
JERSEY SHORE RUNNING CLUB

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July 2002 - Issue 2002- 07

Summer Series continues in July joined by the Belmar 5 Mile and Crohn's and Colitis 5K



Runners on Ocean Avenue at the start of the Belmar 5 Mile Run last summer

The summer racing season doesn't slow down in July. We start off the month with the Firecracker 5 Mile Run in Wall Township, 8AM on July 4th at the Wall Municipal Complex, which everyone will be familiar with when the summer series starts. Fred Rummel never forgets to remind us Summer Series runners about his event. July 13th at 8:30AM is the Belmar 5 Mile run, a long time shore favorite. There are kids races Friday night and anyone interested in volunteering should contact Race Director Phil Hinck at phinck@comcast.net. The Crohn's and Colitis Run hosted by Bar A is July 20th at 10AM. The Club takes care of the registration and finish line for this event. Please come out and support this worthy cause. The JSRC Summer Series will be continuing throughout July and August so there is still time to get involved. Every Thursday Night (except 7/4) 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 and around and around and around beautiful Lake Takanassee in Long Branch. Kids Races start at 6:30PM.

Club Meeting

The next Club Meeting will be held on **Tuesday, June 25** at **The China Buffet** (China and International Food), 145 Route 36 at Rt 71. (In the Shoprite Shopping Center, West Long Branch) We will meet in the back dining room, following the regular Club run (approximately 7:15 pm). Bring \$5 for the buffet! BYOB!!

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 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??

JSRC Windfeather unveiled at Spring Lake 5

Perhaps you have noticed at large 16 foot banner emblazoned with JSRC on it at recent events. It's the new Club banner called a windfeather. It enables you to locate the club tent at large events and will be used as start/finish line at club events. "It's unique and distinctive!" raves club president, Bill Koch. This really puts JSRC on the map.

President's Message

Submitted by Bill Koch

Top ten reasons to belong to JSRC:



10. Run 100,000 miles at Bodman and get a pair of gloves!
 9. Accumulate "frequent flyer miles" at Bar A and the Celtic.
 8. Get to watch Ira explain to airport security why he is carrying handcuffs.
 7. Get to stare in awe as John MacGilvary hits the buffet bar at the Golden Buffet
 6. Hang with sweaty people dressed in orange and feel really good about it!
 5. Get to congratulate Liz for the "good deal" she got on orange jumpsuits that have "NJ Dept of Corrections" stencilled on back.
 4. Get to see Tom Morrison make "bunny ears" behind Bill Koch in the "Presidential Photo"
 3. Get to play "Karnak" to non-runners and predict that Dave DeMonico "will win this race".
 2. Eventually realize that Phil and Penny were only joking when they said "Orange" for club colors.
- and the number one reason to belong to JSRC:
JSRC Windfeather is always erect!

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

Saturday in the Park

The 9th Annual JSRC Women's Race - "Women Taking Steps to Help Women", is scheduled for August 31st, the Saturday of Labor Day Weekend.

LEARN TO RUN YOUR FIRST 5K!

New this year: Women's 101 Running & Walking Program Saturday in the Park and the Jersey Shore Running Club will be offering a program for women with little or no running experience who wish to participate in our 5K event. Our 10-week program starting June 26th, will include talks from experienced and certified coaches, a weekly meeting/training session and various materials to encourage your preparation and training for your first 5K. The session will start with an open house on Sunday, June 23rd, from 3 to 5PM at scenic Holmdel Park, Holmdel, NJ. For more information, please provide us with your mailing address, either via email to: saturdayinthepark@comcast.net or call the JSRC Hotline (732)542-6090.

Beach Run is Picture Perfect

Friday night was great beach weather, for running. The waves were not cooperating so the course had to be shortened, not that anyone minded. The overall winner was Bob Horn of Brick (17:55). Our women's winner was Lauren Rhatigan of Brant Beach (20:16). Other club finishers included: Lou Malizioso (18:26); Tom Zarra (19:33); Walter MacGowan (23:20); Jon Lowrie (23:47); Randy Brown (24:12); Vivian Smith (24:33); Sutah Robbins (25:21); Lynn Brady (25:40); Marilyn Ryder (31:38); Jim Robbins (33:28). Thanks to the race committee and Clean Ocean Action.

