

# THE STARTING LINE

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# Letter from the Editor: Bob Fernee

Wow! That was the year that was, 2011. Gone forever, so long pal. Admit it, you weren't so great in a lot of ways, were you? Then again, you could have been worse.

Let's look at you in a local running sort of way. You produced a very fine Gate River Run back in March. Thanks for the record number of runners in that world-class event. It gets better and better every year and 2012 promises to be the best one yet. Sorry, don't take that personally, 2011. It's just the way we work around here.

You were so kind to us on February 6th, the day of our John TenBroeck Memorial Winter Beach Run. We expected the worst conditions imaginable but it was such a nice day. Where were you? Oh, I see, watching the Super Bowl like everyone else. You can be sure we won't make that mistake again. Cost us a few runners, yes it did.

During the summer you nearly fried us in your relentless heat and suffocating humidity. But we muddled through; we always do, no thanks to you.

Hey, 2011, what's up with Track? Does no one care anymore about the noble oval? During your watch, our boy, Lamar Strother, retired from a gig as track meet series director after more than 30 years on the job. We gave the track meets over to the University of North Florida and head track coach, Mark Van Alstyne, did a superb job of organizing and executing the 4-meet series. The meets were great, but who knew? They were poorly attended; a problem that we will attack during your successor's reign, 2012. If we can't improve the situation, to be quite honest with you, his follow up, 2013, may notice that there are no public track meets in our fair city.

We can't go on paying for things that don't add up. Who do you think we are, the federal government?

Hey 2011, nice job on that club awards banquet back in June. It was a highly attended event, probably the highest we've ever seen. The new venue, Maggiano's Little Italy, was a real crowd-pleaser. It looks like we are going back there again in 2012. I can hardly wait.

Was there an ultra race held on the trails at the Guana Preserve during your tenure? If so, it was very quiet, more silent than the wind whistling

through the leaves of Guana's giant sycamore trees (ah, that was nice). Board member and Ultra runner, Mark Ryan, is out to change all that (no, he won't be cutting down the sycamores). As new race director of the event Mark plans to raise the attendance as well as the profile of the Ultra, just as he did last summer with his very fine Ultra seminar. Remember that one, 2011? People who missed it lost out on something really good. Good? That's an understatement, how could a personal appearance by Jay Birmingham, after some 30 years, be called merely good?

Along with the Guana Ultra, plans are also underway for a new Guana trail race, the Back To Nature 12k. Stay tuned to this newsletter for details.

Last summer our club pitched in to save cross-country in Duval County's public high schools and we sent a record number of kids to cross-country camp in North Carolina. Yes, 2011, we felt proud about that and justifiably so, I must say. It's part of the reason why we exist. I only wish we could get more youngsters running and make them club members to boot. Without them where is JTC Running's future?

We are grateful that you allowed us the Summer Beach Run without the frequent accompanying duress. It's already a hard run, so without any other hardships, well, pretty nice of you. Thanks for our great new sponsor of the event, Tijuana Flats. After Carrabba's Italian Grill had to drop out that was like manna from heaven. It was a great race and every one had a wonderful time I can tell you.

You provided a picture postcard sort of day on December 26th, for our cross-country race, The Last Gasp. Good move putting that annoying event, Christmas, one day earlier. Thanks, pal. Your predecessor, year 2010, gave us one of the coldest days in recorded history and even had the indecency to schedule a crucial home game for the Jacksonville Jaguars at the exact same time. (So glad to see the back of that guy.)

Our attendance returned; the new course was a big hit, especially the new bit called "The Jungle", and everyone had a great time. It was the 35th time The Last Gasp was run but for the first time we also held a kids' one-mile cross-country fun run. It too was a worthwhile success and one parent even commented: "This is a great way to introduce kids to cross-country." Nice, very nice, thanks 2011.

Thanks also to race director, Herb Taskett, for 24 years of loyal service to the event.

For JTC Running, 2011 was a very good year. So, 2012, you have a pretty hard act to follow. I think you can do it. Please be kind. Our Board of Directors will be pulling for you, as will all of our members, I'm sure.

Here's to a happy, safe and positive 2012!

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# PRESIDENT'S MESSAGE:

Greetings!

The Gate River Run will be held on Saturday, March 10 this year. It will be the 35th edition of our Club's premier event and I know Race Director Doug Alred has planned a truly remarkable experience for all participants. Please stop by the JTC Running booth at the Runner's Expo Thursday or Friday before the race and at the Club tent on the fairgrounds in front of the Expo Saturday before and after the race. We'll have refreshments and a bag check for your convenience.

This year I will attempt my 20th consecutive Gate River Run. It will be the fifth I've walked after running for fifteen years. Each one of these races has been memorable, but the one that stands out is my first run on Sunday, March 14, 1993. I woke up at 4:00 a.m. on Saturday the 13th, the original scheduled day of the race, to howling wind, blowing rain, broken trees and downed power lines. The huge storm impacted the entire East Coast and closed airports everywhere. The race was postponed one day to Sunday.

Sunday morning at 5:00 a.m. the temperature was twenty-eight degrees- cold for Jacksonville! The sky was absolutely clear but the wind had not let up. I arrived at the Coliseum to find that parking was NOT a problem- the turnout was considerably below the number registered. I had on everything warm I could find- sweat pants, hooded sweatshirt, stocking cap, and gloves!

Off we went dodging fallen trees all along the way. I recall a slight detour in San Marco due to a completely closed street. I really

enjoyed the initial five miles of my first ever 15k race, but the next two miles weren't as much fun. Then I came upon the Hart Bridge... the 35 mph wind head on at the top of the span brought me to a walk, but I recall the first of many breath-taking views of the river and city from the peak. Down the Hart and across the finish! My time was 90 minutes, 42 seconds- not great by any standard, but a PR for me, having just put my first Gate River Run in the books.

When I lace up on March 10 my walk time goal will be to best 150 minutes- not great even for a walker, but plenty of time to enjoy #20, recall the challenges of #1, and all the good memories of the eighteen in between.



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Accept The Ultimate Challenge  
**John TenBroeck Memorial Winter Beach Run**  
1:00 PM, Feb. 4th  
5 and 10-Mile Races, Jax Beach Seawalk Pavilion



# New/Renewing Members - Nov/Dec

Craig L. Alderman	Wayne E. Cooksey	Robert & Glad Hogan	William & Dot Mitchell	Carrie & Jack Reichardt
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Kerry & Rhonda Bentley	Amiee Cords	Monica & Javier Jimenez	Kathleen A. Murray	Lawrence & Ellen Sassa
Patty & Madeline Bost	Josh DeRienzis	Kathleen Kaye	Marie Niesse	Patricia & David Scott
Tina Bradford	Charles P. Desrosier &	Jennifer Keller	Helene O'Reilly	Robert J. Smith
Elizabeth Brannen	Pat McEvers	Edward L. Kelly	Ty & Diana Payne	Doug & June Tillett
Bill Carroll	Steve Dubberly	Stephanie Kloeckner	Norman Patton	Robert Utter
Giselle & Jeff Carson	James Elledge	Jeff Kopp	Joe Pelley	Brian & Barbara Vitsky
Susan & Buddy Chadwell	Arik Entin	Jenny & Timmy Lindley	Bambi A. Pennycuff	Harvey K. Warnock
Brian D. & Barbara Chappell	Tim Easterling	Erica Mack	Brooke & Jonathan Peters	Bill Weaver
Teri Chenot	John E. Funk	Dennis Malone	Andy Pettit	Richard D. White
Colleen Clarson	Jack Goldin	Kenneth E. Martin	Keith F. Post	Carrie Hurst Williams
Jane Ellyn Conner	Jason & Tracy Graham	Virgil & Teresa McInvale	Charles Powell	Steve Williams
Christine Connolly	Amanda Heck	Dawn Miles	Keith & Gayla Poythress	Kaci Wing
Joe Connolly	Paul Hibel	Ryan & Cathy Miller	Betsy Raiford	

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# The Runner's Guide to Manage Hamstring Strains

By Mike Ryan,PT,ATC,PES  
www.MikeRyanFitness.com

As a runner, we tend to take our hamstrings (“hammys”) for granted. Located on the back of the thighs, they are harder for us to see, therefore, they are often forgotten.

