

FOOTNOTES

Jersey Shore Running Club Newsletter

Summer is Here!!

The summer season is upon us with the end of the school year, warm days at the beach, vacation days and weeks, and lots of road races to compete in almost every day of the week between June and end of August. Spring Lake 5 event on Memorial Day weekend was a perfect start for the season. We followed that with Avon Day 5K and club's Pre-Father's Day 5K on back to back Saturdays in June. The famous George Sheehan Classic 5 miles race in Red Bank moves to a new date of June 19 this year. On Friday, June 25, there is Women's 5K event in Marlboro, staged by Freehold Area Running Club. We cross the county lines on June 27 to Pine Beach in Ocean county for the increasingly popular 5K event.

The month of July brings 4th of July Firecracker 5 event in Wall Township, followed by another long running shore race of Belmar 5 on July 10. We then get a breather with smaller running events of JCC Summer Classic in Deal on July 18 and the Ocean Grove Biathlon on July 24. The hot days in August include Neptune City 5K on August 7, followed by the new Asbury Park Classic 5K on August 13 and the Bradley Beach 5K on August 21. We end the summer running season with the club's Saturday in the Park 5K Women's Race in Holmdel Park on Sept 4 and yet another new event of Pier Village 5K in Long Branch on Labor Day.

In the midst of the weekend events, we have the weekday evening races at Lake Takanassee of Mondays, Wall Twp races on Thursdays, Wed evening events in Freehold and Lakewood.

We would like to see all club members participate in many events and support worthy charities that benefit from the proceeds. We would like to also see club members volunteer at these events. Without our volunteers, staging of the events is not possible. Enjoy the Summer!!

Fall Marathon Training

Thanks to Liz Ireland, the training for fall marathons is set up as part of the Sunday group runs from Bodman Park. It is geared toward the first marathon on October 3rd. Before you start you should have a base of about 30 miles per week, with 10 miles for a long run. The tentative schedule for the months of June through Nov is listed below. It will be updated as training and weather dictates. Check club web site for the latest. If you want to get weekly e-mail about the starting time and distance, send your e-mail address to Liz at elizire@comcast.net.

<i>June</i>	<i>July</i>	<i>August</i>	<i>Sept</i>	<i>Oct</i>	<i>Nov</i>
6th - 12m	4th - 10m tempo	1st - 10m tempo	5th - 10m tempo	3rd - JS Half, Portland Marathon, Twin Cities Half	7th - NYC Marathon
13th - 14m	11th - 16m	8th - 18m	12th - 22m	10th - Chicago Marathon (Hat)	14th - To Be Decided
20th - 10m tempo	18th - 10 tempo	15th - 10m tempo	19th - 16m	17th - To Be Decided	21st - Philadelphia Marathon
27th - 16m	25th - 18m	22nd - 22m	26th - 10m tempo	24th - To Be Decided	
		29th - 14m			

Club News & Gatherings

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. A few slots are available for this year's sessions. Check the club site and look for Women's 101 section.

Membership Renewal

The annual club membership is up for renewal by end of July. A membership application is included in this month's issue. Your membership expiration date is indicated in the mailing label. If your membership ends in 2004, we remind you to send in the renewal as soon as possible. Special rates are available for 2 and 3 year memberships. Your dues cover the cost of the newsletter, RRCA insurance all running clubs are required to carry for each member and various other membership benefits.

Sandy Hook Summer Concert

Tim McCloone, multi-talented musician, elite runner, club member and one of the founders JSRC, will be performing at the Wednesday night Summer Series Concerts on Sandy Hook on June 30th and again on August 11 at 6:00 pm. The entrance to the park is free after 5 pm. Food and beverages, including alcoholic beverages, are permitted. Reminder - Sandy Hook ordinances include bringing out your own trash. The concert is held in the beach area E, just north of the Seagall's Nest. Look for club's wind feather to locate members gathering spot.



Bodman Park Sunday Group Run Milestones and Good Eats!

