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## Upcoming Club Events

- Club Meeting,  
**Tues. March 27,**  
 Deal Fire House 7:15 pm

## Upcoming Races

(to Run or Volunteer, see pg. 11)

- Run with Eagles & 1 Mile Run/Walk, March 24
- More Marathon-New York City, March 25
- Ocean Drive Marathon, Mar. 26
- 11th Annual Manasquan Fool's Run, Mar. 31
- 10th Annual Sgt. Pat's 5K, April 7
- John Parkhill Memorial 5K, April 14
- Jersey Shore Relay & Marathon, April 21
- E. Murray Todd Half-Marathon, Mar. 5
- FARC St. Paddy's Day 10-miler & 5K, March 19
- National Marathon-Washington, DC, March 24
- CASC 5K Run & 1 Mile Run/Walk, March 24
- Donna 5K Lane Memorial Run, April 22
- Lake Como 5K, Lake Como, April 28
- Colt 5K Trail Run, April 29
- March of Dimes Walk America, April 29
- Sandy Hook Lighthouse 5K Run/Walk for the Blind
- Pocono Marathon, Stroudsburg, PA
- 13th Annual Monmouth Beach Run, May 12
- Pace Yourself for Parkinsons, 4th Annual Jeanne Alter Memorial Run
- Spring Into Summer, May 19
- Nutter Run, May 19
- Ashley's 5K Run & Walk for Life 2007, May 19
- Michael Thorne Scholarship Run, May 20

## JSRC Remembrance Run/Walk to be held Saturday, March 24

The first annual **JSRC Remembrance Run/Walk** will be held on Saturday, March 24 at 9:45 AM at Holmdel Park. At 9:45, we will have a ceremony during which any JSRC member present may express your thoughts about any of our deceased members. Following that, we will begin our run or walk (your choice) through the Holmdel Park 5K course, or as much of it as you wish to cover. Afterward, we will provide refreshments (hot chocolate and snacks.) Of course, any member is welcome to attend even if you do not intend to run or walk that day. With that in mind, we will need members to RSVP so that we will have enough refreshments.

- **Why are we conducting this event?** It is our members that make the Club what it is. It is not the number of races we are involved with or even the size of the events which we conduct. Many of us feel that those who have passed away were very special people. Sadly, the list will only grow. For those of us who do wish to gather and remember these friends, we are establishing this new event. As we want the focus to be a tribute to our departed members, we felt that a special group run (rather than a race or one of our weekly group runs) was the best choice for this. Prior to this, we have done race tributes for some, but not all, of our departed members. This will be an opportunity for us to reflect on and remember all of our departed JSRC runners in a sincere and dignified manner.
- **Why this date?** It is the first Saturday of Spring, which seems to be a good time for this. Historically, there are no major races in Monmouth County that day. The weather is starting to warm up and the snow/ice is usually melted. Spring is also a spiritual revival for many of us. That makes it a good time to remember our friends who are no longer with us.
- **Why Holmdel Park?** It is the running mecca of NJ. It is also the site where **Dave Zurheide** and **John MacGillivray** conducted the first JSRC 9/11 Memorial Run in 2002. We remember how running through Holmdel Park for that tribute made us feel. In subsequent years, we will endeavor to rotate the JSRC Remembrance Run/Walk to some of the other great running parks that our membership enjoys using.

So that we will have an adequate amount of refreshments for you, if you plan to attend this tribute - please RSVP to **John MacGillivray** at **JMacRuns@AOL.com** by **March 21**. If you wish to say something about any of our deceased members, please let John know which member as well.

Additionally, we plan to compile a list of JSRC members who have passed away. The list is probably longer than any of us realize. Please let John know any names that you have and the year that the member passed away. If you have any thoughts as to what you would like to see included in this tribute, please let John know that as well.

We look forward to seeing our members gather on March 24 to pay tribute to and celebrate the lives of our departed friends.

—John MacGillivray



## from the editor

### At last, Spring is in the air!

This month, we are taking time to address an issue that apparently happened just prior to the Holiday party. I have received many comments about an email which was circulated to many members (but not the newsletter editor) concerning how the actions of this editor would cause this organization to lose our RRCA (Road Runners Club of America) affiliation. The sender of the email was concerned that the proper rules of order were not followed and could cause issues with RRCA in future. The questions I have received were how could a “majority” of members “agree” with the sender of the email and yet, a few days later at the Holiday Party, present this same editor with an award. It seemed hypocritical.

I am now writing to let all of our loyal readers know that this award to the newsletter editor, well-meaning as it was, has been declined and will go unaccepted. The reasons for this are as follows:

- RRCA awards are given to RRCA MEMBERS or Runners of Affiliated RRCA Clubs who have performed well in several RRCA sanctioned races. This editor is not an RRCA Member (although is a member of JSRC). To be a member of RRCA one must pay \$25 yearly dues. I have not. Yes, a portion of JSRC Dues money is sent to RRCA, but it does not cover an individual's dues. It allows for affiliated Club members to compete and be considered for awards—it does not make you an automatic member.
- RRCA awards can only be given to coaches and members recognized by RRCA. The only award for which the recipient need not be a member is Volunteer of the Year. This award is given to one person each year for their service to the running community and this volunteer need not be a member of the RRCA or of a running Club. The key is giving freely of one's own time for the good of the community without remuneration.
- Best Newsletter and Best Website awards are Club awards—they are not given to an individual and are given to the Club as a whole. To receive this award, the Club must enter the Newsletter and Website to the RRCA committee and compete against the multitude of other Clubs. This was not done with our newsletter.