Now that we're comfortable admitting that we are a “long-distant runner”, we have a tendency to show little love towards those forgotten muscles behind our beloved quad muscles.....until the day we strain our hamstrings and our running career is never the same.

## The Role of Your Hammys

“Fast athletes” such as sprinters, basketball players and soccer players put more intense and explosive demands on their hamstrings than do distance runners. The hamstring muscles play an important role with aggressive acceleration and changing of direction, again more demanding for stop-and-go type sports.

Marathoner, 5K runner or weekend tennis player, if your hamstring muscles are overly tight or strained, both your athleticism and your performance will suffer. You depend upon your hamstrings every day so now it's time for you to get to know your hamstrings. If you think about it, you sit on your hammys every day yet they are probably as foreign to you as your iTunes agreement contract.

## Understanding Your Hamstrings

Your hamstrings are made up of three (3) muscles. All three muscles originate or start at the ischial tuberosity on the back underside of the pelvis. Two of them, the semitendinosus and the semimembranosus muscles, form the inner-back of the thigh and insert or attach just below the knee on the inner side of the tibia or shin bone.

The lateral or outer-back of the thigh is made up of the third hamstring known as the biceps femoris. This lone lateral hamstring attaches to the head of the smaller bone of the outer shin known as the fibula.

## The Function of the Hamstring Muscles

Keeping it simple, the hamstrings flex or bend the knee joint. In addition, the hamstrings slow the lower leg as it rapidly extends at the knee joint while running.

This function of the hamstrings is referred to as an eccentric or lengthening muscle contraction and is commonly referred to as the “negative phase” of a contraction.

The hammy also assists with additional functions such as hip extension and lower leg rotation. In summary, the hamstring muscles play a vital role in the function of the lower extremity for athletes in almost every sport.

## Not All Hamstring Strains are Created Equal Grading a Muscle Strain

**Grade 1:** Minor strain, minimal disruption of the muscle fibers, minimal time lost.

**Grade 2:** Moderate strain, some muscle tissue damage with a palpable location of injury, bleeding into the muscle with pain and swelling, typically out 1-4 weeks.

**Grade 3:** Severe strain, significant muscle tissue damage with a visual defect noted in the muscle belly or upper tendon, extensive bleeding, poor muscle strength, pain with walking, typically out 3-8 weeks.

## Sports Medicine Hamstring Tips

**Most Like it Hot** – Returning to high intensity running after a hamstring strain in cold weather is not easy. Cold weather running pants are a chronic hamstring's best friend. ICE, ICE & ICE your hammy after all workouts.

**Drown Your Hammys** - Dehydration is the secret x-factor for all soft tissue injuries. Staying well hydrated with plenty of fluids and Gatorade in any weather is a helpful for all athletes. Hydration is a key step for smart athletes wanting to keep their muscle functioning well while reducing their chance of an injury.

**Beware of the High Hammy** - A “high hammy” is a strain to the upper tendon of the hamstrings, just below the buttocks. This is a bad location for an injury. As I learned this the hard way my freshman year in college after slipping into a open door in the “spread eagle” position after running in an indoor track meet. The upper tendon is very dense and slow to heal.



# The Runner's Guide to Manage Hamstring Strains

**Have Patience on 5th Gear** – Upon returning to running, “stay out of 5th gear” for the first week. That top-end gear will return as you enhance your flexibility, strength & conditioning improve.

**Easy Into Your Stretching** - When I tell my Jag players with an acute hamstring strain to avoid all hamstring stretching on the involved (I never call it “bad”) side for the first 72 hours, they look at me crazy. It's normal to feel tightness in a recovering hamstring and have a strong urge to just stretch it out and they'll be fine. My No-Stretch-Plan for at least 3 days helps minimize muscle bleeding and protective spasms.

**Compression Rocks** - Freshly strained hamstrings need compression. Moderate pressure on the healing muscle and surrounding tissue minimizes the accumulation of inflammation and while it keeps the muscle warm.

## In the Homestretch...

The hamstrings are vitally important for the running athlete. An injured hamstring muscle or tendon is slow to heal and frustrating for both the athlete and their coach. Properly treating the hammys from the start will usually dictate whether you're toeing the starting line a couple of weeks later or playing cheerleader on the side of the road watching your friends have all the fun!

## The Last Gasp - Race Results

### THE LAST GASP RACE RESULTS

DEC. 26, 2011

HERBERT TASKETT, RACE DIRECTOR

#### MALE CHAMPION:

1. ALFONSO SOLANO 52 18:27

#### FEMALE CHAMPION:

3. DONNA GARCIA 43 19:16

#### MASTERS MALE CHAMPION:

2. DON PACKARD 45 19:14

#### MASTERS FEMALE CHAMPION:

28. ANNETTE SARGENT 53 23:07

#### TOP TEN MEN:

4. JASON ARNOLD	37	19:17
5. JOHN FUNK	34	19:39
6. JAMES CHERRY	18	19:53
7. JAMES CARDOZO	41	19:55
8. HAL GILBREATH	49	20:30
9. AARON BICKERT	15	20:32
10. MARK GRUBB	47	20:40
11. RON PORTER	50	20:48
12. KEITH POYTHRESS	48	21:29
13. CRAIG CARTWRIGHT	47	21:45

#### TOP FIVE WOMEN:

36. ROSIE CUBBEDGE	12	24:10
39. LEXI RILEY	12	24:23
54. HEATHER DAVENPORT	45	26:01
55. MERCEDES SMITH	45	26:16
57. CARINA RIBE FERNEE	32	26:39



