



THE
STARTING LINE
NEWSLETTER

ISSUE
422



Gate River Run 2017 Florida Cup Champion, Julie Stackhouse

Letter from the Editor

Running and beer. Beer and runners. Beer drinkers with a running problem. The long, undeniable history of beer and its connection to running. I dedicated a good portion of this newsletter to this subject. Why? Well, you could say I needed something to write about. A theme, you know. The May/June newsletter is always caught in no-man's-land. There not as much going on. We have the track meets, yes, and the annual awards banquet in June, but that is about it. Our next race, the Summer Beach Run, is quite a way off. So, this is what I came up with.

Boozing; I don't recommend it. If you don't drink, don't start – it's the proverbial slippery slope. Wish that I had never taken it up, I would have been better off all these years. "Then why don't you give it up, Bob?" I hear you say. Yes, I could and should, but it is never that easy. It is made more difficult when all your friends drink and when you get together the first thing you know, the beer comes out. Maybe I'm just weak.

Beer and running do go together. As one gets older and the competitive side of things subsides, the social bit tends to increase. That means parties, camaraderie and, yep, beer. Some people have T-shirts and car bumper stickers that say things like, I Run For Beer. At least they are honest. Let's face it, you go for a run on a hot day and when you finish the thought of a cold beer tantalizes every fiber of your body. It can be hard to resist. Running seems to make the beer taste better, and a cold one at the end of a hot one is something to look forward to – more so than a 10-pound 3-D medallion, in my book.

I have tried to approach this somewhat sensitive subject in a lighthearted manner. It is not an endorsement of beer or an encouragement to drink the stuff. I hope the writings inside will be accepted in the same spirit in which they were written.

Within this issue, you will find a story about a historic race, the Six-Pack Five-Miler. One of our first club members, Tom Weaver, wrote a very funny account of it. The race took place in the Charter Point area of northern Arlington. This led to another story about the Phidippides Metric Series in the same venue. These were road races from 10k to 30k that took place in the late 1970s and into the early 1980s. Club charter member/pioneer Jay Birmingham hosted the series and we are fortunate to still have him around to chronicle the event and the moment. This nearly forgotten page in our local running history is worth reading.

Elite runner/club member Rick Patterson organized a beer-oriented event known as the Beer Mile. These took place six times over the space of five years. The Beer Mile itself has gone on to bigger and better things – it is now a worldwide event, and athletes such as Nick Symmonds are taking it very seriously. Can you imagine racing four laps of a track with four beers swimming around in you and turning in a time of nearly 4 minutes and 30 seconds? Just try it. You, not me.

This time around, I did not interview anyone for my ongoing column, Returning the Favor. Jay Birmingham turned the tables on me and decided that he should interview me. And he did; he asked me some good questions, too. I hope reading about me won't be too boring for you. Just remember, you can always turn the page (or catch up on your sleep).

Our track meet series has already begun. This means that sprinters will be powering down the track at full speed. Unfortunately, running like that also increases the chance of pulling a hamstring. It's pretty much the sprinter's biggest fear, I think. Our resident physical therapist, Mark Baughman (part of the crack team, Coltman & Baughman, in Jax Beach), has penned an enlightening article about just that and it appears in this issue.

The body is a well-crafted, finely tuned machine, all right. If it is not in proper alignment all havoc can ensue. Think of all the steps you take in a mile, then imagine all the steps you run and walk in a week, a month, a year. I think you will find Gene Ulishney's column about body alignment very informative and entertaining.

Speaking of entertaining, "Mr. Entertainment" himself, Doug Tillett, has written some news about the upcoming annual awards presentation show and why you need to be there. Tillett will be the master of ceremonies on the night, June 22, at Maggiano's Little Italy restaurant in the Town Center. He is quite a character and should have his own late night TV show. He's kind of a combination of Jimmy Fallon, Johnny Carson, Dave Letterman and Dave Chappell all rolled into one. He works a lot cheaper, though, so this gig is his. He's hilarious, check him out!

Julie Stackhouse is not only a great runner (she won the Florida Cup in this year's Gate River Run, in 54:50, to mention just one of her accomplishments), but she is a wonderful writer as well. Her latest story, Run Happy, is both philosophical, inspiration and instructional. All that, right here.

President's Letter

Greetings!

One of the Club's primary goals is promoting physical fitness among the youth of Northeast Florida and, in furtherance of the goal, we are this year again providing scholarships for high school students to attend cross-country running camp. We hope to send a record number of aspiring runners this year. In addition, the Club has embarked on a new project to introduce elementary students to track and field competition through USATF's Run Jump Throw program. Board of Directors member Angela Harris, the USATF Florida President/Youth Chair, has arranged for JTC Running to put on RJT programs locally. The first was May 30 at Ortega Elementary and there will be more to follow. I want to thank those who volunteered to assist at the Ortega event and encourage members to help out at future events. It is a lot of fun in a good cause that helps the Club to fulfill its mission and sparks interest in the Club's annual Summer Track Series. The first two 2017 meets are in the books and the third is Saturday, June 10 at The Bolles School. It will be followed by meets July 15 and 29 at Bolles. Registration is free online at JTCRunning.com.

Another JTC Running goal is to invest in infrastructure that supports running for the community. The latest example is the improvement project at Tomahawk Park off San Clerc Road. Members gathered at the park on May 21 to celebrate the reconstruction of the running/walking path through the park paid for by the Club. Next, the Club is looking at further improvements to the trail provided by the Club some years ago at Skinner Park off Powers Avenue. The path bridge is planned to be replaced by a permanent culvert. Look for more details as they develop.

The Club is also looking to get involved with Groundwork Jacksonville on the development of multi-purpose paths along Hogan's Creek

east and north of downtown. As the Shipyard projects drive re-development in the area, we want to help provide more opportunities to run, walk, and bike on dedicated paths away from vehicle traffic, noise, and fumes!

If you haven't registered yet for the Annual Awards Banquet at Maggiano's Thursday, June 22, get online and do so before the price increase June 20. We will celebrate the best runners, volunteers, and coaches once again!

And it wouldn't be summer without the Summer Beach Run! This year it is Saturday, Aug. 26. Sign up now at 1stPlaceSports.com using JTC Running's \$2 race entry discount code `jtc2`. Tijuana Flats is title sponsor and provides the tacos and beer not to be missed. If you are like me and can't wait, join us for the Summer Beach Run kickoff at their Lakewood store on Monday, August 14, at 6 pm for registration, tacos, and discounted beer!

Speaking of kickoffs, the Fall Half Marathon class will kick off Thursday, September 7, at 1st Place Sports Town Center. Mark your calendar and look for registration to open early August.



The Starting Line

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Scott Flanders

Jim French

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Stephen Harrison

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Kay Jones

John Kelly

Nancy Kern

Geoffrey Klimas

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Greg Looney

Heather Losasso

Maria Masciello

Christian Mayhew

Carolyn McClanahan

Bob Meister

Kelli Moneyhan

Ally Newkirk

Chantelle Quick

William Reilly

Larry Sassa

Rebecca Schriver

Mercedes Smith

Scott Taylor

Fred Wainio

Roberta Zukauskas

Upcoming Events

Thursday, June 22, 6:00 P.M.

JTC Running's Annual Awards Presentation & Banquet

"Mr. Entertainment" Doug Tillett, M.C.

Maggiano's Little Italy Restaurant, Town Center

Register online at [JTC Running.com](http://JTCRunning.com)

Upcoming Events

JTC Running's Track & Field Meets

Coach Eric Frank, Meet Director

June 10, July 15, July 29

Details & Free Entry @ [JTC Running.com](http://JTCRunning.com)

Returning the Favor, The Editor

It seems that our good pal Jay Birmingham noticed that I was doing a fair amount of interviewing for The Starting Line lately and this caused him to ask: “How come no one is interviewing you, Bob?” Naturally, I never wanted anyone interviewing me because I wanted only interesting people in the newsletter, not dullards such as myself. When Jay came up with some questions via email I decided that since he went through such trouble, the least I could do was answer them. If nothing else, this article should make good bedside reading: If you’re having trouble sleeping, this should do it. So here goes...

JB: Tell us where you grew up, Bob, and where you went to school.

Me: Contrary to popular belief, I did, in fact, go to school. I received a high-quality education from Terry Parker High School in Jacksonville, graduated to their relief in 1968. After a brief stint at Florida Junior College (now FSCJ, I think it is), I left the Bold New City of the South for London, England. That was real education. I ended up at the Guildhall College of Music & Drama on the acting course. I never hit the big time, though, and did most of my “acting” in life.

JB: Your father, Norman, was a regular on the Jacksonville running scene in the mid-1970s. What influence did he have on your sporting activities?

Me: Unlike myself, he was a natural runner. As a boy, he ran for the Walton-on-Thames Harriers club in England. He ran sprints and the quarter-mile, some cross-country, too. I still have a silver cup he won in 1939, and a pair of his leather spikes that were hand-made in Wimbledon; the spike elements were just tacks hammered through the leather soles. They look like the ones in the film *Chariots of Fire*. His running was an inspiration to me and just about everyone who knew him. He ran age records in the River Run 15,000 for men 62 years old, and then did so again a year later, for men 63. I couldn’t come close.

