



Wine, Women & Running pose for the camera of the Saturday in the Park Awards Ceremony.

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Upcoming Club Events

- Club Meeting,
Tues. September 26th,
 Deal Fire House 7:15 pm

Upcoming Races

(to Run or Volunteer, see pg. 11)

- Dottie's House 5K, September 23
- 4th Annual Beat the Clock Against Breast Cancer 5k, September 30
- Jersey Shore Half Marathon, October 1
- 4th Annual Sandy Hook Lighthouse 5K, October 1
- Captain George E. McCormack 5K, October 7
- The Rat Race 3-5 M Trail Run, October 7
- Women's Distance Festival 5k, October 7
- 24th Annual Run thru Deal, October 8
- Stockton College 5K, October 8
- 6th Annual Interlaken 5K, October 14
- Heights Pride 5K & Kid's Races, October 14
- Seaside Half-Marathon & 5K, October 15
- ORC Shark Run 5K, October 22
- Trick or Trot 4 M, October 29

SBLI Jersey Shore Golden Grand Prix



PIER VILLAGE 5K

The Final Race of the Grand Prix Tour

The Pier Village 5K was a fitting finale of the SBLI Jersey Shore Golden Grand Prix. On a bright, cool and sunny Labor Day morning after tropical storm Ernesto, sand still littered some parts of Ocean Avenue and the Boardwalk. A field of more than 600 runners started their run at Pier Village traversed the mini-sandduned Long Branch Boardwalk and Promenade as they covered the 5K course. The great weather led to some very competitive race times.

The men's winner was **Joel Limo** of Ringwood, NJ in a time of 15:13. For the women it was **Clara Peterson** of Rumson in a time of 16:00. **Bill Hoffman** of Eatontown was the second place finisher with a strong time of 15:16. The women's race was extremely close with the second place woman **Rehima Kedir** of Briarcliff Manor, NY a few tenths of seconds behind Clara.



Awards were presented to overall and five-year age groups. The winners of the Jersey Shore Golden Grand Prix were also announced. To be considered for this top award, runners had to compete in all five of the Grand Prix races and points were awarded for each race. The men's winner was **Bill Hoffman** and for the women **Allie Belicose** took first place. The complete list of winners can be found on the website. Kid's Grand Prix races followed the completion of the 5K on the beach below, and a fun time was had by all.

Congratulations to Race Director, **Phil Hinck** for a very successful Jersey Shore Golden Grand Prix. Special thanks to SBLI as a sponsor and as always thanks to all the volunteers who came out to make for a memorable event.

The race benefited Habitat for Humanity. SBLI made a presentation to **Tim McCloone** for his community efforts and presented a check for \$500 in his name to Holiday Express.

member news

Sabrina Scrivanich tells us that her sister, **Joan Scrivanich** has officially done the unmentionable. Yes that's right - Joan has signed up and started her training for the 2007 Ford Ironman USA Triathlon in Lake Placid, NY. For those that are not familiar with the Ironman, the distances are 2.4 mile swim, 112 mile bike ride and finishing off with a 26.2 mile run. And, yes—all of this has to be completed within 17 hours on the same day.

Sabrina and Joan hope you will be able to make it up to Lake Placid on July 22, 2007 to cheer Joan on as she competes in this limited field of crazy (...ummm, determined) athletes. To read more about the event and track the athletes who have registered, you can go to: <http://www.ironmanusa.com/>.

If you plan on going, it's recommended you reserve your rooms as soon as possible as the hotels usually sell out quickly. For information about Lake and places to stay check out www.lakeplacid.com.



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 to 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.

Luau for Dawn

The JSRC Luau for **Dawn Ciccone** was a huge success. It was a day of bad weather but great food and drink and music that made it a luau to remember. Wind and rain forced the event inside Bar Anticipation to a private party room. More than 100 JSRC'ers braved the inclement weather to party with Dawn. Bar A provided a delicious Hawaiian style buffet and two complimentary draft beers.

The day was further enhanced with an outstanding steel drum duo playing reggae music for the occasion. All participants were greeted at the door and received their lei. **Tom Mulvaney** organized a "hard boiled egg eating contest" complete with a large trophy to the winner. A lively limbo contest yielded the eventual male and female winner of **Lou Can Do** and **Mary Beth Glaccum**. **Tom Morrison** was the 50/50 guy and the grand prize was won by **Jane Erbe**, who graciously donated all of it back to Dawn. Thank you Jane!

Dawn thanked all for their support over the past months and made us realize that we are much more than your average running club. Many thanks to the committee of **Donna Mehler, Cathy Berth, Penny Hinck, Nancy Thorne, Lorraine Buckler** and many more. 100% of the profits from this event will go directly to Dawn.

Much thanks to **Reggie Hyde** and **Pat Mastorelli** and the **Bar A staff** for a tremendous effort. Finally, thanks to all who attended and also those who bought tickets and made a donation. It is the great individuals of this club that make us the best running club around.

—*Bill Koch*



Club Members **Peggy McKean, Mindy & Mike Brady, Nancy Thorne and Ed Alburto** pose together after the Asbury Park 5K. Photo by Jack Kearns-LINK



JSRC Club Member **Pat Quigly** got to see his daughter on Stage with **Southside Johnny** at Bar Anticipation.



Club Members **Jane Erbe, Donna Mehler, Bill Koch, Dawn Ciccone, Cathy Berth and Penny Hinck** at the Luau.

Ask Dr. Phil

Philip Hinck

Q: Why is there no Dr. Phil Question this month?—A Concerned Reader

A: Dear Concerned Reader, Doctor Phil was on sabbatical this month. He will return next month with the answers to your questions. ☺

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).



