

The Shore Athletic Club Presents the



ASBURY PARK
GEORGE SHEEHAN CLASSIC

30th ANNUAL 5K RACE

Saturday
August 12th, 2023

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SHORE ATHLETIC CLUB OF NEW JERSEY

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

Our Olympians

Elliott Denman
Barbara Friedrich
Bob Mimm
Bill Reilly
Dave Romansky
Todd Scully
Maren Seidler
Jim Wooding

A WELCOME FROM THE SHORE ATHLETIC CLUB PRESIDENT

Welcome to the Shore Athletic Club's signature event, The Asbury Park Sheehan Classic 5k. We hope you enjoy what our event has to offer: a flat 5k course with professional timing, a highly competitive field, distinctive awards, and the rich historical ambience of Asbury Park.

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

Our National Champions

John Borican
Ray Funkhouser
Dick Ganslen
Elmore Harris
Herb McKenley
Cliff Mimm
Eulace Peacock
Blaine Rideout
Andy Stanfield
Josh Williamson

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 runners, race walkers, wheelchairs, and guided individuals; all enjoying what we hope to be a beautiful August day at the Jersey Shore.

We hope that you enjoy the Asbury Park Sheehan Classic 5k!

Best wishes and good luck to all.

Walter MacGowan
President
Shore Athletic Club of New Jersey

SCHEDULE OF EVENTS

Friday, August 11th, 2023

 **ROAD RUNNER SPORTS, SHREWSBURY, NJ**

4:00PM - 7:00 PM: RACE REGISTRATION/PACKET PICK UP

Saturday, August 12th, 2023

 **BRADLEY PARK, ASBURY PARK, NJ**

6:30 AM: RACE DAY REGISTRATION/PACKET PICKUP

7:30 AM: PACKET PICKUP ENDS

7:50 AM: OPENING CEREMONY

8:00 AM: 5K RACE BEGINS

9:15 AM: KIDS RACE BEGINS

9:30 AM: AWARDS TO BEGIN

POST RACE DRINKS AT ROBINSON ALE HOUSE!

THOSE FURTHER BACK IN THE RACE SHOULD STAY TO THEIR LEFT ON THE FIRST LOOP. THE LEADERS WILL PASS ON YOUR RIGHT ON THEIR SECOND LOOP SO THAT THEY CAN SAFELY PASS AND ENTER THE BOARDWALK.

THE STORY BEHIND THE ASBURY PARK SHEEHAN CLASSIC 5K

The Asbury Park Sheehan Classic was a merge between two classic events, the Asbury Park 5K and the Sheehan Classic, loved by the running community near and far. Dr. George Sheehan was born in Brooklyn in 1918, he was an outstanding track star at Manhattan College, became a cardiologist like his father and married a Jersey girl raising a dozen children together. Dr. Sheehan rediscovered his love for running after many years off. He became a superstar masters running later in life breaking 5:00 minutes in the mile at the age of 50 years old.

He began writing a weekly column in the local paper. In short time, the running world was listening. This self-described loner from Red Bank, N.J. became one of the most sought out experts on health and fitness. He continued the column for twenty five years. Many of these years were served as the medical editor for Runner's World magazine. He wrote eight books and lectured around the world. "Listen to your body," was his slogan. "We are each an experiment of one." One critic referred to his talks as "the running community's equivalent of a Bruce Springsteen concert, though listening to him was more like taking off with John Coltrane on some improvised solo."

Dr. Sheehan was diagnosed with prostate cancer in 1986 and passed away just days before his 75th birthday. Dr. Sheehan had an immense impact on his family and friends. This event is small tribute to honor and remember Dr. George Sheehan and all his contributions to the running community!

