

# THE STARTING LINE

May/June 2011

## *JTC Running's Annual Awards Banquet*

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TO GO DOWN! p. 7**

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THE BUS p. 8**

**SLOWING DOWN,  
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**MAGGIANO'S RESTAURANT  
TOWN CENTER MALL  
WEDNESDAY,  
JUNE 15TH, 6:30 PM**

**DON'T MISS THIS ONCE-A-YEAR GREAT TIME!**

More details inside.

Vol. 37, No. 3  
Issue 387



[www.jtcrunning.com](http://www.jtcrunning.com)

## Letter From the Editor, Bob Fernee

Things have calmed down a little. After such a hectic first quarter of the year the action surrounding our old track club has subsided. Time to catch our breath. We have run that interval and now its time for the recovery jog.

Our main event is the 2011 Awards Banquet, a JTC Running annual event that acknowledges the exceptional people who have excelled in front and behind the scenes. It is something very different but great fun and a fine, satisfying moment for the club and its members. It takes place on Wednesday, June 15th at 6:30 pm at Maggiano's restaurant in the Town Center Mall.

Don't expect mutton and spuds it will be Italian cuisine. You think those Italians come cheap? Furgetaboutit. Cost is \$25 for non-members but just \$10 for members. That's for an authentic Italian repast straight from Tuscany, not bad. Of course, non-members can join the JTCR at the door and then pay only the \$10. Non-alcoholic drinks will be free, cash bar for the rest.

Interested? Then get a move on and RSVP to Doug Tillett either by phone or email (contact info in the Board of Directors list in this issue).

Something more subtle, but just as important and meaningful, is the JTC Running Scholarship Program that supports young runners and makes it possible for some of them to attend a summer running camp when they might otherwise not be able to. It is a financial aid program that has been going on for many years and is made possible by the profits engendered by some of our events like the Gate River Run. Those young people who have been selected will be announced at our awards banquet.

By the time you receive this newsletter the JTC Running sponsored track meet series at UNF will have already begun. The 32-year old series, started by our club and spearheaded by one of our pioneers, Lamar Strother, we hope will be well attended during the new phase of its life.

Public track, we feel, is important, especially for the youngsters. To get them hooked on a healthy lifestyle and a lifetime of running, get them involved early; the track is a great place to do it.

As I write I see in the newspaper that cross country running has now been axed from Duval county public high schools (no word on track and field). It is a sad day and I can't help but wonder if this doesn't make our work as a running club even more pertinent and vital.

The Ragnar Relays may seem a long way off but entries are now being accepted and our club would like to field a team. The relay, that takes place next year in

Key West, always sells out so if you are interested you need to move on it ASAP. Board member and Ultra runner, Mark Ryan, is heading up the charge and has written up all the details for this newsletter.

Club member, Joe Connolly, is quite a guy. 86-years young, Joe has run more than 1000 races. He began running in 1971. In this issue he has penned a poignant personal story about getting older, slower, weaker but at the same time wiser and more observant and appreciative. It is a story well worth reading and we thank him for it.

Grete Waitz was an elite athlete if there ever was one. She graced our River Run stage twice in the 1980's and we were the better for it. She competed for the last time on April 19th, when she lost her battle against cancer. She was unique and when I learned of her death I felt compelled to write a short tribute to her and her legacy.

Our Rate the Races series has floundered; no one has rated a race for this issue. Poor show, people. This is a necessary public service sort of thing so next time I want to see a bunch of critiques of races, both local and otherwise.

Speaking of critiques, I remember some years ago Runner's World magazine chose Jacksonville, yes, our Jacksonville, as one of the Top Ten Running Cities in America. Now it seems, another publication thinks we are not even worth a mention. Yours truly has vented his spleen in this issue.

It was so wonderful that it seemed magical; it was the JTC Magic Bus. Read all about it in this issue. If you want it back, jump on and support the Bring Back the Bus campaign.

Now the big moment ...The really huge news is that we have a new graphics artist person in charge of our award-winning newsletter now that Carly Godar has given up the gig. Thank you Carly for all of your wonderful service.

Not only is she an artist but she is also an avid runner and we welcome Amanda Mason as our new Starting Line graphic artist. Welcome aboard Amanda.

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## President's Message

Greetings!

I am really excited about this year's summer track meets. For the first time the Club has partnered with the University of North Florida to produce the meets. This gives us access to a wonderful venue, Hodges Track and Field Complex- perhaps the best track in Northeast Florida- and UNF Assistant Athletic Director Mark Van Alstyne's talented staff. The series consists of three full meets and a distance carnival. JTC Running members enjoy free meet entry but need to register in advance. Please see details on our website.

Coming up June 16 at 6:30 pm is the Club's Annual Awards Banquet. The Social Committee has selected Maggiano's in Town Center for this year's event. The cost, subsidized by the Club, is just \$10 for JTC Running members. Come out and join us for an evening of celebration of the past year in running in Jacksonville.

On the running scene June and July offer a number 5k events around town, starting with the traditional Run for the Pies at the Landing June 11, with the elite race at 7:30 pm and the open race at 8:00 pm. The following week the USGBCNF race is at UNF and a week later the Heart and Sole race is in San Marco. July starts with another traditional event, the



Celebration Run at 1st Place Sports main store on Baymeadows on July 4th and ends with the rVestcor Bridge Run from Hemming Plaza downtown on July 30. And mark you calendar now for JTC Running's Summer Beach Run, the oldest foot race in Northeast Florida, which will be held on August 20 this year.

Be safe and good running!

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# New and Renewing Members March/April/May

Jack Anderson

Debra Annam

Doug Barrows

Kimberly Barrows

Janis Billets

Bridget & Ed Booth

Heather & Lee Borders

Don & Betty Bottin

Kim & Duane Bowen

Hal Brickel, Jr.

