

Jersey Shore Relay and Special Olympics

The sun finally came out at this year's Jersey Shore Relay after several rainy years. A record crowd of nearly 240 teams participated in the race representing over 1,200 runners and they were treated to a nice tail wind which resulted in some pretty fast times at the Jersey Shore. The overall winning team, in a record time of 2:22:22, was the MacGowan Agency Men who covered the 26.2 mile course in a record setting 2 hours 22 minutes and 22 seconds. The top women's team was the MacGowan Agency Women in a time of 3:03:45. The top men's team was the Wall Street Brokers

who finished in a time of 2:33:14. The Wall Street Brokers were last years winners then known as the "Hip-pies".

The primary beneficiary of this event is the Monmouth and Ocean Counties Area 6 Special Olympics Organization. While not all the pledges are tabulated, we expect to



raise close to \$40,000 to Special Olympics from the event. This will surpass last year's total of over \$35,000. The relay committee would like to thank to all the participants, volunteers and sponsors who made for a very memorable event to benefit Special Olympics. This is a tremendous achievement for the race director Bob Both and JSRC.

On Saturday, May 8, a group of volunteers from JSRC assisted at the Monmouth and Ocean Counties Area 6 Special Olympics Track and Field Meet held at Toms River High School South. This event symbolizes JSRC's dedication to the sport of running. At the opening ceremonies, Special Olympics directors Gerry Hickey and Lisa Wilhelm thanked JSRC for providing the financial support to the organization and for helping to stage the event. We would like to encourage more club members to volunteer at this event next year to experience for themselves the accomplishments of the Special Olympics and how JSRC plays a key role.



Spring and Summer Running

Women's Running 101

The Women's Running 101 Program is 12 week fitness training session hosted by experienced running coaches and JSRC members John MacGillivray and Elaine Hartung. This program is for women with little or no experience in running, but wish to embark on a fitness and sustainable running program. The program is in its third year and had over 100 new runners last year. It is held at Holmdel Park Wednesday evenings, starting on June 16. Two sessions are scheduled, 5 and 6:30 PM to meet expected demand. At the end of the 12 week training period, the participants target running the Saturday in the Park, Women's 5K race held on Labor Day weekend. The program fee includes many benefits, including a full year membership to JSRC. Check the club site and look for Women's 101 section.

Pre-Father's Day 5K

This year's Pre-Father's Day 5K will be held on June 12 at the Wanamassa Middle School. Race Director and JSRC past president Adele McDonough is working hard to make this race another successful event. The proceeds of the event benefit the local PBA Chapters in Ocean Township, Interlaken and Allenhurst. Race application is included in this newsletter and also available online at club web site.

Lake Takanassee Series

For over 40 years, Monday evenings in June, July and August mean the gathering of runners at the Lake Takanassee in Long Branch to run ever popular summer series 5K race. Staged by Shore AC, Lake Takanassee brings out famous and

not so famous runners from the past and present. You will see runners who have run the event every year, new runners who are there for the first time and everything in between. This year's season starts on Monday, June 14.

Pine Beach 5K

Looking for a fast and fun 5K run in June? The Pine Beach 5K and One Mile Riverside Run is celebrating its 6th anniversary on Sunday, June 27th. The traffic-free course is USATF certified and offers panoramic views of the Toms River and runs its way through the scenic town of Pine Beach. A free pasta party is held immediately after the run in Vista Park which is adjacent to the start/finish line. The speediest runners can win prize money for a top three finish, breaking the course record and being the first master runner. Awards are also given to the top three in 5 year age groups. The rest of the field can win one of the many random drawings that can include free race entries, a box seat at a Phillies game, and a mountain bike.

The run is organized by the Pine Beach Municipal Alliance and has become the largest race in Ocean County. The entire town gets behind the run with great sponsorship, flower-planting along the course, and a solid group of volunteers. Please come out and make this year's event the biggest and best yet.

For more information see the race application in this issue, visit the web-site at www.pinebeach5k.com, or call Sally Kalksma at (732) 505-9554.

