



Meseret Defar. Broke a world record at the Reebok Grand Prix.



## JSRC Does The Reebok Grand Prix at Randall's Island

### In This Issue:

#### Club News:

##### • Club News:

- A Word from the President ..... 2
- Recordings: Meeting Minutes ..... 3
- Membership News ..... 3
- From the Editor ..... 13

#### On the Run:

- Racing News ..... 4
- Muddy Buddy ..... 9
- Club Group Runs ..... 10
- The Finish Line ..... 10
- Race Calendar ..... 11
- Joy of Running ..... 11
- Membership Application ..... 6

#### In the Know:

- Ask Dr. Phil ..... 3
- Health Updates ..... 7
- Member Profile ..... 9
- Birthday Calendar ..... 14
- Classifieds ..... 15

### Upcoming Club Events

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

### Upcoming Races

(to Run or Volunteer, see pg. 11)

- Ryan's Run 5K, June 24
- Save Barnegat Bay 8K, June 24
- Pine Beach 5K, June 25
- 30th Annual Firecracker 5M, July 4
- Belmar Kids' Race, July 7
- 30th Annual Belmar Five, July 8
- 10th Annual Crohn's & Colitis 5K, July 15
- Ten Mile Ten Bar Run, July 15
- Matawan 5K, July 22
- Neptune City Day 5K, August 5
- Tinton Falls Rotary 5K, August 5
- Sea Girt 5K, August 6
- Asbury Park 5K, August 12
- Asbury Park Kids' Races, August 12
- Bradley Beach 5K, August 19
- Saturday in the Park Women's 5K, September 2

The headlines read: "The island of Jamaica comes to New York on June 3rd for the 2nd annual Reebok Grand Prix track & field competition". They left out that the hardy members of JSRC were going to be there, too—to volunteer. Yes, most of us arrived at Icahn stadium via the bus that **Bob Both** arranged for us and which **Godwin** drove, wearing our khaki (not tacky, okay some tacky) shorts WITH belt and sparkling personalities. Some of us even remembered to bring locks for the lockers and beer for the way home.

Once we got there, we were at a loss for parking accommodations and nearly ended up at the Cirque de Soleil tents. Bus parking seemed to be one of those things forgotten from the to-do lists of the planners.

We made our way to the "Volunteer Tent" to find folks milling about and a wee bit of confusion.

**Sabrina** and **Joanne Scrivanich** were there waiting for us to arrive and had already scouted out the situation. We waited and watched as Bob Both, wearing a Reebok jacket, got his new shoes, shirt and visor, the Volunteer Coordinator was busy sending out basket keepers and guides. Finally, he turned to JSRC and let us know we should grab a box of food, get our shoe boxes which would have our specified shoe size, shirt and hat (really a visor). Our box food selection was interesting, roast beef with cheese and something or tuna salad with cheese and something either on a wrap or roll (it depended on the box) or a veggie wrap with goat cheese. Each box contained blue shredded paper for decoration, chips of some sort, and, hidden beneath the blue paper, your napkins and handi-wipes. Being seasoned volunteers, we all took the opportunity to eat, then we headed to the locker rooms to don our new shirts and tuck them into our waistbands.

Some of our volunteers discovered their shirts were a tad too large and went back to see if they could get a reduction in shirt size. Most did and also got a color change. The color change was for the better as it was navy blue and it didn't show through if it got wet (it was raining), and it gave the wearer extra "privileges" such as going back to the locker room for one's jacket after the meet started.

We returned for our assignments to wait. As more and more of the "other" volunteer groups left, we were becoming concerned that we were being saved for "sanitation engineering". But then we were sent off to do our jobs. **Joanne Scrivanich** to Media, **Penny Hinck**, **Jack** and **Diane Cheer** became part of the escort service, **Eric MacKellar**, **Karen Charles**, **Tobias Ruchas**, his friend **Dieter**, **Frank Pelcher**, **Deana MacLean**, new Club member **Michelle**, and **Nancy** were all sent to the entrance gate to do programs. Of course, we first had to stuff each of the several thousand programs with paper before the gates opened to the



Best seats in the house? JSRC members sit in their section (209) before the meet and their duties begin.



Team JSRC. Volunteers pose with Reebok representative.



## member news

Club member **Diana Burton** who lives in Middletown tells us that she is on a quest to do 6 marathons in '06 for her 60th year. She qualified for Boston, her sixth marathon, which she completed in 5:02. She also completed the New Jersey Half-Marathon in 2:25:30 in April. She says that this is a big deal when you're 60. We think it's stupendous! Congratulations Diana, and keep us posted on your quest!



Unfortunately, **Jane Erbe** had a car accident on her way to our Club meeting May 30th. Apparently, she was stopped at a traffic light at the intersection of Routes 35 and 34 in Manasquan, when the car behind her decided to use her car as a brake. Jane's shoulder and neck are still very sore. Feel better soon, Jane. We miss you on the boards!

## recordings

# May 30th Meeting Notes

We opened our meeting at Bar A by thanking **Reggie** and the gang for hosting our first outside meeting of 2006. **Laura Schneider** was gracious enough to collect for the grub. Thanks, Laura! After everyone approved the minutes, we discussed the various activities from last month. The baton was officially passed at Bar A to Z President, **Dave**. **Dawn Ciccone** stopped by the Bahr Run, as she continues to recover from being hit by a car (while she was out for a run).

Various races in the area showed strong turnouts: *Lake Como/Granio Maggio Memorial*—there was a thank you card from her family, a *Coast Star* article, and scholarship fund that is being set up. Blue Claws treated to a game following. Nice to come around the bases to the finish. Next year they are hoping to add a tailgate party. **Bill Koch** mentioned about providing oranges at the Jersey Shore Marathon. *The Wooley House 5K* had 101 people for its initial effort. *Sandy Hook Lighthouse* had 200 and great raffle prizes. *Monmouth Beach* had over 50 doorprizes. *Spring into Summer*, great barbecue. *Michael W. Thorne*—sister **Nancy Thorne** presented the club with a plaque in appreciation. May finished with the incredible *Spring Lake 5*. Wow! What weather. Everybody had a smile on their face after that one, and then we piled on over to Bar A post-race. Now that's the way to kick-off summer!

The *Mix-and-Match* that **Dawn** started on our website—she would like someone to help her keep this feature going. It is a very good idea. Please contact the club if you can help with this great feature.

The membership approved a \$200 donation to Autism Awareness on behalf of **Sally Kalksma** who is the race director for the *Pine Beach Run* in June. This is an appreciation donation on behalf of the club.

