

# Shore AC Results for the 2019 USATF-NJ Clinton Country 15K Race

Check out the awesome video [here](#) made by Lisa Romero, wife of club member Ricky Romero.



April 27, 2019, Clinton, NJ: We fought the wind and won! L-R: Przemek Nowicki, John Kilduff, Leslie Nowicki, Laura Donnelly, Kevin McCormack, Luke Falk, Terry Lusardi, Scott Isgett, Nolan McCarty, Jim Wright, Bob Skorupski, Kim Hart, John Larkin, Alex Fernandes, Scott Linnell and Ricky Romero.

Race Date: April 27, 2018      [Results](#) from CompuScore

CLUB RESULTS: (unofficial)

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1.	Garden State Track Club	88
2.	Clifton Road Runners	61
3.	Shore Athletic Club	48
4.	Raritan Valley RR	46
5.	Garmin Runners	43
6.	Fleet Feet / Essex	34
7.	North Jersey Masters	17
8.	Central Jersey RRC	8
9.	Freedom Runners	7
9.	Rose City Runners	7

11. Morris County Striders 1

SHORE AC TEAM RESULTS:

OPEN WOMEN:

5	SHORE AC "A" OPEN WOM								6:17:36.50	AVERAGE:1:15:31.30
55.	True Fahys	Middletown,NJ	44	F	336	386	U	442	1:04:47.89*	
116.	Kimberly Gittines	Shrewsbury,NJ	47	F	336	386	U	407	1:13:14.97*	
119.	Diane Rothman	Leonardo,NJ	60	F	336	436	U	505	1:14:04.80*	
150.	Kim Hart	Belmar,NJ	59	F	336	436	U	413	1:19:10.20*	
202.	Leslie Nowicki	Holmdel,NJ	55	F	336	436	U	538	1:26:18.64*	

40+ WOMEN:

4	SHORE AC "A" WOM 40								3:36:52.25	AVERAGE:1:12:17.42
55.	True Fahys	Middletown,NJ	44	F	336	386	U	442	1:04:47.89*	
116.	Kimberly Gittines	Shrewsbury,NJ	47	F	336	386	U	407	1:13:14.97*	
147.	Laura Donnelly	Princeton Jct,NJ	53	F	386	436	U	522	1:18:49.39*	

50+ WOMEN:

4	SHORE AC "A" WOM 50								3:52:04.39	AVERAGE:1:17:21.46
119.	Diane Rothman	Leonardo,NJ	60	F	336	436	U	505	1:14:04.80*	
147.	Laura Donnelly	Princeton Jct,NJ	53	F	386	436	U	522	1:18:49.39*	
150.	Kim Hart	Belmar,NJ	59	F	336	436	U	413	1:19:10.20*	
202.	Leslie Nowicki	Holmdel,NJ	55	F	336		U	538	1:26:18.64	

OPEN MEN:

6	SHORE AC "A" OPEN MEN								5:13:27.61	AVERAGE:1:02:41.52
21.	John Larkin	Sparta,NJ	29	M	36		U	623	57:51.67*	
26.	Robert Skorupski	Rockaway,NJ	46	M	36	86	U	599	59:00.59*	
44.	Nolan Mccarty	Princeton,NJ	51	M	36	136	U	530	1:02:59.98*	
62.	Ricardo Romero	Hillsborough,NJ	43	M	36	86	U	572	1:05:32.64*	
75.	Luke Falk	Rockaway,NJ	49	M	36	86		729	1:08:02.73*	
151.	Alexand Fernandes	Linden,NJ	48	M	36		U	630	1:19:11.24	

40+ MEN:

5	SHORE AC "A" MEN 40								5:17:28.94	AVERAGE:1:03:29.79
26.	Robert Skorupski	Rockaway,NJ	46	M	36	86	U	599	59:00.59*	
38.	Terry Lusardi	Madison,NJ	55	M	86	136	U	453	1:01:51.48*	
57.	Scott Isgett	Rockaway,NJ	50	M	86	136	U	440	1:04:57.30*	
62.	Ricardo Romero	Hillsborough,NJ	43	M	36	86	U	572	1:05:32.64*	
64.	Kevin McCormack	Brick,NJ	58	M	86		U	543	1:06:06.93*	
75.	Luke Falk	Rockaway,NJ	49	M	36			729	1:08:02.73	
151.	Alexand Fernandes	Linden,NJ	48	M	36		U	630	1:19:11.24	

50+ MEN:

2	SHORE AC "A" MEN 50								5:25:01.59	AVERAGE:1:05:00.32
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38.	Terry Lusardi	Madison,NJ	55	M	86	136	U	453	1:01:51.48*
44.	Nolan Mccarty	Princeton,NJ	51	M	36	136	U	530	1:02:59.98*
57.	Scott Isgett	Rockaway,NJ	50	M	86	136	U	440	1:04:57.30*
64.	Kevin Mccormack	Brick,NJ	58	M	86	136	U	543	1:06:06.93*
87.	John Kilduff	Middletown,NJ	67	M	136	186	U	624	1:09:05.90*

6	SHORE AC "B" MEN 50		6:42:55.88 AVERAGE:1:20:35.18						
81.	Scott Linnell	Colts Neck,NJ	62	M	137	186	U	545	1:08:26.99*
146.	Przemek Nowicki	Holmdel,NJ	74	M	137	186	U	537	1:18:47.05*
157.	James Wright	Sea Bright,NJ	66	M	137	187	U	690	1:20:23.33*
177.	Bob Haithcock	Middletown,NJ	64	M	137	187	U	455	1:23:06.77*
242.	Roger Price	Randolph,NJ	70	M	137	187	U	439	1:32:11.74*
319.	Eliot Collins	Raritan,NJ	67	M	137		U	713	2:16:59.67

60+ MEN:

3	SHORE AC "A" MEN 60		3:36:19.94 AVERAGE:1:12:06.65						
81.	Scott Linnell	Colts Neck,NJ	62	M	137	186	U	545	1:08:26.99*
87.	John Kilduff	Middletown,NJ	67	M	136	186	U	624	1:09:05.90*
146.	Przemek Nowicki	Holmdel,NJ	74	M	137	186	U	537	1:18:47.05*

10	SHORE AC "B" MEN 60		4:15:41.84 AVERAGE:1:25:13.95						
157.	James Wright	Sea Bright,NJ	66	M	137	187	U	690	1:20:23.33*
177.	Bob Haithcock	Middletown,NJ	64	M	137	187	U	455	1:23:06.77*
242.	Roger Price	Randolph,NJ	70	M	137	187	U	439	1:32:11.74*
319.	Eliot Collins	Raritan,NJ	67	M	137		U	713	2:16:59.67



April 27, 2019, Clinton, NJ: Bundled up against a chilly wind, 5 of the 6 Shore AC ladies who ran in the Clinton 15K toast their achievements. L-R: Kim Gittines, Laura Donnelly, True Fahys, Diane Rothman and Leslie Nowicki.

## Shore AC Jams at the Clinton 15K

With contrite apologies to Christopher Cross:

*It is morn light  
Our bodies fleet  
We're on the run  
No time to sleep  
We've got to run  
Run like the wind  
To score points again.*

*And we've a long way to go  
(cue Michael MacDonald) Such a long way to go  
To make it to the finish and let them know  
That we run like the wind  
Run like the wind...*

It was practically a gale into which we plunged at the Clinton 15K on a mostly cloudy Saturday. But Shore AC harriers took inspiration from the gusts and sped over hill and dale to score major points for the club.

Let's track the Shore AC ladies' teams first and delve into the accomplishments of the SAC men's squads last.

### **Women's Open Team:**

Shore AC is building a proud legacy of assembling strong women's open teams entirely with masters-age ladies. Now, don't misunderstand. We do have a vibrant set of tremendously talented U40 gals. But on this last Saturday in April, all of them had other important events to attend (Penn Relays, the New Jersey Half Marathon and much more).

