

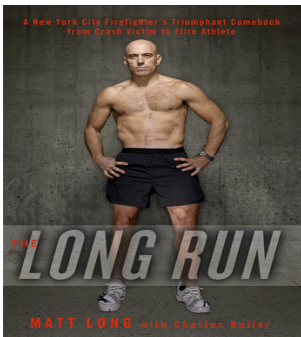
Newsletter of the South Jersey Athletic Club



2011, Issue 1

March 2011

March Club Meeting Features Running Book Author



Charles Butler, co-author of "The Long Run" and Executive Editor of Runner's World magazine will be the featured speaker at the March 9 SJAC meeting.

The third monthly meeting of the South Jersey Athletic Club for 2011 will feature a discussion and book signing by Charles Butler, co-author of "The Long Run", the story of NYC firefighter Matt Long's recovery from a debilitating collision with a bus on his morning bike commute to his return to competition in marathons and triathlons.

In 2005 Matt Long was in a near fatal accident yet he returned to complete the 2008 New York City marathon.

Join us on Wednesday night March 9 at 8:00pm in the parish hall of Haddonfield's Grace Church for what promises to be a very interesting event.

Copies of the book, "The Long Run" will be available for purchase and signing by Mr. Butler at this meeting.

[Meeting flyer.](#)

Upcoming events:

- USATF MID-ATLANTIC 2011 GRAND PRIX KICKS OFF WITH HADDONFIELD ADRENALINE 5K ON MARCH 19.
- SJAC 2011 "NO FRILLS" RACE SERIES BEGINS JUNE 7.
- SJAC RETURNS TO THE REACH THE BEACH RELAY IN NH, SEPT. 16-17, 2011

Bujak Wins Grand Prix, SJAC Defends Club Title

Carolyn Bujak of the SJAC was the women's overall winner in the 2010 USATF Mid-Atlantic Grand Prix. Carolyn scored highest of the 134 women competing in the Grand Prix by achieving at least an 84% World Masters Athletics (WMA) score in six Grand Prix races. Carolyn completed a total of 8 Grand Prix races earning a plaque mounted certificate. SJAC's **Joy Hampton** took third place overall.

In the men's competition, SJAC's **Jim Flanagan** and **Jim Sery** finished in second and third places respec-

tively. Jim Flanagan scored an 80% WMA or better in six races. Jim Sery had five at 80% or higher and a sixth at 79.9%.

Fourteen SJAC members placed among the top three finishers in their 5-year age group;

Victoria Curro (1), **Denice DeCarlo** (1), **Amy Weiner** (3), **Donna Ruberti** (3), **Carolyn Bujak** (1), **Jean Lizzio** (3), **Joy Hampton** (1), **Rita Alles** (1), **Shirley Simmers** (1), **Bruce Barker** (3), **Jim Sery** (1), **Seth Bergmann** (3), **Ted Hardies** (3) and **Jim Flanagan** (1).

For the 9th consecutive year, SJAC claimed the Club Challenge Championship held in conjunction with the Grand Prix.

Several SJAC members placed in their age-categories in the USATF Mid-Atlantic Off Road Series:

Jean Lizzio—2nd Grand Master, **Diane Hardies**—1st Senior, **Ted Hardies**—2nd Senior.

Finally, **Patricia Addis-Hudson** placed 7th overall in the USATF Mid-Atlantic Cross Country Series.

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Newsletter of the South Jersey Athletic Club

“Truck On Cheese” Returns to Reach The Beach-New Hampshire



The 2009 Reach The Beach team poses before their start.

SJAC has registered team “Truck On Cheese” for the 2011 edition of [Reach The Beach, New Hampshire](#), Sept, 16-17, 2011. SJAC has participated in “RtB” from 2005-2009. In the recent years the team combined with some of our friends from the Pineland Striders.

Reach The Beach is a 210 mile running relay in New Hampshire from Cannon Mountain in Franconia Notch to Hampton Beach. 425 relay teams of up to 12 runners start in groups of 10-25 run-

ners from Cannon Mountain every 20 minutes from early Friday morning through mid-afternoon. Teams are “seeded” based on projected running paces, with the fastest teams leaving last.

