



THE
STARTING LINE
NEWSLETTER

ISSUE

413



Letter from the Editor

Don't know how many of you read my bit in the last newsletter entitled, Revenge of the Pokey Walk-Jogger. It was largely the saga of my lamentable, pathetic attempts at running last summer. I am happy to report that things have turned around for the better lately, partly due to the cooler weather and also because of training consistency. Consistency, kind of important, wouldn't you agree?

While out running one morning it occurred to me that other people in our club might also be having trouble with their running. Could be they have hit a plateau, or are plagued by injuries, or maybe they just need some good old training advice. We have some fine people in this club who can help with training and with injuries. Why not contact me at Bobfernee@aol.com and I see what we can do to help; just another great feature of a JTC Running membership.

Continuing on the subject of training, help and coaching, it seems to me that many of us who do not participate in our on-going track workouts at The Bolles School probably forget all about them. The training is designed for all levels and abilities and takes place twice every Wednesday. In the morning, at the invigorating hour of 5:30 AM, JC Pinto leads an intrepid band of members. Then in the evening, Paul Smith coaches another bunch at 5:30 PM. Why not give it a try? You can contact JC at 655-1044 and Paul at 982-3730.

You never know where running around in circles, well, more like ovals, can get you. A certain Japanese sprinter is the new sensation of the Track & Field world. I have written him up in this issue. Kind of makes me feel ashamed though. All those years I ran track and loved it but then I gave it up. My excuse? "I'm too old. No more track for me in this lifetime," I would say. This Japanese gentleman, known as The Golden Bolt, makes me realize how wrong I am.

And, once again, Jay Birmingham, our golden one, makes some more good points about running, the people who do it and those who don't. When you read his story in this issue you will see what I mean.

I'm looking forward to our Guana Back to Nature Trail Races coming up on Sunday, Dec. 6. Why? Not just because it's an expertly organized JTC Running event but because I have always gone for races with a difference, and our Guana trail runs are certainly that. There are miles and miles of pristine trails and running without a car in sight. What could be better than that? Besides, like everyone, I like a truly great, fun, post-race bash and this event has that too.

Can a post-race party upstage the main event, the race itself? I raise that poignant point in an article inside.

Speaking of parties, I had to miss our 40th birthday extravaganza that took place on October 28th at Tijuana Flats in Lakewood, but by all accounts I understand it was a great affair. Some of the Olde Timers showed up to spin some yarns about the Jacksonville Track Club, as our club was once known. Jay Birmingham, Tom Skordas and Rodney Smith, all were club "pioneers," as we like to call them. Back in 1975 could they have ever imagined that this club would last for so long? Did they ever suspect that we would some day be one of the strongest, most notable running clubs in the USA? Could they think that in the future we would create and own one of the greatest races in the world, the Gate River Run 15k?

Yes, we've come a long way – all of us.

Rodney continues waxing nostalgic in this issue with a very humorous story about an innocent little training run he undertook many years ago. It was in the age of pre-terrorism, but you'd never think so. Thankfully, he lived to tell the tale.

How are your feet when they hit the ground? Oh, I see, never thought about it much, right? Well, some people think about it all the time and our great friend, Jeff Wight, is one of them. You will learn a lot about feet, force and a lot more in his latest article in this issue.

From feet to tendons, Dr. Mark Baughman, one of our resident physical therapists, along with Rob Coltman, divulges all the details concerning the various forms of tendonitis. I never knew it was so complicated; all I knew was that it hurt and it made me stop running. I have battled Achilles tendonitis on and off for decades, as have many of my friends. You will find Mark's article very helpful and informative.

Well, that's about it for another newsletter year. I hope that 2015 treated you well and that 2016 will do the same. Not sure what to make of all the madness in the world right now. Wish that people everywhere would understand that we all just want to live in peace and get on with our lives and take care of those whom we love. You know, "live and let live," as the sensible old saying goes.

Best wishes to all. Keep running and try not to let it get you down.

President's Letter

All year long we have been celebrating JTC Running's 40th Anniversary and it has been so much fun! The Awards Banquet in June, the Baseball Game and Summer Beach Run kickoff in August, the Birthday Party in October, and the Christmas Social and Guana Awards party in December have all kept us in the spirit. As this great year draws to a close we have one "last" celebration ahead, the Last Gasp Cross Country Race and Social on Saturday, December 26 at Jacksonville University.



In recognition of our 40th Year, this year's Last Gasp will be special in many ways. To start, the entry fee is only \$3 online for members, a throwback to the days of yesteryear when race entry fees were a fraction of what is normally charged these days. Those three bucks buys more than the race bib-- this year's shirt will be first rate and many, many awards will be given to the top finishers in a range of categories. The post race social will be special as well: held on site at JU's Bartlett Kinne Hall and featuring quality pizza, beer, and soft drinks. Sign up now as space is limited and day-of-race fee will be \$30. Go online at JTCTRunning.com/Events or, pay \$2 more, and mail the entry form in this newsletter.

January gets off to a running start with the Jacksonville Bank Marathon at the Bolles School Sunday, January 3. The Club will have the JTC Running tent near the finish line to welcome runners. If you would like to volunteer to staff the tent please sign up at JTCTRunning.com/Events.

Next comes the Kickoff of the 2016 Gate River Run Training Class at the 1st Place Sports Town Center Store January 7 at 6:30 pm. Members of the last GRR class and the Fall Half Marathon class have been emailed a \$5 discount code. The 2016 Gate River Run on March 12 will be the best ever and there is no better way to prepare than our training class led by John and Denise Metzgar.

On January 23 the Club presents the Winter Beach Run, 5 or 10 miles on Jacksonville Beach at 2 pm. Meet fellow Club members before or after the race at the JTC

Running tent in front of the bandstand. Nearby will be a new sponsor, the Florida Cocker Spaniel Rescue group, with several adorable pets for potential adoption. Check them out and chat them up. Your new best friend could be there!

In February the Club will have a booth at the 26.2 With Donna Expo at the Prime Osborn Center February 12 and 13. Stop by and say hello. If you would like to volunteer to staff the booth please sign up at JTCTRunning.com/Events.