**Coming up:** **Avon 5K** and free pancake breakfast; that afternoon the JSRC bus is going to volunteer at Randall's Island for the *Reebok International*; *George Sheehan Classic & Expo*; the *Mary Conry Mile* in Colts Neck at the track meet; *Summer Series* in Wall starts June 15; winding up the month with a little social with **Tim McLoone** and the *Shirleys* June 28th between at Sandy Hook. In July: *Belmar 5* and possible meeting at **Steve Collins'** house. No decision yet.

Renewal policy change was made. It now will be the member's anniversary of joining. John Mac spoke about Womens 101 and his new program Girls 101 for 10 to 16 year olds who are starting what we hope is a lifetime of running. Check out our new clothing items, including Nike tops, shorts, etc. Limited quantities. We finished our meeting by asking for the new members to introduce themselves...Nancy, Ed...ciao until next meeting. Check the website for location. ☺

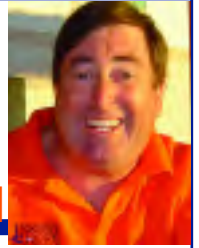
—Deana MacLean-Roberts, Secretary

Club members **Mike Washakowski** and **Karen Hornberger** both spent the weekend of June 3-4 in Trenton as volunteers at the Special Olympics Finals at TCNJ in Trenton. Mike's employer, Wakefern (Shop Rite) was a major sponsor and Mike was there managing the food tent and other duties both days of the weekend.

Karen, on the other hand, is a trainer and volunteer with ARC of Monmouth. She was there to support her group of Special Olympians. As Mike put it, "It poured on Saturday, but we had a good time and the Olympians were great." Thanks to both of you, without volunteers like you events like these wouldn't be the same.



*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.*



## Ask Dr. Phil

**Philip Hinck**

**Q:** Why is there no Dr. Phil column again this month?

—A Curious Reader

**A:** Dear Curious, Sorry no questions were submitted this month and it is against Dr. Phil's principles to make them up. If you do have a running related type of question, please do send it to me. ☺

*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).*

## new members

### New members welcomed at meeting at Bar A

President **Dave Zurheide** made certain to personally welcome and introduce new members and members attending their first JSRC meeting. He welcomed **Nancy Noe** and **Shannon Peshkopia** and **Desiree Muzzicato**. ☺

## mix and match

### Find runners to run with

A while ago, Dawn Ciccone began a section on the website called Mix and Match for Club members to use to find running partners, new friends or possibly meet their future mate. This section of the site has been under reconstruction and now Dawn would like assistance in updating and creating a whole new mix and match page. If you are interested in helping revive this section of the website, please contact Dawn Ciccone at sunflowerdc@yahoo.com to let her know you'd like to help and to get more details. ☺



# Michael Thorne Four-Mile Run

Runners were treated to ideal running conditions at the Annual Michael Thorne 4-Mile Run in West Long Branch. Dedicated to **Michael Thorne**, a volunteer Fireman who, while fighting a fire at Monmouth College (now University) at the age of 20, lost his life in the line of duty. Michael was the brother of Club member **Nancy Thorne**. The proceeds of this race go to fund scholarships in Michael's name at Shore Regional High School, where Michael was a graduate.

The race is a fast, flat certified course, and the men's winner was **Rob DiFillipis** in a time of 20:50. For the women, it was **Karen Charles** who continued her winning ways after winning the Lake Como 5K and a third place finish at the Pocono Marathon just two weeks ago.

Kids' races were held after the 4-Miler, and all runners and volunteers were treated to a post race party at the West Long Branch Fire House.

Congratulations to the event organizers **Nancy Thorne** and **Mindy Brady** as well as all the volunteers from the **West Long Branch Fire Department**, the **West Long Branch Women's Club** and the **Jersey Shore Running Club**. 🏃



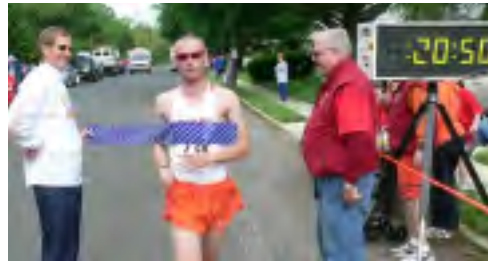
Banner at the race.



Karen Charles crosses the finish line.



Adele McDonough crosses the finish line.



Mike Washakowski and Shore Al McKean hold the finish line tape as the first runner, Rob DiFillipis crosses the finish line.

# Avon Day 5K

There was another large turnout for the Avon Day 5K, Saturday, June 3rd. The weather was nearly ideal for the runners as they traversed the oceanfront and tree-lined streets of this beautiful Jersey Shore town. Somehow the rain held off until the festivities were completed.

**Jeff Peterson** of Rumson and **Bill Hoffman** of Eatontown were virtually tied at the finish in a time of 15:49.

**Megan Phillips** of Brielle was the women's winner in a time of 18:33, and **Karen Charles** of Belmar followed right behind in 18:54.

The first Avon residents were **Mike Davey** in 20:08 and **Kathy Kropke** in 20:26. 🏃



Runners, walkers and volunteers mill about before the start of the race.

# running singles

[RunningSingles.com](http://RunningSingles.com)

Recently the newsletter has been getting countless duplicate emails from a new "Running Institution" called Running Singles. They claim their site is provided as a service to the running community, and this is THE online dating site designed exclusively for Runners and those who love them.

Meeting people with common interests, and philosophies is never easy. In today's world, it's tougher. Deadlines, daily commutes, and personal duties don't leave much time to explore new relationships. They claim Running Singles provides a safe, comfortable and intimate platform to meet physically fit women and men. If your idea of a romantic date includes training together for a marathon, jogging, shopping for a treadmill, or fitting new running shoes, then this online dating/personals service is for you. From muscle men to average athletes and from treadmill to road runner, you can find females and males who share your passion for running. Register now to meet runners and enjoy your fitness date!!

They didn't mention costs, but if interested, you can check it out at [www.RunningSingles.com](http://www.RunningSingles.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](mailto: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!*





## Into the Woods: An Intro to Trail Running

On Saturday May 20, **Christine Clifton** of Shore Runner in Pier Village organized an introductory trail running clinic. Always being up for adventure, I figured I'd give it a go. It was so enjoyable for the five of us who showed up that she's thinking of making it a weekly event. Christine said, "I've been trail running since I picked up running post-college, and although I say I love running, I really love trail running. I don't think I'd be a runner if I had to run on the roads."

