ANOTHER GREAT YEAR!

Gate River Run 2009!

Ready, Set, Go!

What a Banquet!

10 BOARD ELECTIONS
15 THE LAST GASP ENTRIES
20 JOIN US AT THE TRACK!
Greetings Fellow JTC Running Members,

I don’t know about you, but I find it hard to believe that 2009 is coming to a close. Like racing against Kim Pawelek (okay…like being in the same race with), it just blew by. Your club and board have enjoyed a great year and I wanted to take a moment to share some key highlights:

March: In conjunction with the Gate River Run, JTC Running launched the inaugural ‘TenBroeck Cup’ named after John TenBroeck, one of the founders of the Jacksonville Track Club. This team race was the brainchild of Board member Richard Fannin and as luck would have it, it ended in a tie when scoring the first three runners so we had to score the fourth. Whew!

May: Sponsored the running leg of the inaugural First Coast Kids Triathlon. Later in the year, we renewed our support of the growing event that promotes health and fitness to young people in Northeast Florida.

June: Executed an agreement with Doug Alred and 1st Place Sports Management Services, Inc. to manage the Gate River Run through 2014. The agreement protects the interest of the club and integrity of the event by assuring sponsors and participants that the race will continue to be one of the most professionally managed road races in the U.S.

July/August: Thanks to the work of Board member Margaret Barton, members participated with cooking and serving dinner to the folks at the Sulzbacher Center. Also in August, a dozen local high school students were awarded scholarships from JTC Running to participate in summer distance camps.

September: JTC Running entered into a formal agreement, which included new security measures, with The Bolles School for the continued use of the track facilities for Wednesday morning and afternoon workouts.

Fall 2009: JTC Running members are competing in qualifying races and we will soon pick a team of men and women to represent the club for the first time at the USATF Club Cross Country Nationals on December 12. If you’re not one of the team members and staying home that weekend, you can join your fellow members at the Jaguar game on December 13!

As you can see, your club is actively involved in many endeavors and managing all of this requires time and commitment of many volunteers, as well as the dedication and hard work of your Board of Directors. Now is the time for YOU to have input in the future direction of your club by voting on the 2010 board. We have several very well qualified candidates seeking election this year as well as a slate of existing board members. Please take time to review the brief biographies of each and VOTE for the candidates you feel most qualified to lead the club next year. Your participation now and year round is what makes ‘your’ club successful.

Happy Holidays and see you on the road.

President’s Message
JTC Running

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JTC Running Notes

• J.C. Pinto competed in the Ironman World Championship in Kona, Hawaii, on October 10th. Pinto completed the 2.4-mile ocean swim, 112-mile cycle, and marathon run in 11:30:19, placing 982nd overall and 45th in the women’s 30-34 age division.

• Long time JTC Running member, William Sheffield died on October 4, 2009. “Fritz” was born in 1925 and a JTC Running member since 1996.

The Minutes

JTC RUNNING BOARD OF DIRECTORS MEETING MINUTES
Tuesday, August 4, 2009

Vice President Larry Roberts called the meeting to order at 7:10 p.m. President David Hall was absent, as were Directors: Sean McCormack, Larry Sassa, and Jo Shott.

Approval of 6/2/09 minutes: The minutes were approved as submitted.

TREASURER’S REPORT: Treasurer Bonnie Brooks passed out balance sheets and P & L Details for two months (as there was no meeting in July) then fielded questions from the Board. Bonnie thanked Doug Alred and David Hall for their help, as our taxes for the year were complete and ready to be submitted to the IRS after President Hall signs for form.

OLD BUSINESS:

• Companion Statue for The River Runner – Lamar Strother made a motion, seconded by Doug Alred, that JTC Running donate a female runner statue to the city as public art, and that it be set in the Northbank Riverwalk in the vicinity of The River Runner. Lamar had contacted Alison Graff, who is in charge of the cultural council for the city, and determined that the way was clear for us to do this. We learned that the city will charge us a fee of 5% of the value of the statue to pay for its upkeep. Lamar also told us that our artist, Derby Ulloa, has raised his price from the $45,000 he originally quoted to $50,000 currently, meaning the statue project will cost $52,500, including the air conditioned unit previously quoted to $50,000 currently, meaning the statue project will cost $52,500, including an additional 10 x 10 unit at no charge when we pay the rent.

• Bolles Track – Doug Alred made a motion, seconded by David Frank, that we make an annual contribution of $2,500 to The Bolles School in recognition of our partnership in running over the years. The motion passed.

• JTC Running Night at Sulzbacher – Margaret Barton said we have plenty of help signed up for the August 14 event.

• Summer Camp Scholarships – Doug Alred said we sent 12 students to running camp this summer on grants. Margaret Barton reported that she has received testimonials from several of them for publication in our newsletter or on the website.

NEW BUSINESS:

• First Coast Kids Triathlon – Bobby Green said that the event organizers would like to make a presentation to us and ask us to support them again next year. We referred this to the Finance Committee. Bonnie scheduled a meeting for Tuesday, September 8, but that has been changed to Tuesday, September 15, as a post-meeting decision.

• Storage Units – The air conditioned unit where our merchandise is stored is a 5 x 5 unit, and the rent was due in mid-June. Carol Fitzsimmons reports we can get an additional 10 x 10 unit at no charge when we pay the rent.

• Unofficial baseball social – being organized by Gary Ledman, will be held at the Baseball Grounds on Wednesday, August 19.
Minutes Continued

- **JTC Running Cross-Country Team – Owen Shoff** made a motion, seconded by **Bobby Green**, that we allocate $5,000 to send two teams (one for men and one for women) to the USAF Club Team Championship in Kentucky in December. Work has already been proceeding with establishing standards and the final standards will have to be approved by the race committee. The motion passed unanimously.

- **Guana Trail Run donation – Doug Alred** made a motion, seconded by **Bobby Green**, that we donate $1,000 of the profits from this year’s Ultra, plus another $1,000 from our club “in general” to the Friends of the GTM Reserve. The motion passed unanimously.

