
JERSEY SHORE RUNNING CLUB

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June 2002 - Issue 2002-06

Beach Run, Summer Series and Pre-Father's Day 5K in the forecast



Randy Brown flashing a big smile at the Beach Run last summer.

Summer is upon us and the Jersey Shore has events going on nearly every weekend. The Club is involved with almost every shore race, including the Spring Lake 5, May 25, where we help with post race cleanup. (Hey somebody's got to do it). Also many hands are needed at the Kids Race Friday night. Please contact Phil Hinck at phinck@comcast.net if you are available Friday night. The next weekend is the Avon 5K, June 1, where the club is taking care of the finish line duties. Then get ready Friday night, June 7, 7PM, for the 3 mile Beach Run for Clean Water, at Seven Presidents Oceanfront Park in North Long Branch. This is a Club event so come out and show your support by running or volunteering. Contact Phil Hinck (see above) for more information. June 13 kicks off the Summer Series at Wall Municipal Complex, Wall Township. There is a half-mile for kids 9 and under (6:30PM), and mile for kids 14 and under (6:45PM), along with a 3 mile open run at 7PM. The series continues every Thursday night (excluding 7/4) until August 1. Series awards will be given and all registrants will get a T-shirt. Saturday, June 15 at 9AM is the Pre-Father's Day 5K through Wanamassa, Ocean Township and Allenhurst. Please come to race or volunteer. Contact me at adele@jsrc.org if you are interested in volunteering. These are just a few of the local races in June. Please come out and support the club and runners this summer. The fun doesn't stop at the finish line, so stick around for some of our post race parties, if there isn't one scheduled I'm sure by the end of the race there will be. Get involved this summer there is a lot going on and we are sick of seeing the same old faces!

Club Meeting

The next Club Meeting will be held on **Tuesday, May 28 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!

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 every club run.

Sunday Run

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.

Wednesday Run

We meet at the main pavilion in Holmdel Park at 6PM and run 5 mile loops through the challenging cross country course. For additional information, directions or just to let us know that you are coming, please e-mail Dave Zurheide at DRZurheide@aol.com or John: NJRep4RRCA@aol.com.

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.

Saturday Run

We meet at the main pavilion in Holmdel Park at 10AM and run 5 mile loops through the challenging cross country course. For additional information, directions or just to let us know that you are coming, please e-mail Dave Zurheide at DRZurheide@aol.com or John: NJRep4RRCA@aol.com.

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

Spring Lake 5 needs volunteers

The race may be closed out, but volunteers are still needed! Friday evening May 24 to help with the 1500 children registered for the Kids Race, and Saturday May 25 for the real thing. 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 and

runner's party at Bar A!!

A Few Words from our President

Did you know.... Many of our members have email addresses. It's a great way to stay connected to the club. We also have a feature called LISTBOT. Merely enter your email address and you will automatically receive timely notification of upcoming events and activities.

Don't forget mix and match, our web site feature where you can find a running partner or a fellow club member in a social setting.

Another beautiful day for the Rumson 5 Mile/ 3K

We had sunny, spring conditions for the 10th Annual Rumson 5 Mile/ 3K. The club carried away a lot of trophies in the 5 Mile Run. The overall winner was **Dave DeMonico** (26:35). The women's winner was **Alicia Kelly** (29:41). Other club finishers were: **Dawn Ciccone** (33:56 1AG); **Mike Chudkowski** (39:53); **Bobby Cavallo** (30:11 2nd AG); **Amanda Cavallo** (32:24 3rd Female O/A); **Randy K. Brown** (38:02); **Jon Lowrie** (38:10); **Vivian Smith** (38:15); **Walter MacGowan** (36:12); **Susan Ardito** (37:31); **Adele McDonough** (36:17 1AG, PR); **Diane Cheer** (44:17 3 AG); **Jennifer Gunn** (33:24 1 AG); **Jane Erbe** (33:34 2 AG PR); **Marilyn Ryder** (45:28 1 AG); **Kent Sabin** 41:24 (2 AG); **Jim Robbins** (51:16 1 AG). Thanks to all the club members who stayed and volunteered at the 3K and Kiddie Dash.