Bonnie Brooks

Jinky Brown

Kelly L. & Rodney Brown

John Burke

Robert E. & Mike Carr

Elise & Frank Caskman

Greg Causseaux

Kristen Cerasi

Nicole Clifford

Mark A. & Margaret Cook

Beth DeArment

Chris & Joyce Durden

Karen Edmonds

Joan Elian

David Evans

Scott Allan Flanders

David Frank

Tonichia C. Gayle

Travis Greenley

Edward Grenadier

Eric Griffin

Nels & Elizabeth Gyland

Susan Haag

Tony Hanneken

Craig & Susan Harms

John W. Heafer

Lisa & Derrick Holland

Jennifer & Dennis Holler

Bruce & Carol Humphrey

Janet Irvin

Crystal Kauhl

Amber M. Kelley

Sandy & Rob Kemp

Todd Kirshbaum

Mary Jane Kohm

Courtney Renee Kuznicki

Kerry "Lola" Lakin

Charles & Kathy Lechner

# New and Renewing Members March/April/May Continued

Amanda Leonard  
 August Leone  
 Christine Lewis  
 Larry & Diane Longenecker  
 Jon Lonsdale  
 Roger & Alicia Madore  
 Beth & Don-L Maurer  
 Leonard McAneny  
 Miller McCormick  
 Matt McLeer  
 Walt Mitchell  
 Heather Monroe-Ossi  
 Burness W. Morris

George Mosely  
 Raechel Mya  
 Tony Nading  
 Sheila O'Conner  
 Maureen & Todd O'Donnell  
 K.C. & Mark Padget  
 Robert M. Perry, Jr.  
 Beth & Paul Peterson  
 Julie Pippins  
 Gary R. Proctor  
 Allison Ronzon  
 Jim Rorer  
 Arlene Rosado

Mark Ryan  
 Robert Simmons  
 John Stivers  
 Joel C. Strange  
 Ken & Ricki Taylor  
 Rebecca Taylor  
 Paul K. & Karen Tebbs  
 Angela TenBroeck  
 Valerie & Brian Thamel  
 Lisa Thomas  
 Beth & Adam Toner  
 Dennis & Chyrl Trubey  
 Jerry Tyre

Richard W. van Brederode  
 Johnny & Cheryl Wallace  
 Toscha Weathington  
 Gilbert N. & Wendy Weise  
 Linda & John White  
 Patricia Whittingham  
 John Wisker  
 Robert Hayne Young



## JTC Running Awards Banquet

June 15th 6:30pm

Maggiano's Restaurant, Town Center

RSVP: Doug Tillett 388-6139 or 728-3711

doug.tillett@sunopticttech.com/douglastillett@hotmail.com

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# JTC Running Minutes

## JTC RUNNING BOARD OF DIRECTORS MEETING MINUTES

Tuesday, March 1, 2011

President Larry Roberts called the meeting to order at 7:12 p.m. Directors Amanda Napolitano and Jim Van Cleave were absent. Trib La Prade, our webmaster, and Rex Reed, our membership coordinator, attended the meeting. Larry started by conducting a brief safety meeting, asking us to recognize where the exits are located, to think about the way we would egress if an emergency were to occur, and where we might muster up outside for a head count to ensure everyone has made it away safely.

Approval of 2/1/11 minutes: Mike Fitzsimmons made a motion, seconded by Franz Lerch, that we approve the February minutes. The motion passed – February minutes approved.

Treasurer's Report: Treasurer Bonnie Brooks distributed copies of the Balance Sheet and the Profit & Loss Detail and then highlighted significant items for the board. Derby, our sculptor, has been paid for the female runner. Bonnie noted that we will have to move some cash from savings to handle our expenses for bringing Dick Beardsley to town and to pay all the TenBroeck Cup costs.

### OLD BUSINESS:

1. Statue Update – Lamar Strother took names during the unveiling of our new statue and counted 97 people attending, although it is possible that one or two attendees could have been missed during the count. The event was very successful and everyone there was pleased with our new piece of public art installed on the Northbank Riverwalk.
2. Track Series at UNF – President Larry Roberts said that plans are moving along and planning is continuing for the four meets.
3. Epitome of Excellence Proposal – Bonnie Brooks told the board that the Finance Committee reviewed a proposal from Epitome where they are hosting an AAU National Qualifier Meet in June, and that the committee was able to interview Angela Harris, the club's president, until we were satisfied with the elements of their endeavor. Douglas Tillett made a motion, seconded by Bonnie, that we support Epitome of Excellence's Qualifier Meet with a \$5,000 donation. The motion passed.

### NEW BUSINESS:

1. Volunteer Needs for GRR – Carol Fitzsimmons told us that she has been organizing the list of volunteers who will be manning the JTCR booth inside the GRR Expo. Richard Fannin shared his plans regarding the TenBroeck Cup, the elite athletes (good field, as he's expecting 120 of them), and the volunteers he has attracted to accomplish the job. Larry Sassa, representing the Community & Public Relations Committee, shared the

status of our lawn-based hospitality tent for members' use before and after the race, including the people who have volunteered and the open jobs that still needed to be filled.

2. RRCA Convention – Doug Tillett spoke about RRCA and our membership in that organization, how our insurance is obtained through RRCA, and other benefits we receive through our RRCA membership. He has been to the last few RRCA conventions and asked permission to attend as our club's representative at this year's convention, May 12 to 15. We have a budget line for "conventions" which can be shared among all those who want to attend this convention.
3. Third Absence for Board Member – President Larry Roberts noted that one of our board members had missed three meetings so far this year, then read from our by-laws the sections pertaining to attendance requirements. Following discussion, the board voted with 15 ayes, that we retain the member. Larry said he would write a letter, asking for the member's intention regarding the remainder of the year.

### COMMITTEE REPORTS:

RACE COMMITTEE – The committee will meet again, sometime after the Gate River Run.

John TenBroeck Memorial Winter Beach Run – The race was on Sunday, February 6 at 3 p.m., and the weather was great. Attendance declined some, probably due to the Super Bowl being on the same day. Race Director Doug Alred said an accounting for the race would be presented after the GRR.

Gate River Run (3/12/11) – Doug Alred reported that a record turnout would occur, predicting from one thousand to two thousand more than ever before. He said all the planning was done. He told us of the virtual race bag which would be emailed to the runners.

Guana River 50km Trail Run & Relay – No report.

CLASSES & CLINICS – Jane Alred said that Dick Beardsley arrives next week – please continue to publicize his talk - 7 pm on Tuesday, March 8, in the café in the Riverplace Tower.

COMMUNITY & PUBLIC RELATIONS – Committee Chair Larry Sassa said the committee was currently focused mostly on the GRR hospitality tent. Margaret Barton noted that our next effort at the Sulzbacher Center for the Homeless would be on Friday evening, March 25.

FINANCE COMMITTEE – The San Pablo Elementary 5K was discussed with Director Franz Lerch – the request for support is being moved back to the Finance Committee.



# JTC Running Minutes Continued

**MEMBERSHIP** – We had 823 memberships in January of this year.

**MERCHANDISE** – Carol Fitzsimmons reported on the new memberships we received from the Donna Expo, at our booth.

**NEWSLETTER** – Committee Chair Bob Fernee said he is trying to get the next edition of the newsletter out on time, and that the deadline for submissions is March 17.