The Club's Sunday morning group run is in its 12th year. If you are regular to this group run, you know it is a great training run to build your endurance for long distance running. If you are new, it is a good way to meet club members and enjoy the most scenic running course in NJ. On a given Sunday morning, we get as many as 50+ runners in the peak of marathon training seasons. Many runners achieved milestones recently. **Larry Murphy** and **Liz Ireland** reached 500 weeks. **Susan Ardito** reached 300 weeks. Mary Moriarty completed 100 weeks and got a coolmax t-shirt. **Dave Zurhide**, **Ron Cohen** and **Brian 'mud man' Marley** completed 50 weeks and got club logo running gloves. **Bill Dunn** and **Chris Dunn** completed 10 weeks for an embroidered club running patch.

The best part of the run is the after run goodies - Liz Ireland's famous crumb cake, Kent Sabin's (really his wife Suzy's) brownies, and Theresa Miranda's brownies and pumpkin cakes. Many acknowledgments go to: Liz for setting up the bagles, goodies, bananas and coffee; Jennifer Gunn, Rich Macko and Marty Dugan for putting out water and Gatorade at the waterstops; clean up crew of Kent, Susan Ardito, Kathy Porzio and Raman.

With marathon training season coming up, there is a schedule for both the first time and experienced marathon runners interested in group training. Check the article on the cover page of this newsletter for more information.

President's Message

Upcoming Events of Interest

Our resident Travel Agent, Ira Wiss has put together a Caribbean Cruise Vacation for JSRC members and friends. The seven night cruise departs from New Orleans March 5, 2005 aboard the *Gradeur of the Seas*. Ports of call include Cozumel, Grand Cayman and Costa Maya, Mexico. Based on two people sharing a room, the price is \$877.25 per person. (airfare not included). The initial refundable deposit of \$25 is due by July 7th. The next deposit of \$225 is due in November. We are holding 50 rooms. It is open to members, family and friends. More info from Ira at bigeye51@optonline.net



Speaking of cruises, the *River Queen* is over 50% sold out. Price for June is \$45. per person and July is \$55. per person until sold out. The date is August 13, 2004 at 7:45pm til 11pm with dinner, dancing and open bar. More on JSRC web site.

A group of JSRC folks are headed down to the the Half Shell Half Marathon in Key West, Florida on January 30th, 2005. It is a relatively small race with a party atmosphere. More details at www.southernmostrunners.com. Some of us will be staying at the Eden House . (two blocks from the start of the race) It is a guest house with many amenities and happy hour located in the heart of Old Town. More info at www.edenhouse.com

We have several other activities as works in progress and will update as details firm up. If you have an idea for a group activity, please let us know. It's your club!

Bill Koch

Club Meeting and Group Runs

Meeting

The next Club Meeting will be held Tuesday, June 29th at Deal Fire House in Deal. 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 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:

Pine Beach 5K, June 26.

JSRC Summer Series, Wall Twp, Thursday evenings starting June 17.
Firecracker 5, Wall Twp, Sunday, July 4, 7:30 AM.

Belmar 5 Kids Races, Friday, July 9, 6 PM, Taylor Pavilion, Belmar.
Belmar 5, Saturday July 10, 7:30 AM, Belmar.

Who Am I?

Running Numbers

- 51,500 - miles I've run
- 425 - races I've run
- 110 - pairs of running shoes I've worn
- 95 - number of bandanas I own
- 22 - years I've run
- 13 - high school track uniform number
- 4 - years JSRC member
- 3 - times hit by a car, while running
- 2 - Morton toes
- 1 - how many times I crashed down a Parkway embankment, on route to a JSRC meeting
- 0 - combined total of my marathons and "runners' highs"

0123456789

Who am I?

Send your answer to newsletter@jsrc.org. First e-mail with the correct answer wins a JSRC lapel pin.

Answers to last month's Running Numbers - Bodman Park Sunday Run & Larry Murphy.



Running Locations

Whether you are running on the Long Branch, NJ, boardwalk or in the US Capitol in Washington, DC, it is certain you will **run into** me any time of the day or night wearing the same clothes.

Who am I?

