

# THE STARTING LINE

July/August 2009

**AUGUST 22ND • 6:00 PM**



Photos by Shorelines, jacksonville.com

Vol 35, No. 4  
Issue 375

**JTC RUNNING**

[www.jtcrunning.com](http://www.jtcrunning.com)





Bob Fernee



Paul Nowicki and Colin Barker



Todd Williams and Bobby Allen Green



Awards Banquet at Mediterrania



Jim Donovan



Todd Williams and Michael Wallace

# CONTENTS

## FEATURES:

- 06** Summer Track Classic Results
- 12** Summer Beach Run
- 14** 2009 *JTC Running* Awards
- 15** Awards Banquet Recap
- 19** Night at the Sulzbacher

## DEPARTMENTS:

- 03** The Minutes
- 17** Coaches Corner
- 18** Meet...Margaret Barton
- 20** Regular Shott of Jo

## President's Message

Greetings Fellow *JTC Running* Members:

The long hot days of summer are upon us. Usually I spend a portion of my allotted space to tell you about my travels and the folks I meet on the road/trail along the way. Well, mid-July took me to South Texas on business where the low was in the upper 80's and the high was never below 105. So I admit that the broken tread mill in the Holiday Inn Express was the extent of my running for the week I was there. The good news is 92 degrees of Jacksonville in July is not so bad when you've been in South Texas for a week!

The summer has been busy thus far and will continue to be. Below are a few items I want to share plus upcoming events you'll want to take note of:

**River Run Management Agreement:** I'm pleased to announce that the club has reached a long term agreement with **Doug Alred** and 1st Place Sports to manage the River Run for the next five years. The board voted unanimously to enter into the agreement, assuring the integrity of the race and guaranteeing a professionally managed event for all participants and sponsors.

**New changes at The Bolles School track:** At the school's request, Doug Alred and I met with the leadership at Bolles in June to discuss the club members' usage of the track facilities. Paramount to the school is the safety and well being of the students and staff on campus. *JTC Running* shares this responsibility and, as those of you that workout at the track know, the club and school have agreed to new security procedures and a new facility schedule. The club is open to exploring other options for morning workouts and as of press time, several possibilities were in the works. Continue checking



the website for further developments.

**Awards Banquet:** On June 28, we held our annual awards banquet honoring the accomplishments and lifelong achievements of many of our club members. A complete list of the winners is included on our website. Congratulations to all that were honored and special thanks to the Social and Banquet Committee for hosting such a wonderful event.

**Mark Your Calendar:** July and August are busy months for *JTC Running*.

For those of you looking to take on a half-marathon, or two, or three, this fall, check out our training series starting July 21 and again led by **John Metzgar**. Details are available on the web site.

The Summer Beach Run is scheduled for August 22. This is a classic and this year you can finish, then catch the Jaguars on TV over a cold beverage at a local 'watering hole'.

***JTC Running*** night at the Sulzbacher Center is August 14. A special thanks to fellow board member **Margaret Barton** for organizing this important event on behalf of the club. Volunteers are always needed so please check out the details on the website and sign up today! You'll be glad you did.

As always, stay cool and see you on the road!

d

# JTC Running Board Of Directors

## **President**

David Hall (904) 346-3257  
Cell (971) 322-7862  
david.hall@fiserv.com

## **Vice President**

Larry Roberts (904) 731-4852  
Cell (904) 703-5451  
Larry\_Roberts@csx.com

## **Treasurer**

Bonnie Brooks (904) 262-2842  
Cell (904) 868-5479  
bontorun@clearwire.net

## **Secretary**

Douglas Tillett (904) 388-6139  
Cell (904) 728-3711  
doug.tillett@sunopticttech.com  
douglastillett@hotmail.com

**Doug Alred** (904) 731-0636  
Work (904) 731-1900  
firstplacesports@mindspring.com

**Jane Alred** (904) 731-0636  
Work (904) 731-1900  
janealred@firstplacesports.com

**Margaret Barton** (904) 398-9119  
mgbarton@bellsouth.net

**Richard Fannin** (904) 634-6061  
Cell (904) 662-3814  
richard\_fannin@ml.com

**Carol Fitzsimmons** (904) 886-4019  
Cell (904) 610-8962  
mandcfitz@comcast.net

**Mike Fitzsimmons** (904) 886-4019  
mandcfitz@comcast.net

**David Frank** (904) 662-0913  
frankgators@netzero.com

**Bobby Green** (904) 620-0737  
Cell (904) 625-0880  
bobbyg16@hotmail.com

**Trib La Prade** (904) 390-2737  
trib@bellsouth.net

**Sean McCormack** (904) 215-8861  
Cell (904) 434-6458  
smccormack@advancedbiohealing.com

**Mark Ryan** (904) 280-2383  
Work (904) 280-1555  
mark@sawgrassgrouprealty.com

**Larry Sassa** (904) 247-6575  
Cell (904) 699-0466  
lawrence.sassa@spcorp.com

**Jo Shott** (904) 731-5681  
Cell (904) 885-0178  
jowen71505@yahoo.com

**Owen Shott** (904) 731-5681  
Cell (904) 233-2483  
oshott@yahoo.com

**Lamar Strother** (904) 388-7860

**Jim Van Cleave** (904) 287-9826  
Cell (904) 359-3511  
jimvancleave@comcast.net

## **Member Logistics**

Rex Reed (904) 608-2087  
rmreed26@comcast.net

## Upcoming JTC Running Races

### » **JTC Running 5K Cross Country Series**

Saturday, August 15 – Bartram Trail, 8 a.m.

Saturday, August 29 – Bartram Trail, 8 a.m.

Friday, September 12 – The Bolles School, 6:30 p.m. (Devil Takes the Hind Most)

**These races are free and open to all ages!**

### » **Carrabba's Summer Beach Run (5 miles)**

Saturday, August 22 – Jacksonville Beach Seawalk Pavilion, 6 p.m.

For more information and other local racing opportunities, visit the **JTC Running** web site!

**www.jtcrunning.com**



# The Minutes

## JTC RUNNING BOARD OF DIRECTORS MEETING MINUTES

Tuesday, May 5, 2009

President **David Hall** called the meeting to order at 7:05 p.m. Directors **Richard Fannin**, **Trib LaPrade**, **Sean McCormack**, **Larry Roberts**, and **Larry Sassa** were absent. **Rex Reed**, Membership Coordinator, also attended the meeting.

**Approval of 4/7/09 minutes:** A motion by **Mark Ryan** to approve the minutes, seconded by **Owen Shott**, passed.

**TREASURER'S REPORT:** Treasurer **Bonnie Brooks** supplied copies of our P & L Detail and our Balance Sheet for review by the Board. She was asked if a report to compare expenses to budget was available. It is, and she will bring copies to the upcoming Finance Committee meeting.

### OLD BUSINESS:

- **1st Coast Kids Triathlon – Bobby Green** and **Owen Shott** attended the tri. Reports were that Saturday's packet pickup was well organized. The tri reached its cap of 500 athletes. The event itself went well. For our sponsorship, the **JTC Running** logo was prominent on signs on the course and other places. Organizers did an impressive job for a 1st time event.
- **Girls On The Run** – coming up on May 9 – **Carol Fitzsimmons** will be there as will **Bobby Green**, who will bring our tent and brochures.
- **1st Place Sports Contract for Race Management** – Update – **David Hall** reported that our Executive Committee had met with an attorney representing **JTC Running**, that a contract was being refined, and that our race director is waiting for us to finish our rewrite of the contract
- **Board Nomination Process** – The ad hoc

committee for improvements to the board nomination process had met but not reached an agreement. Committee Chair **Larry Roberts** would reconvene the ad hoc committee in the future. During further discussion, it was generally agreed by the board that nominees should know what we expect of them before they agree to run.

- **Tax Exempt Form – Lamar Strother** continues to work with a representative from the State of Florida to get us reestablished. He promises persistence in this regard.

