

JERSEY SHORE RUNNING CLUB

F TNOTES

JANUARY 2003 ISSUE 01-03

Looking Back and Looking Forward



Jersey Shore Running Club at Belmar's St Pattys Day Parade and at the Spring Lake 5

2002 was quite a year for JSRC. We are very fortunate to have one of the nicest running areas to be found right here in our own backyard and one of the most vibrant running communities anywhere. I would like to commend all our race directors and volunteers who did a fine job in coordinating our numerous events. Our membership continues to grow. We have increased our visibility with our unique "windfeather". We created our own "navy" with our Riverbelle Cruise this past summer. Our Website and Newsletter continue to garner praise. Many Club Members ran the NYC Marathon and many worked the finish line representing JSRC at that world class event. I would also like to commend all of our members who completed a marathon this year. It is an outstanding achievement. Congratulations to all first time runners who completed events this year. We were able to support a variety of communities and charitable groups. As the year comes to a close, we look forward to running into the New Year as a group at the Midnight Run in NYC. We have trips to races in planning stages for 2003. We will have our holiday gala at the Barclay in Belmar on February 8th. We will have our own signature events back for 2003. It looks to be a very good year. I wish you all peace and continued good running in this wonderful sport of ours!

Bill Koch, President JSRC

Club Meeting

The next Club Meeting will be held **Thursday, December 26** at Three Brothers Pizza, Ocean Avenue, Belmar. We will meet following the regular Club run (approximately 7:15 pm). Bring \$5 for pizza.

Club Runs

Come on out to one of the Club Runs near you! Running with a group is very motivating and it's a great way to meet fellow

members. All paces are welcome at each club run.

Sunday Runs

The Club has two runs on Sundays. You can meet club members 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. Or you can run with friends at Allaire State Park at 7:30am. To confirm that the Allaire run is on and to get more

Jersey Shore Running Club's New Years Eve "2003" Midnight Run

Two busses will be provided with 49 seats available on each – we supply the beer, champagne, water, snacks, music and fun!!!

All this for only \$20.00 per seat!

We meet at "The Grove" Shopping Center in Shrewsbury on December 31st, at 7:30 PM. We must leave on time to insure good parking in the city.

We leave NYC at 1:15AM and return back to Shrewsbury around 2:30 AM. It is a safe parking area!

Race Fee: Due to the previous year's confusion regarding race applications and shirt pickup, the "NYRRC Central Park Midnight Run Registration" form found on the nyrrc.org website and race fee **MUST** be submitted, along with this application to:

JSRC New Years Race, PO Box 7492, Shrewsbury, NJ 07702.

Race checks made out to NYRRC. ALL Race Registrations will be mailed, as a group, to insure that all entrants get a race packet!

For further information, contact: billkoch@monmouth.com.

Complete the following information for the bus registration:

Name: _____

Address: _____

E-mail and Phone#: _____

of seats: _____ Check amount, payable to JSRC, \$20 per seat _____

Please Note: If you do not register for the race or you register too late (after we submit the list to the NYRRC) you are not guaranteed a shirt and goodies bag. Late registries can collect their shirts that evening at the NYRRC site. Also, you need not be a runner or member to participate.

Make sure BOTH applications are enclosed, with checks. Bus registration - check made out to JSRC. Race entry – check made out to NYRRC.

BOTH mailed to: JSRC New Years Race, PO Box 7492, Shrewsbury, NJ 07702.

details, call Chris Frey at 732-280-2933 or e-mail him at chris.frey@cgmind.com.

Tuesday Run

We meet at the Windmill in North Long Branch at 6PM for a 4 to 6 mile run along the boardwalk and around Lake Takanassee.

Wednesday Run

For track workout info; call the JSRC at (732) 542-6090. There is also an informal gathering in Metuchen Wednesday nights. The group meets at Runner's High on Main Street. For more info visit www.runners-high.com

Thursday Run

We meet at the Dunkin Donuts 16th & Ocean Avenue in Belmar at 6PM and run south through Spring Lake for a 5-mile run. Some runners continue through Sea Girt for a 7+ mile run.

