



Interlaken 5K walkers



Interlaken 5K Award Winners

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Upcoming Club Events

- Club Meeting,
Tuesday September 25,
 Deal Fire House 7:15 pm

Upcoming Races

(to Run or Volunteer, see pg. 9)

- October 13, The Rat Race
- October 13, Heights Pride 5K & Kids' Races
 Spring Lake Heights, NJ
- October 14, Run thru Deal
- October 20, Breeders' Cup FanFest 5K
- October 21, Seaside Half Marathon & 5K
- October 27, Rob's Run 5K
- October 28, 14th Annual JSRC Trick or Trot
- October 28, Witches Hollow Run 5K/1M
- October 28, Tinton Falls Run 4 Excellence 5K
- November 11, HASHaTHON 6M Trail Race
- November 17, 25th Manasquan Turkey Trot
- November 23, Born to Run, Freehold
- November 25, 7th Annual Navesink
 Challenge 15K & 5K, Middletown, NJ
- December 1, 4th Annual Poricy Park Trail
 Run 5K & 2K, Middletown, NJ
- December 8, Jingle Bell Run for Arthritis
 5K, Bar A, Lake Como, NJ

Interlaken 5K

It was a sunny and cool day for the Annual Interlaken 5K. Runners made their way from the start through the tree lined streets of this quaint Jersey Shore town and finished on the grass in Interlaken Park. JSRC's Luciano DiOlivera kept his winning streak alive at Jersey Shore races by taking first place in a time of 16:39. Luciano used the race as a tune up for the Jersey Shore Half Marathon on the following day. Luciano is also preparing for the New York City Marathon on November 4th. For the women it was in a Emily Valentino breaking the tape in a time of 23:39.



After the 5K there were Kid's races at various distance and a post run party with salads, subs, bagels and beer in the park.

Congratulations to the volunteers from Interlaken who made for another successful event. ☺



JSRC Footnotes

Club Officers

President: Eric MacKellar
Vice President: Jerry "Who" Frazee
Secretary: Laura Schneider
Treasurer: Liz Ireland

Web Master: Bob Both

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Membership

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Membership Updates:

Send a change of address postcard to:
JSRC, P.O. Box 7492,
Shrewsbury, 07702.

Contact the Club's Membership
Coordinator, Charlotte, at
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membership information or to obtain a
membership card.

Newsletter Delivery:

Contact Tina Duda at teerun@verizon.net



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Members are encouraged to submit press
releases or articles of interest to fellow club
members. Submit your information by the
deadline to newsletter@jsrc.org.

Next Deadline: 8:00PM 11/2/07.



JSRC Hotline: (732) 542-6090
Web site: www.jsrc.org
US Mail: PO Box 7492
Shrewsbury, NJ07702

MESSAGE FROM "BIG MAC"



Can it be? Yes – it is most definitely fall. Crisp mornings, color in the trees, nip in the air and cross-country runners on a Saturday morning! This is one of my favorite times of the year. Great running weather and good friends out for a few miles followed by breakfast or beers or both! It's nice to get out for a run and not be sweaty before you even start.

If you are one of many club members running in one of the upcoming marathons—good luck. If you are one our members who just want to be outside on a beautiful day—that's awesome too—after all isn't it all about being outdoors and getting exercise? Get out there! If you aren't running we can always use your help at one of the many races this fall. Not only are there many opportunities to run some awesome races you can also help out with very worthy causes.

I know – I'm always talking about volunteering when we are a running Club. But if you think about it; if it weren't for the people volunteering at the races there really wouldn't be many races, would there? I want to take this opportunity to thank all of you in the Club who not only participate in the run but also in the causes we work to help. It makes us all better as people. What more can you ask for? Happy and safe running! 🍂

—Eric A. MacKellar, "Big Mac", President, JSRC

recordings

September 25 Meeting

Thanks to **Deal Firehouse** and **Scott Lewis** and **Lou Celmer**.

Old Business/Results:

Saturday in the Park: It was a nice day. Thanks to everyone who volunteered. Over 400 finishers. Race went well. No complaints.

Allaire Wine Festival: Wine tasting event at Allaire Park. JSRC was well represented.

Pier Village 5K: 1000 people ran. Ethiopians were top runners. The course was not short.

Brielle Day 10K: Beautiful Day. 304 finishers. Someone got a check for \$350.00

9-11 Remembrance Run: Very smooth event.

Keyportfest 5K: Terrific Race, 250 finishers, nice field, great day

School for Children: sent JSRC a \$500.00 donation

WR101: 98 women took the course. Now they are doing a fall program. About 54 women from 101 ran in the Sat in the Park race. Proceeds from Girls 101 will be used to establish a scholarship in **Mary Conrey's** name.

Saturday in the Park: \$1700 was raised for Sat in the Park race.

Treasurer's Report: No report

Membership Report: No report

Clothing Report: Men's Singlet, new item women's dri-fit ss, visors, new orange cap

New Business:

CPR Training - Lou Celmer will be teaching CPR again. Wed., Nov. 7th for Renewals, Nov. 12 for new students. The Club will pick up the fee. • **Joanne O'Shea** asked if the Club wants to help provide sneakers for some local children who can't afford them but would like to run XC. •

Fundraiser for **Wendy Pelesky** who was hit by a car while running in Spring Lake Heights.

Oct. 18th at the Columns, 7 - 11 pm. Buffet dinner, dancing. Donation of \$50 per ticket. Will

also be a gift auction. • **NYC Marathon**—30 people can go up on the bus. Email **Phil Hinck** at

Phinck@comcast.net and let him know if you want to work the event. Full day. • **Poricy**

Park—takes place on Dec. 1 and needs a race director!! Great XC trail run. • **New Year's Eve**

Run at Bar A—Price is low for Club members but the Club has to subsidize the race. Phil

wants to get the ap going on this race.