Wet Weather Didn't Stop Local Marathoners

Congrats to all the club members who weathered wind and rain to complete the New Jersey Shore Marathon. Some club finishers were: **Karen Charles** 3:43:15(1st Marathon); **Mark Griggs** 3:39; **Dawn Ciccone** 3:31 (1ag); **Patrick Asay** 3:39:52(pr); **Maureen Massell** 3:42:46; **Doreen Donahue** 5:38:28; **Tom Mulvaney** 3:37:30; **Mike McAuliff** 4:04; **Jim Butler** 4:46; **Lisa Tozzi** 4:36; **Christian Call** 3:18:54; **Sutah Robins** 4:27

Spring Break 5K

The sun shone bright on the Jersey Shore Running Club's Annual Spring Break 5 Race from Bar Anticipation in South Belmar. The large field of nearly 300 runners navigated the course toward the ocean, around Lake Como between Belmar and Spring Lake and finished back at Bar Anticipation. The celebration began after the run with a festive barbecue and awards ceremony. The overall winner was Kyle Lanier from Lincoln University Pennsylvania (16:08) running with his twin brother Kareem who finished a close second. The women's winner was Jennifer Clausen of Jackson (18:48). Thanks to everyone who participated in this truly "club" event. The top 10 men were: 1 **Kyle Lanier**, Lincoln Univ. PA 16:08; 2 **Kareem Lanier**, Lincoln Univ. PA 16:11; 3 **Cary Cohen**, Robbinsville NJ 16:27; 4 **Jeff Logarzo**, Old Bridge NJ 16:47; 5 **Geoff Evarts**, Middletown NJ 17:20; 6 **Tom Hall**, Lincroft NJ 17:21; 7 **David Rosenblatt**, Robbinsville NJ 17:50; 8 **Mike Tully**, Belmar NJ 18:24; 9 **Frank Barker**, Rumson NJ 18:35; 10 **John**

Quinn, Neptune NJ 18:43. The top 10 women were: 1 **Jennifer Clausen**, Jackson NJ 18:48 ; 2 **Kellee Hand**, Howell NJ 20:58; 3 **Mary Conry**, Colts Neck NJ 21:34; 4 **Susan Ardito**, Wanamasa NJ 21:57; 5 **Adele McDonough**, Belmar NJ 22:03; 6 **Donna Chevillon**, Belmar NJ 22:35; 7 **Janice Kosinski**, Wall NJ 23:03; 8 **Lynn Brady**, Holmdel NJ 23:52; 9 **Tracy Donnelly**, Spring Lake Ht NJ 23:54; 10 **Kara Powers**, Stoneham NJ 24:01. Great Job everyone!

Trivia

Q. Nike's name comes from Greek Mythology, as everyone knows. What leading footwear company gets it's name from a latin phrase? (hint: it's printed on their boxes) See Finish Line for the answer.

Jersey Shore Relay raised over \$25K for Special Olympics!!!!

The rain showers did not dampen the spirits of the runners at this year's Jersey Shore Relay. A record field of 200 teams participated in the event which benefitted Special Olympics. The teams traversed the course from Seaside Heights to the finish at the Stone Pony on Asbury Park. The fastest team was the **MacGowan Agency Men's team** which completed the 26 plus mile course in 2 hours 31 minutes and 12 seconds. The first women's team was **Five Easy Pieces** which finished in 3:19:03. A team comprised of **Special Olympians** from Staten Island completed the course in 4:17:08. The JSRC Club teams took the Club Title as well as the Mixed Masters category. Other winning teams included:

Family: **Family Express** (the Hancocks) 3:17:38; Open Mixed: **Hoodaygoofas** 2:46:00; School: **Valley Forge ROTC** 2:45:43; Police: **State Troopers Fraternal Association** 3:20:46; Club: **Who Did it and Ran(JSRC)** 2:53:34; Open Men: **The Super Heroes** 2:41:19; Special Olympics: **Staten Island Special Olympics** 4:17:08; Iron Woman: **Eileen Stern** 4:17:56; Open Women: **Five Easy Pieces** 3:19:03; Mixed Masters: **JSRC Masters** 2:53:28; Masters Men: **Ocean Running Club** 2:40:08; Government: **Bergen County Prosecutors B** 3:10:06; Fire Departments: **Deal Fire Department** 3:16:01; Corporate: **USA Financial** 3:21:19; The Most Spirited team for the second year in a Row was the **Girls Running Team** and the best dressed team was **Looney Tunes** from Maywood, NJ. Thanks to all the volunteers from the Jersey Shore Running Club and The Elks Handicapped Children's Committee.

