

## East Brunswick Road Races Needs New Director

Janice Reid

It's been a wonderful run, but the finish line is in sight, and I'm sprinting. Yes, after taking on the East Brunswick Road Races on an interim basis four years ago, I feel the time has come. 1998 will be the last East Brunswick 10K Race I direct.

I make this announcement now for several reasons. First and foremost, it's to give whomever out there might now be wondering what's involved the time s/he needs to get involved this year and see for themselves. Second, to allow that same person the most time possible to organize for 1999. Third, to affirm to myself in writing that this is really what I want to do.

For I have enjoyed the challenge of working with the sponsors, East Brunswick Township, volunteer race committee, and vendors to stage what's become a multi-event race. It has been a wonderful experience in many ways, and there are many things for which I'm proud. The Race has become a mainstay on the USATF Championship race calendar. We have gotten the Camp Daisy parents and kids involved via the Camp Daisy Walk. We've extended our Youth running program through the Kid's Pumpkin Dashes. And everyone in RVRR has benefited greatly through the donation of management fees to the club.

I want to make it clear that my de-

cision is strictly personal, and is not related to the status of the event itself. The Race still enjoys the full support of our financial sponsors and Township Recreation Department. In fact, we have been pursuing several leads for additional/increased sponsorship, and expect those to come to fruition for 1999.

I also expect that the majority of the current committee chairs will continue in their positions, and I will myself remain an active volunteer for the event. But I firmly believe that change is good, that new people will bring new and exciting ideas, and that it's time for such a change for the East Brunswick Road Races.

This year marks the 21st annual East Brunswick Road Race. There are not many races in NJ that can make that claim. It is important for Middlesex County, for the sport of running in NJ, and for RVRR that RVRR continue to direct the Race. If no one steps forward, then it is certain that the race will end.

Please consider this challenge, and if you have any questions about it, just give me a call. I can be reached at home

(732-254-3120) or by e-mail

(jrthrow@worldnet.att.net).

**RARITAN VALLEY  
ROAD RUNNERS**

**RARITAN VALLEY  
ROAD RUNNERS**

## Saturday Run

Starting at 9:00 at the towpath juncture in Piscataway at Johnson Park.

**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.

If you are not familiar with the D&R Canal State Park here is a brief summary of what it is and was.

**The Delaware and Raritan Canal State Park** is one of central New Jersey's most popular recreational corridors for canoeing, jogging, hiking, bicycling, fishing and horseback riding. The canal and towpath are part of the National Recreational Trail System. The 67-mile linear park is a valuable wildlife corridor connecting fields and forests.

Nearly 36 miles of the main canal and 22 miles of the feeder canal remains intact today, with many historic structures along the canal.

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## 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.

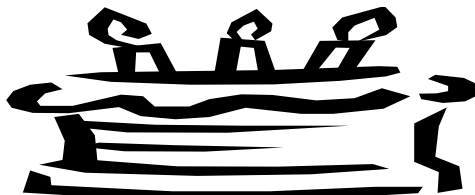
## Welcome New Members

Richard Edelman  
Abu Marcose

Hillsborough  
Piscataway

## Happy Birthday

Don Bergman	10/2
Jennifer Stachula	10/3
Julie Westphal	10/5
Anne Fitzhenry	10/5
Vera Stek	10/6
Roger Shatzkin	10/7
David Fitzhenry	10/7
Steve Fisher	10/8
John Rieckhoff	10/9
Russ Lazarek	10/11
Ginny Farrell	10/12
Alejandro Dittel	10/18
Paul Krentar	10/23
Ed Levy	10/25
Jerry Baron	10/25
John Altom	10/25



## What's for Dinner on Wednesday?

Can't decide what to make for dinner on Wednesday? Why not join us at our Wednesday Night Run and dinner afterwards. Here is the schedule of places to go.