# The Last Gasp - Race Results

## MALE 13-UNDER:

64. CHRISTIAN O'DONNELL 11 27:41

## MALE 14-19:

25. NICK ZART 15 23:02

32. SEAN SARGENT 17 23:22

34. JONATHAN McDOWN 19 23:46

35. ANDREW CUBBEDGE 16 24:01

42. ETHAN SMITH 14 24:32

89. MATTHEW TAYLOR 14 32:36

## MALE 20-24:

22. STEPHEN SARGENT 21 22:49

40. JORDAN BISHOP 24 24:24

45. STEFAN XAVIER 21 24:46

69. SCOTT SARGENT 23 28:19

## MALE 25-29:

19. CALEB WILSON 28 22:26

24. JOEL PERALES 25 23:01

## MALE 30-34:

21. DAN POWELL 34 22:41

43. TIM ROGERS 34 24:38

76. GEORGE FERNEE 32 29:38

## MALE 35-39:

37. THOMAS GAPINSKI 35 24:15

44. OLIN McARTHUR 37 24:39

72. BEN ROSE 35 28:43

100 KEN ANDINO 36 33:31

107 ERIC PAQUETTE 38 38:29

## MALE 40-44:

17. MATTHEW DiPAOLO 42 22:22

23. MIKE MARINO 43 22:53

26. RICHARD FANNIN 43 23:05

58. RICK CUBBEDGE 42 26:57

78. SAM ROSS 41 29:58

113. CHRIS SMITH 43 44:37

117. JEAN-PAUL CULIN 44 50:05

## MALE 45-49:

14. RAYMOND RAMOS 49 21:59

27. DEAN THERRIEN 46 23:06

29. BRYAN CICHON 45 23:08

30. RICHARD GARCIA 47 23:10

65. DAVE BOKROS 46 27:42

75. FRANZ LERCH 49 29:27

91. FOSTER HARPSTER 48 32:53

## MALE 50-54:

38. VICTOR CORRALES 53 24:21

46. ERIC TALLBACKA 54 24:49

47. GREY SARGENT 52 24:56

66. ERIC BUSH 52 27:45

79. CARL ZART 51 30:20

92. KEITH NELSON 52 32:54

## MALE 55-59:

16. TERRY SIKES 55 22:15

18 DAN HOLLOWAY 56 22:24

20. PAUL GEIGER 59 22:38

33. CHARLIE LECHNER 58 23:25

50. STEVE O'BRIEN 56 25:23

62. RODNEY SMITH 58 27:11

67. STEVE BRUCE 55 27:54

70. BRUCE ZEwicKE 56 28:25

87. GERRY TYBURSKI 56 31:47

106. EDWIN HICKS 55 37:22



# The Last Gasp - Race Results

## MALE 60-64:

15. BRUCE KRITZLER	63	22:08
41. PATRICK GAUGHAN	62	24:29
48. RON FERNEE	62	25:04
49. BOB FERNEE	61	25:22
51. RANDY PULLO	61	25:36
56. MARK RYAN	60	26:24
71. MARTIN WILKINSON	63	28:32
77. TONY KRONENBURG	61	29:49
97. JOHN THRUSH	61	33:16
102. BERNIE POWERS	61	34:55

## MALE 65-69:

53. FRANK FRAZIER	69	25:45
93. DOUG BARROWS	68	32:55

## MALE 70-74:

52. HUGH WILSON	71	25:38
114. GEORGE MOSELY	71	44:41

## MALE 75-79:

111. JIM HITE	77	44:16
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## MALE 80-OVER:

86. AUGUST LEONE	81	31:34
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## FEMALE 13-UNDER:

63. RHIANNON O'DONNELL	8	27:28
73. EMILY GILREATH	12	28:59
94. LESLIE LERCH	10	32:58
101. ANNA LERCH	10	34:26

## FEMALE 14-19:

61. ISABEL TORRES-PADIN	14	27:10
88. EMILY NELSON	15	32:22

## FEMALE 20-24: NO RUNNERS

## FEMALE 25-29: NO RUNNERS

## FEMALE 30-34:

59. MONICA LANDEROS-JIMENEZ	30	27:01
60. NICOLE ANDRESS	34	27:09
68. DAWN KOVAL	34	28:04

## FEMALE 35-39:

82. BARBARA GABAREE	39	30:35
96. LAURA KIRKLAND	35	33:15
98. ANNA HAEN	38	33:21
115. THERESA BRUNKE	38	45:33

## FEMALE 40-44:

83. MELISSA McCROSKY	42	30:42
84. KRISTAN WATSON	40	30:47
99. ANNALEE McPHILOMY	40	33:26
116. JACKI CULIN	40	49:29

## FEMALE 45-49:

90. SUSAN HAAG	45	32:50
95. MARGARET TYBURSKI	49	33:01

## FEMALE 50-54:

74. ANNE WOODHOUSE	50	29:01
80. KIM LUNDY	54	30:22
110. ANITA LERCH	54	42:42
112. SUSAN HARMS	52	44:19

## FEMALE 55-59:

81. SUSAN ROCHE	56	30:30
103. B. GOLDEN SIKES	55	35:08

## FEMALE 60-64:

85. OSRA HUTCHESON	63	30:52
104. DONNA RETTINI	60	35:34

## FEMALE 65-69:

105. PHEONA KAISER	69	37:20
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# The Last Gasp - Race Results

## FEMALE 70-74:

108.	JOYCE HODGES-HITE	74	38:31
109.	NANCY PULLO	70	39:53

## FEMALE 75-79: NO RUNNERS

## TEAMS:

### 1st: STRIDER TRAIL BUFFS

ALFONSO SOLANO	1
JASON ARNOLD	4
KEITH POYTHRESS	12
RAYMOND RAMOS	14
MIKE MARINO	23

### 2nd: SEA TURTLE

JOHN FUNK	5
MARK GRUBB	10
RON PORTER	11
CRAIG CARTWRIGHT	13
MATTHEW TAYLOR	89

### 3rd: TEAM FERNEE

STEPH XAVIER	45
RON FERNEE	48
BOB FERNEE	49
CARINA FERNEE	57
GEORGE FERNEE	76



## KIDS 1-MILE FUN RUN:

CHRISTIAN PERALES  
ANGELYSE PERALES  
AMELIA PACKARD  
JUAN BRUCE  
NORMAN FERNEE II  
WILLIAM HAEN  
RUTH ROSS  
CATHERINE HAEN  
CHARLOTTE O'DONNELL  
JAKE ROSS  
MADDIE ROSS  
CAMERON BUTLER  
CAMDEN MAPP  
MADDY CARDOZO



# The Last Gasp - Still Some Breathe Left



JTC Running's second-oldest race, The Last Gasp, was held on Monday, December 26th. It was the 35th running of this cross-country classic and the 24th year in a row that race director, Herb Taskett, did his usual fine job pulling off the event in his usual casual style.

Before the race began Taskett singled out harrier Rodney Smith, the only man to have run the race every year since it began in 1977. It was a poignant, well-deserved moment.

As always, the race began sharply at 2:00 PM on the ever-changing campus at Jacksonville University. What has always made this race unique is its course and the fact that it is a true cross-country run. There are hills, grass, trails, dirt and (occasionally) mud. Over the years the terrain has not altered but due to the never-ending construction the course has undergone quite a number of chops, changes and facelifts. This time around runners were treated to a new section we called "The Jungle" on the north side of the campus. Added to that a run up by the soccer fields meant less looping around the former golf course and more variation and excitement in other areas of the extensive campus.

Unlike last year, which was doubtless the coldest day in Jacksonville, this time the weather was absolutely superb. It felt like running with an air conditioner on and the sun was shining brilliantly. This may have affected the attendance, which was more than double that of 2010.

For the third time Alfonso Solano, now 52-years old, won

the race. His time of 18-minutes and 27 seconds beat Don Packard (45) by 47 seconds. In town for the race was Donna Garcia, better known locally as the former Episcopal High School star, Donna Combs, now 43. No doubt about it, she still has it and finished third overall in the fine time of 19:16.

As always, the top-ten men and top-five women were given awards and were then taken out of age-group award contention leaving lots of room for others to win age-group prizes. Annette Sargent (53) took the female Masters title in 23:07 and Don Packard won the men's Masters race in 19:14.

The Strider Trail Buffs won the team division. The squad included Alfonso Solano, Jason Arnold, Keith Poythress, Raymond Ramos and Mike Marino.

The Last Gasp may not have many runners on the day but it has a lot of fans. In a story I wrote for the last newsletter about the most popular races 10-miles and under, the Gasp was often selected and after this year's race several participants wrote in saying how much they liked it. Running legend, Bruce Kritzler, sent an email saying not only how much he enjoyed it but that it was his "favorite race of the year." Safe to say, that those who run it appreciate it.

