

RVRR Annual Holiday Party

When: Saturday, December 5th. 4656.
starting at 6 PM

Where: Bernadette and Ray Petit's home – 71 Central Ave, East Brunswick, NJ

Directions from Highland Park

Take Route 18 South into East Brunswick. Once you enter East Brunswick, travel approximately 4 miles to Brunswick Square Mall with Macys' and J.C. Penney's'. After mall, follow sign for Rues Lane. Make right turn onto Rues Lane. Travel to first traffic light, which is Summerhill Road (7-11 at corner). Make left turn onto Summerhill Road. Travel ½ mile to Central Ave. Make left turn onto Central Ave. 71 Central Ave. is about 3 blocks from Summerhill, on left. If you take the NJ Turnpike, exit at exit 9 and follow directions above. Phone #- 732-254-

Food will be served buffet style and the club will supply the main dishes and beverages. Everyone is asked to bring a salad, side dish, or dessert to pass. If you plan on attending, please call the RVRR Hotline by 12/1 (732-463-RVRR) and under the Holiday Party selection, leave a message indicating the following:

Your name
How many will be attending
What you intend to bring

If you do not know what to bring, please indicate this and someone will contact you with a suggestion. If it isn't convenient to bring a dish, bring the joy of the Season. Bernadette and Ray celebrate Christmas and invite all club members to join fellow club members and us as we usher in the Holiday

Group Presentation November 11th

Even months after running my first (and worst) marathon in Warwick, NY in November of '95, I wondered 1 would be able to really enjoy running again. Although I had qualified as I had hoped for, to run the 100th Boston Marathon, running a marathon again had seemed out of the question. Long runs, which I once loved, became a hardship. I had extreme stiffness and pain radiating down my hamstrings into both legs, not only during running, but also with sitting, driving and other common daily life activities. My legs felt as if they were no

(Continued on page 4)

Inside this issue:

Holiday Party	1
CPR Class Review	3
Safety Reminder	3
Running Greatness	5
Discovering Your Identity	6
Another Mile	7
Race Results	8
Upcoming Races	9

**BARTMAN VALLEY
ROAD ROLLERS**

Saturday Run

In recent months the desire for running on the towpath at Blackwells-Mills Road has died down. From several accounts there has been only one runner. To alleviate this problem, the General membership has voted to move our Saturday Morning run to 9:00 at the towpath juncture in Piscataway. Starting July 11th.

Directions to Johnson Park
Route 18 North through New Brunswick. Get in the left lane when crossing Lynch Bridge (still Route 18, this is a fairly large bridge crossing the Raritan River). At the light at the bottom of the bridge, turn left onto River Road. At the first light, less than 1/4 mile, turn left toward Landing Lane Bridge. Take an immediate right into Johnson Park. Meet in the first parking area on the left.

Happy Birthday

Valerie Bendorovich	11/2
Larry Smith	11/5
Aileen A. Arcilla	11/6
Sid Auerbach	11/9
Mark Strawn	11/11
Robert Hilkert	11/12
Robert Splick	11/15
Dean Shonts	11/16
Pati Rosen	11/18
Dianne Thomas	11/20
Barbara Brent	11/22
Bill Pape	11/23
Bob Gambogi	11/23
Derek Rieckhoff	11/23
Patrick Cosgrove	11/25
Bob Nelson	11/25
John Pretzell	11/25
Cherie Marie Twardus	11/26
Peter Fama	11/30
Erin Grau	11/30

Where should you be on Wednesday?

The Raritan Valley Road Runners have met weekly for 15 years of consecutive Wednesday night runs! Come join us at 6:30 p.m. at the new Highland Park Senior Citizens' and Youth Center at the intersection of Benner Street and S. 6th Ave. Parking is available in well-lit lots adjacent to the building. Come dressed in your usual running garb. The intersection of S. 6th Avenue and Route 27 is 0.7 mi. north on Route 27 from its intersection with S. Adelaide (where we used to meet at the Highland Park 'Y'). The new Center is in 2 blocks from Route 27 and is on the right just after the intersection of S. 6th Avenue and Benner Street. The building is behind a well-lit parking lot and has its name in large red letters on the building structure.

The summer distances are from 4 to 8 miles. The course is out and back so that the individual can decide how far he or she wants to run.

What's for Dinner on Wednesday?

