



THE LONG RUN



The Official Publication of The **Freehold Area Running Club**
VOL. 23 NO. 2 - 04/05

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

Hello from the President

Did you all hear the biggest cheer that this club could muster? I did and was a part of it. Winter is over and Spring is here. This has been a long long cold winter that did not want to give up. For us that trained thru it, it really was a tough one. Your president has done something that she has not done in 8 years I competed in the E. Murray Todd Half Marathon and an Ocean Drive Marathon. Yes I trained thru the winter with a lot you down at the Manasquan Reservoir. I must say I'm thrilled to be back training are walking competitively again. We had a wonderful winter series again this year. Thank you to all who participated and to our wonderful volunteers who braved the cold to put on these races. A special Congrat's to Tom Wendel and the St Paddy's Race Committee for putting on another great race check out the web site for great pictures of this race.

Congratulations to our FARC runners who ran the Boston Marathon Linda O'Brian, Janet Tickey, Linda Hyer and Joe Saefer I know how hard you trained I saw you all winter long. Way to GO FARC. We are now planning for our Spring and Summer running and I hope that each of you is looking forward to the warm weather and the wonderful outdoors again. Our summer series will be again at Battleground State Park as well as our Kids Summer Nights program for our little runners. I am looking forward to seeing you all and cheering you on at the finish line. We will be having our club meeting on May 18, 2005 at 8:00 p.m. we have Dorian Myers and Pete Squires speaking on her many Marathons. We will also be presenting our scholarships at this meeting. So please come out to the meeting as always FARC hospitality will be present.

See you on the roads, Isabel

Weekly Group Runs

FARC group runs are held **every Sunday** at 8:00 AM at the Manasquan Reservoir in Howell. All distances and paces welcome, and those dirt trails are easy on the legs. Awards are given for significant milestones. The club provides the post run bagels and the camaraderie. Come on out and share a run (or walk).

FARC Executive Board

President - Isabelle O'Donovan-Keeley
Vice President - Michael O'Flaherty
Vice President - Tom Dunsheath
Treasurer - Art Rosen
Secretary - Jim Bergum

Newsletter Editors:

Jim Bergum & Isabel Keeley

FARC Welcomes New Members

We wish a warm welcome to the following new members and are looking forward to seeing you at the races and at our club meetings.

Dorit Attias
Gregg Berkowitz
Mark Calhan
Louis Di Napoli
Carlos Dragonetti
Robert Dzobak
George Friedel
Dana Gross
Carl Helstrom III
Jason Krugman
Kathy Lockheart
Michael Morelli
Kerri Oswick
Steve Rosenberg
Richard Simmons III
Dennis Steneck
James Stuart
Nancy Talbot
Chris Harrigan
Jaime Basile

**CLUB Meeting May 18, 2005 Tighe Park
8 p.m.**

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.

Runners Forum

Running in the South

D.C., Williamsburg, Charlottesville, Asheville

By Bud Fitch

Over the New Year's holiday, we took a southern swing to visit some old friends- actually most of our friends are old- and celebrate First Night in Williamsburg. If you're going to these areas here are some great spots to run.

Washington, D.C. - Of course anywhere on the Mall and the monuments that surround it. Every time I run there I'm caught up in the spirit of our country. It's really very special. The new WWII Memorial is spectacular and, of course, the Vietnam Memorial is especially moving to people of my generation.

If you're a little more energetic and feel like traveling a short distance, try Rock Creek Park. Hard to believe that you're in a bustling metropolitan area.

Club meeting May 18, Tighe Park

Runners Forum

Williamsburg, Va. - Running down Duke of Gloucester Street in the early morning or early evening is always spectacular. If you're willing to travel about 20 minutes outside of Williamsburg, try York River State Park- just take Route 199 to the east. This heavily wooded, hilly park has great views from many of its trails and has many miles of interconnecting running/hiking/biking/horse-riding trails.

If you wish to stay closer to Williamsburg, try the road that connects the Colonial area to Carter's Grove. It's marked on all the local maps. Traditionally, the Williamsburg Half Marathon has been held on this road.