So it was that a Shore AC 40+ quintet entered the women's open fray at Clinton. They were led by human rocket **True Fahys**. She dashed across the countryside at a roaring pace of under 7 minutes per mile to trigger the timer in 1:04:47. That's quite a fast recovery from her 3:25 Boston Marathon less than two weeks earlier, wouldn't you say? Speaking of which, True's Boston Marathon partner, **Kim Gittines**, notched the number two spot on our women's open team, crossing in a solid 1:13:14. Less than one minute later, Shore AC's 60+ sensation **Diane Rothman** flew across the finish line in 1:14:04 to win her age group and exceed an 80% age grading. Wow!!! It wasn't long before the almost-60 **Kim Hart** powered up the final incline to register a mighty-fine 1:19:10. Team scoring was wrapped up neatly when 55-year-old **Leslie Nowicki** clocked in at 1:26:18 for her first 15K race (an instant PR!), posting a very respectable age grading of 64%. This lovely quintet placed fifth in the women's open category, thereby earning 6 points. As a result, Shore AC's women's open team now occupies third place in the 2019 USATF New Jersey Grand Prix. Hooray!

### **Women's 40+ Team:**

Shore C was fortunate to have enough ladies to field not only a women's open team but a women's 40+ *and* a women's 50+ team on this busy last weekend of April. All performed well! Our 40+ formulation consisted of the afore-mentioned Fahys and Gittines plus extensive contributor **Laura Donnelly**. At age 53, Laura can still add high value to a 40+ team and did so on this day with her 1:18:49 performance. The 40+ team placed a strong fourth. The 5 points they earned moved Shore AC into sole possession of fourth place in the 2019 USATF New Jersey Grand Prix W40+ category with 9 points overall. Keep up the good work, ladies!

### **Women's 50+ Team:**

The women's 50+ team division proved to be especially competitive, with Shore AC's team placing fourth but within striking distance of third-place Fleet Feet and second-place Raritan Valley. (Clifton's victorious 50+ trio was untouchable.) Rothman, Donnelly and Hart determined the score for our 50+ crew while Nowicki provided all-

important insurance. Thanks to the 4 points earned at Clinton, Shore AC's W50+ team now holds sole possession of fifth place in the 2019 Grand Prix with 7 points. Climb ever higher, team!

### **Men's Open Team:**

Armed with only one true open (under age 40) runner, Shore AC nonetheless delivered a solid open team accomplishment by placing sixth at Clinton. Lightning-fast rookie **John Larkin** led the way with his blazing time of 57:51. Next to score for the men's open team was a masters man on fire: 46-year-old **Bob Skorupski**. Bob nailed a personal best on this day with a scorching 59:00. The excitement grew even more fervent when 51-year-old **Nolan McCarty** made a dramatic return to racing with a spectacular time of 1:02:59. Crowds were buzzing when **Ricky Romero** sprinted across the finish line in 1:05 32 to establish another in a string of personal records. Team scoring came to a rousing conclusion when birthday boy **Kevin McCormack** celebrated number 58 by reaching paydirt in 1:06:06. The team enjoyed excellent backup with the likes of newcomer **Luke Falk** (1:08:02) and **Coach Alex Fernandes** (1:19:11). Congratulations to the members of our men's open team!

### **Men's 40+ Team:**

Shore AC's 40+ men caught wind of this event and showed up in force. With Skorupski leading the charge, they swept across the undulating course like a cavalry at full gallop. Second behind Skorupski came 55-year-old **Terry Lusardi**. Terry proved that he's got game despite the netw age group, volleying over the finish line in a searing 1:01:51, good for second place in the 55-59 rankings.. Newly minted 50-year-old **Scott Isgett** followed suit as he hurtled home in 1:04:57, heedless of his lack of sleep from a late return flight the night before. After Romero punched in as fourth scorer, 58-year-old **Kevin McCormack** kicked off his 2019 racing season with a blazing 1:06:06 to place fifth in his age group. Falk and Fernandes provided ever-important backup to this team that grabbed fifth place in a hotly contested 40+ category.

