

October/November 2013

**JERSEY
SHORE**
RUNNING CLUB

Footnotes

Newsletter of New Jersey's Largest Running Club

Volume XXII • Issue 10

**SOMETHING SPOOKY
THIS WAY COMES**



Club Officers

President: Carly DePolo
Vice President: Tina Duda
Secretary: Laura Moetz
Treasurer: Mindy Brady
Web Master: Bob Both
Logistics: Phil Hinck
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 Penny Hinck

Membership

Membership Coordinator:
 Penny Hinck

July Membership Summary:
 Total Members: 4685
 Active Members (Dues Paid): 1163
 Individual Members: 977
 Family Members: 186
 RRCA Insurance Members: 959

Membership Updates:
 Send your change of address to:
 Membership - JSRC
 P.O. Box 7492
 Shrewsbury, NJ 07702.

Contact membership@jsrc.org to
 update your membership information
 or to obtain a membership card.

Volunteering

Volunteer Coordinator:
 Mike Procopio
 Contact volunteers@jsrc.org to
 volunteer or get information about
 volunteering.

Footnotes is a publication of Jersey Shore
 Running Club (JSRC), a non-profit,
 philanthropic organization. This
 publication is produced monthly.
 JSRC is a member of RRCA & USATF
 (Member No. CLUB 0196).

Members are encouraged to submit press
 releases or articles of interest to fellow
 Club members to newsletter@jsrc.org.

Next Issue Deadline:
8:00PM November 1, 2013.

President's Message



I'd like to encourage everyone to get involved in the club. Remember we are a nonprofit organization run purely by volunteers. While many of our events have seen increased participation it is our dedicated volunteers that make us so successful. I know we'd all like to continue with our existing club runs and maybe add more but we need more people that are willing to step up. It was great to hear that our Tuesday Long Branch run is making a comeback so I encourage everyone to try to make it there. Additionally, our Sunday run at Bodman park is a great place to train for a distance race or just go for a run and enjoy the scenery. Please continue to participate in our races, try some of our group runs and if you see something that needs improvement let us know. If you would like to take a more active leadership role in the club please do not hesitate to contact me at president@jsrc.org.

~Carly DePolo, President. ~ *Carly DePolo, President*

JSRC Day at the races





Racing News with Laura Moetz

This month's notes were submitted by President Carly DePolo since Laura was unable to attend.

This month's JSRC General Meeting held on Tuesday, September 24, 2013 at the Bar Anticipation in Lake Como. The Call to order came at 7:40 p.m. and was followed by the

Pledge of Allegiance and Approval of July Club meeting minutes.

Club members approved the following items:

- **Printer.** Our only option is to buy a printer for \$1200 which is anticipated to last for ten years. Approved.
- **Adopt a Family** \$200 per family. We will be adopting four families, \$800. Approved.

We received a "Thank You" from:

- **NJ International Track & Field Meet** for our sponsorship.
- **Mary Ann McKean** from when she was ill.

Old Business

Saturday, August 31: Saturday in the Park: Penny Hinck. 20th anniversary. Thanks from Penny for participating: running, hanging out, volunteering—whatever you did, thank you. All finishers got a charm necklace this year. 30% more registered than last year which means several thousand dollars more for our charities than last year.

Monday, September 2: Eatontown 5K. Terry McKean said it was a humid morning, but a good race. Terry placed 3AG with a time of 28:14. Over 100 prizes. Carly noted that the McKean's always win.

Monday, September 2: Pier House 5K. Patrick reported. Humid morning but not too bad for a 5K. Final in the Grand Prix series, Penny said there was a huge turnout and ran out of shirts for the whole series. They ran out of shirts!

Saturday, September 7: Brielle Day. Diane Cheer said the article appears in the newsletter, so get

your details there, but strong showing of volunteers from JSRC and some great prizes.

Sunday, September 8: Mya's Run for Gold: Matt Schafer wasn't present to report, but Bob Both wrote a nice article about this nice run with around 500 runners. His article appeared in last month's newsletter and on examiner.com. Mya's Run organizers help out with Asbury 5K.

Prize Drawings:

Winner! Pat Ford, \$25 gift card for NationalRunningcenter.com

Winner! Mike Procopio, Road ID

Wednesday September 11: 9/11 Run in Belmar. Tim

Mahoney said "There was a record turnout, unlike lots of other 9/11 events where participation has dwindled. This one was bigger than ever. If you weren't there, I'll see you next year. I don't know what part of that run is the best part, but in Spring Lake, there are family members waiting for us each and every year. Even a tough guy can get choked up there. We run in silence as a big group of great people who form together for one common reason. We're not going to let anyone ever forget. It's a grassroots thing. Word of mouth, as long as I'm around, I'll be there on September 11 at 6:00. There were almost 400 people this year."

Saturday, September 14: Run for the Arts, Ocean Grove.

Mike Procopio said "Oy!" It was a really good race. Course change this year due to no boardwalk. Also not enough course marshals and not well marked, so a few of us went off course and did a little

extra. Started on Main Avenue and went up toward the auditorium. Huge turnout, maybe 474 people. Usually only 100 people. Over 300 pre-registered this year, cross country teams from as far away as Ramsey came. Tina Duda agreed it just wasn't marked as well as it should be. If we had helped, there wouldn't have been any issues.

Saturday, September 14:

Ocean Ave Mile. Dave

Zurheide and Jamie Gallagher weren't present to report, but Penny Hinck said it was really nice. The wind was favorable; wind-dated miles. The winner ran 4:02. Only once in Monmouth County has someone ever run under 4 minutes. Does anyone know who that was?

Prize Drawings:

Winner! Bill Koch won a Road ID. Bill declined, so new member Jack Munn won it!

Winner! Michael Zippo won another Road ID.

Winner! Mindy Brady won a Road ID but declined so Kathie Leveson won it!

Sunday, September 15: Jersey Shore University Medical Center 5k. There were many club winners, Nancy Thorne reported. It is a little hilly, and it is catered by Branches. There were many club award winners including Pat Ford and Carly DePolo.

Pat said "It's good for little kids, with fire trucks and trains!"

Sunday, September 15: JSRC Day at the Races, at Monmouth Park. Our Annual event, and we had a pretty good turnout. Charlotte and Mark Griggs started with \$12 and they got to walk away with \$12. Terry McKean won \$90 on the exacta. Phil Hinck won (and he almost lost) the 50/50.

Saturday, September 21: Howell Suicide Prevention Ramtown 5 Miler. Sandra Etlinger placed in her age group.

She said it was a very challenging 5-mile race. She got third female. **Saturday, September 21: Keyport 5K** It was reported that many JSRC winners were mentioned in Bob Both's Examiner article.

Sunday, September 22: Howell Reservoir 5 miler, Monmouth

County Park System. Pat Ford said "It's a great race for anyone who runs the Manasquan Reservoir, and it had 123 runners. Good day, the weather's always nice there. Too bad they don't have more runners but...oh well." Pat came in first "because none of those young fast guys show up!" It really is a neat run and they give you a cool t-shirt.

Sunday, September 22: Tan-ners Run. ORC in Seaside Park. It did go on, despite the fire.

Prize Drawings:

Winner! Donna Mehler won a \$25 gift card for NationalRunningcenter.com

Winner! Mike Washakowski won a \$25 gift card for NationalRunningcenter.com

Winner! Bryan Borden won a \$25 gift card for NationalRunningcenter.com

Upcoming Races

Saturday, September 28, 9 a.m.: XC series begins at Thompson Park. Use the back entrance. Check Shore AC website for details. JSRC would like to enter some kind of a team. In the past, Steve Apostacaulus has been our de facto captain, but he's injured and won't be there. Bonus points for over 40 and over 50!