Saturday Run

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

Spotlight on..... Karen Charles Submitted by: Gene Gatens

Running a conservative 3:43 in her first marathon, at Jersey Shore last spring, gave Karen the confidence and experience to try to go faster in her next attempt. But even she was a bit surprised at the 3:27:30 she clocked in Philadelphia last month. "I was hoping for 3:30," she said. "I knew I had a lot left at the end of Jersey Shore, but I never expected 3:27. It felt good." Karen takes a "less is more" approach to training, emphasizing quality over quantity when preparing for long races. Her biggest training weeks rarely exceed 35 miles, but they all contain at least one solid, leg sapping effort, like a Sunday long run at Bodman or the 7-miler on Thursday nights in Belmar, both JSRC club runs. She used the Jersey Shore and Seaside Half Marathons as tune ups for Philly, running them both at just under race pace, and mixed in a steady diet of track workouts. She's seen her times drop sharply at all distances since returning to running 18 months ago after a 13-year layoff, but don't expect to find the spry 30-year-old grinding herself to a nub with grueling workouts, or fretting over race results and strategy. "I don't want to kill myself (in training)" she said. "I try to keep this fun, and not take it too seriously." But clearly, her time at Philadelphia places her in the company of the toughest JSRC women runners - names like Ciccone, Erbe, Marciano, Foley and Conry - who have all cracked the 3:30 barrier, or come close. Karen said she loves the experience of running marathons, and plans to run more in the future, but most will be for fun, not fast times. "I can only race at that distance once or twice a year," she said, echoing a familiar complaint. "The recovery takes too long and I end up missing a lot of good short

races, like 5ks, which I love." She ran 19:18 for 3 mi. at Wall Summer Series this year. Did you know???...Karen is a native of Liverpool, home of The Beatles? Know a JSRC member who should be featured in Spotlight On...? How about yourself? E-mail me at adele@jsrc.org.

Officer Nominations for 2003 are being accepted

Nominations for Club Officers for next year are being accepted until the close of the December meeting. Any club members can run for office. The positions are: President, Vice-President, Treasurer, Secretary, Newsletter Editor, Membership Coordinator, and Board Members at Large. Feel free to email me at adele@jsrc.org if you have someone in mind, including yourself, or if you would like to know the general duties involved. The voting will take place at the Holiday Party February 8, 2003 at the Barclay Hotel, Belmar. Absentee ballots will be in the January Newsletter. I encourage you to get involved with our club. We have a large membership, but only a small percentage of members volunteer at our events. We have many successful races and events that we are solely responsible for, and many outside groups depend on our assistance, so please feel free to get involved in anyway you can, even if its just handing out water at a single race.

Fast Times at the Philadelphia Marathon

Submitted by Dawn Ciccone

What an awesome marathon. I took **5th in my division with a 3:26** AND I sang the National Anthem! I am on the starting line and something possessed me to go up to the staging area and ask the race director if they had someone singing the National Anthem. They said they weren't sure and were waiting for the mayor. I offered to sing, told them my race # and went back to the start. A few minutes later I hear my # being announced to come on stage and there I was, in front of 9,000 runners and spectators singing the National Anthem. It was the best version I have ever done and the race committee thanked me over and over and I said that I was thankful as it was an honor to me. Anyway, there was news coverage and photographers etc.

And don't forget Tim Mahoney riding his bike cheering on the runners. Great Job Dawn! Karen Charles was right behind you at 3:27:31 and qualifies for Boston!! Other club finishers were: Maggie Freeman 3:29:20, Bill King 3:36:46, Jon Brodsky 3:57:49, Bob Boyd 4:14:45, Tom Natoli 4:14:50, Wendy McKnight 4:19:58. Great job, everyone!!

Newsletter goes Digital

Just a reminder that now the newsletter can be delivered to your inbox instead of your mailbox. We encourage you to sign up for online delivery as a way to be eco-friendly, and fiscally friendly. Remember the more money we save the more we can use towards subsidizing our many popular, social events. To register for online delivery please drop a line to membership@jsrc.org.