Based on the review of RRCA criteria, the newsletter editor decided that since the editor and the Newsletter had not met any of the above criteria, the award, although very nice, must be declined.

Hopefully, that will now clear everything up and we can move on to a happier and busier running season. This month's issue is again a short issue. Our columnists for the *Joy of Running* are on sabbatical. We understand it can be tough to continuously have to meet deadlines. We also want to congratulate our “Away Team” on running a great half-marathon in Puerto Rico this month. Don't forget we appreciate member submitted articles, just please get them in before the deadline. The deadline for the next issue always appears on the lower left-hand corner of page 2. Thanks and Happy running! 🏃

## member news

Congrats to **Ed and Yuri Hahn** on the Birth of their daughter **Julian Lyman Hahn** who weighed in at 8 pounds and 5 ounces at San Antonio Hospital. All are doing well and Ed sends his regards to all his JSRC friends.



**Norm Miller** just completed the Antarctic Marathon in a time of 5:42:22. He provides his report from the Akademik Ioffe ice breaker. Congratulations to Norm for this awesome achievement



Please send Member News, Meet Our New Members and your information about your awards, promotions, etc. that you would like to share with others to [editor@jsrc.org](mailto:editor@jsrc.org)—it can be just a line or two to acknowledge your or another member's accomplishments. We love to hear from our members

**Become involved.** Get involved in YOUR Running Club. Help is always needed with Volunteer Coordinating, Publicity, Database and Computer services. In most cases, if someone is already doing the job, the odds are that your help would be welcome. Offering to help out with any of the above would only take a few hours a month. **All Members are invited to participate.** Contact any of the Club Officers, call the hotline, or email: [newsletter@jsrc.org](mailto:newsletter@jsrc.org) or [jsrc@hotmail.com](mailto:jsrc@hotmail.com) to volunteer.



## Ask Dr. Phil

Philip Hinck

**Q:** *I've heard that cardiovascular exercise can prolong life; is this true?*

**A:** Your heart is only good for so many beats, and that's it... don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

**Q:** *Should I cut down on meat and eat more fruits and vegetables?*

**A:** You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.

**Q:** *Should I reduce my alcohol intake?*

**A:** No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!

**Q:** *How can I calculate my body/fat ratio?*

**A:** Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

**Q:** *What are the advantages of participating in a regular exercise program?*

**A:** Can't think of a single one, sorry. My philosophy is: No Pain...Good!

**Q:** *Aren't fried foods bad for you?*

**A:** YOU'RE NOT LISTENING!!!... Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

**Q:** *Will sit-ups help prevent me from getting a little soft around the middle?*

**A:** Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

**Q:** *Is chocolate bad for me?*

**A:** Are you crazy? HELLO Cocoa beans! Another vegetable!!! It's the best feel-good food around!

**Q:** *Is swimming good for your figure?*

**A:** If swimming is good for your figure, explain it to me.

Doctor Phil continues on page 8



Road Runners Club of America NJ 5K Championship  
**JERSEY SHORE RUNNING CLUB**  
 Tenth Anniversary



# Sgt. Pat's 5K

with the Holiday Express 2 Mile Family Walk  
 and JSRC Kids' Races



To Benefit Holiday Express and Patrick King Scholarship Fund and PBA Local 10

[WWW.JSRC.ORG](http://WWW.JSRC.ORG)



## Sat. - April 7, 2007 - Long Branch, NJ

TIME: 5K Race - 11:00 AM 2M Walk - 11:05 AM Kid's Races - 11:45 AM

LOCATION: Windmill, Ocean Ave, Long Branch, NJ (Across from Seven President's Park), GSP Exit 105, Rt 36 to Signs for Parking

RACE DAY REGISTRATION: Starting 9:30 AM Note: Shirts Guaranteed to Pre-registered only.

ENTRY FEE: \$17.00 before April 2, \$20.00 after April 2, (\$15.00 -JSRC Members before April 2 only)

RACE ENTRY AND MEMBERSHIP TO JSRC (COMBO): \$30.00 (before April 2)

Kid's Race Fee \$7.00 before April 2 - \$10.00 Post (Age 12 and under)

RANDOM PRIZE DRAWINGS - GRAND PRIZE - AWARDS: Top 3 plus 5-year age groups, plus PBA Division (Top 5 M/F), Largest PBA team, Largest Law Enforcement Group, Largest School Group

Computerized Scoring - Post Race Pasta Party at The Celtic Cottage

Day of Registration at the Windmill Across from Seven President's Park

INFORMATION: JSRC Hotline 732-542-6090 or Phil Hinck, 732 -571-2162, hinck@jsrc.org Register online at [www.active.com](http://www.active.com)

Pre-Race Packet Pickup and Registration  
 Friday April 6, 8 to 8 pm  
 Celtic Cottage  
 608 2nd Avenue, Long Branch

Return Completed Form with Check made out to JSRC Sgt Pat's, PO Box 7492, Shrewsbury, NJ 07702

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Last Name	First Name	Age	Sex (M or F)
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Address	City	State	Zip
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Phone	Email		
<input type="text"/>	<input type="text"/>		

