



# THE LONG RUN



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The Official Publication of The Freehold Area Running Club  
VOL. 23 NO. 1 - 01/05

Website: [www.farcnj.com](http://www.farcnj.com)  
FARC Hotline: (732) 431-2627

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## Hello from the President

FARC has had a changing of the guard with our December election. You have a new slate of officers for 2005. They are President Isabel Keeley, Vice President Tom Dunsheath, Vice President Mike O'Flaherty, Treasure Art Rosen, and Secretary Jim Bergum. As your new president I want to thank you for your support and confidence in electing me. FARC is a great club with a warmth and friendliness that ranks us as one of the best clubs in the State. Our events are put on with quality for the runners and also consideration for the running family. I want to give a special Thank you to Barry Seward and Avram Shapiro who are stepping down both have supported FARC and have given so much to the club. Both will stay on our Board bring a wealth of experience to it. 2005 is running as fast as it can we have completed two winter series with record numbers with three to go. Our Annual Banquet is set for February 12 put on your dancing shoes for a great party that celebrates a great club. Our St Paddy's 10 miler and Leprechaun 5K are just around the bend. The race committee is in full swing. We have a new race director this year in Tom Wendel leading the helm. Marcia Shapiro has stepped down but has not stopped working for FARC she is our Volunteer Coordinator for Events. Say yes when she calls you. I am looking forward to another great year of running, training and having fun with a wonderful group of people. See you on the roads and the soup is on.

Isabel Keeley

## Weekly Group Runs

FARC group runs are held **every Saturday during the Winter Series**, 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).

## 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](mailto: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.

## MEMBERSHIP

It's time to renew for 2005 see membership application in this issue. Take advantages of all the membership benefits.

## St Paddy's 10 Mile Race

Mark your calendars March 13, 2005 and see the application in this issue. Call Marcia Shapiro at 732-432-2627 to help with the race. All volunteers are most welcome. It's a great race and a FARC Hallmark event.

## FARC Banquet February 12, 2005 put on your dancing shoes

## FARC Runs XC

By Walt Rutsky

FARC has competed in several team events in the past. Several of these events that come to mind included the Jersey Shore and Leigh Valley Relays and the Relay for Life. This year after several years of attempts, FARC entered a team to compete in the Shore Athletic Club (SAC) Cross-Country League Series. This series consisted of 6 races and was run in different Monmouth County Parks. The first race was on 10/02 in Thompson

Park. The races continued on successive weekends in Tatum, Tatum (again), Thompson (different course than first week), Tatum yet again and ended in Holmdel on 11/06. The team roster was Tom Brieva, Jim Bergum, Richard Bloom, Ray Folio, Yuliya Priporina Gomez, Bob Hyer, Cathy Locklear, Charlie Peer, David Picascia, Antonietta Picascia, Walt Rutsky and Bob Stoveken,

The first week we did not have enough team runners to form a legal team and did not factor into the team scoring. That did not matter though. The seed was planted and the team blossomed. We were able to score as a team for the rest of the series. That did not matter either though. We scored but finished last each week. More important, we all had a great time and new friendships were formed. I guess that is what our club is all about.

A few highlights: Tom was our fastest runner overall for the series. Bob came out of retirement. His first run in the series was his first race in over 9 years. Webmaster Jim put a partial team photo on the club website.

Keep this series in mind for next year. All are welcome! And we can only improve, we hope.

## Runners Forum

### Kudo's Toys for Tots

Hi,

Thanks for putting on this super race today. I am the gal from Philly and I enjoyed the flat course! The tee shirts are so cute. The food was plentiful and delicious and the awards were so unique.

Thanks to everyone who worked so hard to put on the race. I certainly appreciate your efforts and hope to be back next year.

Sue Levy

FARC,

On my way home from today's race, I pondered my FARC and FARC-related racing and realized that I have run nine Born To Run 5 milers, six Winter series 5ks, two Summer series 5ks, two St. Paddy's Ten milers, one St. Paddy's 5k, one Race For Hunger 5 miler, one Freehold Fire Dept. 5k (April 1998 - I believe you folks had a big hand in that one) and now one Toys For Tots 5k. The one common thread that has run through all of these events is that FARC has done an outstanding job.