The relay course consists of 36 “legs” of varying distances from 3 to 9 miles. Each runner on a 12-person team runs 3 legs. A runner’s total mileage can be between 13 and 22 miles depending on which legs they run.

Roster spots for our team are still open. If you’re interested in a fun running weekend in NH and are available from 15-18 Sept., contact team captain Frank Koniges: [koni- ges@voicenet.com](mailto:koniges@voicenet.com) with any questions or send \$100 (to the SJAC PO Box) to cover your share of the entry fee in order to reserve a spot on the team!



Runners take off from the start of last year’s Haddonfield Adrenaline 5K on March 20, 2010.

2011 USATF Mid-Atlantic Grand Prix

The 2011 Grand Prix of the Mid-Atlantic Association of USA Track & Field opens with the Haddonfield Adrenaline 5K on Saturday March 19.

The Grand Prix Circuit enhances the road racing experience for individual and running club members of USATF Mid-Atlantic. The Circuit includes 11 races on 9 dates at a variety of distances from 5K to the mara-

thon.

Individual race performances are scored on an age-graded basis using World Masters Athletic (WMA) age-graded tables. Individual competition is conducted on an overall and age group basis. There is also a Club Challenge which provides a competitive opportunity for Mid-Atlantic member clubs.

Detailed information on the Grand Prix, including the races included, can be found at the USATF Mid-Atlantic web site: <http://www.mausatf.org/>

Then click on “Long Distance Running Information”. Questions can be addressed to the Grand Prix coordinator Ed Maher at: maher@comcast.net

**YOU MUST BE A
USATF MID-
ATLANTIC MEMBER
TO COMPETE IN THE
GRAND PRIX
SEE: [HTTP://
WWW.MAUSATF.ORG](http://www.mausatf.org)
/ FOR MEMBERSHIP
INFORMATION**

2011 USATF Mid-Atlantic Grand Prix Circuit Schedule

Haddonfield Adrenaline 5K—Saturday March 19—9:00am

Citizens Bank Caesar Rodney Half Marathon—Sunday March 27—9:30am

Valley Forge Revolutionary Run 5 Miler—Sunday April 17—8:30am

Blue Cross Broad Street Run

10 Miler—Sunday May 1—8:30am

Scott Coffee Moorestown Rotary 8K—Saturday June 4—8:30am

Delaware Distance Classic 15K—Sunday October 9—8:30am

Penn Medicine at Radnor Run 5 Mile—Sunday October 30—8:30am

Cooper-Norcross Run The Bridge 10K—Sunday November 6—8:30am

Rothman Institute 8K—Saturday November 19—7:30am

Philadelphia Marathon and Half Marathon—Sunday November 20—7:00am

SJAC Spring Marathons

Twenty-three SJAC members are preparing for marathons this spring!

First up are Brian Ambrose and Alan McCandless, both running their first marathon at the **Yuengling Shamrock Marathon** in Virginia Beach, VA on March 20.

The following weekend, Michele Siconolfi and Rory Meehan take on the **National Marathon** in Washington, D.C. on March 26. This will also be Michele's first mara-

thon. It will not be Rory's first marathon and may actually "just" be a training run as he prepares for the Bull Run Run 50 Miler in April.

On April 18, seventeen SJAC members are scheduled to toe the line in Hopkinton, MA for the 115th running of the **Boston Marathon**. Journeying from Hopkinton to Boston will be: Terence Delaney, Sarah Bergmann, Denice DeCarlo, Walter Drag, Tom Elliott, Jim Flanagan, Brandon

Hamilton, Joy Hampton, LeeAnne Keesal, Frank Koniges, Terry McWilliams, Jeff Moore, Toniann Razzi, Ginger Ropka, Rodney Russen, Jim Sery and Amy Weiner.

On May 1, Tony Walter stays in-state to run the **New Jersey Marathon** in Long Branch.

Finally, on May 15, Scott Morrow will be running the **Pittsburgh Marathon**.

Good luck everyone!



