



THE LONG RUN



The Official Publication of The Freehold Area Running Club
VOL. 22 NO. 1 - 01/04

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

Hello from the President

Alas, the start of a new year and a change in the club officers. I do look forward to taking a breather, after being President for 4 years (not consecutive) and writing the bulk of the newsletter for 7 of the last 9 years. Barry Seward will take over as our new Pres, the Eagles notwithstanding. He will be joined by a strong Executive Board - Treasurer Art Rosen, Secretary Jim Bergum and VPs Isabel Keeley & Avram Shapiro. As always, they will be looking for your support to continue our many events, and to have some fun, in 2004. I wish them all the best.

I would like to thank the many people who did so much last year in support of this grass roots organization. A special thanks, for always being there, goes to Linda, Tom W, Isabel, Barry, Marcia, Avram, Tom D (& Terry), Ed and Walt. Other unsung heroes include Bo, Jack L, Kathy W, Hal S, Mike O, the Bergum family and all the others who helped out (I'm sorry if I missed your name).

Don't forget, our Winter Series continues until Sunday, February 1, unless we get postponements. The weather hasn't been too good so far this year. Then remember the FARC banquet on February 7. After that, our big event, the St. Paddy's 10 Mile & 5K will be held on Sunday, March 21. Call the hotline if you can help.

Nutritional Calorie Bargains

Swiss Miss Diet Hot Cocoa with Calcium

- * 1 Envelope – 25 calories, 0g fat, 4g carbs
- * Here's what you get: it's low in calories, no fat and ideal for your chocolate craving and it uses Splenda, the artificial sweetener, so there is no aspartame.

Laughing Cow Light, Creamy Swiss Original

- * 1 Wedge (3/4 oz), 35 calories, 2g fat, 1g carb
- * Here's what you get: cheese loves will love this. Good taste, low calorie, low in fat.

Welcome to FARC

We would like to welcome the following new members: Linda Aznar from Manchester; Jazahn Clevenger from Franklinville; Tom Walsh from Point Pleasant; the Hoch family (Dave & Cheryl) from East Brunswick; Ruthann Huttula and Bobby Barrett, both from Manalapan; the Feinstein family (Barbara, Melissa, Jonathan & Bradley) from Marlboro; Osbourne Shaw from Princeton; Molly Kempton from Island Heights; the Wadiak family (Mark, Maryann, Kevin & Kyle) from Kendall Park; the Twardus family (Cherie & Marissa) from Howell; the Wendolowski family (Audrey & John) from Allentown; Sharie Hart from Point Pleasant Beach; Peter Prioli from Highland Park; Steven Nudelman from Tinton Falls; Scott Linnell from Colts Neck; and Noel DelGado, Michael D'Antonio, Chris Davis, Mickey Facendo, Jim Duffield, Jack Tarpey and the Weiner family (Jan, Arielle, Jason & Rosy), all from Freehold. Welcome and happy running.

21st Annual Club Banquet

Mark your calendar – Saturday, February 7 at 7PM at the Our House Restaurant, just west of Farmingdale. A flyer is enclosed. There will be dancing, a gift auction, great food, awards for 2004 (who will get a coveted FARC Award) and, most likely, a lingerie display (by a couple of the guys). Plus all the beer, wine and soda you can drink. The \$30 fee doesn't even cover the food. So, send your form into Pam today. And thank you Pam for 'running' this event again this year.

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). During the Winter Series, and trails permitting, group runs will be held on Saturdays.

Upcoming Calendar of Events

21st Annual FARC Winter Series

Continues every Sunday thru February 1,
Michael Tighe Park, Freehold Township,
10AM, Kids 1/2M & 1M 9:30AM

Annual Club Banquet

Saturday, February 7, Our House Tavern,
Route 524, west of Farmingdale, 7PM

Club Meeting

Wednesday, March 10, Michael Tighe Park,
Freehold Township, 8 PM, 3 mile fun run
7:30 PM

16th St. Paddy's 10M & WindMill 5K

Sunday, March 21, Michael Tighe Park,
Freehold Township, 10 Mile at 11 AM,
WindMill Leprechaun 5K at 11:15 AM

Board of Directors Meeting

Tuesday, March 23, Michael Tighe Park,
Freehold Township, 8PM

FARC Executive Board

President - Bob Hyer
Vice President - Barry Seward
Vice President - Mike O'Connell
Treasurer - Art Rosen
Secretary - Avram Shapiro

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.

