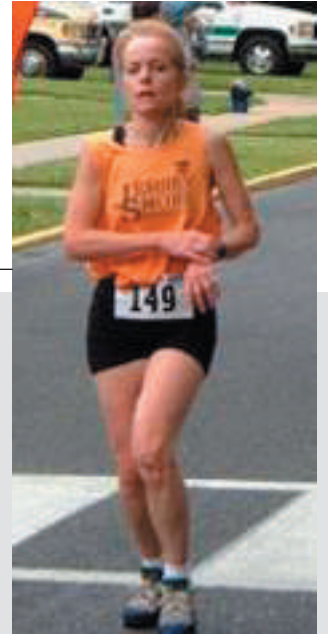


## Our Memories of Mary Conry

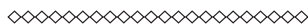
On Friday, Aug 6, club member Mary Conry passed away. Mary was an accomplished runner, winner of many awards and a member of women's and mixed masters winning teams, a great supporter of women's running, Saturday in the Park Women's Race committee member, a dedicated volunteer, a wonderful mother of two children, a teacher and a dear friend of many in the running community. Those of us who have run with Mary over the years have admired her intense competitive urge in race, yet at the end of the race taking the time to talk to just about everyone in club about running, training, injuries, recovery and anything else that interests runners. On behalf the Jersey Shore Running Club and all in the running community, our deep condolences to Mary's family and friends. Mary will always be a winner in our hearts. In this issue of the newsletter, many members of the club remember Mary in their own words - Editor



Dear Mary,

*I will miss you so very much.  
I will miss the runs we took at work each day.  
I remember how we ran in rain or shine.  
I will miss our lunches together.  
I remember how we loved to treat ourselves to pizza after a long run.  
I will miss the long heart to heart talks we had.  
I remember how we could talk about motherhood for hours.  
I will miss your good sense of direction.  
I remember how I always counted on you to get us to where had to go.  
I will miss the holiday baking.  
I remember how you greeted us at your door in your Christmas apron and with your wonderful smile..  
I will miss your kindness.  
I remember how you would give up your lunch to help a student.  
I will miss you so very much.*

*Friends for always,  
Lois Eder*



April 12, 2003 Jersey Shore Relay.

We started with the 10AM group, competing in the Mixed Masters division. Going into the last leg, our team held a slight lead in our division. Worried, we started to think of excuses in case we lost. Mary was our anchor. For the first four legs this was a casual run, but as we were getting toward the end it became more competitive. Mary had all the pressure. She ran strong and we won the Mixed Masters division by a mere 28 seconds. We finished 5th overall. Thanks Mary! I miss you.

Bob Bythell



*2 Timothy :7, 18 "I have fought the good fight. I have finished the race. I have kept the faith. The Lord will rescue me from every evil attack, and will bring me safely to his kingdom."*

Mary,

*Thank you.  
Thank you for sharing us your smile.  
Thank you for the twinkle in your eyes.  
Thank you for showing us your grace.  
Thank you for showing us "back of the packers" your encouragement.*



*Thank you for showing us the beauty within you.  
Thank you for sharing a few moments of your life.  
Thank you for showing us dignity.*

# Our Memories of Mary Conry

*You will always be remembered in love by all those whose lives you have touched.*

*We were blessed by your presence.*

*Deana and Norman Roberts*



## **Never Say Goodbye, For the Red-Haired Angel Lives.**

Each stride I take in a race – I'll hear her encourage me on.

She is the cardinal that sings in my morning – the geraniums that bloom on my porch.

As the sunsets on a hot summer's evening...she is the brilliant orb of fiery red.

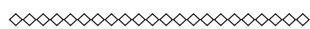
A child's smile holds her innocence – Their laughter embodies her gentle nature.

With a heart as delicate as a seashell, yet opened as wide as the heavens above.

One-of-a-kind; determined; a lady of class and respect. She has touched more lives than stars in the sky.

The red-haired angel is everywhere – all you need do is open your eyes.