Introduction of New Members: **Magie O'Kane** - new in NJ, lives in Princeton. Tries to make it down for club runs.

NEXT MEETING: 10/30/07 at Deal Fire House. DRESS UP PARTY WEAR A COSTUME
Scott will be cooking! Trick or Treat!!

—Charlotte Williams Barry for
Laura Schneider, Recording Secretary, JSRC

Thanks

Once again, as editor, I would like to thank everyone for all their help in constructing this newsletter—without having to be reminded the deadline s fast approaching. You will never understand how much I appreciate those of you who get your information in on time and before the deadline! It makes my life so much easier. I truly appreciate it. Hopefully, you will all enjoy this issue of the newsletter and find something useful, interesting or just plain fun. If there are additional items you would like to see inappear in the newsletter, feel free to submit them (on time, of course!) and, space permitting, it may make the issue. See you next month.

Member News

member news

Karen Hornberger sent a letter of thanks to all JSRC Club members for their generosity in supporting her in October's Avon Walk for the Cure for Breast Cancer and Breast Cancer Awaareness. She raised more than \$1800.00 and completed the 39-mile, 2-day walk October 6 and 7.



Chuck Whelan's family send their thanks to JSRC for remembering him at the Saaturday in the Park race and at the Trick or Trot.



A great big thank you. JSRC Club member and Deal Fire House member, **Steve Foley** sends his (and the entire firehouse's thanks) to the Club for the donation of the new flat screen television which is now perched quite happily behind the bar.



Congratulations go to **Graham Wisdom**. He was an age group winner in the Belmar Run, Swim, Run event in September.



Please send Member News, and your information about your awards, promotions, etc. that you would like to share with others to to editor@jsrc.org—it can be just a line or two to acknowledge your or another member's accomplishments. We love to hear from our members

New members are encouraged to submit a brief paragraph or two about themselves to the newsletter to introduce themselves to Club members. It can be simple why you joined, why you run (or don't run), where you run, if you plan to participate in group runs or trainings, and so forth. Believe it or not, this helps members look out for you and introduce themselves to you and make you feel more welcome. So come on, let us know who you are.



Become involved. Get involved in YOUR Running Club. Help is always needed with Volunteer Coordinating, Publicity, Database and Computer services. In most cases, if someone is already doing the job, the odds are that your help would be welcome. Offering to help out with any of the above would only take a few hours a month. **All Members are invited to participate.** Contact any of the Club Officers, call the hotline, or email: newsletter@jsrc.org or jsrc@hotmail.com to volunteer.



Ask Dr. Phil

Philip Hinck

Q: *How Often Do I Need To Replace My Running Shoes?— Thanks. Susan*

A: Answers to this question vary. some runners report they replace their running shoes anywhere from every 300 miles to every 700 miles. But there are really so many variables that it is not possible to give one specific number that works for everyone.

Most runners base their shoe replacement schedule primarily on number of miles, although some people use months. (If you run the same mileage every week for months on end, you shouldn't have any problem using months. But if you run 40 miles one month and 80 miles the next month, using miles will give you a better idea of when to replace your running shoes.) Generally, runners should check their running shoes (about once a week) once they have run 350 miles in them.

Check the bottom and sides of your shoes for cracking. Check the insoles for an imprint of your foot. Check the front (toe) of your shoe for signs that the shoe is seperating from the sole. When you see any of these signs, you need new running shoes.

There are some variables that slow down the deterioration process: Running on a treadmill exclusively reduces the amount of damage your shoes take per mile. A treadmill runner may not even need to start checking their shoes until they have run 400 or 450 miles in them. Runners who run on trails, tracks, or grass will probably have more life in their shoes than road runners. If you only wear your shoes for running (never for yard work or taking a walk or anything else), your shoes will last longer.

There are also variables that speed up deterioration. Heavy runners will wear out their shoes before petite runners. Trail runners who run through creeks (or anyone running in the rain/water) will wear out shoes sooner. Trail runners, orienteers, and hashers should use trail running shoes because these conditions will not tear them down as quickly.

Then, there is the shoe itself. Some shoes are built to last, and some are built for speed. As you try different brands and models of running shoes, you will start to learn which shoes last the longest for you.

If you have a running related question which you would like Dr. Phil to answer, please send your question via e-mail to doctorphil@jsrc.org. Include your name, your question and contact information (in case we need to contact you).

upcoming events

It's Time to plan your schedule!

9/29/07 Cross Country - come out Sat at 9 at Thompson

9/30/07 Borough of Interlaken 5K - Small race, JSRC does registration, can use help at the finish line

9/30/07 Jersey Shore 1/2 Marathon and 5K JSRC works the finish line, help is needed, weather is supposed to be beautiful, we get a nice donation for our efforts, Penny needs help with the T-shirt distribution - be there at 8

9/30/07 Allaire 5k Cross Country Run - Nice XC run through Allaire Park

10/06/07 George McCormack Memorial 5K - At Lake Como

10/13/07 The Rat Race - A wild and crazy trail race

10/13/07 Heights Pride 5K Spring Lake Heights -

10/14/07 Run Through Deal 5 Miler - Steve F. have fun, come out. 11:00 - beer and hot-dogs, Is part of the club member Triple Crown Series

10/20/07 Breeders' Cup Fanfest 5K - You finish on the track at Monmouth Park, need volunteers. There is prize money. Volunteers are entered in the raffle prizes.