Manasquan Reservoir Update

Several runners have moved up to the next level! Level and runner as of 11/30/03:

1500 - Jim Bergum
750 - Art Rosen & Rick Bessette
500 - Maggie Freeman & Buddy Fitch
250 - Bill Aromando
100 - Laura Saffer & Mike Chudkowski

Join us at the Manasquan reservoir in Howell at 8:00 AM on Saturday mornings during the FARC winter series and then back to Sundays at 8:00.

RRCA State Rep

Our sincere thanks, for so much hard work, goes to John MacGillivray, who was our state RRCA rep for the past eight years. We welcome Dave DeMonico as the new rep. The RRCA is the focal point for all clubs, locally and nationally. FARC has been a member since 1983.

In the Mail

Dear Mr. Hyer:

On behalf of the Monmouth County Prosecutor's Office, I thank you for your support of the Born to Run Race. As you know, the proceeds from this worthy endeavor helps fight child abuse. Every year attendance grows as well as the contributions. I deeply appreciate your support.

Yours very truly,

John Kay, Monmouth County Prosecutor
(Ed. Note - combined proceeds to this charity from the BTR race have now exceeded \$105,000).

Dear Bob,

The club support for this year's Born to Run was outstanding. Under your leadership, you make us all proud to be members. I am enclosing a check for the club's scholarship fund as a token of my appreciation. You know that you can call on me if I can be of any help.

Cordially,
Hank Bailey, Race Director

Runners Forum

Beach Blast 5K

by Robert McGill

I did the Beach Blast 5K in Stillwater. The race director is Guy Gordon. They are playing surfer's music, while large parts of Swartswood Park was covered in ice and snow. You get your money back, if you run in your bathing suit only. Three guys took up this challenge and Bill Hagman was not one of them. No ladies took up the challenge. One girl, who appeared to be a teenager, wore long sweats and a long sleeve t-shirt with a bikini top and bottom over her sweats and long sleeve t-shirt.

Another new race is the Morris Mauler 5K. They promised you that you would run your personal worst 5k. They were correct. Most of the course was covered with snow and ice. There are almost no flats on this course. The toughest hill to climb is the ski slope. Looking at the course map was no help. It looked like some little kid's drawing. The 15 lead runners cut the course short, due to nobody directing them at a certain location. The other runners did not cut the course short. If you are interested in doing trail races in New Jersey, go to runnersmecca.com.

Freehold Marathon I Didn't Run Report

by Art Rosen

I thought I'd share the marathon experience I **didn't** have before all of you got around to asking me and having me repeat my story.

I skipped the Expo, because I wasn't actually in Freehold the night before the race. On the day of the race, I got up as usual and didn't go to the start of the race. As was the case the night before, I still wasn't in Freehold. So, I had pancakes instead. When I didn't arrive at the starting line, I didn't have any trouble finding the appropriate pace group. Here are the splits I didn't have:

- Mile 1: 0:00, I wanted to make sure I didn't start out too fast. I believe I succeeded.
- Mile 2: 0:00, Still really good, but it might be time to not pick up the pace.
- Mile 3: 0:00, Uh-oh. It's the first time I've ever recorded three consecutive miles at exactly the same pace, but I'm a little worried about the PR now.
- Mile 4: 0:00, I've stopped worrying about the PR and decided to not take in the scenery of the city I'm not in.
- Mile 5: 0:00, It's a fun run at this point.
- Mile 6: 0:00, I've noticed too many people not talking to me. Hmmmm...
- Mile 7: 0:00, The miles seem to not be flying by. Wow, what an experience I'm not having!
- Mile 8: 0:00, Didn't see Ro. She wasn't supposed to be at this mark.
- Mile 9: 0:00, Didn't meet up with my other running friends. They must be way ahead of me.
- Mile 10: 0:00, Time to not take my good, after all, I'm Not even breathing hard! Damn dog wants another pancake while I'm not running!
- Mile 11: 0:00, Linda should be jumping in the race now.
- Mile 12: 0:00, Got into a good rhythm as the pancakes are flying by now so easily.
- Mile 13.1: 0:00, Half split is 0:00. I'm not sure, but this may be a WR!
- Mile 14-17: 0:00, Still hitting my splits on the head. Would someone pass the syrup!?
- Mile 18: 0:00, Getting worried about hitting the wall.
- Mile 19-21: 0:00, Cruising to my best race I never ran. Wow, I am in peak condition. Good thing I trained with my friends at the Manasquan Reservoir!
- Mile 22: 0:00, Still no wall. Perhaps all that training really has paid off.
- Mile 23-25: 0:00, It's getting tough. The quads and calves are screaming. But I must try to stay on pace.

