



# THE LONG RUN

An Official Publication of:

The Freehold Area Running Club, a.k.a. FARC



Website: [www.farcnj.com](http://www.farcnj.com) \*

Join\* FARC Facebook!

E-mail (results & letters to editor): [webmaster@farcnj.com](mailto:webmaster@farcnj.com)

VOL. 31 NO. 5 (September-November 2013)

also see: [FARC Flash](#) (e-mailed monthly)

NJ's 3<sup>rd</sup> Largest Club & Growing

## COMING EVENTS!

### 28th Annual Born To Run 5 Miler: November 29<sup>th</sup>

Starts and ends in Downtown Freehold  
11:00 AM Start: Great Shirt, Refreshments at the Court Jester, Benefits Open Door Pantry. See Application.

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**TRAINING AT MANASQUAN RESERVOIR**  
**8:00 AM EACH SUNDAY: RUN!**  
**8:00 AM EVERY SATURDAY: WALK**  
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### Toys for Tots 5K: Dec. 8<sup>th</sup>

Michael Tighe (Formerly Liberty Oak) Park  
10:00 Start, All Toys Go To Marine Corp  
Toys for Tots Drive. See Application

### 31<sup>st</sup> FARC Winter Series

Sun. Jan. 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, Feb. 2<sup>nd</sup>

Michael Tighe Park, 10:00 AM,  
see Race Day Form.

### Support FARC Sponsors:



### MEETING WED., DEC. 11<sup>th</sup>

@ Michael Tighe (formerly Liberty Oak) Park:

7 PM Club Meeting after 6:30 Fun Run starting and finishing in parking lot; Also the Program: Club Officer Elections, Holiday Party with Refreshments, Speaker David Chalnick, MD Orthopedic Surgeon @ Monmouth Medical Center, Topic: "Knee and Hip Pain" & the Camaraderie of Fellow Runners **DON'T MISS THIS MEETING!**

From the Host Club of the 2013 NJ RACE WALK Series:

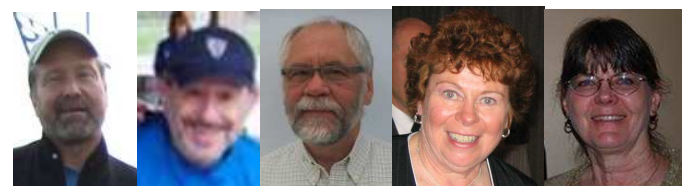
**The Freehold Area Running Club**  
Hosts the 2014 World Cup Trials at  
Harry Wright Lake, on March 30.

FARC has been selected by the USATF National Offices to host the 2014 USA 20k Race Walk World Cup Trials. The World Cup will be held in TAICANG, China in May, 2014. All USATF athletes who wish to be part of the USA World Cup Team must place at the USA Trials and also meet the minimum time standard, over the previous year, as established by the IAAF. More on page 4.



More Info.: Ron at 609-758-5454 or [ron@salvio.com](mailto:ron@salvio.com)

### FARC 2014 Nominated Officers Slate:



Jim Jensen David Friedman Jim Bergum Isabel Meldrum Janet Bergum  
President Vice President Vice President Treasurer Secretary

# FALL CROSS-COUNTRY SERIES RESULTS SEPT.-NOV. 2013

## Collaboration by Outgoing Club President Rich Edwards & X-C Team Mgr. Walt Rutsky

The Freehold Area Running Club has completed another Shore AC 2013 XC Season. Our twenty-two (22) participating members who took part in the 6-week series were treated with competition, camaraderie and fun. The series began on Saturday, September 28<sup>th</sup> and ended on Saturday, November 2<sup>nd</sup>. The popular race series utilized various Monmouth County Parks: e.g. Thompson, Tatum, Wolf Hill, and Holmdel.

The weather cooperated and was great for all 6 races - perfect fall running!

FARC's season was up and down. We finished an impressive 2<sup>nd</sup> in the 1<sup>st</sup> race (week 1) and again finished an equally impressive 2<sup>nd</sup> in the last race (week 6) with competitive 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> & 5<sup>th</sup> place finishes sandwiched in between. We had 22 different runners participating for the team. The following is a review of where we ran and how we ran. Then there is a listing of the weekly team standings.

The team welcomed new teammates and its core of returning veterans. The most important thing, everyone had a great time (not necessarily in running). Here are the available FARC XC team members in a photo closing out the Shore Athletic Club 2013 XC season at beautiful Holmdel Park. Complete results are available on <http://shoreacxc.webs.com/>.

