



THE LONG RUN



The Official Publication of The Freehold Area Running Club
VOL.23 NO. 1 - 05/04

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

President's Message

Hello Spring and all fellow FARC members !!!
Thank you for the opportunity to serve as the President of YOUR club. In order to ensure the board is doing all it can for you and the organization, we need your input. We need to understand what you are looking for from the club. Thank you to Bob Hyer and all of last year's officers for all your hard work and leaving us with a well run club. The major reason FARC is so successful is because of the many very dedicated volunteers. The comments so often heard are how well FARC events are put together. The seasoned volunteers make it look easy. To ensure this continues we will be looking for ways to show our appreciation of their talents and endless time. Some suggestions are: a new board position, a raffle at every event just for the volunteers, free FARC wear, gift certificate, annual appreciation party, etc. If you have any additional ideas please let us hear from you. We need and welcome more club members to get involved and use some of their many talents. I do understand that many of you have a very full plate already, but if you could help out at even one event a year you would make a big difference. The turn out for the March general meeting was very disappointing. Do you want to continue to have general meetings? If so, what would draw you out to attend? The May meeting will have a feedback session for you to speak up and let us know your thoughts. Please try to attend. To sum it up. This is YOUR club. What do you want from being a member and what are you willing to put into it? We the board will try our best to accommodate your needs.

Regards, Barry Seward

St Paddy's 2004

The 15th Year



Start of the 2004 St Paddy's Race

Some things never change; some things do. FARC's volunteers came out in droves, as they always have, and their numbers and enthusiasm are what distinguishes St. Paddy's as one of the finest running events in New Jersey. The Nestle Beverage Co. continued, as it always has, to provide the chief sponsor support without which our event would be hard put to succeed. Windmill and CentraState have

remained loyal over the years, joined more recently by Globe Litho, Kastle Mortgage, and, this year, AXA Advisors, Midas and Atlantic Physical Therapy. Also contributing to the success were the volunteers from the Girl Scouts, the course supervision by the Freehold Township Police, the Freehold First Aid squad (which handled one major emergency), and our host, Freehold Township Parks and Recreation. And, of course, there is the race committee, many of whom have been there from the beginning. Thank you, Ed Daley, the Eddys, Dave Friedman, Frank Haviland, Bob & Linda Hyer, Isabel Keeley, Jack Lucey, Walt & Kathy Rutsky, Bo Saa, Barry Seward, Don Spadola, Walter Stein, Tom & Ed Wendel, last-minute fill-ins Donna Cetrulo and Terrie Dunsheath, and especially Avram, my partner for nearly 47 years and my co-director for the last six. You're an amazing group. This year, we had to battle the second straight awful winter, the memory of last year's course change, a damp start to race day, and a major competing women's event. Still, almost 900 registered, 481 of them finishing the 10-miler, 323 the 5K under clearing (although windy) skies with temperature in the 40's, not bad for the runners. There was universal relief in returning to the regular courses, and I can't recall the last time we had this few complaints from the participants. Post-registration was flawless, results came out quickly and accurately. The park commission complimented us for leaving the premises in spotless condition. All in all, the smoothest St. Paddy's in my six years at the helm. Not to say that there weren't some hectic moments, but that comes with the territory. There were changes in those six years. The elimination of prize money and championship status, with the focus on the majority of runners and walkers who come to enjoy their sport; the move from the muddy fields to the paved basketball area- both contributed to the growth of the event. And now, it's time for me to sit back and rest. Not entirely, of course. Some time in February, your phone may ring.... Again, thank you all. Without you, there is no race. Marcia

Complete Race Results & Photo's on
FARCNJ.COM

CLUB MEETING MAY 12, 2004

Summer Series

Our Summer Series Starts on June 23, 2004 at 6:30 p.m. Mile Fun Run and 5K we are going back to the old course. See race flyer in this issue

Kids Summer Nights

Our 10th year for the Kids Summer races. We have seen Briana Jackucewicz, doing the 100-yard Battlefield Charge to develop into a National Champion. This series is developed for Kids to have fun running. So bring the kids out for running fun, ice pops and watermelon this year. See the flyer in this issue.