Week #	Place
1	Senior Center Highland Park
2	<i>Dolls</i> Rt. 27 N Brunswick
3	<i>Pizza Hut</i> Rt. 27 N Brunswick
4	<i>Dolls</i> Rt. 27 N Brunswick

Raritan Valley Road Runners

P.O. Box 1197
Edison, NJ 08818-11197
Hotline: (732)463-RVRR
Web: <http://www.rvrr.org>
USATF/NJ Club #0202
RRCA Club #664

1998 Executive Board Members

President	Ray Petit (732) 254-4656
1st Vice-President	John Nowatkowski (732) 251-7578
2nd Vice-President	Charles Gromer (732) 985-0574
Secretary	Steve Kornstein (732) 382-4295
Treasurer	Allen Paul (732) 985-3300
1998 Directors-at-Large	
Sam Bianca	(732) 463-1462
Luann Duesterberg	(732) 745-9661
Greg Mullins	(732) 752-8960
Trink Poynter	(732) 424-8093

Former RVRR Presidents

Allen Paul	1983-1986
Doug Brown	1987-1989
John MacGillivray	1990-1992
John Pretzell	1993-1994
Mark Rogalski	1995-1996

Welcome New Members Bridgewater

Patricia Gilroy

Highland Park

Suri Granek

Michelle Laroche-Gould

Plainsboro

Stefan Johansson

Thank You East Brunswick Volunteers

Janice Reid

Although the number of runners was smaller than in the past, I received more positive comments from this year's race than ever before. Most of the reason for that was the excellent volunteers crew, who as usual was dependable, punctual, and more than competent at everything they were asked to do. Volunteers at this year's race included:

Chris Lehman	Mary Cosgrove	Trink Poynter
Ed Levy	Clyde Dolan	Roger Price
Bruce Nadler	Peter Fama	Bob Price
John Nowatkowski	Ginny Farrell	Peter Priolo
Andrea Orlando	Jim Gilligan	Patti Reid
Rolf Arands	Yevette Hendler	Sharon Rogers
Ray Attisano	Dave Hoch	Myrnal Rosal
Sid Auerbach	Stefan Johansson	Pati Rosen
Sue Bishop	Jill Knorr	Judith Samuel
Cathy Bishop	Steve Kornstein	Vinnie Sica
Madeline Bost	Russ Lazarek	Jennifer Stachula
Rick Boyle	Dave Lazarus	Ken Vercammen
Doug Brown	Andrew Lee	Chris Weiland
Lois Brown-Klein	Allen Paul	Mark Zamek
Mary Chervanek	Ray Petit	Julian Zammit
		Linda Zammit

Safety Reminder!

Winter Running Tips

Those of you who do trail running during the Winter months be careful. Always remember to wear Bright colors and be aware of your surroundings. Hunting seasons are open for several weeks throughout the winter months. If at all possible run at such locations as Frost Woods or Rutgers Gardens where hunting is not allowed.

After the recent attack of a woman walking along South 2nd Ave. in Highland Park, in broad daylight, runners are encouraged to either speed up or slow down to run with a group. This is for your safety and the safety of all members of the club.

CPR Class

High school teacher. Webmaster.
CPR instructor.

On October 26-27, Gene Gugliotta taught 10 RVR members life saving techniques for adults, children and infants.

If you were out for a run and you witnessed a child that was hit by a car, would you know what to do? If you were on the towpath and your training partner complained of chest pains, would you know what to do?

Using manikins, we had the opportunity to practice rescue breathing, abdominal thrust and CPR. Using video tapes, Gene demonstrated the correct method to perform these techniques. The course last approximately 6 hours and it is time well spent. Gene also stressed that these skills need to be practiced if we are to be effective. Even if we forget most of the skills that Gene taught us, we should have the confidence to act if we come across an emergency.

This course is recommended for all club members. Aside from thanking Gene, I would like to thank the ten club members who attended this event. Gene is an excellent instructor and with sufficient interest in the course, the club can ask Gene to teach another session .

You will learn skills that you hope you never have to use.

(Continued from page 1)

longer functioning properly. By late December, my running was declining and I was becoming depressed, so

I sought out to find a cure. I tried resting, taking time off running, but I did not feel any better and it only made things worse mentally. I tried Physical Therapy but it did not help the problem either. Finally, my doctor, knowing that I was a runner, recommended Dr.