For the first time The Last Gasp included something for the kids, a one-mile cross-country sampler. As race director I was more than happy with the results, 24 youngsters turned out for the event (and not all of them belonged to Richard Fannin). Kids got a t-shirt and ribbon in the free run. One parent commented: "This is a great way to introduce kids to cross-country." This was all we ever really wanted and convinces me that this should be a mainstay of The Last Gasp.

Thanks to all who helped out and all who participated. The Gasp will return next year. Its course may change somewhat but its flavor and personality will not.



Photos taken by Stewart Fernee



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San Marco



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Joint Replacement  
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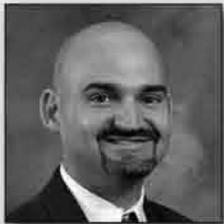
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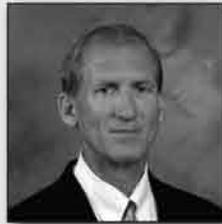
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## Office Locations

(Area code 904)

Baptist Beaches 241.1204  
Baptist South 880.1260  
Orange Park/Clay County 276.5776

Riverside 388.1400  
San Marco 346.3465  
University 739.3319

## Rehabilitation Centers

Baptist Beaches 247.3324  
Mandarin 288.9604  
North 757.2474  
Orange Park/Clay County 621.0396  
Point Meadows 564.9594

Riverside/Westside 389.8570  
San Marco 858.7045  
South 288.9491  
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### Exclusive Sports Medicine Provider





www.gate-riverrun.com

# GATE RIVER RUN 2012

March 10, 2012

8:30 AM • 15K & 5K

Jacksonville Sports Complex

**\*\*Official Race of the Running Journal Grand Prix\*\***



## SCHEDULE OF RACE DAY EVENTS

- » Top 25 Women Start ..... 8:24 AM
- » Gate River Run 15K..... 8:30 AM
- » FloridaTimes-Union 5K  
Run & Walk for Charity..... 8:30 AM
- » adidas Junior River Run..... 11:00 AM
- » JTC Diaper Dashes ..... 11:00 AM
- » Brooks Rehabilitation  
Challenge Mile ..... 10:15 AM

## ENTRY FEES

Walk-in entries will be accepted at any 1st Place Sports location during business hours until March 4th. After March 4th, you must sign up at the Runner's Expo on Thursday, March 8th or Friday, March 9th! Mail in entries to Gate River Run: 3931 Baymeadows Road, Jacksonville, FL 32217 until March 4th.

<b>ENTRY FEE STRUCTURE:</b>	<b>15K</b>	<b>5K</b>
Until January 31st	\$30.00	\$20.00
Feb. 1st - Feb. 28th	\$35.00	\$25.00
March 1st - March 4th	\$40.00	\$30.00
At Expo	\$45.00	\$35.00
13 and Under and 65+ (Until March 4th)	\$25.00	\$15.00

Jr. River Run & Diaper Dashes are free at all times!  
Brooks Rehabilitation Challenge Mile is \$10 at all times.

**\*\*SORRY! NO REFUNDS! \*\***  
**\*\*NO RACEDAY REGISTRATION!\*\***

### ENTRY DISCOUNTS:

- » Send in a receipt for a Gate Food Post convenience store gasoline purchase of 10 gallons or more and deduct \$1.00 off your entry (Limit one per entry).
- » \$2.00 discount to all active **JTC Running** members as of raceday.

## RACE FEATURES:

- » Technical Shirts for 15K Participants!
- » JumboTron at the Finish!
- » Scrolling Results on JumboTron at Fairgrounds!
- » Live Bands at Every Mile!
- » Huge Publix Post Race Celebration!
- » 120 Kegs of Beer!

- » Top 10% Finisher's Running Hats!
- » Medals to all 15K Finishers!
- » 5,000 Seeded Starting Positions!
- » \$82,000 in Prize Money!

## RUNNER'S EXPO

- » Thursday, March 8th ..... 11 AM-6 PM
- » Friday March 9th..... 11 AM-8 PM
- » Saturday March 10th..... 8:30 AM-Noon

## FREE RIVER RUN ENTRY

adidas, the official outfitter of the Gate River Run, is offering a free entry into the 15K. Purchase a pair of adidas shoes or merchandise (\$100.00 value) at any 1st Place Sports store starting **January 1st** and adidas will pay for your entry into the 15K. This offer is limited to the first 500 takers. You can make your purchase at any of the locations listed below:

- » 3931 Baymeadows Road, Jacksonville, 731-3676
- » 2016 San Marco Blvd., Jacksonville, 399-8880
- » 2186 Park Avenue, Orange Park, 264-3767
- » 424 South Third Street, Jax Beach, 270-2221
- » 4870 Big Island Drive, Town Center, 620-9991

## PACKET PICKUP AT THE EXPO

A three-day Runner's Expo will be held at the **Jacksonville Fairgrounds Expo Center, 510 Fairgrounds Place**, next to Everbank Field.

- All participants are required to pick up their race packet, Bib with Chip, & t-shirt at the expo on Thursday or Friday!
- We are using the **Bib/Tag Timing System** this year. The chip is attached to the back of your race number. Do not fold or bend your race number! This could damage the timing chip, which could result in your chip not recording your time. **NO PERSONAL CHIPS can be used!**
- Packets may be picked up for you, but the person requesting the packet has to sign a release form. **No Exceptions!**
- If you do not have or never got an email confirmation, you will have to come to the expo with an ID to pick up the packet.

### NON RESIDENTS:

If you live outside of Duval, Clay, Nassau, or St. Johns



# Name and Number, Please

By Gary Ledman

If you're dragging your feet about entering the Gate River Run, here's a good reason to sign up now: If you register by Feb. 15, your first name will be printed on your race bib. If you haven't worn your name before, you have no idea the boost you'll receive from having strangers yell for you along the way.

One year, long before such a feature was added – probably the late 1980s -- I found myself running the race with Glenn Greenspan, an occasional training partner and longtime associate from my sportswriting days and his as a publicist with Florida State who went on to work for the Jacksonville Bulls, the PGA Tour and eventually for Tiger Woods. As we went along, we passed untold numbers of people who recognized me and hollered out my name.

Some were fellow runners in the pack, some were watching or volunteering instead of running, others were co-workers or non-running friends. If I saw them before they saw me, I'd call out. Apparently, I drew attention from enough people who knew me through running and involvement in the club and from my previous lifetime as a sports writer that people running near us started to notice – and resent it -- after awhile.

Along about the time we turned back onto Atlantic Boulevard, after we finished passing through the neighborhoods and exchanged greetings with aid station volunteers, one of the young men of high school age who had been running in front of us much of the way looked over his shoulder and said to Glenn:

“Does he know everybody?”

“It seems like it,” Glenn replied, “doesn't it?”

I can remember laughing. It was flattering, if not a little embarrassing. Truly, I hadn't planned it: no strategic deployment of people conscripted to shout encouragement at various points along the course. If I remembered which year it was, I could make a more educated guess about

how much it helped. But I know it did.

My time would have been decent anyway, but these days, I need all the help I can get. And what I look forward to, as much as someone calling out my name, is knowing who and what I can count on seeing along the way: the fans, the bands, the volunteers. Father Fred and the other priests in front of Assumption Catholic Church. A co-worker and fellow church member sitting in front of his house on Nicholson Road, near the 10K mark. Shortly thereafter, around the time you might be figuratively dying and dreading the Hart Bridge ahead, over on the left is historic St. Nicholas Cemetery.

Alas, not everything remains the same over three decades of running the race. The turn from River Road onto River Oaks hasn't been the same since Tom and Janet Weaver moved back to Indiana a few years ago. Tom served as club president and also as the River Run race director for a year in the early days. Janet always stood at that corner and cheered for all the runners, especially the ones she knew.

