

THE STARTING LINE

March/April 2010

2010 GATE RIVER RUN WINNERS



Katie McGregor



Mo Trafteh

12 GATE RIVER RUN RESULTS

16 UPCOMING RACES

21 JTC RUNNING GOES RACING

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www.jtcrunning.com

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John Thrush & Bob Carr: Gate River Run Hall of Fame Dinner



Bob Carr & Paulette Butler: Gate River Run Hall of Fame Dinner



Streakers: Billy Fehrs, Chris Dzamko, Doug Bradshaw, Richard Silvius, Carroll Sharp, Bob Carr, Ty Payne, Phil Tallon, Leo Sheckells, Pat Gaughan, John Thrush, David Ohnman.



Colleen Clarson & Sam Kouvaris: Gate River Run Hall of Fame Dinner



JTC Running Hospitality Tent at the Gate River Run



Massage Tables at the *JTC Running* Hospitality Tent

President's Message

Greetings Fellow *JTC Running* Members

Like magic, the Gate River Run (GRR) seems to push out winter and usher in spring. It was evident even more this year when we woke up late the following day having forgotten to change the clocks the night before; another ritual signifying winter is nearly over. Now I know you transplants from 'up North' wonder what all the fuss is about with the weather but darn-it, it was cold this winter.

For those of you that do not know, the River Run, or "Gate" as some of us refer to it, is a *JTC Running* event. We're proud of the heritage and tradition the race has brought to the city. What started as a few crazy club members wanting to gallop 'round town culminating in a dash over the Hart Bridge, has blossomed (another play on the Spring theme) into the largest community event in our city.

The "Gate" is now the USATF 15K Road Racing Championship and has attracted world class talent year every year. But what makes the event successful is the many thousands of runners like you, our neighbors and friends, that circle the calendar each year as if we're marking a loved one's birthday or holiday. Quite frankly, it's just fun. If you think I'm being a little dramatic, think of this: Imagine if March came and went without the run; if that Saturday was just another Saturday?

You've probably re-run the race in your head a hundred times. Race highlights are contained herein and of course the results are on the website. What I'd like to do is give a shout-out to those that go above and beyond year after year making the GRR the nation's premier road race:

It goes without saying that the race would not be what it is today without the financial support and volunteers from Gate Petroleum. In fact the River Run and 'Gate' are synonymous in our running vernacular. Thanks to **Herb Peyton** and his team for all that they do for the race and city of Jacksonville.



The Expo has been sponsored by the MPS Group for many years. This is their last year and we thank them and their many volunteers for all they have done.

Adidas provided those technical jerseys that folks are raving about and I see daily in my workout at the gym.

Publix stepped-up again with a great post race party.

I know I am leaving off many others but I'll blame that on our editor. He only gives me so much room. Regardless, please check out the website for a full list of sponsors and let them know how much we appreciate their support by checking out their products and services when you can.

To **Doug Alred** and his team at 1st Place Sports Race Management, congratulations on another great event.

I also want to recognize the *JTC Running* Board and club members that volunteered and worked tirelessly for days and weeks prior to the event; some still continue to wind down post-race duties. There are way too many to name unfortunately.

Lastly, because of the efforts from all those that make the race successful, those less fortunate in our city will benefit through the charitable contributions the race generates. At the end of the day, the Gate River Run is all about community. Sometimes we forget...

See you on the road.

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New and Renewing Members Jan/March 2010

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Andrew Ade
Richard & Jenny Allen
Mike Altes
Mark Stephen Angelloz
Jason Dean Arnold
John Arwood
Christopher Atchley
Chad & Amanda Baugh
Debbie Belcher
Andrea Bensi
Paul Berna
Katie Bietenholz
Ralph & Mickie Billings
Melanie Lynn Blair
Jeremiah Blocker
Larissa Bodniowycz
Tina Bradford
Tom Brandies
Julie Exum Breuer
Marinez Brites
Matt & Gina Bulecza/Waring
Taylor Bunn
John Burke
Paulette Butler
Kimberly Butts
Kathy Callery
Vincent & Jaynell Cameron
James Cardozo
Linda C. Carpenter
Crystal Carr
Robert & Mike Carr
Janice Carrico
Noah Cellura
Teri Chenot
Elisha Colby
Michael & Cara Connolly
Brent William Cook
Mark A. Cook
Edward R. Corristan
Bernard Cosalan
Amy & Joe Costa
David Courtwright
Donna Cozart
Diane Crawley
Ruby Crotty
Sidney & Jessica Curry
Elizabeth Danberg
Hernando De Soto
Jerome H. Domask
Connie & Randy Downing
Lanier & Phillip Drew
Sonya Dudley
Dan & Nanette Duffy
Tim Easterling
Barb Ebers
Harry Edwards
Jon Ellison
Alexandra Engel
Elena L. Etter
David Evans
Liza Faison

Joni Fausett
Nicole Finch
Michael D. & Lori Fisher
Michael Fitzsimmons
George & Monica Forbes
Liesl & Sid Fox
Audrey B. Frank
David Frank
Elizabeth & Bill Fullerton
John E. Funk
David Garrett
Keith & Sharon Gaston
Paul Geiger
Sarah Anne Gil
Thomas & Mandy Gildersleeve
Gerry Glynn
Gina Glotzer
John Godfrey
Lauri Graham
Linda Green
Edward Grenadier
Bruce Griffin
Eric Griffin
Mark Grubb
Timothy Hall
Joy Hamilton
Tony Hanneken
Dana Harden
Craig & Susan Harms
Michel R. Hartley
Nicole Hatfield
Margaret M. Hayden
Donna Hayes
Rodney Hayes
John W. Heafer
Irene Herbertson
Scott & Lori Hershey
Richard A. Hickok
Hal Higdon
Lynn B. Hill
Katie Hinck
Rosalind Hoffman
Cari Holbrook
Bruce Holmes
David Hotchkiss
Kate Houston
Margaret Irwin
Barbara G. Jaffe
Shawn K. James
Phil L. Jensen
Robbie Johnson
William F. Jones, Jr.
Carman & Erik Kasper
David & Laurie Kattreh
John & Denise Kearney
Graham Keefe
Mark Knowles
Mary Jane Konm
Martin Kotowski
Bruce Kritzler
Alicia Lammie
Robin Lanigan

John & Emily Leeds
Daniel & Kathy Leonard, III
Dominique Levin
Michael & Debbie Lindell
Paul Lucey
Jean Mace
Margaret & Tom MacManus
Peter Madrilos
Teddy Manibusab
James D. Masellis
Jeff Marks
April Maas
J.M. & Lori Magyar
Roberta Mahon
Michael & Nicole Marchigiano
Carol Marco
Kent Matthews
Miller McCormick
Stephen & Christina McDonough
Heather McLaughlin
Matt McLeer
Ronald McNatt
Dawn Mikell
Patricia Miles
Jonathan & Espi Miller
Libby & Yancey Montgomery
Melissa Moore
Kerry Mowlam
Matt Moyer
Maria C. Munyon
Kathy Murray
Susan Neadle
Janet & Kevin Neal
Ted R. Neusome
Rick Nevinger
Sheila O'Conner
Jonathan Oliff
Raymond Owens
K.C. Padget
Michael Pangia
Jenny M. Parrish
Norman Patton
William Pennington
Tina M. Perkins
Robert M. Perry, Jr.
Arlene Pessolano
Bill Phillips
Sheryl Phipps
Linda & Alan Pickert
Joseph & JC Pinto
Stephan Pitois
Catherine Poturich
Beck & Daniel Pratt
Randall & Nancy Pullo
John Purvis
Peter Racine
John Paul Randle
John Raymer
Stacy Rea
Kathleen & Matt Reimer
Eric Richardson
Dee Robertson-Lee

Jay Robinson
Jennifer & Dennis Robinson
Melinda Rogers
Melinda Rolfe
Alison Ronzon
Wendy Rother
Amy Rozier
Nicola Rutherford
Kimberly Rutledge
Mark Ryan
Carrie & John Sanders
Joseph Sanogvet
Steve Sassa
Rick Schart
Richard Schaefer
David Scott
Scott F. Seibler
Aaron Shad
Sarah Shedlarski
Nancy Shellhorn
Steve Shirley
Rebecca Shore
Rhonda Simmons
Tom & Carol Skordas
Gordon R. Slater
Amanda & Rob Sluys
Judith L. Smith
Mercedes Smith
Rodney & Patti Smith
Thomas Smith
Julie Snow
Lisa & Jimmy Snyder
Courtney Spratt
Karen Stellhorn
Leslie M. Stevens
Katie J. Stevenson
Joseph A. Strasse
Abbyrae Stringfellow
K.C. Stocks
Sarah Succa
Kimberly Swigart
Liz Tenorio
Nadine Thomas
Pamela Thompson
Anita Thor
Davis Tolitsky
Jeffrey & Melody Toma
Alison Trinidad
Peggy W. Turner
Rudolph Urban
Layne & Susan Wallace
Susan Wallis
Harvey K. Warnock
Rachel Whorton
William K. & Lisa Wigner
Malaika Wilcher
Ryan & Shawn Wilkes
Joseph Willage
Ellen Wiss
Brian Yatzor

JTC Running Hospitality Tent a Hit

Thanks to our members for stopping by the **JTC Running** Hospitality Tent during the Gate River Run festivities on Saturday! Over 400 members with family and friends enjoyed the pre-race area, to relax have some coffee and utilize the popular Port-O-Lets.

