

Jingle Bell Run runner waves to the camera.

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Upcoming Club Events

- Club Meeting,
Thursday, December 28th,
 Deal Firehouse 7:15 pm

Upcoming Races

(to Run or Volunteer, see pg. 7)

- 43rd Annual Asbury Park Polar Bear Races 5M, December 30
- JSRC New Year's Eve Twilight Run, December 31
- Freezing Cold Hash Run, January 6
- Valentine's Plunge to benefit Individuals with ALS, February 10
- Mid-Winter Beach Run, February 17
- E. Murray Todd Half Marathon, March 4



Volunteer Team JSRC gear up for the Navesink Challenge.

Challenging the Navesink!

A typical Sunday Morning at Bodman Park at 8 am has about 40 to 50 runners who go out every Sunday for the Club's Sunday Run through the back roads and trails of the Navesink section of Middletown. However, on Sunday, November 26th those runners were joined by more than 600 other runners as they took part in the Club's **Annual Navesink Challenge 5K and 15K** races. The fall weather was ideal for a jaunt through the woods over fallen leaves.

In the **15K Challenge** the first to arrive was **Wilson Leiba** of Trenton in a time of 54:06, followed by **Jaime Mora** of Trenton in 57:35, **Carlos Robles** of Trenton in 58:2, **James McGovern** in 58:36 and **David McGovern** in 59:28 both hail from Atlantic Highlands. The women's first place finisher was **Rachel Provost** of Millstone in 1:02:29, followed by **Tina Morrison** of Middletown in 1:03:54, **Amanda Marino** of Jackson in 1:05:11, **Amber Hart** of Colts Neck in 1:05:11 and **Laurie Gordon** of Stillwater (FL) in 1:08.

In the 5K race, the men's winner was **Constantin Ballos** of Parlin in a time of 18:44 followed by **Guy Gordon** of Newton in 18:48 and **Ken Vercammen** of Edison in 19:31. For the women it was **Catherine Satzke** of Fair Haven in 20:38 followed by **Karen Charles** of Belmar in 20:42 and then **Hannah Satzke** in 20:55.

The **John Campbell Memorial Award** which is given to a volunteer in John's memory was presented to the family of **Art Glass**. Art Glass was a regular Sunday Runner at Bodman Park, a participant and volunteer at the Navesink Challenge until his untimely death this summer. His daughter **Colleen** accepted the award on behalf of the family.

After the race many of the runners headed over to the Outback Restaurant in Middletown for a giant post race party hosted by the Restaurant. Needless to say with the great food, door prizes and cheerful runners, a good time was had by all.

The race benefited Habitat for Humanity and the Middletown Youth Athletic Association who together with the Jersey Shore Running Club had lots of volunteers along the course, working registration, helping with the start and finish and all the other tasks necessary for a very successful event.

Congratulations to Race Director, **Dave Zurheide** and the entire Navesink Challenge Committee who have made this event a classic here at the Jersey Shore. ☺

Note: Runners can join the JSRC on this course and its many variations and distances every Sunday at our regular Sunday Run which starts at 8 AM at this same location. Marathon training for Spring marathons will be starting soon. All are invited - never a charge - plenty of water stops and post run refreshments!

JSRC Footnotes

Club Officers

President: David Zurheide
Vice President: Elaine Hartung
Secretary: Deana MacLean
Treasurer: Lou "Can Do" Malizioso
Web Master: Bob Both

Directors at Large

Jane Erbe
Tom Mulvaney

Editorial Staff

Newsletter Editor: Barbara Hay
Proofreaders: Corey Lowell
Contributing Writers:
Donna Mehler, Jane Erbe
Photographer: Bob Both, Penny Hinck
Newsletter Circulation: Tina Duda
Electronic Newsletter Distribution: Penny Hinck

Membership

Membership Coordinator:
Adele McDonough

Membership Updates:

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



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Jersey Shore Running Club (JSRC),
a non-profit, philanthropic organization.
JSRC is a member of RRCA and
USATF (Member No. NJ CLUB 0196).

Members are encouraged to submit press
releases or articles of interest to fellow club
members. Submit your information to
newsletter@jsrc.org. Next deadline: 1/04/07.



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

THE PRESIDENT'S MESSAGE



Nomination of Officers

It is already that time of year when we need to think about nominating our fellow Club members for officers of this outstanding organization. If you missed our last Meeting and/or the last newsletter, you may not realize that we are looking for a few good men and women to lead us in 2007. Look around (or even gaze inside yourself), to consider who you believe might make a fine President, Vice President, Treasurer, Secretary, Member-at-Large, etc.

Yes, the end of my term is fast approaching, as is the term of all JSRC officers. It has been a rewarding and productive year, but it is time to let others take the reigns, so I will not be seeking re-election. Although our by-laws do not prohibit consecutive terms, I firmly believe that it would not be a good precedent for the same individual(s) to always be at the helm. We have so many dedicated and diverse members that it makes sense to encourage a variety of people to fill our key officer slots.

With approximately 2,000 members and numerous charitable undertakings, perhaps the most important officer role is that of treasurer. I know that we have many, many members with accounting and/or financial backgrounds, so I am making a personal plea for an individual or individuals to step forward and consider running for this position.

Please do not hesitate to nominate yourself if one of the officer roles interests you. If you are reluctant to nominate yourself, I am sure that one of your running friends would be happy to oblige – or you could even ask me to do it!

