

Batdad and Robin on the final stretch at the Trick-or-Trot 4-Miler October 29th.



In This Issue:

Club News:

- A Word from the President2
- Recordings: Meeting Minutes2
- Membership News3
- From the Editor3
- Dedication4

On the Run:

- Walking News4
- Racing News5
- Club Group Runs6
- The Finish Line6
- Race Calendar7
- Joy of Running7
- Race Applications9
- Membership Application11

In the Know:

- Ask Dr. Phil3
- Birthday Calendar10
- Photo Ops15
- Classifieds11

Upcoming Club Events

- Club Meeting,
Tuesday, November 28th,
 Deal Firehouse 7:15 pm

Upcoming Races

(to Run or Volunteer, see pg. 7)

- Manasquan Turkey Trot, 5M, November 18
- Born to Run 5M, November 24
- Matawan Turkey Trot 5K, November 25
- Navesink Challenge 5K & 15K, November 26
- 3rd Annual Poricy Park Trail Run 5K, December 2
- Reindeer Romp 5K, December 3
- Jingle Bell 5K, December 9
- Toys for Tots 5K, December 10
- 43rd Annual Asbury Park Polar Bear Races 5M, December 30
- JSRC New Year's Eve Twilight Run, December 31
- Freezing Cold Hash Run, January 6



Team JSRC at the Cherry Hill Celebrity Family Reunion area before the start of the NYC Marathon.

2006 ING New York City Marathon

New York is a city of neighborhoods, distinct cultural enclaves wedged one against the other. Each area has its own distinct identity, but, in their proximity to one another, each bleeds into the next as their vague boundaries intersect. After crossing the Verrazano-Narrows Bridge from Staten Island into Brooklyn, the marathon's runners immediately are thrown into the city's melting pot, as the first few miles of Bay Ridge, Sunset Park, and Gowanus soon melt into Boerum Hill, Fort Greene, and on and on. African American teenagers sit on stoops and yell from brownstone windows. In a line of wheelchairs outside the Keser Nursing and Rehabilitation Center, elderly fans made their voices heard. On marathon day, artists and foreigners and marching bands and volunteers—every kind of New Yorker you can imagine—all stand side by side behind police barricades, united in their enthusiasm. In South Williamsburg, as the trickle of runners began to swell into a full-on tidal wave of multicolored singlets, sweating and striving, shouts of “You are a champion, you are a champion,” would erupt intermittently along with clapping and cheers.

At mile 20, the runners cross the Willis Avenue Bridge, and exhaustion begins to set in. They have come far, but it's nearly time for the final push to the end. Perhaps the inspiration stems from the personally competitive nature of the event, with every participant working so hard simply to finish.

After crossing the finish, the runners were greeted by JSRC volunteers wearing bright yellow jackets directing finishers to their belongings, dry clothing, chip removal and reunion areas. But the primary responsibility of JSRC volunteers was to guide the celebrity marathon finishers to the celebrity family reunion area at Cherry Hill. It's a long walk to the reunion area, and often the runners don't believe they'll make it there without assistance. Yet they do survive. As they fell into the waiting embraces of family members and friends, JSRC members supplied them with food and water and made certain they were okay.

This year's celebrities included **Lance Armstrong** who clocked in at 2:59:36. Other notable athletes and celebrities who ran this year's ING New York City Marathon include Ocean Township native, **Ryan Spinney** in 2:46:09; JSRC Member **Brian Downie** in 3:08, mountain climber **Ed Viesturs** who finished in 3:15:18. Another JSRC member **Scott Winrow** finished in 3:26; actor **Tom Cavanagh** in 3:29:31; JSRC members **Rich Brugger** & **Nick Vanier** both finished in 3:31 and were closely followed by **Tom Wilbur** in 3:35. Three minutes later found **Cathy Finney** finishing with 3:38. Ten minutes later, more JSRC members began to trickle in: **Jeff Arbuckle**, 3:48; **Jon Anderson**, 3:51; **Vince Delucia**, 3:52; **Cathy Capozzi**, 4:00; and **Rudy Rinderer**, 4:04. At 4:10, **Jamie Gallagher** crossed the finish line seconds before chef **Bobby Flay** whose finishing time was 4:10:41—he was followed by JSRC member, **Eileen Kean** in 4:11. Former US gymnast **Shannon Miller**, winner of seven Olympic medals, clocked 4:17:46, crossing the line a little before **Scott Donnigan** who ran his personal best in 4:19. **Ken Disharoon** crossed the finish in 4:30 and **Dennis Hart** followed a few minutes later in 4:36. Model **Kim Alexis** was timed in 4:39:48. finishing under the five hour mark were **Tom Hall** in 4:42 and **Don Sutton** in 4:56. **Kelly Brogowski** finished in 5:03:47, **Jerry Grayce** completed it in 5:15 ahead of Arkansas Governor **Mike Huckabee** 5:33:39, and food writer **Patricia Wells** who finished in 6:06:06.

Although the volunteers were cold, the weather was perfect for running 26.2 miles...you can bet team JSRC will be there again next year!

JSRC Footnotes

Club Officers

President: David Zurheide
Vice President: Elaine Hartung
Secretary: Deana MacLean
Treasurer: Lou "Can Do" Malizioso
Web Master: Bob Both

Directors at Large

Jane Erbe
Tom Mulvaney

Editorial Staff

Newsletter Editor: Barbara Hay
Proofreaders: Corey Lowell
Contributing Writers:
Elaine Hartung, Phil Hinck, John MacGillivray, Donna Mehler
Photographer: Bob Both, Penny Hinck
Newsletter Circulation: Tina Duda
Electronic Newsletter Distribution: Penny Hinck

Membership

Membership Coordinator:
Adele McDonough

Membership Updates:

Send a change of address postcard to:
JSRC, P.O. Box 7492,
Shrewsbury, NJ 07702.