Club Members **Pat Ford** (First Place-Neptune City Resident) and **Theresa McKean** (Second Place-Neptune City Resident & Second Place in her Age Group) accept their medals at the Neptune City 5K on August 5th.

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 or jsrc@hotmail.com to volunteer.

run@work day

September 22, 2006

To help employers, running clubs, or individuals plan and promote their local Run@Work Day event, the RRCA has developed a "Planning Kit" which can be found at <http://www.rrca.org/programs/programs.html#P4>. The "Kit" contains a sample press release for announcing local events, ideas for planning and promoting the event, and information on nutrition and running that can be shared with event participants. In addition, Run@Work Day events can be posted on the RRCA Calendar for FREE. Event organizers can use the special event code, Run@Work Event, when posting their event.

cross country

Frosty early morning air, a trail in a local park, a small gathering of runners....it must be cross country. The series usually starts up the last Saturday in September. The JSRC team needs a few fleet-footed open runners (males under forty), women, and runners over 50 are always welcome. If you ran with us before, we hope to see you back again this fall. If you like cross-country racing, you will want to join us. Talk to **Tom Mulvaney** or **Charlotte** for more information. It's a lot of fun!!!

cpr training

For JSRC Members

Lou Celmer will be conducting CPR/AED training for club members this fall. Lou, a volunteer for the Deal Fire Company, is trained and certified as an American Red Cross CPR instructor.

Two CPR training seminars have been scheduled for members: Wednesday, October 4 & Monday, October 16 at 6:30 PM in Deal. The class is approx. 4 hours and covers adult, child & infant CPR. Pass the test at the end of the class, & you will be certified by ARC. You will also receive the various written materials and skills card about CPR. Class size is limited to 15 students for each of the two sessions.

To take this CPR training, please contact **John MacGillivray** at JMacRuns@aol.com. John will e-mail you registration details, costs, & additional information to reserve your spot. Registration must be done at least 8 days in advance of the class to have the necessary materials ordered for each student. We encourage all JSRC members to become certified in CPR. You could literally save the life of a family member, friend or fellow runner. JSRC thanks Lou for offering his expertise and time to conduct this program for the benefit of the club and the members.

racing news

Asbury Park 5K

With a thousand or so runner lined up at the start of this year's Asbury Park 5K it was one of the largest races in the City since the Asbury Park 10K Classic was held there about 10 years ago. The revitalization of the city was obvious to all the runners with all the construction along the ocean front and throughout the town. The runners finished on the beautiful boardwalk which is one of the nicest at the Jersey Shore.

Solomon Too (first overall, 14:44) on the victory stand at Saturday's Asbury Park 5K. Too, winner of the Belmar 5K earlier this summer, beat **Joel Limo** (second, 14:54) and **Bill Hoffman** (third, 14:56) by 10 seconds. In the men's race, Too, Limo and Hoffman trotted side by side for two miles. Hoffman said they hit the mile mark in 4:38, the two-mile mark in 9:29. Then Too dropped the hammer. "He kind of made a push, a good surge right after the two-mile mark," Hoffman said.

"It was so windy," Too said. "The pace was good. I'm happy with that." To see three guys go sub-15 in a local race means there was some real running going on along the course.

But the drama belonged to the women on this two-lap course, a race that began on Fifth Avenue and concluded on the boards that overlook the Atlantic. **Jessica Thomas** and **Jennifer Flint** came through the first mile in 5:30.

"I try to go out slow," Thomas said. "But it never works." When they hit the midway mark, both runners were together. Up until the end, it was still close. Thomas finished just one second in front of Flint (second, 17:46) to take the crown. Thomas called it her biggest victory since she ran 1:23:05 to win the Hamilton Half-Marathon on Oct. 23, 2004. Second at the President's Cup 5K in June and second at the George Sheehan Classic that same month, Thomas was ecstatic she finally found her way to gold. It made for a fast race.

Proceeds from this race go to the Boys & Girls Club of Asbury Park. Congratulations go out to Race Director, **Phil Hinck** and all the volunteers from Shore AC, Jersey Shore Running Club and Freehold Area Running Club

Asbury Park Kids' Races

Kid's Race were held after the 5K and the enthusiastic participants were thrilled by the days events. The beneficiary of the race was the Boy's and Girl's Club of Asbury Park who showed out in force and showed their appreciation to all the runners by hosting a pasta party on Friday evening at their recreation center.

Congratulations go out to Race Director, Phil Hinck and all the volunteers from Shore AC, Jersey Shore Running Club and Freehold Area Running Club.

SBLI was again the major sponsor and presented a check to the Boy's and Girl's Club as well as provided awards for overall and age group winners.

control issues

It's a Control Thing

Have you ever stood in line to pay for gas, or buy a cup of coffee and been tempted to add on a candy bar or donut? Does the simple act of being somewhere trigger the desire for particular nourishment, a bag of popcorn at the theatre, a beer or glass of wine in the evening, T.V. with a bowl of chocolate covered ice-cream? Could this weakness for food be the result of some defective "American" gene?

Do you buy something because it is on sale? It is said that Americans are gluttonous. We are spend-happy, self-centered consumers. We buy things to replace things because we got tired of the old one. And we live in a throw-away society. Even our household appliances are only made to last a few years and when something breaks, the cost of purchasing a new one is only a tad bit more than the cost to repair the old one. And when it comes to eating...Americans weigh in at the top of the worlds pie-chart. For most of us, we have our bodies trained to consume food at three regular intervals and that bit we also eat in-between meals doesn't count. Or does it? I would bet that some people graze their way through the entire day—every day. Bored at work? Go to the snack machine. Over eating goes hand-in-hand with our lifestyles. We eat to live...or live to eat. What a habit!