I had only a vague idea of what trail running entailed, so I definitely got an education that day. As soon as we took off on the Rocky Point Trail in Hartshorne Woods (which you wouldn't know was an actual trail unless

someone showed you where it was), I felt like a kid again. We jumped over tree stumps, ran over roots, hopped over rocks, and narrowly missed nearby branches. Talk about keeping you on your toes.

One tip to trail running is to leave plenty of distance between you and the runner in front of you so that you can see where their feet fell, pick your path, and just in case they take a tumble. Christine said the harder she trains, the more she falls. I could see that. The more fatigued I became, the harder it was to pick up my feet to jump over various obstacles. I should point out that the trail is well-maintained, so it's not like it was covered with debris —despite having two days of rain

prior to our run. That was the other thing I liked about trail running: the trail was soft but not muddy or mushy. What a difference it made compared to the beating your body takes from the impact of asphalt.

Christine said the other reason she likes trail running is that there's more lateral movement than regular running, so it's really good for your core muscles. It was a real blast. It was both strange and wonderful to be sore on Sunday. It made me feel like I had used new muscles...or just old muscles in new ways! I'm looking forward to my next venture into the woods. 🦋

—*Corey Lowell*

### running for your health

## Balance Your Way to a Stronger Body

Having a hard time with balance? Having a hard time lugging those groceries up the stairs? Feeling a bit wobbly when you get in and out of the shower? You may need to strengthen your "core" muscles.

If you're slowly losing your balance and coordination, don't be surprised. It happens to all of us as we get older. But the latest fitness trend sweeping health clubs across the country just may help you keep your feet on the ground—literally.

Balance, or core training, is not new, physical therapists and athletic trainers have used these techniques for years. Now, trainers everywhere are bouncing and wobbling their clients to a stronger "core"—as the muscles that surround your trunk are called. Without strong trunk muscles, you're more likely to suffer from chronic back pain, lose your balance and fall, or be more prone to injury when doing other workout routines.

According to my trainers at the Atlantic Club, your core is the essence of everything you do, from your day-to-day activities, to your athletic pursuits. It doesn't matter how strong your arms and legs are if the muscles they're attached to aren't equally as strong.

A strong core, they say, is also responsible for your sense of balance. Balance requires equilibrium and good stability of the core muscles and the joints, particularly the hip, knee, and ankle. There are several ways to address balance and stability training: balance boards, stability balls, the Reebok Core Board, Bosu (which stands for "both sides up") balls, as well as yoga, and other forms of mind-body training

and martial arts, such as Pilates and tai chi.

Maintaining one's balance (or equilibrium, physical stability, or steadiness), is primarily coordinated by three systems, the first is the vestibular or auditory system, located in the inner ear, which acts like a "carpenter's balance" to keep you level. The second balance coordinator is the proprioceptive system, which uses sensory nerves called proprioceptors that are located in the muscles, tendons, and joints. They give signals to the central nervous system, which gives you a kinesthetic sense, or an awareness of your body posture and spatial awareness. Finally, there is the visual system, which sends visual signals from the eyes to the brain about your body's position in relation to its surroundings.

Your balance may be "off" for a number of reasons, including illness, injury, poor posture, muscle imbalances, or a weak core.

The popularity of balance or core training can be seen in health clubs across the country, like the club where I belong. The majority of fitness centers now offer some form of balance training. As with yoga, core training is gaining a resurgence in popularity. It could be that as boomers become older, they're becoming becoming less concerned with sculpting the body, and more concerned with staying active and functional. With core training, joints and muscles work in tandem, just the way they do in real life when, for example, you have to balance yourself while walking upstairs with bags of groceries in your arms.

Balance aids, such as the Bosu Balance Trainer—a vinyl dome that resembles a ball cut in half, with one side being flat and the other functioning as a platform on which to perform exercises such as push-ups and crunches—requires a collaborative effort of major muscle groups—which provides the benefits of cardiovascular training, strength training, and balance training, making it a much more efficient way of working out.

You can buy balance balls and boards for home use, but it's better to work with a qualified trainer—at least at first—who can determine where your muscle imbalances are and plan a routine that addresses your specific weaknesses.

While boards and balls are popular and may liven up your workout routine, you can work on your balance and core strength on your own, with no apparatus at all. Simple yoga poses, such as the tree pose, can help improve balance and stability. You can also challenge your balance by standing on one foot and closing your eyes.

Exercises such as squats, lunges, step-ups for the lower body, and standing rows, shoulder presses, and other standing exercises for the upper body will also help develop balance, in addition to helping improve your posture.

Once you get started with balance training, you'll be surprised at how quickly you take to it. I remember doing a lot of these moves in grade-school phys ed. It's a simple, proven, and time-honored regimen.



# Once A Shore Runner, Always A Shore Runner: Joel Cohen:

Doing a little pre-race scouting out of my team's competition for the 2006 Jersey Shore Relay, I scanned over the list of registered team's on the JSRC website. The list was huge—the Relay would be celebrating its tenth and most successful year with almost three hundred teams. With a wide variety of categories, there were plenty of teams from all over the state to vie for each respective title...open, women's, master's corporate, government, etc...and the paces varied from top racing to walking. Whether vying for a podium position or just to finish, all of these teams were entered with the purpose of taking part in one of the most unique running events in the region, having fun and raising funds for the Special Olympics—something the Relay has done with unparalleled success through each of its nine years.

As I poured over the entrant list, I noticed some individuals, clubs and corporations had more than one—even several—teams entered. What started to really catch my eye was a few team titles: Team "Streets of Fire"; Team "The Rising"; Team "Thunder Road" and so on. OK, I've never been a Springsteen fan (though I've run the *Born To Run* 5-Miler ten times) a fact that has almost had me excommunicated from all Shore running clubs and the Shore area, BUT, I am well aware enough of the guy's extensive and acclaimed body of work to recognize that these are titles of his songs...a pretty cool concept, I thought, especially appropriate considering the philanthropic nature of the event and that the race ends with a celebration right at the Stone Pony. Interesting as well, was the fact that the Team Captain for each of these teams was the same person, JSRC Member **Joel Cohen**. There were TEN teams! As I said, teams come from all over the state, but why would a guy from Weehawken be so involved with a Jersey Shore event? After all, there are plenty of wonderful running clubs and race events throughout New Jersey.

Well, I called and asked Joel.