NYC Mini-Marathon 10K

The club was well represented at the NYRRC Mini Marathon. Dawn Ciccone 43:01, Mary Conry 43:45, Maricar Acab 58:23, Mary Moriarty - 51:26, Victoria Ryan 55:13, Diane Cheer 56:52, Donna Mehler 58:42, Jessie Joseph 59:01, Barbara Keenan 59:02. Peggy McKean and Nancy Parnell also ran. Congrats, Ladies!

Avon-By-the-Sea 5K/ Fear the Pier 5K

Alicia Kelly made it two top finishes in a row at the Avon 5K this past Saturday. Coming off her triumphant Spring Lake 5 Alicia topped all women in this Jersey Shore favorite. Dave DeMonico, who last week in Spring Lake had trouble staying on his feet at the finish, was first overall, getting back into top form. It was a bit on the warm side for the 500 plus runners who traversed the ocean front and through the tree lined streets of Avon by the Sea. Thanks to the Avon First Aid Dept for a fun event.

JSRC member Jeff Logarzo (16:35) topped the field at the Fear the Pier run in Middletown, also Saturday. Tom Hall (17:07) wasn't far behind him. The women's winner was Jennifer Clausen (18:37). The Club was well represented at both races this weekend.

Spring Lake Shines

Over 9300 numbers were assigned to lucky runners of the 26th Annual Spring Lake 5. The town of Spring Lake was gracious as ever in supporting and cheering on the huge throngs of runners who traversed the ocean front, tree lined streets, downtown and around the three large lakes in the beautiful Jersey Shore borough. The weather was near ideal with a bit of a Northerly wind which the runners had to struggle through for the first mile and final few hundred yards to the finish. The men's winner was Scott DeFillipis of Tinton Falls in a time of 24:50, to capture his first Spring Lake victory. He split from the lead pack at mile 3 and from there on was never challenged. Coming in second was Pat Hennigan of San Diego, Ca in a time of 25:33. For the women it was Spring Lake Heights resident Alicia Kelly in 29:08, back to win her fourth Spring Lake crown. Alicia won her first Spring Lake 5 back in 1992 so her domination of the event has lasted 10 years. Coming in second for the women was 11 year old Brianna Jackucewicz of Farmingdale in a time of 29:30. On Friday evening over 2000 kids participated in the Kid's races along Ocean Avenue. Thanks to all the volunteers who helped with the Kids Races and with environmental restoration. It was an awesome event to be a part of and I can't count how many times I was thanked for volunteering, while in the Finish Chute. We do

make a difference. Special thanks to Donna Mehler for directing the Kids races. Congratulations to Race Director, Phil Hinck in his first year as Race Director he did a fantastic job (as if) in orchestrating the massive event. Thanks to all the volunteers who made the event a success. See you next year!

Bar A to Donovan's Reef Half Marathon/ Bahr's 5 Mile Run

The first annual (or possibly bi-annual) Bar A Half Marathon was about the most fun half marathon around, so I heard. The trolley took runners from Bar A to the boardwalk start on Tenth Avenue. From there runners went north through Avon, Bradley Beach, Ocean Grove, Asbury Park, Loch Harbor, Allenhurst, Deal, Long Branch, Monmouth Beach and then to the finish at Donovan's Reef in Sea Bright. At the finish, runners were treated to a post race party. It all ended with a trolley ride back to Bar A. Congratulations to Pat and Reggie for an outstanding and fun event. Most of the runners were asking that it be put on again in the fall - but this time in reverse from Sea Bright to Belmar. Stay Tuned!

If you weren't at the half Marathon chances were that you ran the Bahr's Restaurant 5 Mile (Death) Run (as referred to by Andrew Parise) just up the street in Highlands. Dave DeMonico and Jennifer Gunn took top honors at the 18th running. Dawn Ciccone was the first Highlands resident. The Post Race Party including all you can eat Steamahs, Corn, Chowda' and Beah was excellent! Thanks to the Bahr's Staff for another great event. Many club members took home awards. Did you know that Membership Coordinator, Jon Lowrie has participated in every Bahr's Run? Kudos, Jon!!