How difficult is it to be in control? How hard is it to say, no? How much of a challenge is it to take charge and do with less? Is it possible to actually be—hungry? Not starving, but hungry, as in, skip a meal. To do—without? It might actually be healthy to occasionally abstain.

I read a controversial book, *A Million Little Pieces*, by James Frey. The author has been criticized because it is said he exaggerated, or took liberties with the truth. Regardless of that, it is a good book with a staggering message. James Frey took control and responsibility for his addictions. He knew he couldn't rely on the 12 steps or belief in a God he didn't embrace to cure him or curb his overwhelming desires. His message is simple, yet powerful. It is we, who are ultimately in control.

We are in control of our weight, physical fitness, and emotional outlook.

It is tough, but each of us has one shot at this thing called life.

One shot to live it the way we want.

—Charlotte Williams

Saturday in the Park

Tropical Storm Ernesto's visit to the Jersey Shore was no deterrent to the field of women who participated in this Year's Saturday in the Park 5K in Holmdel Park. The overall winner was **Christine Clifton** (of the Shore Runner Store in Pier Village) in a time of 19:53 followed by **Catherine Robbie** in 20:25 and **Lauren Rhatigan** in 21:10. A total of 230 runners participated in the race which is truly amazing considering the conditions. Kids races were even held and there was a good turn out for them as well!

Special thanks go to the people from the Monmouth County Parks System who rigged up emergency back up power and lighting after the entire park lost power. Despite those conditions the race started on time, everyone finished and there were no injuries on the slippery course through the woods.

Congratulations to all of the participants who made it out despite the weather. All in all everyone appeared to have a great time. Special thanks to all of the volunteers who made it out and got really wet on the course, at the start and the finish line. Another great day organized by Race Director, **Penny Hinck** despite some really challenging conditions.

Registered runners who could not make the event due to the weather can contact Penny at penny@saturdayinthepark5k.org to pick up their shirt and goody bag. 📧

Due to the Rain the Photos are not that good - 2 cameras were shorted out due to the rain.

Paws for a Cause

The rain did not deter the runners in the First Annual Pause for a Cause 5K held in Pine Creek Park in Lakewood. The course consisted of two loops through the trails of the park. Although the runners (and spectators and volunteers) got wet - the running conditions were great for some fast times particularly after the recent hot weather.

In the race it was Karen Charles of Belmar who was First Overall in a time of 18:45. For the men it was Luciano Oliveira of Long Branch in a time of 18:55.

Runners were treated to lots of giveaways, a goodie bag and post race refreshments. A silent auction was held after the race for many valuable prizes.

Congratulations to the Ocean Pet Caring Foundation and Race Director Amy Nalven who put on a nice first year event. Its something runners will be coming back to in the future. 📧

Bradley Beach 5K

A field of about 800 runners participated in the Ninth Annual Bradley Beach 5K. It was a little on the warm side for this annual event which started on Ocean Avenue and wound its way through the Jersey Shore town and finished along the ocean front.

The Men's winner (on the left) was Robert Dennis of Little Silver in a time of 15:38 and for the women (on the right) it was Michelle Lilienthal of Philadelphia in a time of 17:07. 📧

Neptune City 5K

The hot weather broke just in time for the Annual Neptune City 5K. The 300 or so runners ran through the streets of Neptune City and finished at the park at the Shark River. The overall winner in a time of 16:46 was Wilson Martines of Trenton and for the women it was Ali Belicose of Red Bank in a time of 18:57. 📧

Sea Girt 5K

A great weekend of racing was capped off with the Annual Sea Girt 5K on Sunday with a field of over a thousand runners. The weather was a bit on the warm side but the runners put in some decent times on the course which winds through this Jersey Shore Town.

The overall winner in a time of 16:08 was Robert Cavanaugh of West Long Branch and for the women it was Megan Phillips of Manasquan in a time of 18:21. The winners received Kayaks for their efforts., Maybe they will take up kayaking and leave the field wide open for others next year. 📧

Women's Running 101

Coach John & Coach Elaine tell us the 2006 Women's Running 101 training program was completed on August 26, when the students ran the Holmdel Park 5K course for their final workout. After that final workout, the women enjoyed a healthy breakfast catered by professional chef **Bob Gileski**. Chef Gilbo prepared Eggs Gilbo, fresh fruit salad with cottage cheese and his famous whole grain and fruit muffins.

Of the 113 students who registered for WR101, over 65 actively participated in the training program. This equates to a success rate of about 60%, which is what the program has maintained since its inception in 2002. The program achieves that success due to the motivation and dedication of the students and the wonderful support of our volunteer mentors. Most of the mentors are WR101 alumnae.

Over 40 women from this year's program ran in the Saturday in the Park 5K for Women on September 2 despite the brutal weather conditions. These women created a sea of violet with their stylish, WR101 tank tops as they stormed up the start hill. As time keeper **Fred Torres** stood shivering at the finish line, he commented that all of the WR101 students had big smiles as they finished. He asked, "What's up with that?"

We congratulate all of the women who participated in this summer's program. They worked very hard through the heat and humidity. Their performances at the race were proof of their dedicated effort and commitment.