*Dawn Ciccone*



*Mary i did not know your face*

*Maybe someday, another race.*

*I did not know you personally,*

*Yet, the news matters to me.*

*You are special because*

*That's what a club does.*

*Sign up here, run.*

*It makes us one.*

*I remember seeing your name*

*Our ages being close to the same.*

*Just want to let those who love you,*

*Know you mattered to me too.*

*You are special just because*

*That's what a club does.*

*We signed up to run,*

*Together we are one.*

*We'll miss you, just because.*

*That's what a club does.*

*Makes us one,*

*We run, we run.*

*Sutah Robins*

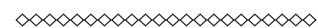


*I only knew Mary by watching her run.*

I "met" her last fall when she ran the Shore AC Cross Country series. A strong runner, she was always just ahead of me and gave me inspiration to try harder. After that we happened to run in the Navesink Challenge where she ran the longer event taking home a trophy. As I congratulated her on her impressive finish she told me that she liked the longer distances. The last time we "ran" together was the Sgt. Pat's Race in April. She joined the lead runners near the start and I asked her what pace she was going to run. Not wearing a running number she told me she wasn't in any shape to run and she was going to slack off and not run her usual six-something. I was encouraged that maybe I could keep up with her so I took my starting position just behind her. The race starts and off goes Mary--slacking off as she called it--I kept her in my sight for the first mile and a half, then she was off, a svelte figure running strong in the distance.

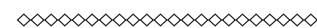
*She will be missed.*

*Charlotte Barry*



*I will always remember our talks about teaching Special Education, running New York City Races, especially the "Mini", and your smiling face at the Manasquan Res. You were a valuable team/club member and friend.*

*Peggy McKean*



I was terribly saddened to hear of Mary's passing. She was such a sweet lady. She always seemed so serene and reserved to me. Almost delicate! But to look at any of the many race photos of her on JSRC's site, you could just tell she was tough as nails, truly competitive and gave it her all.

I never heard her say a negative word about anyone, but I do remember a funny conversation with her at NYC Marathon regarding the club's "orange wear" and how it "wasn't her color." Well, I think she looked beautiful in it & I will think of her every-time I wear our club colors.

Even if it is only in "spirit", I feel we should IN SOME WAY dedicate the upcoming ladies' race to Mary Conry, a true athlete and LADY.

*Barbara Brennan*



# Our Memories of Mary Conry

*It was with disbelief that I learned of Mary's untimely passing.*

*She and I finished in close proximity to each other in three of the long-distance races held early this year - the E. Murray Todd Half-Marathon, the St. Paddy's 10-Miler and the Indian Trails 15K. Mary was the first female finisher in her age group in each race, showing that she was clearly at the top of her game.*

*Mary could always be counted on for a warm greeting and conversation, as though we'd been friends for a long time even though we'd just met after I joined the Jersey Shore Running Club two years ago. We need more upbeat and inspirational running friends like Mary, not less; she is missed.*

Russ Stallone



As we all sang Happy Birthday to Mary at December's Holiday Hash, I was fortunate enough to play along on my trumpet. Afterward, Mary was so appreciative and had such a radiant smile that when she thanked me, I was the one who felt like it was my birthday. She was always kind and sincere.

At the SAC's fall cross country series, I was running near Mary. We had trouble following the course markings in Tatum that day, so I ran ahead as a course scout and called back each turn to her as she approached. It was fun to watch her intensity, that day. She loved her running and gave it her all. Mary was the epitome of cross country - running in it's purest form. Her drive and focus in a race were only surpassed by her sincerity, friendship and smile. She was pure class and a wonderful person.

Dave DeMonico



*A few simple thoughts... So many feelings... I share with you, MC*

*That twinkle in her eye, her wonderful smile, that hug she always greeted you with.*

*Her soft spoken voice, always kind, always caring and always so full of happiness.*

*Her Love, Support and Total Commitment to her children, parents and family.*

*Her deep and never ending faith in God*

*A teacher, so caring of each and every child she touched.*

*Molding, preparing and sending them out into the world.*

*A true friend, never judging and always there for you.*

*Her Joy in just getting out there and going for a run.*

*A tough competitor, strong, fast, determined, successful, yet humble. So full of style, grace and encouragement.*

*A Woman that touched each and every one of us differently, and in our own unique way.*

*To Know Mary Conry was to love her. She truly was one of a kind. We all share in the sorrow of her loss, but take comfort that she is now at peace. I am blessed and oh so very lucky to have had her in my life. As a fellow runner, team mate, and*



*most of all my best friend.*

*Hold her in your heart, Respect her dignity and never forget how she made you feel. And in doing so she truly will Rest In Peace*

Tom Mulvaney



I have so many fond memories of Mary, and most of them come from the time we shared running cross country races in the fall seasons over the past 6 or 7 years.

