
JERSEY SHORE RUNNING CLUB

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April 2002 - Issue 2002-04

Bill Koch Inaugurated as Club President



Jerry Frazee passes the baton to President Koch at Bar A Friday Night

Message from Your President:

On behalf of the new club officers, I would like to express our appreciation to Jerry Frazee and the outgoing officers for a great job last year. We have a great Club that has many great things going for it. Our philosophy is not to take ourselves too seriously and to enjoy running and the pleasure of socializing with our fellow runners. We are an inclusive club that doesn't care if you run slow or fast.

Some modest goals for 2002 are:

1. Encourage more participation from our membership. We have a tremendous talent pool that we need to tap into. Anyone with suggestions should let us know. We are listening! What can we do to make our new members feel more welcome? Are you on the email list?
2. Encourage more interaction and cooperation with our sister running clubs. We are all runners and we celebrate that fact first.
3. Encourage even more club events. Ira is coordinating a JSRC cruise for early 2003. Perhaps some bus trips out of the immediate area to some races that we may not normally attend as a group. (Any suggestions? Again, we are listening!) Explore the idea of some non-running events i.e. group hike or kayaking or rafting etc.
4. Volunteer! Ask not what your club can do for you, but what can you do for your club. All of us should volunteer several times a year. Our busy agenda can't exist without volunteers. Can't be a race director? How about an Assistant Race Director?
5. Publicize the tremendous job we do in assisting local charities and programs. Anyone interested in a Public Relations position?
6. Keep it fun!

Club Meeting

The next Club Meeting will be held on **Tuesday, March 26 at Deal Fire House** on Brighton Avenue in Deal (just past Mr. C's Corner Grill), following the regular Club run (approximately 7:15 pm). Bring \$5 for the buffet!

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 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 Long Branch at 6 pm for a 4 to 6-mile run along the boardwalk and around Lake Takanassee.

Thursday Run

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

Other Group Runs

Check out the "unofficial" (that means no Club insurance) group runs. There is a group run (not a "Club run") at Holmdel Park on Saturday mornings at 10 am. The group meets in the main pavilion at the park and runs 5 miles. With the return of daylight savings, we will resume Wednesday evening runs on Wednesday, April 3 at 6PM. For additional information, directions or just to let us know that you are coming, please e-mail Dave Zurheide at drzheide@aol.com or John: NJRep4RRCA@aol.com. Marathon training starts at the south end of the Spring Lake Boardwalk on Saturdays at 7am. Contact Ira Wiss at irawiss@hotmail.com or 732-682-5156 for more info. 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

Sad News

On behalf the Jersey Shore Running Club, we want to extend our sincere sympathy to Bob & Janie Gordon and Jane (Gordon) Erbe for the tragic loss of their brother Chris. Our thoughts are with you.

JSRC Cleans Up Long Branch Beaches

We had a pretty good turn out for the beach clean up last month. Mostly Club members were in attendance, but a few other volunteers and even some onlookers lent a helping hand. Thanks to everyone who showed up.

Leprechaun Loop

Kudos to Gio for putting on another great race, of course followed by an awesome party with lots of freebies!! I heard that Mark Griggs wont have to do laundry for two weeks!! Overall winners included Club members Lou Malizziozo (16:39) and Chris Murphy (19:51). Lots of other times captured on the Finish Line section. Look for Gio at the Fool's Run in Manasquan April 6.

JSRC Sporting Green in Belmar

The club had a nice turnout for the Belmar St.Patrick's Day Parade, March 3. You may have missed them if you were looking

for the signature orange, or if you just had too much Birdsall Beer, like yours truly. Luckily the weather forecast was incorrect and it didn't rain on our parade. Thanks guys, you all looked swill, I mean swell!

Great Club Showing at Half-Marathon

Congrats to all the finishers of the E. Murray Todd Half-Marathon, March 3. Dave DeMonica led the pack with a time of 1:12:24. A special congrats to those that made it to the parade afterwards! That's like a drinking marathon and a half! Check out the tape times in the Finish Line section.

