
JERSEY SHORE RUNNING CLUB

F TNOTES

**Saturday in the Park 5K, Brielle Hill and Dale 10K,
Bayshore 5K and Broadway Classic 5K coming up..**



Women taking off at the Saturday in the Park 5K last Labor Day Weekend.

The racing schedule is still very busy and we need all the volunteers we can get at the various events. First off is the Saturday in the Park 5K Women's Race. This is the largest women's race in New Jersey and anyone available August 31 to assist the race committee is encouraged to contact Race Director Penny Hinck at phinck@comcast.net. The following Saturday is Brielle Day and in conjunction with this town wide event is the Brielle Day Hill and Dale 10K. A great course through the neighborhoods of Brielle. Any volunteers should contact Tom Mulvaney at tjmmail@aol.com. Sunday September 15 is another 10K, this one in Colts Neck starting at 10:30AM. Oceanport is proud to host The Summers End Dashes (Kids' Races and 1 Mile Family Fun Run), at the Annual Summer's End Festival, 1:30 pm, Saturday afternoon, Sept. 21, Blackberry Bay Park, Oceanport, NJ, to benefit Oceanport Recreation. The Bayshore 5K will be held on September 21 at 9:30AM. The kids races will start at 10:15AM. The Broadway Classic in Long Branch is September 28. Please come support this race as all proceeds will go to the Bob Feeny Education Fund. Any volunteers should contact Joe Mirarchi at DCRED7@aol.com. The following day is the Little Silver Classic. October has a couple of local half marathons to get you prepped for any fall marathons that you may be participating in. Enjoy the rest of the summer.

Club Meeting

The next Club Meeting will be held on **Tuesday, August 27** at the **Deal Fire House**. We will meet 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 races 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 5 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 Holmdel Park main pavilion at 6:00PM

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

How We Got To Be Orange

The now infamous JSRC orange had a humble, but bright beginning. In the early 90's I got a call from the owner of the Northshore clothing store in Rumson. He had an order from the University of Tennessee for orange fleece jackets, but the supplier had provided a brighter orange than the official university color. He asked me if I thought runners might use them for winter running. While too warm to run in, I thought they might be great for after running, consulted with the other officers and bought the lot. The rest is history. Now when I say bright, I mean bright. If you wear it on the drive to and from the Sunday Run, it lights up the inside of your car. For years I knew the orange glow ahead of me in traffic was Sherry Walsh. While we were never able to absolutely duplicate the "traffic cone" orange, Penny and I have been combing the earth and the Nike outlets for orange gear the JSRC can lay claim to. I nsport was particularly glad that someone could make use of all the orange singlets in their Runaway Bargain website section. I think our tradition is safe ? even Sue Ardito, not an orange fan, broke down and bought a pullover last winter!

Original orange fleece jacket owners that I can recall are: Pam Allen, Bob Both, John Eddy, Sherry Gelenius, Penny and Phil Hinck, Raman Laksmanasman, Bill Michalski, Robin Rossow, Jim Stanton, Rich Stout, Jennifer Thien, Sherry Walsh and me. - Liz Ireland

The Broadway Classic 5K Proceeds To Go To a Fallen Firefighter's Family

To All Fellow Runners:

My name is Joe Mirarchi, and I am appealing to all the runners that I have met at various races and events I have participated in over the last five years. As a member of the Long Branch Volunteer Fire Department for over thirty-two years, I have witnessed the destruction of property and injuries to human lives. In January of this year, the fire department witnessed the life of one of their firefighters taken at a fire scene. Robert Feeney, a firefighter with the "Phil Daly Hose Co.", collapsed while operating an engine and attempts to revive him were unsuccessful.

Bob leaves a wife, plus four children of school age, and a "Children of Bob Feeney Education Fund " was developed and being handled by the "Phil Daly Hose Company" of the fire department. As one of the co-chairs of the "**Broadway Classic 5k Race**" on **September 28**, the committee decided this years proceeds from the race will go directly to support this education fund for Bob's children. I have been working on sponsors to cover the expense of this race, so I ask all my fellow runners to **PLEASE participate in this great cause**, as each entrance fee will go directly to the fund... *Thank you!*

Commemorative Runs

A very Special Commemorative Run will take place on Saturday September 14th in NYC with a finish at Ground Zero. It s sure to fill up fast.

Also on Saturday, Septemebr 14 will be the Run or Walk with Joe to honor Joe Driscoll a local passenger on Flight 93.