Send your answer to newsletter@jsrc.org. First e-mail with the correct answer wins a JSRC lapel pin.



Runner's Recipe

Southwestern Chicken

- 1 lb chicken breast, cubed
- 1 cup brown rice
- 2.5 cups chicken broth
- 1 12-16 oz can diced tomatoes
- 1 can corn or 1 12 oz box frozen corn
- 1 sweet red pepper
- 1 can black olives
- salt, pepper, garlic, salsa, to taste

Brown cubed chicken in a lightly oiled pan. In a separate pot, cook rice in chicken broth for approximately 30 minutes. Chop red pepper into 1/2 inch chunks. Add pepper, tomato and corn to the chicken, and simmer 5 minutes. Add olives and seasoning to the chicken mixture and simmer another 2-3 minutes. Pour chicken mixture over rice mix thoroughly. Garnish with extra seasoning or salsa.

Susan Ardito

Send in your favorite recipes for publication in JSRC newsletter to newsletter@jsrc.org. You will receive a JSRC lapel pin if published.

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

Membership Application

You are invited to join the Jersey Shore Running Club -
New Jersey's Largest and Most Fun Running Club!



Benefits of Jersey Shore Running Club Membership include:

- Sunday Run – Bodman Park, Middletown
- Trail Run - Allaire State Park
- Tuesday Evening Run - Long Branch
- Wednesday Run - Holmdel Park
- Thursday Run - Belmar/Spring Lake
- Monthly Club Newsletter
- Reduced Entry Fee to Club Events
- Team Entries
- New Year's Eve Bus to NYRRC Run

**Free T-Shirt to each
New Membership**
thanks to our sponsors

- Marathon Training Programs
- Discounts at Local Merchants
- Annual Holiday Party
- Annual Summer Party
- Track Workouts
- Quarterly Road Runners
- Club of America Magazine
- Member USATF Club No 0196
- Member RRCA Club No 969

The Jersey Shore Running Club also sponsors several races to benefit local community and charitable organizations. These races are made possible by the help of club volunteers. Volunteering is not a requirement for membership but is strongly encouraged.

Hotline: 732-542-6090 - Award Winning Website - www.jsrc.org - Renew or Join Online

Membership Fee:	\$15 individual	\$12 w/ e-newsletter *	+\$6/family member
3 Year Membership:	\$42 individual	\$30 w/ e-newsletter *	+\$15/family member

Please note: There is no longer a set family rate. You must add \$6 (one year) or \$15 (three year) for each additional "running" family member to your base fee. Email membership@jsrc.org with any questions. Fill out this form, sign the waiver (children under 18 require signature of parent/guardian), and return with check made out to JSRC Members. Mail to JSRC Members, PO Box 7492, Shrewsbury, NJ 07702

Name	Signature	Date of Birth	E-mail	T-shirt Size <i>(primary member)</i>
				N/A
				N/A
				N/A

Street Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

RELEASE

I know that running and volunteering to work at Club Events and road races is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to: falls, contact with other participants, the effect of the weather, including low or high temperatures and/or humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Jersey Shore Running Club, its Officers, Members and volunteers, and all sponsors, their representatives, employees and successors from any and all claims and liabilities of any kind arising out of my participation in any club event or carelessness of the persons named in this waiver. Further, I grant to all of the forgoing to use any photographs, motion pictures, recordings or any other record while participating in club events for legitimate purposes.

* Members opting for "e- newsletter" receive JSRC newsletter by email a week early and do not receive hard copy.

\$1.50 of annual membership fee goes to the RRCA to provide Footnotes Magazine

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
- WINDOW REPLACEMENTS

Call Former Running Great &
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Serving the Running Community since 1979



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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.

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!