- **Renaming the Winter Beach Run – Doug Alred** made a motion, seconded by **Mike Fitzsimmons**, that we rename the race as the John TenBroeck Winter Beach Run. We will retain a $3,000 management fee, and then donate the balance to a charity that John would have liked. The motion passed unanimously.

**COMMUNITY & PUBLIC RELATIONS** – other than the upcoming Sulzbacher event, no further report was given.

**FINANCE COMMITTEE** – other than the upcoming meeting in September and the completion of the taxes, no further report was given.

**MERCHANTISE** – No report.

**NEWSLETTER** – Print Express will begin addressing and mailing the newsletters for us.

**WEBSITE** – **Tri La Prade** updates the website and has been concentrating on keeping the calendar updated.

**SOCIAL & BANQUET** – The Awards Banquet, which was held on Sunday, June 28, at Mediterranean Restaurant, turned out very well.

**VISION & PLANNING** – The committee will be working on the statue project.

**POLO SHIRTS FOR THE BOARD** – were made available by Jane Alred, so that board members can be easily identified at our events.

**NEXT MEETING** – the next meeting will be Tuesday, September 1, 2009 at 7 p.m. at Mediterranean Restaurant.

The meeting was adjourned at 8:50 p.m.

**DOUG ALRED**

President **David Hall** called the meeting to order at 7:08 p.m. Directors **Richard Fannin** and **Sean McCormack** were absent.

Approval of 8/4/09 minutes: **David Frank** made a motion, seconded by **Larry Roberts**, that the minutes from the August meeting be approved as submitted.

**TREASURER’S REPORT**: Treasurer **Bonnie Brooks** distributed the Balance Sheet, P & L Detail, and Budget vs. Actual pages, as of September 1st. She explained the documents. There were no questions. Bonnie told us that QuickBooks still has a problem accepting our payment and that it is a QuickBooks problem they are working to resolve.

**OLD BUSINESS:**

- **BOLLES TRACK** – Director **Margaret Barton** met with **Nancy Greene** of Bolles to try to negotiate permission for our club to host a Wednesday early-morning workout on their track. She got “new news” that Bolles wants to “formalize” the agreement with a contract and they want $50 per hour of workout time. She has not received the proposed lease from The Bolles School yet. She will have a meeting with **Danny Weaver**, who organizes the Wednesday evening group run, on Friday, to find out if JTC Running membership is currently required for a runner to attend. Margaret said that more details will be available next month.

- **JTC RUNNING ELITE CROSS COUNTRY TEAM** – **Rick Patterson** is organizing the team. We were not sure of the status of the team at the time of the meeting.

- **STORAGE UNITS** – we had discussion about reducing the two “outside” units to one by getting a group together to sort through everything. **Carol Fitzsimmons** pointed out that we have an “extra” 10 x 10 “inside” unit that we could possibly move everything into. An organizing effort will take place in the future.

**NEW BUSINESS:**

- **LOG OF BOARD ACTIONS** – Doug Alred pointed out that our Board has passed many motions and taken many actions, yet we have no log of all the actions in one place. He made a motion that we begin a log of this kind. There was no second to the motion.

**COMMITEE REPORTS:**

**GATE RIVER RUN** – **Doug Alred** said we were about to “launch” for the 2010 race.

**Track Series** – **Lamar Strother** said 113 different volunteers worked at the track series this year.

**CARRABBA’S SUMMER BEACH RUN** – Director **Doug Alred** said we had a good race with great weather. The race, held on August 22, was a total success.

**RACE COMMITTEE** – Committee Chair **Doug Alred** will have the committee meet at the same time as the Finance Committee on September 15. Discussion will be on the CSBR and the cross-country elite team.

**CLASSES & CLINICS** – **Jane Alred** is planning classes and clinics on the third Thursday of the month for October, November, and January.

**COMMUNITY & PUBLIC RELATIONS** – **Margaret Barton** said the JTC Running night at the Sulzbacher Center for the Homeless went very well. We had plenty of volunteers and the residents were all appreciative of the food we served. The news of the event is posted on the website. She asked if we’d like to do this on a regular basis, perhaps at GRR time. **Bobby Green** made a motion, seconded by **Jane Alred**, that we ask Margaret to investigate having the event again. The motion passed.

**FINANCE COMMITTEE** – There is a committee meeting scheduled for September 15 at 6:30 p.m., most likely at the Pizza Palace on Baymeadows Road.

**MERCHANDISE** – **Carol Fitzsimmons** plans to review our status on merchandise and maybe order some new stuff, if it seems appropriate to do so.

**NEWSLETTER** – Committee Chair **David Frank** reminded us that September 15 is the deadline for submissions for the next edition of The Starting Line.

**WEBSITE** – **Tri La Prade** is still keeping our site updated.
Minutes Continued

SOCIAL & BANQUET – We had 18 attendees at the unofficial baseball social. In “other sports”, Bonnie said we could get a discount for our club members for Jaguar tickets. She would get information to Trib for posting on the website.

VISION & PLANNING – The committee is oriented toward the statue project at this time.

NEXT MEETING – the next meeting will be Tuesday, October 6, 2009 at 7 p.m. at Mediterrania Restaurant.

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

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

Tuesday, October 6, 2009

President David Hall called the meeting to order at 7:03 p.m. Directors Bonnie Brooks, Richard Fannin, Trib La Prade and Sean McCormack were absent.

Prior to regular club business discussion, four JTC Running members visited to tell the Board of Directors of their strong, positive feelings for the early morning Wednesday track workouts that had been held at The Bolles School until a few months ago, when Bolles barred us from using their track in the mornings. Those four members were JC Pinto, Gary Corbitt, Miller McCormick and Michael DelCharco. Each of them encouraged the Board to continue negotiating with The Bolles School and to finance the use of their track for the Wednesday morning sessions, as an important value to club members.

