

Florida's Oldest Beach Run!
TIJUANA FLATS
SUMMER
BEACH RUN

Saturday, August 20th, 2011
6:30 PM • JACKSONVILLE BEACH



THE STARTING LINE

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Letter from the Editor: **Bob Fernee**

It is with great sadness that our club noted the passing of Gordon Slater, a long time runner and club member. He fought a long, tenacious battle against cancer that he lost on July 7. He will certainly be missed and a heart felt tribute appears in this newsletter.

JTC Running's second-biggest race of the year takes place on August 20, the Summer Beach Run. This is a not only a great event but a very important one to our club. Not just to us, but now, to others. This is because the race now has a new sponsor, Tijuana Flats and under its wing Tijuana Flats has a foundation, Just In Queso.

Proceeds from the SBR will go straight to Just In Queso and that money will be put to very good use all over the USA. Log onto the Tijuana Flats website to see all the wonderful things that their foundation accomplishes every day.

Now we are a part of it and they are a part of our race. We hope for a long and productive partnership, just as we had with our great friends, Carrabba's Italian Grill.

You will find several stories in this edition related to our impressive, historic Summer Beach Run.

So far, we have had quite a summer, haven't we? Forest fires from all over the place producing smoke so heavy that I cancelled some of my runs. I am sure you did as well.

Another fire was lit when the Duval County School Board made the decision to cut several sports from the high school repertoire, one of which was cross-country running. The public sector was galvanized into action and a 'Save Cross Country' campaign was immediately brought into play.

Will the kids run or won't they? The deadline was the end of July and it was a question of money pure and simple. Talk about drama. A couple of stories in this issue cover the topic.

We are very, very lucky to have Mike Ryan, the Jacksonville Jaguars head trainer and physical therapist write a column for the Starting Line. As an avid runner and triathlete himself, Mike knows the body and injuries like no one else. I know we all look forward to Mike sharing his expertise and experience with us. In the future, he will even answer your injury-related questions. Or, you can go and see him in person. We are very pleased to have him.

Mike has also provided some very useful information about racing in the heat. Some people actually believe that the Summer Beach Run could be hot. Imagine that. In which case Mike's tips will be well received, maybe even heeded.

Speaking of tips, some of our finest and most knowledgeable runners have offered their advice in the article titled, Secrets To Running Your Best Beach Run. Hope you like it and, moreover, hope it does you some good on race day.

Our club is also involved in a couple of other races. We have helped by sponsoring two cross-country races at Bartram Trail High School. These 5k races will take place on the 13th and 27th of August at 8:00 am. These informal races are free of charge. Please come out and tell all of your friends.

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PRESIDENTS MESSAGE:

Greetings! One hot day after another, as far back as I can remember-- Is it just me or does it seem to you as if it has been summer forever? At least there has been rain from time to time to cool things down, or steam them up! When it is this hot I have to do my outside workouts either early in the morning or late in the evening. I usually do a six to eight mile walk on the weekend. I have to get out there a lot earlier than I normally would in the cooler months; bring or stage a lot of water to keep hydrated; and, I lather up with sunscreen too!

That's the price for summer in Florida, but I'll take that along with the eight months of mild weather we enjoy instead of snow and ice!

Meanwhile thirteen Jacksonville high school runners are enjoying a week at running camp courtesy of your Club. These week-long camps in North Carolina and North Georgia offer a tremendous experience for young runners and are a very worthwhile Club initiative. JTC Running has sponsored running camps for a number of years but the response this year was the largest ever.

Speaking of high school runners, coming up August 13 is a very important 5k race in support of high school cross country in Duval County. Public school funding is a critical issue in Jacksonville. One result of the school budget shortfall is the elimination of funding for certain high school sports, including cross country. Efforts have been underway for some weeks now to raise the funds necessary to maintain the sport this fall. Proceeds from the Florida Blue 5k Stadium Challenge will go towards

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keeping cross country active. The event itself is new and interesting- the course is in, around, up and down EverBank Field, home of the Jacksonville Jaguars and the Florida/Georgia football game. It kicks off at 6 pm features a live band and should be a great time for a great cause. Please come out and support cross country in Jacksonville.

That stadium workout will be a good warm up for the Club's annual Summer Beach Run the following Saturday night at 6:30 pm at the Jacksonville Beach Seawalk Pavilion. We are proud to have Tijuana Flats as sponsor this year and look forward to sampling their cuisine after the five mile run.

The following Saturday brings another new 5k course with the American Lung Association Run for Air at Nocatee Greenway Trails. Labor Day starts with a 5k at Atlantic Beach, the Beaches Labor Day Run 5k With F.R.I.E.N.D.S., 9:00 am at the Selva Marina Country Club. Enjoy your summer and stay safe!



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New and Renewing Members May June July

Randy Arend
Mark Ashman
Sheri Lynn Barley
Debra D. Billard
Tanguneka Black
Debby Bodanis
Andrea A. Boyd
Steve Bowes
Michelle Bressler
Jessica Brinson
Lyza & Timothy Burgess

Dawn Busch
Tammy Butler
Dillon Matthew Campbell
David & Jennifer Carr
Craig L. & Melodie Cartwright
Sung-Ho Choi
Edwin M. Clarke
Robert Cox
Sarah Isabelle Davis
David E. Dawley
Venetta Delesby

Lauren Diaz
Catherine Dori
Tarence Dunbar
C. Davis Ely
Bengt & Laura Espling
Kai Fiqueroa
Kayla A. Fitz
Rhonda Fosser
Frank Frazier
Pat Gallagher
John J. & Cheyney Geren

Noelle Giannuzzi
John & Lynn Giorgianni
Cindy & Nathan Glass
Drew & Jen Glassman
Rolanda Grammer
Kizzie Griffin
T. David & Pamela Hall
Angela Harris
Linda K. Hastings
Jocelyn Heaney
John & Kathy Heisner



New and Renewing Members

May June July

LaToyla Holmes
Phyllis Jackson
Christy Jacobs
Michael Jay Johnson
Shanika Johnson
Bob & Jeanne Kennedy
Bruce King, Sr.
Stan Lambert
Lucius Lattimore
Lakeisha Lawrence
Diel Lockley
Kristan Malin
Amanda M. Mason
Paul McRae
DeAnne W. Miller

Jerry Miller
Tonie Mitchell
Walt Mitchell
Cassandra M. Murphy
Sean D. Nagorny
Amanda Napolitano
Kristie Nault
Spencer G. Olsen
Wilford E. Paulk
Cheryl Pfannenstien
April & Rick Patterson
Jesse Prindle
Randy & Jack Reagor
Octoveya Reed
Donna Rettini

Henry L & Marlo Rivers
Terri & Robbie Rose
Mike Ryan
Al Saffer
John Shelton
Robert Smith
Emily Smithwick
Megan Stephens
Kyle & Melissa Stevens
Courtney Suggs
James & Renee Swanda
Herb Taskett
Jan & Wayne Taylor
Natagha Tinsley
Kevin Toliver II

Marcus & Lynda Turko
Debra & Timothy Varley
Bernard Ward
George F. White
Zenobia Whitley
Barbara Whitter
Diamond Nicole Williams
Terrell Wright
Becky Wyatt
Anastasia Zeigler
Carolyn & Elliot Zisser

JTC 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



JTC RUNNING BOARD OF DIRECTORS MEETING MINUTES

Tuesday, May 3rd, 2011, Mediterrania Restaurant;
3877 Baymeadows Road; Jacksonville, FL

President Larry Roberts called the meeting to order at 7:08 p.m. Directors David Mortiz, Franz Lerch, and Amanda Napolitano were absent.

Approval of 4/5/11 minutes: The April minutes were approved as corrected.

Treasurer's Report: Treasurer Bonnie Brooks distributed copies of the Balance Sheet and the Profit & Loss Detail. She then highlighted significant items for the board. She believes that Smoak, Davis & Nixon will file an extension on our taxes return. QuickBooks will try to charge our account, once again.

