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Check rvrr.org for latest club info.

Pacing Through the Night at the Vermont 100 Mile Trail Race

by Pete Priolo

"Slzzppz", Art mumbled.

"What?" I asked, immediately guilty that I had asked him to repeat his words.

"Sleepy..." Art said, barely louder, but now easily understandable.

In long endurance races such as marathons and iron-distance triathlons, there are moments that define what each particular

endurance event is about. As marathoners and as Ironmen, almost all of us had one defining moment in these races that they will never forget. These are the moments, the good and the bad, that will be engraved in our heads forever. And these are the moments that most of us would like to relive when we sign up again for races of this magnitude.

At mile 80 of the Vermont 100 Mile Trail Run at around 18 hours into the race and deep into the

night, I knew I was finally witnessing the defining moment of this particular type of race; the moment that I so eagerly wanted to see for myself; the moment that brought me up to Vermont to pace Art Hutchinson, one of my friends from our mutual Ironman internet mail group, the moment that I would feel if witnessed for myself would tempt me into doing a race of this magnitude.

I was scared.

(Continued on page 2)

My Tenth Mile in the President's Shoes

By Dana Gross

Happy fall and welcome back to racing season. We have already had a couple of championships and there are many to come through December, including cross country. If you are a club member and have any interest in running for any of our teams please, don't be shy. Contact the team captains. Good luck to all Last week we changed to our winter

course. I want to thank Dave Hoch for going out and repainting the entire course for us. Not only do we have our usual mile, half-mile and turn arrows, we now have quarter mile marks. Feel free to do your workouts on a course more like most course we race on. Please be careful out there. It is dark earlier each week, so I must once again stress safety. Please wear a reflective vest. Please run against traffic so their lights will

shine on your reflectors. Run with others. The more reflectors the better.

Also, last week we had our general membership meeting featuring nominations for the 2004 executive board and the 1st Raritan Valley swap meet and flea market. Fewer of you were there than I had hoped but I know some deals were made and people went home with new fun things.

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Pacing Through the Night at the Vermont 100 Mile Trail Race

(Continued from page 1)

Of all the races that I have ever done, this type of race was by far the scariest race I have ever witnessed. To witness Art battling his body for just his consciousness was scary in itself. Art was practically sleeping while he was running at that point. As a pacer, my job was to use any means possible to get him to the finish line. I did not know what to do to revive him from sleep's firm grip and I was feeling that I had failed him. I felt as helpless as a person who witnessed a disaster unfold before his very eyes and couldn't do anything to prevent it.

Two days before the race, I met Art at his house in Newton, Massachusetts to discuss his overall plan for tackling the course. He had spreadsheets for his support crew, which consisted of his wife and kids during the day, and his friend Luc, who would be supporting Art at night. My job was to be a pacer for him. In most, if not all 100 mile trail races, a runner can pick up a pacer for the last third of the race. At mile 68, a runner usually checks his brain by the door and almost goes by pure instinct after that. A pacer's job is to be the clearer thinking individual that can make

the tougher decisions for the runner in the race, provide support, positive reinforcement, a good kick in the butt when the pacer feels the runner's attitude deserves it, and the general feeling that he is not alone during his quest to finish.

The day before the race Art and I traveled over to the Woodstock area of Vermont and pitched our tent in "tent city", which is situated in a corral at a horse-farm in a beautiful part of Vermont. From there I met other ultramarathoners that were racing the next day. As were triathletes in the good old days, everyone was downright friendly and the camaraderie between athletes was nothing short of fantastic. Almost every one of those people *want* to see everyone else finish. These people are a close-knit fraternity who will no doubt try to help out each other no matter what in order to get to the finish line.

At 2:40AM on race morning, the alarm buzzed. Art and I immediately got up. Since my duty was to pace Art that night, I was up just to cheer Art off at the start, then get as much rest as possible since I knew I would not be sleeping that night. As we meandered over to

the start, the Chariots-of-Fire song was being played by a person playing a baby-grand piano, decked out with full tuxedo and candelabra. At about 5 minutes before the start, an impressive fireworks display heralded the start of a very long day for many of the people gathered there. At 4:00AM, the race started, and all of the participants started off into the inky blackness that lay beyond the start.