Charschan, as he knew him as a chiropractor familiar with running related injuries. In fact,

Dr. Charschan, himself, was, at one time, a competitive USATF runner capable of running well under six-

minute pace.

On my first visit, Dr. Charschan took x-rays, which clearly revealed that I was out of alignment. My hips and lower back were out of place due to tightening of the muscles around those areas. I was also fitted for new orthotics for my shoes, I learned that my old orthotics, which had been prescribed for a prior planter fasciitis problem, had been improperly fitted and had created new problems. After getting accustomed to them for a week, I seemed at least 50% better.

The orthotics helped correct my form, as I am an overpronator. After a month of treatment at 1-2 times per week, consisting of myofascial release technique (a technique which smoothes out muscle scar tissue) and adjustments to my hip and spine, I was running pain-free again.

I ran the April '96 100th Boston Marathon and took nearly 18 minutes off my previous time! I also felt much better than I did during the Warwick Marathon. Thanks to Dr. Charschan, I continued to pursue running my favorite race-- marathons. I ran Boston in April '97 and New York in November 1997.

But this year, I set out to run a PR. Then just two weeks before the Steamtown Marathon, in October 1998, I started having problems with my left hip. I went to Dr. Charschan. He advised that I had

"many issues in my tissues", but he would do everything he could to get me back to normal before the marathon.

Four treatments later on October 11th, I ran a 3:06 at Steamtown Marathon and set a PR by nearly 7 minutes! And, thanks to Dr. Charschan, aside from the usual tight calves and quads, I had no major problems.

I have been repeatedly told that the human body is not really meant to run 26.2 miles. But this is exactly why we marathoners find ways to work around that! I still treat with Dr. Charschan on an as needed basis. He has also given me kinetic exercises to do at home to strengthen my muscles and help eliminate future *running related* problems. Other Raritan Valley Road Runner members who I have recommended have also been helped his care.

Dr. Charschan has many helpful tips for all levels of runners as well as kinetic tests, which may be interesting as a test for our abilities (and inability's).

He has offered to give a presentation on Wednesday after the group run (about 8 PM) on November 11. Pizza and other snacks will be available. Please contact me to let me know who will be coming I can be reached at (732) 238-1483.



Newsletter Deadline

The December newsletter deadline is November 21, 1998. Please send your emailed articles to vsica@injersey.com. If you do not have email then bring your article on disk to a Wednesday night run and give it to me or Jill Knorr .

Please submit them in MS Word Format, text, or rich text. If you are not sure of how to send an email to me, call and ask. My Number is 732-416-0476.

If you are interested in writing an article for the newsletter, but do not have a computer, contact me and I will make one available at a Wednesday night run or deliver it you so that your newsletter article will be submitted.

A Glimpse at Running Greatness Vinnie Sica

Many of you at the East Brunswick 3K and 10K did not know that you were in the presence of greatness. It all began several years ago I helped Mark Zamek with Midland and I was able to meet some extraordinary people. The year was 1995 and Mark was able to gather a world class field in the 15K. Among them was a 26 year old Russian named Leonid Shvetsov. At Midland I became friends with Leonid and we have been communicating ever since. Leonid's marathon running credentials are as follows: 1st at the 94 and 95 Disney Marathon, 3rd place at Houston in 96 and Chicago in 95 and 96, and 66th at the Olympic Marathon in 96.

Leonid spends most of the year training in Albuquerque New Mexico. But this November he will be running the New York Marathon and I got a chance to see how elite athletes live and train. Several years ago I had made an offer to him saying "Next time you are in NY we should get together, you can always crash at my place". So here I am as the host of a 2:09 marathoner. I picked him up at the East Brunswick Tower Center and we went to pick Jill up from work. Once we dropped her off at the gym, we were off to have a nice training run at the South Mountain Reservation. This was Leonid's second run of the day, so he was going to take it easy. "An easy six" he said.

Now not being in the greatest shape, I knew I was in for a beating. We started off fine, running about 7:15s and when I cashed it in at 4 miles we were averaging

6:50's. I was tired from work and being out of shape, but he wasn't even out of breath.

Saturday we were off on the first run of the day, and I was still trying to recover from the previous day. We momentarily stopped at the Spotswood 5K to see how that went, and then we were off for a nice run in Frost Woods. Five miles later I was staggering back to the house wondering why I let him kill me in an easy run. Five miles at 6:45 pace in Frost Woods was enough for me. We did a nice 1.5 to 1.75 mile loop in 11 and a half minutes and I was hurting, so I left him to run on his own. He did 4 more loops.