OLD BUSINESS:

1. Ragnar Relays, Florida Keys – The event takes place Jan 7 & 8, 2012. The Relay is offering a discount for teams from clubs. Director Mark Ryan will be organizing a team for JTCR, with each member paying their share of the entry fee. Mark noted that Aug 15 is the cut-off date for registering our team.
2. San Pablo Elementary Donation for Track – Bonnie Brooks made a motion, seconded by Mark Ryan, that we proceed with the \$2,000 donation to San Pablo Elementary to be used only for building an exercise track around the exterior of the building, per all the provisions previously expressed. The motion passed.

NEW BUSINESS:

1. Awards Banquet – A meeting of the Social and Banquet Committee was called for Monday, May 9 at 6:30 pm at Pizza Palace on Baymeadows.
2. Running Camp Scholarships – Director Doug Alred said he was receiving applications from high school runners for grants to summer running camp. The deadline is May 20.

COMMITTEE REPORTS:

GATE RIVER RUN – (3/12/11) – Race Director Doug Alred said that the financial reporting for the race was being worked and will be submitted at a future meeting. The race was very successful this year.

SUMMER BEACH RUN – The race has been scheduled for Saturday, August 20, in the late afternoon.

RACE COMMITTEE – The committee is thinking about the track series at UNF and will look into the parking situation.

JTCRunning RACE TEAM – It was noted that team member Karen Edmonds won the Shannon Miller Lifestyle 5K.

CLASSES & CLINICS – No report at this time.

COMMUNITY & PUBLIC RELATIONS – Committee Chair Larry Sassa said the committee would make sure that the club tent is at the track meets at UNF and staffed by six JTCR members.

FINANCE COMMITTEE – Committee Chair Bonnie Brooks said we had received a request for support for a track meet at Forrest High but that there wasn't enough time to process the request before the meet.

MEMBERSHIP – The club has 800+ members, per Rex Reed, our Membership Coordinator.

MERCHANDISE – No report.

NEWSLETTER – Committee Chair Bob Fernee said the deadline for submissions for the next issue is May 17. He told us that we are seeking a new designer as Carly had resigned.

WEBSITE – No report.

SOCIAL & BANQUET – Committee Chair Jane Alred said that a lot would be decided, regarding the Awards Banquet, at the meeting next week.

VISION & PLANNING – Doug Alred, Committee Chair, said he had met with the City's Recreation Department and they had an estimate of \$380K for the trail in Skinner Park.

NEXT MEETING – The next meeting will be Tuesday, June 7, at 7 p.m. at Mediterrania Restaurant.

The meeting was adjourned at 8:08 p.m.

Douglas Tillett, JTCRunning Secretary, has respectfully written and submitted these minutes.

Tuesday, June 7th, 2011

President Larry Roberts called the meeting to order at 7:12 p.m. Director Margaret Barton was absent.

Approval of 5/3/11 minutes: The May minutes were approved as submitted.

Treasurer's Report: Treasurer Bonnie Brooks distributed copies of the Balance Sheet and the Profit & Loss Detail and then reviewed our financial status with the board. She reported that QuickBooks is still looking into the trouble charging our account. She reported that an extension had been filed for reporting our taxes. She told us that she would be on vacation from June 24 until mid-July.



JTC Minutes Continued

OLD BUSINESS:

1. Awards Banquet – is scheduled for Wednesday, June 15, at 6:30 at Maggiano's Little Italy. Jane Alred brought the board up-to-date on all the latest developments.
2. Running Camp Scholarships – Doug Alred said we had 29 applications for running camp grants, which is way more than ever before. We have rating criteria, which he explained to the board. Our budget for the year for camp scholarships is \$5K. Ideas presented during discussion ranged from paying full scholarships to every applicant, to paying partial scholarships to all applicants, to paying a combination of full and partial scholarships to selected applicants, and ending at providing full scholarships to however many campers we could send within our budget or close to our budget. Douglas Tillett made a motion, seconded by Carol Fitzsimmons, that we pay full scholarships for the fourteen campers that our criteria had determined to be the most worthy of receiving them, and which were being provided at a special discount by the Brevard Distance Runners Camp and other camps. The motion passed, with the understanding that our scholarship applications will include more information next year regarding the number of scholarship we award and our criteria for picking the winners.

NEW BUSINESS:

1. There was no new business presented at the meeting.

COMMITTEE REPORTS:

GATE RIVER RUN – (3/12/11) – Race Director Doug Alred presented the final accounting for this year's race along with a check for JTCRunning's profit from the race. He reported that contracts with certain sponsors were pending but he was confident they would be continued. The uncertainty for the future is with the fairgrounds, as the fair is planning to move away from its current site.

Summer Beach Run – The race is scheduled for Saturday, August 20, at 6:30 p.m. Carrabba's has given up their title sponsor status. In their place, Race Director Doug Alred has been talking with Tijuana Flats who are interested but a provision of their sponsorship would be that the race profit go to the Just In Queso Foundation, less our management fee. We are optimistic that the new sponsorship will work out.

RACE COMMITTEE – No report.

JTCRunning RACE TEAM – The team has been invited to the Awards Banquet. No other report at this time.

CLASSES & CLINICS – No report at this time.

COMMUNITY & PUBLIC RELATIONS – Committee Chair Larry Sassa said the committee is concentrating on the high school cross country situation, where the school board has cancelled the sport for the next school year but would continue it if private groups provide the funding. 1st Place

Sports is organizing the effort to save high school cross country, saying that \$70K would be the maximum amount needed but \$40K might be enough. Lamar Strother made a motion, seconded by Stuart Toomey, that we appropriate up to \$10K for the effort if the money is needed. Following brief discussion, the motion passed.

Larry Sassa also reported on the first track meet held at UNF, saying it was a nice meet but attendance was lower than hoped for because of the Never Quit race being held at the same time. Larry said the kids who competed were exuberant and that the pole vault was popular.

FINANCE COMMITTEE – Committee Chair Bonnie Brooks had no additional report other than the treasurer's report that was given earlier in the meeting.

MEMBERSHIP – No report.

MERCHANDISE – No report.

WEBSITE – No report.

NEWSLETTER – Committee Chair Bob Fernee said the deadline for submissions for the next issue is July 17.

SOCIAL & BANQUET – No report.

VISION & PLANNING – No report.

NEXT MEETING – There is not a board meeting in July, making our next meeting in August, on Tuesday the 2nd, at 7 p.m. at Mediterranea Restaurant.

The meeting was adjourned at 8:23 p.m.

Margaret Barton, JTCRunning Director, has respectfully written and submitted these minutes.



Tribute- Gordon Slater



Gordon Slater, long-time JTC Running member, 1st Place Sports race office employee and ever-present participant at nearly every local race has succumbed to cancer after a long, heroic fight. He died on July 7th at the age of 71. All who knew him will miss him.

His coworker and one of his best friends, Kim Pawelek, wrote: When I first met Gordon, I had no idea who this "old guy" was and what he was doing working at 1st Place Sports after a successful career at Ford. He didn't smile much, didn't laugh much, didn't even talk much. But as the weeks went by, we both opened up a little bit more, and before I knew it, that "old guy" soon became a father figure to me. It didn't take much for him to annoy you, but it took even less for you to love him. And that's what endeared me so much to Gordon.

On the outside, this man was a true Marine in every sense of the word. He was rough looking, especially with that big ol' knot (as I liked to call it) on top of his head (his chemo port), and he was pretty darn good at barking out orders, all in the comfort of his big, boy chair. But, at the end of the day, this man was one of the gentlest, most loving, loyal, and generous souls that ever lived. He'd always try his damndest...going beyond the call of duty...when it came to helping out family, friends, and everyone in between. In my eyes, Gordon was like Superman and UPS all rolled into one. Just think about it...tough as they come, but always delivered.