If you have even just a smattering of interest in running for office, please take the opportunity to reach out to one of the current (or past) officers for her/his guidance. None of these roles is excessively difficult. And, you can determine what the appropriate amount of time/energy/effort works for you. Feel free to contact me (DRZurheide@aol.com) if you have any questions. ☺

—David Zurheide, President, JSRC

recordings

November 28th Meeting Notes

Thanks to **Bob Gileski** and his assistant, **Bill Koch**, for the evening's dinner.

Dave Zurheide then led the members in the Pledge of Allegiance.

Minutes of October meeting were approved.

Old Business: **Tim Mahoney** gave a final cross country report. Other races reported were: *Trick or Trot*, *Hashathon*, *Zilinski Memorial Run*, *Manasquan Turkey Trot*, *Born to Run*, and *Navesink Challenge*. **Phil Hinck** reported on the NY Marathon and bus report.

Jersey Shore Triple Crown is completed. Awards will be given out at Holiday Party on 2/10/07.

Adopt-a-Family will be held 12/15 at **Bob Both's** home. One family was approved and others are being considered.

Donations: \$300.00 was received from the *Ocean Grove Biathalon*. \$140.00 was received from the *Art Glass Memorial* race.

Treasurer's Report: The Club will be making end-of-year donations again, they will be basically the same organizations as last year. Any other suggestions for contributions to a charity should be submitted and will be considered by the Board.

Membership Report: 2079 members, 967 active members.

New Business: Upcoming races were noted: *Poricy Park Trail Run* 12/2; *Reindeer Romp* 12/3; *Jingle Bell* 5K 12/9; *Toys for Tots* 12/10; *Celtic Cottage to Bar A* 15K 12/16; *Polar Bear Races* 12/30; *New Year's Eve Twilight Run* 12/31

- **Alice Pearce** from **Share USA** spoke. She is involved in work for an orphanage in the Dominican Republic. She has requested contributions from our members of sneakers and running shoes to give to those in need of shoes in the Dominican Republic. The sneakers can be used, but must be clean and in good condition. We will be collecting shoes for the orphanage at the December 28th meeting.
- 2007 Nominations of officers was started and will be concluded at December meeting. Anyone interested in running for an office should contact the club via the website.

Clothing Report: **Penny Hinck** is taking orders for the new soft orange fleece jacket.

New Members: **A.J.Hunter**, **Mike Campbell**, and **Marty Fitzpatrick** were introduced.

Next meeting: December 28 at Deal Firehouse. Meeting adjourned 8:45. ☺

—Submitted by *Donna Mehler & Jane Erbe*

from the editor

Wishing you a very merry...

We hope this issue finds you celebrating holiday cheer with friends, family and loved ones. Somehow the holidays seemed to suddenly appear faster than those eight tiny reindeer or Winston with his twinkling paws, what happened to 2006?

To remind us all of the past year, we're asking all Club members to send in their favorite photos and precious memorable moments of 2006 for the 2006 Retrospective which will appear the next issue.

I'd like to thank everyone for all of their help this year and to wish everyone the best of holidays and a brighter future in 2007! Happy running! 🏃

member news

Gio (aka Dr T-Shirt) recently opened Gio's Irish Store at the Circle Factory Outlet (formerly Peddler's Village) on Rte. 35 in Wall Twp. club members were there for his grand opening celebration. If you missed his grand opening, stop by and say hello to Gio and all his elves at the new store for the holidays.



Gio and friends Phil, Penny, Joanne and Jerry at his grand opening.

Club members **Marti Rettino Dug Stetter** are celebrating. They were married in Las Vegas on November 20th. Congratulations and Best wishes to the happy couple!

Congratulations go to **Tobias Ruckes** and **Rob Jaeger** for their successful completion of the Las Vegas Marathon.

Who was that JSRC headbanded woman? On the Wednesday evening before Thanksgiving, Channel 7 - ABC New York City - was interviewing people who came to see the blowing up of the Macy's Thanksgiving Day Parade balloons, and one of people they interviewed was a woman wearing an Orange JSRC headband. Who was this woman? A special prize to the first person to identify her, maybe some JSRC gloves to go with the headband. If you are or know that person email us at jsrc@hotmail.com

Congratulations to **Sally Kalksma** for Completing the Hashathon in 1:01:02. Congratulations also to **Carl Ehnis** who completed the 2006 Philly Marathon in 3:29:26.

Please send Member News, Meet Our New Members and your information about your awards, promotions, etc. that you would like to share with others to to editor@jsrc.org—it can be just a line or two to acknowledge your or another member's accomplishments. We love to hear from our members.

we got mail

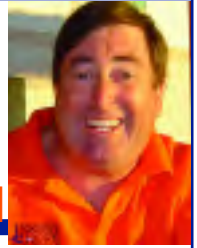
Many Thanks Reggie, Pat & Staff:

On behalf of myself, the JSRC Members and other Turkey Trotters, I would like to extend a sincere THANK YOU to **Chris, Joanne** and the **Staff of Bar Anticipation** for the coordination, preparation and delivery of the kegs of beer, taps, cooler, ice and sandwiches which were abounding on my deck and in my house post Turkey Trot. **Reggie H.** and **Pat M.** are running members of this JSRC Club, but "Take it up a notch" when it comes to their generosity and camaraderie for these events. Due to them this was one of the best Post-Turkey Trot parties of all time and I for one can only hope there will be many more to follow. Also, many thanks to **Nancy T.** and **Mindy B.** for the gallons of Bloody Mary's they made and served and for hosting inside and keep an eye on my bar.