Here are some numbers regarding the 2006 WR101 program:

- 113—New members for JSRC
- \$2800.00—Proceeds from the WR101 program contributed to various causes: The beneficiaries of Saturday in the Park 5K; Friends of the Parks (to help with trail maintenance at Holmdel Park); Dawn Ciccone, our friend and club member, to help her through her accident and recovery.
- 35—Total number of training sessions held for the three classes of WR101
- 350—Number of hours spent by Coach John and Coach Elaine planning, preparing and conducting the training program
- 2000—Number of watermelon slices Coach John cut this summer for the program
- 16 – Number of mentors who volunteered to run with and encourage the students during the class sessions
- 60 – Number of WR101 students registered for Saturday in the Park 5K, making WR101 the largest participating group
- Countless – The smiles on the faces of the WR101 graduates as they crossed the finish line at the race! 📧

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 at 6 PM on April 6th, meet at the main pavilion to run the famous cross country course. 3 to 5 miles. Run will suspend when Daylight Savings Time ends on October 29th.

Thursday Run

We meet on the Boardwalk at **Taylor Pavilion** at Fifth Avenue 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

pier village 5k

Hoffman, Bill	15:16
Deflippis, Rob	15:39
Demonico, David	16:25
Pilkington, Jeremy	16:40
Tully, Michael	17:51
Karen Charles	18:05
Belicose, Ali	18:15
Petruzzell, Diane	18:32
Hart, Amber	18:41
Sarnaacki, Terra	18:57
Rob Jaeger	19:57
Alburtus, Ed	19:12
Ruckes, Tobias	20:57
MacGowen, Walter	21:06
Glassett, Mike	21:18
Griggs, Mark	21:27
Wisdom, Graham	21:37
Foley, Steve	21:53
Glaccum, Marybeth	22:26
Garfield, Ralph	22:45
Duda, Ted	23:24
Renzella, Joseph	23:49
Thorne, Nancy	23:53
Tina Angello	24:05
Smith, Holly	25:39
Cheer, Diane	26:39
Depolo, Carly	26:56
Hayes, Bob	28:03
Moriarty, Mary	28:07
Brady, Mindy	29:13
Schavio, Carl	29:23
Johanson, Mary Carroll	29:25
Laura Schneider	30:28
Baratta Perez, Grace	31:06
Brandmayr, Candace	31:29
Lowell, Corey	33:56
Duda, Tina	38:23
Noble, Penny	54:1
Lurch, Clarence	56:35

saturday in the park

Clifton, Christine	19:53
McDonough, Adele	21:41
Ardito, Susan	25:12
Thorne, Nancy	7:08
McKean, Theresa	27:21
Barry, Charlotte	27:45
Cheer, Diane	31:55
Brady, Mindy	33:08
Howe, Maryellen	33:39
Ireland, Elizabeth	33:43
Ryder, Marilyn	33:44
Lowell, Corey	34:27
Keenan, Barbara	34:37
Higgins, Anna	34:42
McKean, Peggy	35:18

eatontown 5k

Steve Collins	23:50
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canes cross country 5k, Bradenton, FL

Frank Pelcher	24:55
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jackson day 5k

Martin McEnroe	24:06
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new york city half-marathon

Steve Foley	1:45:52
Katie Foley	1:47:36
Eileen Kean	1:48:22
Laura Myers	1:50:37
Susan Grant	2:15
Alan Palestine	2:15
Diane Cheer	2:16:08

pause for a cause 5k

Karen Charles	18:45
Rohan DeFonseka	22:04
Glenn Hammel	25:44
Ralph Garfield	23:23

bradley beach 5k

Pilkington, Jeremy	16:53.7
Hart, Amber	19:17.4
Alburtus, Ed	19:51.1
Alan, Paschedag	22:00.4
Ruckes, Tobias	22:06.4
Macgowan, Walter	22:09.8
Mahoney, Tim	22:39.9
Garfield, Ralph	23:10.9
Duda, Ted	23:33.2
Renzella, Joseph	24:00.6
Gallagher, Jaime	24:33.8
Shonts, Dean	24:54.0
Schavio, Carl	31:33.2
Baratta-Perez, Grace	31:54.8
Hayes, Bob	31:59.7
Mehler, Donna	32:02.0
Hartung, Elaine	34:11.5
Risley, Sandra	40:52.5
Duda, Tina	42:26.0
Ralph Garfield	3:10
Beth Patterson	44:45w
Karen Hornberger	48:22w
Lurch, Clarence	54:30

honolulu 4-miler

Ken Verccammen	25:42
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asbury park 5k

Jaine Gallagher	23:31
Douglas Hawkins Jr	28:46
Tobias Ruckes	20:58
Rob Jaeger	19:59
Ed Alburtus	18:27
Carly DePolo	25:50
Marty Dugan	23:47
Leslie McKernan	23:35
Raplh Garfield	22:33
James Robbins	31:22

Graham Wisdom	21:57
Diane Cheer	27:30
Tina Agnello	24:24
Carol Irwin	23:19
Mike Bair	17:47

sea girl 5k

Diane Cheer	29:08
Matt Shafer	19:14
Jim Malone	33:20
John Dalton	25:26
Tobias Ruckes	22:01
Marion Mullarkey	31:50
Pam Barth	34:54
Peggy McKean	32:30
Matt Shafer	19:14

tinton falls 5k

Jim Malone	31:10
Tobias Ruckes	20:42
Bob Flannery	21:56
Tina Duda	39:38
Sandy Rishey	38:38

turkey swamp 50k

Greg Mendina	3:40:17
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florida half iron triathlon

Jessica Alinsub	7:09:49
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michigan triathlon

Jessica Alinsub	7:31:41
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san francisco marathon

Diana Burton	5:28
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neptune city 5k

Bob Horn	16:58
Jeeremy Pilkington	17:04
Pat Ford	17:58
Ali Belicose	18:57
Terra Sarvacki	18:59
Ed Alburtus	19:00
Amber Hart	19:10
Mike Glassett	20:25
Tim Mahoney	20:37
Kevin Moore	22:06
Walter MacGowan	22:35
Ralph Garfield	22:55
Bill King	23:10
Joseph Renzella	23:44
Nancy Thorne	23:55
Theresa McKean	24:21
Carly DePolo	27:16
Bob Hayes	30:01
Peggy McKean	30:14
Elliott Denman	39:24
Beth Patterson	47:14w

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 or 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.

