



**[WWW.SHOREAC.ORG](http://WWW.SHOREAC.ORG)**

Races and Events for Boys and Girls, Youth and Junior, Men and Women. Open and Masters programs. Competitive Track and Field, Distance Running, Cross Country and Racewalking programs. Serving the Jersey Shore, the State of New Jersey, and beyond.

# Shore A.C.'s History

*“The Shore A.C.'s official birth year is 1934. In 1964, the new Shore A.C. was born and we've been doing so many great new things ever since. We have over 500 members. Most live in New Jersey and others live far from NJ, we welcome them all. In addition to competing in all these events, the club itself puts on an incredible array of events for all to take part in and enjoy to the utmost.”*

*- Elliott Denman, Co-Founder, “New” Shore A.C., 1964*

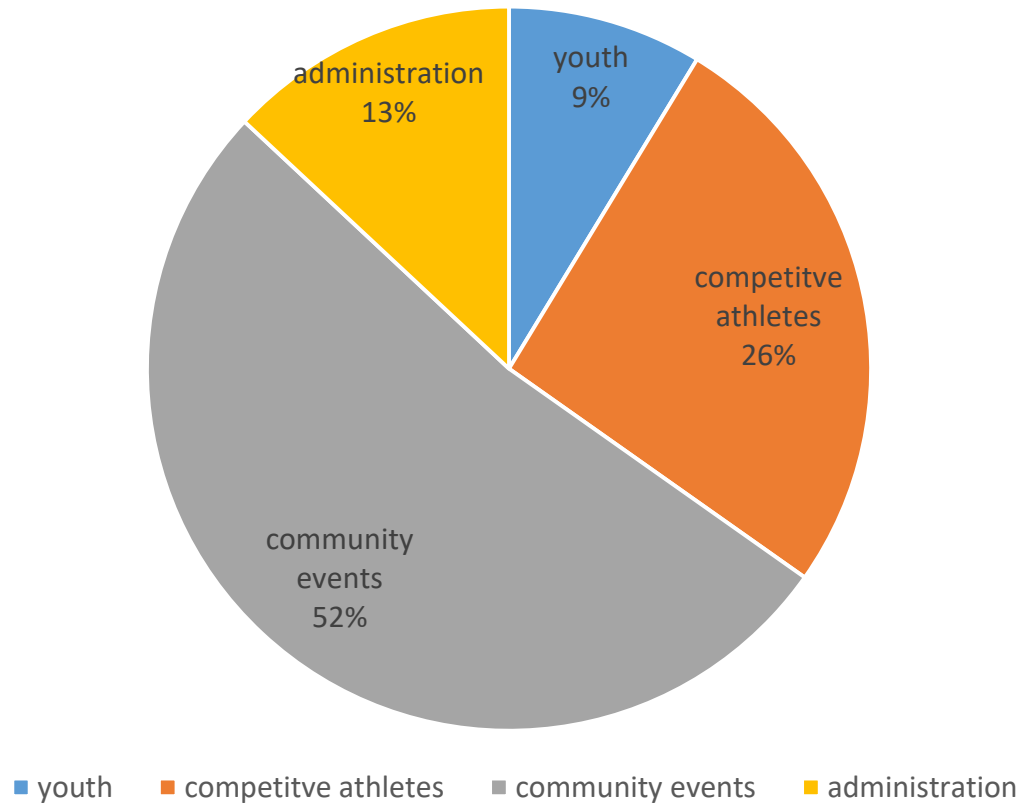


## **Our mission:**

*to develop junior and youth, men's and women's open and masters track and field athletes, distance and cross country runners and racewalkers. To activate the human spirit by providing competitive events for all ages and groups. To promote the entire sport, in all its categories, as lifetime activities.*

# **Your donations help us deliver on**

*our mission to support youth, open and masters athletes while serving the local running community.*



## **Friends of the Shore A.C.**

The Shore Athletic Club has been a solid force in the athletic community due to our membership, volunteers, donors and sponsors. This support allows the Shore A.C. to deliver on our mission. As we enter a new decade we want to ensure the longevity of these inclusive services to the entire athletic community and keep doing them for years and years into the future.