After my mother moved to Jacksonville in the mid-'90s, and until she moved to assisted living in 2006, she would walk two blocks from her building to watch the race from near the aid station at San Marco and Nira/Children's Way. She passed away in 2009, and it was a relief last year when construction spared me from passing that intersection and noting the void.

Eerily, at a parallel point on the temporary detour, at Hendricks and Nira, an elderly woman sat atop her red rolling walker. She, too, had obviously made the effort to travel to that corner to watch the race. The coincidence was bittersweet.

The point is: Draw strength from any external force available to you. If all your friends and family are running the race, or choose to stay home and watch it, then sign up now, have your name on your number and you'll create your own fan club and your own home-course advantage. Your own external force.

# Todd Williams, Gate River Run Icon

Ever wondered what it would be like to stand on the front line of a huge, major race like the Gate River Run and say to yourself: “I believe I can win this thing”? In my wildest imaginings I have too, but not many have ever lived the dream and seen it come true.

Todd Williams has-5 times-and not only that but he did it in grand style, winning the race in the fastest time ever.

Catching up with Williams has never been easy whether he was racing or not and it still isn't. He works two jobs, one for a sports-oriented software company, SignMeUp.com, and the other for the brand he has run with for 20 years,

the official equipment sponsor of Gate River Run, adidas. Although he lives in Jacksonville's Julington Creek area with his wife, Stephanie and two daughters, Brooke and Bailee, he is often on a business trip to almost anywhere. I managed to conduct a telephone interview with the man who has come to symbolize the GRR like no other.

For almost a decade Todd Williams, now 42-years old, was America's premier runner in the 10,000-meters but how did it all begin?

“As a kid I was more interested in football than running but in the eighth grade I ran my first mile in 4 minutes and 54-seconds. In the ninth grade my football coach, who I still keep in touch with, advised me to pay more attention to



# Todd Williams, Gate River Run Icon



Todd Williams

running,” he said.

It was good advice and Williams ran 4:22 and 9:51 for one and two miles, respectively, as a ninth-grader. By the time he left the University of Tennessee he had lowered his 10,000 meters time to 28:18 and had run 13:41 for 5,000.

He never won an NCAA title but in 1991 he did even better than that, winning the US national cross-country title. It was to be only the beginning, as he went on to win four US 10,000-meters titles (and two Olympic Trials victories), collected four US #1 rankings at 10,000-meters, finished 10th in the 1992 Olympics, 7th in the 1993 World Championships and 9th in the 1995 World Championships. He won a second US cross-country championship in 1993 and in 1995, finished 9th in the World Cross-Country Championships. Though never considered a marathoner, Williams completed his debut marathon in 2:11:17.

Then there was the year 1995: Williams was 25-years old and physically everything came together. He was alone, out front in the Gate River Run and when he finished, his time, 42:22, was not only a course record but also a new American 15k record. It remains the 15k record even to this day.

He recalled: “I may have run 170 races in my career, but there were only a few of them where I felt really comfortable and confident, that was one of them.”

“They talk about ‘the zone’, when you are at your best. Well, I feel that my zone was from about 1991 through 1997, but in 1995 I was at the tip of the top zone,” he said.

His training had gone very well, he had run four minutes flat in an indoor mile and when he lined up for the '95 GRR he just knew: “I had no strategy in mind, other than to go out hard and fast and be in the front,” he recalled. On that day he was simply unbeatable.

1995 was good to him. He also set personal records in the 5,000m (13:19.5) and 10,000m (27:31.3).

He won the Gate River Run in 1994, 95, 96, 98 and 99. An

impressive spate of victories uneclipsed until Meb Keflezighi ran to victory six times from 2001 to 2004 and 2006 and 2007. But what happened to Williams in 1997?

“It was the time of the infamous stitch,” he said. “I couldn’t run more than five kilometers without this debilitating stitch in my side.”

“I was leading the race by 200 yards until about Bishop Kenny High School, then the stitch came on and the next thing I knew I was sitting on the sidewalk holding my side,” he remembered.

He couldn’t finish the race and far worse, he couldn’t end the terrible stitch.

“I went to every kind of doctor and physical therapist but they could never find out the source of the stitch,” Williams said.

It never left him and haunted him in every race and training run he did from 1997 on. Of course, he never let it stop him and he continued to run well, though not as fast. He won the 1998 GRR in 44:06, and did so again in 1998 in 43:59, not bad for a man with a knife-like pain in his side.

Williams is not a man to ever offer excuses. Looking back on the '97 GRR he said that he just got beat, simple as that.

Todd Williams retired from competition in 2003 and hasn’t looked back. I asked him if he ever watched a race and wished he were out there with his racing shoes on battling it out with the best of them.

No, I maxed out. I gave it my best. When I walked away, I knew I had given my best. That’s what I tell all the kids I meet. Don’t leave saying, ‘I could have been so much more.’ Give it everything you’ve got. You can drink beer later,” he said with a laugh.

I have gotten to know Todd as a sales rep for adidas and some of the things I have learned about him are his irrepressible humor, love of life and remarkable character. When he is in a room he owns it. He refers to his personality as “hyper” well ... let’s just say that he is certainly high-energy.

He has been involved with running from nearly every angle: Olympic athlete, sales rep, marketing manager and coach. He is still working for adidas, doing “grass roots” work at track meets, cross country races and running camps. Now he is branching out into television commentary (he covered the US Olympic Marathon Trials for one of the networks) and looks forward to what life has in store for him next.

He stays fit running about 15-miles a week but his main sport these days is Jujitsu. Due to his family and the two careers he has had to quit his other job on the side, coaching local runners.

He has some great ideas that we will very likely see sometime in the future. As these are still in the planning stage he prefers not to reveal anything at this time. However, you can be sure that you have not seen the last of Todd Williams, Gate River Run icon.



# Bikram "Hot" Yoga:

## The Perfect Complement to Running

Running is a sport both loved and suffered by many. Over time the constant impact and imperfections in stride will inevitably lead to compression of the spine, tightening of muscles and fascia and common knee, hip, and ankle injuries. Injuries can be frustrating and aggravating when they interrupt your training cycle. Even runners who stretch devotedly before and after a jog commonly stretch for 5-10 minutes. This may not allow for the proper lengthening of the target muscles or time to focus on each muscle group throughout the body. As the body ages this muscle tightening frequently gets worse.

To extend the life of your career as a runner and to add cross training to your running regimen, yoga is the perfect complement. Both activities though completely different in mechanics, require patience, discipline, concentration, dedication, perseverance and endurance. Yoga can improve your running :

- Fewer Injuries
- Greater Stamina
- Increased Flexibility
- Shorter Recovery
- Enhanced Mental Focus & Clarity

Rarely do you hear "running" and "healthy knees" in the same sentence. Bikram Yoga was created by Bikram Choudhury who suffered a weight-lifting accident during his youth in Calcutta, India. His knee was crushed and it was expected that he would not have the use of his leg anymore. Bikram's own yoga guru (teacher) coached Bikram through poses that would heal his knee and it worked, resulting in Bikram dedicating his life of service to his guru and to spreading the healing benefits of this yoga, a practice suitable for all people, no matter how old, sick, or broken.

Bikram yoga practitioners perform an intense 26-posture series in a room heated to about 105 degrees and 40-60 percent humidity. Bikram has said he incorporated the heat component both to replicate the climate of his native India and to facilitate the body's ability to stretch and cleanse itself through sweat. Physician and marathoner George Sheehan once said "Sweat cleanses from the inside. It comes from a place a shower will never reach."