Feature Event

JSRC Summer Series

Thursday Night at the Races For Youth and Adults

The Club's Annual Summer Series of Races kicks off its Ninth Season on Thursday June 17th at the Wall Municipal Complex. There are events for all, including a half mile run for youth 9 and under, a 1 mile run for 14 and under, and a 3 Mile Open Race with age group and overall awards. The series has proven popular in past years with several hundred participants every week for ages from 3 years to 83!. The Kid's always have lots of fun and we'll have our complimentary "Kool Pops" as is the custom. The course is two loops with some gentle hills around the Park. It is spectator friendly so bring the family. The season will conclude on Thursday, July 29th with the traditional Kid Adult Relay and followed by a Pizza Party.

Club Members receive a discount if they sign up for the entire series. Series participants will also receive a surprise gift.

JSRC & PBA 57 Present 10th Annual

PRE-FATHER'S DAY 5K

SATURDAY, JUNE 12, 2004

Schedule: 5K Run/Walk – 9:00 AM
Kids Races – 10:15 AM

Location: Wanamassa Public School
Bendermere Avenue
Wanamassa (Ocean Twp) NJ

Directions: From Route 35, take Sunset Ave.
(2 traffic lights North of Asbury Circle)
East to first traffic light, Logan Road. Turn left.
On Logan Road, Bendermere is the first left.

Entry Fee: \$15 before June 5
\$12 JSRC members and Law
Enforcement Officers, before June 5
\$25 Race Entry and one year membership
to JSRC, before June 5
\$18 after June 5 and race day
\$7 Kid's Races (with Shirt & Medal)

Awards: 1st Place Overall M/F
Top 3 finishers M/F in 10-year age groups
Top Cop -1st Place Law Officer M/F
Top Father/Son & Father/Daughter Teams
Largest Family Entry

Course: Flat and scenic 3.1 miles loop through
Wanamassa, Interlaken and Allenhurst.

To Benefit PBA 57
(Ocean Twp, Interlaken, Allenhurst)

Great Awards Post Race BBQ Random Prizes



732 542-6090

www.jsrc.org



Return with check made out to: **JSRC Pre-Father's Day 5K, PO Box 7492 Shrewsbury, N.J. 07702-7492**

NAME _____
ADDRESS _____
CITY _____ STATE _____

AGE _____ SEX _____
PHONE _____
ZIP _____

Police Officer: Yes [] Where? _____
JSRC Member: Yes [] Family Team Name _____

SHIRT SIZE (CIRCLE ONE): EVENT (CIRCLE ONE):
YL M L XL 5K KID'S RACE

RELEASE

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running this event. 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 RRCA, Jersey Shore Running Club, its Officers, Members and race volunteers, the City of Ocean Township, Interlaken, and Allenhurst and their Departments and employees, and all sponsors, their representatives, employees, successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver.

SIGNATURE _____ DATE _____
(Parent or Guardian if under 18)

President's Message

A Milestone Anniversary

Jersey Shore Running Club, previously known as Team Running Store, was incorporated on June 10th, 1994. This June marks the 10th Anniversary of the Club. It has grown from just a few running friends to the largest running club in New Jersey.

The Constitution of the Club adopted a decade ago states the prime objective of the club shall be:

A. To promote and encourage long-distance running through the education of the community on the benefits of physical fitness and sport.

B. In furtherance of A, the club may hold championships..., races, training runs, lectures..., social events, print newsletters..., present awards and do all such other things that may be conducive to the encouragement of running.

C. Other objectives are to engage in community activities, to publicize by appropriate means the benefits of long distance running and jogging and to coordinate with other agencies advocating running as a means of physical fitness.

I believe the Club has remained true to its founding objectives and continues to evolve and promote this sport of ours. Happy 10 year anniversary, Jersey Shore Running Club!