One of most amazing thing that I have ever witnessed occurred on Sunday. Leonid had planned to do a 20-mile run, so at midnight I was taking to Chris Lehman trying to plan out the course. I decided that the best place for him to do this was the towpath. At 9:00 am Leonid was off and running from the South Bound Brook Lock and not planning on stopping until Alexander Road in Princeton. I was lucky enough to be the water boy. At every intersection I would jog a half-mile to meet him and run a half-mile back. Leonid said he was going to run at 6 minute pace, but he felt good and he managed to run the 20.2-mile course in 1:54:39. This is roughly 5:45 pace. This pace is close to the winning pace of the Atlantic City Marathon on the same day. After he finished he took his pulse; it was 157 beats per minute. I was in total bewilderment and tired from the interval workout he made me do. To run

that fast alone is incredible. Being a modest person he spent the entire 5 days with Jill and I saying "I do this for a living", especially when I said that I hate not being able to finish a training run with him.

The exhausted male runners for the 3K did not realize this, but at the end of the chute, handing out the medals was this 2:09 Marathoner. Every time I heard him say good job or good run, it made me feel inspired.

Jill and I were able to witness a whole new/different lifestyle during the weekend of the NYC Marathon. On Friday night we ended up in the Hospitality Suite of the Marathon with many of the top runners in the world, from Tegla Loroupe (WR Holder Marathon) to Josiah Thugwane (1996 Oly Marathon Champ).

Leonid ran an incredible 2:11:50 on the NYC Marathon Course and placed 11th. After the marathon awards ceremony, a large group of us went to a fancy restaurant. The people in the group included the 4th and the 9th place finishers in the woman's race, the 11th place in the men's, the Olympic Marathon Champ, his agent, a representative from the Chicago Marathon, the 2nd largest boxing promoter in the world, and the South African Pacesetter for the marathon.

This memory of the 1998 NY Marathon will stay in my mind forever. The people that we met define greatness in my eyes.

Discovering your Identity

Mary Chervenak

First of all, running a half-marathon was not my idea. I got talked into it – Mark’s doing, mostly. Mark is a friend, a rival, and a running partner. He is stronger and faster than I am, and I hate running with him. I love running with him for the same reasons. He was so enthusiastic about the race, I thought running it might be fun. I agreed to do it -- before I remembered that I never race.

I don’t like to race because I usually sabotage myself. After working myself into a frenzy of nervousness, I am hopelessly fatigued hours before the race starts. For this particular race, the sabotage is complete: I have forgotten my running shoes. Ooof. I feel sick. Mark bounds over to where I am sitting. I pretend to be absorbed with my feet, carefully tightening the fragile laces of the ancient shoes that have a permanent home in the trunk of my car. Excitement radiates from him; he reminds me of a large, happy dog who has just caught sight of a good throwing stick. I want to punch him.

Why on earth am I running, when I so clearly detest it? Well, I have, like most people who run, perfected my whine. Really, I enjoy pulling on my shoes and heading out for a run. Running is simply my chance to play – to use a body that, most of the time, I am not comfortable with. I can almost remember the wonder of being four or maybe five, when I could, with a thought, become a bird, or a queen, or a fairy princess. I think everyone loses this ability as they get older; I certainly did. By 15, I had chosen a different and far more sinister way to reinvent myself.

Most people guess. I have the most common, the most boring of eating

disorders. Initially, I sought to recreate myself – to eat (or not eat) myself into a fairy princess. The new version of me would be stronger, smarter, more capable, and full of possibilities. Instead I shrank, and became somehow less, defined only by the limited vocabulary reserved for those with eating disorders. Not smart, or beautiful, or strong, but rather the opposite. My entire existence was distilled into a few thoughts and words, all concerned with my next bite of food.

Mark taps my shoulder, and I look up. Where am I? I’ve been day-dreaming, thinking about ice cream. I tug at my ponytail and notice that I’ve managed to tie my shoes without snapping the laces. Mark is talking race strategy as we walk to the starting line, but I find that instead of listening, I am watching a group of disoriented pigeons. We’re apparently standing on their turf.