10/28/07 Trick or Trot - Need volunteers! Come in costume and run. Taking can good donations for the food bank. Post race at the Celtic Cottage.

11/11/07 Hashathon - Interesting trail run at Cheesapeake State Park. Terrific raceparty.

Manasquan Turkey Trot - the Club will be handling shirt distribution. ☺

As submitted by *Laura Schneider & Charlotte Barry*

hashathon

Sunday Nov. 11 at 11 a.m

Entry Fee is \$11 (no T-Shirt) prior to Nov. 4th

This trail race is about 6 miles long through the wooded park. The after race party will be held at a local pub and features a live band. See www.JSRC.org for more info. You can register online or mail in your application. Registration is available raceday. ☺

racing news

Let the XC Begin!

The Shore AC Cross Country Series has Started

Any JSRC member who would like to join us is welcome.

In scoring cross country, it goes something like this: Hypothetically, if our 1st male (regardless of age) is 5th, second male 15th, and our third male 16th, these places are added together giving us a score of 36. The next "people/placers" can vary because our next best finisher could be a woman or a masters male (40+) runner or a master's woman. We are allowed 2 - master's - (besides our top 3 which can be any age) to score and 3 women score. **Stephen Apostolacus** has volunteered to look at our

scoring and determine how we can score the lowest. In the old days, open runners were under age 40. These days, some of our fastest runners are the "old" guys and that under 40 restriction has been lifted for the "open" category.

Two 50+ and two 60+ runners give our team a minus point each! That is the potential for 4 whole points to be deducted from the team's score. And we all know that the team with the lowest score wins. What a bonus! Since JSRC is heavy on that end of the scale, we should be well represented but we need to get these people out there every week! So don't be shy if you are up to the XC challenge! Check the JSRC web page or the www.shoreac.org for more info.

Many thanks in advance to everyone who comes out to Thompson on Sat. ☺

—Charlotte Barry

2007 RACE SCHEDULE:

Sat. Sept. 29 Thompson Park

Sat. Oct. 6 Wolf Hill
Recreation Area International
Style XC

Sat. Oct. 13 Holmdel Park

Sat. Oct. 20 Wolf Hill
Recreation Area International
Style XC

Sat. Oct. 27 Thompson Park
Halloween Race

Sat. Nov. 3 Holmdel Park

STARTING TIME: All races will
start promptly at 9:00 AM.

Registration begins at 8:15
AM.

RACE DISTANCE: Courses
vary from 3 to 3.5 miles in
length

for your feet

Top 6 Trail Running Shoes

Trail shoes are, for the most part, quite similar in construction to road running shoes. However, they have added traction and more durable uppersoles. Some road shoes work well as part-time trail shoes, while many trail shoes work well on the road. Features to look for include: added traction, durability without too much weight, and motion control for running on uneven surfaces.

- 1. Adidas Trail Response:** Adidas makes a great trail shoe—Trail Response, based on the basic Adidas Response road-running shoe. The Trail response has been around a number of years, and continues to evolve with minor changes. This shoe is perfect for both for trail and road running. It offers a snug fit, and good feel—not so much of a trail shoe that you can't wear it on the road.
- 2. Brooks Trail Addiction:** This new off-road shoe has strong support balanced with just the right cushioned feel. Heel and forefoot HydroFlow cushioning system absorbs shock, stabilizes the foot, and returns energy. Water Resistant synthetic uppers provide excellent protection and comfort from the season's elements. Gusset Tongue enhances protection against rain, snow, and mud.
- 3. Asics Gel Eagle Trail:** Improved forefoot traction and a water-resistant upper help navigate rugged terrain and keep your feet dry, while the GEL® Cushioning Systems ensure a comfortable ride. This is a solidly built shoe suggested for the avid trail runner who also wants a bit of extra cushion from their shoe.
- 4. New Balance 809:** New Balance has always made a good line of strong, sturdy, and well balanced shoes—you can add this one to the list. This is a nice shoe for a city-dweller who may venture off onto some trails, but doesn't want a trail-only shoe, such as the Saucony Omni.
- 5. Saucony GRID Omni:** The Saucony GRID Omni is a bulkier trail shoe designed for more focused trail runners who want a trail-only shoe. This shoe has excellent stability, and excellent traction.
- 6. Asics Gel Trekker:** This offers a good alternative to the Saucony Omni—that being another well-balanced trail-only shoe. This will give good stability, good cushioning, and excellent tread. A good option for the more avid trail runner. ☺

NYC Marathon Updates

NYC Marathon Volunteers

First Come - First Served - Limited to 30 Volunteers

The Club will again be assisting at the New York City marathon to be held on Sunday, November 4th. We will be assisting at the Finish Area in Central Park and will be responsible for the Celebrity Finish Area. We escort the celebrities and make sure they meet up with their friends and relatives (who are also most likely celebrities). It is a fun filled day. We will have a bus available to take the volunteers to New York City and return. It's a full day - and plan to leave here early in the morning about 7 or 8 AM and return back at about 6 PM.

Anyone interested should contact **Phil Hinck** at phinck@comcast.net

NYC Marathon Bus

Time is approaching for the November 4 NYC Marathon. If you have been accepted into the NYC Marathon you need to start arranging for your transportation to the start. JSRC will be offering convenient transportation to and from the NYC Marathon for runners and spectators. Sign Up as soon as possible as space will be limited and our bus is filling up fast. If you are interested in signing up we still have some spots available. NYC Marathon Bus will convenient transportation to the start on Staten Island and Pick-up at the Finish Area in Central Park. There are two Pick-Up and Drop-Off Locations: GSP Red Bank Exit Commuter Parking Lot and Cheesecake Rest Area on GSP. This transportation is open to all runners and spectators. the cost is only \$25. You need to return your completed form (available at www.jsrc.org) with Check made out to: JSRC Bus, PO Box 7492, Shrewsbury, NJ 07702.

