



[Click here for North Jersey Masters' Race Calendar](#)

Get the rundown on your club. News, events, tips and more in The Quarter Turn. **NJM's new quarterly newsletter.**  
Guaranteed to inform and inspire!

**Here's what you can expect in our fourth edition of The Quarter Turn:**

- \* **Interviews with our members**
- \* **Women's Safety on the Run**
- \* **Winter Workouts and Motivation**
- \* **A book recommendation**
- \* **Check the Race Corner for upcoming races!**
- \* **Club Happenings**
- \* **Our favorite HOMEMADE holiday granola recipe!**

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## Winter Weather and Safety Issue



### Women's Safety on the Run

Read [here](#) about the shocking percentage of female runners who have been harassed, assaulted or even murdered while running and what you can do to be safe!



## Tammy Shaw-Rodano

**An Interview with Tammy Shaw-Rodano** discussing the benefits of yoga and incorporating the practice in off-season workouts. [Click here to read more!](#)

## NJM CLUB HAPPENINGS!

### **SAVE THE DATE!**

#### **December 4th**

Road Runner Sports with guest Speaker Roberta Groner at 7:30pm

#### **December 12th**

NJM Holiday Mixer at The Office at 7pm

#### **December 21st**

Annual Ugly Sweater Social Run at 8am Glen Rock Duck Pond

#### **January 26th**

NJM Annual Gala at Biaggio's at 5pm

The weather is getting colder outside, there are less daylight hours, NJM track workouts have ended until springtime and the holidays are here! The temptation to stay on the couch and feast on holiday cookies has



## Frank Sze

**A Follow Up Interview with Frank Sze, post NYC Marathon** and how he survived! [Click here to read more!](#)

## Race Corner

**12/7 Ted Corbitt 15K**

**1/1 Fair Lawn First Day 5K**

**1/19 Fred Lebow Half Marathon**

**2/1 Penguin Pace 5K**

**2/8 Cupid's Chase 5K**

**3/1 Purim 5K**



Living with a Seal follows author Jesse Itzler's life for one month as he lives

arrived. Read more about how we can stay motivated over the holidays [here!](#)



with one of the toughest Navy SEALs. This book shows us how mental toughness plays a very significant role in our

training and how important and beneficial it is to step out of your comfort zone. This funny, inspiring story is a must read!

### Book Recommendation



### Holiday Granola

Homemade granola with a holiday spin!  
This can be made all year though.

[Click here](#) for holiday granola recipe!

Comments or suggestions for our next edition are welcomed at:  
[communications@njmasters.com](mailto:communications@njmasters.com)

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