Approval of 9/1/09 minutes: Two spelling errors were noted, which the secretary has corrected. The minutes were approved “as corrected.”

TREASURER’S REPORT: Treasurer Bonnie Brooks was on vacation – no report available.

OLD BUSINESS:
• Bolles Track – Doug Alred made a motion, seconded by Larry Roberts, that we appropriate $3,600 for Wednesday evening track workouts at The Bolles School for one year. Margaret Barton presented a lot of information in favor of a Wednesday morning workout as well, but Doug’s motion was not amended to include a morning track workout – only the evening workouts. We decided to address the morning workout issue during “new business.” Considerable discussion about the evening workout plan ensued as everyone weighed in on the issue. When the question was called, the motion passed with 12 in favor and 2 opposed.
• JTC Running Elite Cross Country Team – No report was available. We will ask for a report from Rick Patterson, who is organizing the team, for the November Board meeting.
• Statue – Lamar Strother reported that the City of Jacksonville has OK’d the installation of our new statue at the same location as the existing statue (juxtaposition to be determined). Our sculptor, Derby Ulloa, is already working on the female statue. His attorney is basic working up a contract for us.
• Storage Units – Douglas Tillett, Doug Alred, Bobby Green, David Frank, Mark Ryan, and Franz Lerch have volunteered to get together to clean out the storage facilities at Mandarin Mini and organize the remaining JTC Running property, with the goal of consolidating into one unit (from two) and possibly into the environmentally-controlled facility where our merchandise is located.

NEW BUSINESS:
• YMCA 1st Coast Kids Triathlon – the combined meeting of the Finance Committee and the Race Committee received a presentation from the organizers of the Kids Tri, asking us for sponsorship of the 2010 event. Doug Alred made a motion, seconded by Owen Shott, that we donate $2,500 and become “silver level” sponsors. The motion passed with no “nay” votes.
• Margaret Barton made a motion that we enter into an agreement with The Bolles School to finance Wednesday morning track workouts for one year for $3,600 (or less, if Bolles will negotiate with us for the second session on the same day of the week.) Lamar Strother seconded the motion. During the course of discussion, which was quite lengthy, questions were raised as to the number of JTC Running members that would use the track at that early hour and how many members we would need to consider the morning workout a “success.” Margaret revised her motion three times, with Lamar’s concurrence, to make the agreement with Bolles for $1,800 for six months of early morning track workouts, at which time the Board will be presented with attendance figures so that we can determine their success and whether or not we will continue to finance the morning workouts. The motion passed, thirteen to one.

COMMITTEE REPORTS:
• GATE RIVER RUN – Doug Alred said that everything is running for a December release.
• TRACK SERIES – Lamar Strother confirmed that he plans to “do” the track series again next year.
• CARRABBA’S SUMMER BEACH RUN – Director Doug Alred distributed copies of the final accounting of the race, which was profitable. He also mentioned that Carrabba’s “loved it” and they plan to be the title sponsor again next year under the same terms.
• LAST GAP – Herb Taskett is directing the race again this year. It will be on Sunday, December 27, at 2 p.m. at Jacksonville University. As per this race’s custom, Herb plans to have unusual awards and asked us to consider offering our merchandise for awards.
• David Frank made a motion, seconded by Carol Fitzsimmons, that all race results for JTC Running races be submitted to the newsletter and website in a “digital format.” The motion passed by a vote of 12 to 2.
• RACE COMMITTEE – Committee Chair Doug Alred might schedule a meeting during October.
• CLASSES & CLINICS – Jane Alred has planned clinics on the third Thursday of the month for October and November.
• COMMUNITY & PUBLIC RELATIONS – Committee Chair Larry Sassa reported that the committee had met and reconnected. The goal is to better publicize our activities, thereby driving membership.
• FINANCE COMMITTEE – No report.
• MERCHANDISE – No report.
• NEWSLETTER – Committee Chair David Frank reported that Carly and John were reviewing.
• WEBSITE – No report.
• SOCIAL & BANQUET – No report.
• VISION & PLANNING – No report.

ELECTION NOTIFICATION – The Board discussed ways we could enhance our notification technique to our club members of the upcoming election for the 2010 board. Suggestions included an email blast, use of our webpage, and a special mailing of postcards to all members. David Frank volunteered to coordinate the mailing of the postcards.

NEXT MEETING – the next meeting will be Tuesday, November 3, 2009 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.
There were 113 different volunteers at the five JTC Running track meets in 2009. Twenty-nine volunteers worked at more than one meet. The more people who offer their time to help at the meets, the smoother the experience is for everyone. Thanks to all who helped at the 2009 meets.

34th Annual Mile Festival, April 3:
John Cavanagh, Randi Huser
Kathy Clements, Steve O’Brien
Carol Fitzsimmons, K.C. Padget
Michael Fitzsimmons, Reed Rex
Chuck Griffith, Lamar Strother
Stephanie Griffith, Herb Taskett
Chris Harvey, Brian Yatzer

All-Comers Meet, May 1:
Bill Bowers, Ken Landrum
Ken Chamberlain, Trib La Prade
Kim Cornell, Gary Ledman
Paul Cavelski, Georgette McArthur
Tom Dominy, Miller McCormick
Bess Ebbinghouse, Gloria McNeil
Ron Fish, Burnie Morris
David Frank, Steve O’Brien
Gregg Friend, Deborah Oliveria
Kristin Friend, Gary Schumacher
John Funk, Jude Simons
Scott Hershay, Lamar Strother
Kellie Jo Howard, Robert Tindall
Bradford Joseph, Jim Winnale, Jr.