Charlottesville, Va. - OK, why would you go to Charlottesville? Because Thomas Jefferson's Monticello and the University of Va. are there. There's a brand new two-mile trail from the Monticello Visitors Center to Monticello itself. They have poured a lot of money into the development of this trail, with several wooden bridges traversing ravines that the trail crosses. Two miles of trail may not seem worth the effort, but it's spectacular in its beauty and it's a significant workout since the trail goes straight up for two miles than turns around for the fastest two miles of your life. In the near future, it should connect with the 18-mile macadam trail that will circumnavigate the city when all its sections are completed. I ran on part of it which paralleled the

Ravenna River- very pretty with easy parking and many access points.

Ashville, N.C. - Why go here? To visit the Biltmore Mansion and the small city of Asheville, in the Blue Ridge Mountains. The Biltmore Estate has many miles of trails, which go through woods, by streams, and waterfalls. It works best if you are staying at the inn on the property. It's not open to the public unless you have some type of pass for visiting the estate.

Leaving the city of Asheville, travel for a while on the Blue Ridge Parkway. It's spectacular- unbelievable natural beauty. Of course, after a hundred miles of spectacular beauty on a spectacularly slow and winding road, you may elect to defer the other several hundred miles for another trip. At milepost 294, near Blowing Rock- a very cute town- there's the Parkway Craft Center, which is in Moses Cone Memorial Park. No, it's not a cemetery; it's a large natural area with tons of carriage trails to run on.

New FARC Wear To Be On Display This Summer!

The new summer line of FARC Wear running clothes is in and it will be on sale during the entire Summer Series being held at Monmouth Battlefield State Park from 06/22/05 thru 08/03/05.

The new FARC Wear summer line includes moisture wicking fabrics manufactured by Under Armour and there will be a variety of styles and sizes to choose from. There are men's and woman's short sleeve t-shirts, sleeveless t-shirts, and men's and woman's shorts - all by Under Armour and all 20% below retail - thanks to a limited time only sponsorship deal FARC has directly with Under Armour.

We will also have pre-washed, pre-faded cotton short sleeve t-shirts as well as a limited supply of our long sleeve t-shirts and Jackets.

Support the club while staying cool and dry during the long hot summer - the new clothing line looks great so get it while it lasts! - See you on June 22nd!!

Jim & Terry
FARC Ware Coordinators

CLUB Meeting May 18, 2005 Tighe Park

He ain't Heavy, He's a Clydesdale!

By Jim Pate



Being an Air Traffic Controller by trade and having numerous opportunities for public speaking over the years, I am not usually at a loss for words. Last week the Freehold Area Runners Club surprised me with their Clydesdale Runner of the year award and I was just that!

I felt very honored knowing there are a lot of very talented runners in the area who, like my self, carry a lot of mass from the start to the finish of a race.

Three years ago after checking out a few of the running sites in the state, I came across the Freehold Winter Series. The words "Clydesdale Division" caught my attention. I had been running in the forest for a couple of weeks so I thought I would give it a try.

I started out the first race of the series running a decent pace and felt OK through the first half mile. As I crossed the mile marker a little over seven minutes, my breathing got very labored and my legs felt heavy. I spent the rest of the race watching a steady stream of runners pass and pull away from me. I finished in 25:30 just as a guy with a dog ran past me. I relearned a lesson from my early running years, "There is a big difference between running and racing!" I enjoyed the hot soup and abundant goodies the club has for the award ceremony and told myself I would do better the next week. I did a couple of six-mile runs in the forest and some treadmill in the gym during the week.

At the Sunday start line I decided I would pace myself better this time. I went by the mile mark at 7:30 this time and then watched the stream of runners pass me by. I finished in 25:35. I talked a bit after the race with a runner who passed me just before the two-mile marker both races and she told me she went by the mile at 8 minutes. We agreed to run together the next week. I got a few six-mile trail runs in during the week and felt pretty good on race day. We started out with what felt like a very slow pace to me but we crossed the mile at 8:00 and I did feel better than the previous weeks. After the 2-mile point I couldn't stay with her but I maintained a steady pace and finished at 25:15. Feeling a bit discouraged; I went to the gym and did intervals on the treadmill while watching my form in a mirror. I also got a few 6-mile runs in and I was starting to feel stronger. Week four I paced my partner past the mile at 8:00 and

she started to pull away just a bit at the 2 mile mark. After we made the turn I started to feel something I hadn't felt in a long time, I felt light on my feet! I passed my partner and about 10 other runners and finished in 24:07. Back in the gym that week, I did more intervals and did some incline work. The last week of the series I went out a bit faster at 7:30 and finished at 23:45. I still had a ways to go to place in the Clydesdale division but I was pleased with my progress and had one of my most enjoyable springs running in the state forest I could remember.

