



THE
STARTING LINE
NEWSLETTER

ISSUE

411

The 51st running of the oldest foot race in Florida, August 22nd



Letter from the Editor

I've just returned from our club's summer gala, the baseball night with the Jacksonville Suns. We had a wonderful turnout and a great time. Plaudits to the men who made it possible, Gary Ledman and President Larry Roberts. Back in the old days, we used to do a lot of these baseball nights but as the years went by such events fell by the wayside and, until now, were left to the history books. It is good to see this "comeback" and hope that it continues.

Now... anybody up for a Jacksonville Armada soccer night?

What can one say about the Summer Beach Run that hasn't already been said? It is Florida's oldest race -- celebrating 51 years this month -- so it has been written about, talked about, and run more than any other footrace in the Sunshine State.

We all know its beginnings: It started as a 5-mile beach race for college and high school runners, a pre-cross country season tune-up. It was a few years before any women ran in it. Then, in 1968 two girls did and one of them, Glenna Mackey, finished. The race's ownership bounced around for a while, then ended up in the lap of a new club born out of what someone called the Running Boom. The club? The Jacksonville Track Club, today known as JTC Running.

One of the race's earliest sponsors was the Gulf Life Insurance Co. The race flourished and became a must-run for all area runners. In 1984 the race witnessed its biggest field, 2,500 runners. This was the same size as the first River Run 15,000, an astonishing number at the time.

The race cultivated a reputation, one of toughness. At 1 o'clock in the afternoon, when the race was traditionally held, the sun and heat were at their height, meaning worst. To run all-out in those conditions was like racing right through the devil's playground.

Years later, the race was compassionately moved to the evening, where it has stayed ever since. The old North-to-South straight run down the beach was replaced by an out-and-back course from Jax Beach. Carrabba's Italian Grill took the sponsorship and the new emphasis became the postrace party/ awards presentation. That in itself was a good enough reason to attend the event and today, it still is.

When the company that owned Carrabba's and the Outback Steakhouse bowed out of race sponsorship our club was lucky enough to find a new, very generous

sponsor, Tijuana Flats restaurants. Proceeds from the Summer Beach Run are now donated to the Tijuana Flats charity Just In Queso.

This year's Tijuana Flats Summer Beach Run is on Saturday, Aug. 22. The 5-mile classic starts at 6 p.m. and the kids' 1-Mile Fun Run begins at 6:05 p.m. The hugely popular, huge medallions are back again for those who complete the 5-miler and the even more popular postrace party, featuring super fine Tex-Mex cuisine from Tijuana Flats, will also be offered and included in the cost of your entry fee. To be sure, it will be the beach bash of the year.

Not many of you may remember it, but quite some years ago there was a club member, John Cole, who wrote a column for every issue of The Starting Line, called This Side of The Ditch. John was a long-time resident of Atlantic Beach and I'm sure you know what "The Ditch" is -- that certain waterway that no genuine beach person ever wants to cross. Cole kept us townies up to date on the goings-on at the beaches. Now board member Todd O'Donnell, also a beach guy, will keep us up to speed on all that occurs in and around the golden sand. He has agreed to a new column that debuts in this issue. Todd is aided and abetted by his family and friend Jeff Wight. We look forward this important addition to our newsletter.

For decades every Sunday morning the Sea Turtle Inn has been the training hot spot in Atlantic Beach. A fellow who calls himself C. Toyle invites you to run with the group. Get it, C. Toyle runs at the Sea Turtle? His story is in this issue, so see if you can see who C. is.

By the time you are reading this, our 2015 track season will have come to an end. It was another successful one, thanks largely to a very competent track devotee, Coach Eric Frank. I understand that over 600 people attended one of the meets; this has to be a record by a long shot.

Excuses, excuses, and I'm pretty good at them myself, we all have a "reason" why we "can't run right now," but our good friend, Jay Birmingham, isn't buying any of them. In his latest installment, Jay tells us how to keep going even when the going seems too difficult.

Of all the great races in the USA, the Gate River Run being one of them, of course, Colorado's Bolder Boulder is certainly another. I've never run it but Gary Ledman's personal experience with it makes me want to. His account appears in this issue.

President's Letter

I remember thinking of summer as a quiet time, but this year sure hasn't been slack for JTC Running! We have completed five Track Meets in the Summer Series, with the final two at The Bolles School on July 18 and August 1. Over 600 athletes of all ages participated this year! Parents and athletes come up to me at these events to thank us for putting on Meets that are efficiently run, professionally timed, fun to attend, and free of charge. You can be proud that your Club offers these quality Meets to the local community. Special thanks to coaches Eric Frank and Eli Sunquist for making it all happen!

An old tradition missing in recent years was revived when our Club offered a Night at the Ballpark with the Jacksonville Suns on July 25. Attendees enjoyed beer and hot dogs and camaraderie before the game. Then they had the excitement of watching quality minor league baseball close to home in a very nice facility.

But summer isn't over! Next up is the kickoff for the

Tijuana Flats Summer Beach Run at their Lakewood store on Monday, August 10. The fun run takes off at 6 PM and the social follows. Race registration will be offered by 1st Place Sports. The 51st Summer Beach

Run follows on Saturday August 22 at 6 PM at Jacksonville Beach. After the run enjoy tacos and refreshments courtesy of Tijuana Flats.

It may be summer, but in early September our sights focus on Thanksgiving! Just after Labor Day, John and Denise Metzgar kickoff JTC Running's Fall Half Marathon class with a welcoming session at the 1st Place Sports Town Center store on Thursday, Sept. 10. The very popular class trains for the Subaru Classic Half

Marathon on turkey day November 26. The class fee is just \$50 for Club members, and participants in last fall's class and this spring's Gate River Run class will receive a \$5 discount code by email. Registration is open at JTCRunning.com/Events.

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Have a Run, Have Some Fun, See Your Friends

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Kickoff Party & Fun Run

Monday, August 10, 6-8 p.m.

Tijuana Flats Lakewood Restaurant, 5635 San Jose Blvd.