All-Comers Meet, May 29:
Terry Algire, Kim Pawelek
Jack Anderson, Jiri Perkov
Mike Brown, Jeff Pratt
Everett Crum, Laura Ragland
Judy Daniel, Eric Reinhart
Ernie Eick, Clay Robinson, Sr.
Ira Eick, Lee Rowe
Bob Fernie, Kim Rullute
David Frank, Jude Simons
Frank Frazier, Jo Shott
Peggy Gannon, Kayle Stevens
Ryan Gannon, Melissa Stevens
David Hall, Lamar Strother
Trib La Prade, Herb Taskett
Dan MacDonald, Jan Taylor
Chris McKeeown, Rudy Urban
Otto Monroe, Greg Umberger

30th Annual Summer Track Classic, July 25:
Margaret Barton, Gary Ledman
Paul Cavelski, Scott Louis
Pat Crandall, Dan Macdonald
Judy Daniel, Kathleen Ngo
Tom Dominy, Ty Payne
Lanier Drew, Matt Price
Gena Eick, Randy Reagor
David Frank, Gary Gasker
Jennifer Fountain, Kathleen Christensen
Jane Eby Connor, Will Cost
Keith Gaston, Beth Curtis
Gina Gibbons, Robert Deal
Chuck Griffith, Alison Deubman
Stephanie Griffith, Robert Tindall
A. J. Hart, Joel Heney
John Johnson, Greg Umberger
Ken Landrum, Brian Yatzer

1st Place Sports
- 3931 Baymeadows Rd
  Jacksonville, FL 904-731-3676
- 424 Third Street South
  Jacksonville Beach, FL 904-270-2221
- 2016 San Marco Blvd.
  Jacksonville, FL 904-399-8880
- 2186 Park Avenue
  Orange Park, FL 904-264-3767

Champion Cycling
- 1025 Arlington Road
  Jacksonville, FL 904-742-4922
- 11447 San Jose Blvd.
  Jacksonville, FL 904-262-5744
- 1303 Third Street North
  Jacksonville, FL 904-241-0900

The Trek Bicycle Store
- 1313 Beach Blvd.
  Jacksonville, FL 904-246-4433

Trek Store of Jacksonville
- 9965 San Jose Blvd.
  Jacksonville, FL 904-880-7227

Joan Adams
Cynthia Angersano
Randy and Becky Barnett
Nicki Bialis
Gerald Boorse
Shannon Calidran
Gary Castner
Kathleen Christensen
Jane Eby Connor
Will Cost
Beth Curtis
Robert Deal
Allison Deubman
Julie Deperna
Charles P. Desorier
Judi Dippin
James E. Marsh
Jose G. Marrero
James E. Marshall
Hal McClure
Amy Miller
Chris Maling
Steve Mullan
Joy Murphy
Jeff Nelson
Allie Norman
Don and Kristen Packard
Ty and Diana Payne
Rebecca Pemberton
Susan Pemberton
Debra Polash
Charles Powell
Steven Ritchey

Discounts to JTC Running Members

Call 904-880-7227

THE STARTING LINE
November/December 2009
**JTC Running Board Nominations**

It’s hard to believe another running year has come and gone. As is such, it’s time to select the 20 club members to represent you as the JTC Running Board of Directors. Many years we haven’t had to go through with an actual election process as there were more than 20 candidates. We have a multitude of quality candidates running in this year’s election. If you are one of the lucky few that got to know the candidates, you will find a short bio and blurb about what each is hoping to do as a member of the 2010 Board. Please take a few minutes to read them over, fill out the enclosed ballot and return it in the provided envelope. All ballots must be postmarked by December 16th, 2009.

**DOUG ALEX**
Douglas C. Alex is owner of 1st Place Sports and has served as Director of Gate River Run since 1982. He also serves as Race Director for over 40 races a year. Doug began running in 1963. He feels that JTC Running should work closely with local government to add more running trails in North Florida. Our club should also become more involved in youth running. The adios Junior River Run has about 2,000 runners each year, so children will take part in these events if we produce them.

**JANE ALLRED**
Jane is co-owner of 1st Place Sports. She has served as Race Director for the Summer Beach Run for several years and has coordinated many events with her husband, Doug. She has served as a volunteer at Gate River Run for all 32 years. Jane currently serves on JTC Running’s Financial and Classes and Clinics Committees. She began running in 1977. “JTC Running is great at producing running events and has the best races in the state. We need to get our members more involved in the monthly socials and clinics. We need to offer more training programs for new runners.

**MARGARET BARTON**
Margaret is just finishing up her first year as a JTC running member. Margaret is a year-round volunteer at the Salzbucher Center, coordinated with high school scholarship recipients, and assisted with efforts to ensure that morning and afternoon track workouts continue to be available to JTC Running members. “I love being part of the Jacksonville running community and will continue to embrace opportunities to be of service. I am committed to serving JTC Running in a community-minded way, to identify ways to bring the running community together, to promote physical and mental health through running.

**BRIAN DOYLE**
Brian began his running career 10 years ago at Bishop Kenny High School, where he was part of three state championships. Brian currently works at 1st Place Sports as the Manager of the San Marco Store. “I help people everyday to continue to pursue their goals in running. I believe people are interested in health and fitness. I think my experience would be a great asset to help this club build and promote running by attracting new members and raising community awareness.”

**BONNIE BROOKS**
Bonnie has worked at Mayo Clinic for 24 years as an R.N. in SICU/Transplant. As current JTC Running Treasurer, she has had many learning experiences. Her organizational skills eased her into that position of financial responsibility and decision making. Bonnie began running in her 30’s and believes anyone can adapt healthy lifestyles at any age. She helps coworkers develop running routines and encourages patients’ commitment to exercise and rehabilitation. “JTC Running does a great job promoting fitness and social atmosphere for all ages. I would like to see more focus on the risk group in hope of decreasing preventable medical conditions while increasing self esteem.”

**COLLEEN CLARSON**
Colleen has been a JTC Running member for more than 20 years. She previously served on the JTC Running Board for more than five years, chairing community and public relations initiatives, and serving as liaison with Gate River Run for more than ten years. She is also a certified personal trainer. With many people moving into our community daily, she’d like to make sure we continue to pursue JTC Running as the “running community” that welcomes and encourages fitness enthusiasts of all skill levels. She believes that she will work to keep our very special distinction, as designated by 2001 Running News, that Jacksonville is “One of the Nation’s Top Running Cities.”