As she was to her friends and her children, she was a loyal, hard-working and dedicated member of the team.

When people didn't show for a team event, you could count on Mary to be there, and run her heart out.

While other's complained and made excuses, she quietly lined up and kicked some butt. Almost every race we

ran together, I would listen first for her footsteps, then her voice saying "Come on, Susan", as she passed me midway through the race. I'd see her again, as she

waited at the finish line to cheer on her slower teammates. I miss her already, but I know I'll miss her more when we line up again this fall.

**2 Timothy :7, 18 "I have fought the good fight. I have finished the race. I have kept the faith. The Lord will rescue me from every evil attack, and will bring me safely to his kingdom."**

Susan Ardito



Editor's Epilogue

*The love, friendship, respect and care Mary showed us all are well expressed in these farewell messages. A personal note of appreciation goes out to the members for taking the time to reflect and write their thoughts.*

## President's Message

What is the World Interhash?

Mark Griggs and Bill Koch set out to experience the 14th Annual World Interhash for 2004 held in Cardiff, Wales. It is a gathering of hash house harriers that occurs once every two years. The three day event brought 5000 hashers from 96 different countries together to celebrate running and drinking. (unofficial motto: drinkers with a running problem)

The Interhash organizers had created 23 different trails featuring the most scenic areas of South Wales including castles, canals, valleys, woodlands and beaches.

The nighttime activities included food, drink, music and entertainment. We had a great time and met many wonderful people. We are already looking forward to the next world interhash to be held in Chiang Mai, Thailand in 2006. Check their website [www.chiangmai2006.com](http://www.chiangmai2006.com)

*Bill Koch*

## From the Editor's Desk

Due to the special circumstances surrounding this issue of the newsletter, many of the regular columns are not included. These include 'Finish Line', 'Running Numbers', and 'Member Discounts'. The finish times are available on the club web site. We expect to be back to our regular issue next month.

## Club Meeting and Group Runs

### Meeting

The next Club Meeting will be held Tuesday, Aug 31st at Deal Fire House in Deal. We will meet approximately at 7:15 pm, following the regular Tuesday night Club run. Bring \$5 for dinner, if you plan to eat and drink. This month's meeting will be outdoors, with bbq and drinks.

### Group Runs

Come on out to one of the Club Runs near you! Running with a group is very motivating, a great way to meet fellow members and a good way to keep your running on track in the cold winter months. All paces are welcome at each club run.

#### *Sunday Run*

We meet 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. There is also the opportunity to walk on Sunday mornings. Distance is six miles and start time is variable. Send e-mail to Liz at [elizire@comcast.net](mailto:elizire@comcast.net) to make sure that some folks will be walking.

#### *Tuesday Run*

We meet at the Windmill across from Seven Presidents Park in Long Branch at 6PM for a 4 to 6 mile run along the boardwalk and around Lake Takanassee.

#### *Wednesday Run*

Holmdel Park: Meet at main pavilion to run at 6 PM to run the famous cross country course. 3 to 5 miles.

#### *Thursday Run*

The meeting place for the Thursday Evening Run in Belmar is Taylor Pavilion on Ocean Avenue and 5<sup>th</sup> Street. Folks meet there at 6 PM for the runs south. Starting location moves to Dunkin Donuts on 16th and Ocean Ave after Labor Day.

#### *Saturday Runs*

Spring Lake: We meet at the south end of the Spring Lake Boardwalk on Saturdays at 8:00AM.

## Letter To The Editor

Dear Jersey Shore Running Club:

On behalf of the Pine Beach 5K Race Committee and the Borough of Pine Beach, I would like to thank JSRC for it's help with the 6th Annual Pine Beach 5K & One Mile Riverside Run.

We had a record number 875 enter in this year's race. With your support this event has successfully and safely grown to one of the largest races in Ocean County. This would not have been possible without the help of your dedicated club members and those members who participated in the race.

Thank you very much.

Sally J. Kalksma  
Race Director



# Membership Application

You are invited to join the Jersey Shore Running Club -  
New Jersey's Largest and Most Fun Running Club!