Women's Only 5K

New Date set for the Women's Only 5K. The date is Friday June 25, 2004 at the Marlboro Recreational Center, on Wynecrest Road, Marlboro. (See application in this issue)

Letters

A huge congratulation's goes out to you folks and the rest of the loyal FARC volunteers for another great job on the winter series.

The folks from our coaching class had a great time. 6 of them even won AG awards. In fact, we swept the F 60-69. In all of the races to which I go, I always like to listen and watch the runners for their reactions to the event and amenities. All I ever heard regarding the winter series was high praise. They cannot believe all they get for \$5 (\$2 if they are smart enough to join FARC.)

Of course the real key to FARC's success is how well you have kept the large core of talent together for so many years. No other club in NJ has been able to do that.

On behalf of the runners, thanks for the great job and years of enjoyment you have given to the running community. I know a lot of the folks from our class are looking forward to the 5K at St Paddy's. See you Saturday at the Banquet. It will be nice to know that you can sleep in on Sunday!

Regards,
John MacGilverey

Have you renewed you FARC Membership?

See Application on the back page.

November 17, 2003

Dear Bob;

On behalf of the Shore Athletic Club and the Jersey Shore Half Marathon, I want express my deep appreciation to the Freehold Area Running Club and it's members for the support that the club gives to the Half Marathon. This race could not have been organized without the valued assistance of FARC.

The Jersey Shore Half Marathon would like to make a donation to the Freehold Area Running Club's Matthew Stuper's Memorial Scholarship Fund. Enclosed please find a check for \$1000.

On a personal level the support, assistance and advise that you, Tom Wendel, Marcia & Avram Shapiro give to me, is so very much appreciated. Please acknowledge my sincere thanks to the Freehold Area Running Club; it's member and Board for their continued support.

Sincerely,
Isabel O'Donovan-Keeley
Race Director
Jersey Shore Half Marathon

Winter Series 2004

Week One

Clubs' 21st Annual Winter Series. Today's series opened up with 108 finishers crossing the finish line. Many new faces joined many of the past participants. Hopefully, this will make for new good lasting friendships and great future competition.

The temperatures were comfortable for this first week's start. Check out the picture on the WEB site photos to see how many people ran in shorts. However, an earlier morning shower and an overcast sky may have kept a few away.

No course records today but still good times were recorded. Newcomer Jesus Resendiz of Perth Amboy was our overall winner. He completed the course in a time of 16:45. A veteran to the series, although young (13 years old), Briana Jackucewicz,

Farmingdale led the woman with an 18:13. Out of the corral first for the Clydesdale's was Jim Pate, Browns Mills 21:57. Ben Ottmer, Lakewood 31:29 and Fran Emanuel, Brick 34:33 were the men and women race walker winners. The complete results are posted on the WEB site.

The awards were candy jars and yes, filled with candy. Who said runners can't treat themselves to a little sweets once in awhile. The awards will vary from week to week.

Week Two

Brrrh! It was cold today for the second week of the appropriately named ... Winter Series. At race time the temperature was around 10 degrees F. Still there were 90 finishers today. Actually, there were 91 but one hardy soul did not provide their name on the finish place card. I guess they did not want anyone to know they were crazy enough to be out running in this kind of weather.

Jesus Resendiz, Perth Amboy was our repeat overall winner. His winning time of 16:28 was 17 seconds faster than last week's time. I guess he wanted to come in from the chill a little sooner. Danielle Soldo, East Windsor took the women's win with a time of 20:27. Other repeat winners included Clydesdale, Jim Pate, Browns Mills 21:55, Jason Weiner, Freehold 20:58 (1st under 13), Gabby Barrett, Freehold 22:38 (1st 40-49), Bill Hagman, Morris Plains 19:49 (1st 60-69) AND SHIRTLESS AGAIN, Marilyn Ryder, Long Branch 27:43 (1st 60-69) and Bill Welsh, Staten Island 32:06 (1st 70+). Welsh had a battle on his hand outlasting 2nd place 70+ finisher, Ray Reddick, Belmar 32:07. Ben Ottmer, Lakewood 31:26 and Fran Emanuel, Brick 33:40 won their respective race walk divisions once again. Everyone won in one respect today. Warm chicken soup, apple cider and other goodies awaited them in a nice toasty warm park activity center for a job well done.

