

THE STARTING LINE

November/December 2009

ANOTHER GREAT YEAR!



Gate River Run 2009!



Sulzbacher Center!



Ready, set, GO!



What a Banquet!

10 BOARD ELECTIONS

15 THE LAST GASP ENTRIES

20 JOIN US AT THE TRACK!

Vol. 35, No. 6
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www.jtcrunning.com

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Morning workout coach J.C. Pinto



Start of a heat from the morning track group



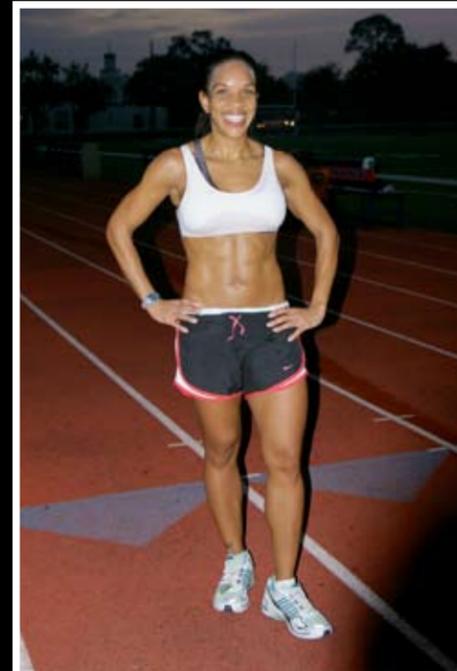
Evening group shot



Evening workout coach, Danny Weaver (left) and former, longtime evening workout coach Bob Carr



Group shot of the morning workout group



Morning workout participant Shani Dempsey

President's Message

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.

d.

JTC Running Board Of Directors

President

David Hall (904) 346-3257
Cell (971) 322-7862
david.hall@fiserv.com

Vice President

Larry Roberts (904) 731-4852
Cell (904) 703-5451
Larry_Roberts@csx.com

Treasurer

Bonnie Brooks (904) 262-2842
Cell (904) 868-5479
bontorun@clearwire.net

Secretary

Douglas Tillett (904) 388-6139
Cell (904) 728-3711
doug.tillett@sunoptictech.com
douglastillett@hotmail.com

Doug Alred (904) 731-0636
Work (904) 731-1900
firstplacesports@mindspring.com

Jane Alred (904) 731-0636
Work (904) 731-1900
janealred@firstplacesports.com

Margaret Barton (904) 398-9119
mgbarton@bellsouth.net

Richard Fannin (904) 634-6061
Cell (904) 662-3814
richard_fannin@ml.com

Carol Fitzsimmons (904) 886-4019
Cell (904) 610-8962
mandcfitz@comcast.net

Mike Fitzsimmons (904) 886-4019
mandcfitz@comcast.net

David Frank (904) 662-0913
frankgators@netzero.com

Bobby Green (904) 620-0737
Cell (904) 625-0880
bobbyg16@hotmail.com

Trib La Prade (904) 390-2737
trib@bellsouth.net

Sean McCormack (904) 215-8861
Cell (904) 434-6458
smccormack@advancedbiohealing.com

Mark Ryan (904) 280-2383
Work (904) 280-1555
mark@sawgrassgrouprealty.com

Larry Sassa (904) 247-6575
Cell (904) 699-0466
lawrence.sassa@spcorp.com

Jo Shott (904) 731-5681
Cell (904) 885-0178
jowen71505@yahoo.com

Owen Shott (904) 731-5681
Cell (904) 233-2483
oshott@yahoo.com

Lamar Strother (904) 388-7860

Jim Van Cleave (904) 287-9826
Cell (904) 359-3511
jimvancleave@comcast.net

Member Logistics

Rex Reed (904) 608-2087
rmreed26@comcast.net

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 city fee. Derby believes the project will be complete by June, 2010.

