

Record Turnout at Sgt. Pat's Race

Over 600 participants were treated to great running weather on Saturday, April 10 at the club's 15th annual Sgt. Pat's 5K event as promised by Race Director Phil Hinck. The course had to be adjusted to accommodate the beachfront construction but it proved to be a very interesting one for the runners and spectators who saw the runners pass them on their return to the finish. The overall winner was Jesus Resendiz of Perth Amboy in a time of 15:49 and for the women it was club member Amanda Cavallo of Bayville in a time of 18:25. There were as usual a large number of overall and age group awards as well as random prizes to include a grand prize of a bike. Many of the participants then proceeded to the Celtic Cottage for a buffet lunch outdoors in the courtyard.



The race benefited the Sgt Patrick King Scholarship fund which awards scholarships to students in the memory of the slain Long Branch Police

Officer Patrick King. Also benefiting from the event is Holiday Express, a nationally known charitable musical group that delivers music, food, gifts and friendship to the mentally disabled, those living with illnesses such as cancer and AIDS, the homeless, the isolated elderly and others in need of the gift of human kindness during the holiday season and throughout the year. The director of Holiday Express Tim McLoone, an accomplished runner, one of the founders of JSRC (started as Team Running Store and renamed to Jersey Shore Running Club), ran the Sgt. Pat's race and was also the MC for the awards ceremony.

Promote Running!

The Monmouth County Park System is organizing "Fit Fest 2004" event on Saturday, May 15th, 12 to 5 pm, at the Dorbrook Recreation Area in Colts Neck (on Route 537). Fit Fest has been created to introduce a variety of Health and Fitness opportunities to the residents of Monmouth County. Throughout the afternoon, the Park System's Sports & Fitness division will offer heart-healthy recreation activities for all ages.

JSRC will be participating in the event to promote fitness and running. Look for our booth at the event. We are looking for volunteers to staff the the club tent. Contact phinck@comcast.net.

Restrict Running?

South Belmar Mayor Lawrence Chiaravallo has vetoed a resolution by the Borough Council to restrict Road Races in the Borough. Citing the numerous charitable organizations who benefit from the races he indicted in a recent letter to a local newspaper, "I am embarrassed as the mayor of this town to tell these fine organizations that an ordinance passed by this council will now prohibit them from raising funds for medical research because a certain few who have not supported their objections to my satisfaction." This action follows the council's resolution last month to restrict of the number of road races in the borough. The Mayor's 'Runner Friendly' veto can be overturned by the Council. Stay tuned.

Did You Know?

JSRC Web Site

The Jersey Shore Running Club web site, www.jsrc.org, is the place where you can find the most up to date information on running and club activities. Since we started tracking over 5 years ago, there have been over 320,000 visitors to the site. That is an average of 12,000 a month. Just about everything relating to the club is available on the web site – latest news and updates, electronic versions of this newsletter, archives, photos, race applications, calendar and results, runners mix and match, online forums, birthday blogs, etc. It takes considerable effort to keep the site current. There are several club members who make this happen, almost on a daily basis. They are:

Bob Both – All the latest news and updates from races, club activities, races and club calendar.

Penny Hinck - Race applications, results, photo archives, Upcoming events, membership lists, online newsletter distribution list.

Dawn Ciccone - Mix and Match entries review and updates.

Dave DeMonico - Birthday Blogs writer.

Raman L - site design, security and “new stuff”.

Please thank these dedicated volunteers for keeping the site interesting.

Club Membership Special

In case you picked up this newsletter at a running event or at a local running specialty store, it is most likely you are not a member of JSRC. There are a lot of you out there who are not yet members or have let their membership lapse. Well, here is a great deal. Join the JSRC now and your membership is valid through July 2005! Enjoy all the benefits of club membership for 15 months for the price of 12 months. Membership applications available on club web site. New members also get a free T-shirt.