Bikram Yoga works every muscle, joint, ligament, tendon, nerve, blood vessel and organ in the body. Chronic problems, like imperfection in striking of the foot, can be solved by realigning and maintaining flexibility in the hip. Running involves only flexion and extension, therefore over-developing two of six hip movements. Bikram Yoga addresses the full range of hip movements including adduction, abduction, internal rotation, and external rotation.

Running conditions the cardiovascular system. Bikram Yoga also provides a cardiovascular workout but not the same way as running. The exercises coupled with the

heat contribute most significantly to an increased heart rate, the increased blood flow causing you to sweat. Running Times" writer Scott Douglas compared the two exercises directly by wearing a heart-rate monitor for both exercises and noting his heart rate during each. The first 45 minutes of the yoga session made his heart beat at 115 beats per minute, or bpm, the same bpm he experiences during an easy run. The second 45 minutes sent his bpm to a high of 135 while the average was about 125 bpm, or the same as a more strenuous run. Douglas adds the only difference for him was that holding 26 poses in intense heat felt much harder than running!

According to Choudhury, many people only use up to 50 percent of their lung capacity and thus the lungs must be stretched in order to withstand holding more oxygen. In a 2007 interview, Choudhury stated that when one is practicing "pranayama" she or he will eventually be able to enhance oxygen conversion and absorption, as well as improve blood circulation.

A regular Bikram Yoga practice will also help to regulate weight. The amount of calories burned per session varies from person to person, but estimates range between 500 – 1250 depending on intensity of practice and other factors.

"Stronger, faster, injury-free" – these are words used by runners who have added Bikram Yoga to their training approach.

"I've been running for 15 years and was always looking for a sport to cross train. As a bit of a running snob I could never find one that gave that feeling of exertion and accomplishment that running has until I tried Bikram Yoga. It's the perfect complement to my running in that I get the same cardiovascular workout, "the sweat factor" but it is low/no impact and I get a workout on my core, balance, and posture through the 26 stretching exercises. The best part is that as my running tapers off, I can still do Bikram and not lose any of my conditioning. It's not your stereotypical yoga where there's chanting/meditation as I thought. It's a true workout for all types. That's the best part of the classes, they welcome all shapes, and sizes, beginners etc. just try one class. you'll get hooked!" – Sila

Jacksonville is home to a new Bikram Yoga studio centrally located in the northern part of Historic San Marco at 1225 Hendricks Avenue. Complete with showers and changing rooms for men and women, antibacterial flooring, and eco-friendly radiant heat, Radiance is staffed with certified Bikram Yoga instructors and has already hosted some of the areas star athletes. Classes are 7 days a week morning and evening.

Visit [www.radiancebikramyoga.com](http://www.radiancebikramyoga.com) for more information and complete class schedule.



# Beginning Marathon Training

## **BEGINNING MARATHON TRAINING MADE EASIER AND MORE PAIN FREE**

**By Gene Ulishney, B.S. HPE, LMT, C. Ped.**

So, you've just decided to run 500 miles or more. It's like running from Jacksonville to West Palm Beach and back - what an accomplishment! Some of you are doing it for the challenge and others for its weight loss, muscular, cardiovascular and/or stress relief health aspects. The best thing is, even if you are primarily focusing only on one, you still get all the rest. So, how can we help you to continue to achieve your goals and make running the base of your new healthy lifestyle?

The first thing you want to do is find a good coach or training program. There are many out there and based on your interests, your local running store will be the best resource to match you with one. Your coach will provide a plan that will get you to and through your first and subsequent marathons or half marathons. Depending on your current fitness level, your training may take anywhere from 3 to 6 months before that big day.

Secondly, while in your local running store, buy your most important piece of equipment – your running shoes. Here's where you have the best chance to get a pair matched to your foot shape and stability and fitness levels. These are all extremely important for your protection and comfort levels as you continue your training program. As a rule, especially when beginning, muscle pain is normal especially if you haven't exercised in a while. But, pay attention to pain in and around any joint. This is not normal, especially if it persists. Running should not cause these types of pains. Bottom line, if it does then there is a better running shoe out there for you. Go back to your running store with your current shoes to have them evaluated (as always)...and you, reevaluated. The best running stores can discuss your pain(s) and other issues such as blisters, numbness, etc., and then make a more educated recommendation based on your shoe wear and concerns. To help keep

you from becoming injured (something that requires you to stop running), all aches and pains during and after running should be mentioned. While being fitted with your new shoes, ask your sales person why he or she thinks they would be a better choice. Running shoes that are matched to you will give untold numbers of pain-free and "run happy" miles.

Lastly, there are a number of other protective and comfort-enhancing elements to running. The ever important foot support – something I recommend to everyone for both performance and injury prevention; comfortable, nicely padded, protective, wicking socks; synthetic-fiber, wicking apparel – no cotton; invaluable energy foods; leg compression sleeves for improved circulation, especially for recovery; and a sports watch or GPS watch (you can now get a good GPS for about \$100). Your running store can explain the benefits and guide you to which will be best for you. Most pain is not an inevitable consequence of running, so don't expect it.

**Don't Wait, Enter Now!**  
**Gate River Run, 35th Anniversary**  
15k, 5k, Junior River Run and Diaper Dash  
March 10, 2012



# "Going" on the Run

**By Monica Landeros-Jimenez**

I'll warn you off the bat that this is about the restroom and things runners do when there seems to be no restroom in sight on race day.

Using, or not using, the port-o-pottie on race day is something I think all runners can relate to. I've run 10 marathons or so over the past 9 years and runners who don't use the Port-O-Potty have been a constant in all of them.

Last month, I ran the Jacksonville Bank Marathon in 4:06:01, taking a quick break around Mile 12 to hop into a port-o-pottie. Something that is obvious during a lot of these races—not everyone uses the port-o-potties! Even during Jacksonville's marathon, and I'm not sure why, since there were plenty of portable toilets along the course with virtually no waiting time.

I understand there are those times when emergencies come up and a hop in the woods is a must, but I've seen some creative things over the past years when it comes to this topic. I'll say that the majority of runners I've seen skipping the port-o-potties are men—sorry guys! For the Jacksonville Bank Marathon, I did see runners (male and female) running off the path into nearby woods, out of sight, several times. But I'm embarrassed to point out that I saw some runners that did not get out of full view of other runners, or spectators. That being said, I have seen much worse!

At the Chicago Marathon it seems to be almost a tradition that less than one mile into the race, many male runners use the restroom in an underpass along Columbus Drive. It is a little shocking, but year after year, I have seen the line of runners' backs along that wall! I've also seen runners in this race relieving themselves on the backside of the port-o-pottie while other runners wait in line in front of it. Again, there seems to be no real good reason for this because the Chicago Marathon always has a lot of portable toilets.

Several years ago, I ran a marathon in Green Bay, Wisconsin that I think did not have enough restrooms. There were long lines of panting, sweaty, displeased runners at the port-o-potties along the course. However, there were runners that also relieved themselves on people's lawns and next to mailboxes. I have actually seen that at many marathons that pass through residential neighborhoods.

Whenever I see runners using people's lawns as restrooms during a race, I cringe. It makes me embarrassed for the race and for that homeowner, who might or might not even realize it. Two years ago during the Jacksonville Bank Marathon/Half Marathon, I saw something absolutely shocking. While running in a large stretch of runners, my friend and I saw a woman pull off Beauclerc Road just a few feet away from runners, drop her shorts, and "go!" The worst part was that it was in the early miles, only 6 or 7 miles in! We didn't hang around to see what happened afterwards, but we dubbed that phenomenon "The Beauclerc Pooper," and we hope to never see it again.