Breeders' Cup Race



No Horse Required

As you may know the Breeder's Cup is coming to Monmouth Park this October 20th. It is one of the most prestigious horse racing events in the country, if not the world. For the second consecutive year, ESPN will televise live the Breeders' Cup World Championships. With the introduction of the new two-day format, live coverage of the Breeders' Cup from **Monmouth**

Park will begin on Friday, October 26 (4:00-6:00 p.m. ET) on ESPN2 with the three new \$1 million Breeders' Cup races. ESPN's coverage resumes on Saturday, October 27 with a seven-hour program (12:00 p.m. - 7:00 p.m. ET) live from Monmouth with the final eight Breeders' Cup races. ESPN, Inc. is the world's leading multinational, multimedia sports entertainment company featuring a portfolio of over 50 multimedia sports assets. With its numerous domestic and international outlets for broadcasting and information delivery -ESPN brings a broad array of promotional resources to Thoroughbred racing.

To mark the occasion a race will be held on the grounds of Monmouth Park which will be similar to the Haskell Race which has been a staple at the Jersey Shore in year's past. This event has tremendous backing and will certainly be a huge production and a one time spectacular in road racing at the Jersey Shore. Based on its success the Haskell Race may return next year!

Prizes already have been announced for **Breeders' Cup Fan Fest Road Race** on Saturday, October 20th: The 5K will feature Overall and Age Group Prize Money (10-yr age groups - prize money for ages 20 and over). There will also be a Grand Prize drawing, which is open to all 5K participants - prizes include 2 pairs of tickets to the Monmouth Park Breeders' Cup Race (a very valuable prize as the event is basically sold out), Continental Airline tickets, and tickets to Jets' and Giants' Games.

Kiddie Sprints follow the main event - with clowns, characters and pony rides. A fun filled day for everyone. The pre-registration discount entry fee is still available, thru Oct. 1st - Race is limited to 1500 Participants. Sign Up early to take advantage of special pre - registration rates and insure your entry into this special once in a life time event.

Start your training now—no horse required to enter this event.

the rat race

A unique trail run in Wall Township

Be there **Saturday, October 13** at **10:07am** \$25 entry. It's a lovely 3 - 5 mile walk/run over woodland trail followed by a great after race party!!

All pre-registered get a T-shirt. The event is sponsored by **Long Trail Ale**. It is held on **Saturday, October 13** at Shark River Park in Wall. (For those who run the cross country race that day, we will zoom over to this trail run which traditionally waits for us!) Race director **Bill Scholl** always delivers a fantastic event with this 3-5 mile hash-style run through the forest and various other obstacles. To experience it is to understand the craziness. The after race party is almost as glorious as running the race. Check the JSRC web page or contact **Bill Scholl** or **Mark Griggs** for more information.

membership news

welcome new members!

Charlotte Barry says Hello to all new members and all who recently renewed. She is in the process of adding between 100 - 200 new members! Please consider coming out to a club meeting or volunteering at a race event.

thursday run

Shifts to Dunkin Donuts

The Club's Thursday Evening Run has shifted the start to Dunkin Donuts on Thursdays. Come on out for a fun run along the boardwalks of Belmar and Spring Lake. When the temperature goes below freezing - free Hot Chocolate!

Thursday, 6 PM, Group Run in Belmar -5 - 7 Miles, Dunkin Donuts 16th Ave and Ocean Avenue on the Boardwalk, Belmar, NJ, 732-542-6090.

Monthly Meeting

The Club Meeting will be held on Tuesday, **October 30, 2007** at Deal Firehouse on Brighton Avenue in Deal. We will meet at approximately 7:15 pm, following the regular Tuesday night Club run.

reporters wanted

Cover JSRC events for Footnotes

JSRC members are encouraged to submit articles, stories and news items—we can always use ideas and love to hear from members. We only ask that you submit prior to the monthly deadline each. The deadline date is the Friday after our monthly meeting. The deadline is listed on page 2 of every newsletter. If you've ever wanted to see your words in print, here's your chance! Send your submissions to Editor@jsrc.org or Newsletter@jsrc.org. 📧

jsrc coupon

Savings for you

Ocean Wine & Spirits is pleased to support the Jersey Shore Running Club and invites the Club's membership to stop by anytime to say "hi". Complimentary Wine tastings are held every Thursday - Saturday from 3:00 PM until 6:00 PM.

Ocean Wine & Spirits
JSRC COUPON
15% Off
Your Next Wine
Purchase
NOW THROUGH
NOVEMBER 30, 2007

Surrender this coupon to receive 15% off your wine purchase. • Valid on 750ml bottles only. Limited to In-stock items. • One time use only.
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(next to Wegmans)
732.660.6700

Check out our website: www.oceanwineandspirits.com

racing news

School for Children 5K

Luciano Oliveira of Long Branch, the only runner to break 18 minutes, bested the 3rd Annual ECI School for Children 5K in a time of 17:30 on Sunday, September 16. The women's race saw SFC gym teacher **Tara Losito**, placing 2nd overall, and first for women, in 19:35.

Tim Thornton was the 2nd male finisher in 20:25 with third male going to **James Gelpke** in 20:37. **Leslie Surbrug** (21:04, 6th overall) and **Alicia Seemuller** (21:59, 11th overall) followed Losito to finish as second and third women respectively.