### NEW BUSINESS:

- **Board Member Shirts – Jane Alred** is willing to do the job of procuring "board member" shirts so that our members will recognize board members at our events. **Bobby Green** made a motion, seconded by **Mark Ryan**, that we get new shirts for board members. The motion passed.
- **Annual Awards Banquet – Douglas Tillett** asked for a general board opinion on whether we should have our annual awards banquet this year, or whether we thought the event should be discontinued. The feeling seemed to be that it should continue, so **Doug Alred** made a motion, seconded by **Bobby Green**, that we scheduled the Awards Banquet for a date after June 13. The motion passed. The Banquet Committee agreed to arrange the date via email with the board so that it can be publicized in the next edition of The Starting Line.
- **New Board Meeting Location** – Even though we love the Pizza Palace, the Baymeadows location has become so popular that there is always a crowd and it is difficult for us to hear one another. **Jane Alred** agreed to investigate a new spot for us to try.

# Minutes Continued

- **RRCA Membership** – we got a message from RRCA letting us know that our membership lapsed as of January 1. We are working to get renewed immediately and will take steps to ensure that future messages from RRCA get to a board member regardless of the circumstances.

## COMMITTEE REPORTS:

**RACE COMMITTEE** – No report, but Committee Chair **Doug Alred** plans to hold a meeting in June.

**Gate River Run** – Race Director **Doug Alred** said the 2009 race is getting close to being wrapped up and the club's profit will be close to \$50K. Feedback that he has received indicates the sponsors are happy. The 2010 race will be on March 13 with an enlarged "seeded" area of 5,000 runners sequestered in 5 corrals. We anticipate the same start & finish area as 2009. Doug anticipates a final accounting of the race to be available at the next board meeting.

**Track Series – Meet on May 1** – **Lamar Strother** said the May 1 meet had 28 officials and that 145 runner numbers were given out. We had a bottleneck at the relay but the track series officials are working on a fix. The next meet will be on May 29.

**RITA CASH** – This is a **JTC Running** race, but Chuck of RITA handles most of the details. The race is on May 16. We plan to bring the **JTC Running** tent to the event for club exposure.

**Summer Beach Run** – This year's race will be on Saturday, August 22. Race Director **Doug Alred** is working on obtaining sponsorship for the race.

**CLASSES & CLINICS** – **Jane Alred** reported that the clinics that have been held at 1st Place Sports will break for the summer but she anticipates starting back up in September. The **JTC Running** "Coach Metzgar" training classes are also on break but a new class is being planned. In the meantime, both 1st Place Sports and Jacksonville Running Company have training groups operating that we should publicize to our members.

**COMMUNITY & PUBLIC RELATIONS** – **Margaret Barton** has been working on arranging **JTC Running** night at the Sulzbacher Center to feed the homeless. She had the event set up for Friday, August 7, but **Doug Alred** pointed out that is the start of the Tour de Pain. Margaret will replan for a different evening and pass the word with an eye toward getting notification in The Starting Line.

**FINANCE COMMITTEE** – **Bonnie Brooks**, Treasurer, reported that she would be away on vacation from Memorial Day for one week, so we should plan our financial needs accordingly. She will hold a Finance Committee meeting on Tuesday, May 12, at the Panera Bread on Hendricks. Our Financial Advisor, **Carolyn**, will be invited. So will representatives from the American Heart Association to present their partnering proposal to the committee for consideration.

**MERCHANDISE** – **Carol Fitzsimmons** reported one order to mail, but pointed out that the \$4 we charge no longer covers the price of the mailing envelope & postage and needs to go up to \$6. We should notify the newsletter and the webpage to please update the shipping charges to \$6.

**NEWSLETTER** – Committee chairman **David Frank** reminded us that the deadline is May 15. We want to make sure to include the banquet. There was general discussion on the recurring problem of the printed edition dropping the first letter of some words in some articles – David said he'd try to get to the cause of that situation.

**WEBSITE** – **Trib La Prade** was absent – no questions from the board for Trib.

**SOCIAL & BANQUET** – Now we're working on the banquet. Y'all come.

**VISION & PLANNING** – **Doug Alred**, Committee Chair, said the bridge is built and the bollards are in. Some holes in the ground need to be filled in.

**NEXT MEETING** will be Tuesday, June 2, 2009 at 7 p.m at a location to be determined.

The meeting was adjourned at 8:20 p.m.

**Douglas Tillet**, **JTC Running Secretary**, has respectfully written and submitted these minutes.

## New And Renewing Members May/June/July

John & Diane Aimone  
Robin Allison  
Dale Averitt  
Debra D. Billard  
Teneil Brinkman  
Ben Buck  
Dottie Cahill  
Edwin M. Clarke  
Robert Cox  
Elaine Davis  
Bess Ebbinghouse  
C. Davis Ely

Wayne L. Ezell  
Rhonda Fosser  
John Giorgianni  
Brian King  
Gary Ledman  
Kathy Lussier  
Jerry Miller  
Walt Mitchell  
Otto Strong Monroe  
Shannon Morrissey  
Steve O'Brien  
Martha Padgett

Wilford E. Paulk  
Kathy Prosser  
Donna Rettini  
Larry Roberts  
Henry Seng  
Karl Stupski  
Dana Summey  
Herb Taskett  
Jan Taylor  
William Tomlinson  
Lupita L. Trujillo-Thiema  
Rita K. Tweed

## Discounts to *JTC Running* Members

Merchants offering a 10% discount to **JTC Running** members ONLY (Valid card carrying member, does not include family members unless those family members possess a valid membership card). Proper **JTC Running** membership card is required at time of purchase, not to be used with any other discounts. Certain items may not be subject to discount.

### 1st Place Sports

- 3931 Baymeadows Rd  
Jacksonville, FL  
904-731-3676
- 424 Third Street South  
Jacksonville Beach, FL  
904-270-2221
- 2016 San Marco Blvd.  
Jacksonville, FL  
904-399-8880
- 2186 Park Avenue  
Orange Park, FL  
904-264-3767

### The Trek Bicycle Store

- 1313 Beach Blvd.  
Jacksonville Beach, FL  
904-246-4433

### Trek Store of Jacksonville

- 9965 San Jose Blvd.  
Jacksonville, FL  
904-880-7227

### Bruester's Ice Cream

- 12224 Atlantic Blvd.  
Jacksonville, FL  
904-221-1441
- 11701 San Jose Blvd.  
Jacksonville, FL  
904-886-1995

### Champion Cycling

- 1025 Arlington Road  
Jacksonville, FL  
904-724-4922
- 11447 San Jose Blvd.  
Jacksonville, FL  
904-262-5744
- 1303 Third Street North  
Jacksonville, FL  
904-241-0900

### Jacksonville Running Company

- 9823 Tapestry Pk Cir., Suite #4  
Jacksonville, FL  
904-379-7170

### MAX MUSCLE, Sports Nutrition

- 13475 Atlantic Blvd., Suite #37  
Jacksonville, FL  
904-220-2833

### Open Road Bicycles

- 4460 Hendricks Avenue  
Jacksonville, FL  
904-636-7772
- 3544 St. Johns Avenue  
Jacksonville, FL  
904-388-9066
- 1560 Business Center Drive  
Orange Park, FL  
904-541-1816
- 2220 CR-210 West, #303  
St. Johns, FL  
904-819-0422

# SUMMER TRACK CLASSIC RESULTS

**JTC Running** Summer Track Classic - 7/25/2009

1st Place Timing and Data

Name	Age	Team	Finals	H#
------	-----	------	--------	----

## Girls 6-8 50 Meter Dash

Finals

1	614	Robinson, Daysha	8	Unattached	8.28	2
2	667	Reneau, Chloe	6	Unattached	12.02	2

## Girls 1-5 100 Meter Dash

1	671	Kimberly, Isabel	5	Unattached	15.67
---	-----	------------------	---	------------	-------

## Girls 6-8 100 Meter Dash

1	614	Robinson, Daysha	8	Unattached	15.67
3	668	Wilkerson, Lauren	7	Unattached	17.68
4	707	Kai'lyn, Kirkland	7	Unattached	17.90
5	708	Kirkland, Kendzall	8	Unattached	18.12

## Women 11-13 100 Meter Dash

1	136	Lee, Czdari	13	Unattached	13.58
2	681	Turner, Megan	12	Unattached	14.79
3	683	Brown, Leatha	12	Unattached	16.23
5	682	Turner, Morgan	12	Unattached	18.30