Discount Beer, Discount SBR Entries
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JTC Running Presents

51st Annual Tijuana Flats 2015 Summer Beach Run

Saturday, August 22, 5-Mile 6 p.m, 1-Mile 6:05 p.m

Enter Online @ 1stplacesports.com

or at any 1st Place Sports store location

\$2 Discount to all JTC Running Members

The Starting Line

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Triccia Bana

Cathy Beck

Kelsey Beckmann

Lauren Boswell

Tom Brandies

Bonnie Brooks

Eric Cannon

Craig Cartwright

Elise Cashman

Colleen Clarson

Vicky Connell

Sheila Cribb

Tom Custer

Errol Daniels Jr

Kate Davis

Marcie Davis

Tim Deegan

Michael DelCharco

Deborah Dunham

Karie Ewing

Beth Fagin

Richard Fannin

Dawn Farley

Bob Fernee

Regina Taylor Fisher

Larry Fiske

Mary Jane Fitzsimons

Christy Ford

Rhonda Fosser

Claudia French

John J Geren

Bonita Golden-Sikes

Stephanie Griffith

Ronald Grigg

Jacques Guillaume

Jon Guthrie

Susan Haag

Tony Hanneken

Scott Hershey

Dan Holloway

George Hoskins

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Martha Irene

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George Joseph

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Steve O'Brien

Todd O'Donnell

Jon Olson

Jack Owens

Don Packard

Victoria Peterson

Jeff Provenzano

Jeffrey Pruitt

Randall Pullo

Blair Putz

Donald Rasdall

Larry Roberts

Susan Roche

Terri Rose

Deborah Russell

Al Saffer

Barbara Scott

JoAnne Seach

Andrea Searcey

Stephanie Skelley

Dolores Smith

Paul Smith

Robert Smith

Herbert Taskett

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Tremaine

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Joe Verduzco Jr

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Bruce T. Zewicke

Movement Dysfunction

Two of the most common questions we get as physical therapists are: “How can I run better?” and “What can I do to decrease my chance of getting a running injury?” Being a runner, I empathize with these questions and have asked them myself. Being a physical therapist I am torn on how to answer the question. I don’t want to appear as being dismissive by saying “it depends,” but I also don’t want to give a basic answer of little validity just to appease the person asking the question.

Truly, the honest answer is that it does depend. But what does it depend upon? It depends upon how well you move because in order to maximize your running ability and minimize your risk of injury, you need to move well throughout your entire body. This is why there is not a quick and easy answer.

All of us have movement dysfunction, but we have different dysfunctional movements for different reasons. Just ask 5 of your running buddies to do a full squat and you’re likely to see 5 different variations on something we might consider a simple and basic task. This is because we all different limitations in our bodies causing us to have different movement dysfunctions.

One person may have poor core strength and motor control, while one person may have limited ankle mobility, and another have limited thoracic spine mobility. Any one of these limitations can cause a movement dysfunction, and each of these people would need to be prescribed very different exercises to be able to improve their squatting ability. Because any of these limitations can cause dysfunctional movement they can also lead to an injury.

This gets to the central issue of performance and injury prevention. To be able to run well and run with decreased risk of injury, you need to be able to move well. Being able to move well requires adequate mobility, flexibility, strength and motor control of multiple joints coordinated together to perform a specific task or movement. If any one region of the body does not move well it creates a movement dysfunction and can potentially cause an injury or inefficiency with running.

Here is the kicker: Just because your knee may be injured, that doesn’t mean that the cause of the injury is at the knee. It is not only possible, but even very

likely that the injury at the knee may be coming from the hip or the ankle. One major take-home point to consider with injuries, particularly overuse injuries, is that the dysfunction or the cause of the injury is not always where the pain is manifesting.

If the inability to move well is one of the central issues associated with running injuries, the next question to ask is: “What is the best way to assess movement dysfunctions?” There are certainly a lot of potential answers to that question, but one of the most researched systems to assess proper movement patterns is the Selective Functional Movement Assessment (SFMA).

This system involves a series of 10 major movements from head to toe that has established criteria for normal and dysfunctional movement patterns. After identifying if there are any movement dysfunctions, this system has an algorithmic approach to identify the underlying limitations causing the movement dysfunction. It is only after this individualized full-body movement assessment is performed that an accurate corrective exercise program can be prescribed.

Because this approach is unique to your body’s specific movements and limitations, the exercises prescribed will allow you your best chance to maximize your running ability and minimize your risk of injury.

At Coltman and Baughman Physical Therapy we are SFMA certified to provide you with the best full-body movement assessment to allow the most accurate corrective exercises to be prescribed to keep you running your best and to minimize your risk of injury. So to answer the question that began this article “How can I run better and decrease my risk of injury?” the best answer we can give someone is to go through the SFMA and have an individualized corrective exercise program prescribed.

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JTC Running Awards Banquet

More and more people are attending the annual JTC Running Awards Banquet every year. The club met to acknowledge outstanding achievements and contributions to JTC Running, this year on Thursday, June 25, at Maggiano's Little Italy in St. Johns Town Center, where the awards have been presented for the past several years. It's a very popular spot for our very popular event. Our record high crowd filled the largest of the restaurant's banquet rooms.

The meal was served family style, but with attractive and stylish dinnerware. The salad course was served first (naturally) in serving bowls filled with either Caesar Salad or Maggiano's signature chopped salad. Both were excellent.

There was a "meal break" as the efficient, courteous and jovial staff cleared the salads and prepared for the main course. During this time, President Larry Roberts took the microphone to greet the audience, introduce our club's board, our race directors and our running group leaders.

We also had several students from Robert E. Lee High School in attendance, who were recipients of the Terry Sikes Memorial Running Camp Scholarships. Doug Alred, accompanied by Bonita Sikes, talked of the Terry Sikes Awards and the JTC Running Running Camp Grants which the club presents to deserving and promising local high school runners who would not be able to attend running camp without our financial gift and the substantial discount that the Brevard Distance Runners Camp gives us. This year we sent 38 students to camp, the most ever. We are very proud of our Summer Running Camp program and aim to broaden the number of schools and students who are chosen to receive our grants.

It was time to serve the main course so our program took a break so that everyone could savor the meal. Large platters, loaded with the three dishes making up the main course, were placed around each table. You could take one dish or put all three on your plate,

which is what I did, as did everyone else at the table I was sharing. There was a wonderful salmon entrée, Maggiano's renowned lasagna, and stuffed shells that were the best ever plus they were meatless. And when the platters got low, the staff rushed into another full platter. It was divine. Scrumptious. So satisfying. We all ate and ate, maybe sprinkling on a little parmesan,

and then ate some more. What a meal! It's no wonder that so many club members and guests chose to attend the banquet.

As we were finishing up dinner, we started "the show" to present the awards. The awards are diverse, from honoring our sponsors, our



partners, and our volunteers to recognizing the best high school and college athletes and coaches, plus announcing our outstanding runners. One of the presentation highlights was when Paul Smith presented the Local Running Legend award to the family of Danny Weaver, who passed in the last year and who leaves behind a legendary history with JTC Running. Later, Frank Frazier's presentation of the Distinguished Merit Award to Paul Smith was memorable in its wit and its heartfelt affection that we all share for Paul.

In between all the award presenting, the audience was grateful that the staff presented the dessert portion of the dinner. That's right – in addition to a really great salad and outstanding main course, dessert was the follow-up, served from platters as well, and featuring treats that were so good that Lamar Strother called me the next day to rave about how wonderful they were. Everyone was trying to maintain their manners as the award presentations were ongoing while everyone was having dessert, but I believe I was able to hear oohs and aahs from the audience all the way up at the lectern. The dessert platters were, indeed, supreme – an awesome treat to cap off an outstanding banquet dinner.

