	Family	Shirt size (new membership only)		
			Shirt may be picked up at any club event		
1 YEAR (Good thru 12/31/04)	\$10.00	\$ 15.00	M	L	XL(Circle one)
3 YEAR (Good thru 12/31/07)	\$25.00	\$ 35.00			

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 LCUB 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.

Freehold Area Running Club's

Summertime Members' Picnic



Saturday, September 18th 2004

(Rain date Sunday, Sept. 19 – check the website for status: www.farcnj.com)

At Michael Tighe Memorial Park

(Formally the Liberty Oak Park)

Picnic will start at 1 P.M.

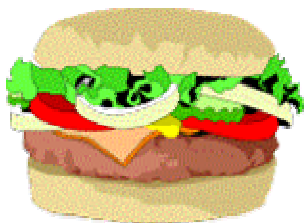
It will be located in the back of the park picnic area.

Come join us for the Past Presidents Baseball game. (Bring your glove)

There will be games and prizes for the children.

The Famous FARC Bake Off will also take place.

- **Everyone who brings a dessert to the FARC dessert table will be included in the Bake Off contest.** (To enter, bring a dessert and the recipe card.)



Please RSVP call Pam Spadola at 732-942-8518

This is necessary so we order enough food and beverages for all.

See you there!

RACE CALENDAR

(All phone numbers 732 unless otherwise noted)

08/14	<i>Asbury Park</i> Asbury Park, NJ 5 K 8:30 AM	09/04	<i>Saturday In The Park</i> Holmdel, NJ 5 K 9:00 AM 542-6090
09/06	<i>Pier Village</i> Long Branch, NJ 5 K 8:30 AM 571-2162	09/06	<i>Eatontown</i> Eatontown, NJ 5 K 8:45 AM 389-7607
09/11	<i>Hill & Dale</i> Brille, NJ 10 K 9:00 AM 528-6600	09/11	<i>Fallen Heroes</i> Elizabeth, NJ 5 K 9:45 AM 499-9250
09/12	<i>Colts Neck</i> Colts Neck, NJ 10 K 10:30 AM	09/18	<i>Seafood Pt.</i> Pleasant, NJ 5 M 8:30 AM 295-1193
09/18	Club Members Picnic, Michael Tighe Park, Noon	09/18	<i>Tinton Falls</i> Tinton Falls, NJ 5 K 8:30 AM 389-1460
09/18	<i>Bayshore Classic</i> Holmdel, NJ 5 K 9:30 AM 739-5918	09/24	<i>Carpenters Classic</i> Seaside Park, NJ 5 K 8:00 AM
09/18	Tinton Falls 5K	09/25	<i>Relay By The Sea</i> Sea Girt, NJ 15 K 9:00 AM 542-6090
09/26	<i>Court Classic</i> Georgian Court, Lakewood, NJ 5 K 10:00 AM	10/02	<i>Pumpkin Run</i> Oswego, NY 5 K 10 K 13.1 M 8:00 AM
10/03	JSHM 1/2 Marathon Sandy Hook, NJ 13.1 M 9:00 AM	10/03	Lighthouse Sandy Hook, NJ 5 K 9:05 AM 409-7644
10/06	Club Meeting, Michael Tighe Park, 8:00 PM	10/16	<i>Finest Interlaken</i> , NJ 5 K 11:15 AM 531-4014
10/17	Colalillo ShopRite 5K Flemington NJ	10/24	NJ 5 Mile Racewalk, Michael Tighe Park, 9:00 A
11/20	<i>Turkey Trot</i> Colonial Park, Somerset, NJ 5 K 9:30 AM	11/21	<i>Morris Mauler</i> Morris Park, NJ 5 K 10:30 AM
11/26	Born To Run, Freehold NJ CLUB EVENT	11/27	<i>Turkey Trot</i> Westfield, NJ 5 M 11:00 AM 908-245-9422
12/08	Club Meeting, Michael Tighe Park, 8:00 PM	12/12	Toys For Tots, Michael Tighe Park, Freehold, NJ