JB: When did you return to Jacksonville? Obviously, you were here for the first River Run in 1978 since you are a “Streaker” in your 40th year.

Me: I left Jax very early in 1970 and returned in November 1977. Not too sure why I came back; I was having a whale of a time in Jolly Olde. Nevertheless, I did, and as you recall, Jay, I worked for you in your Phidippides Running Center. My running history began with the North London Athletic Club, where I did mostly cross-country and the 800-meters on the track. Exciting things were happening here, though: Everyone was psyched about the great new race, the River Run 15,000. I finished in the top-50 that first year, 1978, but it has been all downhill since then. I think I was in the bottom 50 this year (lucky to even finish).

JB: What were some of your favorite events in your running heyday?

Me: Some heyday; I was never very good. My favorite has always been the one that I started out with: Cross-country. I liked the track also, especially the 800-meters, the 1,500, and when I was really in the mood to hurt myself, the 400-meters. I never much cared for road racing, but got used to the 5k, the 10k and the half-marathon. The odd 10-mile and 15k were OK, too. My feeling was, “if I train on the roads so much, then why would I want to race on them as well?”

JB: Would you list your all-time PBs (Jay is using the British term, personal best, what you readers know as PR, personal record) for your best events?

Me: Oddly enough, I never made a big commitment to remembering exact PBs and events. Maybe that was because I thought I would be breaking them so regularly. Ha! So much for that idea. The days of smashing PBs are as fleeting as youth itself. Let’s see, I ran sub-54 minutes in the River Run a few times and that was all I could muster. My last decent RR was about 1994 when I ran 57:10, I think it was. I ran my little heart out in the 800-meters but never broke 2:02. Always wanted to go under two minutes in that event but never could – shameful really. I remember when the great Cuban Olympian, Alberto Juantorena, who won gold in the 400 and 800 in Montreal, met Cuban president Fidel Castro after the 1976 Olympics, Castro told him: “I used to run the 800-meters but I could never break 2-minutes.” I

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thought, “Wow, Castro and I have something in common.”

I ran a lot of mile races on the track but my best was only 4:34. Once again, I wanted to go under 4:30 but couldn't do it. Pathetic really, but what I would give to run a sub 5-minute mile now! Most of my road 5ks were in the mid- to high 16-minute range. Not a very sterling running “career,” I must admit.

JB: Single out one or more races of which you are most satisfied.

Me: Well, I must say that my final half-decent Gate River Run when I did that 57:10 stands out. I can remember the very first Jacksonville Invitational, organized by Doug Alred and his new store, 1st Place Sports, (the race later became the Invitational part of the popular Run For The Pies event). There were only about 30 people in the race but they were the crème de la crème of the local racing scene; this was about 1979. The gun went and so did everyone else. I found myself dead last with one other guy, I think it was Alan Mosely. I practically split my gut to keep from being last, but I did it. Gee, a “satisfying” race by coming in second-to-last. It was 5 kilometers of absolute, heart-pumping, pain.

JB: Tell us about your mom, who was quite a good runner herself.

Me: Well, I don't know about good but she was a very active runner for many years. She went to all the races with my dad, who always came home with the trophy. When he died, in February 1991, she lost interest and never raced again. It was a social outlet for her, I realize that now more than I did then. I should have kept her at it. Soon, and maybe because of it, she developed Alzheimer's disease. It hurts to think about it now. I should have tried to do more, but then again, I didn't know what to do. Terrible thing, Alzheimer's.

JB: I recall a JTC all-comers meet at Bolles High School when you were urging your father on, late in a mile race, yelling, “Give it some stick!” Care to comment?

Me: Well, we always did everything we could to

encourage each other in our races, especially in track races where you could see the entire thing unfold. I was going for a PB and I guess I might have been close – on pace – he was trying to help me out. Those were the days. I remember those old meets as being so very hot and humid, amazing we could race at all. But they were great, because everyone came out for them. The turnouts were quite something; so was the competition. Enough cannot be said for Lamar Strother, the man who was the meet director for over 30 years. Nowadays, the meets continue, and under the care of Coach Eric Frank they are still exceptionally good.

JB: You've served the JTC/JTC Running in many roles. Please elaborate.

Me: I joined the club in 1977 or '78. I founded The Last Gasp cross-country race along with my father. After 11 consecutive years of directing that event I handed it over to the club and we were fortunate that Herb Taskett stood up and agreed to direct it and he has done so for 29 years.

I have been on and off the club's racing team throughout the years as well as the Board of Directors. In 2000, I think it was, I restarted the defunct Ravines Run cross-country 5-miler. That lasted for five years until the country club, near Middleburg, closed the golf course. That place might have been the best race course around – so different, beautiful, exciting and hilly. It was too bad.

Five years ago, while a board member, I and Mark Ryan agreed to work together and restart the club's Guana trail races. I have been proud of our accomplishment and I continue with that endeavor. It is Mark, however, who does the lion's share of the work. Kudos to hm.

For years, I was involved in our newsletter, The Starting Line, in one way or another. I have served as the editor now for five and a half years.

JB: Name at least three runners whose influence has been most profound to you.

Me: Aside from my father, the guys at my old running club in England should take a bow. You, Jay, are another one. When I worked with you

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at Phidippides I listened to all information you spoke to customers. I tried to take it all in and all the time I said to myself: “This guy’s knowledge is absolutely encyclopedic.” You taught me a lot, you may not even realize it.

Arthur Lydiard, the famed New Zealand coach, who you brought to Jacksonville to speak, was another inspirational figure for me. English middle-distance stars, Sebastian Coe and Steve Ovett: I never met either one of them but I just loved it when they were at their peaks and raced against each other all over the world. I remember the year when it seemed that every week we read of one of them smashing a record, only to have the other one go out and break it a week later. There was never a better time to be a runner and follow the sport.

Finally, Mr. Rodney Smith. He was my main nemesis back in the day. Like me, he showed up at every local race and we duked it out, stride-for-stride. He kept me going, made me train hard (because I knew he was doing so as well), and forced me to run fast and sprint, eyeballs-out, until the finish line.

JB: Evaluate the current state of running in Jacksonville and compare it to running in your “glory days,” when you were at your fastest.

Me: Someone once said that nothing ever stays the same and that is certainly true for running and racing. Almost all of it is different. A lot of the races are not much like races. Many of the people who show up for them don’t race at all, not like we did, they just “do” them. I suppose it is OK, after all, they are at least out there. If it is a social event with a bit of jogging mixed in, well fine. But I would never trade it for the old days, the time of the first “Running Boom.” They will never know what we had and that’s their loss. Oops, now I’m sounding like a cranky, old man.

To be honest, my biggest worry is for the running clubs. I feel that their futures are in doubt – precariously so. Much of the future depends on the next generation to step in, learn the ropes, and take over. Frankly, I am not seeing it happen, and the current bunch who have been around since it

all began are getting older by the minute. For one reason or another, they will soon have to give it up. Give it to whom? The youngsters aren’t there. Is this a generational thing? Are they just too used to having things laid-on for them and not inclined to do “work?” Could be; and in which case we can say goodbye to a volunteer club. It will have to become a paid professional organization. The huge clubs with boatloads of money -- Boston, New York, Atlanta --have been largely operating that way for years.

One day, going forward, I envisage JTC Running having a paid staff of three or so people, including a general manager, who will oversee the day-to-day stuff and race directing. Most likely, there will still be a board of directors and a president, and the GM would answer to them. A club like ours, that has a revenue-producing event like the Gate River Run, will be able to afford these expenses and should survive. Smaller clubs, such as the Florida Striders and the Ancient City Road Runners, will not be as fortunate and will have to amalgamate with JTC Running.

If the local track clubs shut down, racing will fall entirely into the hands of for-profit companies -- for as long as the profit is there. This is not new; we have already witnessed things like the Rock & Roll races (Competitor Group, Inc.) and others.

Nothing ever stays the same.

JB: Your father edited/published The Starting Line for many years and now you’ve filled that role. What are the pros and cons of that endeavor?

Me: Former editor Gary Ledman described it more as a “compiler” rather than an “editor” and I would have to agree. A lot of energy is spent roping contributors into the mix – this never ends. People have been very good about chipping in, including your literary self, Jay. (You are the best writer of running that I can think of; you should have been a feature writer for Runner’s World magazine all these years!)

Pros? A lot of people come up to me and say they like my writing and our newsletter. Cons? I wish I had someone to take good photos, we could use a better photo spread.

The Charter Point Beer Run

First, let's set the record straight on the name. The Charter Point Beer Run is too dignified a name for the race. It was known as The Six-Pack Five-Miler. The race took place at a development that was started at the peak of a real estate boom. The developers had platted the development, installed roads and, maybe, sewers, when the market burst and their development did the same. (I have no idea if it has been revived.) It was an ideal location for such an inglorious run -- isolated, and a place no one had any reason to visit. Luckily, the race organizers were able to find a loop that measured exactly one mile. It was measured by the odometer of either a mini-van or plain sedan, as there were no SUVs in that era. (I understand that the measuring method is still employed for all Olympic running events.)