**BIL DUNN**
Bill works in IT Management in merger/acquisitions and has been a part of his life as long as he can remember. He is Retired Navy and serves as the race director of the Guana River 50K Trail. Bill enjoys running on soft surfaces, believes health is wealth, fitness is key to eliminating behavioral related health issues, and that health is a verb – it requires action. He is a Certified Running Coach and Proprietor of Florida Native Endurance Company. “A well-designed plan coupled with a key accomplishment of JTC Running is bringing together a diverse population with focus on healthy fun related events. Dunn feels that JTC Running should increase the number of local trail runs and more open cross country runs like “The Last Gasp.”

**RICHARD FANNIN**
Richard has been involved in the local running community since 1977. He rejoined the JTC Running Board last year after being a Board member for several years in the 1990s. Richard’s past responsibilities include editor of the Starting Line, organizing bus trips to the Paul Revere race in Omard Beach, and serving as Director of the Ginger Fannin-King Couples Relay. Richard handles the elite atheltes for Gate River Run and the TenBroeck Cup competition for Gate River Run. Richard’s wife Amy is also a runner and they have two children.

**BOBBY FERNEE**
Bob began running in the early 1970’s while in England and joined JTC Running in 1978. He has served twice on the track club’s Board of Directors. Bob founded The Last Gasp cross-country race and for six years brought the ill-fated Ravines Run back to life for JTC Running. Bob served as the cross-country coach at Jacksonville University during the early 80’s. He has been writing about running since the late 70’s for the track club newsletter and is also a regular columnist with the Beaches Leader newspaper, covering the local running scene. Bob feels events, like the Gate River Run, and its community involvement are what JTC Running does best. “The club also is instrumental in making Jacksonville one of the finest areas in the country, if not the world, for running. If elected, I would like to help continue that tradition and, if possible, make it even better.”

**CAROL FITSIMMONS/MICHAEL FITSIMMONS**
Carol and Michael relocated to Jacksonville from southern California in 1995. Michael retired from the Marine Corps after 30 years of service in 1997 and Carol began a career in Cody A. Their interest in running began with Carol’s desire to run a marathon in 1999 and their first marathon was the Marine Corps Marathon in Washington, D.C. Carol and Mike are both interested in maintaining an active lifestyle that includes exercise and a healthy nutrition. “If elected, I believe my interest in JTC Running is the club’s community involvement, the most notable being the Gate River Run. As members of the Board of Directors, we have an opportunity to influence the positive impact JTC Running can have on the community and its membership.”

**BOBBY GREEN**
As current board member, Bobby was in charge of the elite runners’ transportation for the Gate River Run: he serves as an advisor and friend to Bill Dunn for the Guana River Trail 50K Run; he was the Board’s representative at the Girls on the Run 5K, RITA CASIN, YMCA Gate River Run, Beach to Beach, and Surf to Turf events; and Bobby served on the Awards Banquet Committee. “I help people every day, from beginning to identifying ways to bring the running community into a community-minded service. I am committed to serving as both an athlete (Bishop Kenny High School ‘91/’92) and coach (BTHS ‘07/’08).”

**DAVID HALL**
David is currently President of the JTC Running Board and has been on and off the board the last seven so many years. He is a Regional Business Manager of Fitwir Corporation. Running, cycling, and a love of the outdoors have been a part of his life as long as he can remember. “The primary function of our Board is to advance the cause and address the concerns of our members while ensuring that health is a verb – it requires action. The club and the integrity of our races are uncompromised. We made tremendous progress last year by negotiating a new Gate River Run agreement that protects the interest of the club and assures stakeholders that the management of the event will be second to none. While there is still work to be done on the outside of the club, I would like to see us more involved with the city and other civic organizations and help promote exercise and a healthy lifestyle within our community.”

**TRIB LA PRADE**
Trib joined JTC Running’s Board in 2005. His focus is to continue to enhance and improve the club’s image and purpose in Jacksonville. Trib is currently the webmaster of runningjournal.com and is involved with the updates of logo, merchandise, the club brochure, and the website; “The Board is comprised almost exclusively of distance runners, yet the club hosts a track and field series. As a pole vaulter and track coach, I feel the board needs a few members to address club/track issues. I consider these two areas the best interface to keep the club enduring and growing.”

**JERRY LAWSON**
A former professional runner, Jerry currently works as a...
JERRY RECKART

Jerry works as a running store manager. With 25 years of racing and training experience and vast travel experience to various venues and marathons, Jerry has insight into racing and training few get to see. He feels the Gate River Run and what JTC Running does best. Jerry would like to get the community involved and furthering JTC Running training classes leading towards JTC Running events.

Frank Leech

Frank has been a member of JTC Running for over a decade and currently serves as Race Director for the Beaches Fine Arts Triathlon series. He is a substitute elementary school teacher, having retired from his auto repair business. Frank lives in Jacksonville with his wife, Anita, and their twin daughters. Frank feels there are opportunities to collaborate with other community organizations that would enable JTC Running to promote healthy lifestyles through running, thus expanding membership of the club. He also would like to facilitate ways for the club to cross-market to other fitness-oriented groups in the Jacksonville area, in conjunction with the PTA. Outreach to elementary schools is important, ensuring physical activity before a sedentary lifestyle takes root.

James B. Manos

James works as an IT Administrator for Monti Eligibility and Denial Solutions and has worked as a marketing consultant. He believes running is more than a sport; it is about creating your best life and being confident in yourself. “I am knowledgeable in the mechanics of running. From the time of my first marathon to common injuries, there’s no a factor in running that I haven’t studied...” JTC Running offers a huge arena for which runners can come together to discuss running and health-related topics. He’d like to see JTC Running become more proactive in the community. In doing so, it will open up more doors for more runners to come together.