The Starting Line

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Adam Beamer

Lauren James

Steve Bruce

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Guillermo Ramos Piazza

Jared Ellis

Matthew Reimer

Claire Fawcett

Daniel Rivera

Jim Fawcett

Jay Robinson

Billy Fehrs

Mark Ryan

Robert Frary

Martin Smith

Mark Goetz

Rick van Brederode

Tom Greene

Josue Velazquez

Upcoming Events

The Last Gasp & JTC Running's Birthday Party

Saturday, Dec. 26th

5k Cross-Country at 2 PM

Entry Fees: Club Members \$3 online, \$5 mail-in

Free 1-Mile Kids' Fun Run at 1:30

Gate River Run 15k

March 12, 2016

Save Money, Enter Now

\$2 Club Members' Discount

JTC Running.com

A Night of Service

JTC Running members don't just run. They also serve. On a Saturday in mid-November we helped serve dinner at the Sulzbacher Center for the Homeless.

The Sulzbacher Center serves about 1,600 meals a day, breakfast to its residents, lunch and dinner to residents and others in need of a meal. Every year more than 100 groups contribute more than \$200,000 and 14,000 volunteer hours to the effort in cooperation with Sulzbacher food services staff. JTC Running contributes \$500 and provides volunteers to prepare and serve a meal once a year.

This year, 13 people

represented the club over two shifts: preparation from 3 to 5 p.m. and serving from 5 to 7. Some volunteers work one shift, some stay for both. For first-time volunteers and those of us who've served before, it is a rewarding and pause-giving experience.

"I'll never complain about the cold again," one volunteer said as the chill evening air carried through the serving window on the covered patio side, where male residents and non-residents dine. (When the weather turns colder, the Sulzbacher's library becomes the dining room.) The other window on the opposite side of



the kitchen serves the dining room where women and children who live at the center eat.

This year's prep crew had slightly easier duty than usual because most of dinner simply needed to be reheated and served. There was no need for chopping vegetables or stirring huge pots of sauce. So we spent the time bagging snacks and fruit for sack lunches in the coming week, preparing chicken and tilapia for upcoming meals, taking a tour of the kitchen and the cold and freezer rooms where the center stores the food it receives from government agencies and other sources.

And then the kitchen floor needed sweeping and mopping. JTC President Larry Roberts wielded the mop.

Also serving this year were Ann and Bill Krause, Jean Schubert, Michelle Gully, Kellie Howard, Judy and Larry Roberts, Jacksonville University track and cross-country coach Ron Grigg and JU students Mary Jeanne Assinzo, Lyric Schmalz, Jenira Shufford and Danielle Spence. Michael Del Charco coordinated the effort.

Next year the club will be serving lunch on Nov. 19.



Don't Ignore Those "No Trespassing" Signs

In my 40 plus years of running I have been known to check out trails and routes in areas that were technically "off limits" to runners and have more than once been kicked off a golf course or someone's private property for "trespassing." This is something I do not particularly recommend since it can result in rather uncomfortable situations. Once while running with my cross-country team on the Sawgrass beach golf course, which one of the kids said was okay because he lived there, we were stopped by the golf course security who proceeded to call the St Johns County police because they refused to believe my name was really Smith. We promised to never return and when the Bolles School AD was informed, he told me not to worry about it because "those people are all snobs anyway." This apparently included the kid on the team who swore his dad could "take care of anything because he has clout here." Ha! Soon after this incident I decided to start coaching at Stanton Prep, which I did for the next 20 years.

Just recently, I decided to combine a short kayak trip with a run at Pelotes Island along with my long time friend Bill Thomas. I often joke with Bill that we have been running together for almost 60 years, ever since he was two and I was four. I chased him out of my yard and I have been chasing him every since and have never once beaten him in a race. This includes the very first Winter Beach Run 10 miler which he won in 56 minutes and has never run again, because as he says, "I can do no better!"

This particular adventure began at the Clapboard Creek landing where we put in our kayaks and then proceeded to paddle over to Pelotes Island which was once a nature sanctuary but is now owned by the JEA and is posted with "No Trespassing" signs. Of course, we ignored the signs and upon grounding our kayaks, changed into our running shoes and headed down the main trail toward the island entrance off Pelotes Island Dr. near the north-side generating plant. I was convinced we would never see another soul out there. About a mile and a half out we neared a clearing in the woods and could see a bridge in the distance. This is where we decided we better turn around, but about that time Bill noticed a truck heading toward us. We quickly did a 180 and hauled "butt" the other

way, causing me to go into immediate oxygen debt. We knew we could never outrun a truck and started thinking of excuses to explain why we were there. Oddly enough, we never saw the truck again as it either stopped or turned off. Another bullet dodged. I can't wait to go back and check out the rest of the island.

As we concluded the run I told Bill that this reminded me of another interesting run I had done almost 40 years ago with long time friend and founding track club member, Tom Skordas. By the way, it was great seeing Tom at the track club's 40-year anniversary gathering recently along with founding members Jay Birmingham and Lamar Strother. Tom is unfortunately confined to a wheel chair now as he has been dealing for several years with a debilitating condition of his cerebellum which has robbed him of most of his motor control but not his mind. He knew who we were and was delighted to be there. I had not seen Tom in quite a while and was reminded that I had promised I would relate our 40 year old running adventure someday in a newsletter article, so here it is at last. (Tom, by the way, was the JTC's original membership chairman and also put on the monthly fun runs out at FSCJ south campus. He is also enshrined in the Gate River Run Hall of Fame, a distinction earned for selflessly running the River Run finish line for nearly 30 years.)