## Women 14-17 100 Meter Dash

1	706	Smith, Tyler	17	Unattached	12.37	2
2	561	Williams, Shakira	17	Unattached	12.61	2
3	3	Alexander, Tyresha	15	Unattached	12.95	1
4	692	Hodges, Brittany	17	Unattached	13.06	2
5	187	Sapp, Terrica	14	Unattached	13.34	1
6	556	Williams, Brittney	17	Unattached	13.57	2
7	504	Bunnewith, Sarah	15	Unattached	14.78	2

## Women 18-29 100 Meter Dash

1	677	Todd, Tralanda	18	Unattached	12.91	2
2	662	Zakoske, Amanda	18	Unattached	13.51	2

## Women 50-59 100 Meter Dash

1	716	Truchelet, Joan	59	Unattached	19.44	2
---	-----	-----------------	----	------------	-------	---

## Women 60+ 100 Meter Dash

4	17	Brooks, Kamiyah	9	Unattached	16.30
---	----	-----------------	---	------------	-------

## Women 13&U 200 Meter Dash

1	136	Lee, Czdari	13	Unattached	26.02	2
2	28	Chatman, Avery	13	Unattached	26.34	2
3	17	Brooks, Kamiyah	9	Unattached	32.84	1
4	614	Robinson, Daysha	8	Unattached	33.93	1
5	707	Kai'lyn, Kirkland	7	Unattached	37.77	1
6	49	Davis, Cali	7	Unattached	38.11	1
7	708	Kirkland, Kendall	8	Unattached	38.16	1
8	682	Turner, Morgan	12	Unattached	38.17	1
9	668	Wilkerson, Lauren	7	Unattached	39.50	1

## Women 14-17 200 Meter Dash

1	545	Walker, Courtney	16	Unattached	25.78	2
2	2	Alderman, Shayla	16	Unattached	26.78	2
3	3	Alexander, Tyresha	15	Unattached	27.49	3
4	692	Hodges, Brittany	17	Unattached	27.61	2
5	556	Williams, Brittney	17	Unattached	28.05	3
6	514	Stockton, Ariel	16	Unattached	28.49	2
7	198	Pollard, Quiyana	16	Unattached	29.16	3

## Women 50-59 200 Meter Dash

1	716	Truchelet, Joan	59	Unattached	43.42	3
---	-----	-----------------	----	------------	-------	---

## Women 13&U 400 Meter Dash

1	28	Chatman, Avery	13	Unattached	1:04.69	1
2	698	Solomom, Larcia	11	Unattached	1:09.61	2
3	17	Brooks, Kamiyah	9	Unattached	1:21.24	2
4	668	Wilkerson, Lauren	7	Unattached	1:25.02	1
5	707	Kai'lyn, Kirkland	7	Unattached	1:26.44	2
6	708	Kirkland, Kendall	8	Unattached	1:29.82	1
7	49	Davis, Cali	7	Unattached	1:32.12	1

## Women 14-17 400 Meter Dash

1	81	Gray, Keana	16	Unattached	58.90	2
2	87	Guevara, Marilyn	14	Unattached	1:08.22	2
3	198	Pollard, Quiyana	16	Unattached	1:08.82	2



### Women 13&U 800 Meter Dash

1 698 Solomom, Larcia 11 Unattached 2:36.56

---

### Women 14-17 800 Meter Dash

1 695 Barbour, Kristen 14 Unattached 2:45.09

---

### Women 11-13 1 Mile Run

1 698 Solomom, Larcia 11 Unattached 5:43.21

---

### Women 14-17 1 Mile Run

2 695 Barbour, Kristen 14 Unattached 6:00.48  
3 674 Porter, Iesha 17 Unattached 6:37.18

---

### Women 14-17 2 Mile Run

1 674 Porter, Iesha 17 Unattached 14:42.92

---

Team

Finals

### Women 14-29 4x100 Meter Relay

1 Unattached 'A' 48.01 Dominion A  
1) 677 Todd, Tralanda 18 2) 561 Williams, Shakira 17  
3) 73 Frasier, Brania 17 4) 706 Smith, Tyler 17  
2 Unattached 'B' 48.95 Dominion B  
1) 187 Sapp, Terrica 14 2) 2 Alderman, Shayla 16  
3) 81 Gray, Keana 16 4) 545 Walker, Courtney 16  
3 Unattached 'C' 50.06 Dominion C  
1) 194 Silas, Letitia 32 2) 692 Hodges, Brittany 17  
3) 514 Stockton, Ariel 16 4)

---

### Women 30+ 4x100 Meter Relay

1 Unattached 'A' 48.01 Dominion A  
1) 677 Todd, Tralanda 18 2) 561 Williams, Shakira 17  
3) 73 Frasier, Brania 17 4) 706 Smith, Tyler 17  
2 Unattached 'B' 48.95 Dominion B  
1) 187 Sapp, Terrica 14 2) 2 Alderman, Shayla 16  
3) 81 Gray, Keana 16 4) 545 Walker, Courtney 16  
3 Unattached 'C' 50.06 Dominion C  
1) 194 Silas, Letitia 32 2) 692 Hodges, Brittany 17  
3) 514 Stockton, Ariel 16 4)

---

### Women 14-29 4x400 Meter Relay

1 Unattached 'A' 3:58.34 Dominion A  
1) 561 Williams, Shakira 17 2) 194 Silas, Letitia 32  
3) 706 Smith, Tyler 17 4) 73 Frasier, Brania 17  
2 Unattached 'B' 4:25.90 Dominion B  
1) 187 Sapp, Terrica 14 2) 3 Alexander, Tyresha 15  
3) 81 Gray, Keana 16 4) 545 Walker, Courtney 16

---

### Women 30+ 4x400 Meter Relay

1 Unattached 'A' 3:58.34 Dominion A  
1) 561 Williams, Shakira 17 2) 194 Silas, Letitia 32  
3) 706 Smith, Tyler 17 4) 73 Frasier, Brania 17  
2 Unattached 'B' 4:25.90 Dominion B  
1) 187 Sapp, Terrica 14 2) 3 Alexander, Tyresha 15  
3) 81 Gray, Keana 16 4) 545 Walker, Courtney 16

---

### Women 13&U Pole Vault

- 512 Stevens, Katerina 13 Unattached NH

---

### Women 14-17 Pole Vault

1 663 Shirley, Paige 17 Unattached 10-06.00  
1 505 Rogers, Julia 15 Unattached 9-00.00  
1 646 Hinkeldey, Anna 15 Unattached 9-00.00  
2 660 Anderson, Alina 14 Unattached 9-00.00  
3 644 Lee, Morgan 16 Unattached 7-06.00  
4 647 Hinkeldey, Eva 17 Unattached 7-00.00  
4 504 Bunnewith, Sarah 15 Unattached 7-00.00  
6 657 Meeks, Natalie 17 Unattached 6-06.00  
6 141 Kelly, Gail 15 Unattached 6-06.00  
8 655 Benedict, Mikelly 15 Unattached 6-00.00

---

### Women 13&U Long Jump

2 614 Robinson, Daysha 8 Unattached 11-11.00

---

### Women 14-17 Long Jump

3 198 Pollard, Quiyana 16 Unattached 11-02.00

---

### Women 18-29 Long Jump

1 662 Zakoske, Amanda 18 Unattached 14-07.00

---

### Women 14-17 Shot Put

1 658 Storer, Amelia 17 Unattached 33-01.00

**Women 18-29 Shot Put**

2 501 Sputo, Katy 19 Unattached 27-04.00

---

**Women 40-49 Shot Put**

3 617 McClanahan, Caroly 44 Unattached 18-05.00

---

**Women 14-17 Discus Throw**

1 658 Storer, Amelia 17 Unattached 105-09

---

**Women 18-29 Discus Throw**

1 501 Sputo, Katy 19 Unattached 93-04

---

**Women 18-29 Javelin Throw**

1 662 Zakoske, Amanda 18 Unattached 78-06

---

**Women 40-49 Javelin Throw**

2 617 McClanahan, Caroly 44 Unattached 62-05

---

**Boys 1-5 50 Meter Dash**

1 670 Brennock, Kyle 5 Unattached 10.01  
2 672 Kimberly, Cormac 3 Unattached 10.25