Back to the awards: we were honored that Coaches

JTC Running Awards Banquet

Kelly Gooding and Eric Frank from Creekside High School attended the banquet to present the awards for the high school runners of the year and the high school coach of the year, who ended up being Gooding herself but who was surprised by the award from Coach Frank. Likewise, Coach Ron Grigg, the Jacksonville University track coach, presented the Outstanding College Runner award to Shanique Walker, who had a standout year on the track.

JTC Running members of long standing, Jenny Lindley and Jane Alred, presenting the awards to the club's best female runners and the club's best male runners. At the end, our master of ceremonies, who was me, gave the JTC Running Runner of the Year prize to Frank Frazier, and my presentation speech brought the house down. Well, in reality, everybody loves Frank so much, it wouldn't have mattered what I'd said; the room was on its feet cheering for him. It happens that Sam Kouvaris from Channel 4 was

there to receive an award for Running Partner of the Year and then later in the evening, on the news, said Frank Frazier's name as our Runner of the Year. In my book, whenever Sam says your name on the news on Channel 4, it's a big day for you. Yay, Frank.

Following the presentation of the JTC Running awards, Doug Alred from 1st Place Sports distributed the Grand Prix awards to the winners who attended the banquet. The top 5 in the overall Grand Prix received handsome plaques plus a check for cash for their outstanding finish. Grand Prix age group awards (nice plaques) were also on hand for those runners who were top three in their age groups. I tell you this: There were a lot of happy award winners at the JTC Running awards banquet for 2015. And I'll tell you another thing: in 2016, you should do everything you can to make sure you're in the audience for next year's Awards Banquet.

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Wide World of Running

ANYWHERE

Where? Anywhere. During a heat wave? Anywhere. On vacation? Anywhere.

“How’s your running, Daniel?”

“Oh, I had a bad month, you know. Had relatives over. Then we took a little trip to North Carolina and there just wasn’t anyplace to train. When we got back, it was just too blasted hot to get in many miles. So I’ll just have to start over when it gets cooler.”

Sound familiar?

The legendary Ted Corbitt lived and trained in Manhattan. Nothing but concrete and traffic. The 1952 Olympic marathoner and “Father of Ultrarunning” logged thousands of miles each year in a career lasting five decades, never settling for an excuse not to run. Corbitt ran 30-milers on a 200-meter loop at a nearby park. He circled Manhattan, a 31-mile loop. When he found himself walking miles to work, he would run 200-meter stretches, “token runs” he called them.

While Dyrol Burleson was making the Olympic team in 1960 and 1964 in the 1,500 meters, training in sylvan Oregon, the runner he most admired was scrappy Tommy O’Hara of Chicago. Burleson said, “I live in God’s Country. O’Hara trains in the city, races the El, runs in a dirt-floored armory, pounds the streets. He’s the tough one,” he said in *Sports Illustrated*.

My own running career is in its seventh decade, starting in the 1950s, and no situation has ever arisen that has kept me from running. Laziness, yes. Fatigue, of course. Injury, on occasion; likewise for illness. But when healthy, no situation was too inhibiting. My mantra, one that every person I’ve coached knows: “A good runner can run anywhere.”

Scenario One: Long car trip.

Run before departure. Leaving at 6:00—Run from 4:30 to 5:30. Every stop for gas or snack, precede with a few laps around the service station, restaurant. Never tried it? It works out the kinks, freshens your attitude, and makes the journey go faster.

Run when you get there. After checking in to your room, slip on the trainers and explore the town.

On an Interstate? If there are people, there are schools and playgrounds and sometimes tracks. Run.

Scenario Two: Flights to far-off places.

Run before departure (see above). At the airport, jog casually through parking garages, up staircases, up escalators when available. Until you’ve gone through Security, you have a veritable maze of ramps, passageways, and hallways available. You don’t need to sprint like you’ve stolen something; a simple jog will go unnoticed and you can keep your program together. Same goes for layovers.

Scenario Three: Stuck at a Relative’s.

They know you run. Assert yourself. One can only sit and reminisce so many hours. Run before the house is awake in the morning. Run before each meal. Suggest a walk around the neighborhood to burn some calories after a too-large dinner.

Scenario . . . you get the idea.

Here are some additional ways to stay fit.

Run stadium steps. Run the stairs at your hotel. Run (last resort) on a treadmill in a fitness room. Run on the deck of your cruise ship. Run hill repeats on the closest hill in the neighborhood. Forty 100 meter jogs/strides/sprints with a 100 meter recovery after each one gives you a five-mile workout.

“A good runner can run anywhere.

Believe it. Do it.”

Have a nice summer.

Sea Turtle Runners

Sea Turtle Runners Slowly Built a Fast Track Over 5 Decades

For almost 40 years, a small group of runners has trained every Sunday in the north beaches. Some of these runners are still training Sundays. The group really had no genesis other than a handful of friends getting together regularly at the corner of Atlantic Boulevard and First Street.

From a handful of friends, this group has morphed into a semi-formal training and social organization now known as the Sea Turtle Runners. They still meet at the corner of Atlantic and First Street. The group obtained its name from the predecessor of the Remington's One Ocean Hotel, The Sea Turtle Inn, which still is the largest landmark at that intersection.

On any Sunday, up to 75 runners may be seen plowing the mean streets of Neptune and Atlantic Beach. The Sea Turtle Runners are primarily a social and training organization, with emphasis on social. Every Sunday run is punctuated by a breakfast social hour hosted at a nearby coffee bar between 8 and 9 am.

The organization has no desire to own or operate races. Most Turtles hold dual citizenships with either of the two larger running clubs, JTC Running or Florida Striders. They feel these clubs and other nonprofits provide enough races and events for individual achievement.

The Turtles' primary focus is training, improvement, healthy lifestyle, injury management and nutrition, although good nutrition is challenged when the group hosts one of its Grande Grazing Buffet Brunches several times a year. The group is very social as Atlantic Beach residents, notoriously late sleepers, complain the Turtles talk and dress too loudly while running.

The Sunday training route, which starts at Atlantic Boulevard and First Street, is essentially a loop through Neptune and Atlantic beaches consisting of multiple segments that total 13 miles. Each segment is roughly 2.5 to 3 miles in length. Individuals can choose which segment to join. Most choose a 5- to 7-mile run with the distance trainees opting for longer lengths.

There are two Sunday morning start times both from the same location at either 6 or 6:30 a.m., depending on the distance. Distinguished celebrities, champion professional athletes or community leaders are often invited to run with the group as honorary pace leaders for the 6 a.m. start time. PGA Tour phenom Jordan Spieth has the distinction of being the only 2-time honorary pace leader.