Presently living in Weehawken, Joel not only grew up in Toms River; he also has his running roots there. Joel ran sprints and hurdles on his elementary and high school (Toms River North) track teams—that era provided Joel with what he refers to as his most memorable

race: "...the 8th grade county championships, when my Toms River Intermediate West (now North) team won ten of twelve events...I the won the high hurdles, beating the Anderson brothers from Manchester... ha, ha, ha!"

(Sounds like a reunion rematch might be interesting.) Running and track are great for providing lasting memories. As for recent times, Joel points to favorite running moments of a two loop run through Central park "on a gorgeous day" and running two legs (one alone and one with a friend) in the recent 2006 Jersey Shore Relay. "Even in the cold and rain, it felt great and it was good to catch up with my buddy, while running in my favorite race." Ahhh, his "favorite" race. That was something that really struck me while writing this profile on Joel. Each year I've run the Relay, I realize more and more how special this event is...how much the runners look forward to the race...how energetic the racers, organizers, volunteers and spectators all approach each year's incarnation. Joel sums up everyone's feelings in one to-the-point comment: "I look forward to that day, all year."

Indeed, it might seem that organizing ten teams might very well take an entire year, but for Joel, this is a chore he loves. Why so?

Well, Joel's favorite race selection lies in the fact(s) that, "The Jersey Shore Relay combines so many things that I love—the Jersey Shore, beautiful views of the ocean, old hang outs years of running, beaching, surfing, friends, memories, the Stone Pony, Bruce Springsteen music, and Rock and Roll.

(Author's note: the post-race band at the Stone Pony DID kick butt, did it not?) I get to spend the day with friends from various circles and the race encourages team building and camaraderie as you travel the race route with your teammates." Joel enjoys the effort



required to put together ten teams. He recruits friends, family and co-workers—anyone he can convince...which he must do a extremely well, considering the length of his entry list.

Joel's passion for, and contributions to, the Jersey Shore Relay are obvious...but, how did this develop? First, there was that track background in his scholastic days. But, what's so special about running that has Joel still running? In Joel's own words, "I love to run, as it's my own personal time that no one can take from me or distract me from. Running is a great time to relax, smile and reflect." No longer a sprinter/hurdler, Joel has been a member of the Jersey Shore Running Club for about four years. The trip down the Parkway isn't a deterrent, as Joel takes part in Shore road races throughout the year. While up North, he enjoys his regular training routes along the East and Hudson Rivers, along the Jersey Palisade on Boulevard East, and even through Sinatra Park, in Hoboken. But, as a Shore product, there's no replacement for the time he spends down south running along the Jersey Shoreline, on the boardwalks, especially, "...Seaside Park, Ortley, Lavalette, where I would run as a kid...and Sea Girt and Spring Lake, where I've had some of my best runs."

As with so many runners and JSRC members, cross-training and other physical hobbies are an important part of Joel's active lifestyle. In addition to running 25-30 miles a week, Joel loves to hit the gym whenever time allows,

continued on page 13

## 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](mailto: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

### avon day 5k

Scott Winrow	18:38
Matt Shafer	18:55
Steve Gioglio	20:56
Leslie McKernan	24:39
Glenn Hammel	24:54
Cathy DePolo	24:55

### naples triathlon

Chris Wilcox	57:41(3ag)
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### spring lake 5m

Rob DeFilippis	26:24.15
David Demonico	28:03.19
Jeremy Pilkington	29:47.60
Michael Bair	30:19.72
Michael Tully	31:10.39
Larry Sinkovich	36:06.03
Walter MacGowan	36:15.46
Robert Cavallaro	37:31.06
Jim Buckler	37:57.00
Alan Paschedag	38:28.43
Ali Belicose	32:08.34
Amber Hart	32:23.11
Pat Maloney	38:16
Jennifer Biudreau	1:10:00
Kenneth Gahre	1:10:00
Tina Duda	1:02:38
Ted Duda	46:41
Matt Shafer	31:28(73rd)
Matt Jacobson	31:45
Steve Apostolacus	32:00
Will DeRoberts	31:06
Robert Galizio	36:13
Graham Wisdom	37:58
Marti Rettino	41:21
Jeffrey Dietel	37:05
Scott Winrow	31:20
Rick Vegh	36:48
R List	45:39
Dennis Hart	46:25
John Dalton	45:03
Pat Cavanaugh	34:45
Terrence Foley	54:15
Deana MacLean Roberts	56:02
Henry Rosset	36:08
Gina Rosset	43:23
Jaime Gallagher	41:56
John O'Reilly	41:33
Peggy McKean	52:30
Carol Irwin	39:48
Leslie McKernan	43:36
Elaine Hartung	56:08
Candy Dice	56:16
Candace Brandmayr	56:43
Molly Cauterucci	1:09:48.44
Sandra Risley	1:35:01
Penny Noble	1:35:03

### duke island 5k

Brian Marley	26:18
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### thorne run 4m

DeFilippis, Rob	20:51
Charles, Karen	24:59
Ford, Patrick	25:18
Alburtus, Edward	26:18
McDonough, Adele	26:32
Ippolito, Bob	26:37
Sinkovich, Larry	27:41
Moore, Kevin	28:39
Foley, Steve	28:46
Buckler, Jim	29:01
Glaccum, Mary Beth	29:53
Mahoney, Timothy	29:56
Wisdom, Graham	30:01
Linkhart, Fred	30:12

John O'Reilly	30:33
Renzella, Joeseeph	30:42
Ruches, Tobias	30:52
Newman, William	30:53
Chevillot, Donna	31:43
Gallagher, Jaime	31:59
Glenn Hammel	32:01
McKernan, Leslie	32:20
Thorne, Nancy	32:59
Hammel, Glen	33:01
Moriarty, Mary	33:11
McKean, Theresa	33:30
Lowrie, Jon	33:38
Ascari, Marge	33:49
Howe, Maryellen	44:01
Morrison, Big Cheese	34:26
DePolo, Carly	34:26
Cheer, Diane	34:44
Joseph, Jessie	35:14
Brady, Michael	35:47
Hayes, Bob	37:14
Pelcher, Frank	37:38
McKean, Peggy	38:08
Schneider, Laura	39:00
MacKellar, Eric	39:00
Dice, Candy	39:03
Wiss, Ira	40:10
Mehler, Donna	41:10
Baratta-Perez, Grace	41:15
Sutah Robbins	41:24
Brandmayr, Candace	42:32
Malizioso, Louis	47:19
Steinway, Adrienne	1:00:44
Guidice, Carla	1:00:47
McKean, Mary Ann	1:03:59