Circle Event	5K Run	2M Walk	Kid's Races	Circle One Shirt Size:	YM	YL	S	M	L	XL	XXL
					Kid's Race		Adult				
JSRC Member (circle)	yes	or	no	Registration Fee	\$ _____						
PBA Members Local PBA/#	_____ (Pre-Registered Only)			Combo Pre-Reg & JSRC membership (only 30)	\$ _____						
Law Enforcement Agency	_____ (Pre-Registered Only)			Optional Donation to Holiday Express	\$ _____						
School Name/District	_____ (Pre-Registered Only)			Optional Donation to Scholarship Fund	\$ _____						
				Total	\$ _____						

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to falls, contact with other participants, the effect of the weather, including low or high temperatures and/or humidity, traffic and the condition of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the Jersey Shore Running Club, its Officers, Members and race volunteers, the City of Long Branch and its Departments and employees, the RRCA, and all sponsors, their representatives, 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 of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Parent/ guardian if under 18. *Must be a signature here.*

For Official Use

# 10 Easy Ways to Make Exercise a Habit

Let's face it: it's not all that difficult to start a fitness routine. After all, most of us have done it more than once.

The trouble, of course, comes with sticking with it. All too often, our initial enthusiasm and energy wanes, we get distracted by other things going on in our lives, or we don't think we're seeing results quickly enough—and we throw in the towel.

Yet many people do manage to hang in there, and would no sooner skip their regular workout than their morning shower. What's their secret?

A recent study shed some light on the subject. Long-term exercisers (who had been working out for an average of 13 years) were asked to rank what motivated them to keep up with their regimes.

Their answers might surprise you. The exercisers were not as concerned with powerful pecs and awesome abs as they were with feeling good and being healthy.

Here's how the study participants ranked their motivators:

- Fitness
- Feelings of well-being
- Pep and energy
- Enjoyment of the exercise
- Making exercise a priority
- Sleeping better
- Feeling alert
- Being relaxed
- Weight management
- Appearance

So, once you have your priorities in the right place, how can you become one of the fitness faithful? *Footnotes* has compiled 10 tips for making fitness a habit in your life.

**1** Do a variety of activities you enjoy. There's no rule that says you have to go to a gym or buy equipment. Having a variety of activities—weight lifting, walking, running, tennis, cycling, aerobics classes—will ensure that you can do something regardless of the weather or time of day.

**2** Commit to another person. The social aspect of exercise is important for many. You may let yourself off, but if you agreed to walk with a friend after dinner, you probably won't let them down.

**3** Make exercise a priority. It has to be a non-negotiable. There's an advantage to making exercise non-negotiable. Friends and family members learn that it's part of your identity, and give up saying things like, "Why don't you take it easy today?"

**4** Exercise first thing in the morning. Any number of things could sabotage your good intentions to walk or go to Pilates class after dinner. Experts agree that a morning schedule is best. If you go to a gym, it should be located between your home and work, exercise, take a shower, and you're energized for the day.

**5** Or, exercise on your way home from work. The next best thing to exercising first thing in the morning is to do it on your way home from work.

Don't go home first. There aren't a lot of people who are so motivated that after they go home and change clothes will go back out again and exercise.

**6** Exercise even when you're "too tired." Chances are, you'll feel better after exercising.

**7** Log your activity. Write down the things that are important to you. It could be how much time you exercise each day, how many steps you walked, how far you ran or cycled, what you weighed, etc.

Some people make a game of it. You may have heard of runners calculating the miles it would take to run from their homes to Boston], figuring how far they run in an average week and setting a target date for "arriving" in Boston for the Marathon.

**8** Be aware of all the indicators of progress. It's great when your clothes fit better and you can lift heavier weights or work out longer without getting exhausted.

But there are a slew of other progress indicators, such as:

- Getting a good night's sleep.
- Thinking more clearly.
- Having more energy.
- Realizing your muscles aren't screaming after you've helped a friend move furniture.
- Seeing your resting heart rate drop over time.
- Hearing your doctor congratulate you on improved cholesterol, blood pressure, bone density, triglycerides, and blood sugars.

**9** Walk—with a pedometer (or a dog). If you enjoy walking and haven't exercised for awhile, 10 minutes three times a day will give you 30 minutes.

Use a pedometer, and work up to at least 10,000 steps a day. Nobody starts out with 10,000 steps. Find out what your daily average is, and, the next week, strive to walk 300 extra steps each day. Increase your steps each week.

Better yet, walk the dog. Walking the dog twice a day is good for both you and your dog and provides companionship.

**10** Reward yourself. Are you telling yourself that you don't deserve a reward for something you should be doing anyway—or that once you can zip your jeans without lying on the bed, that will be reward enough? Well, honestly, how inspiring is that?

Experts say that making behavior changes is hard, and rewards motivate. So decide on a goal and a reward, and work toward it. You might buy yourself a video you've wanted after you stick to your fitness plan for one month, or buy new walking shoes when you achieve 5,000 steps a day. Do whatever works for you. 🍷

## great gift ideas

### Official JSRC Gear



Need some great gift ideas? Or new clothes? JSRC to the rescue!

From baseball caps to socks, we have items to cover you from your head to your toes. You'll find we have stylish "can't-run-without" goodies for your favorite runner. Items are available at the Club's Weekly Runs, Club Events

and Meetings. Or you can order by mail using the downloadable order form found on the JSRC website at: [www.jsrc.org](http://www.jsrc.org), just click on the button for JSRC gear to see what the Club has to offer. Many items are in stock, however, some may require special order to replenish inventory and may not be immediately available. Please email Penny ([gear@jsrc.org](mailto:gear@jsrc.org)) when mailing in your order. Thanks. ☺

### Monthly Meeting

The Club Meeting will be held on **Tuesday, March 27** at **Deal Fire House**. We will meet at approximately 7:15 pm, following the regular Tuesday night Club run.