There was no official race committee, race director, and, of course, no sponsor. There wasn't even an official entry form. The reason for that was simple -- LEGAL LIABILITY.

The race rules were rather simple -- too simple as they created the most contentious controversy ever in the JTC's existence. (It will be explained later.)

1. Each runner was to bring two six-packs. One to be consumed during the race and the other contributed for the prize awarded to the winner. In order to prevent a prize pool of cheap beer and knowing the scruples of the participants, it was necessary to state you had to drink the same brand of beer you contributed to the prize. Men had to bring "real" beer; women could bring light.
2. Each runner had to have a designated driver for after the race. (The only sensible thought that entered the planning or execution of the race.)
3. The race was set for a Sunday at 8:00 a.m. The time was determined so as not to conflict with early morning or late morning church

services. The date was determined by someone saying, "Hey, we otta have a Six-Pack Five-Miler. How about let's doing one in a couple of weeks?"

4. The race starter would announce, "Runners, pop your cans." Each runner would then drink his/her first can and start the mile loop. After the first loop, another beer was consumed and this process continued until five miles and five beers were put away. The runner would then down the sixth beer and run (stumble) to the finish line.

Often after the race, some of the runners would share in the first-place finisher's prize. Sadly, I have to report, some designated drivers also participated in sharing the prize. After one race, a good portion of this motley crew descended on a pancake restaurant -- probably much to the chagrin of the other patrons. One race member spent the entire dining time in a restroom stall. Occasionally, someone would check on him and receive an, "I'm OK." He did manage to leave with the rest of us. So as not to cause undue embarrassment, I'll not divulge Mike's last name. (Dang, I wish I could remember it.)

One might think that such a unique race would rival The River Run in popularity. But, alas, it never achieved a multitude of entrants it deserved -- or maybe it did. There may be a few reasons it failed to be one of Jacksonville's major races: Few designated drivers would volunteer to do it a second time; After consuming six and sometimes more beers by 9:00 a.m. on a Sunday, the rest of the day might not have been pleasant for the entrants; no major running magazine, nor even the Times-Union, gave it any publicity; and Al Gore's invention of the Internet (his claim, not mine) had not developed to the stage where social media could spread the word. Then again, the demise could've been due to the great controversy that was mentioned earlier. At the

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last race, the first person to cross the finish line after consuming his sixth beer retained the beer for but a few seconds. Then, with no regard for the ecological effects, deposited most of the beer he had consumed mere yards from the finish. The second-place person claimed he should be declared the winner because he held his beer. To my knowledge, this controversy has never been resolved.

Now, the good news. We never copyrighted the name, Six-Pack Five-Miler. So, if anyone wants to resuscitate the race, the name is available.

Editor's note: I was around when all this semi-athletic nonsense was going on, although I am ashamed to admit that I never competed in this "race." Running legend Jay Birmingham discovered the perfectly paved yet unused roads at Charter Point, located at nearly the end of University Boulevard. North. He began a very low-cost race series named the Phidippides Metric Series (so titled because Jay owned Jacksonville's first specialty running store, the Phidippides Running Center). He measured a 5k loop and the series started with a 10k race. The following month a 15k took place and so on every month until its culmination, a 6-lap, 30k race. These low-key runs were designed to help people with their long-distance races, including the marathon.

Part of the Metric Series' largely unknown course was used for this foolhardy, historic event. If my memory serves (which is rare these days), the craziness was begun by the author, Tom Weaver, and beer drinking legend John Cole. They may have been aided and abetted by beer men, Mike Roy and "Wild Bill" Mitchell. Those were the days. I wonder if anyone would have the nerve to restart the 6-Pack 5-Miler? Or, then again, to run in it.

The Phidippides Metric Series has a history of its own and there is none better to relate it than Jay Birmingham himself.

Charter Point Retrospective/Jay Birmingham

For 10 years from 1964-1973 a running enthusiast named Steve Price conducted a series of road races on country roads near Monroe, Ohio. The founder of the Kettering Striders, Price coached an all-women's team that was a decade before its time, at least in the Midwest.

Steve would rent a motel room just off I-75 at the Monroe exit, use it as a race headquarters, charge \$2 a head to enter (just enough to cover the room and the medals for a top-three finish), and set us westward for an out-and-back race. Runners who had traveled far to compete would shower and dress in the room afterwards.

The races were not the usual 4 miles, 5 miles, or 10 miles that were commonly run in Cincinnati, Dayton, and Columbus during the era that pre-dated the running boom. No, Steve's races were a Metric Series: 10 km, 15 km, 20 km, 25 km, and 30 km. They were spaced four or five weeks apart, so an enthusiast could work his way (I recall no women runners) through the series and be ready for Boston in the spring.

More remarkable than the fact that the events were metric distances, each race was certified by the RRCA standards committee. Most competitors were post-collegians of all ages, guys 20 to 40 years old, trying to hold onto their running abilities.

So, when I arrived in Jacksonville in 1973, I was disappointed that there were no established road races. The Summer Beach Run was a fixture, but aside from that, I had to travel to Gainesville or Atlanta or Sarasota to find a good race.

Flash forward five years. The JTC was in its embryonic stage, the River Run and the Winter Beach Run had been added, and I had just

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opened the town’s first running specialty store, Phidippides, in Arlington.

And far to the north, a few miles beyond Jacksonville University, was Charter Point, a planned housing development that took 20 years to really take off. The smooth asphalt road was laid, curbs and gutters in place, but no traffic and no homes. A perfect place for a road race, no?

Thus was born the Phidippides Metric Road Race Series. A 5,075-meter course was standardized and accurately measured. September was 15 km, October 20 km, November 25 km, and December 30 km. The starting line was adjusted to ensure the desired distance but the finish line was always the same. Accurate 5 km split times were read to all, water was at the aid station just past each loop, and the competition was as good as any local race at the time. A typical field was between 25 and 50 runners.

Charter Point was end-of-the-earth Arlington at the time, but hundreds of runners toed the line for five years of serious road racing. Jacksonville’s own Metric Road Race Series.

Editor’s note (again): Yes, those were the days all right. Runners appreciated the efforts of

a man providing a race, an accurate course and finishing time. They never asked for, or expected anything more. The race director didn’t expect to make a profit off it either. Like Jay, they did it for the love of running, racing and the gratitude of their fellow runners. A simple but wonderful age.

It should be pointed out that after Jay Birmingham moved away to take a coaching job in Nebraska, long-time JTC Running member Craig Harms took command of the Metric Series and kept it alive for several years. My guess is he had to surrender it once Charter Point began to be inhabited and automobiles took over the roads. It is all just history now, but it is a nice piece of local running folklore.

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Return To A Simple But Wonderful Age

The JTC Running Track & Field Meet Series

FREE Races, Accurate Courses, Accurate Times, Great Competition!

Remaining Meets: May 27, June 10, July 8, July 29

Creekside High School Coach, Eric Frank, Meet Director

For Details, Registration and Results go to JTCRunning.com

Holding it Down is the Hardest Thing to Do

Charter Point’s Six-Pack Five Miler was a wild, unsanctioned (to say the least) “race” that lasted only as long as there were wild men around to organize it. Lamentably perhaps, once the co-conspirators of the event lost interest, or the energy to host it, the Six-Pack Five Miler was gone. The rain washed away the puke and the memories. Only this newsletter is keeping its legend alive.

Decades later there was another beer oriented

running event that – believe it or not – has now grown to become a far more sophisticated, rule-driven, event. In fact, today it is a world-wide event, you could even regard it as the Beer Olympics. It is the Beer Mile, and one of the first places to experience it live and up close was Jacksonville.

In 2005, runner and beer appreciator, Rick Patterson, organized and race directed the area’s first Beer Mile. A high school track was

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chosen for the venue, because unlike rogue races such as the Six-Pack Five Miler, for a Beer Mile competition to be valid it must be run on a running track. The name of the school shall remain anonymous in order to protect the innocent.

People take the Beer Mile seriously and Patterson explained that there are some very definite regulations.

“The beer has to be 5% alcohol content or higher, no light beers are allowed. The beers cannot be opened,” he said.

The thing is, if you open a beer beforehand it lets a lot of the carbonation out and that’s cheating, the beer is then more still and easier to drink and hold down. That is a for sure no-no and cause for disqualification. Beers must be 12 ounces, and no “shot gunning” is allowed. Also prohibited are “super mega-mouth cans” and “wide-mouth bottles.”

The race begins when all contestants take the starting line and complete the ritual: drink a beer in its entirety, hold the can or bottle above their heads, tip it, and show that there is nothing left. “It should just be foam,” Patterson confirmed.

Runners then do a lap of the track and once completed, drink another beer. At the end of the second and third laps each runner would do the same, until each one completes all four

laps. If a runner does the almost inevitable – vomit -- then he must run a fifth “punishment” lap. There is some good news for him, however – no matter how many times he may have to puke he will never do more than one extra penalty lap.