And he loved being a mentor. At times this was maddening. When all you wanted was a little direction or a simple answer, he'd find more fun in challenging every fiber of your being in order for you to figure it yourself. Sometimes, he'd make

you so cussing mad, "he'd drive ya to drink" (as he'd often say), but then you'd love him for it in the end. He was that good.

He lived his life to ensure he could do no better, and made everyone else better along the way.

My most recent favorite memory of Gordon came on River Run day of this year. I wanted to run with him the last mile or so, so I asked him the fastest time he thought he could run, which would then give me a better indication as to when I should head out to find him. Well, he told me he'd shoot for around the 2.5 hours, but he tapped me on the shoulder at about the 2:10 mark. He had already finished the race, and had broken 2 hours!

"What the hell are you doing back so early? Did you finish or did you have to cut it short?" I asked.

"What the s!#! Hell, yeah, I finished, no thanks to you! Thought you were going to run me in."

"How the hell am I supposed to run you in when you give me an ETA of 2.5 hours, but you're back in less than two?!"

"Well, if it wasn't for that bleeping newspaper article, I probably wouldn't have run as fast. Felt like I had to try harder, so it's all your bleeping fault for putting that pressure on me." (note, the Times-Union interviewed Gordon the night before the River Run, which appeared in the Sunday newspaper.)

"Well, then you should thank me because you did great! I can't believe you ran that frickin fast!"

"Yeah, I think I did good today, surprised myself even. But I'm not thanking you because you should've believed in me in the first place."

And that conversation is just one of the many moments I'll miss and treasure the most. We're both giving each other a hard time, but in the end, they're moments that make you smile and think, "that damn, Gordon...gotta love that guy."

He fought like all hell for his life, and I'll never forget what I witnessed in those last few days. I knew he was strong, but on that last day, he became the strongest man I'd ever met, in more ways than one. Gordon Slater wasn't just another one of those grumpy old guys. He was no ordinary man either. He was my own personal Superman.



Rebuilding a Beach Run

Bob Fernee

During the Summer Beach Run's glorious history it seems like every time we have turned around there is a beach renourishment project in progress. No one who was there for that one beach 5-miler could ever forget the huge pipes dissecting our beach from west to east as we ran north to south. The trickling streams of water we had to hurdle as though the race were a steeplechase. It was undoubtedly the most memorable SBR, all thanks to an in-progress beach rebuilding project rather than the race itself.

The summer of 2011, has incurred another beach rebuilding ordeal and no doubt it will not be the last that we shall ever see. Ironically, JTC Running's oldest race, the Summer Beach Run, is also in need of a bit of rebuilding.

The race's popularity has been on the wane for some years. Yet its foundation is the best it could possibly be: History, Challenge, Competition, Value and one of the best post-race festivals of all.

In the 1980s the SBR was a race for which everyone in town peaked. You wanted to be razor-sharp for race day. You knew all your local competition would be there and be ready. People would ask you afterwards: "How did you do in the SBR?" You could never admit to a bad race or make excuses for a slow time. Sorry, but it just wasn't done. After all, the arduous conditions were the same for everyone.

There weren't many races back then and the SBR was considered a colossus. One year more than 3,000 people signed up and there were over 2,700 finishers. It was the race's banner year.

Before that, the race was generally a pre-season pipe opener for high school and collegiate cross-country runners. When the FRB (first running boom) came along the race's field swelled due to all the people who suddenly took to the idea of becoming runners.

Over the last several years the race's attendance has dropped off somewhat. This fact begs the question: Why?

If it has everything under the sun going for it, and there are more people involved in the sport now

than ever, then why should less people want to run it?

A recent beach event, the Never Quit 5k, attracted a crowd of over 4,000. Of course it should be pointed out that the event gave away all but the kitchen sink; men got a running watch, women got jewelry. Still, entry fees went from 55 to 65 dollars. Yes, \$65 to run up and down a public beach for just over three miles.

To think that local running icon, Lamar Strother, quit running races in the 1980s because entry fees rose above \$3! This race cost more than \$20 a mile.

What can the track club do to make the SBR more attractive to the masses? Give more and charge more, a la the Never Quit? Add another, shorter, event like a 2-mile or 5k, to pull in the less fit, less adventurous types?

With a great new sponsor on board, Tijuana Flats, and entry fees now going to their charity, Just In Queso, it is the perfect time for the JTCR to pull out all the stops and bring the SBR back to its former glory and to retake its title: World's Biggest beach Race.

Time to not only rebuild the beach but to rebuild the Beach Run.

The Summer Beach Run is set for August 20 at 6:30 PM.



Summer Beach Run- Entry Form

TIJUANA FLATS SUMMER BEACH RUN



BENEFITTING: THE JUST IN QUESO FOUNDATION

Saturday, August 20, 2011

5 Mile @ 6:30 PM

1 Mile Fun Run @ 6:35 PM

Jacksonville Beach Seawalk Pavilion
1st St. N, Jacksonville Beach

Sponsored By:



To Benefit:



Presented By:



Come run Florida's oldest Beach Run! Don't miss the great Post Race Party with food provided by Tijuana Flats, beer, and live music by Ain't Too Proud Too Beg!

ENTRY FEES

5 MILE ENTRY FEE

Until August 13 th	\$20.00
August 14 th - August 19 th	\$25.00
Race Day	\$30.00

- » Children under 13 and Adults 65 and over pay \$15.00 for the 5 Mile until raceday!
- » One Mile Fun Run is \$12.00 at all times!
- » JTC Running members receive \$2.00 off until Aug. 13th
- » Sorry, there are **no refunds!**
- » Make checks out to The Summer Beach Run and mail with entry form to: 3931 Baymeadows Rd., Jacksonville, FL 32217
- » Register Online at www.1stplacesports.com
- **Online registration closes August 17th!

PACKET PICKUP

Be sure and check the box on the entry form where you plan to pick up your packet. Packets will be available on **Thursday, August 18th and Friday, August 19th** from 10:00 AM until 6:00 PM the following 1st Place Sports locations:

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

If you do not indicate a location, your packet will automatically be at the Baymeadows store. All packets that are not picked up at the above locations will be moved to the race site for race day pick up starting at 5:00 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, 75-79, & 80 and over.

RACE TIMING

The race will be timed using the ChampionChip. 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.

COURSE

The 5 mile and one mile course is out-and-back on the beach. Both races will start heading south. 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.

ONE MILE FUN RUN

One Mile Fun run starts at 6:35 PM at 5 mile starting line. Medals will be given to all children in this event.

FINISH LINE FESTIVAL WITH FLAIR

We would like to welcome **Tijuana Flats** as the title sponsor of the Summer Beach Run. The 47th running of Florida's oldest running event promises to be the best ever! This event is rich in history and is well known for its post race celebration. **Tijuana Flats** plans to make that part of the race even better this year. They will be providing free food to all participants and beer to all legal age participants and \$5 per person for spectators. Tickets can be purchased in advance by checking the box on the entry form or on the day of the race. at the Seawalk Pavilion right after the race. Ain't Too Proud to Beg will be the featured band and will rock us with classic hits. Stick around after the



It All Began On The Beach

Bob Fernee

If there were one race that epitomizes Jacksonville's running heritage that race would surely be its oldest one: The Summer Beach Run. The race has now become so distinguished that it is older than most of those who run it.

On Saturday evening (6:30 PM), August 20th, the SBR will be run for the 47th time. (47 years times five miles, adds up to a lot of sand, sun, heat, pain, sweat and drama). Many races may claim to be "classics" but this one truly is.

A 1-Mile Fun Run will also take place at 6:35 PM. It was once the biggest race in Jacksonville, attracting up to 3,300 runners in the 1980s. It was always called "The World's Biggest Beach Race" and "The South's Oldest Beach Run." No brag, just fact; at least until now. It can truthfully only lay claim to one of those titles today as the Never Quit 5k, another Jax Beach race, has eclipsed the SBR's turnout with an attendance figure of 4,192. Nevertheless, the SBR is the one with the history and it has meant a lot to a great many people over the years.