Club Member Profiles

Terence Foley, age 38, from Toms River

I became a member of JSRC 2 years ago when my brother, Stephen, gave me a 3 year membership, and a really nice pull-over, as an x-mas present. The membership is good until 2003, but the pull-over is practically gone because I wear it all the time when I run. I've been running steadily since 1995. My first race was the Deal 5 Miler in 1995 (a race organized by Stephen). I normally run 30 miles a week, on the streets after work, or on the treadmill at home, if it's really cold. My favorite race is the Spring Lake 5, because there are so many people who participate, and I think the course, and the people of Spring Lake are fantastic. I usually run alone, mostly because I wear headphones, listening to music (always, always, always Bruce). If anyone in my area is interested to running, I'll leave the CD player home. You can e-mail me at njsunlover@aol.com, if you want to run sometime.

If you would like to be the next featured club member, just e-mail me at adele_s.mcdonough@roche.com. You don't have to be new, just interesting!

Team JSRC Report

Contributed by Jerry Convery

Our JSRC Team is doing very well in the NYRR Club Championship Series. Our Master's team is second in the standings and our Veterans Team is presently Third and looking to move up. Our Women's Masters are currently in Fifth Place. The top five teams get awards at year end. Our top runners have been Tom Hall, Bill Scholl, Bob Childs, Dave Sauls, Tom Mulvaney, Jane Erbe and Mary Conry. We have found a great local pub near the NYRR Club House to celebrate our efforts (Tom Hall buys the first round) and we urge all JSRC members to join the team. Even if you don't score for the team, we have a lot of camaraderie and really enjoy the road trips. Email Jerry Convery (bestguy7@aol.com) if you are interested., or give him a buzz at 732.290.1920 after 6 pm. Thanks for the update Jerry!!!

JSRC Race Updates

Sgt. Pat's 5K

On Saturday, March 30, 2002 the Jersey Shore Running Club will hold our Thirteenth Annual 5K Run on the promenade and boardwalk in Long Branch, overlooking the scenic Atlantic Ocean. Since 1998, the event has honored and remembered slain Long Branch Police Officer Sergeant Patrick King. The 5K race course is completely flat and fast. We also have a Two Mile Fitness Walk along the same course, and kid's races of various distances. T-shirts to participants and everyone will enjoy the post-race

refreshments while awaiting the awards ceremony, raffles and grand prize drawing. All are then invited to a free post-race Pasta Party at the Celtic Cottage, a local cafe. In the 5K, we offer 5-Year Age Group awards, and a Racewalk Division. In addition, we are encouraging the participation of area police departments and law enforcement officers by challenging them to a competition: there will be awards to the first 5 PBA member finishers, both male and female, and an award to the PBA Local with the most participants. This year the race is being co-sponsored by Long Branch PBA Local 10 and Oceanport PBA Local 364. Portions of the net proceeds will be used to benefit to two **Patrick King Scholarship Funds**, awarded to a deserving local high school graduates, and **Habitat for Humanity** of Long Branch. The 5K Run/Racewalk will begin at 11:00am, followed by a 2 Mile Fitness Walk at 11:05am, and Children's age group races at 11:30am. Post-Registration will take place the day of the race beginning at 9:30am. Entry forms are available at several running stores in the area, or can be downloaded from the website: www.jsrc.org/sqtpats.htm. Please call Race Director Philip Hinck at 732-571-2162. Volunteers are also Hope to see you all there.

Jersey Shore Relay/Walk

We have 100 teams for the Relay so far. It will be limited to 200, so get your team application in now!! Teams can consist of 2-5 members. You don't have to identify there! all your team members and you can change them up to the day of the race. If you already have submitted a team, start collecting those pledges!!! It will be a fun filled day with a giant post race party and concert at the Stone Pony. In addition to the Run this year there will be a walk from Sea Girt to the finish - a distance of about 10 miles in two stages. If you don't have a team and want to run on one - send an email to me, at adele_s.mcdonough@roche.com and include your 5 Mile time and I will connect you with a team. I guarantee that if I can't find you a team, I will be your team. We also could use some volunteers on April 20 - if interested, please contact Denise Furey 732.974.9251!

Spring Break 5K

The Spring Break 5K is April 27. I strongly encourage all club members and anyone you can recruit to take part in what is truly a CLUB event. All proceeds from this race go to us!! The race starts at Bar A, for most of us a home away from home, and afterwards there is a huge barbecue for all the participants and volunteers. It's a great time, like all our events, so let's have a huge turnout. If we can get 9,000 runners to Spring Lake I know we can get at least 1,000 to Bar A!! If you can't make it to run, please volunteer!!!

