THE LONG RUN
An Official Publication of:
The Freehold Area Running Club, a.k.a. FARC
We serve and give back to the community!

Website: www.farcnj.com  Join* FARC Facebook!  E-mail (results & letters to editor): farcnj@gmail.com
VOL. 33  NO. 2 (Feb-Mar. 2015)  also see:  FARC Flash (e-mailed monthly)  NJ's 3rd Largest Club, 486 strong & Growing

Don’t Miss COMING EVENTS!

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>LOCATION</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed. 3/11</td>
<td>Club mtg. w/food to stuff race pkts.</td>
<td>Michael Tighe Park</td>
<td>6:30 Fun Run</td>
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<tr>
<td></td>
<td>(club mtg. w/ food)</td>
<td>Freehold, NJ</td>
<td>7:00 Meeting</td>
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<td></td>
<td></td>
<td>Freehold, NJ</td>
<td></td>
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<tr>
<td>Sat. 3/21</td>
<td>I. Caffrey’s 2. Albert Music Hall</td>
<td>1. Forked River, NJ</td>
<td>1. 5:30 PM</td>
</tr>
<tr>
<td>(1. Dinner, 2.Irish Music)</td>
<td></td>
<td>2. Waretown, NJ ($$)</td>
<td>2. 7:30 PM</td>
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<tr>
<td>Sun. 4/12</td>
<td>PanAmTrials &amp; USA Masters RW (app.)</td>
<td>FARC Hosts at H. Wright Lk, Whiting NJ</td>
<td>Race Walk: 9:30 AM</td>
</tr>
<tr>
<td>6/24, 7/1, 7/8, 15, 7/22, 29</td>
<td>Summer Series 5K and KSN</td>
<td>Battlefield State Park, Manalapan</td>
<td>6:00 FunRuns 6:45 PM 5 K</td>
</tr>
</tbody>
</table>

Club Mtg.-Michael J. Tighe Pk.: Food & Social
St. Paddy’s 10 Mile Returns & Leprechaun 5 K Races Start in Michael J. Tighe Park, Mar.15th,9:30 & 9:45 am

Join FARC For (1) 5:30 Caffrey’s Dinner in Forked R.; (2) "Irish Night" at Albert Music Hall (www.alberthall.org), Waretown: Sat., Mar.21st, 7:30 PM

FARC Hosts PanAm Cup Trials & USA National Masters Race Walk Apr.12th (see App. and RaceWalk Series)

33rd Annual Summer Series 5K & KSN at Battlefield Pk. 6pm Wed.,June 24-Jul. 29. A FARC family favorite for generations!

FARC’s 2015 Executive Officers

Jim Jensen  Dave Friedman  Jim Bergum  Isabel Lewis  Janet Bergum
President  Vice President  Vice President  Treasurer  Secretary

Support FARC Sponsors:

Rivitree Fitness

RECENT EVENTS:
FARC 5 K & Kids’ Winter Series Runs, Jan. 25 - Feb. 1, 2015

FARC’s Awards Banquet
On Jan. 31 in Farmingdale

Please see attached Membership form & renew if you’re due (see mailing date in yellow).

Your volunteer pts. can be used for FARCware, Races, Banquet!

Enjoy reading the 3rd installments of our 1-19 year updates on Scholarship winners.
32nd Annual 5K Race Winter Series

JAN 25, Race #4

Race #4 of the 5 K Winter Series in Michael J. Tighe Park was won by 14-yr. old Sam Tenenbaum in 18:38. 12-year olds James Gaughan and Nolan Kus were 4th & 5th overall and only 1½ minutes back at 20:08 & 20:10. The 1st woman, Nicole Reilly, 26, finished at 24:26.

FEB. 1, Race #5

Race #5 of the Winter Series on Super Sunday was swept by the Millers. 29-year old Richard Miller won overall in 18:47, with Paul Gilly and Alejandro Sanchez trailing about a minute behind. The 1st female, Jillian Miller, 26, came roaring in at 21:24, nearly 2 minutes ahead of her pursuers, Carolyn Rodgers, 51 and Kaitlyn Sauickie, 13. Everyone warmed up indoors with hot soup after the race. Many of the volunteers & runners were already exhausted even before the race from the late great FARC Awards Banquet, dance, and party the night before at Our House Restaurant and Catering Hall in Farmingdale. We look forward to your joining us for the camaraderie and celebration and fun next year, and at Winter Series #33! Thanks to the sponsors and the many runners and volunteers who made it necessary and possible!

A free WS entry was granted to new members who joined FARC at the series.

See more race results on p.2 & FARCNJ.com!
FARC SCHOLARSHIP WINNERS, THEN & NOW  
(part 3 in a series)  
WHERE ARE THEY NOW?

