

Our appreciation and thanks to the following for their generous efforts & donations.

*We wish to thank all who may have contributed after this program went to print.*

**Active Rewards**

Athletes Alley	Balance Bar
Barbara Hay, Hayseeds Design	Bob Both
Dawn Ciccone, Nutritional Health Coach, LLC	http://www.nutritionalhealthcoach.com
Brielle Cyclery	
Dearborn Farms, Inc.	Delicious Orchards
Dole Fruit	East Main Trattoria
Echo Ink	Elite Racing Systems
Fuel Belt	Ellen McSorley
	Holmdel First Aid Squad
Jersey Shore Grand Prix	Jack & Diane Cheer
	Jim & Lorriane Buckler
	Jim Robbins
KidsStrong	Kohl's
	Luna Bar / ClifBar
Metro Race Forum	Miles Ahead Sports
	Monmouth County Park System
Napoli Boys Italian Ice	Off The Hook Restaurant
	Penvision, Inc.
	Road Runner's Club of America
RoadID	Rod's Restaurant
	Rundamentals Volunteer Coaches
	Liz, Dabney, Marilyn, Randi, Penny
Runner's Gazette	Runner's World
	Shoprite
Sickles Market	Spring Lake Five Mile Run
	Suzanne & Chris Parton
Theresa Veilleux	Tim McLoone
	Tina Duda
	Women's Distance Festival



Jersey Shore Running Club  
PO Box 7492, Shrewsbury NJ 07702  
732-571-2162  
www.saturdayinthepark5k.org

*The Jersey Shore Running Club  
presents the 18th Annual*



***Women's 5K Run & Walk  
with Children's Races***

Saturday, September 3, 2011  
Holmdel Park, Holmdel, NJ

***"Women Taking Steps  
to Help Women"***

***To benefit women's charities in  
Monmouth and Ocean County***

*in loving memory of  
Mary Conry and Dr. Chuck Whelan*

## ***Saturday in the Park Beneficiaries***

**Manna House & Spring House**, Cliffwood Beach.  
Manna House is a transitional housing program for women and children, designed to provide a safe living environment and an in depth Life skills program geared toward ending homelessness. 732 441 0022

**Providence House** of Catholic Charities, Ocean Cty.  
Providence House offers services to women and children who are affected by domestic violence. Services include emergency shelter, crisis intervention, counseling and therapy as well as community education and training. 732 244 8259  
1 800 246 8910 (609 area)

## ***Saturday in the Park Committee***

**Penny Hinck, Race Director**

Cathy Berth  
Mindy Brady  
Lorraine Buckler  
Dawn Ciccone  
Marcia Fishkin  
Barbara Hay  
Eileen Higgins  
Philip Hinck

Karen Hornberger  
Elizabeth Ireland  
Donna Mehler  
Suzanne Parton  
Luann Russell  
Joanne Sodano  
Kathie Sterzinar  
Theresa Veilleux

***A SPECIAL THANKS TO  
ALL THE VOLUNTEERS WHO  
MAKE THIS DAY POSSIBLE.***

## ***Special Thanks to Our Sponsors***

### **Bronze Sponsors**

Charity House Foundation  
JSRC Rundamentals Training Program

### **Distance Marker Sponsors**

New Jersey Natural Gas Company  
Senator Sean Kean  
Susan Ardito  
Two River Community Bank

### **Steps to Help Women Supporters**

Food Circus / Foodtown  
McLoone's Running Store at the Grove  
Parton/Bove Charitable Fund of the  
Community Foundation of New Jersey  
The MacGowan Agency  
Windmill Restaurants