The route has three water stops plus the Turtles provide a full-service refreshment station on Selva Marina Drive, branded as the Shellback Inn and Lounge. Water, Gatorade and both healthy and hazardous snacks are offered free of charge to all who thirst.

The Turtles are runners of all ages and abilities. Whether one is just starting out or is a seasoned Ironman, one can always find a match for his or her ability and often strike up a training partnership. Many Turtles are sub-elite and accomplished in major marathons or are often age winners in local races. It's not uncommon, however, to see families or dads with running strollers taking a leisurely jog.

Turtles come from all over Jacksonville and St. Johns County. The Sea Turtles' headmaster and honorary chairman comes from Orange Park and can be heard every Sunday at 6:30 starting the group with a bellowing, "Let's go!" Elite runner, Ironman and JTC training coach JC Pinto can also be seen among the group every now and then offering kind words of support or gently helping others with their form.

The Sea Turtles' motto and principal beliefs are grounded in that all are welcome and peace to all. The Sea Turtles' communication director, Mr. C. Toytle, Cecil to his closest friends, publishes a weekly email newsletter that borders on irreverent but is tastefully funny.

The group is caucusing about raising the funds to incorporate as a nonprofit and build a website in order to reach more people. If you like more information, please email the group at SeaTurtleRunners@Gmail.com otherwise join us Sunday mornings at 6 or 6:30 followed by a social hour.

Peace to you, C. Toytle

To Tech or Not to Tech

Some years ago (well, about 30 of them) I set off for a long training run. I was in Spain and my plan was to run from the village where I was staying to the nearest town of any size, a distance of 25k. It was early summer and that morning was warm and sunny, hot but quite comfortable. I decided to try out a new singlet I brought with me made of a new “technical fabric” that was supposed to “wick” the sweat from my skin onto the outside layer of the shirt’s fabric where it would evaporate quickly and, therefore, keep me “dry.”

I set off on my run, which was through mountainous terrain, and in an hour or so I looked down at the front of the shirt and much to my amazement, lo and behold, the moisture was beading up on the outside of the fabric.

“The stuff works!” I said to myself. “It actually works.”

Fast forward about 25 years and I was trying to finish up a 10-mile training run that brutalized me and forced me to call it quits at 8 miles. In Jacksonville that morning it must have been 90 degrees with 90 percent humidity. I wore the latest state-of-the-science “technical wicking apparel” and I was drenched. There was not a dry spot on me. Every pore poured sweat, every stitch of tech fabric was stuck to me, my shoes and socks squished and sloshed.

“The stuff doesn’t work!” I said to myself. “I couldn’t feel any wetter than this. I’m a running sponge.”

All these high-tech fabrics, how good are they anyway? Are they really any better than old-fashioned cotton? I put on my investigative reporter’s hat and aided and abetted with some

highly competent runners in the field, guinea pigs all, I set out to get to the bottom of these questions.

To begin with, what was wrong with natural fibers like cotton and wool? Think how many decades runners used them and they ran some impressive times, too. Cotton absorbs moisture; it becomes sopping wet and heavy. On a cold day that wet shirt or sweatshirt gets really cold, bone-chillingly so. Hot, humid days turn a cotton T-shirt into a wet blanket. No wonder so many men gave up and

ran shirtless. Women weren’t so fortunate. There was also the ever-present danger of chafing and blistering, especially from shorts and socks.

Then along came something called CoolMax. Developed in 1986 by DuPont Textiles and Interiors (now Invista), CoolMax was, for runners, the first of the “wicking” moisture-management, “technical” fibers. It was so good that male runners actually started buying shirts again.

Contrary to DuPont’s claims, however, CoolMax was not a “miracle fabric,” it was just polyester (yes, the same villain that leisure suits and disco pants were made of). But this time the polyester was woven differently, into “channels,” and via “capillary action” the material moved the sweat away from the skin and onto the outer layer of the fabric where it would more easily evaporate. Since the moisture was transported away from the skin the user felt “dry,” so they said.

CoolMax caught on fast and was a huge success. It showed up everywhere, in shorts, sports bras, hats, socks. All the big-name sportswear companies used it. But soon they seemed to ask themselves, “why are we paying DuPont to use CoolMax when we could make our own?”

Nike was the first with its Dri-Fit, adidas produced Climacool and all the others followed suit. Today there are so many different brands of tech fabrics that it is impossible to name them all.

The next development was making garments, especially shirts, fit tighter, closer to the skin. To do this Lycra was blended into the polyester for a stretchy, snug fit. The closer fit improved the wicking capabilities and helped regulate body temperature. Later, some tech garments incorporated UV protection to keep out the sun’s harmful rays, not a bad idea, particularly around here.

There may be one slight drawback to tech fabrics -- smell. Polyester has a bad habit of retaining odors and quite a few people have reported difficulty in ridding their clothing of the unwanted aroma. The best advice is to wash all of your tech clothes together with a special detergent like Sport Wash or Winn. If this doesn’t do it, add half a cup of vinegar

To Tech or Not to Tech

to the mix. If that doesn't do it, take up swimming. Oh, never mind, then you'll smell of chlorine.

Not too sure what to say about clothes dryers. I have never liked tossing running clothes in a dryer, but some apparel "experts" report that dryers are actually good for tech garments. They say that "it renews the outer layer treatments and tightens stretchy Lycra-based garments." I don't know much about that but it could be dangerous to use a very high heat.

The latest development in apparel technology is silver. Silver acts as a thermo conductor to regulate body temperature. It also kills 99 percent of the bacteria it comes in contact with, and that means no stink. You've probably seen ads on TV clothing containing the new miracle substance copper. Don't get too excited, silver, copper, same miracle.

Long-time runner Gary Ledman says: "I don't find that newer tech shirts stink so much. I always noticed it once they start to dry, and I am not finding that anymore."

Some years ago the technical T-shirt came to the races. Used to be we were all pretty happy just to get our traditional cotton race tee. Then some high-dollar races started handing out tech tees. This opened up a whole new can of worms. Now it appears most race, or should I say event, participants expect a tech tee for every danged 5k that comes along. Come to think of it, those 5k'ers seem to believe they are entitled to a two-pound medallion as well. What do they want for a marathon, a new car?

Well, maybe the races/events have brought it on themselves. Entry fees in many cases being what they are, maybe today's participant figures that at these prices he is owed all this pricey stuff. Like I said, can of worms.

"If I thought race fees were raised to give me a tech shirt, I'd be in favor of a lower entry. I have enough tech tees for now," Ledman said.

Tech tees are like the plastic water bottles people keep giving you; they never go away, they just keep multiplying. How many non-killable polyester race tees can a normal person deal with? Unlike their cotton counterpart, they don't even make good washcloths.

Ledman remarked: "I pretty much only run in tech anymore. I can't imagine dragging cotton through a run, not the way I sweat."