## Benefits of Jersey Shore Running Club Membership include:

- Sunday Run – Bodman Park, Middletown
- Trail Run - Allaire State Park
- Tuesday Evening Run - Long Branch
- Wednesday Run - Holmdel Park
- Thursday Run - Belmar/Spring Lake
- Monthly Club Newsletter
- Reduced Entry Fee to Club Events
- Team Entries
- New Year's Eve Bus to NYRRC Run

**Free T-Shirt to each  
New Membership  
thanks to our sponsors**

- Marathon Training Programs
- Discounts at Local Merchants
- Annual Holiday Party
- Annual Summer Party
- Track Workouts
- Quarterly Road Runners
- Club of America Magazine
- Member USATF Club No 0196
- Member RRCA Club No 969

The Jersey Shore Running Club also sponsors several races to benefit local community and charitable organizations. These races are made possible by the help of club volunteers. Volunteering is not a requirement for membership but is strongly encouraged.

Hotline: 732-542-6090 - Award Winning Website - [www.jsrc.org](http://www.jsrc.org) - Renew or Join Online

<b>Membership Fee:</b>	\$15 individual	\$12 w/ e-newsletter *	+\$6/family member
<b>3 Year Membership:</b>	\$42 individual	\$30 w/ e-newsletter *	+\$15/family member

Please note: There is no longer a set family rate. You must add \$6 (one year) or \$15 (three year) for each additional "running" family member to your base fee. Email [membership@jsrc.org](mailto:membership@jsrc.org) with any questions. Fill out this form, sign the waiver (children under 18 require signature of parent/guardian), and return with check made out to JSRC Members. Mail to JSRC Members, PO Box 7492, Shrewsbury, NJ 07702

Name	Signature	Date of Birth	E-mail	T-shirt Size
				<i>(primary member)</i>
				N/A
				N/A
				N/A

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

### RELEASE

I know that running and volunteering to work at Club Events and road races is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to: falls, contact with other participants, the effect of the weather, including low or high temperatures and/or humidity, traffic and the conditions of the course, 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, myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Jersey Shore Running Club, its Officers, Members and volunteers, and all sponsors, their representatives, employees and successors from any and all claims and liabilities of any kind arising out of my participation in any club event or carelessness of the persons named in this waiver. Further, I grant to all of the forgoing to use any photographs, motion pictures, recordings or any other record while participating in club events for legitimate purposes.

\* Members opting for "e- newsletter" receive JSRC newsletter by email a week early and do not receive hard copy.



## JSRC Summer Picnic

### Fast Times at the Jersey Shore

If you think 4 minute a mile running is fast, here is your chance to see 2 minutes a mile running. Come one, come all to the Summer Season Finish at the Monmouth Park Race-track! Come on out and participate in our Summer's End Picnic and watch some four legged running instead of all those two legged races all summer.

**Date:** Sunday September 19th 2004  
**Where:** Monmouth Park Racetrack, Oceanport NJ  
**Time:** Gates Open @ 11:30 AM  
**Where:** Grandstand Picnic Area along backstretch  
**Price:** \$10.00 Per Person / Kid's under 12 Free  
**Price Includes:** Grandstand admission, program, Soda, Beer, Wine, Dogs, Burgers, Chicken, Salads, etc.  
**Food Dished up:** Anytime after 12:30 pm

Park at the free lot on Port-au-peck Ave. by the RR Tracks.

We are looking for volunteers to bring some food items: potato salad, mac. Salad, baked beans, cole slaw, and desserts. If you are interested contact Marti at [martiontherun@aol.com](mailto:martiontherun@aol.com) and give her your preference so we don't end up with a lot of duplicates.

Send check and head count to:  
JSRC Picnic  
151 Lake Avenue  
Manasquan, NJ 08736

## JSRC Footnotes

Footnotes is monthly publication of Jersey Shore Running Club (JSRC). JSRC is a member of RRCA and USATF (Member No. NJ CLUB 0196).