Congrats to all Club Members who ran the Boston Marathon

By: Mary O' Brien

I have finally experienced the Boston marathon and it was exhilarating. For me this is a once in a lifetime marathon. Even though it was my eighth marathon it still felt like my first. I've been trying to qualify since 1998, finally running a qualifying time in my age group at Chicago. The crowds from Hopkinton to Boston were spectacular. I wore my JSRC singlet and the people were screaming go "Jersey Shore or Jersey girl". I was definitely into the crowd, slapping high fives to kids who were cheering. The other runners were inspirational & funny. I saw a

mother & daughter team, runners running with their prosthesis, a young man on his wheelchair pushing up the hill backwards. A couple who just got married in their wedding outfit, suited of course for a 26.2 run. A man with a T-shirt "Yankees Suck" on the front and on the back a list players with sucks after each one. The Boston crowd loved his shirt. The Yankees happened to be playing in Boston, & the score was posted along the course. I knew I was in trouble at mile 11 feeling a blister forming between my two front toes. I stopped to get a band-aid and the 1st aide suggested I tape the toes together. I didn't know whether I should. I hated getting out of the box; it was something I had never done. But it saved me. I decided then to stop and smell the roses and enjoy this marathon for what it was. I was able to take pictures of the course with my disposable camera and the pictures came out great. The Wellesly College girls were awesome, they were screaming so loud. Everyone loved it including the sweaty guys of all ages giving the girls great big bear hugs. At mile 18 I wanted to quit, but I thought of all the Boston marathon merchandise that I bought and knew I could not! I'm a walking advertisement for the marathon, if I didn't finish it how could I wear all that stuff? Or drink from the mug? So I was determined to finish no matter how much pain I was feeling. To me the course was difficult & challenging. Heartbreak hill wasn't too bad, it was all the other hills combined that destroyed my quads. Right before the Citgo sign (which I took a picture of) I had to walk over a "hilly" bridge (I think there was a bridge), and people were cheering come on you can do it & toasting me with their drinks. I struggled still smiling knowing the end was close. And the best part of the marathon was the end. As I came closer to the finish line, I heard the announcer call my name, town & state for all of Boston to hear, I felt like a winner. My time 4:07. And if I could, I'd do it again.

Other club finishers include, but aren't limited to:

George Schreck 2:56:39; **Bob Horn** 2:59:26; **Joe Donahue** 3:05:45; **Bob Childs** 3:08:26; **Joe Vida** 3:10:56; **Kevin Gaine** 3:11:43; **Tim Develler** 3:12:15; **Charles Koman** 3:14:20; **Rich Hrabchak** 3:14:22; **Turby Wright** 3:20:17; **Bob Schwartz** 3:20:17; **Ed Donaghue** 3:24:19; **Maggie Feeeman** 3:22:23; **Carol Wittlieb** 3:21:32; **Linda Puzzo** 3:22:02; **Gene Napolitano** 3:24:07; **Walt Rusky** 3:27:09; **Rich Macko** 3:29:19; **Paul Weber** 3:36:43; **Mike Baker** 3:39:07; **Bernie McCauley** 3:40:53; **Chrissy Conover** 3:44:12; **Pete Jakobson** 3:40:19; **President Bill Koch** 3:51:56; **Bill Bergen** 3:48:03; **Nancy Parnell** 3:55:16; **Moira Horan** 3:59:03; **Maryanne Kerns** 3:58:12; **Mary O'Brien** 4:07:42; **Ray Keme** 4:15:33; **Mary Moriarty** 4:11:07; **Jim Neubauer** 4:44:17; **Peggy Schaab** 4:56:27; **Tom Respos** 4:56:27

JSRC Race Update

Saturday in the Park

The 9th Annual JSRC Women's Race is scheduled for August 31st, the Saturday of Labor Day Weekend and the event has expanded its list of beneficiaries to include:

- 180, formerly the Women's Center of Monmouth County which has served families affected by domestic violence and sexual assault for over 26 years.
- Epiphany House of Asbury Park, transitional housing, health care and social services to homeless women who seek to recover

from addiction to alcohol or other drugs.

-Providence House of Lakewood, offers services to individuals and their family members who are affected by domestic violence.

-Spring House of Eatontown, provides housing, life and work skill classes as well as child care for homeless women with children.