When Tom and I were much younger and training to qualify for the Boston Marathon, we would occasionally get together for a twenty-mile training run, usually on a course of his choosing. This particular run took place on the morning of Dec. 4, 1976. We were hoping to get in shape to qualify for Boston in some upcoming winter or spring marathon and knew the qualifying time for our age group was a sub 3-hour marathon so Tom thought a 20 miler would do us good. He had called me the day before with his plan to meet me at my house on the Northside at 8:00am to run a course he had laid out using an outdated geological survey map. So that Saturday morning, after bidding my sister adieu, we headed out toward Lem Turner Road, water bottles in hand, for what we hoped would be an uneventful long training run. After what seemed

Don't Ignore Those "No Trespassing" Signs

like an eternity on Lem Turner Road, I thought we were nearly to Callahan, we took a right turn and hoped to eventually get to Duval Road and eventually back to my house. Unfortunately, this road did not go through (thanks for outdated maps) and ended at a barbed wire fence enclosing someone's cattle ranch. Not wanting to turn around and now desperately needing water, Tom insisted we continue through the fence, past some very angry looking cows and on to find water. After getting past the bull that looked like it would like to eat us, we came to another more foreboding fence with with a rather large "No Trespassing, Violators will be Prosecuted" sign. Desperate for water, we decided to ignore the sign, thinking we were at the airport, and proceeded toward a building we could see in the distance where we hoped to refill our water bottles. Jokingly, I said maybe we should put our hands up. About that time we spotted a jeep heading for us at a rather high rate of speed and I thought "this cannot be good". Two men jumped out with guns drawn and informed us that we were on Air National Guard property and they were none too happy. They put us in the jeep and took us to a building where we were to be interrogated by the chief of security who was a rather large, humorless man wearing an orange jump suit and blue base ball cap, with twin pearl-handled pistols. On the way into his office we were passed by one of the National Guard pilots who laughed and said that this was the most excitement he'd seen since being stationed here and related that a base at which he had been stationed in California, they "shot first and asked questions later." This was not real comforting. Tom did not help matters when we were asked for identification and he joked that he had left his Red Card at home. This was, after all, during the height of the Cold War. When he then asked where they kept the missile silos I had to beg him to be quiet. It was obvious that they were not happy, letting two potential terrorists run right onto their property and wanted to know where we came in. Not wanting to admit that we had ignored the "No Trespassing" sign we claimed we came through a hole in the fence. This backfired when they told us to show them the hole. We had to admit there was no hole and we were simply desperate to get water

and figured we were at JIA and disregarded the sign. This gave them the idea to call JIA security and turn us over to them. Fortunately, they wanted nothing to do with us and said we were their problem. At this point, since neither one of us carried ID, they asked if there was someone they could call who would verify our identities. I gave them my home number and one the guards called and talked to my sister and asked her whether she knew a Tom Skordas and Rodney Smith. She said she did and concluded we must have been hit by a car or something and the guard did not explain otherwise. He hung up then told me to call my sister, that she sounded upset. Really! I calmed her fears and told her we were just being detained for trespassing at the Air National Guard. I am sure she was amused. After some time, they finally concluded we were no threat to national security and trucked us to the main gate with the promise we would never return. We said "don't worry."

By now Tom was suffering from low blood sugar and was desperate for something to eat. To make matters worse, we were not real sure of the route home, we had no money and this was way before cell phones. At one point Tom went over to a Dunkin' Donut box lying in a ditch to see if contained a doughnut. He was really getting desperate. After running another hour and a half we finally made it back to my house.

I told Tom to let me choose the course next time!

Upcoming Events

JTC Running's 41st Annual Winter Beach Run

10-Mile, 5-Mile, Kids' 1-Mile
Saturday, January 23, 2 PM

Big Medals, Big Party
Enter @1stplacesports.com

The Crazy Cost of Getting Old and “Going Retro”

Looks like everybody's on to it. The “retro” thing, I mean. Now there is a new run set to take place in Pigeon Forge, Tennessee, the hometown of none other than Dolly Parton, called Retro Running™. If you are 39 years old or younger, don't get too excited, this race is not for you. Neither love nor money will get you into this Old Timers bonanza. I won't get too excited either, because despite all the wonderful things they are offering, such as a seminar titled, ‘The Making of Moonshine’, Dolly won't be there. Once I learned that, they lost me. No Dolly, no dollars, that's what I say.

If seniors and Baby Boomers are suckers, and I suppose some of them are, then the spiel of GoRetroRunningWeekend.com is a captivating one. Just listen to this: “How would you like to ‘Run at the Front™’ (and not get trampled) for the first time in a couple of decades? How would you like to look around when you get to the starting line and only see people your age!”

I say, “What about Dolly? She's my age! If I'm going all the way to doggone Dollywood I want to look around and see Dolly, dang it.”

Aside from its special meaning to seniors (?) the race is a unique distance and it is in miles, not those rest-of-the-world invasive metric measurements. That is because (the organizers think) Baby Boomers only want to relate to inches, feet, yards and miles. True, in our day Patrick Henry stood on the floor of Congress and yelled, “Give me miles or give me death!” And he meant it; I should know, I was there.

So to please all of us geriatrics and remind us of the good olde days they came up with a truly classic distance: 5-miles and 916 yards. Ah, it's so great to have it back. I haven't raced 5 miles and 916 yards in so long that I can't even remember when. Oh no, yes I can, it was that 5-miler in Armpit, Alabama, in August 1978. The police took us way off course then realized their mistake (?) and drove us back through some dangerous looking territory to the finish. It was a hellishly hot day and coming back Armpit never looked so good. The cops thought it was funny-“you boys lookin' pretty odd in them tiny little runnin' shorts”-but we were all pretty pissed. I swore I'd never

run a distance like that again.

All these years later and here it is offered to me on a platter. Lucky me. Oh, and lucky all of us, for the race organizers say that they “chose this number (distance) because it gives a fun twist to the event as well as gives you a new distance to set a personal record at.”

Oh sure, just another way of saying “Dolly won't be here.”

“Special” activities are planned, such as: Live music concerts, a post-race party, “educational classes” including not just the Moonshine one but also a seminar by financial advisors. Oh boy, just like having an insurance salesman in your kitchen while you're trying to eat dinner. Call that post-race entertainment?

Hold on, Saturday the keynote speaker is Rudy Maxa! I must have slept through the Rudy Maxa phenomenon, cause he's a new one on me. If they wanted a star, why didn't they get Rula Lenska? (Yes, I'm so old that I remember the night Johnny Carson came out on the stage of the Tonight Show and said, “Welcome to the Tonight Show, the show that tries to answer the question; who the hell is Rula Lenska?”) Factoid: She appeared before a TV ad and said, “hello, I'm Rula Lenska.” As if we knew who she was.

Well here is someone that we all know: Jeff Galloway. Haven't seen his name attached to a race since the Freedom Marathon 8k in Green Cove Springs. Well at least he is a genuine retro guy and that is a lot more than I can say for the entry fee.