---

**Boys 6-8 50 Meter Dash**

1 659 Nelson, Keion 8 Unattached 9.20 2  
2 685 May, Cameron 8 Unattached 9.38 2  
3 133 Latimer, Andrew 7 Unattached 9.39 2

---

**Boys 9-10 50 Meter Dash**

1 665 Reneau, Joseph 9 Unattached 8.87 2

---

**Boys 6-8 100 Meter Dash**

3 685 May, Cameron 8 Unattached 18.43  
4 659 Nelson, Keion 8 Unattached 18.44  
5 133 Latimer, Andrew 7 Unattached 18.58  
6 712 Rivera, Chase 8 Unattached 19.17  
8 714 Arcelin, Kason 7 Unattached 20.25

---

**Boys 9-10 100 Meter Dash**

1 20 Brown, Truman 9 Unattached 14.89

2 665 Reneau, Joseph 9 Unattached 17.68  
7 542 Umberger, Daniel 9 Unattached 20.03

---

**Men 11-13 100 Meter Dash**

2 19 Brown, Tomorik 13 Unattached 13.90  
3 702 Brinson, Frank 13 Unattached 13.99  
4 678 Michaels, John 12 Unattached 14.35  
5 701 Jones, William 12 Unattached 14.50

---

**Men 14-17 100 Meter Dash**

1 18 Brown, Shiquel 15 Unattached 12.06 1  
2 689 Johnson, Emmanuel 14 Unattached 12.58 1  
3 704 Numbens, Paul 16 Unattached 12.77 2

---

**Men 18-29 100 Meter Dash**

1 686 Grissett, Vishaun 22 Unattached 11.16 2  
2 519 Tarver, Shelton 19 Unattached 11.20 2  
3 88 Harris, Willie 18 Unattached 11.55 2  
4 687 Grissett, Terrell 20 Unattached 11.62 2  
5 690 Jones, Jayson 20 Unattached 11.97 2  
6 506 White, Brandon 18 Unattached 12.55 2  
7 719 Williams, Jabre 19 Unattached 12.59 2

---

**Men 30-39 100 Meter Dash**

1 684 Turner, Treigg 36 Unattached 12.40 3

---

**Men 40-49 100 Meter Dash**

1 713 Arcelin, Andre 46 Unattached 12.92 3  
1 679 Scott, Bernard 49 Unattached 13.03 3

---

**Men 50-59 100 Meter Dash**

1 715 Truchelut, Eugene 58 Unattached 15.20 3

---

**Men 13&U 200 Meter Dash**

2 19 Brown, Tomorik 13 Unattached 28.42 2  
3 702 Brinson, Frank 13 Unattached 28.50 2  
4 701 Jones, William 12 Unattached 29.44 2  
5 678 Michaels, John 12 Unattached 29.66 2  
6 20 Brown, Truman 9 Unattached 35.91 1  
7 712 Rivera, Chase 8 Unattached 38.56 1  
8 133 Latimer, Andrew 7 Unattached 39.33 1  
9 659 Nelson, Keion 8 Unattached 39.43 1

10714 Arcelin, Kason 7 Unattached 47.89 1  
11620 Cartwright, Steven 5 Unattached 1:05.66 1

---

#### Men 14-17 200 Meter Dash

1 18 Brown, Shiquel 15 Unattached 24.35 2  
2 507 Walker, DeMarcus 14 Unattached 25.48 2  
3 571 Young, Reginald 16 Unattached 26.56 3

---

#### Men 18-29 200 Meter Dash

1 519 Tarver, Shelton 19 Unattached 22.80 3  
2 88 Harris, Willie 18 Unattached 23.28 3  
3 56 Dickerson, Cameron 19 Unattached 25.39 3  
4 142 Kelly, Michael 19 Unattached 25.96 3  
5 675 Esteban, Jonathan 20 Unattached 31.78 3

---

#### Men 30-39 200 Meter Dash

1 684 Turner, Treigg 36 Unattached 25.81 4

---

#### Men 40-49 200 Meter Dash

1 713 Arcelin, Andre 46 Unattached 26.44 4  
1 679 Scott, Bernard 49 Unattached 27.26 4  
2 626 Cartwright, Craig 45 Unattached 27.73 4

---

#### Men 50-59 200 Meter Dash

1 715 Truchelut, Eugene 58 Unattached 32.62 4

---

#### Men 13&U 400 Meter Dash

1 535 Toliever II, Kevin 13 Unattached 1:00.05  
2 20 Brown, Truman 9 Unattached 1:24.92  
3 712 Rivera, Chase 8 Unattached 1:25.09  
4 133 Latimer, Andrew 7 Unattached 1:31.09  
5 685 May, Cameron 8 Unattached 1:31.10  
6 620 Cartwright, Steven 5 Unattached 2:20.46

---

#### Men 14-17 400 Meter Dash

1 18 Brown, Shiquel 15 Unattached 52.39 2  
2 571 Young, Reginald 16 Unattached 54.16 2  
3 709 Hartje, William 17 Unattached 57.09 2  
4 704 Numbens, Paul 16 Unattached 59.99 2  
5 689 Johnson, Emmanuel 14 Unattached 1:21.98 1

---

#### Men 18-29 400 Meter Dash

1 88 Harris, Willie 18 Unattached 51.06 2  
2 705 McVeigh, Kyle 18 Unattached 55.78 2  
3 699 Gleaton, Andrew 18 Unattached 1:03.44 2

---

#### Men 40-49 400 Meter Dash

1 115 Jackson, Kerry 45 Unattached 59.11 3  
2 626 Cartwright, Craig 45 Unattached 1:03.14 3

---

#### Men 50-59 400 Meter Dash

1 693 Lancaster, Steve 54 Unattached 1:06.13 3  
2 715 Truchelut, Eugene 58 Unattached 1:12.57 3

---

#### Men 13&U 800 Meter Dash

2 696 Tallbacka, Eric 13 Unattached 2:32.63

---

#### Men 14-17 800 Meter Dash

1 717 Robertson, Alan 17 Unattached 2:11.62  
2 78 Gibbons, Cody 16 Unattached 2:16.70  
3 60 Esteban, Aaron 15 Unattached 2:29.49

---

#### Men 18-29 800 Meter Dash

1 56 Dickerson, Cameron 19 Unattached 2:00.07  
1 669 Corbie, Kurt 19 Unattached 2:05.59  
2 506 White, Brandon 18 Unattached 2:06.80  
3 675 Esteban, Jonathan 20 Unattached 2:16.67  
4 700 Moses, Moses 18 Unattached 2:32.38

---

#### Men 11-13 1 Mile Run

1 696 Tallbacka, Eric 13 Unattached 5:33.37

---

#### Men 14-17 1 Mile Run

1 78 Gibbons, Cody 16 Unattached 5:00.86  
2 691 Hill, Maxmillian 17 Unattached 5:46.18  
3 60 Esteban, Aaron 15 Unattached 6:24.38

---

#### Men 50-59 1 Mile Run

1 693 Lancaster, Steve 54 Unattached 5:47.68

---



### Men 60+ 1 Mile Run

1 697 Kritzler, Bruce 60 Unattached 6:06.90

---

### Men 11-13 2 Mile Run

1 99 Haynes, Christophe 11 Unattached 10:29.67  
2 696 Tallbacka, Eric 13 Unattached 14:55.17

---

### Men 14-17 2 Mile Run

1 78 Gibbons, Cody 16 Unattached 11:07.69  
2 691 Hill, Maxmillian 17 Unattached 13:21.00

---

### Men 18-29 2 Mile Run

1 675 Esteban, Jonathan 20 Unattached 10:23.75  
2 694 Altman, Matthew 26 Unattached 11:44.04