JerseyRunner.com is Unveiled!!

A new web site dedicated to running in New Jersey has just opened. In addition to a comprehensive Race Calendar with on line registration available for many popular events there is also a locker where you can record all your personal running information. Check it out at www.jerseyrunner.com

Marine Corps Marathon Lottery Now Open

Anyone interested in running the Marine Corps Marathon next October needs to enter the lottery. The sooner you enter the better the chance that you will get accepted as they have monthly drawings. For more info and a race app. see www.marinemarathon.com

A Note of Thanks

Dear Mr. Frazee, Thank you for such a very generous gift. It is greatly appreciated. Things have been very difficult since the loss of my husband Bill. Each day is a battle for my daughters and me. It is very comforting to know that there are so many people thinking and praying for us. God Bless You, Colleen Micciulli

Spring Lake 5 Miler reached capacity!!

It has come to my attention that the 26th Annual Spring Lake 5 Miler is full, with only 10 weeks till race day! Better luck next year to all of you procrastinators out there. Of course we will need all the hands we can get for post-race garbage cleanup, and volunteers for the race in general. Don't forget about the post-garbage collection/volunteer party at Bar A!!

Mix and Match

Dawn Ciccione wants to remind everyone that spring is in the air and the Mix and Match has lots of runners looking for new friends to run with. Check out the link at www.jsrc.org

Please Volunteer!

Club Positions - If you are interested in helping the club in any way, contact President **Bill Koch** at billkoch@monmouth.com.

Other Volunteer Opportunities

Special Olympics - Runners are always needed to help train Special Olympic Long Distance Runners - contact **Jeri Hickey** at 732-367-1533.

Race Directors - There are many JSRC races that are looking for Directors and Co-Directors. Please call the hotline if you are interested in a position.

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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

Discovery Toys, 10%, Call 732-747-8904

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

Whelan Chiropractic - Special rates for club members. Little Silver, 732-747-5213

Enright Chiropractic and Certified Strength and Conditioning Specialist- Special Rates for Club Members, Ortley Beach, 732-830-8400 .

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

Cooper Wood Exteriors Inc. - Additions, siding, roofing, decks, repairs. Special consideration to JSRC members. Call Eddy - 732-988-3182.

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

Cut out the coupon below for a FREE drink...

BAR ANTICIPATION 16TH AVENUE, BELMAR
COUPON GOOD FOR ONE FREE BUD/BUD LITE



JERSEY SHORE RUNNING CLUB MEMBERS
WHERE THE RUNNING & PARTYING NEVER ENDS !!!

JSRC Running Log

April 2002

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
					Miles:	Miles:
7	8	9	10	11	12	13
Club Run Allaire State Park Bodman Park Miles: Club Miles:	Club Run Long Branch Miles: Club Miles:	Club Run Long Branch Miles: Club Miles:	Miles: Club Miles:	Club Run Belmar Miles: Club Miles:	Miles:	Miles:
14	15	16	17	18	19	20
Club Run Allaire State Park Bodman Park Miles: Club Miles:	Club Run Long Branch Miles: Club Miles:	Club Run Long Branch Miles: Club Miles:	Miles:	Club Run Belmar Miles: Club Miles:	Miles:	Jersey Shore Relay Miles:
21	22	23	24	25	26	27
Club Run Allaire State Park Bodman Park Miles: Club Miles:	Club Run Long Branch Miles: Club Miles:	Club Run Long Branch Miles: Club Miles:	Miles:	Club Run Belmar Miles: Club Miles:	Miles:	Spring Break 5K Miles:
28	29	30	Monthly Totals	Yearly Totals		
Club Run Allaire State Park Bodman Park Miles: Club Miles:	Club Run Long Branch Miles: Club Miles:	Club Run Long Branch Miles: Club Miles:	Total Miles: Total Club Miles:	Total Miles: Total Club Miles:		