Week Three

Remember when mom always scolded, you can't go out and play today, its cold and rainy. Well today 61 finishers rebelled against that parental authority and completed week 3 of the winter series. A light snowfall during the evening left the park road

lightly dusted with snow. Sunday morning's temperature was around freezing and a slight sleet falling. The park's maintenance crew had the road cleared by race time and the sleet had changed to rain. However, the bike path had been rendered unusable and the race was kept on the park road. The road was still a little slick though and a little a little caution had to be exercised while running. Well maybe not judging by some of the times and competitiveness exhibited. Park crew thanks for getting the course ready for us. Jesus Resendiz, Perth Amboy 16:50 won his third race in a row out dueling Chris Chairo, Jackson 16:58 by 8 seconds. We had our third different women winner in the series. Erica Weitz, Morganville led the way with a 21:41. There was a highly contested battle in the men's 40-49 age group. The top three winners in this group were within an 11-second range. The results: Bob Derringer, Jackson 19:31, Stefano Baccinelli, Freehold 19:34 and John Taylor, Milltown 19:41 and overall, they finished 4,5,and 6. Our other still undefeated series winners were Clydesdale Jim Pate, Browns Mills 22:25, (under 13) Jason Weiner, Freehold 21:14, (1st 70+) Bill Welsh, Staten Island 38:39, women (40-49) Gabby Barrett, Freehold 22:24 and race walker Ben Ottmer, Lakewood 32:33. By the way, there were no casualties today. Everyone will be back to race another day.

Week Four

Winter still had its clutches on the series, as the temperature remained frigid for today's race. The bike path, once again, was unusable. There were 88 finishers today in spite of the weather. One of them added a bit of international flavor to the race. Participant Rainer Koch came all the way from Wurzburg, Germany. Rainer made a good finish for himself coming in fourth overall with 17:50 and good for a third place in the (20-29) age group. Over the years the FARC winter series has drawn athletes from all over the place. E.T. phone home! Please, mom is concerned. Previously Tim Mulligan, Whiting, upended unbeaten Jesus Resendiz of Perth Amboy today. Tim's winning time of 15:34 was the fastest time run in this year's series. Jesus' time of 16:27 was his fastest this series but was only good enough for third. Sandwiched in between was second place finisher Chris Chairo, Jackson 16:21. Erica Weitz,

Morganville 21:06 won again for her second week in a row. Finishing second was Gabby Barrett, Freehold 22:02 with third place finisher Sandy Santiago, Eatontown 22:16 right behind. Racer walker Ron Salvio, Plumstedt 29:20 beat Ben Ottmer, Lakewood 31:25. Ben was another undefeated competitor to fall today. Avram, Shapiro, Howell 36:58 was third. Avram, the tax collector, no not tax collector but the one who collects all of the registration fees competed as a race walker today. Last week he competed as a runner. He gets to check out the field in advance. Is this like insider trading? Even though a few of the previously undefeated have fallen today a few still remain. They are: (under 13) Jason Weiner, Freehold, (70+) Bill Welsh, Staten Island and women (40-49) Gabby Barrett, Freehold. We have a lead car at times to lead the racers out on the course. You most likely have noticed a biker (not a Harley Man) doing it at times this year. What a time to be peddling a bicycle, in one of our colder winters. This brave soul (euphemism for nut) is John Weitz. Thanks John. Speaking of thanks, we usually acknowledge all of the helpers at the end of the series. But Hal Smith must be thanked too at this time. He is at the most remote part of the course calling out the 2-mile split times. It can be lonely and cold; maybe roaming wolf packs ... out there, who knows. So someone please, bring out a HOT chocolate to him on the way out (perhaps on the second loop if you have the time to spare). Another early thanks go to runner Marty Slutzky. Marty has brought snowmen cookie jars and candies to the races that were passed out and randomly given at the runs.