“A Dog’s Life” Sunday Run Story

On a recent Sunday run at Bodman on the way back from Huber Woods center back to Cooper Road, a group of runners see a woman running with a dog. The group passes the runner and her dog. At the water break stop on top of Cooper Road, a 2-seater convertible sports car passes by with the driver and a dog in passenger seat. A few minutes later the woman runner runs by the group, minus her dog, and makes the comment “It is a dog’s world”. The witnesses to this “Dog’s Wonderful Life” were Larry, Kathy, Teresa, and Raman.

Feature Runner

Sutah Robins



To train and run one marathon a year requires significant time and effort. Weeks and weeks of increasing the training miles, tapering, the race itself, and the recovery. Many of us feel running 1 or 2 marathons a year is all we could handle.

Now imagine running one marathon a month for a whole year. Crazy? Well, not for club member, Long Branch resident, and 2003 JSRC female master’s runner of the year Sutah Robins. Sutah has set herself a goal to run at least one marathon each month in the year 2004. Through March, she is on schedule having completed Tampa, Cowtown, Dallas and Ocean Drive marathons. Next on the road are Boston, Jersey Shore and Phoenix marathons in April and May.

While not doing her training runs along Ocean Ave or Hartshorne Woods, Sutah can be seen enjoying ‘top-shelf’ martinis at local watering holes! You can read her regular marathon ‘euphoria’ reports on the club web site. Best of Luck Sutah!



Pace Yourself for Parkinsons 3 Miler



1st Annual Jeanne Alter Memorial Race

Date: May 9th, 2004 (Mother's Day)



A Scholarship to BCC will given in Jeanne Alter's name

Time: 9:00 am **Place:** Brookdale Community College

Course: The course will be fast and flat. Lincroft, NJ

Entry Fee: 15.00 before May 3, \$20.00 after May 3 and on race day
(all entrance fees are tax deductible) **Packet Pickup on Race Day starting at 7:30am.**

Awards: Top Ten Male Finishers * Top Ten Female Finishers

T-shirt and water bottle guaranteed to all pre-registrants

Presented by Parkinsons Disease Research Society in cooperation with JSRC



Sponsored by:



Blue Water Finance & Insurance Crew

Make Checks Payable to: PDRS More information at 1-877-599-3635 (toll free)
Mail Applications to: Pace Yourself for Parkinsons PO Box 104 Monmouth Beach, NJ 07750

-----Please Print Neatly-----

First Name _____ Last Name _____ Age _____

Address _____ Phone/Email _____ Sex _____

City _____ State _____ Zip _____ Circle Shirt Size M L XL

Waiver: I hereby release the PDRS, Monmouth County Park System, Brookdale College, JSRC, employees, volunteers, for any and all claims, demands, or causes out of my participation in the Pace Yourself for Parkinsons 3 miler. I understand I'm waiving my rights to sue by signing this form. I have full knowledge of all risks involved both seen and unseen, including but not limited to personal injury or death. I am physically fit to complete in this event and have no medical problems. I KNOW MY FEE IS NON-REFUNDABLE. The decision of the race director is final.

Amount Enclosed	
Registration	\$ _____
Donation	\$ _____
Total	\$ _____

Signature of Participant _____ Date _____

(Parent or Guardian if under 18 years)

facing the challenge, finding a cure..... facing the challenge, finding a cure.....

President's Message

May is a busy month on the Jersey Shore Running Scene, but it is dominated by the premier mega event, The Spring Lake 5. It is the largest road race in New Jersey and closed out in March. Held on Saturday, May 29th, of Memorial Day Weekend, it is the traditional kick off of the Summer Season. For those who aren't running but would still love one of those sought after "Spring Lake Designer Tee Shirts", we offer the next best thing to running which is volunteering. JSRC provides two important race functions. We assist at the starting line marshalling the 9,000 plus runners and then we are responsible for garbage clean up. Perhaps not the most glamorous detail but very necessary. For our services, the Spring Lake 5 Committee gives the club a very generous donation. It is a big task and we need many volunteers. It's not all work and no play. It's exciting to be a part of a major event and witness the logistics of producing the largest race in the state. After our job is complete, many of our volunteers and runners attend the post race party at Bar Anticipation. If you would like to participate as a volunteer, you must arrive early. The staging area is Ocean and Sussex Ave. We start promptly at 7am. Race starts at 8:30am. Look for the Club Tent and Windfeather. Club orange is recommended but not required. For additional information, check club web site or e-mail springslake5@hotmail.com.