**WEBSITE** – Trib the Webmaster said the website was updated recently.

**SOCIAL & BANQUET** – No report.

**VISION & PLANNING** – Doug Alred, Committee Chair, said the city notified him that they would conduct a feasibility study for the running trail in Skinner Park.

**JTC RUNNING RACING TEAM** – The team will meet at the hospitality tent before the GRR for a team photo. Director Dave Moritz will arrange for the meeting and the photo.

**NEXT MEETING** – the next meeting will be Tuesday, April 5, at 7 p.m. at Mediterranean Restaurant.

The meeting was adjourned at 8:34 p.m.

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

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Tuesday, April 5, 2011

Vice President Larry Sassa called the meeting to order at 7:02 p.m. President Larry Roberts and Secretary Doug Tillett, as well as Director David Mortiz, were absent. Tom Ryan attended the meeting as a visitor.

Approval of 3/1/11 minutes: Lamar Strother made a motion, seconded by Carol Fitzsimmons, that we approve the March minutes. The motion passed – March minutes approved.

**Treasurer's Report:** Treasurer Bonnie Brooks distributed copies of the Balance Sheet, the Profit & Loss Detail, and the Budget vs Actuals through March 31 and then highlighted significant items for the board. \$20,000 was taken out of savings to pay for TenBroeck Cup and other large bills in connection with Gate River Run (GRR). The first installment (\$15,000) of the GRR revenue was deposited. Bonnie noted that May 15 is the tax deadline but that they may ask for an extension. Form 1099s are needed for staff earning over \$600 in support of JTCRunning (JTCR) duties. She will be coordinating with staff appropriately.

## **OLD BUSINESS:**

1. Shannon Miller 5K – Based on a review of the sponsorship options, the Finance Committee recommended that JTCR

sponsor the Shannon Miller 5K at the 'Friends of the Run' level (\$500-\$1,500). Bonnie Brooks made a motion, seconded by Carol Fitzsimmons, that we support the race with a \$1,000 donation. The motion passed.

2. Track Series at UNF – The Race Committee met to discuss details and clarify fees. Doug Alred explained that UNF wants to encourage early registration at the meets. JTCR members who register by the entry deadline can participate in all four meets (5/21, 6/18, 7/09, 7/23) at no additional charge. Non members can join in advance of the meets (\$20/individual and \$25/family) and participate at no additional charge. Participants who are not JTC members will pay \$10 (for each meet). There was discussion about the need to communicate with coaches in advance in order to explain changes and payment options. Jane Alred offered to call the coaches. There was also discussion about the possibility of having a tent on site in order to accept new memberships on the day of the meets. This would require that we have JTCR Board Members who can accept and coordinate payment. Direct Athletics is being used to sign up participants. Doug Alred highlighted the need to inform JTCR members that they must register online through Direct Athletics. All information will be on the JTCR website. Email, the newsletter, and the JTCR tent also were identified as additional means of communication.

## **NEW BUSINESS:**

1. Ragnar Relays Florida Keys Jan 6-7, 2012 – Mark Ryan and Richard Fannin volunteered to help coordinate members interested in attending. Information will be forthcoming in a future newsletter.

## **COMMITTEE REPORTS:**

**Gate River Run (3/12/11)** – Race Director Doug Alred reported that the number of finishers increased 1,600 over last year – just short of 15,000 finishers for the 15K and a record number of women finishers. New onsite registration process worked smoothly; 1,500 additional participants registered at the Expo. Post-race changes to ease congestion and improve trash pickup, a big issue last year, also worked well. All other races also went well. Walkers had a separate start but did not get their chip time. Despite changes to how medals were distributed, they were still ~400 short. Doug highlighted the importance of the volunteers and expressed gratitude for all they did to make the various races successful. There was discussion about identifying a way to thank the police and other supporters in some tangible way (e.g., letters, banners). A three-wave start is being considered for next year.

**John TenBroeck Memorial Winter Beach Run** – Race Director Doug Alred provided the final accounting for the race. He reiterated that attendance was down due to timing (too close to Super Bowl). He reported that the race would be on Super Bowl weekend in 2012, but that the race would be on Saturday vs. Sunday.

# JTC Running Minutes Continued

Summer Beach Run – No report.

CLASSES & CLINICS – Jane Alred reported that the Dick Beardsley speaking engagements were very successful, and that they had a particularly positive impact on the high school students. Dick Beardsley will not be available next year, but they are looking at other options.

COMMUNITY & PUBLIC RELATIONS – Committee Chair Larry Sassa said the GRR hospitality tent was very successful. Total cost was under \$2,000.

FINANCE COMMITTEE – Committee Chair Bonnie Brooks made a motion, seconded by Mark Ryan, to continue to support Forest High School track and field with a donation of \$500. The motion passed. Director Franz Lerch met with the Finance Committee to discuss support for a fitness track for San Pablo Elementary, a health and fitness magnet school. He also passed out details regarding the request and location of the track. The track would benefit kids at the school, as well as the local community. Committee Chair Bonnie Brooks made a motion, seconded by Mike Fitzsimmons, to contribute \$2,000 toward funding the track, provided there is assurance that the school has the full funding required to build it. Following discussion and prior to taking a vote, the group decided to seek written assurance from the school and Parent-Teacher Association that they are committed to completing the track, that they have sufficient funds, and that the JTCR funds will be used exclusively for the purpose of building the track.

MEMBERSHIP – \$1,055 in new memberships was collected at the GRR Expo.

MERCHANDISE – Carol Fitzsimmons reported that they are continuing to explore purchase of caps/visors. The pens and mugs were very helpful at the Expo.

NEWSLETTER – Committee Chair Bob Fernee reported that the April newsletter was at the printer.

WEBSITE – No report.

SOCIAL & BANQUET – Committee Chair Jane Alred reported that plans for the June awards banquet are underway.

VISION & PLANNING – Doug Alred, Committee Chair, said the city has completed the feasibility study for a running trail in Skinner Park. A trail around the lake is estimated to cost \$350,000. The city currently does not have funds, but offered to partner with JTCR or other organization to build the trail with donated funds.

JTC RUNNING RACING TEAM – No report.

NEXT MEETING – The next meeting will be Tuesday, May 3, at 7 p.m. at Mediterrania Restaurant.

The meeting was adjourned at 8:39 p.m.

Margaret Barton, JTCRunning Director, has respectfully written and submitted these minutes.

## Letter To The Editor

This letter was received in response to something in the last newsletter. It was not my comment but one said to me before the Gate River Run in regards to the Streakers. The idea was that there should be a time limit imposed on the Streakers and if they can't achieve it they should no longer be considered Streakers.