I entered a few races from 5-10K over the year and enjoyed myself. The summer was tough for someone who generates as much body heat as I do but I got in a few races.

After Thanksgiving Day I started training and doing intervals on the track. I ran a PR in the Toys for Tots race of 22:45 and a 37:13, 5 mile at the Polar Bear. The speed work really started to show in the Winter Series when I ran a 21:55 the first race and won the Clydesdale division. I ran a 21:25 PR on the course the last week of the series and started entering races I wouldn't even consider a few years ago. I ran several 10-mile races and my first marathon, Steamtown in October 4:08:18 chip time. My best 5 K was 20:37 in Ship Bottom and I placed 3rd overall in the BogTrotter 10K. I managed to handle the heat better last summer and am looking forward to running Steamtown again in the fall.

A few things larger runners need to remember:

1. Stay off the roads as much as possible. As a larger runner, you take more pounding on feet and joints. Soft running surfaces like trails, grass or sand will help you avoid a lot of injuries.
2. Get the correct shoes for your running style and replace them regularly. I have high arches and need cushion shoes. Try finding those for a heavy weight runner!
3. Unless you own stock in Body Glide, Get some Under Armor shorts to protect those Clydesdale thighs.
4. Speed work. Treadmill, track, fartlik, hill work, if you want to run fast, you have to work on leg turnover. I have a loop in the forest I love to run. It has a ¼ mile uphill with a ¼ mile flat followed by a ¼ mile down hill and a ¼ mile flat leading back to the uphill. I run the hills as fast as I can and still maintain my form and recover on the flats. I do 4 to 5 of these loops.
5. Weight Training. Unless you want to put on more weight, avoid power lifting. That is how I became a Clydesdale! One set of 12 reps circuit training 2-3 times a week hitting all muscle groups. Don't forget the abbs!
6. Run for your own reasons! A lot of people get caught up in running just to loose weight or to please someone else. Some of my deepest thoughts and answers to my life's most troubling problems have come to me while deep in oxygen debt. Mankind was developed to run. The way we were engineered upright, with all the supporting muscle

groups, we were not intended just to sit behind a desk. When we run we feel more human.

7. Do your best to encourage those around you. As a Clydesdale, a lot of runners around you will have mixed emotions. I have heard many "I can't believe that big guy passed me!" I have also had many people cheer me along when I was ready to give up. Man, by nature, is a pack animal. The time spent and the friendships developed at the local races will keep you coming back long after your competitiveness leaves you.
8. Never forget the time you spend training and racing is, except for a few lucky couples who share the love of running, spent away from your loved ones. They have a lot to do with any success you are having. Try to find ways to involve them and make sure they are not forgotten. Dogs love to run too! Many times I hit the trails when I don't feel up to it because I know my dog wants to go.
9. Wear your title as a Clydesdale as a badge of honor! When I weighed 155 lbs., 32 years ago, I could hold under a 5:00 minute mile over 5K. I wonder just how fast I could have done it with a 60lb pack on? Probably not under 7:00!

Wanted a Few Good FARC Men & Women

July 10, 2005 USATF-NJ will host the Masters Outdoor Track Meet at Monmouth Regional High School in Tinton Falls. FARC is looking to put together a few relay teams. Any one interested in running track and being on a team, please contact Isabel 732-409-7644.