Bill Koch

Running Numbers

9200 Miles around USA bike tour.

68 Age.

49 Marathons completed.

27 Years smoked before started running.

26 Years Running, since age 42.

20 Cigarettes a day smoker before the person started running.

5 Countries hashed in.

3 Ultra marathons completed.

Who is this member?

31 Answer to last month's Running Numbers.

Club Meeting and Group Runs

Meeting

The next Club Meeting will be held Tuesday, April 27th at the Deal Firehouse. We will meet approximately at 7:30 pm, following the regular Tuesday 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 8am. 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.

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:

Rumson Run on May 2 at Rumson Fair Haven High School.

Special Olympics track meet on May 8 in Toms River.

Parkinsons 5K on May 9 in Brookdale College.

Monmouth Beach 3 miler on May 15.

Bahr's race on May 16 in Highlands.

St. Mary's 5K on May 22 in Middletown.

Spring Lake Five Kids Races on May 28 at 5:30 pm.

Spring Lake Five on May 29.

Letter To The Editor

The Rising Cost of Racing?

By Dawn Ciccone

It's that time of year again! Spring is in the air; the weather is warming up, and racing season is upon us! Put those winter tights away and don those running shorts! It seems as though racing season starts earlier and lasts longer each year, and the number of available races to run is increasing. If you are like me, and you love to race for the fun and camaraderie of it, you will wind up running at least 4 or 5 races per month. Well, my calculations put that at a modest \$ 60 to \$ 80 per month. With 5 to 9 good months of racing, that adds up to quite an expensive season.

Is it just me or do we all feel the crunch rising race fees? It used to be that a race would cost anywhere from \$ 10 to \$12. Now, if I get an application fee under \$20 dollars I feel lucky. There are even some races elevated to as much as \$25. I think we all realize the cost of running a race has increased, but whatever happened to the JSRC member discount? It appears on 1 or 2 race applications, but this club organizes more than 2 races. I think we should make it a standard that all JSRC race fees be discounted to paid members. What do you think?

Editors Note: Discuss this on the Forum page on the web site. Also, Father's Day 5K event includes a special offer that includes club membership at a special rate.

Runner's Recipe

Veggie Soup

Ingredients: 5 large potatoes, 8 carrots, 2 red peppers. 2 cups broccoli crowns, 4 oz. low fat cheddar cheese, celery salt, black pepper, parsley.

1. Chop the potatoes, 4 of the carrots, and 1 pepper.
2. Boil in just enough water to cover them. Boil until the vegetables are very soft.
3. Place the boiled vegetables and the water from step 2 into a blender, and puree.
4. Return the puree to a large pot and add 2 cups water and spices.
5. Chop the remaining vegetables, and add to the puree.
6. Simmer on low heat until the veggies are soft, but not mushy.
7. Cube cheddar cheese and add slowly to the simmering mixture. Continue stirring until cheese is melted.

Susan Ardito

New Members

Andrew Quinlan

Hi everyone! My name is Andrew Quinlan. I'm 34 years old and live with my wife and two kids (Boy 5 and Girl 3) in Brick. I have been running for about three years and I got started when I decided to stop smoking and lose weight all in the same week :) . I ended losing 38 extra pounds and now enjoy a smoke free life. Thank God! I love running and don't know what I would do if I had to stop. My favorite distance is a loop around my section of Brick. It's a 5.2 mile course, which takes me about 45min. I try to run at least 3 to 4 times a week at different distances. My goal is to (by the end of the summer) get my 5.2 mile time down to 40 min. I just joined a gym (Bally's) for some weight training and we will see how that goes. There are two other things I like to do, golf and ski, but both have taken a back seat to running.. I would love to run more but I work 12 hrs shifts, I'm a paramedic in Trenton and actively looking to going back to Jersey City where I worked for 2 1/2 years. I really miss it!! And they have a really good running race (the Liberty Run). Well thanks for this time. Hopefully I see you soon