### By Ken Martin

I am surprised and insulted that you think it would be a good point to consider forcing Streakers to run instead of walk. However, I must admit that IF your idea gains traction, it should be coupled with:

- Forbidding Streakers and their friends and families from shopping at local running stores.
- Refusing Streakers and their friends and families from joining JTC.
- Asking that Streakers stop exercising and join the millions who don't.

d. Asking that younger runners find new role models.

e. Forcing younger runners to improve their times each year.

f. Limiting all running events to only those with good knees certified by a local doctor.

Thank you for helping to make running a "friendly" sport for all. By the way, I am not a Streaker, but admire them tremendously. I am a long time runner and know the effort that it takes just to do it.

### By Carrie Reichardt

When I registered for the Gate River Run, I also joined JTC. Living in Gainesville and not a serious runner, I am not sure why I joined but I am glad I did! The morning of the race I stopped by the booth. JTC stored our extra clothes and offered the port a potties not only to me but my family members. After the race we went back to get our clothes and enjoyed catered delicious pasta. Thank you for blessing my family. Please pass our appreciation on and see you next year!



# Way To Go, Gang!

These club members completed this year's Boston marathon.

Jeff Arnold	3:34:54	Ann Krause	4:09:29
Karen Brown	3:47:05	Michael Marchigiano	5:22:04
Sung Ho Choi	3:11:00	Hal McClure	3:37:51
Colleen Clarson	4:56:56	Maria Munyon	3:49:24
Lauren Diaz	4:13:25	Kathy Murray	3:43:33
Charles Ely	3:27:46	Jonathan Oliff	3:01:26
Richard Fannin	3:42:40	Julie Pippins	3:47:08
Carol Fitzsimmons	4:05:45	Jerry Reckart	2:40:21
John Funk	3:33:17	Courtney Spratt	3:47:53
Jim Hanson	4:00:13	Danny Weaver	4:25:12
Rob Knox	4:57:27	Donald Wucker	4:20:53

## Boston Determined To Keep Its Quality

**By Bob Fernee**

A recent story on National Public Radio (NPR) entitled, *Marathons, Once Special, Are Now Overcrowded*, focused on the explosive growth of marathon running.

There is not only a surge in marathoners but in the race itself, last year there were 625 of them.

"The belief that anyone can run a marathon is a mantra in running circles. And it seems that almost everyone is," Asma Khalid said in her report.

"Last year, more than a half-million Americans ran marathons-an all-time record. And that's partly because of groups like Team in Training," she said.

The leukemia society's, Team in Training, is only one of several "Cause Groups" that have fueled the marathon and running in general over the past 20 years.

"These training programs are the pipeline for this growth," said Ryan Lamppa of the research group, Running USA.

He continued: "They can take that new runner from unfit to finish a marathon in 3 to 6 months. They opened up the sport to mainstream America."

But not everyone is totally happy about it, particularly the faster runners who, due to the marathon's popularity and the burgeoning numbers of participants, are getting shut out of the sport's Holy Grail, the Boston Marathon.

Running a time that is good enough to qualify to enter the Boston Marathon (a "BQ" in running circles) has always been a goal for runners. Qualifying standards are based upon age and gender. According to MarathonGuide.com, BQ's rose by 33% between 2007 and 2009, from 44,300 to 59,000.

Aware of the problem, the Boston Athletic Assn., owners of the race, are planning to do something. There will be new rules for registering in next year's race and new, faster, qualifying times required for Boston 2013.

# Boston Determined To Keep Its Quality Continued

The 2011 Boston sold out on October 18, in just 8-hours and 3-minutes. This disappointed a lot of runners with good qualifying times who found that they were too slow in getting to their computers to register.

The BAA tries to cap the field at 25,000 participants, although it often ends up at more like 27,000. For Boston the focus has always been quality over quantity. An agreement with some charity groups means that some 6,000 participants without qualifying times do the race every year.

In this year's Boston 61 runners represented our area.

America's other two most notable marathons, New York and Chicago, each have 45,000 participants. To register, New York uses a lottery system and Chicago is first-come. Last time Chicago sold out in 31 days.

Next year a new 'Rolling Registration' will be implemented at Boston allowing more opportunity for the faster runners to sign up. The faster the runner, the sooner he can get in. It works like this:

Day 1 (Sept. 12): Runners who have bettered their qualifying time by 20-minutes or more.

Day 3 (Sept. 14): 10-minutes or more

Day 5 (Sept. 16): 5-minutes or more

Day 8 (Sept. 19): Open to all qualifiers.

Day 12 (Sept. 23): Registration closes for qualifiers.

Registered qualifiers will be notified of their acceptance by Sept. 28.

For the 2013 race new qualifying times will be set and they will be 5-minutes faster across the board. The standards were last adjusted in 2003, when some of them were actually lowered for some older runners. The Rolling Registration will continue. It is all about keeping the race fast, the quality high and the Boston Marathon's reputation intact.

As 4-time Boston champion, Bill Rogers, said: "I'm not against having 27,000 people in the race, but let's not lose the excellence. It's not a walk-run. It's a gem, like the Masters. It should stand apart."

## Bringing Back The (Magic) Bus

By Franz Lerch

Every time I hear the Who's Pete Townshend plead (I want it, I want it, I want it.), I think of the Paul de Bruyn bus trip that use to be an annual JTC running rite of Fall. I want it (back)... My thoughts go back to the time of the JTC "Magic" Bus.

Yes, I've read Thomas Wolf's novel, *You Can't Go Home Again*. Besides, what you may ask, is so magical about getting up before the sun in order to road trip to another town for a race, when there are multiple local races, of every variety, in our own backyard, every weekend?

Get some crushed ice, dig around in your junk drawers for your Zippo lighters, and kick back... Yes, yes, with My Generation, being over the half-century mark, myself being much closer to 50 than 40, I am well aware of the pitfalls and dangers of getting caught up in "Running Nostalgia". However, I am not nostalgic for the heady past of a few, old time, local elites. You have seen and heard them after races, their eyes glazed over, reflecting (from their beer glass) to

THE days of sub six-minute mile glories.

No, my goal is much more altruistic and attainable. I want to see if we can recreate the feelings of JTC solidarity between young and old; male and female that existed despite the different and individual race goals. Camaraderie forged while riding a bus on a shared road trip with a single cause, to have fun while representing our running club to the best of our ability. Young or new JTC Running club members could create their own new magical memories or nostalgia, while the "advanced" JTCers could wax nostalgic as to how much better the old point to point course was, when the 1932 Boston Marathon winner, Paul de Bruyn, started the race and waited to greet finishers as they crossed the line.

