

JERSEY SHORE RUNNING CLUB

F TNOTES

August 2002 - Issue 2002- 08

Summer Racing Season is heating up..



Runners on Broad Street at the start of the George Sheehan Classic last summer

The Summer racing season continues with the **Crohn's and Colitis 5K** July 20 at 10 AM at Bar A, Belmar. Sunday July 21st is the **JCC 5K** in Deal starting at 8:30AM. July 27 is the **Parker House 2 Mile Fun Run** at the Parker House in Sea Girt. Race starts at 9:47AM. You can get information and register online at JerseyRunner.com. Also on July 27th is the **Ocean Grove Biathlon** (Run-Swim) starting at 9AM. The **Sea Girt 5K** is August 4th and the **George Sheehan Classic 5 Mile Run** is August 10th followed by the **Bradley Beach 5K** August 17th all of these races start at 8:30AM. The **Saturday in the Park 5K** is Labor Day Weekend, August 31st at 9AM on Holmdel Park's challenging cross country course, followed by the **Brielle Day Hill and Dale 10K** September 7th starting at 9AM. If you are planning on running a marathon this Fall, marathon training is being held at Bodman Park on Sunday mornings. The JSRC Summer Series will be continuing throughout July and August so there is still time to get involved. Every Thursday Night at 7PM is the 3 Mile Run at Wall Municipal Complex, with the kids races starting at 6:30PM. Monday nights Shore Athletic Club has its Summer Series around beautiful Lake Takanassee in Long Branch. Kids Races start at 6:30PM.

Club Meeting

The next Club Meeting will be held on **Tuesday, July 30** at the **Celtic Cottage**. We will meet at the rear bar, 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@cqmind.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 Taylor Pavillion 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. As a special incentive, take advantage of an offer of 2 for 1 smoothies at Be Green at Taylor Pavillion. Just say you are with the Jersey Shore Running Club.

Other Group Runs

Check out the "unofficial" (that means no Club insurance) group runs. 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

Renewal Time

If your mailing label reads 7/31/2002, it's time to renew your club membership. I think we are the only club that adheres to the "fiscal" year. Please mail in the membership application located on the last page of the newsletter, above the birthdays. There will be a short grace period after which your information will be erased from our database. This means that you will miss out on entertaining and informative journalism delivered to your door twelve times a year, among other things. Need I write more??

President's Message

Submitted by: Bill Koch

We are the largest, most active running club in New Jersey. We have a wonderful and dedicated corps of volunteers that routinely pitch in at races and events. We can always use more help and love to see new faces, as well as the more familiar ones. There was an old rule of thumb that each runner should volunteer a minimum of two races/events per year as a personal give back to our sport. It is also a great way to get a different perspective as to what goes into a "race production". I look forward to seeing all of our dedicated volunteers at upcoming events.

Bodman "South" Run

What: A Bodman South run!

Where: Bar Anticipation, 16th Ave, S. Belmar NJ

When: Sunday, July 21, 2002 at 8am sharp (rain or shine)

Why: OK, now the questions are getting difficult. We are not sure why, but it seemed like a good idea after a couple of beers. Here's the plan, we will assemble much the same as Bodman only at Bar A. We will run to the boardwalk and complete a 10 mile run and return to Bar A for a delicious brunch and breakfast drink ie:

bloody mary or whatever, non-alcoholic beverages too. We will be at the back outdoor bar and volleyball area. SHOWERS available too! It just seemed like a nice whacky thing to do for the summer. Water and bathrooms are available before the event and great brunch and volleyball afterwards.

Sunday brunch: 3 egg omelette, or Ham and Cheese Omelette, or Western omelette with French toast, or Buttermilk Pancakes, or Pork Roll Egg and Cheese Sandwich, with home fries and toast (and beverage).

For further info...call Phil or Jerry (no just kidding, contact billkoch@monmouth.com)

Don't Miss the Boat

River Belle Cruise Friday, August 23rd

Come join the JSRC on the River Belle!

When: Friday, August 23rd, 2002

Where: 47 Broadway, Pt. Pleasant Beach NJ

Time: 6:45pm sharp to 10pm

Dress: Casual

Three hours cruise and open bar and deluxe buffet dinner.

Ticket info: \$48. per person, limited to the first 100 club members.

Tickets available from Bill Koch, billkoch@monmouth.com

Additional info: Joanne O'Shea @ 732.280.3475

Seating is limited so please get your reservations ASAP!!