Date	Event	Distance	Start Time	Location	Contact
September 23	Dottie's House 5K	5K	9:00 AM	Point Pleasant Beach, NJ	732-295-7380
September 24	Parkway Run for Children's Cancer Research		8:30 AM	Philadelphia, Pa	
September 30	4th Annual Beat the Clock Against Breast Cancer	5k	9:00 AM	Stone Harbor, NJ	609-465-1852 x548 - Rita Tice.
October 1	Jersey Shore Half Marathon	13.1 Miles	9:00 AM		www.jsrc.org/raceapps/jshm.pdf
October 1	4th Annual Sandy Hook Lighthouse	5K	9:05 AM		www.jsrc.org/raceapps/jshmlighthouse.pdf
October 7	Captain George E. McCormack	5K	10:00 AM	Lake Como, NJ	www.JerseyRunner.com
October 7	The Rat Race	3-5 M Trail Run	10:07 AM	Shark River Park, Neptune	RatHash@yahoo.com
October 7	Women's Distance Festival	5k Run/Walk	9:00 AM	Ridley Creek State Park, Medea, PA.	www.DelcoRRC.org
October 8	24th Annual Run thru Deal Fun Run	5M 1M	11:00 AM 10:00 AM	Deal, NJ,	www.JerseyRunner.com info: 732.531.1994
October 8	Stockton College 5K	5K	9:00 AM	Stockton College, NJ	
October 14	6th Annual Interlaken 5K Kid's Fun Run	5K 1M	11:00 AM 10:00 AM	Interlaken, NJ	www.JerseyRunner.com info: 732.531.0340
October 14	Heights Pride & Kid's Races	5K	9:00 AM	Spring Lake Heights, NJ,	
October 15	ORC Seaside Half-Marathon & 5K	5K & 13.1M		Seaside Heights, NJ	
October 22	Shark Run	5K	8:30 AM	Bay Head, NJ	
October 29	Trick or Trot to benefit Ronald McDonald House	4 M	9:00 AM	Seven Presidents Park, Long Branch,	732.542.6090
November 4	Pre-Marathon Union Beach 5K	5K		Union Beach, NJ	
November 12	Hashathon Trail Run	6 Miles	10:30 AM	Cheesequake State Park, Matawan	732.528.0132

joy of running

Coach John with Coach Elaine

Running on 9/11

In my lifetime, there are two historical events that remain etched in my memory as if these occurred yesterday—the assassination of President Kennedy and 9/11/01.

As the World Trade Center was attacked and toppled by terrorists, we watched a near chaotic scene unfold in New York. This was unfathomable. We hoped it was surreal and that we would awake from a nightmare to see the twin towers standing proud and tall. As the hours rolled by, the reality set in. With that reality, a range of emotions occurred—anger, grief, shock, etc. I have always found running to be a great panacea for those times when I am feeling stress of any kind. That afternoon, I went for a run at one of the most tranquil spots in my area, the Towpath along the Raritan River. It was a nearly perfect weather day, bright sunshine and temperatures in the 70's. With all commercial air traffic shut down, the skies were quiet. During the 45 minutes of that peaceful run, I allayed some of my concerns and uncertainties. The run helped me reinforce the concepts of freedom we have in America. Despite the carnage and devastation in New York and Washington, Americans had to continue to live the way we always have—respecting and protecting our freedoms. As the days rolled on, my running became an even greater source of strength and motivation to me.

When September 11, 2002 was nearing, I had a dilemma. It would occur on Wednesday. **Elaine Hartung, Dave Zurheide** and I were then the

organizers of the Wednesday evening run at Holmdel Park. The dilemma—should we do a regular group run on the day remembered for the worst tragedy on American soil? After some thought on this matter, we all concluded that running is a major part of our lives. Though 9/11 is a day we take to remember the nearly 3000 innocent people lost on American soil that day, it is also a day when we deeply appreciate the freedom which we have in this country. For many of us, running is one way we enjoy that freedom. To refrain from running could be construed as letting the terrorists compromise that freedom. We further concluded that this would be an excellent opportunity to allow those outside of JSRC to join us and pay tribute to those lost on 9/11/01 with a run on the Holmdel Park course. With a short blurb published in the Asbury Park Press prior to the day of the run, we drew over 50 people. It exceeded our expectations. We did a brief ceremony to remember the victims of 9/11 prior to the run. We then ran the 5K course. There was a great sense of American pride and camaraderie when we gathered for refreshments afterwards. Many people came up to me to thank us for hosting this run. One runner said, “This may have been the most gratifying run I have ever done.” That day gave birth to an annual JSRC event that has grown immensely in both size and stature over the ensuing four years.

In 2003, **Tim Mahoney** organized a formal 9/11 ceremony in Belmar to coincide with the Thursday night group run that year. It was an extremely dignified and touching event. With much greater publicity than the 2002 event, it drew nearly 100 runners.

Again the response from these people was overwhelmingly positive. By 2005, the event attracted nearly 200 people. As we ran down the boardwalk in silence to Spring Lake, our fellow citizens walking or sitting on the boardwalk responded with looks of respect and appreciation for what is being remembered.

