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43 Years of Running
www.jtcrunning.com



THE
**STARTING
LINE**
NEWSLETTER



**TIJUANA FLATS
SUMMER BEACH RUN**
AUGUST 17TH, 2019

LETTER FROM THE EDITOR

Track season is in full swing. Well, maybe not high school or college track, they're already over, I'm talking about JTC Running's free public track meets. Track has always meant a lot to us right from the start. The T in our name stands for track. Oh, and let's not forget about field. Field means a lot of events like pole vault, shot put and javelin that athletes have trouble doing because no one bothers to organize anything for them. Not so with our club, we do not overlook field athletes.

We are very fortunate to have Bartram Trail High School coach Eric Frank organizing and executing our T&F meets. We are also very fortunate to have a wonderful venue, the Bolles School, as our home track. As I said, our meets are free and open to anyone. Simply go online to JTCRunning.com and put your name down, it won't cost you a thing. When you enter once it is good for all the meets. However, the pre-registration ends at 6 PM on the Friday before the meet and if you don't sign up in advance then it will cost you \$5 for day of meet registration.

Awards 3-deep will be handed out in 15 age groups. That's a lot of age groups and a big pile of awards, almost guaranteeing that no one goes home empty handed.

There are four track meets left, they are: June 8, June 22, July 6 and July 13. All are at 8 AM and all are on Saturday.

Coach Frank and his team do an expert job of pulling off the meets. They do it quickly too, none of the all-day, hang-around-forever stuff.

The themes of this issue are track and field and the answer to the formidable question, 'why join a track club.' I would hope that you love our track club and for you the answer is easy. In fact, you might even say to yourself, "what a stupid question. Why would anyone not join a track club?"

I am not too sure that I have done a thorough job of it, but I have attempted to answer that burning question.

For a few years now I have persisted with my on-going feature titled, Returning the Favor. In it I try and shine a light on the great people in our local running community who give so much to our wonderful sport. This time, I have found a real gem. She is the coach and mentor of our twice-yearly training groups, Jennifer DeSantis. It is no wonder that so many speak so highly of her and what she does. Just reading her responses to my questions I was filled with excitement and positivity. What a fine job she is doing. Without a doubt, Jennifer and her classes are one of the very best things that this club does.

Work is progressing on the most magnificent run/walk trail this city has ever seen. Groundwork Jacksonville has

announced that the first stage of the Emerald Trail is underway. The working title, Emerald Necklace, has been dropped and the name Emerald Trail is official. As you may know, our club has been active and instrumental in the creation of the 30-mile long pathway. You can keep tabs on how it is unfolding on <https://groundworkjacksonville.org/emerald-trail/> While you are there you can see our name and logo prominently displayed as a partner in this endeavor.

Our once-a-year gala is on the immediate horizon. I am, of course, referring to our annual awards presentation and banquet set for Thursday evening, June 13. It all takes place at Maggiano's Little Italy restaurant in the St. Johns Town Center. Back slapping and boozing begin at 6 PM, followed by a splendid meal. It is a good event and one you won't want to miss. But you will if you don't sign up fast, so log onto JTCRunning.com right away.

Talking about fast; the summer with all its unrelenting sun, heat and humidity is coming up on us apace. Inside this issue you will find some great advice about electrolytes written by nutritionist Kelsey Beckmann. A proper level of electrolytes will help see you through these tough times. Just listen to Kelsey.

Sean McCormack has penned a very informative article about interval training and how you can get a lot more out of it. I know you will like it.

A wealth of information, that's the best way to describe Jeff Wight, and now he has devised seven ways to become a better and happier runner. His secrets are inside.

Are you a "runner" or are you a "jogger?" This question has been tearing society apart since the days of the cave man. Well, OK, maybe not that long, but ever since I can remember. Club member Everett Crum has written a story that gets to the bottom of it.

The little things add up. Our own Jay Birmingham is here to tell you just how much the little things mean in the great big scheme of things. You will enjoy his piece titled, Minimums.

I look around these days and I don't see very much in the form of purity. Without getting started on politics I think you get my drift. What you do when you tie on your running shoes is pure. It is. You will be convinced as soon as you read Jay's other great story in this issue titled, The Purity of Track & Field.

The Starting Line

PRESIDENT'S LETTER

Greetings!

Last month, I mentioned a video that the Club is making to promote the Gate River Run and all the good work that JTC Running does in our community. It is nearing completion and I think you are going to like it, in fact, you are going to love it! The video will premiere at the Annual Awards Banquet on June 13 at Maggiano's in Town Center. Tickets for the dinner are selling briskly, so I suggest you sign up for yours now by clicking [HERE](#).

The JTC Running 2019 Track Series continues with meets at The Bolles School on these Saturdays at 8:00 AM: June 8, June 22, July 6, and July 13.

One time registration is good for the season and can be done by clicking [HERE](#). The meets are a lot of fun for all ages- don't think you are too old or the kids too young. Give it a try!

The Tijuana Flats Summer Beach Run is August 17 this year, with the 5-mile starting gun at 6 pm and the 1-Mile Fun Run five minutes later. Registration is open and Club members receive a \$2 discount. Sign up [HERE](#). And, as usual in recent years, there will be a kickoff fun run and social at the Tijuana Flats Lakewood restaurant on Monday, August 5.

Paul Smith and Mac Kelly have been busy developing the new Where to Run section of our website, and the initial routes are live for you to review. Click on the link above or the link on the top row menu at jtcrunning.com to get started. More and more content will be gathered in a "wiki" approach- your input is key! Send your suggestions to Paul at smithfccj@hotmail.com.

Emerald Trail update: Groundwork Jacksonville's

First Mile Walk on April 13 was a big success! Nearly 300 turned out to view firsthand the initial section of the trail from the Prime Osborn Convention Center to the south end of the existing S-Line at Myrtle and Union Streets. The cold refreshments at Engine 15 afterwards were welcome as well. The Jacksonville City Council has not only endorsed the Emerald Trail Plan, it has appropriated the \$3.7 million needed for the design and construction of the First Mile! This means construction will very likely begin next year.