Week #	Place
1	<i>Charlie Browns</i> Rt 27 Highland Park
2	<i>Dolls</i> Rt 27 New Brunswick
3	<i>Pizza Hut</i> Rt 27 New Brunswick
4	<i>Dolls</i> Rt 27 New Brunswick
5	<i>Szechwan Gourmet</i> Livingston Ave NB

## 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  
RCA Club #664

### 1998 Executive Board Members

President	Ray Petit (732) 254-4656
1st Vice-President	John Nowatowski (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



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

**Candidates for President-** Trink Poynter and Vinnie Sica

**Current President:** *Ray Petit*

**Candidate for 1st Vice President -** Dave Hoch

**Current Vice President:** *John Nowatowski*

**Candidates for 2nd Vice President-** Jill Knorr and Charles Gromer

**Current Vice President:** *Charles Gromer*

**Candidate for Treasurer-** Allen Paul

**Current Treasurer:** *Allen Paul*

**Candidate for Secretary -** Judi Cox

**Current Secretary:** *Steve Kornstein*

**Candidate for Directors- at- Large-** Ed Levy, Sam Bianca, Pete Priolo, and Lois Brown

**Current Directors- at- Large:** *Sam Bianca  
Luann Duesterberg, Greg Mullins  
Trink Poynter*

Nominations will be accepted the day of the meeting.

## Newsletter Deadline

The November newsletter deadline is October 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.

### Late Articles will not be accepted.

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 a laptop available at a Wednesday night run or deliver it you so that your newsletter article can be submitted.

## RVRR Clothing 4 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.

## Results of the adult softball throw

RVRR Picnic, 9/13/98

Dave Hoch	184' 9"
Sam	178' 6"
Jim	167' 4"
Larry Kestenbaum	165' 9"
Walter Vallejos	161' 10"
Charles Gromer	159' 5"
Max	145' 3"
Doug Brown	142' 6"
Art Kestenbaum	142' 1"
David	140' 8"
Goutam	138' 3"
Ray Schick	131' 11"
John Sanzone	120' 3"
Madeline Bost	62' 5"
Barb (Schick)	57' 1"

# SPEEDING ALLOWED!!!

# NO LIMITS!!

## Last Chance!!!

# RU TRACK

# TUESDAY 5:30 PM

*Everyone invited, all abilities*

## Directions

### From New Jersey via NJ Turnpike:

Leave Turnpike South at exit 10. take Route 287 North to Route 529 South (Washington Avenue). Follow to Metlars Lane and bear left onto Suttons Lane. Turn right onto Hospital Road.

### From North Jersey via Garden State Parkway:

Leave Parkway South at exit 129 and take NJ Turnpike South to exit 10. Follow directions from above.

Track Workouts also at East Brunswick at 5:30 on Tuesday

## CPR / First Aid Training

Recognizing the importance of CPR and first aid training for runners, Bikers and swimmers, RVRP will offer training this fall, at cost (approx. \$30.00). Your employer may reimburse.

You will learn the skills Needed to act as the first link in the emergency medical services System, such as bleeding control and treatment for seizures, bee stings Fractures, etc. CPR training teaches you

how to help someone during a Respiratory or cardiac emergency.

Early CPR, usually performed by a Bystander, is crucial for victims of cardiac arrest.

After completion of training, you will receive a one year certificate for community CPR and a three year certificate for first aid. Training is for 9 hours.

Training will probably be held in October on Three weekday nights or two weekday nights and Saturday / Sunday Morning. If inter-

ested, e-mail Ray Petit at

rpetit@att.com or call at (work) 732-750-5270.

Our own Gene Gugliotta, aka thin-man ,is a red cross Certified CPR instructor.



## Book Review: *Daniel's Running Formula*, by Jack Daniels, Ph.D.

Reviewed by Jim Johnston

Ever wonder how Olympic-level coaches use technical information--VO<sub>2</sub>, "VDOT", lactate threshold, heart rate-- to get peak performance from their athletes? Well, this is the most readable book I've ever seen that gives a look at this from the inside. The book is by the father of lactate-based training in the US, Dr. Jack Daniels. Jack is an elite athlete in his own right-- he has two Olympic medals in the modern pentathlon. As a coach, he has advised some of America's best runners, including Jim Ryun, Alberto Salazar, Joan Benoit Samuelson, and has been called by *Runner's World* magazine, the "World's Greatest Coach".

The book has three parts, dealing with planning, training and racing. It is full of the advice, hard won by years of testing, training and coaching. Jack gives you a readable description of running physiology and how you can use it to set ideal training paces. His training advice is practical as well as scientifically

solid. He focuses on getting quality effort and avoiding overtraining. Often, if you follow his advice, you will be working less, but getting better. (This may be one of the few instances where you can really get something for nothing!) He offers workout programs for short (1.5-3km) middle (5 to 15 km) and long distances (half and full marathons) that can be used effectively by experienced runners, as well as by beginners, to prepare for their races.