Bill Koch

Running Numbers

- 150,000+ Total Miles Run.
- 15,000+ Participants.
- 10,000+ Bagels Eaten.
- 500+ Weeks
- 500+ Different Runners
- 500+ Weeks, one Club Member has there

What is the event and who is the club member?

Kent Sabin - Answer to last month's Running Numbers.

Club Meeting and Group Runs

Meeting

The next Club Meeting will be held Thursday, May 27th at Bar-A in Belmar. We will meet approximately at 7:30 pm, following the regular Thursday night Club run. Bring \$5 for dinner.

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.

Wednesday Run

Holmdel Park: Meet at main pavilion to run at 6 PM to run the famous cross country course. 3 to 5 miles.

Thursday Run

The meeting place for the Thursday Evening Run in Belmar is the Dunkin Donuts on Ocean Avenue and 16th Street. Folks meet there at 6 PM for the runs south. The meeting location moves to Taylor Pavilion after Memorial Day.

Saturday Runs

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

Other

There is also an informal gathering in Metuchen Friday nights. The group meets at Runner's High on Main Street. At 6 PM. For more info visit www.runners-high.com, 732-549-9440

Volunteers Needed

The month of May brings a busy schedule of races in the area. The club will be present at many events. We are looking for volunteers to assist. No previous experience is required. Get there an hour before the event, look for club tent or feather and indicate you are there to help. The events are:

- Spring Lake Five Kids Races on May 28 at 5:30 pm.
- Spring Lake Five on May 29.
- Avon Day 5K, June 5.
- Pre Father's Day 5K, June 12.
- George Sheehan Kids Races, Friday, June 18, 6 pm.
- George Sheehan Classic 5 Miles, June 19, 7 am.
- Pine Beach 5K, June 26.
- JSRC Summer Series, Wall Twp, Thursday evenings starting June 17.

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Charitable Contributions

Lukemia Society

Club member and September 11 Memorial Run organizer Officer Tim Mahoney is training for a 100 mile bike ride around Lake Tahoe this spring. Tim is raising money to benefit the Lukemia Society. JSRC made a contribution of \$500 to this event and several club members matched with an additional \$500 for a total of \$1,000. We wish Tim the best of luck in his event.

Michael Thorne Memorial Scholarship

Club member Nancy Thorne is the race director for the annual Michael Thorne Memorial 4 Mile race in West Long Branch held in honor of Nancy's brother Michael who was killed in line of duty as a firefighter. This year's event was held on May 16. JSRC made a contribution of \$200 towards this event at its April meeting.

Sgt. Patrick King Memorial Scholarship

On behalf of the Shore Athletic Club and the Jersey Shore Half Marathon, I want express my deep appreciation to the Jersey Shore Running Club and it's members for the support that the club gives to the Half Marathon. This race could not have been organized without the valued assistance of JSRC.

The Jersey Shore Half Marathon would like to make a donation to the Patrick King Memorial Scholarship Fund on behalf of the Jersey Shore Running Club. Enclosed please find a check for \$ 700.00.

On a personal level the support, assistance that, Phil & Penny and the JSRC volunteers gives to me, is so very much appreciated.

Please acknowledge my sincere thanks to the Jersey Shore Running Club; it's members and Board for their continued support.

Isabel O'Donovan-Keeley
Shore AC
Race Director, Jersey Shore Half Marathon

JSRC Nautical Cruise Night

Friday, August 13th

Back by popular demand is the repeat of the last two year's sellout event. DON'T MISS THE BOAT! Both years we had to turn away people. We are limited to the first 100 people. REGISTER EARLY AND SAVE. Special prize for the best tropical attire and best lucky charm for Friday the 13th! Special early registration discount price of only \$35. per person for the month of May. \$45. per person in June and \$55 per person in July and \$65 until August 3rd or limit is reached.

We will depart Bogan's Dock in BRIELLE at 7:45pm for a three hour cruise. Deluxe dinner and open bar and scenic vistas of the bay. We will eat, drink and dance! (no running involved in this event, unless you arrive at the dock at the last minute.) This will sell out fast so send check or money order payable to JSRC-River Queen Cruise, c/o Bill Koch, 263 Frankfort Ave , Neptune NJ 07753 Info: 732 918 1976.