In 1997, the Freehold Area Running Club began giving out scholarships to qualifying students continuing their education after high school graduation. In 1998, the award was named the Matthew Stuper Scholarship Award. The Board of Directors for FARC thought it would be interesting to find out what past scholarship recipients have been doing since receiving their award. Responses from approximately two-thirds of the past scholarship winners (1997-2006) from whom we've heard were printed in the November or January newsletters. Here is the 3rd (of 3) installment of the updates received from award recipients. Enjoy…

BIOS OF FARC SCHOLARSHIP WINNERS 1996 – 2014

1996

**Kathleen Stuper** - As of 1/31/15 – After graduation from Manalapan High School, Kathleen attended the University of Wisconsin Parkside where she majored in accounting and economics. She was a member of the track team, becoming an All American in indoor and outdoor track in race-walking. After graduation, Kathleen worked as an auditor for KPMG in Milwaukee for 4 years and received her license as a Certified Public Accountant (CPA). She moved to Chicago when she was hired by Abbott Laboratories and is currently the Area Sales Excellence Manager – Middle East & Africa at Abbott Laboratories, Frankfurt, Germany.

1997

**Tim Fitch** – As of 11/20/14 - My sister and I ran the original FARC fun runs at battlefield in the 80s. My dad actually would take the finish line clock in our car to race day… meaning we got there early and stayed late. I think he also used a pedometer to measure the course. I ran constantly during high school but like many other high school runners, knee problems became a factor. I doubled 1600/3200 at every track meet from sophomore to senior year. Winter and Summer. I Gave up Varsity soccer to run XC as Senior. Good memories. After receiving FARC scholarship I went on to graduate Rutgers College in Spring 2003. From there moved to San Diego with my High School sweetheart. The call of the sea seemed a priority over busted knees for those years. But the waves were really good out there! While I was playing around in the ocean, catching up from all those cold Jersey winters…my soon to be wife kept the torch lit up finishing both the La Jolla Half marathon and the San Diego Rock and Roll marathon.

Running was always there, but not always in the forefront. We moved back to New Jersey in late summer 2006 and got married in Long Branch. Ryan Ann and I settled into Howell and started the new Fitch family clan in October 2008 with the birth of our son Greyson. With a small child in tow it seemed a good time to dig out the running shoes again. Daughter Moorea, born August 2010, gave us the opportunity to bond while pushing a double stroller through the
neighborhood, turkey swamp and around the Manasquan Reservoir. Finally breaking down and buying a new pair of “real” running shoes and some gear we try to get the whole family out to the races. Now Grandpa Pop, Dad, or Bud as you probably know him motivates me to try run faster than he did while in his 30s and still pays close attention to who is doing what in each age group but especially 60-69.....but also including woman 30-39 (Ryan Ann), kids races with Moorea and half mile fun run with Greyson. Greyson and Moorea hope to run the races next year with their cousins Kayla and Hayden who are moving to New Jersey from California. The running stroller is also coming back out with the addition of a new Fitch coming April 2015...Ryan Ann and I are both very excited. We now live in Freehold, close enough to Liberty Oak (no disrespect to Michael Tighe) to walk/run to anytime, but we prefer the back trails of Turkey Swamp. We look forward to keeping warm during Winter Series races and eating ice pops after Summer Series races for many years to come.

2000

Sarah Wendel – As of 11/08/14 – Sarah graduated from Penn State University in May of 2004 with a Bachelor of Science in Speech Pathology. She continued her education at Northeastern University and received a Masters in Speech Pathology in May of 2006. She was employed as a Speech Pathologist in the Boston area at Brain Tree, a pediatric rehabilitation center. Sarah moved back to the New York City area in 2008 and worked at the Kennedy Child Study Center in Manhattan. While employed at Kennedy, she completed a second Master’s Degree in school administration. After leaving Kennedy in December of 2013, Sarah took a job with the Board of Education City of New York as a speech pathologist and has been there ever since. On a running note, Sarah completed the New York City marathon in 2013 and 2014.

2003

Matt Forys – As of 10/29/14 - Matthew Forys graduated from Howell High School in 2003 and chose to continue his education at Bucknell University as part of the Class of 2007. Matthew majored in Mathematics and minored in Environmental Studies while also competing for the Bucknell Cross Country and Track & Field teams. He qualified for the 2006 NCAA Division I Cross Country National Championships and 2007 NCAA Division I Outdoor Track & Field Championships in the 3000m Steeplechase. He also won two Patriot League Championship titles as well as the 2007 IC4A Indoor 3k title.

After college, Matthew accepted a full time job with BlackRock Investment Management as a Risk and Quantitative Analyst. During this time he ran 1:04:56 at the 2011 NYC Half marathon, qualifying him for the 2012 US Olympic Marathon Trials. Matthew placed 46th at the trials in a time of 2:19:24 in his marathon debut. He also represented the United States at the BUPA XC race and the NACAC Cross Country Championships in 2013. Matthew currently works for New York Road Runner as a Project Manager on the Strategy and Planning team - merging his love of running and professional career.

2004

Allyson (Rosen) Bull – As of 11/10/14 - After HS, I went to Penn State and graduated with
honors and high distinction with a Bachelors of Science for Communication Sciences and Disorders (Graduated Fall 2006). I went on to Washington University in St. Louis to receive my doctorate in Audiology (graduated in 2011). Currently I work in Rockville, MD for a neurotologist and practice the full scope of audiology (hearing aids, tinnitus rehab., cochlear implants, balance and electrophysiology testing).