I always remember the SBR as being one of the most competitive races of the year, and 47 years later it continues to be exactly that. Now, as then, local runners fight for places on the white sand of the SBR. In the old days of the FRB (first running boom), there were fewer races in and around Jacksonville and the SBR was a race for which all local runners peaked. As the race approached the beach was full of runners training and getting accustomed to the peculiarities of beach racing: the softer surface, the ever-present wind and the burning sun.

One had to be prepared for nearly everything. Still do; for the good old SBR is more than a race of historic significance, it is one of surprise, mood and personality. Remember the year the August race had to be run in September due to a pesky hurricane?

Early SBRs began at 1 or 2 when the sun could be like a fireball and the sand a frying pan.

The race began at Hanna Park, and the plan was simple: Run like hell 5 miles straight down the beach until you got to the lifeguard tower.

Collapsing in the finish line chute was optional, yet hard to resist. It always seemed that both man and nature conspired to break the intrepid Beach Run runners. They couldn't, they didn't; they only made it more "memorable".

For a couple of years there was a beach renourishment project that made the soft sand even softer and thicker. Rivulets, up to six feet wide, ran down the beach into the ocean and massive pipes lay in the sand blocking the way at several intervals. The result was hurdles and water jumps, a virtual 5-mile beach run steeplechase. Many tripped on pipes or fell embarrassingly into trenches of water. (The infamous beach renourishment project is back again this year but it should be completed before the SBR begins and is not expected to be a factor.)

Perhaps it is sheer nostalgia, but many people long for the original point-to-point course. It felt like a journey down the entire length of the beach, rather than today's out-and-back route; a mere teaser of a beach run to Old Timers.

What brought about the demise of the popular Hanna-to-Lifeguard Tower straight shot south course? Logistics and expense; parking at one end and finishing at another caused immense, unnecessary complications. The shuttle buses that the Jacksonville Track Club had to hire to transport the runners were expensive and the post-race festivities were becoming a more important feature of the event. How could the club keep runners at the finish area if they were all leaving for their cars parked at the start? Like it or not, the point-to-point course died a quick, natural death; it just wasn't convenient anymore.

The Beach Run began life in 1965 as a tune up for high school and college runners heading into the cross-country season. Local high school coaches, Larry Monts, Ron Poppell and Chuck McPhilomy, created it in order to avoid having to travel out of town just so their kids could run a pre-season pipe opener.

For the first nine years no entry fee was charged. No women ever ran in the race until two 17-year olds did so in 1968. Then in 1969 the "record" took place.



It All Began On The Beach

Bob Fernee

The tide was way out and the curved portion of the course called the “dog leg” was indistinguishable. The wind was blowing north to south; perfect conditions. Ken Misner blew away the competition and ran the fastest time ever: 23-minutes and 26 seconds. He came back the following year and won the race again in the more credible time of 26:17.

In 1970, Misner tied with Jack Bachelor for a joint win in 25:54 and he won again in 1973 with a time of 24:17. That year he also had the only official finish time. Race officials decided to experiment with a tape recorder to accurately catch everyone’s time. Misner finished and the tape recorder immediately broke.

1974 was another historic year: The year of the entry fee. Runners had to pay \$1 to do the already classic five-miler. In 1976 the price went up to \$2.

In 1975, Bishop Kenny High School coach, Dan Brown, and the Jacksonville Rugby Club organized the 11th edition of the race. Afterwards, the future of the race appeared to be in doubt. To keep it alive another organizer had to be found.

A newly formed club, the Jacksonville Track Club, stepped forward and took over the race in 1976. For the first time the race would include more than just one women’s division. Of the 300 starters, the fastest 100 would receive something called a “finisher’s T-shirt.” In 1977, the JTC never expected the size of the field to more than double and 778 finishers backed up in the chute. 200 T’s were awarded and Lamar Strother, with his 100-foot steel tape, measured the course for perfect accuracy, another first. In 1978 the Gulf Life Insurance Co. sponsored the race, which had 2,079 registered runners and 1,947 finishers. A beach reclamation project was in progress just to make the going worse. For their duress all runners

received a T-shirt. In 1979 the course was in even worse shape and runners were subjected to the 5-mile soft sand steeplechase.

In 1981 John Rogerson ran 23:59 and beat 1,956 others. In 1983, the race’s biggest field of finishers (2,649) was led by Mabry McRay, who won in 24:34.

The new out-and-back course was instigated in 1994, along with a new entry fee of \$7. But that was then and this is now and just as there is plenty that is old about Florida’s Oldest Run there is also a lot that is new. For one thing there is a new sponsor. Carrabba’s Italian Grill, which has been a great and wonderful sponsor for many years, has had to drop out. Fortunately in its place is another generous restaurant, Tijuana Flats. For runners and their families it means Mexican-style food instead of Italian.

The race will be more generous too. Most of the race’s profits will be donated to Just In Queso, the Tijuana Flats’ foundation that does charitable good work throughout America.

\$600 worth of prize money will be handed out to the top-3 men and women overall. Towels will be awarded in the age groups, as well as the top-5 men and women overall and the Masters division champions. As usual, the race will be a Jacksonville Grand Prix event and the post-race party/awards ceremony, that features live music and free Tijuana Flats food and beer, will also be grand. (One of the finest post-race celebrations all year, I’m sure you’ll agree.)

Don’t expect a \$7 entry fee (but club members get a \$2 discount), but do expect a great race and a wonderful time. The historic, challenging and fun Summer Beach Run. Don’t miss it!

JTC Running and Bartram Trail High School Present

Free Cross Country 5k Runs

Open to Kids, Adults and Those In Between

No Entry Fee No Awards

Saturday, August 13 and August 27, 8:00 am
Bartram Trail High School



Runner's Guide to Beating the Heat

Mike Ryan, PT,ATC,PES | MikeRyanFitness.com

1

Sleep is Key

Sleep deprivation limits the body's ability to dissipate heat. Get your sleep & you'll tolerate the heat much better on race day.

2

Know Your Carbs

When it comes to helping to keep the body core cool, simple carbs (sweets, soda, cakes,...etc.) are BAD while complex carbs (pasta, grains, sports drinks,...etc.) are GOOD.

3

Open the Salt Mine

You need salt (sodium) and you need it early. Start consuming salty snacks like pretzels and tortilla chips 24 hours before the start of the race. Continue with the salty snacks up to and during the longer races.

4

Cool the Core

If you can keep your body core (the torso and abdomen area that contains your organs) cool, your body will tolerate the heat better and enhance your performance. It's that simple.

5

Adjust Your Pre-Race Routine

Minimize your exposure to the excessive heat and humidity just prior to your race. Two tips are to move some of your pre-race warming up into an air-conditioned area or shorten your pre-race routine when exposed to the heat and direct sunshine.

6

Look Cool

A valuable lesson that I learned during a brutal race in Ironman Brazil....Wear light colored clothing and hat because they absorb less heat and keep your body cooler.

7

Keep a Cool Head

Ice and cool water in your hat is a great way to get an upper hand during the Dog Days of Summer.

8

Burn is Bad

Sunburned skin is very inefficient in protecting you in the heat.

9

The 50/50 Rule

The rule of hydration I use is what my Jaguars players call the "Ryan 50/50 Rule". Consume 50% water & 50% sports drink before, during and after the workout/race.

Let's Make It BIG!