The Club donated \$50,000 towards the Master Trail Plan in part so that plan would exist that real estate owners could follow as sections of property along the trail routes are re-developed. A great example of this is along the new Jacksonville Orthopedic Institute parking garage on Nira Street in San Marco. As part of that project a beautiful section of the trail has been completed from San Marco Blvd to the FEC tracks east of Flagler Avenue. The trail section from the FEC tracks to Hendricks Avenue will be completed by that developer. This Nira Street section will connect the Fuller Warren (I-95) Multi-use path currently under construction with the Kings Avenue Parking Garage and the planned District development on the Southbank. Real progress is being made, and JTC Running is playing a pivotal role. If you would like to join me as an official supporter of Groundwork Jacksonville and the Emerald Trail, click [HERE](#) to sign up! If you are reading the print edition of the newsletter, go to <https://groundworkjacksonville.org/>.

The Starting Line
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 lawhar17@comcast.net

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 doug@1stplacesports.com

Jane Alred
 jane@1stplacesports.com

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 ndandress@gmail.com

Christy Astorga
 christy.astorga@gmail.com.

Dennis Harrison
 info@dennisharrison.com

Susan Haag
 susanlainhaag@yahoo.com

Angela Harris
 jazqui01@me.com

Stan Lambert
 seminolestan@yahoo.com

Franz Lerch
 Lerch01@comcast.net

Todd O'Donnell
 toinab1964@yahoo.com

Ty Payne
 tpayneea@att.net

Paul Smith
 smithfccj@hotmail.com

Doug Tillett
 douglastillett@icloud.com

Stuart Toomey
 stuart@1stplacesports.com

Jim VanCleave
 jimvancleave@comcast.net

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Mike Chewar	Daryl Joseph	Paul Smith
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Jeffrey Dice	Jeremy Lyon	Gregory Umberger
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Peggy Green	Josh Myers	
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Emily Hardy	Amy O'Dell	
Julie Hargrove	Kelly Parete	

TO RUN OR TO JOG

When I first started running (about a hundred years ago), all of my non-running friends and neighbors were always calling out to me, “Hey I saw you out jogging.” It seems like when the running boom first started “jogger” became the unofficial designated name applied to all runners by nonrunners. But I always emphasized to those that said they saw me jogging that I wasn’t jogging; I was running. They would just say, “oh!” and leave it at that.

But what is the difference between jogging and running? I have read many different comments on the subject. I’m sure Jay Birmingham or Vicky Connell could give a better explanation than I, but here is my definition. Running and walking are natural, jogging isn’t. Slow walking is to move forward by taking short strides, without knee bend or lift. Fast walking is basically the same but using longer strides. Jogging is like walking with a lift and a bending of the knees. It’s like a leisurely trot. I believe that jogging is when one is trying to impress their self, as if to be running, without actually doing the work required. Running is everything. Efficient running is beautiful. What separates running from jogging is speed.

For jogging vs running, here are a few views that I’ve run (no pun intended) across at one time or another. Some basic parameters to consider would be: Speed and form, length of stride, knee bend, energy spent, and running techniques. To run is to move rapidly at a pace faster than walking. When walking, both feet are on the ground during each stride. Running is when both feet leave the ground during each stride. Jogging is somewhere in between.

Some have defined a certain pace as to when jogging turns into running. But I don’t like this idea because no two people are the same and this would be different for each individual.

Others say that in running, the sole of the foot touches the ground before the heel and vice versa for the jogger. Thus, when moving from one to the other is when you move from jogging to running. But I don’t like this either. In a 100-yard dash sprinters may stay on their soles (or even their toes). Yet, when I ran long races I always tried to take long strides landing on my heels and it worked pretty well.

But even if this crossover speed is used as a criterion for the different between jogging and running, again it would be different for each individual.

Besides length of stride and knee position, other techniques in any discussion between jogging and running should include forward lean, arm movement, bounce, etc. To conserve energy, joggers will hold their arms in a comfortable position close to the body with minimum movement. For the runner, the arms are extended and play an active role in balance and propulsion. For comfort and less bounce, a jogger’s stride is shorter. For speed, the runner’s stride increases to cover more distance. The jogger barely lifts the legs and the knees have less bend. For a good runner the knees are brought high to create speed and power. To me, a good efficient runner glides with the wind, the average jogger just plods along.

Here are six quotes from different runners. I don’t recall the names except for number five, this was from the famed heart specialist, Doctor George Sheehan, who once ran the Jacksonville River Run 15,000.

#1 some claim that at an 8-minute pace or below you’re running and above 8, you’re jogging.

#2 some base the difference as to the amount of energy used, but I can’t remember the quote. (Seems I can’t remember much of anything anymore, every time I take my glasses off I lose them).

#3 jogging occurs when you wear gray sweats and sneakers; running begins when you buy proper running shoes and functional running wear.

#4 if medical science discovered tomorrow that running was detrimental to one’s health, the jogger would quit. The runner would go out and do his daily 10 miles.

#5 the only difference between a jogger and runner is a race entry blank.

#6 (and my favorite), if you feel like you’re jogging, you’re probably jogging, but if you feel like you’re running, you’re running.

Nevermind; run, jog, or walk well. And keep going.

DECREASE THE INTERVAL TO INCREASE YOUR STRENGTH

In last edition of The Starting Line Jeff Wight wrote an excellent piece based on the coaching philosophy and science of Dr. Jack Daniels. The article is certainly a keeper in giving sound principles if you are thinking of undertaking a more regimented & scientific approach of improving your performance by incorporating quality work.

In this issue, I will attempt to dive a little bit more deeply into the subject of “interval training” and offer my experiences & learnings over the years. As you read, please remember that “one size does not fit all.” The interval sessions that will work best for you really depend on your goals, your strengths, and your tendencies to find that combination of volume and intensity that will not only improve your performance, but also keep you engaged & motivated. My purpose here is to give you some basic principles, and at the same time give you some example of workouts & approaches that have worked best for me over the years.

Let me begin, by referring back to the title of this article. My first belief is that proper interval training improves performance NOT by making you “faster” but rather making you “stronger.” A quick review is that the “interval” is not the repetition, but the recovery period (which is the interval) between the repetitions. I have coached numerous individuals in really ensuring they grasp and understand this principle. Generally, as distance runners we should not be going all out for example doing 400-meter repetitions, resting 3-4 minutes and doing it again. That really does very little for physiologically developing your efficiency in a middle or distance race, and defeats the purpose of interval training, which is incomplete recovery. For example, I coached a young man who thought running 400's in 64-65 seconds (x6-8) and resting 3 minutes between was better than more repetitions (x10-12) at 72-74 seconds (slightly faster than his VO2 Max) with a resting interval of only 45 seconds. The lesson was delivered when he could not complete the latter workout. Quite simply, his body was not adapted

to an incomplete recovery, and although the first few 400's were easy, after 7-8 400's he was done. He simply did not possess the strength. The key was that he still was running slightly faster than VO2 Max which was the goal, as it was faster than his 5k race pace. The end result is after 12 weeks of a gradual buildup of volume and a gradual reduction in the recovery interval, he was able to complete x12 repetitions at 71-72 seconds with only 30-seconds of recovery. The results were dramatic, and he took a full minute off his 3200m PR the following season.

