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45 Years of Running
www.jtcrunning.com



THE
**STARTING
LINE**
NEWSLETTER

THE LAST GASP CROSS-COUNTRY

December 28, 2019

THE GO GREEN WINTER BEACH RUN

10 & 5-MILE RACES

January 25, 2020

The Starting Line

Letter from the Editor - Bob Fernee

In these days of divisiveness, wouldn't it be wonderful if two great track clubs got together and did something fabulous for everyone, runners and walkers alike? I am not saying that there is division between local track clubs, not at all, I was thinking more about our nation, but these clubs could come together for the common good. Now I will come to the point: The Bayard Trails, aka the John P. Hall Conservation area in Green Cove Springs near the Shands Bridge. This is a nice place to have a long, safe run in the great outdoors. It features trails and the mighty St. Johns River. You can unwind and go for miles in this protected area.

Trouble is, you could very easily get lost. The trails are very poorly marked and there are no maps to show where you are, where you want to be, or how you're going to get there. I was there last spring with Jay Birmingham; we were out to do a four-mile run and wound up doing more than eight. Without decent signage it was like the blind leading the blind. A joint venture between JTC Running and the Florida Striders Track Club could easily rectify the situation. It probably wouldn't cost that much, and they might even be able to rope in a corporate sponsor or the Clay county government to help cover the expense.

This is a magnificent plan, it would help all the walkers and runners who use the Bayard Trails and it would also encourage others to adopt a healthier lifestyle and get outdoors in a fine, enjoyable environment. Everyone can profit; the Bayard Trails are just a short drive for runners in Clay, Duval and St. Johns counties. I say let's do it and bring it to fruition in 2020.

We are now rapidly approaching the end of the year and for our club the end of the year is a very busy time. On December 1st we held our Guana Trails event that was really three events in one, a 50k ultra, a 2x25k team race and a 12k trail race. I am very sure that Race Director Mark Ryan did an expert job of planning and executing the event. I can say that because I know the sort of fellow he is. Thanks Mark.

On the 14th we celebrate the holiday season with our annual Christmas party at 1st Place Sports in San Marco Square. This is a free, come-one, come-all occasion that every member and their friends can enjoy. You could even run a 5k, The Festival of Lights, beforehand. The party gets underway at 6:30 PM. I am sure you'll like it.

Then, on Saturday, December 28, our cross-country 5k classic, The Last Gasp, blasts off on the campus of Jacksonville University. It is a double-header, as there is a free kids' one-mile fun run at 1:30 PM followed by the 5k at 2 o'clock.

For members this race is a "steal." Right now, you can register online for just seven dollars. Yes, that is not an error – 7 bucks. For that you not only get a fine cross-country 5k but a custom sweatshirt, and a whale of a post-race party that includes food and drink (soft drinks, beer and wine). The party, that takes place in the Francis Bartlett Kinne Center at JU, also serves as the awards presentation. Custom made running socks will be awarded to winners three-deep in the age groups. It all adds up to a wonderful afternoon's fun and games. You won't want to miss it. And you won't want to wait, because the \$7 entry is only good for advance online entries. If you wait until the day of the race you will pay 30 dollars. Don't do that! Enter now at JTCRunning.com or 1stplacesports.com

One of our regular contributors is finally revealed. In this issue I conduct an in-depth interview with runner/coach/writer Sean McCormack. We will all get the chance to find out what makes this fellow tick.

Another of our contributors is a man who just won't quit, or even slow down. Jay Birmingham recounts the history of Jacksonville's first two 24-hour runs in 1981 and 1982. He wore a younger man's clothes back then but that is the only difference for Jay just completed yet another 24-hour run in November. He's not a man, he's a running machine.

Jay never even gets injured, it's amazing. Physiotherapist Mark Baughman has written an informative column that tells you how you can avoid running injuries. We can't all be lucky like Jay, but we can heed Mark's advice and keep ourselves out of his healing office. (However, if you are injured and need help by all means go and see Mark.)

Our Summer Beach Run and Winter Beach Runs are the stuff of legend. Three legends went for a training run on the antique Summer Beach Run course recently and the tale is told inside. Don't forget our Winter Beach Run that takes place on January 25. The 10 and 5-mile event has a new wrinkle this time around. In association with the non-profit, Beaches Go Green, we will do everything possible to lessen the environmental impact. This is a great thing that we can all get behind. The amount of trash created by a race and several hundred people is quite staggering and now we are going to do something about it. You can enter the Go Green WBR on JTCRunning.com or 1stplacesports.com

The Starting Line

President's Letter - Larry Roberts

Greetings!

I have some interesting developments to update you on this month. Let's start with the Go Green Winter Beach Run. The Club has joined with the non-profit Beaches Go Green to take an ecological approach to our traditional winter five and ten-mile event. We will be demonstrating some ways to reduce the ecological impact of the race. For example, expect to see recyclable paper cups at the water stops in place of wax cups. We will have extra volunteers to collect them as you run by, hopefully without their hitting the sand first! Also, look for a clearly marked compost bin for your banana peel. And at the finish line, you will receive a very nice reusable aluminum water bottle! It's refillable at the six spigot "water monster" which enables us to avoid using plastic water bottles at the event.

The race instructions email will detail all the preparations so that you will be ready to help make this a truly great Green event! Our plan is to learn from this experience and transfer what works to other races. The Go Green Winter Beach Run takes place on Saturday, January 25. The 10 and 5-mile races start at 2 o'clock and there is a 1-mile Fun Run at 2:05. JTC Running active members receive a \$2 discount if registered by January 17, so enter now!

The Club's annual holiday social this year is on December 14 at 1st Place Sports San Marco store, at 6:30 pm after the Festival of Lights 5k. Bring a potential new member! We have a few of the JTC Running tree ornaments to sell for \$5. They make a great holiday gift. Get one before they are gone!

