

New Year, New Club Officers Election

We are nearing the end of the year 2004 celebrating the holidays with friends and family. When the the new year begins, many of us will be making resolutions to to get ourselves back in shape to get ready for the spring and summer running seasons. The new year also brings election of new club officers. Why not make a resolution to get more involved with the club by being an officer?

The election this year will be held at part of club's Holiday Party, scheduled for Friday, Feb 5, 2005. The nominations for all positions are open. Many well qualified candidates have been nominated and the we would like to see more new faces as officers of the club. The current nominations are:

President: Tom Morrison

Vice President: Elaine Hartung, Jerry Frazee

Secretary: Deana MacLean-Roberts

Treasurer: Mark Griggs, Lou Malizioso

Membership Director: Adele McDonough

Members-at-Large (2 positions): Eric MacKellar, Marty Rettino, Frank Pelcher, Dave Zurheide, and Bob Gileski

Newsletter Editor: Barbara Hay

Webmaster: Bob Both



**2005
OFFICER NOMINATIONS
NOW ACCEPTED**

Nominations are open through end of December, with ballots going out in early January. Completed ballots have to be returned on or before the Holiday Party. Nominations are accepted through the December monthly meeting 28. Send them through email to president@jsrc.org. We urge all interested members be present at the meeting and submit additional nominations.

2005 Golden Grand Prix Dates Announced

Race dates announced for the five Jersey Shore Golden Grand Prix Events by Grand Prix Coordinator Phil Hinck. The events and dates are:

Spring Lake Five - May 28th

George Sheehan Classic - June 18th

Belmar Five - July 9

Asbur Park 5K - August 13th

Pier Village 5K - September 5th (Labor Day).



Due to the success of the 2004 series, plans are to again include open and age group prize money at most events, and at series end, based on accumulated points. Details will be posted at www.jsgrandprix.com in early 2005. Thanks to all participants, sponsors and volunteers.

Race Winners

MacGillivray and Kalksma Lead the Trails



On December 11, the Dover Township Police Athletic League held its annual 5.2 mile Tinsel Trail run to benefit their Toys for Tykes drive. JSRC members won both men and women overall categories: John MacGillivray (Womens Running 101 co-Director, ex RRCA NJ Chapter Representative) won the men's division with a time of 40:23. Sally Kalksma (race director of the most popular Ocean County race, Pine Beach 5K) won the women's division with a time of 42:30. The Trail run was held in Winding River Park - Reported by Elaine Hartung and Sally Kalksma

DeMonico Wins Born to Run and Reindeer Romp

Club member, a Rutgers alumni and winner of many races over the years, 'Super' Dave DeMonico swept two popular races in recent weeks. First, it was the Born to Run 5 mile race Freehold on November 28. Dave's winning time was 26:34. He was also the winner of 'First to Court Jester' after the race, beating previous winner Phil Hinck to the watering hole!

Dave repeated the win the following week at the Reindeer Romp 5K event in Pt. Pleasant on December 5 in a winning time of 16:11.



Santa's Run

Join the JSRC on Christmas Day for our long standing traditional Santa's Run. Wear a Santa's Hat and bells on your shoes if you have them. We'll do an easy 4 to 6 mile run through the streets of Red Bank and make some stops along the way. We will have a special celebrity guest which we can not name so don't miss out on the Event. The Run will start at 8:30 AM and we'll meet at our usual Sunday Run Club House at Bodman Park. Directions to the Park are available on the Group Run Page. All are welcome to spread some cheer!



President's Message

Year 2004 was a banner year for JSRC. Our club has continued to prosper. Race attendance is up and our membership increased. Our contributions to charities continues to grow. We continue to espouse the ideals that founded our club. We strive to promote our sport of running and interacting with all other local clubs that also seek to advance our common goal of fitness and fun.

We hope and pray that 2005 will be a positive year for the JSRC and the United States. We pray that our troops will return home safely.

We will continue to expand upon our basic philosophy of having fun through running and contributing to worthy social causes. I wish everyone best wishes for 2005.

Bill Koch, President



JSRC Footnotes

Footnotes is a monthly publication of Jersey Shore Running Club (JSRC). JSRC is a member of RRCA and USATF (Member No. NJ CLUB 0196).