## jsrc coupon

### Savings for you

Ocean Wine & Spirits is pleased to support the Jersey Shore Running Club and invites the Club's membership to stop by anytime to say "hi". Or, visit during one of Ocean Wine & Spirits winetastings to sample the wines of the week. Complimentary Wine tastings are held every Thursday through Saturday from 3:00 PM until 6:00 PM.

#### Ocean Wine & Spirits

JSRC Spring Coupon

**15% Off**

Now through April 30, 2007

Surrender this coupon to receive 15% off your wine purchase. One time use only. Not valid on previously discounted items.

Ocean Wine & Spirits

1104 Route 35 South, Ocean, 07712  
(next to Wegmans)

732.660.6700

[www.oceanwineandspirits.com](http://www.oceanwineandspirits.com)

## birthday news

# Look Who's celebrating!

### April 1

Jim McMillan	Kristen Krista
Joanne Sodano	Chester Coddington
Andy Fermin	Carol List
Pamela Steenland	

### April 2

Karl Cramer	Margaret McChesney
Bill White	Hunter Donia
Aileen Pellicane	Greg Gombash

### April 3

Kent Sabin

### April 4

Maureen Massell	Gianna Mannix
Darryl Ann Chambers	

### April 5

Martin Fitzpatrick

### April 6

Eileen A. McGovern	Mark Molyneaux
John McWeeney	Delores Papirman
Charles Hayden	

### April 7

Janice Krilla	Bob Peters
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### April 8

Amanda Meehan	Katie Abel
Richard Orozco	Norman Miller
Sutah Robins	

### April 09

Daniel Napoliton

### April 10

Charles Supenis	Jamie Schaefer
Jennifer Caban	Jennifer Shaw
Jean Magner	Eileen Kean
Andrew Coppolo	

### April 11

Mark Luksic	Jay Skidmore
Tami Wolfe	Judy Cimino
Tami Wolfe	

### April 12

MaryKaren Holler	Jannee Neary
Shawn McDermott	Paul DiLoiue
James Bergum	

### April 13

JoAnn Petersen	Chris Claps
Robert Miller	Joanne Healy
Karen Kerns	Penny Hinck
Marie Barry	

### April 14

Kristin Condon	Carin Huegel
Terri Levy	

### April 15

Phyllis Shafer	Laurie Gordon
Karen Barton	

### April 16

Renee Schneider	Molly Kempton
April 17	
David Burke	Elizabeth Raspolich
Elizabeth Young	

### April 18

Dr. Ken Indahl	Steven Adams
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### April 19

Caren MacConnell

### April 20

Karen Smith	Seena Stein
Alane Mahoney	Paulette Stallone
Karen Smith	

### April 21

Samuel Murray	Karen Worobel
Karen Mansuri	Fred Howlett
Michael D'Altrui	Thomas Lewis
Micky Ehnis	Rita Alles
Jennifer Daly	

### April 22

Helen Drobnis	Rebecca Beime
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### April 23

Jane Fox	Kimberly Daley
Graham Wisdom	Kathleen Magyar

### April 24

Katy Bryan

### April 25

Stephen Crosson	Greg Medina
Roger Faulkenbury	Thomas Natoli
Greg Mendina	Una Tedoff
Mel Ullmeyer	

### April 26

Marcia Anderson	Ruth Feggeler
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### April 27

Kim Coddington

### April 28

Betty Sapir	Jack Cheer
Warren Segall	Laura Randich

### April 29

Michelle Lane	Bridget Blewitt
Ann Kempton	Kate Miller
Brendan Robison	Rebecca Wack
Bill O'Brien	

### April 30

Ryan Raynis

Jersey Shore Running Club's



# 3rd Annual LAKE COMO 5K in Memory of Lake Como's own Grania Maggio Saturday-April 28th 2007

**Start Time: 10:00 AM**

**Location: Bar Anticipation, 16th Ave., Lake Como, NJ**

**Sponsorship monies to go to Grania Maggio**

**Study Abroad Endowment Fund—University of Sciences in Philadelphia**

**Race Day Registration & Check-in: 8:30 AM @ Bar A**

**Early Shirt Pickup:** Bar A Friday night, April 27 from 5:30 to 7:30 PM

**Entry Fee:** \$18.00 Preregistration by April 23 —  
\$20.00 afterward and Race Day

**Awards:** Top Five Overall Male/Female • USATF Certified Course

**Post Race Party:** Free Barbecue, Soda and Drink Specials

**Info: (732) 542-6090 • www.jsrc.org • fraz@birdsall.com**



**REGISTER ON-LINE at [www.jerseyrunner.com](http://www.jerseyrunner.com)**

NAME \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail \_\_\_\_\_ Phone \_\_\_\_\_

Shirt Size (check one) **ADULT:**  M  L  XL  XXL **YOUTH:**  M  L

**RELEASE/WAIVER**

I realize that running a road race is a potentially dangerous activity and that I should not enter unless I am medically able and properly trained. I assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I waive and release the Jersey Shore Running Club, it's Officers, Members and race volunteers, the Boroughs of Belmar, Lake Como and Spring Lake, their departments and employees, Bar Anticipation and all sponsors from any and all claims and liabilities of any kind arising out of my participation in this event or the carelessness of persons named in this waiver. Further, I grant to all of the foregoing to use any photographs, videos, recordings or any other record of this event for legitimate purposes.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

(Parent/Guardian must sign for participants under 18)

Return entry form w/Check or M.O. to: JSRC — LAKE COMO 5K, 151 Lake Ave., Manasquan, NJ 08736

continued from page 9

Q: "Is getting in-shape important for my lifestyle?"