Discussion was long, intense, emotional, and divided. **Doug Tillett** made a motion, seconded by **Bobby Green**, that we table Lamar's motion until a future meeting. The motion to table failed by a vote of 5 to 8. Discussion recommenced until **Larry Roberts**

called the question on Lamar's motion, which passed by a vote of 11 to 4.

- **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.

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.

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 USATF 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.

COMMITTEE REPORTS:

RACE COMMITTEE AND GATE RIVER RUN – Doug Alred distributed copies of Gate River Run Profit and Loss Standard to the Board and fielded questions on the report.

TRACK SERIES – Summer Track Classic on July 25 – Lamar Strother distributed copies of the accounting for this final meet of the year.

RITA CASH – was held on May 16 and was successful for RITA.

CARRABBA'S SUMMER BEACH RUN – is on schedule for August 22. Director **Doug Alred** called for help and support to stuff the race packets on the Tuesday prior (8/18/09) starting at 6 p.m.

CLASSES & CLINICS – Jane Alred said events would start being scheduled in September.

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.

MERCHANDISE – No report.

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

WEBSITE – Trib 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 Mediterrania 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 Mediterrania Restaurant.

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

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

Tuesday, September 1, 2009

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.

COMMITTEE 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 – **Trib 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 Tilleff, *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 busy working up a contract for us.
- **Storage Units** – **Douglas Tilleff**, **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:

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- **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 GASP – **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 Tilleff, *JTC Running Secretary*, has respectfully written and submitted these minutes.

2009 JTC Running Track Meets Officials

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	Randy Houser
Kathy Clements	Steve O'Brien
Carol Fitzsimmons	K. C. Padgett
Michael Fitzsimmons	Rex Reed
Chuck Griffith	Lamar Strother
Stephanie Griffith	Herb Taskett
Chris Hervey	Brian Yatzor

All-Comers Meet, May 1:

Bill Bowers	Ken Landrum
Ken Chamberlain	Trib La Prade
Kim Cornell	Gary Ledman
Paul Covelski	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 Hershey	Lamar Strother
Kellie Jo Howard	Robert Tindall
Bradford Joseph	Jim Winnale, Jr.

All-Comers Meet, May 29:

Terry Algire	Kim Pawelek
Jack Anderson, III	Debby Pruitt
Mike Brown	Jeff Pruitt
Everett Crum	Laura Ragland
Judy Daniel	Eric Reinhardt
Ernie Eick	Jay Robinson, Sr.
Ira Eick	Lee Rowe
Bob Fernee	Kim Rutledge
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 McKeown	Rudi Urban
Otto Monroe	Gregg Umberger

Kathleen Ngo	Rick Van Brederode
Liam Ngo	Ira Welborn
Madeleine Ngo	Carl Zart, III

All-Comers Meet, June 19:

Bryan Bartosik	Gary Kopfer
Andrea Beck	Newt Mckissick
Patty Bost	Bryan Mickler
Mike Brown	Scott Motley
John Burke	Rick Myers
Maria Butts	Ty Payne
Colleen Clarson	Laura Ragland
Beth Curtis	Rich Robinson
Glen Dowdy	Robert Roche
Lanier Drew	Susan Roche
David Frank	Johnathon Rogers
Bob Harrod	Matt Ross
Katie Harrod	Jude Simons
A. J. Hart	Lamar Strother
John Johnson	Ira Welborn

30th Annual Summer Track Classic, July 25:

Margaret Barton	Gary Ledman
Paul Covelski	Scott Louis
Pat Crandall	Dan Macdonald
Judy Daniel	Kathleen Ngo
Tom Dominy	Ty Payne
Lanier Drew	Matt Price
Bess Ebbinghouse	Randy Reagor
Ira Eick	Rex Reed
David Frank	Susan Roche
Jennifer Frank	Rodney Smith
Keith Gaston	Lamar Strother
Kim Gibbons	Herb Taskett
Chuck Griffith	Tina Tillis
Stephanie Griffith	Robert Tindall
A. J. Hart	Greg Umberger
Jocelyn Heaney	Jim Van Cleave
John Johnson	Bill Walker
Neil Keith	Ira Welborn
Ken Landrum	Brian Yatzor

