
JERSEY SHORE RUNNING CLUB

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May 2002 - Issue 2002-05

Sgt. Pat's Race is Another JSRC Success!!!!



Sgt. Pat's 5K Award Winners pose for the camera.

Certificates of Recognition were awarded to 452 road racers for participating in the annual Sgt. Pat's 5K presented by the Jersey Shore Running Club (JSRC) at the promenade-boardwalk in Long Branch on a cloudy, non-windy, good-racing-weather Saturday morning, March 30. Since 1998 the event has honored and remembered highly decorated Detective Sergeant Patrick King, a Long Branch police officer killed in the line of duty by a career criminal on November 20, 1997. Prior to the start, director Phil Hinck of Long Branch, who will also direct the Spring Lake and Belmar five mile runs later this summer, thanked all for getting involved and then introduced Dawn Ciccone of Highlands, a veteran runner, who won her age group at 21:13 and today served also as a vocalist. Ciccone, assisted by Joseph Mirarchi of Eatontown who held high the American flag, gave an excellent rendition of the Star Spangled Banner. Appropriately enough, a silence accompanied this scene of 452 racers and their many relatives and friends, prompted by tradition and the remembrance of police-officer King, of course, but probably also by the recent tragedy of September 11 and the many heroic deaths of New York City police officers. Dawn Ciccone sang the national anthem at the start. The sun greeted the runners on their return back to the finish where they were treated to lots of refreshments, awards and lots of random prizes. The overall winner was Hector Rivera of Clifton in a time of 16:26. For the women the winner was Brianna Jackucewicz in a time of 18:18. Many of the runners and volunteers then trekked over to the Celtic Cottage where a buffet and other refreshments waited. Thanks to all the volunteers for making this race a success.

Club Meeting

The next Club Meeting will be held on **Tuesday, April 25 at Bar Anticipation** on Sixteenth Avenue in Belmar, 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 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 drzheide@aol.com or John: NJRep4RRCA@aol.com.

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.

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 drzheide@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

A Few Words from our President

The US Government has release two studies. The first study reported a majority of Americans over the age of 25 are overweight. Eighty percent of people are overweight according to the study. US Surgeon General David Satcher said "obesity is reaching epidemic proportions and could soon cause as much preventable disease and death as cigarette smoking. Conditions related to being overweight cause as many as 300,000 premature deaths each year.

In the second study, seven out of ten Americans don't exercise regularly despite the proven health benefits. The study also stated that there is a correlation between income, education and fitness levels. Americans who are better educated and have higher incomes are more likely to engage in physical activity.

The message rings clear that we are involved in something very positive. Not only do we, as runners, have social benefits, but health benefits too. I would urge all of you that have a friend or loved one who may be included in these studies to join our club, have a good time and get fit too. Tomorrow is the first day of the rest of your life!

Need Lodging at the Boston Marathon?

Gene Napolitano has some rooms available for the Boston Marathon weekend in the Beacon Hill district. Anyone who is doing the marathon or just going up to watch can contact Gene at twentysix2@aol.com

FARC presents St. Paddy's 10 Miler/5K

Freehold Area Running Club had over 1000 runners take part in their annual St. Paddy's Run. Lots of club runners participated on what turned out to be a chilly Sunday. The overall winner of the 10 miler was Rob DeFillipis (54:43) on the men's side and Briana Jackeuwicz (1:02:06) was the first female. The 5K was won overall by Dave DeMonico (16:32) with the first female being Natalie Jones (18:51).

Snow held off for the Fool's Run

Another huge turnout for the Annual Fool's Run through Manasquan this past Saturday. Benefiting the name of the race, runners started from the wrong start line which added about a tenth of a mile or 20 plus seconds to everyone's time. (Apologies to all the runners who had the incorrect start time on the web site). The overall winner again was Club Member, Dave DeMonico in a time of 16:32. For the women, 11 year old Briana Jackeucwicz was first. In the One Miler, Marie Walsh was the OVERALL winner in a time just over 6 minutes. The club helped out at the finish line and also provided baggage check service to all the participants. Congratulations to the Manasquan Recreation group which put on a really fun event. Nice party at O'Neills also which all the participants and club members really enjoyed. Snow was seen in Manasquan later that afternoon.

Keith McHeffey Run in Sea Bright

Overall winner of this race, which memorialized Keith McHeffey a Sea Bright resident and runner who lost his life in the September 11 Tragedy, was Dickson Mercer of Fair Haven. Many club runners participated in this very successful event.