JSRC Hotline: (732) 542-6090

Web site: www.jsrc.org

US Mail: PO Box 7492, Shrewsbury, NJ 07702

Club Officers

President: Bill Koch

Vice President: Tom Morrison

Secretary: Deana Maclean

Treasurer: Donna Mehler

Membership Coordinator: Adele McDonough

Newsletter Editor: Raman "*marklar*" Lakshmanan

Newsletter Circulation: Tina Duda

Webmaster: Bob Both

Directors at Large: Bob Gileski, Dave Zurheide

Club Meeting and Group Runs

Meeting

The next Club Meeting will be held on Tuesday, December 28thth at the Deal Fire House in Deal. We will meet approximately at 7:30 pm, following the regular Tuesday night Club run. Bring \$5 for dinner, if you plan to eat and drink.

Group 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. 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 6PM for a 4 to 6 mile run along the boardwalk and around Lake Takanassee.

Thursday Run

The meeting place for the Thursday Evening Run in Belmar is Taylor Pavilion on Ocean Avenue and 5th Street. Folks meet there at 6 PM for the runs south.

Saturday Runs

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

Holmdel Park: Check the website for starting date for 9 AM run, 3 to 5 miles.

Member News

New Member Kenny Pace

I run basically to stay in shape, but more for mental health nowadays. I run one marathon a year - and this April will run the NJ marathon. I had to skip NYC due to my baby girl showing up a few weeks early. My personal records are: 5k - 20:32 -Avon Day 5k 2004 / 5mi - 34:58 Sheehan 2003 / Marathon 3:40 - Philly 2004. I am in industrial sales, so I work my runs in when I can. My wife Donna run from time to time and is also a club member.

Kenny Pace

Jersey Shore Running Club Holiday Party



**IT'S THAT TIME AGAIN....TO
CELEBRATE THE HOLIDAYS WITH THE
JERSEY SHORE RUNNING CLUB**



PLEASE JOIN US ON **Saturday, February 5TH**
AT THE BARCLAY IN BELMAR TO EAT, DRINK AND DANCE THE NIGHT AWAY

**ABSOLUTELY, POSITIVELY NO RUNNING ALLOWED -
UNLESS YOU CONSIDER THE ELECTRIC SLIDE A RUNNING EVENT!**

FESTIVITIES START PROMPTLY AT **7PM**
(**FOUR-Hour Open Bar & Butler Style Hors d'oeuvres**)
WITH A BUFFET DINNER AT 8PM AND DJ DANCING UNTIL 11PM
50/50 Drawing and Chinese Auction

IF YOU'RE ALREADY A JSRC MEMBER, YOUR COST FOR THIS GALA EVENT IS
ONLY \$35 IF YOU "PRE-REGISTER" BY JANUARY 31.

**NOTE: THERE IS A \$5.00 DEDUCTION IF YOU VOLUNTEERED AT 3 OR
MORE JSRC ASSOCIATED EVENTS DURING 2004.**

POST-REGISTRATION AND GUESTS IS ONLY: \$40 PER PERSON.

For directions to The Barclay, 115 5th Avenue Belmar (just off Ocean Ave.),
call **The Barclay** at 732/681-5299 or www.thebarclay.com

**For further information about the party, call JSRC Hotline 732/542-6090
or email fraz@birdsall.com. Online registration at www.jerseyrunner.com**

RESERVATION FORM (Sign up now – seating limited to first 250 people – last year's
festivities were sold out!!!! (No registration the night of the party)

Name _____ Phone _____ email _____

Address _____

Name(s) of Guest(s) _____

Total amount enclosed \$ _____

List three 2004 JSRC events Here:

Make checks payable to: JSRC Holiday Party, 151 Lake Avenue, Manasquan NJ 08732

Member Discounts

GILBO-A-GO-GO, CATERER AND PARTY EXPERT: ASK ABOUT MY HOLIDAY PARTY SPECIALS FOR NOVEMBER AND DECEMBER. BOB GILESKI. 732-887-6791

TBS Improvements:: Painting, Powerwashing, Carpentry, etc. (15 yrs experience). Todd Smith (732) 406-4920. Free Estimates. 10% off.

LINCROFT VILLAGE DENTAL CARE: Special Introductory Rates to New Patients. Please call office for details. 732-842-5005

HEALING HANDS Reiki Therapy, Dawn Ciccone at 732-872-7441. 10% off to members.

THE RUNNING STORE, The Grove, Rt. 35 in Shrewsbury. 10% off shoes and clothing. 732-758-8008

MILES AHEAD SPORTS, Meeting House Rd, Manasquan, 10% discount. 732 223-0444.