From registration, to course management, to nice courses, to attractive race shirts, to prizes and raffles, to post-race refreshments and eats, to an informative and

frequently-updated website down to the final and most important aspect – outstanding members/volunteers/wonderful people - FARC does it right...by the runner and for the runner.

I would like to thank all of you for what was again a fine FARC event in today's Toys For Tots race (and a belated Thank You for another perfectly-run Born To Run), and to also thank you for all the efforts and contributions your organization has made to the sport of running and to the running community, over these twenty two years.

FARC deserves to stand up and give itself a huge pat on the back. So many fine people in FARC have helped make this sport fun for my many years of racing, and for so many members of the running community.

Thank You!

David DeMonico

## Coincidence?

By Jim Jensen

A couple of weeks ago I was reviewing some of my 2003 September and October races, and happened to glance at my time in the 2003 Run Thru Deal race. However, I did not look into my book again before the 2004 race which occurred on October 10. (I did, however, remember that my time was in the low 40's.....)

I wanted to certainly beat my time from last year but again would not know the outcome of this until I arrived back home that afternoon.

The results for 2003 were:      The results for 2004 are:

Mile 1: 7:45	Mile 1: 7:51
Mile 2: 7:53	Mile 2: 8:06
Mile 3: 8:16	Mile 3: 8:17
Mile 4: 8:23	Mile 4: 8:18
Mile 5: 8:24	Mile 5: 8:09
TOTAL: 40:41	TOTAL: 40:41

Well, while yes I was disappointed that I didn't beat last year's time, I was happy in the fact that I ran a "better" race in 2004. Miles 4 & 5 in 2004 indicates that I had a little more left then I did in 2003.

## The New York Marathon

By Joel Stern

Running the New York Marathon has been my goal for quite some time. I trained twice in the past few years and had to cancel due to lower leg injuries. Finally, I gave up on the idea and figured I had better stick to shorter races and stay healthy. Early this year I again

considered doing the Marathon. My daughter Amy, who has run New York four times, designed a schedule that would be kind to my legs and still give me the long runs that I needed.

I started my training about four months prior to the race, gradually building up my mileage and then tapering down three weeks before the big day. Two weeks before the end of training, I literally hit a bump in the road. While running the trail around Manasquan Reservoir, I tripped on a root and took that proverbial flying leap, landing on the side of my face, knee, and hands. Luckily there were no serious injuries, just minor cuts and abrasions and I was able to return to running a day later.

On Sunday, November 7<sup>th</sup>, I was ready to join 36,500 fellow runners on the journey thru all five boroughs. Marathon day arrived with great weather, though it could have been a few degrees cooler. Amy had arranged for me to travel to the start on a bus provided by her running club, the New York Flyers (of which I am a former member). We left the city around 7:15 AM and arrived at the base of the Verrazano Bridge about 8 AM, a reasonable hour since many runners left as early as 6 AM. The start area was quite a scene—thousands of people stretching, sipping fluids, eating bagels, Power Bars or bananas -- preparing for what lay ahead. Security was very tight. Police helicopters buzzed overhead until the race began and then they flew back and forth alongside the bridge to watch over us. Each runner had a particular “start color” and had to assemble in a “corral” area corresponding to that color. Happily I had a blue start which meant I was on the upper deck of the Verrazano—important since it’s traditional for the guys to urinate over the side on the way up over the bridge—you don’t want to be on the lower deck. I was struck by how quiet and introspective everyone seemed as we waited for the call to the start. Once I began my march to the bridge there was a constant chatter and feeling of anticipation among those around me. Runners began to peel off their “throwaway” sweats which were later picked up and distributed to the homeless. Off in the distance I could hear the National Anthem being sung. Shortly the cannon roared and off I went. From where I was positioned it took 6 minutes to get to the start line. “New York, New York” sung by Frank Sinatra, played over the PA system as I crossed the line. It was an imposing sight looking up at the Verrazano, but the actual climb up and over the bridge crest at 300 feet above the water was a piece of cake at this point.