Sad News

Condolences go out to Arturo Gonzales and his family on the loss of their lovely 13 year old daughter Jessica who passed away after a bout with Leukemia. Arturo is an active member of the Ocean Running Club and a sponsor of their Winter Series which many of us have enjoyed.

Club Member Profiles

Rob Roesch, age 35, from Red Bank

Rob Roesch became a club member 10 months ago and can be spotted at the Sunday morning Bodman Club Run, or just running around his neighborhood in Red Bank. He is just starting out racing the 5K and 5M range, with the hopes to participate in a 10K in the near future. Might I recommend the Brielle Hill and Dale 10K this September? Aside from running Rob enjoys golfing, reading biographies, going to the beach and spending time with his family. The Jets are his favorite sports team and his favorite musical performer is Bruce Springsteen. I'll close this with Rob's favorite quote: "Confidence is contagious. So is lack of confidence." -Vince Lombardi. Rob can be reached at

rob.roesch.jr@rsshmb.com. Thanks for sharing with us Rob, we are happy to have you as a member. *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**

Team JSRC had another great day in Central Park at the NYRRC Powerbar 20 Run and Relay. In the 20 Miler, **Tom Hall** won his Age Group in an amazing 2:07; **Bob Childs** got Third AG in 2:13; and **Jane Erbe** was Third AG in 2:33. New members **Brian Downie** (2:13), **Jeff Neis** (2:30), and **Russell Stallone** (2:35) all ran great, and are welcome additions to our team roster. President **Bill Koch**, **Tom Mulvaney**, **Mary Moriarty**, **Bill Dunn**, and **Eric Campbell** ran strong marathon warm-ups.. Another recent member **Rick McNulty** ran his longest training run, and is looking forward to a Fall marathon. Our Relay teams had a lot of fun. **Kathy Porzio**, **Chris Coghlan**, **Carlos Morillo**, and **Jeananne Mc Fadden** ran 5 mile splits; whereas **Diane Cheer** and **Jessie Joseph** opted for the 10 milers. **Jerry Convery** lost his partner to injury and ran a 10 mile training run. **Judy Convery** was head cheerleader for the team. Immediately after the Powerbar, Team JSRC headed over to our newly found Irish pub, Corlow East on Lexington Avenue, for carb-reloading. **Tom Hall** true to his word bought all the Guinness, Harp, and Bass we could drink, plus pizzas. (This is the getting ready for the Jersey Shore Relay Party!) Thank you, Tom. Join us at the Queens Half on April 13, 2002. 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!!!

Pine Beach 5K & One Mile Riverside Run

Start the summer off with a fast & fun 5k that has grown to over 600 runners in 3 years. The Pine Beach 5k on Sunday, June 23rd has something for everyone: cash awards, USATF points, random prizes, including a diamond bracelet & a mountain bike, entertainment & a post-race pasta party. The certified course runs along the Toms River & through quiet streets that are closed to traffic. The race is less than 5 minutes off the parkway (so there is no excuse not to show!!) For more information, check out the race application in this newsletter, or visit the web-site at: www.pinebeach5k.com.

JSRC Race Updates

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!!! Online registration available at www.jerseyrunner.com.

Pre-Father's Day 5K

The JSRC Pre-Father's Day 5K is a great race through the towns of Allenhurst, Interlaken and Wanamassa. You may ask how can a 5K cover 3 towns? Well it is an engineering feat, of course!! Please come out and participate in what is looking to be a great race. The course starts at Wanamassa Elementary School June 16 at 9AM. Volunteers are needed for what is already looking to be a large turnout. This race benefits PBA 57 (Allenhurst, Interlaken and Ocean Township) and is in its sixth year. Please contact me, at adele_s.mcdonough@roche.com if you are available to volunteer. There is a race app in this newsletter or please register at www.jerseyrunner.com

JerseyRunner.com is your online registration source!!

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

Spring Lake 5 Miler 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!!

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

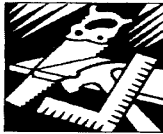
Special Olympics - Runners are always needed to help train Special Olympic Long Distance Runners - contact **Jeri Hickey** at 732-367-1533.

