



THE LONG RUN

An Official Publication of:

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



Website: www.farcnj.com *

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

VOL. 32 NO. 3 (May - June 2014)

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

NJ's 3rd Largest Club & Growing

COMING EVENTS!

32nd Annual FARC Summer Series (5K and Kids' Summer Nights)

Wednesdays: June 25th,

July 2nd, 9th, 16th, 23rd, 30th

Monmouth Battlefield Pk, Manalapan, NJ

Kids Summer Nights: 6:00 PM (25yd, 50yd, and 100yd dash) - [More Info](#)

1 Mile Fun Run: 6:30 PM

5K Race: 6:45 PM - [More Info](#)

FARC's Renowned Annual 6-Week Summer Series at Battlefield State Park in Manalapan consists of 5 K & Kids' 1/2-&1-Mile races for the next 6 Wednesday evenings at Battlefield Park, Jun. 25-July 30. The summer series courses feature the usual variety of challenging terrain and footing that has long made the events memorable and fun. With the kids' dashes, the series has been a FARC family favorite tradition for more than a generation.

FARC Hosts the 2014 NJ RACE WALK Series:

Aug. 30, 2014, 8:30 AM - 1-Hr. Race Walk at Lakewood or Manchester (contact FARC) High School in Whiting

Support FARC Sponsors:



FARC's 2014 Executive Officers



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

RECENT EVENTS...

FARC's Scholarship Meeting Featured Rutgers' Men's X-C & Track & Field Coach Mike Mulqueen - Wed., May 21, 7 PM at Tighe Park. Then 2 prestigious Matt Stuper Scholarships were awarded to deserving high school graduates Keelia Decker! and William ("Billy") Foster!

See more scholarship meeting related info. on p.2 & FARCnj.com

Matthew Stuper 2014 Scholarship Meeting



Meeting Guest Speaker: Rutgers' Coach Mulqueen

In the spirit of scholastic running, veteran Rutgers Cross-Country and Track and Field Head Coach Mike Mulqueen was the guest speaker at the Club's special scholarship award meeting on Wednesday, May 21, 2014. Mike is a five-time BIG EAST Coach of the Year and five-time NCAA District Coach of the Year. He is beginning his 35th season as a member of the Rutgers track and field coaching staff,, and his 31st as head coach of the men's track & field and cross country programs.

Mulqueen has achieved a number of milestones, including sending a school-record seven participants to the 2010 NCAA Outdoor Championship. The Scarlet Knights were also represented at the 2005 NCAA Championships in Sacramento, Calif., as Sam Segond and Marquis Allen garnered All-American status with their performances. In addition, Mulqueen and his staff earned their fourth BIG EAST Coaching Staff of the Year honors, capturing the trophy in both the indoor and outdoor seasons.

Mike spoke on the rigors and benefits of intercollegiate racing competitions. He then answered questions posed by Freehold Area Running Club (FARC) club members.

Scholarships Awardees:



Keelia Decker

My involvement in Freehold Area Running Club (FARC) and running has been very influential to me for many reasons. Primarily, I quite literally owe my life to running. My parents met at the Larry Parker road race in Asbury Park 25 years ago. If it had not been for running, my parents would not have met, and my two brothers and I wouldn't exist. Additionally, I grew up "running" as a baby: my parents were often seen running with a jogging stroller with one of my siblings or me. As we got older, we all ran races or helped the many adult members of our FARC family. The adults in FARC have been around me my entire life. It's been wonderful to have such an incredibly supportive and enthusiastic support system. Also, I have formed many lifelong friends my own age that I met through running or the running club. Having a bond over running together is very difficult to break, so I owe

FARC for positively influencing my ability to create lasting friendships.

In middle school and years prior to 2010, I was very active. I ran at least three (3) times a week, played soccer, field hockey, ran races, and helped at many a St. Paddy's Day Run. However, in high school, I opted to pursue my love of music. My involvement in sports, running, and music has given me a balance. I am able to understand the world around me from a multitude of perspectives, and that is largely due to being around running and people who run. I see the vast possibilities running has to offer the community around me. That has inspired me to take my passion for music and physical activity and help others enjoy my positive outlook on life.

Running and my involvement in FARC has changed my life. I wouldn't exist without running, and I certainly would not be who I am today if it weren't for FARC and the people who come with it. This organization has made me the driven person I am today, and for that, I am forever grateful for FARC.

Wm. (Billy) Foster

Freehold Area Running Club has touched my life and has given me knowledge, support, and a community to assist my running endeavors.