Contact the Club's Membership Coordinator, Adele McDonough, at membership@jsrc.org, to update your membership information, to obtain a membership card, or just shoot the breeze!



Footnotes is a monthly publication of Jersey Shore Running Club (JSRC), a non-profit, philanthropic organization. JSRC is a member of RRCA and USATF (Member No. NJ CLUB 0196).

Members are encouraged to submit press releases or articles of interest to fellow club members. Submit your information to newsletter@jsrc.org. Next deadline: 12/01/06.



JSRC Hotline: (732) 542-6090
Web site: www.jsrc.org
US Mail: PO Box 7492
Shrewsbury, NJ 07702

THE PRESIDENT'S MESSAGE



A Time to Give Thanks

The years go by so quickly, and we rarely take the time to reflect on all of the gifts we have been given. Thanksgiving is almost here, so there is no better time to remember what we have, and to help others less fortunate than us.

Let me begin by extending my personal gratitude for the following:

- My wife, **Kim**, and daughter, **Annie**, for supporting all of my activities, particularly those that are running-related. They recognize that my athletic pursuits and JSRC duties are an important part of my persona, even though such pursuits require many hours away from home.
- My friends, running or not, for their support in all that I do. Running, of course, has brought a myriad of fabulous people into my life. Thanks to each one of you for enriching my life!
- My job and my employer, **K Hovnanian Homes**, which also financially supports some of my running activities (Jersey Shore Relay, Navesink Challenge, etc.) and allows me to spread the gift of running to fellow employees.
- My health, without which I would not still be running.

I could go on and on, but I just wanted to get the ball rolling. Hopefully my thoughts spur some personal reflection in each one of you.

And let's not forget those that are less fortunate, even if we do not have a direct personal relationship. JSRC supports so many worthwhile organizations through our events: Special Olympics, Habitat for Humanity, FoodBank of Monmouth and Ocean Counties, Adopt-a-Family, to name just a few. Come out and lend your assistance at JSRC events, whether through volunteering and/or monetary donations. Most of our events have a connection to a worthwhile cause.

And, going beyond JSRC events, I would even urge you to make time to volunteer directly at any charitable organization. I guarantee that they would be happy to have your assistance. I can also guarantee that you will feel a sense of fulfillment for your efforts.

Happy Thanksgiving to each of you. Let's also help bring a Happy Thanksgiving to others. 🍂

—David Zurheide, President, JSRC

recordings

October 29th Meeting Notes

Minutes of Sept. meeting were approved.

Thanks to **Lou Celmer** and **John Mac** for the 2 CPR sessions. 24 members passed.

Old Business: The races reported on were: *JS Half Marathon, Sandy Hook 5K, Lake Como 5K, Rat Race, Deal 5 mile, Interlaken 5K, Art Glass 5K.*

Phil Hinck reported that the NY marathon busses were filled.

Donations: \$300.00 donation from *Belmar 5*. \$350.00 from *Brielle 10K*.

Jerry Frazee read a letter from Philadelphia College of Pharmacy thanking JSRC for \$1,000.00 donation in memory of **Grania Maggio**.

Treasurer's Report: In the black.

Nomination of officers will start at the November meeting.

New Business:

Upcoming races: *Just Us Girls, Trick or Trot, Cruz 5K, Hashathon, Zilenski Run, Born to Run, Navesink Challenge, Poricy Park 5K, Reindeer Romp. Manasquan Turkey Trot*—Club will donate \$350.00 for 50 shirts with club name on back.

Karen Drzik spoke on behalf of the Arthritis Foundation at the *Jingle Bell Run* on 12/9.

Adopt-a-Family—Anyone wanting to submit a family for consideration should see **Bob Both** or **Elaine Hartung**.

The Foodbank is requesting that if anyone is interested in participating in gift wrapping at Monmouth Mall to contact them.

No clothing report.

New members: **Laura Demeo, Bernadette Taylor.**

Peggy McKean's birthday.

Next meeting: November 28 at Deal Firehouse.

Meeting adjourned 8:00. 🍂

—Submitted by Donna Mehler



The Holidays are Here!

This is one of our smaller issues only 12 pages full of Club news and happenings. We want to wish everyone a Happy Thanksgiving with the hope you have a wonderful and safe Thanksgiving surrounded by family and friends followed by a happy Hannukah and Christmas Season! It is a busy time for us all and as always this Club is involved in the community to help others less fortunate. This year the Club will Adopt-a-family or two. Last year we adopted two families and helped make their holiday celebration special. If you know of a family to recommend for this year, check out page 4 for directions on how to submit them.

On page 5, you can find information on how to submit your nominations for 2007 officers. Of course, you can find out information on most of the races in this issue. Don't forget all of the upcoming races listed on page 7! This Autumn leaves are lovely / They rustle when I run / Sometimes I make a heap / And jump in them for fun! Happy running! 🏃

member news

On Saturday, October 21, Club member, **Bob Gileski** invited everyone to his place in South River for a giant party and Rocktoberfest. Food and catering was provided by Bob's company, "Gilbo A Go Go". Entertainment was provided by "Rock 'O The Rocker". The party started at 3PM and went until the wee hours. Needless to say a good time was had by all.



Thanks go to Club member **Lou Celmer** and **John Mac** for conducting the CPR training classes this season. The classes were full and 24 Club members passed and were certified in CPR. We now have a very able group of potential life savers. Congratulations to all who passed!



Club member **Jerry "Who" Frazee** hosted a JSRC FREE Happy Hour at Bar A on November 10th to kick-off his weekend celebration of the 29th anniversary of his 29th birthday. Happy birthday Jerry! You don't look a day over 58!

Gio, of Dr. T-shirt fame hosted Gio's Food Bank Barbeque November 11th at O'Neil's in Manasquan. All party-goers were asked to bring an item to donate to the Food Bank in addition to the Barbeque entrance fee. Not only was a good time had by all, but the Food Bank received much needed assistance.