My early plan was to sleep until around 9:00AM, then get the supply van over to the Mile 32 point of the race where I was to meet with Art's wife Helen and their kids (they drove in from Newton on race morning), swap cars with hers, leave Helen to support her husband, drive the car Helen drove up in back to the farm where we stood, and get some more rest before my duty began. Art was an hour ahead of schedule at that point, looking fresh, and we were pleased with his progress.

After laying low, napping and hydrating for the rest of the morning and some of the afternoon, I made my way over to the aid station where I would start pacing Art. At 6:15PM, and 68 miles into the race,

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My Sixth Mile in the Presidents Shoes

(Continued from page 1)

As for nominations for next years board...we have plenty of nominations for board members but only a few for the upper level positions. The nomination process is still open. If you would like to be on the board in any position please let me or any of the 2003 executive board

know. Elections will be held in December. Please make an effort to attend this meeting. It is the only way you can make sure you are represented. The date of the meeting will be decided at the October 7th board meeting.

The date to the holiday party is

December 6. Our hosts will be Chris and Rita. I thank them in advance for lending us there beautiful home. Please mark it on your calendars. The holiday party is always a lot of fun.

Have a great fall season.

Dana △

Pacing Through the Night at the Vermont 100 Mile Trail Race

(Continued from page 2)

he made his grand appearance and the crew went to work. He sat down and Helen, the kids, Luc, and I tended to him. Since it was late in the day, the temperature was falling and he was started to get very cold, so we had him under a blanket trying to warm him up with chicken soup. In the meantime, just like a pit crew at a NASCAR race, we had him completely overhauled; his shoes were changed, his socks were changed, adjusted his cap and shirt, and we both picked up lamps for the coming darkness. Unlike the pit crew however, it took a full 30 minutes before he was ready to go. Although a bit surprised, I thought that was fine, I'd rather have him ready for what comes next.

We left Camp Ten Bear at close to 7:00PM and were immediately greeted by a long ascent in which we were forced to walk for about 20 minutes. We crested the rise and made our way over to the scenic back roads of Vermont. Art was still coherent and to the point where we were chatting a bit during the run. As the day gradually faded into night, Art was noticeably starting to fade into his own darkness. He started to get less responsive and was starting to withdraw from reality a bit. Our arrival at the aid stations was a big relief to me as hopefully I can help Art reset himself before going on to the next aid station. As he sat down I quickly got him what he wanted, whether it was coffee or soup or to refill his Camelbak. I gently urged Art at these aid stations to start moving again because I feared that if he got too comfortable, it was going to be grave trouble.

With our lamps on and only the faint glow of the glow-sticks hanging from the nearby trees to lead the way, Art was locked in mortal

combat over his body for the right to stay awake. At this point, deep in the back of my mind, I knew that there was probably nothing that I can do at this point but to keep company and hope he pulled through. But I did feel very guilty for being helpless in this situation. It was a very tough moment for both of us as we struggled through to make it to the next aid station and medical check at mile 83 ("Bills", it was called) and hope that Luc and I can pull him out of his trance.

We finally wrestled our way out of the darkness into the welcoming light of Bills and, after Art passed his med-check, we sat him down in the barn so that he can eat and drink and hopefully reset himself for the next 5 miles, which included a steep climb up over 1000 feet ("Blood Hill"). As Art sat there for 20 minutes, I managed to look at all of the faces of the participants who were coming in and through the aid station. That was my second scare of the night. By the look in each face, I knew that every individual was locked in his or her own hidden battle with his or her own body. Aside from the pleasantness of the volunteers, the hollowed out bodies coming from the darkness reminded me of that old horror flick, "Night of the Living Dead", but very real. It was so intense that I finally started to find out how tremendous in scope this race actually is. That I was witnessing a race that I couldn't fathom doing was a first for me. It still confuses me today and the mental images of that night still makes me pause for a long while whenever I think about doing a race of this magnitude.