LARRY ROBERTS

LARRY ROBERTS

Lary has been a member of JTC Running since 1994 and has been the Club’s Treasurer and currently serves as a Board Vice-President and is a Past Board Secretary and President. Lary has completed 17 Gate River Runs and one Jacksonville Marathon. “The skills I bring to the Board are 40-years business experience managing revenue, expenses and talent. My goals for the Board in 2010 include increasing club membership, another record participation Gate River Run, and finding worthy opportunities in the local running community.”

MARK RYAN

Mark is a current Board member with one year of service. He has been a Running Coach since 1985. He relocated to Jacksonville from New York City in 2005 after 31 years in the media sales business. Mark has raced for 34 years and moved up to long distance in 2005; he has completed 11 Gate River Runs since 2005. He also has run over 100 marathons. His sales and marketing world helps him to understand the importance of JTC Running over the past year and he would like to continue to grow the membership moving forward.

NANCY PULLO

Nancy retired in March 2009 and would like to devote some volunteer time to her passion for running. She has been running for 31 years and her special interest in running and fitness is to encourage others to want to start an exercise program. Nancy is very organized and both competent and willing to take on almost any task. Not only that, but her passion, what JTC Running does best is award scholarships, and sponsors the River Run. She would like to see more running events and out-of-town bus trips for its members (with a nominal fee charged).

Jerry Beckart

Jerry works as a manager with 1 Place Sports and a volunteer assistant coach with the UNF cross country team. He began running at 14 and has competed on all levels. He was a two-time All American in the indoor mile and outdoor 1500 while competing for UNF. A recipient of the 2007 NCAA XC All American Award. He is committed to building value in a JTC Running membership. Most importantly, he recognizes the responsibility in being a good steward of the Board, ensuring that our running club activities can be enjoyed by the community and the individuals, the club will function in the future.”

SEX REX

Rex currently serves as the JTC Running membership administrator. He is a U.S. Navy retired after 28 years of active service. Rex also serves as the run captain with the Beaches Fine Arts Triathlon Series. He brings years of running, coaching, and volunteering to JTC Running, while, at all times, encouraging others to enjoy the benefits of running and fitness. Some of what Rex thinks JTC Running does best includes putting on the best 15K race in the country every March and supporting youth running programs in our local high schools and universes. “I love to volunteer and I would like to encourage our members to offer their ideas and to participate in the club’s activities.”

JO SHOTT

John co-owner of Jacksonville Running Company and works in medical sales. With a background in marketing and a passion for helping others, she feels she can share valuable fresh ideas along with her favorite: Shots of Jo article for the newsletter. “I love running with groups of runner or veteran. It enables me to meet new people! In this new year on the Board, I’d like to work towards bringing a better understanding of what JTC Running stands for and what it can bring Jacksonville runners.”

Owen Shot

Owen is co-owner of Jacksonville Running Company. He enjoys bringing local runners together for a trail run, teaching them to enjoy the benefits of running too and they both run to this day with beginner to advance runners.

John Steinberg

John works as a sales representative (Optical) and is an active member in his community and school district. He promotes the sport of running to promote a healthy lifestyle. John is the former USATF Distance Running Coach for Michigan, and has served as a track coach and elite athlete coach. He is a three-time NCAA All-American in cross country and a 2004 Fens State University Athletic Hall of Fame Inductee. John is also a member of the Reebok and Brooks National Teams. “The Gate River Run is the best activity of JTC Running. I would like to promote JTC Running and its mission and statement and help to continue the River Run tradition in the Jacksonville community.”

Lamar was one of the 11 founding fathers of the JTC Running and the Assistant Race Director for the last 3 years. Lamar is the Ambassador for entering the election process of the Board, I’d like to help improve outreach to entice level runners through other JTC Running events, outside of Gate River Run.”

Jim Van Cleave

Jim works as CST at Director of Marketing for the Metals Business Unit. He has been involved in running for 39 Board of Directors and currently serves as the Assistant Race Director for the last many years. He is the Director of the Gate River Run, overseeing all the race and running program. I can help JTC Running grow by helping to improve races and by getting the younger community more involved.

LARRY SASSA

Larry works in sales and marketing. He has been an active JTC Running Board Member serving on the Community Relations, Racing, and Vision & Planning Committee for seven years. He feels that JTC Running must continue to evolve and service the running needs and interest (competitive, or recreation, fitness and social/fun) of our current membership and attract new members to our club. It is committed to building value in a JTC Running membership. Most importantly, he recognizes the responsibility in being a good steward of the Board, ensuring that our running club activities can be enjoyed by the community and the individuals, the club will function in the future.”

Douglas Tillit

Douglas first started road running on Labor Day the year his wife, June, was born and immediately learned that running was a lot easier than parenting. His wife, June, started running with him. They both ran every day. They soon joined JTC Running. Douglas was elected to the Board in 1994. He has been treasurer four times and president six times. He volunteers for the club and he used to point out that his wife stays retired. He loves our sport and loves our club and hopes to be serving on our board until his last day on earth.

Stuart Toomey

Stuart began working at 1 Place Sports four years ago working in the store helping customers, until he shifted his time to the race office. He is the Assistant Race Director for the last two years, in charge of 1 Place Sports’ races, including the Gate River Run. Stuart oversees all the timing equipment and is in charge of results. I believe that I can help JTC Running grow by helping to improve races and by getting the younger community more involved. I love to volunteer and I would like to promote JTC Running and its mission and statement and help to continue the River Run tradition in the Jacksonville community.”

John Tinkler

John is a retired United States Marine Corp Officer currently working in commercial real estate representing a Fortune 500 Company. Danny Weaver and Bob Carr introduced him to JTC Running membership in 1996. He has become an active runner most of his life, running approximately 45 marathons. John is one of the currently active founders of the Jacksonville Marathon. He is active with several JTC Running groups as a runner and social. John brings years of management experience to the Board, skills that have helped him communicate with people. His reason for entering the election process of the JTC Running Board is to strengthen that process and bring enthusiasm and competition of ideas to the Board. The Board does many things well and most programs are excellent, outreach and continuous work to raise the level of service to our member runners should be the mission.”