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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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, 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

May 2002

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monthly Totals Total Miles: Total Club Miles:	Yearly Totals Total Miles: Total Club Miles:		1 Miles:	2 Club Run Belmar Miles: Club Miles:	3 Miles:	4 Miles:
5 Club Run Allaire State Park Bodman Park Miles: Club Miles:	6 Miles:	7 Club Run Long Branch Miles: Club Miles:	8 Miles:	9 Club Run Belmar Miles: Club Miles:	10 Miles:	11 Miles:
12 Club Run Allaire State Park Bodman Park Miles: Club Miles:	13 Miles:	14 Club Run Long Branch Miles: Club Miles:	15 Miles:	16 Club Run Belmar Miles: Club Miles:	17 Miles:	18 Miles:
19 Club Run Allaire State Park Bodman Park Miles: Club Miles:	20 Miles:	21 Club Run Long Branch Miles: Club Miles:	22 Miles:	23 Club Run Belmar Miles: Club Miles:	24 Miles:	25 Miles:
26 Club Run Allaire State Park Bodman Park Miles: Club Miles:	27 Miles:	28 Club Run Long Branch Miles: Club Miles:	29 Miles:	30 Club Run Belmar Miles: Club Miles:	31 Miles:	



At the Finish Line



PowerBar 20 Miler

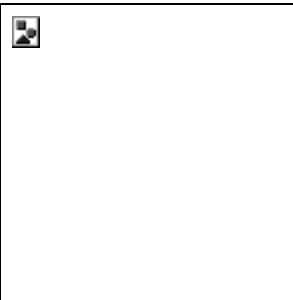
Bob Childs 2:13
 Brian Downie 2:13
 Jane Erbe 2:33
 Jeff Neis 2:30
 Tom Mulvaney 2:33:38
 Bill Koch 2:45
 Rick McNulty 2:48
 Eric Campbell 2:42
 Russell Stallone 2:35
 Mary Moriarty 3:17
 Bill Dunn 3:09
 Bill Koch 2:45:21

Sgt Pat's 5K

Louis Malizioso 17:40
 Paul Looney 18:27
 Gerhard Dohne 19:09
 Maggie Freeman 19:47
 Tom Mulvaney 19:48(3ag)
 Bill Koch 20:24(1ag)
 Doug Bayconich 20:43
 Theresa Marciani 21:32
 Steve Foley 22:20
 Randy K. Brown 22:52
 Vivian Smith 23:32
 Jon Lowrie 22:26
 RobMoir 22:43
 Mike McAuliff 18:59(1ag)
 Peggy McKean 26:03

Fool's Run 5K

Dave DeMonico 16:32



Jane Erbe 21:15
 Greg Duffy 21:34
 Andrew Panse 23:48
 Tom Mulvaney 20:00
 Neil Feeny 28:34
 Doug Bayconich 20:52(1st on
 the massage table)
 Tina Duda 31:20
 Sutah Robins 24:49
 Eileen Rigoth 32:33
 John O'Reilly 23:25
 Barbara Keenan 27:46(3 ag)
 Carl Schiavo 34:31
 Tom Hall 17:48
 Gary Krebs 19:45
 Louis Malizioso 17:45
 Susan Ardito 22:50
 Eric Mackellar 24:08
 Randy Brown 22:42
 Jon Lowrie 23:00
 Michael Bair - 19:57

Washington DC Marathon

Tom Natoli 4:50:30
 Joane Osowski 4:09:34
 Matt Sodano 4:32:52
 Peggy McKean 4:37:33
 Deanna Maclean 5:28:16

Ocean Drive Marathon

Bob Bythell 2:46:10 (Masters
 Course Record)
 Bobby Cavallo 3:12:19
 Peter Engelhardt 3:14

Redbird Ramble 5K

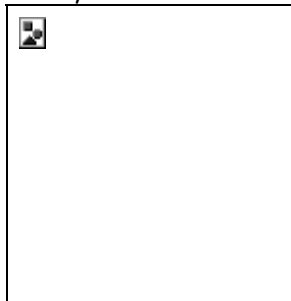
Ken Vercammen 17:36 first
 40-49

Tampa, Fl Hare 3.3 mile

Ken Vercammen 18:42 (first
 master)

St. Paddy's 10M

Dawn Ciccone 1:10:52
 Steve Foley 1:13:58
 Scott Lewis 1:14:31
 Linda Puzzo 1:13:40
 Bill Koch 1:10-45 (PB)
 Bob Boyd 1:19:34
 Midge Leys Rogers 1:14:00
 Patrick Asay 1:13:17
 Linda Piff 1:29:42
 Jane Erbe 1:09:57
 Jon Brodsky 1:12:08
 Pat Ford 1:08:43
 Andrew Parise 1:24:34
 Tim Mahoney 1:15:30
 Jerry Frazee 1:33:32
 Brian Lackey 1:33:32
 Jon Lowrie 1:20:09
 Mary O'Brien 1:19:22(PR)
 Marilyn Ryder 1:32:10
 Nancy Parnell 1:16:57
 Ira Wiss 1:23(PR)
 Adele McDonough 1:21:40
 Kathy Porzio 1:24:40