Of course, there will be pragmatic obstacles and issues to overcome. I can hear the nay-sayers now... Paul de Bruyn is dead. The race has been moved to the other side of Daytona. They (DBTC) have canceled the race in the past. The after race food consisted of

# Bringing Back The (Magic) Bus Continued

doughnuts one year. The last time we took the bus, rider/participation was down and there was no reason to continue it ... All these issues can be discussed and addressed. We could even heed Ralf Waldo Emerson's words and consider another destination

(i.e. Savannah); after all, running, as well as "life" should be about the "journey". I'd like to get back on the bus. In fact, we all should get back on the bus to see if there is any magic left...

## The Saga of the JTC Magic Bus

By Bob Fernee

It was another age and another time. A time when runners ran races to see how fast they could run and who they could beat. Just participating meant nearly nothing. They didn't expect much, they didn't get much and they didn't pay much- another time indeed.

On the 23rd of November 1973, running legend, Lamar Strother, along with a few others, drove to Ormond Beach for the first Paul deBruyn 30k road race. Though age has somewhat dimmed the 75-year olds memory, by consulting his extensive and highly detailed records of the time he found that the four of them threw in two dollars a piece to pay for the gas for the return trip home. The race entry fee was \$1.00. Yes, one dollar!

In 1978 (I know what you're thinking, and yes, the entry fee was still \$1.00), with the newly founded Jacksonville Track Club, barely three years old, a few pioneer club members, including Lamar, Tom Weaver and Jane Matz (later to become Jane Alred)

concocted an idea to hire a bus to take JTC members to and from the race. The idea took hold and the Track Club/Paul deBruyn bus was born. The excursion cost members a whopping two dollars apiece.

For many years The Bus was kept going, largely through the leadership of Lamar Strother. It was made free to club members, only non-members had to pay and a lot of them decided to become instant members, pay their annual dues and ride the bus gratis like all the rest.



In April 1978, the first River Run 15,000 took place in Jacksonville, entry fee \$3.00 per runner. In 1990, Lamar Strother ran his last race, the Paul deBruyn, when the entry fee rose above three dollars: The start of one era, the end of another.

The popular tradition continued until 2006 when the bus was discontinued mainly due to lack of support/attendance by our members.

In its heyday "the bus" was very popular and a fine reason for being a club member. The camaraderie was wonderful, the experience was great and the time was unforgettable. Why members stopped riding it is a mystery. Did they tire of the ride or did the Paul deBruyn, that was a 15k as well as a 30k race, get tiresome? I have no answer.

But in this day and age, with a bunch of new members and staggering gas prices, would the Magic Bus make an equally staggering comeback? If the JTCR provided a low-cost bus to say, the new Rock and Roll Marathon/Half-Marathon in

Savannah in November, or the deBruyn itself, also in November. Or the Ocala Marathon/Half-Marathon in February, would members want to get onboard? Some people have spoken of the bus recently and now fellow Board Member, Franz Lerch, and I are interested to see if there is any real interest in bringing back the bus.

Do you have an interest or opinion? If so, contact Franz or myself.

# Grete Waitz (1953-2011), River Run Champion

One of the world's greatest athletes is gone. On April 19th, Grete Waitz, the Norwegian distance runner died of cancer at the age of 57. She had been fighting the disease since 2005.

Not many women made such an impression on sports, and distance running in particular, as Grete Waitz. In 1978, after a distinguished track career, she wanted to retire from running and concentrate on teaching, but was talked into running the New York Marathon by her husband and Fred Lebow, the NY Marathon race director. Although she had never run more than 13-miles and never considered the marathon, when she found herself in the lead she kept going and won it in the world record time of 2-hours and 32 minutes. She suffered so badly during the marathon that when she finished she threw her shoes at her husband and yelled: "I'll never do this stupid thing again."

But she did, and when she returned the following year she won the race and broke her record running 2:27.

In addition, Waitz won New York 7 more times, won 5 World Cross-Country titles, won the first women's marathon in the World Championships (Helsinki, Finland, 1983), and won the silver medal in the first women's Olympic marathon in the 1984 Los Angeles games. She set world records at 3,000, 8,000, 10,000 and 15,000 meters, as well as 10-miles. She won the Stockholm Marathon and the London Marathon

(twice). In the 1983 London she set her third marathon record (2:25).

In 1991, Runner's World magazine awarded her Runner of the Quarter Century. She lived in her native Oslo but also owned a home with her husband, Jack, in Gainesville, Florida.

Waitz won the Gate River Run, or River Run 15,000 as it was known at the time, twice. In 1986 she took the title in 48:53 and the next year she repeated her success with a 49:05 clocking. The Mexican, Arturo Barrios, also won in '86 and '87; these were the only times in the race's history when the male and female champions won two years in a row.

King Harald of Norway honored Grete Waitz with the Royal Norwegian Knight of St. Olvas order, for her excellence as an athlete and a role model. She was only the third athlete to be so honored since 1847.

She was described by everyone who knew her as friendly, reserved and humble. Scandal never touched her. The woman who beat her in that first women's Olympic marathon, Joan Benoit-Samuels, said, "I have lost a mentor and a role model."

Waitz once said: "If you go back 50 years and tell women that in 2008, you will see all these women running in races, it would have been more like science fiction for them." Thanks to women like her, it isn't.

## Slowing Down...Seeing More

**By Joe Connolly**

Four miles, four times a week. For 35 years I was hooked on the exhilaration, perspiration and relaxation of running. Despite occasional flare-ups that suspended my regimen, I would return to the trail ASAP.

Then, in 2006, I had a cardiac event one mile from finishing my 25th River Run. For the next six months, I chomped at the bit.

I had two stents inserted. I was cleared to walk as much as I wanted and pushed myself vigorously. In three months I had worked up to three miles. Surely, this was a prelude to running, longing for the day I could sweat like a horse again.

Finally, I attempted to jog a sanctioned 5k race. I found myself at the 2-mile mark holding onto a telephone pole, ready to faint.

The cardiac man announced my fate: "No more running!"

The risks weren't worth it. Resentful and defeated, I bid goodbye to my running highs.

I had set a long-time goal of trying to run 1000 races and I was about 200 shy. Through the years, I had saved my bibs and was aware of my count.

After consulting with cardio people at St. Vincent's Hospital I was advised to try and maintain a heart rate of no more than 130 beats per minute.

# Slowing Down...Seeing More Continued

I used to be amused watching races on TV involving professional race walkers, the way they would swish their hips and flail their appendages. "You'll never see me doing that," I would tell my wife, Jeannette.