Sunday, September 29: Allaire 5k. Reggie Hyde usually does it, Charlotte and Mark Griggs might do it. Tim Mahoney said it's right before the grammar school championships in Allaire Park.

Sunday, October 6: Jersey Shore 1/2 Marathon at Sandy Hook. Pat Ford says it's a flat course, I like that race, it's a really good race,

out and back, you see the other runners (**Mike Procopio** said, "But the other runners don't see you!"). **Jack Cheer** recommended pre-registration, post-reg may be at McLoone's Rum Runner under a tent. They are expecting over 900 runners due to the low price point. JSRC works the finish line, so you can help with that. Penny does t-shirts and you can help with that as well.

Prize Drawings:

Winner! Tina Duda \$25 nationalrunningcenter.com gift card

Winner! Mary Ann McKean,

Winner! Christopher Vitolo,
both won Road IDs

All the prizes were complements of *Saturday in the Park*. (thanks to **Dawn Ciccone**)

Sunday, October 6: Little Silver Classic. They picked the same date as the Jersey Shore Half...oops.

Saturday, October 12: Rat Race, Wall. **Ken Vercammen** asked, "How far is it?" No one knows. It's at Pat's 30 Acres and they run through the woods.

Sunday, October 13: Run through Deal. **Steve Foley** said, "You can't beat it; free beer after the race. Supports the fire house (our "club house")." Come out and support Deal Fire House!

Saturday, October 19: Interlaken 5k. **Carly** noted we do a whole bunch of stuff for them, including finish line. Small 5K, beautiful course, tree lined with fall colors along the lake. A little party in the park after the race, with kegs!

Sunday, October 20: Seaside Half and 5K, an ORC event. **Carly** and **Nancy Thorne** are training for the half. Unfortunately it can't be on the boardwalk due to the fire; they are still working on a new route. They always need volunteers even if you don't run. Even though it's an ORC race, let **Mike Procopio**

know if you can help at volunteer@jsrc.org and Mike will let them know.

Sunday, October 27: Trick or Trot 5K. **Mike Procopio** is the new race director. 20th anniversary this year. 5K, Seven Presidents Park along Promenade and back. Dog Walk, costume awards, ccos-tume parade, the usual shenanigans. Mike is seeking help with the kids races, almost a kids races director, not just help on race day. Carly said it's a JSRC race, so we want to support!

Sunday, November 3: New York City Marathon Bus.

Mike Procopio said the runners bus is full but there is room on the volunteer bus. Deadline: end of September. NYRR is being strict on the deadline this year. Info is on the table and you sign up with NYRR to get on their list, then you let us know if you are taking the bus. There are usually a couple of coolers on the bus on the way home.

Sunday November 10 is the HASHATHON. Race Director **Mark Griggs** said \$30 gets you a long sleeve black t shirt. Screen printing this year instead of embroidery. Going to open the top deck this year. Always the Sunday after the New York Marathon. You can run or volunteer. Also, the Hashathon has very interesting awards, said Mike P. Post party again at Haley Fire House.

Club Runs

Sunday Runs: **Liz Ireland** said she might have a new director but not available until after the Navesink Challenge. A bunch of us still put out water, but we haven't had refreshments since June. Contact Mike or Carly if you can help.

Meet Our New Members:

Lisa Deady from Freehold

I am happy to be a new member of JSRC. I've been running for fitness most of my adult life but never with a specific goal. I began long distance running two years ago and have been hooked ever since.

I ran my first half marathon in Long Branch this year with a time of 2:15. I planned on running the Sandy Hook half before it was cancelled, instead I am now running Seaside. My goal is to run a full marathon on or before my 50th birthday.

I am a registered nurse and recently relocated from Old Bridge to Freehold. I had a wonderful training partner who kept me running 4-5 days a week and have been a member of Old Bridge Road Runners for the past 2 years. I hope to develop a similar network in my new area.. I look forward to attending the Thursday group run in the near future and welcome the chance to meet new people and improve my running.

Lisa Conti from Point Pleasant

She knows Bob Both and Karen Charles from the beginner running class.

Jack Munn from Robbinsville

Jack joined last week, and travelled all the way from Robbinsville in Mercer County for the meeting. He said, "Any running club that meets in a bar can't be all that bad."

Denise DiOrio from Freehold

Denise has been running for few years.

Chris Vitolo from Brick

"I did a few 5ks this summer, I liked it, want to see where it goes from here."

Tuesday Run: Is the original club run and it's been resurrected. **Mark Griggs** has always gone religiously. Hopefully it will be going strong once more.

Thursday Run: **Jim Murphy.** We average around 25 people. It's a little windy every Thursday, for some reason.

Clothing Report

White singlets are \$25 and orange singlets are \$20.

New! Windbreaker jacket full zip with hood, will be \$20 or \$25. Lined warmer jacket with hood. Après run with sweatshirt liner. \$30

Newsletter Submissions

Anyone can submit. Take advantage of that. We love to hear about different races, and your and your race times.

Prize Drawings:

Winner! Charlotte Griggs won a Road ID!

Winner! Tim Mahoney also won a Road ID, since he already had one **Pat Quigley** won.

Winner! Liz Maggio received a Road ID.

Winner! Chet Szymanski won a \$25 nationalrunningcenter.com Adjourn 8:32pm

Next Meeting

Will be October at Deal Fire House, Brighton Avenue, Deal. Our November meeting will be held November 26 at Bar A (two days before Thanksgiving). Since Christmas falls on the last Tuesday in December, there will be no Club meeting in December.

Member Updates

HOLIDAY PARTY 2014 UPDATE

SAVE THE DATE! The usual date for JSRC Holiday Party (second Saturday in February) is not available at Doolan's in 2014. The new date is **February 8, 2014**

NEW YEAR'S EVE RUN

Danny Napolitano, New Year's Eve Run Race Director,, says the Run will be at **Sea Girt Army Camp** with the post-race party at Edgar's on Route 71. **Danny Napolitano** is the race director.

ADOPT A FAMILY

SAVE THE DATE! Adopt a Family target date is **Monday, December. 16.** The board approved \$200 per family donation from JSRC. More details will be forthcoming.

BEATING MOUNT WASHINGTON

Tim Mahoney ran the Mount Washington Road Race on June 15. "It's just one hill." Mount Washington has recorded some of the highest winds in the world. The race is held on the ultra-steep 7.6-mile Auto Road. Tim said, don't get stuck in a 5-mile or a 5K...the same distance. Run with fun!

FALLEN HEROES

Carla Perone said she did the Fallen Heroes 5K on Saturday, September 7, same day as Brielle race, for the second year. It's put on by the firefighters union. Carla got 2AG with a time of 24:35, and a good cause.

JIMMY D 5K

Kathie Leveson did the Jimmy D 5K in New Brunswick on Sunday, September 1 for the third year in a row. Sunday. Humid, hilly course, great after party with beer truck, ice cream. Supports burn victims.

TEXAS RUN

Joe Freeman did a 9/11 run in Houston, Texas this past September while he was there on business. Actually, it was in West Columbia, Texas, population 400. "I drove two hours to get there. They send their best. They've been doing their 9/11 run for six years and they welcome everyone, anytime. Their run is always the Saturday after 9/11."