Vote for the "Best of 2002" in the Jersey Shore Area

JSRC Members can participate in the First Annual "Best of Jersey Shore Area" You may vote for two events in each category. The winners will be posted in the March Newsletter. Mail to: JSRC PO Box 7492 Shrewsbury, NJ 07702 or bring to the Holiday Party Feb 8th.

- A. Best OVERALL Road Race of 2002:
 - 1.
 - 2.
- B. Best Race Tee Shirt of 2002:
 - 1.
 - 2.
- C. Best Post Race Amenities of 2002:
 - 1.
 - 2.
- D. Race with the Best Value of 2002:
 - 1.
 - 2.
- E. Best Post Race Party of 2002:
 - 1.
 - 2.
- F. Most Organized Race of 2002:
 - 1.
 - 2.
- G. Most Scenic Course of 2002:
 - 1.
 - 2.

Marathon Ideas Wanted

Any ideas for a fun marathon getaway? Please contact Ira Wiss if you have a marathon destination that club members may be interested in. The more people we get, the better the rate. Ira would be happy to put together a package. Email him at irawiss@hotmail.com. One possibility is the Ocean Drive Marathon in Cape May, March 30. There is a 10 Mile race also. www.odmarathon.org

One trip already booked is the Gasparilla Distance Classic 5K and 15K, in Tampa, FL, Saturday, January 4th, 2003. If that isn't long enough for you Sunday, January 5 is The Hops Marathon also in Tampa Bay check out www.tampabayrun.com Average temperature: 60 degrees, (Low: 50 degrees, High: 69 degrees). Related events: Health and fitness expo, Pre race pasta dinner, Post race celebration and concert.

We have reserved 9 room at the Radisson Riverwalk, (three star hotel three blocks from the start and finish line) at \$89. per night plus tax. We also have three room at the race headquarters, Hyatt at \$119. per night plus tax. The rooms are booked from January 2 to January 7, 2003. (this can be adjusted down if necessary). Airfares are currently around \$250 from Newark and some under \$200 from Philadelphia. If interested contact billkoch@monmouth.com

2002 Holiday Hash

Its time for the annual Holiday Hash with our humble host Bob Both. There are directions on the application and all are welcome. We will meet at Bob's house and go for a hash run around his neighborhood in Wall Twp. I encourage everyone to bring a flashlight!! After we find our way back to Bob's house we have a nice meal and wrap presents for the family we adopted this holiday season. The family we have adopted is a single mother with 4 children who were recently devastated by a fire in their home and lost all their belongings. Two of the girls (ages 10 and 12) have asked for bikes from Santa. If anyone has any contacts with a bike store that can provide the bikes at a discount (or better yet a donation) it would be appreciated. Let's not disappoint our Family this Holiday Season. Also any non-perishable food is appreciated.

Navesink 5K and 15K

Despite some wet and windy conditions, Long Branch's Elias DeOlivera and Rumson's Dorian Meyer both set impressive course records on the challenging Navesink 15 K course. Elias' time was 53:10 and Dorian's was 1:01:32. In the 5K it was Bronawyn O'Leary of Cliffwood Beach for the women in 20:41 and Slater Mitchell of Cliffwood Beach in 17:17 for the men. The race benefited the Middletown Youth Athletic Association. Congratulations to Dave Zurheide in his first go at Race Director who under "challenging" conditions did a very impressive job.

Pick a Winter Series

Starting in January are many Winter Series' put on by our neighboring clubs. Ocean Running Club has a 4 Mile Run on Sundays, Freehold Running Club and Shore AC each have a 5K on Saturdays. Don't forget the Runners World New Year's Eve Run in Central Park. Application enclosed.

Reindeer Romp

Santa gave the reindeers a break and rode his bike to lead ORCs annual Reindeer Romp. Lots of runners braved the chilly weather and a few snowflakes. Overall winners were Dave DeMonico and Briana Jackucewicz. Lots of club members were on hand both on and off the course. JSRC assisted ORC at the finish line and with parking. Thanks to all the volunteers who helped make this a fun event.