Be there for the 47th annual Summer Beach Run

5-mile and 1-mile Fun Run

Saturday, August 20 6:30 pm



Champions in the Sand

45 Years of Summer Beach Run Winners

Year	Men	Time	Women	Time
1965	Del Lewis	26:49	none	
1966	Del Lewis	28:42	none	
1967	Ken Misner	28:04	none	
1968	Ken Misner	26:17	Glenna Mackey	44:18
1969	Ken Misner	23:26	Mary Harden	49:00
1970	Ken Misner	25:54	Kathy Ford	43:43
1970	tie Jack Bachelor	25:54		
1971	Jack Bachelor	25:30	Jacquelin Priestley	37:53
1972	Bill Blewett	27:41	Margaret Tolbert	36:39
1973	Ken Misner	24:17	Emily Cade	?
1974	Dennis Skelton	24:54	Janis Gage	34:53
1975	Barry Brown	26:18	Pam Peterson	41:00
1976	Tim Simpkins	26:33	Janis Gage	31:58
1977	Ken Misner	24:07	Janis Gage	30:24
1978	Wally Rodriguez	25:33	Laura Ledbetter	31:44
1979	Mike Wachholz	26:35	Darien Andreau	32:39
1980	Mabry McCray	25:39	Darien Andreau	30:54
1981	John Rogerson	23:59	Laura Ledbetter	29:50
1982	Benji Durden	24:09	Laura Ledbetter	28:49
1983	Mabry McCray	24:34	Jane Millsbaugh	30:32
1984	Dennis Stark	24:58	Donna Combs	30:46
1985	Mike Wachholz	23:52	Lanier Drew	28:33
1986	Dean Matthews	25:27	Lanier Drew	30:39
1987	Peter Gamble	25:41	Betsy Veronee	30:34
1988	Ron Borsheim	27:19	Kelly LaDuke	30:11
1989	Declan Doyle	26:01	Lisa Emery	29:47
1990	Mark Kathman	26:42	Lisa Emery	31:37
1991	Earl Stoner	24:46	Monica O'Reilly	28:31
1992	Earl Stoner	25:20	Wendy Frazier	29:13
1993	Mark VanAlstyne	26:38	Beth Michael	30:53
1994	Jon Dennis	25:54	Patty VanAlstyne	30:22
1995	Rick Patterson	26:01	Sylvia Fisher	31:43
1996	Rick Patterson	26:25	Kimberly Bruce	29:52
1997	Randy Hollinger	25:45	Cathy Vasto	28:53
1998	Mark VanAlstyne	26:12	Kim Pawelek	29:33
1999	Said Diri	28:33	Donna Garcia	30:13
2000	Brian Fleischmann	27:48	Kim Pawelek	29:25
2001	Lee Yaracs	26:34	Kim Pawelek	29:13
2002	Owen Shott	29:04	Kim Pawelek	30:26
2003	Zeph Joseph	26:52	Kim Pawelek	29:28
2004	Jerry Reckart	26:39	Garin Glenn	30:27
2005	Josh Johnson	28:06	Michelle Krueger	32:47
2006	Owen Shott	27:55	Kim Pawelek	31:31
2007	Justin Jacobs	27:50	Kim Pawelek	30:17
2008	Justin Jacobs	28:04	Sopagna Eap	30:31
2009	Justin Jacobs	27:12	Kim Pawelek	30:06
2010	Chris Mutai	27:17	Lindsay Sundell	28:59



Beaches Leader Newspaper Associate Editor, Johnny Woodhouse, wrote the following story in 1999.

In the beginning there were no water stations and no time clocks, and the majority of the contestants did not wear shoes. A barefoot, 17-year-old Fletcher High harrier named Del Lewis won the first beach run ever held in North Florida in August 1965. The distance was five miles, from Hanna Park south to the Jacksonville Beach Lifeguard Station. The event, known today as the Summer Beach Run, was called the Beaches Marathon in '65.

"Back then, anyone who ran five miles thought that was sort of a marathon," said Ron Poppell, the event's co-founder.

Poppell was Fletcher's cross country and track coach from 1962-70. His harriers won Class A state titles in 1962 and 1964 and never finished lower than fifth at the boys state meet.

In the summer of '65, he talked J. Wilson Smith, then the Jacksonville Beach parks and recreation director, into staging a point-to-point beach run as a preseason tune-up for local high school cross country runners. The race would be held on the last Sunday in August, preferably the week before the school year began.

"We decided on a five-mile distance and invited boys from all area high schools and from out of town," recalled Poppell, who served as the event's inaugural race director.

Lewis of Atlantic Beach and Jacksonville's John Sutton formed a two-man breakaway early on during the inaugural event. Clad in a pair of running shorts and a white headband, the bare-chested and barefoot Lewis out kicked Sutton to the tape, completing the sandy five-miler in 26 minutes and 49 seconds.

Lewis, who later ran collegiately at Lake City Junior College and the University of South Florida, repeated as overall champion the following year, beating Eau Gallie High's Wayne Carroll by almost two minutes and third-place finisher Ronnie Nabers of Paxon by almost three.

Only 36 runners, ranging in age from 12 to 24, finished the 1966 event. Six non-finishers wilted in the searing high-noon heat.

"We had no concept of water stations in those days," said Poppell. "No one signed a waiver of any kind and we didn't charge admission."

Those who survived in '66 were treated to a revolutionary sports drink known as Gatorade.

"Dr. James Robert Cade, the man who invented it, supplied us with several packets of the stuff that year," said Poppell, who passed out paper cups of the thirst-quenching fluid to runners as they crossed the finish line.

Cade, who once ran a 4:20 mile in high school, was a 38-year-old professor of medicine at the University of Florida in 1966. He was still developing the Gatorade formula that he would sell to Stokely-Van Camp the following year.

In 1967, 18-year-old Ken Misner began his string of four consecutive titles. A Florida State University track athlete, the St. Petersburg native established the current course record (23:26) in 1969, reaping the benefits of a strong tailwind and unseasonably cool temperatures. Lewis, then 21, was second (24:04), followed closely by five other college runners, including assistant track coach Doug Cordier of Florida Junior College, who finished third.

According to Jacksonville Track Club historian Lamar Strother, entry fees were not collected until the event's 10th year (1974).

The gender barrier was broken in 1968, when two 17-year-old girls were among the 66-person field. Glenna Mackey finished 58th overall in 44:18. Another female, Bobby Joe Hunter, dropped out less than five blocks from the finish.

Irish-born Monica O'Reilly, a 28-year-old University of Tennessee All-American, established the women's course record in 1991, becoming only the fourth woman in race history to break the 29-minute barrier. O'Reilly clocked a wind-aided 28:31.

In 1985, former University of North Florida cross



Beach Run

J. Woodhouse

country runner Mike Wachholz, backed by a cool northeast breeze, set what is commonly referred to as the event modern course record (23:52).

The race no longer progresses in a southerly direction from Hanna Park. In 1994, race director Doug Alred, citing declining attendance and the deteriorating condition of the northern portion of the course, switched the Summer Beaches Run to an out-and-back event held entirely on Jacksonville Beach. The race was renamed Summer Beach Run in 1995 because the course no longer crosses into Atlantic and Neptune Beaches.

The early barefoot runners had the luxury of lining up with plenty of beach real estate to tread on. More often than not, they could also count on a tailwind. Now, participants run into a headwind at some point of the out-and-back race. Alred still

holds the event at or near low tide to ensure as much running room as possible.

“The switch has been good for us and easier for the runners,” said Alred, who competed in the event for the first time in 1978.

Carrabba’s Italian Grill in Jacksonville Beach became the race’s first title sponsor in 1998.

As for the blistering times of Misner, Wachholz and O’Reilly, they should be safe for eternity.

“Catching the right tide is everything in this race,” Alred, the event’s race director since 1980 once said. “The more dogleg you can take out of the course, the faster it becomes. To set records, you have to have the right wind.”