My favorite benefit of this approach is that improvements are consistently measured & seen every couple of weeks, which maintains motivation. I remember back in the early 1980's attending a lecture by Alberto Salazar's coach Bill Dellinger from Oregon. He gave a couple of really good examples of how Salazar incorporated this principle of increasing volume & reducing the rest interval as he got fitter. A quote I will never forget is “nobody throws you a chair to recover in the middle of a race.”

So, let me give a personal example of how this approach became a staple and worked for me for me back in the early 1990's. First, I knew that my strength as a runner was indeed my strength. I am also a big believer in playing to your strengths. When I was running well, I needed, and my body could handle, 130-mile weeks. Therefore, my approach tended to be to gradually work towards longer repetitions, increasing volume, and gradually decreasing the recovery interval. While marathon training, my key measuring workout was based on repetitions of 800's. I found this to fit me well, as it was long enough to stress my strength & short enough to keep me slightly below my VO2 Max. Now early in my training cycle I could handle x6-8 800's at 2:22-2:24 (slightly faster than my VO2 Max of 4:50 mile pace for 5k) with an incomplete recovery of 90 seconds. Every week, I would aim for some advancement to improve fitness depending on how I felt, usually in either volume or interval

DECREASE THE INTERVAL TO INCREASE YOUR STRENGTH

reduction. Bottom line, after 3-4 months I was able to complete x16 800's at 2:22-2:24 with only a 30 second recovery. This allowed me, and gave me the confidence, to hit my marathon pace goal of 5:20-5:25 mile pace. If I had completed the same volume of x16 faster, say 2:15-2:18 with elongated interval recovery (say 3 minutes), there is no way I would have had the required strength I needed.

In summary, all of us are different, and a good coach will work with an athlete to understand the interval workouts that "fit" the best based on your strengths, style etc. But remember, the goal is to build strength & physiologically become more efficient. We are not training to be sprinters, so find your VO2 Max and that will guide you on where you need to be. My

preference is slightly faster than VO2 Max, but the magic is truly Decreasing the Interval to Increase Strength & Performance.

Finally, a good place to start if you need guidance & support is to attend the JTC track sessions on Wednesday evening at Bolles School led by coach Paul Smith or the session Wednesday morning led by William "Sully" Sullivan. But remember you need to be a JTC member to participate, so make sure you are active!

Sean McCormack is a USTAF Certified Coach & Former Coach at Georgia Southern. He can be reached with any questions at seanmichaelmccormack@gmail.com

WIDE WORLD OF RUNNING - MINIMUMS

I've been blessed with excellent health, I imagine it is Mother Nature's compensation to offset my lack of athleticism.

Since boyhood, I've marveled at the hand-eye coordination, the speed, and the natural strength of many of my classmates and friends. Oh, how I tried to equal them! I threw baseballs against the barn, shot basketballs for hours, punted a football until my foot was purple and swollen--all to no avail.

My sole talent, it turns out, is persistence. Well, it's not a talent, since anyone can do it. It is a willingness to be a mini-athlete by consistently doing a few simple things. I've convinced myself that is the reason for my robust health.

When folks ask how much you train, you can summarize, "I run at least 1,000 miles a year!" You may adjust that upwards if you keep a running diary, but just 3 miles a day, every day, garners you a thousand miles (with 95 miles to spare).

Ten pushups a day, every day, and you've worked your pectorals, deltoids, and triceps 3,650 repetitions more than zero. That ain't nothin', baby.

How about adding 20 sit-ups? Every day. That's 7,300 contractions of your abdominals and hip flexors in a year's time. Can't be bad for you, right?

Pullups are a toughie. I've got one of those doorway bars leading into my library/den. Overhand grip=pullup; Underhand grip=chinup; I don't know what that perpendicular grip is called--I call it a peg-board grip. One each, total of three, every day, every year. That is more than 1,000 pulls of my bodyweight off the ground. It strengthens back and arm muscles.

Could you benefit from setting (and doing) some Minimums for yourself?

I believe it could be so.

ELECTROLYTES

Electrolytes are complex nutrients that play a large role in normal, healthy body function and athletic performance. These charged ions maintain fluid balance, proper muscle contractions and neural activity. They are most known for preventing or contributing to muscle cramping during training.

Understanding the role of electrolytes in the athletic body will help optimize performance

Being more knowledgeable in this topic will improve your ability to manage electrolyte status day to day and during training, leading to improved athletic training and performance outputs.

Managing Electrolytes Around Training

Before Training:

There are currently no exact specifics for pre-loading training efforts with electrolytes. I suggest adding these nutrients to water consumed leading up to the event to prevent detrimental losses throughout the effort.

During Training:

How much you need is largely individual and depends on training conditions such as temperature, intensity and duration as well as your individual sweat rate. Adding an electrolyte mix to all beverages consumed will help replace losses as you train.

After Training:

Plain water does not work to rehydrate the body well without minerals to help retain it. Ignoring electrolyte replacement will create future performance impairments and promote a chronic dehydration status. Aim to consume foods rich in minerals and salt, along with water after training.

Major Players:

- Sodium
- Magnesium
- Calcium
- Chloride
- Potassium

Electrolytes are important for many body functions beyond muscle cramping & muscle function like bone strength, sleep, cognition, appetite and mood. While these are the main electrolytes, other nutrients such as zinc, vitamin C, B12 and BCAAs shouldn't be ignored in your nutrition / hydration strategy.

Sweat It Out

Knowing how much you need every day is a starting point to understanding how exercise subtracts from that amount.

Nutrient	Intake Guideline*	Sweat Loss**
Sodium	1500 mg/ 1300 mg > 50 yrs	460-1800
Chloride	2300 mg , 2000 mg >50 yrs	710-2840
Potassium	4700 mg	160-400
Magnesium	320 mg (W), 420 mg (M)	0-60
Calcium	1000 mg, 1200 mg >50 yrs	0-120

*Intakes are based on dietary guidelines, individual needs may vary due to illness, injury, or general health condition. Athletes may need more than the general public due to training demands.