Monmouth Beach 3 Mile Run...30 Mile/Hour Wind!!!!

Neither rain nor wind nor hail would stop 35 runners from finishing the 8th Annual Monmouth Beach 3 Mile Run. Dave DeMonico (6 straight years) and yours truly (past 2 years), left with 1st place overall trophies. Vivian Smith, Jon Lowrie, Marilyn Ryder and Jim Robbins won their respective age groups. Thanks to all the volunteers and course marshalls!

Club assists at Special Olympics Track Meet

The Club for the tenth straight year supported the Special Olympics Track and Field Meet at Long Branch High School held Saturday, May 11. The Long Branch High School Marching Band led opening ceremonies leading all the athletes onto the field. Over 300 athletes competed in many events from a 10 meter wheelchair race to 4 x 400 relays around the track. Lots of club members provided support to the many athletes who were competing from Monmouth and Ocean County. This was the preliminary for the state finals to be held next month in Trenton. A sea of orange could be seen on the Long Branch High School Track where club members and many family members contributed to making this another success on a sunny bright day. Congratulations to Jeri Hickey and Lisa Wilhelm of Special Olympics and thanks to all the volunteers who came out. It was a fabulous experience for all the athletes and volunteers and a very special day for all. Everyone was looking forward to next year.

Bodman Park Sunday Run News

Submitted by Liz Ireland

There is a lot to report on the Sunday Runs at Bodman Park in Middletown. There is a great turn-out every week. On June 2nd it was a record turnout. If this keeps up we may have a parking problem! - Only kidding -- the more the merrier. We have lots of new people, as well as the tried and true regulars, running at virtually all paces and various distances. Despite his recent injuries, Larry Murphy, is back adding to his 420 Sunday Run total. Lots of folks earned their 100 mile patches -- Bob Childs, Kathleen Conahan, Linda Horowitz, Tom Morrison, Victoria Ryan, Lyn Ryder, Katy Taylor. Dave DeMonico and Bill Koch earned the "500 mile JSRC gloves." Graham Wisdom is now the proud wearer of his 1000 mile Sunday Run shirt. As usual I want to recognize our great and dependable water stop folks - Marty Dugan, Jennifer Gunn, Rich Macko, Patrick Dorgan and Mike Anstadt. In addition to thanking everyone who pitches in for set-up and clean-up at the clubhouse, I want to thank the folks who volunteered to be in charge of refreshments for a month. Kent Sabin did a masterful job in February. Joanne Osowski, between marathons and with help from Matt Sodano and Peggy McKean, took charge in April. A belated thanks to Sue Ardito who prepared gift bags for me and all the water stop folks early in the Winter. Last but not least thanks to Dave DeMonico for dutifully cutting out coupons for the traditional Sunday Run chocolate donuts. Fall marathon training started in mid-June. Be sure to sign up at Bodman for the weekly e-mail alerts on plans for the coming Sunday.

Ed Hahn Completes 40th Marathon

Ed Hahn Jersey Shore Running Club member now stationed at Fort Lewis, Washington recently completed his 40th marathon on May 6th in Olympia Washington in a time of 4:01. Other recent marathon finishes included Yakima River Canyon in 4:25 and Vancouver, British Columbia in a time of 4:21. All three marathons were completed in April and May of this year. Congratulations to Ed!

Build speed with Track Workouts!

The way to improve your speed is to do Track Work Outs. 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, 6:00 PM Point Pleasant High School - Near Hart's Idle

Saturday Morning Road Biking

There will be a regular cycling group meeting on Saturday at 8:30 AM 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.

Club Member Profiles

Hi! My name is **Nancy Radoslovich**. I have been running for about 6 years. I live in Fort Lee, and work in Manhattan at NYU. I am a nurse and run a group practice plastic surgery operating room. I have a summer house in North Lavallette and spend most weekends in the spring/summer at the shore-- so I do a lot of running in Lavallette, Seaside and Point Pleasant. I am a member of the NYRRC and run many of their races in Central Park. I have run 2 marathons- My favorite distances tend to be longer ones- 5mi, 10K, 1/2M. I have recently also started to bike, and hope to do a triathlon next summer. My ultimate running goal is to qualify for Boston- I am looking forward to meeting fellow members!