Looking for something different in holiday gifts this season? Check out the JTC Running merchandise store. We have long sleeve shirts, pullovers, sweatshirts, caps, and cinch packs that all make great gifts.

December 28 is the date of our traditional race, The Last Gasp, at Jacksonville University. The one-mile fun run is first at 1:30 pm followed by the 5k at 2 pm. Afterward, enjoy the awards ceremony and social. Member registration is just \$7. Sign up by December 15 to guarantee receiving the shirt.

Be sure to mark your calendar for the first meet of the Club's 2020 Track and Field Series, the winter meet at Bartram Trail High School on Saturday, January 18. The event list includes a 1600 meter for cross country types and all of you interested in a fast mile!

Registration is open for JTC Running's premier event, the 2020 Gate River Run. With portions of the Hart Bridge ramps coming down early next year the race will have a different starting line this time. Details and registration are at <https://gateriverrun15k.com/>. The Players Championship is the sponsor of the Runners Expo. Their golf tournament is the week following the Gate River Run, making a great 10 days of sport in Jacksonville.

EMERALD TRAIL UPDATE: Groundwork Jacksonville has added two distinguished members to its Board of Directors. Architect and community advocate Ennis Davis has been involved with the Emerald Trail from the beginning and is co-founder of and regular contributor to ModernCities.com and TheJaxsonMag.com. Former Jacksonville Mayor John Delaney (1995-2003) served as president of the University of North Florida for 15 years before joining Rogers Towers Law firm. Both will be effective in the development of the Emerald Trail.



The Starting Line
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New & Returning Members

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Paul	Geiger	Nancy	Shellhorn
Mark	Ghirardi	Julia	Silliman
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Gary	Harlow	Leah	Strommer
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Jasmine	Herazo	Bill	Thomas
Danielle	Herriott	Josue	Velazquez
Andrew	Hoffman	Annie	White
Lulzime	Hyseni		
Tom	Ivancik		
Justin	Johns		
Krysta	Johnston		
Robert	Jones		

Go Green Winter Beach Run

We all run for different reasons: to feel good, to prove something, to clear the mind, to exercise our hearts, to connect with nature. Races present the opportunity to do all of these things and more. They also present an opportunity to spread awareness and educate participants, spectators, and volunteers on how to make the world a better place just by making better choices! Starting in January, 2020, JTC Running & 1st Place Sports will be partnering with Beaches Go Green to make races more eco-friendly with changes starting with The Go Green Winter Beach Run 10 Mile & 5 Mile at The Jacksonville Beach Seawalk Pavilion on 1/25/20. Beaches Go Green is so excited about this new partnership and the ability to impact our community through these races.

Races produce an enormous amount of waste so with planning and better choices, we can greatly cut down on the waste produced at an event. For example, in 2017, the Boston Marathon went through about 62,000 disposable water bottles (each takes up to 450 yrs to breakup), 1.4 million water cups (non-recyclable), and 171,380 brochures. These and other disposables generated a whopping 10,000 bags of trash. That's a bag of trash per every three participants. [cabaus.org]. While our races may be smaller here in North Florida, we can make better choices to lessen our waste footprint.

There are numerous ways to make races more eco-friendly. We aim to start with education and awareness and then implement specific changes in the events. In the future, we may be asking you to make choices at our events to support our eco-friendly goals. Examples might be to replace single-use items with reusable ones and possibly opt out of reward items like medals or event t-shirts or day event asks like participating in recycling & composting. We hope that you will support us in the next phase of racing in Northeast Florida.

Beaches Go Green, a non-profit based out of Atlantic Beach, FL, aims to spread awareness and education about the waste that we produce and how it affects the environment, particularly the consumption of single use plastic. BGG's vision is that through awareness and education, people will make small "green" changes in their lives that add up to BIG things.

FUN FACT: Have you heard of "PLOGGING"? It is a combination of jogging and picking up litter that involves stretching, squatting & bending. It comes from the Swedish term "Plocka Upp." Plogging has become a popular activity in Sweden & other European countries. Perhaps you will want to try this with your running group some time!

Anne Marie Moquin

Beaches Go Green

Founder/Executive Director

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www.beachesgogreen.org

www.facebook.com/beachesgogreen

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[www.Linkedin.com/beachesgogreen](https://www.linkedin.com/beachesgogreen)

Ted Corbitt Receives Road Race Management Lifetime Achievement Award

Ted Corbitt is honored with the MarathonFoto/ Road Race Management Lifetime Achievement Award

Past Winners: 2018: Jacqueline Hansen 2017: Bill Roe 2016: Browning Ross 2015: Dave McGillivray 2014: Fred Lebow 2013: Don Kardong

Here's my acceptance speech on behalf of my father:

I've observed the work of Jeff Darman and Phil Stewart for over 40 years and I wish to take this opportunity to thank you both for your tireless work in being champion advocates towards bettering long distance running. You were leaders in our sport as it transitioned from amateur to professional. You do honor not only to my father's legacy but to the many other individuals who helped invent our sport during the 1950s and 1960s.

I'd like to raise up the name of some of these individuals who set a foundation for the successes the sport enjoys today. I'm limiting this list to people who primarily did their work in the 1950s and 1960s. These were grassroot organizers like Jeff and Phil

In the Mid-Atlantic region: Browning Ross, Ed & Pete League, Tom Osler, Dr. William Ruthrauff

In New England – Bob Campbell, Bill Marot, Jock Semple, Fred Brown, Wil Cloney, John Booras

In New York – Mr. Joseph Yancey & NYPC, John Sterner, Joe Kleinerman, Aldo Scandurra, Austin Scott, Kurt Steiner, Harry Murphy, Barry Geisler, Vincent Chiappetta

In Washington DC – Hugh Jascourt, Norman Brand, Dr. Gabe Mirkin, Gar Williams

In Midwest Region - Arne Richards, Hal Higdon, Ron Daws, Fred Wilt, Pat Lanin, Ken Young, John O'Neil, Ted Haydon

In West Coast Region - Robert DeCelle, Scott Hamilton, John Brennand

In United Kingdom – John Jewell

Our original running couples: Chris & Gordon McKenzie Ann & Nat Cirulnick Sara Mae & Larry Berman Lynn & Bob Carman

My first memory of the sport was at the 1956 Yonkers Marathon at age 5. By age 10 I could identify all the runners in the NY region and was aware of performances of the top road and the track and field athletes from reading Long Distance Log and Track & Field News.