As the runners came off the bridge, a huge “Welcome to Brooklyn, USA” sign greeted us and everyone whooped it up. From that point to the Pulaski Bridge 11 to 12 miles ahead there were people lining both sides of the streets. At just about every mile there was a band playing to entertain us. Spectators were supportive beyond my

imagination. I never want to hear that New Yorkers are unfriendly people. Water stations began at mile 3 and they continued every mile along the course with Gatorade at the even numbered miles. The volunteers were outstanding—there was never a wait for a drink and they cheered everyone on as well. Around mile 8, my left hip started to complain and I thought back to the start area where I had taken a precautionary dose of Tylenol and had dropped one of the tablets on the ground, leaving it there instead of blowing off the dust and taking it anyway. I thought that since I had done most of my training on softer surfaces, my joints and muscles rebelled at the asphalt and concrete. Of course I was too stubborn to stop at an aid station and ask for another pill—that would have been too easy. Fortunately, I’ve always had a high tolerance for pain, so I was able to more or less ignore my unhappy hip. Surprisingly, this was the only discomfort I felt during the race.

My 10k split was about what I anticipated. Then I got to the Pulaski Bridge which looked like a vertical slab of concrete, but I managed to get over it okay. I approached the 59<sup>th</sup> Street Bridge which Amy had warned me about. It seemed never ending. Fatigue set in and I slowed down a bit, including some walking to conserve energy. At the crest everyone let out a yell of relief that we finally made it.

What awaited us at the bottom of the ramp, turning onto 1<sup>st</sup> Avenue in Manhattan was unbelievable. I could hear the roar before I saw what caused it—the biggest throng of cheering, applauding, screaming people that I ever saw on a city street. It was a boost I sorely needed. Meanwhile my hands swelled up so much I thought I was wearing mittens—it was impossible to close my fingers into a fist. I also began to realize that I wasn’t sweating as much as I should have and was becoming dehydrated. What I thought was adequate fluid intake didn’t do the job—maybe it was too much Gatorade and too little water. The trip on 1<sup>st</sup> Avenue lived up to its reputation—party central—so I was somewhat distracted from my problems.

As I approached 72<sup>nd</sup> Street I saw Amy running toward me—she had planned to join me for the next 9 miles and run to within a short distance before the finish. What a welcome sight! She saw my condition and immediately suggested I increase my water intake and cut down on the Gatorade. We reached 72<sup>nd</sup> Street where Bev stood proudly waving her sign proclaiming-- “GO POPPY” on one side and on the other “1937 model and still running.” My cap also had “POPPY” printed across the front and on the sides I had painted: “In Memory: May, Murray, Seymour and Tony honoring my sister, two brothers-in-law and close friend.

My son Hal had planned to follow me by taking the subway to various spots, taking photos and cheering me on. Unfortunately, the previous day he fractured his ankle playing hockey, so of course was unable to join the fun in the city. Not to be stopped, he followed my progress via emails sent to his cell phone from the various splits and in turn sent the info onto Bev and Amy. I missed seeing him on the sidelines, but his support helped me get through this challenge.

After a quick stop to see Bev, during which time I told her to shoot me if I ever thought about doing this again, Amy and I continued up 1<sup>st</sup> Avenue. She wore a sign reading "That's my Dad" with an arrow pointing over toward me. This brought a lot of special cheers from the crowd.

Amy's advice on hydration paid off and I began to perk up. She kept me advised about what was coming up next—two more fairly easy bridges, a turn down Fifth Avenue, the entrance into Central Park, etc. What she didn't tell me about until later was the number of people she saw laid out on stretchers in the medical tents around miles 18 and 19. I'm usually not too thrilled to see people injured or ill who are doing the same thing I am, ignorance was bliss. Instead my eyes were straight ahead toward that finish line.