A list of cross country and trail races

By Robert McGill

1. Chris & Kevin Trusky Memorial 10k & 5k (August), near Tamaqua, Pa, tough and hilly course on grass, partially tree-covered, lots of food at the end and well water (I think that this is John Guth's favorite race)
2. Half-Wit, Half Marathon (Reading area of Pa), very rough trail race. (August) has lots of junk food and beer
3. Sea Isle City 10 miler (Captain Gallagher's 10 miler) August night in Sea Isle City, NJ, on the beach, also involves jumping over pipes and small wooden barricades
4. Double Trouble 15k & 30k (Reading area of Pa), tough trail race with some good food
5. Sparta Frost Bite Trail Run (February) Sparta, NJ, a 3 loop course on grass usually covered with snow and paved roads and wooden bridge, low cost
6. Fredon Pancake Run (4.4 miles) race is run along an abandoned railroad row, mostly flat, pancakes afterwards (on Palm Sunday)
7. Fredon Firefighters 5k tough trail race with some killer hills (June)
8. Fredon Firefighters Summer Series 4 miler and 2 miler, tough cross-country course, very low cost
9. Raritan Valley Road Runners Summer Series, tough cross country course, lots of food, soda and beer
10. Flying Pig 5k (Pennington, NJ) a flat cross

country course

11. Shore AC Fall Cross Country Series (in a different park in Monmouth County), low cost series of races with many fast runners
12. The Ugly Mudder 7 miler (Reading area of Pa), tough course, usually in either March or April
13. Tewksbury 5 miler, killer hills especially on the paved roads, which are about half the course
14. Odd Man Out 5k (Mendham Lakes, NJ), March, trail race on sand with many sharp turns, narrow trails
15. The Hot Chili 8-Mile Challenge at Kitattiny State Park, tough trail course like Hartshorne woods with more rocks and little or no pavement, lots of food
16. The Morris Mauler 5k (spring and fall), guaranteed personal worst, makes Holmdel look flat
17. Mendham Patriot's 10k (Mendham, NJ), mostly trail course with some paved roads, trail is mostly flat with some stream crossings, paved roads are hilly (October)
18. Morris County Striders Summer Series when held at Lewis Morris Park, hilly course with lots of food, soda and beer
19. First Night Bethlehem 5k, Pennsylvania (December 31 in the afternoon), mostly flat course along the canal, the course is partially on a paved road

TOP 40 Races

By Robert McGill

The top 40 races for 2005, that I ran (order is totally random)

1. Oley 10 miler (Oley, Pennsylvania), beautiful course, large raffle, lots of food (October)
2. The Charlie Horse 20K (Plowville, Pa), trail course with beautiful scenery, lots of food. (May)
3. The Fountain Hill Mayor's 5k (Fountain Hill, Pa) lots of food, challenging hilly course and a large raffle (August)
4. Christmas City Challenge 5 miler (Bethlehem, Pa), challenging course (June)
5. Christmas in August 5k (Stillwater, NJ) beautiful course, some food, nice prizes
6. Beach Blast 5k (Stillwater, NJ) December, beautiful course, unique type of race, unique prizes
7. Hot Chili 8-Mile Challenge at Kitattiny (Andover, NJ), challenging trail course, lots of food
8. Dover Renaissance 5k (October) fast course, large raffle,
9. Merry Heart 5k (Roxbury, NJ) (June) lots of food, fast and flat course
10. Pfizer 5k (Morris Plains, NJ) fast course, nice goody bag (September)
11. Newark Corporate 5k (October), lots of food, flat and fast course
12. Newark Easter 5k (Easter Sunday) nice goody bag, flat and fast course
13. Montclair 10k (June) (Montclair, NJ), flat and fast course that is tree-lined, good food
14. Ashenfelter 8k (Thanksgiving) fast course, lots of food, receive gloves with a t-shirt
15. Sunset Classic 5 miler (June) hilly course, lots

of food. Bloomfield, NJ

16. CPA 5k (June), Roseland, NJ, challenging and hilly course, unique prizes, lots of food
17. Our House 5 miler (May) Summit, NJ, challenging and hilly course, lots of food, gym bag plus t-shirt
18. Downtown Westfield 5k (July) Westfield, NJ, lots of food, live music, etc.
19. Roselle 21st Century 5k (June) Roselle, NJ lots of food, nice course,
20. Fallen Heroes 5k (Elizabeth, NJ), long straight away for the last 1 1/2, lots of food, beer, raffle (September)
21. Run for Education 5k (Dunellen, NJ), flat tree-lined course, nice raffle, (September)
22. Crossroads of Woodbridge 10k (Woodbridge, NJ), lots of food, nice prizes in raffle
23. Morris County Striders Summer Series (Morris County), challenging course, lots of food
24. Run for Life 4 miler (Boonton, NJ), October, lots of food, good prizes, raffle
25. June Moon 5k (Franklin, NJ) good food, flat course