Discounts to JTC Running Members

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

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

The Trek Bicycle Store

- 1313 Beach Blvd.
Jacksonville Beach, FL
904-246-4433

Trek Store of Jacksonville

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

Bruester's Ice Cream

- 12224 Atlantic Blvd.
Jacksonville, FL
904-221-1441
- 11701 San Jose Blvd.
Jacksonville, FL
904-886-1995

Champion Cycling

- 1025 Arlington Road
Jacksonville, FL
904-724-4922
- 11447 San Jose Blvd.
Jacksonville, FL
904-262-5744
- 1303 Third Street North
Jacksonville, FL
904-241-0900

The Foot Specialist, P.A. Dr.

- Richard I. Polisner
904-994-0990
- **15% discount**

Jacksonville Running Company

- 9823 Tapestry Pk Cir., Suite #4
Jacksonville, FL
904-379-7170

MAX MUSCLE, Sports Nutrition

- 13475 Atlantic Blvd., Suite #37
Jacksonville, FL
904-220-2833

Open Road Bicycles

- 4460 Hendricks Avenue
Jacksonville, FL
904-636-7772
- 3544 St. Johns Avenue
Jacksonville, FL
904-388-9066
- 1560 Business Center Drive
Orange Park, FL
904-541-1816
- 2220 CR-210 West, #303
St. Johns, FL
904-819-0422

New And Renewing Members

Joan Adams
Cynthia Angresano
Randy and Becky Barnett
Nicky Bialik
Gerald Boorse
Shannon Callahan
Gary Castner
Kathleen Christensen
Jane Ellyn Connor
Will Croft
Beth Curtis
Robert Deal
Allison Delavan
Julie Deperna
Charles P. Desorier
Darrin DeTorres
Marjorie DiBenedetto
Julie Dippin
James Elledge
Gregg Friend

Chris Harvey
Ernie Heishman
Amanda Hill
Carl A. Helmers
Billy Fehrs
Scott Gamble
Margaret Gamble
Patrick M. Gaughan
Kimberly Glach
David Goedtko
Peggy Greco
Bobby Allen Green
Chris and Joni Gruwell
Emily Hart
Nancy Hart
Rachel Hart
Tracy Horn
Jenny Johnson
Nancy Kemner
Juha Kilpinen

Dennis A. Lee
Sharon and Steve Luci
Bob Malmquist
James Manos
Jose G. Marrero
James E. Marsh
Hal McClure
Amy Mille
Chris Moling
Steve Mullan
Joy Murphy
Jeff Nelson
Allie Norman
Don and Kristen Packard
Ty and Diana Payne
Rebecca Pemberton
Susan Pemberton
Deb Potash
Charles Powell
Steven Ritchey

Richard Robinson
Susan Roche
Matthew Ross
Bryan Rohlin
Thom Ryan
Ben Shimko
Dee Sittig
Patt and Harvey Sher
Amanda Sluys
Mandy Staten
John Steinberg
Paul Stopiak
Lisa Thomas
Stuart Toomey
Leo Vogel
Peter A. Winkler
Andy Woods
Beth Wucker
Donald Wucker

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 less than or exactly 20 individual club members that were interested in volunteering their time to represent us. But this year we have a multitude of candidates.

Below 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 ALRED

Doug is co-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. "I think 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 adidas Junior River Run has about 2,000 runners each year, so children will take part in these events if we produce them."

JANE ALRED

Jane is co-owner of 1st Place Sports. She has served as Race Director for the Summer Beach Run for several years and has co-directed 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*

Social 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* Board member. She spearheaded a *JTC Running* volunteer night at the Sulzbacher 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 identifying ways to bring the running community together, and to promoting physical and mental health through running."



BONNIE BROOKS

Bonnie has worked at Mayo Clinic for 24 years as an R.N. in SICU/Transplants. 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 us focus on high risk groups in hope of decreasing preventable medical conditions while increasing self esteem!"

