

THE STARTING LINE

January/February 2011

Gate River 11 Run

MARCH 12, 2011

15K • 5K • 1M

60 RUNNERS FROZEN
STIFF! p. 4

STREAKING IS LEGAL
ON MARCH 12TH! p. 8

SHAHANGA AND ME,
INTIMATE DETAILS!
p. 10

HALF-NAKED
BRONZE LADY ON
RIVERWALK! p. 15

OUCH! 15K ON NO
TRAINING! p. 16

BEARDSLEY TO THE
BONE! p. 19



From the New Editor: Bob Fernee

Ever gotten all excited about taking on a new project or job and then said to yourself: "Gads, I just realized; I don't know what the hell I'm doing!"

I have; I just did.

When the position of editor of The Starting Line came open I thought about it but did nothing. Then someone said, "Why don't you do it?"

I suppose that person had seen my many scribings in past issues of our highly decorated newsletter and maybe even knew of my writing a running column for the Beaches Leader newspaper (already 12 years now, gads again!). No matter, I took the gig, for better or for worse. I know nothing of editing a newsletter. It will be the classic "fake it 'til you make it" syndrome. You guys are the guinea pigs.

I am very lucky that for this issue I have expert help, talents of Richard Fannin and a former Starting Line editor, newspaperman, Gary Ledman.

Hopefully I can call on them again, and you. Yes, you.

I would like for you to feel a part of this publication and to contribute in any way you'd like; a letter, a story, a report on a race that you have run, or even a complaint. You shall see it in print. I look forward to your writings.

Good news! Our club is growing. The previously mentioned Richard Fannin and his wife, Amy, are going to be parents for the fifth time. Wow!

JTCR members, Rick Patterson and his wife, April, are also expecting, making them the parents of two. So that's two new members that I can think of .

Nice to see nice people bringing up nice kids and making this world a nicer place, unlike all the other so-called parents we hear about all too often these days. That's a lot of niceties but I don't care; I mean it.

Who's to say how those two kids might end

up? Maybe one day they will be our finest, most famous runners. And we can all say, "I knew them when they were just lines on a page."

There was once a time when elite runners from all over the world descended on the River Run to win big money. When the race became the American 15k Championship, and therefore only paying out to Americans, the elite foreigners, naturally, quit coming.

Club member, Richard Fannin, had a close encounter with one of them in 1984. While in college some six years later, he wrote of the experience and the race for an English class assignment. It is reprinted in this issue and makes a mighty fine read (only thing he doesn't say is what grade he was given).

It has been many moons from the first River Run in 1978 until now and not many people have run them all. Gary Ledman has written an excellent piece about the Streakers, the most tenacious River Runners of all.

After all those years and all those River Runs Streakers admit it's not getting any easier, and for the under trained running 15k is a daunting proposition. Doug Tillett, a man with vast experience in the Galloway Method, as well as the Gate River Run, tells how you can still finish the race with minimal training even at this late stage.

I am hoping to have a Letters to the Editor department in future issues of the newsletter, this time, however, I have received only one. It is a good suggestion from JTCR member, Lewis Hunt, who writes via email: "I think it would be interesting to hear race reviews from members who travel out of town for a race."

Great idea! This would be very useful information that could help members avoid races that are largely a waste of time, effort and money. Of course, a good review could be invaluable to our members in planning their race schedules. So feel free to write up your reviews and send them in.

I hope that you enjoy this issue and I also hope that one day this new editor will know what the heck he is doing.

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President's Message

Greetings!

I am honored to have been selected by the Board of Directors to serve as President of JTC Running for 2011. I will try my best to continue the great work accomplished the past two years by our outgoing president, David Hall.

In that time the Club grew in membership, made numerous positive contributions to the local running community, and saw record participation in our premier event, the Gate River Run. The administration of the club was been streamlined and made more accountable, all on David's watch.

Also newly elected is Vice President Larry Sassa, experienced Board member and supporter of the running community. Returning as Treasurer is Bonnie Brooks, who has done an outstanding job of managing our finances for several years now. Retaining the position of Secretary is Doug Tillett, who has a long and distinguished history of service to the Club in a number of positions including President. With their help and support and that of the Board, I will focus on continued membership growth and opportunities for the Club to support running and fitness in the community.

I would also like to welcome the new Editor of the Starting Line, Board member Bob Fernee. A frequent contributor to the newsletter, Bob assumes the duties from John Curran.



Many thanks to John for the excellent editing job he has performed.

As you are reading this, the Club's premier event will be fast approaching. The 34th annual Gate River Run will be held Saturday, March 12. Total participation in all events will approach a record 20,000. JTC Running has arranged a very special event in association with the GRR this year. Famous marathoner and motivational speaker Dick Beardsley will appear at Riverplace Tower on the Tuesday before the race. Please read the article in the newsletter for details. You will not want to miss him!

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Rodney Hayes
Paul Hibel
Ashley Galvin
Joanne Galvin
Glenn Gaver
Paul Geiger
Patricia Gerdeman
Kara Golby
Jack Goldin
Bridgette M. Green
Camille Green
Linda & Eric Green
Brenda Guyton
Karla Hawke
Rodney Hayes
Sara Henry
Edwin Hicks
Gretchen Hofaker
Robert & Glad Hogan
Bruce Holmes
Amy Iracki

James J. Jackson
Leigh Jacobs
Alex Jones
George Joseph
Jennifer Keller
Edward L. Kelly
Cyril Kidder
Samantha King
Teresa Knight
Leonardo Leal
Shannon Lee
Sharon Lee
Franz & Anita Lerch
Jenny & Timmy Lindley
Helen Lockard
Darlene Lovelace
Cynthia Maerz
Dennise Malone
Carol Marcom
Jeff Marks
Kenneth E. Martin
Patt McEvers
Virgil & Teresa McInvale
William Messer
Matt Moyer
Jeff Nelson

Holly Norris
Helene O'Reilly
Ty & Diana Payne
Jacki Peters
Richard I. Polisner
Deb Potash
Charles Powell
Keith Poythress
Betsy Raiford
Gina Ramoutar
W. Owen Reade
Laurie Riccardi
Susan Roche
Heather Rozelle
Lisa Ruiz
Al Saffer
Robyn Schick
Robin Schuster
Patricia & David Scott
Catherine Serico
Tom & Carol Skordas
Mercedes & Chris Smith
Stephen M. & Pamela Smith
Alfonso Solano
Melanie Spell

Courtney Spratt
Eric Tallbacka
Rebecca Taylor
Angela Toro
Isabel Torres-Padin
Michelle Traylor
Kathy Tucker
Peggy W. & Ira Turner
Gladwyn Ary Ulitalo
Heather vanBlokland
Robert VanVolkenburgh
Tatiana Veteto
Melissa Vimoktayon
Spencer Waggoner
Monica Walker
Harvey K. Warnock
Bill Weaver
Danny Weaver
Maria Whitcombe
Steve Williams
Becky Wilson
Ed Witt
Carl & Valerie Zart III
Pete Zitter
Terri Zortea

New and Renewing Members Nov./Dec./Jan.