There is a difference between a tech race tee and a high-tech tech tee, and it is not just the price. Tech race tees are usually made with "entry level" tech fabrics. They tend to be thicker and coated with a wicking membrane that washes off eventually. A genuine tech garment has its moisture-management properties woven into the material so it stays put. It is lighter, more airy, and does the wicking job better. If you don't own a first-class tech singlet, for example, you should get one. You'll tell the difference and on race day you will really appreciate it. You might cough up \$45 for a race day singlet but it will be worth the price.

Local runners Ann and Bill Krause do a lot of races and they say they prefer cotton race tees. Yet they go on to say, "Tech garments are breathable and light and definitely better than cotton."

"In winter, I really like tech apparel. You can layer up and it's not heavy. If you get warm you can layer off and put it around your waist easily," Ann said. "We can tell the difference between types of tech tees. High-tech material is light and breathable and that is a good quality, just wish it was not so expensive. My favorite pieces are shorts and bras, Bill too."

Bill, too?!

Yes, I must say that a pair of silky micro-fiber shorts with a tech built-in brief is a wonderful piece of equipment, downright essential. Not only are they comfy but the danger of chafing is nearly 100 percent eliminated. Same for thin, tight-fitting, tech socks -- one of those things no modern runner can do without.

But then from Ann and Bill comes the great denouement: "It (tech clothing) doesn't make us feel dry."

Today's running tech apparel sprang from the loins of the ski market. Yes, those poncy, hot toddy-drinking, fancy-dressing skiers had tech stuff well before we did. A tech fabric undershirt worked fantastically well on a cool, dry day on the slopes. It

To Tech or Not to Tech

wicked, it worked and it looked great while slurping another mulled wine, thank you very much. The shirt I wore in Spain was by Helly Hansen, a ski company.

In Spain on that warm, low-humidity day it worked for me. But in hellishly hot, high-humidity Florida it failed me. Why? It can't keep pace. How is it supposed to operate when the perspiration is pouring like an open faucet? It simply can't do it. It would have to wick like a bilge pump. Don't get me wrong, even when wringing wet it is still lighter, less apt to chafe or blister, and far more comfortable than cotton, but in Florida, in summer, its claims don't hold up.

No wonder why Ann Krause likes tech better for winter -- it works better. One feels warmer and also

dryer.

Ultimately, I think we can say that everyone agrees that today's running wear is better than ever, technical fabrics are far superior to the naturals, cotton and wool, and the old nemesis blisters and chafing have been pretty well vanquished. In regards to the question of race T-shirts, there seems to be a split decision. No one is coming out as totally for or against one type of tee or another, whether it is tech, cotton or the third choice -- the material used for the 2014 Gate River Run shirt. It appears to be a popular fabric because it is light, breathable and has a "cottony" feel. Is it the race tee of the future?

The Starting Line/ Written by Gene Ulishney, BS HPE, LMT, C.Ped.

Over the Counter Foot Supports. Worth it?

The only place where you can capture the foot's shape, in motion, is on the beach. That's about as natural as it gets, as long as you are barefoot. It's the way humans have moved across the earth for tens of thousands of years -- barefoot, on natural surfaces such as grass and sand. Modern science has proven that the body just works right, barefoot, on these surfaces. Orthotics that closely match that foot shape in the sand are about as close to running barefoot as possible, but in shoes. Let's just say that they are the final element to a truly custom and functional fit.

Proper and properly made footwear is our best protection from the extreme forces that our feet have to contend with while running. But what we are asking our shoes to do with a 3-dimensional foot, on, essentially, a 2-dimensional flat surface is usually more than they can handle on their own. Although a shoe has some contour underfoot, it is not enough to do an optimal job. While a shoe can offer excellent bracing around the foot and guidance and shock absorption throughout ground contact, foot orthotics shine as the foot's foundation and base of support, enabling it to react and perform in a more optimal position, without excess and unwanted movement. Eliminating excess movement can reduce energy use and effort that may lead to compromised

performance, fatigue and ultimately, overuse injuries.

Considering that virtually every professional athlete wears some type of foot support, its usefulness is worth discussion. These high-level athletes depend on their feet for their livelihood. Injury prevention as well as performance enhancement enable these professionals to get the most out of their careers. Granted, most have custom-made orthotics and are adjusted multiple times in order to get that "perfect fit."

Interestingly, recent studies show that a good over-the-counter device works better and more often, right out of the box, than a custom device that cannot be adjusted. These published studies were done with both athletes and military personnel. I might also add that there are always varied results depending on the proficiency of the practitioner and their source of manufacture. When choosing a custom device, ask if adjustments can be made if needed.

In my opinion, almost everyone can benefit from some type of replacement insert or orthotic. Individuals with faulty biomechanics will benefit from the added support and structure. On the other hand, efficient individuals can benefit by adding structure to delay and possibly eliminate the inevitable tissue and structural breakdown

Over the Counter Foot Supports. Worth it?

within their feet. This structural breakdown is the reason for our feet “growing” an average of 2½ sizes during our adult life. Yes, wearing foot supports may just help keep our feet from growing old ... and getting bigger!

Because reasons for wearing foot orthotics are never ending, I’m just going to list some of the advantages for their use, though each really deserves its own discussion. Indications for foot support and orthotic use may include, but are not limited to: performance enhancement; injury prevention; maintaining the structural integrity of the foot; shock absorption; alleviating shearing forces which cause blisters, calluses and corns; improve the structural position of the foot; helping eliminate structural and tissue pain throughout the whole kinetic chain from the foot all the way to the neck (a huge array of issues); improving posture; improving stability; providing more comfort; less strain; less fatigue; less plantar pressure; better efficiency; less overuse; and actually increase the useful life of footwear. The culmination of the above, and more, enables the runner to run better and longer with less pain and providing fewer excuses for becoming a couch potato.

There are many devices that can help to more properly support the foot in shoes. Some that, I feel, would be the first to consider are made by Spenco, which has made the best effort to more naturally address the performance needs of the individual as well as the structural needs of the compromised foot. Unlike other orthotics, Spenco uses “new school” biomechanical support at the heel – just the way the foot works barefoot on natural surfaces such as grass and sand.

Spenco makes a wide array of foot care devices from blister care, metatarsal pads, heel pads, heel cups, arch support devices to a new full-length orthotic device called Spenco Total Support. Named Total Support because it’s the only foot bed addressing all three arches (medial, lateral and metatarsal), as well as mobility at the big toe joint. Known for their superior, long-lasting cushioning materials, Spenco is first to combine such a cushioned product with an exceptionally deep heel cup, as well as varied features for excellent heel support, balance, natural arch support and mid-foot protection and support. Spenco

Total Support can be worn right out of the box and will mold to the foot in a couple of days or so. This product is an excellent choice for individuals wanting or needing extra control, as well as offering superior cushioning underfoot for heel and forefoot pain and pressure issues. Total Supports are now offered in a Max version for those needing the most support possible, including those with high arches and/or heavier individuals, as well as a Thin version which was designed for very sensitive feet and minimal or racing shoes and shoes with less volume such as casual and dress. Between the three, an individual can get about as custom a fit as possible from an over-the-counter device.