Runner's Recipe

Easy Hawaiian Cake

2 cups flour, 2 cups sugar, 2 eggs, 2 tsps baking soda, 1 cup crushed walnuts, 1 cup shredded coconut, 1 can crushed pineapple with liquid

Mix. Pour into 9x13 greased pan. Bake at 350 degrees for 45 minutes

Bill Koch

JSRC Footnotes

Footnotes is 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: Bill Koch

Webmaster: Bob Both

Directors at Large: Bob Gileski, Dave Zurheide



PINE BEACH 5K

ONE MILE RIVERSIDE RUN
SUNDAY, JUNE 27, 2004
PINE BEACH, NJ

5K - 9:00AM 1 MILE - 8:15AM

USATF Certified Course
#NJ01010GAN



COURSE RECORDS: Fouzi Alaoui (2001) 14:48 • Tara Pointin (2002) 17:06

PRIZE MONEY, 5 YEAR AGE GROUPS, FREE POST RACE PASTA PARTY, RANDOM GIVE-AWAYS
INCLUDING A MOUNTAIN BIKE COURTESY OF BEACHWOOD BICYCLES

Proceeds benefit local charities & the Pine Beach 5K Scholarship Fund

PROUD
SPONSORS:

The Pine Beach Municipal Alliance
for Drug & Alcohol Awareness and Prevention



Early packet pick-up Saturday, June 26, 5 - 7 pm, Pine Beach Municipal Building

Register online at

Day of 7:30 am Vista Park, Riverside Drive, Pine Beach

Start Time 5K - 9:00 am, One Mile - 8:15 am

Entry Fees	5K Run/Racewalk	Pre-registration	\$15 Postmarked by June 10th
		Post-registration	\$20 Day of Race & early packet pick-up
	One-Mile	Pre-registration	\$10 Postmarked by June 10th
		Post-registration	\$15 Day of Race & early packet pick-up



Awards 5K Run Cash Awards -- Top Three Male & Female -- \$100 with \$50 bonus if course record is broken, \$75, \$50. Top Male & Female Master - \$50
Awards -- Top Three Male & Female in 5 year age groups: 14 and under through 70 and up.
Special Awards -- First Male and Female Pine Beach Residents, and First Male and Female Ocean Running Club Members.
Racewalk -- Awards for Top Three Male and Female
One Mile Run -- Awards to Top Three Male and Female Finishers. Ribbons to all participants

Course Fast, scenic, USATF certified 3.1 mile course along the Toms River and through the quiet streets of Pine Beach. All roads are closed to traffic. Two waterstops and clocks at miles 1 and 2. Strollers and baby joggers welcome. No skates, blades, bikes or pets.

Amenities T-shirts and goodie bags guaranteed to all 5K & One Mile pre-registrants, and to post while they last. Computer scoring with post card results, free post race pasta party, random prizes, masseuses & entertainment by DJ Joe!

First Time Runners Learn to run your first 5K! Pine Beach 5K is pleased to announce that a beginners running program will be offered for those with little or no running experience or who have been out of running for a while and wish to run the 5K event in 2004. The 10 week training program, starting in early April, will be conducted by experienced and certified coaches, John MacGillivray and Elaine Harlung. For more information on this training program, please e-mail the coaches at jmacrunning@yahoo.com or telephone them at 732-699-2867.

Directions From the North: Take the Garden State Parkway to exit 80. Follow Rt. 9 South to the 5th traffic light and make a left onto Motor Road. Follow signs to Vista Park. From the South: Take the Garden State Parkway to exit 77 and bear right at the light at the bottom of the ramp. Go to the 1st traffic light and make a left. Take to Rt. 9 South. Make a right and go to 3rd traffic light. Make a left onto Motor Road and follow signs to Vista Park.