[Editor's Note: Thanks to Rich, Walt and all who participated, representing FARC]



Chris Lianne Tom Cara Scott Prezemek Jason Leslie Thomas Jim Rich Walt Andrea Weiss Price Brieva, Trulli, Linnell, Nowicki Kolb Nowicki Long Bergum Edwards Rutsky Olsen

(See [www.farcnj.com](http://www.farcnj.com) for Photos., Apps., Calendar & Results)

41<sup>st</sup> ANNUAL JERSEY SHORE 1/2 MARATHON & 5K: OCT. 6<sup>th</sup> at SANDY HOOK, was cancelled at the park just 48 hs in advance, due to the federal govt. shut down.

## CROSS-COUNTRY SERIES RESULTS Week 1–September 28, 2013:

Here are week one results from Thompson Park.

### Team Scoring week 1

Place	Team	Total
1	SAC	19
2	FARC	67
3	HOHA	76
4	JSRC	92
5	PAC	175

## FARC Team Week 1 of the SAC Cross Country Series

### FARC Team Members

Place	Name	Time	Age
5	Chris Weiss	18:38.1	38
14	Brian Burlew	20:17.6	37
16	Tom McDonald	20:34.2	45
19	Tom Brieva	20:58.4	38
22	Thomas Long	21:10.3	46
25	Prezemek Nowicki	21:49.4	69
26	Martin Wier	21:52.4	52
40	Andrea Olsen	24:52.4	35
45	Rich Edwards	25:51.8	44
48	Jeff Mychalchyk	27:17.4	40
50	James Bergum	28:05.0	64
51	Leslie Nowicki	28:12.3	50

## Week #2 – October 5, 2013:

Here are week two results from Tatum Park.

### Team Scoring week 2

Place	Team	Total
1	SAC	36
2	HOHA	41
3	FARC	83
4	JSRC	96
5	PAC	105

## FARC Team Week 2 of the SAC Cross Country Series

### FARC Team Members

Week 2 October 5, 2013 Tatum Park

Place,	Name,	Time,		Age
02	Chris Weiss	18:57.5	M	38
16	Brian Burlew	20:48.3	M	37
21	Tom Brieva	21:11.9	M	38
23	Tom McDonald	21:16.5	M	45

24	Scott Linnell	21:32.7	M	57
25	Bob Andrews	21:42.8	M	55
26	Thomas Long	21:48.1	M	46
48	Andrea Olsen	25:39.2	M	35
49	Rich Edwards	25:56.1	M	44
53	Lenka Forbes	27:03.6	M	38
54	Jeff Mychalchyk	28:01.5	M	40
57	Leslie Nowicki	29:16.8	M	50
61	Walt Rutsky	33:17.9	M	63

## Week #3 – October 12, 2013:

Here are week three results from Wolf Hill Park.

Team Scoring week 3

Place	Team	Total
1	SAC	48
2	HOHA	72
3	JSRC	78
4	FARC	92
5	PAC	159

## FARC Team Week 3 of the SAC Cross Country Series

### *FARC Team Members*

Week 3 October 12, 2013 Wolf Hill Recreation Area

Place	Name	Time	Age
10	Chris Weiss	18:59.4	38
19	Brian Burlew	20:35.5	37
23	Tom Brieva	20:47.8	38
24	Tom McDonald	21:03.7	45
47	Andrea Olsen	24:43.3	35
53	Richard Edwards	25:31.0	44
62	Leslie Nowicki	27:55.5	50
65	Walt Rutsky	30:50.5	64

## Week #4 – October 19, 2013:

Here are week three results from Thompson Park.

Team Scoring week 4

Place	Team	Total
1	SAC	24
2	HOHA	31
3	JSRC	61
4	PAC	69
5	FARC	80

## FARC Team Week 4 of the SAC Cross Country Series

### *FARC Team Members*

Week 4 October 19, 2013 Thompson Park

Place	Name	Time	Age
18	Brieva Tom	20:24.5	38
20	McDonald Tom	20:35.0	45
23	Linnell Scott	20:40.7	57
24	Long Thomas	20:44.3	46
40	Olsen Andrea	23:37.5	35
41	Edwards Rich	23:56.3	44
54	Rutsky Walt	29:26.1	64

## Week #5 – October 26, 2013:

Here are week three results from Wolf Hill Park.