Lisa Adams
Andrew Ade
Christal & Terry Albrecht
Amy Alexander
Mike & Joan Altes
Nicole Andress
Charlie & Jill Arnold
Jason Dean & Ann Arnold
George & Leslie Baccash
Adrienne Barnhill
Tracey Bartlett
Dan Barton

Marcia Barton
Trevor Beesley
Kerry & Rhonda Bentley
Doug Bigalke
Patty & Madeline Bost
Tina Bradford
Doug & Connie Bradshaw
Elizabeth Brannen
Laurie Elizabeth Brown
Clay Bruce
Jason Burcham
Benna Cawthorn

Buddy Chadwell
Susan Chadwell
Teri Chenot
Colleen Clarson
Kim Cole
Christine Connolly
Joe Connolly
Gary Corbitt
Victor D. Corrales
Chelsey Cox
Emily Craig
Amanda Crews

Elizabeth Danberg
Kimi Davies
Jennie Davis
Josh DeRienzis
Charles P. Desrosier
Tammy & William Dockins
Thomas Dominy
Debbie Donlan
Nicholas Dragun
Julie Ely
Arik Entin
David Fuss

JTC Running Merchandise



Women's JTC Running Singlet
Made by Brooks
Sizes available: S, M, L, XL
\$20



JTC Running Jackets
Made by Mizuno
Women's Sizes:
XS, S, M, L
Men's Sizes:
S, M, L, XL
\$40



JTC Running Socks
Made by DeFeet
Sizes: S, M, L, XL
Both Blue and White
\$8



JTC Running Shorts
Made by Brooks
Men's and Women's
Sizes:
S, M, L, XL
\$20

Order from: **JTC Running**, c/o **JTC Running**, c/o Carol Fitzsimmons, 2740 Claire Lane, Jacksonville FL 32223
• Be sure to include item name, size color, etc. • Add \$6.00 per order for shipping

The Stalwart Sixty

By Bob Fernee

It was like the 1970's all over again. The small but diehard, determined crowd wanted a race no matter what mother nature might throw at them. She tried; with frigid temperatures and an unyielding cold wind that felt as though it came direct from Santa's north pole. Santa had just left town, the day before, and more than likely did so just to get warm.

The race, that normally draws more than twice what it did this year, had a few strikes against it. Simultaneously, the Jaguars were playing their final home game of the season. The race date fell a bit too close to Christmas and, perhaps most of all; the extreme cold took its toll on the day-of-race registration.

So the sixty stood on the freezing starting line of this year's 34th annual, The Last Gasp, cross-country race with a never-seen- before steely resolve.

It was 2:00 o'clock in the afternoon and the temperature seemed to be dropping. They faced the wind and turbulent St. John's River on a plowed

field that used to be the Jacksonville University golf course. The air horn blew and the race was thankfully a'foot.

It was actually worse for the spectators and race officials. As a runner in this 5k race, I felt fine once I began running; in fact I felt quite good and one felt compelled to run as fast as possible; to keep warm and to get it over with. Those at the finish and on the course, however, must have felt virtually frozen stiff.

But soon it was over, and as one of the Gasp's veterans said to me, "this weather's okay for a 5k, but I would never want to do a half-marathon in it." Amen to that.

Afterwards, during the post-race party and awards presentation, the camaraderie was perhaps even better than ever as everyone involved huddled together to get warm and exchange stories.

As a race it was one for the history books: The coldest Gasp of all time, and for those who were there, one that will never be forgotten



Last Gasp Results: December 26, 2010

RACE DIRECTOR: HERB TASKETT

Conditions: Frigid
Wind: A northeaster would have been better
Mood: euphoric

Male Champion: Alfonso Solano, 51 18:14
Female Champion: Lisa Adams, 36 20:58
Male Masters: James Cardozo, 40 19:49
Female Masters: Sara DiPaolo, 42 22:04

TOP 10 MEN:

- 2. Jason Arnold, 36 18:23
- 3. Brian Hart, 17 19:15
- 6. Jake Holbert, 16 21:11
- 7. Keith Poythress, 47 21:15
- 8. Mark Goetz, 36 21:26
- 10. Bruce Holmes, 63 22:19
- 12. Victor Corrales, 52 23:39
- 13. Matthew DiPaolo, 41 23:40
- 14. Pete Geiger, 58 23:41
- 15. Eric Tallbacka, 53 23:47

TOP 10 WOMEN:

- 20. Isabel Torres-Padin, 13 24:38
- 23. Lexi Riley, 11 24:47
- 28. Heather Davenport, 57 25:56
- 33. Claudia French, 55 28:52

Male 13-under

- 17. Julian Van Pelt, 13 23:56
- 49. Ethan Smith, 12 32:07

Male 20-24

- 19. Joe Shavely, 22 24:30

Male 30-34

- 22. Nick Eliopulos, 30 24:45
- 24. Tom Ming, 34 25:01

Male 40-44

- 16. Mike Marino, 42 23:52
- 39. Kevin Lavenport, 44 29:15
- 59. Chris Smith, 42 41:22

Male 45-49

- 27. Freddy Bailys, 47 25:56
- 36. Franz Lerch, 48 31:33
- 51. Mark Goehler, 49 32:25

Male 50-54

- 26. Steve Bruce, 54 25:31
- 37. George Seymore, 53 28:57
- 38. Carl Zart, 50 29:05
- 42. Edwin Hicks, 54 30:26

Male 55-59

- 18. Rodney Smith, 57 24:11
- 44. Gerry Tyburski, 55 30:58

Male 60-64

- 21. Randy Pullo, 60 24:39
- 29. Bob Fernee, 60 26:34
- 30. Quincy Masters, 60 27:14
- 41. Martin Wilkinson, 62 30:25
- 47. John Thrush, 60 31:24
- 48. Bernie Powers, 60 31:33

Male 65-69

- 45. Doug Barrows, 67 31:05

Male 70-74

- 25. Hugh Wilson, 70 25:13
- 31. Roy Clarke, 70 27:30

Male 75-79

- 55. Al Saffer, 76 34:09

Male 80-Over

- 60. Joe Connolly, 86 42:29

Female 25-29

- 35. Christi Carson, 29 28:53

Female 30-34

- 50. Amy Nuzum, 34 32:25

Female 35-39

- 58. Traci Goetz, 39 37:00

Female 40-49

- 40. Mercedes Smith, 44 29:16

Female 45-49

- 46. Lee Goehler, 46 31:07
- 52. Margaret Tyburski, 48 33:16

Female 55-59

- 56. Donna Rettini, 59 35:12

Female 65-69

- 57. Nancy Pullo, 69 35:55

TEAM RESULTS:

Male Champions:	Female Champions:
Four Old Guys and Jay 65 pts.	Team DiPaolo 118 pts.
Mark Goetz 8	Sara DiPaolo 9
Matthew DiPaolo 13	Lexi Riley 23
Julian Van Pelt 17	Heather Davenport 28
Freddy Bailys 27	Traci Goetz 58
Kevin Davenport 39	

JTC RUNNING BOARD OF DIRECTORS MEETING MINUTES

Tuesday, November 2, 2010

President David Hall called the meeting to order at 7:05 p.m. Directors Colleen Clarson, Richard Fannin, Bob Fernee, Michael Fitzsimmons, Trib La Prade, Larry Sassa, Jo Shott, and Owen Shott were absent. David Frank arrived late. David Moritz (team coordinator) attended the meeting.

Approval of 10/5/10 minutes: The minutes from the October meeting were approved as submitted – motion for approval from Margaret Barton, seconded by Doug Alred.

Treasurer's Report: Treasurer Bonnie Brooks distributed copies of the Balance Sheet and the Profit & Loss Detail. During review, Bonnie pointed out that we are paying Bolles on a quarterly basis for the track workout sessions. She said the 2nd payment to Derby Ulloa, our sculptor, has been made. David Moritz asked about keeping track of our team expenses (race entry fees) as time goes by.