---

Team

Finals

### Men 14-29 4x100 Meter Relay

1 Unattached 'C' 47.43 Old School Rams  
1) 688 Yohn, Anthony 21 2) 687 Grissett, Terrell 20  
3) 690 Jones, Jayson 20 4) 686 Grissett, Vishaun 22  
2 Unattached 'A' 49.28 Shake-n-Bake  
1) 56 Dickerson, Cameron 19 2) 60 Esteban, Aaron 15  
3) 675 Esteban, Jonathan 20 4)  
3 Unattached 'B' 55.28 Bolles Swimming  
1) 709 Hartje, William 17 2) 711 Vanden Nart, Eric 16  
3) 710 Hamilton, Colin 16 4) 705 McVeigh, Kyle 18

---

### Men 30+ 4x100 Meter Relay

1 Unattached 'C' 47.43 Old School Rams  
1) 688 Yohn, Anthony 21 2) 687 Grissett, Terrell 20  
3) 690 Jones, Jayson 20 4) 686 Grissett, Vishaun 22  
2 Unattached 'A' 49.28 Shake-n-Bake  
1) 56 Dickerson, Cameron 19 2) 60 Esteban, Aaron 15  
3) 675 Esteban, Jonathan 20 4)  
3 Unattached 'B' 55.28 Bolles Swimming  
1) 709 Hartje, William 17 2) 711 Vanden Nart, Eric 16  
3) 710 Hamilton, Colin 16 4) 705 McVeigh, Kyle 18

---

### Men 14-29 4x400 Meter Relay

1 Unattached 'A' 3:55.95 Shake-n-Bake

---

1) 56 Dickerson, Cameron 19 2) 60 Esteban, Aaron 15  
3) 675 Esteban, Jonathan 20 4)

---

### Men 30+ 4x400 Meter Relay

1 Unattached 'A' 3:55.95 Shake-n-Bake  
1) 56 Dickerson, Cameron 19 2) 60 Esteban, Aaron 15  
3) 675 Esteban, Jonathan 20 4)

---

### Men 13&U High Jump

3 542 Umberger, Daniel 9 Unattached 2-06.00

---

### Men 18-29 High Jump

1 88 Harris, Willie 18 Unattached 5-04.00  
2 506 White, Brandon 18 Unattached 5-00.00

---

### Men 13&U Pole Vault

7 652 Clarke, Sean 11 Unattached 5-00.00

---

### Men 14-17 Pole Vault

1 664 Scantling, Garrett 16 Unattached 12-06.00  
2 503 Saitta, Evan 17 Unattached 12-02.00  
4 508 Stanely, Morgan 17 Unattached 10-00.00  
4 654 Watkins, Jared 16 Unattached 10-00.00  
6 109 Hered, Danny 15 Unattached 9-00.00

---

### Men 40-49 Pole Vault

3 613 LaPrade, Trib 46 Unattached 10-06.00

---

### Men 13&U Long Jump

3 678 Michaels, John 12 Unattached 12-00.00  
4 20 Brown, Truman 9 Unattached 10-03.00  
5 659 Nelson, Keion 8 Unattached 7-05.00  
6 542 Umberger, Daniel 9 Unattached 6-03.00

---

### Men 14-17 Long Jump

2 109 Hered, Danny 15 Unattached 14-02.00

---

### Men 18-29 Long Jump

1 519 Tarver, Shelton 19 Unattached 22-09.00

---

### Men 18-29 Shot Put

2 688 Yohn, Anthony 21 Unattached 30-05.00

---

### Men 40-49 Shot Put

4 502 Sputo, Thomas 49 Unattached 28-01.00

---

### Men 60+ Shot Put

1 649 Lowie, Harry 62 Unattached 37-04.00

2 718 Barfield, Bill 64 Unattached 30-05.00

---

### Men 18-29 Discus Throw

1 688 Yohn, Anthony 21 Unattached 92-00

---

### Men 40-49 Discus Throw

1 502 Sputo, Thomas 49 Unattached 65-02

---

### Men 60+ Discus Throw

1 649 Lowie, Harry 62 Unattached 114-09

2 718 Barfield, Bill 64 Unattached 72-09

3 680 Hall, Don 84 Unattached 42-08

---

### Men 14-17 Javelin Throw

1 650 Cashman, Alex 16 Unattached 91-11

---

### Men 50-59 1600 Meter Race Walk

1 661 McCoy, Joe 54 Unattached 12:20.00

---



# ARWOOD WASTE

Jacksonville's largest locally owned waste company



**Residential • Commercial • Industrial**

## Roll-Off Dumpsters

GO GREEN WITH ARWOOD WASTE

12yd ~ 18yd ~ 20yd ~ 30yd ~ 40yd

## Compactors/Front Load

Perfect For Apartments, Churches,  
Manufacturing & Warehouses

*We Also Do Demolition Clean-Up & Sweep-Outs*

Ask About  
Our 1st  
Month FREE  
Offer



[www.arwoodwaste.com](http://www.arwoodwaste.com)

# 751-5656

**CARRABBA'S**  
ITALIAN GRILL®



Presented by:



## Finish Line Festival With Flair

It's the 45th running of the Summer Beach Run, and we are going to celebrate! Participants and their guests will be treated to a rockin' post race party at the SeaWalk Pavilion. Food and beverages are complimentary for race participants and \$5 per person for spectators. Tickets must be purchased in advance by checking the box on the entry form. There will be no day of race food ticket sales. Food is being provided by Carrabba's and beer is being provided by Budweiser. Live entertainment will be provided by Ain't Too Proud to Beg. Stick around and enjoy the good times and great music! The awards ceremony will start at 7:30 PM.

## Awards

Cash awards of \$150, \$100 & \$50 will be paid to the top three men and women overall. Beach towels will be given to the top 5 men and women overall, the top 3 masters male and female finishers, and to the top 3 finishers in each of the following men's and women's divisions: 10 and under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75 & over.

## Sponsored By:



**August 22, 2009 • 6:00 PM**

**5 mile & 1 mile Fun Run**

A JTC Running Event

**STARTS AND FINISHES  
AT THE JACKSONVILLE BEACH  
SEAWALK PAVILION**

### ENTRY FEE

Until August 15th	\$20.00
Aug. 16th-Aug. 21st	\$25.00
Race Day	\$30.00
Children under 13	\$15.00 until Race Day
Seniors over 65	\$15.00 until Race Day
One mile fun run	\$12.00 at all times

JTC members \$2.00 discount until Aug. 16th

**SORRY, NO REFUNDS**

## Registration Information

Be sure and check box on entry form where you plan to pick up your packet. Packets will be available from 10:00 AM until 7:00 PM (6:00 PM at Orange Park) on Thursday, August 20th, and from 10:00 AM until 6:00 PM Friday, August 21st, at the following 1st Place Sports locations:

- 3931 Baymeadows Road, Jacksonville
- 2016 San Marco Blvd., Jacksonville
- 424 South 3rd Street, Jacksonville Beach
- 2186 Park Avenue Unit #1, Orange Park

All packets will be moved to the Jacksonville Seawalk for raceday pick up from 4:30 PM until 5:45 PM.

The Summer Beach Run is open to all runners and walkers. Entries will be accepted by mail until August 17th.

Day of race registration will be held from 4:30 PM until race time at the SeaWalk Pavilion.

Make checks payable and mail to:  
The Summer Beach Run  
3931 Baymeadows Road  
Jacksonville, FL 32217

### T-Shirts To All Entrants (both races)

Runners /walkers who register on race day may have to pick up their t-shirt at 1st Place Sports the week after the race.

### One Mile Fun Run

One Mile Fun run starts at 6:05 PM at 5 mile starting line. The race is out 1/2 mile and then back to the finish at the start area. Medals will be given to all children in this event.



## Parking for the Race

Arrive early to avoid parking problems. There is a large parking lot between the Seawalk Pavilion and Carraba's Italian Grill. Once this lot is full, you will have to look for parking spots farther from the starting area. The later you arrive, the farther away you will have to park.

## Course Information

The 5 mile and one mile course is out-and-back on the beach. Both races will start heading south. Digital clocks will be located at each mile. The turn-around point will be clearly marked with signs and cones. Water stations will be located at each mile. The race will be held near low tide to ensure adequate beach for all runners.