Team Scoring week 5

Place	Team	Total
1	SAC	42
2	HOHA	56
3	JSRC	86
4	PAC	97
5	FARC	114

## FARC Team Week 5 of the SAC Cross Country Series

Week 5 October 26, 2013 Tatum Park

Place	Name	Time	Age
23	Brian Burlew	20:45.0	37
24	Tom McDonald	20:50.0	45
27	Scott Linnell	21:10.0	57
31	Tom Long	22:02.0	45
43	Jamie McCarthy	24:23.0	33
46	Andrea Olsen	24:56.0	35
55	Lenka Forbes	26:55.0	38
59	Leslie Nowicki	28:00.0	50
61	Walt Rutsky	30:12.0	64
63	Alison Acevedo	32:17.0	22
65	Ann Marie Noronha	32:28.0	23

## Week #6 – November 2, 2013:

Team Scoring week 6

Place	Team	Total
1	SAC	52
2	FARC	118
3	HOHA	129
4	JSRC	158
5	PAC	175

## FARC Team Week 6 of the

## SAC Cross Country Series

Week 6 November 02, 2013 Holmdel Park

Place	Name	Time	Age
16	Jayson Kolb	18:22.9	26
26	Chris Weiss	19:07.3	38
36	Scott Linnell	20:39.9	57
43	Tom McDonald	21:23.3	45
46	Tom Brievea	21:30.5	38
49	Lianne Price	21:42.8	28
53	Thomas Long	22:22.4	46
55	Cara Trulli	22:28.1	16
62	Prezemek Nowicki	23:17.5	69
83	Andrea Olsen	26:04.6	35
86	Richard Edwards	27:14.1	44
92	Leslie Nowicki	28:55.7	50
95	Walt Rutsky	31:01.7	64
96	James Bergum	32:19.2	64

Hopefully you will join us next year and help win the series trophy. The series trophy is a garden gnome and has some history. At the awards presentation it was reported that the gnome was a renowned world traveler. This is a picture (not real photo of trophy) but a close facsimile of the GNOME I found to inspire you to join the team next year. I'm training already and can't wait! **"GNOME-MORE X-C" This Season!**



## LETTERS TO THE EDITOR

[May be sent to farcnj.com or to the *LONG RUN* Editor at [igejweitz@optonline.net](mailto:igejweitz@optonline.net)]

**Subject:** free running book for your club members

**From:** [Joe C. Ellis](#)

**Sent:** Monday, September 02, 2013 5:15 PM

**Subject:** free running book for your club members

Here's an item for your next newsletter or club email if you think your club members might be interested:

My latest novel, *The Old Man and the Marathon*, is now available for a FREE download from [www.smashwords.com](http://www.smashwords.com) (Nook, Kindle, iPad, iPhone, computer, etc.), or it can be downloaded from the Kindle or Nook store for 99 cents. A paperback version will also be available from online bookstores next week.

My work has been featured in *Runner's World* magazine and reviewed by the *Washington Post* and popular running blogs. The story is modeled after Hemingway's *The Old Man and the Sea*.

Here's a synopsis of the novel:

The *Old Man and the Marathon* is a story about taking on a challenge despite the odds. Sixty-four year old Angelo Santiago has been a distance runner most of his life. However, he has never run a marathon because of a history of sciatica problems. This missing piece in his competitive career has always gnawed at him, reminding him of his inferiority among his running peers. After three months of pain-free running, he decides to train for his first marathon. With encouragement from his young friend, Emmanuel, he begins the arduous workouts that will prepare him for one of the most difficult ordeals of his life. Along the way he meets Rita Marling, a beautiful woman who stirs romantic embers dormant since the death of his wife ten years ago. He also encounters Jack Silvers, a local high school coach and marathoner who becomes his rival in racing and romance. On the day of the race, like everyone who takes on the challenge of a marathon, Angelo must reach deep inside to find the strength and courage to finish the race.

If you think any of your members would be interested in the free download, please mention it in your next newsletter or email update. If you have any questions, please feel free to email me

Sincerely, Joe C. Ellis <http://joecellis.blogspot.com/>

## Freehold Area Running Club Host Club for the 2014 World Cup Trials Harry Wright Lake, March 30, 2014.

The Freehold Area Running Club has been selected by the USATF National Offices to host the 2014 USA 20k Race Walk World Cup Trials. The World Cup will be held in TAICANG, China in May, 2014.

All USATF athletes who wish to be part of the USA World Cup Team must place at the USA Trials and also meet the minimum time standard, over the previous year, as established by the IAAF.