### delaware marathon

Mick Morris	3:11(2ag)
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### duke island 5k

Brian Marley	26:18
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### bahr's 5 miler

Steve Collins	44:19
Brian Marley	44:45

### parkinson's 5k

Michael Bair	17:43 4oa
Diane Petruzelli	18:57 8oa
Linda Puzzo	22:17

### spring into summer 5k

Ali Belicose	19:03 10oa
Dave Zurheide	19:16 11oa
Leslie McKernan	24:56

### monmouth beach 5k

David Demonico	16:09 1ag
Amber Hart	18:27 1 oa f
Fred Esposito	20:03 1ag
Stephen Collins	24:26 1ag
Bob Hayes	26:40
Jessie Joseph	27:07 1ag
James Robbins	33:20

### point pleasant mother's day 5k

Scott Winrow	18:34(3rd OA)
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### DARE classic 5k

Jon Lowrie	24:49(3ag)
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### brandon's run 5k

Glenn Hammel	24:07(3ag)
Candace Brandmayr	32:51.7
Tom Natoli	32:52.2
Frank Pelcher	35:01.2
Deana MacLean	35:40.7
Corey Lowell	36:23.8
Steven Nudelman	40:00.5
Tina Duda	42:32.7

## 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
June 24	Ryan's Run	5K	9:00 AM	Mountain Hill School, Middletown, NJ	
June 24	Save Barnegat Bay 5K	5K	8:30 AM	Lavallette	<a href="http://www.sbb8k.com">www.sbb8k.com</a> 732 830 3600
June 25	Pine Beach 5K One Mile Riverside Run	5K 1M	9:00 AM 8:15 AM	Pine Beach, NJ	732-505-9554
July 4	Firecracker 5	5M	8:30 AM	Wall, NJ	<a href="http://www.JerseyRunner.com">www.JerseyRunner.com</a>
<b>July 7</b>	<b>Belmar Kids' Race</b>	varied	6:30 PM	Belmar	<a href="http://www.belmar5.com">www.belmar5.com</a>
<b>July 8</b>	<b>30th Annual Belmar Five</b>	5M	8:30 AM	Belmar	<a href="http://www.belmar5.com">www.belmar5.com</a> , <a href="http://www.SBLIgrandprix.com">www.SBLIgrandprix.com</a>
		2006 SBLI Jersey Shore Golden Grand Prix event			
July 15	10th Annual Crohn's & Colitis	5K	10:00 AM	Bar Anticipation, Lake Como	
July 15	Ten Mile Ten Bar Run	10M	10:17 AM	Long Branch to Lake Como	
July 22	Matawan 5K	5K	8:30 AM	Matawan, NJ	
August 5	Neptune City Day	5K	8:00 AM	Neptune City, NJ	
August 5	Tinton Falls Rotary 5K	5K	8:30 AM	Tinton Falls, NJ	Register online: <a href="http://raceforum.com/">http://raceforum.com/</a>
August 6	Sea Girl 5K, Kids Races		9:45 AM	Sea Girl, NJ	Register Online: <a href="http://www.jerseyrunner.com">www.jerseyrunner.com</a>
<b>August 12</b>	<b>Asbury Park 5K</b>	5K	8:30 AM,	Asbury Park, NJ	<a href="http://asburypark.jsrc.org">asburypark.jsrc.org</a> ,
<b>August 12</b>	<b>Asbury Park Kids' Races</b>	5K	9:30 AM,	Asbury Park, NJ	<a href="http://asburypark.jsrc.org">asburypark.jsrc.org</a> ,
August 19	Bradley Beach 5K	5K	8:30 AM	Bradley Beach, NJ	
<b>September 2</b>	<b>Saturday in the Park Women's 5K,</b>		9:00 AM	Holmdel, NJ	<a href="http://www.saturdayinthepark5k.org">www.saturdayinthepark5k.org</a> ,

## joy of running

Coach John with Coach Elaine

### The Joy of Watching Kids Run

If you were at the Spring Lake Kids' Run last month, you saw nearly 2000 kids ages two through twelve enjoy themselves while running with friends and other children their age. The concept used for the Spring Lake Kids Runs was brought East by my friend **Jeff Decker**. Jeff was at the now-defunct Cascade Runoff in Oregon in 1991. On the evening before the 10K main event at Cascade, the race committee held a Kids' Run using single-age group categories and no measured competition. Each child received a finisher's medal without times or places being recognized. Jeff, being a strong advocate of youth running, knew the idea would work well in New Jersey. He first introduced it at the *Asbury Park Classic* in 1992. Imitation is the greatest form of flattery. Many of us now use this simple, but ingenious, concept for Kids Runs at various events throughout the state. I thank Jeff for opening our eyes to this.

Children enjoy running for a number of reasons. Children can run without structure. Any park, backyard, or grass field is a perfect place to run. They do not need a set distance—merely the energy to run until they are out of breath. Then, after catching their breath, they will run some more.

This is such a contrast to most youth exercise activities that involve structure and rules and adults to implement the structure and rules. Even when we add some structure to a running event, each child can still achieve victory for themselves by simply finishing.

About 15 years ago, I was conducting a summer youth program with the intent of doing for scholastic running what youth soccer clubs were doing for scholastic soccer. A funny thing happened on my way to being the "savior" for scholastic cross-country in Middlesex County. I saw that the kids who were enjoying the program the most were the kids who ran slower but always finished our workouts and races. The faster kids were generally not satisfied with their performances. It wasn't coincidental that many of these faster kids had overzealous parents. The other children tended to have supportive parents. Over the five years of doing that program, I received numerous letters and vocal appreciation from the parents. The theme that was often expressed by the parents was that this was the first time that their child enjoyed an athletic activity. It was something which their child could finish and have a personal achievement. For the less talented child, they

never experienced this in the various team sports. A number of the parents commented that their child's confidence improved greatly from the running. That is when I first came to understand the real power of running for children.

As we head into summer and many of the regular youth athletic activities are on break, allow your children to do some running—whether it be in the park on their own or at one of the many Kids' Runs held at the summer races. Belmar, Wall, and Bradley Beach are just a few of the race events that host youth runs the evening before their main event. JSRC now has Girls Running 101 (for girls age 10 to 16) on Monday evenings at Holmdel Park.