Oliveira's win on Sunday was his second victory in as many days for this Jersey Shore Running Club member, after finishing first in 17:18 the day before at the Bayshore Classic 5K in Holmdel.

Over 190 runners, walkers and children participated in the ECI School for Children events: 5K run, 3K walk and kid's races, held on the school grounds and surrounding area, on another glorious September Sunday. Additionally Monmouth University Football Team and Cross Country Team members were among the more than 100 volunteers participating on race day.

Educational Collaborations School for Children is a non-profit, specialized school for students with multiple disabilities and autism, from the ages of three to twenty-one. The School is dedicated to students becoming fully expressed, contributing and productive members of their families and communities.

Monmouth University students served as course marshalls and their cheering voices were welcomed and appreciated by the runners. 📧

—*Jim Robbins*



BSchool for children Awardd winners

Bayshore Classic Road Race

The sun might have been absent from Holmdel on Saturday morning, September 15, but 179 road racers were present to challenge the 16th annual Bayshore Classic 5K Road Race that started and finished at the Community Health Services building area. **Luciano DeOliveira** at 17:18 (17 minutes and 18 seconds) was first to cross the finish line from the hilly course and he was followed by **Joe Pawlish**, 17:41 and third finisher went to **Dan Newman** at 17:54.94.

First in for the women on this overcast but good-racing-weather morning was **Danielle Kays** at 19:39 and she was followed closely by **Dianne De Oliveira**, 19:42. Third female finisher was **Stephanie Zottoli** at 20:09.

Following the premier 5K event, 25 boys, girls, men and women participated in the Family Fun Run, where they ran a half-mile loop through the complex to cross the same finish line as the 5K racers. Overall and age groups winners in the 5K were then presented with fleece vests, duffel bags and umbrellas at an awards ceremony, after which all were treated to a post-race barbecue, which highlighted the culinary skills of the hospital kitchen staff.

The proceeds of the event which includes a Craft Fair & Treasure Hunt, along with craft show, games and clowns, and health screenings, benefit the Bayshore Community Health Services' Foundation Programs. 📧

—*Jim Robbins*



Bayshore Classic competitors

Take It Down a Notch

This past week, I was reminded how hard it is to workout when you travel...particularly when you go to a three-day meeting where every minute of your day is scheduled. If you travel, it's tempting to make up for lost time when you get back home and take yourself through a killer workout and that may be the best way to de-stress sometimes. But, when you've gone through a marathon business trip with little sleep and lots of stress, you may want something more gentle and soothing for the body and the mind.

High intensity exercise is important and so is challenging your body. But, it's also nice to do things that feel good without worrying too much about working hard or burning calories. It's a nice reminder that there are all kinds of exercise, and the quiet ones count, too.

Pilates is known for helping people develop both strength and flexibility. The following Pilates stretch includes exercise that increases flexibility of the back, front-body, side-body, hamstrings and hips. The strength part of the stretch and strength equation is very important— it's what helps maintain physical integrity and alignment as one stretches a muscle, or increases the range of motion in a joint. This Wall Roll Down exercise is simple and it promotes both strength and flexibility.

Wall Roll Down

Wall roll down is a wonderful, all-over kind of stretch. It begins with a beautiful opening of the chest and extension of the back, and proceeds to a deep curve that stretches both the back and the hamstrings.

Wall roll down is a simple way to practice using your abs to achieve the articulated curve of the spine that is used so much in Pilates. It stretches the back and the hamstrings, as it works the abdominals, and teaches good posture. What's better than that?

This is a good way to train for more challenging exercises like the roll up, where you also use the sequential activation of upper and lower abs to curl and un-curl the torso.

Modify wall roll down by only going down as far as you are comfortable, bending your knees slightly, and leaving your arms at your sides.

To Start:

- Stand tall against a wall. Leaving your body on the wall, walk your feet six to ten inches away from the wall.
- Pull your abdominals in.
- Keep your shoulders away from your ears, your chest wide and your ribs down as you raise your arms straight up over head. 5



The Wall Roll Down

1. Start Position
2. Begin the Roll Down
3. Deepen the Curve
4. At the Deepest Curve
5. The Return - More for the Abs
6. The Finale - Standing with Extension



We ran.

We competed



We volunteered.



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

Wednesday Run

Holmdel Park: Beginning on April 6th, you can meet at main pavilion to run the famous 3-5 mile cross-country course at 6 PM. Run will suspend when Daylight Savings Time ends on October 30th.

Thursday Run

We meet at **Taylor Pavilion** on the Boardwalk at 5th Ave. in **Belmar** at 6 PM and run south. We run various distances of 4 to 7 miles on the well-lit very safe boardwalk. On good days, we run through Spring Lake and into Sea Girl for a nice 7-mile run. Everyone is welcome. After the switch to EST on October 30th, we meet at Dunkin Donuts at 16th Ave. & Ocean.

Saturday Run

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

Holmdel Park: Come and run 4-6 miles through the hills of Holmdel Park to qualify for Dave's Golden Donut Award. 10 AM.