JSRC Gear makes a great gift

Having trouble trying to find the perfect gift for someone special. How about some JSRC Gear? Our high quality clothing will make a great gift this holiday season. Check out our complete line on the JSRC website keyword "JSRC Gear".

Ski Trip to Windham Mountain

The Beachwood/Berkeley Rotary Club is sponsoring a day trip to Windham Mountain on Thursday, Jan. 16th. Proceeds from the trip will go to the Pine Beach Municipal Alliance, the organization that puts on the Pine Beach 5k. Buses leave Ocean County Mall at 5:30AM & will return approx. 9:30PM. The price is \$65 which includes the bus and ski lift ticket. For more information, call Rudy Rinderer at 732-341-0838.

Holiday Party

Our annual Holiday Party is scheduled for Saturday, February 8, at the Barclay Hotel in Belmar. An "application" is enclosed in this newsletter. Sign up early as there are a limited number of seats available. This is also where we will be tallying the votes for our new officers.

Thanks to JSRC

Dear Jersey Shore Running Club,
Thank you very much for your assistance in making this year's Boy Scout/Bar A Run a success. Your on-going dedication to the Scouting Movement is greatly appreciated. I am,
Yours in Scouting,
Brain Strasavich

Brand New JSRC Member

On 11/20/02 @ 10:37AM Miles John Giegerich was born to two proud parents. He was 7.7 lbs. and 21" long all are

fine... Dad is on top of the world! This will be a special Thanksgiving for us. I will show up eventually to join the pack at Bodman Park. Spread the news for me. Jack Giegerich.

Congratulations Jack!!

Featured Members

My name is **Tom Engelhard**. I live in Toms River and started running 2 and a half years ago. I just got back from the Steamtown Marathon which I ran a 3:54.53. It was my second marathon, as I ran the Jersey Shore Marathon this year in 4:48.16. My favorite race is the Belmar 5M, which I ran for the third time this year (37:47). I run either on the Seaside boardwalk or at the Manasquan Reservoir. Five mile races are my favorite, with my PR of 37:06 at the George Sheehan Classic this year.

Thanks Tom and Jen, we look forward to seeing you at our group runs and other events. If you would like to be featured in the newsletter, email me at adele@jsrc.org. You don't have to be new, just interesting.

Member Discounts

HEALING HANDS Reiki Therapy for Relaxation, spiritual empowerment, and healing. Call Dawn Ciccone at 732-872-7441. 10% disc. to members.

THE RUNNING STORE, The Grove, Rt. 35 in Shrewsbury. 10% discount.

MILES AHEAD SPORTS, Meeting House Rd, Manasquan, 10% discount.

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

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 732-906-2180

Susan Kofod, Personal Trainer, Red Bank Fitness, 10%, 732-741-1900

Runner's T-SHIRT Blankets (Quilts) - 10% off. Luann 732-449-7299

Family Chiropractic Center - Special rates for club members. Tinton Falls, 732-530-0405

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

Matt Imhof, Certified Professional Trainer, 10% Off, 732-842-2529

Ocean Place Conference/Resort - 10% off all spa services.

FEET FIRST - All Locations 10 % discount.

All Brunswick Cyclery - 29A Easton Ave, New Brunswick, 10%parts & Acc. - 732-745-BIKE

Know your club officers..

JSRC Hotline (732) 542-6090

www.jsrc.org

USATF Member No. NJ CLUB 0196

Bill Koch - President

Jerry Frazee - Treasurer

Adele McDonough - Newsletter Editor

Jack Cheer - Vice President

Jon Lowrie - Membership Coordinator

Bill Koch - Newsletter Circulation Manager

Jane Erbe - Secretary

Bob Both - Web Master

Allen McKean & Dave DeMonico - Directors

Membership Updates - Send a change of address post card to **JSRC, P.O. Box 7492, Shrewsbury, NJ 07702**. Contact the Club's Membership Coordinator, **Jon Lowrie** at membership@jsrc.org, to update your membership information, to obtain a membership card, or just shoot the breeze!