The **FoodBank** will be doing Holiday Wrapping at Monmouth Mall and is looking for volunteers. If you are interested in helping out for an hour or two this holiday season contact **Ellen** at 732-918-2600.



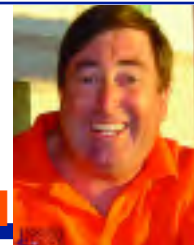
Jim McGoldrick tells us he completed the Ironman Florida in 13:59:17. Fellow Club member Chris Wilcox completed the Boca Grande Triathlon finishing first in his age group with a time of 1:10:13. Congratulations!



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.

Lake Como / McCormack 5K

This race commemorated the memory of **Captain George McCormack** of Lake Como. The overall winner was **Anthony Sarno** of Forked River in a time of 17:45 and for the women it was **Liz Stevens** of Lake Como in a time of 24:44.



Ask Dr. Phil

Philip Hinck

Q Can you explain the technical differences or rationale behind the heart rate monitor range on treadmills and ellipticals and such? The lower part of the range says "fat burn range" while the upper part says "cardiovascular range." What's the significance in the distinction?

—Corey Lowell

A Dear Corey, According to **Jonathan Perez: Fat! Cardio Does Not Burn That Much** The factor we are going to consider here is if cardio burns a significant amount of calories, hence lose weight/burn fat, while performing the aerobic activity. Well, obviously, any activity you perform, whether it's cardio, lifting, mowing the lawn, etc., requires the body to burn calories for fuel and energy. So, yes, cardio burns calories/fat /weight. However, what we want to know is if the amount of calories that cardio burns is significant, if it even makes an impact or dent on weight loss.

First off, let me start by saying that if you do cardio using some kind of machine, whether it be a stairclimber, treadmill, or elliptical, don't even bother looking at the "calories burned" number that the machine gives you. There is no way in the world that a machine can accurately tell you how many calories you just burned.

Gerald Gore, the owner of the online fitness review site, **One4Fitness**, feels that if he is going to add cardio to a workout routine then he wants to do whatever it takes to maximize the workout's benefits. He has found that he burns body fat more efficiently by slowing his pace down, increasing his cardio workouts over a longer duration, using full range of motion on the equipment and breathing correctly. 🏃

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).

adopt-a-family

JSRC sponsors a family in need

JSRC is sponsoring families in need during the holidays, bringing them joy, food and gifts. This year, we are reaching out to our JSRC members and asking if anyone knows of families in the area that are in need during this holiday season. If you know of a family in need, please send the following information to vicepresident@jsrc.org by 11/15/06. We would need to know the family profile, town, number of children and ages, and the JSRC member sponsor. ☺

hash it out

Freezing Cold Hash Run

On **Saturday, January 6th, Kenneth Vercammen** Law Office in conjunction with the **Rumson Hash Harriers**, will sponsor the **Freezing Cold Hash Run**. Taking place at 10:00am in Edison, this event is a free 4-6 mile group trail run, that includes prizes, and giveaways. For a nominal fee of \$10.00, you will receive a bright yellow "MY ATTORNEY FIGHTS TO WIN" tee shirt. The cost to participate in the post race social held at the Green Derby Bar is \$5.00. Free beer for women 21-69. You must be 21 years old to participate. Please bring a can food donation for the food bank. For more information contact run "hare" **Ken Vercammen** at (732) 572-0500, kennvjlaw@verizon.net, or visit www.njlaw.com/FREEZING_COLD_HASH_RUN.htm ☺

trick or trot

Seeks 2007 Race Director

Yes, the Trick or Trot 4-Miler is looking for a Race Director for 2007. Current Race director **Lou Malizioso**, would like to step down and hand the prestigious duty of race director to a willing volunteer. He is willing to train and assist the new race director. If you always thought you'd like to become a race director, this is a fun race to begin. Contact Lou at loucandoinc@hotmail.com. ☺

meeting notice

The next Club meeting will take place at **Deal Firehouse** around 7:15pm on **Tuesday, November 28th**. Mark your calendars for the Post-Thanksgiving meeting!! ☺

walking news

Avon Walk for Breast Cancer

I completed the Avon Walk for Breast Cancer on October 8th 2006 in NY City and it was the experience of a lifetime! After opening ceremony at South Street Seaport on the morning of October 7th, more than 3000 participants just like me began walking and kept on walking...for 26.2 long miles. Saturday's final 1.7 miles looked like it went on forever. I jogged up the ramps to the Randalls Island bridge, walked across, crept to the finish line, and thankfully completed 26.2 miles. A podiatrist for my sore toes, stretching by a fantastic physical therapist and I felt like a new woman. Saturday night in a tent on the island was an experience I would NOT repeat.

Starting out on Sunday morning, a crew member gave me a big hug and assured me that I would make it. (I guess I looked pathetic!) No hill jogging this day, just walking for 13.1 miles and across the Brooklyn Bridge to the finish line and a party of whooping and whistling.

I met some great people along the way; breast cancer survivors, people walking in memory of and in honor of loved ones, people like me who just wanted to show support, and wonderful folks cheering us on along the route and at the finish line. A marathon and a half in 2 days is an interesting way to see New York City and I had a big smile on my face at the end.

The closing ceremony was touching with speeches by young women in their mid-twenties who are already breast cancer survivors.

I spent the summer training and raising money for breast cancer care in New York and New Jersey. To participate, each walker had to raise a minimum of \$1800.00. Believe it or not, asking friends, and co-workers to donate and support me was the most daunting task. A week before the Walk, I was still several hundred dollars short, but a few other participants to share some of their donations with me. What a great group! As I said before, this was an experience of a lifetime! Next up: Just Us Girls 5k in Sea Girt. ☺

—Karen Hornberger

dedication

Saturday in The Park: Dedicated to the Memory of Chuck Whelan

On October 30th, **Liz Ireland** and **Kent Sabin** presented a plaque to **Chuck Whelan's** mother, sister, and son with the following statement:

"The running community and this race in particular lost a dear friend in July. After a long and frustrating fight against a nameless, severely debilitating disease, Chuck Whelan passed away. To have watched this fit, active, outgoing young man lose his life broke our hearts. In celebration of his life, we dedicate the race to his memory. While we could not help our friend, he can help us. We can rejoice in our health and life opportunities every day."

