

# OCEAN RUNNING CLUB

## SPRING 2020

# “ THE RUN DOWN ”

## 2020 RACE RESULTS =

- New Years Day Resolution 5K  
Sandy Rinderer 1<sup>st</sup>, AG and Rudy Rinderer 2<sup>nd</sup> AG followed by the Fort Pierce Bridge Buster 5K with Sandy 1<sup>st</sup> AG and Rudy 2<sup>nd</sup> AG.

Rebekah Triolo NJ Trail **20K** in January.

- Manolo Teijelo ran the Miami Marathon in 5:37 being his 8<sup>th</sup>, marathon on 2-9-20
- Laurie Perlberg 2:14 , Larry Perlberg 1:52 , Joanne Everett 2:12 3<sup>rd</sup>. AG  
Rudy Rinderer 1:57 & Sandy Rinderer 2:02 2<sup>nd</sup>. AG all ran the A1A Half Marathon also in Fl on 1-26-20
- Febapple trail run - Don Cooper ran the 50K with Mindy D’Addario running the 20 miler on 2-22-20
- Treasure Coast Half Marathon had some problems in the beginning of the race but we had Juan Perez with a PR, 1<sup>st</sup>. AG, Larry Perlberg 3<sup>rd</sup>. AG, Rudy Rinderer, Joe Michelini 3<sup>rd</sup>. AG
- E. Murry Todd – ORC running well at the Half –  
Laura Rowley 1:48, Bethanie Adams 1:56, Rebekah Triolo 1:58, Martin Poerner 1:57, Frank Kus 2:17, our own Tony Lorenzo 2:26, Jen Berghout 1:58 and JoAnne Everett 2:04 and 1<sup>st</sup> AG.
- FL Las Olas Triathlon & Duathlon –

Sandy Rinderer 1<sup>st</sup>. AG , Rudy Rinderer (son) 2<sup>nd</sup>. AG & Larry Perlberg 2<sup>nd</sup> AG- all in the Triathlon and in the Duathlon, Laurie Perlberg 1<sup>st</sup>. AG and Rudy Rinderer 1<sup>st</sup>. AG.

- Tobacco Road Marathon , March  
Hanna Berghout ( Hanna’s first marathon) and Jen Berghout, virtual marathon both winning their perspective age groups

– **send in your results**

**oceanrunningclub@yahoo.com**

**UPDATES for our track workouts will be posted on Facebook – looks like Tuesday nights at TR South High School, date will be posted.**

**ORC WILL KEEP YOU  
UPDATED ON  
UPCOMING EVENTS,**

Pine Beach 5k,

ORC Summer Series

Weekend runs

Track workouts

Club meetings

Club trips

Any questions please send to

[oceanrunningclub@yahoo.com](mailto:oceanrunningclub@yahoo.com)

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## **My First Marathon- The Tobacco Road Marathon, Mother/Daughter duet!**

By, Jennifer {Mother} and Hanna Berghout {Daughter}

Hanna: My first marathon was far different than anticipated when I signed up for it on Black Friday, four months prior. First and foremost, I never considered it would be a virtual race. For anyone who does not know, a virtual race is simply when you run and track the distance on you own. Nevertheless we persisted, deciding to run the same course at the same day/time as it was originally was supposed to take place.

Jen: I originally signed up for the Tobacco Road Half Marathon set for March 15, 2020 because of the proximity to my daughter's house. The course was a trail that was flat going through some nice scenery. After some consideration my daughter and I were both signed up for the full. Her first FULL marathon I was thrilled I was going to be part of it! With some unexpected events happening in the world the event was cancelled. Hanna and I came to the determination that the show would still go on and we were tackling the event as a virtual marathon, same course, same time. Just HANNA and I !!

Hanna: The game plan for this race has always been not to worry about time or pacing and to just simply finish. I did realize one thing when this race took a virtual turn. I was going to have to run this 4 plus hour torture fest with my Mom and ONLY my Mom.

Jen: We would draft Chet and Alex as our bike support, which was helpful and encouraging for us the whole way. I went over this in my head many times and the thought of spending 4 plus hours together running with my daughter alone, laughing and chatting was building excitement for me every day before event. The day came and we were off at 7am in the dark, running and laughing on the course going towards Hanna's goal. Butterflies and rainbows just like I imagined!