Questions? For additional information call 732-349-6425 or visit our website: www.pinebeach5k.com

Pine Beach 5K and One-Mile Application Form

• One applicant per form • Use separate application forms when registering for more than one event

FEEL FREE TO COPY THIS FORM FOR OTHER RUNNERS/WALKERS

Name _____ Age on race day _____ M/F _____

Address _____ City/State _____ Zip _____

Telephone _____ Shirt Size (circle one) S M L XL

5K Run 5K Walk One-Mile Run Pine Beach Resident Ocean Running Club Member

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to falls, contact with other participants, the effect of the weather, including high and low temperatures and or humidity, traffic and other 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 accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the Borough of Pine Beach, Berkeley Township, Pine Beach Municipal Alliance for Drug & Alcohol Awareness and Prevention, all race volunteers and all sponsors, their representative, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in the waiver. Further, I grant to all of the foregoing the right to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Do not write in this box

Applicant Signature (If under 18, a parent/guardian signature) _____

Date _____

Please make check payable to: **Pine Beach 5K**

Mail application and payment to: Pine Beach 5K, PO Box 162, Pine Beach, NJ 08741

Member Discounts

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% discount.

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. Ortleigh 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.

PELLY ART CENTER - 2040 Hwy 35, Wall - 13% member discount on Custom Frames by Maggie (732)449-1313

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

COOPER BUILDING & RENOVATIONS

- CUSTOM HOMES
- RENOVATIONS
- ADDITIONS
 - DECKS
 - SIDING
 - ROOFING
- FINISHED BASEMENTS
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Call Former Running Great &
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alanedco@aol.com

Serving the Running Community since 1979



Anthony D'Andrea
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Red Bank, NJ 07701-5683
732 933-5663 Office
732 933-8319 Fax
732 266-9026 Cell
anthony.dandrea@wellsfargo.com

Club members interested in 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 3 issues minimum for a nominal fee. Contact newsletter editor for rates.

Birthdays

June 1

Michael Loprete
Diana Kennedy
Debbie Corneiro
Lisa Shea

June 2

Maximilian Sparshatt
Gregory Duffy
Jeff Reger
Michael Sandler

June 3

Jennifer Gunn
Nathan Denkin

June 4

Debbie Madge
Winston Parks
Monica Eppinger
William Michalski

June 5

John O'Reilly
Russell Creighton

June 7

Karen Yennie

June 8

Mindy Brady

Paul Schwarz
Tom Hall
Carolyn Zieberman
Loni Hulse

June 9

Jonathan Cusick
Jennifer Cusick
Dick Heuser
Charles Pergola
Carol Reillo

June 10

Dave Magno
Debra Curry
Jessica Torres

June 11

Bob Potter
Anthony Iannicco
Bonita Puschel

June 12

Joesph Chiarello
Joseph Spagnuolo
Shannon Albietz
Trudy Parton
Kathleen Scotto

June 13

Stanley Magda
Barry Kotsak
June 14

Michael DeMarzo

June 15

Joanne O'Shea

June 16

Betty Gibbons
Susan Posbergh
Jane Huber

June 17

Richard J. Wright
John Donelik

June 18

Gary Cohen
Bill Cusick

June 19

Sally Kalksma
Mark Zenobia
Adele McDonough
Edward Daly

June 20

Tad Davis
Jennifer Clausen
Mark Fletcher
Leigh A. Gibson
Megan Nevins

June 21

Stephen Collins
Erin Higgins
Chris Frey
Kathleen Craven

June 22

Kathleen Elia
Eugene Napolitano

June 24

Michael Magaleski

Matt Magaleski
Robin Solbach
Kathleen West

June 25

James Coomber

June 26

Kelly Sorochen
Kathy Brennan
Jack Werbler

June 27

Kathleen Kennedy
Joanne Konecny
Patti Holland
Joanne Toomey

June 28

John Eddy
Paul Lucuski
Rebecca Kahane
David Sauls

June 2004

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			

June 29

James Manning
Jim Mergel

June 30

Nancy E Kegelman

Membership Updates

Send a change of address post card 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!