Chuck was the catalyst for the first *Saturday in The Park* race—serving as the founder and race director for many years until the onset of his illness. This race has now become an institution for women in the running community, with more than 500 women competing on the hilly course each year. Thank you Chuck! ☺



racing news

Interlaken 5K

Runners were treated to ideal running conditions for the Annual Interlaken 5K held this past Saturday, October 14th. The course wound through the tree-lined streets of Interlaken. Interlaken is a tiny town nestled along the shore between Deal and Allenhurst. The overall winner was **Luciano Diolivera** in a time of 17:50 and the women winner finished in a time of 21:23.



The Start of the Interlaken 5K.

There were lots of awards and runners were treated to a post race party of pasta, sandwiches and lots of other goodies. Congratulations to the Race Committee and all the volunteers who helped put on a great event.

Run Thru Deal 5M

The 24th Annual Run Thru Deal was treated to spectacular Fall running weather, delighting the runners as they ran thru the streets of this beautiful Jersey Shore town.

The start and finish were at the town's icon and mainstay, the historic Deal Casino. The Deal Fire Department and other volunteer groups were out in full force to help guide the runners to their personal victories. The men's winner was JSRC's **Dave Demonico** of South River in a time of 27:25 and for the first woman finished in a time of 35:44.

The race was the first in the brand new Jersey Shore Triple Crown of races—the others being the *Trick or Trot* and the *Navesink Challenge 15K*. Congratulations to Race Directors **Steve Foley** and **Scott Lewis** who put on another great event.

Trick or Trot 4M

What was **Ronald McDonald** doing on October 29th in Long Branch? Participating in the Trick or Trot 4-Miler, of course! Lots of goblins, ghouls and princesses magically appeared at the Club's Thirteenth Annual Trick or Trot 4-Miler held along the oceanfront in Long Branch. A determined and sturdy field of 250 road racers converged at the Windmill to compete on this very windy Sunday morning. Registration began early at the Windmill with pre-race coffee, followed by a short stroll through Seven Presidents' Park to the start at the Long Branch Promenade. With the sound of the starting gun, the race continued southward through Pier Village onto the boardwalk and then returned to a spectacular finish in Seven President's Park. The large field battled some high winds but still put in some impressive times. The women's winner was **Amy Nalven** cleverly disguised as the "Devil".



Windmill Wiener prepares for the race.

Kids races were held before the 4-mile run and a costume parade was held after the race. Afterward all the runners and volunteers were treated to a post race party at the Celtic Cottage.



Ronald McDonald out runs a ghoul?

The race was a fund-raiser for Ronald McDonald House. Thanks to all the sponsors and volunteers who made for a successful event.

Congratulations go to race director **Lou Malizoso**.



Ronald McDonald referees the Kids' Races.



Windmill and Bumblebee on the final stretch.

relay update

Jersey Shore Relay Update

The Relay committee has formed and is planning for the Relay to be held on April 21, 2007. A web site for the event is now available. We are actively seeking a few more members to round out the committee. We have opportunities in the following:

A self-motivated individual to seek out sponsorship opportunities. This would be an ideal position for a retired individual who wants to contribute to the success of the event which benefits Special Olympics.

An individual who would like to organize an Expo. This year we are finishing at Convention Hall in Asbury Park with a huge party and concert in the famous hall. We have room for vendors to set up. This person will be responsible for coordinating all aspects of the Expo.

Special Olympics is also looking for volunteers who would like to train (run) with a Special Athlete who will be competing at the World Special Olympics to be held in Beijing China. The Athlete will be representing Area 6 (Monmouth and Ocean County) and lives in the Hazlet area.

If anyone is interested in any of these very interesting and rewarding opportunities just send an email to jsrc@hotmail.com

power trip

Nominations are being taken for 2007

With State elections recently passed, we now need to consider the most important of all—**JSRC 2007 Elections**.

2007 Nominations are now being accepted for the following offices: President, Vice President, Recording Secretary, Treasurer, Membership Coordinator, Webmaster, Newsletter Editor, Newsletter Coordinator and Member-at-Large. Nominations will be accepted at our **November 28th** meeting at Deal Fire House. Nominations will be posted in the December & January newsletters. Voting will take place in January and the new officers will be announced at the holiday party in February.

If you know of: someone who would be a good Club officer; someone who could do a great job; or feel you would like to do more for the Club—by all means nominate them (or yourself). Just remember to get your nominations in by November 28th.

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 at Dunkin Donuts on Ocean & 16th Avenues 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. If the temperature falls below 32° we get free hot chocolate! 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

nyc marathon

Brian Downie	3:08
Scott Winrow	3:26
Rich Brugger	3:31
Nick Vanier	3:31
Tom Wilbur	3:35
Cathy Finney	3:38
Jeff Arbuckle	3:48
Jon Anderson	3:51
Vince Delucia	3:52
Cathy Capozzi	4:00
Rudy Rinderer	4:04
Jamie Gallagher	4:10
Eileen Kean	4:11
Scott Donnigan	4:19 PR
Ken Disharoon	4:30
Dennis Hart	4:36
Tom Hall	4:42
Jerry Grayce	5:15
Don Sutton	4:56
Jerry Grayce	5:15