A: Hey! 'Round' is a shape!

Well, I hope this has cleared up any misconceptions you may have had about food and diets. Remember:

"Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO HOO, What a Ride"

April Fool!!!!!!

If you have a running related question which you would like Dr. Phil to answer, please send your question via e-mail to doctorphil@jsrc.org. Include your name, your question and contact information (in case we need to contact you).

jersey shore relay

Eleventh Anniversary

The Jersey Shore Relay celebrates eleven years on April 21, 2007. The Course for the Relay will remain as it always has been—a relay along the scenic ocean front. It's a point-to-point course beginning in Seaside Heights and passing through Ortley Beach, Lavalette, Brick Beach, Mantoloking, Point Pleasant Beach, Brielle, Manasquan, Sea Girt, Spring Lake, Belmar, Avon, Bradley Beach, Ocean Grove to finish at a new location—Convention Hall on the Boardwalk across the street from the Stone Pony in Asbury Park.

The event, as it has from the start, will benefit Special Olympics. Thanks to all of last year's participants, we were able to raise over \$50,000 for Special Olympics. We would like to top that this year. The Relay committee has been working and planning on the event to make it even better than last year. There is a limit on the number of teams, and we have basically sold out the last three years. So get your teams together and plan on signing up early! Last year's team captains will be receiving invitations in the mail shortly.

Complete information on the Relay, including a slide show from last year, a complete course description, registration information and more is available at www.jerseyshorerelay.org http://jsrelay.jsrc.org and http://relay.jsrc.org. If you'd like to volunteer to work on the Relay, contact Barbara at jsrc\_volunteers@verizon.net. The earlier you volunteer, the more likely you will be able to work the area you want. Late comers will need to go where they are needed. We are also looking for a transition coordinator for the Point Pleasant area. If you are interested, please contact Barbara at jsrc\_volunteers@verizon.net as soon as possible. New updates will be sent to volunteers shortly.

member to member

ALL BRUNSWICK CYCLERY:

29A Easton Ave., New Brunswick, 10% Off Parts & Accessories. 732.745.BIKE

BRACE PLACE ORTHODONTICS:

Drs. Elkin, Epstein, and Sargiss. 732.536.4422 Offices in Manalapan, Frrehold, and East Windsor. JRSC members will receive \$100 off adult or child orthodontic examination and records. Please visit us at www.braceplace.com

BRIELLE CYCLERY:

Rt. 71, Brielle, 732.538.9121. 10% Off.

BROADWAY RAY:

Chartered Bus Tours to the Broadway Theater District. Departures from the Circle Factory Outlet in Wall Township. 732.528.8434 www.broadwayray.com

CONTOURS EXPRESS OF BRIELLE:

\$34/month for JSRC ladies who want to balance out their running routine by adding weight-training. Real weights, not hydraulics! 30-minutes, 3Xweek=a stronger runner!! 606 Hwy. 71, Brielle. 732-528-5595.

ECOSENSE:

Ecologically sound, natural based products for home, health and training. Natural and homeopathic vitamins and nutraceuticals. For information call: 732.517.1474.

FAMILY CHIROPRACTIC CENTER:

Special rates for JSRC members. Tinton Falls, 732.530.0405.

FEET FIRST:

All Locations. 10% discount.

G&P WELLNESS:

Performance & recovery technologies by Nikken. Grace and Peter Rowe. 732.706.0446. 20% Off.

GILBO-A-GO-GO:

Caterer and Party Planner. Call Bob Gileski for your party or picnic basket specials! 732.887.6791.

HAYSEEDS DESIGN

Advertising & Marketing: Publications, Brochures, Logos, Web design, and illustrations. Barbara Hay at 732.517.1564. www.hayseedsdesign.com.

HEALING HANDS • REIKI THERAPY:

Dawn Ciccone at 732.872.7441. 10% member discount.

HOT BAGEL BAKERY:

Monmouth Rd, Oakhurst. Handmade by Club Member, Dan Grimes.

KENNETH VERCAMMEN, ESQ.:

15% off Traffic Tickets & Wills. 732.572.0500.

LINCROFT VILLAGE DENTAL CARE:

Special Introductory Rates to New Patients. Please call office for details. 732.842.5005

MILES AHEAD SPORTS:

Meeting House Rd., Manasquan, 10% discount. 732.223.0444.

OCEAN WINE & SPIRITS:

Complimentary wine tastings every Thurs., Fri., & Sat. 3-6 p.m. Gift baskets, Gift Cards, Party Planning and more! 732.660-6700. www.oceanwineandspirits.com

PAMPERED SOUL:

We bring the Spa to You! Relax at home, no driving required. 732.299-8793. www.thepamperedoulnj.com

PHOTO PILLOWS BY LAURIE:

Any picture(s) or logo copied onto fabric and sew into an original pillow. Also photo sweatshirts and jackets to commemorate an event, a marathon, etc. Great family gifts. Call 973-271-6624 or e-mail LaurieGordonRun@aol.com for info or to order.

REALM COMPUTER SOLUTIONS:

Computer Repair, Networking or Website Design/Updates. Service performed in your home or office. JSRC members receive 10% off! Contact Gary Douglas at (732) 300-6517, Gary@RealmComputerSolutions.com or visit www.realmcomputers.com.