I mostly participated in the Freehold Area Running Club's Winter Series races and from the very first race on I learned something new: whether it be learning patience when things do not go the way I had planned or just how to deal with an off day. Just the fact that I learned to take an off day and say to myself, "Hey there's always tomorrow," is huge for me. These are traits that will benefit me for the rest of my life.

The overwhelming care and support the club provides is sometimes amazing! I think to myself how could people, that I barely know, care and support me as much as they do. I've taken this lesson from FARC to a new level in my daily life. Knowing how awesome it is to be supported by complete strangers and how it makes you feel important, I've decided to do this at all my meets, just to give someone the extra push they might need at that moment just before they break down.

Last but not least, my running: Freehold Area Running Club has allowed me to test and train my distance running abilities. I have taught myself the art of pacing and proper running form while attending FARC events to better myself as a runner. It has also let me experiment into different paces and speed play. All of this has helped me acquire my times and awards throughout my seasons. Freehold Area Running Club has been life altering and will have forever instilled these lessons and memories in my heart.



[To determine your scholarship award eligibility for 2015 and beyond, please review requirements on the FARC website. Matthew Stuper was a dear son of Isabel Lewis]

FARC Welcome New Members to the Family

JOHN CARRICK **LISA DEALY**
ALICE GRADE **TIFFANY HOWCOTT**
PAUL JENSEN **DONNA LEWIS**
MERRI NANNARONE **LAUREN OLSZUK**
CAROL RICHIUSA **JACK WERBLER**
JEFFREY MYCHALCHYK

Birthday Greetings to our FARC Family for May- June-July. Enjoy your day and the summer.

May Birthdays:

Tony	Bleach	James	Caraluzzi
Eric	Davis	Cindy	Monica
Jane	Simpson	Victor	Vientos
John	Weitz		

Birthdays for June:

Steven	Crowley	Cathy	Mahoney
Kathleen	Masella	Marie	Paulette Matis
Scott	Motherway	Chris	Naspo
Donald	Phillips	Nancy	Schiedia
Meryl	Schutzbank	Erica	Weitz

Birthdays for July:

Heather	Andl	Steve	Barrett
Diana	Burton	Patrick	Chang
Tim	Chelius	Lisa	Deckhut
Robert	Dziobak	Richard	Edwards
Victor	Gilberti	Marcie	Jannetti
Nancy	King	Scott	Linnell
Walter	MacGowan	Jeffrey	Mychalchyk
Paula	Nessler	Colleen	O'Brien
Walter	Stein	Joel	Stern
Harold	Tepper	Susan	Thompson
Eileen	Walsh	Bill	Welsh

News on Robby Andrews:

Andrews helps U.S. take bronze in 4x800 meter at IAAF World Relays. A second-place finish proved to be a winner for “Robby Andrews, friend of FARC”. The ex-Manalapan High School great, who now runs for the New Jersey- New York Track Club, missed out on the opportunity to represent the United States at the World Indoor Track and Field Championships because of that 2nd place finish at the US Indoor National Championships back in March. It proved to be an important finish for Andrews, however, because it put him in the pool of runners that the United States 4 x 800-meter relay team for the inaugural international Association of Athletics Federation (IAAF) World Relays.

Andrews learned in mid-April that he was in the select pool for the relay team. Early in May, he found out he would be on the team going to Nassau, Bahamas to represent the United States at the historic meet. “I love relays. I love the Penn Relays”, Andrews said. “I was so happy when I was selected. I enjoy relays because you represent something bigger than yourself. After the disappointment of not going to the World Indoor Championships, , I was still able to represent my country,” he continued.. “I was glad that I didn’t let [the Indoor Disappointment] bog me down.” It was the best of both worlds for FARC member Andrews.

[from the News Transcript, Tim Morris]

Ashley Higginson’s News:

Higginson runs world leading steeplechase. Ashley Higginson has run the fastest women’s 3,000-meter steeplechase in the world this year. The former Colts Neck High School and Princeton University great turned in her world-leading time of 9:35.72 at her Alma Mater, Princeton, on April 18 at the Larry Ellis Invitational. This year’s previous time was 9:42.01 by Australia’s Victoria Mitchell. The Ellis Invitational was Higginson’s season debut, and her time was just outside her personal best of 9:34.49, which she ran in London in 2012. By clocking the World’s best time, Higginson earned an invitation to compete in the steeplechase at the Prefontaine Classic Diamond League meet in Eugene, Oregon on May 30-31. The steeplechase was held on May 31. Higginson competes professionally for Saucony and is a member of the New Jersey – New York Track Club. Last year, she was a member of a USA Track & Field Team that competed in the IAAF World Championships in Moscow, Russia. She was ranked #4 in the country in 2013 by Track & Field News. Higginson enjoyed a legendary career at Colts Neck, winning National titles in cross-country, indoor and outdoor track, as well as back-to-back wins in the outdoor 3,000-meters at the Penn Relays. She anchored Colts Neck’s 4 x 1-Mile relay team, to consecutive indoor national championships. She was a 7-time All-American. At Princeton, Higginson won 7 Ivy League championships in races from 1 mile to 5,000 meters. She lifted her Penn Relays win total to 3, winning the college 5,000 meter. She was a multiple All-American. Professionally, FARC member Higginson was 2nd at the USA Outdoor Championships in 2013 in the Steeplechase.

[from the News Transcript, Tim Morris]

Work Freehold Area Running Club (FARC) Events to Receive Reward Credits

- **Any Freehold Area Running Club (FARC) member** in good standing may earn reward credits.
- Reward credits are **earned by working a FARC event.**
- Reward credits are earned **one credit for each hour worked.**
- Each member must earn their own credits and are not transferable and cannot be pooled.

- Reward credits may be **redeemed for any FARC entities including race entries, FARC ware, and the Club banquet.**
- Reward credits will be totaled quarterly and are valid for one year from date dispersed.
- Reward credits will be dispersed at general club meetings.
- Reward credits must be collected no later than two meetings after they have been earned or they will become void.



Presents 21st Annual

KIDS' SUMMER NIGHTS RUNNING SERIES

June 25, 2014 – July 30, 2013
Registration starts at 5:30 p. m.
Races start at 6:00 p. m.

AT BATTLEFIELD STATE PARK, MANALAPAN, N. J.
On Site Registration Only

- 25 YARD "TODDLER TROT"18 MONTHS TO 3 YEARS
- 50 YARD DASH.....4 YEARS & UP
- MONMOUTH BATTLEFIELD "100 YARD DASH".....5 YEARS & UP

Ribbons and ICE POPS TO ALL FINISHERS

T-Shirts TO KIDS WHO PRE ENTER FOR SERIES (Presented at end of Series)

FEE: \$3.00 PER RACE OR ALL Six WEEKS FOR \$15.00

NAMES: _____ **AGE:** ____ **Sex** _____ **Shirt Size:** _____
S M L

RACE DATES: _____ **On Site Registration Only**

JUNE 25 _____ **JULY 02** _____ **JULY 09** _____ **JULY 16** _____
JULY 23 _____ **July 30** _____ **or ALL SIX RACES** _____ **check one**

Make check payable to the Freehold Area Running Club

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 32nd Annual
Wednesday Night

SUMMER 5K RACE SERIES

June 25, 2014 – July 30, 2014 5K - 6:45 P.M.

Registration starts at 5:45 p.m.

BATTLEFIELD STATE PARK, OLD RT. 33, MANALAPAN, N. J.

Come run the historic Battle of Monmouth State Park, Mile Splits for the 5K.

With a Half Mile Run and a Mile Run, for ages 8 and up

- 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: \$3.00 PER RACE FOR FARC MEMBERS, \$5.00 FOR OTHERS AND \$1.00 for STUDENTS

RACE DATES: Every Wednesday night for the following dates;

JUNE 25 JULY 02 JULY 09 JULY 16 JULY 23 July 30

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.

RACE TIME: 5K Starts at 6:45 p.m.

Come join FARC for a Summer of Fun, Running and Walking

for our 32nd year of Great Running

Visit our Website: www.farcnj.com for results and club information



The New Jersey Race Walk Series 2014

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

Sunday March 30 (separate application)	20k	Harry Wright Lake, Whiting (Manchester) NJ	8:30 am
Saturday May 3	5k	Harry Wright Lake, Whiting (Manchester) NJ	10:00 am
Saturday August 30	1 hour	Lakewood or Manchester HS, NJ	8:30 am
Saturday October 25	10k	Harry Wright Lake, Whiting (Manchester) NJ	9:00 am
Saturday November 15	15k	Harry Wright Lake, Whiting (Manchester) NJ	9:00 am

These races are USATF New Jersey Association Championships and part of the USATF-NJ Racewalking Grand Prix
3/30 race will be in conjunction with the USA World Cup Trials (separate application)