The Saturday in the park Race Committee is very excited about this years event and we invite anyone who wants to join the committee to call Race Director, Penny Hinck at 732-571-2162 or send an email to saturdayinthepark@comcast.net

JSRC Takes Third at Queens Half Marathon

Outstanding performance by the JSRC at the Queens half marathon on Saturday, April 13. We sent a limited number of runners (8), but all were critical to the cause! Despite some snafu's with the motorcade, getting lost and a difficult course in trying weather, we rallied for some critical team points!! The effort was GREATLY aided by some key new players. **Bob Bythel** was the leader in his FIRST half marathon in 1:18:45. He nipped **Tom Hall** at the finish, but actually ran a 1:17:53 net time (5:56 per mile)...mistakingly thinking the start he was watching from nearby hill was the 5K!!! He helped the masters team immensely during **Bob Childs** absence due to some marathon in Boston.

Unofficially, JSRC may have taken 3rd, but increased it's margin overall in 2nd place. **Bill Scholl** performed well despite losing his brand new JSRC orange singlet before the start of the race. He finished 6th in his age group in 1:25:33, helping anchor the Veterans team to a 3rd place finish (unofficial) and moving JSRC up in the points, poised to make a move in the standings. **Mike Anstadt** made his debut and REALLY helped the cause as well He was the teams third scorer in the Vets category in 1:36:26! We would not have scored in the race without his help!!

With the team at full strength in some upcoming races, JSRC should make it's move! Strong performances were also put in by **Jeff Neis**, **Mike Kinsella** and **Carlos Morillo**. Actually, a number of the performances were off due to the weather and some unrealistic expectations going in....primarily due to the course being described by someone as flat....yeah, right. Many of the above admitted that they came close to calling it quits and joining the DNF ranks after the first loop!! Great job by all who ran! Other finishers were: **Maricar Acab** 2:08; **Thomas Natoli** 2:12:29; **Tom Mulvaney** 1:33:50

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 is welcome.

Open Track Work Outs

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



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.

Club Member Profiles

Hi- I am **Maryanne Kerns** and I am new to the club. I just read the new footnotes and decided that I should let others get to know me. I have been running for about 3 years now since I quit smoking. I did the Philadelphia Marathon 11/00 and last year I ran the NYC marathon with "Fred's team" (Memorial Sloan Kettering) for childrens cancer reseach. I collected contributions from freinds and relatives and was part of a really great effort. It made me proud to be a runner. On New Years day, I was thinking of my goals for running in this new year. THE marathon is Boston so I set my sights on entering only to find my time from NY wasn't fast enough. I asked about being on "Fred's team" to get me into the race and I was accepted! YIKES! You can e-mail me @ mck528@aol.com Note: Mary finished Boston in 3:58:12. Great Job!

If you would like to be the next featured club member, just e-mail me at adele@jsrc.org. You don't have to be new, just interesting!!! I have one person for next month, then I start picking people. Beware!

JerseyRunner.com is your online registration source!!

JerseyRunner.com has been in operation for a couple months now and 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.

Note from the Editor: This is my 4th newsletter and I am enjoying the awesome power this position entitles me. If anyone out there has any ideas for the newsletter, please let me know and I will strongly consider them. If I have printed any false information, let me know that too, and I will correct it next month. This is the CLUB newsletter so feel free to get involved. Sorry for anyone's race times left out last month

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 & 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




**the official
 Spring Lake
 five mile run**

**Saturday, May 25th
 8:30am**

Bar Anticipation
 party immediately following race barbecue, beer special,
 live entertainment & juhi bar

Bar Anticipation
 703 16th Avenue, south Belmar
 732-681-7422 www.BAR-A.COM

TRY THEM ON!!!

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, Trainer, Red Fitness**, 10%, 741-1900
- Discovery** 10%, Call 747-8904
- Runner's T-SHIRT Blankets (Quilts)** - 10% off. Luann 732-449-7299
- Whelan Chiropractic** - Special rates for club members. Little



Personal Bank
 732-
Toys,
 732-

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 !!!**



At the Finish Line



New Jersey Shore Marathon

Karen Charles 3:43:15
(1st Marathon)

Mark Griggs 3:39
Dawn Ciccone 3:31
(1st AG)

Patrick Asay 3:39:52(PR)
Maureen Massell 3:42:46
Doreen Donahue 5:38:28
Tom Mulvaney 3:37:30
Mike McAuliff 4:04
Jim Butler 4:46
Lisa Tozzi 4:36
Christian Call 3:18:54
Sutah Robins 4:27

Spring Break 5K

Randy Brown 22:21
Jeff Brill 26:48

Lincoln Tunnel Challenge 5K

Bill Koch 20:45 (1st AG)

Race Against Drugs 5K

Vivian Smith 21:30!!