The line of people in front of me surges forward (Was that the starting gun? I didn’t hear anything!!), and I am jerked into a disjointed shuffle. Mark is still talking. The pigeons flee before us. During the slow weave of the first mile, I glance at Mark; he looks calm and focused as he effortlessly swings over the acres of asphalt. Now I really want to punch him. When my stride finally smooths out, I trot in his wake, bemused, for nearly three miles.

As we pass the three-mile marker, Mark veers into the bushes, and I am suddenly alone. I worry for a second, but the road unrolls before me like a ribbon from a spool, inviting me to take one step after another. I’m starting to pass people. This is easy. By the time Mark catches me, I’m reeling people in, slowly, one at a time. Man in yellow shirt. Man in funny shorts. The road flows under my feet like a conveyor belt. Tall woman with short hair. Man with black socks. Damn, it’s hot. Where’s the water? Man with red hat. Man from Carney, NJ. Hey, that’s the finish line. How ‘bout that. I’m done.



Mark finishes about a minute behind me. My feet hurt, and I am inspecting the toes of my battered shoes when he trots over, grinning. “Great race”, he says, shaking sweat on me. I realize that I’m grinning back at him. It was a great race. It is a great race. For a moment, I am free from the words that have defined and narrowed me for a long time. I am not another woman with an eating disorder.

I am an athlete.

I am a runner.

*I am even, maybe,
a fairy princess.*

Another Mile in the President's Shoes

Congratulations to Janice Reid, Peter Fama and their staff for another successful East Brunswick Road Races. In the last edition of this newsletter, Janice announced that she would no longer direct the event. I would like to personally thank her for years of devotion to this event. Over the years, we have seen many popular races die, most notably the Sunset Classic in Bloomfield. I'm hopeful that our club will not let this happen to the East Brunswick Races.

Thanks also to Gene Gugliotta for posting the race results on our website the same day as East Brunswick. Thanks also to Bill Schaefer, Vera Stek and other members from Central Jersey for supporting this event. I had the pleasure of beating Vera at one of the Summer Series. She repaid the favor by beating me in the Fall Classic and for good measure, she beat my brother at the EB 10K. Yevette Hendler once accused me of only challenging women. I agreed with her and told her that I can't beat any men in the club.

I encourage all members to call our hotline or visit our website at least one a week to stay current on club activities.

Our thanks also goes to John Nowatowski in taking the lead in organizing the Spotswood Run on October 17h. Mark Zamek has taken the lead in organizing the Turkey Trot in Colonial Park. RVRR receives a management fee for each of these events. At the last Board meeting, the Board voted not to accept the management fee for directing the Highland Park 5K. This is our way of giving back to the township for allowing us to use

the Senior / Youth Center, free of charge.

On December 2nd. we will have the opportunity to elect the RVRR 1999 Board of Directors. For the first time in several years, we have more candidates than we have offices, so there will be a few disappointed candidates. Remember, you don't have to be on the Board to serve the club. Most of our race directors are non Board members. The next club president will have big shoes to fill- size 14 to be exact.

We will not have a guest speaker at the December 2nd. elections, but you will be asked to approve a change in the bylaws to name the RRCA as the primary beneficiary if we dissolve the club.

My wife and I have the privilege to host the RVRR Holiday Party this year. Thanks to Dana Gross for offering her brand new condo for the party. The party was moved to the first weekend in December, so as not to conflict with Picatinny. To the best of my knowledge, our club doesn't have a policy of charging guest for the Holiday party. If you do bring a non club member to the

party, it would be a nice gesture to mail \$5.00 to our Post Office Box. The party is free for club members. Regardless, it is our hope that everyone should feel welcome in our new home. PLEASE RSVP to the hotline so that we can plan accordingly.

The Saturday morning run is still going strong, although every week we are faced with the challenge of construction on the towpath approximately two miles into the course. Does anyone know what they are building and when do they expect to finish? To date, we haven't allowed the mud to stop us. We run through it as the construction workers look at us as though we are crazy.

In an effort to increase dinner attendance, we have dropped Charlie Browns' from our dinner schedule. On the first Wednesday of the month we will bring pizza into the Senior Center. This might be a good opportunity for the next Board to plan guest speakers around. I have heard from several members that the quarterly general membership meeting last too long and should just be a business meeting without a guest speaker.

We just received a shipment of

(Continued on page 9)

SAVE

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CLUB MEMBERS!

**Beat Mail Order Prices
& get expert personal attention
at the
Sneaker Factory Store**

**15% off for cash or check
10% off for credit card**

308 Millburn Ave. Millburn NJ 973-376-6094



R V R R Members Fast Finishes!