- Mile 26: 0:00, If I can just dig down real deep for a kick for the last .2, I'll be pretty pleased.
- Mile 26.2:0:00, Damn! I thought I'd be able to do better, but it's the same split as all the others. Crap! A whole training cycle wasted. Well, at least I kept a very consistent pace.

On the whole, my Freehold non-experience was everything I expected it to be, so I probably shouldn't be disappointed. I'm very proud of my new WR. Having run the 'thon in no time at all, it's simply a matter of getting this accomplishment recognized and I'll just sit back and wait for the endorsement deals. I'm sure many of you thought you were the first one not to finish, but as the clock shows, I was the first. Of course until I return the chip that I didn't wear on my shoe that didn't cross the mat, I can't collect my winnings. I tried shouting to the people in my appropriate pace group, but I've since learned my voice, while very loud, simply does not carry the 10+ miles from Manalapan. With a finishing time of 0hrs 0mins 0secs, I'm not sure if I should have been at the very, very back, or the very, very front. At any rate, I'm pretty sure no one tripped over me as they pushed for position. At least I can't wear a finisher's medal with pride. I won't beat myself up over the time, after all, it was only one race and 0:00 is not a bad time for some one who didn't run the race. Now, it's time to recover.

Ally Rosen's First ½ Marathon

On Sunday, December 7, Ally Rosen, daughter of Art & Ro Rosen, ran her first half-marathon at the Nittany Valley Half-Marathon Race at State College, PA in a time of 1:59 in spite of sub-freezing temperatures and wind gusts. Way to go Ally!

Vientos Results

Victor Vientos completed his first Division I Cross Country season for Lehigh, coming as 3rd man on the varsity team. He was 62nd, in a time of 32:03 (5:10/per mile pace). Lehigh competed in the NCAA District II Championships in late November 2003. The men, ranked 14th in the Mid-Atlantic Region, ran to a fantastic 11th place finish out of 27 teams in the 10K race.

Melissa Vientos, St. Vianney HS, ran a PR at the New Jersey Catholic Conference XC Champion, finishing 25th in the 5K race, in time of 21:30.

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.

Scholastic Running - Michael O'Flaherty

You've seen him running during the summer series. He won a couple of them. And you've seen him in the front pack during the winter series at Tighe Park as well.

Michael O' Flaherty started running in the 7th grade, to see if he liked it. He found a natural talent, and thus, he stayed with the sport. After running track for two years for the Freehold Boro Intermediate School, Michael became a three sport runner at Freehold Boro High – cross country, indoor track and outdoor track. His first road race was the Born to Run 5 Miler in his freshman year, 2001.

Now in his junior year, running improvement has been steady and dramatic. Michael has posted his best times as follows: 4:35 for the 1600, 10:10 for the 3200 – both times as a sophomore - and a strong 17:13 at the challenging Holmdel Park cross country course. He is currently running indoor track, with outdoor track right around the corner. He credits running in the summer and the FARC summer series with keeping his improvements on a steady all year round.

But, running has to be fun too. Michael likes running with his friend and teammate, Mirza Salihagic, who is also a FARC member. The two have run as far as 15 miles at the Manasquan Reservoir. Michael's favorite race indoors is the 1600 (there is a lot of loops beyond that). Outdoors he likes the 1600 as well, although he started running the 3200 just last spring and he rather likes that too. On the roads, his favorite race is the St. Paddy's 10 Miler (not the 5K).