Art, finally starting to be a little more coherent, and I made our way out of Bills and onto the road that led to Blood Hill. We generally walked briskly most of the way as we make our way along the asphalt road for 2 miles. As we switched

over to a dirt road, the hill finally began. As we walked our way up the hill, Art noted the steepness of the hill and commented that as the Californians used switchbacks to keep the slope gentle, the people of Vermont made roads that go straight up the hill, no matter how steep it is. At the top of Blood Hill, we passed an unmanned aid station at the top and cautiously make our way down the other side. Art mentioned that he wanted to get a 15 minute nap at the Mile 90 aid station ("Jennyville"). I agreed to it, but I kept a mental note to get him up soon afterward to keep him from going deeper into his sleep.

At the Jennyville Aid Station, Luc was there to help Art. At this point, even in his grip of tiredness, he made one of the best decisions he made in the race. The Jennyville Aid Station had very comfortable cots with thick blankets in case anyone wants to nap. Roach Motels; once you come in, you cannot come out. Instead of the seductive call of comfort, Art decided to nap out in the field on his towel in the cold. Not bad if you want to be up and around in 15 minutes! After 15 minutes, Art easily got up, to my relief, got some nourishment in, and we started off for the last 10 miles of the race. The two runners that we saw sleeping in those cots could not be roused and, from what I heard from other people, were there two hours after we left.

Art was basically himself again. I wasn't surprised at this; when I slaved for Colgate, I used 20 minute power-naps during my lunchtime to give me energy for the rest of the day. If done right, the power-nap is one of the best ways of re-energizing the body

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Pacing Through the Night at the Vermont 100 Mile Trail Race

(Continued from page 3)

for the next several hours. Art had basically power-napped, and the change was obvious. We started to chat about small things again while the last of the miles started to slip away. At Mile 96, we were looking at the dawn of a brand new day. We walked up the last tough hill of the course and were eagerly anticipating the end. I was tired also, but I did not want to convey any negative feelings over to Art, so I kept quiet as Art walked with a sense of purpose up the last long hill toward the finish. Art, noticing that he was nearing the end, turned back to me, quickly thanked me, and sped off like a demon on fire towards the finish. As I trailed behind, he broke into the open field and made it to the finish, where Art finally collapsed into his wife's arms. His time was 25 hours and 54 minutes.

I learned a lot about this race. Although Ironman is quite tough, it

cannot match the emotional ups and downs that I witnessed at this type of race. A new, very critical factor is added to endurance racing when people race this long, the body's circadian cycle. The body has a daily cycle that is built in. One of the major factors that come into play with the circadian cycle is the sleep rhythms. At night, the body normally prepares for sleep, and everyone is constantly reminded of that when they are up past their bedtime. During a race such as this, the body has just gone through a very tough, physi-



cal time during the daylight hours; when night comes, the body doesn't just remind, it insists. Art's battle with his consciousness is the result. The circadian cycle also comes into play when nutrition is concerned. The body's chemical makeup in the evening is very different than its chemical makeup in the morning. The short result is that whatever nutrition worked in the morning might not work during the night and might even be detrimental to performance. This does play into the Ironman strategy to some extent as well, something that I have never considered until I ran this race with Art. Although it was a sobering experience, it was a very educational one as well and I thank Art for honoring me with this pacer position. I'm sure I can use this knowledge to help myself out and others who I am coaching as well. △

Ever Take Something for Granted?

By Dave Lazarus

It was one of those chance early Sunday morning encounters that happen so often in small towns that it would have been easy to dismiss but because of the circumstances this was a little different. I had stopped in my favorite local eatery for coffee and a bagel on my way to a race- the name of which isn't important to the story because it could have happened in any small town.

While I was on line a runner whom I had known a long time came in and we talked briefly until it was my turn to pay. This was a very good runner who I almost never finished

ahead of unless there were extremely extenuating circumstances.

Now he looked far different than when we had raced. Because of injuries he could no longer run and was cross training with the intensity he had shown as a runner but according to his calculations was 35 pounds heavier than when he ran.

I thought about him much of the way to the race and also remembered others like him that were very proficient runners but for one reason or another had faded from the scene. Again, it doesn't add to the theme of this column, to use specific names but for any of you

who have competed for more than five years there are more than a few names that come to mind.