Club Meeting May 12, 2004 Tighe Park

Week Five

The Grand Finale week 5 drew the biggest field of the series. Other than the first week, the temperatures were a bit less frigid for this last run. But still the bike path could not be used and the park road served as the course for the third week in a row. So everyone decided, let's race, and the 135 finishes made for a successful series. Jesus Resendiz, Perth Amboy rebounded from last week's only defeat and won for his 4th out of 5 races with his fastest time of 16:18. Germany's Rainer Koch felt right at home here and completed his second

race of the series. His second series run here netted him a second place finish. Erika Griffith, 13 years old, from Mt. Laurel led the women with a 20:52. Jim Pate, Browns Mills was the first Clydesdale in with a 21:26. For our race walkers, it was Ben Ottmer, Lakewood leading the men and on the women's side it was Donna Cetrulo, Long Branch. There were two who went undefeated in their respective age groups in the series. They were (under 13) Jason Weiner and women (40-49) Gabby Barrett, both from Freehold. Good running to you during the rest of the year and we hope to have you back again next year!

Thank you to Winter Series Committee I just want to thank you all for a wonderful winter series. The spontaneous applause that the runners gave us goes to show what great events we put on. We overcame all the elements that Mother Nature could throw at us. We laughed at our foibles. Barry's coffee and Isabel hand warmer's that were never used. We had FUN. It was all teamwork; each of you did a great job. Thanks to Barry Steward, Tom Wendel, Bob Hyer, Linda Hyer, Lauren Hyer, Avram Shapiro, Marcia Shapiro, Jack Lucey, Walt Rutsky, Kathy Rutsky, Ed Daley, Terry Dunsheath, Tom Dunsheath. Thank you all for your commitment to running.

Isabel Keeley Race Director

CLUB MEETING MAY 12, 2004

Members Results

Ocean County Winter Series Week 3 – 2-Person 4 Mile Relay:

2nd Hilary Gall (Mark Catalano) - 27:58

9th Gary Gall (Paula Lychock) - 30:09

Ken Vercammen 27:58 (2nd place)

Week 5- 4-mile race (Predict Your Time)

Patrick Assay - 26:52 a PR.

Ken Vercammen - 23:53 1st overall

Hilary Gall 32:36 (6 seconds off 3rd place) PR

Gary Gall - 36:16

Shore Athletic Club Winter Series Week 1

Bill Aromando - 19:56 PR 1st - 30 to 39

Ken Vercammen 18:09 1st 40-49

Manasquan 2 mile beach run

Patrick Assay - 14:29

Klee's 10 Mile Chill Out

Ken Vercammen 1:4:20 4th 40-44

Gridiron Classic 5K

Mike Chudkowski 26:13

Lorraine Chudkowski 27:42

Al Gordon 15K

Mike Chudkowski - 1:25:14

Lorraine Chudkowski - 1:25:14

Snowflake 4M

Mike Chudkowski - 32:04

Lorraine Chudkowski - 33:22

E. Murray Todd Half Marathon

Patrick Assay – 1:34:14 PR

Frank Pelcher - 1:59:25

Bill Aromando - 1:35:38 PR

Ocean Winter Series

Week 3 Bill Aromando – 29:00 5th Relay (With Larry D'Arcy)

Week 4 Bill Aromando – 27:12 PR

Ambler Area Running Club Frostbite Five Miler

Hilary Gall - 41:35 (2nd AG 14 & under) PR

Gary Gall - 47:46

Gridiron Classic 5K

Rich Salls – 24:44

Miami Tropical Half Marathon

Frank Pelcher – 1st - 1:59:10

Jed Smith 30 K Ultra Sacramento Ca

Steve Schwartz - 2:21:16 1st AG.