Secrets To Running Your Best Beach Race

Bob Fernee

Sssh, these are well kept secrets, owned by some of the finest runners to ever grace the Summer Beach Run’s sand. Don’t in the name of Del Lewis (and if you don’t know who he is, then you need to keep reading your newsletter, you’re about to be historically educated) go around telling your neighbors and running buddies, cause if you do you’re going to get beat. These secrets are that good. Fact is, I’d rather let a bunch of mangy terrorists have the plans to a Stealth fighter than these secrets to successful beach running. (If they do get those plans you’d better high tail it down the beach anyway.)

Seasoned beach runner (most likely with Sea Salt, ha! get it?) Rodney Smith writes:

“I believe I have run 37 Summer Beach Runs. Don’t ask me why, because it is a “hateful race”, always hot and humid. In the “old days”, my advice would have been to pray for a 30 mile an hour tail-wind or if there was a head-wind, then draft behind Randy Barnett or the next largest fellow you could find, then jump in the ocean when you finish to cool off.

With the out-and-back course, gauge which way

the wind is blowing and take advantage of that, trying to run the most even pace for the 5 miles as possible. The thing you do not want to do is keep looking for the finish, because it always seems to be at least two miles away and never seems to get closer. (If you can pull it off, have a nice cold one waiting at the turn-around aid station!) If not, have a couple afterwards while you make up all those excuses why you did not break 30 minutes (or 40 minutes or 50 minutes).”

Editor’s note: This is truly great advice from one of running’s great sages, especially the bit about the “cold ones”. Randy Barnett was the best windbreak God ever built and every man, woman and child took advantage of him. I guess that’s why he quit and took up cycling (where drafting is illegal).

SBR Race Director, Doug Alred, takes beach running seriously and gives us these tips:

1. Run as close to the wet area as possible. This is the hardest sand. It is also the coolest spot on the beach. It is also the shortest path on the course.



Secrets To Running Your Best Beach Race

Bob Fernee

2. Draft when possible if you are running into the wind.
3. Get out of the pack and let the wind push you when running with the wind.
4. Wear shoes with a grid sole. Traction helps.
5. Stay out of the sun as long as possible before the race starts.
6. Drink lots of water before the start.
7. Eat your last food about 4 hours before the start of the race.
8. Wear light colored clothes.
9. Sunscreen can heat trap against your skin. Best not to wear it during the race.
10. The beach is very wide at low tide so don't add distance by meandering all over the beach.

He is so right about that meandering all over the beach. You'll only look like a drunken vagrant and get yourself arrested. It's happened to me on numerous occasions. Thinking back, I probably deserved it though.

Here are the secrets of a legend, Rex Reed: "I was never a fan of running on the beach. The loss of forward momentum and the slant of the beach always caused me problems. It would take me a week to return to form. Within the first mile of the race I would be searching for drafting partners, even if it meant slowing my pace. Has there ever been a beach run without a brutal wind in the face? Good drafting partners, runners I could trust, was key to a good finish.

I remember one year we had the first-place woman in our (beginning) downwind leg. We made the turn into a strong headwind. The woman would not join in our draft, consequently she dropped back like she had run into a wall.

Another year I was in a five-man draft on the northern leg and we picked up many of the fast boys and girls who were running alone. They were very happy to join on our train until the downwind leg where, of

course, they ran off and left us.

If you like close and personal relationships, try drafting at your next race; drafting does not need a strong wind to improve your overall result. The sweat on your face and the elbows in your chest let you know that your draft position was good."

The Editor's turn:

1. It's a straight course on a wide-open beach with only one turn, but you can still get lost – don't.
2. Intimidate your competition and show them how tough you are by running in the sand dunes that line the upper edge of the beach. You may not beat them but you'll have proved your point – you're an idiot.
3. Go out hard and fast, take the lead and stay there. Remember that it hurts just as much running in the back as it does in the front and it's comforting to know that when you crash and burn you can throw yourself into the ocean to put out the flames and drown your stupidity. No one ever needs to see you again, and we don't want to.
4. Run the race barefoot. Don't practice running barefoot beforehand, just do it. The skin you leave behind on the beach will help your fellow runners gain more traction.
5. Practice your finishing lunge. Don't let this valuable piece of equipment get lost in your arsenal. Many is the man who has lost a beach run because he didn't know how to lunge. Even if you don't finish first, finish with a lunge.
6. Be humble in victory, even in near-victory. Practice this speech: "I'd like to thank all my friends and family who supported me, even the wife who dumped me and the kids I neglected who won't talk to me. Winning this beach run was the only thing that I ever wanted and even now I wonder why."
7. As you approach the finish line and certain victory is in sight, silently repeat this to yourself like a mantra: "Drugs!? What, me!? No! I've never even heard of Dr. Feelgood." You're going to



Secrets To Running Your Best Beach Race

Bob Fernee

need it cause no one will believe that YOU actually won the Summer Beach Run.

Submitted by “Mr. Anonymous”: Find the sexiest girl in the race and run the whole five miles right behind her. You may not run your best race, but you’ll have your best time.

Hmmn, that sounds like good advice for any race, you naughty boy, you.

Last, but certainly not least, tips from last year’s women’s champion, Lindsay Sundell: Don’t go out

too fast. Run on the packed sand. On the way back, you can see the finish, but that doesn’t mean you’re close to it. Ha, ha!

I don’t like the sound of that laugh, but there’s some good advice from someone who finished just 28-seconds off the female course record last year. She says she’s going for it this time and I’m betting she will do just that.

The real “secret” is this: It’s never easy, but it’s always a lot of fun and well worth doing. You’ll be a part of running history. Have a great Summer Beach Run.



Bring Back the Bus Part Deux

Bob Fernee

So far it doesn’t appear that many people are on board the campaign to bring back the JTCR magic bus. Only a handful of people have expressed a real interest and said, “Count me in.” Those who have responded have indicated that they are more interested in riding the bus up to the new Rock and Roll Marathon/Half-Marathon in Savannah than the other two races under consideration-the Ocala Marathon/Half-Marathon or the Paul DeBruyn 30/15k near Daytona.

It will take a good deal more people than the dozen or so who have now committed. If this is something that you are serious about and would want to attend you need to contact either myself or club Board of Director’s member, Franz Lerch, to have your voice heard. Otherwise, this concept will die. Our contact info is in the front of this newsletter.

Let’s Make It BIG!

Be there for the 47th annual Summer Beach Run
5-mile and 1-mile Fun Run
Saturday, August 20 6:30 pm



What is Runner's Knee?

Runner's Knee can make the fastest runner in town look bad due to severe knee pain, leg weakness and the inability to run hills. Runner's Knee, also referred to as chondromalacia or patellofemoral pain syndrome, is the #1 reported knee injuries for runners over 20 years of age.

The diagnosis of Runner's Knee is made when a runner experiences pain in the front of the knee involving the kneecap or patella. It is somewhat of a general term because the injury can involve various structures of the knee resulting in knee joint pain, stiffness and/or swelling.

Patella injuries can involve the patellofemoral joint, the articulation surface where the patella (kneecap) and the femur (thigh bone) come into contact with each other.



Chondromalacia is the pathology related to damage to the articular cartilage on the backside of the kneecap. When the back of the patella becomes roughened and irregular, it can also damage the distal femur articular cartilage surface. With the extremely high number of repetitions of knee bends associated with runners, the articular surfaces of the

knee become common locations of damage and pain.

Healthy articulating surfaces in the human body, including the patellofemoral joint, have 3 times less resistance than a wet ice cube on ice! Think about that for a minute. This simple, yet amazingly

efficient system of transferring forces over joint



surfaces, allows you as a runner to effectively log thousands of miles over ever-changing terrain for decades.

These examples also show how important it is to keep that articular cartilage healthy.

Based on the fact that most distance runners have tight IT bands and hamstrings, the patella has a tendency to glide or track more laterally or towards the outer side of the knee. With abnormal biomechanics and high mileage, so typical for distance runners, the structures around the patella are damaged with inflammation not far behind.