**JSRC Hotline:** (732) 542-6090  
**Web site:** [www.jsrc.org](http://www.jsrc.org)  
**US Mail:** PO Box 7492, Shrewsbury, NJ 07702

### Club Officers

**President:** Bill Koch  
**Vice President:** Tom Morrison  
**Secretary:** Deana Maclean  
**Treasurer:** Donna Mehler  
**Membership Coordinator:** Adele McDonough  
**Newsletter Editor:** Raman "**marklar**" Lakshmanan  
**Newsletter Circulation:** Bill Koch  
**Webmaster:** Bob Both  
**Directors at Large:** Bob Gileski, Dave Zurheide

## Classified

# COOPER BUILDING & RENOVATIONS

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

Call Former Running Great &  
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*Serving the Running Community since 1979*



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**Wells Fargo Home Mortgage, Inc.**  
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Red Bank, NJ 07701-5683  
732 933-5663 Office  
732 933-8319 Fax  
732 266-9026 Cell  
[anthony.dandrea@wellsfargo.com](mailto:anthony.dandrea@wellsfargo.com)

Club members interested in their business services listed in the Member Discounts section free of charge should send e-mail to [newsletter@jsrc.org](mailto:newsletter@jsrc.org). Artwork advertisements in the Classified section are included on a 3 issues minimum for a nominal fee. Contact newsletter editor for rates.

## Membership Updates

Send a change of address post card to JSRC, P.O. Box 7492, Shrewsbury, NJ 07702. Contact the Club's Membership Coordinator, Adele McDonough at [membership@jsrc.org](mailto:membership@jsrc.org), to update your membership information, to obtain a membership card, or just shoot the breeze!

# Birthdays

## Sept 1

Thomas Pulsch  
Gerald Grayce  
Susan Shareshian  
Mary Beth Campau  
Elliot Olschwang

## Sept 2

James Hammond  
Jackie Coleman

## Sept 3

Jack Anderson  
Brendan Smith  
Dorothy Reilly

## Sept 4

Thomas Riley

## Sept 5

Richard Clausen  
Craig Coyle  
Vincent Gill

## Sept 6

Donata Lombardi  
David Healy  
Mary Kegelman  
Jane Baumann

## Sept 7

Patty Whyte  
Elizabeth Palumbo  
Doris DePadova  
Michael Buchanan  
Elizabeth Gerlipp  
Albert Castrovallari  
Ralph Garfield

## Sept 8

Kathleen Brogowski  
Leslie Kiesel  
Tom Kendra  
Preston Edelstein

## Sept 9

RoseMarie Wright  
Bill Rice

## Sept 10

Bob Gileski  
Felix Pereira

## Sept 11

Laura Baldachino  
Michael Edelman

## Sept 12

Robert Evanson  
Louis Celmer

## Sept 13

Maricar Korff

## Sept 14

Edward Yennie  
Albert Payne

Bob Symons

## Sept 15

David Picascia

Antonietta Picascia  
Leslie McKernan

## Sept 16

Alison Soto  
Sabrina Scrivanich  
Kathy Worth

## Sept 17

Barbara Coomber  
Joe Sarno

Sarah Mulvaney

## Sept 18

Coleen Louden  
Patrick Scanzillo

Jim Buckler

Patrica McNeill

Ann Healy

Kathleen Lionette

Robert Linky

## Sept 19

Wayne Friedland  
Jean Spears

## Sept 20

Ken Gahre  
James Whittle

## Sept 21

Paula Kalksma

## Sept 23

Carolyn Hammel  
Michelle DeBenedictis

## Sept 24

Liz Wenslauskas

Randi Cohen  
Raymond Folio

Charles McAteer  
Ellen Klimczok

Luann Balestrucci

## Sept 25

Jon Lowrie  
Dawn Ciccone

Elaine Hartung

Betty Shonts

## Sept 26

Lisa Tozzi

Jose A. Lopez

## Sept 27

Tony Moss  
James Sweeney

John Gunderson

Joseph Coccaro

## Sept 28

John Dafnis

Danie Ceballos

Chris Brondi

Bob Thien

Gary Leeman

Al Soyster

## Sept 29

Janice DeFalco

Karen Charles

Lance Risi

Lois Miller

Ruth Valdes

## September 2004

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5 6 7 8 9 10 11

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26 27 28 29 30

## Sept 30

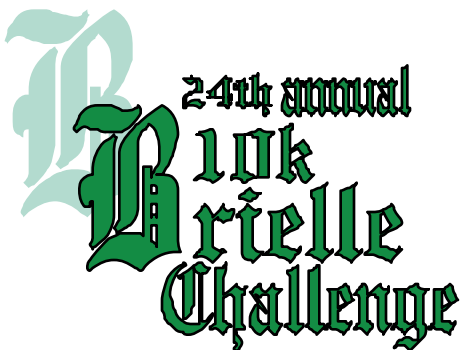
Richard Hill  
Mike McDonnell  
Scott Gross  
Peter Pace  
Joel Cohen  
Mary Moriarty