In the time frame Retro Runners™ are referring to, race entry fees were \$3. They are offering their race for a mere \$295, but if I act quickly I can get in for just \$195. Let's see, 195 divided by 3 is 65. That means looking at it from a retro perspective, for my \$195 in 1975 I could do 65 races-more than one race a week for a whole year! If they want to pull off a true retro race then why not for a true retro price? Silly me, silly question, I forgot what year it is. It's 2015, and today it's all about money, profit and pulling a crowd. Even if it is one where they serve Geritol at the aid stations. Remember Art Linkletter, Geritol's

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ad man? I do. (They still sell Geritol! I saw it on the Internet).

Here in Jacksonville, this month, we have a real retro race; it's called The Last Gasp. It began in 1977, real retro times. This year, on December 26, if you are a JTC Running member you can run the race for the retro price of \$3. Yes, three dollars. You get a retro all-cotton race t-shirt, a post-race party, awards and a free one-mile race for your kids. Admittedly, no Dolly Parton, but no in-your-face financial advisor either. It's cross-country and 5k. Actually it began life as a 5-mile 916-yard race (in retro times we had a hard time measuring courses, it was pre-GPS, you know) but has now gone anti-American metric (that is, at least according to Retro Running™).

So if you want real running, real cross-country, a real good time and all at a real retro price, come out to

Jacksonville University on Dec. 26. The 1-mile begins at 1:30 PM and the 5k at 2 PM. Oh, and for your friends who are not JTC Running members they can enter the race for \$20 and get an automatic annual membership into our wonderful club. That's \$275 less than the GoRetroRunningWeekend and, in any case, unfortunately, you don't get Dolly Parton at either event. For 20 bucks these new members will get discounts on all of our other races, including the Gate River Run, discounts at 1st Place Sports and our super fine newsletter. Their twenty bucks will come back to them. (Same as yours does, by the way.)

So no matter how young or old you are, use your head and save your dough. Go for the cheaper one-the real one. JTC Running, the best deal around, retro or not.

The Starting Line / Written by Jeff T. Wight

Force Plates and Running Biomechanics

Jeff T. Wight, PhD / Assistant Professor of Kinesiology, Jacksonville University

Director, Running Biomechanics Laboratory / Member, First Place Sports Racing Team

Last time, I discussed the motion-analysis technology we use in the JU Running Biomechanics Laboratory. This month, I will describe another technology we hope to acquire sooner than later: the force plate.

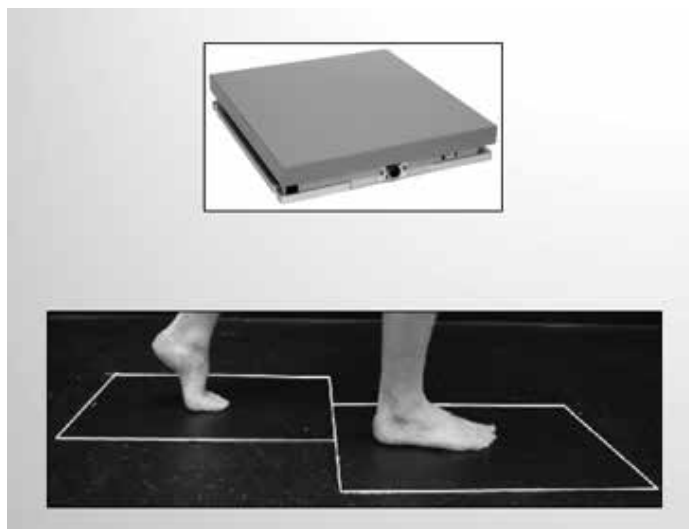


Figure 1. Force Plates. Force Plates are used to study the “collision” between the foot and ground.

Force Plates and Running Biomechanics

If you stand still on a force plate, it will measure your body weight, just like a bathroom scale. But the force plate is far more sophisticated. The force plate can measure forces in all directions, not just the vertical. For example, the force plate can also assess the runner's braking and propulsion forces. It can even determine the exact point on the foot where the force is applied (center of pressure).

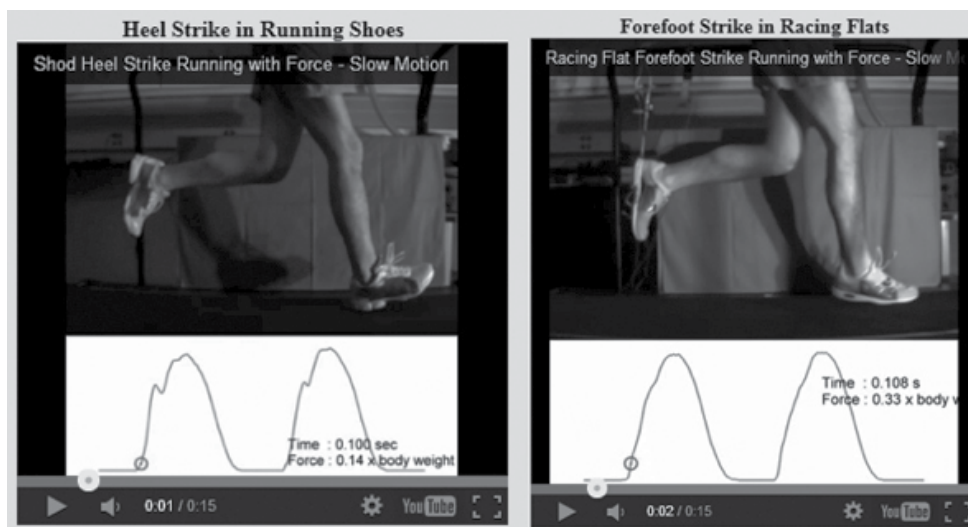
These advanced measures are possible because each corner of the force plate is equipped with an electrical sensor. When a runner lands on the force plate, information from the four sensors is coordinated. With a little mathematics, researchers can determine exactly how the foot is pushing against the ground (direction, location, and magnitude of the force).

When a runner lands on the force plate, there is a massive vertical force (2-3 bodyweights). This means that the force plate "feels" as if there are 2-3 runners standing on it! Interestingly, this force is highly variable among runners. For "gentle" runners, it is about 2 bodyweights. For runners who land "abruptly", it is about three body weights. Researchers are interested in learning how to help runners minimize this force.