Hi. My name is **Shawn Paone** (I am a girl!) and I just turned 11 years old. I am a new member to the JSRC. I started running last year to stay in shape for my traveling soccer team. This year as a member I ran in the Fools Run in Manasquan and the Run Against Drugs 5K in Red Bank. I will also run the Fear the Pier and also participate in the summer series in Wall. I love to run and compete in the races. Now I have my Mom hooked too. We run together all the time. I hope to join the Cross Country team when I start Thorne Middle School in September. I would love to meet more runners my age and make new friends!

Email me at adele@jsrc.org and let the club get to know you.

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.

Check it out!!!!

JerseyRunner.com is your online registration source!!

Don't forget about Jersey Runner. Users are raving about how informative and easy it is to register for races, track your miles etc. 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

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.

TRY THEM ON!

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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

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, Ortle Beach, 732-830-8400 .

Meagan Enright, Certified Massage Therapist. \$50 for 1 Hour Massage. Ortle 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 !!!



At the Finish Line



Avon 5K

Tom Mulvaney - 20:18

Jim Buckler 22:30

Linda Piff 25:25

Jeff Brill 27:52

Fear the Pier 5K

Jeff Logarzo 16:35

Tom Hall 17:07

Jennifer Clausen 18:37

Dawn Ciccone 20:50

Vivian Smith 21:39

Jon Lowrie 21:49

Randy Brown 22:07

Spring Lake 5M

Dave DeMonico 26:39

Tom Hall 28:22

Tom Zarra 29:30

Mike Tully 29:49

Gary Krebs 31:45

Peter Engelhardt 32:12

Dave Zurheide 32:16

Patrick Cavanaugh 32:59

Jane Erbe 33:05

Tom Mulvaney 33:24

Karen Charles 33:40

David Wrede 33:57

Doug Bayconich 34:12

Dawn Ciccone 34:20

Patrick Asay 34:25-PR

Mary Conry 34:35(40th F)

Midge Leys 34:40

Gene Napolitano 34:40

Jon Brodsky 34:45

David Picascia 34:57

Walter MacGowan 35:15

Monica Markouski 36:23

John O'Reilly 36:43 - PR

Jon Lowrie 36:49

Jack Cheer 37:10

Michael Borbone 37:24

Bob Galizio 37:26

Sally Kalksma 37:33

Jim Buckler 37:40

Randy K. Brown 37:50

SteveFoley 38:00

Patrick Kappock 38:12

Allison Wrede 38:39

Marty Dugan 39:10

Kristine Galzio 39:20

Mike Chodowski 39:45

Lynn Brady 39:47

Kathy Porzio 40:05

Eric Mackallae 40:10

Linda O'Brien Hochman 40:42

Bill Michalski 40:49

Nancy Parnell 41:02

Joanne Osowski 41:06

John Pardenek 41:33

Rob Roesch 41:50

Linda L. Piff 41:56 (PR)

Mary Cavallo 42:14

Katy Bryan 42:30

Tom Natoli 43:05

Joan Scrivanich 43:11

Antonietta Picascia 43:18

Mary Moriarty 43:28

Denise Moyer 44:04

Jerry Frazee 45:05

Jeff Brill 45:18

Diane Cheer 47:56

Tom Markowsk 48:02

Barbara Keenan 48:10

Joanne Gilsey 48:28

Donna Mehler - 48:37

Maggie McCheesney 48:??

Elaine Hartung 49:15

Cindy Tippner 50:30

Deanna Maclean 50:50

Jennifer Boudrean 51:33

Doreen Donahue 51:45(PR)

Sabrina Scrivanich 53:21

Debbie Ellis 1:02:01

Chris Dickhut 1:02:01

Mary Pannese 1:02:01

Will Regee 1:03:50

Mother's Day 5K

Tom Mulvaney 20:25

Susan Ardito 21:58 2nd AG

Dave DeMonico 16:23 1st OA

Mother's Day Half Marathon

Maricar Acab 2:05:48

Mary Conry 1:38:15 (5th AG)