It might be worth noting that Michael's father, Michael senior, never really pushed his son into running. He himself had run back in school and only within the last couple of years took up the sport again. So, he gets to coach his son and can also run with him sometimes. Younger brother Cody has also taken up running, so it is a family affair.

Michael's current goals all revolve around continued improvement. These include getting his 1600 times down to and below 4:20 and getting his 3200 times below 10:00. He is also within sight of the Freehold Boro HS 1600 and 3200 school records. The athletic department of the school is going to have to dust off the school record books, but no doubt former FARC scholarship winner Eric Egenolf's name is up there somewhere.

Michael has the right philosophy when it comes to running, that its 'hard but fun'. Beyond high school he wants to continue running in college. And no doubt, with continued improvement, this goal and other loftier goals are achievable. Best of luck in the miles ahead Michael.

Trivia Time

Which of the following fruits contain the most vitamin C:

- ½ cup fresh blueberries
- ½ cup fresh pineapple
- ½ cup grapefruit
- ½ cup strawberries

Find the answer below.

Spring/Summer Track Sessions

FARC is in the early planning stages of holding weekly track sessions at the Freehold Township High School track. Plans would be to hold these on Thursday nights. They would start sometime in May/June and 'run' through July. All ages would be welcome, as would club members and Freehold Township residents as well. If interested, either as a participant or to help plan, contact Barry Seward or Tom Dunsheath. Look for more info on our website or in future newsletters.

Witches Hollow 5K - Update

Congratulations to Rachel Provost, who was the overall female winner at the Witches Hollow 5K, held in Millstone on October 26. Her 21:21 was exactly one minute faster than the second place finisher. Rachel's time was not listed with the race finishers in the last newsletter.

Trivia Answer

The answer is d, strawberries. ½ cup of strawberries contains 42 mg. Ofvitamin C. The grapefruit has 20-26 mg., the pineapple has 12 mg. and the blueberries have 10 mg. Did you get it right?

19th Annual Born to Run

Early morning rain kept a lot of people home but it led to ideal conditions for this day after Thanksgiving 5 mile calorie burner. Former RBC harrier Matt Piccarello notched the overall men's victory in 26:42. He pulled away from last years winner and second place finisher, Matt Kootman, in Topanemus Park. For the women, Lisa Wilhelm was first with a time of 32:32, with Adele McDonough second in 33:12. Three FARC ladies were in the top ten. Rachel Provost, winner of the recent Witches Hollow 5K, was 3rd (33:33), Jenni Wakeman was 5th (34:11) and hometown favorite Linda Ryan 9th (34:44).

Once again Hank Bailey pulled together a fine event, which benefits the Monmouth County Child Abuse Task Force. Thank you too, to all of the club volunteers and the TV coverage by Bud and Mike, both of whom might still be in the Court Jester enjoying the complimentary post race suds.

Club member results are on the next page.

The 111 club member finishers among the 591 Born to Run entrants were:

Robert McKinley - 30:18, 1st 40-44
 Nicholas Mastriana - 31:23, 2nd 19 & Under
 Bob Derringer - 31:37, 2nd 40-44
 Joe Sladewski - 32:10
 Bill Pane - 32:18
 Ken Vercammen - 32:31
 Jim French - 32:35
 Nick Reed - 33:17
 Rachel Provost - 33:33, 1st 19 & Under
 Joseph Mastriana - 33:34
 Patrick Asay - 33:37
 David Kennis - 33:37
 Jenni Wakeman - 34:11, 3rd 19 & Under
 TJ O'Brien - 34:14, 3rd 50-54
 Linda Ryan - 34:44, 2nd 45-49
 Bruce McCulloch - 34:45
 Michael O'Flaherty - 34:59
 Lianne Price - 35:15
 Laura Saffer - 35:29
 James Price - 35:33
 Richie Roman - 35:49
 Gabby Barrett - 35:58, 2nd 40-44
 Joe Saffer - 37:06
 Marybeth McDonnell - 37:07, 1st 20-24
 Rob Gulbin - 37:12
 Maggie Freeman - 37:16, 2nd 30-34
 John Behrens - 37:24
 Robert Frank - 37:25
 Janice Carr - 37:31, 3rd 40-44
 Bob Smelson - 37:32, 2nd 60-69
 Bob Roman - 37:38, 2nd 55-59
 Sean Gulbin - 37:52
 Mary O'Brien - 37:52
 Bob Waitt - 38:16
 Tom Russell - 38:19
 Carolyn Anastasio - 38:34, 3rd 35-39
 Pam Spadola - 38:35
 Robert McGill - 38:39
 Joel Day - 38:48
 Fran Bell - 39:10
 Robert Nassi - 39:17
 Jim Dunn - 39:18
 Gregg Schmidt - 39:19
 James Kapp - 39:22
 Don McBride - 39:23
 Linda Hochman - 39:43
 Walter MacGowan - 39:45
 Jim Jensen - 39:54
 Liz Spector - 39:55
 Richard Bloom - 40:22
 Doug Weber - 40:43
 Tom Westerman - 41:02
 Bunny McDonnell - 41:33, 2nd 55-59
 John Drudy - 41:34
 Bill Hentrich - 41:41