*"The runner is not a game; he is in a contest. When you race you are under oath.
When you race you are testifying as to who you are."*

Top 15 Times on This Course Asbury Park 5K and Sheehan Classic 5K 2004 to 2022

Men's

1. 14:35.4 GIRMA TOLLA, 2007
2. 14:42.5 DANIEL TOO, 2007
3. 14:44.1 SOLOMON TOO, 2006
4. 14:49.2 PHILIP KIPTOO, 2008
5. 14:50.4 JAUD EL JAZOULI, 2022
6. 14:50.7 PELLE NOGUEIRA, 2022
7. 14:54.8 JOEL LIMO, 2006
8. 14:56.1 BILL HOFFMAN, 2006
9. 14:56.4 SOLOMON TOO, 2007
10. 14:59.7 DANIEL KOECH, 2008
11. 15:00.4 ROBET CANNON, 2007
12. 15:01.5 NICK RODGERS, 2004
13. 15:02.3 JOEY WIEGNER, 2008
14. 15:05.7 CRAIG SEGAL, 2007
15. 15:05.7 MIGUEL GALVEZ, 2019

Women's

1. 16:35.7 ROBERTA GRONER, 2018
 2. 16:52.0 NOEL BROCK, 2008
 3. 16:58.2 AMANDA MARINO, 2018
 4. 17:01.0 AMANDA MARINO, 2019
 5. 17:12.4 KRISTEN SIEGLE, 2021
 6. 17:14.1 VICTORIA GANUSHINA, 2005
 7. 17:16.7 SHANNON MCCARTHY, 2021
 8. 17:19.6 JOANNE HENNESSY, 2004
 9. 17:25.1 MEGAN FLYNN, 2021
 10. 17:29.0 NICOLETTE MATEESCU, 2018
 11. 17:31.3 JESSICA FRANCIS, 2022
 12. 17:31.4 NOEL WHITALL, 2013
 13. 17:31.9 KC MEEHAN, 2004
 14. 17:33.5 PERI PAV, 2022
 15. 17:34.4 ERIN LUNNY, 2011
-
-

COURSE MAP

Asbury Park 5K
Asbury Park, NJ 077712

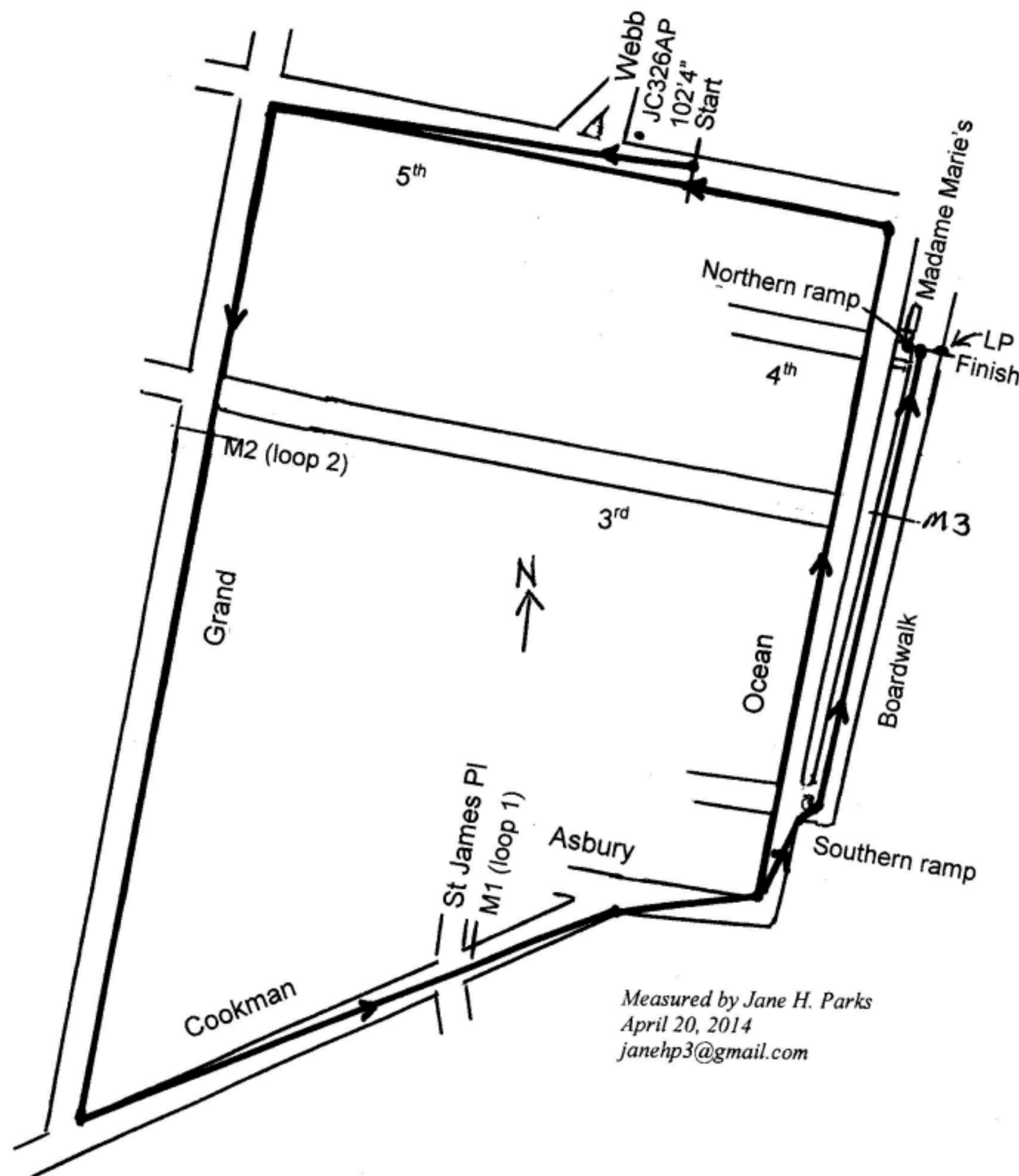
NJ14519JHP
Effective 4/28/2014 to 12/31/2024