Half Shell Marathon (Key West FL)

Frank Pelcher - 2:01:23

Hamilton Hangover:

Hilary Gall 42:56

College Results

Lehigh's Freshman, Victor Vento's continued his stellar first season for the Mountain Hawks, posting a second place finish in the 3000-meter run, as he crossed the finish line in a time of 8:27.67 at Patriot League Championship, February 2004. Running negative splits Victor finished his last 1600 in time of 4:25 and passed 5 runners in the last 200 meters (29.2 split). He also qualified for the ECAC/IC4A Championship at Boston University in this race. In the same meet, Victor ran to PR in 5,000 meter race finishing 7th out of 25 runners with a mustang time of 14:53.03. Victor was also honored by being named to 2004 INDOOR TRACK & FIELD ALL - PATRIOT LEAGUE 2nd TEAM

Club Meeting May 12, 2004 Tighe Park

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

Safety for Running

Since 1989 the RRCA has actively worked on behalf of women runners' safety, and has several safety resources available to the public. One example is Rica's Tips for Running Safety, 15 tips that are worth remembering.

1. Don't wear headsets. Use your ears to be aware of your surroundings.
2. Carry change for a phone-call or carry a small cell phone.
3. Run with a partner. Run with a dog.
4. Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.
5. Run in familiar areas. In unfamiliar areas contact a local RRCA club or running store. Know where telephones are, or open businesses or stores. Alter or vary your route pattern.
6. Always stay alert. The more aware you are, the less vulnerable you are.
7. Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid unlit areas at night. Run clear of parked cars or buses.
8. Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information. Don't wear jewelry.
9. Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
10. Run against traffic so you can observe approaching automobiles.
11. Wear reflective material if you must run before dawn or after dark.
12. Use your intuition about a person or an area. React on your intuitions and avoid if you're unsure.
13. Practice memorizing license tags or identifying characteristics of strangers.
14. Carry a noisemaker and/or OC (pepper) spray. Get training in self-defense and the use of pepper spray.

15. Call police immediately if something happens to you or someone else, or you notice anyone out of the ordinary.

Good advise from the Road Runners Club of America.

GET YOUR NEWSLETTER BY E-MAIL!!!!

If you'd like to receive your FARC newsletter online, please send an email to our Webmaster at webmaster@farcnj.com and ask to be added to the distribution list. By adding your name to the email distribution list, you will also get announcements, reminders for meetings, updates to the website, etc. It is a good idea to update your e-mail address each year, just incase you change e-mail providers.

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

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. See application enclosed.

Welcome to FARC

Jane VanEeuwen from Wayne; the Riviera family (Wanda, Kimberly, Kurt and Juan) from Old Bridge; the Cummings (Theresa and James) family from Toms River; the Throsheim family (Lori, Chelsea, Chris, Jen, Matthew and Chris) from Manalapan; Bob Reillo from Roebling; the Smith family (David, Emily, Mary Jo, Dan, Meghan and Mikey) from Howell; Steven Wisneski from

Jackson; and the Gilberti/DeBroy family (Jeanne, Victor, Grant and Miles) from Freehold.

Camptown races sing that song, doo-dah doo-dah Camptown racetrack five miles long oh doo-dah dey!

Camptown Pa is the site of the longest running distance race in the east. And part of the race goes over the original course of the Camptown horse race immortalized in Stephen Foster's song. The race is always held the first Saturday after Labor Day. Now in its 37th year, it is as challenging a 10K as there is. I first ran this race in 1971, a junior in high school. I did quite well finishing in 34:45 despite a slip crossing a gorge that got me 3 stitches and a bit of lost blood. 30 years and 60 lbs. later I found myself back in Camptown in a starting line of 150 runners that had to funnel through a 10yard wide gate in a chain link fence 50 yards from the start. I felt well prepared having run 20 races since January up to 5 miles. I even got to train on some big hills in Pa over the prior month. My area of New Jersey is mostly flat. The temperature was great! 60 degrees at Start time. It was 85 the last time I ran it. The first half of the race is pretty flat followed by a 1-mile climb to the top of a mountain a ¾ mile down hill then rolling hills back to Camptown and a flat last half-mile to the finish. I kept a steady pace all, the way out to the Merryral Bridge, which starts the long climb up the mountain. I passed quite a few runners who weren't ready for that big of a hill and I even refused water at the water stop just before entering the woods. It was beautiful clear skies but as I was soon to find out, it had rained for 3 days prior to the race. The beautiful pine needle covered paths I remembered became run off streams! Not only did I have to run up hill; I had to run up stream! There were several blow-down trees we had to negotiate and several boulders washed down in the way. The downhill were treacherous and my thoughts started to go over just how they would be able to get me out if I broke my leg. The areas that weren't running water were mud and rocks. One very narrow section gave you a great view of the side hill 100 yards straight down if you slipped off the path. All of a sudden the trail went straight down into the gorge where I fell in high school. I slipped but caught my balance before