Marty Rettino 1:21:51
 Diane Cheer 1:41:03
 Matt Sodano 1:30:02
 Barbara Keenan 1:32:40
 Rob Moir 1:22:07
 Dave Heskin 1:19:44
 Allison Wrede 1:17:20(pr 3
 ag)
 Tom Natoli 1:31:38
 Dave Wrede 1:08:27(pr)

5K

Jack Cheer 24:06

Mike Chudkowsjki 24:33(2ag)
 Peggy McKean 30:00
 Mindy Brady 29:32
 Dave Zurheide 19:24
Keith McHeffey Run
 Mike McAuliffe 19:23(1ag)

Brooklyn Half Marathon

Tom Hall 1:17:56 (1ag)
 (pictured above)
 Bob Childs 1:21:56
 Bill Scholl 1:22:37
 Tom Mulvaney 1:33:56
 Ron Cohen 1:40:50
 Jerry Convery 1:42:56
 Bill Dunn 1:43:39
 Eric Campbell 1:45:14
 Rich McNulty 1:49:06
 Diana Pittet 1:52:23
 Tom Natoli 2:04:35
 Carlos Morillo 2:07:05
 Bob Boyd 2:00:49

Indian Trails 15K

Patrick Asay, finished in
 107:03 a PR
 David Wrede 1:06:47
 Allison Wrede 1:16:42
5K
 Dave Zurheide 18:58

Rabbit Run

Maricar Acab 28:44

Spring Fling 4

Gene Napolitano 28:16

Newark Distance Classic

Ken Vercammen 1:17:46(PR)
 Dick Hill 1:43:08

Know your club officers....

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

JSRC Hotline (732) 542-6090

www.jsrc.org
 Jerry Frazee - Treasurer
 Jon Lowrie - Membership Coordinator
 Bob Both - Web Master

USATF Member No. 6803861807

Adele McDonough - Newsletter Editor
 Bill Koch - Newsletter Circulation Manager
 Allen McKean & Dave DeMonico - Directors

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

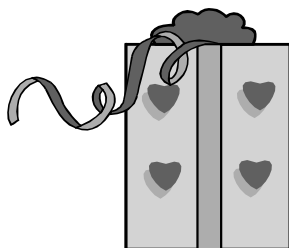
I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete a club run or activity.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

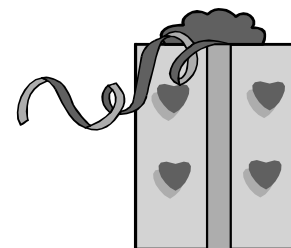
Address _____ City _____ State _____ Zip _____

Phone (H) _____ Phone (W) _____



MAY BIRTHDAYS

Happy Birthday to YOU!!!



- | | | | |
|---|--|---|--|
| Emily King 1
Paul Albietz 1
Paul Albietz 1
Jill Dalton 1
Ally Bythell 1
Richard Macko 2
Jim Parr 2
Maryanne Kerns 2
Alex Rospos 3
Marilyn Ryder 3
Chris Parton 3
Courtney Parton 3
Kyle Stemmer 3
Mario Cavallo 3
Don D'Anzieri 3
Christopher Troyano 4
Dan De Cotiis 4
Dan De Cotiis 4
Matthew Egeland 5
Aspen Lewis 5
Lawrence Jones 5
Maryanne Barker 5
Lisa Clausen 6 | Shirley Shook 6
Adrian Harris 6
Bridggie Brandner 6
Peter DeMarco 7
Anne Glass 11
Mary O'Brien 11
Tara McBarron 11
Arlene Smelson 12
Bob Bergalowski 12
Laine Sutton 12
Michael Fullen 12
Catherine Salas 12
Nancy Parnell 13
Sarah Shotwell 13
Cosmo Hinck 13
Eric DeSalvo 13
Corinne Coyle 14
Robert Boyd 14
Gabrielle Galizio 14
Thomas Morrison 14
Bill Scholl 14
Jim Dunn 15
Matthew Scott 15
Thomas Hample 16
Maria Alvarez 17 | Vanessa Lauro 17
Matt Fasano 17
Suzanne Parton 18
Cathy Clausen 19
Michael McAuliffe 20
Clinton Christ 20
Pat Hill 20
Jim Power 20
Michael Fowler 20
George Meyer 21
Cathy McCollum 21
Pete Mitchell 22
John A. Shavel 22
Bobby Stelli 23
James Sullivan 23
Orla McBride 23
Guy Romano 23
Angela Garbaty 23
Lori McBride 23
Barbara Brennan 23
Elizabeth Loftus 23
William Lyons 23
Robert Angello 23
Danny Murphy 24
Theresa Cummings 24 | Caroline Stenger 24
Chris Beer 24
Marie Stover 24
Rick Valentine 25
Rosemarie Grace Cola 25
Jennifer Healy 26
Mike Pado 28
Louis Malizioso 28
Joanne Dreicer 28
Karyn Jarmer 29
Barbara Keenan 29
Kathleen Rana 29
Cyndi Meyer 30
Stephen Panzera 30
William Dunn 30
Michael Chudkowski 31
Pat Lackey 31 |
|---|--|---|--|