I guess the point of this article is not to gross people out, but to advise runners of all levels to have a game plan regarding bathroom stops going into a race. Look at the course map and figure out what bathrooms you need at certain miles. Eat the right things before race day and the morning of the race. As a runner, we are a reflection of the race and the city as we zip by in our perfect running outfit and labeled bib. I'm not sure what can be done about runners that insist using the restroom in places other than the restroom. I read an article a couple years ago about how the Boston Marathon was going to have people looking for these runners, write down bib numbers, and then mail chastising letters to the person wearing that bib number.

While I'm not saying race officials should spend time doing that, I do think runners can just make it a point to be more mindful of where they "go" on race day.

Accept The Ultimate Challenge  
**John TenBroeck Memorial Winter Beach Run**  
1:00 PM, Feb. 4th  
5 and 10-Mile Races, Jax Beach Seawalk Pavilion



# Kim Pawelek



Kim Pawelek

## By Trib La Prade

By the time you read this, Jacksonville resident Kim Pawelek will know if she'll be packing bags for the Olympic Marathon in the 2012 London Games. On January 14, the just turned 38 year old competed in her 4th in a row Olympic Marathon Trials, this time in Houston.

Kim Pawelek has been a running fixture in Jacksonville for the last decade. With this 4th Olympic Marathon Trials, she now logs 23 years of running - either sprints in her first years or distances for the majority. She grew up playing sports even prior to the 'official' running days, so technically she's been running for much longer. Her underlying love of being so physical is apparent and it undoubtedly contributes to her becoming one of the few elite level runners who lasts so long.

By her own admission, Olympic Team wise, she is a long shot to make the top three spots that earn a berth, but running a qualifying time in the 2010 Jacksonville Marathon to go to the Trials was unexpected. "That day started out as a 22 mile long run and I was thinking of just seeing how I felt at 20; I felt good and was on pace

for a qualifying time (for the Trials) - but I also knew I'd be running another marathon in a month if I didn't make the cut off". She actually had her training shoes stashed at the 20 mile point in anticipation of ditching the racing flats. But on that cold day, she settled in with a group, made adjustments as the group added and dropped runners, and finally solo kicked for the last 5K into the finish line at Bolles in 2:41:30. That time consists of 6:10 pace miles and slots her as the 70th fastest time at this 2012 Trials. Peeling 30 seconds off that mile pace gets her to the top five and a good shot, depending on what the reigning Distance Queens opt to do with the 5,000 and 10,000m. Clearly for Kim, the stars have to align, she needs to have a near perfect race, and she has to run out of her mind.

In the 2000 OT Kim had her best showing, running a 2:39:16 for a seventh place finish in Columbia, SC. That was the year the race temperatures hit the mid 70s, Alaskan Mom Christine Clark, who did most of her training on a treadmill and PRed by almost seven minutes, took top honors. See, crazy things do happen in the Trials. In 1999, Kim ran her all time best of 2:37:58, and her high finishing place at the OT got the then 26 year old pegged as a rising star in the US distance running community. She came a long way really fast. "I'd gained a lot too soon - for me. Coming out of college, I never thought I would have an agent, I didn't think I'd get signed by a shoe company, I didn't think I'd be running all over the United States and some parts of the world". She came on so fast that in 2000 she ended up tied for first in the USATF Grand Prix. The pressure she soon put upon herself trying to live up to that pegging was setting the stage for a long lull in her development. "Ninety nine, 2000, 2001 were fairly good to me, then after that, it went downhill and I don't know if it was burnout or injuries but I never got back to form again". The ensuing years were tough on her running career.

"I was inexperienced - the young side of me came out" she declares, "I had my training logs and I was doing the same workouts, same way, but I wasn't making progress" - so what does the inexperienced athlete do? More distance, more intervals, more of everything and with that comes injuries". She was being told she needed to change up her training but was also being deceived into thinking her way was right by occasionally having a good race - not a marathon in her case, but a good 10K or 13.1. Indeed, one can only do so much before something breaks. Kim was also transitioning away from her long time University of North Florida coach, Mark VanAlstyne and over to new guy on the scene, Keith Brantly.

To be continued next issue: Lull and Resurgence. And what develops a Kim Pawelek anyway?



# Something for Everyone: The Off-Road Challenge Series

Road, road, road, ever get sick of running on the road?

5k, 5k, 5k, ever get sick of running the 5k? Ever had the desire to do something different, something more exciting and adventurous? No, I'm not talking about one of those silly Mud "Runs". I mean the real thing, a serious race run on dear old Mother Earth.

Presenting (drum roll, please), the JTC Running Off-Road Challenge Series.

Okay, so the Board of Directors is going to kill me, or that is, us, because we have not even brought the idea up yet in one of our action-packed meetings. But if it is introduced this way they will have no choice but to roll with it, because they will see how great it is. And besides, if all those beleaguered Arabs can rise up and overthrow the likes of Muammar Gaddafi in the Arab Spring then just think what the JTCR Off-Roaders can do.

What is the JTCR Off-Road Challenge Series, who is behind it, and what does it mean to me? Good questions.

It is the amalgamation of five races that are different in length, type and terrain. How? Because our thing is, get off the road. Run on Mother Nature's ground. It's a grand prix of sorts because if you do all five races-and that's really the whole point, to get people to do all of them-you'll win special prizes. Furthermore, you'll be proud of yourself for making an endangered species, cross-country, live again.

## The five events are:

John TenBroeck Memorial Winter Beach Run 10-Mile

The Guana Preserve 50k Ultra or Guana Back to Nature 12k, trail runs

Tijuana Flats Summer Beach Run 5-Mile

The Blue Devil Cross-Country 5k

The Last Gasp Cross-Country 4-Mile

Five different soft-surface runs of five different lengths spread out over the year. Run all five and you'll hit pay dirt (dirt as yet to be determined).

The point? To introduce and/or encourage people to take

to the turf and trails, to (hopefully) perhaps increase the attendance in the aforementioned races and to create a little something else for our club and our club members.

In anticipation of your profound questions I have come up with the following:

"Another Grand Prix? We already have one and both of the beach runs are in it."

It's a mini-GP and it's a bit different. All the races are off-road. As the ORCS develops, and hopefully it will, then maybe the beach runs could be replaced for more hardcore trail or cross-country races. The thing is that we make it challenging, unusual, and of different lengths.

"What the devil is the Blue Devil Cross-Country race?"

Begun by Stanton High School coach and JTCR member, Rodney Smith, the Blue Devil (the school's team name) is a genuine cross-country run near the Kingsley Plantation. Funds raised from the event go to help out the school's cross-country team and they will continue to do so. We think we can raise the profile of this unique race and increase the turnout. Rodney is all for it.

"Expect me to run a 50k? That's for real nutters!"

The Ultra has a certain allure, but it only works on certain people. All the rest can run our brand new 12k, 7.5-miler, a distance well made for racing or a good, taxing training run on Mother Earth. Not your typical tarmac trounce, for sure. Both count in the Series.

"The Last Gasp was a 5.5-miler, then a 5-miler, then a 5k, now you say it's a 4-mile race, what's up with that?"

The Gasp has been and continues to be almost anything. The Gasp may go 4-mile or the Blue Devil will go 4-mile, the point is all races will be different lengths; we will see how things unfold.

"You talk of great, special prizes for those who complete all of the events, what prizes?"

I cannot at this time say what those prizes will be but you can be sure that if it is a JTC Running event those prizes will be spectacular and well worth having, just like the club itself.

Don't Wait, Enter Now!