Remember, the children only have to finish to be victorious with running. 🏃

*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](mailto:JMacRunning@yahoo.com), or visit our website [www.geocities.com/jmacrunning](http://www.geocities.com/jmacrunning).*



## calling writers

### Are you a closet journalist?

Have you always wanted to write or be a reporter? Well, here's your chance to break into the small time. Footnotes needs contributors and writers to help out on the newsletter. If you would like to volunteer (no experience necessary) email us to let us know you are interested or to get more info. Even better, send us an article. Please email us at [editor@jsrc.org](mailto:editor@jsrc.org) ☞

## cpr training

Since most health issues (and heart attacks) usually occur after finishing a run, the Club is thinking of sponsoring CPR training classes for our membership. At our March 28th meeting **Jon Brodsky** stressed that although a defibrillator would be a good idea for trained members, CPR training would better serve all of our members in the long run.

**Lou Celmer**, who is a licensed CPR instructor agreed with him and offered to train the membership in special classes for JSRC. The JSRC Board has decided that this may be a good idea and will be working with Lou to organize this. Stay tuned for more details. ☞

### Support Our Troops

When asked, our service folk say calling home is to hear loved ones back home is important to them. Now Military Exchange Prepaid Calling Cards are available. (<http://www.aafes.org/>)

The DOD Military Exchanges have been authorized to sell prepaid calling cards to individuals & organizations who wish to purchase these cards for our troops serving overseas in Operation Enduring Freedom and Operation Iraqi Freedom. for more information on purchasing cards for our troops go to: [www.aafes.org/](http://www.aafes.org/)



first of the spectators. Every now and then we could catch a glimpse of Club members **Raman Lakshmanan** and **Norm Roberts** at the ticket booth. It was hard to tell where the rest of our contingent were or what they were doing.

Then the gates opened and we were treated to a pre-game reggae concert featuring the New Kingston Band and many Jamaican spectators rushing up the stairs. We discovered that this event is fast becoming to individual competition for Jamaicans what Penn is to relays. We handed out programs, fielded questions, and danced to the music to keep warm in the drizzle. Many spectators climbing the stairs noticed at all of us were wearing "identical" new shoes and asked how they could get a pair. Volunteer! Of course!

The Reebok Grand Prix is a relatively new event having made its debut in 2005 as the first international competition held at Icahn Stadium on Randall's Island. It is the only outdoor east coast meet that offers head-to-head competition among world-class athletes, and what a competition it was!

**Justin Gatlin**, the reigning Olympic and World Champion at 100-meters, was there to win the 100m in an impressive 9.87 on a chilly day. It was the first time Gatlin, a Brooklyn native, ever ran outdoors in New York City. As a triple medalist at the 2004 Olympics (100m gold, 4x100m silver, 200m bronze) and 2005 World Champion at both 100m and 200m, Gatlin is the most dominant sprinter in the world. Runner-up was American **Tyson Gay**, running a personal best in 10.04.



Justin Gatlin.

**Marion Jones** and **Veronica Campbell** were billed as the stars of the Reebok Grand Prix, and dazzle the crowd they did: Jones continued her comeback by beating a top-notch women's field in 11.06; and Campbell delighted her legions of Jamaican followers with her trademark grace and warmth.

Marion Jones's first U.S. race in more than a year saw her defeat in a field that included Campbell, the 200m gold and 100m bronze medalist from the 2004 Olympics, and **Lauryn Williams**, the reigning 100m World Champion. Randall's Island feels something like home to Jones, as well. She competed here 15 years ago at the old Downing Stadium, as a 15-year-old at the U.S. National Championships.

But fans found plenty of room in their hearts, too, for **Meseret Defar**, who scorched a stunning 61-second last lap in the 5000 meters to run 14:24.53, breaking the World Record in the last race of the evening and sending the enthralled crowd home to tell their friends they had witnessed history. It was amazing to see her lap the entire field on her way to victory.



**Our Fearless Leader, Bob Both** who arranged for this trip shows off his new garb with a few volunteers. Who said we never wear anything but orange?.

"I knew that I could do it," said Defar, the 22-year-old Ethiopian who is also the 5000-meter Olympic gold medalist. Giddy after breaking the tape, kissing the track in exultation, Defar later said her next step is to run the 3000m and 5000m at the Golden League events in Europe this summer and win them all. Defar beat the record of **Elvan Abeylegesse** of Turkey (14:24.68) in 2004.

It was not the only 5000-meter record of the meet, either: on the men's side, **Abraham Chebii** of Kenya ran the fastest ever on

American soil, winning in 13:04.56 to improve on the mark set by **Said Aouita** of Morocco (13:05.59) in the 1984 Olympics in Los Angeles.

Shortly after watching Meseret Defar race to victory, all of us cleaned up our posts, reported back to the volunteer tent area and headed to the locker rooms to get our stored gear...then it was time to find Godwin and the bus. Once we were back on the bus, the host and hostess with the mostest, **Jack** and **Diane**, began passing out beer and soda. Seemingly out of thin air, **Nancy** had a tray of cupcakes and presented them to **Raman** for his birthday.

Although it was damp and chilly, and standing on hard concrete in new shoes is hard on the legs, world records were broken and we got to be there to witness it. It was a great day! ☞

# Spirit of Volunteerism

I'm writing this as I sit waiting for my mother who is undergoing an eye treatment where the eye is injected with the latest in chemotherapy, it's a simple enough procedure and the wait in the office will take much longer than the actual procedure itself. I'm thinking that it's the Sheehan race this weekend and there is still a lot to do, hopefully the weather will improve, all my volunteers will show up on time and follow direction well. Volunteerism is a vital part of this Club and is what makes our events, and JSRC unique. Many events couldn't happen without volunteers, many of whom have full-time jobs and tremendous family duties yet show up event after event in the true spirit of cooperation and volunteer. For my part, I wouldn't be able to produce the newsletter without them.

My trusty unsung heroes like **Bob Both**, who lets me "steal" his photos each and every month; the "eagle eyes" **Corey Lowell** and **Karen Hornberger** who proofread and find all the little things I mis-type and forget; **Penny Hinck**, fact checker, proofreader and reminder of upcoming events, how she manages to do this in addition to a full-time job, a part-time job and working on every race ever produced is beyond me—she is truly a responsible party and tolerates my testiness well. Then we have **Raman Lakshmanan** who, together with Penny, makes sure the electronic version of the newsletter gets posted each month.

**Tina Duda** and her group of "labelers" get the hard copy of the newsletter to the Post Office each month and lastly, we have the writers and monthly contributors, who help give this newsletter a voice. Now that racing season is in full swing, we need volunteers to continue to report about our events, runs and races from their perspective.