The official JSRC 9/11 event is now done in Belmar each year. Each year, Tim manages to do an even more meaningful remembrance. I commend Tim for the great effort he puts into this. He has fulfilled the great responsibility that the club placed upon him.

For the first time since we started holding group training programs, one of our scheduled workouts occurred on 9/11. Coach Elaine and I each led a moment of remembrance at the workout we conducted that evening. This will be a standing tradition in any year when our workouts occur on 9/11. Many of our students have a direct connection to the tragedy on 9/11. Sadly, one of our past students lost her son at WTC that day.

By having participated in these various 9/11 runs, many of us have experienced more closure on the tragedy and greater appreciation for the freedom we enjoy in our country. As we move further in time from 9/11/01, let us remain close to the memory of the people who were lost that day and meaning this day has for all of us in America. 🙏

Coach John and Coach Elaine conduct year-round training programs for runners ranging from the true beginner to intermediate level, for both adults and youth. Please e-mail your questions or comments to us at JMacRunning@yahoo.com, or visit our website www.geocities.com/jmacrunning.

rca footnotes

September issue is Posted

Check out the Road Runners Club of America Quarterly Newsletter and see the photos posted on the cover of the Spring Lake 5 and inside the Club's 9-11 Memorial Run is featured! 📄

the rat race

Are you and your friends looking for something different to do, yet still want to get a good run in? Then come to The Rat Race on Saturday, October 7th. This 3 - 5 mile walk, run, hash over woodland trails starts at Shark River Park in Wall at 10:07am. The Hash is sponsored by Long Trail Ale and includes all the beer you can drink, and a great spread of food, such as Bahr's Clam Chowder, Wendy's Chili, and a huge BBQ at the post race party. All pre-registrants will also receive a tee shirt. There will be a DJ, along with lots of games, awards, prizes, and surprises. However, all participants must be at least 21 years old. The entry fee is \$20 by October 1st, and \$25. after. Proceeds will benefit local charities. For more information e-mail: RatHash@yahoo.com.. 📄

cool silver

you know you want one

You've always wanted to receive a silver medal. Here's another chance to earn one. We need always need volunteers for water stops, transition areas and course marshals. If you're not running, why not volunteer and celebrate with the champions?

Many of our races this year are in dire need of volunteers, and they can use your help. Remember, all of our races support worthy causes, which is what makes JSRC the best Club in the state. To volunteer or for more info, contact the race director of the race or email volunteers@jsrc.org.

Want one?

The JSRC Lapel Pin is shiny silver and a wonderful way to show you are a member in good standing. However, it's not for sale! It's presented to you only if you volunteer at 3 events. Once you complete 3 events, contact the Club president. Volunteer to get yours today!



we got letters

Thank You

When you are thrown into immediate trauma, you have no time for rational thought. I remember lying in the emergency room with 5 doctors working on different parts of my body at one time, and thinking...I hope they finish soon so that I can be released, go home, and get a run in. And the words weren't sinking in when they told me how serious things were.

Runners...yeah we're different.

Three weeks in the hospital, 3 months confined to a wheelchair, and I thought I would be so alone, but my running friends came...and kept coming...and coming...they took shifts visiting me, decorating my room with flowers and cards, checking up on me...oh, and don't forget the chocolate. I am so overwhelmed by your love.

And it didn't stop after I got home. **Kent** and **Susie Sabin** showed up with their "injury expertise" and rearranged my home for safety. **Dave** always called to keep updated on how I was doing and gave me a pep talk when I needed it. He also stopped in with food. When I had a setback, **Rhoda** took me to the emergency room and spent 9 hours by my side! After I got better, **Walt** took me to Bahr's race, wheelchair and all. **Pam Allen** and **Linda Puzzo** came every week and either cooked dinner or took me out for the night, wheelchair in tow. **Gio** assisted me through his Charity House, **Bill Koch** arranged the fabulous luau, and so many of you showed up, even in the worst weather conditions!

Jane, you are a special woman and a dear friend for donating back your winnings. I

hope to run with you again soon even though I know you'll kick my butt!

I want to thank my family—the running club—for being there every step of the way. When things looked the dimmest and I thought I was alone, all of you came forward to remind me that I am never alone—you are my family and I couldn't of gotten this far without all of you.

JSRC runners...yeah we're different...we are a breed of our own...and proud of it!

Thank you from every fiber of my being,

—*Dawn Ciccone*

Thank You

I would personally like to thank all of the wonderful members of the JSRC who helped me through the last agonizing mile and over the finish line of the Pier Village 5k on Labor Day due to my not yet healed injury.

I would especially like to thank **Diane Cheer**, who without a doubt is one of the most terrific people I've ever met. She brought ice to me at the finish and stayed with me until she was absolutely sure I was OK. This race reminded me once again how much more important the friendships we forge while running are, as opposed to the races, results, etc. You guys are the greatest! I'm proud to be a member of the club (albeit absentee except for summers right now!) and wish you all a wonderful fall. Hope to see you at the winter banquet!

—*Lynne Mortimer.*

from the editor

Season's End

This issue is probably one of the shortest issues that we've produced in a long time, it's not that there's been a lack of events or news—quite the opposite. The Club has been so busy with races, runs, trainings, fund-raisers, meetings and our ever-popular parties, we've just been too busy to sit down and write our usual long stories!