Next year I'll try not to burn a hole through my deck with the fire pit...

—**Jerry "WHO" Frazee** — the Host...

Ask Dr. Phil



Philip Hinck

Q ■ Can you advise me on a good run on New Year's Eve since the Club is no longer doing a run in New York City's Central Park? — A New Member

A ■ Dear New Member, Why not join us in the **Bar "A" New Year's Eve Twilight Fun Run/Walk & Party?** This event takes place **Sunday, December 31st** at Bar Anticipation in Lake Como. The Run is about three miles and the course includes a loop around Lake Como, then back to Bar A, where the real fun begins. This Fun Run/Walk begins at 5:00pm—hence the name Twilight. The Entry Fee includes a t-shirt (while they last), designed by well known entrepreneur **Dr. T-Shirt**. There is a One-hour open bar (well drinks only) and buffet provided by Bar Anticipation. All of this fun is available to you for only \$20.00 if pre-registered by Dec 25th or \$25 that night.

You need NOT be a runner or JSRC member to participate and walkers also welcomed. Check-in begins at **3:30PM** at Bar Anticipation, 703 16th Ave, Lake Como.

You may register by downloading the Twilight Run forms on our website: www.jsrc.org. Mail the form and a check payable to JSRC to: **JSRC New Year's Eve Bar A Fun Run**, PO Box 7492, Shrewsbury, NJ 07702. You may also register online through www.jerseyrunner.com.

For more information you may call the JSRC Hotline **732-542-6090**. More details and a sign-up sheet appear in this newsletter. Register early, this is a great way to welcome in the new year!!!! 🏃

If you have a running related question which you would like Dr. Phil to answer, please send your question via e-mail to doctorphil@jsrc.org. Include your name, your question and contact information (in case we need to contact you).

relay update

Jersey Shore Relay Update

The Jersey Shore Relay will be held on April 21, 2007. A web site for the event is now available. The URL is www.jerseyshorerelay.org You may also type in the following two URLs and to get information about the Relay: <http://jsrelay.jsrc.org> and <http://relay.jsrc.org> We are actively seeking people volunteer to help with the following duties:

- seek out sponsorship opportunities.
- organize an Expo. This year we are finishing at Convention Hall in Asbury Park with a huge party and concert in the famous hall. We have room for vendors to set up. This person will be responsible for coordinating all aspects of the Expo.
- volunteers to train (run) with a Special Athlete who will competing at the World Special Olympics to be held in Beijing China.

If anyone is interested in any of these very interesting and rewarding opportunities just send an email to jsrc@hotmail.com ☺

still looking

Oh where oh where can it be?

If anyone has the **Orange Club Banner** can they please bring it with them to the next race or meeting? Although we replaced it with another (and not as nice) banner, we would like to use it again for future events. If you found it and are not coming to an upcoming event, try to give it to someone who is...or send an email to jsrc@hotmail.com ☺

membership stats

Oh where oh where can it be?

If anyone has the Orange Club Banner can they

Total Members:2109
Active Members (Dues Paid):1010
Individual Members:960
Family Members:50
RRCA Insurance Members:888
Email Newsletter:519

meeting notice

The next Club meeting will take place at **Deal Firehouse** around 7:15pm on **Thursday, December 28th**. Mark your calendars for the Post-Thanksgiving meeting!! ☺

racng news

Born To Run Race Within A Race

A fantastic sunny, cool day greeted the runners to the **Annual Born to Run Race** held in downtown Freehold by the Freehold Area Running Club. The men's winner finished in a time of 25:20 and the top woman finished in a speedy time of 27:59. Congratulations to Freehold Area Running Club and all the volunteers who made for another great event.

Now for the JSRC part of the race. Each year JSRC promotes the "Race Within a Race" to see who can make it to the post-race party first. This year, in the **Race to the Court Jester** the Top Finishers were: **Dave DeMonico** in first place with the great time of 29:30; **Ken Vercammen** in second place with 32:32; and **Jeff Gero** in third with 37:45. "But, where were the women?" you may be asking. Dauntless **Leslie McKernan** was the first woman to arrive at the Court Jester in her finish time of 42:35; **Marilyn Ryder** finished in second place with a respectable 49:38 time; and **Annette Dillon** arrived in third place in 51:45. Needless to say a great time was had by all!!! ☺



Race to the Finish Winners. From Left, Dave DeMonico, Ken Vercammen, Leslie McKernan, Annette Pollen, Marilyn Ryder, Jeff Gero and Timekeeper, Phill Hinck.

racng news

Jingle Bell Run



Jingle Bell Run start

Nearly 400 runners participated in this year's Jingle Bell Run to benefit the Arthritis Foundation. This race began and finished at the ever-popular Bar Anticipation in Lake Como. The overall winner was **Jeremy Pilkington** finishing in a time of 17:00 and the winning woman, **Stephanie Dixon** of Madison, finished in a time of 21:05.

Newlyweds **Marti** and **Dug Stetter** ran this race as their first race as a married couple and completed it within one second of one another with Marti coming in at 35:03 and Dug finishing in 35:04.

Congratulations to the **Arthritis Foundation** and all the volunteers from the Foundation and the Jersey Shore Running Club who put on a great event. Thanks also go to the sponsors, participants and all the volunteers! This year's event was able to raise over \$27,000 for arthritis research. ☺



Jingling beat scorekeepers Rick Valentine, Jack Cheer, Penny Hinck, Joanne, and Bonnie Puschel are busily at work.