About that time the Galloway Method came along. I didn't need to shake and shimmy to navigate 15 to 16-minute mile pace. Now, I am out in most weather conditions on any course. I'm far from pretty, lumbering along, but that is perfectly fine: I wasn't a pretty runner either.

Over time, my attitude changed. My awareness expanded. My longing for a sweaty run dissipated. In fact, I have discovered unexpected advantages from this method. I will never match my running speed, but maintaining 15 to 16 minute pace will make you happily muse, meditate, appreciate the weather and nature.

I now reflect on my music, my musical performances and personal relationships. There is much less chance of stumbling and so less need to monitor the ground.

Today I worry much less about muscle pulls, knees swelling, swollen ankles and shin splints. It is much easier to stretch and recover. I feel more refreshed afterward than I ever anticipated. Granted, it is not a dripping runner's high.

Maybe my stage in life also influences my appraisal of walking. I now tune into the environment more intensely and appreciate simple things like sunsets, flowers, even breezes.

I haven't forsaken the frenetic pace I kept before. As a professional pianist, widower and homeowner, there are lots of demands. My runs are done and I'm okay with that. In fact, I invite all the able-bodied to join me as summer springs forth.

As my friend, Mike McGrew, said: "Long live the runners... and the walkers."

Editor's note: Joe has now completed 1021 races.

# Let Slip The Dogs Of Summer

**By Bob Fernee**

Okay, Shakespeare didn't exactly say that. I'm really good at messing up his famous phrases. He's been dead for 500-years, he'll get over it. He probably has more important things to worry about. The point is that the dog days of summer are here. The dogs are headed for the old shade tree and many, wilted, dehydrated runners are going indoors to their only stand-in: the treadmill.

But hmmn ... do those 'outdoor runners' get as good a workout when they become Oprah-watching, climate-controlled, treadmill pansies?

Time for our hero – that means me – to go on an investigative journalistic quest. A quest for the truth (or at least a reasonable facsimile).

Before our unscientific, one-man poll reaches his conclusion; before our only slightly-biased judge, jury and executioner hands down his sentence, let's weigh the pros and cons – indoors versus outdoors – in as fair a manner as is humanly possible. Or as those judges from

the Old West used to say: "First we'll give you a fair trial, then we'll hang 'ye."

The treadmill (aka Indoors): Treaders say, "it's easier, and since running is hard enough already, why would you not want to make it easier?" Outdoor runners scoff: "Of course the treadmill is easier, the ground is being pulled from underneath you, instead of you having to propel yourself. Then there is wind resistance; even if there is no wind blowing, you still have to push it out of your way." Fair comment, so it's advantage Outdoors and I give them one point.

Undaunted, Indoors lay claim to some undeniable advantages: "You can do it at any time, morning, noon or night and it is unaffected by the weather. With its climate-controlled environment you can run your desired

workout no matter what the temperature or conditions are outside."

Outdoors counter by saying running au natural is more exciting: "The undulating terrain, dogs, cars, and



# Let Slip the Dogs of Summer Continued

assorted weirdos are all part of its charm. With so many distractions you forget how tired you are, and face it, the treadmill is sheer monotony." I agree, and hand Outdoors another valuable point.

"But consider safety," the Treaders say. "You could get hurt or even killed out there on the mean streets. Inside we have the TV; there's Oprah, Housewives of New Jersey and endless Gilligan's Island reruns."

"Think of your senses," say the Outsiders. "The wonderful sights and smells of Mother Nature, the rush you get when a car comes too close."

That's true, and even though that blonde on Housewives is pretty darned sweet I have to give another point to the Outsiders. It's already 3-nil.

"But what about pollution?" say the Insiders. "And there aren't even any nice places to run around here."

"Pollution, bull! That thick pall is our fair town's natural aroma. No pollution. Now if you'd said humidity, that's a whole different beast," Outsiders retort. "Places to run? You obviously have not used your imagination. We have one of the world's greatest beaches, Guana Lake Preserve, Hanna Park, the campus of JU, UNF's trails and more. Wake up, that's no excuse."

I should be deducting points for such lameness, but instead, I will just add one more to the Outsiders.

"Running on a treadmill makes my running shoes last longer. I am less likely to be injured-especially my knees-because the surface is more forgiving. Also it is better for people who are over-weight," say Insiders.

Yikes, that's a triple-whammy. All of the above claims are true; three points in favor of the Treaders. Suddenly it is 4-3.

"It's all about the calories," the Insiders rant, "and on a treadmill you have all the vital stats right there in front of you: Heart rate, time, speed, distance and calories burned."

"Big deal," Outsiders say, "we have it too; modern technology puts all that stuff right on our wrists."

They're both right, so no one comes out on top. One point a piece.

"You can't run downhill on a treadmill and downhill

running works other muscles in the legs and back. That prepares you for races, like the Boston Marathon, where adept downhill running is vital for success," Outsiders claim.

No retaliation from the Treads, who can't understand why the downhill treadmill hasn't been invented yet.

A clear point for the Outsiders.

"Racing, now we're talking," say Outsiders. "We are the masters of that domain. If you are going to race outside, you have to run outside. To train yourself properly you need the intensity of running outdoors in the elements, no two ways about it."

"Physiologists," the Insiders maintain, "say that as long as you set your treadmill on a 1 to 2 degree incline you have duplicated the effects of running outdoors."

"There is no difference!" they cry.

But crying is for babies, not racers. It's an easy point to the Outsiders. Now the Outsiders go for the jugular: "If you are training for a long race, a marathon or a half-marathon, even if you are a brain dead, indoor, Oprah freak, do you really think you can do high mileage on a treadmill? Get real; it can't be done."

Blood is gushing from the stammering, speechless Treaders, who can't manage even a pitiful response.

Big point for the Outsiders, who now smell victory.

But wait; we now have scientific testimony. Stepping up to the dock are the anthropologists, who report: "Running outdoors gets you somewhere and running is, and always has been, in its most elemental form, a method of transportation. Man is not really moving on a treadmill and therefore treadmill running is unnatural."

Badda bing! That's it; treadmill running is not real running-it is but a substitute. I thought so.

Now let's add up the points:

Inside treadmill running: 4. Outside running as nature intended it: 9.

The results speak for themselves and all the scientists agree: Outdoors-real runners, Indoors-pansies. Say no more.

Just don't get me started on those idiotic, beyond pansydom, elliptical machines. Those things are really lame.