NEW COACHING WEBSITE & BLOG

Joan Scrivanich's Triathlon and Coaching business has a new name...Rise Endurance. She has some running clinics lined up for October and November and more information about her business her blog can be found on RiseEndurance.com. Or you can learn more about her upcoming events and trainings on Facebook at facebook.com/RiseRunning

SHORE AC JERSEY SHORE HALF MARATHON

Dave DeMonico reports "The government shutdown has closed down Sandy Hook (a National Park) and that forced the cancellation of the Shore Half Marathon. The Shore Athletic Club had no choice in this matter and was just as upset as everyone who had planned to run the half or accompanying 5k. There are fixed costs already outlaid and, like most races, there are no refunds. The race is offering the option for all registered runners to DEFER their registration until next year's race. Runners choosing not to defer their registration until next year were able to pick up shirts Sunday morning at McLoone's Rum Runner, on Ocean Avenue in Sea Bright. This great race has long been a Jersey Shore tradition and it will be back next year, we're looking forward to 2014!"

A JSRC Tradition

The 19th or 20th Trick or Trot to be held on Sunday, October 27, 2013

By BOB BOTH

On Sunday, October 27, 2013 the Jersey Shore Running Club will be hosting its 20th Annual Trick or Trot Race. Last year's race had to be cancelled due to the impending Hurricane Sandy – so if you don't count last year it would be the 19th year. The post-race party was held so maybe it counts. The race has a long history at the Jersey Shore and is a favorite for runners many who dress in costumes for the run and the post run costume parade.

The start is on the Long Branch Promenade and finish is at Seven President's Park in Long Branch, N.J.

The 5K course is fast and flat mostly on the Long Branch Promenade, boardwalk and ocean front road. It's a scenic ocean front course that goes through Pier Village.

So save Sunday, October 27, 11:00 a.m. for the Trick or Trot 5K at Seven Presidents Park, Long Branch, N.J.



BOB BOTH'S RACING RECAPS

The fall is a great time for runners with lots of events and a great time to run with cool weather. In addition to the races many runners are training for upcoming fall marathons and getting in their longer runs of 18 plus miles. The weather was an ideal one for getting in these long runs.

Rats coming to the Jersey Shore

Rats will be invading the Jersey Shore on Saturday, October 12 making their beachhead Wall Township. The "Rats" (or spirited runners) will be competing in the Rat Race-Fall Edition.

This annual run draws people from all over the country for a 3 - 5 mile "hash" style run (or walk) over woodland trails, swamps, streams, sewers, tunnels, wild piranha and mud pits. This wild adventure is followed by a fantastic party with four great draft beers (think Guinness Stout, Heineken, Miller and Long Trail Ale), lots of burgers, pizza, chili, clam chowder, subs, music, games and prizes. Prizes include some cuddly pet rats (just kidding). With the popularity of mud runs, Spartan challenges and similar events, this should be of particular interest to the thrill-seeking crowd. This "mud run" is THE original and one where you don't have to pay more than one hundred dollars to get down and dirty.

According to Race Director and Head Rat **Bill Scholl** of Wall, "After the race you can enjoy your favorite beer and other refreshments at Pat's 30 Acres on Hurley Pond Road in Wall. The location is convenient to the Garden State Parkway."

Join The Rat Race Golf Championships! For a small added fee, you compete in various events (longest drive, closest to pin, nicest putter, best swing, etc.) to win lots of fun stuff and get to take home a Rat Race Hash golf towel. All of this fun, mud, food and nifty giveaways can be yours for only \$50.00.

Your registration includes the run, bus, food, beer/beverage and party. Register today at: <http://register.boardwalkrelay.org/search/event.aspx?id=18428>.



31st Run Thru Deal set for October 13, 2013

The 31st Annual Run Thru Deal 5K and One Mile Runs will take place on Sunday, October 13, 2013 in Deal, N.J. **Steve Foley** and **Scott Lewis** are both the event organizers and borough volunteer firemen who have been involved in this event from its inception.

The race has been a long-running staple on the local road race calendar. The event includes a one-mile race which starts at 10 a.m. and a 5K race to follow at 11 a.m.

Both events start in front of the Deal Casino swim club on the wide expanse of Ocean Avenue. From there they run through the local streets and back to the swim club for a finish under the canopy at the entrance of the club.

Ocean County 5k races shine

There were two great 5k events in Ocean County, New Jersey on Saturday, October 5, 2013. In the north it was the **Shark Run 5k** in Bay Head which was a benefit for the Bay Head School which was damaged by Hurricane Sandy. In the south it was the **Beechwood 5k** that benefited Beechwood Recreation held in Beechwood, N.J. It was a beautiful morning for both events with unseasonably mild temperatures in the 60's.

The Beechwood 5k had 106 finishers. The race was directed by **Steve Komsa** of Beechwood. The event featured some interesting volunteers on the course in Star Wars garb. Many Ocean Running Club members were on hand running, helping and promoting their upcoming Seaside Half Marathon on October 20, 2013.

Coming in first overall and for the men was **Kristopher Neff** of Tuckerton in 17:54. He was followed by **Matt Cookson** of Toms River in 18:46 and rounding out the top three was **Anthony Guevara** of Jackson in 20:07.

For the women it was **Carolyn Rogers** of Toms River crossing the finish line first in a time of 21:46. She was followed by **Mary Blais** of Manahawkin in 22:18 and then **Beth Merrill** of Bayville in 22:31 for the top three.

The **Shark Run 5k** in Bay Head had 350 finishers.

Coming in first overall and for the men was **Dave Slavinski** of Point Pleasant Beach in a time of 16:07. He was followed by **Mark Zamek** of Macungie, Pa. in a time of 17:06 and then **Eddie Carvente** in a time of 17:22.

For the women it was **Jocilyn McNally** of Kensington, Md. in 18:52. She was followed by **Jacqui Gordon** of Point Pleasant Beach in 20:30 and then **Amy Cooper** of New York City in 21:27 to complete the top three.

Déjà vu all over again with NYC Marathon?

Last year's New York City Marathon was cancelled at the last minute on the Friday preceding the race due to the lingering after effects of October's Hurricane Sandy. Many runners had braved terrible conditions to make it into NYC to pick up their bibs and race packets.

Now, another storm may be brewing. Not in the Caribbean or the Atlantic Ocean, but coming from the Eastern Seaboard in the form of a Federal Government shutdown beginning in Washington D.C. The staging area for the Marathon start is Staten Island's Fort Wadsworth — a National Park and part of the Gateway National Recreation Area. The Jersey Shore Half Marathon held on Sandy Hook (part of gateway National Recreation Area) was officially cancelled.

As a National park, the Fort will be closed if the shutdown continues until Sunday, November 3, 2013. Tjis will make it next to impossible for the marathon organizers to come up with an alternative staging area.

The marathon is still a few weeks away, so speculation may be premature, but if there is no budget resolution soon might it be Déjà vu all over again.



BOB BOTH'S RACING RECAPS

Direct Edge Newport Liberty Half Marathon marks 20th year in impressive style

The 20th Annual Direct Edge Newport Liberty Half Marathon was held on Sunday, September 22, 2013 in Jersey City, N.J. The popular half marathon drew a large field with 2696 finishers who made their way through an awesome scenic course which featured spectacular views of the New York City skyline. According to one of the organizers, **Elizabeth Walden**, "the race also attracted a substantial crowd to Newport; family, friends and more lined up along the Hudson River waterfront to celebrate and cheer on the runners all along the way."