If I ever move back to the Manalapan/Freehold area I would love to be part of FARC again! :)

2006

**Erica Weitz** – Winter 2015 Update: Erica is teaching Special Ed. and is Head Coach of Boys and Girls Track at Lake Howell High School for the 2nd straight year near Orlando. Following a period of labored breathing and digestive upset in late 2014, an Orlando gastroenterologist, with whom Erica also trains, performed tests on her at her doctor’s office. The female running GEO successfully diagnosed Erica’s food allergies (wouldn’t you know it - to her favorite snacks!). Erica then adjusted her intake accordingly (avoiding peanuts and sesame seeds, & really learning to like almond butter and snack bars without peanuts), she now breathes much easier once again, and is again running faster, posting 3 straight wins in the Central Florida area Track Shack Grand Prix Series, including her second best 5K, 17:38 (splits: 5:36, 5:41, 5:43, 0:38) in Winter Park on Valentine’s Day and PR ½-marathon of 1:20:41 8 days later at Tampa’s noted Gasparilla race where the top American overall/male (1:03) earned $8K. Erica began the half marathon at 5:50s pace, then at 6 miles mistook Gatorade for the water she intended on drinking and cramped up, slowing her pace up to 40 seconds in the 7th mile; however, she was able to pick her pace back up and finish with a 6:09 average mile over the full 13 miles 192.5 yard distance on the scenic half-marathon course. Lots of good food afterwards – a terrific race weekend in which there is a highly competitive 15 K the day before. Last year her Dad was there to watch her race the day after she’d coached her HS T&F team through a 13-hour rain delayed 28-team invitational (Lake Brantley) track meet in Orlando. Personally, she is now in preparation for the June Grandmas Marathon in Duluth, MN (where her FL training ought to neutralize the heat factor, and racing team, based in MI where her own coach is based, will compete and attempt to qualify individually for the 2016 Olympic Marathon trials), bypassing Boston (for the 1st time in 4 years) after running Boston in 2012 through 2014 at 3:15 (in 90°F heat, when the top runners, even the Kenyans were ~10 minutes off their best times, but it was the hills that got to her as much or more than the heat), 2:56 (finishing an hour before the blasts), and 2:58, in 2012-2014, respectively. In addition to coaching her HS athletes, she often trains with them, even in the off-season when possible, and she is their fan as they are hers in many cases.

Erica’s 2 most influential mentoring coaches were **Marcia Mansur** Wentworth (former UCF coach, 1979 graduate of Marlboro HS when growing up in Colts Neck, and former 34-minute 10K road racer who recruited Erica when visiting her own former Coach Bob Cottrell who was Erica’s first X-C coach in his last season before retiring from Marlboro 27 years after coaching Marcia) and **Dennis Kozub** (who has himself coached a national champion and helped Erica learn to how to set schedules for and train the athletes in the various track & field events when she served as his distance assistant at State Champion Winter Park HS two years ago; Dennis was Erica’s most successful -volunteer-distance & X-C coach when Erica was at UCF, before he returned to the ranks of HS coaching, and offered Erica the paid position of distance asst. at Winter Park for 2012-2013.)
2008

Alexis Roy – As of 11/4/14 - Alexis Roy Bio

FARC Related:
1. 4,000 mile bike ride for Cancer from Inner Harbor Baltimore, MD to Golden Gate Bridge San Francisco, CA
2. Johns Hopkins Varsity Woman's Crew Team

Education:
Harvard Medical School - Cambridge, MA MD Program (in year 2 of 4 year program)
Johns Hopkins University - Baltimore, MD BA in Neuroscience; Concentration in Systems Neuroscience, MS in Neuro-science cumulative GPA: 3.07; Science GPA: 4.0.

Presentations and Publications:

1. Alexis Roy June 2014 as part of her Harvard Medical School Acceptance Package presented her Cochlear Implant research that she conducted at Johns Hopkins at a global conference in Munich Germany


Jacqueline Roy – As of 11/4/14 - Jackie Roy Bio

FARC Related

Has participated in dozens of Mudder Races & Continues to Love It

Runs an occasional 5K / 10K race

Sister to one older sibling (Alexis) and 7 younger siblings Zachary (22), Julia (13), John (11), Emily (9), Andrew (4), Addison (2) and Michael (14 months old).
Education
American University, Kogod School of Business, Washington, DC
Graduated: May 2012
Bachelor of Business Administration (BSBA) & Psychology (BA)
Specialization: Marketing
Overall GPA: 3.76/4.0

Employment
McMURRY/TMG (formerly TMG Custom Media) Washington, DC
Digital Content Specialist, Manager
May 2012 – Present

For a world-leading content marketing agency, Manager for digital analytics, SEO, content creation and responsible for managing and developing new interns in her department.

2014

William (Billy) Foster – As of 11/18/14
-Billy is in his freshman year at St. Francis DeSales University in Center Valley, PA. He is majoring in Digital Art and is having fun. For example he created and organized the school's first Halloween night event - Fright at Night. Billy also just completed running for DeSales cross country. Highlights include an 8K PR of 27.33 at SUNY Geneseo and his 8K time of 27.11 on the DeSales home course was the 7th best for a freshman all-time. He will start Winter track in the coming days.