During this era there were no women officially able to run in road races. One of my favorite topics in the running history research I conduct is the women pioneers. The ladies that preceded Bobbi, Kathrine, and Nina.

Names like Chris McKenzie, Grace Butcher, Lillian Greene-Chamberlain, the women who ran the historic 1960 Olympic trial 800 Meter race like Doris Brown and Judy Shapiro – Ikenberry, Billie Pat Daniels, Rose Lovelace, Louise Mead. The first women road runners like Julia Chase, Diane Lechause, Merry Leeper, Lyn Carman, and Sara Mae Berman. These pioneers paved the way for today's generation of women runners.

I'd like to leave you with some questions and challenges: What's your plan in preserving the

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history of your road race?

Have you interviewed the elders in your area – labeled pictures -scanned important documents and publications, kept scrapbooks? How about our sports leaders and running institutions begin developing a coordinated plan to properly preserve the running collections of historic figures and scholars?

On the issue of diversity in our sport: Could a coordinated diversity plan to increase participants from the various ethnic groups create a new running boom and at least flatten the participation declines we've witnessed in recent years?

I hope these are action steps you the leaders of our sport will begin to explore.

I want to share a quote from David Katz – someone who continues my father's legacy

in course measurement: "I believe Ted is the man who invented the sport of road racing. An activity is just play until you apply standards and rules."

My father was one of many who helped invent our sport.

My father could never have pulled off his overloaded schedule without the total support of my mother Ruth; 200 mile training weeks, New York Road Runner administrative and editorial newsletter work, national course measurement and standards committee work, and teaching physical therapy at New York area colleges.

January 31st of this year would have been my father's 100th Birthday. I'm honored to accept this Road Race Management Lifetime Achievement Award in his behalf.

Upcoming Events

JTC Running Presents
WINTER BEACH RUN
10 & 5 MILE RACES

SATURDAY, JANUARY 25, 2020

IN ASSOCIATION WITH BEACHES GO GREEN

Register now at JTCRunning.com or 1stplacesports.com

JTC Running's Cross-Country Classic
THE LAST GASP

ADVANCE (\$7) 5K, 2 PM;
(FREE) KIDS' 1-MILE, 1:30 PM

SATURDAY, DECEMBER 28

GENUINE XC ON THE JAX UNIV. CAMPUS
GREAT POST-RACE PARTY/AWARDS GALA

Enter at jtcrunning.com

Ring a Ding-Ding!

JTC RUNNING'S ANNUAL CHRISTMAS PARTY
SATURDAY, DECEMBER 14, 6:30 PM

1st Place Sports Store, San Marco
No Charge, So No Excuses

All Day, All Night

One of the pleasures of retirement (translation: no more paychecks) is the time to delve into boxes and folders of running past. This month, I discovered the results from Jacksonville's first 24-hour race, held January 24-25, 1981, at Jacksonville Episcopal High School.

Weather conditions were brisk: Temperatures varied from 45 to 25 degrees Fahrenheit. The track surface in 1981 was asphalt pavement. Ten runners, including three Episcopal students, competed.

First 24-Hour Run, January 24-25, 1981

1. Jay Birmingham, JTC 84 miles, 521 yards
2. Bob Reardean (18) 75 mi, 1315 yds
- tie Randy Barnett, JTC 75 mi, 1315 yds
4. John Hampton (66) 71 mi, 1100 yds
5. Rodney Smith, JTC 60 mi, 398 yds
6. Dan Stokes, JTC 60 mi
7. John Cole, JTC 43 mi, 1488 yds
8. Kathy Flaherty (16) 40 mi, 501 yds
9. Katie Wetherington (16) 37 mi, 952 yds
10. Jack Fosler, JTC 26 mi, 440 yds

A second 24-Hour Run was held on January 30-31, 1982 at the same location.

Ultramarathon standout Ray Krolewicz, came from Columbia, SC to compete. Runners from Miami and Gainesville, veterans of the 1981 National 100 km championship race in Miami, accepted our invitation also.

The results:

1. Ray Krolewicz (S.C.) 111 miles, 1608 yards
2. Ken Loveless, Miami 100 miles
3. Dave Mathis, Gainesville 94 mi, 269 yds
4. Jay Birmingham, JTC 85 mi, 880 yds
5. John Hampton, 67 80 mi, 440 yds
6. Bob Reardean, 19 70 mi
7. Eric Johnson (13) 55 mi
8. Mitch Palmquist, JTC 52 mi
9. Lydi Pallares, Miami 27 mi, 440 yds

Note the outstanding mileage covered by John Hampton (66 & 67 years old), and by Bob Reardean (18 and 19

Addendum: On November 9 and 10, 2019, the author covered 52.27 miles

A Classic Revisited, Another One Goes Green

Beach runs are a big thing for our track club. In the early 1970s The Jacksonville Track took over the organizing and execution of a five-mile summertime beach race that became known as the Summer Beach Run. It was highly successful, still is, and because of that another beach race was created. This one would take place during the winter and was titled, yes, you guessed it, the Winter Beach Run. Besides the change in seasons another obvious difference in the two was that the new Winter Beach Run was twice as long, ten miles. From the Sea Turtle Inn on 1st Street and Atlantic Blvd. in Atlantic Beach, the course would go five miles south to the St. Johns County line, turn around and run five miles back along the sand to the hotel. The Winter Beach Run debuted in 1975.