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

Come visit us at
The Grove in Shrewsbury
for our 30 years of experience in
fitting you properly in
footwear, apparel
and accessories

595 Highway 35, Shrewsbury, NJ 07702
732 758-8008



GEORGE SHEEHAN CLASSIC

Five Mile Run

with Healthwalk and Kids' Classic Races

New Date: June 18th & 19th

(Fathers' Day Weekend)



Red Bank, NJ



► Runners Expo and Master's Forum

Held in Marine Park &
Open to the Public

- **NJNG Masters**

Forum—Friday
night at 7:30 pm

- **Expo hours:**

Friday, 2 pm to 9 pm
Saturday, 7 am to 2 pm

► Open and Age-Group Prize Money

- **Prize money**—

Open, NJ and Age
Group

- **Teams:**

Open, Masters,
Corporate,
Specialty & Families

- Mayor's Awards

► Meridian Golden Grand Prix Event

The GSC is part of
Jersey Shore Golden
Grand Prix

► Race Amenities

- T- Shirts/Medals
- Pre-Race Pasta Party
compliments of:
Ruffino's Restaurant
of Eatontown
- Famous Bar-B-Q
compliments of:



- 8:30 am start

► For More Info:

- Hotline: 732-988-7725
- Email: info@sheehanclassic.org
- Web: www.sheehanclassic.org

Race proceeds benefit the **Parker Family Health Clinic** and many more Local Organizations

2004 sponsors include: Riverview Medical Center, Wells Fargo Home Mortgage, New Jersey Natural Gas, Straub Lincoln/Mercury, Wachovia Bank, and Wachovia Securities.

At The Finish Line

Flying Pig Marathon

Jeff Ragle 3:57:09(first Marathon)

Big Sur Marathon

Luann McGraw 4:27:01

Jay Russell 4:18:21

Draft Day 5K

Brian Marley 20:41

Leatherman Loop 10K Trail Race

Brian Marley 55:10

Broad Street 10M

Brian Marley 1:12:27

7 Mile Bridge Run

Tom Sammons 57:34

Bob List 58:44

River to Bay 5K

Nancy Garsick 25:40

Patrick Asay 20:06(2ag)

Dave Zurheide 19:03(2ag)

Frank Pelcher 26:25

Robert Carbone 23:05

Teri Perez 24:14

Rumson 5 Miler

Frank Pelcher 43:24

Tom Natoli 44:08

Scott Donnigan 40:40

Dave DeMonico 27:00

Joey Santoro 38:36

Leslie McKerman 47:16

Jim Merzel 47:17

Russ Stallon 34:18(2ag)

Ron Cohen 34:30(3ag)

Long Island Half Marathon

Jaime Soto 2:25(1st Half)

Alson Soto 2:25

Kick-Off Spring 5K

Scott Donnigan 23:57

Chelsea Donnigan 25:33

John O'Reilly 23:59

New Jersey Shore Marathon

Greg Mendina 3:07:17(PR)

Bruce Locke 4:00:39

Bill Aramondo 3:28:06

Carl Ehmis 3:29:24

Jim McGoldrick 3:34:59

Mike Bair 3:16:28

Gene Caffrey 3:47:24(PR)

Sutah Robins 4:14:50;

Dick Hauser 4:14

10 Miler

Scott Donnigan 1:29:06

Boston Marathon

Brian Downie 3:12:11

Bob Horn 3:27:55

Joe Donahue 3:37:50

Sutah Robins 4:30:50

Alicia Dibiasse 3:41:40

Linda Piff 4:39

Liz Wenslauskas 4:01:08

Bill Hoffman 2:54:28

Mike Car 3:15:49

Elisa Riff 3:31:56

Christine Corey 3:45:11

Amy Stein 3:46:56

Linda Puzzo 3:50:10

Betty Shonts 4:03:34

Moira Horan 4:11:47

Mary Moriarty 4:49:28

Linda O'Brien Hochman 4:51:53

Mary Fitzgerald 5:22:08

Tim Daveles 3:18:55

Dave Przybyeko 3:34:32

Bob McGill 3:42:54

Norm Miller 3:39:44

Csaba Konya 3:43:00

Larry Schauer 3:41:26

Joe Santoro 4:47:06

Cherry Blossom 10K

Chris Troyano 47:53

Brandon's Run

Patrick Asay 20:29 (2nd OA)