Matthew Stuper Scholarship
The Freehold Area Running Club (FARC) awards scholarships to deserving members who will be continuing their education at college, vocational/technical, or graduate school. Each scholarship is a one-time award. An applicant may apply during any year in which he or she is enrolled full-time in school, beginning with the senior year of high school. The deadline for submitting applications is March 31st. The Scholarship Committee reviews applications and reach a decision at the end of April each year.

Please note these guidelines:
1. The applicant must be a member of FARC for at least the last 3 consecutive years.
2. The applicant will be evaluated based on criteria established by the FARC Scholarship Committee, as approved by the Board of Trustees.

Criteria include:
1. Participation in cross-country and track in high school, college, and /or club races. (This includes being part of a team as manager, etc.)
2. Participation in other school or community sports and activities.
3. Academic achievements.
4. The applicant’s and family’s support/assistance in FARC events.
6. The quality of your essay.

Applications may be obtained by
1. Print from web site Click Here
2. Writing to the following:
   FARC Scholarship Committee
   c/o Avram Shapiro
   P.O. Box 4
   Manalapan, NJ 07726

Please mail completed application with letters of recommendation to the above address.
Post-Marathon Recovery Tips
By Steven J. Loder, MES, CSCS

Congratulations on completing your marathon! Here are a few suggestions to help speed your post-marathon recovery and enhance your overall marathon experience:

1. **Be sure to hydrate after your marathon.** Just as you had done prior to your marathon, drinking plenty of fluids after your marathon is important too. Water is OK, but juices and sports drinks are better since they help to quickly replenish carbohydrate stores in your muscles depleted by the marathon.

2. **Plan to engage in post-marathon walks and/or light running.** Doing this helps to combat post-marathon soreness by flushing lactic acid from those tired running muscles.

3. **Even better, try Cross Training Activities instead!** After all those weeks of tough training runs, taking a break from running for a few days to a week or more can be refreshing both mentally as well as physically. Swimming or biking both work great! No pounding and each helps to relieve the mental burnout.

4. **Pamper yourself to a post-marathon Massage?!** Ahhh, feels great and also helps to relieve sore tired muscles. Using The Stick is a good substitute until you can meet with your massage therapist.

5. **Stretch, Stretch and Stretch!** Just as with Tips #2, #3 and #4, stretching helps to flush lactic acid from the muscles and restore a comfortable, pain free range of motion. The Pro Stretch works great for the calf and shin lower leg muscles.

6. **Do treat yourself to a special post-marathon meal.** You worked hard to train for your marathon and no doubt made some sacrifices along the way including abstaining from certain foods that would be detrimental to your training efforts. So go ahead. You deserve it! Just don’t go completely overboard.

7. **Focus on eating post-marathon meals that offer a combination of complex & simple carbohydrates as well as lean sources of protein.** Once you have finished your special post-marathon meal, be sure to focus on eating to replenish depleted your glycogen stores and to promote muscle repair. You may want to try a good quality whey protein powder and incorporate into some delicious breakfast fruit smoothies.

8. **Do include a daily multi-vitamin rich in Zinc and Vitamin E.** Most grain products are fortified with these two important micro-nutrients. In addition, you may want to consider taking a multi-vitamin formula. Either way, including both zinc and vitamin E in your post-marathon meal plan will help to speed healing and recovery.

9. **Do make sure you get enough rest during the first post-marathon week.** Following a tough marathon effort, your immune system function is roughly at the same level as a typical AIDS patient. This means that you are very susceptible to the ill-effect of germs just after the marathon. So be sure to get your Z’s.

10. **Do plan on recovering for 3-4 weeks prior to beginning a new training and racing buildup.** You may feel fine after a few days, but your body is still recovering at the cellular level. The basic rule of thumb is to allow one recovery day for each mile of a tough race effort.

Steven Loder is a Jackson, NJ based running, marathon strength & conditioning coach and Boston Marathon Qualifier.
www.newbeginning-lull.com

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**FARC WELCOMES NEW MEMBERS!**

<table>
<thead>
<tr>
<th>Brian Gaughan Family</th>
<th>Grace Madigan</th>
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<tbody>
<tr>
<td>Jessie Crooks</td>
<td>Tim Wendel</td>
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<tr>
<td>Michael Wendel</td>
<td>Frank Kus Family</td>
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<td>James McKeon Family</td>
<td>Erin Beuka</td>
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<td>Cheryl Palladino Family</td>
<td>Richard Trsnk</td>
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<td>Nicole Cry</td>
<td>Cory Vigor</td>
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<td>Norma Wroble</td>
<td>Jeff Ragle</td>
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<td>Soni Upendra</td>
<td>Jim Carbone</td>
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<td>Melissa Galvin</td>
<td>Tara Mingione</td>
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**FARC MEMBERS BIRTHDAYS!**
Happy birthday-Have a great running year!