COLLEEN CLARSON

Colleen Clarson 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 years. She is also a certified personal trainer. With so many people moving into our community daily, she'd like to make sure we continue to position *JTC Running* as "THE running community" that welcomes and encourages fitness enthusiasts of all skill levels. To further improve *JTC Running*, she will work to keep our very special distinction, as designated in 2001 by *Runners World*, that Jacksonville is "One of the Nation's Top Running Cities."



BRIAN DOYLE

Brian began his running career 10 years ago at Bishop Kenny High School, where he was part of three state championship cross country teams. He currently works at 1st Place Sports as the Manager of the San Marco Store. "I help people every day, from beginning to advanced runners. In the running arena, I know what many people are interested in. 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."



BILL DUNN

Bill works in IT Management in merger/acquisitions-metrics. 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 Wellbeing Firm". He feels a key accomplishment of *JTC Running* is bringing together a diverse population



with focus on good 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 re-joined 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 DeBruyn race in Ormond Beach, and serving as Director of the Ginger Fannin-King Couples Relay. He currently handles the elite athletes for Gate River Run and the TenBroeck Cup competition for Gate River Run. Richard's wife Amy is also a runner and they have four children.

BOB FERNÉE

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 FITZSIMMONS/MICHAEL FITZSIMMONS

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 at Mayo Clinic. 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 life style that includes exercising and good nutrition. "Our interest in *JTC Running* is the club's community involvement, the most notable event 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."

DAVID FRANK

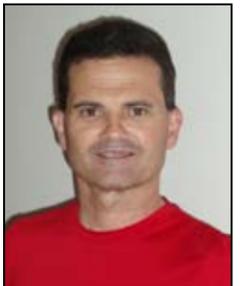
David has served as a *JTC Running* board member since 2008. As committee chair, he's helped revitalize *The Starting Line* newsletter. David is the AP Economics teacher and girls' cross country/track and field head coach at Bartram Trail High School. He is the only coach in state history to win back-to-back state cross country championships as both an athlete (Bishop Kenny High



School '91/'92) and coach (BTHS '07/'08). "*JTC Running* is the best promoter of running on the First Coast. I'd like to offer more organized training and racing benefits to our members and believe expanding our relationship with local college and high school programs is the best way to foster runners of tomorrow."

BOBBY GREEN

As a current board member, Bobby was in charge of the elite runners' transportation for the Gate River Run; he serves as an assistant to Bill Dunn for the Guana River Trail 50K Run; he was the Board's representative at the Girls on the Run 5K, RITA CASH 5K, YMCA 1st Coast Kids Triathlon, and Summer Beach Run; and Bobby served on the Awards Banquet Committee helping to coordinate the event. This fall, he is proud to be the coordinator/manager of the *JTC Running* XC Team headed to Lexington, Kentucky, for the club national championships. "I think the club needs to spend more of its resources on beginner running programs."



DAVID HALL

David is currently President of the *JTC Running* Board and has been on and off the board over the last seven years. He is VP-Regional Business Manager of Fiserv 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 the best interest of the club and the integrity of our races are uncompromised. We made tremendous progress this past year by negotiating a Gate River Run agreement that protects the interest of the club and assures all stakeholders that the management of the event will be second to none. While there is still much work to do in the 'business' side 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 conceive and implement changes that improve the club's image and purpose in Jacksonville. Trib is currently the webmaster of JTCRunning.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 very important to keep the club enduring and growing."



JERRY LAWSON

A former professional runner, Jerry currently works as a



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

FRANZ LERCH

Franz 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. Franz lives in Jacksonville Beach with his wife, Anita, and their twin daughters. Franz 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 "I directed a 5K race for my girls' school in conjunction with the PTA. Outreach to elementary schools is important, encouraging physical activity before a sedentary lifestyle takes root."



JAMES B. MANOS

James currently works as an IT Administrator for Monti Eligibility and Denial Solutions and has worked as a marketing consultant. He believes running is more than just a sport; it pushes to you be your best and confident in yourself. "I am knowledgeable in the mechanics of running. From the proper footwear to common injuries, there isn't 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. I'd like to see *JTC Running* become more proactive in the community. In doing so, it will open even more doors for more runners to come together."