The Freehold Area Running Club will host the 20k USA World Cup Trials for men and women, and the 10k USA World Cup Trials for junior men and women (19 and under) on Sunday, March 30, 2014. The site will be our newly established race walk venue at Harry Wright Lake, in the Whiting section of Manchester Twp., Ocean County, New Jersey.

After its first year of use, the venue has been recognized as the fastest and best race walking facility in at least the East. We plan to host the USATF-NJ 20k Champs concurrently.

Mark your calendars now to compete, volunteer or come out and cheer for your current and future Team USA Internationalists and Olympians. A rare chance to get up close and personal. Consider being a host family, to provide a night or two of lodging for one of our country's top athletes. These athletes get little if any corporate or USATF monetary support and hence, are on limited budgets as they train full time to be present or future members of your Team USA.



## FARC is Looking for Your Ideas!

o FARC Board is looking for your ideas to bring members together for a good time.

o Best ideas will receive a FARC t-shirt.

Send ideas to [farcnj@gmail.com](mailto:farcnj@gmail.com).

# Member Results

**Boston Marathon, April 15, 2013**  
Erica Weitz - 2:56:45, Person Record (PR)

**Chicago Marathon, October 15, 2013**  
Erica Weitz - 2:57:06  
Shore AC Fall X-C 5K Series - Holmdel Park

Steven Feldman - 25:37 2nd in 65-69 Age Group  
Manasquan Reservoir 5 Mile

Steven Feldman - 43:04 2nd in 65-69 Age Group  
Little Silver 5K

Steven Feldman 24:51 1st in 65-69 Age Group  
Mendham Patriots 8k

Robert McGill - 45:05  
Lager Run 5k

Robert McGill - 26:58  
Raritan Valley Road Runners Summer Ser. 5k

Robert McGill - 27:41  
Sunset Classic 5 miler

Robert McGill - 45:03  
Rockaway Rotary 5k

Robert McGill - 26:24  
Morris County Striders Summer Series 5k

Robert McGill - 27:22  
Glen Rock 911 Tribute 5k

Robert McGill - 26:12  
Race Street Run 15k

Robert McGill - 1:37:11  
Double Troubel 15k

Robert McGill - 2:58:44  
Raritan Valley Road Runners Summer Ser. 5k

Robert McGill - 27:41  
Lawyers for Kids 5k

Robert McGill - 26:35  
Perkins Memorial 5k

Robert McGill - 25:24  
Eden Family 5k

Robert McGill - 25:35  
Morris County Striders Summer Series 5k

Robert McGill - 26:55  
NJ Trail Summer Series 5k

Robert McGill - 30:37  
Teterboro Airport 5k

Robert McGill - 24:55  
White Meadow Lake 5k

Robert McGill - 29:12  
Raritan Valley Road Runners Summer Series

Robert McGill - 30:05  
Miles for Minds 5k

Robert McGill - 25:35  
Morris County Striders Summer Series 5k

Robert McGill - 26:03  
NJ Trail Series 5k

Robert McGill - 30:09  
Howard Bell Memorial 5k

Robert McGill - 27:12  
Blue Eagle 5k

Robert McGill - 25:34  
Jason Memorial 5k

Robert McGill - 25:20  
Morris County Striders Summer Series 5k

Robert McGill - 25:52  
NJ Trail Series 5k

Robert McGill - 28:43  
Wildcat Ridge 10 miler

Robert McGill - 3:25:00  
Flat Rock 5k

Robert McGill - 31:11  
NJ Trail Series 5k

Robert McGill - 28:23  
Palmer 5k

Robert McGill - 24:50  
Turkey Swamp Half Marathon

Robert McGill - 2:45:51  
NJ Trail Series 5k

Robert McGill - 27:43  
Truskey Memorial 10k

Robert McGill - 1:03:23  
Dumont Fall 5k

Robert McGill - 25:39  
Crossroads of Woodbridge 10k

Robert McGill - 59:50  
South Plainfield Labor Day 5k

Robert McGill - 25:29  
Garrett Mountain 4 miler

Robert McGill - 34:54  
Netcong Day 5k

Robert McGill - 26:11  
Patriots 5k

Robert McGill - 24:18

PAN 10k  
Robert McGill - 56:43  
Paul Jackson 5k  
Robert McGill - 25:17  
Liberty Waterfront Half Marathon

Robert McGill - 2:08:43  
Legal Run Around Somerville

Kenneth Vercammen - 21:50 3rd 50  
George Sheehan Classic

Kenneth Vercammen - 21:50.51  
PRESIDENT'S CUP NIGHT RACE

Kenneth Vercammen - 21:53  
Born to Tri Asbury Park Swim 1/3 mile,  
& Bike 13.5 miles, Run 3.5 miles