**Sweat loss is measured in mg/L (1 liter = ~4 cups / 2 pounds lost). Individual ranges are large and difficult to assess even with blood tests.

Unfortunately, it is extremely difficult to know your exact losses through sweat, but these guidelines provide a general idea. If your clothes are white and skin tastes salty after a workout, you can safely assume you lose higher amounts of sweat. Individual losses can fluctuate due to training status and weather acclimation. Hyponatremia is a serious condition when blood sodium levels become too low that can result in swelling, dizziness, headache and even kidney failure. Effort should be made to replace electrolytes lost through daily consumption of good food sources along with supplementation.

ELECTROLYTES

Top Tips

- Eat and drink normally if the workout is short or if you do not train every day. Electrolyte replacement is most important in intense training over 1 hour, in heat, when wearing hot clothing and at elevation.
- Aggressive rehydration of electrolytes is crucial for events / training taking place within 24-hour time (stage races, 2-a-days, etc...).
- Aim to consume 250-500mg of sodium/ hour of training. Weigh yourself pre & post workout to gauge how much you sweat each session. Consume electrolyte enhanced beverage immediately prior to workout. Minerals are absorbed as you need them, it has not been shown beneficial to 'load'.
- Aim to consume mineral and sodium rich food/ drink throughout the day to maintain healthy levels.
- Focus on food sources when not training (see next page). As your body acclimatizes, it is more efficient at retaining electrolytes & sweating less. There are other factors that can lead to muscle cramping, like inadequate training or not being acclimatized.

WHEN CHOOSING A MIX, CONSIDER THESE FACTORS:

Concentration - What is the directed mix, water ratio & what your gut can tolerate.

Taste - If you don't like it, you won't consume it.

Minerals Supplied - Get as much of a combination as you can.

Calorie Needs - Some mixes supply carbohydrates & electrolytes, others supply only minerals with no energy

Sources

Sodium - Salted pretzels, trail mix, crackers, canned soup, tomato juice, and using the salt shaker.

Potassium - Coconut water, banana, potatoes, beans, squash.

Magnesium - Almonds, pumpkin seeds, quinoa, black beans, spinach.

Calcium - Dairy, fortified beverages, sardines, canned salmon, greens.

Mark your Calendar!

JTC Running Presents

OUR FREE TRACK & FIELD MEETS

June 8, June 22, July 6, July 13 starting at 8a

Full Details and Registration at

JTCRunning.com

JTC Running's

ANNUAL AWARDS PRESENTATION & BANQUET

Thursday, June 13, 6 PM to 9 PM

Maggiano's Little Italy restaurant, Town Center

Reserve your place at JTCRunning.com

JTC Running's 54th Annual

TIJUANA FLATS SUMMER BEACH RUN

Saturday, August 17th

5-MILE RACE 6 PM

1-MILE KIDS' FUN RUN 6:05 PM

Register at

JTCRunning.com or 1st Placesports.com

Kickoff Party

TIJUANA FLATS SUMMER BEACH RUN

Monday, August 5th, 6-8p

TIJUANA FLATS LAKEWOOD PLAZA
RESTAURANT

NO SIGN UP, JUST SHOW UP

BECOME A HAPPY RUNNER



Jeff T. Wight, PhD

Assistant Professor of Kinesiology, Jacksonville University
Director, JU Running Laboratory at 1st Place Sports
Member, First Place Sports Racing Team

I originally wrote this story for “BOB Stroller Company”. You can find the full article on their website:

<http://fitnesscenter.bobgear.com/fitnesscenter/learn-run-happy/>

Honestly, anyone can become a runner! This I learned from teaching “jogging” as a university elective. With a little guidance, an entire class of 30 students is almost always able to run 40 continuous minutes by week 8—regardless of fitness, experience, and body type. This is a nice accomplishment for students but it is not the ultimate goal of the class. The ultimate goal is to help the student become a “happy runner”—someone who runs often and enjoys it. Unfortunately, most “rookies” struggle quite a bit and feel like they are miles from being happy runners. Fortunately, the truth is that most are just a tip or two away. Similarly, most established recreational runners are just a tip or two away from dramatically boosting performance (shaving 30+ seconds per mile). I will present my top tips to help you become a happy runner and reach your potential.

The primary objective: Engage your brain!

If you want to become a happy runner, you need to forget about your legs! Instead, focus on your brain. You will succeed if you can find ways to make running a positive experience for your brain. Do this and you will become addicted to running; you will become one of those people who simply must run.

Each time you run, the primary goal should be to get your brain in a state of “flow”. Flow is the scientific term psychologists use to describe optimal experience. Simply put, flow means that “you are totally into it”—you become completely engaged in the activity and time flies. Flow was first presented by the famous Psychologist Mihaly Csikszentmihalyi. Read his NY Times best-seller “Flow: the Psychology of Optimal Experience” if you are interested in learning the details. Flow is now very well researched and applied in many fields.

Happy runners find a way to get their brain in a state of flow each run. And most do it with just a simple strategy or two. You likely can too. I’ll share 9 classic strategies for you to try. Try those that sound the best for you. Once you find 2-3 strategies that work well, you will become fired up to run, and run often. Then, your only concern will be “overtraining”! That is a much better problem than struggling!

Strategy 1. Embrace a moderate challenge

You control how challenging each run will be. It’s absolutely critical to optimize the challenge for yourself. Sport and Exercise Psychologists have revealed that a moderate challenge works best for most people. This phenomenon is described as the “inverted U”. Basically, this means that performance improves as the challenge increases. But performance peaks at a moderate challenge level. Then, when the challenge becomes too great the athlete becomes too stressed/aroused and performance begins to decline.

The bottom line is that you must make your run challenging enough to “intimidate” yourself, but don’t overdo it. A moderate challenge should naturally focus/arouse/engage your brain. Make it too easy and your brain will fail to “wake up”. Make it too difficult and your brain will feel “overwhelmed”. Make it just right and you are likely to experience flow. And after a “flow run” you will feel alive, proud, satisfied, and excited for next time. So, for the majority of your runs, choose a distance and/or pace that is challenging

BECOME A HAPPY RUNNER

enough to engage your brain.

Strategy 2. Commit to a training program

Formal training programs are brain-friendly for two reasons. First, programs instruct exactly what to do and when to do it. This greatly simplifies life for the brain—it eliminates decisions such as when to run, how far, how fast, etc. Second, formal programs clearly lay down the challenge for each run. The brain loves a clear challenge; knowing exactly what you need to do to succeed should get you focused and in flow.