NANCY PULLO

Nancy retired in March 2009 and would like to devote some volunteer time to her passion: running. She has been running for 31 years and her special interest in running and fitness is to encourage others to start an exercise program. Nancy is very organized and both competent and willing to take on almost any task. In her estimation, what *JTC Running* does best is award scholarships, and sponsors the River Run. She would like to see *JTC Running* sponsor one or two out-of-town bus trips for its members (with a nominal fee charged).



JERRY RECKART

Jerry works as both a manager with 1st 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 last year's *JTC Running* Runner of the Year award, he currently trains local runners to meet their goals. "My passion is the growth of running in our community. I work every day with beginner to advance runners to help them stay healthy and reach their running goals. I would just want to improve the community atmosphere of the club with more training runs available for beginning runners. The more that the club can be involved with the individuals in its community, the better it will function in the future."



REX REED

Rex currently serves as the *JTC Running* membership administrator. He is U.S. Navy retired after 28 years of active service. Rex also serves as the run captain with the Beaches Fine Arts Sprint 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 include putting on the best 15K race in the country every March and supporting youth running programs in our local high schools and universities. "I love to volunteer and I would like to encourage our members to offer their ideas and to participate in the club's activities."



LARRY ROBERTS

Larry has been a member of *JTC Running* since 1994 and a Board member since 2002. He is currently serving as Board Vice-President and is a Past Board Secretary and President. Larry has completed 17 Gate River Runs and one Jacksonville Marathon. "The skills I bring to the Board include 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 to invest in the local running community."



MARK RYAN

Mark is a current Board member with one year of service. He has been a *JTC Running* member since 1985. He relocated to Jacksonville from New York City in 2005 after 31 years in the media sales business. Mark has been running for 34 years and moved up to long distance in 2005; he has completed 11 marathons since 2005 and is moving up to ultras (anything longer than a marathon). His sales and marketing skills have helped grow the membership of *JTC Running* over the past year and he would like to continue to grow the membership moving forward.



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. He is committed to building value in a *JTC Running* membership. Most importantly, he recognizes the responsibility in being a good steward of *JTC Running's* interest in the River Run and in business decisions important to the preservation of the club for many years to come.

JO SHOTT

Jo is 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 help contribute fresh ideas along with her favorite: Shott of Jo article for the newsletter. "I love running with groups, beginner or veteran. Best way 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 SHOTT

Owen is co-owner of Jacksonville Running Company. He enjoys bringing local runners together for a trail run, track workout or to race together. "We can only get better together." "Dealing with customers on a daily basis, I feel I can help convey the message of what our running community is looking for from a track club. Gate River Run has to be the feather in our hat, as a club. I'd like to help improve outreach to entry-level runners through other *JTC Running* events, outside of Gate River Run."

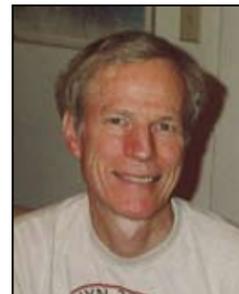


JOHN STEINBERG

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 Chair for Michigan, and has served as a race director and elite athlete coordinator. He is a three-time NCAA All-American in cross country and a 2004 Ferris State University Athletic Hall of Fame Inductee. John is also a former 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 statement and help to continue the River Run tradition in the Jacksonville community."

LAMAR STROTHER

Lamar was one of the 11 founding fathers of *JTC Running* and received the Florida 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.



DOUGLAS TILLET

Douglas first started road running on Labor Day the year his son was born, 27 years ago, and immediately learned that running was a lot easier than parenting. His wife, June, started running too and they both run to this very 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 club activities to the point that his wife stays irritated. He loves our sport and loves our club and hopes to be running and on our board until his last day on earth.