The weather certainly cooperated with a cool crisp fall morning at the 8:30 a.m. start with temperatures barely in the 60's. The sun shined bright offering amazing vistas of the NYC skyscrapers to include the Empire State Building and the new World Trade Center (Freedom Tower) building. It had rained earlier in the morning making for some slick conditions but it did not affect the top runners who put in some impressive times.

14th Annual Run for the Arts 5K was picture perfect

The Annual Run for the Arts 5k and two-mile walk was held on Saturday, September 14 in Ocean Grove. It was staged by Jersey Shore Arts Center volunteers which is located in what was the old Neptune High School.

The record crowd of about 600 runners and walkers were graced with picture-perfect weather—low humidity, sunny skies and a bit of a chill in the air at the 9 a.m. start with temperatures barely 60 degrees.

The course for the event proved to be a spectacular one with a start on Main Street by Ocean Grove's historic arched entrance, leading the runners east through the business district, to the oceanfront, past the Great Auditorium by Wesley Lake and a finishing at the Jersey Shore Arts Center.

The event was to benefit the new Culinary Center for Visually Impaired & Special Needs Individuals housed on the Center's third floor. It will provide a state of the arts and industry-like setting for students to learn about kitchen and restaurant management.

Directing the event since its inception was **Fran Appolloni** of Ocean Grove who recalls the events first few years with about 60 runners.

Keyport 5k kicks off fall racing season



The first official day of the fall racing season got off to a great start at the 7th Annual Keyport 5k held on September 21, 2013 in the Bay Shore community of Keyport, N.J. The town was one of those impacted by Hurricane Sandy nearly a year ago and remnants of the destruction could still be seen along sections of the course. But the bay area and downtown have been revitalized and was buzzing for the 5k race which attracted a large field of runners.

It was overcast with temperatures in the lower 60's for the 8:30 a.m. start. The runners lined up on the street in the downtown section of the town. Race Director, Nancy Jones of Keyport gave the participants their final instructions and off they went through the town. The runners then finished along the park by the bay.

Holding the finish tape for the winners was Race Director, Nancy Jones and representing one of the major sponsors Cliff Moore of the International House of Pancakes in Keyport.

Awards were presented after the race in the park by Nancy Jones to the overall and age group top finishers. Lots of random prize awards were also presented and everyone went home happy on a gorgeous day at the Bay Shore.

Fast times at JSUMC 5K

It was a bright sunny morning with chilly temperatures barely 60 degrees at the start of the Jersey Shore University Medical Center (JSUMC) 5K held on Sunday, September 15. The race took place at the Jersey Shore University Medical Center located in Neptune, where some of the area's fastest 5K times in recent memory were recorded for both the men and women.

The event was the culmination of the Meridian Heart and Sole Cup race series which included the Bayshore 5K and the Ocean Medical Center 5K and \$12,000 in total prizes.

The race was organized by Meridian staff members led by Race Director, **Robert Cavanaugh** of West Long Branch.

Runners lined up on the side of the Center. A

Color Guard stood in the front of the runners as the National Anthem was sung and the runners all stood in solemn attention.

Last minute instructions were provided by Jersey Shore Running Club's **Phil Hinck**. A cannon marked the start of the race and the runners took off. They exited JSUMC onto Route 33 for a short stretch and turned into the neighboring community. Once in the neighborhood, the runners were presented with some challenging hills before making their way back to the finish on the side of the Center, where waiting for them were a doctor and nurse appropriately attired at the finish line.

Many departments in the hospital participated and wore distinctive colored shirts either running



or walking the course as a group.

Afterward runners were treated to a huge barbecue and plenty of post-race snacks. Awards were presented by Race Director, Robert Cavanaugh to overall and age group winners.

BOB BOTH'S RACING RECAPS

17th Annual Allaire 5K and Grammar School races

The 17th Annual Allaire 5k was held on Sunday, September 29, 2013 in Allaire State Park in Wall, N.J.

The weather was near ideal for the runners at the 8:30 a.m. start of the race on the wide open field in the park.

The runners ran across the field and then into some gentle trails through the park on the sunny day with temperatures barely into the 60's. There were 248 finishers in the 5k.

After the 5k race there was the New Jersey Grammar School Cross Country Races where schools from all over New Jersey participates.

Brand new 5-Mile race in Howell a success

On Saturday September 21, 2013 a brand new 5-miler: The Howell Township 5 was held. **Pete Bruno** of Howell, who is on the Board of CONTACT of Monmouth and Ocean Counties, was Race Director for the event.

CONTACT provides 24/7 Crisis Intervention and Suicide Prevention support to include a hotline. He was able to stage the race with the support of the Board to help raise some money to continue the invaluable work of CONTACT in both Monmouth and Ocean Counties.

Pete is a frequent participant in local races for many years and this was his first experience directing a race. He says, "I did not realize it would be so much work, but Howell Township has been very supportive." The course was an exciting one with a five-mile loop around the Ramtown section of Howell which included some gentle rolling hills. The local Elks Lodge also assisted with the event.

Running – stronger than the fire and the storm

The devastating fire in Seaside Heights on September 12, 2013 affected several upcoming events scheduled there.

The Seaside Half and 5K remained on schedule.

Other events are still in the process of assessing their situation. Most likely, the events will go on as they will prove that, like runners, they are "stronger than the fire and the storm."

Tanner's Run has already held their event in Seaside Park on Sunday, September 22nd. According to event organizer and Tanner's dad, **Dana Edwards**, "This was an opportunity to not only support the cause associated with Tanner's Run but also show support to the local community that has been devastated. This race is being run help a child and a community."

Congressman Jon Runyan, former NFL Philadelphia Eagle great has been a supporter of the event and the cause and has attended Tanner's Run for the past 3 years and, as in the past, was there again this year.

The Race for Respect in Seaside was cancelled.

Little Silver 5K turned 20 on October 6,



The 20th Annual Little Silver 5k was held on Sunday, October 6, 2013 in Little Silver, N.J. The day started out with overcast skies and a very slight mist in the air and temperatures barely into the 60's for the large field of about 600 participants.

The race started and finished at Red Bank Regional High School, 101 Ridge-Road, Little Silver, N.J. 07739. There was a preliminary One Mile Fun Run scheduled for 8:45 a.m. and a 5K event scheduled for 9:30 a.m. to be followed by kids' races of various distances based on age group from pre-school through 4th grade.

First to go off at 8:45 a.m. was the one mile fun run which was popular with many local youth and had a field of about 100 participants. The run started and finished on the Red Bank Regional High School track. The 5k went off at 9:30 a.m. in front of the high school. Although this race is billed as a flat, fast and USATF Certified course through the Little Silver community, it began with a fairly long uphill for several blocks, before making its way through the borough and heading back to the high school for a finish on the track.

Coming in first overall and for the men was **Robert Cavanaugh** of West Long Branch in a time of 16:10. He was followed by **Dannie Waits** of Little Silver in 16:45 and then rounding out the top three was **Will Alston** of Matawan in 17:30.

The first women was 11-year-old **Catherine Wimmer** in 19:46. She was followed by **Katie Connor** of Rumson in 19:50 and then Race Director, **Dawn Wilcox** of Little Silver in 20:02.

After the 5K kid's races were held on the track for various age groups. Awards were then presented to the overall and age group winners, as well as to the top male and female Little Silver finishers.

Afterward many of the participants headed over to the Little Silver Fire-house to celebrate the 20th year of the race with food, drinks, music and activities for kids at the post-race party.





34th HASHaTHON 6 Mile Trail Race

A Jersey Trail Classic!!!