Andrew J Quinlan NREMT-P

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



St. Mary's Athletic Association Presents
The Spring Into Summer 5K Run/Walk
Saturday, May 22, 2004
Middletown, NJ

Presented in cooperation with the Jersey Shore Running Club to Benefit
the Athletic Programs of St. Mary Elementary School And Mater Dei
High School.

Schedule of Events

Friday, May 21 - St. Mary Elementary School.
• **6-8 pm** Late registration and packet pick up.

Saturday, May 22 - St. Mary Elementary School
• **6:30 am** Late registration and packet pick up.
• **8:15 am** Open 1 Mile. All are welcome.
• **8:30 am** Spring Into Summer 5K.
• **9:30 am** 5K & 1Mile Awards ceremony.
• **10:00 am** Kids races. Ages 4-12.
• **11:00 am** Post race Barbecue.

Directions

FROM POINTS SOUTH

- Garden State Parkway North to Exit 114.
- Right on to Red Hill Road for 2.1 miles to the end.
- Right on to Kings Highway for 0.5 miles.
- Left on to New Monmouth Road for 1.4 miles to 2nd light.
- Turn left on to Cherry Tree Farm Road. Make first right on to Msgr. Bulman Drive. Follow signs for race parking in Mater Dei High School lot.

FROM POINTS NORTH

- Garden State Parkway South to Exit 114.
- Left on to Red Hill Road for 2.3 miles to the end.
- Right on to Kings Highway - proceed as above.

Entry Fees

- Early registration (by May 16): **5K**-\$15; **1 Mile**-\$12; **Kids races**-\$10.
- Early registration **Family Discount**: \$50 max for whole family.
- Late registration (after May 16): 5K-\$20; 1 Mile-\$15; Kids races-\$12.

Amenities

- T-shirts guaranteed to all early registrants; while supplies last to late registrants.
- Post race food and refreshments.
- Complimentary massage.
- Post race barbecue for all runners & their families.



The Course

- 5K** - Out and back through the residential streets of the New Monmouth section of Middletown, finishing on the Mater Dei High School track.
- 1 Mile** - Loop around school grounds, track finish.
- Kids races** - Various distances on the track.

Awards

- Awards for Top 10 M/F finishers in the 5K and Top 3 M/F in 1 Mile.
- Prizes for all kids races participants.



Entry Form

THE FOLLOWING WAIVER MUST BE COMPLETED TO PARTICIPATE IN THIS EVENT:

(No Strollers Please.)

In consideration of this entry acceptance, I hereby for myself, my heirs,executors and administrators, waive any and all claims for damages I may have against Saint Mary parish or any of its affiliated organizations, Middletown Township, the representatives, successors or assigns of these organizations, race volunteers and all sponsors for any injuries that may be suffered by me in this event. I will additionally permit the use of my name and pictures in media coverage. I further attest that I am physically able to participate in said event.

Signature (Parent or Guardian if under 18 Years of Age) Date _____

Make checks payable to : St. Mary's Athletic Association
For more information call: 732-671-4219

Mail entry fee + application to : St. Mary's Athletic Association
c/o John Stahl
4 Greenwood Place
Middletown, NJ 07748

Please Print Neatly

Last Name			First Name		
Street Address			City		
State	Zip	Phone Number	E-mail Address	Race Day Age	Sex
					M F

Event	<input type="checkbox"/>	Spring Into Summer 5K	\$15 (\$20 after May 16)	T-Shirt Size: Adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Youth	<input type="checkbox"/>	<input type="checkbox"/>
(Please check one)	<input type="checkbox"/>	1 Mile	\$12 (\$15 after May 16)	(Please check one)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	Kids Races	\$10 (\$12 after May 16)	(Available on 1st come 1st served basis late registration)								

This is a rain or shine event. No refunds.

