

*The 60th Annual*

**Polar Bear Races**



**A S B U R Y P A R K**

**DECEMBER 30, 2023**

**shoreac.org**

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# SHORE ATHLETIC CLUB OF NEW JERSEY

"Promoting the Olympic Sport of Track and Field Since 1934"

## ***Our Olympians***

## **A WELCOME FROM THE SHORE ATHLETIC CLUB PRESIDENT**

*Elliott Denman*

*Barbara Friedrich*

*Bob Mimm*

*Bill Reilly*

*Dave Romansky*

*Todd Scully*

*Maren Seidler*

*Jim Wooding*

Welcome to the Shore Athletic Club's signature event, The Asbury Park Polar Bear Races. We hope you enjoy what our event has to offer: flat 1 mile and 5k courses with professional timing, a highly competitive field, distinctive awards, and the rich historical ambience of Asbury Park, New Jersey.

This year's event is the result of a lot of hard work by our Race Directors, Erin O'Neill, Coach Joe Compagni, and Dayna Luma. Not to mention our event staff, volunteers, first responders, sponsors, club members and everyone involved in making this event a great success.

We aim to follow the great Shore A.C. tradition of offering an event where everyone has a chance to compete. This year we will see our largest field of competitors; all enjoying what we hope to be a beautiful December morning at the Jersey Shore.

## ***Our National Champions***

*John Borican*

*Ray Funkhouser*

*Dick Ganslen*

*Elmore Harris*

*Herb McKenley*

*Cliff Mimm*

*Eulace Peacock*

*Blaine Rideout*

*Andy Stanfield*

*Josh Williamson*

We hope that you enjoy the 60th Annual Asbury Park Polar Bear Races!

Best wishes and good luck to all.

Walter MacGowan

President

Shore Athletic Club of New Jersey



# SCHEDULE OF EVENTS

**SATURDAY, DECEMBER 30TH, 2023**

 **ASBURY PARK CONVENTION HALL**

**8:30AM - 9:30AM: BIB AND T-SHIRT PICKUP\***

**9:30AM - 1 MILE START**

**10:00AM - 5K RACE START**

**11:15AM - AWARDS\*\***

**\*FIRST 400 RUNNERS TO PICK UP THEIR BIB WILL RECEIVE A  
COMMEMORATIVE RACE T-SHIRT**

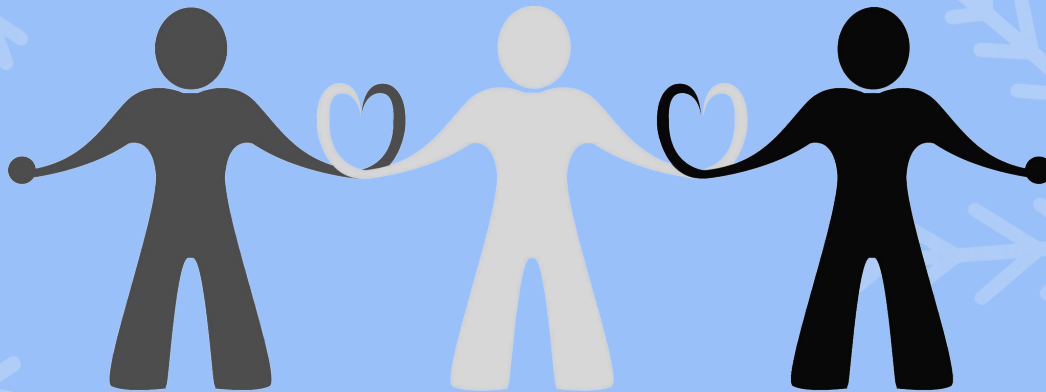
**\*\*AWARDS WILL BE AVAILABLE FOR PICK UP FROM 10:00AM - 11:45AM,  
THEY WILL NOT BE MAILED.**



**BE SURE TO CHECK OUT OUR VENDORS IN CONVENTION HALL!**

# CHARITY PARTNER

THE SHORE AC IS PROUD TO PARTNER WITH



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FOR THE 2023 ASBURY PARK POLAR BEAR RACES

**COMMUNITY FOOD DONATION**

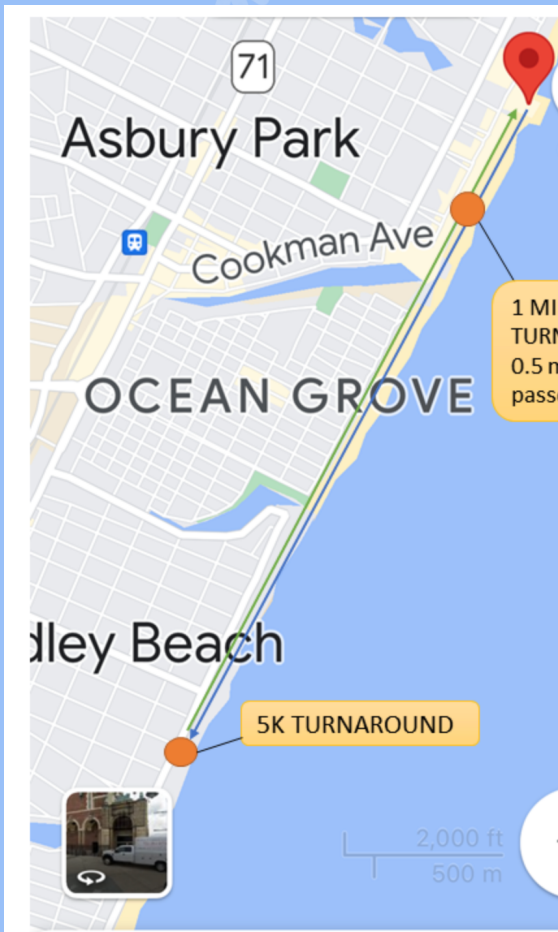
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# COURSE MAP