(Born to Run results – continued)

James Bergum - 41:55
 Erin McCarthy - 42:06
 Fred Truex - 42:17
 Jim Higley - 42:42
 Pat Coyne - 42:58
 Mary Moriarty - 43:08
 Bruce O'Connor - 43:13
 Frank Pelcher - 43:23
 Doug Bayconich - 43:38
 Lance Adelson - 43:38
 Alyssa Berkowitz - 43:42
 Michael Toomey - 43:42
 Eileen McGough - 43:45
 Deborah Gulbin - 43:47
 Cheryl Burt - 43:59
 Henry Shilling - 44:09
 Robin Sebor - 44:31
 Megan McCarthy - 44:36
 Kevin McCarthy - 44:37
 James Clarke - 44:48
 Kathy Craven - 44:49
 Dick Hueber - 44:54, 2nd 70 & Up
 Andrew Berkowitz - 45:09
 Gregg Berkowitz - 45:11
 Rich Burt - 45:14
 Cindy Monica - 45:16, 3rd 55-59
 Christine Pascoal - 45:40
 Rita Alles - 46:03, 3rd 60-69
 Chuck Schmidt - 46:33
 Spencer Holcombe - 46:42
 Carl Danziger - 46:56
 Patricia Cooke - 46:58
 Fred Carr - 47:44
 Moe McCarthy - 48:30
 Dominique DeVito - 48:35
 Edward Carroll - 48:50
 Penny Hinck - 48:54
 Debbie Madge - 49:15
 Mike Doherty - 49:25
 Neil Greco - 49:26
 Ginny Werner - 49:50
 Jeff Allen - 51:24
 Raymond Eppinger - 53:06
 Katie Daley - 53:50
 Lori Savickas - 54:21
 Roy Moskowitz - 54:58
 James Robbins - 55:23, 3rd 70 & Up
 Ted Freeman - 59:42
 Brian Flynn - 1:01:59
 Roy Apostle - 1:02:34
 Cynthia Natoli - 1:04:21
 Ronny Apostle - 1:05:29
 Tom Apostle - 1:05:29
 Beth DeMichele - 1:06:11
 Elliott Denman - 1:01:29
 Ed Adamsky - 1:03:08

16th Annual Toys For Tots

This race was held in a steady sleet and rain, which kept the crowd down to our smallest ever. Thankfully, the park attendant salted the bridges and the bike path, so the race was on. Thanks so very much to our sponsor, TelCordia Pioneers, and to Linda, all the committee heads and all the volunteers for allowing us to donate about \$1500 in toys to the annual Marine Corps drive.

Just 12 seconds separated the top four finishers. Robert McKinley (17:47) was the overall men's winner, just 4 seconds ahead of up-and-coming Freehold Boro HS star Michael O'Flaherty and 5 seconds ahead of nationally ranked masters runner and three time TFT winner Harry Nolan. Following close behind, 4th overall, was the women's winner, Alicia Kelley. Her time (17:59) was truly outstanding under the conditions. FARC gals garnered 7 of the top 9 spots, with Maggie Freeman 2nd, Linda Ryan 3rd, Erica Weitz 4th, Gabby Barrett 5th, Melissa Vientos 6th, Laura Saffer 7th and Liz Spector 9th. Fran Emanuel and Ted Freeman were the top RaceWalkers.