trick or trot 4-miler

Jeff Propert	21:54
Pat Ford	23:27
Amy Nalven	23:56
Ed Alburtus	24:43
Rob Jaeger	26:07
Alan Paschedag	26:18
Tobias Ruckes	27:09
Denise Kelley	27:12
Bill Burke	27:14
John Mytrnick	28:30
Larry Sinkovich	28:35
Matt Sodano	28:59
Leslie McKernan	29:48
Marty Dugan	29:50
Jamie Gallagher	30:33
Carol Irwin	30:34
Donna Chevillot	31:21
Laura Myers	33:23
Kathy Porzio	32:09
Theresa McKean	32:35
Mary Moriarty	32:41
Liz Wenslauskas	32:52
Beth Sarfaty	32:54
Sally Kalksma	34:14 3AG
Bob Hayes	34:35
Tara Froehlich	35:20
Peter Visceglia	32:23
Nicole Froehlich	35:21
Alison McKenna	35:24
Kenny Mayerhofer	35:44
Marge Ascari	36:06
Tom Natoli	36:41
Jim Rockford	36:50
Kristina Caligiuri	36:52
Liz Ireland	37:53
Thomas Morrison	37:01
Marilyn Ryder	37:18
Greg Rosen	37:21
Peggy McKean	39:19
Maria Santoro	40:11
Robert Gibson	41:27
Deanna MacLean	43:10 RW
Diana Burton	45:14
Steven Nudelman	46:11
Tina Duda	51:53
Dawn Ciccone	1:02:04
Pam Allen	1:02:05
Mary Ann McKean	1:05:31
Clarence Lurch	1:08:14
Pauline Nowak	1:10:14

marine corps marathon

Mike Anstadt	4:12:07
Lois Eder	4:24:56
Francis Healy	4:28:03
Len Giles	4:36:41
Brian Gates	4:39:06
Bob Burns	4:57:34
Tim Giblin	5:05:28
Sheila Irving	5:10
Pat Giles	5:22
Bob Dawson	5:31:16
Diane Cheer	5:36:40

run with the vikings

Steve Collins	24:24 1AG
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boo run 5k

Frank Pelcher	25:29 2AG
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bill's 5-mile beer run

Frank Pelcher	44:25 5AG
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tinton falls 5k

Matt Shafer	19:19 3OA
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art glass 5K

David DeMonico	16:23
Bob Horn	17:20
Brian Marley	20:11
Walter MacGowan	21:08
Ralph Garfield	21:45
Jack Cheer	21:51
Joseph Renzella	23:22
Marty Dugan	23:24
Jon Lowrie	24:03
Jon Lowrie	24:05
Mary Moriarty	25:08
Tom Morrison	25:40
Diane Cheer	26:50
Bob Hayes	26:55
Marilyn Ryder	28:08
Peggy McKean	30:47
James Robbins	31:54
Sandra Risley	36:12
Ali Belicose	39:31
Tina Duda	39:56
Clarence Lurch	43:02
Penny Noble	50:05

cpl breakfast run

Ralph Garfield	22:56 1AG
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usaf masters

Ralph Garfield	23:14
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middletown great race

Steve Collins	24:14 3AG
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interlaken 5k

Andrew Dombrowiecki	20:25
Bob Hayes	29:13
Joseph Renzella	23:45
Candace Brandmayr	32:39
Sandra Risley	38:24 RW
Tina Duda	40:57
Penny Noble	54:22 RW

run thru deal 5-mile

Rob Jaeger	34:24 2AG
Tobias Ruckes	35:18
Ralph Garfield	38:03
Steve Collins	40:15 3AG
Karen Gregory	49:57(3ag)

little silver classic

Steve Collins	24:25 1AG
Karen Gregory	30:05

seaside half-marathon

Karen Charles	1:25:15
Steve Foley	1:38:30
Tobias Ruckes	1:39:37
Thomas Natoli	2:17:45
Alison McKenna	2:26:00

seaside 5k

Larry Sinkovich	21:38 1AG
Leslie McKernan	23:51 3OAF
Donna Chevillot	24:32 1AG

spring lake heights 5k

Matt Shafer	19:16 3OA
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baltimore marathon

Will DeRoberts	3:10
Peggy McKean	5:22

harford marathon

Jessie Joseph	4:31:43
Jeananne McFadden	4:44:13
Diana Burton	5:12:29 3AG

lbi 18-miler

Russ Stallone	2:31:02 2AG
Joan Scriverich	3:01:51
Scott Patterson	1:56:40 1AG

army 10-miler

Leslie McKernan	1:36
Candace Brandmayr	1:50:03
Grace Baratta-Perez	1:51:44

newark corporate run

Joseph Bucco	27:42
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3rd annual capt george e. mccormack memorial r

Matthew Shafer	20:17
Carl Schavio	30:45
Steven Nudelman	36:17

jersey shore half-marathon

Scott Winrow	1:27:59
Jim McGoldrick	1:31:21
Bill Burke	1:43:22
Tobias Ruckes	1:43:38
Sandy Santiago	1:43:45
Graham Wisdom	1:43:45
Suzanne Grabowski	1:45:31
Liz Wenslauskas	1:51
Jaime Gallagher	1:55:46
Sutah Robins	1:56
Don Sutton	1:59:10
Theresa McKean	2:01:16 PR
Alan Palestine	2:04:20 3AG
Susan Grant	2:04:21
Diane Cheer	2:14:23

lighthouse 5k

Walter MacGowan	22:17
Diane Alter	25:51
Tina Duda	39:33
Sandra Risley	39:41
Penny Noble	53:52