After the race, members enjoyed beverages, food, (rice/beans, brownies), and took advantage of a post-race massage to get the legs moving again. Our special thanks to **Tony Hanneken**, LMT for coordinating the massage area. He was joined by fellow therapists **Michelle Langevin** LMT, and **Ashley R. Price**, LMT. Their contact information is listed. Tony is already planning for expansion next year. We also want to thank Coastal Catering Connection (John & Nanette) for providing the food service. Hey and next year- more Port-O-Lets and space too!

THANKS AGAIN TO OUR MEMBERS!

- » **Tony Hanneken** LMT, Healing Hands Massage, (904) 349-0675, Tony@HealingHandsLMT.com
- » **Michelle Langevin** LMT, (904) 294-6658, Mel9555@yahoo.com
- » **Ashley R. Price** LMT, (904) 536-1322, lmt.price2009@gmail.com

JTC RUNNING BOARD OF DIRECTORS MEETING MINUTES

Tuesday, November 3, 2009

Vice President **Larry Roberts** called the meeting to order at 7:05 p.m. Directors **Richard Fannin**, **Carol Fitzsimmons**, **Michael Fitzsimmons**, and **Sean McCormack** were absent, as was President **David Hall**. *JTC Running* members **Rex Reed** and **Bill Dunn** attended part of the meeting.

Approval of 10/6/09 minutes: **Margaret Barton** asked us to add a sentence under “old business” point number one, dealing with the Bolles Track, where we were considering financing Wednesday afternoon track workouts. The added sentence said that we would consider financing Wednesday morning track workouts under “new business.” The minutes were otherwise approved and the secretary has made that change.

Treasurer’s Report: Treasurer **Bonnie Brooks** distributed copies of the Balance Sheet and the Profit & Loss Detail and gave a verbal report of recent activity.

OLD BUSINESS:

- **Bolles Track Workout Status – Margaret Barton** reported that the workout coaches are collecting waivers to turn in to Bolles. Word of the renewed morning and afternoon track workouts has been posted on our website and there was an email blast. She noted that we have a few “blackout dates” with which to deal. She said our payment has been sent to The Bolles School. Margaret reported 15 runners at the last morning track session.
- **Log of Board Action – Lamar Strother** made a motion, seconded by **Doug Alred**, that we keep an ongoing log of board action – that is, motions made and passed. Lamar volunteered to be the keeper and maintainer of the log as it starts out. The motion passed.
- **JTC Running Elite Cross Country Team –** Reports from the Race Committee Meeting and an update from **Rick Patterson** via **Owen Shott** were given. The committee is still working on placing the runners, especially qualifying enough women to

make a women’s team. The last race for qualifying for the team is Mandarin Run.

- **Statue –** The Board of Directors studied a contract offered for our president’s signature by sculptor, **Derby Ulloa**. We noted certain guarantees that the contract called for us to make, such as repairs, which we cannot guarantee as the statue will belong to the City of Jacksonville and be out of our control. **Trib La Prade** made a motion, seconded by **Larry Sassa**, that we authorize **President Hall** to sign a revised contract that has the final paragraph deleted and the last sentence of the third paragraph deleted. The motion passed.
- **Elections – Douglas Tillett, Jane Alred, and Bobby Green**, serving as the Elections Committee, discussed our still-developing plans for the upcoming election. During discussion, we decided to limit the candidates’ bios to 100 words (for *The Starting Line*) and to try to include a photo of each candidate. The ballot would be included in the next edition of the newsletter and the ballots will be counted in December so that the 2010 board can be seated on January 6, 2010.

NEW BUSINESS:

- **Witnesses for Striders World Record Effort –** Director **Margaret Barton** told us of an effort by The Florida Striders to set a world record in an upcoming one million meter relay over four days in early December. In order to qualify as a record, witnesses who are not members of The Florida Striders must observe the runners to verify the distance was covered in the time stated. Margaret made a motion, seconded by **Mark Ryan**, that we publicize their need for these witnesses on our website and any other way we can. The motion passed.
- **Bill Dunn** told us of a new race he wants to stage, to benefit the Guana Tolomato Matanzas National Estuarine Research

Reserve (GTMNERR) and the Friends of the GTM Reserve, which would be a 10K race on Sunday, February 7. His main purpose was for *JTC Running* to make it “our” race, which would cover it with our insurance. **Douglas Tillett** made a motion, seconded by **Bobby Green**, that we adopt the GTMNERR 10K and provide a \$500 donation to the race. The motion passed.

COMMITTEE REPORTS:

RACE COMMITTEE – Committee Chair **Doug Alred** said the committee met in October to discuss the Elite Team Cross Country race in Lexington, Kentucky, and our ongoing process of selecting a men’s and women’s team to run for our club. The committee also discussed a request for support from Step Up Florida. The Race Committee did not recommend a financial donation to that event but referred the request to our Community & Public Relations Committee to see if we wanted to have a presence there. Doug plans to call another Race Committee meeting in November.

LAST GASP – The race is on track for Sunday, Dec 27, at 2 p.m. at JU with **Herb Taskett** directing. **Larry Roberts** has volunteered to help with the results.

JOHN TENBROECK MEMORIAL WINTER BEACH RUN – Race Director **Doug Alred** says the race is scheduled for Sunday, February 14. It will be a charity run, the post-race will be at the SeaWalk Pavilion, and race info will be published in early December.

GINGER FANNIN COUPLES RELAY – **Douglas Tillett** said he’d like to stage this race again, which has been absent for a couple of years, and has the OK from **Richard Fannin** to “take it over.” In the past the race has been around Valentine’s Day but the February race calendar is jammed full. We plan to get a group together to help plan the race.

GATE RIVER RUN – **Doug Alred** distributed the 2010 Gate River Run Budget. He pointed out that while we lost some sponsors we gained some new ones. The 2010 race will have a new 5K course with a separate finish, which should help with getting participants to the 15K starting line. The race shirts will be “technical shirts.” The Board approved of the budget.

GUANA RIVER 50KM TRAIL RUN & RELAY – So far, we are good-to-go.

CLASSES & CLINICS – **Jane Alred** reported the clinic in October needed more participants and urged everyone to plan to attend the November

clinic with Kaplan Orthopedic. Other clinics are still being planned. Jane posed the possibility of our participating in the San Marco Christmas again this year.

COMMUNITY & PUBLIC RELATIONS – Committee Chair **Larry Sassa** reported that the committee had met and decided to recommend that we make a donation to Step Up Florida, of \$1500 to be a “gold level” sponsor. During discussion it was clear that the board was divided on whether to make the donation or not, although posting our tent at the “expo” seemed appropriate. The committee will meet again to re-discuss this event and present their recommendation at a future meeting.

FINANCE COMMITTEE – No report.

MERCHANDISE – No report.

NEWSLETTER – Committee Chair **David Frank** said that even though the “deadline” for our next issue is November 15, **John Curran** is hoping for submissions by November 10, since there is so much to put in this issue and since Thanksgiving chews up a lot of his editing time. **Lamar Strother** made a request that photos in the newsletter have a “white area” around them to enable him to make notes on the copies he keeps for historical purposes.

WEBSITE – No report, but we briefly discussed the Volunteer Rewards Program.