26. Freehold Area Running Club's Winter Series, (January & February), good food, low price, flat course
27. Freehold St Paddy's Day 10 miler & 5k (March), good food, scenic course, beer
28. Equinox 20k (March) Piscataway, NJ, good food, mostly flat course
29. Edison Day 5k (May) flat course and lots of food
30. Belmar 5 miler (July), flat course and lots of food
31. Shore AC Summer Series (Long Branch), lots of food, low price
32. Neptune City 5k (August), flat course and nice raffle
33. USATF 10 miler (Mercer County Park), mostly flat course, lots of food, scenic course (December)
34. Mercer Community College Alumni 5k (Mercer County College), lots of food, beer, wine (October)
35. Trenton Waterfront 5k (June), lots of food, flat course
36. Carnegie Center 5k (October), flat course, lots of food, nice raffle
37. Camden Waterfront 5k (November) flat course, lots of food
38. Teterboro Airport 5k (July) Teterboro, NJ flat course, very large raffle
39. Midland 15k & 5k Run (Far Hills, NJ), (May), scenic course, lots of food
40. Frog Hollow 5k (South Amboy, NJ), lots of food, a swimming pool for use after the race (June)

CLUB Meeting May 18, 2005 Tighe Park

Ugly Mudder 7 Miler

By Bob McGill

I enjoyed a brutal trail race on 2/27/05, called the

Ugly Mudder 7 miler. It was held near Reading, Pennsylvania. There were around 500 runners, so ended up doing a lot of walking on the first couple of hills. I almost fell down the first hill, but a guy behind me, held me up. Some of the hills essentially were rock climbing. It was straight up, holding onto trees on the uphill and grabbing onto trees during some of the descents. At one point, you had to walk, since it was a fallen tree about every 5 feet for about 30 feet. The last hill was unbelievable. You had to climb up it, on all fours. I dug my hands into the mud, in order to hold on and not slide down the hill. When I got to the top of that hill, I thought that the race was over. It was not. I had to run through the parking lot to the pavilion to the finish line. My time was around 1 hour and 51 minutes. After the race, they had scrambled eggs, pancakes, water and beer. They were even giving out beer at the water stop at the 4.9 mile mark. The last hill was brutal. I was climbing it on all fours. John Guth said that it was easy, all you had to do it was climb it on all fours.

Favorite Races '05 to benefit non-profit and charities

By Ken Vercammen

- 3/13 St. Paddy's 10 Mile Race & Leprechaun 5k Free beer, Free windmill hot dog, long sleeve shirt
- 3/20 Equinox 20k Well organized, sponsored by RVRR. Dana Gross recommends this race.
- 4/3 Indian Trails 15k Road Race & 3 Mile Run nice views of Bay, well-organized event
- 4/17 Eden Family 5k Large trophies, Join the Vercammen team as we seek to repeat as team champions
- 5/21 Metuchen 5k Run for Beringer House nice course
- 5/28 Spring Lake Five Mile Run Join Ken V and friends the Friday night before race for "Legends Night" in Belmar
- 6/17 9th Annual June Moon 5k Quality CJRR event. Post race subs
- 6/20 President's Cup Night Race 5k Free beer, big post race party
- July 4 East Stroudsburg 5k scenic course near Delaware Water Gap. Ken V is defending champion
- July Ocean Grove Biathlon fast short event. spend the rest of the day at the beach- date TBA
- 7/9 Belmar Five Mile Run 5 mile free food at Bar A after race and reduced price drinks
- July 16 10 mile, 10 Bar Long Branch to Belmar This is not a race. You run, bike or walk 10 miles to between 10-13 bars. Finish at Bar A, and play volleyball
- 7/31 Sea Bright Sprint Triathlon Series
- Sept 5 Monday South Plainfield 3 miler
- Oct. Carnegie 5k date TBA Unlimited Free Pizza, beer, nice trophies
- Oct. East Brunswick 5k date TBA RVRR well run event Road closed to traffic