Kenneth Vercammen - 1:34.  
Scranton 5k

Kenneth Vercammen - 22:11 1st 50-59  
FARC Winter Series 5K

Billy Foster - 16:58 1st overall; 16:55 1st overall; 17:49 2nd overall  
Jaime Foster - 25:20 3rd age group; 26:49 2nd age group; 26:04 2nd age group  
Jaime Foster - 24:27 3rd age group; 23:15 2nd overall; 25:31 1st age group  
Bill Foster - 35:26, 34:31, 34:02, 34:12, 34:28  
Miles For Music 5K

Billy Foster - 16:47 1st overall  
Jaime Foster - 23:26 1st age group  
Bill Foster - 32:46  
Leprechaun 5K

Billy Foster - 17:41 2nd overall  
Jaime Foster - 25:44 2nd age group  
Bill Foster - 36:35  
Run From Winter 10K

Billy Foster - 36:13 1st overall  
Unite At Rutgers 8K

Billy Foster - 28:07 1st overall  
Essential 2 Life 5K

Billy Foster - 16:34 1st overall  
Jaime Foster - 25:18 1st age group  
Bill Foster - 38:50  
Our House 5Mile Run

Billy Foster - 28:40 3rd overall  
Run For Rachel 5K

Billy Foster - 27:07 1st overall; Jaime Foster - 24:32; Bill Foster - 35:44  
No. Brunswick Memorial Day 5K

Billy Foster - 17:08 1st overall; Jaime Foster - 26:26 3rd A.G.; Bill Foster - 37:49  
LakeView 5K

Billy Foster-18:00 1st overall; Jaime Foster- 25:41 1st age group; Bill Foster- 38:32  
Oviedo, FL 1st Baptist Church 5K

Erica Weitz - 17:25, Personal Record (PR), 1st Female, 5th overall  
Princeton Healthcare 10K

Billy Foster - 37:01 3rd overall  
RVRR Summer Series

Billy Foster - 18:43 1st age group  
CJRRRC Hangover 5K

Bill Foster - 35:19  
Vernon Day off the Couch 5k

Robert J. Mc Gill - 25:34 3rd male 50 - 59  
Raritan Valley Road Runners Summer Series 5k

Robert J. Mc Gill - 28:11  
NJ Trail Series Summer 5k

Robert J. Mc Gill - 28:03, 26:42, 28:24, 27:41  
RCB 5k Lakeview School 5k  
Robert J. Mc Gill - 25:36

Robert J. Mc Gill - 25:40  
Montclair YMCA 10k

Robert J. Mc Gill - 1:07:50  
Clinton Country Run 15k

Robert J. Mc Gill - 1:30:22  
Got 2B Safe 5k

Robert J. Mc Gill - 25:44  
8.2 miler Around Lake Mohawk

Robert J. Mc Gill - 1:19:43  
Run for Rachel 5k

Robert J. Mc Gill - 24:19  
Legal Runaround 5k

Robert J. Mc Gill - 25:14  
TwIn Boros 5k

Robert J. Mc Gill - 23:48 2nd male 50 - 59  
Ridgewood 10k Ridgewood 5k  
Robert J. Mc Gill - 52:22 Robert J. Mc Gill - 34:28

Robert J. Mc Gill - 26:23  
Mount Olive Momentum 10k

Robert J. Mc Gill - 53:58 2nd male 50 - 54  
Miles for Matheny 5k

Robert J. Mc Gill - 25:07 3rd male 50 - 54  
Jersey Shore 5 mile & relay

Ken Vercammen - 37:07 Masters Team Champ, Masters Fun Mile 1st place - 9:53  
Brick 5k

Ken Vercammen - 23:04 2nd place 50-59

The Freehold Area Running Club

Presents the 28<sup>th</sup> Annual

# Born to Run

## Five Mile Race

**This event will benefit the Open Door Food Pantry**

Conveniently held 11:00 a.m. Friday, November 29, 2013 the day after Thanksgiving

Registration Begins 9:00 a.m.

at the Freehold Fire House, 51 W. Main St, Freehold, NJ 07728.