HARVARD WEBSITE

Harvard has created a great website to help runners understand the vertical ground reaction force. Check it out: <http://www.barefootrunning.fas.harvard.edu>

On that webpage, "click" on the menu option "Biomechanics & Videos". You will find several slow motion videos of a runner. The videos are played in sync with the runner's vertical ground reaction force curve. It's very cool. In those videos, the runner's force peaks at about 2.5 bodyweights. There are examples of heel and forefoot landings for barefoot and shod (shoe) conditions. Below is a sample from the webpage. Take a close look at the force curve for the "heel strike" trial; notice there is an initial "spike" (impact transient) that is not seen in the forefoot landing. This topic has been of interest for several years in the research literature.



Force Plates and Running Biomechanics

ELITE RUNNERS

Elite runners clearly use techniques to “dampen” running forces. For example, nearly every elite runner I have analyzed, filmed, or observed uses a “gentle” foot landing. Interestingly, there are two techniques that are commonly used.

Gradual heel-to-toe landing



I call this foot landing gentle for two reasons. First, notice the heel of the shoe when it first touches the treadmill—there is no significant compression. If a runner lands “abruptly” on the heel, it is easy to see the shoe compress. Second, this foot landing occurs over four frames. I collected this video at 60 frames per second. Four frames may not sound like much, but in the running world, $4/60$ th of a second is actually quite a long time. Abrupt landings occur in just two frames!

Supinated landing



In this second example the runner supinates the foot, lands on the “outside” edge of the shoe, and rolls onto the foot. This method is very common among elite runners. Again, notice the landing occurs over four frames.

On YouTube, there is a great slow-motion video of the lead pack from a previous Boston marathon. Take a look—you will see both foot landing styles. I like to show this video to runners in the JU Biomechanics Laboratory and students in my biomechanics class.

www.youtube.com/watch?v=h53UTHVCc7g

To summarize, when elite runners wear shoes, they typically resort to one of these two landings. These approaches clearly increase the “collision time”. This is analogous to designing a car to crush in an accident (to increase the time of the collision).

It is important to thoroughly study these foot landings using a force plate. Researchers need to better determine how these foot landings load the runner’s body. Runners, coaches, clinicians, kinesiologists, etc. should be aware that subtle changes in the foot landing can have dramatic effects on the ground reaction forces and loading of the runner’s muscles, tendons, ligaments, joints, and bones.



39th Annual

THE LAST GASP
and
JTC RUNNING'S 40TH BIRTHDAY PARTY
SATURDAY, DECEMBER 26, 2015

Entry Fees until 12/23: JTC Running members online \$3. Members paper entry fee, \$5. Non-members online, \$20; paper \$25. **Day of Race entry fee \$30** (for members and non-members). Non-member fee includes one year membership. Enter online at JTCRunning.com or use entry form below.

Name _____ Age (on race day) _____ Sex: M ___ F ___

Address _____ City _____ St. _____ Zip _____

Team (if any) _____ Shirt size _____ Email address _____

Phone _____ Circle amount enclosed: \$5 (member) \$25 (non-member)

Checks to: JTC Running, send to PO Box 24667, Jacksonville, Fl. 32241

WAIVER OF LIABILITY

ACKNOWLEDEMENT: I am voluntarily entering or agreeing to be a volunteer at JTC Running's Last Gasp Race. I understand that my participation in the event is a physically demanding and can be a potentially hazardous activity, which could cause injury or death. I agree to not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform Event, am in good health, and am properly trained. I assume all risks associated with my participant in Event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and /or humidity, all such risks being known and appreciated by me. I also understand that if a meet is canceled, rescheduled or details are changed for any reason beyond the control of race management that I hereby waive and release any claims against Event and it's organizers that I may have as a results of any such changes and that my entry fee will not be refunded. I understand that if I cannot participate in Event, i.e. injury, family emergency, etc., that I will not receive a refund.

AUTHORIZATION: I agree to abide by any decision of Event's officials relative to any aspect of my participation in Event, including the right of any Event official to deny or suspend my participation for any reason whatsoever I grant permission for Event's organizers to take pictures of me during Event and agree for Event to use any photos of me that may be taken during my participation. I grant permission to publish my name in the results of Event. I also grant permission for Event's organizers to use my email address to communicate with me concerning other upcoming events and specifically, instructions for Event. I will abide by these guidelines.

GUARDIAN'S PERMISSION AND RELEASE FOR MINOR: If I am or will be applying for my child to participate in, or be a volunteer at, the Event, I represent and warrant that I am the parent or legal guardian of the child and, as such, consent to my child's participation in Event and I agree that the terms of this Waiver Releases, and Authorizations apply equally to my child and me and any claims I or my child may have in connection with Event. I also waive any derivative claims that relate to or arise out of my child's participation in Event.

AGREEMENT: Having read the waiver including the acknowledgement, authorization and permission and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release JTC Running, Inc., Jacksonville University, any other Organizers of Event, all charitable beneficiaries of Event, all sponsors of Event, and their licensees, sponsors, employees, official, volunteers, including medical volunteers, and other representatives, agents, and successors of each of the foregoing, from present and future claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver.

Participant or Parent's signature (if under age 18) _____ date _____

If He Can Do It, Then Why Not ... ?



In Japan he is known as The Golden Bolt. I feel sure that his namesake, the unbeatable Jamaican sprinter, Usain Bolt, doesn't mind a bit. In fact, he might even say to himself: "When I

grow up, I want to be just like him."

You see, The Golden Bolt is also a sprinter but he is also 105 years old. His real name is Hidekichi Miyazaki and the man who has been called a "medical miracle" by his doctors, last August broke his own 100-meters world record with a 42.22 seconds clocking at the Kyoto Masters Track & Field meet in Kyoto, Japan. It made him the world's oldest sprinter (he competes in the sparsely populated 105 years plus age group) and earned him a place in the Guinness Book of World Records.

Astonishingly, he was rather upset with his time because he said in training he has run it in 36 seconds. Miyazaki also holds the 100-meters world record for men 100 years old. And while most centenarians who are still able to get out of bed would pull nearly every muscle in their bodies trying to sprint 100 meters, Miyazaki ran it in 29.83 seconds.

Naturally, Miyazaki, who weighs 91 pounds, celebrated his feat by striking the "lightning" pose made famous by that other Bolt.