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 or newsletter@jsrc.org. Include your name, the name of the race, your finish time & 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
November 18	Manasquan Turkey Trot	5M	11:00 AM,	1M Run at 10:00 am	732 223 2894
November 24	Born to Run	5M	11:00 AM	Freehold NJ	www.shoreac.org , elliottden@aol.com
November 25	Matawan Turkey Trot	5K	10:00 AM	Matawan	
November 26	Navesink Challenge	5K & 15K		Middletown, NJ	732-542-6090
December 2	3rd Annual Poricy Park Trail Run	5K	10:00 AM	Middletown, NJ	www.poricypark.org
December 3	Reindeer Romp	5K	11:00 AM	Point Pleasant NJ	
December 9	Jingle Bell 5K	5K	10:00 AM	Bar Anticipation, Lake Como, NJ	
December 10	Toys for Tots	5K	10:00 AM	Freehold, NJ	www.farcnj.com
December 30	43rd Annual Asbury Park Polar Bear Races	5-Mile racewalk/5-mile hwalk/hwalk	1:00 PM 10:00 AM	on the boardwalk elliottden@aol.com	www.shoreac.org 732-222-9080.
December 31	JSRC New Year's Eve Twilight Run	Lake Como, NJ	732-542-6090	Spend New Year's Eve with All your Running Friends!	
January 6	Freezing Cold Hash Run		10:00 AM	Ken Verammen Law Office 2053 Woodbridge Ave., Edison, NJ	732-572-0500 kenvnjlaws@verizon.net

joy of running

Coach John & Coach Elaine

A Busy Fall

Due to our busy fall training group schedule and our involvement with the planning and administration of the first annual *LT Dennis W. Zilinski II Memorial 3.5 Mile Run and 2 Mile Walk* on Sunday November 12, we have to take a sabbatical on addressing a new topic for this month's column. By the time you read this, a number of our JSRC members will have either run or volunteered at the event in memory of Dennis.

Responses to last month's column on Chuck Whelan:

We were pleased to hear the positive feedback from some of our veteran JSRC members who also fondly remember Chuck for his great dedication and skillful leadership of JSRC.

Holiday Season - No Time to Stop Running

With the holidays quickly approaching, darkness occurring earlier and the race schedule getting lighter, the late fall is a time when we



need to remain focused on our training to keep fit and burn those calories that we will be consuming over the next 6 weeks at various holiday gatherings. Keep yourself motivated and run safe.

We wish all of you a wonderful Thanksgiving and a joyous holiday season.

Coach John MacGillivray and Coach Elaine Hartung conduct training programs year-round 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

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.

jingling beat

Jingle Bell Run

Imagine the sounds of hundreds of thousands of bells jingling as people from coast-to-coast run, walk and cheer in the Arthritis Foundation Jingle Bell/Walk Run for Arthritis®. Across the country, bells will be ringing as people like you tie jingle bells to their shoelaces, don festive holiday costumes and join friends and neighbors in support of the Arthritis Foundation's mission to prevent, control and cure arthritis and related diseases.

When was the last time you put jingle bells on your sneakers and went for a fun 5K run during the holiday season?

Please join in the jingling festivities on **Saturday, December 9th at Bar Anticipation** for the **Arthritis Foundation's Jingle Bell Run/Walk for Arthritis**. Put on reindeer ears and dress up if you like!

Lunch, jingle bells, a goodie bag and a T-Shirt is included with the \$22 registration fee. This race has a 10am start and you won't want to be late!

To sign up for the run you can use the application form on page 9 or you can visit their website at www.arthritis.org or e-mail dWASHINGTON@arthritis.org for more information. ☺

jsrc coupon

Savings for you for the holidays

Ocean Wine & Spirits is pleased to support the Jersey Shore Running Club and is offering a holiday coupon for Club members to use and invite the Club's membership to stop by for wine tastings during November & December. Simply present the following coupon to receive your discount.

Ocean Wine & Spirits
JSRC Holiday Coupon
15% Off
 Now through December 31, 2006

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

Ocean Wine & Spirits
 1104 Route 35 South
 (next to Wegmans)
 Ocean, NJ 07712
 732.660.6700
 www.oceanwineandspirits.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 three (3) events. Once you complete three events, contact the Club president. Volunteer to get yours today!



racings news

34th Jersey Shore Half-Marathon

The weather was bit on the wet side for the Annual Jersey Shore Half Marathon on Sunday, October 1st. A drizzle at the start and then some heavier rains during the race gave way to sunny skies toward the end and a great celebration of runners afterwards with lots of awards and random prize drawings.

The overall winner in a time of 1:13:22 was **Luis Raffetto** of South Boston, Massachusetts. The 24-year-old, originally from Ocean Township who now resides in Boston, came to Sandy Hook to compete in the 13.1-mile race as part of his continued training for the New York City Marathon on Nov. 5. Raffetto's teammate, **Ryan Spinney**, of Newburyport, Mass., ran a personal best 1:15:35 to take third place. He said the cool, rainy weather was perfect for running. Last year's champion, **Jay McGovern**, of Atlantic Highlands, ran a minute faster this year, but still finished 42 seconds behind Raffetto in second place.



Luis Raffetto crosses the finish line

JSRC's own **Amy Nalven**, 28, of Brick, was the first woman across the line, clocking in at 1:25:15 to beat her second-place finish of a year ago by more than four minutes. **Diane Petruzzelli** finished second among the female competitors. The native of the Lincroft section of Middletown, who's only been competing for two years, posted a time of 1:26:50. Petruzzelli said she won her previous two half marathons and finished second in the 2004 Jersey Shore Half Marathon.

Joe Dowling, of Old Greenwich, Conn., won the wheelchair division. Dowling, originally from Newark, may have been the competitor most affected by the rain. "I'm not sure what it does to the runners," he said. "But I had to put a lot of sticky on my hands so they would stick to the rims."

Men's Top-Three finishers were: **Luis Raffetto**, 1:13:2; **Jay McGovern**, 1:14:04; **Ryan Spinney**, 1:15:35. The Women's Top-Three finishers were: **Amy Nalven**, 1:25:15; **Diane Petruzzelli**, 1:26:50; **Amber Hart**, 1:30:09

Congratulations to Shore Athletic Club and Race Director **Isabel Keely** for another great event. Shore AC was assisted by all the local running clubs- Freehold Area Running Club, Ocean Running Club and of course, JSRC who volunteered to put on the event. Many other local organizations helped out as course marshals, first aid and water stops along the course. Thanks to all who volunteered!