Later, the route of the Summer Beach Run was altered to an out-and-back course starting and finishing adjacent to the Lifeguard Tower in Jacksonville Beach. Only Oldtimers now would recall the original SBR course that was a long, straight shot from Hanna Park close to the Lifeguard Tower. It was this original course that three Oldtimers set out to rediscover on October 23rd.

The tough race course of years gone by is held in high regard by those who competed on it and shed their blood, sweat and tears. How would we view it now? There would be no thrill, no race against any clock or opponent, this was merely another training run. Or was it?

The three old geezers were club members Jay Birmingham, Rodney Smith and yours truly. Rodney ran 40 Summer Beach Runs in a row before exclaiming that he would never run another one. He never has. The challenges of the race have done in many a runner. The sun, heat and humidity are legendary, not to forget the sand.

Logistics were always a problem for the ancient

SBR. That in large part is why the course was changed. The start was in one place and the finish in another five miles away. We left Jay's vehicle in Jax Beach and drove north to Hanna Park in Rodney's. Looking out the window at the ever-changing beaches area, I thought to myself, "When the race increased to over a thousand runners it was a real nuisance for all of them to drive up the road and leave cars." I remembered also the delays and how many runners arrived late to the starting line.

The biggest field was during the early 1980s and was around 2,500 runners. Today the race normally numbers about 1,500 or so. For several years, the event was sponsored by the Gulf Life Insurance Company. I bet you've never heard of that one. The post-race party and awards ceremony was held inside the Flag Pavilion in Jacksonville Beach. It has been ages since that building was leveled.

Jay remembered that the start line was opposite to a cement pole in the ground. Club legend Lamar Strother would always locate the pole and the exact spot where the race should begin. Anyone who ever knew Lamar would say "that's very, very Lamar." On this morning we did not go in quest of the ancient pole. We made an estimate, a good guess, and took off from there. The tide was coming in, but we had a good two hours or more of firmly packed sand and a wide coastline. With only one week left of October we hoped for a nice cool day. In typical SBR fashion, the day was far warmer and muggier than expected. There was a bit of a headwind, noticeable in some places quite profoundly. Only a few people were on the beach, mostly walkers and fishermen, a handful of jogger types.

The beach was mainly ours and it was a fine moment to enjoy the fresh air, the beautiful water and the sound of the surf. We are truly fortunate to have a peaceful beach like this. It makes for a great

A Classic Revisited, Another One Goes Green

running venue and not many places can say they have anything like it. Since those early Summer Beach Runs the shoreline has changed some, a lot more houses dot the landscape. I wonder what it would be like to live in one of those seaside mansions. Too rich for my blood, I wouldn't even afford the insurance or the property tax. I'd be a nervous wreck every time a storm or hurricane reared its ugly head. California has fires, we have hurricanes, and both are bad news for houses. Turtle egg hatching sanctuaries pop up all along the five-mile route. Their homes are protected by environmentalists.

"When we get to the hotel that will be about half-way," Jay said as we set off. It looked a long way off. That's always the trouble with long, straight beach runs, obstacles in the distance appear closer than they are. And they seem to get no closer as you run.

Rodney and I recalled a beachside restaurant, Le Chateau, that was once a landmark along the course. One of our infamous Florida hurricanes took it many years ago. Looks like another famous Florida fixture, a block of condominiums, now stands in its place.

A female runner effortlessly glided past us. "We're old enough to be her grandfathers," I remarked, not sure if it would make us feel better or worse.

"That's just what I was telling myself," Rodney replied.

There was a time when very few women ever raced the Summer Beach Run and it would be quite a few years before any of them outran us in our hey days. Finish times in the 1960s, 70s, 80s and 90s were much faster than they are now. Winners routinely ran 25 or 26 minutes; age group awards were five-deep, and you had to break half an hour to get one. It was a difficult task; sub-30 minutes on beach sand, with temperatures close to 100 degrees, at 2 o'clock in the afternoon. That's right, it was decades before

the SBR became an evening race.

By the time Rodney and I arrived at the half-way hotel I was feeling the heat. The sun was beaming down and the slight northerly breeze wasn't doing much to cool us. It was time for me to take one of my unplanned Gallowalking breaks. After just a few strides, Rodney resumed his pace and I was left solo. Jay was a couple of hundred yards or so behind me.

A little while later I should have been able to see the Jacksonville Beach Lifeguard Tower in the distance, but I couldn't. These days the tower is obscured and dwarfed by tall buildings. For me, it diminishes the impact of the "final straight." It used to be such a landmark, the goal of all goals. Have these developers no respect? Easy answer there, absolutely not.

Finally, the home stretch. I ran beneath the Jacksonville Beach pier, complete with homeless guy who looked as though he needed to throw himself into the ocean for a good wash, and the tower was within easy reach. I was going to make it, and history, as far as I was concerned, would be written again. We had run the classic, historic Summer Beach Run course. Although there was no huge crowd applauding our finish, and our finish times were pathetic in comparison to those of years gone by, the same satisfaction and relief rewarded our endeavors. An invigorating plunge in the surf made us feel right as rain and a good 30 years younger. Well ...

The popularity of the SBR spawned another race, JTC Running's Winter Beach Run. An event that offers a 5-mile race and allows runners to double their fun with a 10-miler. This year's race will take place on Saturday, January 25. There is a modern twist to our old pal – it will be the first local race to Go Green. That's right, it will make every effort to be environmentally correct. No more throwaway junk. Partnering with the Atlantic Beach non-profit Beaches Go Green, this year's event will utilize

A Classic Revisited, Another One Goes Green

many environmentally friendly refinements. I think you'll like it. I think you'll like the race too. The 10 and 5-mile races begin at 2 o'clock and there is a 1-mile Fun Run that starts at 2:05 PM.