SOCIAL & BANQUET – The committee is hopeful we can have a December social, perhaps along with the San Marco Christmas event.

VISION & PLANNING – No report

NEXT MEETING – the next meeting will be Tuesday, December 1, 2009 at 7 p.m. at Mediterrania Restaurant.

The meeting was adjourned at 8:40 p.m.

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

Tuesday, December 1, 2009

President **David Hall** called the meeting to order at 7:10 p.m. Directors **Margaret Barton**, **Sean McCormack**, and **Larry Roberts** were absent. *JTC Running* members **Rex Reed** and **John Winkler** attended as well.

Approval of 11/3/09 minutes: The minutes were approved as submitted.

Treasurer's Report: Treasurer **Bonnie Brooks** distributed copies of the Balance Sheet, the Profit & Loss Detail, and the Budget vs. Actuals analysis and then reviewed the documents with the board.

OLD BUSINESS:

- **JTC Running Elite Cross Country Team** – **Bobby Green** gave a status of the upcoming cross country championship and our team's readiness to the board. **Douglas Tillett** made a motion, seconded by **Owen Shott**, that we provide *JTC Running* jackets to the team members. After some discussion, that motion was rescinded but discussion continued regarding the amount of money each runner would be getting, the van costs, the hotel costs, and the standards set by the race committee for the runners, and whether the standards were being met. **Michael Fitzsimmons** made a motion, seconded by **David Frank**, that at this stage of the process, we should go forward with sending the team at a total cost of \$5,000 maximum. The motion passed by a vote of 12 to 4.
- **Bolles Track Update** – Discussion was brief as **Margaret Barton** was absent, but it was pointed out that the time had passed for members to easily get their Bolles ID cards. We've been told that *JTC Running* members can register on the first Monday of each month between 9 a.m. and 1 p.m.

NEW BUSINESS:

- **Conflict of Interest By-Law Amendment** – **President Hall** distributed a proposed conflict of interest policy for the Board's consideration to add to the by-laws. The law firm that had guided us through the GRR contract signing recommended that, based on the tax laws, we needed this amendment added to our by-laws. Additionally, he distributed a disclosure statement that would be signed yearly by all board members. **Michael Fitzsimmons** made a motion, seconded by **Bobby Green**, that we include this policy in our by-laws and that we have all board members sign the disclosure statement every year. The motion passed by a vote of 16 to zero.
- **Election Process/Status** – The Election Committee, composed of **Jane Alred**, **Bobby Green**, and **Douglas Tillett**, updated the Board. The ballots will be in *The Starting Line* which would be mailed by Friday. The ballots will be mailed back

to our accountants, Smoak, Davis, and Nixon, and they will provide the results to the committee before the January board meeting so that everybody can be notified of the outcome.

COMMITTEE REPORTS:

RACE COMMITTEE – No report.

GATE RIVER RUN – **Doug Alred** said it had been a good month for attracting sponsors. The ads for the race will start the first of the year. **Richard Fannin** made a motion, seconded by **Michael Fitzsimmons**, that *JTC Running* allocate \$20,000 for the TenBroeck Cup at the 2010 Gate River Run. The motion passed by a vote of 16 to zero.

LAST GASP – The race is on track for Sunday, December 27, at 2 p.m. at JU with **Herb Taskett** directing. Herb needs *JTC Running* merchandise awards for the race. **Carol and Michael Fitzsimmons** will take care of it.

JOHN TENBROECK MEMORIAL WINTER BEACH RUN – Race Director **Doug Alred** says the race is scheduled for Sunday, February 14, and that the entry forms were at the printer.

GUANA RIVER 50KM TRAIL RUN & RELAY // GTMERR 10K – So far, we are good-to-go, and hopefully we'll receive an update from **Bill Dunn** by the next meeting.

GINGER FANNIN COUPLES RELAY – Some discussion occurred regarding possible dates for the race, but we didn't come to a conclusion. The idea to restart this race has not been dropped, though.

CLASSES & CLINICS – **Jane Alred** reported that there won't be a clinic in December, but that our GRR training class, coached by **John Metzgar**, will be starting up the first week of January.

COMMUNITY & PUBLIC RELATIONS – Committee Chair **Larry Sassa** said the committee reevaluated the opportunity from Step Up Florida to have our tent at their "expo" area and the committee plans to do that. He made a motion that we also become a sponsor of the race at the \$500 level, which is the silver level, and that motion was seconded by **Michael Fitzsimmons**. The motion passed by a vote of 16 to zero. In other CPR activity, we plan to hoist our tent at the John TenBroeck Memorial Winter Beach Run and to sponsor the GRR tent, similar to the one we erected at the 2009 race. The committee would like to hear ideas how we can enhance the GRR tent for our members.

FINANCE COMMITTEE – Committee Chair **Bonnie Brooks** said that we'll have a Finance Committee

meeting on Tuesday, December 15, at 6:30 p.m. at Pizza Palace, the purpose of which will be to determine a 2010 budget to present to the new board.

MERCHANDISE – No report.

NEWSLETTER – Committee Chair **David Frank** said *The Starting Line* should be in the mail by the end of the week.

WEBSITE – No report.

SOCIAL & BANQUET – **Jane Alred** has proceeded with plans that *JTC Running* participate in the San Marco Christmas event. We will share in the cost, our tent will be set up outside the 1st Place Sports store, and all our members and guests will be welcome.

VISION & PLANNING – The president was asked about the contract with **Derby Ulloa** for our new statue. **David Hall** said he would get it signed in the next week.

NEXT MEETING – the next meeting will be Tuesday, January 5, at 7 p.m. at Mediterrania Restaurant.

The meeting was adjourned at 9:08 p.m.

Douglas Tillett, *JTC Running* Secretary, has respectfully written and submitted these minutes.

Tuesday, January 5, 2010

President **David Hall** called the meeting to order at 7:11 p.m. The 2010 Board members present were **Doug and Jane Alred**, **Margaret Barton**, **Bonnie Brooks**, **Colleen Clarson**, **Bob Fernee**, **Carol and Michael Fitzsimmons**, **David Frank**, **Bobby Green**, **David Hall**, **Trib La Prade**, **Larry Roberts**, **Mark Ryan**, **Larry Sassa**, **Owen Shott**, **Lamar Strother**, **Douglas Tillett**, and **Jim Van Cleave**. Director **Richard Fannin** was absent.

Recognition of New Board Members: The president welcomed returning and new Board members to the first meeting of the year, and acknowledged departing Board members for their past support.

Election of 2010 Club Officers: The president noted that we normally elect the Executive Committee, consisting of the president, vice president, treasurer, and secretary, early in the first meeting of the new year. He opened the floor for nominations for the office of president. **Carol Fitzsimmons** nominated **David Hall** to return as president. **Larry Sassa** suggested that, since the entire Executive Committee from 2009 was re-

elected to the board and did a good job last year, it was appropriate to nominate the entire slate again. His nomination passed unanimously, making **David Hall** the president, **Larry Roberts** the vice president, **Bonnie Brooks** the treasurer and **Douglas Tillett** the secretary.

Approval of 12/1/09 minutes: The minutes were approved as submitted.

Treasurer's Report: Treasurer **Bonnie Brooks** distributed copies of the Balance Sheet and the Profit & Loss Detail and then reviewed the documents with the board. Bonnie noted that we had a CD mature but there isn't good interest available at this time, so it went to our savings account.

OLD BUSINESS:

- **2009 Election Review** – The board discussed the election that was recently held. Smoak, Davis and Nixon handled the count for us and we discussed what we wanted to do with the documents. **Douglas Tillett** made a motion, seconded by **Bonnie Brooks**, that we ask Smoak, Davis and Nixon to provide a full vote count for all 32 candidates and ask the firm to hold the ballots until we ask that they be disposed of. The motion passed with 18 aye votes and no nays.
- **Election Process** – President **David Hall** appointed an ad hoc committee on election refinement. The appointed committee consists of **Margaret Barton**, **Larry Roberts**, and **Colleen Clarson**. The committee's task is to provide a report and possibly recommendations by the April board meeting.
- *JTC Running* Cross Country Team – **Bobby Green** reported we had seven runners on the women's team and six runners on the men's team. The course was very tough with lots of hills, it rained the whole trip, the competition was fierce, and we stayed under the \$5,000 budget. A brief period of discussion followed regarding continuing the team for next year's championship in Charlotte, but no motion was spoken.

