

## MIDDLETOWN

# Running 101: Club's class caters to year-round racers

Posted by the [Asbury Park Press](#) on 12/1/05

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The graduates from the 101 running class sponsored by the Jersey Shore Running Club did not walk down a runway to celebrate their graduation wearing a cap or gown. They donned a lot of Spandex and sneakers to run in a race.

The Navesink Challenge was held Nov. 27 with its start and finish line at Bodman Park in Middletown. The annual event is sponsored by the Jersey Shore Running Club, the Middletown Youth Athletic Association and the Habitat for Humanity of Long Branch.

"I'm not here to win the race," Dawn Heath of Brick said, "I want to finish the race."

Heath recently completed the 12-week Running 101 class held at Thompson Park in Middletown. The Navesink Challenge was the classes inaugural run. Although Heath said she has run in the past, she said she had not run in a few years and decided on taking the class as a way to get back into running.

"I have been a runner off and on for years," Donna Cauda of Middletown said. She joined the running club about two years ago. She recently completed the club's 102 running class.

Linda Kosakowski of Hazlet said she wanted to join the club and participate in the classes to build up her endurance while running.

"We start by running for one-minute," she said. Then by the time the class is completed, she said the students run for 30-minutes - straight.

The Navesink Challenge included two races, a 15K race and a 5K race. The course for both races were on the back roads of the Navesink area along Cooper and Bowne avenues for the 5K and along Browns Dock Road and Monmouth Avenue for the 15K.

This was the fifth annual Navesink Challenge, John MacGillivray, of Metuchen

said. He was one of the organizers of the event and a member of the Jersey Shore Running Club.

The event is always the Sunday after Thanksgiving, he said.

This year, about 500 participants were in the race.

The proceeds from the event will benefit MYAA and Habitat for Humanity, MacGillivray said.

MYAA sponsors baseball and soccer programs, as well as other athletic activities in Middletown. Habitat for Humanity is a Christian-based ecumenical, nonprofit organization dedicated to building affordable housing.

In the past four years, the Navesink Challenge has raise more than \$11,000 for the beneficiaries, he said.

"You do not have to have any experience," he said referring to joining the club or any of the running classes, "you just have to have the desire to run."

"I have been in the club for about three years," Kelly Brogowski of Holmdel said. She also helps mentor the students while in class.

"Your looking good," she said. Then she said, that is one of her favorite sayings to help encourage the students while running.

"Anyone can join the class," Heath said. "It doesn't matter what fitness regiment you are on, what your weight is or your age or size, anyone can be a runner."

As Susan Schnell of Rumson ran in place waiting for the 5K race to start she said, "Next year, we will try the 15K."

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