Check out our web site for current running information and subscribe to our email updates at: <http://www.jsrc.org>

racing times

At the Finish Line

interlaken 5k

Luciano Oliveira	16:39
Stephen Collins	25:54
Karen Gregory	30:18
Sandra Risley	36:43
Jeff Ragle	27:59

mcguire afb - ft. dix half-marathon

Jaime Gallagher	1:57:01
Wendy McKnight	1:57:14 (3AG)

mcguire afb - ft. dix 5k

Jon Lowrie	24:09 (3AG)
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hampton's half-marathon

Carolyn Hammel	2:03:47
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quad city marathon

Liz Wenslauskas	3:47
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newport liberty half-marathon

Diana Burton	2:30:52
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manasquan reservoir 5mile

Graham Wisdom	37:54
Greg Kimmet	42:16

cape may 5mile beach run

Mary Patterson	45:37
John Zingis	52:47

myakka river 10k

Frank Pelcher	57:12
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bishop ahr 5k

Ken Vercammen	18:40 (1AG)
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lbi triathlon

Ken Vercammen	1:13:08
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ocean grove 5k

Karen Gregory	28:45 (PR, 1AG)
Mike Badger	18:49 (1ST OG)

firm man half ironman

Chris Wilcox	5:01:42
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At The Finish Line

To get your race finish times published on the web site and in the newsletter, send e-mail to jsrc@hotmail.com or results@jsrc.org. Include your name, the name of the race, your finish time and any overall/age group award.



philadelphia distance run

Carolyn Hammel	2:07:34
Nicole Stallone	2:00:33
Paulette Stallone	1:58:12
Diane Cheer	2:13:20
Greg Kimmet	2:00:09

Danskin Triathlon

Karen Dancheck	1:12:06
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Duches County Classic Half

Douglas Hawkins Jr	2:30 (PR)
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Henry Hudson 8 Mile

Greg Kimmet	72:13
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race calendar

Dates and times are subject to change. We are not responsible for accuracy of event dates and times. Please check the race applications. Race Applications are available at Club meetings and events and can be downloaded from the JSRC web site www.jsrc.org. Look for our Club tent and wind feather at events listed in bold. You can register for most events by going to www.JerseyRunner.com.

Date	Event	Distance	Start Time	Location	Contact
October 20	Cross Country Series		9:00 am	Wolf Hill Park	
October 20	Breeders' Cup FanFest 5K with Kiddie Sprints, Presented in conjunction with JSRC to benefit Monmouth Park Charity Fund and Oceanport Sports Foundation	5K	11:00 am	Monmouth Park Racetrack, Oceanport,	
October 21	Seaside Half Marathon	13.1M & 5K	10:00 am	Seaside Heights, NJ	
October 27	Rob's Run	5K		Fairfield, NJ	
October 27	Cross Country Series		9:00 am	Thompson Park, Middletown, NJ	
October 28	14th Annual JSRC Trick or Trot with Kids' Races (up to 1/2 mile) to benefit Ronald McDonald House	4M	11:00 am	Long Branch, NJ	JSRC hotline 732..542.6090 online registration: jerseyrunner.com
October 28	Witches Hollow Run	5K/1M		Millstone, NJ	
October 28	Tinton Falls Run for Excellence	5K		Mahala F. Atchison School, 961 Sycamore Ave, Tinton Falls 732.460.2404	
November 3	Cross Country Series		9:00 am	Holmdel Park, Holmdel, NJ	
November 4	Justin Cruz Memorial 5K	5K	9:30 am	Wall Township Municipal Complex	
November 11	HASHaTHON 6 Mile Trail Race	6M & 1M	11:00 am	Cheesequake Park	
November 17	25th Annual Manasquan Turkey Trot	5M	11:00 am	Manasquan, NJ	
November 23	Born to Run "the day after Thanksgiving"		11:00 am	Freehold, NJ	
November 25	7th Annual Navesink Challenge	15K & 5K	10:00 am	Bodman Park, Middletown, NJ	
December 1	4th Annual Poricy Park Trail Run	5K & 2K	10:00 am	Middletown, NJ	
December 8	Jingle Bell Run for Arthritis	5K	10:00 am	Bar A, Lake Como, NJ	

JSRC Newsletter Footnotes Ad Rates

Ad size	3 Issues	6 Issues	November Deadlines: Copy & News: November 2, 2007 Ad Payment: October 31, 2007 Ad Submission October 31, 2007
1/8 page 3/75 x 2.4 no bleed	\$50	\$100	
1/4 page 3.75 x 4.3 vertical no bleed	\$75	\$150	
1/2 page horizontal 7.5 x 5	\$100	\$200	
1/2 page vertical 3.75 x 10	\$100	\$200	
Full page vertical 10 x 7.5	Contact Editor for details Race Applications are \$75 per page per month prepaid		

quotes to remember

they said it...

"I'm going to go out a winner if I have to find a high school race to win my last race."—*Johnny Gray*

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs."—*Jesse Owens*

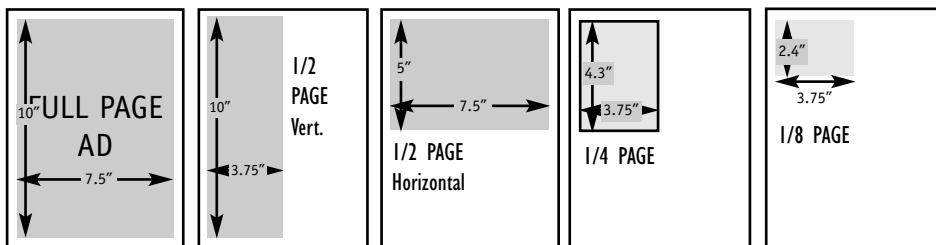
"It hurts up to a point and then it doesn't get any worse."—*Ann Trason*

"You have to forget your last marathon before you try another. Your mind can't know what's coming."—*Frank Shorter*

"If you start to feel good during an ultra, don't worry you will get over it."—*Gene Thibeault*

"Laziness is nothing more than the habit of resting before you get tired."—*Jules Renard*

"I have met my hero, and he is me."—*George Sheehan*. ☺



All ads **MUST** be pre-paid prior to the deadline of the issue in which you want your ad to appear.