# Run Together, Right Now, Over Me

By Bob Fernee

For the first time in the history of the Gate River Run the number of women finishers outnumbered the men: 7625 to 7346. Last year, more women entered the race but by the time it was over there were more men finishers. This time it was different.

It's been coming for quite a while and it came as no surprise. You only had to attend a race or two and you could see the tide was turning. Running is a lifestyle choice and as it turns out it's one more embraced by women than men these days.

Reports show that more women worry about their weight, their bodies and their health than men. More women care about their educations than men. Less of them drop out of high school and more of them go on to college. More women care about their families than men; there are more single-parent women than men; and there are more women giving care to elderly relatives than men.

Sounds like us guys are nothing but a bunch of no-account louts, but it just ain't so. When it comes to beer and football we've got it all over them. And we still outnumber the gals on the golf course. Yep, when it comes to relaxing we can show 'em what for. We can out-relax them but they still out-live us; how fair is that?

In the first River Run 15,000 of April, 1978 there were only 242 women out of the field of 2204 runners. Not many women ran or showed up at races back then. The Jacksonville Track Club tried to do something about it. In the early 1980's the club invented the Women's Run 5k. It was a simple premise: Encourage women to run, give them their own race and afterwards they might come out for other events.

It, and other things like it, must have worked. Because, guys, we're outnumbered. It's not a bad thing; I said years ago: "Guys, get out of the bars and go to the races. All the healthy, great looking babes

are there." Now maybe they will listen.

But what of the women-only races? Some still exist, some are still being created and all seem archaic and unnecessary. They should be a thing of the past. Women don't need any more encouragement. These races are irrelevant, breed exclusiveness and foster an atmosphere that is counter-productive to our feel-good sport.

Disney recently held its Princess Half-Marathon, a non-male event. "What did you think of it?" I asked a girl who was there. "I don't think I'd go back. It was fun being with all girls, a different dynamic. But it felt less competitive, and some of the girls dressed up in princess costumes."

Cute, but what if we guys decided to have our own Half-Maramanathon, or something? Wouldn't we be raked over hot coals for it? Sure we would because we're "in the majority."

"Oops, oh dear, no they aren't," women would suddenly realize. "When it comes to running, we are the majority."

Would that help us poor, slighted fellows? No way, we would still be accused of being sexist.

A recent event was called a Children's 1-Mile and a Women's 5k. Got it. Kids have their race, their Mom's have their race and men are cut out completely. Is this good for the family unit? Why not call it this? 'Kids 1-Mile and Single Mothers' 5k' Why not take it another step? 'Moms, bring your kids! But please, no Dads, not even the good ones'

I know I sound negative, but I think the whole thing is exactly that, negative. We are men, dads and people, too. Sometimes we even have feelings.

Let's cut the nonsense. It's running and it transcends all else. We are kindred spirits. Come together, stay together, run together.



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**June 15th 6:30pm**

**Maggiano's Restaurant, Town Center**

**RSVP: Doug Tillett 388-6139 or 728-3711**

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# Jacksonville, JTCR, GRR Snubbed!

By Bob Fernee

Snubbed, rebuffed, overlooked, ignored; these words make me miffed, upset, confused and downright po'd. What am I talking about?

An article in the April edition of the paper, Running Journal, titled, The Top Seven Running Towns in the South, is more than a mere war of words, it is sham and a shambles.

Why? Because our fair town, the Bold New City of the South, never even gets a mention.

My efforts to contact the writer of the piece, Pete Rea, were fruitless, but that's okay, I can go on without him. I think he would only try to stand in the way of a perfectly good rant anyway. I can't have that. If he reads this and wants to defend himself or go after me, fine, bring it on, buddy, I'm ready for you.

I know what you're thinking: "Oh, no, Bob's off on one of his angry old man tirades again." Yes, I am, and why? Because it suits me and when it comes to angry old men, well ...

I wanted to know what criteria he used to decide this nonsense. How could a city with a National Championship 15k road race, a 36-year old track club and a climate good for year round running be so casually disregarded?

He began his misguided message like so: "Our crack team of researchers looked at more than 100 cities of all size and demographic in Running Journal's 13 States and the District of Columbia and looked not only at training venues (quantity/quality of parks, tracks, trails, etc.) when ranking these municipalities, but factored access to running clubs for all ages and ability, quality of local running events, specialty running stores within the city, and overall social scene within the town. In short the below list is a compilation of towns "runner friendly" top to bottom."

Then he unveils his top-seven countdown that seems very slanted in favor of nice parks, trails and off-road running venues.

Sure we all love that sort of stuff but is it the be-all-and-end-all?

It's also worth noting that this publication is

headquartered in Greenville, Tennessee, which means that they must be a bunch of mountain-crazy types. Have any of them ever taken a nice run on a long stretch of sandy beach? I believe that Running Journal began life as the magazine, Racing South, back in the 1970's FRB (first running boom). Today the paper seems to be veering off into ultra running; that explains a lot, they're nuts.

One of their regular columnists has a mug shot that seems to say, "I go out for 50-mile training runs all on my own so that I don't have to try and talk to people."

Oddballs, I tell you, and this article proves it.

Here is their top-seven:

#7, Birmingham, AL; "host city of the 2004 Men's Olympic Marathon Trials."

#6, Knoxville, TN; "set on the edge of the Smokies".

#5, Greenville, SC; "rapidly becoming one of the emerging running towns in America".

#4, Morgantown, WV; "has been a draw for fans of our sport for more than a generation".

#3, Charlottesville, VA; "more than four dozen quality running events each calendar year".

#2 Tallahassee, FL; "a runner's paradise" and #1, Washington, DC.

Washington, DC! You call that town Southern? Unless the map has been changed while I wasn't looking or the history books have been rewritten, that place has Yankee land written all over it. For crying out loud it was the capital city of the South's enemy during the War of Northern Aggression. Now you're calling it a "Southern Town"? This is an outrage!

Next thing you know they'll be saying the Battle of Olustee didn't exist! That's because Washington lost. The glorious reenactment, that has been taking place in Olustee since 1976, reminds those aggressors of the whipping they took in the verdant land near beautiful Lake City, just south of scenic I-10.

One Georgia newspaper at the time referred to Union forces as walking "forty miles over the most barren land of the South, frightening salamanders and the gophers, and getting a terrible thrashing ..."  
Oh, yeah, Olustee! Kick them Yankee buttocks. Come on readers, let me hear that Rebel Yell!

Yes, yes, I know, Washington is geographically south of the Mason-Dixon Line, but really, have you ever heard a genuine grits-eating Southerner call Washington DC part of the South?