Hanna: Miles 1 through 18 were ok, as far as running goes. Don't get me wrong drinking coffee on the couch or watching TV in bed is far more enjoyable. Regardless, 1 through 18 were fine, just fine. After mile 18, we started "walking through water breaks." After a brief walking moment, we'd start running again and whew let me tell you, those first couple of steps after walking were jaw clenching, bring a tear to your eye tough. When it was announced that we made mile 20, I was ready to be done. Mile 20 was killer.

Jen: Miles were clicking by, the birds were singing the temperature was perfect! Mile 18 and we were feeling a few twingy sensations and heavy legs as expected. Chet our upbeat lead bike was a bit unsure of where we should turn to get back to the start/finish line. Hanna and I were a bit concerned asking him "where do we turn, where, where"?? Before we knew it we were turning and heading back along the homestretch of the course. Hanna explained to me that maybe I was running too close to her, talking and sniffing too much. Conversations change after mile 20 there is no holding back, ALL part of the fun!

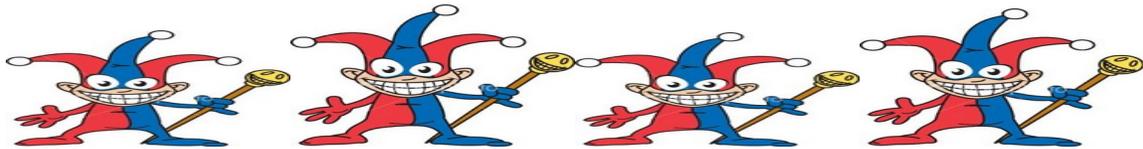
Hanna: My Dad {AKA Lead bike} had not familiarized himself with the race course and was unsure on when to turn to get back, and one more thing he was a chatty lead bike with far too much optimism. We just kept trudging along, ignoring the pain from the waist down. You learn a lot about yourself and your running partner on a run of so many miles. I learned that I am very sensitive to sounds and that I like to stay sufficiently distanced from other runners. I also learned that my Mom sniffs and cannot run in a straight line.

Jen: At this point we were drinking and eating everything our support crew had. We had a decent size hill to climb, which felt like 30 percent grade before the end. We had no finish line only our watches counting down each tenth of a mile to the end.

Hanna: When we got to mile 23.5 we turned off the trail and onto the road. I knew we were close! My mind wanted to pick it up and bring it home but my hips and knees said otherwise. There was absolutely no way we were stopping, not when we came this far. Before long, we made it! Mission complete!

Jen: DONE!! We did it! We stopped and hugged! We had finished 26.2 miles! I was more proud then you can imagine of her endurance and perseverance! Hanna became a marathoner!





This issue's running jokes!

- WHAT DO YOU CALL A RUNNER WHO'S WEARING EARBUDS?

A.

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A.

*WHAT DID THE PSYCHIC TELL THE RACE VOLUNTEER WHEN SHE PICKED UP HER RACE SHIRT AT THE EXPO?*

*"I'M A MEDIUM" \_\_\_\_\_*

*I'M READING THIS BOOK ABOUT TREADMILLS, BUT I DON'T THINK I'LL FINISH. IT'S NOT REALLY GOING ANYWHERE!*

\_\_\_\_\_

**KNOCK, KNOCK**

**WHO'S THERE?**

**EYESORE.**

**EYESORE WHO?**

**EYESORE FROM MY LONG RUN- CAN WE TAKE THE ELEVARTOR? \_\_\_\_\_**

*THE RUNNER WALKS INTO A BAR –*

*OUCH!!! \_\_\_\_\_*

**KNOCK, KNOCK.**

**WHO'S THERE?**

**HALF A BANANA.**

**HALF A BANANA WHO?**

**HALF A BANANA? BY ANY CHANCE? ALL I SEE HERE ARE BAGELS.**



**Our highlighted person for our first newsletter is someone who has had an impact on many people's lives in the running community. His love of running has inspired people including high school and intermediate school children through his coaching career and even younger children in his running camp. I chose Bob Petruski who was my High School running coach and also my own children went to his running camp as well. The camp is still operating today, beneficial to young runners creating self-esteem and helping them set and attain goals.**