Bar "A" New Year's Eve Twilight Fun Run/Walk & Party

It's right around the corner!! Make your plans now.

Sunday, Dec 31st at Bar Anticipation in Lake Como (formerly South Belmar)
Fun Run/Walk begins at 5:00pm. Run is about three miles.

Course includes a loop around Lake Como, and back to Bar A, where the real fun begins.



Entry Fee includes a t-shirt (while they last),
designed by well known entrepreneur Dr. T-Shirt
One hour open bar (Well Drinks, Draft Beer, House
Wines, Soda)and buffet provided by Bar Anticipation



Early registration (due by 12/21)	\$20.00
Late Registration (12/22 to 12/30)	\$25.00
"Night of" Registration	\$30.00
JSRC Members <u>discounted fee</u>	\$15.00 (due by 12/21)

Check-in begins at 3:30pm at Bar Anticipation, 703 16th Ave, Lake Como.

Mail forms to: JSRC New Year's Eve Bar A Fun Run, PO Box 7492, Shrewsbury, NJ 07702
More info at JSRC Hotline 732-542-6090 or website www.jsrc.org

Name: _____

Address: _____

E-mail and Phone#: _____

Check amount, payable to JSRC

Proceeds to benefit Boro of Lake Como

ALSO NOTE: You need **NOT** be a runner or JSRC member to participate and walkers also welcomed.

Register online at



club 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. The distance is six miles and start time is variable. Send e-mail to Liz at 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 6 PM for a 4 to 6 mile run along the boardwalk and around Lake Takanassee.

Wednesday Run

Holmdel Park: Beginning at 6 PM on April 6th, meet at the main pavilion to run the famous cross country course. 3 to 5 miles. Run will suspend when Daylight Savings Time ends on October 29th.

Thursday Run

We meet at Dunkin Donuts on Ocean & 16th Avenues at 6 PM for a run south. We run various distances of 4 to 7 miles on the well-lit very safe boardwalk. On good days, we run through Spring Lake and into Sea Girl for a nice 7 mile run. If the temperature falls below 32° we get free hot chocolate! We have a fairly steady group which is gradually growing. Everyone is welcome.

Saturday Run

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

Holmdel Park: Come and run 4-6 miles through the hills of Holmdel Park to qualify for Dave's Golden Donut Award. 10 AM.

Check out our web site for current running information and subscribe to our email updates at: <http://www.jsrc.org>

racing times

At the Finish Line

sandy claws 5k beach run - florida

Frank Pelcher	27:10
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river run ft. myers, fl.

Tom Sammons	37:45
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reindeers romp

Dave DeMonico	16:30 2OA
Jeff Probert	16:41 3OA
Amy Nalven	18:16 3OA
Kenneth Vercammen	18:19
Tim Horn	18:37
Amber Hart	18:39 1st 20-29
Dianne DeOliviera	18:56 1st 30-39
Lauren Rhatigan	18:58 1st 40-49
Ed Albertus	19:14
Tobias Ruckes	20:05
Jane Erbe	21:31 3rd 40-49
Ralph Garfield	21:49 1st 70-79
Jon Brodsky	22:11
Walter MacGowan	22:35
Kevin Moore	22:47
Leslie McKernan	23:17
Nancy Thorne	23:37
Stephen Collins	24:17
Jamie Gallagher	24:23
Marge Ascari	25:38
Mary Moriarty	25:53
Bill Paglione	26:12
Bob Gileski	26:40
Marilyn Ryder	27:54 1st 60-69
Peggy McKean	29:54
Jim Neary	30:57
Clarence Lurch	1st 80-89

poricy park

Walter MacGowan	23:32
Susan Ardito	24:15
Marty Dugan	26:08

navesink challenge 15k

Chris Wilcox	1:05:10
Tobias Ruckes	1:10:41
Terry McKean	1:13:03
Carol Irwin	1:22:24

navesink challenge 5k

Peggy McKean	32:15,
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born to run

Dave DeMonico	27:45
Amy Nalven	31:14
Ken Vercammen	31:21
Amber Hart	31:31
Tom Zarra	31:32
Tobias Ruckes	34:50
Rob Jaeger	34:54
Brian Marley	35:30
Steve Foley	35:49
Russ Stallone	37:13 3AG
Waler MacGowan	37:38
Ralph Garfield	38:11
Ira Abney	39:02
Leslie McKernan	40:17
Mary Dugan	40:38
Jaime Gallagher	41:21
Susan Ardito	41:59
Bob Gileski	46:02

Marilyn Ryder	48:18
Jerry Frazee	48:45
Bernie McCauley	51:06
Csaba Konya	51:10
Candace Brandmeyer	52:18
Ira Wiss	53:37
Trudy Parton	53:49
Larry Perlberg	36:56
Laura Perlberg	46:53
Diana Burton	51:08

thanksgiving race

Marty Fitzpatrick	47:27
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matawan turkey trot

Steve Collins	24:48 1AG
Karen Gregory	31:04

Westfield Turkey Trot

Russ Stallone	36:55
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orlando florida seniors turkey trot 5k

Mary Fitzpatrick	21:41
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philadelphia marathon