Birthdays

July 1

Joseph Mirarchi
Lisa Hurd
Kenneth P. Sorensen

July 2

Marti Rettino

July 3

Walter MacGowan
Corin Curtis

July 4

Jennifer M. Scarpone
Katelyn McCook
Chelsea Hayes
Kerry Bray

July 5

Cathi-Jean Bradley
Larry Murphy
Jacki Franz

July 6

MaryBeth McDonnell

July 7

Kevin Campbell
Anita Metzler
Pamela Johnson
Michael Tully

July 8

Ron Minsky
R J Langbein
Andy Frizzon
Donna Curtis
Vicky Shortland

July 9

Carolyn Heuser
Dave Connelly

July 10

Robert Elliott
Kahuna Councilor
Bill Koch
Colleen Schwarz
John Coughlin

July 11

Judy Convery

July 12

Susan Pringle
Catherine Hinz
Sarah Diller
Jonathan Brodsky

July 13

Aubree Magyar
Dan O'Connell
Harold Tepper

July 14

Steven Holland
Bernard McCauley
Jerry Keelen

July 15

Robert Carbone

Raymond H. Soya
Alex Liberatore
Richard Tovar

July 16

Kevin Kotsak

July 17

John Foley

July 18

William Newman
Susan Convery
Amanda Nowicki

July 19

Warren Rudduck
Daniel J. Hyde

July 20

Kathy Porzio

July 21

Michael Kahrer
Barbara Anne Hay
Bonnie Santomena
John Radziminski
Julie Smith
Bob Reillo

July 22

Christopher Andreach

July 23

Joseph Morris
Colleen Glass
John Drenga

July 24

Michael Jones

Jacqueline Korey
Dennis Owens
Luann McGraw

July 25

Martin Dugan
Bobbi Adams

July 26

Diana Burton
Mike McDonnell
Robert Schwarz
Frank Pelcher
James S. Cusick
Melinda Brenner
Pam Allen

July 27

Larry Schauer
Diane Prendimano

July 28

Kristin Farah
Stephanie McCarthy

July 29

Harry Hoey
Robert Both
Thomas Byrne
Deanne MacLean
Jeff Logarzo

July 30

Christine Dunn
Bonnie Southern

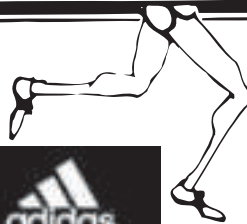
July 31

Melissa Schade

July 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

Lawrence Moloney
Steve Clark
Al Salas
Walter Stein



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and accessories

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**PARKER HOUSE
PARKWAY TOYOTA
2 MILE FUN RUN**

Benefitting Charity House Foundation

SAT. JULY 24th at 9:47 A. M.

Starting directly in front of the Parker House

**\$30⁰⁰ INCLUDES A T-SHIRT &
SWEATSHIRT & LOTS A BEER**

(\$35 After July 4th)

Register on line at jerseyrunner.com

NAME _____

ADDRESS _____

PHONE _____ SHIRT SIZE _____

E-MAIL _____ S M L XL XXL

Make & Mail Check to Charity House

221 Hwy. 71 Manasquan, NJ 08736

FOR MORE INFO CALL 1-800-435-0066

At The Finish Line

Pre-Father's Day 5K

Liz Wenslauskas 20:20
Nancy Thorne 22:02
Patrick Asay 18:59
Scott Lewis 26:49
Matt Schaefer 20:14
Chris Murphy 20:12
Robert Galizio 20:08(PR)
Mike Washakowski 21:08
John O'Reilly 21:23(PR)
Frank Pelcher 23:57(PR)
Jack Cheer 20:07
Annette Dillon 25:50
Jim Persicketti 21:30
Ira Wiss 28:30
George Hossen 26:35
Marilyn Ryder 26:30
Mindy Brady 28:01
Mike Bair 17:11(1st Cop)
Brian Washakowski 15:51

Sparta Day 8 Miler

Tom Natoli 1:16:36

Run Through History 10K

Bill Koch 52:15

Avon Day 5K

Walter Fulisiewier 29:05
Diane Cheer 27:39
Matt Schaefer 21:08
Debby Ostrowski 27:51
Debra Beekman 28:00
Chris Wilcox 20:17
Liz Wenslauskas 22:04
Peter Pace 29:56
Ron Cohen 20:42
Frank Pelcher 24:48
Nancy Garsick 24:22
Randy Brown 22:35
Patrick Asay 20:08
James McGoldrick 20:04
John O'Reilly 22:4
Dalia Viadazinha 21:30
Diane Cheer 27:34
Jack Cheer 21:36
Tom Natoli 27:20