NEW BUSINESS:

- **Conflict of Interest Disclosure** – **President Hall** noted that we all, as Board members, are required to sign the Conflict of Interest Disclosure Statement we adopted in the December meeting. He said he would email

it to all Board members to sign and bring to the February Board meeting.

- **Sulzbacher Center Dinner Sponsorship – Margaret Barton** made a motion, seconded by **David Frank**, that we sponsor a second dinner at the Sulzbacher Center, possibly on March 27, but dependent upon their and our schedule, and that we allocate \$500 to pay for the sponsorship. The motion passed unanimously.
- **2010 JTC Running Committees** – A list of the committees and the membership of each committee from 2009 was passed around to each Board member so that everyone could confirm the committees on which they want to serve for 2010.
- **Budget for 2010 – Bonnie Brooks** distributed copies of the Budget Proposal that was developed during the Finance Committee meeting in December. Considerable discussion ensued but the end result was that the proposed budget stood except for the addition of a \$5,000 line for classes and clinics. **Larry Roberts** made a motion, seconded by **Bobby Green**, that we adopt the slightly modified budget. It passed unanimously.
- **By-Law Availability – Mike Fitzsimmons** believes that each board member should have a copy of our by-laws and that led to a discussion that our by-laws probably need to be updated as well. **President Hall** appointed an ad-hoc committee, populated by **Mike Fitzsimmons, Mark Ryan, Bobby Green, and Douglas Tillett**, to search out the most recent and complete version of the by-laws, verify their validity, offer recommendations for change, and submit a report to the board.
- Meeting Schedule for the Year – **Douglas Tillett** made a motion, seconded by **Owen Shott**, that we not have a board meeting in July 2010, but that we should have a board meeting in March 2010. The motion passed unanimously.

COMMITTEE REPORTS:

RACE COMMITTEE – There was no meeting last month, so no report was given.

GATE RIVER RUN (3/13/10) – **Doug Alred** reported that our sponsorship situation was looking better, the books have been published, entry forms are available at Gate stores, television advertising

would be on TV4 soon, and radio ads would air soon.

LAST GASP – The race was on Sunday, December 27, at 2 p.m. at JU with **Herb Taskett** directing. The weather was good, we had more spectators than usual, and the post-race awards event was successful although the location was smoky.

JOHN TENBROECK MEMORIAL WINTER BEACH RUN – Race Director **Doug Alred** says the race is set for Sunday, February 14.

GUANA RIVER 50KM TRAIL RUN & RELAY // GTMERR 10K – **Doug Alred** said he had heard from race director **Bill Dunn**, and planning for these two races is proceeding well.

GINGER FANNIN COUPLES RELAY – No action on this race so far.

CLASSES & CLINICS – **Jane Alred** noted that the GRR training class, coached by **John Metzgar**, was having its first meeting that night.

COMMUNITY & PUBLIC RELATIONS – Committee Chair **Larry Sassa** said plans for the *JTC Running* tent to be in Green Cove Springs for Step Up are in place. The committee would like GRR Kids Run brochures for the tent for Step Up. The committee is also focusing on our GRR Hospitality tent and how to maximize publicity of it. We discussed issuing *JTC Running* membership bracelets to all club members. **Larry Sassa** made a motion, seconded by **Larry Roberts**, that we allocate \$150 for 1,000 wristbands. The motion passed unanimously.

FINANCE COMMITTEE – No further Finance business, since we passed the year's budget under new business.

MERCHANDISE – **Carol Fitzsimmons** noted that a collection of merchandise was used by the Last Gasp as awards for the race winners. Discussion determined that the value of the merchandise should be allocated as a race expense. Carol opined that we should procure some give-away items to have at our tent at upcoming events. It was noted that we will have a booth at the Breast Cancer Marathon Expo on February 19 and 20, with set-up on Thursday, February 18. Carol volunteered to organize manning of the booth.

NEWSLETTER – Committee Chair **David Frank** said the deadline for submissions to *The Starting Line* is January 15. The next issue will feature the John TenBroeck Memorial Winter Beach Run, the schedule of the *JTC Running* tent, and the Gate River Run. David Frank noted that it is Editor

John's and Designer Carly's plans to continue with us for the upcoming year.

EMAIL BLAST – Carol proposed that we make our email blasts on a monthly basis and formally schedule the blasts. She proposed that we print the email blast schedule in our newsletter.

WEBSITE – Trib the Webmaster said he'd post a call for volunteers for our activities and post notice of our Hospitality Tent at the Gate River Run.

SOCIAL & BANQUET – **Jane Alred** said the social held with the San Marco Christmas event was great and went very well.

VISION & PLANNING – **Doug Alred**, Committee Chair, noted that the development of our new statue for the Riverwalk was an ongoing project and that we are still working with the Parks Department on trail development.

NEXT MEETING – the next meeting will be Tuesday, February 2, at 7 p.m. at Mediterrania Restaurant.

The meeting was adjourned at 9:05 p.m.

Douglas Tillett, *JTC Running* Secretary, has respectfully written and submitted these minutes.

Tuesday, February 2, 2010

Vice President **Larry Roberts** called the meeting to order at 7:10 p.m. The 2010 Board members present were **Doug and Jane Alred, Margaret Barton, Bonnie Brooks, Colleen Clarson, Richard Fannin, Bob Fernee, Carol and Michael Fitzsimmons, David Frank, Trib La Prade, Rex Reed, Larry Roberts, Larry Sassa, Jo and Owen Shott, Lamar Strother, and Douglas Tillett**. President **David Hall** and Director **Jim Van Cleave** were absent.

Approval of 1/5/10 minutes: One error was noted in the minutes but it has been corrected and will be published correctly – otherwise the minutes were approved as submitted.

Treasurer's Report: Treasurer **Bonnie Brooks** distributed copies of the Balance Sheet and the Profit & Loss Detail and then reviewed the documents with the board. Additionally, Bonnie provided a Budget vs. Actuals page for the previous year, 2009.

OLD BUSINESS:

- **2009 Election Review** – Due to unusual circumstances in the reporting of the top 20 vote-getters from the recent election, the previously published 2010 Board make-up had been revised for the February meeting. **Douglas Tillett** of the Elections Committee explained the unusualness to the satisfaction of the Board and the meeting proceeded.
- **Conflict of Interest Disclosure Statements** – Each of the Board members completed and signed a Conflict of Interest Disclosure Statement and submitted the form to the chair for safekeeping.
- **JTC Running Volunteers at Sulzbacher** – Director **Margaret Barton** said the date has been set for our next volunteer session at the Sulzbacher Center for the Homeless. It is Saturday, March 27, when we will be preparing and serving a meal for the center's clients that day. The "Walk A Mile In Their Shoes" race to benefit Sulzbacher is being held earlier the same day. Volunteers are needed – preparation for dinner begins at 3 p.m. Contact Margaret to sign up.

NEW BUSINESS:

- **High School Track Meet Timing – David Frank** made a motion, seconded by **Owen Shott**, that we sponsor high school track meet timing a bit differently than we have in the past several years by making a \$550 donation directly to each school with the understanding that they will pay the company doing the timing. The maximum number of schools to get a donation will be six. Part of the plan is that Coach Frank will borrow the timing equipment and use it at our meets at no charge to *JTC Running*. The motion passed.
- **JTC Running Racing Team – David Frank** made a motion, seconded by **Owen Shott**, that since we are interested in having a racing team, we should create a committee to investigate forming the team, setting qualification standards, determining races at which to compete, and proceed with team development. The motion passed.
- **Travel Expenses for TenBroeck Cup – Richard Fannin** described a problem being faced by teams having members who don't meet the high standard for assistance with travel expenses but are potential good

JTC Running Track Workouts

runners for our event. He made a motion that we add \$5,000 to our allocation for the TenBroeck Cup for 2010 and earmark it specifically for team travel, in an effort to get more good teams here for the race. **Carol Fitzsimmons** seconded the motion. The motion passed following discussion.

COMMITTEE REPORTS:

RACE COMMITTEE – The next Race Committee meeting will be held some time after the Gate River Run.

GATE RIVER RUN (3/13/10) – **Doug Alred** reported that 6,000 runners had registered as of January 31, keeping us on pace with last year's record attendance. The bands are set, the water stations are established, and work is proceeding toward another great race.