Speaking of races, we received several questions regarding why Club members race times don't appear in the newsletter. There are several reasons this happens: do you sign the sheet with your race time at the end of the race? Do you send in your racetime immediately, or do you wait a week? As newsletter editor, I pull the names from the result postings on our website in an attempt to record as many members as possible. Results are checked when posted and members' names pulled. We have a membership list of 1800, I don't know every member and I work without a list. Some races have a few hundred participants—others, several thousand. Yet I scan the lists looking for JSRC members. Tedious? Yes. Time consuming? Yes. Do I have better things to do? You bet! But it's an attempt to help our members celebrate their accomplishments. Unfortunately, it is easy to miss a name...or a member whose name I don't know. I truly recommend that if you want to see your name posted on the list, that you take the time to sign the sheet at the race and/or email your time in as soon as possible after you complete the race. You would be helping me (and Bob Both) guarantee your name appears in the issue. Thanks! We hope you enjoy this month's issue. 🍷

## joel cohen

*continued from page 9*

along with a good pick-up game of whatever's available: basketball, baseball, street hockey, etc. Continuing in that Shore genetic connection, Joel is an avid surfer and loves hitting the water of New Jersey, as well as Costa Rica, California and more.



Joel Cohen running the Asbury Park 5k.

As for Joel's running future: "I would like to continue to increase my distances in training and racing, increase my consistency, and, of course, run the 2007 Jersey Shore Relay!"

Having enjoyed some international travel—including surfing in Costa Rica, hiking on the Great Wall of China (we could have used that to hold back the 9,000 of the Spring Lake 5!), stops in Israel, Italy and throughout Europe—and all the sightseeing those locales provide, Joel's specific mention of his attraction to "the beautiful views of the ocean" speaks volumes about New Jersey's sometimes overlooked variety of geography and natural beauty. That, and his participation in the Jersey Shore Relay and other JSRC races, also says something about being a JSRC member and growing up at the Shore—apparently, you can leave the Shore...but, the Shore never leaves you.

Joel, keep making the trip down for JSRC events...and, we expect even more teams entered, in next year's Relay! 🍷

—Dave DeMonico

## Membership Survey

It's that time again, every few years we try to take a survey of our membership to see how we can better serve our members and meet their needs as a Club. This survey has been put together to find out what you think and what are your ideas. Please take the time to answer the survey and send in your response.

1. What is the **most important benefit** to you as a member of JSRC?
  - Getting the newsletter
  - Weekly Group Runs
  - Volunteering
  - Being a member
  - Other \_\_\_\_\_
2. The Club offers Group Runs on Sunday, Tuesday, Wednesday, Thursday and Saturday. Do you feel the Club offers enough variety in the Group Runs?
  - Yes
  - No
  - Other \_\_\_\_\_
3. If we offered more events, which type would you prefer to attend?
  - Training Seminars
  - Excursions to scenic running courses
  - Racing / Running vacations
  - Running related classes in Yoga, nutrition, etc.
  - Other \_\_\_\_\_
4. What would make you more likely to volunteer to work at a Club race?
  - A JSRC tee-shirt (or JSRC Club pin)
  - A race tee-shirt
  - A free entry to a future JSRC-sponsored race
  - Nothing. I don't have the time.
  - Other \_\_\_\_\_
5. Post-race parties are a fun part of our races. When possible, would you prefer to have these parties at:
  - The finish line
  - A restaurant (pizza parlor, chain restaurant, etc.)
  - A park or beach
  - A Bar
  - Other \_\_\_\_\_
6. Each month we have a Club meeting and publicize it on the Website and in the Newsletter. Are you aware of the monthly club meetings:
  - Yes
  - No
7. If you do not currently attend our monthly club meetings, what would encourage you to attend:
  - A different night—\_\_\_\_\_
  - A different location —\_\_\_\_\_
  - Varied Locations
  - A publicized agenda on the website prior to the meeting
  - e. Other \_\_\_\_\_

We would appreciate any suggestions or observations you may care to offer. Please send your ideas and your completed forms to:

**JSRC Membership Survey**, PO Box 7492, Shrewsbury NJ 07702.



## 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](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 Hinck** ([gear@jsrc.org](mailto:gear@jsrc.org)) when sending in your order. Thanks. ☺

## newsletter delivery

### When do you get your newsletter?

As you know we mail newsletters at the non-profit rate to take advantage of the cost savings. Because it is going out as a bulk mailing, we mail the newsletter two weeks BEFORE the monthly meeting. We've heard that some people do not get their newsletter before the meeting. We'd like to know when you receive yours. Please contact our Newsletter Circulation Director, Tina Duda at [teeruns@verizon.net](mailto:teeruns@verizon.net) to let her know when you finally get your newsletter. In this way, we'll be better able to plan for mail delivery. Thanks!

### Monthly Meeting

The Club Meeting will be held on Tuesday, June 27, 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](http://www.jsrc.org)

## birthday news

# Look Who's celebrating!

### July 1

Kenneth P. Sorensen Richard Sparshatt

### July 2

Debra Burr Marti Rettino  
Joseph McGowan Peggy Rossi

### July 3

Tina Kautz Walter MacGowan  
Steven Mangold

### July 4

Robert Burns Katelyn McCook  
Chelsea Hayes Diane Rothman

### July 5

Audrey Ahn Larry Murphy  
Jacki Franz Helen Parker

### July 6

Susan Fusco MaryBeth McDonnell  
Kathy Rodman

### July 7

Shalonda Lyons Anita Metzler  
Gretchen Cook Michael Tully

### July 8

Ron Minsky Vicky Shortland

### July 9

Dave Connelly Carolyn Heuser

### July 10

John Coughlin Bill Koch  
Robert Elliott Colleen Schwarz

### July 11

Mario Paniscotti

### July 12

Mark Blunda Catherine Hinz  
Jonathan Brodsky Susan Pringle  
Nancy Haulenbeek

### July 13

Lauren Ayars Aubree Magyar  
Mike Ayars Harold Tepper

### July 14

Jerry Keelen Bernard McCauley

### July 15

Robert Carbone Kathy Marez  
Dionne Denton Raymond H. Soya  
Jessica Kitson Richard Tovar  
Alex Liberatore

### July 16

Lou Ann Beake Robert Frungillo

### July 17

Marilyn Baxter John Foley  
Cathy Capozzi

### July 18

Joseph DeAngelo Amanda Nowicki  
Chris Fotache Barbara Quigley

### July 19

Daniel J. Hyde Warren Rudduck  
Eileen Higgins Holly Smith  
Brian Mansfield

### July 20

Kathy Porzio

### July 21

Bob Bautsch Bob Reillo  
Barbara Anne Hay Bonnie Santomena  
Michael Kahrer Julie Smith  
John Radzimirski Richard Szpakowski  
Bob Reillo