**FEBRUARY**

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<thead>
<tr>
<th>Mark Bloom</th>
<th>John Carrick</th>
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<tbody>
<tr>
<td>Nicole Cry</td>
<td>Spencer Holcombe</td>
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<tr>
<td>Ingrid Kiss</td>
<td>Olie Nelson</td>
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<tr>
<td>Cheryl Palladino</td>
<td>Ron Podel</td>
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<tr>
<td>Mike Prendergast</td>
<td>Karen Rega</td>
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<tr>
<td>Pamela Spadola</td>
<td>Shirley Sullivan</td>
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<tr>
<td>John Taylor</td>
<td>Joan Venslavsky</td>
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<tr>
<td>Geme Yanchurak</td>
<td>Jerry Ostrander</td>
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<tr>
<td>Ben Ottmer</td>
<td>Maria Paul</td>
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**MARCH**

<table>
<thead>
<tr>
<th>Linda Aznar</th>
<th>Rick Besette</th>
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<tbody>
<tr>
<td>Cheryl Bonham</td>
<td>Lisa Dealy</td>
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<td>Sandra Etlinger</td>
<td>Melissa Galvin</td>
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<tr>
<td>Carol Ganley</td>
<td>Gene Geer</td>
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<tr>
<td>Keith Guttman</td>
<td>Bob Hayes</td>
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<tr>
<td>Laura Kupsch</td>
<td>Martha Lanko</td>
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<td>Isabel Lewis</td>
<td>James McKeon</td>
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<td>Edward Niemiera</td>
<td>Stephen Pfeffer</td>
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<tr>
<td>Christopher Preuster</td>
<td>Jim Robbins</td>
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<tr>
<td>Lauri Salberg</td>
<td>Michael Wendel</td>
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<tr>
<td>Tim Wendel</td>
<td>Patti Ferriola</td>
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**APRIL**

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<tr>
<th>Jim Bergum</th>
<th>Vincenzo Ferriola</th>
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<tr>
<td>Paul Jensen</td>
<td>Merri Nannarone</td>
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<tr>
<td>Cara Nelius</td>
<td>Carol Richiusa</td>
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<tr>
<td>Vince Scafaria</td>
<td>Alegando Sanchez</td>
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<tr>
<td>Paul Fitch</td>
<td>Janet Bergum</td>
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<tr>
<td>Rita Alles</td>
<td>Joe Saffer</td>
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<tr>
<td>Grace Madigan</td>
<td>Gail Weitz</td>
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If anyone has any shirts or memorabilia from the 1971, 1989, 1991 & 1995 NYC Marathon and are willing to trade or sell it, please contact Dave Friedman at: dave.m.friedman@rrd.com.
THE FREEHOLD AREA RUNNING CLUB
26th Annual

St. Paddy's
10 MILE RACE
Back by Popular Demand

And the 21st Annual
Leprechaun 5K

CHIP TIMING
By Elite Racing Systems

Sunday, March 15, 2015 at 9:30 A.M.
Michael J. Tighe Park, Georgia Road, Freehold Township, NJ
Register online at:
www.active.com

Race Day Registration: Begins at 8:00 AM. Come early. Allow time for parking. Starting time for the 10 mile is 9:30 AM. The 5K follows at 9:45 AM. All entry fees non-refundable.

Course Certification # NJ92003DB

Mail Registration:

Mail to: FARC c/o Isabel Lewis, 1222 Barton Ave., Point Pleasant, NJ 08742

A Happy St. Patrick’s Day to You! This event is for you, the community of runners and walkers who compete not only to win, but to experience the challenge of going the distance and have fun in the process. We offer two scenic courses: the 10-mile for those looking to build toward the Boston Marathon, or other spring long distance events; the 5K for a speed or shorter fitness workout. And there's plenty to eat and drink, commemorative shirts, an Expo, age group awards, and a corps of experienced volunteers to guide you.

The Awards: 10-mile: To the first three male and female finishers overall, and the top three male and female finishers in the following categories: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-64, 65-69, 70-74, 75-79, 80+ and Racewalk; and to the first male and female FARC members.

The Awards: 5K: To the first male and female finishers overall, and top three male and female finishers in the following age groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

No duplicate awards.

Directions: Take U.S. 9 (North or South) to Route 524 (Elton-Adelphia Road) toward Smithburg and Turkey Swamp Park. Go West on 524 approximately one mile (past two schools). Turn left at light onto Georgia Road. Tighe Memorial Park will come up on your left just past St. Robert’s Church.

We must prohibit Strollers, Head Phones, Dogs and Runners in Costumes in the Race. Head Phones are prohibited as runner will not hear directions from the race staff. Strollers & Dogs at a race may be a hazard to runners, children and spectators. We also cannot have runners in costumes as this is a hazard to other runners and a safety issue. The RRCA and our insurance company will not cover these situations. We appreciate your compliance.

Information e-mail: stpaddy10@gmail.com or www.farcni.com

Please Note! Due to the race in progress, you may not exit the Park between 9:30 AM and 12:30 PM. If this will inconvenience you, parking is available outside the Park in nearby side streets. Please do not park on Georgia Road.