LAST GASP – (12/27/09) – Race and reports complete. No further information.

JOHN TENBROECK MEMORIAL WINTER BEACH RUN – (2/14/10) - Race Director **Doug Alred** announced a “packet stuffing party” in the 1st Place Sports Race Management office on Wednesday, February 10, at 6 p.m. He said the race is set with the city and we're good-to-go.

GUANA RIVER 50KM TRAIL RUN & RELAY (3/27/10) // GTMERR 10K (2/7/10) – It was reported that the GTMERR 10K was sold out and at capacity. Information and registration for the 50 km Trail Run and Relay is available on active-dot-com.

GINGER FANNIN COUPLES RELAY – No action on this race so far.

CLASSES & CLINICS – **Jane Alred** noted that the GRR training class, coached by **John Metzgar**, is going well with very good attendance.

COMMUNITY & PUBLIC RELATIONS – Committee Chair **Larry Sassa** told us the committee had just met prior to the board meeting. We still plan for the *JTC Running* tent to be in Green Cove Springs for Step Up on 2/13. The next day we'll have the tent set up at the SeaWalk Pavilion for the John TenBroeck Memorial Winter Beach Run. The committee continues to also focus on our GRR Hospitality Tent, which will be catered and have “exclusive” porta-potties. Admission will be by *JTC Running* rubber bracelets, which Larry will be mailing before the GRR. Our estimated cost for the Hospitality Tent is \$2,000.

FINANCE COMMITTEE – No further Finance report – Treasurer's report delivered earlier.

MEMBERSHIP – **Rex Reed**, Membership Coordinator, distributed a report that detailed which membership form color (white) was the most successful at attracting new members and how many new members we got from the Gate River Run. He also told us that 109 new members have joined *JTC Running* via our training classes.

MERCHANDISE – **Carol Fitzsimmons** suggested that “Merchandise” should be part of the Community & Public Relations Committee to have better coordination and planning of tent and expo booth activities. It was a “something to think about” type of suggestion. No action taken.

NEWSLETTER – Committee Chair **David Frank** said *The Starting Line* would be mailed soon.

WEBSITE – Trib the Webmaster said the VRP program was about 90% resurrected. He told us of a new photo program that would be showing on the website soon.

SOCIAL & BANQUET – **Jane Alred** said there will be a Hall of Fame Induction for the Gate River Run on March 9 beginning at 6 p.m. It is a “by invitation” event.

VISION & PLANNING – We had the chance to review and comment on the foot-tall model of the statue during the previous month. Our sculptor has made modifications and is proceeding. In six more weeks, the two-foot-tall advanced model will be available for review and comment. **Bob Fernee** made a comment that some running friends of his were opposed to our statue placement. The Board discussed the opposition. It was decided we needed to do a more effective job of publicizing our projects and programs to our membership, including the reasons we make the decisions we do.

NEXT MEETING – The next meeting will be Tuesday, March 2, at 7 p.m. at Mediterranean Restaurant.

The meeting was adjourned at 9:04 p.m.

Douglas Tillett, *JTC Running* Secretary, has respectfully written and submitted these minutes.

Looking to set a personal best or just interested in camaraderie with fellow runners? **JTC Running** sponsors morning and evening track workouts every Wednesday* at The Bolles School. The interval workouts are led by highly experienced runners who welcome runners of all ability levels.

Morning Session: 5:30-7:00 a.m., Coach **JC Pinto**

Evening Session: 5:30-7:00 p.m., Coach **Danny Weaver**

What to Expect: The workout generally starts with a ~one-mile warm up along San Jose Blvd. The group then heads to the track for repeats of distances ranging from 200 meters to 1600 meters. The track workout (usually ~3-4 miles) is followed by a ~one-mile cool down run.

PARTICIPATION REQUIREMENTS:

1. For insurance purposes, you must be a **JTC Running** member.
2. Prior to your first workout, you will need to get a Bolles ID for school security purposes. You can get the Bolles ID between 8 a.m.-1 p.m. on the first Monday of each month. Please stop by the guard gate and the security guard will run your drivers' license through the Raptor program (a sexual predator data base). They will then direct you to another building to get your photo taken. The cost is \$5 (cash only) and takes 10 minutes. (Note: The security guard may or may not check your ID at the gate on any given day, but all participants are required to have one as part of our agreement with the school. If random spot checks reveal participants without IDs, our arrangement with the school will be jeopardized).
3. You will be asked to sign a waiver upon your first workout.

More Information: If you are interested in joining the Wednesday track workouts or would like more information, please contact JC (803-8758) for the morning workout or Danny (287-5496) for the evening workout.

Gate River Run Results (Top 10 in each age group)