OLD BUSINESS:

1. Statue Update – We have scheduled Feb 28 as the date for the unveiling of our new statue, with plans for our sculptor and the mayor of the city to be present, as well as numerous club representatives. Lamar Strother reminded the board that it will take about five weeks to have the new plaque manufactured.
2. Storage Facility – We are not certain when the group of ten will arrive at Mandarin Mini to remove the rest of our stuff from the long-time storage unit but Doug Tillett was tasked with coordinating the operation, perhaps as early as next week.

NEW BUSINESS:

1. Status of Election for 2011 Board of Directors – the board discussed several aspects of the upcoming election. During discussion, Doug Alred made a motion, seconded by Larry Roberts, that if we don't have 21 or more running for the board, then we won't have an election. The motion passed by a vote of 9 to 2. Then David Frank made a motion, seconded by Larry Roberts, that each candidate's bio must be in by November 10th or we won't accept the candidate to run in the election. The motion passed. David Frank made yet another motion, seconded Jane Alred, that we vote an exemption for David Moritz removing his requirement to be a JTCRunning member as of January 1. The motion passed and David said he was pleased to be running for the board.
2. Sulzbacher Night – Margaret Barton said we are set up to feed dinner to the homeless at the Sulzbacher Center on Saturday, November 27. She is coordinating the volunteers.

COMMITTEE REPORTS:

RACE COMMITTEE – The committee said they would hold a meeting.

Last Gasp – No report.

Track Series – Some members of the race committee have been discussing having UNF's Le'Titia Silas replace Lamar Strother as our Track Series Race Director. UNF is suggesting a new four-meet schedule with a cost to the club of around \$10,000. Board discussion revolved around the cost and what our expectations and goals of the new series would be. In the end, the Race Committee was asked to continue their investigation into a replacement for Lamar. Larry Roberts made a motion, seconded by Lamar Strother, that we give the Race Committee authorization to enter into a \$10K agreement with UNF, if everything seems right to them. Our concern is that we don't

want to "shut out" our prior clientele, such as the PAL runners. The motion passed by a vote of 9 to zero.

Gate River Run (3/12/11) – Director Doug Alred said the website is launched and they are now recruiting sponsors for the '11 race. Doug mentioned that approximately 200 runners have already signed up for the race.

John TenBroeck Memorial Winter Beach Run (2/6/11) – Race Director Doug Alred said that everything is OK.

Carrabba's Summer Beach Run – Race Director Doug Alred did not present the board with a final accounting of the race but said if anyone wanted one, they should see Lamar Strother.

Guana 50K Trail Run & Relay – No report.

CLASSES & CLINICS – No report.

COMMUNITY & PUBLIC RELATIONS – The committee is concentrating on the wording for the plaque for the new statue.

FINANCE COMMITTEE – Bonnie Brooks reported that at the meeting on Oct 19, the committee received a proposal from the Kids Triathlon (4/30 and 5/1/2011). We were Silver Level sponsors last year with \$2500, but this year we have to contribute \$3,000 to be at Silver Level. Bonnie made a motion, seconded by Larry Roberts, that we allocate \$3,000 for the Kids Triathlon so that we can continue to be a Silver Level Sponsor. The motion passed.

Secondly, Bonnie scheduled a Finance Committee meeting, the purpose of which is to craft next year's budget, for Tuesday, December 14 at 6:30 at the Pizza Palace on Baymeadows.

MEMBERSHIP – Rex is retiring as our Membership Coordinator. He proposed that we buy his computer that contains all the membership information and programs for \$100. Douglas Tillett made a motion, seconded by Doug Alred, that we purchase the computer. The motion passed.

MERCHANDISE – Carol Fitzsimmons is looking for our next cool item – like, maybe, sweat hats. Stay tuned.

NEWSLETTER – David Frank said that John Curran no longer wants to be the newsletter editor and is considering the next issue to be his last. David, as reported previously, is resigning from any involvement in The Starting Line when the year is over.

WEBSITE – No report; Trib absent. Lamar had a submission for this weekend.

SOCIAL & BANQUET – Jane Alred has booked Dick Beardsley for March 7, 2011. Before that, we are having an event on Friday, December 10, starting at the San Marco 1st Place Sports, in conjunction with the San Marco Holiday Magic event.

VISION & PLANNING – Doug Alred, committee chair, said we're continuing to plan.

NEXT MEETING – The next meeting will be Tuesday, December 7, at 7 p.m. at Mediterranean Restaurant.

The meeting was adjourned at 8:53 p.m.

Douglas Tillett, JTCRunning Secretary, has respectfully written and submitted these minutes.

Tuesday, December 7, 2010

Vice President Larry Roberts called the meeting to order at 7:15 p.m. Directors Bob Fernee, Michael Fitzsimmons, Jo Shott, and Owen Shott were absent, as was President David Hall.

Approval of 11/2/10 minutes: The minutes from the November meeting were approved as submitted.

Treasurer's Report: Treasurer Bonnie Brooks distributed copies of the Balance Sheet, the Profit & Loss Detail, and a Budget vs Actuals Report as of 12/4/10. She then reviewed our recent activity and our current financial standings for the board. She pointed out that a recent review of our assets showed our earnings within one percent of our target so no adjustment of our accounts is warranted at this time.

OLD BUSINESS:

1. Sulzbacher Night – Margaret Barton reported we had 13 volunteers on Nov 27 and served stew to the clients who arrived for the homeless feeding. Our next night at Sulzbacher will be in March, 2011.
2. Election for 2011 Board – Since we had 20 JTCRunning members volunteer for the board of directors for 2011, an election was not allowed per a motion approved at the November board meeting and all 20 volunteers will be seated on the board for next year. Lengthy discussion ensued regarding our board-member-absentee-standard and the level of enforcement that should be used next year. At the time of the board meeting, five of the 2010 board members were not returning: David Frank, David Hall, Trib La Prade, Rex Reed, and Jo Shott. (In the days following the board meeting, 2010 member Owen Shott decided to withdraw from the 2011 board as well.) We have five new board members being seated for 2011: Franz Lerch, David Moritz, Amanda Napolitano, Mark Ryan, and Stuart Toomey. This means we will have 19 board members for the first meeting of 2011.
3. Statue Update – Feb 28 is the date for the unveiling of our new statue.
4. Storage Facility – We set a date of December 30 at noon for clearing out the remaining unit at Mandarin Mini
5. Track Series at UNF – talks have been proceeding toward moving our Track Series to UNF and having UNF manage the meets for us. It appears there are two open dates in June and two in July. Additional discussion will be occurring regarding the meets.

NEW BUSINESS:

1. Open Positions for 2011 – a number of important positions will have vacancies as of the first of January. John Curran is resigning as editor of The Starting Line and David Frank is not coming back as a board member or as newsletter committee chair. Rex Reed is continuing as membership coordinator until we find a replacement. During discussion, Bob Fernee's name was suggested as someone who could do a good job with our newsletter. We will discuss this with Bob and with others who might fill the position.
2. RRCA Renewal – Bonnie Brooks reminded us that our RRCA membership and insurance expires at the end of December. David Hall would be contacted to renew our RRCA membership.

COMMITTEE REPORTS:

RACE COMMITTEE – The committee met to discuss the transition of the track meets to a race director other than Lamar Strother, possibly to a group at UNF.

Last Gasp – It appears we are "good to go" for the race on Dec 26.

John TenBroeck Memorial Winter Beach Run (2/6/11) – Race Director Doug Alred said that fliers are available and everything is proceeding OK.

Gate River Run (3/12/11) – Director Doug Alred said that we are in the sponsorship phase of GRR planning and things are looking good.

Guana 50K Trail Run & Relay – No report.