Jersey Shore Running Club is truly a part of the Jersey Shore communities, whenever someone needs a hand, you're sure to find a JSRC'er there offering assistance. Club members come from all walks of life and when you need help with something you've never handled before, you're certain to find a Club member with expertise in that area. We are able to offer CPR instruction because **Lou Celmer** is certified to teach and he is willing to share his knowledge, and that is only one example. In my work, I needed to hire a bus company, through **Jim Rich** I was able to get a wonderful deal on a bus for our company, he made me look good and I thank him for that. When we needed a gift basket designer, I again asked Club members and found **Charlotte Williams-Barry**, an incredible gift basket designer. Thanks to her expertise, the store gets compliments daily. Our Club members are runners...they run for exercise...they run for fun...and they run to help others, either one-on-one or through incredible fund-raising efforts. Summer may be "over" but our Club members just keep on running. Thanks. 📄

Memories of Art Glass

This past summer the local running community lost one of its familiar faces. For over 40 years **Art Glass** was a fixture of the Shore running scene going all the way back to the early days of Lake Takanasse.

Many of you will remember Art in different ways; a regular on Sunday morning runs at Bodman Park, a decent runner, a very good race walker, and also as **Colleen's** Dad.

Art was all of these things and more. He was also my brother-in law and a good friend.

Art married my sister **Nancy** when I was only 5 years old. So he was always more than just a brother-in law to me. When I was around 7 or 8 years old, I used to accompany my brother **John Marley** (a good runner in his own right) to many of the local races, along the shore. And while John usually finished in the front I always remember Art would finish in the back of the pack, with a smile on his face.

I always wondered why he was always happy, when my brother always beat him. That was a mystery to me, but that was just Art. realized as I got older that it was not about winning the race it was about being there and trying your best.

As I got older I started to run. I was a slow long distance runner for my track team at RBC, but that was about it. When I went off to college I was more interested in girls and parties so running was put on the back burner.

After I graduated college things changed. On Thanksgiving, around 1994, Art mentioned to me about the race he was doing the next day called *Born to Run*, and that Colleen was running too. I decided that I was starting to look like the turkey that we were eating that day, and that I should try to get myself back in shape. What happened the next day, changed my outlook on things forever, Colleen who was probably 12 years old at the time beat me, and Art, again finished with a big smile on his face. He was



Right to left: myself (**Brian Marley**) **Annie Glass**, **Colleen Glass** and **Art**. Taken at last year's 2005 Born to Run post race party.

smiling not just because he finished, but because Colleen finished. From that moment on, I saw a bond develop between Art and Colleen that could never be broken. Art took so much pride in running with his daughter, that it really made me happy to watch them. It also made me realize the power that running has on our lives.

I wanted from that point on, to experience the bond and that feeling of accomplishment and the camaraderie that develops between runners. I also did not like losing to my 12 year old niece

After that, I started joining Art and Colleen on Sunday morning runs, and at local races. I soon discovered that Art would pick his races based on the post race party.

So the *Bahrs 5 Miler* in the Highlands quickly became a family favorite, with steamers and beer at the finish.

In 2004, I was diagnosed with Hodgkin's Lymphoma and Art was always around to help me through my treatment and keep me up to date with what was going on in the local running scene.

He was also the first to tell everybody that I would be back to run the *Bahrs 5 Miler* in

2005 after I completed my treatment. I never felt pressured to return back to running, I wanted to. I wanted to because, knowing that I could was one of the things that helped me get through my cancer treatments. Also, Art motivated me and put the challenge to me to get back to Bahrs, and finish the race and get the steamers.

I did make it back to the 2005 *Bahrs 5 Miler*, and I have continued to run and have never felt stronger. This year Colleen and I ran the *Bahrs 5 Miler* again, but without Art. At the time, we both felt that he would back again with us next year for the race, but unfortunately that will not happen. We will run it again next year, and have an extra bucket of steamers, and a couple of beers to remember Art by and he will always be in our thoughts,

Art was many things to many people, to me he was one of the ones that helped me become a better runner and a better person, and I will never forget these things. Art was more than just a local runner and Colleen's dad (also Gary and Annie's dad); he was also my brother and my friend. 🍷

—**Brian Marley**

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-with-out" 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, 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 Hinck** (gear@jsrc.org) when sending in your order. Thanks. ☺

jsrc member stats

Membership Summary

9/5/2006

Total Members:2004
 Active Members (Dues Paid):840
 Individual Members:796
 Family Members:44
 RRCA Insurance Members:749
 Email Newsletter:472

Yes, we are a large Club, but less than half our recorded membership have paid (or renewed) their dues. Your Membership anniversary date is first of the month in which you joined. If you joined in April, April will be when you will need to renew membership. Members with unpaid dues, will no longer receive the newsletter. There is a membership form on page 11 of this newsletter. Why not take the time now to renew? Where else can you get all these great perks for only \$12? ☺

Monthly Meeting

The Club Meeting will be held on Tuesday, September 26, 2006 at the Deal firehouse, Brighton Ave., Deal. We will meet at approximately 7:15 pm, following the regular Tuesday night Club run. Web site: www.jsrc.org

birthday news

Look Who's celebrating!