We passed by some friends on 5<sup>th</sup> Avenue exchanging high-fives and receiving much needed encouragement. Finally we turned into Central Park and passed Bev cheering at mile 24.5. Coming out of the park and onto Central Park South, we saw our very close friend Steve, a professional New York artist, cheering from the sidelines. He gave us a few laughs and a thumbs up. Just before the course turned onto Central Park West, Amy turned me loose with instructions to lift my arms high, look up and smile for the camera as I crossed the finish line. I thought I had done this very well, until the pictures were e mailed to me and there I was with arms halfway up and my mouth set in a grimace. What elation to be finished and then I shed a few tears as the realization of what I had just done hit me. I proudly accepted my medal and began the long, slow walk to the family reunion area.

I can never thank Amy enough for her efforts in getting me to the finish in one piece.—she went above and beyond, never losing faith in my ability to reach my goal.

Several times after Amy had joined me I asked if there really were people still behind me and she reassured me there were thousands back there. My son writes a "blog" almost everyday and on November 7<sup>th</sup>, this was how he ended his wonderful story about me: "He's fought off stress fractures, shin splints and gnarly neighborhood dogs to get to that finish line. His pace runner and

trainer—my sister—is thrilled. From waving a sign at 72<sup>nd</sup> Street to crossing the sea of people in Central Park my mom was there for support. I, of course, could not be more proud, for the man with the finisher's medal is my father. Is there anyone behind you? You bet. All of us—every day."

To my loving, supportive family—this one was for you.

## RACE RESULTS

FARC NJ 5-Mile Racewalk  
Michael Tighe Park:

Men: 1. John Soucheck, 39, 39:35  
2. Jack Lach, 60, 46:28.1  
3. Tom Quattrocchi, 53, 48:29  
4. Ben Ottmer, 70, 52:19.7  
5. Art Glass, 55, 53:10.3  
6. Manny Eisner, 64, 53:34.1  
7. John Molendyk, 62, 58:16.6

One DQ

Women: 1. Marie Woodland, 35, 49:50.7  
2. Panse Geer, 58, 52:51.8  
3. Maria Paul, 39, 53:21.8  
4. Isabel Keeley, 1:00:40  
5. Joan Venslavsky, 54, 1:00:46.6

Judges: Bill Pollinger (chief), Avram (Race Director) & Marcia Shapiro,  
Roberta Eisner, Bill Eisenring, Sandy Kalb  
Timer: Larry Kalb  
Splits: Gene Geer, Hal Smith  
Runner: Zachary Pollinger  
Water Stop & Refreshments: Janet Bergum

Born to Run Freehold 5 miler  
Ken Vercammen - 30:29 3rd age group

Navesink Challenge  
Ken Vercammen - 19:48 3rd overall

Reindeer Romp 5k  
Ken Vercammen - 18:09 2nd 45-49

Toys for Tots 5k  
Ken Vercammen - 18:10 1st 45-49

Ramona's Run 4m Perth Amboy  
Ken Vercammen - 24:01 2nd AG [age group record broken]

Philadelphia Marathon  
Barbara Feinstein - 4:44:11  
Jonathan Feinstein - 4:52:01

Beach Blast 5k  
Robert J. Mc Gill - 23:20

Ramona's Run 5 miler  
Robert J. Mc Gill - 32:54

Kris Kingle 10k  
Robert J. Mc Gill - 59:43

Jingle Bells 5.3 miler BCRR Tyler State Park, Pa  
Hilary Gall - 41:53 (PR) 9th overall Female  
Gary Gall - 49:46

AMBS Franklin Lakes Jingle Bells 5k  
Robert J. Mc Gill - 23:14

Reindeer Romp 5k  
Robert J. Mc Gill - 22:46

The Big Chill 5k  
Robert J. Mc Gill - 23:09

USATF-NJ 10 Mile Championship Race  
Robert J. Mc Gill - 1:24:45

Reindeer Romp  
Ralph Garfield – 22:11(2nd 65-69)