One shoe company can't do it all.  
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Staged by the Brielle Day Race Committee, with Jersey Shore Running Club, to benefit Brielle Recreation

# BRIELLE DAY HILL & DALE

## 10K Challenge and 1 Mile Fun Run/Walk

10K Challenge start 9:00 a.m. Fun Run start 9:05.  
Race day registration: 7:30-8:45 a.m

**BRIELLE DAY is Saturday, September 11, 2004**

Bring the whole family to enjoy a full day featuring:

The Hill & Dale Races - Over 100 Quality Crafters and Vendors – Carnival Style Food and Drinks  
Beer Garden and Music to enjoy - Fire Engine Rides and Kids' Games  
9/11 Memorial will precede the race start



**RACE REGISTRATION AND FEES**

- **10K fee** is \$15 for pre-registration (received at Brielle Borough Hall by Sept 5th). Race day \$20.
- **1 mile fee** is \$10 pre-registration (by September 5), Race day \$12.
- T-shirts for all pre-registered runners. T-shirts on race day while they last. 10K race limited to 500 entries.
- 10K Awards presented to the first 3 male and female runners, the first male and female Brielle residents, first firefighter, first law enforcement, and to the top two male and female finishers in 5 year age groups,
- Online registration at [www.jerseyrunner.com](http://www.jerseyrunner.com)

**GRAND PRIZE DRAWING:** a 2004 Trek Mountain Bike **donated by CSE**, PLUS many other fine prizes and give-aways for all registered runners (must be present to win)

**THE COURSE:** This premier course runs on the beautiful tree lined rolling hill streets of Brielle, making it New Jersey's Most Challenging 10K Road Race. Course Record (current course): Brock Butler 33:07 (2003). Event Record (original course) Philip Hinck 30:33 (1988).

**INFORMATION / DIRECTIONS** (732) 528-6600 x100 or JSRC Hotline 732 542 6090 web: [www.jsrc.org](http://www.jsrc.org) email: [jsrc@hotmail.com](mailto:jsrc@hotmail.com)

Race Location – Union Lane, Brielle, New Jersey. Starting Line at the Brielle Elementary School  
Directions: GSP Exit 98. Travel south on Rte 34, continue south onto Rte 35. Exit at the Brielle Business District sign. Proceed to the junction with Rte 71. Take Route 71 (north) to the first traffic light. Make left onto Union Lane, Brielle Elementary will be on the left.



First Name	MI	Last Name	Age	Sex – M or F
Address		City	State	Zip Code
Telephone		E-mail		
Event (circle)	10K Challenge	1M FunRun	T-Shirt (circle)	S M L XL

**RELEASE**

In consideration for being accepted as a participant in the athletic event described above, I for myself, for my heirs, executors, administrators and assigns agree to assume all risks associated with the athletic competition and also agree that if I am injured or hurt in any way, that I will not make a claim or bring suit against the Brielle Day Committee, Jersey Shore Running Club, all Brielle Officials, employees, agents, coordinating groups, or any individuals associated with the event (hereafter releases), its representatives, successors, and assigns. In addition, I agree not to make any claim against releases for the loss or damage of personal items which may be related to my participation in the athletic competition described above. I expressly waive all rights for claims and damages which I may have against the releases, its representatives 1 successors and assigns and will hold them harmless for any and all injuries suffered in connection with this event. I have been warned that I must be in good health. In filling out this form, I acknowledge I have fully read, and fully understood the Official Entry Form, and understand my own liability and accept the restrictions described herein.

Signed (parent or guardian if applicant is under 18 years of age) \_\_\_\_\_

Date \_\_\_\_\_ FOR ONLINE REGISTRATION

**MAKE CHECKS PAYABLE** to Brielle Day Race Committee  
Mail to: Race Committee - Borough Hall, P.O. Box 445, Brielle, NJ 08730-0445



[WWW.JERSEYRUNNER.COM](http://WWW.JERSEYRUNNER.COM)

# Online Edition Extra

## *Dr. Chuck Whelan*

As reported in the August issue of Footnotes, Dr. Chuck Whelan, club member and past president of Jersey Shore Running Club is seriously ill. Dr. Whelan's business associate Dr. Arthur Levine is organizing a fundraiser to benefit Chuck and his family. We encourage all club members to support this effort as our appreciation to Chuck's dedication to sport of running and especially our club races and events. In addition to holding the office of club president, Chuck was the race director of club's Saturday in the Park Women's Race and a sponsor of that event, and also the race director of Father's Day Race. Below is the information on the fundraiser sent by Dr. Levine. - Editor.