Please become a **Friend of the Shore A.C.** by donating today to help our fundraising efforts and cause.

For more details please visit our website:

[www.shoreac.org](http://www.shoreac.org)  
go to 'support us'

# Shore A.C. Community Events

EVENT NAME	TIME OF YEAR
Captain Zinn Memorial 5K <i>run + racewalk</i>	April
Lake Takanassee Series <i>5K run + racewalk + 1 mile kid run</i>	June – August
NJ International Track & Field Meet <i>all events</i>	July
All Comes Meet <i>all ages track series</i>	July
Asbury Park Sheehan Classic <i>5K + kid races</i>	August
Youth & Adult XC Series	September – November
Jersey Shore Half Marathon	October
Alumni Cross Country Run	November <i>precedes MOC</i>
Asbury Park Polar Bear Races <i>5K + 1 mile kid run</i>	December

## Photos - Community Events



## Support our community events + runners

Level	Amount	Benefits
<b>GOLD</b>	\$500	Recognition on website, email + social media. Complimentary entries into six SAC hosted races
<b>SILVER</b>	\$375	Recognition on website, mail + social media. Complimentary entries into a four SAC hosted races
<b>BRONZE</b>	\$250	Recognition on website, mail + social media. A few complimentary entries into one SAC hosted race



## *You pick what event you want your donation to support:*

check	race	Race expenses
	Capt. Zinn	Timing system, t-shirts, water and food
	Sheehan 5K	Timing system, bibs, t-shirts, water and food
	Half Marathon + 5K	Timing system, bibs, t-shirts, water and food
	Polar Bear 5K	Timing system, bibs, t-shirts and water
	Alumni Race	Timing system, bibs, t-shirts and water

# Competition Events

## TRACK & FIELD

Monmouth University indoor + outdoor track meets

NYC Armory + Millrose Games

Ocean Breeze invitational meets

Penn Relays

Invitational collegiate meets at Princeton, Rowan, Rutgers + Stockton Universities

USATF State Championship  
*indoor & outdoor*

USATF National Championship  
*indoor & outdoor*

Olympic Trials + International meets

## LONG DISTANCE RUNNING

**USATF-NJ Association team championships:**

13-15 races yearly:

1M, 5K, 8K, 10K, 12K, 15K, HM

**USATF National masters grand prix:**

Up to 9 races yearly:

1M, 5K, 8K, 10K, 15K, HM

**Local community competition:**

Spring Lake 5 Mile

Belmar 5

Asbury Park Sheehan Classic 5K

Red Bank Classic

Asbury Park Polar Bear races

Jersey Shore Half Marathon

Alumni XC run

# Our Coaches:

**Elliott Denman** Shore A.C. founder, coach and recruiter

**Tim Brennan** Shore A.C. head coach for Track & Field competition

**Joe Compagni** Shore A.C. head coach for long distance and community running competition and Gone Running in Middletown

**Bob Andrews** owner of Gone Running youth program and Shore A.C. Junior Olympics competition. Other Gone Running coaches are Willie Cicoria, Liz Spector, Erin O'Neill, Joe Compagni and Amanda Marino

**Lester Wright** Race Director of the SAC Youth XC Series  
(community youth event)

**Maurice Bell & Ron Crocker** Meet Directors of All Comers Meet & owners of Viper Timing and the Jersey Shore Speed Institute.

Shore A.C. not only has a consistent presence at the USATF junior Olympic state and national championship meets, these deserving kids take home titles, making us all so proud!