Oct. Frost on the Pumpkin 10k South River date
TBA Cool winner mugs, secret free beer?, big hills

Nov. Hashathon date TBA challenging, dangerous trails, Free beer, best post race party with band,

Nov. 25 Born to Run Freehold 5 miler Free beer at Court Jester tavern

Dec Reindeer Romp, 5k Pt. Pleasant plenty of post race food, discount drinks

Jan. Freezing Cold Hash run Adventure trail run, not a formal race.

RACE RESULTS

Shore AC Winter Series

Week 2 Patrick Asay - 19:46 1st AG, 4th overall

Ocean Running Club 4 miler

Hilary Gall 31:23 3rd Female Overall PR

Gary Gall 35:56

Freehold Winter 5k

Ken Vercammen - 18:25 2nd overall, 1st 40-49

E. Murray Todd Half Marathon

Ken Vercammen - 1:27:15 4th age group

New York Road Runners Gridiron Classic 5K

Shirley Lew - Finish Time: 37:35, Net Time: 34:21

New York Road Runners Snowflake 4 Miler

Shirley Lew - Finish Time: 44:51, Net Time: 42:09

Shore AC Winter 5k

Ken Vercammen - 18:06 1st age group

Bordentown St. Paddy Day 5K

Ken Vercammen - 18:27 1st master

Equinox 20K

Ken Vercammen - 1:19:42 3rd age group

FARC Toys for Tots 5K

Rich Salls - 23:17 personal best

Ramona's Run 4 miler

Rich Salls - 30:42

SAC Polar Bear 5 miler

Rich Salls - 41:13

Fred Lebow Classic (5M)

Mike Chudkowski 42:00

Lorraine Chudkowski 44:46

Frostbite 7M

Mike Chudkowski 1:00:39

Lorraine Chudkowski 1:00:39

Gridiron Classic (3.1M)

Mike Chudkowski 25:38

Lorraine Chudkowski 24:43

Al Gordon 15K

Mike Chudkowski 1:24:54

Lorraine Chudkowski 1:24:54

NYRRC 10M

Lorraine Chudkowski 1:23:42

Iron Man Wisconsin

Pamela Steenland - 16:47:34 (A long day, but a great experience in a wonderful place)

Dr. Kenneth Indahl - 14:14:09 (Still has a lot of kick for an old dog)

NYC Marathon

Pamela Steenland - 5:44:45 (Great day, in a great place, with a great partner)

Dr. Kenneth Indahl - 5:44:46 (Stayed with me every step of the way and then let me beat him. A man with true grace and style.)

Manasquan 2 mile beach run

Patrick Asay - 13:06 - 10th male

Polar Bear Run -5 M

Ralph Garfield - 38.33(1st 60-69)

Serpentine 5k

Ralph Garfield - 23.13(75% age graded)

Hamilton Hangover 5 Miler

Hilary Gall - 42:04

Gary Gall - 53:30

Jen Gall - 56:07

Resolution Run 5k

Bob Nassi - 25:18

3rd Annual JCC Summer Classic

Bill Aromando - 0:19:58 5 K

Asbury Park 5 K

Bill Aromando - 20:00.5

Stone Harbor 10k

Bill Aromando - 0:42:31

Brielle 10 K Challenge

Bill Aromando - 41:44.0

Manasquan Reservoir - 5 mile

Bill Aromando - 33:00

Jersey Shore Half Marathon

Bill Aromando - 1:29:43 PR

Trick or Trot 4 M

Bill Aromando - 26:54

Ben Franklin 10K Bridge Run

Bill Aromando - 42:38

Philadelphia Marathon

Bill Aromando - 3:44:23

Navesink Challenge 15 K

Bill Aromando - 1:22:12 PW

CLUB Meeting May 18, 2005 Tighe Park

Freehold Area Running Club

Club Meeting

May 18, 2005 @ 8:00 p.m.