Perhaps the best of all, Jack fills the book with stories and advice from personal experience. Where else will you read advice on "Dropping out", or "How often should you race the same distance?" or be told "When struggling, speed up!". Joan Benoit Samuelson called this information a "huge bonus....most helpful in understanding a variety of issues related to running."

About 25 years ago, Jack played a key role introducing lactate measurement in the training of elite US

runners. His book frequently refers to situations where lactate measurement could be used to guide training. But he also offers simple ways to make rough estimates, since his book was completed before simple, portable lactate measurements were available outside physiology labs. Only in this way is the book slightly out of date.

Whether you are looking for a guide to the science of running performance, or just enjoy reading about running's many facets, this book belongs in your library.

*The Reviewer: Jim Johnston is a scientist and principal inventor of the **LacTest**<sup>®</sup> portable blood lactic acid test system for measuring lactate threshold. For more information about lactate-based training call 1-800-323-3199 or check out [www.lactest.com](http://www.lactest.com).*

## Another Mile in the Presidents' Shoes

Our third quarter general membership meeting was a success. It started with a entertaining presentation by Bart Yasso from Runners' World Magazine. Bart shared a colorful slide show with us highlighting several of the 75 marathons he has completed around the world. The toughest event was the 146 mile race across Death Valley (elevation: 282 feet below sea level) to the top of Mt. Whitney (elevation: 14,495 ft.). The most interesting run was a clothes optional run, with many of the runners wearing only running shoes.

Once again, I would like to thank Vinnie Sica for arranging Barts' visit. After Barts' presentation, we covered club business before concluding with nominations for the 1999 Board. Many hard working individuals declared their desire to run for the Board, with Luann Duesterberg still undecided.

If you are thinking about running for the Board or if you are just curious about what we discuss at our monthly Board meetings, we meet on the first Monday of every month at Allen Pauls' Carpet Store. Call him for directions, but any club member is encouraged to join us for the evening.

In an effort to attract fast or needy runners, the Board agreed to give each team captain 5, one year membership comps to be given to non-club members. It is our hope that these members will become future volunteers and leaders of our club.

In September, we were treated to a well organized club picnic. Janice Reid and Doug Brown deserve the

credit for making the day fun for both kids and adults. Although I have had many disagreements with Janice over the years, we would be a weaker club without her presence. Doug Brown is a former RVRT President that I have learned much from.

Many club members expressed an interest in CPR training and they will be contacted as soon as details are finalized. If you didn't previously sign up for the training, please call me. On September 16th., we abandoned the Allen Paul Summer Course for the safety of the Dave Hoch Winter Course. Please wear a reflective vest or safety light. The Saturday morning course is approaching its' 4th. Month and it is going strong. I am regularly running 10 miles on the towpath and it is improving my running.

Earlier in the year, Ginny Farrell challenged me to a 5K race. I now suspect that she is shying away from that challenge. Please join us on Saturday morning. It is our goal to continue this run year round. Thanks to Chris Lehman, Mary Chervenak, Mark Zamek, Jorge (George) Rivera, Rita Zamek and others for making Saturday a success. Newcomers, such as Mark and Rosemarie

Strawn and Pat Coustantinian are also regulars.

We are still looking for a home for our Holiday Party. If you would like to make your home available on the 2nd Saturday in December, please let me know.

I would like to encourage all married club members to include their spouse in their membership . For an additional \$5.00 a year, your spouse / significant other living at the same address can have full club membership that entitles them to participate at the Holiday Party, Winter Banquet, Midland Picnic, etc. To change your membership, mail a signed membership application with \$5 to the P.O. Box.

In closing, I would like to express my sympathy on the death of Florence Griffith-Joyner. She was truly one of the great track stars of our times. At the 1988 Barcelona Games, she became the first American women to win four medals in a single Olympic Games- three gold and one silver. In a sport with few glamour figures and role models, FloJo had the potential to encourage young Americans, especially young black women, to excel in high school track and life.

SAVE

C

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**10% off for credit card**

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# RVR R Members Fast Finishes!