Ads will not run without payment. Ads should be submitted in proper formats. Word PDF files are not acceptable. If you submit Word documents, please submit the clip art you used as well. We cannot be responsible for poorly submitted files. It is your responsibility to get the information to us in proper formats and in a timely manner. If we need to recreate or adjust the ad, you will be charged accordingly.

great gift ideas

Official JSRC Gear



Need some great gift ideas? Or new clothes? JSRC to the rescue! From baseball caps to socks, we have items to cover you from your head to your toes. You'll find we have stylish "can't-run-without" goodies for your favorite runner. Items are available at the Club's Weekly Runs, Club Events and

Meetings. Or you can order by mail using the downloadable order form found on the JSRC website at: www.jsrc.org, just click on the button for JSRC gear to see what the Club has to offer. Many items are in stock, however, some may require special order to replenish inventory and may not be immediately available. Please email Penny (gear@jsrc.org) when mailing in your order. Thanks. ☺

Supporting Our Troops

When asked, our service folk say calling home is to hear loved ones back home is important to them. Now Military Exchange Prepaid



Calling Cards are available. (<http://www.acfes.org/>)

The DOD Military Exchanges have been authorized to sell prepaid calling cards to individuals & organizations who wish to purchase these cards for our troops serving overseas in Operation Enduring Freedom and Operation Iraqi Freedom. for more information on purchasing cards for our troops go to: <http://www.acfes.org/>

Next Monthly Meeting

The Club Meeting will be held on **Tuesday, October 30, 2007** at Deal Firehouse on Brighton Avenue in Deal. We will meet at approximately 7:15 pm, following the regular Tuesday night Club run.

Web site: www.jsrc.org

birthday news

Look Who's celebrating!

November 1

Jennifer Payne	Timothy Mahoney
Linda Kosakowski	Renee Tolan
Steve Gioglio	

November 2

Emily Huff	Joe Santoro
Linda Kosakowski	John Dalton
Jeanne Beaudette	Michael Frei
John Strang	

November 3

Dan Pitzer	Stephanie Ware
Brian Downie	Eric Cohen

November 4

Stephanie Ware	John Donoghue
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November 5

Brenda Trujillo

November 06

Kathleen Fenimore	Jessica Alinsub
Karl Lavin	Jeanne Ferullo
Jeanne Buck	Kate Gant
Jean Keeter	Robert Moir

November 07

Tom Schaefer	Eddie Hahn
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November 09

Jerry Frazee	Joyce Harran
Denise Tiedemann	

November 10

Bethany A. Hagan	Jay Curry
James Curry	

November 11

Anna Walsh	Nancy Cunard
Geoffrey Everts	Rohan DeFonseka
John Pardeneck	Jennifer Van Dright

November 12

Robert Bell	Erica Stagg
Tony Drummond	

November 13

Eugene Keefe	Kathleen Clark
Maria Murray	Dianne DeOliveira
Chris Coughlan	

November 14

Janice Parker	Lori Amabile
Bill Burke	Paula Brennan
Trish O'Halloran	Tom Cunningham
Kevin Gaine	

November 15

Allison Shifman	Deborah Schaefer
Matthew Coccoaro	

November 16

James D'Amore	Vicki LaBella
Susan Grant	James Damore
David DeMonico	Kathleen Canning

November 17

Richard O'Brien	Lynn Lee
Nick Wofsy	

November 18

Rachael Scalise	Royce Winsten
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November 19

Mary Gehrmann	Matthew Shafer
Ellen Lloyd	

November 20

Heather Quinlivan

November 21

Ken Disharoon

November 22

Lynne Mortimer	Melissa Houck
Cecelia Smith	

November 23

John Olp	Christina Braceland
Tim Blankley	Eileen Manix
Sandra Breitenstein	

November 24

Linda Spinella	Gene Aldrich
Scott Stanford	

November 25

Taryn McCarty	Rosemarie Korbelak
Camille Horvath	Mary Sansone
Charlie Parton	Jeffrey Bradley
Lisa Catyon	

November 26

Jim Persicketti	Christopher Wilcox
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November 27

Lisa Calandrino	Nancy Garsick
Jim Kropke	Maria Mooney
Mary Glaccum	Judi Johnson

November 28

Anna Higgins	Harry Papirman
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November 29

Frank Fiore	Alison Eisen
Michelle Tarnecki	

November 30

Patrick Dorgan	Andrea Allocco
James Cummings	Traci Glasgow



member to member

ALL BRUNSWICK CYCLERY:

29A Easton Ave., New Brunswick, 10% Off Parts & Accessories. 732.745.BIKE

BRACE PLACE ORTHODONTICS:

Drs. Elkin, Epstein, and Sargiss. 732.536.4422
Offices in Manalapan, Frrehold, and East Windsor.
JRSC members will receive \$100 off adult or child
orthodontic examination and records. Please visit
us at www.braceplace.com

BRIELLE CYCLERY:

Rt. 71, Brielle, 732.538.9121. 10% Off.

BROADWAY RAY:

Chartered Bus Tours to the Broadway Theater District.
Departures from the Circle Factory Outlet in Wall
Township. 732.528.8434 www.broadwayray.com

CONTOURS EXPRESS OF BRIELLE:

\$34/month for JSRC ladies who want to balance out
their running routine by adding weight-training. Real
weights, not hydraulics! 30-minutes, 3X/week—a stronger
runner!! 606 Hwy. 71, Brielle. 732.528.5595.

ECOSENSE:

Ecologically sound, natural products for home,
health and training. Natural and homeopathic
vitamins and nutraceuticals. For information call:
732.517.1474.