JSRC Sponsored Event Sunday Nov. 10, 2013

Race run in cooperation with the Rumson Hash House Harriers

Cheesequake State Park Exit 120 off the GSP, Follow Signs to the Race

Race Day Registration: 9:30 * 1 Mile Fun Run 2\$ - 10:30 * 6 Mile Run - 11AM

ENTRY FEE: PRE-ENTRY \$30 with Shirt * \$13 without a shirt (prior to Nov. 1)

POST: \$35 with shirt WHILE SUPPLIES last! * \$15 Post Entry without a shirt

***Long sleeve screen printed Hashathon T-shirt!**

AWARDS: 3 Overall & 3 deep in 10 year Age Groups PLUS other FUN awards!

Additional Hashathon clothing available for sale on race day while supplies last. Special Raffle Prize after Race.

The course encompasses winding wooded trails, gullies, footbridges, small streams, fallen trees, varmints & several eco-systems. You will run through cedar forest & beautiful wetlands. The course is tough, challenging & hilly, but most everyone finishes intact for our post-race party.

Info - call Mark Griggs / Race Director (732) 528-0132 (Evenings) / email - markgriggs2000@yahoo.com



PLEASE PRINT NEATLY & FILL OUT COMPLETELY OR THE APPLICATION WILL BE RETURNED - SIGNATURE REQUIRED BELOW*

FIRST/LAST Name Age M / F
Sex Phone / E-Mail

Street Address City State Zip

ENTRY + SHIRT * \$30 / \$35 after 11/1 * T-Shirt Size: XXL XL Large Medium Small
ENTRY - NO SHIRT \$13 / \$15 after 11/1 (please note, the T-shirt is optional)

Amount Enclosed \$ _____ Event - Please Circle One 6 Mile Race 1 Mile Fun Run

RELEASE - I know that running the Hashathon is a potentially hazardous activity & 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 weather, including high or low temperatures and/or humidity, traffic and the conditions of the course, all risks being known & appreciated by me. Having read this waiver & knowing these facts in consideration of your accepting my entry, I, myself & anyone entitled to act on my behalf, release the Jersey Shore Running Club, it's officers, members & race volunteers, the Rumson Hash House Harriers, Cheesequake State Park, it's employees and all sponsors, their representatives, employees & successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. Further I grant to all of the forgoing the right to use any photographs, motions pictures, recordings or any other record of this event for legitimate purposes. IN SHORT "IF I GET HURT IT'S MY OWN DAMN FAULT"

Signature * _____ Date _____ *Parent/ Guardian if under 18.

Make Check Payable to : THE JERSEY SHORE RUNNING CLUB

Mail to: Mark Griggs C/O the Jersey Shore Running Club PO Box 150 Allenwood, NJ 08720

You can also sign up on-line at www.active.com. Race info & application also online at www.JSRC.org

***** CO-ED SMOKERS CLASS - RETAINED FOR 2013 *****

BITS & PIECES ABOUT JSRC

JSRC CLUB RACES & EVENTS

The Jersey Shore Running Club is about promoting the benefits of running. However, we are also largely about helping the community. All of our races are put on by volunteers. All of the money from the sponsors and race fees after general expenses goes to local charities. As you are planning your race calendar please continue to support your local running clubs and local races.

- **Celtic Tribute 5K**
Long Branch (varies; weekend before Easter)
- **RunAPalooza***
Seaside Heights to Asbury Park-Marathon, Relay and Half Marathon (April)
- **Lake Como 5K**
Lake Como (April)
- **Father's Day 5K**
Wanamassa, Ocean Twp (June)
- **JSRC Summer Series**
Wall Twp (Aug – Sept)
- **Saturday in the Park**
Holmdel Park (Saturday of Labor Day weekend)
- **9/11 Remembrance Run**
Belmar (September)
- **Boardwalk Relay**
Asbury Park (September)
- **Trick or Trot**
Seven Presidents' Park, Long Branch (October)
- **Hashathon**
Cheesequake Park (November)
- **Navesink Challenge**
Bodman Park, Middletown (November)
- **New Year's Eve Twilight Run**
Asbury Park (December 31)

JSRC Events

- **Club Holiday Party**
(February 16, 2013)
- **JSRC Day at the Races**
Monmouth Park Race Track, Oceanport (September)

* No Relay Marathon in 2013 due to Hurricane Sandy

10 October/November 2013

OFFICIAL JSRC GEAR

From baseball caps to socks, JSRC can cover you from head to toe with stylish "can't run-without" goodies. Items are available at Club Runs, Events, & Meetings. You can order by mail using the order form found on www.jsrc.org/jsrgear/orderform.pdf. Just click on the button for JSRC Gear to see what the Club has to offer. Please email Penny at gear@jsrc.org when mailing in your order.

VOLUNTEERING

Get involved in **YOUR** Running Club. Volunteer services are always needed. Next time you don't feel like running, volunteer. In most cases, the odds are that your help would be more than welcome. Offering to help out takes only a few hours a month. All Members are invited to participate, and who knows... you may even make a few new best friends in the process. Plus, after volunteering (and working) for four or more events, the beautiful JSRC lapel pin will be yours! Volunteer to get yours today! If you think you'd like to help out, contact any of the Club Officers, race directors, or contact **Mike Procopio**, our Volunteer Coordinator at: volunteers@jsrc.org to volunteer.

MEMBERSHIP INFORMATION

JSRC Online Membership Search

To search your name in the membership database, type in:
Your **Last** name.

Search Hints:

- Enter lastname to list your membership information. Optionally, you could enter firstname and zipcode.
- Enter firstname only (e.g., Robert) to list all members with the firstname.
- Enter zipcode only (e.g., 07702) to list all members in a zipcode.
- To search with part of a name, enter the first few characters (e.g., Hin to list names starting with Hin; S to list names starting in S)

For more information, contact: membership@jsrc.org

SEND US YOUR NEWS

We love to hear from our members and to find out how their running programs are progressing, what new life changing events have happened to them and members thoughts about running. We want to help you celebrate your achievements and milestones. Everyone needs a reason to smile. Send news to: newsletter@jsrc.org

SUBMISSIONS

Submit your ideas, photos, articles, stories and news items PRIOR to the monthly deadline listed above. When you submit, please:

- Check spelling, grammar and proper names before submitting your information.
- Photos should be a minimum of 300dpi and DO NOT embed photos in a Word document.

Send your submissions to Editor @jsrc.org or Newsletter@jsrc.org.

HAVE PHOTOS YOU WANT TO SHARE?

If you have a great photo you would like to share, send it in! We love getting photos of our Club members! Send it as a 300dpi jpg file. Include your name, photographer's name and subjects' name(s) so we can give proper credit! Send photos to: newsletter@jsrc.org

RACE PIN RECYCLING

JSRC recycles those little safety pins that we provide at no charge to you at all the races. You know the ones you use to attach your racing number bib to your shirt. Rather than throw them out and before you lose them send your pins in an envelope to: JSRC Pins, PO Box 7492, Shrewsbury, NJ 07702.

PUBLICATION DATES

The next issue is scheduled for **September 2013**. Your submissions, ads and race applications **MUST** be submitted prior to the **8:00 PM deadline on Friday, Nov. 1, 2013**.

Information is due 8:00 PM on the Friday following our Club meeting if it is to appear in the current issue.

ADVERTISE IN FOOTNOTES

Reach your customers cost-effectively! Your message will be seen & read by JSRC members. Older issues are available online to download. Save on direct mail pieces by including your advertising in our newsletter. As the largest running in New Jersey, you will reach approximately 2000 readers each month. For information about pricing for three, six, or twelve month plans, contact: Editor @jsrc.org or Newsletter@jsrc.org.