You can learn all about it and sign up to run, or walk, at JTCRunning.com or 1stplacesports.com. While you're at it you can also check out beachesgogreen.org

Risk of Injury with Running

It is no secret that runners get injured... a lot! It is commonly accepted among the research that 50% of runners sustain a running related injury for every year of training. There have been a multitude of studies that have attempted to figure out what risk factors contribute to running related injuries to modify them in order to limit injuries and keep people healthy and running.

Often, these risk factors are put into the categories of modifiable and non-modifiable risk factors. Examples of modifiable risk factors would be running more than 40 miles a week or increasing overall volume by more than 20% per week. Examples of non-modifiable risk factors would include things like a high arch, lower limb alignment and history of previous injury over the past year. As the name suggests, there is usually not much you can do about the non-modifiable risk factors.

However, I think there may be something that can be done to reduce the risk of injury in the future if you have the "non-modifiable" risk factor of having a previous injury over the past year.

I think one of the main reasons that a history of injury in the previous year leads to another injury is because of an incomplete healing or incomplete rehabilitation of the initial injury.

The fear of every injured runner is losing their fitness. It takes consistent months of training to achieve our fitness goals, and in a very short time those hard-earned gains can be lost. This frequently leads to runners returning to running too

fast. Although the pain may be gone, the injury may still be healing and overloading it again too quickly may lead to a return or exacerbation of the injury; this is frequently the case with stress fractures.

The opposite end of the spectrum may be true as well. There may be times that an appropriate amount of time has been taken off from running to allow an injury to resolve, but during that rest period the injured structure may have never gotten the strength back that is necessary to be able to return the full volume of running. This is often the case with tendinopathy injuries to the high hamstring and Achilles tendon. Although those tendons do need a period of rest, the natural course of a degenerative tendon is to become weaker and more disorganized. So, regardless of the rest, the tendon itself does not get stronger and more organized by just taking a period off from running. They need to be progressively loaded to be able to fully return to running without suffering another injury or exacerbation of the old injury.

Another common problem after sustaining an injury is that altered or compensatory movement patterns occur to protect the injured tissue. This is a normal and necessary part of the early stages of injury. However, there are frequently times that these altered movement patterns become the new normal. This can easily lead to other structures having abnormal load put on them causing break down of those tissues. One of the most common examples of this is when a runner has plantar fasciitis. The plantar fascia is part of the posterior

The Starting Line / Written by Mark Baughman
Risk of Injury with Running

chain of the leg and works with push off to propel the body forward during running. When the plantar fascia is pain-ful, the runner still needs to propel himself forward, so the body compensates by using the hamstrings more to do the job. Therefore, so many of you with plantar fasciitis develop high hamstring tendinopathies.

So how can you modify this “non-modifiable” risk factor? Make sure you get a thorough evaluation of your injury from a qualified healthcare provider. Also, make sure you go through the full rehabilitation plan for the initial injury.

That means staying with your healthcare provider and continuing with your home exercises even after the pain has resolved.

¹Boven AMP, Janssen GME, Vermeer HGW, et al. Occurrence of running injuries in adults following a supervised training program. *Int. J. Sports Med.* 1989; 10(Supp 3): S186Y90

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The Starting Line / Written by Jay Birmingham
Wide World of Running



CROSS COUNTRY, A 50-YEAR PERSPECTIVE

My high school in Ohio did not have the sport of cross country. No team in our athletic league did, either. All I had experienced was the pain of four laps of the cinder track. Knowing no one who ran past high school, I hung up my spikes in May 1963.

And then an epiphany . . .

Later that summer, I was jogging a few miles after my job at the Dayton Museum of Natural History and spied more than a dozen lean, fit high school boys, simply hammering up the steepest hill in Riverside Park. A few minutes later, they'd pop from the woods next to the Stillwater River, and up

they went again! I jogged over. Next time, I joined them as they bashed the hill twice more.

A curly-headed blonde guy and a tiny Italian guy waited at the top, cheering their teammates in. They were Chuck Veehorn and Pete Camarino, senior captains of Chaminade HS, the top cross-country team in the city.

"Nice job," they said to me. "Come back next week and run the time trial with us."

I did return and tried to match those young runners but they were simply so much fitter than I was, I was tenth guy to finish the two-mile course. My lungs had never burned like that before. No mile or half-mile race had exhausted me like that time trial. I loved it!

By summer's end, I'd joined Camarino in a couple of road races in Columbus, and ran his team's final practice, a 14-mile out-and-back along a 4-lane. I was no longer at the back.

That Labor Day, I ran my first real CC race, a 4-miler on a Cincinnati golf course. Each uphill staggered me, each downhill I'd recover a bit, and on the flat, I'd find my track tempo and try to catch someone. I left the venue having joined a group

Wide World of Running

of old runners called the Ohio Valley Track Club--all were post-collegians--and one guy was ancient: Don Wahle was 34!

I ran cross country with OVTC for five years. We never trained together, but would meet at a parking lot NE of Cincinnati, load into one or two cars, and compete in any collegiate or AAU meet that would allow us. Meanwhile, I organized and coached a team at my college from 1965-1967. We won exactly one meet in three seasons, but the Wilmington College team still exists. I'm in touch with two of my original six teammates.

My first teaching job--biology--included a request to coach track and field. I said I would and offered to start a cross country program. By the end of that season, Kenton High School placed second in the Western Buckeye Conference. Dr. Phillip Binkley and Professor Doug Roby were sophomores on that team in 1969 and we still correspond.

Cross-country has been an integral part of JTC Running (nee Jacksonville Track Club) since its 1975 inception. Coach Larry Monts hosted 4-mile "fun runs" at Florida Junior College's south campus and the competition was fierce. The cross-country

races moved to the north campus a few years later.