At the Finish Line



Colonial Park Turkey Trot 5K

Dave Zurheide 19:23

Manasquan Turkey Trot 5M

Joe Donahue 29:00

Peter Englehardt 32:29

Gary Krebs 32:46

Mark Griggs 33:15

Tom Mulvaney 34:03

Daver Pattit 36:48

Nancy Thorne Parnell 37:44

Frank Harczuk 37:52

Paul Krentar 38:28

Kathy Porzio 39:35

Jim Dunn 39:51

Lynn Brady 41:02

Peg Weiloand 41:14

Patrick Mastrolilli 41:42

Dennis Hart 41:44

Sue Pringle 44:20

Theresa Miranda 45:10

Frank Pelcher 45:25

Emery Messenger 46:21

John Sullivan 47:19

John Foley 48:14

Terence Foley 48:55

Jennifer Boudrea 53:25

Kathleen Sullivan 53:26

Tina Shymko 53:32

Navesink Challenge 15K

Bill Burke 1:11:01

Dawn Ciccone 1:10:22

Adele McDonough 1:11:50

Timothy Mahoney 1:12:09

Bill Koch 1:12:32

Sutah Robins 1:24

Jon Lowrie 1:15:47

Vivian Smith 1:15:58

5K

Chris Wilcox 20:15

Born to Run 5M

Dawn Ciccone 35:09

Mike Chudkowski 39:23

Kathy Porzio 40:16

Lynn Brady 39:38

Frank Pelcher 54:40(RW)

Chris Wilcox 35:10

Bill Burke 34:46

Tom Mulvaney 33:43

Susan Ardito 36:57

Mindy Brady 46:47

Mike Bair 31:04

Desmond Abazia 44:00

Reindeer Romp 5K

Joanne Dreicer 20:30

Jennifer Gunn 20:35

Nicolas Vanier 18:18

Pat Weir 29:22(RW)

Theresa Marciani 20:27

Jon Lowrie 21:40

Vivian Smith 21:48

Dave Zurheide 18:45

Chris Wilcox 19:54

Margerie Olon 22:30

Partrick Asay 20:25

Paul Krentar 22:40

Kevin Gaine 18:03

Victiria Elbrecht Alpert 24:30

John Tashjiun 18:59

Amanda Cavallo 19:17

Bobby Cavallo 18:18

Coleen Loudon 27:18

Lynn Brady 23:39

Kim Daley 21:22

Tom Mulvaney 20:45

Mary Conry 20:45

Heather Schlisserman 25:50

Melinda Brenner 24:54

Diane Cheer 27:20

Theresa Miranda 26:10

Frank Pelcher 29:20

Nancy Thorne Parnell 22:07

Bob Gilski 24:25

Dave DeMonico 15:48

Linda Piff 25:09

Desmond Abazia 25:30

Mark Griggs 19:16

Bruce Locke 23:01

1Mile

Alexandra Cavallo 6:55

Philadelphia Marathon

Dawn Ciccone 3:26

Karen Charles 3:27:31

Jon Brodsky 3:57:49

Bob Boyd 4:14:45

Maggie Freeman 3:29:20

Bill King 3:36:46

Wendy McKnight 4:19:58

Brian Homer 4:21:57

Tom Natoli 4:54:50

Graham Wisdom 3:42:24

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JANUARY BIRTHDAYS

Happy Birthday to YOU!!!



Kate Harper 1
Sandra Carl 2
Richard Burt 2
Scott Gill 2
Jennifer Boudreau 3
Eileen Yard 3
Robert Nemes 4
Ann Warsing 5
Thomas Monarque 5
Grace Ann Shotwell 6
Kevin Bogert 6
Cathrine T Berth 6
Nancy Mazza 6
Bob Bythell 7
Sarah Clarke 7
Amanda Castello 8
Peter Jacobson 9
Bruce Locke 9
Kirsten Cianci 9
Rich Murphy 9
Maryellen Howe 9
Dorothy Taylor 9
Suzie Drummond 9
Ken Bogert 9
Derald Franklin 10