Womens 101 Program

Mentors are still needed for the Women's Beginners Running Program going on at Holmdel Park. Each Wednesday night throughout the summer over 40 enthusiastic women are preparing for their first 5K, Saturday in the Park. Any female club members that would be interested in mentoring one of these women are encouraged to contact Penny Hinck at phinck@comcast.net. You don't have to come to the training sessions. A simple phone call or email providing some encouragement is all that is asked. Any volunteers will be appreciated.

Summer Series off to a Fast Start

The annual JSRC Summer Series at Wall Township Municipal Complex is drawing a lot of summer runners to its 3 Mile course. Summer Series participants were treated to a special guest appearance at week 3 of the Series of 3 Mile Races. A large group of runners met the challenge and beat the 20:29 time which President George W. Bush finished at a race in Washington DC. The winners were: Dave DeMonico (16:02), Pat Ford (17:32), Tyler Abrams (18:06), Tom Stoddart (18:11), Scott Linnell (18:21), Drew Bailey (18:35), Johnny Rodriguez (18:58), Bob Bonpietro (19:07), Dianne DeOlivera (19:08), Jane Erbe (19:46), Anthony Tracy (19:47), Bill Koch (19:51), Jeff Gero (19:54), Mike Gianforte (20:04), Chris Wilcox (20:14), Tim Mahoney (20:20), Kevin Campbell (20:29). Everyone did a great job on a hot and humid Thursday night!



The JSRC Team representing in NYC, June 29

JSRC Team still going strong in the NYRRC Series

A large contingent of Club Members participated in this past weekends NYRRC 5 Mile Race in Central Park. The Club Teams are doing terrific. The Master's Team took second place and is now firmly in second place for the series. The Veteran's team also took second and is in third place but creeping up on second place. The team consisted of: Bob Bythell (27:13), Mike Mooney (28:04), Jeff Logarzo (28:05), Tom Hall (28:17), Miles Hersey (30:38), John Shavel (31:27), Tom Mulvaney (33:31), Russ Stallone (33:24), Dave Sauls (33:52), Ron Cohen (33:58), Jane Erbe (34:37), Bill Koch (34:31), Mike Anstadt (35:26), Jack Cheer (36:09), Bill Dunn (36:16), Jerry Convery (36:46), Lynn Brady (39:58), Diane Cheer (45:42). Great Job everyone!!

Firecracker 5 Miler

It was a real scorcher with temperatures over 90 degrees for the annual Firecracker 5 held on the Fourth of July in Wall Township, The first overall was Elias DiOliverra who seemed undeterred by the weather in a time of 26:51. For the women it was JSRC's Jane Erbe who finished in 35:31. It appeared that nearly everyone's times were slowed by a few minutes due to the heat.

Pre-Father's Day 5K

The rain subsided for the Pre-Father's Day 5K in Wanamassa. The overall winner was Dave DeMonico (16:20). Jennifer Clausen (18:42) was the top female. Many club finishers took home awards at this club event. Special thanks to all the volunteers who made this race a success. We doubled our field of runners from the previous year!!

There may be a course change next year so stay tuned. Special thanks also to Jeananne McFadden for a wonderful post-party!!!

Sandy Hook Summer Concert Series

Special events committee proposal....

Each Wednesday night through the summer there is a free concert at Area E on the beach at Sandy Hook. They have some great stuff and it's a nice area. Entrance into the Park is free after 5pm and the concerts are from 6pm to 8:30pm. YOU ARE ALLOWED TO BRING FOOD AND ALCOHOLIC BEVERAGES. (carry in carry out policy/ no trash cans). We could meet and do a short fun run. (showers are available) and then eat and drink on the beach. Or we could skip the run and just party.

- 7/17 Fate (Musical tour de force)
- 7/24 Total Soul Temps and 4 tops
- 7/31 Bill Turner Old time rock and roll
- 8/7 Booty shack Disco
- 8/14 Tim McCloone and the Shirleys
- 8/21 Jazz Lobsters Jazz
- 8/28 End of Summer series TBA

AREA E IS JUST NORTH OF THE SEAGULLS NEST.

Some people really party with Champagne etc ... Sometimes bug repellent is necessary. But always a good time ...bring beach chairs and coolers etc.

Questions or ideas? please contact: billkoch@monmouth.com

Casino Niagara International Marathon and Half-Marathon

This marathon starts in one country and ends in another!! The Casino Niagara International Marathon starts in Buffalo N.Y and ends in Niagara Falls, Ontario Canada. The ½ marathon starts at the 13.1 mile of the marathon and ends at the same finish line as the marathon. The course is considered flat and fast and is a Boston qualifier.