## Directions To Race Site

The SeaWalk Pavilion is located where Beach Blvd. meets the ocean in downtown, Jacksonville Beach. Take Butler Boulevard (Highway 202, Exit 344) from I-95 to A1A and then north three miles to Beach Boulevard.

## Grand Prix Race!

The Summer Beach Run is the 2nd race of the 2009-2010 Jacksonville Grand Prix schedule. Runners who finish in the top ten of their age group will receive points to be counted in the overall series. Over \$5,000 in cash and prizes will be awarded at the end of the series. For more information about the Grand Prix, please refer to the Jacksonville Running Event Guide or visit [www.1stplacesports.com](http://www.1stplacesports.com) on the internet.



## Race Timing

("Chip" must be worn on your shoe)

The 5 mile race will be timed using the ChampionChip. Your entry fee covers the cost of the "Chip" rental. If you have your own "Chip", you need to enter your chip number on the entry form, and deduct \$2.00 from the entry fee. If you're using your own chip, you must register prior to race day. **Do not wear your personal chip if you sign up on raceday!**



### Join JTC Running and save \$2.00 on this race!!

Are you aware of the JTC Running membership benefits?

- A subscription to "The Starting Line" - our bimonthly newsletter about the club, events, and running information.
- Discounted entry fees at most JTC Running events.
- JTC Running apparel at a nice price.
- Social events - A couple times a year we have non-running casual get togethers.
- Discounts on merchandise at many sports stores and other stores in Jacksonville area - see website for complete list.

**Annual Individual Membership \$20.00**  
**Annual Family \$25.00**

Make Checks Payable and mail to:  
The Summer Beach Run  
3931 Baymeadows Road  
Jacksonville, FL 32217

### The Summer Beach Run OFFICIAL ENTRY FORM

Check one  
☐ 5 mile ☐ 1 mile

☐ ☐ ☐ ☐  
Official Use Only

First Name Last Name

Age (raceday) SEX T shirt size Put your chip # here and deduct \$2.00

Street address Include Apt. #

CITY

STATE ZIPCODE TELEPHONE NUMBER

Email Address, for confirmation and up-to-date information

Packet Pickup Location (you must check one)  
☐ Baymeadows ☐ Beach ☐ Orange Park ☐ San Marco ☐ Day of Race

JTC NUMBER FOR DISCOUNT

Entry fee (see schedule) \$  
Tickets for additional family members at \$5.00 each \$  
Yes, I want to join the JTC \$  
AMOUNT PAID WITH THIS ENTRY \$

I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road. I am aware that I must return my ChampionChip timing device or I agree to pay the \$30 replacement fee. I also understand that if this event has to be postponed or cancelled due to factors beyond the control of race management that entry fees will not be refunded or transferred. I give authorization to publish my name in connection with this event. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release The Jacksonville Track Club, 1st Place Sports, Inc. race officials, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Please sign here. (Parent must sign if participant is under 18 years of age)

Date signed

# 2009 JTC RUNNING AWARDS

- » OUTSTANDING FEMALE HIGH SCHOOL TRACK & FIELD ATHLETE  
**Sonnisha Williams**  
Raines High School
- » OUTSTANDING FEMALE HIGH SCHOOL CROSS COUNTRY RUNNER  
**Stephanie Strasser**  
Fernandina Beach High School
- » OUTSTANDING MALE HIGH SCHOOL TRACK RUNNER  
**Colin Barker**  
Bishop Kenny High School
- » OUTSTANDING MALE HIGH SCHOOL CROSS COUNTRY RUNNER  
**Michael Wallace**  
Bishop Kenny High School
- » OUTSTANDING HIGH SCHOOL TRACK COACH  
**Lewis James**  
Raines High School
- » OUTSTANDING HIGH SCHOOL CROSS COUNTRY COACH  
**David Frank**  
Bartram Trail High School
- » MOST IMPROVED MEN'S RUNNER OF THE YEAR  
**Mike Cummings**
- » MOST IMPROVED WOMEN'S RUNNER OF THE YEAR  
**Britta Fortson**
- » MEDIA PERSON OF THE YEAR  
**Bob Fernee**  
The Beaches Leader
- » LIFETIME COMMUNITY SERVICE AWARD  
**Tom Skordas**
- » DISTINGUISHED MERIT AWARD  
**Coach Jim Donovan**  
Robert E Lee High School
- » OUTSTANDING VOLUNTEER OF THE YEAR  
**Richard Fannin**
- » OUTSTANDING VOLUNTEER OF THE YEAR  
**Rex Reed**
- » SPONSOR OF THE YEAR  
**MPS Group**
- » OUTSTANDING WOMEN'S OPEN DIVISION RUNNER  
**Michelle Krueger**
- » OUTSTANDING WOMEN'S MASTERS DIVISION RUNNER  
**Regina Taylor**
- » OUTSTANDING WOMEN'S SENIOR DIVISION RUNNER  
**Ann Krause**
- » OUTSTANDING MEN'S OPEN DIVISION RUNNER  
**Jerry Reckart**
- » OUTSTANDING MEN'S MASTERS DIVISION RUNNER  
**John Metzgar**
- » OUTSTANDING MEN'S SENIOR DIVISION RUNNER  
**Paul Smith**
- » X-PRESIDENTS AWARD  
**Larry Roberts**
- » COMEBACK RUNNER OF THE YEAR  
**Jason Lewis**
- » OUTSTANDING COMMUNITY SERVICE AWARD  
**Meagan McKissick, Girls On The Run**
- » OUTSTANDING WOMEN'S NEWCOMER  
**Shannon Miller**
- » OUTSTANDING MEN'S NEWCOMER  
**Josh Myers**
- » RUNNING LEADER OF THE YEAR  
**Stephanie Griffith**

# AWARDS BANQUET

By Bob Fernee

**JTC Running** held its annual awards banquet on June 28. It is one of the few times during the year when so many people connected with running in this town, whether they be great runners or great people behind the scenes, get their deserves.

For the first time the event was staged at Mediterrania Restaurant on Baymeadows Road. The event was a sell-out, which was rather unusual. Maybe it was all the great food that drew such a crowd.

Race directors from all ten of the club's races were honored, including **Herb Taskett**, The Last Gasp race director for 21 years; **Bill Dunn**, organizer of the ultra event, the Guana River Trail Run; Race director of the track meet Series for more years than one can recall, the ultra-dedicated, **Lamar Strother**; and **Jim Van Cleave** and **April Patterson**, directors of the adidas Junior River Run and Diaper Dash, respectively.

Naturally, there were the usual plaudits for **Doug and Jane Alred**, directors of the club's biggest events, the Gate River Run, The Florida Times-Union 5K for Charity, the Summer and Winter Beach Runs and the RITA CASH Run 5K.

The Lifetime Community Service Award was given to a very worthy recipient, **Tom Skordas**, a man who has worked diligently for the sport and the club ever since it came into being in 1975. Skordas was elemental in encouraging beginning runners in the days of the first running boom and worked hard to make every Gate River Run all that it could be. Sadly, he is now slowed by a very serious illness and all hearts in the club go out to him and his family. This award was well deserved.

Maybe the next one wasn't. Yours truly won the Media Person of the Year award for my scribing in the club's newsletter on and off since the late 1970s. Also for the running column that I

write for the Beaches Leader newspaper, which has been going on now for over ten years. Boy, time runs a lot faster than I do. Ten years, who ever thought it would last so long? Or, as you might say: Ten years, why has it lasted so long?

Well despite what you might think, it was mighty fine to collect my very first award for writing. Almost makes up for my Pulitzer, which I think was lost in the mail.

Then they got around to the real thing: The athletes and their coaches. The venerable coaching icon, **Paul Nowicki**, introduced all the fine young runners from all over the area. **Sonnisha Williams** of Raines High School and **Colin Barker** of Bishop Kenny were named the Outstanding High School Track and Field athletes. **Stephanie Strasser** of Fernandina Beach High School and **Michael Wallace** of Bishop Kenny were awarded Outstanding High School Cross-Country runners.

Awards to the high school coaches were: Track and Field- **Lewis James**, Raines, and Cross Country- **David Frank**, Bartram Trail. Coach **Jim Donovan**, of Robert E. Lee High School, collected the Distinguished Merit Award.