Miyazaki started running at the age of 93 to fill in empty hours after all his friends had died. His

competitive running career began while he was 96. He also competes in the shot put. Miyazaki has four children and ten grandchildren. His daughter, Kiyono, said: "His doctor has told him that it is too much for someone his age but he doesn't listen."

The Golden Bolt attributes his longevity and almost unbelievable fitness to daily exercise and eating in moderation. He was given a medical examination a couple of days before his world record race and Miyazaki said: "I'm as fit as a fiddle. My brain might not be the sharpest but physically I'm tip-top. I can definitely keep on running for another two or three years."

He continued: "I can't think about retiring. I have to continue for a few more years, to show my gratitude to my fans."

Miyazaki could soon find other Old Timers standing on the starting line. In Japan, men have an average lifespan of 80.5 years, the fourth longest in the world and women average 86.3 years, putting them in first place worldwide. There are 600,000 people in Japan aged 100 years or over and more than 10 million Japanese are over the age of 80, according to Japan's internal affairs ministry.

It is certainly an impressive, inspiring tale, one that shows us the possibilities of the human body and spirit. Even if your goal is not to sprint at 105, The Golden Bolt's regimen of daily exercise and moderate eating is one that everyone could and should aspire to.

Now where are those spikes I hung up a while back?

Upcoming Events

Gate River Run 15k

March 12, 2016

Save Money, Enter Now

\$2 Club Members' Discount

JTC Running.com

Binge Busting

I was thinking recently about our last Tijuana Flats Summer Beach Run. At the SBR I talked to a number of people who said they weren't even running in between "races." They would pick out a race that they thought they would enjoy, usually one where they thought a lot of their friends might be, then "ran" it at whatever pace might come along.

Afterwards they would catch up to old friends, maybe even make some new ones, and socialize. And socialize, and socialize, and socialize. I hate to be critical because I've done it myself, especially when out of shape.

Somewhere on the Internet I bumped into it. There is now a term for this phenomenon, and, as we all know, the Internet does not lie. It is called "Binge Running." These are people, who, like drunken college kids slurping booze like there is no tomorrow (and for some of them there isn't), do all of their running at once. They do nothing and then one day they go overboard and run 26.2 miles. Surely they could find an easier binge.

This struck me as a new phenomenon in the world of running. I wondered that as the post-race craze becomes bigger and more important to people would it mean that events that didn't offer it would suffer and see their attendance figures dramatically fall? Would people say, "What, no post-race bash? Forget it!"

Could it be that one day the post-race wingding will even eclipse the honking, huge medallion as the most important consideration for plunking money down?

Could the events considered to have the best parties win the popularity contest and, based solely on that, wind up pulling the biggest crowds? "Races" seem to be an ever-evolving entity. We've seen mud runs, zombie runs, paint runs all come and (more or less) go. We've seen gut-busting competitive races give way to smile-all-the-way-to-the-finish walkathons. This new Party Race could very well be the next big happening in "racing."

Going back to Binge Running. There is no sense in this sort of thing. You can't get fit by doing all your running at once, you can only get tired and sore. You can get burned out, you can get injured. You can "do" a marathon but you can't "run" one. And you'll never have the proper respect for the distance or the noble race itself.

These Bingers need to read Jay Birmingham's story (in this issue) about giving 5% to running. After more than 50 years as a runner, Jay knows all there is to know about enduring. After all, he didn't try to Binge Run across the U.S. or cross Death Valley in one go. (In case you didn't know, he has done both.) He says if you are not willing to give running, the sport you profess to love, 5% of your time then you don't love it enough.

At the Summer Beach Run I talked with Bill Krause, a board member with the Florida Striders Track Club (who also happens to be a JTC Running member). We discussed a problem that our club, and theirs, will one day face. That is the lack of young people coming forward to help out and get involved in club organization and activities. Is there a new, young, Lamar Strother or Doug Alred type out there? We don't see him/her.

With this growing dilemma there may not be enough people to hold the reins of power and keep the clubs moving, or even alive. I told Bill: "Mark my words, in ten years the two clubs will amalgamate. They will have to." He agreed.

Everything changes; we all know that. Races have changed, runners have changed, and running clubs must change too. Some of our members have passed. This year was a hallmark, our club's 40th anniversary. I wonder how many of our club's pioneers thought this organization would endure for 40 years. Perhaps, deep inside, they believed that when the Boom was over the club would be too. Speaking to our president, Larry Roberts, I said I wondered how many of us will be around to celebrate our 50th. He said he hoped that he would be and I said, "me too."

Our 40th year is nearly over, here is to our 41st and beyond. In good health, without the binge, see you there.

Five Percent-Do You Love It, Or Not?

WIDE WORLD OF RUNNING

You bought a new computer so you spend a couple of hours a day playing with its features. You enjoy watching TV, so you relax after work, taking in the news, a favorite show, maybe even sports once in awhile. Your kid joins a sports team and you drive him to practice and pick him up an hour and a half later.

Do you indulge in any of those activities? Do you think these things take too much time? Most people I ask say, “No, a couple of hours a day, spent doing things I enjoy, is time well-spent.”

Do you love to run? Do you enjoy the health benefits? How about the social side? Does it just feel good to sweat and have that sense of personal accomplishment? Of course!

But here’s the heart of the matter: Do you run eight-and-a-half hours a week? At four miles an hour (a fast walk), that’s 33 miles a week.

If you wanted to be a better tennis player, or take up basketball, wouldn’t you expect to practice an hour or so a day? Of course! But when I chat with the average runner, I hear tales of it taking too much time, or claims that 20 miles a week is too hard.

If you cannot devote 5% of each day to something you claim to love, you don’t love it enough. I suggest a gym membership. Perhaps you could spend a little more time eating out at restaurants and watching games on the big screen. Don’t delude yourself that you are a real runner if you won’t spend the time to get fit.

Forget 20 minutes a day. That’s barely enough to get sweaty. Or cross training—what a joke! Unless you are a triathlete, you will never get the same physical benefits if 1/3 of your time is spent in a pool and

another third coasting along on two wheels. Lace up those shoes, head out the door, and cover some mileage.

Having run for nearly sixty years, and coached other people for fifty, I’ve seen the glorious benefits of running—physical, psychological, and spiritual. But the greatest shortcoming, by novices and veterans alike? Too little volume. Too little dedication. Too little fitness.