October 1	Diane Fisler James McMillan	Denyse Owens	Gerry Mogan Megan Sullivan
October 2	Lauren Caesar Andrea Friel	John Pape Kerri Walker	October 16 Wayne Foster Alison Locke
October 3	Kiernan DeLaurier Lorraine Ford Jeffrey Herman Sharyn Lynch Michael Mittelmann	Teri Principe Ron Salvio Craig Seba Donald Sutfon	October 17 Phil Hinck Kathy Klemm Michele Mann
October 4	Kathy Burns	W. David Casey	October 18 Coleen Baquero Matthew Bisaha
October 5	Paula Aguilar Nicholas Cariddo Marilyn Grabowski	Edward Kahrer Ann Marie Pontone	October 19 Teresa Burns James Gamgort Nicole Masulla
October 7	Charlotte Barry Marge McCabe	Mary Ellen Masticcova	October 20 Lynne Koller
October 8	Catherine Alessi	Elizabeth Ireland	October 21 Bill Ferguson Joseph Renzella
October 9	Jon Berrian Kimberly Steiner	Patricia Summers David Zurheide	October 22 Alicia Sarin
October 10	Robyne Baugh Adria Dillon Josh Epstein	Regina MacLane Paul Turner	October 23 Christine Dailey
October 11	Gabriella Bair Giovana Castillo Douglas Hatchman	Jessica Lim Gene McLoughlin Patricia Vollherbst	October 24 Christine Dailey Clarence Lurch
October 12	William Aromando		October 25 Bill Broadhurst John Brown Susan Newton-Carter
October 13	Mike Baker Richard Cavallaro	Wendi Glassman Robert Jaeger	October 26 Bernard Friel Peggy Ann McKean
October 14	Kathy Crisp Susan Cytryn Panseluta Geer	Donald Spano Jacqueline Weinstein	October 27 Hannah Kahane
October 15	Jodi Angello Karen Gregory Daniel Kane	Debra Natoli Lea Nicholson Erin Posbergh	October 28 Marypat Abowd
			October 29 Jerry Ferrara Brendan Gilmartin
			October 31 Arlene Compoli Kaylyn Dines Doreen Donohue
			Thomas McCloskey Allen McKean Wilma Soscia
			James Neary Kathleen Statz
			Doug Weber Jill Zupancic
			Robert Green Kristin Hill
			Peter Rowe Heather Vonleer Donna Wasielewski
			Art Vasen
			ivian Smith
			Paul Krentar
			Donna Pace Henry Rosset
			Siobhan Ryan William Thompson
			Jack Miskin
			Peggy Morrissey
			Briana Jackucewicz
			Elsa Lopez Jackie Young

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs."

—Jesse Owens

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, Freehold, and East Windsor. JSRC 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 Twshp. 732.528.8434 www.broadwayray.com

FAMILY CHIROPRACTIC CENTER:

Special rates for club 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 garden party or picnic basket specials! 732.887.6791.

HAYSEEDS DESIGN

Advertising & Marketing: Publications, Brochures, Logos, Web design, and illustrations. Barbara Hay at 732.517.1474. www.hayseedsdesign.com.

HEALING HANDS • REIKI THERAPY:

Dawn Ciccone at 732.872.7441. 10% member discount.

HEALTHY LIFESTYLES:

Safe, chemical-free, natural based products that are better for you and the environment. Cost-effective, buy wholesale. For information call: 732-517-1474.

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 Fri & Sat. 3-6 p.m. Gift baskets 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.thepamperedoul.com

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, 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 Shortis. 308 Millburn Ave., Millburn, NJ 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 Wiss at 732-682-5156 bigeye51@optonline.net.

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

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*	+S/Family Member
1Yr.	\$15	\$12	+\$6 / f.m.
3Yr.	\$42	\$30	+\$15 / f.m.

Hotline: 732-542-6090
Award-Winning Website:
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 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 my 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, NJ 07702.



www.jsrc.org

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Shrewsbury, NJ 07702

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**Next Meeting:
Tues., Sept. 26,
Deal Fire House
7:15 pm**

Newsletter of the Jersey Shore Running Club
Issue XV, Vol. 10 • October 2006
Postmaster: Dated material enclosed. Please
deliver **before** September 25th, 2006. Thank You!



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marine corps marathon

Spring Lake Police Association

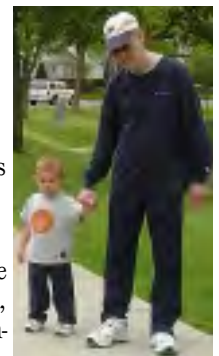
The Spring Lake Police are having a fundraiser to assist **Tom Ferguson** the Spring Lake Administrator who was diagnosed with terminal cancer. Tom is the Borough of Spring Lake Administrator, and was diagnosed with Cancer in February 2005. Just recently, Tom's doctors have classified his disease as terminal, and have given him three to six months more to live. He is currently undergoing intense treatment, creating both emotional and financial strain for him and his family. The Spring Lake Police Association has set out to raise as much money as possible to help defray the high medical costs of his treatment.

In an effort to raise funds, the Spring Lake Police Association has started an account to help defray the high medical bills to help the Ferguson family as much as possible. By contributing to this campaign and/or sponsoring a runner in the *Run For Tom* fundraiser, you will help the Association tremendously.

Several members of the Association (officers, friends and community members) are going to attempt, and hopefully finish, the Marine Corps Marathon, in Washington, D.C. October 29, 2006. The Association hopes to raise money from each of the runners' pledges and sponsorships and to place the funds in this account. 100% of all fundraising efforts will go to the Ferguson's at the completion of the Marathon.

Any runner who wishes to join the police runners are more than welcome and anyone wishing to help with fundraising is welcome. For information or to send a donation:contact **Sgt. Jerry Preston** at gerald108@optonline.net. All donations are gratefully accepted. Please feel free to drop off any gift raffle or silent auction item to the Spring Lake Police Department. Do not hesitate to contact any member of the Association if you have any questions, comments, or ideas about this event. All checks should be made out to the Spring Lake Police Association with "Run for Tom" in the memo.

Please send all donations to: Run For Tom Fund, 311 Washington Avenue, **Spring Lake, NJ 07762**



Tom Ferguson with his son.