### July 22

Christopher Andreach Joseph Bucco

### July 23

John Drenga Dale Robison  
Janice Kroposky Amy Wilder

### July 24

Jacqueline Korey Dennis Owens  
Luann McGraw Evan Robison

### July 25

Bobbi Adams Martin Dugan

### July 26

Pam Allen Mike McDonnell  
Melinda Brenner Frank Pelcher  
Diana Burton Robert Schwarz  
James Cusick

### July 27

Allison DeLand Maurice McLaughlin  
Chris Dunford Larry Schauer  
Patricia Furie Bob Small  
Susan Linnell Janice Zucker

### July 28

Carly DePolo Liza Keefe  
Kristin Farah Kathleen Mathesen  
Lee Jantz Stephanie McCarthy

### July 29

Robert Both Sunny Lenhard  
Thomas Byrne Jeff Logarzo  
Henry Hoey Deanne MacLean

### July 30

Stephanie Dixon Bonnie Southern  
Christine Dunn

### July 31

Dylan Bartlett Robyn Russo  
Steve Clark Al Salas  
Brent Kaiser Walter Stein  
Lawrence Moloney

# 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. JRSC members will receive \$100 off adult or child orthodontic examination and records. Please visit us at [www.braceplace.com](http://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](http://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](http://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

## LOU CAN DO, INC.:

Remodeling & Repair. Kitchens, Bathrooms, Windows, Doors, Finished Basements, Painting. 732.681.6677 [www.LouCanDoInc.com](http://www.LouCanDoInc.com)

## OCEAN WINE & SPIRITS:

Complimentary wine tastings evry Fri & Sat. 3-6 p.m. Gift baskets and more! 732.660-6700. [www.oceanwineandspirits.com](http://www.oceanwineandspirits.com)

## MILES AHEAD SPORTS:

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

## 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](mailto:Gary@RealmComputerSolutions.com) or visit [www.realmcomputers.com](http://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](http://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 Shonts. 308 Millburn Ave., Millburn, NJ 07041. 973.376.6094. [www.sneakerfactory.com](http://www.sneakerfactory.com)

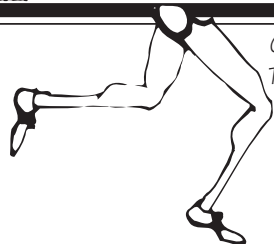
## THIRD AVENUE CHOCOLATE SHOPPE:

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 [bigeys51@optonline.net](mailto:bigeys51@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](mailto:newsletter@jsrc.org).*



*One shoe company can't do it all. That's why we carry more brands!*

Come visit us at

**The Grove  
in Shrewsbury**

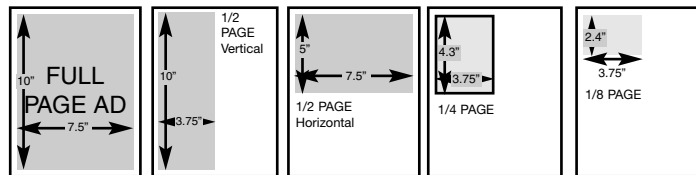
We have 30 years of experience in fitting you properly in footwear, apparel and accessories.



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732.758.8008

## JSRC Newsletter Footnotes Ad Rates

Ad size	3 Issues	6 Issues	12 Issues
<b>1/8 page</b> 3.75 x 2.4 no bleed	\$75	\$125	\$175
<b>1/4 page</b> 3.75 x 4.3 vertical no bleed	\$100	\$175	\$225
<b>1/2 page</b> horizontal 7.5 x 5	\$125	\$235	\$325
<b>1/2 page</b> vertical 3.75 x 10	\$125	\$225	\$325
<b>Full page</b> 7.5 x 10 no bleeds	\$175	\$325	\$550



- All ads should be submitted to Newsletter Editor in "camera-ready" form. Please proof all copy prior to submittal as JSRC cannot be held responsible for typos.
- If you would like the newsletter staff to design and set up your ad for you please submit all information a minimum of 4 days prior to the ad submission deadlines to allow for proofing and editing.
- Payment for ads **MUST** be received prior to first running of the ad. Ads cannot run without payment.
- Send Payment to: **JSRC - Newsletter, PO Box 7492, Shrewsbury, NJ 07702**

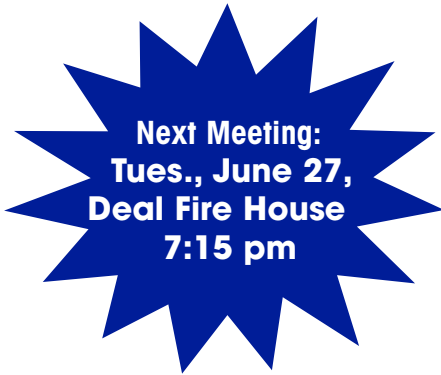


www.jsrc.org

PO Box 7492,  
Shrewsbury, NJ 07702

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

Place Label Here



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

Newsletter of the Jersey Shore Running Club  
Issue XV, Vol. 7 • June 2006

**Postmaster:** Dated material enclosed. Please  
deliver **before** June 26th, 2006. Thank You!



**In This Issue of Footnotes:**

JSRC & Reebok Grand Prix .....1

**Club News:**


- A Word from the President .....2
- Recordings: Meeting Minutes ....3
- Membership News .....3
- From the Editor .....14
- Letters .....15

**On the Run:**

- Racing News .....4
- Muddy Buddy .....9
- Club Group Runs .....10
- The Finish Line .....10
- Race Calendar .....11
- Joy of Running .....11
- Membership Application .....6

**In the Know:**

- Ask Dr. Phil .....3
- Health Updates .....7
- Member Profile .....9
- Birthday Calendar .....14
- Classifieds .....15



**Belmar Five  
2006**

**Johnny Cobb  
Memorial Run**  
Saturday, July 8  
8:30 AM  
with  
Kids Races & Fitness Walk  
on  
Friday, July 7, 6:30 PM

Don't forget the  
Belmar 5!!  
If you can't run, you  
can always volunteer!

Or try the Firecracker 5 on  
July 4th (shouldn't it be the  
Firecracker 4th?) in Wall to  
prepare for Belmar and four  
whole days to rest up!