*To My Patients and Friends,*

*Sometimes things happen in our lives that don't make sense. One minute we can practice Chiropractic and then it is gone. This is what happened to my friend Dr. Charles Whelan, a chiropractor who has been practicing for over 20 years in Little Silver.*

*About 2 years ago he started developing neurological symptoms including slurred speech and balance so poor that he needed a cane to walk. Chuck visited some of the top doctors and hospitals in Philadelphia and New York all to no avail. The best they could come up with was ruling out M.S., A.L.S. and Lymes disease. He finally went to the National Institute of Health where they diagnosed him with an atrophy of the cerebellum, "cause unknown and treatment ... NONE".*

*Needless to say, Chuck's medical expenses have become enormous. Several fundraisers are in the works to assist the Whelan family. Our goal is to raise \$50,000 through donations, an ad book to be featured at a buffet dinner in his honor, and a "Run for Chuck". We hope to count on your generosity in this mission of angels.*

*The fundraiser dinner will be Thursday, September 23, 2004 at the Red Bank Elks Club at 7:30 pm. It will consist of a buffet dinner, entertainment, a 50/50 as well as a Chinese auction etc. Tickets will be \$40.00 per person; Order Now Seating is Limited!*

*To order tickets, make a donation or for further information you can contact me at 732-530-0405. Checks may also be mailed to: 746 Sycamore Avenue, Tinton Falls, NJ 07701. Checks should be made out to: Levine - I.T.F. Charles Whelan, D.C.*

*Anything that you can do to help us reach our goal for Dr. Whelans family is greatly appreciated. Again thanks for your anticipated participation!*

*Chiropractically yours,*

*Dr. Arthur Levine*



PO Box 7492  
Shrewsbury, NJ 07702

**Next Club Meeting: Tuesday, August 31, 7:15 PM, Deal Fire House, Deal, NJ**

### Race Calendar

Date	Event	Distance & Start Time	Location	Contact
Sep 4	Saturday in the Park Womens 5K	5K, 9 am	Holmdel, NJ	732 542-6090
Sep 6	Pier Village 5K	5K, 8:30 am	Long Branch, NJ	732 542-6090
Sep 6	Eatontown 5K	5K, 8:30 am	Eatontown, NJ	
Sep 11	Brielle Day 10K	10K, 9:00 am	Brielle, NJ	732 542-6090
Sep 11	Jersey Shore Sept 11 Remembrance Run	6 pm	Belmar, NJ	732 542-6090
Sep 12	Colts Neck 10K	10K, 10:30 am; 1M, 10 am	Colts Neck, NJ	732 780-6666
Sep 18	Tinton Falls Rotary Club 2004 5K	5K, 8:30 am	Tinton Falls, NJ	732-389-1460
Sep 18	Bayshore Classic	5K, 9:30 am	Holmdel, NJ	732 739-5918
Sep 18	Seafood 5 Miler	5m, 8:30 am	Pt. Pleasant Beach, NJ	732 295 1193`
Sep 25	Relay By the Sea	15K, 8:30 am	Sea Girt, NJ	732 542-6090
Sep 25	Carpenter's Classic	5K, 10 am; 1m, 9:15 am	Seaside Park, NJ	732 349-0230
Sep 26	Manasquan Reservoir 5 Mile Run	5M, 9 am	Howell, NJ	732 542-1642
Sep 26	The 2004 Court Classic 5K	5K, 10 am	Lakewood, NJ	1-800-458-8422 x2263
Oct 2	Jersey Shore Half Marathon	13.1m, 9 am	Sandy Hook, NJ	732 409-7644
Oct 2	Sandy Hook Lighthouse 5K	5K, 9:05 am	Sandy Hook, NJ	732 409-7644

Not responsible for accuracy of event dates and times. Check in race applications.  
*Look for club tent and feather at highlighted events*