Jeff Probert	2:45
Scott Patterson	2:55:39
Rian Landers	3:00:50
Bob Sullivan	3:01,
Karen Charles	3:03:10(22nd F)
Stephen Holloway	3:13
Dave Mason	3:20
Paul Dement	3:22
Steve Frommer	3:23
Kate Bruck-Lagala	3:29:59
Maggie Freeman	3:37
Bob Cavallaro	3:43:35
Steve Gioglio	3:48
Larry Perlberg	3:49:15
Liz Wenslauskas	3:59:21
MaryBeth McDonnell	4:00:48
Randi Cohen	4:02:28
Lauren Ritaccco	4:08
Susan Patton	4:21
Laura Perlberg	4:39:34
Linda Feerst	4:40:08
Rich Lagala	4:42:31
Sandra Rinderer	4:46:22

philadelphia 8k

Russ Stallone	37:31 3AG
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naples 4-mile gobbler

Chris Wilcox	25:44 2AG
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harvest hustle 5k

Frank Pelcher	26:08 4AG
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sarasota 5k

Frank Pelcher	25:26
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somerset county turkey trot

Frank Pelcher	23:13 1AG
Ralph Garfield	23:13 1AG

At The Finish Line

To get your race finish times published on the web site and in the newsletter, send e-mail to jsrc@hotmail.com or results@jsrc.org or newsletter@jsrc.org. Include your name, the name of the race, your finish time & any overall/age group award.

race calendar

Dates and times are subject to change. We are not responsible for accuracy of event dates and times. Please check the race applications. Look for Club tent and feather at events listed in bold. You can register for most events by going to www.JerseyRunner.com.

Date	Event	Distance	Start Time	Location	Contact
Tots	5K	10:00 AM	Freehold, NJ	www.farcnj.com	
December 30	43rd Annual Asbury Park Polar Bear Races	5-Mile	1:00 PM	on the boardwalk	www.shoreac.org
	racewalk/5-mile hwalk/hwalk	10-Mile	10:00 AM	elliottden@aol.com	732-222-9080.
December 31	JSRC New Year's Eve Twilight Run	Lake Como, NJ	732-542-6090	Spend New Year's Eve with All your Running Friends!	
January 6	Freezing Cold Hash Run		10:00 AM	Ken Vercammen Law Office 2053 Woodbridge Ave., Edison, NJ	732-572-0500 kenvnjlaws@verizon.net
February 10	Valentine's Plunge to benefit Individuals with ALS		11:00 AM	North End of Manasquan Beach	
February 17	Mid-Winter Beach Run	2-Mile	11:00 AM	Manasquan, NJ	Registration at jerseyrunner.com
March 4	E. Murray Todd Half Marathon	13.1 Miles	9:00 AM	Brookdale Community College, Lincroft, NJ	

power trip

Call for Nominations!

Nominations for 2007 are now being accepted for the following offices: President, Vice President, Recording Secretary, Treasurer, Membership Coordinator, Webmaster, Newsletter Editor, Newsletter Coordinator and Member-at-Large. The jobs are volunteer positions and although they may take up some of your free time, can be fun. We began the nomination process at the November meeting and we will be accepting more nominations will be accepted at our December 28th meeting at Deal Fire House.

Nominations will be posted in the January & February newsletters. Voting will take place in January and the new officers will be announced at the holiday party on February 10, 2007.

Here's a brief outline of what each job entails:

President Duties: officiate at Board meetings & Club meetings, write a monthly column for the newsletter, *Footnotes*, act as Club representative as required and tons of other stuff.

Vice President Duties: attend Board meetings, Club meetings, responsible for communicating to members (condolences, congratulations, etc.), Board meeting agenda notices, other duties as they occur, including representing the Club when necessary.

Recording Secretary Duties: attend and take minutes at Board meetings and monthly Club meetings, submit monthly Club meeting minutes to the newsletter, *Footnotes*, prepare multiple copies of minutes for use at Club and Board meetings.

Treasure Duties: attend Board meetings, balance Club checkbook, oversee finances, pay bills, reconcile race accounts, write checks, keep accurate figures for monthly treasurer report.

Membership Coordinator Duties: accept new memberships and dues, deposit dues, update membership roster, keep track of membership birthdays, update monthly list of members, manage list of member requests for delivery of Newsletter.

Newsletter Editor Duties: write articles, edit submissions, compile lists of race participants, birthday lists, latest news, report on club races and functions. Prepare Monthly newsletter for online distribution in color and hard-copy distribution in Black & white. Prepare mailing list for printer. Take files to printer, pick up newsletter and bring to Allenhurst Post Office for mailing.

Webmaster Duties: write articles, edit submissions, compile lists of race participants, birthday lists, latest news, report on club races and functions.

If you know of: someone who would be a good Club officer; someone who could do a great job; or feel you would like to do more for the Club—by all means nominate them (or yourself). Just remember to get your nominations in by December 28th.

Currently the following are the only nominations we have received. If you don't see a person who's name you'd like to see on the list, feel free to submit their name before December 28th.

President: Phil Hinck,
Vice President: Jerry Frazee
Recording Secretary: Laura Schneider
Treasurer:
Membership Coordinator: Cathy Berth
Newsletter Coordinator: Barbara Hay
Webmaster: Bob Both
Member-at-Large: Bill Koch, Jim Buckler. 