*Includes the Famous Born to Run Shirt*

*Course Loops Through Scenic Topanemus Park*

*Court Jester Refreshments; plus bagels, fruit, donuts & soda*



**Make Check Payable & Mail To:**

Freehold Area Running Club, 1222 Barton Ave. Pt. Pleasant, NJ 08742

**Registration:**

Pre-Registration: Post Marked by Friday

November 22<sup>nd</sup> ..... \$ 25.00

FARC Members Pre Only: ..... \$ 20.00

Post-Registration Shirt While They Last .... \$ 30.00

**Awards:**

Top Overall 3 Male & Female Finishers

Top 3 in Age Groups - 14 & Under, 15-19, 20-29,  
30-39, 40-49, 50--59, 60-69 and 70 & Up

Top Overall Male & Female RaceWalkers

If the male or female winner (or both) breaks the course record he or she will earn \$100.

Course Records: Male, Kevin Kelly, (1997) 24:45 Female, Michele Lilenthal, (2006) 27:59

**Make Check Payable & Mail To: Freehold Area Running Club, 1222 Barton Ave. Pt Pleasant, NJ 08742**

**We must prohibit Strollers, Head Phones, Dogs and Runners in Costumes in the Race. The RRCA and our insurance company will not cover these situations. We Thank You and appreciate your compliance.**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ M \_\_\_ F \_\_\_ Run, RaceWalker  
(Circle one)

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone #: \_\_\_\_\_ Shirt Size (circle one): S M L XL

E-Mail Address: \_\_\_\_\_

Release: I, the undersigned, do hereby knowingly discharge and release: The Township of Freehold, The Boro of Freehold, their departments and employees, The Freehold Area Running Club, the CPL Reynolds Detachment Marine Corps League, Lake Topanemus Commission, The Court Jester & Freehold Partnership, 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: \_\_\_\_\_

Make Checks payable to: **Freehold Area Running Club**

Mail to: FARC 1222 Barton Ave. Pt. Pleasant, NJ 08742

**For Information Visit our website [www.FARCNJ.com](http://www.FARCNJ.com)**



**Freehold Area Running Club's**  
**25th Annual**  
**Toys For Tots 5K**

**Sunday, December 8th, 2013, 10:00AM**

**Michael Tighe Park, Georgia Road,  
 Freehold Township**

**Benefits the Annual Toys for Tots Marine  
 Corps Drive**



**HEATED INDOOR FACILITY, BIG HOLIDAY CHEER BRUNCH PARTY**  
**Course Loops through Tighe Park,**

**SPONSORED BY: TELCORDIA PIONEERS**

**Registration:** Pre-Registration (post marked by Wednesday 12/4/13) - **\$10.00** plus a new unwrapped toy  
 Valued at approximately \$10-\$15.00 (brought race day) or **\$20.00** shirts guaranteed to all pre-registered

**Post Registration** - \$20.00 plus a new unwrapped toy valued at approximately  
 \$10-\$15.00 (brought race day) or **\$25.00**

**\*\* All toys donated to the Marine Corps Toys for Tots Drive \*\***

**Awards:** Top 3 overall male and female; Top 3 male and female in the following age categories 14- under, 15-19,  
 20-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70-79, 80 +, Top 3 male and female Race-Walkers.

We must prohibit Strollers, Ear buds, Head Phones, Dogs and Runners in Costumes in the Race. Head Phones/Ear Buds 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.

**Make Check Payable To:** Freehold Area Running Club

**Mail To:** FARC, 1222 Barton Avenue Point Pleasant New Jersey 08742

**Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Sex:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Circle One: Runner or Walker**

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_

**Circle One: Size: S M L or XL**

**Zip:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_ **Pre-Entry Fee:** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

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 event for any innate purpose.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent Signature (if under 18):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Make Check Payable to Freehold Area Running Club & Mail to 1222 Barton Avenue Point Pleasant, NJ 08742**  
**For information visit <http://www.farcnj.com/>**

Freehold Area Running Club's  
**Club Meeting**

Wednesday December 11, 2013

**It's our Holiday Club Celebration**

**Guest Speaker:** David Chalnack, MD,  
Monmouth Medical Center  
Orthopedic Surgeon Will talk on  
"Knee and Hip Pain"

Short Business Meeting to: Vote for Club Officers 2014

Refreshment and goodies will be served  
with good fellowship and laughter.

At Michael Tighe Memorial Park  
Georgia Road, Freehold

Fun Run Starts at 6:30 p.m.

Meeting Starts at 7:00 p.m.





**2014**

**31th Annual Winter Race Series**

5K held on Five Consecutive Sundays in January & February

1/05, 1/12, 1/19, 1/26 and 2/02, 2014

5K Starts at 10 A.M.