Outstanding Men and Women's Open Division awards went to **Jerry Reckart** and **Michelle Krueger**, respectively. **John Metzgar** and **Regina Taylor** picked up awards as Outstanding Masters Division runners and **Paul Smith** and **Ann Krause** collected them in the Senior Division.

The MPS Group, longtime sponsor of the Gate River Run runners' expo, won an award for Sponsor of the Year. **Richard Fannin** and **Rex Reed** took home awards as the Volunteers of the Year. **Meagan McKissick** won the Outstanding Community Service Award and **Stephanie Griffith** deservedly won the Running Leader of the Year accolade.

The Jacksonville Grand Prix is a long, hard-



## Awards Banquet Continued

fought, man-killer of an event. It is 16 grueling races and if a runner commits himself to it, he might find that if he misses just one race that person right behind him is no longer behind him. Every race counts and no race should be omitted.

The series is a bit of an equalizer, for it favors the old as much as it does the young. Points are tabulated comparing your race time against the world record for your age. Consequently, an older man who is still a good athlete may find his race comes out better than his younger rival's.

**Bill Phillips**, 54-years young, should be

congratulated for his victory and 1,336 points total. To make it all the more sweet, Bill won \$1,000. **Terry Sikes**, 52, took second with 1,305 points. **Britta Fortson**, 36, was the first woman and third overall with 1,275 points, while former multiple Grand Prix winner, **John Metzgar**, 46, had to settle for fourth with 1,272 points.

All of these Grand Prix awards, and more, were given away during the **JTC Running** banquet. The next Jacksonville Grand Prix begins on August 7 with the Tour de Pain.

As always, the track club put on a great event, one that I am sure everyone enjoyed.

## JTC Running Merchandise



**Women's JTC Running Singlet**  
Made by Brooks  
Sizes available: S, M, L, XL  
\$20



**JTC Running Jackets**  
Made by Mizuno  
Women's Sizes:  
XS, S, M, L  
Men's Sizes:  
S, M, L, XL  
\$40



**JTC Running Socks**  
Made by DeFeet  
Sizes: S, M, L, XL  
Both Blue and White  
\$8



**JTC Running Shorts**  
Made by Brooks  
Men's and Women's  
Sizes:  
S, M, L, XL  
\$20

Order from: **JTC Running**, c/o **JTC Running**, c/o Carol Fitzsimmons, 2740 Claire Lane, Jacksonville FL 32223

- Be sure to include item name, size color, etc.
- Add \$6.00 per order for shipping

# Coaches Corner

By Paul McRae

**Paul McRae**, a native of New Zealand, has competed for 15 years as a professional runner, both internationally and nationally. McRae's running achievements include competing in the 1993 and 2004 World Mountain Running Championships and the 2002 World University Games in the 5000 meters, and winning the New Zealand cross country championships, national 10K road championships, and 5000 meters at the track championships. While at Western State College in Colorado, McRae helped his team to win the NCAA Division II cross country championships four consecutive years, unprecedented in any division at the NCAA Championships. McRae also placed third in the NCAA Division II indoor 5000 meters. McRae began his coaching career in 2004 when he graduated from WSC and became an assistant coach with the school. After moving to Jacksonville, he coached for two and a half years as a graduate assistant with the University of North Florida cross country and track teams. McRae started Personal Running Solutions in 2007 as he saw a need in Jacksonville to not only help local runners but promote the sport he loves and is passionate about. He considers his passion for running and his desire to listen and help people reach their potential as his biggest coaching assets.

When I moved to Jacksonville in August of 2004, I was confident that my years of altitude training would pay dividends at sea level. Obviously, I failed to consider one very important factor—extremely oppressive heat and unrelenting humidity. Over the last few summers, I have gained valuable insight into the best way to keep training at your peak even in the toughest of climates. The goal of this coach's corner is to share my insight into how I train, not to merely survive the summer months, but to lay the ground work for a successful fall racing season.

As every runner knows, state of mind is a key to successful training. However, in the summer months many of us struggle with focusing on anything other than the oppressive heat. Many runners go to bed and dream of cool fronts and pleasant morning runs with temperatures in the 60's, but in Jacksonville, we have to accept the reality that this will likely not happen between June and August. Instead, we must find other positive thoughts to focus on, such as a new running route with ample shade, a refreshing water stop, or a great new running outfit. Even with just the smallest positive thought, we are one step closer to a better run and more positive training.

Another small but very important aspect of summer training is allowing our bodies to acclimate to the environment. While it is much more comfortable to be indoors with the air conditioner blowing, this does not allow our bodies to adjust to the extreme environment outside. As a result, our bodies are less efficient when running in the heat, which makes us more fatigued and unable to recover as quickly. Acclimating to the summer conditions in Jacksonville should be a gradual process,

and while I would not recommend spending hours at the beach before a long run, I would recommend spending a few minutes each day outside. Try eating your lunch outside, or going for a 10 minute walk to give your body a little more practice at going from a cool 72 degrees to a sweltering 98 degrees.

In addition to giving our bodies a chance to acclimate to the heat, we also have to give our bodies the proper tools to fight the heat. That is water, water, and more water. While hydration is no secret to runners, many of us fail to properly hydrate and often only think about drinking water prior to our run. With the extreme heat we face here in Jacksonville, we have to drink water continuously throughout the day as well as plan routes with frequent water stops or carry our own water with us. Not only will this help you survive the run you have planned for today, but proper hydration is the first step to faster recovery and a better run for tomorrow.

Lastly, as runners, we are always trying to get the best effort from ourselves and typically we fail to realize the large impact that our environment plays on our training. Just like elevation, temperature should be factored into our training plans, which may mean making adjustments to our pace, the length of our run, or the duration of our run. Things to consider would be slowing your pace by 10-20 seconds per mile, doing shorter intervals during speed sessions, or splitting a longer run into two shorter runs. Controlling the summer heat in Jacksonville is something that we all wish we could do, but by making some simple adjustments, we can all continue to train and reach our goals for the fall. I hope to see many of you out there this summer not only surviving the summer months but thriving.

# Meet...Margaret Barton

**Margaret Barton**, who joined the 45-50 age group in June, is a six-year member of **JTC Running** and currently serves on the Board of Directors. She currently works as a Personnel Research Psychologist for the U.S. Office of Personnel Management.

## **How long have you been a member of JTC Running and why did you originally join?**

I joined **JTC Running** in 2003 - a week after moving back to Jacksonville after about 20 years away. Knowing that I was a runner in New Orleans and Chicago, my mother surprised me with a membership as a 'welcome home' gift.

## **How long have you been running and what got you into the sport?**

I ran some track and cross country in high school, but started running consistently in 1990 while at graduate school in New Orleans. I started running to keep my head clear; next thing I knew I was running farther and farther. I also learned it could be rewarding in other ways. On a tight budget as a student, winning a \$150 certificate to a nearby clothing store as first female finisher was decidedly a plus. Being in a graduate school environment, which was in some ways designed to make you feel incompetent, running gave me a feeling of accomplishment and was a great avenue for meeting new people. I was hooked from then on. In later moves to Chicago and then back to Jacksonville, I have met the greatest people in the running and triathlon communities. As a full time teleworker, I don't know what I'd do without my early morning group runs.

**If someone stole your purse or wallet, would your friends say that you would chase the thief or just call for help?** Prior to living in New Orleans, chase the thief. Post New Orleans, I advise others to look down at your feet (rather than at the thief's eyes), give them everything you have, and hope it is enough.

**What is your favorite or most memorable race? And do you have any PRs you'd care to mention?** I will never forget the Gate River Run my first year back. The course, the bands, the inflatable milkshake, the bridges, the

crowds - I just thought it was awesome. I still do. Jacksonville is so fortunate to have such a classic signature run. I'm not very good about keeping track of PRs, but would love to see a sub-20 5K again.

## **Do you have any running heroes or is there anyone**

**that is particularly inspiring for you?** My first running hero was my mother, **Agnes Danciger**, who decided to run a marathon in her mid-40s, having never run a mile in her life. My other running heroes would be our local and accomplished female runners such as **Lanier Drew, JC Pinto, Michelle Krueger, and Kim Pawelek**. I'm also inspired by runners at all levels who demonstrate commitment to a goal they didn't know was possible, and by anyone who looks like they are enjoying themselves out there.