## Chase Corporate Challenge 8/18

Paramus, NJ 3.5 mi

Scott Brenner 25:06

## Ironman Canada 8/30/98

Penticton, BC, Canada

2.4 mi swim - 112 mi bike - 26.2 mi run

Toughest conditions in history of event!

Rolf Arands 14:02:08

4th IMC finish

## Lighter than Air Biathlon 8/30

3 mi run - 20 mi bike - 2 mi run

RVR R was well represented!

Christopher Weiland 1:15:03

1st Overall by 1 second!!

Carl Rocker 1:21:27

Bill Pape 1:22:09

Bob Gambogi 1:31:26

## New York Central Park

### Triathlon 8/23

1/4 mile swim, 12 mile bike, 5 mile run

Bob Nelson 1:15:35

7th place overall, 1st in 40-

44 age group

## CJRR Fall Classic 5 mi 9/7

Carl Rocker 30:11

Paul Fiorilla 31:02

Jennifer Stachula 32:29

2nd Overall !!

Ray Petit 38:27

Way to go Prez!

## Warner-Lambert United Way

### 5K 9/10

Mark Zamek 15:37

2nd Overall - He's Baaack!

Scott Brenner 21:06

A new PR!!

## Monmouth County Sprint

### Triathlon 9/13

1/4 mi swim - 12 mi bike - 4 mi run

Carl Rocker 1:10:05

1st 30-34

Bob Nelson 1:10:18

2nd 40-44

## Scotch Plains 5M

4 Jim Hutzelmann 29:34

66 Madeline Bost 45:44

## Newark Distance Classic

4 Arland Macasieb 1:40:00

10 Mark Zamek 1:16:00

11 Rafael Veras 1:16:12

31 Roger Price 1:22:46

50 Chris Kelly 1:26:42

51 Jeffrey Campbell 1:26:47

57 David Hoch 1:28:18

74 Stefan Johansson 1:30:28

92 Jim Ryan 1:32:21

96 Paul Varga 1:32:45

97 Jennifer Stachula 1:33:01

113 Christophe Lehman 1:35:02

140 Butch Pivano 1:37:57

143 Mary Chervenak 1:38:04

152 Mark Rogalski 1:39:06

182 Spook Handy 1:41:30

219 Debra Martucci 1:44:18

240 Gene Gugliotta 1:45:28

448 Kathleen O'sullivan 1:58:56

449 Jill Knorr 1:58:58

505 Charles Gromer 2:02:17

572 Jean Richards 2:06:59

14 David B Hoch 9 5008

28 Amilcar S Duarte 7 4595

40 Douglas T Brown 8 4327

50 Butch Pivano 9 4181

59 Daniel M Bubb 7 3990

64 Peter J Priolo 8 3910

67 Jim B Ryan 8 3863

70 Gregory C Mullins 6 3823

77 Paul F Hess 7 3765

81 Thomas G Hall 6 3727

84 Pat J Cosgrove 7 3620

114 Vinnie C Sica 7 3175

118 Charles Gromer 7 3150

126 Mark Zamek 5 3049

150 Chris Lehman 5 2842

155 John Nowatkowski 6 2796

157 Paul Fiorilla 6 2778

171 Jorge E Rivera 5 2663

176 Spook Handy 5 2644

177 David E Lazarus 7 2644

200 Robert T Price 4 2404

## Liberty Waterfront 5K

1 Larry Graham 16:51

3 Hugh Sweeny 17:48

17 Peter Priolo 19:07

65 Russ Lazarek 23:02

## Ironman Hawaii!

Swim 2.4/ Bike 114/ Run 26.2/ Total

Bill Pape

1:18:05 / 6:31:04 / 4:04:06/ 11:53:15

Arland Macasieb

1:07:05 / 6:22:59 / 5:00:11/12:30:15

## Top Women

3 Jennifer Stachula 9 5196

6 Debra L Martucci 9 5078

10 Jill A Knorr 9 4160

13 Trink Poynter 7 4070

17 Susan Juronics 7 3822

23 Myrna L Rosal 9 3650

32 Patricia A Rosen 6 3146

47 Cristy J Richards 4 2642

55 Dana I Gross 8 2511

## Open Men's 8km Results

5 Duarte, Amilcar 26:19

19 Zamek, Mark 27:44

40 Price, Bob 29:55

43 Bubb, Daniel 30:15

59 Arands, Rolf 36:11

## Women's 5K Cross Country

20 Rosen, Patti 21:09

21 Juronics, Sue 21:30

24 Martucci, Debra 21:56

29 Bishop, Susan 25:03

30 Zamek, Rita 26:02

31 Lin, Tina 26:20

33 Hendler, Yvette 27:49

## 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

## Top RVR R Runners in NJ

### Top Men

5 Roger W Price 9 5284

The East Brunswick Department of Recreation and Community Services, in conjunction with the Raritan Valley Road Runners, present the