Randy Brown 10
John Abel 11
Marty Slutzky 11
Theresa McKean 11
James Sheehan 13
Christphor Gaeta 13
Mary Beth Higham 14
Fred Hand 14
Kathleen Cronin 14
Ronald Cohen 14
Bill Bainlardi 14
Brian Kohler 14
Denise Hoagland 15
Giulia Picascia 15
Peg Weiland 15
Cynthia Shaw 15
Marie Vallo 15
Andrew Nasto 15
Robert List 16
Rick Vegh 16
Carlos Morillo 17
Chelsea Stankard 18

Todd Migdon 18
Julie Ullmeyer 19
John Coulter 19

Al Baginsky 20
Alessandra Zarate-Sanerlin
21
Steve Levy 21
Mark Eisenberg 22
Josh Brandenburg 23
Susan McNamara 23
Jerry Convery 23
Gail Hoyler 23
Ashley Hessenkemper 24
Susan Ardito 24
David Jr. Shotwell 25
Martha Kayser 26
John Drudy 26
Patrick Weiland 27
James Silvani 28
Anna Downing 28
Patrick Mastrorilli 29
Kate Bergin 29
Dana D' Ambrosio 29
Jeffrey Brill 30

Jeffrey Klayman 30
Adolfo Castillo 31
Maegan Higham 31
Bob Gordon 31



Jersey Shore Running Club Holiday Party

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



PLEASE JOIN US **SATURDAY, February 8th**
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 & Hors
d'oeuvres) WITH A BUFFET DINNER AT 8PM AND DANCING UNTIL 11PM
MUSIC PROVIDED BY "THE PREMIERS", A REAL LIVE ROCKIN' BAND
.....NO PRE-RECORDED STUFF FOR US!

IF YOU'RE ALREADY A JSRC MEMBER, YOUR COST FOR THIS GALA
EVENT IS ONLY \$25 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 2002.
POST-REGISTRATION AND GUESTS IS ONLY: \$30 PER PERSON.

Party Site: The Barclay, 115 5th Avenue, Belmar (just off Ocean Ave.)

For directions - call The Barclay at 732/681-5299 or visit www.thebarclay.com

For further information about the party, call JSRC Hotline 732/542-6090

or email party committee: jdf@birdsall.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 _____

Address _____

Name(s) of Guest(s) _____

Total amount enclosed \$ _____

List your three JSRC volunteer events here:

1 _____ 2 _____ 3 _____

Make checks payable and mail to:

JSRC Holiday Party, PO Box 7492, Shrewsbury, NJ 07702



www.jsrc.org

PO Box 7492
Shrewsbury, NJ 07702

Club Meeting Thursday, December 26, Three Brothers Pizza, 7:15PM

JSRC RACE CALENDAR

Friday, December 20, 6:30 PM, [Holiday Hash](#), Wall, NJ

Saturday, December 28, 4 Mile, 4 PM, Romana's Run, Perth Amboy, NJ 732-381-0318

Sunday, December 29, 1PM, 5M, Polar Bear Races, Asbury Park, NJ 732-222-9080

Sunday, December 29, Chilly Hilly Challenge, 5K, Randolph, NJ 973-285-8332

Tuesday, December 31, [New Year's Eve Midnight Run](#), JSRC Bus to Central Park, NYC, 732-542-6090

Sunday, Jan 5, 9:30 AM - Kid's, 10 AM - 5K, [FARC Winter Series](#), Liberty Oak Park, Freehold, 732-431-2627

Sunday, Jan 12, 9:30 AM - Kid's, 10 AM, [FARC Winter Series](#), Liberty Oak Park, Freehold, 732-431-2627

Sunday, Jan 19, 9:30 AM - Kid's, 10 AM, [FARC Winter Series](#), Liberty Oak Park, Freehold, 732-431-2627

Sunday, Jan 26, 9:30 AM - Kid's, 10 AM, [FARC Winter Series](#), Liberty Oak Park, Freehold, 732-431-2627

Sunday, Feb 2, 9:30 AM - Kid's, 10 AM, [FARC Winter Series](#), Liberty Oak Park, Freehold, 732-431-2627

Saturday, February 8, 2003 JSRC Holiday Party, Barclay Hotel, Belmar

Saturday, April 13, 2003, Jersey Shore Relay, Seaside to Asbury more to come