Beginners/novice. If you are a beginner or novice, try out a program such as “couch to 5k” (<http://www.coolrunning.com>). The program guides you through three workouts a week for 8 weeks. Then, you will be ready to run a 5K. The app is great—it tracks you and instructs you during the run. The workouts vary quite a bit over the 8 weeks. For example, in week 1 you alternate running 60 seconds and walking 90 seconds for a total of 20 minutes. By week 4 you alternate 3-5 minutes of jogging with 90 seconds of walking.

Advanced. If you are more advanced, or have plateaued, you are likely to become super-engaged from a challenging running program like the McMillan Running Calculator (<http://www.mcmillanrunning.com>). For this program, you enter your current race time along with the race time you wish to achieve. The program shares the exact training runs to complete to achieve your goal. This program was introduced to me by a college runner who was able to shave his 5K time by over a minute (after being plateaued for 2 years).

Strategy 3. Compete in races

Most runners love to race. Preparing to race elevates your entire approach. The race will likely be on your mind each time you train, eat, etc. This can really improve your brain engagement—you’ll suddenly find yourself training and focused instead

of searching for energy to “go for a jog”. Once again, the key is to keep the challenge moderate. Choose a race distance and/or goal time that will intimidate you a bit, but don’t overdo it. A 5K race is the perfect start for most runners. Most 5K races are \$20-30, well-organized, and supportive of a good cause.

Strategy 4. Shoot for negative splits

Many runners can fully engage their brain by simply shooting for a “negative split”. All this means is that you try to run the second half of your run faster than the first. Elite runners embrace this strategy—most world records are negative splits. Give it a try on a simple “out and back” run. On the way out, focus on getting in a rhythm. Run as fast as you can comfortably. You should feel like you are “rollin” by the time you are $\frac{1}{4}$ of the way through your run—your body should feel relaxed, your breathing should be consistent, and your stride rate should feel rapid. Ideally, you feel like you are on “autopilot”—each stride should feel identical and your legs should feel like they are “running themselves”.

At the halfway point of the run your focus should change slightly. Try to maintain the rhythm you created but increase the effort slightly. Your body will shift from “comfortable” to “comfortably uncomfortable”. The run will become quite demanding at the $\frac{3}{4}$ point. This is when your body will start to feel “uncomfortable”. But you can fight through it because you are close to the finish! Try to finish hard for the last 100-400 meters. This will do wonders for your fitness. Negative splitting is a great alternative to starting runs quick and struggling with discomfort for the entire race/run.

Strategy 5. Design a “segmented” running route

Try to design at least one running route that is comprised of several different terrains/environments/challenges. This will break the run into smaller “segments”—the variety can do wonders

BECOME A HAPPY RUNNER

for your brain engagement. Each segment of the run will likely require a unique focus/challenge. To help you better understand, I'll describe a 6.5 mile segmented run I regularly complete to train for races.

- ½ mile on a pedestrian path to the beach (warm-up)
- ½ mile on beach to a park with running trails (establish a comfortable rhythm)
- ½ mile moderately challenging wooded trail (maintain comfortable rhythm)
- ¾ mile on paved park road (10K race pace)
- 1 ¼ mile challenging wooded trail (recovery pace – “comfortably uncomfortable”)
- Repeat ¾ mile on paved park road (go for negative split – 5K race pace)
- Repeat 1 ¼ mile challenging woods trail (go for negative split – slightly faster than trial 1)
- ½ mile down beach towards home (comfortably uncomfortable)
- ½ mile finish down pedestrian path (“big finish” – faster than 5K race pace)
- This run is broken into 9 distinct segments. Each segment is a unique experience and challenge that keeps my brain fully engaged.

Strategy 6. Repeat a run each week

It can be very helpful to have a “bread and butter” run that you complete often, at least once a week. For example, I run a 3 mile loop in my neighborhood 2-3 times each week. I have every step of that run memorized. And I know exactly how my legs and breathing should feel each at each point in the run because I have completed it a few hundred times in the past few years. It's amazing how much you can learn by repeating runs. The feedback is clear and obvious; it's easy to learn the impact of training, weather, time of day,

pre-run eating, fatigue, etc. This approach offers great opportunities for brain engagement. Also, try establishing consistent runs at places you visit regularly. For example, I complete the same 5 mile run each time we visit the grandparents. I record the run each visit using an app on my phone. I'm always excited to complete that run and compare my results to previous visits. It's super-engaging and a great way to build fitness over the holidays.

Strategy 7. Commit to a “social run” each week

Your brain is hard-wired to be social. Not surprisingly, most runners love to train with others. Definitely commit to at least one social run each week. It's easy to engage your brain when you run with others. Performance improves for almost everyone in a group atmosphere; the energy of the group almost always makes it easier to run faster and/or farther than you would alone. Or, your brain may become engaged in good conversation with your running partner (and you may not even notice that you're running quite fast). Run with a friend, join a club, check for group runs at local running shops... It will definitely be worth it!

I recently discussed this topic with a former student who was a top runner for her university. Upon graduation, she accepted an internship across the country. She immediately found a group of “fast guys” to run with that helped her rise to a new level. After 2 months she broke her 5K personal best.

Another great social option is, of course, the stroller run. It certainly is satisfying to give your child a healthy break and some fresh air. Or, run with additional purpose: push your kid(s) to an event like preschool or a soccer game. It's fun to be healthy and efficient.

Editor's note: Once again Jeff has exceeded himself, eight great suggestions on how to improve your running and even engage your brain. If I may be so bold, I would like to suggest one other “strategy.” Join a running club, that is a surefire way to accomplish both. You have probably joined JTC Running already, but have your friends? Thank you for joining, and thanks Jeff for another great article.

MY GATE RIVER RUN 2019

Editor's note: Yes, you saw this in the last issue. But I felt that it was worth another look, especially since this issue is concerned with 'why join a track club.' I think this sort of story says it better than I ever could. Sometimes we get it right, and our training groups, in the care of Jennifer DeSantis, get it right twice a year. This piece by Nancy Kern will attest to that.

I started running in 1979! (Wow! Where did all the years go?) The older I get the slower I get! Most of us over 65 are experiencing the same sadness. I have a shirt that says it all: The older I get, the faster I was.

I was out of town when I received an email from JTC Running about their Gate River Run training class. As there was a small window of time to save \$5 on the entry, I immediately signed up for the class. My thinking was that training with a group would keep me motivated, and a schedule of runs, with a trainer, was what I needed.