CLASSES & CLINICS – We discussed the JTCR Training Class recently concluded, headed by our coach, John Metzgar. John sent a report about the class and requested reimbursement for replenishment fluids purchased for class participants. Bonnie Brooks made a motion, seconded by Jane Alred, that we reimburse Coach Metzgar for this expense, and furthermore, that we accept fluid expenses as reimbursable for future classes. The motion passed.

COMMUNITY & PUBLIC RELATIONS – The committee is concentrating on the wording for the plaque for the new statue. Committee Chair Larry Sassa read a suggestion for the wording to the board. The consensus was generally favorable, but the board asked the committee to refine the wording some more and report back at the next meeting.

FINANCE COMMITTEE – Bonnie Brooks reminded everyone that there is a Finance Committee meeting scheduled for December 14 at 6:30 at Pizza Palace to determine next year's budget.

MEMBERSHIP – Rex Reed reported that our family membership level is around 800.

MERCHANDISE – Carol Fitzsimmons talked about the JTCR tent which we set up inside the Donna Expo and the GRR Expo. For the past several years, staffing and scheduling for both events was handled by Carol but she is hopeful the CPR Committee will take on that responsibility. She will still handle the "merchandise" part of it.

NEWSLETTER – David Frank reported that the next issue is in the mail for delivery.

WEBSITE – Trib La Prade, Committee Chair, noted the events that he would add to the website.

SOCIAL & BANQUET – Jane Alred reminded us that our next event is on Friday, December 10, starting at 5:30 at the San Marco 1st Place Sports, in conjunction with San Marco Holiday Magic. The next big thing is that we're bringing Dick Beardsley to town from the 2nd Tuesday in March and through the GRR.

VISION & PLANNING – Doug Alred, committee chair, didn't have anything to add to what had already been reported.

APPRECIATION – Larry Roberts expressed appreciation to our departing board members: David Frank, David Hall, Rex Reed, Trib La Prade, and Jo Shott. He said the entire club has benefited from their hard work and dedication and that they all deserve our thanks for the job they did while serving on the board.

NEXT MEETING – The next meeting will be Tuesday, January 4, at 7 p.m. at Mediterranean Restaurant.

The meeting was adjourned peaceably and everyone went home.

Douglas Tillett, JTCRunning Secretary, has respectfully written and submitted these minutes.

Streakers' Badges: Battered Bodies, Hard Heads

By Gary Ledman



Among a few thousand runners gathered on Coast Line Drive at noon on April 1, 1978, for the River Run 15,000, 44 of them haven't stopped. Little did they know that as the Gate River Run nears its 34th running on March 12, they'd still be at it and part of a select group of fairly ordinary runners with an extraordinary record of endurance.

They have come to be known as Streakers, for that other 1970s craze of daring to don little running shorts and muster the courage to venture out onto city streets and then to enter road races. Here, among those who have completed every River Run and are JTC Running members, are a few of their stories.

Patrick Gaughan has become over the years the first finisher among the perennials. Since last year's race, which he finished in 1 hour, 8 minutes, 30 seconds, he has moved to the African nation of Cameroon – not for altitude training, but to work for Bread for Life, a Cameroonian agency providing medical treatment for indigenous people and those in prisons and orphanages. He has also been speaking in churches, to youth groups and children's programs about spiritual matters.

In his first seven weeks there, he ran twice: a 3-miler and then most of the way up Mount Cameroon, "13,500 feet of sheer agony."

Gaughan's minimal training has been a result of priorities, deference to the natives and the physical discomfort that come with practicing a strenuous but optional activity amid impoverished surroundings.

"I still love running, but it is much harder here," he

wrote in an e-mail. "You hate to get hot because there is no AC or water to cool off. Plus, it is so polluted in Third World big cities that when you clean out your nose, all this soot comes out and you realize this is going into your lungs.

"When I'm in rural areas, I feel bad about running because I continually meet people carrying their heavy loads on their back or their head. I am exercising and they are surviving. It makes me want to say 'Hey, let me carry that load for you.' So because I don't do that, because I probably couldn't, I just refrain from running in rural areas."

Long gone are 70-mile training weeks and a River Run personal best of 52:12. Regardless of how much or how little training he manages in the remaining weeks, Gaughan plans to return to Jacksonville on March 10 and be on the starting line two days later. If he makes it, how long he takes to finish the race doesn't really matter.

"The bell-shaped curve is working hard on me now," he wrote. "My times are imploding, but I have never lost my love of the Gate River Run and I anxiously look forward to probably my slowest time ever."

In recent years, Gaughan has regarded David Ohnsman as his closest competitor for fastest Streaker. Not to worry this year, Ohnsman said.

He last "won" in 2007, running a 1:02:26, and then problems with his left knee began. After a 1:16:12 finish last year, he underwent his third knee surgery (the first was on the left knee in 1986, then on the right in 2001), opting for "removal of the damage" over a total knee replacement.

Streakers' Badges Continued

"Thus far, the results have been disappointing," Ohnsman said, "but hope springs eternal."

Over the life of the River Run, Ohnsman said he has also dealt with a broken foot, cracked ribs, two hernias and a torn hamstring, but at least his timing -- as well as some of his past times -- has been good. None of those injuries ended the streak.

"Running well is still important," he said, "and I hope to return to a higher level of performance in the future. At 67, it better come soon."

It takes luck and pain tolerance, to be sure, but you can't be a runner for 33 years or more and not have an injury in early March or thereabout. There's Don Redman, for instance.

Twelve years ago, he made it up and down the Hart Bridge with shin splints. Ten years ago, he ran two weeks after arthroscopic surgery to repair a torn meniscus. He said he's run several times with a bad cold, once with a fever.

After last year's race, he submitted to total knee replacement. "The race should be really fun this year," he said.

Not every Streaker has lived in Jacksonville, at any point, at any time, over the life of the race. Gary Castner was already a Brevard County resident by 1978. He had graduated from Lee High in 1960 and still had family ties in Jacksonville.

"When the River Run started, I had already been running since 1960 so running was important to me and continues to be important today," said Castner, who credits a supportive family for helping keep his streak alive.

"I don't think anyone ran the first one with the intent to run them all, but our intentions now are clearly to keep the streak alive."

Decades ago, Billy Fehrs was in an auto accident, which causes him some pain to this day. In 1976, his doctor recommended biking or swimming or something. But he should not -- could not -- run.

So what did he do? He ran. In Converse high-tops and Levi's cutoffs at first. The first River Run was his

first race.

"I have told several of the Streakers over the years that I believe we have at least one unifying trait: that we must be the hardest-headed people in Northeast Florida," he said.

The miles don't click off as easily anymore. His stride might be more of a shuffle now, Fehrs admits. But he forges ahead, for as long as the body and the mind will allow.

Besides making sure he's ready to run on the second Saturday of every March, Fehrs said he tries to make a point of doing a training run on major holidays. One Christmas he was running through the neighborhood when he passed a young family headed into grandma and grandpa's house for dinner.

The young father greeted Fehrs and said he remembered seeing Fehrs running down the street when he was a kid. Another old neighbor told Fehrs' 20-year-old son that his dad was known in their household as "The Running Man."

"It does become our identity to a certain degree," he said. They have at least one other unifying trait: They keep coming back every year because it is a part of who they are. They are runners. River Runners.

With the passage of time comes middle age, and nothing about running 9.3 miles is as easy in your 50s, 60s, 70s is easy as it was 33 years ago.

"The course has gotten longer, the Hart Bridge has gotten taller and my times have gotten slower -- much slower," said Bob Fernee.