JERSEY SHORE RUNNING CLUB

PO Box 7492

Shrewsbury, NJ 07702



www.jsrc.org

Club Meeting at Bar Anticipation- Thursday April 25

JSRC RACE CALENDAR

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, 9 AM, 5Miles., Westfield Five Miler, Westfield, NJ 908-789-4080

Sunday, April 28, 9 AM, Lincoln Tunnel Challenge, Weehawken, NJ, 609-734-8400

Sunday, April 28, 10 AM, 5K, Stateliner Classic, 908-215-2420

Sunday, April 28, 9 AM, 5K, Mercedes Benz Race for Our Stars, River Vale, NJ 201-573-1810

Sunday, April 28, 2002, Second Annual Achilles Marathon, Brooklyn, NY, 212-354-0300

Sunday, April 28, NJ Shore Marathon, Sandy Hook, 732-578-1771

Sunday, April 28, 9:30 AM, 5K, Rau-Fitzgerald Memoria Run, Hasbruck Heights, 201-288-1426

Sunday, May 5th 2002 the 5mile race at 9:30--- 3k RFH Fun Run at 11:15 and kiddie dashes at noon, Rumson Run, Rumson Run P.O Box 760 Rumson, New Jersey 07760, 732-741-2140 or email blb77@aol.com

Sunday Date: May 5, 2002, Our House 5 Miler Day: Distance: 5 Miles Location: The Village Green, Summit, NJ 07901 908 464-8008 x122

Sunday, May 5, 8:30 AM, 10 Miles, Broad Street Run, 215-563-6184

Saturday, May 11, Monmouth Ocean County Special Olympics Track And Field Event, Long Branch HS, Volunteer, 732-542-6090

Saturday, May 11, Family Fun Run, Bridgewater, NJ 908-707-1500

Saturday, May 11, 8:30 AM, 5K, Run for Beringer House, Metuchen, NJ 732-549-9440

Sunday, Allure Half Marathon May 12, 8:00am Women Only - Team Competition

Saturday, May 18, You Gotta Have Park 5M May 18, 10:00am - Men only Team Competition

Saturday, May 18, 9 AM, 5K, Law Enforcement Unity Run, Philadelphia, PA, 215-418-4363

Saturday, May 18, 9am, Monmouth Beach 3 mile run and health walk. Kids races. Starts at Griffen Park, Monmouth Beach, NJ. For info call 732-571-2714.

Saturday, May 18 Run For The Arts 5k & Walk School of the Arts; Selbyville, De 9am, 302-947-1772

Saturday, May 18, 9 AM, 5k, Carol Steadman Memorial, Oakhurst, NJ 732-223-9096

Saturday, May 18, 9:30 AM, Edison Family Day, Edison, NJ 732-248-7361

Sunday, May 19, 9 AM, 13.1 Miles, Bar A to Donovan's Reef Half Marathon & Trolley Tour, S. Belmar to Sea Bright, 732-681-7422

Sunday, May 19, 10 AM, 5K, ORC Spring Fling, Ocean County Park, Lakewood, NJ 732-473-1553, orcnewz@aol.com

Sunday, May 19, 9 AM, 5M, Bahr's 5, Highlands, NJ 732-872-1245

Sunday Date: May 19, The Volvo Midland Run Day: 2002 Distance: 15K Run - 9:00 AM Distance: 5K Run - 11:00 AM Distance: 10 Mile Mountain Bike Race - 2:15 PM Location: Moorland Farms, Far Hills, [908]722-7903 Event URL: www.midlandrun.org

Saturday, May 25, 2002, Spring Lake Five Mile Run, 8:30, Spring Lake, 732 449 3544 email: springleake5@hotmail.com - SOLD OUT