RUNNER'S HIGH 454 Main St., Metuchen, 732-549-9440, 10% off.

Sneaker Factory, 308 Millburn Avenue, Millburn NJ 07041 973.376.6094. www.sneakerfactory.com. 10% off with credit card 15% off with check or cash.

FAMILY CHIROPRACTIC CENTER - Special rates for club members. Tinton Falls, 732-530-0405.

YOGA BY LYNN, Lynn Ramsey, 732-528-0294

SERVES U RIGHT, 20 % Off Party Service, 732-747-8683

THIRD AVE CHOCOLATE SHOPPE, 1118 3rd Ave, Spring Lake, 732-449-7535, 10% off.

KENNETH VERCAMMEN, ESQ. 15% off Traffic tix & Wills 732-572-0500

SUSAN TORCHIA, Red Bank Fitness, Personal Fitness Training, Nutrition & Pilates Classes. 10% off. 732-741-1900

MEAGAN ENRIGHT, Certified Massage Therapist. \$50 for 1 Hour Massage. Ortley Beach, 732-830-8400.

FEET FIRST - All Locations 10 % discount

ALL BRUNSWICK CYCLERY - 29A Easton Ave, New Brunswick, 10%parts & Acc. - 732-745-BIKE

MONMOUTH WELLNESS 10% off herbal supplements & weight control programs. Call 888-295-0802 for brochure or visit www.monmouthwellness.com. Coupon code JSRC.

G & P WELLNESS - Performance & recovery technologies by Nikken. Grace and Peter Rowe, 732-706-0446. 20% Discount.

WELLS FARGO HOME MORTGAGE, Tony D'Andrea 732-933-5663 Red Bank; Complimentary Pre-Qualification. NO Commitment, Origination or Tax Fees to all JSRC members

HEALTHY BEGINNINGS PT - Specializing in Injury Prevention, Performance Enhancement, Injury Management & Rehabilitation, Free Consultation - Melinda M. Brenner, ATC, CSCS, CPT: 732-728-7047

Classified

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732 933-5663 Office
732 933-8319 Fax
732 266-9026 Cell
anthony.dandrea@wellsfargo.com

Club members interested in having their business services listed in the Member Discounts section free of charge should send e-mail to newsletter@jsrc.org. Artwork advertisements in the Classified section are included on a basis of 3 issues minimum for a nominal fee. Contact newsletter editor for rates.

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!

Birthdays

Jan 1
 Kate Harper
Jan 2
 Mitchell Slater
 Richard Burt
Jan 3
 Frank Bilski
 Erin Theriault
 Jennifer Boudreau
Jan 4
 Heather Guthrie
 Kevin Kuhn
Jan 5
 Elizabeth Burke
Jan 6
 Cathrine T Berth
 Nancy Mazza
 Dirk Easton
Jan 7
 Tom Gillick
 Thomas Sammons
 Bob Bythell
Jan 8
 Denise Daugert
 Gary Krebs
Jan 9
 Ralph Sarno
 Dorothy Taylor
 Morris Sutton
 Bruce Locke
Jan 10
 Derald Franklin
 Alexa Lewis
 Michele Julian
 Randy Brown
Jan 11
 Theresa McKean
 John Abel
Jan 12
 Michael Varga
Jan 13
 Paul Roedell
 Barbara Roussell
 Elizabeth Lutz
Jan 14
 Ronald Cohen
 Amy Lynn Vassas
Jan 15
 Peg Weiland
 Andrew Nasto
 Steven Loder
 Marie Vallo
 Cynthia Shaw
 Thomas Rospos
Jan 16
 Joseph O'Connor
 Sandra Tango

Robert List
 John Reidy, Jr
 Kim Myers
Jan 17
 Dominic Biancamano
 Betsy Tripp
Jan 18
 Skyler Mahoney-Kendra
Jan 19
 John Coulter
 Nancy Linky
Jan 20
 Al Baginsky
 Abigail Lewis
Jan 21
 Jeana Hobbs
 Todd Pisani
 Stephen Fratini
Jan 22
 Mark Eisenberg
Jan 23
 Gail Hoyler
 Janet Burpee
 Susan McNamara
 Nicole Doering
 Jerry Convery
Jan 24
 Candy Dice
 Susan Ardito

Roger Lewis
Jan 25
 Raymond Attisano
Jan 26
 John Drudy
 Christina Burrough
Jan 28
 Katy Taylor
Jan 29
 Mary Kay Lavin
 Kathryn Juric
 Patrick Mastroilli
Jan 30
 John Longfield
 Patrick McLaughlin
Jan 31
 Bryan Laurita
 Bob Gordon

January 2005						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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At The Finish Line

Toys for Tots

Frank Pelcher 24:37

Tinsel Trail Run

Sally Kalksma 42:29(1st F)

John Macgillivray 40:23(1st OA)

Jingle Bell 5K

Paul Roedell 28:37(PR)

Reindeer Romp

Dave DeMonico 16:11

Amber Hart 18:15.