ERIC A. MACKELLAR:

Financial Advisor / Financial Planning Specialist
Smith Barney. 1030 Broad Street, 3rd Floor
Shrewsbury, NJ 07702 Direct 732.389.5166

FAMILY CHIROPRACTIC CENTER:

Special rates for JSRC members. Tinton Falls,
732.530.0405.

FEET FIRST:

All Locations. 10% discount.

G&P WELLNESS:

Performance & recovery technologies by Nikken.
Grace and Peter Rowe. 732.706.0446. 20% Off.

GILBO-A-GO-GO:

Caterer and Party Planner. Call Bob Gileski for
your party or picnic basket specials!
732.887.6791.

HAYSEEDS DESIGN

Advertising & Marketing: Publications, Brochures,
Logos, Web design, and illustrations. Barbara Hay
at 732.517.1564. www.hayseedsdesign.com.

HEALING HANDS • REIKI THERAPY:

Dawn Ciccone at 732.872.7441.
10% member discount.

HOT BAGEL BAKERY:

Monmouth Rd, Oakhurst. Handmade by Club
Member, Dan Grimes.

KENNETH VERCAMMEN, ESQ.:

15% off Traffic Tickets & Wills. 732.572.0500.

LINCROFT VILLAGE DENTAL CARE:

Special Introductory Rates to New Patients. Please
call office for details. 732.842.5005

MILES AHEAD SPORTS:

Meeting House Rd., Manasquan, 10% discount.
732.223.0444.

OCEAN WINE & SPIRITS:

Complimentary wine tastings every Thurs., Fri., &
Sat. 3-6 p.m. Gift baskets, Gift Cards, Party
Planning and more! 732.660-6700. www.ocean-
wineandspirits.com

PAMPERED SOUL:

We bring the Spa to You! Relax at home, no driving
required. 732.299-8793. www.thepampered-
soulnj.com

PHOTO PILLOWS BY LAURIE:

Any picture(s) or logo copied onto fabric and sew
into an original pillow. Also photo sweatshirts and
jackets to commemorate an event, a marathon, etc.
Great family gifts. Call 973-271-6624 or e-mail
LaurieGordonRun@aol.com for info or to order.

REALM COMPUTER SOLUTIONS:

Computer Repair, Networking or Website
Design/Updates. Service performed in your home
or office. JSRC members receive 10% off! Contact
Gary Douglas at (732) 300-6517,
Gary@RealmComputerSolutions.com or visit
www.realmcomputers.com.

RUNNER'S HIGH:

454 Main St., Metuchen, 732.549.9440, New
location: Runner's High at Newport, 35 River Drive
South, Jersey City, 07310 201 626-6220,
www.runners-high.com Members: 10% off.

SERVES U RIGHT:

20% Off Party Service. 732.747.8683.

SQUAN CUSTOM FRAME SHOP:

209 Hwy 71, Manasquan - 10% discount on
Custom Frames by Maggie McChesney.
732.223.1334.

THE RUNNING STORE:

The Grove, Rt. 35 in Shrewsbury. 10% off shoes and
clothing. 732.758.8008. www.runningstore.com

THE SNEAKER FACTORY

10% discount with a credit card & 15% discount
with Check or Cash on all non sale items.
Discount can not be combined with any other dis-
count or offer. Contact Dean Shonts. 308 Millburn
Ave., Millburn, 7041. 973.376.6094.
www.sneakerfactory.com

THIRD AVENUE CHOCOLATE SHOPPE:

10% off. 1118 3rd Ave, Spring Lake,
732.449.7535. Also in Manasquan.

TRAVEL SERVICES:

Professional travel consultant with over 20 years
of experience can handle all your travel needs.
Resorts, cruises, all inclusions and custom vaca-
tions. Providing customized personal service to
club members, contact Ira Wiss at 732-682-5156
bigeye51@optonline.net.

Join today!

JSRC Membership Application

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

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.

Membership Fee:

	Individual	w/e-newsletter*	+\$Family Member
1Yr.	\$15	\$12	+\$6 / f.m.
3Yr.	\$42	\$30	+\$15 / f.m.

Hotline: **732-542-6090**
Award-Winning Website:
www.jsrc.org

BENEFITS OF JERSEY SHORE RUNNING CLUB MEMBERSHIP:

- 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
- Marathon Training Programs
- Discounts at Local Merchants
- Annual Holiday Party
- Annual Summer Party
- Track Workouts
- Member USATF Club No 0196
- Member RRCA Club No 969
- Free T-Shirt to each New Membership
thanks to our sponsors

Renew or Join Online

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

Name	Signature	Date of Birth	T-Shirt size
_____	_____	_____	N/A
_____	_____	_____	N/A
_____	_____	_____	N/A

Street Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ email _____

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 foregoing to use any photographs, motion pictures, recordings or any other record while participating in club events for legitimate purposes.

Referred By: _____

Mail completed form & check to: JSRC Members, PO Box 7492, Shrewsbury, 07702.



www.jsrc.org

PO Box 7492,
Shrewsbury, NJ07702

U.S. POSTAGE
PAID
Allenhurst,
PERMIT No. 4
Zip Code 07711

U.S. STANDARD MAIL



Next Meeting:
Tues., Oct. 30,
Deal Fire House
7:15 pm

Newsletter of the Jersey Shore Running Club
Issue XVI, Vol. 10 • November 2007
Postmaster: Dated material enclosed. Please
deliver before October 26, 2007. Thank You!



See details on page 7.

Why not participate in the Breeders' Cup FanFest
5K event on October 20th?



The Breeders' Cup comes to the Jersey Shore at Monmouth Park.

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