"It is kind of nice to have the streak, but sometimes it has been a real monkey on my back. There have been years when I should not have done the race, my race shape was that bad."

It's hard to forget that it didn't hurt so much, when the course didn't seem so long, when the bridge didn't seem so high. But then Fernee said he thinks back to what it was like in 1978 and likes the idea that he's still at it.

"I remember the 'old days' and the time when the race began. A lot of the old gang is still around and it is great to see them. It still feels good to be there."

1984 River Run

By Richard Fannon

Below is a paper I wrote for an English class in college (in 1990):

The first think I noticed about Gidamis Shahanga was the huge space between his two front teeth.

He was born in Tanzania – in the town of Katesh – at about 5,700 feet altitude. My assumption is that good dentists are hard to come by in Katesh. Also startling to me was his frail stature. Thanks to Track and Field News magazine, I have since determined that he is 5'11" and 126 pounds.

It was at the Jacksonville International Airport where I first laid eyes on Shahanga. He, as a student (and runner) at the University of Texas at El Paso – was flying in for the River Run. The River Run, a world-class 15 kilometer road race held in Jacksonville each year, in past years had attracted top Americans (such as Bill Rodgers) but this was 1984, and the Africans now dominated road running.

Getting Shahanga to run here was a coup of sorts. He was arguably running as well as anyone in the world – and was a heavy favorite to win an Olympic Medal that summer. Two years earlier – in 1982 – as a freshman at UTEP, Gidamis ran a 27:38 for 10,000 meters on the track. Amazingly, although he ran the 3rd fastest collegiate 10,000 meters of all time in that race, he placed third in that race – beaten by two of his teammates – Gabriel Kamau and Zack Barie. Barie had also won the 1983 NCAA Cross-Country individual championship in 1983.

Barie was also in Jacksonville, and the stage was set for a showdown between the two good friends and phenomenal talents from Tanzania.

Also figuring in the mix should be Joseph Nzau, a Kenyan who had been tearing up the roads in 1984. No slouch, Nzau also had a sub-28:00 10,000 meter PR to his credit. Nzau was also a six-time All-American runner from the University of Wyoming. Nzau was quite a character and was known to wear his wool ski cap everywhere (even in warm weather). He also was a notorious womanizer. He was coming off a win in the Chicago Marathon the prior fall, which he ran in 2:09:44. It was the first major US marathon win ever by an African.

Shahanga (for some reason) did not want to stay in a hotel, so my father (who was coordinating the elite runners for the race) offered for him to stay at our home. He got the guest bedroom – and his own TV – which he requested. Although he had lived in America for 3 years, he still spoke broken English, and was quite shy.

His coach at UTEP, Ted Banks, was quite the controversial character in the running world. He was accused of “buying NCAA championships” by heavily recruiting African runners to run for his squad. And win championships he did ... in his tenure at the University (from 1972-1981) Banks won 17 NCAA team championships in cross country and track and field; and produced 47 individual NCAA champions.

His 1981 cross-country team (which included Shahanga and Zack Barie) won with a near-perfect score of 17 – the lowest ever in the history of the championships.

Shahanga had also placed 15th in the Olympic Marathon in Moscow – at the age of 23.

When I asked Shahanga about Banks, he rushed to defend his coach. “Ted is a wonderful man. If it were not for him, my family would still be poor, I would be uneducated, and I never would have reached my potential in running”

Sometimes I couldn't tell if Shahanga was being cocky; or just innocent and straightforward. He calmly told me the night before the race that he would win – and probably set the world record.

The morning of the race, I awoke feeling like an expectant father. Although I had only known Shahanga for a couple of days, I couldn't wait to watch the race and pull for him.

I was right in the middle of track season in high school, and our coach would not let us run the race, but I had managed to get a pass onto the lead vehicle. It was exhilarating seeing 6,000 runners lined up next to the Gator Bowl. Just before the cannon fired, I realized that of the 6,000 runners, only 3 had a real chance to win – and they were all African.

It was a beautiful spring day – but warm – and I noticed the sun quickly reflecting off of the sweaty brows of the front runners. As the runners headed over the Main Street Bridge and began to snake onto the narrow streets of San Marco – the three favorites were right there; Shahanga, Barie and Nzau – all exchanging leads and clipping off 4:30 miles.

I did notice that the two Tanzanians – Shahanga and Barie – were sharing water cups at the aid stations leaving Nzau (the Kenyan) to fend for himself. No question there was a little country rivalry with these guys. There were some assorted Americans and a couple of British runners hanging around, but there was absolutely no question who the “big three” were.

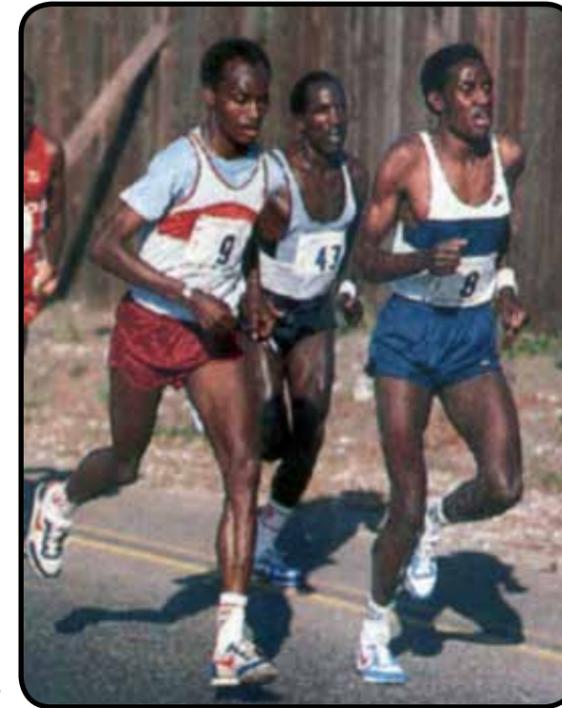
As they passed through 10,000 meters (in 28:40) – Shahanga decided to throw the hammer down. I guess he wanted to break the other two before they got to the Hart Bridge, a colossal green truss bridge that hovers over the race – and the Jacksonville skyline. Locals have affectionately dubbed it “The Green Monster”

Barie and Nzau expected the move, sensed the move, and covered the move. The three men quickly and decisively separated from the pretenders and started up the bridge. Shahanga and Barie ran side by side – and Nzau was positioned directly behind them – like a vulture.

By the crest of the bridge, Shahanga was tired of playing games and found his final gear. He set a blistering pace on the down ramp, and left Barie and Nzau hapless in his wake.

Shahanga flew down the final straight, breaking the tape in 42:54 – a new course record, and the second fastest 15k ever run. Someone on the truck said they timed his final (downhill) mile in 4:04.

Nzau – 10 seconds behind Shahanga - ended up nipping Barie for 2nd with a 43:04. Barie came home in



43:07. To this day – 27 years later – those are still 3 of the 7 fastest times ever run in the race. It was the only time 3 men have ever run under 43:10 in the Gate River Run. In 4th place and first American – was Mark Stickley – an unheralded junior at Virginia Tech (who was in Florida for spring break). Stickley had a horribly sun-burned face and body from his week at Daytona Beach – yet came home in 43:19. Stickley had some nice races in the future, but never duplicated his performance that day.

At the awards ceremony, Shahanga, Barie and Stickley all had to be reminded that they could not accept any prize money, due to their status as current NCAA athletes.

Nzau – who was offered (and accepted) his prize money – was pounding beers, chasing women, and dancing to the band before the awards ceremony – with his trademark ski cap on – despite temperatures in the 80s.

Those were the days.