At the Finish Line



Leprechaun Loop

Lou Malizziozo 16:39
 Chris Murphy 19:51
 Pat Asay 20:09 (PR)
 Kellee Hand 20:25
 Randy Brown 21:08
 Steve Foley 21:35
 Scott Lewis 21:41
 Fritz Hand 21:56
 Dave Magno 22:35
 Joe Mirachi 23:48
 Bob Gilski 24:21
 Reggie Hyde 24:40
 Pat Masterelli 24:52
 Gio "Dr T" 25:53
 Jack Cheer 25:34
 Penny Hinck 26:30
 Diane Cheer 28:30
 Jerry Frazee 29:13
 Ed Adamsky 31:22

Al Gordon 15K

Tom Hall 54:55
 Bill Scholl 56:56
 Bob Childs 57:05
 Gary Krebs 1:02:27
 Tom Mulvaney 1:03:27 (PR)

Dave Sauls 1:04:00
 Gene Napolitano 1:07:26
 Bob Boyd 1:17:47

Mike Kinella 1:21:51
 Jerry Convery 1:13:19

Kurt Steiner 50K

Chris Frey 5:30
 Therese Mancuso 5:30
 Mark Griggs 5:35

Newark Distance Classic

Bob Boyd 1:48:37
 Gene Napolitano 1:30:46

GridIron Classic

Bob Boyd 23:40

Lucky 7 Miler

Bob Boyd 56:48

Snowflake 4 Miler

Bob Boyd 31:59
 Peggy McKean 32:35
 Lynn Brady 31:15
 Gene Napolitano 27:56

(3AG)

Blue Angels Half

Marathon

Linda Piff 2:00:12 (1AG)

Chicken Soup Loop

Peggy McKean 1:02

Pride in America 5K

Ken Vercammen 17:56
 (1AG)

ORC Winter Series

Patrick Asay 27:55 (PR)

Freehold 5K

1/6 Ken Vercammen 17:36

1/27 Ken Vercammen 17:36

Lake Takanasee

Week 2 Lou Malizziozo 18:00

Week 3 Lou Malizziozo 17:45

Week 4 Lou Malizziozo 17:30

E. Murray Todd Half Marathon

Dave DeMonico 1:12:24

Joe Donahue 1:19:51

Cliff Russell 1:29:43

Tom Zarra 1:30:13

Bill Koch 1:34:16

Dawn Ciccione 1:34:35

Jeff Reger 1:35:07

Tom Mulvaney 1:35:07

Jennifer Gunn 1:35:46

Rich Macko 1:35:07

Maureen Massell 1:37:08

Mike Baker 1:37:31

Mike Giafifute 1:39:02

Mary Conry 1:39:33

Pat Asay 1:39:46

Sue Foley 1:41:27

Mark Griggs 1:41:53

Karen Charles 1:42:14

Rick Vegh 1:44:14

Midge Leys 1:44:22

Steve Foley 1:44:53

Bob Bartzokas 1:45:03

Bill Dunn 1:45:56

Scott Lewis 1:46:13

Colleen Glass 1:46:37

Dave Zurheide 1:46:51

Alison Baker 1:46:53

Susan Kofod 1:48:12

Bob Both 1:50:55

Marty Dugan 1:51:46

Susan Ardito 1:52:23

Katy Bryan 1:54:17

Marty Rettino 1:54:40

Maira Horan 1:56:17

Kent Sabin 1:56:59

Catherine Tozzi 1:59:19

Bill Richardson 1:59:45

Lisa Tozzi 1:59:31

Liz Wenslauskas 2:03

Catherine Hinz 2:04:10

Marilyn Ryder 2:07

Barbara Keenan 2:07:02

Margerat Mcagney 2:08

Liz Ireland 2:12:11

Randi Cohen 2:12:13

Suzanne Parton 2:13:11

Jessie Joseph 2:13:29

Peggy McKean 2:15:44

Diane Cheer 2:16:21

Ira Wiss 2:18:40

Deanna MacLean 2:26:48

Know your club officers....

Bill Koch - President
 Jack Cheer - Vice President
 Jane Erbe - Secretary

JSRC Hotline (732) 542-6090 www.jsrc.org USATF Member No. 6803861807

Jerry Frazee - Treasurer
 Jon Lowrie - Membership Coordinator
 Bob Both - Web Master
 Adele McDonough - Newsletter Editor
 Bill Koch - Newsletter Circulation Manager
 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 jolo140@aol.com, to update your membership information or to obtain a membership card.