Jim Van Cleave

Jim works at CST as Director of Marketing for the Metals Business Unit. He has been involved in running for 39 years. He is currently serving on the Board of Directors and currently serves as the Assistant Race Director for the last 3 years. He is the Director of the Gate River Run, overseeing all the race and running program. I can help JTC Running grow by helping to improve races and by getting the younger community more involved. I believe that I can help JTC Running grow by helping to improve races and by getting the younger community more involved. I love to volunteer and I would like to promote JTC Running and its mission and statement and help to continue the River Run tradition in the Jacksonville community.”

Lamar was one of the 11 founding fathers of JTC Running and currently serves as the PR/RRCA Volunteer of the Year Award for many years of service to the club. He maintains the JTC Running Hotline Phone, directs the Summer Track Series, and is the Volunteer Coordinator for other JTC Running events. Lamar does not run at this time, but rides an exercise bike and lifts light weights to stay in good shape. He feels the best thing the running club does is print a newsletter. He would like to see the entry fees to races lowered.

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Upcoming Races

Saturday, December 12, 8:30 a.m.
Reindeer Run 5K/10K, Atlantic Ave. Rec Center, Fernandina Beach

Sunday, December 20, 7 a.m.
Jacksonville Bank Marathon and 1/2 Marathon, The Bolles School San Jose Campus, 7400 San Blvd.

Sunday, December 27, 2 p.m.
The Last Gasp 5K, X-Country Run, Jacksonville University, 2800 University Blvd. North

Thursday, December 31, 1:30 p.m.
Gator Bowl 5K, Jacksonville Landing

Saturday, January 16, 8 a.m.
Resolution 5K, Orange Park Kennel Club

Saturday, January 23, 7 a.m.
Matanzas 5K, St. Johns County Rec. Dept., St. Augustine

Saturday, January 30, 2 p.m.
Run 5 to Keep Kids Alive [5 miles], Treaty Oak Park

Saturday, February 6, 8:30 a.m.
Run 5 to Keep Kids Alive (5 miles), Treaty Oak Park

Sunday, February 7, 7 a.m.
Fernandina Beach Reindeer Run 5K/10K, Atlantic Ave. Rec Center, Atlantic Beach

Sunday, February 7, 8:30 a.m.
Run 5 to Keep Kids Alive, Atlantic Beach

Monday, February 8, 7 a.m.
Gator Bowl 5K, Jacksonville Landing

JTC Running Merchandise

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

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

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

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

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

JTC Running Club

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

JTC Running Socks
Made by Defeet
Sizes: S, M, L, XL
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• Be sure to include item name, size, color, etc.
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THE LAST GASP ENTRY FORM

Name ________________ Age (on race day) __________ Sex ______
Address ______________ City __________ State ______ Zip ______
Enclosed is $ ______, JTC Member Number ______________ Shirt size; M L XL

Do you want us to send you a membership description and an application to the JTC Running Club? □ Yes □ No

In case of unforeseen circumstances, the race may be postponed or canceled at the race director’s discretion. No entry fees will be refunded.

WAIVER (please read carefully): In consideration of the acceptance of my entry, I hereby, for myself, my heirs, executors, administrators, and assigns, and anyone entitled to act in my behalf, release and discharge the JTC RUNNING CLUB, JACKSONVILLE UNIVERSITY, plus sponsors, their representatives and successors, promoters, managers, directors, officials, agents, employees and volunteers of the race named in the above entry form from any and all claims of injury or liability of any kind, illness or damages suffered by me, as a result of my participation in, or traveling to or from this event. I know that running a road race is a potentially hazardous activity. I assume all risk associated with running in this event, including, but not limited to, falls, contact with other participants, the effects of weather (including high heat or humidity), conditions of the course, traffic on the roads, other road users, and other factors beyond the control of the race director. I hereby certify that I am in such physical condition and good health. I also give permission for the free use of my name and picture in any written account, broadcast or telecast of this event for any legitimate purpose.

Print Express
Herb Taskett, Race Director - for further information call: 372-0509

33RD ANNUAL
THE LAST GASP
3.1 MILE CROSS COUNTRY RACE
FREE 1 MILE KIDS FUN RUN – 1:30 P.M.
SUN., DEC. 27, 2009 - 2:00 P.M.
AT JACKSONVILLE UNIVERSITY

ENTRIES: Early registration $15 (JTC Members $13) race day $20 for all. Mail your entry to: The Last Gasp, 439 Osprey Key, Atlantic Beach, FL 32233. Make checks payable to: JTC Running. Entries accepted at the starting line (baseball stadium) on race day between 12:30 and 1:45 PM.

COURSE: The course consists of two laps over grass, dirt, hills and golf course. Spikes may be worn.

AWARDS: Trophies to first open and master male and female. Special awards to top 10 men, and top 5 women finishers overall. Awards to top 3 in each of the following age groups: 13 and under, 14-18, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.

TEAM COMPETITION: 5 to run (max), 4 to score. Usual cross-country scoring. All team members must be registered individually. Awards to overall teams in 2 categories; men’s open, women’s open. Team registration day of race.

SWEAT SHIRTS: A High Quality, Colorful, Sweat-shirt will be given to the first 80 registrants. Shirts are guaranteed on race day if registration has been received by 12/20/2009.

POST RACE PARTY: A party will be held in conjunction with the awards presentation from 3:30 until 6:30 p.m. at The Scoreboard Sports Bar & Grill at 6051 Merrill Road.