Jersey Shore Lighthouse 5K



Stephanie Dixon.

There was a nice field of runners who dodged the raindrops in Sandy Hook as part of the Jersey shore Lighthouse 5K, which was practically a race within a race as it accompanied the Jersey Shore Half-Marathon on Sandy Hook. The Men's winner was JSRC's **Luciano Dioliviera** of Long Branch in a time of 18:11. For the women it was **Stephanie Dixon** of Madison in a time of 20:32

Seaside Half-Marathon

Another terrific day for running at the Ocean Running Club's Annual Seaside Half Marathon. The race started on the Seaside Heights Boardwalk in front of Jimbo's Bar and Grill. It went down the Seaside Heights boardwalk then the Seaside Park boardwalk and wound its way through Island Beach State Park for a turn around and return back to Jimbo's. JSRC's **Karen Charles** of Belmar flashed through the course in a PR time of 1:25:13. After the run the participants were treated to a great buffet breakfast inside Jimbo's. Overall and lots of age group awards were presented. Congratulations to Ocean Running Club and Race Director **Patty Hancock** as well as Club President **Bill Winterbottom** and all the volunteers who made for yet another classic event.



Uh, which direction are we supposed to be running?



5K Run/Walk

For More Information: Call the Jingle Bell Run/Walk HOTLINE 1-888-467-3112 (in NJ) 1-732-283-4300 x 313 dwashington@arthritis.org Sponsorship & Team Opportunities Available! Register Online www.njjinglebellrunlakecomo.kintera.org

Date: December 9, 2006 Location: Bar Anticipation, 16th Ave. (732)681-7422 Lake Como, NJ (formerly South Belmar) Start Time: 10:00 AM Race Day Registration & Check-in 8:30AM

Event Sponsors:



Early Shirt Pick-up at Bar A Friday Night 5:30PM – 7:30 PM

- ✓ Awards and Prizes ✓ Team Challenge ✓ Lunch at the Finish Line ✓ Plus Much More!

Each Participant will receive a T-shirt and Jingle Bells

Move Your Feet to a Jingling Beat!

Registration Form

To participate please complete this form and either mail to the address below or fax to the Arthritis Foundation.

Registration Fee (includes t-shirt, bells & refreshments) \$20 prior to 10/15/06 \$22 through 12/1/06 \$25 beginning 12/2 through day of event Mail: Arthritis Foundation 200 Middlesex Turnpike, Iselin, NJ 08830 Fax: (732) 283-4633

Name: Address: City: Age: Gender: Phone Day: Eve: Email: Do you have arthritis or a related disease? Y N If Yes, what type? I heard about this event from: State: Zip:

- I am planning to raise pledges. My pledge goal is \$ I have added a donation below to support the Arthritis Foundation

Payment by: Cash Check MC Visa Amex Acct # Exp: Signature: * Make checks payable to the Arthritis Foundation

Please check one: 5K Run 5K Walk Volunteer Team Name: My shirt size is: S M L XL XXL Team Captains: I will Participate Individually With a team* (minimum of 10 people) *Team captains - Please send in all individual team member's registration forms together with payments and team roster.

I hereby signify that I understand that the Arthritis Foundation New Jersey Chapter, the Jingle Bell Run/Walk for Arthritis sponsors, the area where I, or my child, run or walk and all other organizations and persons connected with this event are not to be held responsible for any injuries which I, or my child, may suffer while taking part in this event, or as a result thereof. In this connection, I hereby waive any claim for damages to my person, child or property. Further state that my child or I are in proper physical condition to participate in this event. I grant permission for the organizer to use any photograph or any other record of this event for any legitimate purpose.

Participant's Signature Date If Participant is under 18, parent or guardian's signature Date

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. 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. ☺

running boom

Once upon a time there was a running boom. It began when Frank Shorter won the Olympic marathon in 1972 and took off from there. It seemed everyone was out on the streets.

On Oct. 22, 2006, 15,000 women participated in the Nike Marathon in San Francisco, the third straight year that it filled its roster. But the attention-getter was the New York Marathon. At lot of publicity went to cycling superstar Lance Armstrong, who finished in just under three hours (and we do mean "just" under at 2:59.36, but that's still better than the Puffy Combs standard of 4:14.54.) The really remarkable story was that behind Armstrong and the elite runners were another 36,000 participants. This year organizers received an amazing 93,000 applications. MarathonGuide.com reports 382,000 marathon finishers in 2005, up nearly 100,000 from 2000.

What's fueling this? Women. Last year roughly 153,000 women finished marathons, over a third more than 2004. Apparently, women realized that, with a little effort, running a marathon is an attainable goal. That's a change from when a marathon was seen as a grueling challenge for elite runners, most of whom were male. Thirty years ago, the New York Marathon field was 2,090 and just 88 of them were women.

The other component is the introduction of charity. Nearly all races make a point of including a charitable aspect. Rather than competing ferociously, women often train and run in groups, and emphasize the camaraderie of the experience. They sometimes plan their race as a getaway vacation. Race organizers, no dummies, are working the demographic. ☺

birthday news

Look Who's celebrating!