Become involved. Get involved in YOUR Running Club. Help is always needed with Volunteer Coordinating, Publicity, Database and Computer services. In most cases, if someone is already doing the job, the odds are that your help would be welcome. Offering to help out with any of the above would only take a few hours a month. **All Members are invited to participate.** Contact any of the Club Officers, call the hotline, or email: newsletter@jsrc.org or jsrc@hotmail.com to volunteer.

cool silver

you know you want one

You've always wanted to receive a silver medal. Here's another chance to earn one. We need always need volunteers for water stops, transition areas and course marshals. If you're not running, why not volunteer and celebrate with the champions?

Many of our races this year are in dire need of volunteers, and they can use your help. Remember, all of our races support worthy causes, which is what makes JSRC the best Club in the state. To volunteer or for more info, contact the race director of the race or email volunteers@jsrc.org.

Want one?

The JSRC Lapel Pin is shiny silver and a wonderful way to show you are a member in good standing. However, it's not for sale! It's presented to you only if you volunteer at three (3) events. Once you complete three events, contact the Club president. Volunteer to get yours today!



great gift ideas

Official JSRC Gear



Need some great gift ideas? Or new clothes? JSRC to the rescue!

From baseball caps to socks, we have items to cover you from your head to your toes. Items are available at the Club's Weekly Runs, Club Events and Meetings. Or you can order by mail using the downloadable order form found on the JSRC website at: www.jsrc.org, just click on the button for JSRC gear to see what the Club has to offer. Many items are in stock, however, some may require special order to replenish inventory and may not be immediately available. Please email **Penny Hinck** (gear@jsrc.org) when sending in your order. Thanks. ☺

jsrc coupon

Savings for you for the holidays

Ocean Wine & Spirits is pleased to support the Jersey Shore Running Club and is offering a holiday coupon for Club members to use and invite the Club's membership to stop by for wine tastings throughout December. Simply present the following coupon to receive your discount.

Ocean Wine & Spirits

JSRC Holiday Coupon

15% Off

Now through December 31, 2006

Surrender this coupon to receive 15% off your purchase. One time use only.
Not valid on previously discounted items.

Ocean Wine & Spirits
1104 Route 35 South
(next to Wegmans)
Ocean, NJ 07712
732.660.6700
www.oceanwineandspirits.com

birthday news

Look Who's celebrating!

January 1

Katie Abel	Greg Medina
Marcus Ascari	Christopher Menello
Tracy Bahrs	Ellie Mondini
Pamela Barth	Jack Morris
Sanjeev Bhatia	Mick Morrison
Neeraj Bhatia	Amy Nalven
Mary Jo Bielecki	Danielle Nardone-Lithgow
Janet Brunelli	Jack O'Connell
Mary Calvetto	Beth Patterson
Sarah Campbell	Shelby Pelcher
Michelle Curran	Megan Phillips
John Dagostino	Michelle Powell
Barbara DeCastro	David Reim
Rohan DeFonseka	Jim Rich
Laura Demao	Tobias Ruckes
Jean Grande	Amanda Scheer
Julie Harnett	Ray Soehngen
Steve Harnett	Walter Stein
Stephen Harnett, Jr	Dug Stetter
Andrew Kelly	Martin Terry, Jr
Gary Krause	Norma Tignanelli
Richard LaGala	Doug Twyman
Liz Maggio	Ginny Vill
David Mahon	Ernie Volkland
Sue McQueeney	

January 2

Dorothea Forte	Mitchell Slater
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January 3

Frank Bilski	Erin Theriault
Jennifer Boudreau	

January 4

Kevin Kuhn	
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January 5

Elizabeth Burke	Jill MacAllister
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January 6

Cathy Berth	Barbara Johnson
Kevin Bogert	Phillip Wood

January 7

Bob Bythell	Valery Greene
Tom Gillick	Thomas Sammons

January 08

Denise Daugert	Michelle Orr
Gary Krebs	

January 09

Suzie Drummond	Ralph Sarno
Bruce Locke	Morris Sutfon

January 10

Randy Brown	Alexa Lewis
Nancy Coviello	Allison Roedell

January 11

John Abel	Theresa McKean
Wael Eissa	

January 12

Marie Elaine Valente	
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January 13

Michael Indelicato	Shane Powers
Matthew Jacobson	Paul Roedell
Elizabeth Lutz	Barbara Roussell
Trish Magnotta	James Segal

January 14

Ronald Cohen	Scott Winrow
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January 15

Steven Loder	Thomas Rospos
Matthew Moran	Cynthia Shaw
Andrew Nasto	Marie Vallo
James Ropel	

January 16

Robert List	John "Reidy, Jr"
Matthew McDonald	Kevin Smith
Kim Myers	Sandra Tango
Joseph O'Connor	Ricky Vegh

January 17

Janet Boury	Nicole Stallone
Carlos Morillo	Betsy Tripp

January 18

Maureen Cubberly	Sharon Lucid
Cheryl Dickson	Skyler Mahoney-Kendra

January 19

John Coulter	Allison Milancewich
Peggy Lerardi	Dennis Rittenhouse
Corey Lowell	

January 20

Abigail Lewis	
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January 21

Glenn Amodeo	Kimberly Kozakiewicz
Stephen Fratini	Marybeth Murray

January 22

Mark Eisenberg	Julie Gendel
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January 23

Janet Burpee	Martin Hayes
Nicole Doering	Gail Hoyer
Elliot Denman	Susan McNamara
Patricia Gillmann	

January 24

Susan Ardito	John McCormack
Craig Bahrs	Dawn Staniforth
Candy Dice	Beth Staub

January 25

Raymond Attisano	Roy Francolino
Sheila Carson	

January 26

Christina Burrough	John Drudy
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January 28