RACE APPLICATIONS / ADVERTISING

Race Directors Please note:

Race Applications are **\$75 per full page** per month prepaid. Half pages are **\$40 per month** prepaid.

For information about pricing race applications, contact: Editor @jsrc.org or Newsletter@jsrc.org.

MEMBER-TO-MEMBER ADVERTISING

Member to member advertising is available at no cost (free) to Paid Up Club members in good standing. If your dues have lapsed and/or you are not a member you cannot advertise in the member-to-member column—it is for **MEMBERS ONLY**.

Current paid up members may send their member-to-member advertising to: Editor @jsrc.org or Newsletter@jsrc.org.

NON-MEMBER ADVERTISING

For information regarding non-member or sponsorship advertising, contact: Editor @jsrc.org or Newsletter@jsrc.org.

COACHING & TRAINING INFO

COACHING AND TRAINING

JSRC Certified Coaches

If you are interested in improving your running and would like to get a coach, there are several RRCA Certified Coaches in the local area. This Jersey Shore Running Club listing does not endorse any specific program. It is a way for you to become aware of what coaching and training programs are available to you. The listing indicates the Coach's name, their homebase, and an email address so you may contact them for more information.

RRCA Certified Coaches

- **Robert Both**, Wall Township | bobboth@hotmail.com
- **Karen Charles**, Spring Lake | karen-charles@hotmail.com
- **Liz Ireland**, Red Bank | Rundamentals@verizon.net
- **Robert Neugass**, Marlboro | rwn0461@hotmail.com
- **Joan Scrivanich, MA** | TriCoachJoan@gmail.com | 201-906-3209
Triathlon & Running Coach; USA Triathlon Level 1 Certified Coach; USA Track & Field Level 1 Certified Coach; NSCA Certified Strength and Conditioning Specialist.
- **David Zurheide**, Middletown, DRZurheide@aol.com

NJ Programs

- **Certified Chi Running® / ChiWalking®**
David Stretanski, Instructor | www.eChiFitness.com | 908-930-8878
- **Half-Marathon Training Program:**
Karen Charles | karen-charles@hotmail.com
Robert Both | bobboth@hotmail.com
- **Triathlon Coaching - USAT Level 1**
Joan Scrivanich, Certified Coach | TriCoachJoan@gmail.com | 201-906-3209
RiseEndurance@gmail.com | http://riseendurance.com
- **Run College: Running Classes and Coaching at the Jersey Shore**
Karen Charles | karen-charles@hotmail.com
Robert Both | bobboth@hotmail.com
- **Rundamentals:**
Liz Ireland | Rundamentals@verizon.net

RUNAPALOOZA 2014

Asbury Park Half Marathon will be held **Saturday, April 26, 2014**
8:30 am Start

Registration:

\$60 until January 1, 2014

\$65 until March 1

\$70 until April 1

\$75 after April 1 or until limit is reached.

Event will be held rain or shine. No Refunds.

Bib Pick Up Dates and Locations

Bib Pick Up Day of Race will require a \$5 personal check donation to Special Olympics. Bring a valid photo ID. We must do this to insure you are who you say you are!

Medals To All Finishers, Dri Release Shirt to All Pre Entrants, Overall and Age Group Awards

LIMITED TO 2000 RUNNERS

www.facebook.com/groups/jsrc1

JSRC CLUB RUNS

Join one of our Club Runs near you!

Running with a group is a great way to meet fellow members and a good way to keep your running on track all year round. All paces are welcome at each Club Run. See you there! Check out our website for current running information.

Sunday Run

Bodman Park just off Navesink River Road at 8:00 AM. Groups run from 6 to 22 miles mostly on trails through Hartshorne Woods Park & Huber Woods & the surrounding areas with scenic views. There is also the opportunity to walk on Sunday mornings. The distance is 6 miles, and start time is variable. .

Tuesday Run

Long Branch Windmill across from Seven President's Park at 6:00 p.m. We do a 4-6 mile run along the boardwalk and around Lake Takanassee passing the Dr. George Sheehan Memorial.

Thursday Run

Lake Como: Back on the boardwalk! Meet at Dunkin Donuts on the corner of 16th Avenue at 6:00 p.m. We do a 4-7 mile run and normally finish at Bar A for food and drinks.

Saturday Run

Spring Lake: Meet at the south end of the Spring Lake Boardwalk at 8:00 a.m.

Holmdel Park: Come & run 4-6 miles through the hills of Holmdel Park. The run starts at 10:00 a.m.



NEW YORK CITY MARATHON BUS

NYC Marathon Bus takes place Sunday, November 03, 2013.

JSRC will again be offering convenient bus transportation to the start on Staten Island and Pick -at the Finish Area in Central Park.

Two Pick Up and Drop Off Locations:

GSP Red Bank Exit 109 Commuter Parking Lot at 6:00 AM and **Cheesequake Rest Area** on GSP at 6:15 AM.

The bus is open to all—runners and spectators alike. **Only \$40 before July 31!** \$45.00 after July 31 (plus online fee) or until busses are full.

For more information and/or to register:

<http://register.boardwalkrelay.org/search/event.aspx?id=21136>.

GUESS WHO'S CELEBRATING! HAPPY BIRTHDAY TO OUR MEMBERS!

October 1

Jacqueline Klosek
Chris Owendoff
Jessica Lee Spivey
Mark Stodden

October 2

Taylor Noe
John Dalton
Richard Marino
Joseph Boyle
Sara Shaughnessy
Michael Steinle

October 3

Michael Mittelmann
Jeff Bierly
Amy Robinson

October 4

Kelly Cullen
Kate Couture
Brian Wnorowski
Chelsea Pereira

October 5

Courtney Griffin
Monica Todaro
Cassandra Paige Leahy
Joe Gigas
Meihwa Thio
Juliet E. Garrison

October 6

Beth Westrich
Tracie Keenan
Nora Mamadjanov

October 7

Bill Moffat
Charlotte Griggs

October 8

Benjamin Amorelli
Raechel Pollak
Daniel Williams
Mike Lisa
Elizabeth Ireland
Nancy Trione

October 9

David Zurheide
Phyllis Wenslauskas
Barbara Hansen Di Carlo
Mike McGreevey

October 10

Rod McCaughey
Vanessa Toscano
Lori Shave

October 11

Dennis Smith
Nicole Sides
Sean Whelan
Tracy Close
Rose Condello
Gene McLoughlin

Michael Procopio
Karen Barry
Thomas Sanquini

October 12

Andrea Witter
Laurie Ellen Bandlow
John Bayone
Thomas Edward Moran

October 13

Sal Meleleo
Robert Jaeger
Mike Baker
Nancy Lukas
Janice Turner
Kimberly Pfeifer
Gabrielle Gelchion
William Penney

October 14

Vu Pham
Rino Rojas
Darlene Koval

October 15

Deirdre Farmer
Donna Iampaglia
Michelle Conti
Karen Gregory
Jennifer Love
Daniela Brožková

October 16

Ken Caporaso
James Neary
Sharon Sudol
Mary Jen Beach
Wayne Foster
Ashley Emmons

October 17

Phil Hinck
David Matthew
Margaret Gilbert
Doug Weber
Brian Borden

October 18

Nicole DeAugustine
Christopher Circelli

Brian Opatosky

October 19
Lynne Koller
Peter Rowe
Laura Chiochi

October 20

Linda Esquenazi
Bob Sullivan
Joe Liberti
Steve DePolo
Christopher Beckwith
John Murray
Nancy Jones