## Asbury Park Polar Bear Races

### **NEW 5K COURSE**

**10:00 AM start**

Start line: Outside Robinson Ale House on the boardwalk  
Head south 1.55 miles on the boards to Bradley Beach  
Turnaround and run 1.55 miles back on the boards to finish  
outside Robinson Ale House in Asbury Park

### **1 MILE COURSE**

**9:30 AM start**

Start line: Outside Robinson Ale House on the boardwalk  
Head south .50 miles on the boards to the Casino  
Turnaround and run .5 miles back on the boards to the finish outside  
Robinson Ale House in Asbury Park



# MEN'S ALL-TIME TOP 10 PERFORMANCES

## 5K RUN

1. Robert Pederson 2021 - 15:14
2. Marty Liquori 1975 - 15:23
3. Vince Cartier 1975 - 15:25
4. Harold Nolan 1975 - 15:27
5. Tom Aspal 1975 - 15:30
6. Jeremy Scheid 2019 - 15:31
7. Justin Scheid 2019 - 15:33
8. Andrew Broudeur 2015 - 15:39
9. Bill Reilly 1971 - 15:45
10. Kyle Mueller 2021 - 15:45

## 5 MILE RUN (1977-2013)

1. Ray Cerenkowski 1982 - 24:35
2. Harold Nolan 1977 - 24:40
3. Bryon Pownall 1987 - 24:48
4. Buck Logan 1980 - 24:50
5. Tom Aspal 1978 - 24:51
6. Bill Scholl 1981 - 24:51
7. Chris Halliman 1979 - 24:53
8. Eric Savoth 2003 - 24:53
9. Hugh Kuchka 1983 - 25:01
10. Dave Billings 1981 - 25:10



# WOMEN'S ALL-TIME TOP 10 PERFORMANCES

## 5K RUN

1. Kerry Dyke 2019 - 17:35
2. Amanda Marino 2016 - 17:41
3. Lisa Wilehim 2006 - 17:58
4. Beth Meyer 2018 - 18:12
5. Amanda Huneke 2022 - 18:26
6. Erika Flores 2022 - 18:42
7. Casey Hopkins 2022 - 18:51
8. Allison Linnell 2011 - 18:54
9. Janet Flood 1978 - 19:09
10. Leslie Morrison 2014 - 19:43

## 5 MILE RUN (1977-2013)

1. Alicia Kelly 1995 - 28:27
2. Lauren Rhafigan 2007 - 28:40
3. Lindsey Gallo 2004 - 28:56
4. Meg Waldron 1977 - 29:45
5. Brenda Sanders 1977 - 30:07
6. Lauren Adams 2001 - 30:19
7. Allison Linnell 2010 - 30:19
8. Linda Wolf 1996 - 30:22
9. Barbara Addis 1992 - 30:26
10. Joyce Jarrowski 1991 - 31:07





# A LOOK BACK IN HISTORY

THE FIRST EVER  
ARTICLE OF THE FIRST  
EVER ASBURY PARK  
POLAR BEAR RACES IN  
1964

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## McDonnell, Daniel Victors In Boardwalk 'Polar' Races

ASBURY PARK — Neither rain nor wind nor a very slippery boardwalk interfered with the swift completion of their appointed rounds by a band of 49 hardy trackmen competing in the city's first Polar Bear Track Carnival yesterday.

These 49 obviously weren't racing for a white Christmas—they had track shoes but no gloves.

John McDonnell, a former high mile champion now living in New York, captured the opening event on the program—the 5,000-meter run—in a clockwork of 16 minutes, 7.5 seconds and was rated excellent under the conditions.

Don Daniel, a Long Island College student, was the day's second winner, taking the 10-mile walking race in one hour, 11 minutes, 13 seconds.

Thirty-four started the run and finished. Seventeen started to go the route in the walk. Two Brick Township residents, postman Bob Carlson and high school student Ed Tompkins—aided iron man duty by completing both races.

McDonnell Beats Best  
McDonnell, who has a 4:02 mile to his credit, had a 150-yard lead on his nearest rival, engineer Fred Best of Somerset. Best trailed John Dzelzkalns, Rutgers University senior from New Brunswick, for half of the race, but then blazed by and had a 100-yard edge at the end.