Meanwhile, Norman and Bob Fernee carved out a 5-miles-plus, two-lap course at Jacksonville University and held a race there near year's end, 1977. The Last Gasp has been contested every year since. Rodney Smith has competed 42 years in a row!

What is cross country's appeal? The grass, the dirt, the mud, the poor footing, the extreme anaerobic nature of being unable to maintain the smooth, even tempo of roads and track?

Many great runners cite the team aspect of cross country; you care about your teammates, you share their exhaustion, successes and failures.

The Last Gasp is "old home week" for many runners in the area. You can expect to see some old friends that you may not have seen for decades. If they are in town, they oft make their way to JU to walk, jog, race . . . or to simply cheer their running friends from the 1970s, 1980s, 1990s, 2000s.

I hope you'll make the pilgrimage to The Last Gasp in 2019.

Upcoming Events

JTC Running Presents
WINTER BEACH RUN
10 & 5 MILE RACES

SATURDAY, JANUARY 25, 2020

IN ASSOCIATION WITH BEACHES GO GREEN

Register now at JTCRunning.com or 1stplacesports.com

JTC Running's Cross-Country Classic
THE LAST GASP

ADVANCE (\$7) 5K, 2 PM;
(FREE) KIDS' 1-MILE, 1:30 PM

SATURDAY, DECEMBER 28

GENUINE XC ON THE JAX UNIV. CAMPUS
GREAT POST-RACE PARTY/AWARDS GALA

Enter at jtcrunning.com

Ring a Ding-Ding!

JTC RUNNING'S ANNUAL CHRISTMAS PARTY
SATURDAY, DECEMBER 14, 6:30 PM

1st Place Sports Store, San Marco
No Charge, So No Excuses

Fighting the Holiday Calories

Weight gain. It is an item that does not appear on many of our holiday shopping lists, but it is something that many of us still receive. Unlike the aggravating fruitcake, holiday weight gain is not something we can pass on to another unsuspecting person. Just the mere mention of the holiday season can induce a need to loosen the belt.

Some observational studies have shown that the average weight gain during the holidays is only about a pound. Statistics can be misleading so do not be falsely reassured by this low average weight gain. After all, if a billionaire walked into your living room, then on average, you would both be rich. The unfortunate truth for most people is that weight gained during the holiday season is typically not lost in the coming year. Over time, this weight gain becomes more of a significant health issue.

The holiday celebrations are synonymous with food so the opportunities for caloric splurges are quite frequent. A typical holiday meal of honey baked ham, mashed potatoes, cornbread and butter, salad, and cheesecake can top out at 1500 calories, and this does not even include beverages. A few of these meals over the course of a month and

that one pound average weight gain easily becomes plural. Research shows we will eat more food if it is placed in front of us, so at parties try to focus on the people and not the food.

A common holiday dining strategy that often backfires is ‘saving’ calories for the big event by skipping your meals beforehand. All this will do is lead to ravenous hunger and even poorer food choices as you try to eat anything that is not tied down. Instead, have small snacks earlier in the day so your appetite is nice, and not naughty. Rethink your drink as well. Calorie-laden beverages do not provide the same feelings of fullness as food, so choose only sugar-free drinks like unsweet tea, coffee or seltzer.

Lastly, savor your favorite holiday treats above all others. Food choices you can find at any time of the year, such as rolls or macaroni and cheese, should not crowd out those foods that only come around once or twice a year. If you do overindulge, try not to beat yourself up. Just make sure your next meal is healthier, and be sure to incorporate activity into your schedule. After all, time spent moving is typically time spent not eating.

Save the Dates

2020 GATE RIVER RUN TRAINING CLASS KICKOFF

January 8 at 6:15 pm at 1st Place sports San Marco.

Registration is open at <https://jtc.wildapricot.org/event-3641451>.

2020 TRACK SERIES WINTER MEET

January 18 at 8:00 am at Bartram High School.

Registration is open at <https://jtc.wildapricot.org/event-3632734>.

History is Woven into the Last Gasp

There are many, many reasons to run JTC Running's famous cross-country classic, The Last Gasp. For one thing, genuine cross-country in this town is scarce. What is "genuine" cross-country? The surface is what it should be: largely grass or whatever else mother nature has in place. That does not include asphalt or cement. Mother nature thought of stone mountains not concrete. Hills; hills are an important element of true cross-country. Of course, it is equally true that we live in a flat place and our idea of a hill has become bridges and bumps along a golf course. Yet, oddly enough, the venue of The Last Gasp, the Jacksonville University campus, has some hills. No, not like say, North Carolina, but still they are hills and they do take a bit of climbing. They make a big difference and help to give the feeling of genuine cross-country. Grass? Yes, there is plenty of that, especially near the St. Johns River on what used to be a nine-hole golf course. We can even throw in some jungle. Some of the course's northern area is very wild and jungle-like.

So, you see, for a five-kilometer course this race has it all. It also boasts the most useful and appreciated award of all (and no, it's not money, although I admit that nothing compares to cash). It is the iconic custom socks. Everybody loves them, and which runner outgrows his need for socks? After all, clothes dryers eat socks and you must keep that monster fed.

How did the sock award begin its historic journey?

I think it was me. In 2000 I became the race director of the defunct race in Black Creek known as The Ravines Run. The original race was the creation of the old Jacksonville Track Club sometime in the late 1970s. It dropped off but was brought back to life by 1st Place Sports years later. Then it fell by the wayside once again. It was a great race on a very uncommon venue, a golf course packed with grass and hills. I thought it was a good thing to return it to its former glory and roped JTC Running into agreeing. For five years it prospered until the owner decided to kill his own golf course and let it return to mother nature. It was a huge loss to our cross-country loving community. To be honest, the place was mired in sordid politics and ultimately everyone suffered.

Then again, as they say in Spain: "De algo malo, siempre viene algo Bueno." Or, as we would put it, something good always comes from something bad. Then again, now we have Donald Trump, and there is no explaining that.