As I finished the race and later saw my name in the list of finishers, I thought briefly about how I would have been a place lower had the inactive runner been there but quickly dismissed it as irrelevant because he wasn't there and how somehow I was a survivor to still be finishing races after almost 20 years of getting up early on weekend mornings and seeing people at the eatery.

Having also battled through injuries and periods of inactivity, finishing a race no matter how slow is something I will never take for granted. △

Happy Birthday!

June 2003

** -New Age Group

Jennifer Kolarsick	10/1
Don Bergman	10/2
Jennifer Kirsch	10/3
Daniel Shapiro **	10/3
Julie Pape **	10/3
Conor Gaynor **	10/4
Julie Mazza **	10/6
Roger Shatzkin	10/7
Steve Fisher	10/8
Gary Verhoorn	10/9
John Rieckhoff	10/9
Michelle Burke	10/10
Ginny Werner	10/12
Jo Ann Coffee **	10/19
Paul Krentar	10/23
Jerry Baron **	10/25
Ed Levy **	10/25
Luke Huggins	10/26
Robert G. Hopkins **	10/27
Alejandro Velazquez **	10/28
Joe Talotta	10/29

Welcome New Members

Frank Dooley	Somerset
Barbara Chabner	Highland Park
Patrick McCaffery	Metuchen
Tina Yeap	Bound Brook
Jack Massad	Bound Brook
Richard Weidmann	Highland Park
David Williams	Willingboro
Carri Lindros	Highland Park

RVRR Shorts and Singlets for Sale

Just in time for the racing season.

RVRR singlets-Coolmax White Mesh

Male: M, L, XL

Female: M, L, XL

Cost per item is \$17. Mail check and 'Ship to' address to RVRR, PO Box 1197, Edison, NJ 08818-1197. Singlet will be mailed to you via first-class mail. High-split running shorts are also available at a clearance price of \$5 per item. Clothing is also available at Wednesday night runs. See **Ray Petit** or **Dana Gross**. △



Upcoming Races

- Oct. 19 – Terri Roemer Paramus 10k/5k run, 9:15 a.m.
- Oct. 26 – USATF 8k XC Championship, Deer Path Park, Readington, 10:00 a.m.
- Oct. 26 – Frost on the Pumpkin 10k, South River, 9:00 a.m.
- Nov. 9 – Giralda Farms 5k and 10k, Madison, noon
- Nov. 16 – Great Swamp Devil 5k and 15k, Basking Ridge, 1:00 p.m.
- Nov. 22 – Colonial Park 5k Turkey Trot Run, Franklin Twp., 9:30 a.m.
- Nov. 23 - USATF National Masters 5k, Holmdel, morning
- Nov. 27 – A8k Classic Ashenfelter 8k Classic Glen Ridge, 9:00 a.m.
- Nov. 29 – Westfield 5 mile Turkey Trot, Westfield, 11:00 a.m.

Raritan Valley Road Runners

PO Box 1197
Edison, NJ 08818-1197

Web: <http://www.rvrr.org>

USATF-NJ Club #0202
RRCA Club #664

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Former Presidents of RVRR

Allen Paul	1983-1986
Doug Brown	1987-1989
John MacGillivray	1990-1992
John Pretzell	1993-1994
Mark Rogalski	1995-1996
Ray Petit	1997-1998
Trink Poynter	1999-2000
Pete Priolo	2001-2002

2003 Executive Board Members

President **Dana Gross**
dana_g99@yahoo.com

1st Vice President **Peter Onufryk**
PZO@yahoo.com

2nd Vice President **Bob Townley**
btownley@atlanticspring.com

Secretary **Mark Strawn**
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Treasurer **Ken Ellis**
(609)430-3040
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Charles Gadol
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Gene Gugliotta
thinmann@yahoo.com

John Papp
fastforward123@hotmail.com

Wednesday Night Runs

The Raritan Valley Road Runners have met weekly for *twenty* years of consecutive Wednesday night runs! **Come join us at 6:30 PM at 808 Raritan Ave. (Rt. 27) right next to the Fleet bank.** Parking in the bank lot is not allowed, there is plenty of available spots on North 8th Ave. directly across from the building. Come dressed in your usual running garb. We are currently running the summer course that takes you to the end of Johnson Park and back. Runs of 2,4,6, or 8 miles are offered on an out and back course. After the run join us for dinner!