Author's post-script

- Shahanga ran poorly in the Olympic Marathon that summer in Los Angeles – placing 22nd. He also ran in the 10,000 meters – but was eliminated in the heats. Shahanga's last major victory was a win in the Vienna Marathon in 1990 – with a PR of 2:09:28.

- Nzau finished 14th in the 10,000 meters in the 1984 Olympics – and 7th in the marathon a week later. After winning the inaugural Belgrade marathon in 1990, he retired – to chase women full-time.

- Barie finished 15th in the 5,000 meters and 13th in the 10,000 meters in the 1984 Olympics.

Arguably, all three men were at the absolute “peak of their powers” in 1984.

Winter Beach Run Set For February 6th

By Bob Fernee

Ever feel like two of our most defining races have it in for you? So do I. The Summer Beach Run sucks the life out of you with its intense heat and humidity. Then, you think, its brother, The Winter Beach Run, can't be anywhere near as bad. But time and time again, it proves you wrong.

Compared to the Winter Beach Run the Summer Run is a one-trick pony, it's almost predictable. The Winter Beach Run though is a different animal. It can be freezing cold, or it can be hot. It can be calm, or it can hit you with a northeaster. It can be a pleasant memory or it can be a nightmare. And as volatile as it is it can be nearly all of those things on the same day.

I am sure that we have all had some very memorable WBRs; I know I have. If we printed all the gut-wrenching tales about "drafting", it would fill an entire newsletter. Everyone has his own race drama and his is never as good as yours.

The 2011 Winter Beach Run takes place on Sunday, February 6th, at 3:00pm. As usual, the historic, original 10-mile race will start at the same time as the relatively new, wimpy 5-miler.

It all began with a 10-mile race and for many, many years there was no second-rate, puny 5-miler. The SBR was the 5-mile race; in the winter the idea was to run 10.

I think that's how the WBR came about. The Jacksonville Track Club, as it was known then, knew that with the SBR, and already well established race, the club had a hit and it was an easy hit: No traffic control, no police, no problems. Why not a second?

To make it different, the club organized it at the opposite side of the calendar and doubled its length. Simple, straightforward and a smash hit. Now there were two track club beach races.

Then it happened; the stoic, tough-as-nails, WBR added an accompanying second race-a 5-miler; a sniveling little brother. It was a marketing ploy. This "race" was to draw in more runners and placate those pleasure-seeking jogger types and girlie-man runners who suddenly filled up the ranks in our local races.



These underling neophyte runners felt they couldn't deal with ten on the beach. The noble WBR lowered itself to the puniest common denominator. (Just kidding!)

People, if you want high drama, the real thing, then you do the 10-mile race. Shun the 5-miler, save it for the SBR-the genuine 5-mile beach run, simple as that.

Let's run down the excuses:

Lame excuse #1: The sand is so soft.

Only when compared to a road or sidewalk. It's a great running surface.

Lame excuse #2: The surface is canted, tilted, uneven.

So? Big deal, it's just 10 miles, get over it and get on with it.

Lame excuse #3: Sometimes it's windy.

And more often than not, it isn't. That means it is a pleasant way to run ten miles.

Lame excuse #4: It's so boring to run on the beach.

Ha! Boring, you don't have an adventurous bone in your body. It's called 'communing with nature' and you're lucky you can do it.

This race was never invented for the faint of heart. Seize the moment, accept the challenge, come what may: Run the historic Winter Beach Run.



ENTRY FEES

	5M & 10M
Until January 29th	\$20.00
January 30th - Feb. 5th	\$25.00
Race Day	\$30.00

- » Children under 13 and Adults 65+ pay \$15.00 until raceday!
- » \$2.00 discount for JTC Running members until February 5th
- » Sorry, there are **no refunds!**
- » Make checks out to Winter Beach Run and mail with entry form to: Winter Beach Run, 3931 Baymeadows Road, Jacksonville, FL 32217
- » Register Online at www.1stplacesports.com:
Online registration closes early on Thursday, February 3rd!

PACKET PICKUP

Be sure and check the box on the entry form where you plan to pick up your packet. Packets will be available at the following 1st Place Sports locations on **Friday, February 4th** and **Saturday, February 5th** from 10:00 AM-6:00 PM.

- 3931 Baymeadows Road, Jacksonville, (904) 731-3676
- 2016 San Marco Blvd., Jacksonville, (904) 399-8880
- 424 South Third Street, Jax Beach, (904) 270-2221
- 2186 Park Avenue, Orange Park, (904) 264-3767

All packets that are not picked up at the above location will be moved to the Seawalk Pavilion for race day pick up an hour and a half before the race.

TIMING

The race will be timed using the **ChampionChip** (chip must be worn on your shoe or ankle during the race). Your entry fee covers the cost of the chip rental. If you have your own chip, you need to enter your chip number on the entry form, and deduct \$2.00 from the entry fee. You must cross the timing mats at the finish to be included in the

**10 Mile & 5 Mile
3:00 PM**

Sunday, February 6, 2011

**Jacksonville Beach
Seawalk Pavilion**



results. If you own your own chip and register race day, you **HAVE** to wear one of our chips! Do not wear your personal chip if you sign up on raceday!

AWARDS

» **10 Mile:** The 10 mile will be scored for the Jacksonville Grand Prix competition. Awards will be presented to the top three men and women overall and to the top three masters male and females. Age-group awards will be presented to the top 3 finishers in each of the following male and female age groups: 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 & over. The 10 mile awards will start at 5:30 PM.

» **5 Mile:** Awards will be presented to the 1st Place Overall Male and Female and top three in each age division above including 10 and under, and 11-13. The 10 and under and 11-13 age groups will be scored for the Grand Prix. The results will be posted on the internet the day after the race. The 5 mile awards will be presented at 4:30 PM.

THE COURSE

The course is out-and-back on the beach at low tide. The 5 mile and the 10 mile races will start together on the beach at 3:00 PM. Both races will run together heading north. The 10 mile course is 2.5 miles north, five miles south and 2.5 miles north to finish. The five mile will finish at the 5 mile mark of the ten mile race.

FINISHING THE RACE

Both races finish on the beach behind the Seawalk Pavilion. If you have attached the ChampionChip to your shoe, you will be automatically timed. Make sure that your chip is secured to your shoe. Don't lose it! Please return the chip prior to exiting the roped off area at the finish.

FOR MORE RACE INFORMATION

- » Visit www.1stplacesports.com
- » Call our Race Hotline: (904) 731-1900 ext. 11

New Training Technique: Scheduled Walking!

Even If You Have Not Started Training For the Gate River Run Yet, Use This One Weird Trick & You Will Be OK On Race Day

By Douglas Tillett

Remember back around Thanksgiving when you told yourself you should start training for the Gate River Run? After all, March 12th was going to get here fast and you wanted to be ready.

And then remember back around Christmas when you decided that it was really time to pick up your running mileage right then so that you'd have a good Gate River Run? Now January is gone and you feel funny (by which we mean a combination of fear, excitement, guilt and dread) every time you see someone out running while you're still driving in the car. Well, fear not, fellow JTCRunning procrastinator and soul brother or sister of myself, because old Doug has a plan for you that'll prepare you for the big race. You will finish the GRR and then tell everybody how you did pretty good considering that you barely got in any training.

Here is the trick: scheduled walking. Many people call this training technique "The Galloway Method," especially Jeff Galloway because he thought it up and then wrote books about it. He has formed classes attended by bunches of people who go all over the place on foot, jogging slowly for, like, four minutes, then their watches beep and they slow it down even more and walk for a minute. After the minute of walking, they start all over again jogging for four minutes and then they walk for a minute. They keep doing this, over and over, until suddenly they realize they've reached Waycross, then they have to call their spouses to come and pick them up in automobiles and take them home for a nap.