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. Ortle 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

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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

May 1

John Smertneck
Paul Albietz
Emily McDonald

May 2

Richard Macko

May 3

Don D'Anzieri
Amy Keith
Marilyn Ryder
Billy Buckbinder
Mandy Marziaz

May 4

Julie Istre
Christopher Troyano
Meyer Jonathan

May 5

Lawrence Jones
James McGoldrick
Maryanne Barker

May 6

Lisa Clausen
Donna Palmarozza
Shirley Shook

May 7

Michael Toomey

May 8

Ellen McSorley
Matthew Smith

May 9

Stephen Proster
Matthew Graziano
Katie Herbert

May 10

Colin Adkisson

May 11

Tara McBarron
Mary O'Brien

May 12

Steve Engeman
Catherine Salas

May 13

Nancy Parnell
Guy Cavalieri
Christine Livingston

May 14

Bill Scholl
Robert Boyd
Abigail Stroka

May 15

Jim Dunn
Kathy Rodriguez
Michael Walsh

May 16

Lois Eder

May 17

Maria Alvarez

May 18

Marcia E. Draikiwicz

May 19

Christopher Santora
Cathy Clausen

May 20

Kristen Hagey
Michael Wagers
Clinton Christ

May 21

Cathy McCollum
Sean Kean
Christopher Thacher
Steven Lambe

May 22

Danielle Parascand
Peter Mitchell
Frank Harczuk III

May 23

Robert Angello
James Sullivan

May 24

Theresa Cummings
Mike Cohen

May 25

Rick Valentine
Jean Griffin

May 26

Melissa Wisz
Eric Dalton

May 27

George Fest
Guy Ryan
Laura Drexler

May 28

Joanne Dreicer
Louis Malizioso

May 29

Karyn Jarmer
Bonnie McDermott
Kathleen Rana
Barbara Keenan
Lawrence P. Lehmann

May 30

Stephen Panzera
William Dunn
Tyler Rafferty

May 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	31					

May 31

Michael Chudkowski

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.
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The Grove in Shrewsbury
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732 758-8008

THE 10th ANNUAL
MONMOUTH BEACH RUN
 Saturday, May 15, 2004
**GRIFFIN STREET
 MEMORIAL PARK**



**3 MILE RUN
 3 MILE WALK
 DOLPHIN MILE
 (14&under)**



Refreshments
 T-Shirts*
 Raffle Awards!
 BENEFITS the PTA

REGISTRATION at 8 A.M.
3 Mile Run at 9:00 A.M.
3 Mile Walk at 9:10 A.M.
**Kid' races at 9:45 A.M. Dolphin
 Mile at 10:00 AM**

3 Mile Run or Walk
 \$15 Pre-entry
 \$18 on Race Day

**Dolphin Mile,
 Kid's races**
 \$10 Pre-entry
 \$12 on race day

FOR MORE INFO CALL JOAN LABANCA or FRED DORNER 732 221 8000

*Participants must sign up by May 8th to be guaranteed a t-shirt

MONMOUTH BEACH RUN/WALK REGISTRATION AND RELEASE

(One entry form per person)

CIRCLE ONE: 3 MILE RUN 3 MILE WALK KIDS RACES DOLPHIN MILE

LAST NAME FIRST NAME AGE SEX

STREET CITY STATE ZIP

PHONE DATE OF BIRTH SHIRT SIZE

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 decision, relative to my ability to sagely complete the run. I assume all risk 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 the 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, and its Officers, Members and race volunteers, the Borough of Monmouth Beach and its Departments and employees, the Monmouth Beach School and its employees, their representatives, employees and successors from any or all 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 to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature _____ (Parent/Guardian if under 18) Date _____