Toys for Tots  
Ralph Garfield – 22:15(2nd 60-69)

Philadelphia Marathon:  
Ally Rosen - 1:45:41  
Art Rosen - 1:45:41

Flemington Turkey Trot 5K  
Przemek Nowicki - 21:06 1st AG

Marine Corp Marathon  
Gregg Schmidt 5:05  
Tracy Schmidt 5:31  
Chuck Schmidt 5:40

Born to Run  
Ralph Garfield - 36.55(3rd 60-69)

Navesink Challenge 15-K  
Patrick Asay – 1:07:24 10th overall male

Thanksgiving Day Run For Your Health 5-Miler  
Hilary Gall - 42:30 (3rd age group 15-19)  
Gary Gall - 46:35

New York Marathon  
Joel Stern - 5:40:44 (Chip 5:34:49)

NYC Marathon  
Mike Chudkowski - 4:47

Atlantic City 10 K (Atlantic City Marathon races)  
Cindy Monica - 57:41 3rd (50-59)

Race for the Cure  
Przemek Nowicki - 21:33.4 1st (60+)

Great Swamp Devil 15k  
Michelle Nassi - 1:19:29

East Brunswick 5k  
Ken Vercammen - 18:35 (3rd 49-49)

Melbourne Florida Creaky Bones 5k  
Ken Vercammen - 18:32 1st master

Nov 14 Hashathon  
Ken Vercammen - 43:16 1st Master/ 40-49

Ben Franklin Bridge Challenge 10K  
Hilary Gall - 57:45  
Gary Gall - 59:52

Frost on the Pumpkin 10K  
Hilary Gall - 57:03 (3rd age group 15-19)  
Gary Gall -1:01:13

Little Silver Classic 5k  
Frank Pelcher - 24:29

New York Marathon  
Joel Stern - official time: 5:40:44  
chip time: 5:34:51

Trick or Trot 4 mile  
Frank Pelcher - 30:48

Smiles For Miles, 5miler Philadelphia  
Hilary Gall - 41:50 (3rd age group 15-19)  
Gary Gall - 44:27

# ANNUAL FARC AWARDS DINNER



**Saturday Feb. 12, 2005**

**7 p.m. – 11 p.m.**

**THE CLAFLIN HOUSE**

**At the Lakewood Country Club**

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**\$30.00 – FARC members**

**\$35.00 – Non-members**

**Includes 4 course sit-down meal**

**beer, wine, soda**



**Dancing Award Presentations and Gift Auction**

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**RSVP by Feb. 2, 2005 to Pam @**

**732 942-8518 or 732 829-2840**

**Payment to be sent to:**

**FARC P.O. Box 4 Manalapan, NJ 07726**



2005

# 22nd ANNUAL WINTER RACE SERIES

5K's Held on Five Consecutive Sundays in January and February

**1/2 MILE and 1 MILE Kid's run 9:30**

**\*\*\* No Pre-Registration Required, Race Day Sign Up Only \*\*\***

**DATES:** \*\*\* Sunday JANUARY 9 at 10AM \*\*\*  
\*\*\* Sunday JANUARY 16 at 10AM \*\*\*  
\*\*\* Sunday JANUARY 23 at 10AM \*\*\*  
\*\*\* Sunday JANUARY 30 at 10AM \*\*\*  
\*\*\* Sunday FEBRUARY 6 at 10AM \*\*\*

**WHERE:** Michael J.Tighe Park, Georgia Rd, Freehold Township, NJ

**COURSE:** \*\* Flat and Fast \*\*  
\*\* Run in the park \*\*  
\*\* Certified 5K course \*\*

**AWARDS:** - Presented to:  
\* The top Overall Winners \*  
\* Age Group Winners \*  
\* RaceWalking Winners \*  
\* Clydesdale Winners \*  
\* Special Overall Series Award -  
Must Participate in All Five Races to Qualify \*

**AMENITIES:** \* Heated Indoor Facility with Clean Restrooms \*  
\* Post Race Refreshments \*  
\* Ample Parking Picnic Area & Playground \*