going through the fast running stream and up the other side. I passed a few of the slower runners that were holding me up on the trail during last half-mile back to the finish. I finished in the middle of the pack and even managed not to injure myself. My days of leading the pack and winning races are long over but it is a good feeling to know I can still run over that mountain at 220lbs and 49 years old, maybe next year they will have a Clydesdale division, after all, it's Camptown!

FARC Baseball Outings

It's raining, its dark, its cold. This can mean only one thing. Baseball season starts in just a few days! In an effort to avoid the fore mentioned conditions for our club members this years dates are Friday June 11, when the future Yankees take on the future Toronto Blue Jays at 7:05 PM - It's Yankee Floppy hat night to the first 1,000 fans 16 and older. Tickets are a very reasonable \$7.00. We makes our annual pilgrimage to First Energy Park on August 6 - a Friday - to see the Class A - Long season - Blue Claws tangle with the Capital City Bombers - South Atlantic League franchise of the New York Mets! So lets see some Mets fans out there! These tickets are \$8.50 - still a good deal. We have 25 tickets for each game, so contact me, Tom Wendel, via landline at 732-780-5964 or E-Mail at rowendelsonsinc@yahoo.com and reserve your spot now!

Old Freehold Day

The Second Annual Old Freehold Day is scheduled for August 8, 2004. If you want to take part in the event and be a member of the FARC Team. We will need volunteers to man the FARC booth for the day. Please contact Ed Daley. More information to follow.

Club Meeting May 12, 2004 Tighe Park

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



KIDS' SUMMER NIGHTS RUNNING SERIES

June 23, 2004 – August 4, 2004 6:15 P. M.

AT BATTLEGROUND 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".....8 YEARS & UP

½ MILE RUN.....ONE MILE RUN.....8 YEARS & UP

ICE POPS TO ALL FINISHERS

TROPHIES TO KIDS WHO PRE ENTER FOR SERIES

FEE: \$2.00 PER RACE OR ALL SEVEN FOR \$10.00

NAMES: _____ AGE: _____

RACE DATES: On Site Registration Only

JUNE 23 _____ JUNE 30 _____ JULY 7 _____ JULY 14 _____ JULY 21 _____

JULY 28 _____ AUGUST 4 _____ ALL SEVEN RACES _____

PARENTS SIGNATURE: _____



Wednesday Night

SUMMER 5K RACE SERIES

June 23, 2004 – August 4, 2004 5K - 6:45PM

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

Sponsored by: Crown Beer Distributors

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: \$2.00 PER RACE FOR FARC MEMBERS AND \$5.00 FOR OTHERS

RACE DATES: Every Wednesday night for the following dates;

JUNE 23 JUNE 30 JULY 7 JULY 14 JULY 21 JULY 28 AUGUST 4

**RACE TIME: Kids Summer Night Races start at 6:15 p.m.
Mile Fun Run 6:30p.m. 5K Starts at 6:45 p.m.**

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

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

THE FREEHOLD AREA RUNNING CLUB
Presents the 15th Annual

Friday 5K For Women

& The 3rd Annual

Marlboro 1 Mile Family Fun Run

Friday, June 25, 2004 1 Mile 7 P.M. and the 5K - 7:30
Marlboro Recreation Center Marlboro, N. J.

For information details or if you wish to volunteer, please contact the FARC hotline 732-431-2627 or visit www.farcnj.com

Race Day Registration: Begins at 5:30 P.M.