47 club members:

Robert McKinley	- 17:47, 1 st Overall
Michael O'Flaherty	- 17:51, 2 nd Overall
Ken Vercammen	- 18:28, 1 st 40-44
Mirza Salihagic	- 18:58, 1 st 15-19
Mark Leary	- 20:13, 3 rd 15-19
Maggie Freeman	- 20:26, 2 nd Overall
TJ O'Brien	- 20:30, 1 st 50-54
Linda Ryan	- 20:44, 3 rd Overall
Michael O'Flaherty	- 21:11
Ken Indahl	- 21:56, 2 nd 50-59
Erica Weitz	- 21:56, 1 st 15-19
Gabby Barrett	- 21:58, 1 st 40-44
Cody O'Flaherty	- 22:03
Melissa Vientos	- 22:17, 2 nd 15-19
Bob Frank	- 22:25, 3 rd 50-59
Jim Pate	- 22:45
John Behrens	- 22:45, 3 rd 30-39
Joe Saffer	- 23:04
Laura Saffer	- 23:05, 3 rd 15-19
Rich Marino	- 23:05, 3 rd 55-59
Liz Spector	- 23:49, 1 st 20-29
Shane Carle	- 23:57, 3 rd 14 & Under
Bob Smelson	- 24:00, 2 nd 60-69
Peihan Su	- 24:11, 2 nd 20-29
Susan Patla	- 24:13, 1 st 45-49
Bruce O'Connor	- 24:30
Jim Bergum	- 24:33
John Allen	- 24:39
Hilary Gall	- 25:09, 3 rd 14 & Under
Paul Fitch	- 25:09
Michael Toomey	- 25:24
Frank Pelcher	- 25:46
Jason Chaikin	- 25:52
Andrew Berkowitz	- 25:57

Alyssa Berkowitz	- 26:56
Michael Carle	- 27:02
Spence Holcombe	- 27:20
Gary Gall	- 27:31
Jeff Allen	- 29:49
Jen Gall	- 31:10, 3 rd 20-29
Laura Balachino	- 32:39
Gail Weitz	- 34:29
Fran Emanuel	- 35:16, 1 st RW
Ted Freeman	- 35:44, 1 st RW
Chase Berkowitz	- 36:03
Pam Berkowitz	- 36:06
Avram Shapiro	- 37:43

Philadelphia Marathon

Congratulations to our club member finishers as this November race. Kudos to Art for coming back just weeks after NYC, where he got tripped up (literally).

Bill Aromando	- 4:35
Stephano Baccinelli	- 3:17:51
Rick Bessette	- 3:58:39
Mike DeMarzo	- 3:57:24
Robin Domanski	- 3:57:04
Art Rosen	- 3:44:57
Laurie Salberg	- 4:12:05
Janis Ticky	- 3:45:24

Sleepy Hollow 5K - Plainfield, November 1

Robert McGill	- 22:47
Marty Slutzky	- 24:10
Bill O'Brien	- 43:33, 2 nd 70 & Up
Bill Welsh	- 43:54, 3 rd 70 & Up

Run For Runaways 5K - Bridgewater, November 1

Ken Vercammen	- 18:29, 3 rd 40-44
Bill Hagman	- 19:09, 1 st 60-64
Jim Jensen	- 23:52
Richard Salls	- 23:57

Wall PBA 5K - November 2

Maggie Freeman	- 20:33, 1 st Overall
John Donoghue	- 22:45
Kathy Craven	- 26:05
Debbie Madge	- 30:00
Moe McCartney	- 30:36, 1 st 20-24
Ted Freeman	- 35:19

Campus Run 5K - Toms River, November 15

Bobby Cavallo	- 18:51, 3 rd 30-39
Don Phillips	- 22:35, 3 rd 50-59
Robert McGill	- 23:03
Rachel Morris	- 23:53, 3 rd 14 & Under
Jim Jensen	- 25:16
Spencer Holcombe	- 27:23
Michele Kirsch	- 27:31
Walter MacGowan	- 30:31
Al Hayden	- 45:28