At our first meeting I was surprised to learn the class used the Galloway Method of running (run/walk). Having been a runner for 40+ years, I thought, "run walk, how is that going to help me?"

What a learning experience! I was assigned to the 90-seconds run/45-seconds walk group. At the first run I was a few steps behind everyone else. I'm 77-years-old and the next oldest was in her 50s. As the weeks went on, I started to LOVE this method of running! I loved my pace leaders, Sherry and Lori, our trainer, Jennifer DeSantis, and the Galloway Method of running.

My first race using this method was the Donna Half-Marathon. In 2018 my finish time was 3:20:02. (Very sad – my best half-marathon being 2:05.) This year, using the run/walk method, my finishing time was 3:04! I cut 17 minutes off my time from last year! At the Gate River Run last year I finished in 2:17:47, this year my time was 2:04:24!

I attribute this to the run/walk method I used during both of these races. Another benefit of using the Galloway Method? When I finished the race, I was not the least bit tired. I highly recommend training with this group. The next class starts in September and it will be training for another half-marathon. Come join me! You'll be glad you did!

MERCHANDISE AVAILABLE FOR SALE ONLINE AT JTCRUNNING.COM



WHY JOIN A TRACK CLUB?

“Why should I give you twenty bucks to join your track club, what’s in it for me?” For decades JTC Running has heard that refrain, and I bet every other running club has cringed at it too. If you are reading this, then chances are you have already paid your dues, joined the club, and received this newsletter in the mail as all members do (also online, we’re so modern nowadays). So, why did you join? Yes, you made the right decision, but why did you do it? In this column I will attempt to demystify why joining a running club is the right thing to do.

1975: The year that the Jacksonville Track Club (now JTC Running) came to be. Things were a lot different, the “running boom” was in full swing but runners were sparse. These kindred spirits felt a need to come together and do positive things that could develop the sport that they loved. Everyone wanted to pitch in and help the cause. They did, and that is why today we have a club of nearly a thousand members and a world-class race, the Gate River Run 15k.

That is all very fine, but what’s “in it” for Joe Jogger? For one thing, if he wants to improve his running a track club is a great place to go. He’ll find other runners, like himself, who want to run better and together they will. He could take advantage of our track workouts that take place every Wednesday morning and evening. While there, he will be among other runners who want to improve and be coached by someone who will like to help him do so. Our club’s coaches, William Sullivan and Paul Smith, are two very fine fellows who will bring out the best in him. Track training is not supposed to be easy, and it isn’t, but it helps when you plow through it with friends by your side.

For obvious and unfortunate reasons, school security has tightened up a lot in recent years and it is now impossible to walk onto your nearest school’s track like before. Membership to JTC Running allows us to utilize the Bolles school’s track twice on

Wednesdays. For non-members it’s a no-go. We also have Bolles as the site of our free public track meets that take place every spring and summer.

Friends? Yes, Joe will make friends, lots of them. Him and his new pals will go through a lot together and he might look around one day and find that his entire social scene is nothing but runners (trust me, that’s a good thing). More good things will come Joe’s way: He’ll lose some unnecessary body weight, he’ll eat better and healthier, he’ll never consider smoking a cigarette, and he will cultivate a more positive self-image. He’ll try to influence his family and friends to do likewise. (This could make him annoying sometimes, but that’s the price you pay for preaching the fitness gospel.)

One day Joe will discover that friends and the social aspect have become the overwhelming reason for continuing, especially as he ages and running personal records (PRs) becomes a thing of the past. Sorry, Joe, but athleticism is a transitory gift.

I can very well remember the day that I was first introduced to a running club. I was a neophyte runner. Actually; I wasn’t a runner at all. I was living in London and the year was 1971, I think. Cycling was my game. I would spend weekends cycling in the jolly olde English countryside with a couple of friends. I also used my bike for getting around the jam-packed streets of London. I suppose my cardiovascular system was in fairly good shape, but when a friend took me along with him one Sunday morning to his club, the North London Athletic Club, it was a rude awakening. It was then that I learned about oxygen-debt and lactic acid – I was hanging on for dear life. “How can people run so hard for so long?” I thought while on my knees trying to recover from another Fartlek drill.

The club was competitive, it existed for competition. In the autumn there was cross-country, over hill and dale, through mud and stream, five miles or more of sheer torture. (Yet for some very odd reason

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I loved it and still do.) When the cross-country season ended it was straight into a brief road racing one. We raced as hard as humanly possible on streets devoid of any police protection and barely any signage pointing the way – sometimes at night. Spring and summer meant track season. I got trounced during track season. “How do they run so much faster than me?” I wondered as my oxygen-deprived legs caved in at the end of another miserable attempt at the 800-meters.

The club’s headquarters were located underneath a pub, the Freemasons Arms, in Hampstead, North London. Consequently, they not only taught me how to run but also how to drink. I was weaned on English ale and Irish stout. They told me it was the only antidote to lactic acid pooling in the bloodstream. I believed it, even to this day. (They were joking, so am I.) I wasn’t even all that fond of beer until those guys came along. Not sure I should thank them or curse them, but, oh well, too late now.

Our Sunday morning training session took place on Hampstead Heath, a huge expanse of grass that was nothing but one hellacious hill after another. There was a leader who created a 90-minute Fartlek workout. Some leader; It was then that I learned the true meaning of the word sadist. Fartlek (no, it’s not what you think) is the Swedish word for speed-play. I never found the play in it, only the excruciating torture. Despite my moaning, I’m sure that Fartlek made me a better harrier and I would have never even known about it without having joined a club.

“Harrier?” Yes, cross-country runners are often called harriers. In 1830 some schoolboys in England devised a game they called ‘Hares and Hounds.’ The “hounds” chased the “hares” who left paper trails for the hounds to follow. Some 37 years later a bunch of Londoners took up the game to try and stay in shape. These cross-country aficionados were nicknamed “harriers” and like most nicknames, it stuck.

Harriers carry the name with pride, even the ones who are not-so-serious. Hash House Harriers care a lot more about their beer drinking than they do their running. Their slogan is: “The drinking club with a running problem,” and they live down to it. There was a local HHH group, but I am not sure it still exists. The title of this article is why join a track club? I am sure I don’t need to ask why people join a Hash Hound Harriers club; I know why.