I wanted to come up with a useful award that everyone would like and that would be affordable. The answer: Custom made socks with the race logo prominently displayed. Talk about an instant hit, those babies went number 1 faster than Usain Bolt. Made by DeFeet, the socks feature the race's name and logo. It's a combination of cute and function that is delectably irresistible. People race extra hard to win a pair of the famous socks of The Last Gasp.

Talk about racing hard, The Last Gasp used to be a race that local runners would never want to miss and some even "peaked" for it. My father and I created the race in December of 1977. Originally the race was a 5 ½-miler, then I shortened it to 5 ¼ miles. A couple of years later I thought it best to sort of standardize it and made it a 5-miler. No GPS in those days so I used a calibrated bicycle. It came out pretty close, I guess, anyway everyone had to run the same route and I didn't get any complaints. Close works for hand grenades, horseshoes, and cross-country, at least that's what I say.

Those early races were real eyeballs-out, lung-bursting affairs. The competition was cut-throat. I gave out special awards at the finish line to the top-20 overall. If you got one of those you exhibited, it with immense pride.

After 11 years as race director, I gave the race to the Jacksonville Track Club and board member Herb Taskett stood up to take on the duty. Herb is still doing it, and this will be his 32nd time as the race director. That makes him tied as the second-most long serving race director in Jacksonville. He is tied with Lamar Strother, our race director of the JTC Running track meet series. Only Gate River Run director Doug Alred has completed more.

Herb initiated another classic of The Last Gasp, the sweatshirt. Talk about proud, Herb is over the moon about his sweatshirt that all participants receive with their low-cost entry fee. It is, as he always reminds us, "advertisement free." Nope, no ads at all, just the race and track club logos.

I did mention the words low-cost entry fee, didn't I? As a club member you can enter The Last Gasp in advance, online for a scant seven dollars. Seven bucks? Yes, seven bucks. But don't procrastinate, it will cost you \$30 on race day. Oh, there is also a one-mile fun run for kids, and it is even cheaper – free.

So, enter online now at JTCRunning.com or 1stplacesports.com

Catching up to Sean McCormack

Bob Fernee: Let's go back to the beginning, how did you get started in running?

Sean McCormack: I started running in 1981 when I was 20 years old because we had to run 2 miles a day for fitness for college baseball. I was a freshman on the team and by the end of the year I was beating everyone. I realized I had some talent but unfortunately my college, Merrimack, was a small private school that had no track or cross country.

BF: Did you compete in high school cross-country and/or track?

SM: No, in high school I was a hockey and baseball player.

BF: Tell us about your college running career. Did you specialize in any distances?

SM: As I stated, I started for baseball with no team. I joined the Greater Lowell Road Runners and trained almost solely on my own. I started running more and more. The distance came easy. I remember running 11 miles per day. No speedwork, just ran how I felt. The first race I ever ran was the 1982 Greater Lowell Marathon where I ran 2:54 and I was very excited as I ran the second half much faster and finished strong.

BF: Once you left college, did you keep competing or did you take a break?

SM: I kept competing because I was getting stronger. I came south to Georgia Southern to pursue my MBA and really started to hit my stride. I was ineligible to compete as I used all my eligibility as an undergraduate, but I trained with the cross-country team and competed on my own.

BF: At some point you took up coaching, how did that come about?

SM: While I was at Georgia Southern and training with the team, the coach transferred out and I was offered the job. It was great as I had built up

rapport and credibility with both the men's and women's teams from training with the team daily. I think I did a good job but frankly I was still young and learning.

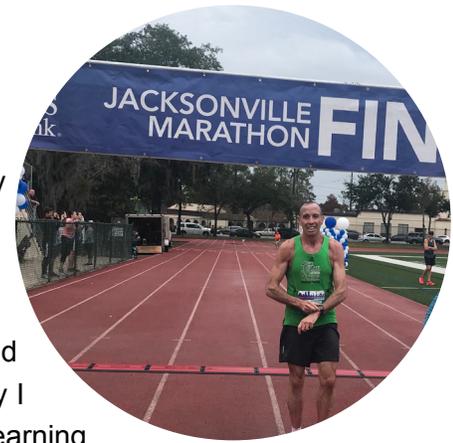
I know a lot more now than I did then.

BF: Where did you coach and for how long?

SM: Georgia Southern University for a year and a half while I was getting my MBA. Then, about 10 years ago I decided to become certified as a USTAF Coach. That allowed me to gain additional insights into my previous experiences competing and coaching, and I now believe I am a more complete coach. Now, I do select individual coaching for runners that wish to compete at high levels. I really enjoy looking at a runner as an individual when I coach. I think it is critical to figure out and understand each runner's strengths and then the customized coaching they need to optimize performance. I have come to understand that one size does not fit all. I love the challenge of finding the right training solutions that work for each.

BF: What do you consider were your biggest or favorite coaching accomplishments?

SM: I think while at Georgia Southern, both the men's and women's team finished 3rd in conference, and at the time we had no scholarships. Also, recently I coached an individual to a 43-minute PR at the Berlin Marathon in 2019, as well as a high school senior who improved his 3200 from 10:20 to 9:25. I really feel I have grown as a coach from never having one myself. Initially, I did many things wrong before I started to learn and figure things out. I mean, who is ever coached to run their first race as a marathon? Not smart... and unfortunately that was me. But at the time I knew nothing other than I loved to run. I wish I



Catching up to Sean McCormack

had the knowledge and guidance back then that I have today. I would have been faster for sure, but I still accomplished a lot as a runner and have no regrets. Watching and helping people reach their goals is still the best feeling in the world.

BF: Aside from your excellent coaching advice in *The Starting Line*, are you still coaching today?

SM: Yes. I just started coaching a freshman in high school that loves to run and is very motivated to get better. I know if I have the privilege to mentor him for the next three years, he will do really great things. I'm very excited to watch him develop.

