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For Immediate Release
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JERSEY SHORE RUNNING CLUB TO HOST 14th ANNUAL
Saturday in the Park
"Women Taking Steps to Help Women"

September 1, 2007 - Event begins at 9:00 AM
Holmdel Park, Holmdel, NJ

Over 500 individual women runners and walkers are expected to join together at Holmdel Park on the Saturday of Labor Day Weekend to raise funds for and promote awareness of organizations that provide essential services to women and their children in Monmouth and Ocean Counties.



Presented by the Jersey Shore Running Club, the fourteenth annual Saturday in the Park 5K "Women Taking Steps to Help Women" will be a fun-filled, rain or shine event featuring a Women's 5K Run and 3 Mile Walk at 9:00am and Children's Races at approximately 10:00am. Last year's events were held during a memorable tropical storm – this year can only promise better weather.

Race Day Registration begins at 8:00 am. Entry fees are \$20 before August 26th, \$25 after August 26th and \$5 for Children's Races. Participants who raise \$75 or more in pledges receive free entry.

"We are very excited to be celebrating our 14th Anniversary. The main reason for celebration is knowing that this race supports programs dedicated to providing shelter, counseling, advocacy and education for women and their families in both Monmouth and Ocean counties." said Penny Hinck, Race Director, Jersey Shore Running Club. Past participants of Saturday in the Park have consistently remarked about how they have been touched by the ceremony at the start of the race when the runners and walkers join hands and realize the need for all of us to come together to support these "safe harbors" for women and their families.

"For 2007 we have the beneficiary organizations of Epiphany House of Asbury Park and Long Branch, Providence House of Catholic Charities in Ocean County, and Spring House, Eatontown," added Hinck. Since its inception, Saturday in the Park has raised over \$165,000 and has created greater public awareness of options and services available to women.

The Saturday in the Park Women's 5K has enjoyed enthusiastic support from many girls' high school and youth athletic teams. To show our appreciation to these teams and to encourage continued support of SIP and the race's beneficiaries, the race is offering two benefits to high school and youth teams. First, all members of these teams will get the special entry fee of \$15 prior to August 26. Second, awards will be given to the top three teams based on their number of participants. Awards will be a contribution to their team fund: \$150 to the team with the most participants, \$100 to the second and \$50 to the third largest number of participants.

Saturday in the Park event sponsors this year include: East Coast Infertility & IVF, JSRC Women's Running 101 Program, Central Jersey Bank, Charity House Foundation, Dana Container, Heart Specialists of Central Jersey, IVF New Jersey Fertility Center, Kenney, Gross, Kovats & Parton, Monmouth County Police Chiefs Association, New Jersey Natural Gas Company, O'Donnell, Stanton & Associates, Osteotech, Charlie and Trudy Parton, Sean Kean for Senate, Telcordia Technologies Pioneers - Chapter 99, The MacGowan Agency, Two River Community Bank and Windmill Restaurants.

Members of the race committee include: Cathy Berth, Lorraine Buckler, Elaine Hartung, Barbara Hay, Eileen Higgins, Philip Hinck, Karen Hornberger, Elizabeth Ireland, John MacGillivray, Donna Mehler, Adele S. McDonough, Thomas Mulvaney, Joanne O'Shea, Suzanne Parton, Deana MacLean Roberts, Felicia Mills, Luann Russell, Janie Steinman-Gordon, Kathie Sterzinar, and Maria Ursino.

The committee has solicited extraordinary prizes including a grand prize drawing of a women's bicycle, donated by Jersey Shore Running Club member Tom Mulvaney, a telescope for the kids' race drawing, compliments of a race committee member, and unique awards for all category winners. The Mary Conry Memorial Award will be presented to the first JSRC member to finish. Mary was a member of the JSRC and the Saturday in the Park Race Committee. A recognition award will also be presented in memory of Dr. Chuck Whelan, former Saturday in the Park Race Director.

Sponsorship opportunities and donations for goodie bag items are still available. All sponsors will receive signage recognition and be highlighted in the event program. Individuals and companies may contact Penny Hinck, JSRC at (732) 571-2162 email: penny@saturdayinthepark5k.org.

Jersey Shore Running Club is the largest running club in New Jersey with well over 1,500 members. Dedicated to both running and to the community, JSRC events support local community and charitable organizations. The club offers a variety of benefits including a monthly newsletter and an up-to-date website, www.jsrc.org. The JSRC offers the camaraderie of running with friends through its group runs. The club also offers a beginning running program for women to help them prepare to participate in the Saturday in the Park as their first 5K.

For more information on Saturday in the Park 5K, please contact Penny Hinck at 732-571-2162, call the JSRC Hotline 732-542-6090, visit www.saturdayinthepark5k.org, or pre-register in person at The Running Store, at The Grove in Shrewsbury.

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