Mail Registration:
Current FARC members Pre Registration only...
Entries postmarked on or before March 10....... $18.00 $25.00
Entries postmarked after March 10 ............... $25.00 $35.00
Race Day Registration and all
Entries postmarked after March 10 ............... $30.00 $40.00

Name: ______________________________
Address: ____________________________
City: ______________ State: __ ZIP: __________
Telephone: ________

Sex: M____ F____ Date of Birth: M____ D____ Y____
Age (Race Day): ______ Shirt Size: S____ M____ L____ XL____

Check One:
5 K Run____ or 10 Mile Run____ 10 Mile Racewalk____

Race walk prizes limited to 10 mile race only

FARC Member: ______________________
E-Mail: ____________________________

Please check if member

Liability and Publicity Release: I know that running in a road race is a potentially hazardous activity and that I should not enter and participate unless I am medically able and properly trained. I agree to abide by the orders of any race or police official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including but not limited to: falls, contact with other entrants or deer, the effects of weather, potholes, slippery road conditions, including snow and ice, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the St. Paddy’s Race Committee, the Freehold Area Running Club and USA1F-NJ, its officers, Trustees, Members and volunteers associated with this event; The Township of Freehold, its Officials, Employees and Departments, The Court Jester and any and all other sponsors and their representatives and employees and successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. Further, I grant to all the foregoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature _____________________________ Date ____________
(Participant or parent/guardian if under 18.)

Make check payable to FARC. Mail to: FARC c/o Isabel Lewis, 1222 Barton Ave., Point Pleasant, NJ 08742
## 2015 USATF PAN-AM CUP RACE WALK TRIALS

Sr. Men’s and Women’s 20k & Jr. Men’s and Women’s 10k (19 and under)

### Along with

**USATF NATIONAL MASTERS**
Men’s and Women’s 20k Race Walk Championship

**USATF-NJ ASSOCIATION**
Men’s & Women’s 20k Race Walk Championships (All Divisions)

Hosted by the Freehold Area Running Club
Sunday April 12, 2015 9:30 am
Harry Wright Lake, Whiting, New Jersey

Race Director: Ron Salvio 609-758-5454 Ron@Salvio.com

**Hotel Info**
Comfort Inn 2016 Hwy 37W,
Manchester Twp., NJ 08759
Packet pick up 4/11 after 6 pm in the
Hospitality Suite

**USATF SANCTION #15-07-470**
**USATF COURSE CERT# NJ14505JHP**
Check out our website
www.farcnj.com

### Post-Race Banquet & Awards Ceremony:

PACT: Specially created medals 8 deep. Nat’l Master and NJ Assoc. Champs: 5 Year Age Groups/3 deep to 90+
eligibility requirements must be met

**Registration Includes:**
Sat. Evening Hospitality Suite w/ Packet Pick-up at Hotel
Substantial Swag/Goody Bags/Technical Wicking Shirt
Race Side Athletic Trainer and Physical Therapist
Personal Lap Counter
Post-Race Buffet w/custom made Medals and Awards

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### RRCA & USATF Insurance Regulations:
The Race walk event will be supervised and judged by certified IAAF & USATF officials and will follow USATF rules and will be held on a certified course. Must have a 2015 USATF Membership number to participate.

Race walkers knees must not be covered. NO Running or use of pacing devices by any participant.

Sorry No Refunds. Anyone trying for the PAC MUST bring a valid passport and 2 passport sized photos with light background.

### ENTRY FORM: Freehold Area Running Club

Make check payable to FARCNJ.  Mail to:  FARC c/o Ron Salvio, 4 Bowie Ct. Whiting, NJ 08759

There is a 3 hour, 15 minute race time limit

- _____20k Open PACT
- _____10k Jr. PACT
- _____NAT. MASTERS
- _____20k NJ Open/Masters

Pre-Registration $50.00 by 4/06/15.  On-site Registration $65.00

| NAME: ______________________________ | Email: __________________________ | USATF # __________________________ |
| ADDRESS: __________________________ | CITY: __________________________ | ST: __________________ | ZIP: __________ |

Phone # __________________________ | BIRTHDATE: __/__/____ | AGE: ________ | M / F: __________ | T-shirt size: S  M  L  XL

Join Now! Freehold Area Running Club Racewalkers - Add $15 for 2015 Membership. Already a Member ______

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 known and appreciated by me. Having read this waiver and knowing these acts, and in consideration of my acceptance of my application for membership of myself and anyone entitled to act on my behalf, waive and release the ROAD RUNNERS CLUB OF AMERICA, USATF, USATF-NJ, the FREEHOLD AREA RUNNING CLUB, Manchester Twp., all sponsors, their representatives & successors from all claims of liability 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 event for any innate purpose.