December 1

Maria Annanziata Brian Feehan
Lori Bogert Emily McMillan
Carol Cappadona Mary McMillan
Donna Farrell

December 2

Al Bennett Lisa Rufa
Stephanie Napoliello Sharon Soltys
Magda Nassar

December 3

Kathleen Sullivan

December 4

Bob Bonpietro Robert McAllan
Tomba Briggs Christine Peters
Sharon Fenlon Ellen Stoever
Tammy Freeman

December 5

Lynn Campbell Susan Gallinetti
Glenn Corregano Kevin Kline
Al Dombrowski

December 6

Elliot Goodman Susan Schreck
Donna Massett

December 7

Paula Crane Peter Slater
Danna Kawut Bob Wordelmann

December 8

Jamie Gallagher Kathleen Price

December 9

Edward Adamsky Cathy Puleo
Marie Jimenez

December 10

John Adams Emery Messenger
Bob Flannery

December 11

Michael Brady Pamela Schott

December 12

Elizabeth Hempstead Christa Maurer

December 13

Kelly Hasson James Krause
Charity Hendricks Arnold Spinner

December 14

Sal Principe

December 15

Mary Del Giorno James Rich
Lauren Moore

December 16

Susan Ende Robert Piescor
David Heskin Michele Wolpov

December 17

Bridget Bruno Missy Murnane
Andrew Cusick Bill Paglione
Emilio Farina Joe Pallitto
Michael Feerst Brian Truax
Francis Lupo

December 18

Bill Harkins Thomas Pinzino
Cecilia Henriques Robert Ricci
Jessie Joseph Janice Peterson

December 19

Annette Dillon Robin Innella
AnneMarie Graci-Ruhl David Yanosik

December 20

Michael Fritz James W Munday
Donna Galinski John Ploetz
Tyler Magyar

December 21

Erin Mullooly Mike Washakowski
Joan Scrivanich

December 22

Kathy Brady Carl Schavio
Eric Campbell Jackie Spinella
Andrea Plaza

December 23

Lorraine Chudkowski Janet Ferrara
Will DeRoberts Laura Perlberg

December 24

Glenn Pastella

December 25

Lauren DeVito Stephen Kelleher

December 26

Gregory Capriotti Dana Spafford
Carolyn Cornely Katherine Tahamont

December 27

Iradell Abney Jr. Sharon Pezarras
James Hillman Norman Roberts
Carol Kneeshaw

December 28

Al Bodine Paul McLaughlin
Lisa Lombardi Kristen Sheekey
John McCarthy Doty Winsten

December 29

Glenn Cashion Christine Donohue
Pam Caucino Gene Taetsch
John Churchill Louise Verde
Jill Dobrowansky Shelley Wright

December 30

Patricia Golia MaryBeth Manzi
Stephen Horn Lori Wright
Susan Kingman

December 31

Steve Adams Sr Fran Emanuel
Amanda Coscia Mick Morris
Erin Egan

Monthly Meeting

The Club Meeting will be held on Tuesday, November 28, 2006 at Deal Firehouse on Brighton Avenue in Deal. We will meet at approximately 7:15 pm, following the regular Tuesday night Club run. Web site: www.jsrc.org

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

CONTOURS EXPRESS OF BRIELLE:

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

FAMILY CHIROPRACTIC CENTER:

Special rates for JSRC members. Tinton Falls, 732.530.0405.

FEET FIRST:

All Locations. 10% discount.

G&P WELLNESS:

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

GILBO-A-GO-GO:

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

HAYSEEDS DESIGN

Advertising & Marketing: Publications, Brochures, Logos, Web design, and illustrations. Barbara Hay at 732.517.1474. 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.thepamperedoulj.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., Meluchen, 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 Shonts. 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 inclusive and custom vacations. Providing customized personal service to club members, contact Ira Weiss at 732.682.5156 ira@travel.com or www.travel.com *Members 732.682.5156 ira@travel.com or www.travel.com 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 your accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Jersey Shore Running Club, its Officers, Members and volunteers, and all sponsors, their representatives, employees and successors from any and all claims and liabilities of any kind arising out of my participation in any club event or carelessness of the persons named in this waiver. Further, I grant to all of the foregoing to use any photographs, motion pictures, recordings or any other record while participating in club events for legitimate purposes.

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



www.jsrc.org

PO Box 7492,
Shrewsbury, NJ 07702

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



**Next Meeting:
Tues., Nov. 28,
Deal Firehouse
7:15 pm**

Newsletter of the Jersey Shore Running Club
Issue XV, Vol. 12 • December 2006
Postmaster: Dated material enclosed. Please
deliver **before** November 27th, 2006. Thank You!



In This Issue of Footnotes:

New York City Marathon1

Club News:

- A Word from the President2
- Recordings: Meeting Minutes2
- Membership News3
- From the Editor3
- Dedication4

On the Run:

- Walking News4
- Racing News5
- Club Group Runs6
- The Finish Line6
- Race Calendar7
- Joy of Running7
- Race Applications9
- Membership Application11

In the Know:

- Ask Dr. Phil3
- Birthday Calendar10
- Photo Ops15
- Classifieds11

new year's eve

Bar "A" Twilight Fun Run/Walk

Bar "A" New Year's Eve Twilight Fun Run/Walk & Party is right around the corner!! Make your plans now. This event will take place **Sunday, December 31st** at Bar Anticipation in Lake Como. The Fun Run/Walk begins at 5:00pm. The Run is about three miles and the course includes a loop around Lake Como, then back to Bar A, where the real fun begins. Entry Fee includes a t-shirt (while they last), designed by well known entrepreneur **Dr. T-Shirt**. One-hour open bar (well drinks only) and buffet provided by Bar Anticipation.

All this fun is available to you for only \$20.00 if pre-registered by Dec 25th or \$25 that night. **JSRC Member \$15 discounted fee for pre-reg only—due by Dec 25th.**

You need NOT be a runner or JSRC member to participate and walkers also welcomed. Check-in begins at **3:30PM** at Bar Anticipation, 703 16th Ave, Lake Como.

You may register by downloading the Twilight Run forms on our website: www.jsrc.org. Mail the form and a check payable to JSRC to: **JSRC New Year's Eve Bar A Fun Run**, PO Box 7492, Shrewsbury, NJ 07702.

You may also register online through www.jerseyrunner.com.

For more information you may call the JSRC Hotline **732-542-6090**. More details will be available in next month's newsletter. Register early, this is a great way to welcome in the new year!!!!