JSRC Membership

If your label says 2001 you must renew - New members Can Use this Form to Join Also!

New Members: Individual \$15, Family \$20.00 - New members get a free T-Shirt!

Member Renewal: Individual \$12.00, Family (Single Address) \$15.00, Three-Year Individual \$30.00, Life Time \$1,000

Please complete and return with your check made out to: JSRC Membership, PO Box 7492, Shrewsbury, NJ 07702

Jersey Shore Running Club Membership Registration and Waiver

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete a club run or activity. I assume all risks associated with running and volunteering to work at club races, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, 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, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Jersey Shore Running Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

(List all names for family membership. Parent must sign if under 18 yrs)

Name	Signature	Birthday	Email

Address _____ City _____ State _____ Zip _____

Phone (H) _____ Phone (W) _____



APRIL BIRTHDAYS
Happy Birthday to YOU!!!



Scott D. Feighner 1
 Brittany Westerman 1
 Andy Fermin 1
 Joanne Osowski 1
 Kyle Sheridan 1
 Richard Powell 2
 Meghan Hinck 3
 Natalie Adler 3
 Kent Sabin 3
 Darryl Ann Chambers 4
 David III Shotwell 5
 Christopher Larkin 5
 Deborah Emerson 6
 Pete Kalksma 6
 Charles Hayden 6
 Sutah Robins 8
 Lorraine Sheridan 8
 Fable Avison 8
 Linda Murphy 9
 Caroline Meyer 9
 Eugene Romano 10
 Michelle Ritter 10

Jamie Schaefer 10
 Laina Seplow 10
 Cheryl Burt 11
 James Bergum 12
 Dawn Vonsuskil 12
 Penny Hinck 13
 Marney Sotanski 13
 Karen Barton 15
 Vincent Peck 15
 Bill Bergin 15
 Connor Clancy 16
 Brian Sanchez 16
 Meg Winterbottom 17
 Dr. Ken Indohl 18
 Lisa Picascia 18
 Steven T. Adams 18
 Robert Avison 19
 Kerry Moldoch 19
 Diane Kalksma 20
 Sam Kalksma 20
 Fred Howlett 21
 Karla Schwedt 21

Karen Worobel 21
 Neil Coleman 22
 Kathy Moyer 22
 Theresa Stenger 22
 Graham Wisdom 23
 Danielle Feehan 23
 Rob Patetta 23
 Kimberly Daley 23
 Joe Petraccoro 23
 Kathleen Magyar 23
 Katy Bryan 24
 Jack Caucino 24
 Nancy Mitchell 24
 Diana Georgeou 25
 Mel Ullmeyer 25
 Greg Mendina 25
 Thomas Natoli 25
 Roger Faulkenbury 25
 Carolann Viola 26
 Justine LaBatch 26
 Alexandra Cavallo 27
 Bonnie Schaefer 27

Warren Segall 28
 Steve Applebaum 28
 Paul Fiocco 28
 Jack Cheer 28
 Laurie Clark 30
 Linda Smith 30

JERSEY SHORE RUNNING CLUB

PO Box 7492

Shrewsbury, NJ 07702



Club Meeting at Deal Fire House- Tuesday March 26

JSRC RUNNING CALENDAR

Saturday, March 23, 9 AM, [Redbird Ramble 5K](#), Allentown HS, Allentown, NJ Saturday, March 23, 5K, Bacncroft Neurohealth Run, Haddenfield, NJ 1-800- 966-0096

Sunday, March 24, 9 AM, 26.2 Miles, Also 10 Miler, 5K and 1.5 Mile Promenade, 4th Annual Running of the [Ocean Drive Marathon](#), Start in Cape May, NJ <http://www.odmarathon.com>, 609-523-0880

Sunday, March 24, 7:30 AM, 26.2 Miles, [Washington DC Marathon](#), The Nations Marathon, 732-528-8176

Saturday, March 30, 2002, [Sgt. Pat's Races](#), 5k/11:00, Fitness Walk/11:05, Kids' Races/11:45, Seven President's Park, Long Branch, JSRC Hotline: 732 542 6090

Saturday March 30, [April Fools Day Run & Walk](#) Cape State Park; Lewes, De 10am 302-947-1772

Sunday, March 30, 2002 Indian Trails 15k & 5k 15k & 5k, 9am Middletown, NJ 732-842-4317

Saturday, March 30, 2002, Todd Miller Memorial 5K, 9:30am, Summit YMCA, Summit, 908-273-3330

Sunday, March 31, 2002, New Providence 10K, 1pm, New Providence, 973-635-0845 or 908-464-4430.