Signature: __________________________ | Date: __________ | Total Enclosed $ ________
The New Jersey Race Walk Series 2015

Presented by the Freehold Area Running Club as USATF-NJ Championship Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Race</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday April 12</td>
<td>20k</td>
<td>Harry Wright Lake, Whiting</td>
<td>9:30 am</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Manchester) NJ</td>
<td></td>
</tr>
<tr>
<td>Saturday May 2</td>
<td>5k</td>
<td>Harry Wright Lake, Whiting</td>
<td>10:00 am</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Manchester) NJ</td>
<td></td>
</tr>
<tr>
<td>Saturday August 15</td>
<td>1 hour</td>
<td>Lakewood HS, NJ</td>
<td>8:30 am</td>
</tr>
<tr>
<td>Saturday October 17</td>
<td>10k</td>
<td>Harry Wright Lake, Whiting</td>
<td>10:00 am</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Manchester) NJ</td>
<td></td>
</tr>
<tr>
<td>Saturday November 14</td>
<td>15k</td>
<td>Harry Wright Lake, Whiting</td>
<td>10:00 am</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Manchester) NJ</td>
<td></td>
</tr>
</tbody>
</table>

Races are USATF-NJ Assoc. Championships & part of the USATF-NJ Race walking Grand Prix
4/12 race will be in conjunction with the Pan-AM Cup Trials & USA National Masters Champs
(use separate application)

Course: FAST, FAST, FAST. The Harry Wright Lake course (USATF certification #NJ13570JHP, and Sanction #15-07-470) is straight, flat, smooth as glass, with wide turns. 1250 meter loops (longest allowed by USATF for records at or under 5,000 meters). Tree lined and shaded. Not up for the full distance? - walk the competing distance or choose your own.

Awards:
- Open: 5 Deep
- Masters (40+): 3 Deep in each 5 year age division
- Juniors: 5 Deep
- Teams:
  - Open & Masters
  - 10 year age groups

Entry Fee:
- 4/12 race: $50.00 (use separate application)
- Every other race: $20.00
- Non-scored Health/Fitness Walkers: $15.00 per race excluding 4/12 (not permitted)
(Separate fees and application for the 4/12 20k & Pan-Am Cup Trials)

Judging: Each race will be judged by USATF certified Race Walk Judges & Officials

Parking: Race side
Directions and Accommodations on back.
For Info call Ron – 609-758-5454 Email: ron@salvio.com

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2015 New Jersey Race Walk Series

<table>
<thead>
<tr>
<th>Name:________________________________</th>
<th>Phone#________</th>
<th>Gender: M F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address_______________________________</td>
<td>Race Day Age:</td>
<td>DOB:_____</td>
</tr>
<tr>
<td>City:_______________________________</td>
<td>State:__ Zip:</td>
<td>Email____________</td>
</tr>
<tr>
<td>Race Entered:________________________</td>
<td>2015 USATF-NJ#</td>
<td>Club:________</td>
</tr>
<tr>
<td>Best Previous Time (2 yrs):___________</td>
<td>----------------</td>
<td>-----------</td>
</tr>
</tbody>
</table>

Please sign waiver: In consideration of the acceptance of my entry, I the undersigned, hereby release, waive and consent not to sue, and further agree to indemnify, defend and hold harmless the following parties: USA Track & Field, Inc., USATF-NJ, their associations and sports disciplines, event organizers, event directors and promoters, sponsors, advertisers, coaches, officials and volunteers, the Freehold Area Running Club, the Road Runners Club of America, Manchester Twp, Lakewood Twp and Lakewood Twp Board of Education and any individuals or entities who are in any way associated with the event even though they may arise out of negligence on the part of the persons named herein. I attest and verify that I am physically fit and am fully able for the competition of this event. I have read the above release and understand that I am entering this event at my own risk.

Participant Signature________________________________ Date__________________
Signature of Parent or legal guardian if under 18 years of age.

Mail Entry Form and Payment made payable to F.A.R.C. to: Ron Salvio, 4 Bowie Ct. Whiting, NJ 08759
Membership Application 2015

WWW.FARCNJ.COM visit us on Facebook

New______ or Renew_______ (Please check one) Birthday: _______________

Name: ________________________________________________________________

Street: ______________________________________________________________

City: ________________________________________________________________

State: _______________________ Zip: ________________________ Telephone #: __________________

E-Mail Address: (Please Print) _____________________________________________

Membership Types, Select One: Please circle option

Standard Membership Fee: Individual Family

1 YEAR (Good thru 12/31/15) $20.00 $30.00

3 YEAR (Good thru 12/31/17) $45.00 $65.00

Shirt size: (new membership only) S M L XL

Please make check Payable to FARC, P.O. Box 4, Manalapan, New Jersey 07726

Visit our web site at FARCNJ.COM for upcoming events.

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 CLUB 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 FREEHOLD AREA RUNNING CLUB Member.

Signature: ______________________________________________________________________ Date: ______________

Parent Signature (if under 18): __________________________________________________________ Date: ______________

See reverse side for Volunteer form, please fill out also Thanks.
Freehold Area Running Club

Membership Volunteer Form

Name: ________________________________ Family Members: __________
Volunteer Shirt Size:  S  M  L  XL  (Circle one)

Club Races to Volunteer for: Please Check off  Areas to Volunteer at:  Please Check Off (may be multiple)

Winter Series  _____  Registration  _____  Food/Hospitality  _____
Shamrock 10K & Lep5K  _____  Shirt Distribution  _____  Water Stop  _____
Summer Series  _____  Course  _____  Finish Line  _____
Kids Summer Nights  _____  Course Marshal  _____  Set-Up  _____
Born to Run  _____  Clock Watcher  _____  Clean Up  _____
Toys for Tots  _____  Timer/Splits  _____  Results  _____
Social Committee  _____
Board  _____

Each time you volunteer you earn FARC Points, see website for redeeming point categories.