21st Annual

# East Brunswick 10K Race

John C. Ragone

## 3000 Meter Run

## Kids Dashes

1998 USATF-NJ  
10K Open Championship  
Men's Division



700 Points - 10K  
500 Points - 3K

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**Sunday October 18, 1998**  
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**REGISTRATION:** Beginning 11:00 AM at East Brunswick Crystal Springs Aquatic Center, Dunhams Corner Road. Kids Dashes begin at **Noon**. 3K race start at **12:30 PM**. 10K race start at **1:15 PM**.

**AWARDS: 10K:** Top 3 overall M/F and top 3 in each age group (no duplicates). First 3 teams in each division. Top M/F East Brunswick resident. USATF-NJ open men's prize money as follows:  
1st place - \$75; 2nd place - \$50, 3rd place - \$25.

**3K:** All finishers receive commorative award. Top M/F names are engraved on the John C. Ragone trophy located at East Brunswick Recreation office.

**Kids Dashes:** All children receive a finishers ribbon and farm fresh pumpkin from Giamerese Farms.

**TEAMS: 10K only:** USATF-NJ open mens teams; top three win \$75, \$50, and \$25 respectively. All runners may also enter the following team competition (register day of race):  
2 runners: M/F couples Mother/Child Father/Child  
3 runners: Family Open Male Open Female

<b>FEES:</b>	<u>10K Race</u>	<u>3K Run</u>	<u>Kids Dash</u>
	\$13 USATF-NJ or E. Bruns. resident; or \$15 all others <b>by 10/8/98</b> \$18 POST/Race Day	\$8 USATF-NJ or E. Bruns. resident; or \$10 all others <b>by 10/8/98</b> \$12 POST/Race Day	no preregistration available  \$2 per child Race Day only

**AGE GROUPS: 10K:** Male/Female:  
13-19, 20-24, 25-29,  
30-34, 35-39, 40-44, 45-49,  
**AMENITIES:** 50-54, 55-59, 60-64, 65-69, 70 & Over.

3K: age groups used for record purposes only.

Long-sleeve T-shirt guaranteed to pre-registered runners, others while supply lasts (fee reduced if no shirts available). Giamerese Farm fresh pumpkin to all finishers in all events! Post race refreshments.

## Course Descriptions:

**10K:** USATF-NJ certified loop over rolling country roads with traffic control. Mile markers and splits. Two water stops.

**3K:** Out and back on Dunhams Corner Road.

**Kids Dashes:** Held within the fenced boundaries of the baseball fields, protected from all vehicular traffic. Distances of 110 yards, 1/4 mile and 1/2 mile.

### 10K Age Group Course Records

Male Name	Time	Year	Age Group	Female Name	Time	Year
<b>Joao Oliveira</b>	<b>33:41</b>	<b>1997</b>	19 & under	Zillah Drymon	40:55	1992
<b>Peter Dougherty</b>	<b>31:45</b>	<b>1997</b>	20-24	<b>V. Bendorovich</b>	<b>41:09</b>	<b>1997</b>
Rich Granquist	30:37	1991	25-29	Kimberly Keenan	37:54	1996
Rick Roman	32:14	1994	30-34	<b>Kimberly Keenan</b>	<b>36:31</b>	<b>1997</b>
<b>Amilcar Duarte</b>	<b>30:47</b>	<b>1997</b>	35-39	Susan Hess	39:27	1993
Bill Pape	33:26	1992	40-44	Lena Hollmann	40:47	1995
J. L. Seymour	33:49	1991	45-49	Laurene Jones	40:33	1994
Victor Cruz	35:59	1992/93	50-54	Madeline Bost	42:37	1992
Pat Cosgrove	37:26	1996	55-59	Madeline Bost	45:51	1994
Alan Fairbrother	41:28	1996	60-64	Nancy Weintraub	49:53	1994
Bill Engle	44:25	1996	65-59	Blanche Greig	66:13	1991
Fred Ely	46:33	1991	70 & over			