# Jacksonville, JTCR, GRR Snubbed! Continued

These days, that's enough to make a Southern Tea Bagger toss up his dumplings.

Wow, it was only about ten years ago when Runner's World magazine picked our town as one of America's Top-Ten Running Cities, now it seems we are not worthy of a top-seven spot out of 13 states. Not only were we not selected but there was no mention of Orlando with its hugely popular Disney related races. Tampa and Miami never came into the picture and Atlanta, which not only has the 55,000-person Peachtree Road Race, but hills, parks and trails, was also overlooked.

Sure, we know that we are not resplendent in fabulous huge parks. The terrain is a little too flat to ever be called breathtaking and the place is awfully spread out, but still, look at what we do have: A world-class, National 15k Championship race in the Gate River Run; a venerable, well-organized track club, JTC Running; a race calendar so stuffed that you can't possibly get to all of them; an agreeable climate conducive to year-round running and (last but not least) a specialty running company that has been around since 1978 FRB. Its friendly, knowledgeable staff is first-rate, especially that one fellow who is out-of-this-world wonderful (can't seem to recall his name, quite a local running legend though). We even have running guru, Hal Higdon, who lives here at least half of the year (he clears out once the temp hits 100 degrees).

What about our beach? How many places can boast a broad, beautiful expanse like we have? We stage the world's oldest beach run, JTCR's Summer Beach Run, there.

Don't enjoy beach running? Then head into town! I think anyone would find the historic, charming environs of San Marco, Riverside, Avondale and Ortega an undeniable delight.

How many towns have such a variety of races? Our four half-marathons can out-half any town around. There are two full marathons, scads of 5ks, and loads of other distances too: 5-mile, 10-mile, 8k, 10k, 50k, just to name a few.

No distinction for Jacksonville, I just can't believe it. Well, you made me do it. So now here it is, you mid-south biased, Washington DC southern-believing,

ridiculously-categorizing rag, Running Journal: Bob's Top-7 Southern Running Towns.

#7 Tallahassee, FL. Hills and stuff, good track club. Used to be rated a lot higher but then Rick Scott moved in.

#6 Pensacola, FL. You can't beat a run from McGuire's Irish Pub on Monday night. Oh, yes you can. Just skip the run and have the smoked prime rib and Irish coffee.

#5 Sarasota, FL. God's favorite waiting room; a place full of people even older than me all holding for the Final Curtain.

#4 St. Petersburg, FL. Prettiest place in the state and I love the Salvador Dali museum.

#3 St. Augustine, FL. It's a really nice place and Charlie Powell lives there.

#2 Miami, FL. I've never run their marathon but I hear it's good, also a great place to learn Spanish.

And now ... drum roll, maestro, please ...

#1 J-action-ville, FL!!!!

No surprises here cause we deserved it. Numero Uno for all the reasons listed above PLUS-we have Lamar Strother!

So there it is Running Journal, a completely unbiased list of running towns in actual Southern States, or rather, State.

I hope you've learned your lesson; just make sure it doesn't happen again. And next time, before you write a story, look at a map.

JTCRites, let us hear from you. What are your Top-7 Southern running towns? Serious or otherwise.

# Track Meets Off To Good Start

**By Bob Fernee**

On May 21st I got to see some of the new Open Track Meet Series that is sponsored by JTC Running and organized by and held at the University of North Florida (UNF).

I must say that I was impressed. The facilities were first rate; they could hardly be better. The meet was very smooth and professionally run, the officiating superb; the whole atmosphere was outstanding. It is just the sort of thing that local Track has needed for years.

That is not to say there was anything wrong with what we had at Bolles High School for the past 32 years, it is just that this is a decided step up. People should be coming from all over to attend these meets and that is the next big step. For at this meet, the first of four, the turnout was around 100 people. A fairly typical crowd in the days of 'Lamar's Meets'.

So the big question is: What can be done to increase the attendance?

It is apparent that not enough people know about the

meets. In the old days (as old as just last year) it was okay to produce a meet on a shoestring budget for 100 or so people. But when you ratchet things up to a grander scale it is only natural to expect grand things.

Of course I am being premature. It is only the first meet and Rome, as they say, was not built in a day. Word of mouth will surely spread the news of how great these track meets are. Is there some other way that we can announce this? Our club exists to develop and support running. By putting \$10,000 behind these meets this year alone, it behooves us to insure that they are successful. UNF coaches, Mark VanAlstyne and David Frank are in full agreement and want to make the most of the meets as well.

People should be coming from miles around to attend the meets because they are that good, they are unique and a ten dollars (free to JTCR members) they are a bargain and a half. The meets are great for everyone, especially kids.

The three remaining meets are all on Saturdays: June 18, July 9, and July 23. Full selection of field and track events, including the pole vault are offered.



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**RSVP: Doug Tillett 388-6139 or 728-3711**  
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# JTCRunning and Ragnar Relay- Florida Keys

Are you up for a 190 mile relay race starting in Miami and finishing in Key West? If the answer is yes the Ragnar Relay-Florida Keys is for you. If you are a JTCRunning member you save 10% on the registration fee.

Here are key elements of this event:

- Race is January 6th and 7th 2012 (Fri-Sat)
- You can field a relay team of up to 12 runners; there is also an Ultra Division with teams of 3 to 6 runners. Check out the link below.
- An average team pace of 11 minutes per mile must be maintained
- You need 2 vans or SUVs
- Team early registration deadline is 8/15/11
- Relay team fee is \$1200; Ultra team fee is \$600; JTCRunning members get 10% discount off team fee
- Pick a team captain first and the captain enters the team members; the captain will be billed and the team members can pay the captain

Follow the link below to register your teams. Use the JTCRunning promo code to receive 10% discount.

The JTCRunning promo code is: FL11GRRC (code is case sensitive)

<http://www.ragnarrelay.com/race/floridakeys>

Last year this race filled up before the early deadline, so don't delay Key West will be 80 degrees in early January. If you have any questions the JTCRunning person to contact is Board member Mark Ryan. You can email him at [markryan@watsonrealtycorp.com](mailto:markryan@watsonrealtycorp.com). Or call him at 904-338-3230.

## ADDRESS CHANGE?

Please contact your JTCR Membership administrator, Rex Reed at:

[rmreed26@comcast.net](mailto:rmreed26@comcast.net), or 904-608-2087.

Editor: **Bob Fernee**  
Designer: **Carlyn Godar/Amanda Mason**

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

**Submission Deadline** for inclusion in May/June 2011 issue is May 10, 2011! **No Exceptions!**

**Advertising Inquires:** The Starting Line, 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](http://JTCRunning.com) for more information.