	5K	10K	15K	CLOCK TIME	PACE	TEAM
Men 3-13						
525 David Yarborough, 13, Jacksonville, FL	19:12	40:02:00	1:00:56	1:01:00	6:33	
842 Steven Barlow, 13, Orange Park, FL	20:42	41:51:00	1:03:44	1:03:54	6:51	
7066 Michael Barry, 13, Callahan, FL	22:46	45:00:00	1:07:18	1:09:55	7:14	
3498 Zachary David, 13, Lawtley, FL	24:47:00	51:03:00	1:17:56	1:20:52	8:23	
1154 Julian Van Pelt, 13, Jacksonville, FL	25:15:00	51:15:00	1:17:58	1:18:23	8:23	
1325 Ryan Sullivan, 9, Daytona Bch Shore, FL	24:59:00	51:15:00	1:18:44	1:19:18	8:28	
1510 Lee Williams, 13, Saint Augustine, FL	26:03:00	53:38:00	1:20:32	1:27:11	8:40	
2891 Wyatt Griner, 11, Starke, FL	24:53:00	51:59:00	1:20:35	1:21:24	8:40	
9872 Chandler Harper, 13, Middleburg, FL	28:33:00	55:55:00	1:22:09	1:23:21	8:50	
7024 Roy Eppley, 10, Jacksonville, FL	26:53:00	54:54:00	1:24:00	1:26:27	9:02	
Men 14-19						
270 Joseph Elsagr, 19, Durham, NC	16:47	33:47:00	50:57:00	50:59:00	5:29	
16387 Kevin Debear, 19	17:27	34:28:00	51:51:00	52:22:00	5:35	
118 Matthew Devey, 18, Detroit, MI	17:08	34:30:00	52:19:00	52:20:00	5:38	
74 Phil Kosky, 18, Detroit, MI	17:19	34:59:00	52:59:00	53:00:00	5:42	
121 Douglas Mack, 18, Detroit, MI	17:24	35:14:00	53:41:00	53:42:00	5:46	
13787 Philip Baldick, 19, Macomb, MI	17:46	35:34:00	53:47:00	54:18:00	5:47	
123 Jason Smith, 19, Detroit, MI	17:08	35:14:00	53:53:00	53:54:00	5:48	
16388 James Maloney, 18	17:23	35:38:00	53:57:00	53:59:00	5:48	
14013 Saeed Saleh, 19, Detroit, MI	18:08	35:52:00	54:49:00	54:58:00	5:54	
293 Corey Mundy, 17, Green Cove Sprngs, FL	18:01	37:07:00	56:26:00	56:27:00	6:04	
Men 20-24						
49 Craig Curley, 21, Tulson, AZ	14:58	30:24:00	46:06:00	46:08:00	4:57	
91 Brian Baker, 24, Long Beach, CA	14:52	30:31:00	46:28:00	46:29:00	5:00	International City
83 Chris Erichsen, 24, St Paul, MN		30:59:00	46:37:00	46:38:00	5:01	
113 Gavin Coombs, 24, Clayton, NC	15:17	31:01:00	46:48:00	46:48:00	5:02	Athlete's Foot Brooks
126 Ben Orvold, 20, Sussex, WI	15:43	31:43:00	48:06:00	48:07:00	5:10	
125 Dustin Emerick, 21, Evansville, IN	15:41	31:56:00	48:33:00	48:33:00	5:13	
56 Andrew Dixon, 21, Petersburg, IN	15:49	32:49:00	49:48:00	49:48:00	5:21	
1374 Travis Barczak, 20, Detroit, MI	16:36	33:24:00	50:21:00	50:29:00	5:25	
146 Mitch Guirard, 24, West Palm Bch, FL	16:34	33:31:00	51:06:00	51:08:00	5:30	
14011 Nick Gehlsen, 22, Daytona Beach, FL	16:19	33:43:00	51:30:00	51:33:00	5:32	
Men 25-29						
45 Lucas Meyer, 26, Ridgefield, CT	14:51	29:50:00	45:03:00	45:04:00	4:51	
67 Ryan Sheehan, 26, Kalamazoo, MI	14:45	29:40:00	45:11:00	45:12:00	4:51	Playmakers Racing
23 Jason Hartmann, 28, Boulder, CO	14:32	29:40:00	45:24:00	45:24:00	4:53	Boulder Harriers
59 Ian Burrell, 25, Flagstaff, AZ	14:30	29:23:00	45:37:00	45:38:00	4:54	
71 Crosby Freeman, 26, San Francisco, CA	15:10	30:17:00	45:40:00	45:42:00	4:55	
33 Stephen Haas, 26, Bloomington, IN	14:37	29:56:00	45:41:00	45:41:00	4:55	
77 Abebe Yimer, 29, Santa Fe, NM	14:31	29:54:00	45:46:00	45:46:00	4:55	
63 Sergio Reyes, 28, Palmdale, CA	15:11	30:19:00	45:53:00	45:54:00	4:56	
29 Josh Moen, 27, Eden Prairie, MN	14:31	29:44:00	46:00:00	46:00:00	4:57	Team Usa Minnesota
69 Nicholas Stanko, 29, Haslett, MI	15:13	30:41:00	46:39:00	46:40:00	5:01	Playmakers Racing
Men 30-34						
37 Michael Spence, 31, Ogden, UT	15:07	30:21:00	45:49:00	45:50:00	4:56	
53 Justin Young, 30, Bloomington, IN	15:01	30:38:00	46:23:00	46:23:00	4:59	
43 Bolota Asmeron, 31, Oakland, CA	15:04	30:46:00	46:23:00	46:23:00	4:59	Bay Area Track Club
35 Thomas Kloos, 32, San Francisco, CA	15:14	30:43:00	46:33:00	46:34:00	5:00	Bay Area Track Club
7 Dan Browne, 34, Chula Vista, CA	15:10	30:40:00	46:50:00	46:50:00	5:02	
226 Nate Pennington, 33, Colorado Springs, CO	15:44	32:02:00	48:38:00	48:38:00	5:14	
296 Joey Zins, 30, Indiana, PA	16:18	32:49:00	49:51:00	49:53:00	5:22	
220 Troy Harrison, 34, Colorado Springs, CO	16:34	33:13:00	50:08:00	50:09:00	5:23	
254 Fredrik Swahn, 32, Jacksonville, FL	16:43	33:26:00	50:18:00	50:18:00	5:24	
139 Karl Byrne, 33, Jacksonville, FL	16:48	33:41:00	50:47:00	50:48:00	5:28	
Men 35-39						
144 Kayle Fisher, 39, Holly Hill, FL	18:04	36:19:00	54:53:00	54:57:00	5:54	
140 Patrick Arnold, 39, Metamora, IL	17:57	36:14:00	55:03:00	55:05:00	5:55	
1654 Duncan Sheils, 39	18:03	36:12:00	55:11:00	55:14:00	5:56	
13 Christopher Kehoe, 37, New Orleans, LA	18:10	36:56:00	55:32:00	55:32:00	5:58	
272 Rick Patterson, 39, Jacksonville, FL	18:34	37:30:00	56:44:00	56:45:00	6:06	
260 Jason Arnold, 35, Palatka, FL	18:20	37:22:00	56:45:00	56:47:00	6:06	
239 Andrew Marchand, 38, Orange Park, FL	18:18	37:22:00	56:49:00	56:51:00	6:06	
160 Joshua Romaine, 39, St Augustine, FL	18:18	37:33:00	57:28:00	57:30:00	6:11	
225 Jason Lewis, 39, Jacksonville, FL	18:58	38:22:00	57:35:00	57:38:00	6:11	
283 Scott Livingston, 37, Bolton, CT	19:11	38:11:00	57:45:00	57:47:00	6:13	
Men 40-44						
251 Bill Goble, 41, Greenwood, IN	17:04	34:44:00	52:47:00	52:49:00	5:40	
184 John White, 42, Jax Bch, FL	17:23	35:07:00	53:32:00	53:34:00	5:45	