If an issue such as an ache or pain arises, first check the outsole and midsole of your shoes for excessive wear. If they are fairly new, have them analyzed by your local running store’s personnel for their correct category and function, relative to your foot and gait. If neither is found faulty, a good replacement insert, or over-the-counter orthotic should be tried. If your issues still persist, you should consult a podiatrist. In the best interests of his patient, unless he finds an unusual foot abnormality that can only be addressed by a custom orthotic, a good podiatrist will first make sure a store-bought device has already been tested. Depending on the runner’s needs, the device will cost from about \$10 for a heel cup or heel cushion to just under \$40 for a full support. A custom orthotic will range from \$275 to more than \$600. This is all the more reason to first exhaust over-the-counter devices.

If you are having issues such as aches and pains when you run or walk or have questions regarding shoes, socks and inserts and how they can help keep you running pain and injury-free, stop in your local running store and try some on. Your feet and body will love you for it.

It's Bolder in Boulder

The hardest-working participant in the Bolder Boulder 10K might be Dave McLoughlin. He doesn't run it or walk it. He towers over it.

With upward of 50,000 entrants (46,540 official finishers this year), there are 99 starting waves in this race, and McLoughlin answers the call to the starting line all 99 times.

Actually, he delivers it. McLoughlin is the official trumpeter of the Bolder Boulder, and every minute or so, as a new group eases forward preparing to take off, McLoughlin plays the "call to the post" just like before the Triple Crown horse races. He used to play it twice for each wave, starting line announcer Ron Bostwick tells me the next night during a chance encounter. But as the starting waves increased toward triple digits, McLoughlin cut back to once per wave to make sure he could go the distance – from the first wave at 6:55 to the last group of walkers at 9:20 a.m.

The 37th Bolder Boulder was a new experience for your correspondent. Way back when road races were becoming so popular that Runner's World and other publications started to issue "best" lists, this race fixed itself near the top. Runner's World's endorsement as "America's All-Time Best 10K" is printed on the collar of the race T-shirt. It's in small type, but it's the only printing on the back.

Bolder Boulder would have been on the bucket list of anyone who was running in the late 1970s, if we'd known what a bucket list was and if we thought we'd still be running when the term applied to us.

An independent operation with about eight full-time staffers and thousands of volunteers, the Bolder Boulder started on Memorial Day 1979, the year after the first River Run 15,000, at the suggestion of Frank Shorter, the two-time Olympic marathon silver medalist who left an imprint on the Florida Track Club before taking up residence in that other running mecca in Colorado.

The race boasts of being the first to use the wave-start concept and promises that no entrant will be denied; there is no cap on registration. In size, it is second only to the Peachtree Road Race among 10Ks in the United States. And because it is in environmentally conscious Colorado, Bolder Boulder prides itself on the tons of materials that are recycled from along the course and at the finish.

It all starts southeast of downtown and winds – really winds – through neighborhoods populated with bands, belly dancers, residents bearing bacon snacks and at least one group pledging to hoist a Colorado craft beer to any runner who does a cartwheel. Along about Mile 3, a slip-n-slide sort of apparatus tempts participants to pause and take a belly flop. With temperatures in the low 50s, only a few runners saw the need.

Into downtown, the course passes the stately Hotel Boulderado, built in 1909, and skirts the Pearl Street Mall, a four-block hub of activity with restaurants, brew pubs, coffee bars, bookstores and other shops. It is also the site of the Bolder Boulder race expo on Memorial Day weekend.

After one last little ascent, the race finishes inside Folsom Field, the football stadium of the University of Colorado Buffaloes, where the crowd peaks for the finish of the men's and women's competitive races and at noon, a Memorial Day celebration. This year's honorees were two Tuskegee Airmen and a female aviator from World War II.

In the foothills of the Rocky Mountains, Boulder is not an especially hilly city, and race information tries to reassure runners from lower altitudes that the net elevation gain over the 6.2 miles is only 120 feet. But with a baseline of 5,300 feet, every little ascent can be a strain on the lungs and legs of a sea level sissy.

That this year's race just happened to coincide with another reason for visiting Boulder made it all the more delightful – and made a slow time all the more acceptable. And because music inspired the trip – a taping of the radio show "eTown," which aired and was posted at etown.org in mid-July – the virtually nonstop music along the course is what I'll take away from the Bolder Boulder experience.

Starting line announcer Bostwick also books the bands, several dozen of them. As luck would have it, he is also the warmup guy for the "eTown" audience. After the show, he was telling me of being inspired at last year's race when, after firing the starter's pistol for 90-some waves, Frank Shorter climbed down from the stand, stripped to his running gear and ran the course.

So this year, after helping to start 99 groups, Bostwick joined the crowd, too. A self-professed treadmill runner who quit years ago to preserve creaky knees, he walked

It's Bolder in Boulder

the course, but he had a mission and a little extra weight.

He was carrying checks for all the bands. They all got paid, he said, and he hit the final checkpoint five minutes before it was reopened to traffic.

As if this Colorado holiday hadn't been marvelous enough, Southwest Airlines was able to extend it by 2.5 hours. As I attempted to make sense of the delay, an airline employee noticed the writing on my shirt and asked the only question anyone ever asks when I wear that shirt:

“What is JTC Running?”

After I told her, she said she'd asked because her initials were JTC and she was a runner. I directed her to the website – figured she'd remember it – so she could buy a shirt of her own. For one person at least, it'll make perfect sense.

Former Starting Line editor Gary Ledman welcomes comments on his choice of words, races, travel destinations and other topics @ ledmangary99@gmail.com.

Bob's Summer Running Shorts

Don't Be One Of These

It was the early 1970s, and a growing list of Running Gurus (anyone remember Walt Stack?) were preaching to an ever-increasing bunch of willing minions. They said: “Forget about running as a sort of punishment. Your old PE teacher was a sadist. Think of it as fun. Become a Fun Runner.”

Seemed more than a little eccentric, but the idea caught on and the Running Boom began. This new breed, “Fun Runners,” ran in “Fun Runs,” casual but yet competitive 5 and 10k races that sprang up everywhere. Who could forget the Macclenny Watermelon Run or the Perry Great Race?

Times change, people change, words change. Today we have a vernacular consisting of words that aren't even words -- OMG, BFF and MBE (which means Member British Empire, remember The Beatles were given that and I threw it in because my new age vocabulary has already given out on me).

While swimming in our community's pool recently, I had an encounter with an 8-year old kid I know, Preston. He was on our kids' soccer team last season. I played the role of coach and he played the part of a clever little kid. Todd, the overseer of the place, was

standing on the edge of the pool. As usual, he was making his presence known by telling everyone what he or she should or shouldn't do.