Since we are discussing harriers and cross-country running this would be the perfect time to bring up the oldest local cross-country race, JTC Running’s, The Last Gasp. It is true cross-country, and members can run it for the old-time fee of just six dollars. Saving money; another great reason for joining a track club. A member of JTC Running gets a discount price on all our events.

Talk about old time fees, it costs just 20 bucks for a person to join our club, 25 for the whole family – that’s a steal.

Things have changed for running clubs and there may even be questions as to whether they are even necessary anymore. Afterall, there are training groups of many descriptions and coaches and personal trainers. So, who needs to join an old-fashioned track club?

Even in England, home of the original running clubs, which they term “athletics clubs,” things are not as they used to be. My old club, the North London Athletics Club, changed its name in 2000 to London Heathside when it joined with Muswell Hill Runners. It is no longer a bunch of hard-running harriers; it encompasses joggers, casual runners, field athletes, triathletes and something we never saw in my day -- women. The competitive racers are still there, but they are no longer the be all and end all.

To find out how the club is faring in today’s ever-changing world I contacted my old pal, Jerry Odlin.

WHY JOIN A TRACK CLUB?

Jerry began running as a schoolboy, then joined his local athletics club, Hornsey AC, at the age of 14. Hornsey was founded in 1904, and the club amalgamated with Wigmore Harriers (founded 1885) to form the North London Athletics Club in 1972, that was when I joined.

Jerry was one of the star athletes, I was a slug. Thanks to his running, he received a full scholarship to Murray State University in Kentucky in 1977. I think my scholarship offer must have been lost in the mail. When the college's dorms closed during Christmas break, he would come to Jacksonville and stay with us. In 1977 he easily won the inaugural 5.25-mile cross-country race, The Last Gasp. He did the same in 1978. I convinced River Run 15,000 race director Buck Fannin to bring Odlin to the 1979 race, Jerry won that one too.

Some years ago, well, quite a few years ago, I was trudging along in the Gate River Run 15k, formerly the River Run 15,000, of course, and I was passing the race clock at the 7-mile point. I looked at the clock, it read 46:09. I thought, "Jeez, that's Jerry's winning time! I'm 2 and 3-tenths miles behind him."

Once he finished Murray State, he lived in Jacksonville for a year or so, lit up the local race scene, and worked at 1st Place Sports, which must have been located in the Lakewood shopping center at the time. Today he is the Chairman of London Heathside, a volunteer position accountable for overall leadership, direction and marketing. Thanks to hip replacement surgery some years ago his running is now limited to just two five-mile runs a week and a lot of walking. Nevertheless, he is giving back to running, the sport that he has always loved.

"Unlike many athletics clubs that decided not to change, we at London Heathside embraced the jogging boom. We added casual runners to the competitive athletes that we have always had," Odlin said in our telephone conversation.

I should point out that in Britain there is a differentiation. They refer to "athletes" as being competitive types: track and field athletes, cross-country harriers, and serious road racers. "Runners" are the people who are not so intense, whose lives do not revolve around fast times and high finishes. There is a difference in memberships as well. A hard-core athletics club might only have 150 or 200 members, the all-embracing London Heathside boasts over 600.

I asked Jerry if he thought any of the clubs would be able to carry on as solely volunteer organizations.

"I think so, whenever we send the call out that we need volunteers for an event like a track meet, we get plenty of people willing to help," he replied. "But where we are having trouble is with coaching. There aren't many people who have the time and knowledge to do it."

Like JTC Running, London Heathside is trying hard to reach kids and get them involved in running. Odlin admits it's a problem: "They are so distracted these days. There are more activities; computers, cell phones, gaming. Some good young runners are around but not like before."

"In general, the population is not as fit as it was in the 1970's. In 1988 there were 300 British guys who broke 2:30 in the marathon, today there are only 40 or 50," he said.

Then I came to the point and said: "Sounds like things aren't much different no matter where you are. So, tell me, why should someone join a running club these days?"

"If you really want to improve your running the best place to do it is in a club. I have always believed that and still do," Odlin said.

So, there you go. The best place to improve, to find motivation, to save money, and to make friends. Who could ask for anything more?

RETURNING THE FAVOR, JENNIFER DESANTIS

Sometimes luck is on your side. For years JTC Running's ongoing training classes went very well under the guidance of club members John and Denise Metzger. When they decided to retire from it, things could have gone wrong. In fact, the entire program might have gone belly up. Fortunately, Jennifer DeSantis saved the day and our classes never missed a beat. Our training groups, that get together in September to prepare for the Thanksgiving Day Half-Marathon and in January for the Gate River Run 15k, are going from strength to strength. It is all thanks to Jennifer and her dedicated team.

I think when you read the following interview you will catch her enthusiasm and her sheer love of what she is doing and accomplishing. Moreover, her people love her, and she loves them. It is a pleasure and a privilege to bring her story to The Starting Line. Jennifer DeSantis is certainly someone who is returning the favor.

Bob Fernee: Before we talk about all the great work that you are doing for JTC Running and the training programs that you lead, let's learn a bit about you. What is your running history? When and how did it begin?

Jennifer DeSantis: I started running 1 mile on a treadmill and thought I was tough stuff! Someone told me I should run for at least 30 minutes for cardiovascular reasons – that didn't sit well with me, but it made me start running 3 miles on a treadmill. Somewhere I guess I thought running outside would be fun and there started the love/hate relationship with the sport! I ran my first marathon in 2005 and I haven't stopped.

BF: Do you enjoy competitive racing? How would you describe yourself, as a runner, these days? I am very competitive with myself and don't really enjoy racing. I love races and love when I earn a PR or have a great race, but that anxiety leading up to the

race is annoying.

JD: I call myself an athlete, a distance runner, but not competitive. I'm just someone who loves the sport, loves the challenge, and loves the camaraderie and the friendships formed on the roads.

Does that make sense???

BF: How was it that you joined JTC Running and when?

JD: I moved to Florida in 2010 and needed friends. I made incredible lasting friendships in the running group I joined in Virginia, so naturally I joined a group here! I found an ad for the Gate River Run Training group and while I didn't feel I "needed" the training, I joined anyway. Best decision I ever made! I became a Pace Leader after the first class was over because I believed in the class and found success myself.

BF: John and Denise Metzger did a great job for our club's training groups and when they retired, I was worried we wouldn't find anyone else to do it, but then – thankfully – you stood up. How did that come to pass?

JD: John asked me if I would be interested in taking over for him. It was quite a shock; but was so honored that he thought I would be a good fit. Larry and I met and went through a bit of an interview and the rest is history.