The tissues potentially injured with Runner's Knee include the patella tendon, the IT Band, the patellofemoral ligaments, the articular cartilage of the kneecap/knee, the patella fat pad, the quad tendon and the many bursas located around the knee.

The vastus medialis muscle, the most distal and medial of the quad muscles, will usually become weak with any patella injury. With this inner quad weakness and resulting tightening of the outer knee structures, the laterally tracking patella pathology worsens.

Younger Athletes and Osgood Schlatters

Younger athletes, who have not physically matured enough to close their growth plates, are susceptible to Osgood Schlatter disease. Osgood Schlatters is a condition where the distal insertion of the patella tendon is elevated. It significantly changes the tracking and movements of the kneecap. Due to alterations in the wear patterns of the backside of the patella, excessive articular cartilage damage may occur along with a sore patella tendon.

Signs and Symptoms of Patellofemoral Pain Syndrome

- A visible atrophy or weakness of the quadriceps muscle when compared bilateral.
- A noticeable loss of power when running up hills and pain with an associated sensation of "giving way" around the knee when running down hills.
- Discomfort and pain anywhere around the patella with prolonged sitting and/or activities

involving resistive knee extension such as running and jumping.

- May have a history of Osgood Schlatters disease or patella injury.
- Joint swelling may occurs after running.
- A palpable grinding/clicking sensation from behind the kneecap with leg extension and squatting. This may or may not be accompanied by pain.

Professional Treatment for Runner's Knee

- Biomechanical analysis to assess the lower extremities bilaterally to determine if there are specific mechanical issues that are contributing to the Chondromalacia. Common factors are:
 - o Leg length discrepancy
 - o Poor lower extremity and low back flexibility
 - o Excessive foot pronation or supination
 - o Quad weakness
 - o Weak abdominal musculature
- Consistent use of rollers and massage to the entire thigh area including the lateral thigh, groin and hamstring muscles.
- Implementing aggressive quad strengthening exercises that are pain-free with minimal patella grinding or noise present. To accomplish this, the types of exercises, the specific range of motion and the amount of resistance must be closely monitored to safely improve strength without increasing the symptoms.
- Full flexibility of the lower extremity and low back. The hip flexors, the IT band, the calves and, believe it or not, the big toe are commonly overlooked areas for athletes with chronic Runner's Knee.
- Warming up the knees is too often avoided.
- Aggressive manual therapy and modalities to decrease the pain while increasing the mobility of the soft tissue associated with the patella.
- Ice, ice, ice....immediately after any activity.

Asking the Right Questions Like a Pro

Here's what a smart pro athlete would ask his/her sports medicine specialists to ensure a fast and safe return to sports:

1. Do I need any other tests to determine the extent of this injury?

2. How badly damaged is the cartilage on the back of my kneecap and are there any activities that I need to avoid as I rehab this injury?
3. What factors do you consider to be the main reasons for my injury and, more importantly, need to be addressed with my rehab?
 - a. Quad Weakness
 - b. Poor Flexibility
 - c. My Sport(s)
4. Who do you consider to be the expert patella rehab specialist in this area for runners?
5. To assist my efforts to return to running, do you have a detailed written rehabilitation protocol to assist my therapist and me?

Elite Sports Medicine Tips To Help You Heal And Reduce Pain

- Open Your Eyes – Patellofemoral pain syndrome is often the result of a biomechanical problem that needs to be corrected. Look above, below, behind and in front of the kneecap to find the REAL source of the problem not just the pain.
- Change Now & Stay the Course – Scar tissue associated with patella injuries don't just go away. Plan on finding the problem, making the necessary changes and then stick to that plan for the long haul.
- Be Honest With Yourself – Look closely at your workouts for the past 3 months and ask: "Did I change too much too soon?" Increasing the workload too fast is a common problem with athletes suffering from acute patella injuries.
- Ice is Your Friend – I can hear all my runner friends saying it: "Here we go again..." Ice hurts but it's exactly what you need for this injury. The Pro's will tell you that ice is their best team mate. You've heard me say this over and over but for good reason. You need ICE and lots of it. Also, if you have a child with Osgood Schlatters, make sure he/she is icing properly.
- Father Time Has a Bum Knee – As we age our flexibility naturally decreases unless we work at it. Consistently maintaining our flexibility is the key. Joining a yoga or Pilates class is the ideal solution. Stretching takes a huge amount of stress off your knees, patella's and low back. Ditch the "I'm too busy to stretch" excuse, start stretching NOW and make your patella pain a thing of the past.



How to Out-Run Your Toughest Competitor: Runner's Knee

Mike Ryan, PT, ATC, PES | MikeRyanFitness.com

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Save High School Cross-Country Permanently

Bob Fernee

The mere idea that cross-country running would be cut from Duval County public high schools got many local runners up in arms. The authorities said it was a question of economics: Some sports had to be eliminated, and cross-country, along with tennis, golf, lacrosse and a few others had to go.

We all know what happened next. The local running community, spearheaded by JTCR board member, Doug Alred, set up a fund to save cross-country in Duval's high schools. Alred pledged \$10,000 to establish the drive, that had to raise \$70,000 through private means to pay the coaches' supplements and the \$3,500 FHSAA (Florida High School Athletic Association) fee for each sport.

This was cross-country's share of the \$400,000 shortfall affecting Duval's high schools.

It was a daunting, unprecedented prospect and even if it was successful it would more than likely have to be repeated the next year.

During its June Board of Directors' meeting, the

JTCR agreed to donate as much as \$10,000 to the cause. The decision was that if the drive came up short of its 70k goal the club would make up the difference, as long as it was not more than \$10,000.

The board decided not to divulge any details while the fund raising campaign was in full swing; for fear that private donations might dry up.

It was all very well, but yet, rather controversial.

The point is this: Whereas cross-country flourishes and is very popular in the private schools, in public schools it flounders. Fact is, there were 17 public Duval county high schools involved in the cross-country clamor but of those 17 only three or four had decent cross-country programs.

The others were taking money and wasting money for doing virtually nothing.

Mandarin, Stanton, Fletcher and Lee were about the only schools with proper positive programs.

But the agreed plan, set up by the Duval County



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School Board Athletic Director, John Fox, and the fundraisers, says that all must be saved or none shall be saved.

This is very inflexible, unimaginative thinking and I think in the long haul this will do no one any good. It is wasteful, misguided and unproductive.

The Pay-To-Play concept has been suggested. Some places have embraced this plan, while entire states have said it is illegal, even unconstitutional. Any kid that is on the reduced-lunch or free-lunch program is exempt from Pay-To-Play. So the needy go free, the rich don't feel the 50 or 100 bucks that is required (their kids are probably in private schools anyway), and the brunt is born by the middle-class and working-poor. Sound familiar?

Pay-To-Play does address the issue of waste, however. If kids don't show up, no one is paying and if no one is paying that sport folds up. Plain enough, and isn't that how it should be?

I do not believe that Pay-To-Play is a fair answer.

What is needed is a new approach. I suggest this: Every school is given 14 sports, 7 boys' and 7 girls', of its own choosing. If, for example, kids are not turning up for cross-country or golf, then don't continue those sports. If a sport does not have a coach who is involved and gives a darn or kids who want to participate then drop it. Why pretend? Why waste the money?

How could it unfold? For boys the choices might be, Football, Baseball, Basketball, Track, Soccer, Wrestling and one other. Girls could be expected to want Softball, Volleyball, Basketball, Lacrosse, Track, Tennis and Cross-Country. Who knows? But the point is that each school would be able to select. Individuality would reign supreme and the waste would be cut.

In fact, seven sports might be too many. Six, or even five, might be more accurate. Don't get me wrong, I am all for Cross-Country. But if a coach or school is not doing its duty or the kids have no interest then sure, don't fund it.

If a kid in a school without Cross-Country really wants to run, then he should. But let him do it for another school. Change the rule; let him go (of course, he would have to provide his own transportation). Same for a coach who finds himself adrift. He can coach in a school that still has his sport.