117 Phil Wharton, 42, Flagstaff, AZ	17:45	35:42:00	54:05:00	54:06:00	5:49	
190 Jon Williams, 41, Miami, FL	17:41	36:08:00	54:53:00	54:54:00	5:54	
141 Nicholas Small, 44, Switzerland, FL	18:04	36:46:00	55:42:00	55:44:00	5:59	
248 Eric Vandervort, 42, Jacksonville, FL	18:16	37:15:00	57:04:00	57:05:00	6:08	
223 Steve Chin, 41, Satellite Bch, FL	18:36	37:47:00	57:13:00	57:14:00	6:09	
175 Daniel McCarthy, 41, Lake Mary, FL	18:46	38:21:00	58:00:00	58:02:00	6:14	
706 Brian Corbin, 42, Tallahassee, FL	19:22	38:53:00	59:20:00	59:26:00	6:23	
178 David Bonnette, 43, Orange Park, FL	19:22	39:01:00	59:22:00	59:26:00	6:23	
Men 45-49						
150 John Metzgar, 47, Orange Park, FL	17:22	35:06:00	53:14:00	53:17:00	5:43	
250 John Kelly, 49, Wayne, PA	17:44	35:41:00	54:01:00	54:03:00	5:48	
171 Jim Zoldy, 47, Watertown, CT	18:08	36:20:00	55:09:00	55:12:00	5:56	
221 Jon Babcock, 49, Orlando, FL	18:20	36:49:00	55:52:00	55:56:00	6:00	
212 Gary Droze, 48, Tallahassee, FL	18:46	37:34:00	56:09:00	56:11:00	6:02	
199 Walter Campbell, 48, Atlantic Bch, FL	18:10	37:22:00	57:22:00	57:25:00	6:10	
157 Tim Anderson, 48, Greensboro, NC	18:48	38:01:00	57:30:00	57:31:00	6:11	
274 Jim Bitsko, 49, Doraville, GA	19:20	39:01:00	59:16:00	59:18:00	6:22	
210 Tim Francis, 49, Rock Port, MO	19:28	39:19:00	59:20:00	59:23:00	6:23	
1646 Germain Boivin, 49	20:05	40:05:00	1:00:48	1:00:58	6:32	
Men 50-54						
120 Paul Giannobile, 50, Minnetonka, MN	17:55	35:55:00	54:30:00	54:33:00	5:52	
152 Kevin Tuck, 53, Salt Lake City, UT	18:36	37:06:00	56:12:00	56:15:00	6:03	
174 Tim Unger, 50, Tallahassee, FL	19:02	38:12:00	58:09:00	58:12:00	6:15	
1434 George Ramos, 53, Hialeah, FL	19:35	39:01:00	58:31:00	58:43:00	6:17	
994 David Delong, 52, Tampa, FL	19:33	39:32:00	1:00:42	1:00:47	6:32	
166 Tim Bishop, 50, Vero Bch, FL	19:51	40:16:00	1:01:20	1:01:23	6:36	
604 Michael O'Brien, 53, St Augustine, FL	19:57	40:41:00	1:01:58	1:02:03	6:40	
290 Kenneth Jacobson, 54, St Augustine, FL	19:22	40:18:00	1:03:26	1:03:30	6:49	
170 Michel Dahan, 54, Ft Pierce, FL	20:16	41:33:00	1:03:31	1:03:34	6:50	
1268 Gregory Umberger, 53, Jacksonville, FL	20:52	42:32:00	1:04:48	1:05:02	6:58	
Men 55-59						
183 Danny West, 58, Myrtle Bch, SC	19:27	39:07:00	58:48:00	58:50:00	6:19	
177 James Rasch, 56, Gainesville, FL	19:38	39:06:00	58:53:00	58:56:00	6:20	
186 Mike Kodya, 56, Port St Lucie, FL	19:05	38:42:00	58:58:00	59:00:00	6:20	
201 Michael Coyne, 59, St Stephn, New B'Wick	19:38	39:53:00	1:00:36	1:00:38	6:31	
Bob Evers, 59, Park City, UT	20:04	40:39:00	1:01:37	1:01:40	6:37	
1528 Fernando Torres, 56, Hialeah, FL	20:14	40:59:00	1:02:10	1:02:20	6:41	
363 Tom Perona, 56, Ft Pierce, FL	20:43	42:03:00	1:03:17	1:03:22	6:48	
218 Craig Holm, 55, Bryn Mawr, PA	20:34	41:42:00	1:03:45	1:03:49	6:51	
217 David Coyne, 58, Avon, NY	20:57	42:32:00	1:04:49	1:04:53	6:58	
400 Leslie Hart, 55, Jax Bch, FL	21:12	43:47:00	1:06:48	1:06:52	7:11	
Men 60-64						
168 Terry McCluskey, 61, Vienna, OH	19:02	38:00:00	56:38:00	56:40:00	6:05	
182 Page Ramezani, 60, Jacksonville, FL	20:14	40:36:00	1:01:15	1:01:18	6:35	
894 Bruce Kritzier, 61, St Simons Island, GA	22:09	43:46:00	1:05:28	1:05:39	7:02	
769 John Mann, 61, Orange Park, FL	21:01	42:49:00	1:05:56	1:06:00	7:05	
611 Patrick Gaughan, 60, Jacksonville, FL	21:58		1:08:22	1:08:30	7:21	
432 Charles Strickland, 64, Waycross, GA		45:21:00	1:08:55	1:09:00	7:25	
458 George White, 63, Orange Park, FL		45:52:00	1:09:26	1:09:34	7:28	
3219 Lou Wolff, 60, Jacksonville, FL	23:09	46:17:00	1:10:08	1:11:22	7:32	
3 Bill Rodgers, 62	24:02:00	47:14:00	1:10:15	1:10:19	7:33	
3520 James McQuaig, 60, Waycross, GA	23:15	46:54:00	1:10:55	1:11:29	7:37	
Men 65-69						
627 Lee McMaster, 67, Ponte Vedra, FL	21:43	43:33:00	1:06:18	1:06:24	7:08	
607 Jerry Bergman, 68, East Amherst, NY	23:24	47:49:00	1:12:05	1:12:10	7:45	
357 Paul Smith, 68, St Johns, FL	23:37	48:13:00	1:13:20	1:13:27	7:53	
1143 Barry Clark, 66, Lake Mary, FL	23:54	48:27:00	1:13:29	1:13:35	7:54	
354 Frank Frazier, 67, Orange Park, FL	24:20:00	48:45:00	1:13:53	1:13:53	7:57	
1176 Derck Frechette, 65, The Villages, FL	23:37		1:13:54	1:14:16	7:57	
1032 David Ohnsman, 66, Neptune Bch, FL	24:01:00	48:58:00	1:16:01	1:16:12	8:10	
2710 John McBrearty, 68, Fernandina Bch, FL	25:25:00	51:48:00	1:18:48	1:19:23	8:28	
397 Bill Harden, 67, Buffalo, NY	24:38:00	51:24:00	1:18:57	1:19:06	8:29	
1330 Wesley Royal, 65, Jacksonville, FL	25:26:00	53:25:00	1:22:37	1:23:22	8:53	
Men 70-74						
1209 Richard Hill, 73, Middletown, NJ	25:02:00	50:45:00	1:17:10	1:17:27	8:18	
431 Ben Mathews, 72, Jacksonville, FL	25:51:00	51:30:00	1:18:15	1:18:21	8:25	
2117 Patrick Zier, 71, Lakeland, FL	27:19:00	55:20:00	1:24:31	1:25:11	9:05	
5122 Matt Ross, 70, Jacksonville, FL	29:02:00	59:29:00	1:30:24	1:31:50	9:43	
4325 Jerome Domask, 70	29:04:00	59:02:00	1:31:26	1:33:02	9:50	
11636 John Hopkins, 72, Fernandina Bch, FL	29:41:00	1:01:06	1:32:33	1:34:25	9:57	
6110 Jimmie Seeley, 72, Orange Park, FL	30:36:00	1:02:33	1:36:56	1:39:02	10:25	
16475 Jim Ellinger, 70</						

Discounts to *JTC Running* Members

Merchants offering a 10% discount to *JTC Running* members **ONLY** (Valid card-carrying member only, does not include family members unless those family members possess a valid membership card). Proper *JTC Running* membership card is required at time of purchase, not to be used with any other discounts. Certain items may not be subject to discount.

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Trek Store of Jacksonville

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Champion Cycling

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Open Road Bicycles

- 4460 Hendricks Avenue
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- 1560 Business Center Drive
Orange Park, FL
904-541-1816
- 2220 CR-210 West, #303
St. Johns, FL
904-819-0422

Upcoming Races (April - May)

Saturday, April 3,

- 8 a.m.
- Navy Run, Capt. Chuck Cornett 10K Run and 5K Walk, NAS Jacksonville

Saturday, April 3,

- 6 p.m.
- Riverside Run for Cover 5K, Riverside Park (753 Park Street)

Friday, April 9,

- 7 p.m.
- *JTC Running* Mile Festival (including race walk), The Bolles School San Jose Campus; Track Hotline for Questions (904) 384-TRAK (8725)

Saturday, May 1,

- 6 p.m. (field events)/7 p.m. (track events)

- *JTC Running* All Comers Meet 1, The Bolles School San Jose Campus; Shot put, discus, javelin (bring own), pole vault (bring own pole), high jump, long jump, 100, 400, 1600, 4x100, 4x400, kids (11 & under) 40-yard dash on the infield; Fully Automatic Timing; Track Hotline for Questions (904) 384-TRAK (8725)

Friday, May 28,

- 6 p.m. (field events)/7 p.m. (track events)
- *JTC Running* All Comers Meet 2, The Bolles School San Jose Campus; Shot put, discus, javelin (bring own), pole vault (bring own pole), high jump, long jump, 200, 800, 3200, 4x100, 4x400, kids (11 & under) 40-yard dash on the infield; Fully Automatic Timing; Track Hotline for Questions (904) 384-TRAK (8725)

JTC Running Merchandise



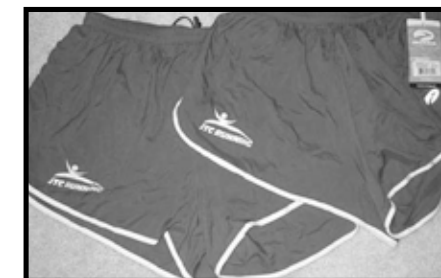
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Meet...Josh Myers

Josh Myers, 27, is a resident of Jacksonville Beach and has been a **JTC Running** member for a year. Although young in life and club membership, Myers has been a dedicated runner for over half his life.

How long have you been running and what got you into it?

» I started competitive running in seventh grade when my Sunday school teacher, who was also the middle school and high school cross country coach, asked me to come out and give it a shot. At the time, I was playing football, but I took him up on his offer and did both sports at the same time. I really didn't devote much time to running and it showed. I was the worst guy on the team my first year of running. But after a decent summer of training, I gave it one more shot and things improved greatly. After a great freshman year of high school, I dropped all other sports I was playing (football, baseball, basketball, tennis, and golf) and focused only on running.

Why do you run now?

» Running became a lifestyle. Now I feel I can't function without running. I get antsy if I don't get a run in.

When you're really getting after it what does your running log look like?

» Mileage! I've made it as high as 110. And most of that mileage is done on the roads. I hate the track. So even during serious training, I won't get on the track THAT much. Typically, I like to start by building a very strong base, but I do so slowly to avoid any injury. Once I'm in the peak of my training, I MIGHT get on the track once a week. But if I'm training for a road race, I prefer to do fartlek style runs on the roads, so that it is a closer simulation to the actual race.

When you're in between goals what does your running log look like?

» When I'm not gearing up or really focused on a single race, I still try and keep a decent base, so I'm still running 40+ miles a week.

What are your favorite races or at least the ones you train for the most seriously?

» There are a handful of them, and in no particular order, The Peachtree Road Race in Atlanta (10K), Tour de Pain, Athens Twilight (5K in the morning, top 15 in 5K race a mile on a criterium course in downtown Athens, with thousands of spectators for \$1000), Gate River Run, Chicago Marathon

What PR's or running accomplishments are you most proud of?