Half submerged in water, Preston said to me, “Do you like that guy, Todd?”

“Oh, sure, he's okay. Yeah, I like him all right,” I replied.

“I can't stand him,” Preston said, “he's a Fun Runner.”

Naturally, my 1970s mind thought: “So, he jogs, he runs in the occasional 5k fun run, what's wrong with that?”

“He's a Fun Runner!” Preston asserted, “He runs off all the fun. Don't do this, stop doing that, I hate that Fun Runner!”

Folks, the Running Boom is over and dead with it is its vocabulary. Be forewarned: Don't be a “Fun Runner” to any modern day kid.

Baseball Night, Return of a Classic

JTC Running's Suns baseball night was a huge success. It was more than sold out. I think we were supposed to have 40 people there and we showed up with 42. President Larry Roberts reported that organizing the event was a piece of cake because it was all done online. Participants signed up easily on their home computer or smartphone, and there was no handling of tickets or money.

Personally, it was my first time at what I kept calling the "new stadium." Then I was told that it had been around since 2003. Obviously I don't go to baseball games very often. I have been meaning to attend some of the Jacksonville Armada soccer games at the baseball park, but so far, haven't done that either. It was nice to finally experience the "new" place, it is a really beautiful venue and I can't wait to go back. And I will, I swear.

The night turned out to be a doubleheader and the game we all went to see versus Birmingham was won by the Jacksonville Suns, 3 to 2. Jacksonville runners must be good luck for Jacksonville baseball players.

There was plenty of food, traditional all-American hot dogs and burgers and lots of beer if you paid a little extra to have it. They give away a lot of stuff at the stadium, bobbleheads, baseball caps and serve popcorn in plastic replica batting helmets. Makes me wonder how they ever make any money.

My most exciting moment came when someone hit a high foul ball. It was way up there and as I was looking at it I realized it was headed right for me. I couldn't move so I covered my head with my hands while waiting for the worst ... would it bash me in the head, causing permanent brain damage, or merely smack me on the spine reducing me to a drooling, jabbering cabbage for the rest of my days?! The ball flew between my seat and Franz Lerch, who was standing next to me. "I could feel the wind from it," Franz excitedly said, without spilling a drop of his beer (spilling beer is not very Lerch-like.) The ball bounced on the cement stairs then landed harmlessly in the lap of my 10-year old son, Norman, who later had it signed by a player.

When the game ended we were "entertained" by a couple of cheesy wrestlers who were later followed by two female wrestlers. Then the big moment arrived as a couple of midgets were brought out like tiny gladiators to keep the show going. Midgets? Yes, midgets. So nice to see something so inappropriate in this politically correct world of ours. I guess I've lowered my standards. But, then again, maybe not.

If nothing else, it was a memorable end to a memorable evening. It was good to see everyone again and we can now look forward to the next big occasion, the Tijuana Flats Summer Beach Run on Aug. 22.

Bobfernee@aol.com



Board Member Errol Daniels, son Caleb and Treasurer Bonnie Brooks



Leprechaun wrestling battle it out for baseball fans

Fall 2015 Half Marathon Training Class

Hello fellow JTC members. Denise and I are ramping up for the next installment of the JTC Running Fall Half Marathon Training Class. We have been conducting classes since the spring of 2008 when we put on our first Gate River Run Training Class. We have conducted 15 classes since the beginning and the classes have grown in popularity. The half marathon class should have more than 100 participants.

This year we are putting on an 11-week program, starting in early September, preparing runners and walk/runners to complete a half marathon this fall. The target event is the Subaru Half Marathon, but the training is beneficial for any distance event this fall. The program welcomes anyone training at a 17 minute/mile pace or faster. Typically there are 7 to 8 different pace groups. Runners join our class to get faster and gain stamina, to improve fitness level and lose weight, to achieve completion and time goals, to meet new people and socialize, to become more informed on training and running, to stay motivated and committed, and to motivate others.

The class meets Tuesdays at 6:30 pm on Riverwalk downtown Jacksonville where we conduct a short 15-20 minute group discussion on various topics to

improve your running and fitness. We then head out for a 40-60 minute run or walk/run with our pace group. Formally, we meet approximately every other weekend for long runs at varying locations (San Marco, Riverside, Ortega and Orange Park). Drinks are normally provided on the long run routes and at least once during the program we follow-up the long run with some bagels and coffee. When not formally scheduled on the weekend, the group is encouraged to meet to conduct a long run. Each participant has access to 4-5 training plans for varying levels to meet your specific goals and life commitments.

If you think you might be interested, you can find more information and online registration on the JTC Running website. Participants in our last two classes have been emailed a \$5 discount code good for sign up by Sept. 14. The class start date is Thursday, 10 September 2015, meeting at the 1st Place Sports, Town Center location (4870 Big Island Drive). We will conduct a class introduction and complete a short walk/run or run.

See you on the roads, Denise and John Metzgar

Weluv2run@aol.com

Frequently Asked Questions

How can I tell when my Membership expires?

There are several ways.

A quick one is to turn to the back page of this newsletter and look at your mailing address block. The date above your name is your membership expiration and renewal date.

Another way is to check your Member Profile at JTCRunning.com. On the home page click on Membership and select Member Profile from the drop down. Enter the email address you used to join JTC Running and your password. If you can't recall your password, or have never signed on before, select Forgot Password. A Reset Password screen opens. Enter the email address you used to join JTC Running and the characters you see in the Code block. This is to prevent spammers from accessing our system. Click Submit and a reset password link

will be emailed to you. In that email click on the link below 'To chose a new password go to'. On the Reset Password screen type and re-type your new password. Now you see Password has been changed successfully. Next, go back to the Member Profile page and log in.

On the My Profile page you see your membership details personal information. You can change your membership level, renew membership, change your mailing address or email address. It is very important to keep your email address current as the membership system is based on it. If your email address is incorrect or an old one you don't monitor, you will miss email event blasts and renewal notices.

Finally, you can click on Invoices and Payments to see details and any open invoices.

If you have any questions email us at jtcrunningclub@gmail.com.

Our Side of the Ditch

JEFF T. WIGHT, PHD

Assistant Professor of Kinesiology, Jacksonville University

Director, Human Performance Laboratories

Member, First Place Sports Racing Team

I have always “adored” exercise and sports. But I was never a runner. Then, 8 years ago, my wife and I had our first baby, Elle, and she made me a runner. I remember the moment like it was yesterday. She was 3 months old and I was walking her in the stroller. She started to cry and we were about ½ mile from home. Being a new dad, this made me quite nervous. So I started to run toward home (in my boat shoes). And what do you know — she stopped crying, relaxed and fell asleep. The next morning, I put on a pair of running shoes, and we did it again. And it worked again. So I kept doing it. And I have run nearly every day since.