BF: You've been doing it for quite a while now, what do you think? I know that it has been enjoyable and rewarding for the participants, but what about you?

JD: I absolutely LOVE coaching. I was a participant and then a pace leader when John was the coach and it made a huge impact on my running. I'm honored and humbled to be able to pay it forward and help others in their running journey. I get choked up every time someone comes up to me and says while smiling, "this was

RETURNING THE FAVOR, JENNIFER DESANTIS

the longest I have ever run”. Do you know how amazing that is?! I remember running 1 mile on a treadmill and thinking anything longer was impossible. It’s such a rewarding gig!

BF: Do you have people helping you?

JD: This class would not be what it is if it weren’t for the Pace Leaders. I have anywhere from 20 – 25 amazing runners who volunteer to lead a pace group. They motivate, inspire, encourage the participants in their group, but also those in other groups. They truly are the glue that keeps this class together.

BF: Have you observed any of your runners improving? Any good stories?

JD: So many incredible stories from someone running their first half marathon or GRR from seasoned runners improving their athleticism and running faster. Brian was a class participant who struggled to make it over the Main Street and Acosta bridges at a 10-minute pace. He now is the Pace Leader for the 8 – 8:30 minute group.

Nancy Kern who wrote an article in the last publication.

This was probably one of my most favorite emails from any of the classes. This was after our last training class (GRR). Sorry, it’s long:

Dear Jennifer,

I’ve been trying to get my thoughts together to tell you how and why training with you and JTC made me so happy.

I found running late in life and just went at it on my own for the first few years, reading what I could find, running races on my own, and joining an on line group of women (the Badass Lady Gang!) who offered lots of virtual support. Last fall I decided to stop being a chicken and showed up for a couple of different group runs. Everyone was faster than me,

I wound up running alone anyway, and decided that since I enjoyed solo running anyway, I really didn’t need a group.

Then I got an email from JTC about the training group for the Gate River Run. OK, one more shot at this group thing. If it didn’t work, I’d still have a T-shirt to show for it. But from the very first meetup at 1st Place Sports I suspected I’d found “my” people. I fell in with the 90/30 pace group and immediately started chatting with several other runners.

The inclusivity really impressed me, as well as the fact that so many of the group were repeaters. Maybe it’s the New Yorker in me, but I also really took to your coaching style. You’re thoughtful, kind and honest. You’re generous with your time and knowledge. And though you readily admitted how difficult mapping out runs for a variety of distances and abilities can be, each week’s long run was easy to follow and well stocked with everything we needed.

Needless to say, the highlight for me was taking 15 minutes off my previous PR and finishing the River Run in under two hours. But out of all those weeks of training what I treasure most is that group photo from race day. I’ve framed it and it’s hanging just above my medal rack. Since the race I’ve been running with a variety of people I met while training. Some days I have had to choose between four different running options. The solo runner is now part of something much bigger and better than just running.

I thank you. I thank JTC Running, and I thank whatever stubbornness within me made me give it one more shot - because this has made life, not just running, even better!

You rolled your eyes when I called you the best coach ever, but there is something in you that makes people want to do better.

RETURNING THE FAVOR, JENNIFER DESANTIS

Anybody can yell instructions - you inspire!

Can't wait till the fall to start half training, although I won't be joining the group until sometime in October when I'm back from snowbirding in NY.

See you on the streets and bridges of Jax! Karen.

BF: What is the biggest reason for someone to get involved in one of your training groups?

JD: Accountability and Education. Anyone can lace up a pair of shoes and hit the streets, but it's hard to stay dedicated and committed. Our group provides support and accountability not only during the class, but also after the class is over. Groups continue to meet and run together!

The best thing you can do for yourself in any situation is education. The class covers a variety of topics from myself and other runners from our area. I am still learning and educating myself on training - you're never too old or know enough!

Plus, there's freebies! I love giving away stuff, so I try to do that a few times throughout the training.

BF: Please tell us about your next training group and what they are training for?

JD: Our next class will begin early September and we will train for the Thanksgiving Day Half marathon. There are quite a few runners who sign up for the class but have another goal race and that's awesome! I am happy to work with them and adjust the training plans as needed.

BF: In training for a half-marathon, what would a sample couple of weeks look like?

JD: We meet Tuesdays at 6:15pm and Saturdays at 7am for group runs. Depending on the plan you choose (novice, intermediate, advanced), you might be running 3 - 6 times a week with strength training and rest days. You'll have conversational runs, tempo runs, hill workouts, and speed workouts. All of this is addressed in the class.

BF: If you have a group of say, 60 people, how do you manage to control it? I mean, a lot of those people are of varied abilities and paces.

JD: This is where the Pace Leaders come in! We have various pace groups ranging from 8-minute continuous running to a walk group and I try to have at least 2 pace leaders in each group. I help people find the group that would best fit their training needs. I wish we had a training group for each individual person, but that's not realistic. I'm pleased to say that the pace leaders have made it all work - they adjust their pace a bit, so no one is ever left behind! They truly are some of the best Pace Leaders in JAX.

I also send weekly emails and check in with everyone throughout the class.

BF: Are there any ways that the club can make the training groups even better than what they already are? Is there anything you need?

JD: The club has always been incredibly supportive! The only thing I would love to have support or assistance is with the guest speakers. I'd love for the board members to come if they feel comfortable or other runners from the club that would be willing to share their running testimony or other knowledge they can impart on the group.

BF: I very likely left one or two things out, is there anything that you would care to add? Feel free to say what you like.

JD: The class is open to anyone and beginners are welcome. I do encourage that they are able to run 2 - 3 miles BEFORE the class begins so they are set up for success. It's a great group of runners and is something I truly enjoy!

BF: And finally, are you related at all to the new governor Ron DeSantis?

JD: Ha ha...nope!

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Weekly Training Runs

Sunday 6:30 am, Mandarin: Various locations and distance. See Facebook page at www.facebook.com/pg/JaxSundayRun/posts/ NO Facebook account necessary

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: Paul Smith, smithfccj@hotmail.com, 982-3730

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, Tapestry Park: 1st Place Sports, Bottlenose Brewing, 3-6 miles. Contact: 620-9991

Thursday 6:30 pm, Springfield: Hyperion Brewery, 3-4 miles
Contact: Bill Dunn, wmdunn222@gmail.com

Friday 5:40 am, Mandarin: Beauclerc, Forest Circle, 7.5 miles. Contact: Paul Smith, smithfccj@hotmail.com, 982-3730

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.