Indain Trails 15K

Dave DeMonico 51:46
(1st Overall)

Toms River PAL 5K

Doug Bayconich 19:58
(1st AG)

Newark Cherry Blossom Run

Chris Troyano 48:37

Anthem Arizona 5K

John O'Reilly 23:45

Barnegat 5K

Bobby Cavallo 18:10
(1st AG)
Amanda Cavallo 19:36
(1st AG)
Alexandra Cavallo 25:44
(2nd AG)
Courtney Cavallo 28:37
(3rd AG)
Doug Bayconich 20:07

Colonia Classic 5K

Dave Zurheide 19:27

Cherry Blossom 10 M

Donna Mehler 1:37:24

Hamilton Hall of Fame 5K

Patrick Asay 20:38

Manasquan Fools Run

Diane Cheer 28:10

Boston Marathon

George Schreck 2:56:39
Bob Horn 2:59:26
Joe Donahue 3:05:45
Bob Childs 3:08:26
Joe Vida 3:10:56
Kevin Gaine 3:11:43
Tim Develler 3:12:15
Charles Koman 3:14:20
Rich Hrabchak 3:14:22
Turby Wright 3:20:17
Bob Schwartz 3:20:17
Ed Donaghue 3:24:19
Maggie Feeeman 3:22:23
Carol Wittlieb 3:21:32
Linda Puzzo 3:22:02
Gene Napolitano 3:24:07
Walt Rusky 3:27:09
Rich Macko 3:29:19
Paul Weber 3:36:43
Mike Baker 3:39:07
Bernie McCauley 3:40:53
Chrissy Conover 3:44:12
Pete Jacobson 3:40:19
President Bill Koch 3:51:56
Bill Bergen 3:48:03
Nancy Parnell 3:55:16
Moirra Horan 3:59:03
Maryanne Kerns 3:58:12
Mary O'Brien 4:07:42
Ray Keme 4:15:33
Mary Moriarty 4:11:07
Jim Neubauer 4:44:17

Peggy Schaab 4:56:27
Tom Respos 4:56:27

Rumson Run 5M

Dave DeMonico 26:35
(1st O/A)
Dawn Ciccone 33:56 (1st AG)
Mike Chudkowski 39:53
Bobby Cavallo 30:11 (2nd AG)
Amanda Cavallo 32:24
(3rd Female O/A)
Randy K. Brown 38:02
Jon Lowrie 38:10
Dave Zurheide 32:35
Susan Ardito 37:30
Adele McDonough 36:17
Walter MacGowan 36:12
Vivian Smith 38:15
Jennifer Gunn 33:24 (1st AG)
Diane Cheer 44:17 (3rd AG)
Marilyn Ryder 45:28 (1st AG)
Kent Sabin 41:24 2nd AG
Jim Robbins 51:16 (1st AG)
Lou Malizioso 29:55 (3rd AG)
Dave Zurheide 32:35 (3rd AG)

Trivia Answer: A. ASICS is an acronym for "Anima Sana in Copore Sano" or "Sound Mind in a Sound Body" This despite the fact that the company was founded in Japan and was named Onitsuka for the first 28 years of it's existence.

Know your club officers....

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

JSRC Hotline (732) 542-6090

Jerry Frazee - Treasurer
Jon Lowrie - Membership Coordinator
Bob Both - Web Master

www.jsrc.org

USATF Member No 6803861807

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) _____



JUNE BIRTHDAYS
Happy Birthday to YOU!!!