Men's Open and Masters USATF 10K X-Country Championships 10/11 Deer Path Park

RVRR Open Team - 2nd Place	
RVRR Masters Team - 3rd Place	
Amilcar Duarte	33:21
2nd O'all	
Mark Zamek	33:42
3rd O'all	
Greg Mullins	36:36
Jeff Knoll	36:52
Stefan Johansson	37:28
Carl Rocker	39:44
Jorge Rivera	40:05
Bill Pape	40:31
Rick Boyle	40:47
Pete Priolo	41:42
Richard Uslan	45:25
Paul Kretnar	47:16
Russ Lazarek	48:50
Spook Handy	58:16

Women's Open and Masters USATF 8K XC Championships 10/11 Deer Path Park

RVRR Open Team - 1st Place	
RVRR Masters Team - 1st Place	
Sue Juronics	35:07
Trink Poynter	35:36
Debra Martucci	36:08
Yvette Handler	48:12
Patti Rosen	57:10
(she started 20 min. after field)	

Rnd Valley Challenge Trail Run 10/17 Lebanon, NJ

Roger Price	1:29:24
8th O'all	
Gene Gugliotta	1:38:09
Herman Richards	1:39:52

Liberty Waterfront 5k

10/11 Liberty State Park	
Pete Priolo	19:07
3rd 20-29	

Liberty Waterfront Half Marathon 10/17 Liberty State Park

Amilcar Duarte	1:12:20
4th O'all	
Mark Zamek	1:16:00
10th O'all	
Roger Price	1:22:46
Henry John-Alder	1:25:49
David Hoch	1:28:18
Jennifer Stachula	1:33:01
Christopher Lehman	1:35:02
Mark Rogalski	1:39:06

East Brunswick 10K 10-18-98

1. Amilcar Duarte	32:16
3. Mark Zamek	32:48
5. Henry Correa	33:26
15. Larry Graham	34:57
27. Stefan Johansson	36:08
30. David Hoch	36:35
34. Greg Mullins	36:56
36. Jeffrey Campbell	37:02
43. Jim Ryan	38:14
46. Carl Rocker	38:25
48. Douglas Brown	38:33
50. Pat Cosgrove	38:41
52. Paul Fiorilla	39:07
74. Jan Brodka	41:28
76. John Nowatkowski	41:35
78. Jennifer Stachula	41:49
81. Pati Rosen	42:01
86. Rolf Arands	42:38
87. John Dale	42:51
95. Debra Martucci	43:24
105. David Lazarus	46:01
108. Trink Poynter	46:14
123. Vera Stek	48:25
155. David Brown	52:23
164. Madeline Bost	53:30
171. Ginny Farrell	54:44

178. Bob Kehoe 55:45

East Brunswick 3K 10-18-98

7 Ken Vercammen	11:40
12 Ray Petit	12:44
13 Kathy Rocker	12:59
15 Jill Knorr	13:29
26 Judith Samuel	16:13
37 Doug's Daughter	18:23

RACE AGAINST HUNGER 5

MILE Race Date: 10-24-98

6 Larry Graham	27:38
10 Douglas Brown	30:51
20 Rolf Arands	33:30
26 Trink Poynter	34:19
38 Russ Lazarek	36:28

NYC Marathon

1196 Schneekloth Chaz	3:06:54
1562 Rivera, Jorge	3:12:24
301 Chervenak, Mary	3:29:54

Steamtown Marathon

105 Christopher Lehman	3:02:43
141 Jennifer Stachula	3:06:44
991 Charles Gromer	3:59:49

Race Results

If you want to see your results in the newsletter, please submit them to Kathy and Carl Rocker. Club Members can call the Rocker at (732) 767-1508 before 9:00 P.M. Alternatively, results can be sent to the Rockers' home address:

Carl and Kathy Rocker
17 Sylvan Ave.
Metuchen, NJ 08840

Results can also be submitted to Carl via e-mail.

At Trigeek@erols.com

Upcoming Races!