GSAC Track Meet

5K Dave Zurheide 18:42(1ag)
1 Mile Dave Zurheide 5:35(2ag)

Cape May Triathlon

James McGoldrick 1:25:56
Jon Feinstein 1:40:04

Roselle 5K

Paul Roedell 29:08(3ag)

Steve Collins 24:24(3ag)

Spring Lake 5M

Jeremy Pilkington 27:40(22nd)
Terry McKean 44:00
Peggy McKean 1:16(walked)
Joanne Sodano 1:16(walked)
Colleen Loudon 1:16(walked)
Bill Paglione 39:26
Ken Vercammen 31:38
Robert Galizio 36:23
Pat Cavanaugh 32:49
Patty Licata 44:20
Graham Wisdom 37:06
Teri Perez 38:02
Robert Carbone 37:57
Candy Dice; 49:25
Brian Flaherty 48:30
Michael Fabean 37:30
Mary Fabean 39:30
Dawn Ciccone 37:00
Caralyn Zilberman 48:19
Dalia Viadazinha 35:22
Steve Foley 35:37
Terrence Foley 44:34
Jerry Frazee 43:09
Tom Lopez 43:09
John O'Reilly 37:23
Chris Wilcox 34:05
Will Detlober 31:41
Brian Marley 33:55
Denise Stevens 1:03:11
Meeka Kulkarni 1:03:11
Dave Zurheide 30:59(PR)
Mike Bair 30:09
Rick Vegh 36:01
Marti Rettino 38:12
Dennis Hart 48:20
Jerry Grayce 44:01
Jack Cheer 35:07
Adele McDonough 33:45
Diane Cheer 46:55
Mary Beth Glaccum 40:21
Bruce Locke 37:00
Carol Irwin 39:01
Matt Shafer 35:07
Marcia E. Draikiwicz 48:28

Don Sutton 42:43

Sally Kalksma 37:33
Deanna MacLean Roberts 56:09
Mike Chudkowski 39:57
Lorraine Chudkowski 40:10
Jen Roycroft 42:11
Mike Badger 31:10
Joey Santoro 38:40
Chris Dunn 45:14
Jim McGoldrick 31:59
Leslie McKeman 42:40
Jim Mergel 40:47
Dave DeMonico 26:59(14th)
Mark Sheklan 35:11
Joan Raymond 48:02

Chicago Lakeshore Marathon

Sutah Robins 4:33:33

Ogden, Utah Marathon

Sutah Robins 4:27

Delaware Marathon

Sutah Robins 4:09

Peggy McKean 5:51(tenth marathon)

Matt Sadono 4:31

Joanne Sodano 4:29

Rock-N-Roll Marathon

Bob Bartzoks 3:32

Spring into Summer 5K

Jack Cheer 21:08

Diane Cheer 27:08

John O'Reilly 22:47

Monmouth Beach 3M

Sutah Robins 23:01

Dawn Cccone 21:00

Dalia Vidazinka 20:56

Matt Shafer 20:29

Bay Head 5k

Steve Collins 25:02(3ag)

Chris Wilcox 20:28

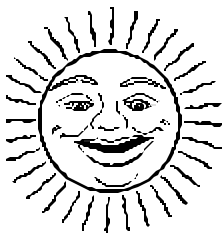
Patrick Asay 19:46

Matt Shafer 20:39

Michael Thorne 4 Mile Run

Sally Kalksma 30:21 (1 AG)

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!).



JCC 5K SUMMER CLASSIC

3rd Annual 5K Race/Walk and Kid's Race to Benefit Youth Programs and Scholarships

SUNDAY, JULY 18, 2004



LOCATION : Ruth Hyman Jewish Community Center * 100 Grant Avenue, Deal, NJ 07723

MONMOUTH MEDICAL CENTER
An affiliate of the Saint Barnabas Health Care System

MURPHY BUS SERVICE



MARC H. BERLEY, DMD
Cosmetic & Family Dentistry

& National Insurance

Atlantic Surgical Group, P.A.