Kids: Half Mile and Mile races starts at 9:30 A. M.

Michael J. Tighe Park, Georgia Road, Freehold Township

Come race the best winter series in New Jersey, indoor facilities, soup and refreshments for all.

We must prohibit Strollers/baby joggers, 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/baby joggers & 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

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

Entry Fee: 5K - \$5.00 FARC Members - \$3.00 High School & College Students \$3.00 Kids Races \$2.00 per race.

BIB #: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ Run Walk  
print (Circle one)

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone #: \_\_\_\_\_ E-Mail: \_\_\_\_\_

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work a race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and or humidity, the conditions of the road and traffic on the road, all such risk being know and appreciated by me. Having read this waiver and knowing these acts, and in consideration of your acceptance of my application for membership of myself and anyone entitled to act on my behalf, waiver and release the ROAD RUNNERS CLUB OF AMERICA and the FREEHOLD AREA RUNNING LCUB and all sponsors, their representatives successors from all claims of liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons names in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recording or any other records of this event for any innate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature (if under 18): \_\_\_\_\_ Date: \_\_\_\_\_

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



# Membership Application 2014



[WWW.FARCNJ.COM](http://WWW.FARCNJ.COM) visit us on Facebook

New \_\_\_\_\_ or Renew \_\_\_\_\_ (Please check one)

Birthday: \_\_\_\_\_

Family Members' Name & Age \_\_\_\_\_

Name: \_\_\_\_\_  
(Please Print)

Street: \_\_\_\_\_

City: \_\_\_\_\_

(Additional names on back of form)

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Telephone #: \_\_\_\_\_

E-Mail Address: (Please Print) \_\_\_\_\_

Membership Types, Select One:

*Please circle option*

Standard Membership Fee:

Individual

Family

Shirt size: (new membership only)

Two Shirts for Family Membership

Shirts may be picked up at any club event

1 YEAR (Good thru 12/31/14)

\$15.00

\$ 25.00

S M L XL

3 YEAR (Good thru 12/31/16)

\$35.00

\$ 55.00

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

[Visit our web site at FARCNJ.COM](http://WWW.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: \_\_\_\_\_

## **BENEFITS OF FREEHOLD AREA RUNNING MEMBERSHIP**

- Informative Newsletters
- Free T-Shirt to New Members
- Sunday Group Runs
- Summer Series with Kids' Races
- Winter Series
- Race Entry Discounts
- Discounts at Local Merchants
- Annual Scholarship
- Annual Awards Banquet
- Member – RRCA
- Member - USATF-NJ Club #118
- Group Runs
- Race Schedule
- Team Participation
- X-Country
- Race Walking Team/Program
- Social Activities
- Volunteer at Club Events or
- Offer Your Services e-mail our
- webmaster at [farcnj@gmail.com](mailto:farcnj@gmail.com)

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)

<b>Club Races to Volunteer for:</b>	<b>Please Check off</b>	<b>Areas to Volunteer at:</b>	<b>Please Check Off (may be multiple)</b>		
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](mailto: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: \_\_\_\_\_



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

### AREA RACE AND RUNNING ACTIVITY CALENDAR

All phone nos. 732 unless otherwise noted. Many races have websites. Go to [www.farcnj.com](http://www.farcnj.com) or P.O. Box 4, Manalapan, NJ 07726 for details.