October 21

Jeff Coviello
Nicholas Spatola
Joseph Renzella
Laura Dolan
Helena Brady

October 22

Barbara Meccia
Kevin Quinn
Jill Zulin
Marty Mulligan
John Zingis
Cara Daley

October 23

Laura Chowansky
Laurie Goldman

October 24

Edward Root
Alexis Fernandez
Lynn Stone
Nicole Klemas
Kimberly Pendolino
Claire Fernandez
Kevin Guinnessey

October 25

Michael Garrison
Kathleen Powers
Scott Jones
Bill Thompson
susan cray

October 26

Rita Mastriani
Lauren Deljanne
Sonja Erdelyi
Caitlin Accurso
Melissa Klinger
Peggy Ann McKean

October 27

Emma Robertson
Sean Silva
Bob Krause
Jeannine Richel
Nicole Kroeber

October 28

Joe Milancewich
Stephanie Soviero
Dabney Moncher
James Murphy
Courtney Carrig

October 29

Fred Rummel
Karen Pingitore
Dave Osborne
Jackie Young

October 30

Andrew Whiting
Edward Lockwood
Colleen Sullivan

October 30

Courtney McGuinn
Lydia Breckenridge

October 31

Frank DeMarco
Frank Valenziano
Karen B. Haulenbeek
Jason Lakshmanan
Simone Thomas
Mary Rospos
Allen McKean

November 1

Jerry Kramarczyk
Timothy Mahoney
Cathy Pennino
Mariluz Pinaloza

November 2

Joseph Knight
Joe Santoro
Lori Gillen
Sue Mahoney
Kevin Malter

November 3

Erin Bonczek
Eric Cohen
Lisa Butler-DeMaria
Vincent Hsu
Lindsey Beth Horen

November 4

Joyce W. Alburtus
Charles Rotunno
Joseph P. Truncalo
John Donoghue

November 5

Patrick Quigley
John Mullooly
Steve Mitchell
Nikhil Raswant
Daniel Maxwell
Christine Elyse Nekrasow

November 6

Robyn Herman
Peggy Sue Fenton

November 07

Deirdre Kubicke
Tim Kellers, Sr.
Catherine Martin
Tom Schaefer
Diana Fidanzato
Sharon Sklarkin
Charles Mooney

November 8

Donna Baginsky
Connor Martin
William Barry
Jason Heleotis
Ryszard Kobylinski
Lisa D'Amico

RACE CALENDAR

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Date	Event	Distance	Start Time	Location	INFO / Contact
Oct. 12	X-Country Series		9:00 AM	Wolf Hill Park, Oceanport, N.J.	
Oct. 12	Toast Pancake Run	5K		Toast Pancake Run	Asbury Park, N.J.
Oct. 12	Rat Race	3- 5M	10:17 AM.	Wall, N.J. Mail In App	
Oct. 12	Heights Pride 5K	5K		Spring Lake Hts, N.J.	
Oct. 12	Step by Step 5K Run/Walk for EG	5K	10:00 AM.	Colts Neck High School, Colts Neck, N.J.	
Oct. 13	Run thru Deal 5K	5K		Deal, N.J.	
Oct.13	LBI 18 Miler,	18 M	10:30 AM	Long Beach Island, N.J.	
Oct. 13	Atlantic City Marathon & Half Marathon	26.2 & 13.1		Atlantic City, N.J.	
Oct. 13	Halloween Train Run			Asbury Park, N.J.	
Oct. 13	East Brunswick Races	5K/10K		East Brunswick, N.J.	
Oct. 19	Belmar Kids Races		5:00 PM	Belmar, N.J.	
Oct. 19	Running to Rebuild	5K	8:45 AM	Freehold, N.J.	
Oct. 19	Spartan Classic 5K Run/Walk & 1M Fun Run	1M /5K	10:00 AM	Toms River, N.J. On Line Registration	
Oct. 19	X-Country Series		9:00 AM	Thompson Park, Middletown, N.J.	
Oct. 19	Interlaken 5K	5K	1:00 PM	Interlaken, N.J.	
Oct. 19	Great Race of Middletown	5K		Middletown, N.J.	
Oct. 19	Bark for Life	5K		Mercer County Park,	
Oct. 20	Seaside Half Marathon & 5k	13.1M & 5K		Seaside Hts, N.J.	
Oct. 20	Shrewsbury Classic 5K	5K		Shrewsbury, N.J.	
Oct. 20	Hambletonian Marathon and Relay	26.2M		Goshen, N.Y.	
Oct. 26	Just Us Girls,	5K	9:30 AM	Sea Girt Army Camp, Sea Girt, N.J.	
Oct. 26	Point Pleasant First Aid 5K	5K		Point Pleasant, N.J.	
Oct. 26	Bay Head Festival of Hope 5K	5K	8:30 AM	Bay Head, N.J.	
Oct. 26	Fourth Annual Monster Dash 5K	5K		Point Pleasant, N.J.	
Oct. 26	Haunted Harvest 5K Run/Walk (& Monster Madness 1M Fun Run)		9:00 AM	Titusville, NJ	http://www.racingnj.com/Feature_Races.html
Oct. 26	X-Country Series		9:00 AM	Tatum Park, Middletown, N.J.	
Oct. 26	Vikings Spooktacular 5K	5K		Scotch Plains, N.J.	
Oct. 27	Trick or Trot 5K	5K	11:00 AM	Seven Presidents' Park,, Long Branch, N.J.	
Oct. 27	14th Annual Cherry Hill Volvo 5K Run at the Katz JCC			Cherry Hill, N.J.	
Oct. 27	Halloween Run	6.55M or 13.1M	9:00 AM	Haloween Run, Van Cortlandt Park, NYC	
Oct. 27	SNAP Fitness 5K	5K	10:00 AM	Medford, N.J.	
Nov. 2	X-Country Series		9:00 AM	Holmdel Park, Holmdel, N.J.	
Nov. 2	Beauty and the Beach	5M		Long Branch, N.J.	
Nov. 3	NYC Marathon Bus,				
Nov. 3	Justin Cruz 5K			Wall, N.J.	
Nov. 3	Delaware & Leghigh Marathon	13.1M & 26.2 M	8:40 AM	Northampton, Pa	
Nov. 9	Harbor House 5k	1Mile at 11:00 AM/ 5K at 12:00 PM		Harbor House 5k, First Energy Park, Lakewood, N.J. Mal in application	
Nov. 9	Strides for Scholarships	5K		Bayville, N.J.	
Nov. 10	Hashathon			Cheesequake State Park, Matawan, N.J.	
Nov 10.	Fourth Annual PurpleStride NJ Walk/Run	5K	9:30 AM	Parsippany, N.J.	
Nov. 10	Zilenski Memorial	3.5 M		Holmdel, N.J.	
Nov. 17	Johnny Mac House of Spirit's Train Run Gobbler Express	10:58 AM	2, 4 or 6 mile	Asbury Park, N.J.	
Nov. 23	Manasquan Turkey Trot	5M		Manasquan, N.J.	
Nov 28.	Thanksgiving Day Run	6.55M /13.1M	9:00 AM	Van Cortlandt Park, NYC	
Nov. 29	Born to Run	5M		Freehold, N.J.	