STUART TOOMEY

Stuart began working at 1st Place Sports four years ago working in the store helping customers, until he shifted his time to the race office. He has been the Assistant Race Director for the last year, timing all of 1st Place Sports' races, including the Gate River Run. Stuart oversees all the timing equipment and is in charge of results output. "I feel that I can help *JTC Running* grow by helping to improve races and by getting the younger community more involved. I believe that my race management experience in over 150 races will be an asset to the club."



JIM VAN CLEAVE

Jim works for CSXT as Director of Marketing for the Metals Business Unit. He has been involved in running for 39 years and ran competitively in high school and college. Jim is interested in introducing the positive benefits running can have on one's life and helping others reach their potential on and off the roads. Jim brings many years of running experience, both competitively and for fitness, to *JTC Running*, along with a business background and additional board experience. He feels one of the best aspects of *JTC Running* is that it supports the running community at various levels and offers a high quality race product. He is also interested in the development of a *JTC Running* kids program.



JOHN T. WINKLER

John is a retired United States Marine Corps Officer currently working in commercial real estate representing a Fortune 500 Company. Danny Weaver and Bob Carr introduced him to *JTC Running* membership in 1995. He has been an active runner most of his life, running approximately 45 marathons. John is one of the currently active founders of the Jacksonville Marine Corps half-marathon. He is active with several *JTC Running* groups as a runner and socially. John brings years of management experience to the Board, but his passion is communication 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. "While 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."

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, 9 a.m.

Matanzas 5K, St. Johns Country 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.

Fight for Air Club, Bank of America Tower



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, 14-19, 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.

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

Print Express

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



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 cancelled at the race director's discretion. No entry fees will be refunded.

WAIVER (please read carefully): in consideration of the acceptance of this 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 road race named in the above entry form from any and all claims of injury or liabilities 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 should not enter unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely compete in the run.
 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, all such risk being known and appreciated by me. I realize that this is a strenuous event which requires proper physical conditioning. 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.

SIGNATURE (SIGNATURE OF PARENT OR GUARDIAN, IF UNDER 18)

DATE

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 use to in Jacksonville. Friday was packet pick-up and all went smooth except the shirts were suppose to be long sleeve but came in short sleeves. After getting their packets, one girl asked her friends if they should drive the course. I whispered to Laurie, "Not if they don't want to be scared!" We had company, so we missed the pasta dinner, but heard that it was a success.



On race morning, it was pouring down rain 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 the 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 bellowed 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 do 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 Kangamangus 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. Ahhhh, a runner's life!

Upcoming Events



» JAGUAR GAME!

December 13, 2009 @ 1:00 PM

Come out and cheer on the Jacksonville Jaguars as they take on the Miami Dolphins December 13th @ 1PM. Enjoy an afternoon of fun with fellow *JTC Running* members and families! Group tickets discount for this game are **\$40/seat** and we have limited seating reserved. We also have *JTC Running* group ticket discount for all games if you prefer more games.

Contact Bonnie Brooks at (904) 868-5479 or Jane Alred at jane@1stplacesports.com for more details and to reserve your seats today!

» CLINICS:

Sign up for a **Free Biomechanical Running Gait Analysis** with the physical therapists from Brooks Center for Sports Therapy and Brooks Rehabilitation at Ponte Vedra! Call 1st Place Sports at (904) 731-3676 for any questions.

1st Place Sports at the Beach

Dec. 16th, 2009: 5:00 p.m. to 6:30 p.m.
Jan. 20th, 2009: 5:00 p.m. to 6:30 p.m.

1st Place Sports at Baymeadows

Dec. 1st, 2009: 5:30 p.m. to 7:00 p.m.
Jan. 5th, 2009: 5:30 p.m. to 7:00 p.m.

» JTC RUNNING HOLIDAY SOCIAL:

Saturday, December 5, 2009 @ 6:00 PM
1st Place Sports in San Marco Square.