“Heavy Can!” We all know what an empty beer can sounds like when it is thrown to the ground, hollow. We also know what a can sounds like when it hits and it is still partly full, heavy. The disgusting sound of a “heavy can” hitting the track during a Beer Mile is cause for one of the race’s few disqualifications. The offending contestant must either quit or immediately and completely down a new beer.

Before he reinvented himself as a Beer Miler, Patterson was no slouch of an athlete. He was Indiana High School State Champion and set a personal record in the 800 meters of 1 minute and 53 seconds. In college, he ran 3:45 for 1500 meters (4:01 mile equivalent) and ran the 5000 meters in 14:12. After college, his racing exploits continued. He won the Jacksonville Bank Marathon in 2 hours and 37-minutes, and won JTC Running’s Summer Beach Run in 1995 and 1996. He competed in all six Beer Miles but never triumphed. Not from lack of trying either. He turned himself into a human guinea pig to uncover ways that might create a legal advantage. He tried different brews to see which ones would be the easiest and fastest to drink, also to keep down.

“Most of the records are set with Bud or Coors,” Patterson said. “One time I tried warm beer, that was an awful idea. The regurgitation instinct as soon as you start chugging a warm beer is so strong. Oh, that was a terrible idea.”

“I tried Pepsid AC. Some of the people I used to work with said, ‘take a Pepsid AC, you can eat anything you want and drink all you want and you’ll feel fine and won’t even have a hangover,’ but it only works one time, then the body seems to say, ‘I know what you’re trying to do,’ I couldn’t trick my body like that.”

Holding it Down is the Hardest Thing to Do

As in all athletic endeavors, there are tactics involved. According to Patterson, there are three physical demands put upon a Beer Miler. The first is “chugging speed” and it is the most crucial.

“If you take a can of beer and tip it, it takes about eight seconds to empty. To be a successful Beer Miler you need to be able to chug one in 30 seconds or less, then you’re pretty good” Patterson said.

Chugging in 10 to 15 seconds is quite common among the “elites.”

He continued: “If you want to do a Beer Mile in seven minutes or less you need to spend two minutes or less drinking your four beers.”

Cans are better than bottles: “You can squeeze a can to help empty it,” he said.

The second talent a Beer Miler needs is “burp speed.” Yes, it seems the ability to run and simultaneously let the air out, while keeping the fluid in, is a skill never to be underestimated. Burping is also the Beer Mile’s soundtrack and apparently, the sub-culture of Beer Mile spectators enjoy this rather odd symphony. Patterson said that they have had as many as 100 spectators at the event, dwarfing the size of the field that has never been more than 30.

The third regimen of this boozy triathlon is the actual running itself. “Running is the least important of the three,” Patterson added.

Started by Rick Patterson, the local Beer Mile began as a sort of bachelor party for runner, Owen Shott. “We called it the Owen Shott Memorial Beer Mile,” Patterson said. “People who didn’t know him thought that he had passed away, but it was just his bachelorhood that was passing away.”

Finding a track was problematic. “You have to ask for forgiveness rather than permission, that’s the trouble with Beer Miles,” he admitted. In other words, they snuck onto a local high school track.

“We were gone in 20 minutes and we made sure we left nothing behind, we were meticulous. The only thing we left were chunks of vomit,” he laughingly recalled. Patterson figured that neophyte Beer Milers had a 75% chance of upchucking due to starting out too fast.

According to the official rules, written in Canada and named the Kingston Rules, a participant must drink an entire beer within the designated “exchange zone” of the track. This is the same exchange zone that sprinters use in relay races.

If the runner throws up before completing his four laps, he must run a fifth “penalty” lap but does not have to drink another beer. Patterson said, “some fast runners will say, ‘I’ll just run it as hard as I can and drink that fifth beer.’” Tactics again; which may or may not work out.

“Once you throw up, it’s really hard to run fast, you don’t feel so great,” Patterson admitted.

Speaking of fast, a visit to beermile.com is an entertaining and enlightening one. You’ll find official rules, finish times, a store, and everything you ever wanted to know but were afraid to ask. Many Beer Milers assume nick names in the style of Hash House Harriers. Canadians dominate the top 1,000 world all-time best list. Canadian Corey Bellemore, a 22-year old collegiate runner at the University of Windsor, Canada, set the world record in London, England with a time of 4 minutes and 34.35 seconds. He also holds the second-fastest time at 4:39.56. He ran both of those impressive times in 2016 while downing Kingfisher beer. (Kingfisher beer? I’ve never even heard of it, maybe it could resuscitate my running “career.” I’ll buy some tomorrow.) Bellemore is a serious track athlete who is training for the 2020 Olympic Games. It was his Beer Mile exploits though that recently secured him an Adidas sponsorship.

When it comes to Beer Mile luminaries, Owen Shott, former owner of the now closed Jacksonville Running Company, tops our list of locals. In 2009, with Coors in hand, he ran a 6:13 which put him at 206th place on the 1,000 world

Holding it Down is the Hardest Thing to Do

all-time list and 75th on the US all-time best list. Rick Patterson's best time of 7:24 puts him at 997th on the world all-time list. That clocking was from 2005.

Strangely enough (or maybe not so), women haven't latched onto the Beer Mile phenomenon quite like the men. But American women are all over the women's world top-100 best list. Seven American women dominate the top-10, with Erin O'Mara in first-place turning in a time of 6:08, in 2015. Jacksonville is represented on the list by Jo Shott, coming in 65th with a time of 8:17. She ran that in 2009, aided and abetted by Coors.

Locally, the final, official, on a track, Beer Mile took place in 2010. Some fellows kept the tradition alive with a few Beer Miles run on a road course, but these were illegitimate according to the rules and done just for fun. Finish times for these rogue events were never turned in.

Is it likely that the Beer Mile could make a comeback in our area? Rick Patterson believes it could quite easily happen, if only a venue could be found. Think you might have one? Let me know.

The Starting Line / GENE ULISHNEY, BS HPE, CPED, BOCPED

Proper Body Alignment

When it comes to the human body, proper alignment allows it to function optimally and with as little wear and tear as possible. When something acts on the body to throw alignment off, it does a great job of adapting. When this added stress occurs repeatedly, over extended periods of time, the affected area begins to show signs of premature wear and tear but goes largely unnoticed. That is, until pain sets in. We typically call this gradual onset of pain an "overuse" injury. Most think it is something that just happens because of a particular repetitive activity and expect that it eventually will happen - but hoping, later than sooner. In reality, our bodies are meant to last a lifetime. When working properly, it will take a very long time to experience excess wear.

As a rule, overuse injuries are really caused by overusing a part or parts of the body the wrong way, over-and-over again: a series of micro-traumas caused by repetitive movement to one or more misaligned joints and bones. Besides bone fractures and eventually, cartilage wear, pain is initially mostly relegated to tendon attachments, muscles, and ligaments which are acting together and working overtime to help re-align everything with each step.

The earlier a person understands the importance

of proper alignment and strives to maintain it, the longer he or she can perform or live without overuse pain, or eventually, surgeries such as back and knee or hip replacements. A good running store, with a properly trained staff, should be your initial consideration. Most alignment issues begin at the feet and there are shoes, foot supports and socks that can help maintain the body in its most optimal, aligned, and functional position.

Absence of pain is success. Experiencing pain means a change is needed. For structural or muscle imbalances, an evaluation visit to your local physical therapist, podiatrist, pedorthist, chiropractor or massage therapist may also be very helpful to get or help keep you aligned. Keep in mind though, except for podiatrists and pedorthists, what they may be trying to fix could be originating with your feet. Any abnormal movement at ground level triggers an adaptation response in multiple joints all the way up through your neck.

In summary, any misalignment is not good. Some runners feel (and are sometimes told) that they can run in anything "because I only do a couple of miles, three times a week". Why run or walk any number of miles the wrong way if you don't have to? A little wear here, a little tear there - what happens if you end up needing that body for 100 years?

Summer Running

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Summer is right around the corner! In Florida, that means it is time for some HOT running! In this article, we present some basic science related to training in the heat and humidity. Part II follows—we present summer preferences and tips from several local elites.

During hot summer runs, is it important to stay safe and learn how to keep running enjoyable. Ideally, you can learn how to use summer running to your advantage and improve your fitness.

Heat vs. Humidity

The human body prefers to stay at an internal temperature of $\sim 98.6^{\circ}\text{F} \pm 1^{\circ}\text{F}$. Being outside of this range for too long can be disastrous. When you get too hot, your heart rate increases and blood is directed to the skin for cooling. This is the challenge for summer running... More blood to the skin means less blood to the muscles¹. However, we can get “used to” heat training. But it really is more challenging. That is why it is often important/necessary to slow down a bit in the heat, take more breaks, and drink more fluids.

Humidity is the second threat. This villain can displace breathable air molecules (which also makes running on abnormally humid days difficult). Humidity also challenges the body’s ability to cool off from sweating. Runners’ bodies are cooled when sweat on the skin interacts with the air (which is why a breeze feels so miraculous on a hot summer day). When it is super-humid, the air is full of

moisture. This moisture displaces the air that would lead to cooling. Simply put, our sweat is less productive on humid days.