RACE CALENDAR

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Date	Event	Distance	Start Time	Location	INFO / Contact
Nov. 30	Matawan 5K	5K		Matawan, N.J.	
Dec. 1	Navesink Challenge	5K & 15K		Middletown, N.J.	
Dec. 7	Poricy Park 5k	5K		Middletown, N.J.	
Dec. 8	Toys for Tots 5k	5K		Freehold, N.J.	
Dec. 25	Christmas Day Run	6.55M / 13.1M	9:00 AM	Van Cortlandt Park, NYC.	
Dec. 29	Polar Bar Races	5M		Asbury Park, N.J.	
Dec. 31	New Year's Eve Twilight Run			Sea Girt Army Camp, Sea Girt	
2014					
March 23	Miles for Music	20K		Piscataway, N.J.	
April 26	Asbury Park Half Marathon	13.1M	8:30 AM	Asbury Park, N.J.	



MEMBER 2 MEMBER

Member to member advertising is available for MEMBERS ONLY.

Current paid up members may send their member-to-member advertising to:
Editor @jsrc.org or Newsletter@jsrc.org.

ALL BRUNSWICK CYCLERY

10% Off Parts & Accessories.
29A Easton Ave., New Brunswick
Call Member: 732.745.BIKE

BRIELLE CYCLERY

10% Off • Rt. 71, Brielle,
Call Member: 732.538.9121

CARING HEART PETSITTING

Dog walking and petsitting services in Tinton Falls, Red Bank, Eatontown, Little Silver area
Call Barbara Keenan: 732 740-9841

FAMILY CHIROPRACTIC CENTER

Special rates for JSRC members.
Tinton Falls. Call Member: 732.530.0405.

FAMILY & COSMETIC DENTISTRY

20% off for members.
Special offer: 1/2 price whitening to any JSRC member and family.
1330 Laurel Ave, Ste. 301, Sea Girt, NJ 08736. Call Mark D Shekian DMD.

MASSAGE CLUB OF WALL

One hour massage: \$35 (1st time customers). 2204 Hwy 35, Sea Girt, NJ
Call Member: 732-223-1990

G&P WELLNESS ASSOCIATES LLC

Improve performance...Speed recovery Asea product and science
www.asea.net
For athletes: www.athleteedge.com Asea web site: www.vitalmolecules.com
Blog: www.myvirtualhealth.com.
Call Peter Rowe: 732-706-0446

KENNETH VERCAMMEN, ESQ.

15% off Traffic Tickets & Wills.
Call Ken Vercammen: 732.572.0500.

MCLOONE'S RUNNING STORE:

10% off shoes & clothing.
In Business for over 30 years!
The Grove, Rt. 35 North, Shrewsbury.
www.runningstore.com.
Call McLoone's: 732.758.8008.

MILES AHEAD SPORTS:

10% discount with this ad.
Meeting House Rd. Manasquan
Call Member: 732.223.0444.

MY KITCHEN WITCH:

Mention JSRC and Get 20% Off
29 Beach St, Monmouth Beach.
Call Karen: 732.229-3033

NUTRITIONALHEALTHCOACH.COM

FREE Consultation to members
Change your diet...change your life. Call Dawn Ciccone, NHC: 732-872-7441

ROAD RUNNER SPORTS:

JSRC members receive 10% off (20% if you are a VIP)
490 Broad Street, Shrewsbury NJ 07702.
www.roadrunnersports.com
Call Member: 732-219-1165

RUNNER'S HIGH:

Members: 10% off.
454 Main St., Metuchen, 732.549.9440
Newport Store: 35 River Drive South, Jersey City 07310 • Call: 201.626.6220
www.runners-high.com

RUNNING WAREHOUSE:

Enter discount code JERSEYSRCD for a 15% online discount at www.runningwarehouse.com/dubs.html
Call: 1.800.798.3267

THE SNEAKER FACTORY

10% discount with a credit card & **15% discount** with check or cash on all non-sale items. Can not be combined with any other discount or offer.
www.sneakerfactory.com
Call Dean Shonts: 973.376.6094.

SPLENDOR DESIGN GROUP:

20% JSRC member discount on 1st project Logo, web & print for small to mid-size businesses. www.splendordesign.com
Call Member: 732-298-4440.

TRAVEL SERVICES:

Professional travel consultant with over 20 years of experience can handle all your travel needs. Resorts cruises, all inclusions & custom vacations. Providing customized personal service to Club members.
Call Ira Wiss: 732.682.5156
or bigeye51@optonline.net.

ULTIMATE FIT ZONE:

Monmouth County's leading group fitness, cross training, 24-hour facility. 1466 Route 35 South, Ocean Twp., www.ultimatefitzone.com
Call Member: 908.338.1175,

WINEITUDES:

15% OFF any private wine tasting for 15 or more for JSRC members.
Wine Education, Events and Private Tastings. www.wineitudes.com.
Call Barbara: 732.517.1474

JSRC Membership Application

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

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

Please note: There is no set family rate. You must add \$6 (one year) or \$18 (three year) for each additional "running" family member to your base fee.

Fill out this form, sign the waiver (children under 18 require signature of parent/guardian), and return with check made out to **JSRC Membership**. Make certain to provide a valid email address as the newsletter is distributed twelve (12) times a year electronically via email.

Questions? Email membership@jsrc.org.

Membership Fee:

	Individual	+/Family Member	Total
1Yr.	\$15	+\$6 / f.m.	
3Yr.	\$42	+\$18 / f.m.	
Please check one:			
<input type="checkbox"/> New Membership			
<input type="checkbox"/> Renewal of active membership			
<input type="checkbox"/> Returning member (membership expired)			

Award-Winning Website:
www.jsrc.org

BENEFITS OF JERSEY SHORE RUNNING CLUB MEMBERSHIP:

- **Sunday Run** Bodman Park, Middletown
- **Trail Run**, Allaire State Park
- **Tuesday Run**, Long Branch
- **Wednesday Run**, Holmdel Park
- **Thursday Run**, Belmar/Spring Lake
- Monthly Club E-Newsletter
- Reduced Entry Fee to Club Events
- Team Entries
- Marathon Training Programs
- Discounts at Local Merchants
- Discount to Annual Holiday Party
- Annual Summer Party
- Track Workouts

Member USATF Club No 0196

Member RRCA Club No 969

Name	Signature	Date of Birth	EmailAddress
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Street Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell or Work Phone _____ Email _____

Release: I know that running & volunteering to work at Club Events & road races is a potentially hazardous activity & that I should not enter & run unless I am medically able & 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 &/or humidity, traffic & the conditions of the course, all such risks being known & appreciated by me. Having read this waiver & knowing these facts & in consideration of your accepting my entry, I, myself & anyone entitled to act on my behalf waive & release the Road Runners Club of America, the Jersey Shore Running Club, its Officers, Members & Volunteers, & all Sponsors, their representatives, employees & successors from any & all claims & 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 foregoing to use any photographs, motion pictures, recordings or any other record while participating in Club events for legitimate purposes.

Signature of Primary Member _____

Referred By: _____

Mail completed form & check to: JSRC Members, PO Box 7492 Shrewsbury, 07702.



PO Box 7492
Shrewsbury, NJ 07702

Next Club Meeting:
TUESDAY, Oct. 29,
7:15PM

Deal Firehouse
Brighton Ave., Deal, NJ
www.jsrc.org

Newsletter of the Jersey Shore Running Club
Vol. XXII, Issue 10 • October/November 2013

Postmaster: Dated material enclosed.

Please deliver by October 15, 2013. Thank You!

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BOO!
TRICK OR TREAT!

WISHING YOU
A HAPPY
HALLOWEEN