### **Men's 50+ Teams:**

Dear reader, you may have noticed that Shore AC 50+ men factored large in the fortunes of our Open and 40+ teams. It should thus come as no surprise that our 50+ A team achieved \*second\* place at Clinton! The aforementioned Lusardi, McCarty, Isgett and McCormack were joined by 67-year-old galloping graybeard **John Kilduff**, who stormed through the gates in 1:09:05. John led all Shore AC men with a marvelous age grading of 77.61%.

The passion for points extended to the Shore AC men's 50+ B team. Composed entirely of men over the age of 60, this spirited squadron notched sixth place and so added 5 points to the club's total. **Scott Linnell** began the parade in 1:08:26, striving to save energy for the USATF National 10K the following day. Doing the same was 74-

year-old second scorer **Przemek Nowicki**, who checked in at 1:18:47 before joining Scott on a drive to Boston. Club veteran and expert cross country trail layout artist **Jim Wright** coaxed a temperamental hamstring through the 15K distance in 1:20:23 to finish as third scorer. The elder parade continued when long-time high-caliber harrier **Bob Haithcock** arrived in 1:23:06, a time that reflected the pain he endures running now on knees that lack meniscus. Team scoring concluded when true legend **Roger Price** strode through the chute in 1:32:11. Now that Roger is 70, we look forward to him and Przemek leading the Shore AC 70+ team at many future races! Renowned race walker **Eliot Collins** triggered the timer in 2:16:59 to ensure that the team would have five finishers should any of the other five not finish.

### **Men's 60+ Teams:**

In recent years, the 60+ men's category has been practically an automatic win for Shore AC. No more! High-level talent has aged up on other teams. So it was that Shore AC's A team of Linnell, Kilduff and Nowicki took third place at Clinton. Our B team of Wright, Haithcock, Price and Collins grabbed tenth place to add a point to the club total.

### **Individual Accomplishments:**

As is so often the case, Shore AC athletes distinguished themselves with awesome age group performances. We begin with a top 10 overall finisher:

**€ · € € € € True Fahys: 7<sup>th</sup> overall female: 1:04:47; 75.56% AG**

Hats of now to our top-3 age group finishers!

- € € € € Kimberly Gittines: 3rd F45-49: 1:13:14; 68.85%
- € € € € **Terry Lusardi: 2nd M55-59: 1:01:51; 77.38%**
- € € € € **Diane Rothman: 1<sup>st</sup> F60-64: 1:14:04; 80.05%**
- € € € € **John Kilduff: 1<sup>st</sup> M65-69: 1:09:05; 77.61%**
- € € € € **Przemek Nowicki: 2nd M70-74: 1:18:47; 73.95%**

Let's hear it now for our other top-10 age group finishers!

- € € € € Ricardo Romero: 8th M40-44: 1:05:32; 65.96%
- € € € € Robert Skorupski: 4th M45-49: 59:00; 75.07%
- € € € € Luke Falk: 10th M45-49: 1:08:02; 66.77%
- € € € € Nolan McCarty: 7th M50-54: 1:02:59; 73.37%
- € € € € Scott Isgett: 10th M50-54: 1:04:57; 70.54%
- € € € € Laura Donnelly: 6th F50-54: 1:18:49; 68.70%
- € € € € Kevin McCormack: 5th M55-59: 1:06:06; 74.41%
- € € € € Kim Hart: 4th F55-59: 1:19:10; 73.89%
- € € € € Scott Linnell: 6th M60-64: 1:08:26; 74.61%
- € € € € James Wright: 10th M65-69: 1:20:23; 66.04%
- € € € € Roger Price: 6th M70-74: 1:32:11; 59.98%