11/15/98 Sunday	Road run	15K & 5K	Basking Ridge	Great Swamp Devil Run	1:00 P.M.	15K=500	973-376-0231
11/15/98 Sunday	Road run	5K	Hoboken	Technology 5K Series	10:00 A.M.		201-216-8086
11/18/98 Wednes- day	Road run	5 miles	Tewksbery	Tewksbery 5 Mile Run	10:00 A.M.		908-832-0797
11/26/98 Thanks- giving	Road run	5K	Flemington	CEA/Johana Foods Turkey Trot	11:00 A.M.	500	908-782-1480
11/27/98 Friday	Road run	5 miles	Freehold	Born to Run 5 Mile	11:00 A.M.		908-462-1573
11/28/98 Saturday	Road run	5 miles	Westfield	Westfield 5 Mile Turkey Trot	11:00 A.M.		908-233-4395
11/28/98 Saturday	Road run	5 miles	Holmdel	St. John Vianney Thanksgiving Run	10:00 A.M.		732-41-4884
11/28/98 Saturday	Road run	5k	Cape May	Habitat for Humanity 5K	9:00 A.M.		609-3911-0287
12/6/98 Sunday	Road run	5K	Pt. Pleasant	Reindeer Romp 5K	11:00 A.M.		732-295-1765
12/6/98 Sunday	Road run	5K	Hoboken	Technology Challenge 5K	10:00 A.M.		201-216-8086
12/6/98 Sunday	Road run	5K	Tom's River	Jingle Bells 5K Run	3:00 P.M.		732-349-0220
12/13/98 Sunday	Road run	10 Mile	Picatinny Arsenal, Dover	USATF-NJ Open Men's and Women's and Masters 10 Mile Championship	11:30 A.M.	700 or 500	732-296-0006
12/13/98 Sunday	Road run	5K	Liberty Oak Park, Freehold	Toys For Tots 5K	10:00 A.M.		732-462-1573
12/13/98 Sunday	Road run	10K	Lake Takanasee, Long Branch	Reilly Scully 10K Run & 10K Race Walk	1:15 P.M.		732-222-9080
12/20/98 Sunday	Trail run	7 miles	Middletown	Autumn's End Trail Run (non-competitive fun run)	2:00 P.M.		732-542-6090
12/27/98 Sunday	Road run	5 Mile	Asbury Park	35 th Annual Polar Bear 5 Mile Run & 10 M Race Walk	10:00 A.M.		732-222-9080
1/1/99 New Year's Day	Road run	5K	Westfield	CJRRRC Hangover Run	12:00 P.M.		732-381-0318

(Continued from page 7)

RVRR singlets and they are available to be shipped immediately. If you are interested in what's happening in running, Runners' World is a must read. At the very least, you will impress your non running friends when they see it in your house.

The Jingle Bell Run has been scheduled for December 23rd. Put on your Christmas bells and join us as we carol in various bars in New

Brunswick. If you want to skip the singing, meet us at Dolls at approximately 8:00 PM. The bar always buys us a round.

We are currently planning the 1999 Awards Banquet. If you would like to assist in planning the banquet, please see any Board member. If you finished first in any race in 1998, make certain that it was reported in the newsletter. We use the information reported to Carl

and Kathy Rocker in planning many of the awards.

The medical report is in and FloJo's death wasn't drug related. I'm OK with that.

Raritan Valley Road Runners
PO Box 1197
Edison NJ 08818-1197
Hotline: 732-463-RVRR



Upcoming Event Reminders:

Wednesdays – Group Run and Dinner. All abilities, out and back course 4-8 miles

November 7th- Turkey Trot 5K in Colonial Park

December 2nd- 4th quarter general membership meeting (club elections)

December 5th- Holiday Party at Ray and Bernadette Petit

December 23rd- RVRR Jingle Bell Run (wear your bells)

TBD- 1999 Awards' Banquet

Announced Candidates for the 1999 Raritan Valley Road Runners Board are:

President- Trink Poynter and Vinnie Sica
1st Vice President- Dave Hoch
2nd Vice President -Jill Knorr and Charles Gromer
Treasurer- Allen Paul
Secretary-Judi Cox
Directors- at- Large-
Ed Levy, Sam Bianca, Pete Priolo, and Lois Brown

RVRR Clothing For Sale

Singlets are now available via the newsletter:

RVRR Singlets
Coolmax White Mesh

Male- M, L, XL

Female- M ,L, XL

Cost

\$16.00 ,please include \$1.00 for postage and mail to:

RVRR, PO Box
1197, Edison,NJ 08818-1197.

Singlet will be mailed to you via first-class mail.

For additional details, contact Charles Gromer.