Return with check payable to Monmouth Beach PTA
 C/o Fred Dorner 14 Harbour Way, Monmouth Beach, NJ 07750

At The Finish Line

Sgt. Pat's 5K

Marti Rettino 22:51(PR)
Frank Pelcher 24:28
Mike Bair 17:38(PR)
Joe Mirachi 24:56
Jim Robbins 32:20
Diane Cheer 28:05
Jack Cheer 20:59
Mindy Brady 30:06
Bob Gileski 24:15
Eileen Murphy 31:35
Matt Shafer 21:25
Jennifer Gunn 20:20
Sutah Robons 23:04;
Randi Cohen 27:10
Guy Ryan 23:24
Pat Cavanaugh 20:32
Kathy Rand 26:18
Mike Badger 18:20
Greg Duffy 20:20
Emery Messenger 25:14
Fools Run
Guy Ryan 24:22
Jacilyn Doran 21:23
Linda Piff 24:18(1ag)
Cheryl Scher 27:00
Peggy McKean 28:20
Marti Rettino 23:20(3ag)
Dennis Hart 25:07
Jim Robbins 34:04
Frank Pelcher 26:28
Walter Falisiewicz 30:41
Jack Cheer 21:40
Jeremy Pilkington 17:03
Brianna Jackucewicz 18:38
Emery Messenger 26:10
Alan Soto 24:45
Bob Gileski 25:35
Matt Schaefer 21:50
Don Sutton 26:08
Marcia Draikiwicz 29:45
Tom Natoli 28:44
Sutah Robins 24:34
Ocean Drive Marathon
Sutah Robins 4:12:24
Greg Mendina 3:10:25(PR)
Indian Trails 15K
Diane Cheer 1:36:38
Norm Miller 1:06:44
Russ Stallone 1:09:30
Bill Burke 1:17
Graham Wisdom 1:13:19

Patrick Asay 1:05:14(PR)

Tom Natoli 1:30:38

Mike Bair 59:17(2ag)

Dawn Ciccone 1:11

Peggy McKean 1:41

Indian Trails 5K

Jack Cheer 21:39(1ag)

Frank Pelcher 25:30

Ken Vercammen 18:04(1 OA)

Leslie McKerman 27:54

Jim Mergel 25:41

Gloucester Twp 5K

Sally Klalsma 23:26(1ag)

Keith McHeffey 5K

Jim Mergel 26:44

Leslie McKernan 26:41

Run for Aimee 5K

Mindy Marziaz 24:13

Freehold St. Patty's Day 10 Miler

Pam Caucino 1:31:22

Greg Mendina 1:03:35

Norm Miller 1:10:10

Patrick Asay 1:11:36 (PR)

Jennifer Gunn 1:11:58 (1AG)

Mary Conry 1:12 (1AG)

Gene Caffrey 1:12:08 (PR)

Jon Brodsky 1:12:17

Russ Stallone 1:12:38 (3AG)

William Aromando 1:14

Linda Puzzo 1:17 (2AG)

Steve Foley 1:17:22

Jim Persicketti 1:18:30

Graham Wisdom 1:19:50

Linda Piff 1:20:30 (1AG)

Marty Dugan 1:23

Donald Sutton 1:33:22

Alison Soto 1:33:24

Tom Natoli 1:35:10

Annette Dillon 1:36

Marilyn Ryder 1:36

Frank Pelcher 1:36

Jaime Soto 1:48

Peggy McKean 1:48

5K

Kenneth Vercammen 18:51

Brian Marley 20:18

Robert Galizio 22:05

Vicki Elbrecht 26:20

Donna Mehler 30:30

More Marathon

Marathon

Jacqueline Kapinowski 4:24:13

Mary Moriarty 4:46:23

Half-Marathon

Lois Eder 1:56

Mary Wheeler 1:58

Jessie Joseph 2:17

Diane Cheer 2:23

Deana MacLean 2:40

Bancroft Neurohalth 5K

Sally Kalksma 22:50

Shore AC Winter Series

Week 1

Dave DeMonico 16:26 (1 OA)

Week 2

Dave DeMonico 16:08 (1 OA)

Susan Ardito 23:04 (1 AG)

Week 3

Dave DeMonico 16:31 (1 OA)

Susan Ardito 22:47 (1 AG)

Week 4

Dave DeMonico 16:30 (1 OA & 17th
straight SAC winter series win)

ORC Winter Series

Week 5

Patrick Asay 26:52(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!).