### 3K Age Group Course Records

Female Name	Time	Year	Age Group	Male Name	Time	Year
(none)			5 - 7	Ross Chanin	13:34	1992
Jamie Squillare	12:51	1992	8 - 10	Jason Tavares	12:53	1996
Jamie Squillare	12:37	1994	11 - 13	Rui Barros	11:15	1992
Nagla Bayoumi	13:23	1994	14 - 16	Travis Graham	9:56	1996
Yvette Barbas	13:40	1993	17 - 19	<b>Joao Oliveira</b>	<b>9:17</b>	<b>1997</b>
Kathleen Metz	11:18	1996	20 - 29	Vinnie Sica	10:14	1996
			(tie)	Chris Kelly	10:14	1996
<b>Janice Morra</b>	<b>10:26</b>	<b>1997</b>	30 - 39	Tom Crochunis	9:29	1993
<b>Holly Boyce</b>	<b>13:50</b>	<b>1997</b>	40 - 49	<b>Mario Bastos</b>	<b>9:36</b>	<b>1997</b>
<b>Madeline Bost</b>	<b>13:22</b>	<b>1997</b>	50 - 59	<b>Douglas Brown</b>	<b>10:44</b>	<b>1997</b>
(none)			60 - 69	<b>Henry Pontious</b>	<b>12:09</b>	<b>1997</b>

**Saturday October 17, 2- 5 PM**

**Register in-person at New York Sports Club!!**

**Enjoy free use of club facilities!**  
**Avoid the rush of race day registration!**  
Call (732) 257-7507 for directions

# Race Sponsors

**Miller's Party Center, Inc.**  
764 U. S. Highway #1, Edison NJ 08817  
TEL. (908) 985-3050 FAX (908) 985-4415

## New York Sports Club

*For all your Fitness needs!*

8 Cornwall Court, East Brunswick NJ 08816  
TEL. (908) 257-7507

**Blackstone Company Inc.**  
Lumber, Kitchens, Baths, Doors & Windows  
East Brunswick NJ

Raritan Valley Road Runners  
*The running club for New Jersey*  
Run into us at [www.rvrr.org](http://www.rvrr.org)

### **Directions to East Brunswick Crystal Springs Aquatic Center (CSAC):**

CSAC is located at the junction of Church Lane and Dunhams Corner Road in East Brunswick. It is easily accessible from Route 18 (via Cranbury Road exit to Dunhams Corner Road) or Route 130 (via Georges Road to Church Lane).

**For More Information, call our Race Hotline: (732) 463-RVRR  
or call (732) 254-3120 weekdays from 6- 9 PM, or weekends 9 AM to 6 PM.**

*Supported in part through a grant from the Township of East Brunswick Department of Recreation and Community Services.  
All proceeds donated to community service organizations.*