This is the method you should use in the short time you have to get ready for the GRR. Yes, yes, I know – the last time you were talking with Coach Nowicki he said that anybody who walks should be pointed at and laughed toward, but he's not the one who waited until February to start getting ready for the greatest race of the year – that's you. But, you see, if you just take off running and you only run because you're so tough, you will reach a point way before 15 kilometers where you are totally worn out and can't run any

more. For the sake of this illustration, we'll say you reach that point in two miles.

Now, instead, let's visualize you starting to jog slowly and comfortably for, like, four minutes and now you're walking one minute and you feel fine so now you're going to jog, like, four minutes and then you're walking for one minute and you not only feel fine but you look good too and then you're going to jog for, like, four minutes and then you know what comes next. Instead of having to give up in only two miles, you will stop at four or five miles, not because you're out of gas but because you want to save some up for the next day. Yes, it's true – using the jog, walk, jog, walk "Galloway" method will increase your range, today, by twice of what you'd be able to run otherwise. And then you can go home and enjoy some beverages.

There is something else I haven't mentioned yet, and that's the Doug Tillett twisted theory of long distance running body memory, which is that your muscles and your lungs and mostly your brain remember all that training and all those events that you have run in the past, and even though you haven't been training much lately, if you pick it up and start running longer again, you'll adapt to it much more readily and quickly than someone who hasn't done it all before. Your body remembers. Your muscles say, "Oh, yeah, I remember this. It's running. I'm IN, baby," and off you'll go. Your brain will help you through when you get into the later miles because it will start thinking, "I've experienced this before and I know how to keep moving, plus I've got the benefit of the run-walk-run-walk Galloway method, so I am going to finish this race (or this training run) on my feet." The only thing left to do is increase the mileage a little every four days or so. Poof, you're trained. Good to go.

And it will come to pass, just as we said at the beginning of this article, that you will finish the Gate River Run and think you did pretty good. Just remember to stop at the finish line next to Everbank Field or you might find yourself in Waycross by mistake out of sheer enthusiasm.



www.gate-riverrun.com

GATE RIVER RUN 2011

March 12, 2011

8:30 Am • 15K & 5K

Jacksonville Sports Complex

Official Race of the Running Journal Grand Prix



SCHEDULE OF RACE DAY EVENTS

- » Top 25 Women Start 8:25 AM
- » Gate River Run 15K..... 8:30 AM
- » FloridaTimes-Union5K
Run & Walk for Charity..... 8:30AM
- » adidas Junior River Run.....11:00 AM
- » JTC Diaper Dashes 11:00 AM
- » Brooks Rehabilitation
Challenge Mile 11:00 AM

RUNNER'S EXPO

- » Thursday, March 10th 11 AM-6 PM
- » Friday March 11th 11 AM-8 PM
- » Saturday March 12th..... 8:30 AM-Noon

ENTRY FEES

Walk-in entries will be accepted at any 1st Place Sports location during business hours until March 6th. No entries will be accepted after that date! After March 6th, you must sign up at the Runners' Expo on Thursday or Friday! Mail in entries to the Race Office: 3931 Baymeadows Road, Jacksonville, FL 32217 until March 5th.

ENTRY FEE STRUCTURE:	15K	5K
Until January 31st	\$30.00	\$20.00
Feb. 1st - Feb. 28th	\$35.00	\$25.00
March 1st - March 6th	\$40.00	\$30.00
At Expo	\$45.00	\$35.00
13 and Under and 65+ (Until March 6th)	\$25.00	\$15.00

Jr. River Run & Diaper Dashes are free at all times!

****SORRY! NO REFUNDS! ****
****NO RACEDAY REGISTRATION!****

- » Send in a receipt for a Gate Food Post convenience store gasoline purchase of 10 gallons or more and deduct \$1.00 off your entry (Limit one per entry).
- » \$2.00 discount to all **JTC Running** members.

AMAZING RACE FEATURES:

- » Technical Shirts for 15K Participants!
- » JumboTron at the Finish!
- » Scrolling Results on JumboTron at Fairgrounds!
- » Live Bands at Every Mile!
- » Huge Publix Post Race Celebration!
- » 100 Kegs of Beer!
- » Top 10% Finisher's Running Hats!
- » Medals to all 15K Finishers!
- » 5,000 Seeded Starting Positions!
- » \$80,000 in Prize Money!

FREE RIVER RUN ENTRY!

adidas, the official outfitter of the Gate River Run, is offering a free entry into the 15K. Purchase a pair of adidas shoes or merchandise (\$85.00 value) at any 1st Place Sports store by March 6th and adidas will pay for your entry into the 15K. This offer is limited to the first 500 takers. You can make your purchase at any of the locations listed below:

- » 3931 Baymeadows Road, Jacksonville, 731-3676
- » 2016 San Marco Blvd., Jacksonville, 399-8880
- » 2186 Park Avenue, Orange Park, 264-3767
- » 424 South Third Street, Jax Beach, 270-2221

PACKET PICKUP AT THE EXPO

A three-day Runner's Expo will be held at the **Jacksonville Fairgrounds Expo Center, 510 Fairgrounds Place**, next to the Jacksonville Municipal Stadium.

- All participants are required to pick up their race packet, Bib with Chip, & t-shirt at the expo on Thursday or Friday!
- We are using the **Bib/Tag Timing System** this year. The chip is attached to the back of your race number. Do not fold or bend your race number! This could damage the timing chip, which could result in your chip not recording your time. **NO PERSONAL CHIPS can be used!**

Beardsley Speaks! Continued

He kept running, there was a left hand turn and with 150 meters remaining, "I took a deep breath and sprinted with all I had."

It wasn't enough. "I was out sprinted, that's about all there was to it," he said.

But what about the motorcycle that seemed to cut him off and give Salazar the edge?

"I've never used it as an excuse," he said modestly. In that marathon, known as The Duel in the Sun, both runners broke the course record and the American record; Beardsley ran 2:08:53, two seconds behind Salazar.

The next day, a sports writer from Minnesota called and asked him how it felt to be a loser.

"I was dumbfounded", he said. "I had run the race of my life and lost to a great runner. I didn't feel like I had lost at all."

He was, and sometimes still is, referred to as 'The World's Most Famous Loser', a title that continues to make him laugh.

"I wouldn't trade that race for anything. If they offered me a win at a slower time in some other race, I wouldn't want it," he said.

"You know, I was 26-years old and Alberto was 24, and I think we gave that race everything we had. Neither one of us would ever be that good again."

In 1988, Beardsley retired from competitive running. A year later his entire life began to unravel. While working with an auger on the back of a tractor lift he somehow became entangled in the auger and it virtually ripped him apart. Before passing out he stopped the machine and saved his life. But all of his ribs on the right side of his body were smashed, his right arm was broken and his left leg mangled. He also had head injuries.

He eventually recovered and started to run again. Then, in 1992, he was involved in a car accident that involved back and neck injuries and 15 days in the hospital. A year later in Fargo, North Dakota, while on a run in a snowstorm, he was hit by a truck and spent two more weeks in a hospital. A month later, during another snowstorm, he had a

car accident that resulted in more back and neck injuries.

In 1994 he underwent three back surgeries, one that lasted 11 hours. A year later he had knee surgery. And each surgery, every hospital stay, meant more pain pills. As his tolerance to the pills grew stronger he was given even more. He became addicted.