Course: FAST, FAST, FAST. The Harry Wright Lake course (USATF certification #NJ13570JHP, Sanction #14-07-522) 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

Entry Fee: 3/30 race: \$50.00 (separate application) Every other race: \$20.00
Non-scored Health/Fitness Walkers: \$15.00 per race excluding 3/30 (not permitted)
(Separate fees and application for the 3/30 20k & World 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



2014 New Jersey Race Walk Series

Name: _____ Phone# _____ Gender: M F
Address _____ Race Day Age: _____ DOB: _____
City: _____ State: _____ Zip: _____ Email _____
Race Entered: _____ 2014 USATF-NJ# _____
Best Previous Time (2 yrs): _____ Club: _____

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



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 or P.O. Box 4, Manalapan, NJ 07726 for details.

DATE	EVENT	PLACE	TIME
Wed. 6/25/2014	Summer Series 5 K	Mo. Battlefield St. Pk. Rt. 33, Manalapan, NJ	6:45 PM farcnj.com
Mon. 6/30/2014	Lake Takanassee 1500,5K,RW	Long Branch, NJ	6:30 – 6:47 PM
Tues. 7/01/2014	ORC Summer Ser. 5K	Winding River Pk., Toms River, NJ	6:45 PM farcnj.com
Wed. 7/02/2014	Summer Series 5 K	Mo. Battlefield St. Pk. Rt. 33, Manalapan, NJ	6:45 PM farcnj.com
Mon. 7/07/2014	Lake Takanassee 1500,5K,RW	Long Branch, NJ	6:30 – 6:47 PM
Tues. 7/08/2014	ORC Summer Series 5K	Winding River Pk., Toms River, NJ	6:45 PM farcnj.com
Wed. 7/09/2014	Summer Series 5 K	Mo. Battlefield St. Pk. Rt. 33, Manalapan, NJ	6:45 PM farcnj.com
Mon. 7/14/2014	Lake Takanassee 1500,5K,RW	Long Branch, NJ	6:30 – 6:47 PM
Tues. 7/15/2014	ORC Summer Series 5K	Winding River Pk., Toms River, NJ	6:45 PM farcnj.com
Wed. 7/16/2014	Summer Series 5 K	Mo. Battlefield St. Pk. Rt. 33, Manalapan, NJ	6:45 PM farcnj.com
Mon. 7/21/2014	Lake Takanassee 1500,5K,RW	Long Branch, NJ	6:30 – 6:47 PM
Wed. 7/23/2014	Summer Series 5 K	Mo. Battlefield St. Pk. Rt. 33, Manalapan, NJ	6:45 PM farcnj.com

Mon. 7/28/2014	Lake Takanassee 1500,5K,RW	Long Branch, NJ	6:30 – 6:47 PM
Wed. 7/30/2014	Summer Series 5 K	Mo. Battlefield St. Pk. Rt. 33, Manalapan, NJ	6:45 PM farcnj.com
Sun. 8/03/2014	Battle of Monmouth, Run for your Life 5 K	Mo. Battlefield St. Pk. Rt. 33, Manalapan, NJ	9:30 AM farcnj.com
Mon. 8/04/2014	1500 meters, 5K Run, 5K Walk	Lake Takanassee Long Branch, NJ	6:30 -6:45 -6:47 PM farcnj.com
Mon. 8/11/2014	1500 meters, 5K Run, 5K Walk	Lake Takanassee Long Branch, NJ	6:30 -6:45 -6:47 PM farcnj.com
Mon. 8/18/2014	1500 meters, 5K Run, 5K Walk	Lake Takanassee Long Branch, NJ	6:30 -6:45 -6:47 PM farcnj.com
Sat. 8/30/2014	NJ 1-HR. Race Walk	Lakewood or Manchester High School	8:30 AM farcnj.com
Sun. 9/01/2014	Pier House 5 K	Long Branch, NJ	8:30 AM
Sat. 9/14/2014	Jersey Shore U.Med.Ctr. 5 K	Neptune, NJ	8:30 AM
Sun. 10/5/2014	Jersey Sh. ½ Mar. & 5K	Sandy Hook, NJ	9:05 and 9:10 AM
Sat. 11/15/2014	15 K. Race Walk	Harry Wright Lake, Whiting/Manchester, NJ	9:00 AM
Fri. 11/28/2014	Born to Run 5-Miler	Main St., Downtown Freehold, NJ	11:00 AM
Sun. 12/14/2014	Toys for Tots 5K	Michael Tighe Park Freehold, NJ	10:00 AM