9th Annual Avon Day 5K Race



To benefit the Avon-By-The-Sea First Aid & Safety Squad

Date Saturday June 5, 2004

Start Time 8:30 A.M.

Location Ocean Avenue & Norwood Avenue, Avon-By-The-Sea, NJ

Entry Fees

\$15 pre-registered by May 21

\$18 after May 21

\$20 Day of the Race

Late Registration (at start location)

Friday June 4, 6-8 P.M.

Saturday June 5, 7:00-8:30 A.M.

100% Cotton Shirts guaranteed to first 500 pre-registered runners

Refreshments for all contestants

Course

Race held in cooperation with the Jersey Shore Running Club

- USATF certified/sanctioned event; seaside, flat, partially shaded streets
- Clocks & water stops at each mile; individual race results available

Awards

\$400 Total Cash Prize

- 1st, 2nd, & 3rd place male & female finishers
- 1st male & female Avon Residents
- Random Prize Drawings for All Contestants (must be present to be eligible)



Last Name _____

First Name _____

Address _____

City _____

State ____

Zip _____

Phone () _____

Age _____

Circle- Male Female

Circle- T-Shirt Tank-Top

Circle Size (adult)- S M L XL

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 Avon-By-The-Sea First Aid & Safety Squad, it's officers, members and race volunteers, the Borough of Avon-By-The-Sea and it's Departments 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 person named in this waiver. Further, I grant to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature (Parent/Guardian if under 18) _____ Date _____

Send completed entry form with check or money order to: Avon 5K, P.O. Box 3, Avon, NJ 07717 (make checks payable to "Avon First Aid & Safety Squad"). Enclose a self-addressed business size stamped envelope for each entry postmarked by May 21 if you want a registration number mailed to you.

Directions: Parkway Exit 100, Route 33 until the end, right on Main Street, approx 1.5 miles to Norwood Ave, left to Ocean Ave.

For information call (732) 502-4519

Online Registration at www.jerseyrunner.com



PO Box 7492
Shrewsbury, NJ 07702

Next Club Meeting: Tuesday, April 27, 7:30 PM, Deal Firehouse

Race Calendar

Date	Event	Distance & Start Time	Location	Contact
Apr 24	Kick-off Spring 5K	5K, 10 am	South Belmar, NJ	732 542-6090
Apr 24	Leo's 5K	5K, 10 am	Colts Neck, NJ	leosclub5k@yahoo.com
Apr 25	New Jersey Marathon	26.2 Miles, 8:30 am	Sandy Hook, NJ	732 578-1771
May 2	Rumson 5 Mile	5M, 9:30 am	Rumson, NJ	732 741-2140
May 2	Run, Bike, Run Biathlon	8 am	Long Branch, NJ	732 542-1642
May 9	Pace Yourself for Parkinsons	3M, 9 am	Lincroft, NJ	877 599-3635
May 15	Monmouth Beach Run	3M, 9 am	Monmouth Beach, NJ	732 571-2162
May 16	Michael W Thorne 4Miler	4M, 9 am	W. Long Branch, NJ	732 688-6342
May 16	Bahr's 5 Miler	5M, 9 am	Highlands, NJ	732 872-1245
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	1500M, 5K, 6:30 pm	Long Branch, NJ	732 222-1348
Jun 17	JSRC Summer Series	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

Not responsible for accuracy of event dates and times. Check in race applications.

Look for club tent and feather at highlighted events