Elaine Dragon	
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January 29

Kathryn Juric	Kathy Moore
Mary Kay Lavin	Eileen Oates

January 30

Rajiv Bhatia	John Longfield
Fay Bizub	Patrick McLaughlin
Richard Brugger	

January 31

Rosemary Gorman	Bryan Laurita
Coleen Feeney	Sara Preston
Rosemary Kochman	

Jersey Shore Running Club Holiday Party

*GALA EVENT

- **BEST VALUE OF THE YEAR *4 HOUR OPEN BAR**
- **DIRTY DJ DANC'N *MEGA PARTY**

**** **VOTED BEST OF ALL RUNNING CLUB PARTIES** ****

PLEASE JOIN US ON **SATURDAY, February 10th** AT **THE BARCLAY** IN BELMAR TO EAT, DRINK AND DANCE THE NIGHT AWAY
(ABSOLUTELY, POSITIVELY NO RUNNING ALLOWED)

FESTIVITIES START PROMPTLY AT 7PM

(Butler Style Hors d'oeuvres)

WITH A BUFFET DINNER AT 8PM AND DJ DANCING UNTIL 11PM
50/50 Drawing, Annual SLIDE SHOW and Chinese Auction, Bring those
Goodie Baskets !!!!!

IF YOU'RE A JSRC MEMBER, YOUR COST FOR THIS GALA EVENT IS ONLY \$30 IF YOU "PRE-REGISTER" BY JANUARY 31.

NOTE: THERE IS A \$10.00 DEDUCTION IF YOU VOLUNTEERED AT 3 OR MORE JSRC ASSOCIATED EVENTS DURING 2006. THAT'S RIGHT ALL THIS FOR ONLY \$20.00 PRE-REGISTERED

POST-REGISTRATION AND GUESTS IS ONLY: \$35 PER PERSON.

Directions to The Barclay, 115 5th Avenue Belmar (just off Ocean Ave.),
For further information about the party, call JSRC Hotline 732/542-6090 or fraz@birdsall.comRegister on-line @ www.jerseyrunner.com

RESERVATION FORM (Sign up now - seating limited to first 250 people - last year's festivities were sold out !!!! (No registration the night of the party)

Name _____ Phone _____

Address _____

Name of Guest _____

Total amount enclosed \$_____

List three 2006 JSRC events Here:

Make checks payable and mail to:
JSRC Holiday Party, 151 Lake Avenue, Manasquan NJ 08732

member to member

ALL BRUNSWICK CYCLERY:

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

BRACE PLACE ORTHODONTICS:

Drs. Elkin, Epstein, and Sargiss. 732.536.4422 Offices in Manalapan, Frerhold, and East Windsor. JRSC members will receive \$100 off adult or child orthodontic examination and records. Please visit us at www.braceplace.com

BRIELLE CYCLERY:

Rt. 71, Brielle, 732.538.9121. 10% Off.

BROADWAY RAY:

Chartered Bus Tours to the Broadway Theater District. Departures from the Circle Factory Outlet in Wall Township. 732.528.8434 www.broadwayray.com

CONTOURS EXPRESS OF BRIELLE:

\$34/month for JSRC ladies who want to balance out their running routine by adding weight-training. Real weights, not hydraulics! 30-minutes, 3Xweek=a stronger runner!! 606 Hwy. 71, Brielle. 732-528-5595.

FAMILY CHIROPRACTIC CENTER:

Special rates for JSRC members. Tinton Falls, 732.530.0405.

FEET FIRST:

All Locations. 10% discount.

G&P WELLNESS:

Performance & recovery technologies by Nikken. Grace and Peter Rowe. 732.706.0446. 20% Off.

GILBO-A-GO-GO:

Caterer and Party Planner. Call Bob Gileski for your party or picnic basket specials! 732.887.6791.

HAYSEEDS DESIGN

Advertising & Marketing: Publications, Brochures, Logos, Web design, and illustrations. Barbara Hay at 732.517.1564. www.hayseedsdesign.com.

HEALING HANDS • REIKI THERAPY:

Dawn Ciccone at 732.872.7441. 10% member discount.

HEALTHY LIFESTYLES:

Safe, chemical-free, natural based products that are better for you and the environment. Cost-effective, buy wholesale. For information call: 732-517-1474.

HOT BAGEL BAKERY:

Monmouth Rd, Oakhurst. Handmade by Club Member, Dan Grimes.

KENNETH VERCAMMEN, ESQ.:

15% off Traffic Tickets & Wills. 732.572.0500.

LINCROFT VILLAGE DENTAL CARE:

Special Introductory Rates to New Patients. Please call office for details. 732.842.5005

MILES AHEAD SPORTS:

Meeting House Rd., Manasquan, 10% discount. 732.223.0444.

OCEAN WINE & SPIRITS:

Complimentary wine tastings every Fri & Sat. 3-6 p.m. Gift baskets and more! 732.660-6700. www.oceanwineandspirits.com

PAMPERED SOUL:

We bring the Spa to You! Relax at home, no driving required. 732.299-8793. www.thepamperedsoulnj.com

REALM COMPUTER SOLUTIONS:

Computer Repair, Networking or Website Design/Updates. Service performed in your home or office. JSRC members receive 10% off! Contact Gary Douglas at (732) 300-6517, Gary@RealmComputerSolutions.com or visit www.realmcomputers.com.