You have World Class genetic material. You are the end point of thousands of years of evolutionary success stories. You are endowed with the potential to stay on the move all day. So give it five percent, why don’t you? Start today. Get out for an hour and keep running. Slow down, and if you must, take a short walk break, but cover some ground.

Want to shed pounds? Run more miles. Want to develop more stamina? Run more miles. Want to reverse the inevitable slide of aging? Run more miles.

Volume trumps speed when it comes to fitness. Duration changes more physiological factors than intensity. Volume burns more calories than speed. It grows more capillaries. It stimulates those mitochondria to reproduce, and induces metabolic enzymes better than any hormone or supplement.

You have the potential to unleash nearly ten thousand genes. But if you settle for a semi-active lifestyle, steeped in job pressures and perceived obligations, seasoned with a little abuse in the form of alcohol and sleep deprivation, then you choose to be less than you could be.

Even old joggers like me can cover five miles a day in 72 minutes. Five percent of my day. It is the least I can do for my health and physical fitness.

Upcoming Events

JTC Running’s 41st Annual Winter Beach Run

10-Mile, 5-Mile, Kids’ 1-Mile

Saturday, January 23, 2 PM

Big Medals, Big Party

Enter @1stplacesports.com

All Tendon Injuries Are Not Created The Same

One of the most common injuries that brings people into physical therapy is an overuse tendon injury. This is particularly true with endurance athletes given the repetitive nature of those sports. Some of the more common sites of overuse tendon injuries are high hamstring tendons, achilles tendons, patellar tendons, rotator cuff tendons, and medial / lateral elbow tendons.

When reading about these types of injuries you may see three different terms used, tendonitis, tendinosis, or tendinopathy. These terms are not synonymous as they each have a unique nuance to describe something different about the nature of the condition.

There is a quote attributed to Voltaire that is helpful to us at this point: “if you wish to converse with me, define your terms.” This is where we shall begin.

A tendonitis is used to denote a tendon that is injured and is going through an inflammatory process which is evident by an objective inflammatory response noted by redness, heat, pain, swelling, and inflammatory chemical response within the tissue.

The term tendinosis is used to describe a tendon that is more of a chronic tendon problem noted by tendon degeneration which is associated with weakened and unorganized tendon tissue in the absence of an inflammatory process.

The term tendinopathy is more of a vague term. This term does not denote an underlying pathology, but rather signals that all is not well in the tendon. It is characterized by localized pain over the tendon that is associated with loading of the tendon.

Why do we even need or use these different nuanced terms? It’s because the treatment of the tendon injury will differ depending on which of these conditions is present.

The treatment of a true tendonitis is composed of the basic; protect, rest, ice, elevate (PRICE) principle. These acute inflammatory injuries generally respond well to this PRICE principle within a couple of weeks. It is these tendon injuries that also respond best to steroidal anti-inflammatory injections. However, left untreated, these tendonitis injuries can turn into the more challenging tendinosis and tendinopathy

injuries. This serves as a warning to take action in getting treatment for these conditions early on in the injury process rather than trying to wait it out. The quicker treatment is sought, the shorter and easier your rehabilitation will likely be.

The treatment of tendinosis has commonly had successful rehabilitation with use of high load eccentric training and aggressive soft tissue mobilization using techniques such as Graston, SASTM, and ASTYM. The treatment for these tendon issues attempts to create an inflammatory response to facilitate a stalled tissue healing process and to breakdown the injured tissue so it can be reorganized and heal in a stronger fashion. It is no surprise then that these tendinosis conditions do not respond favorably to the steroidal anti-inflammatory injections in contrast to the favorable response with the condition of tendonitis.

The treatments for a tendonitis and tendinosis are based on a particular pathological condition within the tendon, and it is this pathological condition that guides the treatment. In contrast, the treatment for a tendinopathy is not based on a specific pathological condition. It is based on pain response and tissue load. The reason for this different paradigm in the treatment of tendinopathy is that it is apparent from research of imaging in tendinopathies that (a) imaging-identified tendon pathology exists in asymptomatic persons, (b) a patient’s recovery can occur without reversal of imaging-identified tendon pathology, and (c) there is no identifiable pathology of significance in some cases of tendinopathy.

What then is the treatment of a tendinopathy given this different paradigm? The approach is multidimensional. This approach is summarized by the acronym EdUReP (Educational interventions, periods of tendon Unloading and controlled Reload, and implementation of Prevention strategies). The education component includes discussion on the management strategies of the underlying condition and the need for specific exercises, especially during pain remission. Unloading is accomplished by modification of the type and volume of activity and can include use of taping, bracing and movement modification. Reloading of the tendon involves

All Tendon Injuries Are Not Created The Same

activity with the use of slow and progressively more demanding activities to help strengthen the tendon. Prevention of symptom recurrence relies on communication and education with return to sport activity as well as integrating newly learned movement patterns into sport specific activity to avoid a recurrent overload to the tendon.

My hope and goal in writing this article is to highlight both the complexity of tendon injuries and the paradigm from which they should be treated. It is because of the complex and multifactorial nature of these injuries that they can be so challenging to

recover from. The best thing to do to get rid of those nagging tendon injuries is to seek early treatment and stop trying to self-treat them with a “one size fits all” treatment approach.

Dr. Mark Baughman DPT, ATC, OCS
Coltman and Baughman Physical Therapy

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Michener L, Kulig K. Journal of Orthopedic Sports Physical Therapy, 2015 Nov; 45 (11): 829-832

Upcoming Events

The Last Gasp & JTC Running's Birthday Party Saturday, Dec. 26th

5k Cross-Country at 2 PM

Entry Fees: Club Members \$3 online, \$5 mail-in

Free 1-Mile Kids' Fun Run at 1:30

Gate River Run 15k

March 12, 2016

Save Money, Enter Now

\$2 Club Members' Discount

JTC Running.com



JTC Running makes donation to Ben Kuykendall representing Tijuana Flats' Just In Queso Foundation

Cross-Country: Dead and Buried or Bouncing Back?

When the music genre Punk Rock was going under for the third time an interviewer asked one of its super stars, Billy Idol, if Punk was dead. Idol replied: "Punk is not dead, it just smells bad."