Run For SHADC 4M - Liberty Corner, November 9

Hillary Gall - 33:46, 2nd 14 & Under, PR
Gary Gall - 37:11

Great Swamp 15K - Basking Ridge, November 16

Bill Hagman - 1:01:12, 1st 60-64
Mark Leary - 1:04:15
Rich Marino - 1:10:33
Robert McGill - 1:13:22
Susan Patla - 1:17:22
Gary Verhoorn - 1:18:15
Marty Slutzky - 1:23:07

Colonial Park 5K - Franklin Twp, November 22

Robert McGill - 22:44
Raymond Eppinger - 32:07
Monica Eppinger - 32:07

Flemington Turkey Trot 5K - November 27

Ryan Komaiko - 18:43
Jennifer Komaiko - 23:27
Jim Jensen - 24:26
Gary Verhoorn - 28:57
Spender Holcombe - 29:11
Heather Komaiko - 29:33
Jeff Komaiko - 31:48
Ed Adamsky - 36:37

Ashenfelter 8K - Glen Ridge, November 27

Mark Leary - 33:09
Robert McGill - 38:02
Susan Patla - 38:41
Bunny McDonnell - 40:23, 1st 55-59
Mike McDonnell - 41:16
Marty Slutzky - 41:39
Frank Pelcher - 41:45

Westfield Turkey Trot 5M - November 29

Robert McGill - 37:32
Richard Salls - 40:39
Jim Jensen - 41:13
Marty Slutzky - 44:40
Bill Welsh - 59:30
Bill O'Brien - 1:08:00

AMBS Jingle Bell 5K -Franklin Lakes, December 13

Robert McGill - 23:12
Richard Salls - 24:51

Jingle Bells 5K – Toms River, December 14

Patrick Asay - 20:45, 1st 40-49
John Donoghue - 23:41
Frank Pelcher - 26:57
Edward Carroll - 28:11
Michele Kirsch - 28:37
Al Hayden - 44:58, 3rd 70 & Up

Masters X-C 5K – Holmdel, November 23

Women
Ginny Werner - 25:43
Bunny McDonnell - 26:47
Carolyn Heuser - 28:04
Men
Bill Hagman - 20:37, 2nd Overall 60 & Up
John Leonard - 21:34
Walt Rutsky - 22:15
Frank Werner - 25:44
Mike McDonnell - 26:51
Dave Friedman - 28:52
Bill Welsh - 34:13
Bill O'Brien - 47:52

MEMBER RESULTS

Thanksgiving Day Run For Health 5M

Hilary Gall 43:09 (PR)
Gary Gall 45:59

Clifton Stampede 5K

Robert McGill - 23:27

Manasquan Turkey Trot

Frank Pelcher - 41:22(pr)

Navesink Challenge

Steve Schwartz - 1:06:47
Frank Pelcher - 1:25:43
Patrick Asay - 1:05:26 PR

Run for Tony 5K Haddonfield

Ken Vercammen 18:28

South Plainfield 3M

Ken Vercammen - 17:22 1st 40-45

Lightning 5K

Ken Vercammen - 18:22 2nd 40-45, 1st place team

Shore AC X- Country, Thompson Park 3.4m

Ken Vercammen - 19:20

Bridgewater Race for Runaway 5K

Ken Vercammen - 18:29

Hanover Township (Pennsylvania) 5K

Robert McGill - 22:58

South Mountain 10 Miler

Robert McGill - 1:28:57

Ben Franklin Bridge Challenge 10K

Hilary Gall - 57:25 (3rd 14 & under)
Gary Gall - 59:58

Swamp Devil 15K

Robert McGill - 1:13:22

Terri Roemer Paramus 10K Run

Rich Salls - 51:41

Somerset Home Run for Runaways 5K

Rich Salls - 23:57

Sleepy Hollow 5K

Robert J. Mc Gill - 22:47

Seaside Half Marathon & 5K

Patrick Asay (13.1M) - 1:35:45 PR
Frank Pelcher (5K) - 31:17(1st RW)

RACE CALENDAR

(all phone numbers 732 unless otherwise noted)

JAN 04

01/25 FARC Winter Series, Michael Tighe Park, Freehold, 5K 10:00AM, Kids 1 & ½ Mile Runs 10:30AM, 732-431-2627