- **What was the start of your running career?** “The Spring of 1966 I ran track for Toms River High School South”.
- **Who inspired you as a young runner and why?** “Mr. James Jackson was my high school coach and my second father because he took me under his wing as a runner and mentor. He was my neighbor and friend.”
- **When did you realize you had a passion for running?** “I had a successful high school career at Toms River and enjoyed the success and popularity that came with it”.
- **What distance was your specialty?** “I loved running the mile which today is the 1600.”
- **What memory do you treasure most from your running career?** “There is running series during the summer at Lake Takanassee in Long Branch. Back then they handicapped the 5000 meter run and walk and they were separate races. I won the walk and finished 2<sup>nd</sup> in the run. They changed the format 15 years later, so to date I have a 1<sup>st</sup> and a 2<sup>nd</sup>. That is still the record .lol”
- **What's the best running advice you ever received?** “Break down your race into segments and set a goal every time you race.”
- **How many years have you been a coach?** “I started coaching the Spring of 1974, 5 years at Intermediate West, 24 years at High School East, and 5 years at Intermediate East. Since I left coaching, I am the director of “In You Zone Running Camp” held at Bey Lea Park. This summer will be my 17<sup>th</sup> year. We now have 3 different camps during the summer.
- **Why do you think running is important?** “Running is important because of a couple of things. Keeps you healthy, it is a lifetime sport, and by setting goals for yourself and achieving them builds confidence and self-esteem”.
- **What advice do you give the most when coaching?** No matter what level you start at keep setting personal goals for yourself and always work to achieving them.”
- **How has being involved in running affected your life?** “It still after all these years an active part. Running camps, officiating track, and 3 years ago I got to coach my son who started running at at he age of 26. This could not happen without the support of wife of 45 years. She's the best!”
- **How long have you had the “In You Zone Running Camp”?** “This is the 17<sup>th</sup> year at Bey Lea Park in Toms River. One June camp and 2 camps in August. All 3 camps are in the evening. June camp is 5:30 to 8PM August camp is 4:30 to 6:30PM website: [www.inyourzonerunningcamp.com](http://www.inyourzonerunningcamp.com)
- **Do you have a sports idol that inspired you?** “Jim Ryun was the first high schooler to break the 4 minute mile.
- **What advice would you give an adult just starting to run?** “Set realistic goals and start slowly.”
- **Can you name a few running organizations or clubs you have been involved in the community?** “Way back in the day I ran for Bluffton AA, who trained high school athletes during the off season. I have been supporting events held by Shore AC, Ocean Running Club and recently Freehold Area Running Club in which I took my son this past winter. The running clubs are awesome as you can be part of them no matter what level of running you are at.

# Running Fun

S W A L K I N G A Z  
H S I N G L E T T D  
O M R U N N I N G I  
E A K A W A R D S S  
S R S O C K S D O T  
H A M S T R I N G A  
I T J O G G I N G N  
P H G A R M I N J C  
O O T S E A S I D E  
D N E A R B U D S F

HAMSTRING

DISTANCE

MARATHON

WALKING

EARBUDS

SINGLET

SEASIDE

AWARDS

RUNNING

SOCKS

JOGGING

GARMIN

SHOES

IPOD

# OCEAN RUNNING CLUB FORM 2020



Club News Flash  
www.oceanrunningclub.org

Website:

**Winter Races**

**Summer Series** (July w/finale party)

College Scholarships

42<sup>st</sup>. Seaside Half Marathon

**Awards Banquet & Party**

**Facebook** updates, join in

**Discounts** on ORC Races

10% Discount at selected Running

Stores

Club meetings

**camaraderie between runners**

The best friends you'll ever have! Holiday Runs, Weekend Runs

Family Membership \$20 ● -OR- Individual Membership \$15 ●

first time EVER a member Y - N

Name \_\_\_\_\_ D.O.B. \_\_\_\_\_ M/F \_\_\_\_\_  
Family \_\_\_\_\_ D.O.B. \_\_\_\_\_ M/F \_\_\_\_\_  
\_\_\_\_\_ D.O.B. \_\_\_\_\_ M/F \_\_\_\_\_  
\_\_\_\_\_ D.O.B. \_\_\_\_\_ M/F \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_  
**E-mail** \_\_\_\_\_ Phone \_\_\_\_\_

*Would you be interested in Volunteering, (sure you do)* \_\_\_\_\_

## Club Membership Application Waiver

I know that running & volunteering to work at club events may be potentially hazardous activities and that I should not participate unless I'm medically able. I assume all risks associated with running & volunteering and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the RRCA, the Ocean Running Club, its officers, members and race volunteers, and all sponsors, their employees, representatives and successors from all claims or liabilities of any kind arising out of my participation in this club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(If under 18 years of age – Parent/Guardian must sign)



**Make Check payable to:** Ocean Running Club

**Mail entire form to:** Barbara Johnson, 110 Biabou Drive, Toms River, NJ 08757

## MEMBERSHIP FORM 2020

# OCEAN RUNNING CLUB