This event benefits the Sandra M. Glazier Foundation

5K Registration Fee: All entry fees are non-refundable

Entries postmarked on or before June 21.....\$16.00
Marlboro residents, received by June 21.....\$12.00
FARC Members received by June 21.....\$12.00
All entries postmarked after June 21and on race day\$20.00
1 Mile Registration Fee: Medals to all finishers.....\$ 5.00

Make check payable to FARC: Mail to FARC P.O. Box 4, Manalapan, NJ 07726

5K Awards: To the first three finishers overall. The top three finisher in the following categories: 14 & under, 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60 and over, FARC members, First Racewalker, First Master Racewalker and First Marlboro resident. Top Three Mother/Daughter and Sister/Sister Teams. There will be no duplicate awards from the above list.

Name: _____
(Please Print, check and fill in all appropriate fields)

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Age:(on race day)_____

E-mail_____ Shirt Size: S_____M_____L_____XL_____

5K Run (Females Only)_____ and all that apply. Racewalk_____ Healthwalk_____ FARC Member_____
Marlboro Resident: _____ Mother/Daughter (Partner Name):_____
Sister/Sister Team (Partner Name): _____



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: _____	Name	Age
	Name	Age

State: _____ Zip: _____ Telephone #: _____

E-Mail Address: _____ *Please Print*

Please make check Payable to FARC

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

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: _____



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

Club Meeting May 12, 2004 Tight Park 7:30p.m Group Run 8:00p.m Meeting Scholarship Announcements

Freehold Area Running Club Race Calendar

Date	Event	Place	Distance	Time	Contact	Notes
05/02/04	Run for the River	Asbury (Warren County)	4 M	10:00 AM	Website	
05/02/04	Rumson	Rumson, NJ	5 M	9:30 AM	732-842-5368	
05/02/04	Broad Street	Philadelphia, PA	10 M	8:30 AM	215-235-7481	
05/07/04	Joe Vastano	Hamilton Square	5 K	7:00 PM	609-208-1090	
05/09/04	Parkinsons	Brookdale College	3 M	9:00 AM	877-599-3635	
05/12/04	Club Meeting	Tighe Park		8:00 P.M.	732-431-2627	
05/16/04	Bahrs	Highlands, NJ	5 M	9:00 A.M.	732-872-1245	
05/16/04	Volvo Midland	Far Hill, NJ	5K & 15K	9:00A.M.	Website	
05/16/04	Michael Thorne	West Long Branch, NJ	4 M	9:00 A.M.	732-688-6342	
05/29/04	Spring Lake 5 Miler	Spring Lake, NJ	5 M	8:30 A. M.	732-449-3544	Closed
06/05/04	Stillwater Stampede	Newton, NJ	5 M	9:00 AM	973-383-7933	
06/14/04	Lake Tak Summer Series	Long Branch	5K & 1500	6:00 P.M.	732-222-1348	
06/19/04	Sheehan Classic	Red Bank, NJ	5M	8:30 A.M.		
06/19/04	Summer Solstice	Whitesbog Village, NJ	10K	9: A.M.	609-893-4646	
06/23/04	Summer Series	Battleground Park	5K	6 P.M.	732-409-7644	
08/04/04	Kids Summer Nights	Battleground Park	Kids	6 P.M.	732-409-7644	
06/25/04	Woman's Only 5K	Marlboro Rec. Center	5K	5 P.M.		
06/27/04	USATF Masters Championship	Monmouth Reg. H.S.	Various	9:00 A.M.	732-409-7644	
6/29/04	ORC Summer Series	Winding River Park, Toms River,	5K	6:45 P.M.	732-831-1016	
08/06/04	Lakewood Blue Claws Game	First Energy Park	FUN	6 P.M.	732-431-2627	
08/07/04	Old Freehold Day	Topanemus Park	FUN	8 A.M.	732-431-2627	
09/07/04	Board Meeting	Tighe Park		8 P.M.	732-431-2627	

09/18/04

Farc Members Picnic

Tighe Park

FUN

12 Noon

732-431-2627