Thousands of runners leave Hopkinton Common at the start of the Boston Marathon

Running "Shorts"

Long Distance Log

From 1956 until 1975 Woodbury, NJ native Browning Ross published the "Long Distance Log", one of the first running publications. Ross did virtually all of the work preparing this publication by himself. The RRCA has posted copies of the Long Distance Log online at: <http://www.rrcahistory.org/longdistancelog.html>

SJAC Membership

At press time the 2011 SJAC membership stands at 134 members. Want to confirm if you've renewed your membership for 2011? Click on the "[Who We Are](#)" link on the SJAC home page.

Annual dues for an individual SJAC membership are \$20, \$25 for a family. A membership app. is available at the "[Application to join](#)" link on the SJAC home page.

Group Runs

SJAC conducts and/or participates in several regular group runs and workouts.

Sunday at 7:30am and Wednesday at 6:30pm from the Haddonfield Running Co store, 121 Kings Hwy, East, in Haddonfield.

Tuesday at 5:30am and 6:30pm at the Haddonfield HS track, 401 Kings Hwy. East, Haddonfield.

SJAC Does Broad Street!

At press time fifty-nine current SJAC members are registered for the sold out Blue Cross Broad Street Run to be held on Sunday May 1.

Thirty of these members will compete on six SJAC teams across the categories of; Coed Open (2 teams), Coed Master (2 teams), Master's

Female (1 team) and Master's Male (1 team).

Another twelve "recent" SJAC members who may or may not renew their club membership before May are also running Broad Street.

Always a popular race, Broad Street reached its 30,000 runner entry cap

within five days of registration opening on January 15, 2011.

Information about the Blue Cross Broad Street Run is available at:

<http://www.broadstreetrun.com/>

THE "LONG DISTANCE LOG", PUBLISHED BY SOUTH JERSEY'S BROWNING ROSS, WAS ONE OF THE FIRST RUNNING PUBLICATIONS.



Start of the 2006 Blue Cross Broad Street Run.

The purpose of the club is to encourage good fellowship and a spirit of cooperation among its members. To promote and maintain high standards of self-development.

SOUTH JERSEY ATHLETIC CLUB

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Secretary - Ed Maher
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The SJAC is a running club that has existed in South Jersey since 1979. Our membership isn't limited geographically but consists mainly of residents of Camden, Burlington and Gloucester counties, a few from other areas of New Jersey, Pennsylvania, North Carolina, Texas and Indiana.

We hold a club meeting once a month, traditionally on the second Wednesday of each month from September through May. Check the meeting notice on the main page of our web site for updates.

During the summer months we defer regular club meetings to put on our annual "No Frills, Just Thrills" race series over six alternate Tuesday evenings in June, July and August. Check the club web site for this year's schedule. Besides this being a popular, inexpensive, low-key race series it's also an opportunity for club members to give something back to the running community while getting together socially.

Visit us online at: southjerseyac.org

"No Frills, Just Thrills" race series returns for 19th season

SJAC's "No Frills, Just Thrills" race series returns this summer for the 19th year. The races are held at Cooper River Park, starting and finishing at the "stadium" located on North Park Drive, between Cuthbert Blvd. and Rt. 130.

The entry fee for each race remains at just \$5, \$3 for SJAC members and is free for full time students.

Awards are presented to the first overall male and female finishers as well as three places deep in eight age divisions ranging from 15 & Under to 70 & Over.

These races are conducted on Tuesday evenings; June 7 and 27, July 5 and 19 and August 2 and 16. Start time is 7:00pm for all except the 1 Mile event on July 5th which begins at 6:40pm and the final race on August which begins at 6:30pm. There is no pre-registration—all registration is on-site on race day beginning approximately one hour before the scheduled race start.

A full schedule and entry form is available on the SJAC web site...click below or the

["No Frills Schedule/App."](#)

link on the SJAC web site.

2011 No Frills Schedule

June 7, 2011—1 Loop

June 21, 2011—1 Loop Staggered Start

July 5, 2011—1 Mile and 1 or 2 Loop Races

July 19, 2011—1 Loop Prediction Race

August 2, 2011—10K

August 16, 2011—1, 2 or 3 Loop Races

1 Loop = 3.65 miles

2 Loops = 7.3 miles

3 loops = 10.95 miles

10K = 6.2 miles



Award winners pose with the club banner after a No Frills, Just Thrills race.