Sometimes I think that he might as well have been talking about cross-country running. I should be more specific: our local, adult, cross-country racing scene. Not the local high school cross-country scene. Kids still seem to like it okay. Although, even in that respect, when you are referring to the local private school XC and public school XC, you might discover two quite different answers. But prep cross-country is not the axe that I am going to grind here; my concern is adult, open, cross-country racing and races.

Is local cross-country dead? If not, how is its aroma?

This is a serious question for me, a devout cross-country enthusiast. Cross-country was my introduction to running and has always been my favorite form of the sport. I have seen cross-country go from a very popular type of running to ... well, I don't know what, a nonentity? But now, I hope that I am going to find out and definitively answer the burning question.

I am reminded of the final scene of the 1960s movie, Planet of the Apes, when Kim Hunter, dressed in head-to-toe monkey suit, said to Charlton Heston, naked but for a loincloth, "you may not like what you find." He later found the Statue of Liberty, largely submerged in sand, and suddenly realized the worst; the end had already come.

Am I overdoing this? Should I take off my loincloth? I'm not going to, I like overdoing things.

In 1977, my father and I began a cross-country race that we titled, The Last Gasp. It wasn't intended to be anyone's actual last gasp (that would have been rather cruel), but being situated at the end of the calendar it was to be the year's last gasp, the final race. It worked well until there were so many additional races that sometimes we could call it The 6th From The Last Gasp. But that had no ring to it so we never did. It remained The Last Gasp even if it often wasn't.

We trained on the campus of Jacksonville University, as good a place to run in this town as you will find anywhere. We thought it good to share it with others and

created the race. Apparently they agreed and for some years the event attracted almost 300 runners, not bad in those days. People appreciated cross-country back then, these days I'm not so sure.

To be honest, maybe the race has been in a rut for a while. They say that a change is as good as a rest and this year The Last Gasp is going to get it. During an impromptu "meeting" held at our Baseball Night with the Suns last summer I suggested that we should do away with the entry fee in order to see how many people might show up. Others said "no," but "let's have a low entry fee, 5 or 10 dollars." Then we came up with the "Tribute to Lamar" 3-dollar entry fee. That was the typical entry fee in 1975 when our club was born. When race entry fees went above 3 bucks our club pioneer, Lamar Strother, quit running them. Now, for a price that is less than the cost of a slice of pizza any club member can run in our cross-country race.

By way of this unscientific survey, and well-hyped 3-dollar entry fee, we will be able to see if:

1. No one cares about cross-country anymore, and this racing department is virtually dead and gone.
2. They do care, but cross-country needs more promoting and advertising, and better PR.
3. JTC Running supports Track & Field with our annual track meet series and maybe we should do more for cross-country.

If people don't show up it will tell us a lot and it may even doom the future of this event. But if new people do turn out perhaps we should ask them why it took so long to attend this 38-year-old race? And now that you've tried it, did you enjoy it and will you come back? Important questions, to be sure.

The Last Gasp 2015 will be held in conjunction with JTC Running's final 40th Anniversary/Birthday celebration. We may not see such commotion again until the club hits its 50th. I hope that we are all around for that one.

This year it would be wonderful to see a huge turnout from our 800-plus membership. A new improved post-race party/awards presentation will be as much a final goodbye to our 40th year as it will about the race itself. There will be a lucrative cash raffle that anyone (in

Cross-Country: Dead and Buried or Bouncing Back?

attendance) can win. A cash total of \$500 will be up for grabs. Anyone who participates in The Last Gasp will have a chance to win and those who finish in the top-3 of their age groups will have an even better chance and a huge opportunity to go home laden with green stuff (and I don't mean just grass from the course). For an investment of 3 bucks you get one heck of a lot. Why, you can't even get money out of an ATM these days for three dollars.

The post-race bash will be held at a new location, right on campus, just a short walk up the hill from the finish area. The party will be professionally catered.

All runners will get a retro all-cotton T-shirt featuring the 40th birthday and fresh, hot pizza, soft drinks, cold beer and more (yes, all included in the 3-buck entry fee!). A sumptuous birthday cake will also be cut and consumed.

Come on, if you love running, cross-country, cash, food, drink and your club, how could you miss this? Please don't make me admit that cross-country is dead, that would cut me to the quick. Plan on being there, Saturday, December 26th. Get going! Enter now at [JTC Running.com](http://JTCRunning.com).

Winter Beach Run Set for Saturday, January 23, 2016

JTC Running's 41st Winter Beach Run will be held on Saturday afternoon, January 23rd. The event, that began as a cooler, longer version of the well-established, popular Summer Beach Run, now offers a competitive 5-mile race as well as the older 10-miler. Both will begin together at 2 PM.

As last year, the location of the start and finish lines is on the beach sand adjacent to the Jacksonville Beach Seawalk Pavilion, at the end of Beach Blvd. The races will begin by going north up the beach.

There will also be a free 1-mile Fun Run for kids at 2:05 PM.

In addition to a commemorative t-shirt, all finishers will receive a medallion in the 10 and 5-mile races. A big post-race party/awards presentation will take place offering food, beer and soft drinks, all included in the race entry fee.

Entry fees for the event vary from \$30 to \$40, depending on when you sign up. A \$2 discount is available to all current club members if they enter before race day. You can enter online at 1stplacesports.com or at [JTC Running.com](http://JTCRunning.com). Online pre-entry ends on January 20.

After that date runners can only enter at 1st Place Sports stores or at the race site on the day of race.

Race packet pickup will take place Thursday 1/21 and Friday 1/22 in all 1st Place Sports stores except for the St. Augustine location. The packets will then be moved to the Seawalk Pavilion for race day collection.

Awards for the 10-mile race will be: Top-3 men and women overall, Top-3 Masters men and women and Top-3 men and women in 12 age groups. In the 5-mile race the awards will go to the 1st place male and female and Top-3 in 14 age groups (two more groups, 10-under and 13-under, have been added to this race due to the high turnout of youngsters).

The event is part of the Jacksonville Grand Prix series.

Throughout its history the Winter Beach Run has furnished plenty of drama, excitement and conversational fodder. Sometimes it is a tiger but often a lamb. Yet it always provides a lot of fun and thrills. No doubt this year it will be no different. Sign up now and take advantage of the lowest entry fee and your JTC Running discount.

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

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Advertising Inquires: The Starting Line, P.O. Box 24667,
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Quarter Page \$50

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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