1/25 ORC Winter Series 4M, Ocean County Park, Lakewood, 11:00AM

FEB 04

02/01 FARC Winter Series Michael Tighe Park, Freehold, 5K 10:00AM, Kids 1 & ½ Mile Runs 10:30AM, 732-431-2627

02/01 ORC Winter Series 4M, Ocean County Park, Lakewood, 11:00AM

02/15 ORC Winter Series 4M, Ocean County Park, Lakewood, 11:00AM

02/21 SAC Winter Series 5K, Joe Palaia Park, Ocean Twp, 11:00AM, 732-222-1348

02/28 SAC Winter Series 5K, Joe Palaia Park, Ocean Twp, 11:00AM, 732-222-1348

02/29 Murray Todd Half Marathon, Brookdale CC, Lincroft, 13.1M 9AM

MAR 04

03/06 SAC Winter Series 5K, Joe Palaia Park, Ocean Twp, 11:00AM, 732-222-1348

03/13 SAC Winter Series 5K, Joe Palaia Park, Ocean Twp, 11:00AM, 732-222-1348

03/14 Equinox 20K, Johnson Park, River Road, Piscataway, 9:30AM, 908-470-0420

03/21 Leprechaun Leap, Mt. Olive, NJ

03/21 16th Annual St. Paddy's 10 Mile (11AM) & WindMill Leprechaun 5K (11:15AM), Michael Tighe Park, Freehold Township, 431-2627

APR 04

04/03 Fool's Run 5K, Manasquan, 11:00AM
732-223-0705

04/17 Jersey Shore Relay, Seaside Heights to Asbury Park, various distances 4-7M, 732-681-9464

04/17 Clean Air 5K, West River Drive, Philadelphia 215-567-4004 ext 221

04/18 Eden Family 5K, Princeton, 8:30AM
609-631-9211

04/25 NJ Marathon, Sandy Hook, 26.2M 8:30AM
732-578-1771



P.O. Box 4 • Manalapan, NJ 07726



MEMBERSHIP APPLICATION

WWW.FARCNJ.COM

BENEFITS OF MEMBERSHIP

Send the attached form with check to:
Freehold Area Running Club
P.O. Box 4
Manalapan, N.J. 07726

- | | |
|------------------------------|--------------------|
| Informative Newsletters | Member - RRCA |
| Meetings with Guest Speakers | Race Schedule |
| Race Entry Discounts | Annual Club Picnic |
| Summer & Winter Race Series | Weekly Group Runs |
| Annual Awards Party | Kids Races |
| Seasonal Track Sessions | Social Activities |

.....
 (PLEASE PRINT)

NAME: _____

FAMILY MEMBERS & AGES (if applicable): _____

STREET: _____

CITY: _____

STATE: _____ ZIP: _____

TELEPHONE #: _____

Make Checks Payable to FARC

EMAIL ID: _____

MEMBERSHIP TYPE, SELECT ONE:	INDIVIDUAL	FAMILY
1 Year (good thru 12/31/01)	\$ 10.00	\$ 15.00
3 Year (good thru 12/31/03)	\$ 25.00	\$ 35.00

- * Shirt size (new membership only): M L XL
 Shirt may be picked up at any club event
- * \$1.50 of your membership fee goes to the RRCA to provide the FOOTNOTES MAGAZINE

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 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 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 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 official 2000-2001 FREEHOLD AREA RUNNING CLUB member.

SIGNATURE _____

DATE _____

PARENT SIGNATURE (if under 18) _____

DATE _____

2003 Freehold Area Running Club

Awards Dinner



Saturday, February 7, 2004

7:00 p.m.

\$30.00 per person

(\$35.00 non-club members)

Our House Restaurant

*****Sit-Down Dinner*****

****Dancing****



****Contests & Games****

****Gift Auction****

RSVP to Pam (732) 942-8518

Return payment to:

FARC, PO Box 4 Manalapan, NJ 07726

Name of attendee: _____

EntréeChoice: _____

Dinner choices:

- * **Broiled Flounder with Lemon Butter**
- * Chicken Francaise
- * Stuffed Chicken with Apple and Walnut Stuffing
- * Sauteed Chicken Saltimbocca w/ Proscuitto,
Tomato, Mozzarella and Spinach