Ed Shattuck, Central Regional High School's NJSIAA Group III cross-country champion from Lakehurst, put on a powerful drive down the last straightaway and just missed catching the eased-up Dzelzkalns.

Shattuck led home a strong collection of Shore schoolboy stars. Red Bank Catholic's Bob Byron was fifth, Long Branch's Tom Bazley sixth, Middletown's Harry Nolan eighth, CBA's Mike Mitrarehl and Don Rowe ninth and 10th, Middletown's Bernie Fathune 13th, Central Regional's Joe Callahan 14th, Asbury Park's Tom Hutchison and Harold Suggs 17th and 18th, Middletown's Bill Such 19th, and Brick Township's Bill Darnell 21st.

Collegians home for the holidays were ex-Keyport High ace Ed Scullion, now a sophomore at Murray, Ky. State College, and Ulo Kuhl.

worth, Long Branch High School senior, was seventh, with four Ocean County walkers. Ken Eith, Carlson, Fred Spector and Tompkins, occupying the 14 to 17 places.

The Penn A.C. edged the New York Pioneer Club by a single point for the walking team title.

Other clubs represented in the meet were the United A.A. and Millrose A.A., both of New York, and the Central Jersey Track Club.

Asbury Park city councilman Frank H. Rowland was on hand to present trophies to the top finishers. George Zuckerman and Sherman Mischler served on the city's organizing committee.

Officiating were Bill Brouillette, Brick Township cross-country coach; Dick Steadman and Art Oberg of the Monmouth College coaching staff; John Stehli, Central Jersey Track Club, and Jim Borden, United A.A.

### Medals, Trophies Given

Trophies went to the top three men in each race and medals were awarded to other leading finishers.

Watching the run and wishing he was in it was Joe Lynch of Highlands, the ICAA cross-country champion from Georgetown. AAU competition for

Georgetown students is temporarily off-limits, pending a resolution of the AAU-NCAA feud.

### 5000-METER RUN

1. John McDonnell, NYAC (16:07.5)
2. Fred Best, Somerset (16:37.5)
3. John Dzelzkalns, New Brunswick (16:55)
4. Ed Shattuck, Lakehurst (16:56)
5. Bob Byron, Red Bank (17:23)
6. Tom Bazley, Long Branch (17:33)
7. Bob Zaleski, United A.A. (17:39)
8. Harry Nolan, Middletown (17:44)
9. Mike Mitrarehl, West Long Branch (17:46)
10. Don Rowe, Freehold (17:48)
11. Hal DeVestern, New Brunswick (17:51)
12. Ed Scullion, Griggs Beach (17:55)
13. Bertie Terhune, Middletown (18:14)
14. Joe Callahan, Bayville (18:16)
15. Ulo Kuhl, Lakewood (18:25)
16. George Kochman, Millrose A.A. (18:31)
17. Tom Hutchison, Asbury Park (18:41)
18. Harold Suggs, Asbury Park (18:45)
19. Bill Such, Middletown (18:49)
20. Jim Busby, United A.A. (18:51)
21. Bill Darnell, Brick Township (18:57)
22. Bill Murray, Middletown (19:02)
23. Bill Goodheart, United A.A. (19:03)
24. Dr. George A. Sheehan Jr., C.I.T.C. (19:04)
25. Gordon Ogier, Neptune (19:05)
26. Ed Tompkins, Brick Township (19:06)
27. Grant Weisbrodt, United A.A. (19:07)
28. Bob Carlson, Brick Township (19:08)
29. Don Sutphin, Bradley Beach (19:09)
30. Bob Kessler, Long Branch (19:10)
31. Alan Berman, Long Branch (19:11)

### 10-MILE WALK

1. Don Daniel, NYAC (1:11:13)
2. Bob Mimm, Penn AC (1:12:54)
3. Dr. John Sculling, NY Pioneer Club (1:13:39)
4. Joe Stefanowicz, Penn AC (1:13:42)
5. John Burzucki, New York City (1:13:43)
6. Elliott Demmah, Pioneer Club (1:13:57)
7. Lou Stankovich, Long Branch (1:14:53)
8. Kurt Wisner, Pioneer Club (1:14:43)
9. Roy Rankin, Penn AC (1:14:54)
10. Eric Walte, Penn AC (1:14:28)
11. Sam Monastero, Penn AC (1:14:40)
12. John Abbate, Penn AC (1:14:58)
13. Tom Radiovacki, Penn AC (1:14:50)
14. Kenneth Eith, South Jersey T.C. (1:14:12)
15. Bob Lynch, Brick Township (1:14:44)
16. Fred Spector, Lakewood (1:15:11)
17. Ed Tompkins, Brick Township (1:15:23)
- Team: Penn A.C. (1:15) 10 pts.; N. Y. Pioneer Club (1:15) 11 pts.



Asbury Park Councilman Frank H. Rowland presents trophy to top finisher in the New York Pioneer Club.

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FOOTWEAR



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EST. *The* 2014  
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ALE HOUSE  
ASBURY PARK



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**SHORE A.C.**

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