RUNNER'S HIGH:

454 Main St., Metuchen, 732.549.9440, New location: Runner's High at Newport, 35 River Drive South, Jersey City, 07310 201 626-6220, www.runners-high.com Members: 10% off.

SERVES U RIGHT:

20% Off Party Service. 732.747.8683.

SQUAN CUSTOM FRAME SHOP:

209 Hwy 71, Manasquan - 10% discount on Custom Frames by Maggie McChesney. 732.223.1334.

THE RUNNING STORE:

The Grove, Rt. 35 in Shrewsbury. 10% off shoes and clothing. 732.758.8008. www.runningstore.com

THE SNEAKER FACTORY

10% discount with a credit card & 15% discount with Check or Cash on all non sale items. Discount can not be combined with any other discount or offer. Contact Dean Shorts. 308 Millburn Ave., Millburn, 07041. 973.376.6094. www.sneakerfactory.com

THIRD AVENUE CHOCOLATE SHOPPE:

10% off. 1118 3rd Ave, Spring Lake, 732.449.7535. Also in Manasquan.

TRAVEL SERVICES:

Professional travel consultant with over 20 years of experience can handle all your travel needs. Resorts, cruises, all inclusions and custom vacations. Providing customized personal service to club members, contact Ira Weiss at 732-682-5156 bigeye51@optonline.net.

Club members interested in listing their business services in the Member to Members Discounts Directory free of charge should send e-mail to newsletter@jsrc.org.

Special Web Site Offer. JSRC offers a special program for our members in which we now can purchase the most advanced line of sports drinks, energy gels and recovery drinks and receive a 20% discount on all purchases of the Accelerade, Accel Gel and Endurox R4 brands. For easy, secure purchase go to www.accelSPORT.com/jerseyshorerunners. Receive a 20% discount and pay a flat rate of \$5.99 for shipping regardless of size. Limited time offer - SAVE 25% and get a FREE WATER BOTTLE until April 15, 2007.



JERSEY SHORE RUNNING CLUB
SE NJ Elks Handicapped Children's Committee
New Jersey Area VI Special Olympics
Eleventh Annual



Jersey Shore Relay



To Benefit



Lodging
Start: Aztec Seaside Resort
732-793-3000
Finish: Berkeley Carteret
(732) 776-6700

Special Olympics
Seaside Heights to Asbury Park

Corporate, School, Government, Fire, Police, Club, Family, Open Teams

Five Legs - Total Distance 26 Miles or Just Run The Entire 26.2 Miles On Your Own!

Teams of 5, 4, 3, 2 or 1

Giant Party and Concert at the Finish
at Convention Hall
Featuring "Big Train"

Christopher Stephen Enterprises

Long Sleeve Quality Mock Turtle Neck T-Shirt to All Entrants

Teams Raising: \$250 - Each Team Member Receives a Relay Hat. \$500 - Each Team Member Receives a Duffel Bag.
\$1,000 - Each Team Member Receives a Relay Windbreaker.(or similar award)

Information
JSRC@hotmail.com 732-681-9464
www.jsrc.org
Register On Line

SATURDAY
April 21, 2007

Registration by April 1, 2007
Team of 5 \$150.00
Or \$30/person
After April 1: \$200/team
LIMIT - 300 TEAMS!

Please Fill Out Completely

Mail Below with Check to: JSRC Relay, PO Box 7492, Shrewsbury, NJ 07702

Corporate - Government - Fire - Police - School - Club - Family -
Open(Men) - Open (Women) - Open(Mixed) -
Masters(Men) - Masters (Women) - Masters (Mixed)

Team Captain \_\_\_\_\_ Team Name \_\_\_\_\_

Circle One

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_
(T-Shirt Sizes - for Each Member)

E-Mail \_\_\_\_\_

Expected Pace for Team (estimate) \_\_\_\_\_

Amount Enclosed: Registration \$ \_\_\_\_\_ (Teams of 5 - \$150.00 or \$30 per runner)
Bus to Start \$ \_\_\_\_\_ (\$5 per person - Asbury Park to Seaside Heights at 7 AM)
Donation to Special Olympics \$ \_\_\_\_\_ All Teams Raising \$200 in Pledges (see reverse) will
have their Team Name Imprinted on the Relay T-Shirt. Must be
received by April 1, 2007
Total Enclosed \$ \_\_\_\_\_

## club runs

Come on out to one of the Club Runs near you! Running with a group is very motivating, a great way to meet fellow members and a good way to keep your running on track in the cold winter months. All paces are welcome at each Club Run.

### Sunday Run

We meet at Bodman Park just off Navesink River Road at 8 AM. Groups run from 6 to 22 miles, mostly on trails through Hartshorne Woods Park and Huber Woods and the surrounding areas with scenic views. There are water stops and refreshments at the end. There is also the opportunity to walk on Sunday mornings. The distance is six miles and start time is variable. Send e-mail to Liz at elizire@comcast.net to make sure that some folks will be walking.

### Tuesday Run

We meet at the Windmill across from Seven Presidents Park in Long Branch at 6 PM for a 4 to 6 mile run along the boardwalk and around Lake Takanassee.

### Wednesday Run

Holmdel Park: Beginning again on April 6th, you can once again meet at main pavilion to run at 6 PM to run the famous cross country course. 3 to 5 miles. Run will suspend when Daylight Savings Time ends on October 30th.