- | | | | |
|--|--|---|---|
| Michael Loprete 1
Henry Moyer 2
Joe Tory 2
Jeff Reger 2
Katherine Sansaigne 2
Gregory Duffy 2
Janie Gordon 2
Martin Kerrigan 2
Michael Sandler 2
Jennifer Gunn 3
Raman Lakshmanan 3
Debbie Madge 4
William Michalski 4
Kate Keelen 4
Winston Parks 4
Courtney Cavallo 4
John O'Reilly 5
Craig Salardino 5
Terry La Du 5
Rose Weissman 6
Neal Marascio 6
Mindy Brady 8
Lauren Fackelman 8 | Michael Logiudice 8
Lonnie Hulse 8
Tom Hall 8
Jennifer Cusick 9
Dick Heuser 9
Jonathan Cusick 9
Dave Magno 10
Tracey McLaughlin 10
Steven Graziano 10
Bonita Puschel 11
Bob Potter 11
Nancy Ammermuller 11
Kathleen Scotto 12
Shannon Albietz 12
Trudy Parton 12
Sharon Albietz 12
Sara Dalton 12
Joan Raymond 12
Stan Magda 13
Theresa Principe 13
Victoria Ryan 13
Deirdre Beattie 13
Patrick Loftus 14
Joanne O'Shea 15
Robert Stemmer 15 | Jane Huber 16
Betty Gibbons 16
LynnLori Brennessel 18
Wilson Beebe 18
Kathy Rospos 18
Sally Kalskma 19
Mark Zenobia 19
Lula Weschler 19
Edward Daly 19
Sara Glines 20
Susan Buchenberger 20
Linda M. Horowitz 20
Jennifer Clausen 20
Mark Fletcher 20
Kathleen Craven 21
Stephen Collins 21
Chris Frey 21
Michael Oliu 21
Eugene Napolitano 22
Eileen Stern 22
Erin Wall 23
Rosanna Picascia 23
James Coomber 25
Diana Eckhaus 25
Jack Werbler 26 | Laura Clancy 26
Mia Dalton 27
Kathleen Kennedy 27
Joanne Toomey 27
Heather Perrine 27
Kelsey Coomber 28
Aileen Dimmick 28
Scott Patterson 28
John Eddy 28
Robert Weiss 28
Kaylee Bythell 29
James Manning 29
Andrew Casey 29
JoAnn Piedmont 30
Melissa Salas 30 |
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JERSEY SHORE RUNNING CLUB

PO Box 7492

Shrewsbury, NJ 07702



www.jsrc.org

Club Meeting at - Tuesday May

JSRC RACE CALENDAR

Saturday, May 25, 2002, [Spring Lake Five Mile Run](#), 8:30, Spring Lake, 732 449 3544 email: springlake5@hotmail.com - **SOLD OUT**

Monday, May 26, *Run For Danielle 5k & Walk Cape High School; Lewes, De 9am, 302-947-1772

Saturday, June 1, 8 AM, [Avon Day 5K](#), Avon, NJ, 732-502-4519

Saturday, June 1, 9 AM, [1 Mile Fun Run](#), 9:30 AM, [5K Run & Fitness Walk](#), Ocean County College Campus, Toms River, NJ 732-255-0494

Saturday, June 1, 9 AM, [Fear the Pier](#), Naval Weapon Station Earle, 732-866-1089

Saturday, June 1, 9 AM, 5k, 2 Mile Fun Run/Walk, Nun Run, Avalon, NJ 856-468-0010

Sunday, June 2, 9 AM, 5k, Run for Vision, Old Bridge, NJ 732-723-1048

Friday, June 7, 2002, 3rd Annual [The Beach Run for Clean Water](#), 3M/7:00 pm, Fitness Walk/7:05pm, Kids' Races/6:45pm, Seven President's Park, Long Branch, JSRC Hotline: 732 542 6090

Saturday, June 8, Wicomico Scholarship Run Salisbury, Md 9am, 302-947-1772

Saturday, June 8, New York Mini Marathon 10K June 8, 9:00am Women Only Team Competition 8

Wed, June 12, 6 pm, Holmdel International Track Meet, Holmdel, NJ 732-222-9080

Thursday, June 13, 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 13, 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

Saturday, June 15, 2002, [JSRC Father's Day 5K](#), Run and 2 Mile Fitness Walk/9:00, Kid's Races/9:45, Wanamassa (Ocean Township), JSRC Hotline: 732 542 6090, adele@jsrc.org

Sunday, June 16, *Fathers Day 5k Wilm. Ave; Rehoboth Beach, De 8am, 302-947-1772

Thursday, June 20, 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 20, 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, June 29, 9:00am, FRNY Lesbian/Gay Pride Run 5M Men/Women Team Competition

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