Nancy Radoslovich 1:59:59

Air Force 10 Miler

Patrick Asay 1:14:00

Joan Scrivanich 1:35 (3AG)

Midland Run 15K

Mike Hersey 57:38

Russell Stallone 1:07:04

Gene Napolitano 1:07:48

Bill Scholl 57:13

Tom Natoli 1:23:55

David Picascia 69:21

Antonietta Picascia 86:03

Ken Vercammen 60:44

Bahr's 5 Mile Run

Dave DeMonico 27:11

Jennifer Gunn 34:07

Adele McDonough 37:14

Susan Ardito 38:03

Jon Lowrie 38:23

Mary Conry 1st AG

Dawn Ciccone 35:48

Diane Cheer 48:03

Ed Adamsky 3rd AG

Walter MacGowan 3rd AG

Kent Sabin 43:09

Suzanne Parton 49:26

Bar A Half Marathon

R. Christian Call 1:37 (3rd)

Staten Island Memorial Day 4

Miler

Amanda Cavallo - 25:20 1st AG

Alex Cavallo- 33:55 2nd AG

Courtney Cavallo- 38:12

Run for Danielle 5K

Bob Bythell 16:41 1st OA

Hacklebarney Hill Climb

Mike Glassett 20:41

ORC Spring Fling

Mike Glassett 20:09(3ag)

Colonia Classic 5K

Mike Glassett 20:26

Monmouth Beach 3M

Dave DeMonico 16:07

Adele McDonough 21:17

Jon Lowrie 21:54

Vivian Smith 22:23

Marilyn Ryder 27:57

James Robbins 32:39

Carol Steadman 5K

Walter MacGowan 2nd OA !!!

Pam Johnson 32:31

Gotta Have Park 5M

Bob Bythell 27:51

Tom Hall 28:31

Bill Scholl 28:58

Cliff Russell 29:40

Bob Childs 30:51

Mike Andstat 34:12

Russ Stallone 34:80

Bill Koch 36:14

Sanford Kalb 9 Mile Racewalk

Art Glass 1:34:27 (3rd)

NJ Shore Marathon

Colleen Glass (1st Marathon) 4:11

Art Glass 5:26

Kennett Square 10K

Rich Colasuonno 43:11(1ag)

Wall Street Rat Race 4.01K

Joan Scrivanich 20:27

Forty Fort PA 5M

Ken Vercammen 29:43

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 2002 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

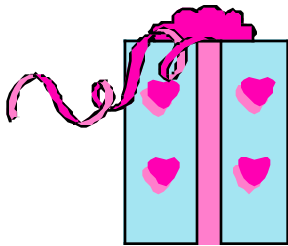
I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete a club run or activity. 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) _____



JULY BIRTHDAYS
Happy Birthday to YOU!!!



Kenneth P. Sorensen 1
 Jim Schaefer 1
 Joseph Mirarchi 1
 Peter Van Note 1
 Marty Rettino 2
 Walter MacGowan 3
 Chelsea Hayes 4
 Patrick Grasso 5
 Jacki Franz 5
 Howard C. MacMillan 5
 Karen Brundage-Johnson 6
 MaryBeth McDonnell 6
 Pamela Johnson 7
 Tom Conte 7
 Kevin Campbell 7
 Michael Tully 7
 Jean Runte 8
 Andy Frizzell 8
 Scott O' Shea 8
 Kenny Bogert 8
 Ellen Runte 8
 R J Langbein 8
 Erin Giaimo 8

Joe Reid 8
 Carolyn Heuser 9
 Sal Randazzo 9
 Marisa Rospos 9
 Robert Elliott 10
 Bob Ellis 10
 Bill Koch 10
 Brianna Meyer 11
 Judy Convery 11
 Amber Hessenkemper 11
 Anthony Lasinski 11
 Susan Bythell 12
 Al Scara 12
 Jonathan Brodsky 12
 Catherine Hinz 12
 Robert Hancock 12
 Aubree Magyar 13
 Harold Tepper 13
 Chuck Whelan 13
 Christopher Stenger 13
 Jerry Keelen 14
 Bernard McCauley 14
 Taylor Pine 15
 Raymond H. Soya 15
 Richard Tovar 15