**ENTRY FEE:** No Pre-Registration Required  
\* 5K - \$5.00 FARC Members - \$2.00 \*

**DIRECTIONS:** Michael J.Tighe Park, Georgia Rd, Freehold Township  
Take Rt. 9 to the Elton Adelpia Rd (Rt. 524) exit, follow signs toward Smithburg & Turkey  
Swamp Park. Turn left three blocks after the Freehold Twp. High School on to Georgia Rd.  
Proceed 1/2 mile to park on left (just past St. Robert's Church). Michael J.Tighe Park is one mile  
north of Turkey Swamp Park.

**\*\*\* For Information Call (732) 431-2627 - FARC HOTLINE \*\*\***

**\*\*\* Or visit our web site at - [www.farcnj.com](http://www.farcnj.com) \*\*\***

## Freehold Area Running Club



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

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## RACE CALENDAR

(all phone numbers 732 unless otherwise noted)

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|---|--|
| <b>01/16 FARC Winter Series Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627</b>        | 03/20 Equinox Piscataway, NJ 20 K 9:30 AM 908-470-0420                                 |
| <b>01/23 FARC Winter Series Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627</b>        | 03/20 Leprechaun Leap Mount Olive, NJ 5 K 1:00 PM 973-448-3589                         |
| 01/30 ORC Winter Series Ocean County Park, Lakewood, NJ 4 M 11:00 AM                          | 03/26 Sgt. Pat's Long Branch, NJ 5 K 11:00 AM 542-6090                                 |
| <b>01/30 FARC Winter Series Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627</b>        | 04/02 Building Tomorrows Brookdale Park, Bloomfield, NJ 5 K 9:30 AM 973-535-1181 x1230 |
| <b>02/06 FARC Winter Series Michael Tighe Park, Freehold, NJ 5 K 10:00 AM 431-2627</b>        | 04/03 Indian Trails Middletown, NJ 15 k 3 M 9:00 AM 842-4317                           |
| 02/06 ORC Winter Series Ocean County Park, Lakewood, NJ 4 M 11:00 AM                          | 04/09 Fool's Run Manasquan, NJ 5 K 11:00 AM 223-0705                                   |
| 02/13 ORC Winter Series Ocean County Park, Lakewood, NJ 4 M 11:00 AM                          | 04/16 Clean Air Fairmount Park, Philadelphia, Pa 5 K 9:00 AM 215-567-4004 x228         |
| 02/19 Beach Run Manasquan, NJ 2 M 11:00 AM 800-435-0066                                       | 04/16 Jersey Shore Relay Seaside Park to Asbury Park, NJ 26 M Various 542-6090         |
| 02/20 ORC Winter Series Ocean County Park, Lakewood, NJ 4 M 11:00 AM                          | 04/17 Wee Run Wild Kean University, Union, NJ 5 K 9:30 AM 381-0318                     |
| 01/27 ORC Winter Series Ocean County Park, Lakewood, NJ 4 M 11:00 AM                          | 04/17 NJ Marathon Sandy Hook-Long Branch 26.2 M 10 M - 7:30 AM 732-578-1771            |
| 02/27 E. Murray Todd Brookdale College, Lincroft, NJ 13.1 M 9:00 AM 542-1642                  | 04/23 Kick Off Spring Lake Como, NJ 5 K 10:00 AM 542-6090                              |
| 03/06 Distance Classic Newark, NJ 13.1 M 9:30 AM 973-733-3749                                 | 04/24 Runner's World Allentown, PA 13.1 M 5 K 8:00 AM 8:15 AM                          |
| <b>03/13 St. Paddy's Michael Tighe Park, Freehold, NJ 10 M 11:00 AM 5 K 11:15 AM 431-2627</b> | 04/24 Miles For Matheny Liberty Park, Peapack, NJ 5 K 10:00 AM 908-234-0011 x308       |
| 03/20 Ocean Drive Marathon Cape May, NJ 26.2 M 10 M 9:00 AM 609-523-0880                      |  |