Week Place

1 **Dolls** Rt. 27 South, 1st bldg. on right past railroad bridge, New Brunswick

2 **Tumulty's Pub**

3 **Dolls**

4 **Tumulty's Pub**

5 **Wild Card**-See Bob Townley to make a suggestion △

Happenings at RVRR!

Nominations for Board Positions

And the Nominees Are :

President
Bob Townley

Vice President
Jonathan Cruel

Treasurer
Ken Ellis

Secretary
Ray Petit
Annette Johnson

Board Members
John Papp
Gene G.
Jonathan Cruel

Bill Panote
Cathy Glamkowski
George Riviera
Ed Levi
Annette Johnson
Steve Kornstien

It is not too late to nominate someone for one of these positions. Just let any of the executive board members know and show up at the December general membership meeting to cast your vote! △

Saturday Towpath Runs

Every Saturday morning at 8 AM, we meet in Johnson Park, Piscataway at the Grove 5 parking lot for a group run. Take the oneway park road west from Landing Lane (between Landing Lane Bridge and River Rd). Turn left into the first parking lot. .

The run is out-and -back on the D&R Canal towpath. Typical distances vary from 4.8 to 20+ miles and runners of all levels are welcome! Runners should arrive by 7:50 AM to run with the group. In the event of the lot being closed, you can park in the lot near the end of the road at the Old Towne Village.△

Race Results

If you want to see your results in the newsletter, please submit them to Paul Krentar. Results can be submitted via E-mail: pkrentar@dallasgrp.com

Sunset Classic 5 Mile

Bloomfield July 2	
Rob Defilippis	26.27
2nd	
Greg Mullins	28.50
AG2	
Sergio Cano	30.00
AG3	
Lorraine McPhillip	36.45
AG2	
Jill Knorr	38.23
Jo Ann Coffee	39.49
AG1	
Paul Krentar	39.55
Patricia O'Hanlon	42.47
AG1	
Jane Van Eeuwen	62.38
AG3	

Bernie's Run 5K

Wilkes-Barrie July 4	
Ken Vercammen	18.22

Firecracker 4 Miler

Cranford July 4	
Doug Fitzhenry	22.10
AG2	
Greg Mullins	22.18
AG3	
Joy Jaworowski	25.05
AG2	
Paul Varga	25.43
AG3	
Saul Duarte	27.02
Jo Ann Coffee	30.57
Frank Joworisak	32.48
Frank Werner	33.09
Dave Lazarus	33.19
Tara Gallagher	33.43
Ginny Werner	34.32
Alex Dobrowolski	35.10
Rosemarie Strawn	35.43
Annette Johnson	43.55
AG2	
Jane Van Eeuwen	53.53
AG3	

Bronx Half Marathon

New York July 6	
Nick Vanier	1:34:34
Jo Ann Coffee	1:59:15
Joan Casarella	1:59:37
Robyn Piccinic	2:07:49
John Piccinic	2:07:49

Summer Blast 5K

Rockaway July10	
Lorraine McPhillips	21.31
AG3	

Servicemaster 5K

Hamilton July10	
Sue Juronics	21.10
Dorothy Little	23.59
Elizabeth Connolly	31.25

Sprintin' Clinton

5 Mile July 13	
Patricia O'Hanlon	42.52
AG1	

World Masters 8K xc

Puerto Rico July 2-13	
Roger Price	30.19
Doug Brown	32.41
Patrick Cosgrove	34.18
Janice Reid	47.04
Madeline Bost	55.29

World Masters Marathon

Puerto Rico July 13	
Doug Brown	3:27:51
Jorge Rivera	3:33:35

Boilermaker 15K

Utica July 13	
Greg Mullins	53.22
Ken Ellis	57.38
Gene Gugliotta	1.01.27
Pete Priolo	1.05.00
Wayne Baker	1.07.06
Amy Rappaport	1.08.00
John Piccinic	1.18.51
Robyn Piccinic	1.18.53
Ginny Werner	1.23.27
Rosanne Lemongello	1.25.23
Janice Reid	1.25.30
Dave Williams	1.29.43
Sara Parsowith	1.44.04