### Thursday Run

We meet at **Dunkin Donuts** on the corner of Ocean Ave. and 16th Ave. in **Belmar** at 6 PM for a run south. We run various distances of 4 to 7 miles on the well-lit very safe boardwalk. On good days, we run through Spring Lake and into Sea Girl for a nice 7 mile run. We have a fairly steady group which is gradually growing. Everyone is welcome.

### Saturday Run

**Spring Lake:** We meet at the south end of the Spring Lake Boardwalk at 8:00 AM.

**Holmdel Park:** Come and run 4-6 miles through the hills of Holmdel Park to qualify for Dave's Golden Donut Award. 10 AM.

Check out our web site for current running information and subscribe to our email updates at: <http://www.jsrc.org>

## Racing Times

# At the Finish Line

### sea bright kdm race

Allison Milanewich 41:00

### nyrr cancer challenge 15K

Tom Natoli 1:34:44

### run for runaways

Frank Pelcher 26:02 (3AG)

### e. murray todd half-marathon

Mike Baker 1:40  
Alison Baker 2:00  
Graham Wisdom 1:48:20  
Marge Ascari 1:55:52  
Bill Michalski 2:05:51  
Jennifer Gunn 1:35:24  
John Donoghue 1:49:16  
Marilyn Ryder 2:10:55  
Mick Morris 1:24:50  
Steve Gio 1:37:07  
Ed Alburtus 1:26:14  
Frank Cannarozzo 1:35:14  
Mark Griggs 1:45:05  
John Moetz 1:43:19  
Jim Mulvaney 1:49:02  
Marty McEnroe 1:57:45  
Carly DoPolo 1:55:55  
Karen Charles 1:25:33  
Ralph Garfield 1:48:30  
Frank Linkhart 1:51:23  
Bill O'Connell 1:34:40  
Don Sutton 2:09:36  
Mike Badger 1:29:26  
Leslie McKernan 1:46:33  
Chris Lopez 2:15:12

### LA Marathon

Matt Moran 4:00:52

### world's best marathon - p.r.

Jane Erbe 48:43  
Jim Buckler 51:41  
Bill Paglione 54:08  
Mary Moriarty 1:00:14  
Marilyn Ryder 1:04:02  
Elizabeth Ireland 1:05:13  
Thomas Morrison 1:09:05  
Laura Schneider 1:13:10  
Donna Mehler 1:14:15  
Candy Dice 1:17:21

### pelican bay 5k

Chris Wilcox 19:32

### gulf coast senior games—100m

Frank Pelcher 15.2 (2AG)

### gcsg 1500 race walk

Frank Pelcher 11:10 (1AG)

### ft. lauderdale half-marathon

Laura Perlberg 2:18:08

### austin half-marathon

Bill Thompson 1:56:06

### myrtle beach marathon

Marti Stetter 5:37:46  
Peggy McKean 5:46:47

### manasquan beach run

Jeremy Pilkington 10:58  
Dave DeMonico 11:03  
Tim Ragan 11:08  
Joe Donahue 11:15  
Bob Horn 11:41  
Tim Horn 11:47  
Diane DeOliviera 12:29  
Lauren Rhatigan 12:37  
Noel Brock 13:04  
Adele McDonough 13:04  
Debbie Moore 13:08  
Kate Henninger 13:55  
Angela Peragine 14:01  
Jack O'Connell 14:20  
Leslie McKernan 15:30  
Carly DePolo 15:59  
Jim Malone 19:38  
Nicole Stallone 19:10  
Paulette Stallone 19:08  
Tom Natoli 20:21  
Allison Milancewich 25:50

### caumsett 50k

Greg Mendina 3:37:53

### antarctic marathon

Norm Miller 5:42:22.

### At The Finish Line

To get your race finish times published on the web site and in the newsletter, send e-mail to [jsrc@hotmail.com](mailto:jsrc@hotmail.com) or [results@jsrc.org](mailto:results@jsrc.org). Include your name, the name of the race, your finish time and any overall/age group award.



# race calendar

Dates and times are subject to change. We are not responsible for accuracy of event dates and times. Please check the race applications. Look for Club tent and feather at events listed in bold. You can register for most events by going to [www.JerseyRunner.com](http://www.JerseyRunner.com).

Date	Event	Distance	Start Time	Location	Contact
March 25	More Marathon	26.2M		Central Park, New York City	
March 24	Run with Eagles	5K Run/Walk & 1 mi Fun Run		Byron Johnson Park, Allentown	register: jerseyrunner.com
March 25	Ocean Drive Marathon	26.2M & 10M	8:00 am	Cape May to Sea Isle City	
March 31	11th Annual Fool's Run	5K	11:00 am	Manasquan	
<b>April 7</b>	<b>10th Annual Sgt. Pat's 5K</b>	5K	11:00 am	Long Branch, NJ	
April 14	John Parkhill Memorial 5K	5K w/Kid's Races	10:00 am	Joe Palaia Park, Ocean NJ	register: active.com
<b>April 21</b>	<b>Jersey Shore Relay &amp; Marathon</b>	26.2M	8:00 am	Seaside Heights to Asbury Park	
April 22	BlueClaws APP/OCO Run in the Park	5K w/Kid's Races		Lakewood, NJ	
<b>April 28</b>	<b>Lake Como 5K</b>	5K	10:00 am	Lake Como, NJ	732-542-6090
April 29	Colt 5K Trail Run	5K	10:00 am	Lincroft, NJ	register: jerseyrunner.com
April 29	March of Dimes Walk America			Taylor Pavilion, Belmar, NJ	
May 6	Pocono Marathon	26.2 M	8:00 am	Stroudsburg, PA	
May 12	13th Annual Monmouth Beach Run	3M	9:00 am	Monmouth Beach	<a href="http://www.jsrc.org/raceapps/monbeach.pdf">www.jsrc.org/raceapps/monbeach.pdf</a>
May 13	Pace Yourself for Parkinsons	3M	9:00 am	Brookdale, Lincroft	application: <a href="http://www.jsrc.org/raceapps/parkinsons.pdf">www.jsrc.org/raceapps/parkinsons.pdf</a>
May 19	Spring Into Summer		8:30 am	Mater Dei High School, Middletown, NJ	
May 19	Nutter Run		10:00 am	Sea Girt Army Camp, Sea Girt, NJ	
<b>May 20</b>	<b>Michael Thorne Scholarship Run</b>	4M	10:00 am	West Long Branch	<a href="http://www.jsrc.org/raceapps/thome.pdf">www.jsrc.org/raceapps/thome.pdf</a>