Saturday, April 6, 2002, Arc of Essex 5K, 9:30am, Brookdale Park, Bloomfield, 973-535-1181ext1230.

Saturday, April 6, 2002, [Manasquan Fool's Run](#), 5K -10 AM, 1 Mile - 11 AM 732-223-0705, jdf@birdsall.com, ON Line Registration at [JerseyRunner.com](#)

Saturday, April 6, 2002 D&R Canal Watch 5K Fun Run, 10am, Washington Crossing State Park, Titusville, 609-989-3610, (s).

Saturday, April 6, 11:05 AM, [Payback Hash](#), Cattus Island Park, Toms River, NJ

Saturday, April 6, [Jill Joseph Sunshine](#) 5k & Walk Milton Middle School; Milton, De 10am, 302-947-1772

Sunday, April 7, 2002, Run With Aimee, 1m @ 10am, 5k @ 10:30am, Montgomery HS, Montgomery, 877-342-4633

Sunday, April 7, Run for Awareness, 5K, 1 pm, Stephen R Gregg Park, Bayonne, 732-381-0318

Sunday, April 7, 2002, 2nd Annual Run For Awareness Day:: 5K/1:00 PM 1.5 mile Walk/12:30 PM Kids Races/1:45 Bayonne, NJ 07002 [201]437-9181; [732]381-0318

Saturday, April 13, 2002, River Edge Run, 5K, 10am, Cherry Hill School, River Edge, 201-599-6295

Saturday, April 13, 2002, Earth Day 5K, 10am, Liberty State Park, Jersey City, 201-795-4555ext207

Saturday, April 13, 8:30 AM, Colonia 5K Classic, 732-388-9120

Sunday, April 14, 8 AM, [Commodore Barry Bridge 10K/5K](#), Bridgeport, NJ, cdsp@resolving-disputes.org,

Sunday, April 14, 9 AM, 5K, Run 4 Life, 908-535-0616

Sunday, April 14, 2002, Run 2 Finish 5K, 9:15am, Boonton, 973-335-3514

Saturday, April 20, [Jersey Shore Relay](#), Seaside Heights to Asbury Park, NJ 732-542-6090 - Benefits Special Olympics - Post Race Party at Stone Pony

Saturday, April 20, 9 AM, 5 to 10 Miles, [Jersey Shore Relay Walk](#), Sea Girt to Asbury Park, NJ 732-542-6090

Saturday, April 20, 200, [Lewes Physical Therapy](#) 5k & Walk Savannah Road Office; Lewes, De 10am, 302-947-1772

Saturday, April 20, 2002, Hacklebarney Hill Climb Day: 10:00 AM 15K Distance: 5K, Pottersville,, [732]381-0318

Sunday, April 21, 5K at 10 AM, 10K Race Walk at 11 AM, Ron Zinn Memorial Races, Wall Municipal Complex, Wall, NJ 732-222-9080

Sunday, April 21, 2002, Run For Rachel Day: Sunday Date: 10:00 AM 5K run 2 Mile walk Location: Memorial Oval, Livingston, NJ

Saturday, April 27, 2002, 10 AM, 5K, [JSRC Spring Break 5](#), Bar A, South Belmar, NJ, 732-542-6090 - Great Post Race Party - On line Registration at [JerseyRunner.com](#)

Saturday, April 27, Run Against Drugs 5K, 9:00am Count Basic Park, Red Bank, 732-530-2781

Saturday, April 27 [Oxford Day 10k](#) Run & Walk Community Center; Oxford, Md 8 am, 302-947-1772

Saturday, April 27, 9 AM, 5Miles., [Westfield Five Miler](#), Westfield, NJ 908-789-4080