RUNNER'S HIGH:

454 Main St., Metuchen, 732.549.9440, members:10% off.

SERVES U RIGHT:

20% Off Party Service. 732.747.8683.

SQUAN CUSTOM FRAME SHOP:

209 Hwy 71, Manasquan - 10% discount on Custom Frames by Maggie McChesney. 732.223.1334.

THE RUNNING STORE:

The Grove, Rt. 35 in Shrewsbury. 10% off shoes and clothing. 732.758.8008.www.runningstore.com

THE SNEAKER FACTORY

10% discount with a credit card & 15% discount with Check or Cash on all non sale items. Discount can not be combined with any other discount or offer. Contact Dean Shonts. 308 Millburn Ave., Millburn, NJ 07041. 973.376.6094. www.sneakerfactory.com

THIRD AVENUE CHOCOLATE SHOPPE:

10% off. 1118 3rd Ave, Spring Lake, 732.449.7535. Also in Manasquan.

TRAVEL SERVICES:

Professional travel consultant with over 20 years of experience can handle all your travel needs. Resorts, cruises, all inclusives and custom vacations. Providing customized personal service to club members, contact Ira Wiss at 732-682-5156 bigeye51@optonline.net.

Club members interested in listing their business services in the Member to Members Discounts Directory free of charge should send e-mail to newsletter@jsrc.org.

Happy Holidays

Late breaking news

Our Condolences

Clarence Reed

Clarence has not been at the races recently, but was a regular at many local Jersey Shore Events - running and race walking. You would probably remember him with his white hair and trademark Irish Flagged Shorts which he wore to all the races. Clarence passed away December 15th.

Adopt-A-Family

The JSRC Crew helped with the Adopt-A-Family-Gift Wrapping on Friday, December 15th at Bob Both's home. Even Santa showed up to help with the wrapping! Thanks to everyone who contributed to our Adopt-A-Family. Thanks to all for the generous gifts and donations! Because of everyone's generosity, we were able to adopt four needy Families this year.



The JSRC Adopt-a-Family Crew.

Celtic Cottage to Bar A Long 15K

Organizer Phil Hinck thanks all the runners who participated in the Long 15K from the Celtic Cottage on Brighton Avenue in Long Branch to Bar A on 16th Avenue in Lake Como. It was a bright sunny day for running along the boardwalks and streets of the ten local towns. Although it was windy, the runners had a tailwind for most of the run. Many of the runners opted to park their cars at Bar A and take the Bar A trolley to the Celtic Cottage starting point. After the run, they enjoyed a repast of ham, potatoes and bowtie pasta (and beer). Later in the day some of the runners returned to the Celtic Cottage for celebratory drinks. Since this was a "fun run" the real winner was Charity House—the race beneficiary.



Phil Hinck with two of the top finishers Joseph Imbriaco and Ed Albutus.

The 43rd Annual Asbury Park Polar Bear Races

This 43rd Annual Race will take place on Saturday, December 30th on the Asbury Park boardwalk. The program consists of a 5-Mile Run at 1 p.m. and 10-mile racewalk/5-mile health walk at 10 a.m. Trophies to leading finishers and Polar Bear commemorative T-shirts to all entrants. Information from www.shoreac.org, elliottden@aol.com, or 732-222-9080.

Join today!

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 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.

Membership Fee:

	Individual	w/e-newsletter*	+\$ / Family Member
1Yr.	\$15	\$12	+\$6 / f.m.
3Yr.	\$42	\$30	+\$15 / f.m.

Hotline: **732-542-6090**
Award-Winning Website:
www.jsrc.org

BENEFITS OF JERSEY SHORE RUNNING CLUB MEMBERSHIP:

- 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
- Marathon Training Programs
- Discounts at Local Merchants
- Annual Holiday Party
- Annual Summer Party
- Track Workouts
- Member USATF Club No 0196
- Member RRCA Club No 969
- Free T-Shirt to each New Membership thanks to our sponsors

Renew or Join Online

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

Name	Signature	Date of Birth	T-Shirt size
_____	_____	_____	N/A
_____	_____	_____	N/A
_____	_____	_____	N/A

Street Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ email _____

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 foregoing to use any photographs, motion pictures, recordings or any other record while participating in club events for legitimate purposes.

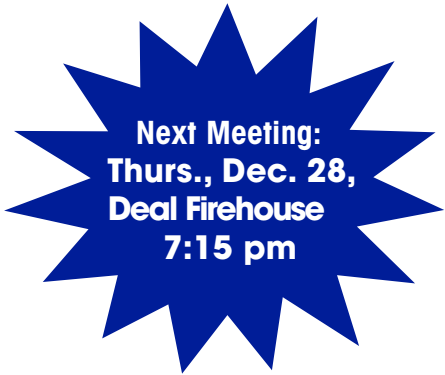
Mail completed form & check to: JSRC Members, PO Box 7492, Shrewsbury, NJ 07702.



www.jsrc.org

PO Box 7492,
Shrewsbury, NJ 07702

U.S. POSTAGE
PAID
Allenhurst, NJ
PERMIT No. 4
Zip Code 07711



**Next Meeting:
Thurs., Dec. 28,
Deal Firehouse
7:15 pm**

Newsletter of the Jersey Shore Running Club
Issue XVI, Vol. 1 • January 2007

Postmaster: Dated material enclosed. Please
deliver **before** December 27th, 2006. Thank You!



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