Gate River Run, 35th Anniversary

15k, 5k, Junior River Run and Diaper Dash

March 10, 2012



**By Mark Ryan –  
JTCRunning Board Member and Ultra Runner**

Newton Shoes and Good Form Running

A brand of shoe you are seeing more and more these days is Newton, but they are not for everyone. 90% of runners are heel strikers; which means their heel is the first part of their foot to strike the ground. That is why most running shoes on the market today have a lot of cushioning in the heel area.

Newton shoes are specifically made for mid-foot (preferred) and fore-foot strikers. That is why you do not see more people wearing them, since only 10% of runners fit this category. In fact, if you are a heel striker Newton's will cause extra calf strain and could cause calf injuries or worse. I started using Newtons last year after I took the "Good Form Running" class at 1st Place Sports. Good Form Running was created by a man who was an Olympic runner, but had a lot of injuries. He was a heel striker and he discovered if you became a mid-foot striker injuries were greatly minimized. It has to do with the shock your body, especially your legs, absorbs every time your foot hits the ground. He discovered that with a mid-foot strike this shock is greatly reduced.

As it turns out, I was a heel striker, but didn't know it. I had a minimum of injuries over the years and didn't think much about it. However, in 2010 when I stepped up to ultras and increased my mileage I sustained two injuries that put me on the shelf. I got a stress fracture on my right tibia in May 2010 and stayed away from running for 12 weeks; that is when I began tri-training and continue it today. Then in early October of 2010 on a training run for the New York Marathon, my left arch seized up and I could not put any pressure on it. I discovered the next day at the doctor's office that I had bone spurs in my left arch and they caused the problem. I was depressed, but started physical therapy right away to get back on the road.

In a conversation with Doug Alred that week I was telling him of my maladies and he suggested I was probably a heel striker and I should take one of the "good form running" classes offered at 1st Place Sports. He thought

this could probably help me prevent injuries in the future. I had to wait a month, but in November 2010 I attended one of these free classes. The first thing they do is video everyone in the class running outside (about 15 in my class). Then you go inside to learn the nuances of "good form running" and the mid-foot strike. Doug taught our class and after a brief instruction and simulation told us we were all probably heel strikers. We then watched everybody on video and he was right; we were all heel strikers. We then went outside to practice this new technique and were urged by Doug to take the time to really learn it, which I did.

I took up running in 1975 and until that night I was a heel striker. Well, I practiced this technique for a month and in December of last year ran the Jacksonville Bank Marathon, my first marathon since April. Due to my injuries I had not run the proper training mileage, but ran the race anyway. I discovered this was much less stressful to my legs and I completed the marathon with no problem. The first thing I noticed when I woke up the next morning was that my knees were not sore, which was a common occurrence after every marathon. A week after that race I purchased my first pair of Newtons and have run in nothing else since.

Newtons are unique because the heel area is actually lower than the ball area (mid-foot) of the shoe. The mid-foot of the shoe is also rounded which promotes easier leg turnover which makes you more efficient when running. I'm sure there is a more scientific explanation, but all I can tell you is they work for me. I just ran my first 100 miler this past November wearing Newtons and have been injury free since I took the class.

Other brands, including Saucony and Brooks, have come out with a similar style of shoe recently, which indicates to me there must be something to it. So the next time you see someone running by with a pair of Newtons on you know they are a mid-foot striker.

I encourage anyone to attend one of these "good form running" classes at 1st Place Sports. They offer one class each month at each store. That is 5 free classes per month. You only need to attend one class, but if you want to attend it multiple times that is okay.

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**JTC Running Community Service at the Sulzbacher Center --  
Thanks to Our Cooks and Servers! And More Volunteer Opportunities!**

A big thank you to Coach JC Pinto and all those from the Wednesday morning Bolles track interval group who cooked and served dinner to the homeless at the Sulzbacher Center on November 23! The group cooked and served chicken, fresh fruit, and rice to over 300!

Our next dinner will be prepared in conjunction with 'Walk a Mile in Their Shoes,' the 8K run to benefit the Sulzbacher Center. We are seeking ~15 volunteers to cook and serve dinner for the homeless on Friday, February 17. Absolutely no experience needed! Just bring your positive energy and willing hands, as well as any gently used running shoes or new socks you would like to donate to Sulzbacher residents. Cooking shift is from 3:15pm-5:15pm; serving shift is from 5:30pm-7:00pm (you can select one or both shifts; all volunteers must be 12 years of age or older).

**Please contact Margaret Barton at 398-9119 or [mgbarton@bellsouth.net](mailto:mgbarton@bellsouth.net) to volunteer.**



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Designer: Amanda Mason

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No Exceptions!

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# WEEKLY TRAINING RUNS

Sunday, 6:30 a.m., **Atlantic Beach:** Atlantic Blvd. & 1st Street, 5-10 miles. Contact: Dot or Bill at 241-0331.

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

Sunday, 6:30 a.m., **Orange Park:** Sun Tire, 346, Blanding Blvd., 6-20 miles. Contact: Dave at 545-4538.

Sunday, 10 a.m., **Guana Reserve** (trail runs): Seasonal (Oct-Mar), 3-8 miles. Call for update. Contact: Craig at 424-9690.

Monday, 6:30 p.m., **Tapestry Park Location:** 9823 Tapestry Park Circle. Contact: Jacksonville Running Company at 379-7170.

Monday, 5:30 p.m., **South Bank Downtown:** River City Brewing Co., 2-6 miles (includes bridges). Contact: Danny at 287-5496.

Monday, 6:30 p.m., **Brooks YMCA:** All abilities welcome, mileage based on ability. Contact Jacksonville Running Company at 379-7170.

Tuesday, 5:45 a.m., **San Marco:** Southside Methodist Church, 5-6 Miles, 7-8:30pace. Contact: JC at 803-8758.

Tuesday, 6:30 p.m., **Ponte Vedra:** Sawgrass Village south lot, 3-6 miles (very social). Contact: Craig at 424-9690.

Tuesday, 6:30 p.m., **Lulu Lemon (Town Center):** All abilities welcome, mileage based on ability. Contact Jacksonville Running Company at 379-7170.

Wednesday, 5:30 a.m., **San Jose:** The Bolles School (JTC Running members) track intervals (all abilities). Contact JC at 803-8758.

Wednesday, 5:30 p.m., **San Jose:** The Bolles School (JTC Running members) track intervals (all abilities). Contact: Danny at 287-5496.

Wednesday, 6:15 p.m., **Avondale:** Boone Park tennis parking (JTC Running members), 4-6 miles. Contact: Doug at 728-3711.

Wednesday, 6:15 p.m., **UNF Track:** All abilities welcome, mileage based on ability. Contact Jacksonville Running Company at 379-7170.

Wednesday, 7 p.m., **Jacksonville Beach:** 20234 Av. South, 5+ miles (all abilities/social). Contact: Anita or Franz at 241-7199.

Wednesday, 6:30 p.m., **Jacksonville Running Company:** 13760 Old St. Augustine Road. Contact: Jacksonville Running Company at 268-0608

Thursday, 6:15 p.m., **Orange Park:** 1st Place Sports, 2186 Park Av., 3-6 miles, runners/walkers. Contact: Denise Metzgar at 264-3767.

Thursday, 6:30 p.m., **San Marco:** Corner of Largo/Naldo (JTC Running members), 4-7 miles. Contact: Doug at 728-3711.

Friday, 5:40 a.m., **Beauclerc, Mandarin:** Forest Cir., 7.5 miles. Contact: Stef at stefgriff@aol.com or 268-1503.

Visit [JTCRunning.com](http://JTCRunning.com) for more information.