Carmen Dennis 16
 John Foley 17
 Susan Convery 18
 Warren Rudduck 19
 Daniel J. Hyde 19
 Jean Garbaty 20
 Sharon Chessman 20
 Kathy Porzio 20
 Kevin Sharkey 20
 Bob Bautsch 21
 Michael Kahrer 21
 Barbara Anne Hays 21
 Christopher Andreach 22
 Griffin Leslie 22
 Nancy Glass 23
 Colleen Glass 23
 Susan Hom 23
 Luann McGraw 24
 Michael Jones 24
 Dennis Owens 24
 Kevin Rodziewicz 25
 Martin Dugan 25
 Richard Lill 25
 Bobbi Adams 25
 Diana Burton 26

Mike McDonnell 26
 Norm Coyle 26
 Pam Allen 26
 Gary Glass 26
 Diane Prendimano 27
 John Contract 27
 Mary Cavallo 27
 Maurice McLaughlin 27
 Rosanne Torre 27
 Jerry Britt 28
 Robert Both 29
 Thomas Byrne 29
 Jeff Logarzo 29
 Deanne Maclean 29
 Christine Dunn 30
 Kristan McAuliffe 30
 Bonnie Southern 30
 Tom Hinz 30
 Steve Kwiatowski 30
 Larry Moloney 31
 Dana Ehret 31
 Al Salas 31
 Walter Stein 31
 Steve Clark 31

JERSEY SHORE RUNNING CLUB

PO Box 7492

Shrewsbury, NJ 07702



www.jsrc.org

Club Meeting Tuesday June 25 7:15 China Buffet, West Long Branch

JSRC RACE CALENDAR

Sunday, June 23, 9 AM, [Pine Beach 5k](#), Pine Beach, NJ 732-349-6425

Thursday, June 27, 7 PM, 3 Miles, [Jersey Shore Summer Series](#), Wall Municipal Complex, Allaire Road, Wall, NJ, 732-542-6090 [Register On Line at JerseyRunner.com](#)

Thursday, June 27, 6:30 PM, Half Mile, 1 Mile, [Jersey Shore Youth Running Series](#), 14 and Under, Wall Municipal Complex, Allaire Road, Wall, NJ, 732-542-6090 Register On Line at JerseyRunner.com

Thursday, July 4, 8 am, Wall Firecracker 5, Wall, NJ 732-280-1281

Sunday, July 7, 8:00am Bronx Half-Marathon Men Only Team Competition

Thursday, July 11, 7 PM, 3 Miles, [Jersey Shore Summer Series](#), Wall Municipal Complex, Allaire Road, Wall, NJ, 732-542-6090 [Register On Line at JerseyRunner.com](#)

Thursday, July 11, 6:30 PM, Half Mile, 1 Mile, [Jersey Shore Youth Running Series](#), 14 and Under, Wall Municipal Complex, Allaire Road, Wall, NJ, 732-542-6090 Register On Line at JerseyRunner.com

Saturday, July 13, 2002, [Belmar Five](#), 8:30, Belmar, NJ, 732 571 2162

Saturday, July 13, 2002, [Tim Kerr 7 Mile Island](#) Run and Charity Festival,, Avalon, N.J. ,10K run begins at 8 a.m. 2-mile walk/run begins at 9 a.m. Call (609) 967-3605

Thursday, July 18, 7 PM, 3 Miles, [Jersey Shore Summer Series](#), Wall Municipal Complex, Allaire Road, Wall, NJ, 732-542-6090 [Register On Line at JerseyRunner.com](#)

Thursday, July 18, 6:30 PM, Half Mile, 1 Mile, [Jersey Shore Youth Running Series](#), 14 and Under, Wall Municipal Complex, Allaire Road, Wall, NJ, 732-542-6090 Register On Line at JerseyRunner.com

Saturday, July 20, 10 AM, 5K, Crohn's and Colitis 5K, South Belmar, Bar A, 732-786-9960

Thursday, July 25, 7 PM, 3 Miles, [Jersey Shore Summer Series](#), Wall Municipal Complex, Allaire Road, Wall, NJ, 732-542-6090 [Register On Line at JerseyRunner.com](#)