# Upcoming Races!

10/17/98 Saturday	ind. or team triathlon	canoe 2m/MTB 5m/R	Manasquan Reservoir	Timberbrook Triathlon			732-542-1642
10/17/98 Saturday	Trail & road race	20K & 5K	Round Valley Reservoir, Lebanon	Run for Kid's Sake 20K Trail Race and 5K Road Race	9:00 A.M.	20K=500	908-730-7773
10/17/98 Saturday	Road run	5K	Washington Crossing State Park	First Annual CJ 5K Run	9:00 A.M.		609-984-5684
10/17/98 Saturday	Road run	5K	Mine Hill	TIGS Challenge 5K	9:00 A.M.		973-783-2309
10/17/98 Saturday	road run	5K & 1 mile	Spotswood	Spotswood Recreation 5K	9:30 A.M.		732-251-7370
<b>10/18/98 Sunday</b>	<b>road run</b>	<b>10K, 3K, and kids races</b>	<b>East Brunswick</b> <a href="http://rvrr.org">http://rvrr.org</a>	<b>East Brunswick 10K (USATF-NJ Open Men's 10K Championship)</b>	<b>12:30 P.M.</b>	<b>10K=700 3K=500</b>	<b>732-463-RVRR 732-254-3120</b>
10/18/98 Sunday	road run	5K	Warinanco Park, Elizabeth	October Run 5K	12:00 P.M.	500	908-925-5974
10/18/98 Sunday	road run		Hackensack	Hackensack Run	9:00 A.M.	500	201-489-3700
10/18/98 Sunday	road run	5K & 10K	John Basilone Field, Bridgewater	Panther Prowl 5K & 10K	12:00 P.M.	500 both races	908-563-0151
10/18/98 Sunday	road run	5K	Cresskill	Camp Merrit Memorial 5K	9:30 A.M.	400	201-567-0458
10/18/98 Sunday	cross-country		Darlington Park, Mahwah	New Jersey Striders Cross Country			201-287-1064
10/18/98 Sunday	road & trail run	5 miles	Christie Hoffman Park, Tewksbury	Tewksbury 5 Mile	10:00 A.M.		908-832-0797
10/18/98 Sunday	road run	2 miles	Princeton Forrestal Village, Plainsboro	Making Strides Against Breast Cancer 2 Mile	9:00 A.M.		908-738-6500
10/18/98 Sunday	road run	13.1 mi., 10K & 5K	Atlantic City	Atlantic City Half-Marathon, 10K & 5K	8:30 A.M.		609-822-6911
10/18/98 Sunday	road run	5K (& 3K walk)	Long Branch	Trick or Trot 5K,	10:00 A.M.		732-542-6090
10/18/98 Sunday	road run	5 miles	Union County College, Elizabeth	Run For Children 5 Mile	9:00 A.M.		908-965-6030
10/18/98 Sunday	road run	5K	Hoboken	Technology 5K Series	10:00 A.M.		201-216-8086
10/24/98 Saturday	road run	5K	Dover	Dover Renaissance 5K Run	9:00 A.M.	500	973-989-7754
10/24/98 Saturday	road run	5K	Paterson	DBT Great Falls Ramble 5K	10:00 A.M.	500	973-595-8800
10/24/98 Saturday	road run	5miles	Liberty State Park	Race Against Hunger 5 Mile	9:30 A.M.	500	201-433-5438
10/25/98 Sunday	road run	5K (& fun run)	Ridgefield	9 <sup>th</sup> Annual Run Against Drugs 5K	10:00 A.M.	500	201-313-1940
10/25/98 Sunday	road run	5 & 1 miles	Memorial Field,	Rutherford Halloween 5 Mile Run	10:00 A.M.		201-460-3015
10/25/98 Sunday	road run	10K	South River	Frost on the Pumpkin 10K	9:30 A.M.		732-254-1381
10/25/98 Sunday	cross-country		Ocean County Park, Lakewood	Shore AC All Comers Cross Country			732-222-9080
10/25/98 Sunday	road run	5 miles (& kids run)	Atlantic Highlands	The Scenic Five Miler	10:30		732-291-1444
10/25/98 Sunday	road run	5K	International Trade Center, Mt. Olive	Halloween Hustle 5K	9:00 A.M.	500	973-347-9100 day 732-381-0318 eve
10/31/98 Saturday	road run	5K	Middletown	Great Race of Middletown 5K	12:30 P.M.	400	732-787-9040
10/31/98 Saturday	road run	5K	Island Beach State Park	Harbor Seal Five	9:00 A.M.		732-929-9205
10/31/98 Saturday	road run	4 & 2 miles		Trick or Trot 4M Run & 2M Race/Fitness Walk	10:00 A.M.		732-681-9464

11/1/98 Sunday	cross-country	5K	Deer Path Park, Readington	USATF-NJ Open and Masters Men's and Masters Women's 5K Cross Country Championship (& Open Women Developmental Division)	10:30 A.M.	700 (including open women)	908-782-6316 732-296-0006
11/1/98 Sunday	road run	5K	Lawrenceville School, Lawrenceville	Fall Sports Festival 5K	8:30 A.M.		609-734-8400
11/1/98 Sunday	road run	5K	Wall	Wall Township PBA 5K Run	11:00 A.M.		732-449-1936
11/7/98 Saturday	road run	5K	Colonial Park, Franklin Township	Turkey Trot 5K	9:30 A.M.		732-722-1200 x226
11/7/98 Saturday	road run	5K	Mountain Lakes	Spirit 5K	2:00 P.M.		973-334-5321
11/8/98 Sunday	road run	10K (& fun run)	Madison	Giralda Farms 10K	12:00 P.M.	500	973-543-2116
11/8/98 Sunday	trail run	6 miles	Cheesequake State Park, Matawan	Hashathon 6 Mile Trail Race	11:00 A.M.		732-528-0132
11/13/98 Friday	board-walk run	5K	Atlantic City	20 <sup>th</sup> Annual George M. Adams NJEA Boardwalk Run	10:00 A.M.		505 Walnut Street Hammonton
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