Staying Safe and Smart

Preparation is critical for hot summer runs. You need to be a little more aware of the weather. When it is hot, be smart and choose running routes with some shade and rest locations.

If you want to be a little more advanced, check the dew point (the true measurement of atmospheric moisture²). The closer the dew point is to the temperature, the more saturated the air. For example: A dew point of 70° on a 70°F day means that the air is fully saturated. The dew point is easy to locate and understand on TV weather and apps. Regardless of the temperature, a dew point below 61° is generally thought of as comfortable. A dew point of 61-65 is when the humidity is noticeable. A dew point between 66-70 is uncomfortable². Any measurement higher than 70° can lead to individuals outside feeling oppressed by the heat, even during light activity².

Hydration is of utmost importance for summer running. Interestingly, mild dehydration does not affect performance much on short runs (less than one hour).³ However, it certainly will on long summer runs! It is smart to be cautious in the Florida summer. Shoot for low thirst sensation and pale colored urine. Try to remember to drink a nice glass of water a couple hours before your run³. For runners looking for concrete numbers on hydration, it is recommended to drink approximately 2.5-5 ml/lb before running³. While running, you should not exceed exercise-induced body weight loss of more than 2% to 3%³. For prolonged exercise (over an hour), electrolytes should be added to water to aid hydration.

Also, be aware that you can overdo it! During recent marathons, hyponatremia (too much water) has been more of a problem than dehydration!

The bottom line is that you can get used to

Summer Running

running in serious Florida heat. But it is a good idea to ease into it. Initially, try to run when it is cooler to allow the body to adapt to the conditions. Run in shade, if possible, and stop and use shaded areas when needed.

Using the Swelter to Produce Sizzling Times!

Not surprisingly, the more an individual runs in the heat the better they become at running in the heat⁴! It is amazing how well-adapted runners become. Our top locals run some incredible times at the Tour de Pain and JTC Running's Summer Beach Run.

Interestingly, in Florida, the cooling from summer to fall/winter is quite gradual. This means that the adaptations gained during summer, such as increased blood plasma levels, have typically "dwindled away" by the time the climate has gotten significantly cooler⁴. However, these adaptations can be useful for a runner who trains in Florida (during the summer), but can travel to cooler climates to race during the summer! These acclimations

are also highly beneficial during the fall time in North Florida when a cold front rolls in the weekend of a race!

Although the acclimation to hot weather is acute, the mental toughness that is built while training through hot Florida summers is enduring. Have a great summer of running and look forward to that first cool race in the fall!

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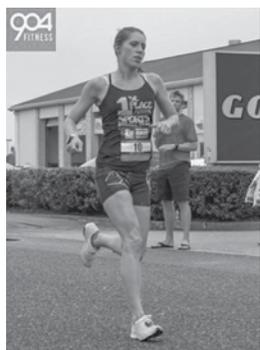
For Part II, we asked some top local runners to share their summer running preferences and tips. We have a wealth of running knowledge in our community! These great runners can help you optimize your Florida summer running.



"I am a huge proponent of summer running. Since making the jump to the Ultra distance, I have made it a point to train in extreme temperatures as much as possible. Your heart and muscles need to work much harder making your effort more difficult. When heat training, I concentrate more on mileage than pace. I usually add walking breaks into my heat runs to give my heart rate a chance to come down. Recovery plays a huge part in being able to repeatedly run in the heat. It is essential to increase your hydration and electrolytes after heat runs. Not all race conditions will be perfect and running in the heat will put you at an advantage in cool temps but will also prepare you for a race with poor conditions."

- **Marc Burget**, 2016 Donna Marathon winner, Elite Ultra Runner

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"I'm not one to sacrifice sleep, so early morning runs are a no go for me, even in the heat of the summer. Offsetting the heat, hydration, nutrition, and shade are key. I don't carry water on my runs, so I make sure to plan shaded routes that pass water, going no more than 5 miles at a time without a water break. I also need to take in more gels or chews in summer training than winter because I sweat more and fatigue quicker. Those are my tips for surviving running through a Jax summer! "Heat training": it makes you stronger!"

- **Emily Manning**, PR's include a 2:58 at the Boston Marathon

"To get through summer training the most important aspects are to stay motivated and make sure that it is enjoyable. What makes me happy is waking up at 5:45am to run during the summer with friends who are all focused on getting better. Those are the runs that keep me going every day."

-**Alex Turnock**, Collegiate runner for Jacksonville University, PR's include a 15:36 at the 2017 UNF track invitational 5000m



"It happens every year- come August I swear I'm leaving Florida for forever or picking up indoor cycling the next time summer rolls around. That being said, it's safe to say this summer will be no different. I will be here, sloshing through the streets grumbling that I wish it could be fall again. Typically, I end a spring with a short break. After a couple of weeks off in late June/ early July, I resume easy runs. Considering I don't care to race in peak summer months, this is a time where I supplement easy running with other low impact activities such as cycling,

swimming, yoga, and strength work. Most of the time, I try to plan short getaways out of the sauna in places like Asheville for some fun, unstructured runs. I also enjoy runs at UNF trails, Fort Caroline, and Baldwin Park. Towards the end of the summer, I begin base building and increasing mileage as tolerated. My coach is a huge advocate of keeping things simple and not over analyzing mileage, and paces. He really encourages me to learn how to run off of feel and listen to my own body. While some may critique this laid back approach, I have learned the hard way that sometimes less is more for me. Ultimately, summer really is a time to lose my GPS, and just enjoy the sport outside of racing until I gear up for fall."

-**Kelsey Beckmann**, 2016 Run for Pies winner

Summer Running



“If I'm thirsty, I'm basically a day or two behind in being hydrated and my workouts tend to suffer, either with cramping or I can't function effectively after a workout when I'm stretching or foam rolling. I've been occasionally having sprite or coke, which in years past I've always been told to avoid, but after a tough long run, brick workout, track session, or boot camp class I've found sprite settles my stomach and the caffeine in coke is great for when I have a long day ahead of me. I typically only do that once a week, but would recommend that everyone finds their own balance because everyone's life is a little different. My motto I've been trying to live by to not stress out about diet is if the furnace is hot enough anything will burn. If you have the means, go as all natural as you can; consistency is key.”

-Albert Bannan, PR's include a 1:11:51 at the Subaru half-marathon



“Throughout the years, my summer training has basically run the gamut, serving several different purposes depending on my training cycle for that particular year. For example, if I was training for an early fall marathon, I'd be running the typical high weekly mileage, long runs, intervals, and tempos. I won't lie. That wasn't fun. If there wasn't a marathon on the schedule, it was the perfect time to run mileage, paying no particular attention to pace (90-100 miles). Along with the mileage, it was also the

perfect time to incorporate shorter, faster intervals (mostly 200s and 400s) because it was just too darn hot to do anything else. For me, this was an effective way to keep the legs “fresh” and the speed in-check, while grinding out the mileage. Other years, I found myself in North Carolina or California, strictly running trails and muscling over the hills. The hills served as my speed work (free speed as we like to call it), and the high mileage on the soft surfaces allowed me to run even more. One summer I ran 10 weeks at 100 miles or more, topping out at 126. I gained a lot of strength and was still able to race a couple of 5Ks in 16:45. So what have I learned through all these years of summer training? If you can get through a solid training cycle during a Florida summer, you can race anywhere. That heat and humidity is just as beneficial as altitude (yes, I've trained at altitude, too). In fact, I think it's much more difficult to train in the heat and humidity. Even those living at altitude will tell you that. I hear it every year after River Run from the elites. So, even if you're dreading the upcoming “dog days of summer,” consider yourself lucky. You may be miserable, but if you can remain sane, rational and injury-free, you'll reap a multitude of physical, physiological and mental benefits. Oh, and don't forget to hyper-hydrate...says the girl who never drinks water. There's no secret formula to summer-time training and many “do summers” differently. Bottom line, if you're consistent, you'll come out ahead of the game.”

-Kim Pawelek, elite local runner

Who Needs Another Pulitzer Anyway

I am not in a very good place right now. No, don't be too alarmed; I'm not going to kill myself or anything like that. If I were going to snuff myself out I would (to coin a Nike phrase) just do it. I'll never understand the pissed-off people who kill themselves but first take a bunch of innocent lives with them. That is so anti-social. Not me, when I feel out of sorts I just relax and have a nap. When I wake up everything's groovy.

This is about something very dear to me – my beer. Ever since the weather changed and the temperature went up I just can't seem to get comfortable with my beer. Strange, because it has always been so easy. As a guy weaned on English ale and Irish stout when the days were just slightly cool I could turn to my Guinness, Newcastle Brown or Bass Ale and be blissfully happy. Lately, though, they seem so heavy, so, dare I say it? Wrong.

Sweat has a lot to do with it. I'm sweating all the time. I come home from a "training run," for example, (I still call them that, although they barely are. It's an old unbreakable habit, I think). Anyway, I have to have something to drink, and quickly. I reach for water – yes, good for me, my health, I mean, but boring. And I hate to drink water because I know the breweries need it and I don't want to leave them low. That would be criminal. Then I go for my old friend, beer.