**Who do you like to train with and where can we find you on your typical run?** I was very fortunate to hook up with the 5:30-5:45 a.m. Tuesday-Thursday group in San Marco my first week back in Jax. I also run with **Bob Gerzel's** Saturday morning group and **J.C. Pinto's** track group, and hope to be running more with **Stephanie Griffith's** Sunday morning group (if I can get up). I love any and all runs with a river view. My favorite route starts in San Marco, goes along the River Walk (South Bank), over





the Main Street Bridge, down the River Walk (North Bank), over the Acosta Bridge, and back down River Road in San Marco.

**What is your typical weekly training schedule?**

I run 4-5 days a week. Since a recent back injury, I also am committed to yoga/pilates and weights a few times a week. I swim on my off day and bike 2-3 days a week when triathlon training.

**What are you training for now?** I am trying to pick up speed in the shorter races. Boston is also still on my wish list, so, body willing, another marathon may be in my future.

**What is the best running advice you've ever received?** Recently, 'work your core.'

Also, reading Jeff Galloway prior to my first marathon, he talked about 'tapping the source', or speeding up to access a reserve of strength just when you thought you had nothing left. This has always stuck with me. Finally, when hurting at the end of a long, hard run, I sometimes resort to the lyrics from the 'Santa Claus is Coming to Town' movie, 'put one foot in front of the other, and soon you'll be walking across the floor...'

**If you had to give a speech to a bunch of runners what would you likely want to say?** Aren't we lucky to be out here?! – To have found such a great outlet and great group of people to hang with!

## JTC Running Night at the Sulzbacher Center

Grab your...**APRON?! It's JTC Running** night at the Sulzbacher Center!

We are seeking ~20 volunteers to cook and serve dinner for the homeless on Friday, August 14. 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 3-5:30 p.m. and serving shift is from 5:30-7 p.m. (you can select one or both shifts).

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





# YOUR REGULAR SHOTT OF JO



By JO SHOTT

## Summer (Beach) Running... It's HOT, Drink it up!

Today's forecast: sunrise at 6:42am with temperature starting at 80 degrees and humidity at 69% then getting to 94 degrees in the day with max humidity at 83%. Welcome to Florida summer running!

I remember reading once in an old Runner's World that the body reacts similarly when training at high altitude vs. high humidity/ heat. If you were anything like my initial thought; you thought... really? No way!

Way.... After doing my own research it is a true statement. It's no hidden secret for all us, Florida runners, that during the summer months, the body seems to tire much quicker versus our wonderful cooler months. The physiological reasoning is that when we run in the heat, the body sends more blood to the surface of the skin to help cool via evaporation. As a result, less blood (which carries our much needed oxygen) goes to our legs, which are working harder to keep our normal pace. Also, the warmer it is, the more you sweat. God bless sweat because it helps cool the body as your perspirations evaporate. But on the flip side this means less blood volume. Then with less blood returning to the heart, your heart has to pump more often to keep the same amount of blood circulating the body. And when your heart rate increases, you're working harder. So, that's the vicious cycle of just running in the heat.

Humidity is another mean animal. We generate the sweat to cool us down, but the humid-rich Florida air is so moist that it can't absorb much more water. So, the sweat stays on our skin rather than evaporating, your body keeps producing more and more sweat, and the outside hot air heats the sweat making us hotter and more tired! UGH! What a mean cycle of events. As crazy as it may sound, you'd be better off running in the desert of Arizona where it's hot, but dry and your sweat is cooling you and evaporating.

Comparatively speaking, if we looked at our elite running folks running/living at high altitude, they experience similar effects on the heart rate increase due to low blood volume. The process of cooling is not as much their "tired factor" as it is the decreased levels of oxygen and the body becoming more efficient with little bit the air provides. Nonetheless, we can say we are stressing our bodies like the Kenyans and co-

runners in Mammoth Lakes during our Florida summer training.

While we are on this HOT subject, what are the ways to "beat the heat" and signs to make sure you aren't over doing it in the summer months?

Drink water, drink some more water, and when your done drink more water! One study I found in The Complete Book of Running for Women said for each 1% of body weight you lose because of dehydration, your running performance drops by 3%. For example, if you weight 150 pounds, that's only 1.5 pounds or 24 ounces. I don't know about you, but I sweat with the best of them and have been known to lose four to five pounds of water in an hour run. According to that study my performance drop would be by more than 5%, which can be as much as a minute slower per mile.

A couple of things to look out for in this process of hot running and staying hydrated: weigh yourself before and after your runs (with no cloths on if possible, as some clothes soak up water and can vary in weight); Use the rule of thumb- for every pound lost, drink two cups of fluid. In case you're not "smarter than a fifth grader" and would have to look this up: 2 cups = 16 oz and 32 oz = 1 liter. Back to my 4-5 pounds of lost water in my hour run, I would need 2.5 liters of fluid. And side bar: fluid before or after does NOT mean caffeine or alcohol. These diuretic no-no's are fun but should be one for one with a glass of water to help re-hydration.

In addition to weighing yourself before and after runs, also watch your pee. Yes, the color of your urine can tell you many things about the level of liquid you still need. Urine the color of Mountain Dew=bad, need more water. Urine the color of pale apple juice=good!

On Saturday, August 22, at 6 p.m., **JTC Running** will be holding the 45th "running" of the Summer Beach Run five-miler. Please remember these suggestions: keep hydrated until your urine is pale yellow or clear, wear light colors and moisture-wicking clothes/ socks, and stop running if you feel dizzy or stop sweating in the heat. Enjoy the summer! See you on the roads (or on the sand)!

**Jo Shott**, Co-Owner of Jacksonville Running Company and Board Member of **JTC Running**



Blaine Adams, Susan Haag, with Owen and Jo Shott



Rick and April Patterson with Dean and Michelle Krueger



Gary Ledman and Doug Tillett



Rex Reed



David Frank



Editor: **John Curran**  
Designer: **Carlyn Godar**

**Submit Articles to:** The Starting Line, c/o **JTC Running**, PO Box 24667,  
Jacksonville, FL 32241 **OR** jtcrunningeditor@yahoo.com.

**Submission Deadline** for inclusion in September/October 2009 issue is  
September 15, 2009

**Advertising Inquires:** David Frank, PO Box 24667, Jacksonville, FL 32241  
OR frankgators@netzero.com

**Advertising Rates:** Full Page \$200  
Half Page \$100  
Quarter Page \$50

*The Starting Line* is published bi-monthly by **JTC Running**, P.O. Box 24667  
Jacksonville, Florida 32241-4667.

**JTC Running**  
P.O. Box 24667  
Jacksonville, Florida  
32241-4667

Nonprofit Org.  
U.S. Postage Paid  
Jacksonville, FL  
Permit No. 1191

## 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, 5:30 p.m., South Bank Downtown:**

River City Brewing Co., 2-6 miles (includes  
bridges). Contact: Danny at 287-5496.

**Tuesday, 5:45 a.m., San Marco:**

Southside Methodist Church, 5-6 Miles, 7-8:30  
pace. 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.

**Wednesday, 5:30 p.m., San Jose:**

The Bolles School (JTCR) track intervals (all  
abilities). Contact: Danny at 287-5496.

**Wednesday, 6 p.m., Avondale:**

Boone Park tennis parking (JTCR), 4-6 miles.  
Contact: Doug at 728-3711.

**Wednesday, 7 p.m., Jacksonville Beach:**

202 34 Av. South, 5+ miles (all abilities/social).  
Contact: Anita or Franz at 241-7199.

**Thursday, 6:15 p.m., Orange Park:**

1st Place Sports, 2186 Park Av., 3-6 miles,  
runners/walkers. Contact: Denise Metzger at 364-  
3767.

**Thursday, 6:30 p.m., San Marco:**

Corner of Largo/Naldo (JTCR), 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.

**Saturday, 7 a.m., Ponte Vedra:**

Sawgrass Village South Lot, 5-12 miles. Contact:  
Craig at 424-9690.

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