"I was taking 80 or 90 pain pills a day. They were eating my stomach and I was drinking bottles of Maalox to relieve it. I had terrific headaches and the headaches made me take more pills," he said.

He was also forging prescriptions, a criminal offense, and was caught. But getting caught turned out to be the best thing that could have happened. "If I hadn't been caught, I would have been dead," he admitted.

While undergoing treatment to rid himself of the addiction, he received a phone call from a newspaper reporter who enquired: "Are you the Richard Beardsley who's being done on drug charges?"

News of his life on prescription drugs was written in the papers: the pills, the forged prescriptions, the rehab. "Worst of all is what it did to my family. My son, Andrew, was only about 10 at the time and heard about it all the time at school," he remembered.

His life was at an all time low and one dark night while driving down a lonely road-"I never thought of doing myself in," he said, "but I thought, 'if a semi came along and hit me right now, it wouldn't be the worst thing'."

After five months of treatment he emerged a new, drug-free man.

Thanks to the strength and loyalty of his family and friends, "the people who really knew me", he overcame it all. New Balance, the shoe company that signed him 32 years before, steadfastly remained beside him through thick and thin.

In 2000, he was running again, "60 to 70 miles a week", and completed the Napa Valley Marathon in 3:23. In 2001, to celebrate the 20th anniversary of his

Beardsley Speaks! Continued

victory in the Grandma's Marathon, he entered the race and ran 2:55. In 2004, he again ran Napa and finished in 2:43, his best marathon since his farm accident.

Despite his banged up body, that now includes two artificial knees, Beardsley is back to running. He lives in Austin, Texas with his wife, Jill, and no longer has to do training runs in sub-freezing temperatures or go out in unlucky snowstorms. He runs 20 to 25 miles a week, his longest run, so far, is five miles.

He heaps great praise upon his doctors and is planning for the future as only an elite athlete



Testimonials:

"Dick Beardsley's moving stories of his drive to become a world-class runner to his battle with Alberto Salazar in 1983 to his epic struggle to overcome drug addiction are almost beyond belief. You think to yourself "It's a wonder he's still alive." But then you're so thankful he is because his message -- delivered in his down-to-earth, easy-going style -- is heartfelt, pure and, above all, incredibly inspiring."

- **Drew Gruenberg, Chief Operating Officer, Society of American Florists**

"I have heard Bill Clinton, Lance Armstrong, and even the Dalai Lama speak. None of them meant as much to me as hearing Dick speak."

- **Stewart Weepers, New Balance**

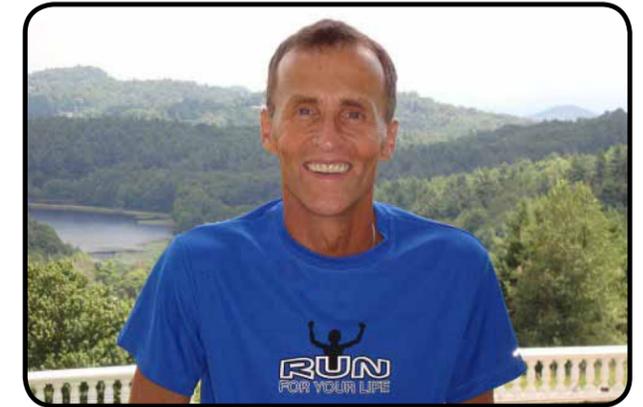
"I have to believe--existentialist that I am--that Dick's struggles and difficulties were a gift given to him so that he could reach out and touch others who need him. His speaking ability is astounding and it is so

could. "I want to go back to Boston in 2012, the 30th anniversary of the Duel in the Sun, and run the marathon again."

Like I said, the man's a beast, and I can't help but believe that he will do it.

JTC Running is bringing Dick Beardsley to town for a speaking engagement on March 8th. The event will take place at the Riverplace Tower at 7:00pm. There will be no charge to JTC Running members.

This will be a great moment and a very memorable occasion. Don't miss it.



evident to me that God has worked through this incredible man (and his wife) to make a difference in the lives of others."

- **Janie E. Black, M.Ed., M.A., Clinical Psychology Doctoral Student, Fielding Graduate University**

I've heard all the speakers on the running circuit. None has a better story to tell, or tells it better, than Dick Beardsley."

- **Joe Henderson, senior writer, Marathon & Beyond magazine**

"Dick's message received excellent evaluations and ranked as number one among the conference speakers. His easy-going, conversational style was very enjoyable. Few possess such talent."

- **Linda Gifford, Family Activities Coordinator, Minnesota Farm Bureau Association**

Editor: **Bob Fernee**
Designer: **Carlyn Godar**

Submit Articles to: The Starting Line, c/o **JTC Running**, PO Box 24667, Jacksonville, FL 32241 **OR** bobfernee@aol.com

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WEEKLY TRAINING RUNS

Sunday, 6:30 a.m., Atlantic Beach: Atlantic Blvd. & 1st Street, 5-10 miles. Contact: Dot or Bill at 241-0331.

Sunday, 6:30 a.m., Mandarin: Various locations and distance. Contact: Stef at stefgriff@aol.com or 268-1503.

Sunday, 6:30 a.m., Orange Park: Sun Tire, 346, Blanding Blvd., 6-20 miles. Contact: Dave at 545-4538.

Sunday, 10 a.m., Guana Reserve (trail runs): Seasonal (Oct-Mar), 3-8 miles. Call for update. Contact: Craig at 424-9690.

Monday, 5:30 p.m., South Bank Downtown: River City Brewing Co., 2-6 miles (includes bridges). Contact: Danny at 287-5496.

Monday, 6:30 p.m., Brooks YMCA: All abilities welcome, mileage based on ability. Contact Jacksonville Running Company at 379-7170.

Tuesday, 5:45 a.m., San Marco: Southside Methodist Church, 5-6 Miles, 7-8:30pace. Contact: JC at 803-8758.

Tuesday, 6:30 p.m., Ponte Vedra: Sawgrass Village south lot, 3-6 miles (very social). Contact: Craig at 424-9690.

Tuesday, 6:30 p.m., Lulu Lemon (Town Center): All abilities welcome, mileage based on ability. Contact Jacksonville Running Company at 379-7170.

Wednesday, 5:30 a.m., San Jose: The Bolles School

(*JTC Running* members) track intervals (all abilities). Contact JC at 803-8758.

Wednesday, 5:30 p.m., San Jose: The Bolles School (*JTC Running* members) track intervals (all abilities). Contact: Danny at 287-5496.

Wednesday, 6:15 p.m., Avondale: Boone Park tennis parking (*JTC Running* members), 4-6 miles. Contact: Doug at 728-3711.

Wednesday, 6:15 p.m., UNF Track: All abilities welcome, mileage based on ability. Contact Jacksonville Running Company at 379-7170.

Wednesday, 7 p.m., Jacksonville Beach: 202 34 Av. South, 5+ miles (all abilities/social). Contact: Anita or Franz at 241-7199.

Thursday, 6:15 p.m., Orange Park: 1st Place Sports, 2186 Park Av., 3-6 miles, runners/walkers. Contact: Denise Metzger at 264-3767.

Thursday, 6:30 p.m., San Marco: Corner of Largo/ Naldo (*JTC Running* members), 4-7 miles. Contact: Doug at 728-3711.

Thursday, 6:30 p.m., Jacksonville Running Company: All abilities welcome, mileage based on ability. Contact Jacksonville Running Company at 379-7170.

Friday, 5:40 a.m., Beauclerc, Mandarin: Forest Cir., 7.5 miles. Contact: Stef at stefgriff@aol.com or 268-1503.

Visit JTCRunning.com for more information.