Belmar 5

The three thousand runner field was treated to ideal weather conditions with a cool ocean breeze and some great performances were put in. Anthony DeBenedictis of Roselle Park was the overall winner in a time of 24:16. Anthony took control of the race and finished well ahead of the second place finisher, Bryan Poerner of Philadelphia in a time of 25:13. Coming in third was Patrick Lenagham of Spring lake in 25:56. For the women Dorian Meyer of Rumson was the overall winner in a time of 29:31. She was followed Patty Andersen Parrade of Weehawken in 30:35 and then Megan Phillips of Belmar who finished in 30:41. On Friday evening there was a great turnout for the Kid's Races and Fitness Walk. Team awards were presented at Bar Anticipation with Shore AC taking many of the top awards. Congratulations to Phil Hinck and the Belmar Improvement Fund for another great event.

FARC Women's 5K

The Freehold Area Running Club's Women's 5K has been cancelled.

Crohn's and Colitis 5K at Bar A

A field of over 200 runners participated in this year's 5K race to benefit the Crohn's and Colitis Foundation at Bar A. Top finishers were:

- 1st male, Hans Parrado, age 35, Chadwick, 16:32
 - 2nd male, Louis G. Malizioso, age 35, Middletown, 17:32
 - 3rd male, Andy Coat, age 37, Roxbury, 17:36
 - 1st female, Lauren Saul, age 24, Westfield, 18:27
 - 2nd female, Patty Andersen-Parrado, age 34, Weehawkin, 18:46
 - 3rd female, Molly Kempton, age 12, Island Heights, 19:33
- Thanks for coming out to support this worthy cause.

JCC 5K

A field of 65 runners came out to support the first JCC 5K. The flat course through the tree lined streets of Deal was great. The overall winners were:

- 1. Eric Escorcia, Red Bank 17:29
- 2. Jack Miskin, Manasquan 18:22
- 3. Mike Bair, Navesink 19:12
- 4. Chris King, Orange 21:07
- 5. Walter MacGowan, Spring Lake 21:40

Women

- 1. Adele McDounogh, Belmar 22:09
- 2. Lynn Brady, Holmdel 24:21
- 3. Wendi Glassman, Elizabeth 25:58
- 4. Jenelle King, Orange 26:23
- 5. Marty Rettino, Matawan 26:29

Thanks to everyone who participated.

Bodman Park South Run

A group of 30 runners participated in the "Bodman Park" South Run held starting from Bar Anticipation Sunday. Runners put in from 6 to 15 miles. They were then treated to a complementary breakfast including pancakes, french toast, lots of omelettes, sausage, pork roll, fresh fruit and whipped cream and a beverage of choice. A real treat after a long run. Thanks, to Bar A for hosting us, and our President Bill Koch for organizing the event. On Friday Evening at JSRC Night the club mingled with Chris Russo of WFAN.

Ocean Grove Biathlon

Over 150 athletes participated in the Ocean Grove Biathlon. The overall winners were:

1 Andrew Vasta, 16, Ocean, 15:16
2 John Sabatino, 35, Morris Plains, 15:17
3 Scott Sutter, 24, Springfield, Mass, 15:26
Female 1 Maura Bolger, 20, Brielle, 16:11
2 Missy Capone, 20, Brick, 17:43
3 Chelsea Knight, 19, Ocean Grove, 19:07
Congrats to all the participants.

Parker House Short Run...Long Party

A real party atmosphere for the nearly 1000 runners who participated in the annual Parker house Charity Run in Sea Girt. Still looking for the results - if anyone still has them. If we ever find them we will post something. The winners did receive their awards and everyone else just kind of joined in the great party at the Parker House. Thanks to Gio for another great err..race.

Summer Series Comes to an End

Congratulations to Bob Both and his whole Summer Series committee for another great season. The final week of the Jersey Shore Summer Series was a spirited Relay Race. Lots of winners in several categories and lots of random winners as well. All the runners young and old joined in the post race pizza party. Final Series winners were:

KIDS ½ MILE (9 & UNDER)

Boys: 1 Brian Dailey 2. John Scotto 3 .Andrew Dombrowiecki
Girls: 1. Tracy Campbell 2 .Allison Campbell 3. Amanda VanBuskirk

KIDS 1 MILE (14 & UNDER)

Boys: 1. Declan Taintor 2. Thomas Salaway 3. Marty Pakutka
Girls: 1. Allison Linnell 2. Tracy Campbell 3. Ally Wegner

3 MILE OPEN OVERALL

MEN: Thomas Stoddart WOMEN: Jane Erbe

19 & Under:

Men: 1. Tyler Abrams 2. James McMillan 3. Drew Bailey
Women: 1. Emily McMillan 2. Kellee Hand 3. Paula Shearer
20-29:

Men: 1. Johnny A. Rodriguez 2. Michael McAuliffie 3. Griffith Clarke
Women: 1. Karen Charles 2. Adele McDonough 3. Michele O'Connor
30-39:

Men: 1. Anthony Tracy 2. Kevin Campbell 3. Chris White
Women: 1. Wendy McKnight 2 Karen Gianforte 3. Dianne DeOliveira
40-49:

Men: 1. Scott Linnell 2. Jay Boettcher 3. Jeff Gero
Women: 1 .Denise Lane 2. Susan Ardito 3. Linda Feerst
50-59:

Men: 1. Bill Koch 2 .Bill Dunn 3 .Don Jessop
Women: 1. Linda Piff 2. Christine Dunn 3. Patty Helies
60-69:

Men: 1. Frank Haviland 2. Rob Moir 3. John Killmer
Women: 1. Marilyn Ryder 2. Mary Grace Killmer
70-79:

Men: 1. James Robbins 2 Harold Beal 3. Clarence Reed
80+ Men: Clarence Lurch

RACEWALKERS Men: Ron Salvio Women: Pat Weir

Sea Girt 5K

A large crowd of runners participated in this Jersey Shore favorite through the streets of Sea Girt and along the oceanfront. The warm (hot!) Weather surely affected the runner's times but the post race watermelon seemed to cool everyone down. Alicia Kelly of Spring Lake Heights was the women's winner in a time of 18:07. The Men's winner was Patrick Lenaghan of Spring Lake in a time of 16:08.

George Sheehan 5 Mile Classic

The overall winner was Simon Wanaga in a speedy 23:21. For the women it was Edna Kiplagat in 26:20. Congrats to all the club finishers.

Membership Special for Dottie's House 5K

\$10 Off Pre-Registration for JSRC Members for Race at Blue Claws Stadium

Jersey Shore Running Club Members receive \$10 off the pre-registration at the Dottie's House 5K to be held on Sunday, September 15th at Blue Claws Stadium in Lakewood. It sounds like a very exciting event. There will be lots of prizes and a great post race party at the Stadium. And with \$10 off this is an event not to be missed. It's all for a good cause as well. Fill out an application and make sure you indicate that you are a **JSRC** member.

More Marathon Training

In addition to the regular Bodman Park Sunday Run Marathon Training Program Jerry Convery will again lead a group of runners around the Manasquan Reservoir in Howell. It's a nice scenic course around the reservoir. The schedule is as follows:

Sunday, September 8 at 8 AM

Sunday, September 29 at 8 AM

Sunday, October 13 at 8 AM.

You can run anywhere from 5 to 20 miles.

Contact Jerry at bestguy7@aol.com for More Information

New Year's Eve Run needs a coordinator

Dawn Ciccone, who has coordinated the Runner's World Central Park New Year's Eve 4 Mile Run for club members, is not going to be able to handle things this year. If anyone out there is interested please let her know and she can give you any information you need. Thanks Dawn for donating your time these past years. You can reach Dawn

at sunflowerdc@yahoo.com.

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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

New Member Profile

Hi my name is Robert Manni and I live in Scotch Plains but spend weekends and some days during the week in Ocean Grove, where I

have condo. I have run 2 marathons- NYC, and NJ Shore 2001 at 4:22. I usually run on Saturday and Sunday mornings for 8-11 miles from the northern end of Ocean Grove to various points in Spring Lake. I also run in the Spring Lake 5, Belmar 5, and George Sheehan. My best time is 38 minutes. I have a marketing consulting business at www.brandenable.com and am a member of Jumping Brook Golf Club. I enjoy the beach at Ocean Grove and can be found there on the weekends. I just got into the NYC Marathon for 2002 and am looking for members to train with- long runs on weekends .

Might I suggest our Bodman Sunday Run in Navesink. There are many challenging courses and a variety of distances to run. We meet Sunday mornings at 8AM. Maybe we will see you there, Robert.

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.

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

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

Family Chiropractic Center - Special rates for club members. Tinton Falls, 732-530-0405

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

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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.

Know your club officers....

JSRC Hotline (732) 542-6090

www.jsrc.org

USATF Member No. 6803861807

Bill Koch - President

Jack Cheer - Vice President

Jane Erbe - Secretary

Jerry Frazee - Treasurer

Jon Lowrie - Membership Coordinator

Bob Both - Web Master

Adele McDonough - Newsletter Editor

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