DATE	EVENT	PLACE	TIME
<b>Saturdays</b>	WALK / RACEWALK	Windeler Rd., Manasquan Reservoir, Howell	<b>8:00 AM</b>
<b>Sundays</b>	RUN	Windeler Rd., Manasquan Reservoir, Howell	<b>8:00 AM</b>
<b>Fri. 11/29/2013</b>	Born to Run 5 M	Hall of Record, Freehold, NJ	<b>11:00 AM</b> <a href="http://farcnj.com">farcnj.com</a>
<b>Sun. 12/01/2013</b>	Navesink Chall. 15K,5K	Bodman Park, Middletown, NJ	10:00 AM <a href="http://farcnj.com">farcnj.com</a>
<b>Sun. 12/8/2013</b>	Toys for Tots 5 K	Tighe Pk, Freehold NJ	10:00 AM <a href="http://farcnj.com">farcnj.com</a>
<b>Wed. 12/11/2013</b>	CLUB MTG, Party, Elections	Tighe Pk, Freehold NJ	630 fun run; 7 Meeting
<b>Sat. 12/14/2013</b>	Ugly Sweater 5 K	Englishtown Raceway Park 5K	<b>11:00 AM</b> <a href="http://farcnj.com">farcnj.com</a>
<b>Sat. 12/15/2013</b>	Great Santa 5 K	Blue Claws Stadium, Lakewood	<b>9:00 AM</b> <a href="http://farcnj.com">farcnj.com</a>
<b>Sat. 12/29/2013</b>	Polar Bear 5 Mile, 10 Mile, 5 Mile Health Walk	Asbury Park, New Jersey	<b>1:00 PM, 10 AM, 10 AM</b> <a href="http://farcnj.com">farcnj.com</a>
<b>Sat. 12/31/2013</b>	Twilight Fun Run 3 Mile	Edgar's Pub, Sea Girt, New Jersey	<b>5:45 PM</b> <a href="http://farcnj.com">farcnj.com</a>
<b>Sat. 1/01/2014</b>	First Day 5 K	Fair Lawn, New Jersey	<b>12:00 NOON</b> <a href="http://farcnj.com">farcnj.com</a>
<b>Sun. 1/05/2014</b>	WinterSeries 5 K	Tighe Pk, Freehold NJ	10:00 AM <a href="http://farcnj.com">farcnj.com</a>
<b>Sun. 1/12/2014</b>	WinterSeries 5 K	Tighe Pk, Freehold NJ	10:00 AM <a href="http://farcnj.com">farcnj.com</a>

DATE	EVENT	PLACE	TIME
<b>Please see FARCnj.com website for many many more races</b>			
<b>Sun. 1/19/2014</b>	WinterSeries 5 K	Tighe Pk, Freehold NJ	10:00 AM <a href="http://farcnj.com">farcnj.com</a>
<b>Sun. 1/26/2014</b>	WinterSeries 5 K	Tighe Pk, Freehold NJ	10:00 AM <a href="http://farcnj.com">farcnj.com</a>
<b>Sat. 2/01/2014</b>	Run for End Zone 6K	Montclair St. College, NJ	11:05 AM <a href="http://farcnj.com">farcnj.com</a>
<b>Sun. 2/02/2014</b>	WinterSeries 5 K	Tighe Pk, Freehold NJ	10:00 AM <a href="http://farcnj.com">farcnj.com</a>
<b>Sat. 2/9/2014</b>	Celebrate Life 5 K	Rock Hill, New York	10:00 AM <a href="http://farcnj.com">farcnj.com</a>
<b>Sun. 3/9/2014</b>	Colonial 5 K, 13.1	College of Wm. & Mary, Williamsburg, VA	1:00, 1:10 PM <a href="http://farcnj.com">farcnj.com</a>
<b>Sun. 3/23/2014</b>	Shamrock 10 K Leprechaun 5 K	Tighe Pk, Freehold, NJ	9:30 AM <a href="http://farcnj.com">farcnj.com</a>
<b>Sun. 3/23/2014</b>	Cesar Rodney 5 K, 13.1	Wilmington, DE	8:15, 9:30 AM <a href="http://farcnj.com">farcnj.com</a>
<b>Sat. 3/29/2014</b>	Run for the Heroes 5 K	Lacey, NJ	10:30 AM <a href="http://farcnj.com">farcnj.com</a>
<b>Sun. 3/30/2014</b>	Love Run 13.1 Mile	Art Museum, Philly, PA	8:00 AM <a href="http://farcnj.com">farcnj.com</a>
<b>Sun. 4/13/2014</b>	UNITE 13.1 Mile	Rutgers University, New Brunswick, NJ	8:00 AM <a href="http://farcnj.com">farcnj.com</a>
<b>Sat. 4/26/2014</b>	RunAPalooza 13.1 Mi.	Asbury Park, NJ	<a href="http://farcnj.com">farcnj.com</a>
<b>Sat. 4/26/2014</b>	Jersey Shore Marathon	Asbury Park, NJ	Various <a href="http://farcnj.com">farcnj.com</a>
<b>Sun. 4/27/2014</b>	Run to Stop MS 5 K	Thompson Park, Lincroft, NJ	8:00 AM <a href="http://farcnj.com">farcnj.com</a>
<b>Sun. 5/04/2014</b>	Escape to the Palisades 13.1 Mile	Ross Dock, Fort Lee, NJ	9:00 AM <a href="http://farcnj.com">farcnj.com</a>
<b>Sun. 5/11/2014</b>	Delaware Marathon & Half Marathon	Wilmington, DE	7:00 AM <a href="http://farcnj.com">farcnj.com</a>