How would you like to be contacted?

Phone #: ______________________ E-Mail____________________________________

Please fill out form, save and return to our webmaster at; farcnj@gmail.com or mail with membership form.

Release: I, the undersigned, do hereby knowingly discharge and release: The Township of Freehold, their departments and employees, The Freehold Area Running Club, the sponsors and all volunteers from any and all claims arising out of participation in the event. Further, I represent that I have trained for the event and I am physically able to participate in said event. I further agree to permit the race organizers and sponsors to use any photographs taken in conjunction with the event for publicity purposes.

Signature: _________________________________________________________  Date: ______________

Parent Signature (if under 18): _________________________________________ Date: ______________
### AREA RACE/RUNNING ACTIVITY CALENDAR

All phone #s 732 unless otherwise noted. Many races have websites. Go to www.farcnj.com or P.O. Box 4, Manalapan, NJ 07726 for details.

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>PLACE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun. 4/12/15</td>
<td>Pan Am Cup Race Walk Qualifier, &amp; National Master's 20K</td>
<td>FARC hosts at H. Wright Lake, (Manchester)/Whiting.</td>
<td>9:30 AM</td>
</tr>
<tr>
<td>Sat. 5/2/15</td>
<td>5K Race Walk</td>
<td>FARC hosts at H. Wright Lake, (Manchester)/Whiting.</td>
<td>10:00 AM</td>
</tr>
<tr>
<td>Sun. 5/3/15</td>
<td>Paulette Steps Twd. Cancer 5K &amp; 1M Walk</td>
<td>Freehold, NJ</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Sat. 5/16/15</td>
<td>Race to Educate 5 K</td>
<td>Howell, NJ</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Sat. 5/23/15</td>
<td>Spring Lake 5 Miler</td>
<td>Spring Lake, NJ</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Sun. 5/31/15</td>
<td>Barklow PTO 5K Run</td>
<td>Freehold or Manalapan??, NJ</td>
<td>8:00 AM</td>
</tr>
<tr>
<td>Sat. 6/13/15</td>
<td>Sheehan Classic 5K</td>
<td>Red Bank, NJ</td>
<td>8:30 AM</td>
</tr>
<tr>
<td>Wed. 6/24, 7/1, 7/8, 7/15, 7/22, &amp; 7/29/2015</td>
<td>Summer Series 5K, 1/2 &amp; 1-Mile</td>
<td>Mo. Battlefield St, Pk., Rt. 33; Manalapan, NJ</td>
<td>6:45 PM</td>
</tr>
<tr>
<td>Sun. 7/11/15</td>
<td>Belmar 5 Mile</td>
<td>Belmar, NJ</td>
<td>8:30 AM</td>
</tr>
<tr>
<td>Sat. 8/15/15</td>
<td>1 hr. Race Walk</td>
<td>FARC hosts at H. Wright Lake, (Manchester)/Whiting.</td>
<td>8:30 AM</td>
</tr>
<tr>
<td>Sat. 8/15/15</td>
<td>Asbury Pk. 5 K</td>
<td>Asbury Park, NJ</td>
<td>8:30 AM</td>
</tr>
<tr>
<td>Sun. 8/16/15</td>
<td>Annual Picnic</td>
<td>Mon. Battld., Manal.</td>
<td>12:30 PM</td>
</tr>
<tr>
<td>Sun. 8/27/15</td>
<td>Jersey Shore ½ Marathon &amp; 5K</td>
<td>Sandy Hook, NJ</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Sun. 10/4/15</td>
<td>Jsy. Shore ½ Marathon &amp; 5K</td>
<td>Sandy Hook, NJ</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Sat. 10/17/15</td>
<td>10K Race Walk</td>
<td>FARC hosts at H. Wright Lake, (Manchester)/Whiting.</td>
<td>10:00 AM</td>
</tr>
<tr>
<td>Sat. 11/14/15</td>
<td>15K Race Walk</td>
<td>FARC hosts at H. Wright Lake, (Manchester)/Whiting.</td>
<td>10:00 AM</td>
</tr>
<tr>
<td>Fri. 11/27/15</td>
<td>Born to Run 5 Miler</td>
<td>Main St., Downtown Freehold, NJ</td>
<td>11:00 AM</td>
</tr>
<tr>
<td>Sun. 12/13/15</td>
<td>Toys For Tots 5 K</td>
<td>Michael J. Tighe Park, Freehold, NJ</td>
<td>10:00 AM</td>
</tr>
<tr>
<td>Sun., 1/3, 10, 17, 24, 31/16</td>
<td>FARC Winter 5 K Series</td>
<td>Michael J. Tighe Park, Freehold, NJ</td>
<td>10:00 AM</td>
</tr>
</tbody>
</table>