Tighe Park Georgia Road

Freehold, New Jersey

We are please to have Dorian Myer and her coach Pete Squire as our guest speakers.

Come a hear our American Premier Woman Marathoner talk on her Marathons

Experiences from New York City to the Continent of Africa.

Her Coach Pete Squires on what it takes to train a great runner.



Presents

KIDS' SUMMER NIGHTS RUNNING SERIES

June 22, 2005 – August 3, 2005 6:00 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

MEDALS and ICE POPS TO ALL FINISHERS

T-Shirts and TROPHIES TO KIDS WHO PRE ENTER FOR SERIES

FEE: \$2.00 PER RACE OR ALL SEVEN FOR \$12.00

NAMES: _____ AGE: _____ Shirt Size: _____

RACE DATES: On Site Registration Only

JUNE 22 _____ JUNE 29 _____ JULY 6 _____ JULY 13 _____ JULY 20 _____

JULY 27 _____ AUGUST 3 _____ ALL SEVEN RACES _____

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 anyone and myself entitled to act on my behalf, waiver and release the Road Runners Club of America, the Freehold Area Running Club of New Jersey 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 Freehold Area Running Club Member.

PARENTS SIGNATURE: _____



The 22nd Annual
Wednesday Night

SUMMER 5K RACE SERIES

June 22, 2005 – August 3, 2005 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 22 JUNE 29 JULY 6 JULY 13 JULY 20 JULY 27 AUGUST 3

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



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

RACE CALENDAR

(all phone numbers 732 unless otherwise noted)

- | | | | |
|-------|---|-------|---|
| 05/06 | Joe Vastano Memorial Hamilton Square, NJ 5 K 7:00 PM
609-208-1090 | 05/22 | Michael Thorne West Long Branch, NJ 4 M 9:00 AM
222-0725 |
| 05/07 | Xercise Memorial Field, Chester, NJ 5 K 9:00 AM 381-0318 | 05/22 | Al Saner Walks Point Pleasant Boro High School 9:00am |
| 05/07 | Family Day Edison, NJ 5 K 9:30 AM 248-7361 | 05/28 | Spring Lake Spring Lake, NJ 5 M 8:30 AM Sold Out |
| 05/07 | Mother's Day Point Pleasant Beach, NJ 5 K 8:30 AM
295-1193 | 05/29 | Kalb 9 Mile Racewalk, Lake Carasaljo Lakewood 9:00am |
| 05/08 | Mother's Day Memorial Park, Berkeley Heights, NJ 5 K
9:00 AM 908-464-8377 | 06/11 | NJ International Track Meet Colts Neck HS 9:00 a.m |
| 05/14 | SGT Nutter Benefit Sea Girt, NJ 5 K 10:00 AM 877-213-0505 | 06/18 | Cape May Point Cape May, NJ 5 M 9:00 AM 609-884-1087 |
| 05/14 | Monmouth Beach Monmouth Beach, NJ 3 M 9:00 AM
571-2162 | 06/18 | George Sheehan Classic Red Bank, NJ 5 M 8:30 AM
988-7725 |
| 05/15 | Volvo Midland Moorland Farms, Far Hills, NJ 15 K 9:00
AM 5 K 11:00 AM 908-722-7903 | 06/25 | Independence South Amboy, NJ 5 K 9:00 AM 721-5031 |
| 05/15 | Bahr's Landing Highlands, NJ 5 M 9:00 AM 872-1245 | 06/26 | Pinebeach NJ 5 K 9:00 AM 349-6425 |
| 05/21 | Spring Into Summer Middletown, NJ 5 K 8:30 AM 732-671-4219 | 07/09 | Johnny Cobb Memorial Belmar, NJ 5 M 8:30 AM 571-2162 |
| 05/22 | Run For Rachel Memorial Oval, Livingston, NJ 5 K 9:30
AM 381-0318 | 09/11 | 40K National Championship Racewalk Palaia Park
Ocean 8:00 a.m. start |
| | | 10/01 | Conservancy Poricy Park, Middletown, NJ 5 K 10:00 AM |
| | | 10/3 | Jersey Shore Half Marathon & Lighthouse 5K 9:00 A.M. |