Belmar 5M July 12

Rob Defilippis	26.13
3rd	
Dean Shonts	37.51
Paul Krentar	38.48
Frank Joworisak	42.57
Lois Brown-Klein	46.15

Teterboro 5K July 19

Doug Fitzhenry	17.00
Greg Mullins	17.05
AG2	
Ken Ellis	17.35
Roger Price	17.37
AG1	
Gene Gugliotta	18.45
Mike Ferinden	18.55
Joy Jaworowski	19.05
AG2	
Steve Fisher	19.08
Doug Brown	19.19
AG2	
Chris Lehman	19.24
AG3	
Chas Schneekloth	19.46
Ilna Bella	20.50
Lorraine McPhillips	21.18
AG1	
Jill Knorr	22.37
Paul Krentar	22.55
Eva Fisher	24.18
Patricia O'Hanlon	26.02
AG2	
Jane Van Eeuwen	42.27

West Essex YMCA 5K

Livingston July 13	
Joy Jaworowski	19.24
Win	
Ron Petit	23.40
Patricia O'Hanlon	25.56
AG1	

Hudson Valley Triathlon

Kingston, NY July 13	
Bill Pape	2:49:03
AG2	
Julie Pape	4:30:50
AG1	

(Continued on page 8)

Race Results

(Continued from page 7)

Flat-as-Pancake Triathlon

Staten Island July 20
 .25m swim, 12m bike, 5k run
 Sara Parsowith 1:35:40

Flat-as-Pancake Duathlon

Staten Island July 20
 2m run, 12m bike, 5k run
 Caesar Revano 1:05:36
 Chris Mech 1:07:36
 Keith Slyman 1:10:33
 Sonya Slyman 1:24:18

Downtown 5K

Westfield July 25
 Greg Mullins 16.54
 AG2
 Chris Lehman 18.58
 AG2
 Joy Jaworowski 19.01
 3rd
 Paul Varga 19.29

Chas Schneekloth 19.46
 Jorge Rivera 20.43
 AG3
 Alyson Cook 20.55
 AG3
 Dave Brown 21.45
 Scott Brenner 22.08
 Dave Lazarus 22.41
 Paul Krentar 23.00
 Cheryl Scher 24.41
 Patricia O'Hanlon 25.20
 AG1
 Rosanne Lemongello 25.59
 Alex Dobrowolski 26.26
 Steve Kornstein 32.23

Merrill Lynch 5K

Plainsboro July 26
 Ken Vercammen 18.31
 Jo Ann Coffee 23.22
 AG1
 Dorothy Little 24.59
 AG1

Alex Dobrowolski 26.12
 AG3

Ryka 10K

Freehold July 27
 Alyson Cook 46.37
 AG1

Sea Bright Triathlon

'July 27
 Ken Vercammen 1:03:50

High Rock Lake Duathlon

Salisbury, NC July 27
 Chris Weiland 1:23:07
 Win

IronmanUSA

Lake Placid, NY July 27
 Jan Brodka 12:13:33
 Bob Townley 13:05:05
 Mike Czech 13:11:20
 Tim Smith 13:49:28
 Kathy Rocker 15:25:29

Club Contributions for 2003

(as of June 15, 2003)

5K (up to \$15)

Peter & Louise Fama
 Charles Levitsky
 John Nowatkowski
 Phil Palmer
 Bill Pape
 Richard Evans
 Leigh Walker & Alice Tempel
 Don Bergman
 Judy & Dave Faherty
 Frank & Ginny Werner
 Dana Gross
 Alex Dobrowolski
 John Taylor
 Charles Krowicki

Greg Mullins
 Patricia O'Hanlon
 Judy & Conor Gaynor
 Robert Townley
 Annette Johnson
 Imme Dyson
 Bill Panayote
 Larry Kling
 Wayne Baker
 Rich Gebauer
 Ralph Fusco
 Scott Dedecker

10K (\$15 - \$49)

Art Kestenbaum
 Paul Krentar
 Henry B. John-Alder
 Tracey Ford

Half-Marathon (\$50 - \$99)

Jonathan Cruel

Marathon (\$100 and up)

Anonymous



RVRR

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C **CLUB MEMBERS!**

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