Action for Behavior Change, P.A.
Dr. Harold M. Zullow, Ph.D.

RAY CATENA
LEXUS OF MONMOUTH

Dr. Richard & Janis Marcus
Irv & Marilyn Reingold
Coastal Development
Adpro Imprints
Prudential Premier Properties
Cooper Rehabilitation & Sports Therapy, P.C.
Shrewsbury State Bank
Monmouth Community Bank
My Driver, LLC -Steve Pashall
Ultimate Caterers. Inc.

Registration/Check In: 7:30 a.m. 5K Race 8:30 a.m. Kid's Race: 9:15 a.m.

Entry Fee: \$16 Before July 14 \$20 after July 11 Kid's Race Fee \$4 Before July 11 \$6 after July 11

Race limited to 500 registrants. All registered runners/walkers guaranteed to receive shirt. All race numbers and shirts should be picked up at the check in the day of the race. Shirts will be available while supplies last to those who register on race day. Awards presented to top male & female runners and age group awards. Random prize drawings will be held for all registered participants (must be present to win). Make all checks payable to the Ruth Hyman JCC. For more information please contact Lori-587-9200 ext. 151.



JCC 5K SUMMER CLASSIC ENTRY FORM

Last Name: _____ First Name: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Sex: _____ -Shirt Size: ? CH ? M? ? L ? XL

Race Use Only

Event: (check one) 5K run?? Fitness Walk?? Kid's Race?

Release: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and insured. I agree to abide by the decisions of a race official relative to my ability to compete in the run. I assume all risks associated with participating. In the event including but not limited to: falls, weather, participants, the effect of weather, including high heat and humidity, traffic conditions of the road, all such risks are known and appreciated by me. Having read this waiver and knowing these facts in consideration of my entry, I, for myself and my heirs, assigns and successors, do hereby warrant and agree to act on my behalf, waive and release the Ruth Hyman Jewish Community Center, Jersey Shore Running Club, The City of Ocean, its officers, agents, all sponsors, their representatives, and their successors from all claims and liabilities arising from my participation in this event even though liability may arise out of negligence or carelessness on the part of the person named in this waiver. I grant permission to all the foregoing to use my photographs, motion picture recordings or any other record of this event for legitimate purposes. I understand that the event will be held rain or shine and no refunds will be given.

Signature: _____
(Parent or Guardian if applicant is under 18 years of age)

Date: _____

Jersey Shore
GRAND PRIX Event
www.jsgrandprix.com



PO Box 7492
Shrewsbury, NJ 07702

Next Club Meeting: Tuesday, June 29, 7:30 PM, Deal Fire House, Deal, NJ

Race Calendar

Date	Event	Distance & Start Time	Location	Contact
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 25	Friday 5K for Women	5K, 7:30 pm	Marlboro, NJ	732 461-2327
Jun 26	Ryan's Run in Huber Woods	5K, 9 am	Middletown, NJ	888 664-9520
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 17	Bar A Crohns and Colitis 5K	5K, 10 am	South Belmar, NJ	732 786-9960
Jul 18	JCC Summer Classic	5K, 9 am	Deal, NJ	732 531-1900 x151
Jul 24	Parker House Fun Run	2M (or less!); 9:47 am	Sea Girt, NJ	732 233-3866
Aug 7	Neptune City 5K	5K, 8 am	Neptune City, NJ	732 542-6090
Aug 14	Asbury Park Classic 5K	5K, 8:30 am	Asbury Park, NJ	732 542-6090
Aug 21	Bradley Beach 5K	5K, 8:30 am	Bradley Beach, NJ	732 774-3492
Sep 4	Saturday in the Park Womens 5K	5K, 9 AM	Holmdel, NJ	732 542-6090

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

Look for club tent and feather at highlighted events