**Join today!**

## JSRC Membership Application

You are invited to join the Jersey Shore Running Club—New Jersey's Largest and Most Fun Running Club!

The Jersey Shore Running Club also sponsors several races to benefit local community and charitable organizations. These races are made possible by the help of club volunteers. Volunteering is not a requirement for membership but is strongly encouraged.

### Membership Fee:

	Individual	w/e-newsletter*	+\$Family Member
1Yr.	\$15	\$12	+\$6 / f.m.
3Yr.	\$42	\$30	+\$15 / f.m.

Hotline: **732-542-6090**  
Award-Winning Website:  
[www.jsrc.org](http://www.jsrc.org)

### BENEFITS OF JERSEY SHORE RUNNING CLUB MEMBERSHIP:

- Sunday Run Bodman Park, Middletown
- Trail Run, Allaire State Park
- Tuesday Evening Run, Long Branch
- Wednesday Run, Holmdel Park
- Thursday Run, Belmar/Spring Lake
- Monthly Club Newsletter
- Reduced Entry Fee to Club Events
- Team Entries
- Marathon Training Programs
- Discounts at Local Merchants
- Annual Holiday Party
- Annual Summer Party
- Track Workouts
- Member USATF Club No 0196
- Member RRCA Club No 969
- Free T-Shirt to each New Membership thanks to our sponsors

### Renew or Join Online

**Please note:** There is no longer a set family rate. You must add \$6(one year) or \$15 (three year) for each additional "running" family member to your base fee. Email [membership@jsrc.org](mailto:membership@jsrc.org) with any questions. Fill out this form, sign the waiver (children under 18 require signature of parent/guardian), and return with check made out to JSRC Members. \*Members opting for "e- newsletter" receive JSRC the newsletter by email a week early and do not receive hard copy.

Name	Signature	Date of Birth	T-Shirt size
_____	_____	_____	N/A
_____	_____	_____	N/A
_____	_____	_____	N/A

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ email \_\_\_\_\_

**Release:** I know that running and volunteering to work at Club Events and road races is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to: falls, contact with other participants, the effect of the weather, including low or high temperatures and/or humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Jersey Shore Running Club, its Officers, Members and volunteers, and all sponsors, their representatives, employees and successors from any and all claims and liabilities of any kind arising out of my participation in any club event or carelessness of the persons named in this waiver. Further, I grant to all of the foregoing to use any photographs, motion pictures, recordings or any other record while participating in club events for legitimate purposes.

Mail completed form & check to: JSRC Members, PO Box 7492, Shrewsbury, 07702.

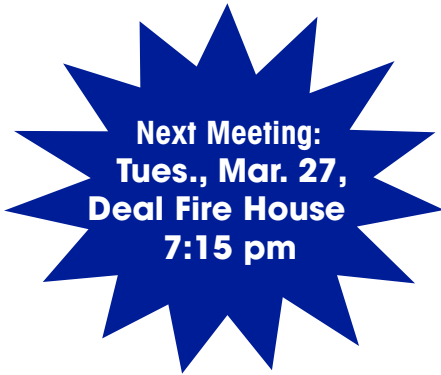


www.jsrc.org

PO Box 7492,  
Shrewsbury, NJ 07702

U.S. POSTAGE  
PAID  
Allenhurst,  
PERMIT No. 4  
Zip Code 07711

U.S. STANDARD MAIL



**Next Meeting:  
Tues., Mar. 27,  
Deal Fire House  
7:15 pm**

Newsletter of the Jersey Shore Running Club  
Issue XVI, Vol. 4 • April 2007  
**Postmaster:** Dated material enclosed. Please  
deliver before March 24th, 2007. Thank You!



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**APRIL SHOWERS BRING  
GREAT RUNS  
AND MAY FLOWERS**

**Saturday, April 21, 2007**, Jersey Shore Relay and Individual Marathon Distance Run, Seaside Heights to Asbury Park, NJ - New - Finish in Convention Hall - Concert and Party at Convention Hall, Benefits Special Olympics

**Saturday, April 21**, 8 AM, Jersey Shore Relay Distance Run, Individual Run of 26.2 Miles, Seaside Heights to Asbury Park, NJ, Register On Line at JerseyRunner.com, This is only for those who will be doing the entire course on their own - not for teams - Teams should use registration above for Team Relay

**Saturday, April 21**, 10 AM, 3 Miles, Special Olympics Fun and Fitness Walk, Asbury Park, NJ, 732-542-6090 Register On Line at JerseyRunner.com