Aargh! Nothing seems right. Experimenting, I downgrade from powerful, ponderous ales and stouts to American-made craft ales. For a while, this seems fine. Sierra Nevada Pale Ale, which I have always considered the King of Crafts, hits the spot. I think Sierra Nevada started the whole craft ale trend and set the standard for all other beers. Some time back I started to write a piece (that I am sure would have won me yet another Pulitzer) that I called "Perfection." In it I wrote of all the things in this world that I considered perfect. Keeping it clean, I began with Sierra Nevada Pale Ale. I never finished the bit, I'm not sure why, maybe I figured I didn't need another Pulitzer after all.

Runners and beer, there you go, talk about perfection. The two were made for each other. If you ever go for a hot, sweaty run with a guy and afterwards he doesn't want a beer, take my advice: Get away from that man. W.C. Fields always said, "I never trust a man who doesn't drink." Well, same goes for a runner who doesn't guzzle beer. No man is perfect, they say; and this guy doesn't have a chance.

I began running while I was living in England. At the time I was what I would call a "beer semi-innocent." I was still cutting my beer teeth, and actually had a bit of trouble downing the stuff. I belonged to the North London Athletic Club, a club with its changing room/headquarters conveniently located underneath a pub in the Hampstead area of London named the Freemasons (years later, the club was thrown out and it was turned into a Thai restaurant, talk about criminal). Well, you can just guess what happened. I was broken in by the lads and though I never became a top-notch runner I got pretty good at top-notch beer drinking. I should have felt bad about it and, on occasion, even said to myself, "All this beer is holding my running back." But since all the others were running so much better than I was, and drinking even more, I figured it couldn't be the beer at all.

Then suddenly Sierra Nevada wasn't cutting it. On a severely hot, sweaty day it just didn't seem to blend well. We said a sad, tearful goodbye and it nearly killed me, but I moved on. I hooked up with a new, somewhat less strong, sweeter ale: Sweetwater 420 from Atlanta. Maybe she was what I was really looking for. (How many men have said that?)

Wow, she made my day! I was guzzling the stuff like nobody's business. But then, sadly, ever so sadly, my 420 wasn't going down right.

It was a day in early July. (Get out your hankies.) I was doing yard work. The day was hell on earth; hot, humid, sunny. Walking behind my push-mower, sweating my tailbone off. Emptying out the bagger, trimming, weeding, weed-

Who Needs Another Pulitzer Anyway

whacking, sweating the rest of my tailbone off. Dropping to my filthy knees I clutched for my only relief – my 420. Oh no! I could barely swallow it. My Sweetwater was no longer sweet to me. On a scale of 420, my 420 couldn't nudge a 210. I was horrified! What could I possibly do?!

Unlike Donald Trump, I turned to the Mexicans. I love Mexican food, but I was never too convinced by their beer; too light, too watery, too over-priced, was my opinion. Yet, on a hot day their brews go down really well, especially with a slice of fresh lime. In Britain, when you add fruit, like lemonade, to a beer it is called a Shandy. English girls like it; they drink it until you walk up and sheepishly ask them if they'd like a drink, then they order "vodka and lime" or say, "Champaign, please" (no wonder I got married). Shandy is also good on a hot day or whenever you are picked as the "designated driver." The weakened concoction sends a

man to the "loo" often but seldom to the jail cell.

The Mexican beer and I have been doing okay. Honestly, it is not a match made in hops, but it'll do. We're comfy – for now.

I wish I could find an American brew that would fill my needs. You know, the sort of run-of-the-mill, gas station, American suds. I cannot accept any "Lite" beers. Just give me the real thing and less of it rather than a shipload of that "Lite" tripe.

Well, sorry, but there you go. I'm not in a very good place right now but I think with a bit of hard work and American ingenuity I can drink my way out of it. I've had worse problems. Thanks for listening.

Editor's note: I wrote this a couple of summers ago in a moment of despair. Thanks for your sympathy, I'm OK now.



What Run Happy Means to Me



Run happy isn't just a feeling or a workout or any one particular run or race. To me, it's a lifestyle choice. I'm not really sure if it chose me or I chose it. For as long as I can remember I loved to run. From playing tag on the playground during recess to racing at the Junior National Championships in track, to a competitive college career and beyond: "Run Happy" is testing the limits of the human spirit. It doesn't mean that every single day feels easy – but that's the point – out of the daily struggle comes the reward – pure bliss. Call it a runner's high or endorphins or whatever you want to call it but I thrive on experiencing it daily. Some days I can fly and I know that this is one thing that's so deeply rooted in my soul that even if no one else understands why, I'll continue to skip the snooze button on the alarm clock, lace up my favorite pair of Brooks and head out into the dawn, waiting for the magical moment of the sunrise and the sweat, welcoming in each new day. This, my friends, is when I feel most alive.

Growing up in a rural mountain town, running was an intensely personal journey for me. I wish I had an odometer of the countless mountain miles logged solo, or the number of laps around my "oval office." Of course, these were the days before GPS watches and moisture-wicking, form fitting, brightly colored fun workout attire. Most of our cross country courses were measured by my coach in his trusty red pick-up. There wasn't really a long-term plan laid out, you just ran

every day as hard as you could, until you couldn't any more.

These days, everything is calculated – from mileage to paces to constant daily activity trackers. Running has taken on a new meaning for me, as I continue to compete at a high level, with the ultimate goal of qualifying for the 2020 Olympic Trials in the marathon. The difference is that now my lifelong passion is shared with too many other runners to name them all. From the lifelong friends I've had as teammates in high school and college to the clients I train with daily, to the corporate wellness groups I coach and share weekly "Runches" with, to the 1st Place Sports local racing team and Brooks I.D. members, to the thousands you share the roads with in large road races each year and even now, to my social media running friends whom I've never actually met. Today, I am equally happy about my own PR's as the client who has overcome breast cancer and celebrates life with a newfound love for running as the youth athlete who is just finding her stride...to the age-group athlete who has lost 40 pounds and runs a new personal best time every weekend, getting his life back. We all celebrate our accomplishments together at the local races each weekend. I believe that running is the outlet to make broken things whole again, to make old things new again, to make sweat turn into tears of joy. Running has literally taken me all over the world, and I feel grateful to have the opportunity to give back to the sport that has given me so much. Whether your goal is to line up with the best in Hopkinton or just to conquer your first 5k it all starts with the right attitude and the right pair of running shoes...no matter your age find your "Run Happy."

People often ask me what a typical day looks like for me, and I can't really answer that in entirety because each week and day often look very different. Some days are more recovery focused – from easy running on softer terrain like the beach or trails, to aqua jogging or ice baths or cross training, others involve working

What Run Happy Means to Me

on mechanics or strength training, while my favorite days are and have always been races and challenging track workouts. Nothings revs my engine like these days. I'd love to share my favorite workout with you and it's a very simple one, but can be inserted anywhere in your training cycle to achieve the result that you are looking for, and really helps with training pace and consistency.

Run Happy Workout – Continuous 200's

Continuous 200's is one of my favorite workouts because it is ideal for practicing training pace and consistency and can be inserted anywhere into your training cycle. The goal is to pay attention not only to your "on" interval pace but especially to your "off" interval pace. The workout goes as follows:

1-2 mile warm-up (or longer if in marathon training)

Running Form Drills; Strides

8-16x200m on/200m off (continuous)

1-2 mile cool-down

Stretch/Foam Roll/Core Exercises

So, for someone currently running an 18:45 5k the workout would look like this:

200m "on" pace – 45 sec.

200m "off" pace – 1 min.

The 200m "on" may be slightly faster than your current 5k training pace, but you really want to stay under control. I use the phrase "train, don't strain" frequently with the athletes I coach. Just because you can go faster doesn't mean you should. If you are feeling good and recovering

quickly, you always have the option to increase the pace of your recovery interval, rather than increasing the speed of your "on" interval.

Another convenient aspect of this workout is that it can be done anywhere – the track, the treadmill or your own favorite neighborhood route by turning it into a fartlek style workout using your desired "on" and "off" interval times.

This workout tends to go by quickly! It's very easy to get dialed into a rhythm and to train your desired race pace. Mentally, it's broken up very nicely as well. In Florida since it's often very hot and humid in the summer or for beginner runners new to track workouts, I'll break this workout into sets of four, with a 2 minute water break in between sets.

This workout works no matter where you are in your training cycle and no matter the distance you are training for. I've completed it after an hour run during marathon training, or with the "on" interval times at 3k pace during 5k season.

No matter your skill level, this is a great workout when done properly. Grab your favorite pair of running shoes and your watch or a running partner and give this workout a try today!

About the Author:

Julie Stackhouse, owner of Stackhouse Fitness (getstackednow.com), a Brooks sponsored athlete and member of the 1st Place Sports Racing Team is a passionate competitor and coach. 2017 has brought several personal best finishes including top Florida female in the Gate River Run (54:50) and winning the Key West Half Marathon and the Donna Half Marathon, setting new course records in both.