**RVRR is Looking for a few good people.**

**Do you want to run for the board?**

**You could be the next RVRR President, 1st Vice-President, 2nd Vice-President, Treasurer, Secretary, or Director-at-Large.**

**Nominations are at the September 9th General Membership meeting**

## Registration Form

Please make check payable and mail to:

EBRR, 75 Hardenburg Lane, East Brunswick NJ 08816

\_\_\_\_\_  
XL  
LAST NAME

\_\_\_\_\_  
FIRST NAME

• M • L •  
T-SHIRT SIZE

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STREET ADDRESS

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AGE

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DATE OF BIRTH

AMOUNT PAID:  
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TOWN

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STATE

\_\_\_\_\_  
ZIP

(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
AREA CODE PHONE NUMBER

\_\_\_\_\_  
USATF-NJ 1998 MEMBERSHIP NUMBER

I, the undersigned, know that running is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running in this event, including but not limited to falls, contact with other runners, the effects of the weather, including high heat and 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 my entry, I for myself and anyone entitled to act on my behalf, waive and release the Raritan Valley Road Runners, The East Brunswick Road Races, all organizing committees, the Township of East Brunswick, USATF-NJ, the Road Runners Club of America and all their sponsors, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

For Official Use Only

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent signature if under 18: \_\_\_\_\_

# American Red Cross

## **Community CPR Course**

(Includes Adult, Child, and Infant CPR)

October 26 & 27, 1998

6:30 – 9:30 P.M.

Location: Highland Park Senior Citizens' and Youth Center, at the intersection of Benner Street and S. 6th Avenue, Highland Park, NJ.  
 Parking is available in well-lit lots adjacent to the building.

### Course Information

Purpose of the course	You will learn to perform first aid for choking, artificial respiration, and <b>Cardio-Pulmonary Resuscitation (CPR) for adults, children and infants.</b>
Who may take the course	<b>All members of RVRP and their family members.</b> There are no prerequisites for this course.
Where	Highland Park Senior Citizens' and Youth Center
When	6:30 – 9:30 P.M., October 26 & 27, 1998
Instructor	Gene Gugliotta
Total cost of course	\$30 per person includes textbook and American Red Cross student fees for manikin & video use and certifications. Pay at first class with cash or check to RVRP.
Skills taught Monday, October 26	<ul style="list-style-type: none"> <li>• Responding to Emergencies</li> <li>• First aid for choking</li> <li>• Adult CPR</li> </ul>
Skills taught Tuesday, October 27	<ul style="list-style-type: none"> <li>• Infant CPR</li> <li>• Child CPR</li> </ul>
Certifications & Testing Info	<ul style="list-style-type: none"> <li>• Participants that pass the entire course will receive American Red Cross Certifications in Community CPR (valid for one year).</li> <li>• Participants must pass two multiple choice tests with at least an 80%, and pass all skills checks to be certified.</li> <li>• Participants may elect to <b>audit</b> the course if they do not want to be tested, however no certification would be issued.</li> </ul>
How to register	<ul style="list-style-type: none"> <li>• Register on or before October 18, 1998</li> <li>• Talk to Gene Gugliotta personally at Piscataway Vo-Tech (732) 985-0717 -- leave a message with your name and phone number!</li> <li>• Phone me at home at (908) 561-2539</li> <li>• E-mail me at <a href="mailto:thinnmann@aol.com">thinnmann@aol.com</a></li> </ul>

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



### **Upcoming Event Reminders:**

**Tuesdays** - Weekly workouts at the Rutgers Athletic Center track on Livingston Campus will move from the former Thursday time to Tuesdays at 5:30 p.m.

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

**Saturdays**– Morning run, Starting in Johnson Park running on the Tow Path