» I placed 11th at the XTerra WORLD Championships in Hawaii in 2008. It was a half marathon on trails and possibly the most difficult and challenging course I have ever raced on. But at the same time, it was the most beautiful course. There would be times you would be running up the side of a mountain, and catch a view of the ocean and it would take your breath away. It's hard to race when you are getting caught up in the scenery around you. Oh, and did I mention, it was in Hawaii!

Tell us about your most memorable workout or race?

» Well, my most memorable race might not be the most positive memory, but it's a race that I will never forget. My senior year of high school, at the state cross country meet, I led for the first two miles. I never felt like I went out too fast or too hard, but just past the two mile marker, the wheels fell off and my nice lead, and state championship, slipped away. I was not able to pull it back together and continued to fade. I wound up finishing seventh, which still earned me all-state honors, but it wasn't that state championship I wanted.

Who, in the running world, inspires or motivates you?

» In high school, it was **Steve Prefontaine**. But then again, what high school runner isn't he?! I don't think I realized until after high school what a gem of a coach I had in high school. **Shelly Cranford** was my high school coach, and while he isn't

Meet...Josh Myers Continued

as fast as he once was, he still inspires me and motivates me to be a better person and to use my running as a positive influence in my life. Again, he was my Sunday school teacher and whether it was through running or not, he always wanted me to be successful in everything I did. I stay in touch with him, and these days, he is focused on running farther instead of faster, and that has motivated me to MAYBE explore some distances past the marathon in the future. I plan on running 27 miles on my 27th birthday (March 25th). And lastly, in the Jacksonville area, I would say **Owen Shott**. He is one of the most motivated runners, if not THE most motivated runner I know. He is always good for a run (if you don't mind doing it early in the morning) and I feel like you can never question his drive. Anytime I see him in a race, I would always put my money on him achieving his goal for the race. I'm not sure if he's stubborn or just that gutsy and driven!

Anything else you want to add?

» I'd like to thank **JTC Running** for selecting me for this profile in The Starting Line. There have been some great people and runners selected as the profile person and I'm happy to be one of those. Also, thanks to **JTC Running** for all they do with the running community in Jacksonville and the great races they host!



Josh Myers, Gate River Run, March 13, 2010

Are You Receiving **JTC Running** Email Blasts?

JTC Running utilizes email blasts as one of many communications tools for its membership. If you are not receiving emails from **JTC Running**, please contact **Carol and Mike Fitzsimmons** at mandcfitz@comcast.net.

Coaches Corner

Fun Conversations with Non-Runners

By Tonya Savory

Did he just say “a 5K marathon”? Aaaagghh! My ears!!

A YEAR OR SO AGO, Cheryl and I were out having 5,000 margaritas when we ran into a client of hers (finance world...just writing the word “finance” has already bored me too much to describe what she actually does.) He was a convivial little fat man dressed in the Look-at-how-HUGE-my-stomach-is! fashion that is ever-popular in the South. This is a look achieved, first, by wearing a t-shirt that is roughly two sizes too small. Next, the shirt must be tucked into the pants. Finally, while one might feel that the resulting accentuation of abdominal atrocity is sufficient, it is not; a belt must be cinched to hell just beneath the gut so that the end result is not unlike a 10-pound sack of flour hanging over a thin fence rail.

Anyway, this man (let’s call him “Bob”) chatted pleasantly with Cheryl about stocks, flow charts, unrealized gains, and.....Oh, sorry, I just nodded off. After an interminable expanse of time (5 minutes) spent discussing unimportant things like money, the subject somehow shifted to the fact that I had a marathon coming up. (I really can’t imagine how that topic shift happened.) Bob said the word “marathon” carefully as though it was a newly discovered subspecies of the common cockroach. He gave me a long, unimpressed look, and then suddenly got a dreamy, faraway expression on his cherubic little face.

“I ran a 5K marathon back in the nineties,” he said with great authority. “Oh boy, is there ever a story about that marathon!”

I’m not sure I can accurately impart to you just how rapidly I ordered another margarita.

“Yep. Think it was ’95, maybe ’96,” Bob continued, patting his belly for emphasis. “Went out and ran one of those three-mile marathon deals without ever training at all. But, you know, I used to bowl a lot, so I was in pretty good shape and all. Anyway, you all are not going to believe how fast I ran that first mile.”

The vision in my head was of a siphon attached directly to a monstrous tank of tequila and the on/off switch at my disposal.

“Well, I just took off as fast as I could go. Whoooo!! I was

FA-lying!! So I come up to the one-mile sign and I had run it in under four minutes.” At this point, Bob’s eyes looked like they were about ready to pop out of his head. He looked directly at me and said, “that’s pretty darn fast, right? I mean, have you ever run the first mile in a 5K marathon that fast?”

I could feel the waves of Don’t be rude, he’s a client...Don’t be rude, he’s a client... emitting from Cheryl and slapping me upside the head. Still, this was just too staggeringly classic to leave alone.

“No. No, I can honestly say that I’ve never run a mile that fast in a 5K marathon. Four minutes. Wow. That is fast,” I agreed dramatically. “So, I’m guessing there were no other runners with you when you reached the one mile marker, then?”

Bob looked confused. He glanced at Cheryl for support, but she was suddenly fascinated by the chip bowl. “Well, no, there were other guys ahead of me. You know, the real fast guys who had probably trained and stuff. But I know it was four minutes,” Bob added sullenly. “I looked at my watch.”

“Hmmm,” I responded. “So what was your finishing time? I’m guessing you must have had a pretty good time what with doing the first mile in four minutes and all.”

Bob cheered up at this. “No, that was the craziest thing about it! My overall time was like 40 minutes. So I guess I really slowed down in the other two miles. That first mile just drained me.”

Poor, wretched, confused, belt-cinched-to-hell, Bob. I had to say something. A more pleasant person would have just let the idiocy of it all pass by with no more ire than one might have when a third-grader insists that he is growing a tail. But, as I have taken painstaking care to patiently point out throughout these blogs, I’m simply not that pleasant.

“You know, I’m wondering if either the mile marker might have been off or your watch was broken.”

Large silence loomed while major huffiness gathered and multiplied. Hints of steam appeared outside Bob’s ears.

“I only wonder that,” I added nonchalantly, “since the world record for the mile is about 3:45.”

I think it was at this point that Cheryl excused herself. Probably to go to the bathroom and sadly delete Bob’s info from her business contacts on her cell phone. Bob briefly looked as though his head might blow right off his shoulders, leaving only a charred nub.

Then, just as quickly, a superior, epiphany-like expression crossed his face.

“I didn’t say I ran a world record for the mile. I said it was four minutes for just the first mile of a 5K marathon. Geez. I’m not that fast.”

Tonya Savory is a runner/writer living in Nashville, TN. This piece was re-printed with the author’s permission. For more of her writing visit her blog. tanyas.wordpress.com/

JTC Running Goes Racing

A new decade brings in a traditional idea; **JTC Running** introduced its first competitive team in a long while at last month’s 2010 Gate River Run. After all, what’s a running club without a racing team? The idea of a consistent group of athletes to compete for **JTC Running** was sparked after a group of club members represented us at the Club Cross Country Nationals in Kentucky last Decemeber. The Jacksonville Track Club was once a very competitive racing institution. In reality, JTC Racing is more of a rebirth of a proud Jacksonville racing history.

One of the missions of **JTC Running** is to promote running as a form of athletic competition. A racing team seems to be an obvious vessel to pursue this charge. The team will increase club visibility and expand our reach to target more accomplished young and master’s level athletes. JTC Racing will eventually have minimum requirements to join but will operate on an invitation/interest level in the short-run. Please contact team coordinator **David Moritz** (davemoritz@yahoo.com) for more information.



From Left to Right: David Moritz, Kevin Curran, Cory Geisse, Karen Stellhorn, Deanna Medvidofsky, Wendy Patterson

Editor: **John Curran**
Designer: **Carlyn Godar**

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

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May 10, 2010! **No Exceptions!**

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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, 7-8:30 pace.
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 (JTCR) track intervals (all
abilities). Contact: Danny at 287-5496.

Wednesday, 6 p.m., Avondale:
Boone Park tennis parking (JTCR), 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 364-3767.

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

Thursday, 7 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.

Saturday, 7 a.m., Ponte Vedra:
Sawgrass Village South Lot, 5-12 miles.
Contact: Craig at 424-9690.

Visit www.JTCRunning.com for more information.