ALL DIRECTIONS ARE GIVEN RELATIVE TO THE RUNNING DIRECTION.

Start: On 5th, 102 feet 4 inches east of utility pole JC326AP which is on the northeastern corner of Webb.
Mile 1 (Loop 1): On Cookman one foot after (east of) the blue sidewalk mat at crosswalk on the east side of St. James and 31 feet 7 inches after (east of) the fire hydrant at center of intersection with St James on left.
Mile 2 (Loop 2): On Grand, 9 feet south of unmarked utility pole at the southwestern corner of Third and Grand and one foot after storm drain on the left.
Mile 3: On the Boardwalk, 2 feet 6 inches before lamp pole 11 "Third Ave" on the ocean side.
Finish: On the Boardwalk at the lamp post base that is opposite Madam Marie's which is the first small building on the corner of the boardwalk and the northern ramp at 4th Ave.

Course Notes: The course is two loops with the second loop finishing on the boardwalk.



UPCOMING EVENTS

LAKE TAKANASSEE SUMMER SERIES

Monday Nights - July 17th and 24th, August 7th and 21st, 2023
Lake Takanassee, 800 Ocean Avenue, Long Branch, NJ
Kids 1500m run, Adult 5k run

YOUTH CROSS COUNTRY FALL SERIES

Holmdel Park - Sept. 23, Oct. 8 & 22
Ocean County Park - Sept. 17, Oct. 15 & 29
800m, 2k, 3k, 4k, and 5k

ADULT CROSS COUNTRY SERIES

Saturdays, Sept. 30th, Oct. 7th, 14th, 21st, 28th and Nov. 4th, 2023
Big Brook Park, Wolf Hill Park, Holmdel Park, Tatum Park,
Thompson Park and Huber Woods Park
5k

JERSEY SHORE HALF MARATHON + 2 MILE RACE

Sunday, October 1st, 2023
Gateway National Recreation Area, Sandy Hook, NJ (Lot E)

BILL BRUNO ALUMNI CROSS COUNTRY RUN

Saturday, November 11th, 2023
Holmdel Park, 44 Longstreet Road, Holmdel, NJ 07733
3k & 5k

60TH ANNUAL ASBURY PARK POLAR BEAR RACES

Saturday, December 30, 2023
Convention Hall - 1300 Ocean Avenue Asbury Park, NJ 07712
1 mile, 5k run & walk

**For more information, visit www.shoreac.org
or follow us on social media!**



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