Now, I feel like a full-blown member of the Jacksonville running community, and it feels great. I am a member of the First Place Sports Racing Team and director of the new Running Biomechanics Laboratory for Jacksonville University. I regularly thank my daughter for putting me on this exciting path.

For the past 20 years I’ve been immersed in athletics, coaching, kinesiology and sports biomechanics. I’ve seen a lot of cool stuff. But this Jacksonville running scene is what really gets my blood flowing.

I am excited to work with Todd on this column. We became friends a couple years ago when I was directing a 5K for the Atlantic Beach Marsh Fest. Todd reached out to me. We quickly discovered that we both had similar passion to serve our beach community and improve the running opportunities for kids and adults. We talk regularly and are excited to formalize our thoughts for the Jacksonville running community.

In the upcoming columns we will share valuable beach-community running opportunities and tips. I will also use this column as an opportunity to share scientific topics I think you runners will be interested

in:

- Running research equipment and analyses
- Recent/important research findings runners should know about
- Running biomechanics concepts and tips
- Running biomechanics products (strollers, shoes, watches, etc.)
- JU running research agenda
 - Training speed biomechanics vs. racing speed biomechanics
 - Stroller running biomechanics
 - Kids running biomechanics
- Opportunities for runners to be analyzed in the JU Running Biomechanics Laboratory
- JU Exercise is Medicine agenda and concepts

And finally, Todd and I will use this column as an opportunity to share tips and insights from some of our top leaders in the Jacksonville running community.

I will close by sharing some classic running experiences our beach communities offer. Here are 15 that make me “chuckle” a bit. I’m guessing many of you can relate:

- Diving into the ocean immediately after a hard run
- Hanging out at Lillie’s coffee shop after a run
- Trying to run down beach cruiser bikes along First Street in Neptune Beach
- Finishing the four-mile beach run for Tour de Pain and realizing you have 2 races the next day!
- Running against a 20 mph wind during a beach run (and then turning around to be pushed to the finish line)
- Hitting soft sand or tide pools during a beach race
- Wearing gloves and a singlet during the Winter Beach Run
- Seeing the tremendous support in the beach communities during the “Donna”
- Having dogs chase you while running down the

Our Side of the Ditch

beach

- Seeing dolphins surf waves while you are running
- Running the beach at sunrise or sunset
- Running the Intracoastal bridges to prepare for the Gate River Run
- Running down the beach to Hanna Park (to hit the trails)
- Being fooled by the Jax Beach Pier (it looks close but it's not!)
- Obsessively checking the tides and wind to plan out beach runs



2015 Winter Beach Run post-race celebration. JU Running Biomechanics Laboratory Director Jeff Wight with Rhiannon, speedy daughter of JTC board member Todd O'Donnell.

TODD O'DONNELL

Board Member, JTC Running

I grew up on the campus of the University of Minnesota, where my mother was a professor. The University was our playground, attending Gopher hockey, football, track, and baseball practices. I ran track in high school, but hockey is my first love.

I started getting involved in the running scene, here in Jacksonville, when my wife signed up for her first half marathon, in 2009, and our three children, Christian, Rhiannon and Charlotte, decided to follow suit. As Rhiannon, in particular, began to show an aptitude for running, I sought to become more involved in the local running community, joining JTC Running, in 2010, and becoming a board member in January 2013.

While riding my bike along during my daughter's training runs in Atlantic Beach, I would frequently see a fast runner, pushing children in a double stroller, faster than I could ride my bike! I was happy to meet Jeff at the Marsh Fest 5K, and put a name to the face. We have since become good friends, and I'm thrilled to be working on this column and other projects with such a knowledgeable and valuable running resource.

We will use this column as a conduit for information regarding outdoor activities at the beach, as well as scientific information of interest to all runners. I'm looking forward to continuing to help grow our community!

Toinab1964@yahoo.com

Upcoming Events

.....
JTC Running Presents

51st Annual Tijuana Flats 2015 Summer Beach Run

Saturday, August 22, 5-Mile 6 p.m, 1-Mile 6:05 p.m

Enter Online @ 1stplacesports.com

or at any 1st Place Sports store location

\$2 Discount to all JTC Running Members

Editor: Bob Fernee
Designer: Amanda Mason

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

Deadline for ad insertion in the Sept/Oct 2015 issue is Sept 10th.

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Weekly Training Runs

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

Sunday 6:30 am, Atlantic Beach: Atlantic Bl. & 1st Street. 5-10 miles. Contact: Linda White (H) 246-2137 (C) 662-4928

Sunday 6:30 am, Orange Park: IHOP, Blanding Bl., 6-20 miles. Contact: John 264-8024 john.powers@floridapowertrain.com

Sunday 7:00 am, Tapestry Park: (Off Southside Bl.) 3-10 miles.
Contact: Melissa@JacksonvilleRunningCompany.com 379-7170 or 268-0608

Sunday 8:00 am, Jax Trails Group Run: visit Jax Group Trail Running on Facebook

Monday 5:00 pm, Bridges Run: River City Brewing Co. 2-6 miles. Acosta & Main St. Bridges.
Contact: Bill Krause bjk615@yahoo.com 904-860-9189

Tuesday 5:45 am, San Marco: Southside Methodist Church 5-6 miles. 7-8:30 pace, Contact: JC Pinto 655-1044

Tuesday 6:00 pm, Baymeadows: 1st Place Sports, Baymeadows Rd. 3-6 miles. All abilities, 731-3676

Tuesday 6:30 pm, Your Pie (Southside): 3.1 Mile Loop
Contact: Melissa@JacksonvilleRunningCompany.com

Wednesday 5:30 am, Bolles School: Track Interval Training, (JTC Running Members) Contact: JC Pinto, 655-1044

Wednesday 5:30 pm, Bolles School: Track Interval Training (JTC Running Members)
Contact: Paul Smith, smithfccj@hotmail.com, 982-3730

Wednesday 6:30 pm, Jax Beach: 1st Place Sports various runs designed to improve your running.
Contact: Simon 270-2221

Wednesday 6:30 pm, San Marco: 1st Place Sports/Aardwolf Brewery, 4 miles, includes bridges. Contact: 399-8880

Wednesday 6:30 pm, Baymeadows: Native Sun, 2 to 4 miles.
Contact: Melissa@JacksonvilleRunningCompany.com 379-7170

Thursday 6:00 pm, Town Center Mall: 1st Place Sports, 3-6 miles. Contact: 620-9991

Thursday 6:15 pm, Orange Park: 1st Place Sports 3-6 miles. Contact: Denise 264-3767

Thursday 6:30 pm, San Marco: JTC Running, 1964 Largo Rd. Contact: Doug Tillett 728-3711

Thursday 6:30 pm, Bartram Park: Tijuana Flats, 3-6 miles. Melissa@JacksonvilleRunningCompany.com 268-0608

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