# NEW Coach & Training Sessions!

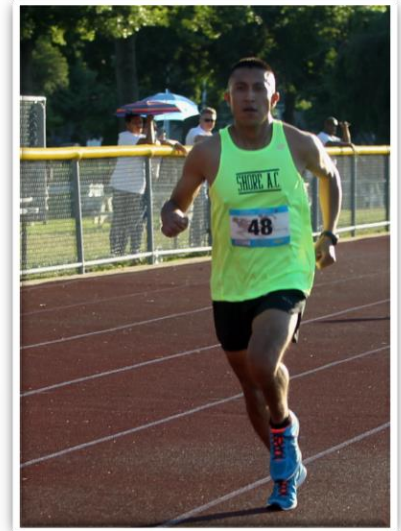
Shore AC is enthusiastic to announce Coach Joe Compagni as their new head coach! No age limits and open to all particularly SAC members, race participants, and sponsors. We welcome Joe with open arms and know our members and the running community will too!

Joe is an Experienced Coach and Program Director with a demonstrated history of working in the higher education industry. Strong education professional skilled in Coaching, Recruiting, Fund-Raising, Communication, Event Management, and Team Building.

Joe can be reached at **[joecompagni@gmail.com](mailto:joecompagni@gmail.com)**. We encourage inquiries to learn about his individualized training programs!



# Photos - Competition Events





# Youth Competition

The Shore A.C. has a consistent presence at the USATF Junior Olympic state, regional and national championship meets. The club would love to provide universal support to the families of the youth athletes so more athletes get this great experience!



Great job, kids!



## Support our youth

Level	Amount	Benefits
<b>GOLD</b>	\$500	Recognition on website, email + social media. Complimentary entries into six SAC hosted races
<b>SILVER</b>	\$375	Recognition on website, mail + social media. Complimentary entries into a four SAC hosted races
<b>BRONZE</b>	\$250	Recognition on website, mail + social media. A few complimentary entries into one SAC hosted race



**You pick where you want your donation to go:**

check	Youth program expenses
	Shore A.C annual scholarship <i>Gone Running Junior Olympics program</i>
	USATF Competition - travel, food and stay
	Lake Takanassee kids run
	Cross Country series
	Fun Run at the Sheehan Classic
	Fun Run at Polar Bear Races

# Our proud members!



USATF  
5 XC Championships

*Natirar Park, NJ*

# Increasing our Long Distance Running participation!

	#	Men			Women		
Year	Races	Participants	New members	Races Run	Participants	New members	Races Run
2014	17	56		207	21		65
2015	19	57	14	195	26	9	80
2016	18	50	8	183	32	7	83
2017	18	52	4	204	36	7	121
2018	21	55	8	242	33	5	93
2019	17	66	12	299	42	14	112

# Proud Olympians!



Ajee Wilson	John Marshall
Robby Andrews	Barbara Friedrich
Joetta Clark	Parcinski
Renaldo	Curt Clausen
Nehemiah	Ronald Laird
Fred Samara	Marcia Smoke
Norman Tate	Milton Goode
Augie Wolf	Elliott Denman
Aliann Pompey	

15 Olympians attended founder, Elliott Denman's, 85<sup>th</sup> Birthday Party. Since our first Olympian (John Grimek in 1936) to our most recent (Ajee' Wilson and Robby Andrews 2016), there has been an amazing total of 26 Shore AC Olympians! Five have been Gold Medalists! Wow!! We are so-very-very proud! The Shore AC Varsity Team program (coordinated by coaches Tim Brennan and Elliott Denman) has been a key to all this !!

# Support our competitive members

## open and masters

(ages 18 to 100 - plus)

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check	Competitive running program expenses
	Masters long distance running competition: travel, food and stay
	Masters T&F competition: travel, food and stay
	Open long distance running competition: travel, food and stay
	Open T&F competition: travel, food and stay
	Coaching efforts

# **Elliott Denman**

## *Our Founder + Chairman*



*Thank you for your 55+  
years of service to the  
club, track + field,  
running and racewalking  
communities!*



# Elliott is the Foundation





Cheers from,  
Shore A.C. !





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