BF: What would you say is your coaching philosophy?

SM: My cliché is "If you want to dance...you've got to pay the band." In other words, there are no shortcuts, especially in distance running. My philosophy is based on building strength...that's how you get faster. I believe strongly in reducing the recovery interval over a training program. Too often I see runners who rest way too long between quality repetitions. Many times, young runners want to see how fast they can run a 400. Then they fully recover and do it again. Instead, they should target a pace that is slower but still faster than race pace and work on reducing the recovery interval. That's the fun part, to figure out that sweet spot based on VO2Max. When I introduce this principle it's usually an eye opener on how difficult it is to finish the workout when they think it will be easy. Perhaps the reason is incomplete recovery is tough. You have to be mentally strong as well as fit to endure these workouts. I also believe in cross training with focused core strength and yoga programs. One of my biggest regrets when I was in my prime is that I did not pursue yoga. It is an ideal counter balance to the stresses of distance running.

BF: Did any coaches inspire you? If so, why?

SM: I think Bill Dellinger when he was at Oregon

and training athletes like Alberto Salazar. I remember at a talk I attended he was talking about the importance of interval training because, "no one is going to throw you a chair in the middle of a race."

BF: In your opinion, what is going wrong with distance running in this country? I mean, anyone can see that finish times are generally getting slower.

SM: Yes, there are far more people registering for races but the number of people running fast is significantly less. Just here in Jacksonville, winning times today would not get you in the top 15 back in the late 80's and early 90's. The issue is the intensity of the training. Its not anywhere close to where it used to be. I remember the 1983 Boston Marathon where at the time I ran my best to date at 2:24 and I finished 155th. That's not a misprint... .155th! But times have changed, and running has changed with the times. I think it's great more are participating at any level, but the dynamic is very different. There were so many running fast in the 80's and early to mid-90's. We pushed each other every day; 9-10-mile easy days, frequently finished well under 6-minute miles as training runs. And those were the easy days. We had a core group that met at 1st Place Sports every evening at 6 PM and we pushed each other hard. My weeks usually averaged 130 miles. It was intense, but it was a lot of fun.

BF: You suffered a serious injury some years ago that kept you out of running for quite a while. Would you tell us about it and how you overcame it?

SM: Basically, I had overly strengthened my deep abdominals (psoas) to the point that they were so hypercontracted, they became weak and extremely painful. I could hardly lift my legs after jogging a few miles. I saw a neuromuscular therapist who started to lengthen my abdominals with deep tissue release, and he told me to stop doing sit ups. As

Catching up to Sean McCormack

runners we naturally strengthen our abs based on our running posture. It's the same principle of people that work at a desk and computer all day. They are in poor posture and as a result their anterior scalenes in the neck area become shortened and hypercontracted causing tightness and fatigue in the shoulders and neck area. When I coach, I never advise sit ups but rather to do the opposite and arch over a large exercise ball. This helps keep the body symmetrical and in balance. The above injury took about six months to resolve.

I also tore my hamstring completely off the bone 8 years ago when I had turned 50. I had been running very well at age 49, just coming off a 51:21 Gate River Run 15k and a 33:51 10k but developed tendonitis and inflammation in my right hamstring. I know I initially irritated it coming downhill that last mile of the Gate River Run. I kept running on it throughout the year which was a mistake. Then on a winter ski trip, I slipped on a patch of ice and BAM, a complete tear. I didn't race again until two years ago and it still is weaker than my other leg. I've slowed down quite a bit since then, but father time is still undefeated.

BF: What are your favorite races and distances?

SM: The marathon is my best distance by far. I have 10 sub-2:30's and 3 sub-2:24's. My best is 2:22:10 run at my all-time favorite race...the Jacksonville Marathon. I love the course and have been fortunate to have three wins on the course. Of course, Boston is right up there too, as that is where I am from and its such a unique course. I also really love the 10-mile Winter Beach Run as my strength running is well suited for the beach.

BF: What are your thoughts on our local racing scene?

SM: We are so fortunate. How many running communities have what we have here in Jax? Over the years the number of races as increased but I always will have a fondness for the old standbys

... Gate River Run, Pies, Beaches, Marathon, Pumpkin Run, Ortega, Mandarin, Thanksgiving Half. I am forever grateful for everything Doug and Jane Alred have done to make this community top notch. They helped build something very special. When I moved here in the Navy in 1987, Doug gave me a place and a group to train with that kept me motivated and ascending as a runner, and I will never forget that. There are also so many dedicated people with JTC Running and the Florida Striders who have given their time and energy to the success of our running community. At this year's JTC Running awards banquet, I had the honor of having my picture taken with Lamar Strother, whose commitment to Jacksonville's running is legendary.

BF: What are you looking forward to with your running these days?

SM: Honestly, staying healthy and picking and choosing a race now and then. I travel every week, and it makes it challenging to do the quality of training I like to do to compete. I've become therefore a treadmill warrior many days. Still love the feeling of running but need to get smarter on what my body can handle. I raced quite a bit last year and I was more mentally exhausted than physically at the end of the year.

BF: Are you going to get a pair of those lightning fast Nike Zoom Vaporfly Elite racing flats and set the world on fire like you used to do?

SM: Funny...bought them last year for the Marathon!

BF: Is there anything else you would like to say?

SM: Yes, thank you for asking me these questions. I love to help people, so I would be delighted to answer any questions our readers have. Running helped give me confidence that I have taken with me in my professional and personal life. I truly get excited to see others succeed. Don't hesitate to reach out at seanmichaelmccormack@gmail.com



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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 6:30 pm, Baymeadows: Wicked Barley on Baymeadows. Close to 1st Place Sports, 3.5 and 5 mile routes. Enjoy great food and beer afterwards. (The Wicked Road Warriors). Steve Sassa (904) 860-0053

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.