Upcoming Events

JTC Running's Track & Field Meets

Coach Eric Frank, Meet Director

June 10, July 8, July 29

Details & Free Entry @ JTC Running.com

Hamstring Strains

With the increasing participation of distance runners including track workouts into their training plans, there is increased potential of injury given the different and unique demands placed on their bodies. One of the most common injuries that occurs with participation in sprinting events is the dreaded hamstring strain. The reason this can be one of the most dreaded injuries is due to both the loss of time of sport participation and its high rate of reinjury. Hamstring injuries have an injury recurrence rate of up to 30%, with most of those injuries being within the first two weeks of return to sport¹.

Given the devastating effects that a hamstring strain can have on a training plan and sport participation, any information on hamstring strain prevention can be valuable. There has been no shortage of research performed to assess both risk factors of hamstring strains as well as possible preventive interventions. One of the most consistent risk factors seen throughout the research is a weak eccentric hamstring-to-quadriceps strength ratio². This makes sense given that hamstring strains during high-speed running are generally believed to occur during the last part of the swing phase of the gait cycle as the hamstring eccentrically acts to decelerate the limb prior to the foot contacting the ground.

In light of the fact that most hamstring injuries occur during the eccentric phase of running and that weakness in eccentric hamstring strength compared to quad strength is a risk factor for sustaining a hamstring strain, it only makes sense that improving eccentric hamstring strength should decrease your potential of hamstring strain injuries. There have been multiple studies to assess this exact concept. One such study looked at almost 1,000 soccer players to compare the effect of incorporating specific eccentric hamstring strength training into their normal training plan. The group of soccer players that did incorporate this specific eccentric training into their training plan showed a marked decrease in number of hamstring

strains compared to the control group³.

Below is the specific eccentric exercise (Nordic eccentric hamstring curl) and training schedule used.

Training Protocol for the Nordic Hamstring Exercise

Week	Sessions Per Week	Sets and Repetitions
1	1	2 × 5
2	2	2 × 6
3	3	3 × 6-8
4	3	3 × 8-10
5-10	3	3 sets, 12-10-8 reps
10+	1	3 sets, 12-10-8 reps



Incorporating this type of eccentric hamstring training plan into your current strength training program may help decrease your likelihood of sustaining a hamstring strain. You may particularly want to do this if you participate in track workouts.

I will end with one word of caution. This is for the uninjured runner, if that unicorn exists! It is not intended as rehab for a runner who is currently injured with a hamstring strain or tendinopathy. This is very likely to be challenging of an exercise for someone without specific medical guidance.

Mark Baughman DPT, ATC, OCS

Coltman and Baughman Physical Therapy

¹Heiderscheit, Bryan C., et al. "Hamstring strain injuries: recommendations for diagnosis, rehabilitation, and injury prevention." *Journal of orthopedic & sports physical therapy* 40.2 (2010): 67-81.

²Petersen, J., and P. Hölmich. "Evidence based prevention of hamstring injuries in sport." *British journal of sports medicine* 39.6 (2005): 319-323.

³Petersen, Jesper, et al. "Preventive effect of eccentric training on acute hamstring injuries in men's soccer a cluster-randomized controlled trial." *The American journal of sports medicine* 39.11 (2011): 2296-2303.

Awards Banquet

JTC Running's Annual Awards Banquet is one of our most popular events, year after year. Club members and other prominent folks will gather at Maggiano's Little Italy restaurant in Town Center on **Thursday, June 22, at 6 PM** to celebrate the accomplishments and contributions of outstanding runners, coaches, volunteers, sponsors, fans and supporters. If you have not attended any of our previous Awards Banquets, you should make sure that this is the year you do. And if you have attended previous Awards Banquets, you know what a great time you'll have, so it's time to make your reservation now.

Go to our website at www.jtcrunning.com. Click on "events" and then "event registration." Scroll down the page until you reach 2017 JTC Running Awards Banquet and then click on "register" to reserve your seat at the banquet. You will be able to pay with your credit card at the end of the registration form. The "early" price for club members is \$19.95 and for non-members is \$24.95. Register soon as the "member" price goes to \$24.95 on June 20. Also, the event fills to capacity beforehand, so don't delay. Reserve today.

This is a banquet so arrive hungry. A cash bar is available for the social time prior to the meal and the bar remains in operation throughout the event. Banquet is the appropriate term as Maggiano's expertise in the kitchen and outstanding attention to customer service are top notch. The meal is served "family style" with each table of eight (or maybe it's ten per table, I forget) first getting two distinct salads to enjoy. After that, the main course

will be served, featuring four or five delectable entrees for you to spoon onto your plate. Then, just when you know you cannot possibly eat another bite, the staff will put a couple of dessert platters on your table and you'll know they've saved the best for last and you'll just have to eat a little more. It is a banquet, after all, so you've got to have dessert.

This is also an award ceremony. Who knows? Maybe you're better than you thought and you'll get an award! Nah, probably not, but it's really exciting to see who does win. We try to keep the runners who are being awarded a secret and we especially love it when we honor someone who doesn't suspect that their name is on one of the handsome plaques we present. I've seen grown men cry – at least a little – when they are honored with an award. It's so touching, it'll make you reach for the dessert platter again or go to the cash bar. We also recognize outstanding sponsors, high school athletes, coaches, volunteers, running legends, and media personalities.

Don't forget the Jacksonville Grand Prix. The awards for Grand Prix winners (overall and age group) are distributed following the JTC Running awards and there are a passel of those. By the end, it seems as if more people have awards than don't. Not me, of course, but everybody else.

This is the truth: everybody goes away, glad that they came. Go ahead, make yourself glad. Reserve your seat for this year's JTC Awards Banquet. We hope to see you at Maggiano's on Thursday, June 22nd.

Upcoming Events

The Classic of all Classics!
JTC Running's Tijuana Flats Summer BeachRun
5-Mile & Kids 1-Mile
Saturday, August 26, 6:00 P.M.
Signup @ JTCRunning.com

Beer has Sustained Me

Here is an entertaining piece written by Michael Selman that appeared in the August 1996 issue of Run & See Georgia magazine. Selman had a column in the publication titled Thoughts of a Roads Scholar. It was passed along to me by club member Everett Crum. This bit he titled:

Beer Has Sustained Me

Some things in life are truly paradoxical. For example, why, in nature, would the hardest part of the human body be in direct contact with the softest part of the human body, fully capable of doing severe damage? Anyone who has ever bitten their tongue knows exactly what I'm talking about.

Most of the runners that I know represent a similar oxymoron. (No, an oxymoron is not a dumb person with zits.) To casual observers, we are picture of good health and good living. We run, therefore we probably eat fresh fruits and vegetables all day long, drink nothing but sparkling water, and wouldn't go near meat with a ten-foot pole. I don't know about you, but rabbit food just doesn't cut it for me.

It is true that we do share some common health beliefs. Rarely do I see a runner smoking before a race, but it's not unheard of. One of the nicest things about post-race parties is that they are smoke free, a fact appreciated by all. But to see what food disappears first at those post-race gatherings is the window to the soul of the runner.

I was at a race recently where post-race refreshments included pizza, sub sandwiches, assorted cookies, and bananas. I saw people walk off with three pieces of pizza, and then return for more when their stash was gone. I saw people hoarding down handfuls of cookies without caloric guilt or remorse. People were crowded around the sub table to the point where you couldn't nudge through to see what was left. Thanks to the sponsors who provided the feast there was plenty for everyone.

One table was practically ignored. The bananas. I didn't see anyone look both ways and grab a bunch of bananas when nobody was looking. There was no need for a sign that said, "Please limit yourself to one banana only." Most people were limiting themselves to no bananas. Curious, I thought, that these health-conscious people would bypass the obvious choice in favor of fat and empty calories.

As I thought about this, I realized that the five pieces of pizza I had just eaten had made me extremely thirsty. Boy, I could go for a beer right now. Beer. The one universal drink of the runner. Is there a runner alive who is not also a beer lover? Just give me my Samuel Adams after a training run and it truly doesn't get any better than this.

I am an analytical thinker and try to make sense out of everything. So, of course, I started wondering why good running seemed to go hand in hand with bad eating and beer drinking. Well, I think I have figured out the answer in a way that at least I can understand. It's really quite simple if you do the math. Let's start with the facts.

3,500 calories will always equal one pound. This is a simple mathematical equation. Each mile you run burns approximately 100 calories. Each beer you drink adds about 150 calories.

Personally, I maintain a steady weight of about 150 pounds, which remains steady from year to year. I average about 120 miles of running per month. At 100 calories per mile, that means that each month, I burn about 12,000 calories running.

$120 \text{ miles} \times 100 \text{ calories} = 12,000$

$2,000 \text{ calories} = 3.42 \text{ pounds.}$

That's how much weight I lose each month by running. In order to stay even, I need to intake an equivalent number of calories from beer.

$12,000 \text{ divided by } 150 \text{ (calories per beer)} = 80$
beers per month, or 2.66 beers per day.

Beer has Sustained Me

I willingly do this to maintain the balance of nature. The first two beers are easy, but the last 0.66 is a bit harder. I haven't yet figured out how to keep the carbonation going from one day to the next once the bottle is opened.