The marathon is Sunday October 27th and starts at 10am. The ½ Marathon starts at 8am

Depart Friday, October 25th 2002

Transportation from Wall Twp to Newark Airport
R.T. Flights from Newark

3 nights at the Sheraton on the Falls (host hotel)

Return Home Monday, October 28, 2002

All Participants must provide personal identification in the form of either a:

- ?? Valid passport
- ?? Birth certificate
- ?? Voters card (usa)
- ?? Visa

Cost for entering the race:

Marathon = \$50 before 9/21

½ Marathon = \$35 before 9/21

You can enter on line at Active.com - entry not included in price
Cost approximately \$350 per person for hotel, airfare and transportation to the airport, based on 2 people sharing a room.

Please contact Ira Wiss at 732-577-1779 or bigeye1@monmouth.com if you are interested. Hey Ira, what is the name of this marathon??

Build speed with Track Workouts!!

The way to improve your speed is to do Track Workouts. They can be fun when done as part of a group. There are two opportunities locally:

Women's Track Work Outs

Wednesday, 6:00 PM - Ocean Twp. High School track, West Park Ave. All levels and everyone are welcome.

Open Track Work Outs

Wednesday, 6:00PM Point Pleasant High School - Near Hart's Idle

Run Dublin, Honolulu or Disney with Joints in Motion

Joints in Motion is starting programs for several fall marathons. The group raises money for the Arthritis Foundation. There are training programs held on Wednesday and Saturday on the Spring Lake Boardwalk. For further information contact A. Diane Dickerson at 732-681-2228 or email at adod442@aol.com

Saturday Morning Road Biking

There will be a regular cycling group meeting on Saturday at 8:30AM at Dorbrook Park on Route 537 a little west of Tinton Falls Bridge (Corner of Sycamore Ave). The group will range from novice to avid cyclists riding anywhere from 10 to 40 miles. Everyone is welcome! You must have helmets and supply your own refueling. Any questions contact Dawn Ciccone at sunflowerdc@yahoo.com, or Doug Rice at sandyhookers@comcast.net.

Mix and Match Update

Submitted by Dawn Ciccone

A running partner offers variety, conversation, challenge and motivation. The JSRC's **Mix and Match Profile Exchange** is not just for those looking for a relationship. We have many profiles ranging from happily married people looking for a running partner, to many singles just looking for someone to run with in the hope that it will motivate them to train more consistently and have a friend with a common interest.

Baby Jogger for sale, Midnight blue, EXCELLENT condition! Only 2 1/2 years old, like NEW!! Rain canopy included. \$180. Call Jacki 732.695.2056.



COOPER EXTERIORS
& HOME IMPROVEMENT
COMPANY

SINCE 1978

**CUSTOM HOMES
RENOVATIONS
ADDITIONS
DECKS
SIDING
ROOFING
FINISHED BASEMENTS
WINDOW REPLACEMENTS**



Call Former Running Great,
EDDY COOPER

732-988-3182

Member Discounts

- HEALING HANDS** Reiki Therapy for Relaxation, spiritual empowerment, and healing. Call Dawn Ciccone at 732-872-7441. 10% disc. to members.
- THE RUNNING STORE**, The Grove, Rt. 35 in Shrewsbury. 10% discount.
- MILES AHEAD SPORTS**, Meeting House Rd, Manasquan, 10% discount.
- RUNNER'S HIGH** 454 Main St., Metuchen, 732-549-9440 10% off!
- Yoga by Lynn**, Lynn Ramsey, 732-528-0294
- Serves U Right**, 20 % Off Party Service, 732-747-8683
- Third Ave Chocolate Shoppe**, 1118 3rd Ave, Spring Lake, 732-449-7535, 10 % off.
- Kenneth Vercammen, Esq.** 15% off Traffic tix & Wills 732-906-2180
- Susan Kofod, Personal Trainer**, Red Bank Fitness, 10%, 732-741-1900
- Runner's T-SHIRT Blankets (Quilts)** - 10% off. Luann 732-449-7299
- Whelan Chiropractic** - Special rates for club members. Little Silver, 732-747-5213
- Meagan Enright**, Certified Massage Therapist. \$50 for 1 Hour Massage. Ortley Beach, 732-830-8400.
- Matt Imhof**, Certified Professional Trainer, 10% Off, 732-842-2529
- Ocean Place Conference/Resort** - 10% off all spa services.
- FEET FIRST** - All Locations 10 % discount.
- All Brunswick Cyclery** - 29A Easton Ave, New Brunswick, 10% Parts & Acc. - 732-745-BIKE