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Autumn in New Hampshire

By Bonnie Brooks

It was an easy decision to support a local race once becoming a homeowner in New Hampshire. The difficult part was missing the Jacksonville Marine Corps Half Marathon not due to work and missing my third Jaguar game in 15 years. I had vacationed for many summers at Newfound Lake in Bristol, New Hampshire, so I was aware that it was home to the New Hampshire Marathon. The course is challenging with many hills and about 16 miles around the lake with gorgeous views. What I didn’t know was they had a 10K, a perfect distance to run and then watch the marathon! I was often seen running past the local store (best warm cinnamon doughnuts around) and the clerk encouraged me to run their race as this would be her 17th year as a volunteer at the finish line.

We arrived in New Hampshire on a late September day and the air was immediately refreshing! We had a couple of days to run the hills and enjoy the cooler air prior to race day. They had a record number of pre-registrants with 512, not like the thousands we’re used to in Jacksonville. Friday was packet pick-up and I could barely see the mountains across the lake through the fog. The race start was 9 a.m., so there was still hope. Being out of shape for no good reason, we decided to run the race together. Arriving at the start line, the rain was light but it was breezy and 52 degrees. Many participants wore ponchos, some were bare-chested, and one guy was even barefoot. The marathon and 10K started together and followed the same course to the 10K turnaround. The first four miles of the 10K were hilly, but nothing compared to what was ahead for the marathoners. The foliage was lessened by the fog, but still a special time of year. The volunteers were great, young and old, families and friends, all out in that weather for hours with big smiles and encouragement for the runners. The last two miles back to town were downhill and finished at Kelly Park. It would have been a great place to mingle had it not been so soggy. The spirits and post-race atmosphere couldn’t be dampened by the rain. The music was fun and a local favorite “Sweet Caroline” was belted out just like the eighth inning at the beloved Red Sox games.

After getting into some dry clothes and a warm car, it was time cheer on the marathoners. Not only did you need to be physically tough at this marathon, but mentally as well to endure the hours alone. I parked past the 22 mile mark and waited for the runners. They were grateful for any support and most wanted to know how many more hills, and how far ahead the competition was. The good news was “mostly downhill from here.” There was prize money and the third and fourth place males ended up one second apart. I was told it was a record amount of finishers despite the conditions.

The next 10 days would be spent running, canoeing, and exploring New Hampshire. It was peak foliage in the White Mountains, but snowing when we got to the top of Mount Washington by train. The Kangamagus Highway had the brightest orange, yellow, and red leaves you can imagine. The reflection of the colors on the lake was a sight to wake up to. The leaves were falling, the lake water was cold enough to substitute for an ice bath, and winter was around the corner. It was time to return to Jacksonville and I awoke to snow falling that morning. It was time to trade cooler temps for warmth, mountains for bridges, and lake views for the scenic river. Ahhh, a runner’s life!
February 6, 2010

Bank of America Tower
50 N. Laura St.
Jacksonville, FL

More than a walk,
more than a run....
go vertical for a
unique challenge!

Challenge yourself to be the
first to cross the finish line or
just to reach the top!

For more information,
call Nicole Payne
904-520-7119
1-800-LUNG-USA

River Run Racers

Personal Running Solutions is pleased to announce a brand-new running program
designed to help you check off your to-do list for the 33rd Annual Gate Run River!

15-week program

Starts December 2, 2009 and is $150 for new members and $130 for alumni.

9-week program

Starts January 9, 2010 and is $100 for new members and $80 for alumni.

- Detailed training program for all levels
- Weekly supervised sessions
- Informational clinics
- Free technical shirt or tank top
I know when I first heard about people doing track workouts, I was some kind of intimidated. “Those people must be really intense,” I thought. Come to find out, the track is for any and all runners looking to improve!

Doing intervals on a track is an efficient and effective way to build strength, stamina and speed, regardless of your ability level or whether you prefer 5K races or marathons. Benefits of the track include:

- A structured opportunity to push yourself a little harder. You are more likely to get speed work in on a consistent basis.
- A great way to meet other runners. Track workouts are run by first-rate coaches, those who prefer the early evening (5:30-7 p.m.).
- A workout for the morning runners (5:30-7 a.m.) and one for afternoons (evening workout). Both are highly experienced individuals.
- You are likely to see results within weeks. You will find yourself getting a little faster with each workout and finishing races stronger than ever before.

**HOW CAN I JOIN?**

JTC Running now sponsors two track workouts every Wednesday at The Bolles School track – one for the morning runners (5:30-7 a.m.) and one for afternoons (evening workout). Both are highly experienced runners and welcome runners of all ability levels.

**WHAT CAN I 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 (1/2-way around the track) to 1600 meters (4 loops of the track). The workout is designed by the coach. For example, the core workout might consist of 1200-meter repeats or 400-meter repeats depending on your training goals. You are given a certain amount of “recovery” time in between each repeat. The track workout (usually about 2-4 miles) is followed by a one-mile cool down run.

**Tips for first timers include:**
- Make sure you have a solid mileage base (can run 4-5 miles comfortably several times a week).
- Start conservatively and pace yourself during the workout. The coach will tell you the full workout in advance to help you gauge your pace during the various segments.
- Bring a bottle of water or sports drink.

**WHAT CAN I EXPECT?**

1. **The Wednesday track workouts at Bolles are available to all JTC Running members. (For insurance purposes, you must be a JTC Running member to participate.)**
2. **Prior to your first workout, you will need to get a Bolles ID for school security purposes. Starting January 4, you can get the Bolles ID between 8 a.m.-1 p.m. on the first Monday of each month. Please stop by the security guard 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. (To 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.**

**MY 2010 GOAL CONTRACT (with JTC Running)**

**Most goals are easier to achieve if we have someone to encourage and help us. Reach out to someone in your running group, family member, friend, or just make the agreement with yourself. Fill this out, tear it out and put it up where you can be reminded everyday of your goals!**

1. ___________________________ am going to work to achieve my below listed Goal!

**My 2010 Goal is to:**

To achieve my Goal, I will complete the following objective and/or meet these time frames:

1. ________________________________

2. ________________________________

3. ________________________________

Signed ________________________________

Witnessed by ________________________________ Date ________________________________
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 287-5496.

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 JTCRunning.com for more information.