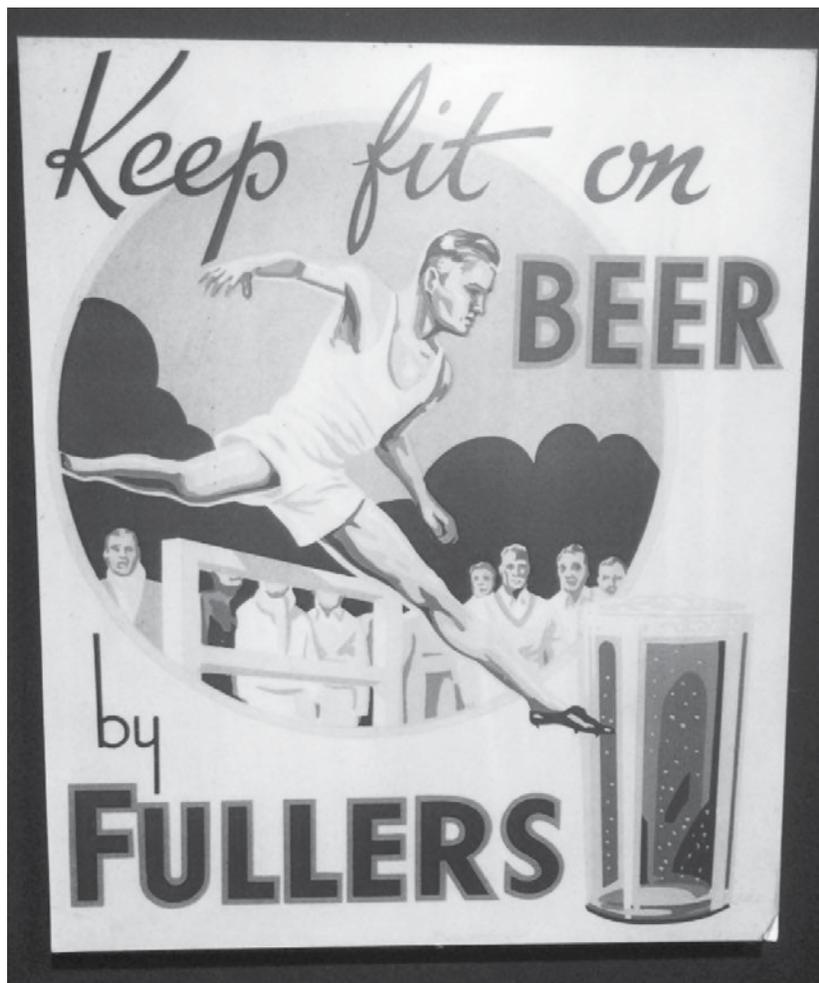
Simple math also tells me I cannot stop drinking beer even if I wanted to (which, thank goodness, I don't). Here's why:

Suppose I stopped drinking beer today and changed nothing else about my lifestyle. I'd still run my 120 miles a month, and I'd lose 3.42 pounds in the process. In only one year, I would lose 41.1 pounds. My weight would drop under 110 pounds and I'd have to listen for high winds advisories before going outside. In only three short years, I will have lost 123.3 pounds, bringing my weight down to 26.7 pounds. I

could get a job as a wind sock at the airport. In less than four years, I wouldn't even be here anymore. I would be totally gone.

Quit drinking beer? How can I? I am forced to drink in self-defense. I take comfort in the fact that health experts now say that a beer a day may be better for you than total abstinence. So I figure you can never get too much of a good thing. I'm probably guaranteed good health through the 2010 by now. Besides, we all have to do our part to contribute to the balance of nature (and the bathroom scale). So bring on the pizza, sub sandwiches, cokes, and, most importantly, keep drinking beer.

And save the bananas for the monkeys.



An Ancient Ad by the London Brewery, Fullers

Beer Bamboozled

You're off to a race. You hurriedly go down your checklist one last time: Racing flats, got 'em; post-race clothes and towel, yep; bib number, chip and safety pins, all there. Then the big question: Should you rely on the race to provide your after-race libation or should you ice down your cooler and bring your own beer – just in case. It is a serious question for the serious and not-so-serious runner alike.

Historically, runners never used to expect anyone else to provide the necessary. During the first “running boom” (circa 1975-1985) and when race entry fees were typically about \$5, how could you think you would get beer for your money? Water, sure, Gatorade, maybe, but beer? No way. Every runner at the time had his own trusty cooler and they were as prevalent as skimpy shorts, tube socks and Cassio chronograph watches. Looking back now, I think the one iconic image from the first “running boom” is the hand-held, six-pack cooler.

Not sure that I remember this correctly, but I believe it was the Summer Beach Run that first offered a post-race bash and beer fest. I can recall the old Flag Pavilion (torn down decades ago) in Jax Beach that was the Jacksonville Track Club's after-race destination. Those early SBRs were run at 1 or 2 in the afternoon. You can picture how those hot, sweaty racers enjoyed those brews. The Winter Beach Run

soon followed suit when it was headquartered in the old Sea Turtle Inn. The WBR was 10 miles of torture and terrible conditions. Those were the days of cold beer and tall tales, all right.

Before long, people started to almost expect beer and a bash at the end of a race. This meant that the coolers were left at home and the entry fees hit the roof. Why, they might have gone from 5 bucks up to 10! Then the 10-dollar entry fee went the way of the \$29.99 high-tech running shoe. Quite scandalous.

Today ice chests and cheap entries are history. The post-race party not only lives on but has become even more important. Aging runners look forward to the finish line more for the party than their finish time and for good reason. Meanwhile the new “runners” of today seem to attend races – events – more for social reasons than athletic ones. Everything changes, that is for sure. But runners and beer? I think that never will.

(I would be remiss if I did not mention the fine job that JTC Running is doing by once a year keeping cheap entries and the post-race beer bash going at December's The Last Gasp cross-country races (5k and 1-mile). A bit of the old days brought forward to this new age. Here, here!)

My First Mile

My first mile was directly related to beer. Let me explain. The high school that I attended had no organized sports, thus I knew nothing about running, (the River Run 15,000 had been run twice before I knew it existed). Before I took up running, I weighed 200+ pounds and all I did was race motorcycles and drink beer. Back then, I was also what you might call a T-T rider (tavern to tavern). I worked at the Navy Ship Yard in Charleston, S.C., and just outside

the main gate was a line of beer joints. Every day as soon as the whistle blew, that's as far as some of us got and we would hang out on the “strip” until closing time.

In 1960, I transferred to Florida to accept a job with the FAA. Again I found myself in good company among beer drinking peers. I now began making regular trips to attend technical schools at the Aeronautical Academy

My First Mile

in Oklahoma City. After school every day, some of us would make a pit stop on the way home to talk things over, solve world problems, discuss how many angels could fit on the head of a pin, etc. One afternoon, as I was sitting on a barstool at my favorite watering hole, the subject of running came up. I don't remember the details, but one of my drinking partners bet me a beer that I couldn't run a mile. "Well, here's an easy beer," I said to myself. After all, I raced motorcycles and it was pretty strenuous when you stayed up front, so to run a mile would be nothing, or so I thought.

So we went out front to run a mile. In Oklahoma City, the streets are laid out in one-mile-square blocks so I only had to go one

block. Thus, I started out to show my friend that I could indeed run one mile. About the first tenth, I was doing well. The next tenth, I had slowed a little. After about a quarter of a mile I came to a halt, completely exhausted. I had to stop and get another Budweiser.

The apartment where I was staying had a little track behind it. So after my humiliating experience, instead of going directly to the bar after school, I started running every afternoon on this small track. Three months later, I got up to 1 mile. My First Mile.

Today, I still like beer but only moderately. Running has kept it from controlling me. I control it.

Upcoming Events

Thursday, June 22, 6:00 P.M.

JTC Running's Annual Awards Presentation & Banquet

"Mr. Entertainment" Doug Tillett, M.C.

Maggiano's Little Italy Restaurant, Town Center

Register online at JTC Running.com

Upcoming Events

Never Completed an Ultra?

Your Chance is Coming!

JTC Running's Guana Trail Races

50k, 50k 2-Person Team, and 12k

Sunday, December 3

Details & Signup @ JTC Running.com



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 July/Aug issue is June 10th.

Advertising Inquires: The Starting Line, P.O. Box 24667,
Jacksonville, FL 32241 OR bobfernee@aol.com

Advertising Rates:

Full Page \$200 B&W/\$400 FC
Half Page \$100 B&W
Quarter Page \$50

The Starting Line is published bi-monthly
by JTC Running, P.O. Box 24667,
Jacksonville, Florida 32241-4667
JTC Running Hotline: 384-8725 (384-TRAK)



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P.O. Box 24667
Jacksonville, Florida
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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 (C) 662-4928 whitelindab@bellsouth.net

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

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 billkrause615@gmail.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

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

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

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

Disclaimer on Weekly Workout Sessions

The Wednesday morning and afternoon sessions at the Bolles School are sanctioned by JTC Running and open only to registered members. Information on all other sessions is provided as a courtesy only. JTC Running does not sanction, manage, or insure these workouts.



Visit JTCRunning.com for more information.