Matt Schaefer 22:13

Dave Zurheide 18:33(3ag)

Liz Wensauskas 20:47

Peggy McKean 34

Terry McKean 26(2ag)

Frank Pelcher 24:13

Jim Curran 17:56(1ag)

Jen Curran 19:52(1ag)

Kevin Curran 22:32

Barbara Curran 26:29

Barbara Brennan 19:33(1ag)

Navesink Challenge

Frank Pelcher 1:31

Patrick Asay 1:07:24

Marcia E. Draikiwicz 1:36:46

Bill Koch 1:31:29

Born To Run

Frank Pelcher 40:49

Marti Rettino 36:59

Jim Curran 30:38 (5th ag)

Jen Curran 34:04(1ag)

Kevin Curran 36:35

Barbara Curran 43:22

Bill Koch 38:14

NYC Marathon

Peggy McKean 6:01

Turkey Trot

Frank Pelcher 39:50(PR)

Dennis Hart 39:41

Ray Folio 43:26

Terence Foley 43:59

Terry McKean 40:50

Rob Flannery 34:02

Jim Mergel 44:12

Nancy Thorne 37:03

Fred Esposito 36:06

Mindy Brasdy 49:40

Bob Gileski 39:57

John Sullivan 44:39

Penny Hinck 48:25

Jack Cheer 35:20

Steve Foley 34:04

Jane Erbe 35:25(1ag)

Karen Charles 33:08

Pat Mastroilli 38:15

Reggie Hyde 40:36

Matt Shafer 36:05

Jeff Ragle 34:52(PR)

Bob Piescor 47:31

Peter Pace 52:35

Philadelphia Marathon

Bruce Locke 4:19

Barbara Feinstein 4:44:11

Jonathon Feinstein 4:52:01

Eric Campbell 3:56:28

Kristine Claussen 3:56:33

Randi Cohen 4:42:50

Vince DeLucia 3:44:58

Todd Desimone 4:25:13

Alicia Dibiase 3:20:50

Candy Tice 5:33:10

Linda Hochman 4:05:56

Crystal Hulse 4:18:52

Arlene Jensen 4:22:03

James Mason 3:55:24

Bob Cavallaro 4:09

Alison Soto 4:02:46(1st Marathon)



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(across from St. Rose HS; Behind Norwood Auto Parts Store)
732 681-4010

To get your race finish times published on the web site and newsletter, send e-mail to results@jsrc.org. Include your name, the name of the race, your finish time and any overall/age group award and PR (or injury excuse!).



PO Box 7492
Shrewsbury, NJ 07702

Next Club Meeting: Tuesday, Dec 28, 7:00 PM, Deal Fire House, Deal, NJ

Race Calendar

Date	Event	Distance & Start Time	Location	Contact
Dec 26	Polar Bear Races	5M, 1 pm; 10M race walk, 10 am	Asbury Park, NJ	732 222-9080
Dec 31	Bar A Twilight Fun Run/Walk	3M, 6 pm	Lake Como (South Belmar), NJ	732 542-6090
Dec 31	New Year's Eve Midnight Run	4M, 12:00 midnight	Central Park, NY	
Jan 1	CJRRC Hangover Run 5K	12 noon	Tamaques Park, Westfield, NJ	[866] 841-9193 x 3807
Jan 1	Hamilton Hangover Run	12:30 pm	Hamilton, NJ	609-737-9069
Jan 1	Fair Lawn 1st 5K	11 am	Fairlawn, NJ	201-796-6831
Jan 8	Freezing Cold Hash Run		Woodbridge, NJ	732-572-0500

Not responsible for accuracy of event dates and times. Check in race applications.
Look for club tent and feather at highlighted events

**MERRY CHRISTMAS
AND
A HAPPY NEW YEAR**