Thomas Labrecque 4 Miler

Lorraine Chudkowski 31:23

Mike Chudkowski 31:39

Blue Claws 5K

Amanda Cavallo 18:07

Molly Kempton, 19:26

Dave Zurheide 18:56 (1ag)

Patrick Asay 20:09(2ag)

Scott Donnigan 24:13

Chelsea Donnigan 24:33 (PR)

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!).



Jersey Shore Running Club

Ninth Annual Summer Series

Wall Municipal Complex, Allaire Rd, Wall, NJ

Thursdays, June 17 through July 29

Kid's 1/2 Mile 6:30 PM - Youth Mile 6:45 PM - Open 3 Mile 7 PM

Info: 732-542-6090 - WWW.JSRC.ORG

(1/2 Mile - 9 & under, 1 Mile - 14 & Under)



Registration Fee - Check Appropriate Box - make Checks Payable to JSRC

Series - All Seven Races - Includes Gift for Adults and Youth

- Adult - \$24.00
- Adult (Wall Resident or JSRC Member) - \$20
- Youth - \$6.00

Sign up for the
 Series:
 Get a Special Gift

Single Race

- Adult - \$4.00
- Youth - \$1.00

NEW Improved Course!

Please Print Neatly

Bring Completed Form To Your First Race With Cash or Check Made Out To JSRC - Do Not mail

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ EMail _____



For Official Use

Age _____ Sex _____

(Age on July 1, 2004)

Kids 3 Mile Open

(Circle Event)

Release

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to : falls, contact with other participants, the effect of the weather, including low or high temperatures and/or humidity, traffic and the 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 Jersey Shore Running Club, its Officers, Members and race volunteers, the Township of Wall and employees, and all sponsors, their representatives, employees and successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. Further, I grant to all of the forgoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature _____ Date _____

Parent/ guardian if under 18.



PO Box 7492
Shrewsbury, NJ 07702

Next Club Meeting: Thursday, May 27, 7:30 PM, Bar-A, Belmar, NJ

Race Calendar

Date	Event	Distance & Start Time	Location	Contact
May 22	St. Mary's Spring into Summer	5K, 8:30 am	Middletown, NJ	732 671-4219
May 29	Spring Lake Five	5M, 8:30 am	Spring Lake, NJ	732 449-3544
Jun 5	Avon Day	5K, 8:30 am	Avon, NJ	732 502 4519
Jun 12	Pre-Father's Day 5K	5K, 9 am	Ocean Twp, NJ	742 542-6090
Jun 14	Lake Takanasse Summer Series (every Monday through August)	1500M, 5K, 6:30 pm	Long Branch, NJ	732 222-1348
Jun 16	Women's Running 101 Series (every Wednesday through August)	5 & 6:30 pm	Holmdel, NJ	732 542-6090
Jun 17	JSRC Summer Series (every Thursday through July)	1M, 5K, 6:45 pm	Wall Twp, NJ	732 542-6090
Jun 19	George Sheehan Classic	5M, 8:30 am	Red Bank, NJ	732 988-7725
Jun 27	Pine Beach Riverside Run	5K, 1M, 9 am	Pine Beach, NJ	732 505 9554
Jul 4	Firecracker 5	5M, 8:35 am	Wall, NJ	732 280-1281
Jul 10	Belmar 5	5M, 8:30 am	Belmar, NJ	732 571-2162
Jul 18	JCC Summer Classic	5K, 9 am	Deal, NJ	732 531-1900 x151

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