Come join in for good food, drink and plenty of activities for the entire family. The **JTC Running** party will be taking place during and after the Festival of Lights 5K which starts in the square. San Marco Holiday Magic will be going on with visits from Santa Clause, children's **games, music and for all the football fans TV's to watch the SEC Championship.**

2010 FIGHT FOR AIR CLIMB

experience the climb of your life

AMERICAN LUNG ASSOCIATION.

Join the Fight for Air.

BREATHING SHOULD NOT BE AN UPHILL CLIMB.

FightForAirClimbJacksonville.org

1-800-LUNG-USA

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



shoes

technical shirt

power drink

training

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 River Run!

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
- Informational clinics
- Weekly supervised sessions
- Free technical shirt or tank top

First Name															Last Name															<input type="checkbox"/> 9 Week		<input type="checkbox"/> 15 Week	
TT		SS		YL		S		M		L		X		Email Address																			
Street Address															Apt. #																		
City					State					Zipcode					Method of Payment:		Amount Paid																
Telephone Number					Cash		Check		Credit		\$																						

I understand that by joining this training program I am doing so at my own risk. If any injury should occur, it will not be the fault of Jacksonville Running Company or Personal Running Solutions.

Please sign here. (Parent must sign if participant is under 18 years of age)

Date Signed

Consider Joining Us at the Track!

By **Margaret Barton**

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 fun! And you will find yourself surrounded by supportive and motivating 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 FIND A TRACK WORKOUT?

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 those who prefer the early evening (5:30-7 p.m.). The track workouts are run by first-rate coaches, **JC Pinto** (morning workout) and **Danny Weaver** (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.

HOW CAN I JOIN?

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 guard gate and the security guard will run your drivers' license through the Raptor program (a sexual predator data base). They will then direct you to another building to get your photo taken. The cost is \$5 (cash only) and takes 10 minutes. (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.

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

Hope to see you out on the track soon!

Look to the inside cover for *JTC Running* workout photos!

Your Regular Shott Of JO



THANKFUL FOR RUNNING INTO A HEALTHY 2010

By Jo Shott

Thanksgiving time! Aw... It means cooler running, Holiday giving and time to reflect. What does Thanksgiving mean to you? A time you get off from work to eat with friends and/or family? A time that you cook all day, to then wake up and shop all day? Or for many of you runners, does Thanksgiving mean a half marathon or little Turkey Trot on a Thursday morning?

This year, no matter your seasonal plans, I challenge you to stop and reflect a little more than just over your mile splits. Take a few minutes this year and ask yourself what am I thankful for? The cliché answer would be: friends, family, the Jaguars' winning season (barely), my job, and good health. Oh wait, good health? Yes, that is what we all should be most thankful for this year.

If you're reading this article, I can safely assume we have one healthy activity in common: running! And to take it a step further, we can share our thankfulness for all the health benefits associated with running. Have you ever thought about just what running does for you? Just to name a few, and according to my search on the topic: running helps strengthen your cardiovascular and improves the respiratory system, reduces risk of Osteoporosis,

builds, tones and firms muscle, improves the ability to fight off illness (Swine Flu be GONE!) and helps with weight loss. Not to mention our loved ones can be thankful for the better moods running brings, as well as the lowering of stress. Increased self esteem and confidence are also what we can attribute to the accomplished goals running can help bring us. For example, we set goals to run a race or particular time and make it across the finish line; There is no better feeling than that of knowing you just accomplished what you set your mind to!

This brings me to my next challenge for you this Holiday season and the conclusion of 2009. Many of us are guilty of approaching New Year's Eve and thinking about our next resolution. Don't think of a resolution, they are made to be broken as we do every year. But in 2010, come up with goals. It could be as simple as a goal to train for a new race or time you have never thought possible. Or a goal to run while raising money for a cause you are passionate about. Or even a goal of running your first or fastest Gate River Run ever. Whatever your goals for 2010, make them known and write them down. One of my favorite anonymous quotes says; "It's a dream until you write it down, and then it's a goal."

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!

I, _____, 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 _____

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

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Jacksonville, FL 32241 **OR** jtcrunningeditor@yahoo.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, 7-8:30
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.