Sorry kids and coaches, but this may be the new world order.

"It would cause too much in-fighting," said long-time high school coach, Herb Taskett. "That Lacrosse coach would say 'why should he have a team and not me, mine's doing really well'?"

Good point, but surely it is better to make the hard decision at the individual school level, rather than with a huge blanket policy? Athletic Directors are used to making difficult decisions.

Another local coach, Everett Morris, has already made up his mind. He thinks that the whole thing is throwing good money after bad. Yet Morris is a believer in some funding. Pay for those that care, the others, cut them loose.

I call it Selective Funding, and in my opinion it is the way of the future. The Duval County School Board should be able to fund 12 or 14 sports of each school's choosing, for a long time to come. As things improve financially other sports could be added.

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Rue the Shoe, or Exalt the Shoe

Running shoes, runners love them, or they hate them. His best friend, or worst enemy. And there are so many of them. Which ones to pick? It's like finding your perfect mate on the Internet. (Okay, maybe not, but I had to say something and it always seems to come out wrong.)

So I'm starting up a new series and you get to join in as well. Write up a pair, or pairs, of running shoes that you have been running in and tell us what you think of them. I'll start it off.

Brooks Defyance 4:

A few years ago Brooks took its very popular, successful stability trainer, the Adrenaline (now the number one selling shoe in the country, toppling the Asics 2170 from its perch), removed its medial post and created a neutral trainer named the Defyance.

Unlike the new "minimalism" shoes that put the foot closer to the ground and have less "drop" between heel and forefoot, the Defyance has the traditional 24/12 configuration. Meaning that the heel is built 24-millimeters thick and tapers to a forefoot 12-millimeters thick.

I have found the cushioning of the Defyance 4 to be superb. Being a neutral shoe means that it is not designed for a runner whose feet over-pronate (roll inwardly), but the shoe is great for anyone with a neutral (straight) foot plant or a supinator (he who runs on the outside of his feet). But the Defyance 4 provides very good support with its sturdy, tight-fitting heel counter and an upper that wraps and hugs your arch like your mommy. The shoe's forefoot is nice and roomy, however.

I consider shoes to be either "fast" or "slow". This has nothing to do with who is running in them or even how much they might weigh, it is just that some shoes have a real spring or response to them and others feel muddy and make you feel rooted to the ground. I would rate the Defyance 4 essentially a fast shoe, because when I want to get up and go it lets me and yet, when I am not feeling so frisky the shoes accommodate me very well. Must be the double whammy effect of the Brooks MoGo midsole material and the Hydroflow shock absorption pad in the heel. What ever the case may be, the Defyance 4 is a shoe with a lot of cushion and a sensational amount of nice, energy-returning

spring as well.

Fact is, the Brooks Defyance 4 is a mighty fine shoe and at 100 bucks it is even a fine deal.

I rate the Defyance 4 four and a half running shoes out of a possible five (and that's only cause I never give a five).

The Adidas Adizero Boston:

Now known as the adizero Boston 2, though nothing has changed between that shoe and mine, the Boston has been a favorite shoe with me for quite some time. I think it is because the adiZ Boston is lighter and sits a little lower to the ground than some other shoes I have.

It is an excellent shoe for performing 'Good Form Running', the latest thing that is sweeping the running world. Trying to run more on your forefoot? No problem in this swift shoe model.

It is certainly a light shoe, in fact I like to race in it (if you can call what I do "racing" these days), just as much as I like to train with it. It is very flexible and fits very well too (unless you have a wide foot, then you'll think it's too narrow.)

As I said before, I consider some shoes "fast" or "slow" and I also think of shoes as being either plush or nimble, not much different than cars. You have the ride of a Cadillac or Lincoln Continental and then you have the ride of a Mazda MX5 or Honda 2000; the plush sedan versus the roadster. A totally different feel and experience, you know? Same with shoes.

The adizero Boston is a nimble, go-fast feeling shoe. You can feel your feet; you can feel the ground, not bad when you're in the mood for it. Still, it is quite well cushioned and protective. It sells for \$100.

The Defyance 4 comes in widths, the adizero Boston doesn't. Like all running shoes they come up small, about a full size small, in fact. Both models are very good for practicing Good Form Running. My rating? Another well-deserved 4.5.

Come on; reviewing your running shoes is easy and we are all passionate about our shoes. Send in those reviews.



Where Have All The Prep Harriers Gone?

Bob Fernee

Here's one from about ten years ago that seems even more appropriate now in the light of the threat of cross-country being cut from Duval County public schools.

Where have all the (young) runners gone? Gone to seed every one? Seems like it.

"I look at the '70s as the best years of high school running," said Nease coach Steve Lyons. He continued, somewhat sadly, "Nowadays it's hard to get good, athletic kids to come out and do distance running. You get a guy come out and he can barely run a mile. As a coach, you can't do much with that; it takes all season to get him up to three miles, and he is never able to be competitive."

I wondered, "Why so few, and why so un-mighty?" Lyons' views were succinct, and said little for our soft, modern society.

"Computers and soccer," he said quite flatly. "There is not a thing wrong with soccer, but club soccer is year-round, and whereas before, a kid would be able to run cross-country and play high school soccer, now club soccer takes all of his time."

He continued: "When I grew up, we had no air-conditioning, so you might as well go outside and play. Today a kid would rather play on a computer, inside, in the air-conditioning. It is real hard to get him up and out the door."

Of the high-schoolers competing in cross-country today, Lyons says their performances compare favorably with those of runners a decade ago, but when put up against performances of runner 20 years ago, the dif-

ference is alarming. Today's harriers could never hold up against those of 20 years past.

Although the running boom of the '70s motivated people of all ages, the second boom-in the '90s-seems to have moved only the "mature" person who strives to be young and slim and avoid the hospital.

Cross-country running is a glorious sport whose participants get no glory. Is that part of the problem?

"Yes," says Wolfson High School coach, Paul Nowicki, "and that is due entirely to lack of media coverage."

He pulls no punches, "Why don't they just come out and say, 'What these kids do has no value'? If media coverage improved, it would (merely) be abysmal."

I asked him if he saw a tailing-off in participation. "In this town?" he retorted, "There has never been a tail to begin with."

"But why?" I asked.

"Environment, computers, cable TV, video games, air-conditioning," said Nowicki definitively. "If these kids don't get some exercise, they'll drop dead when they're 40."

I was beginning to detect a twinge of bitterness in the man.

Nowicki is not the only one upset. There are many, and more than being merely upset, they are concerned. Worried about the future of the sport itself; like great Jazz artists performing before an ever-dwindling audience.

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Running Outpaced By The Mighty Buck

Bob Fernee

"Manners," They say, "have flown out the window". Common courtesy is passé and civility has gone down the drain. Victims of this modern age? So it seems.

But runners and running are different, above such things, right? Not now, it seems. Our thin shield of niceness has been penetrated. How did it happen? What has replaced endorphins and communality?

Money, plain and simple. Money and greed. Welcome to the Age of Running as a Business. There was a time, if a race director wanted to organize a new race he did extensive investigation to make sure he wasn't stepping on someone else's toes, and conflicting with another established race. This was considered a real no-no.

Not any more; especially if you are a businessman. The profit-makers who own the Rock & Roll Marathon series are bringing their franchise to St. Petersburg, Florida next February. Also in February, another outfit is planning a new marathon/half-marathon for St. Augustine.

One of the few genuinely altruistic, charity-driven races in the nation, the National Breast Cancer Marathon (26.2 with Donna) staged in Jax Beach, is due to be run on February 12, 2012. The people who are planning the St. Pete R&R Marathon have chosen the same day for their event. Exactly one week later the new St. Aug race will take place.

A conflict? As Sarah Palin would say, "You betcha." "60 percent of our runners come from all over the state of Florida," said Amanda Napolitano, General Manager and Race Director for the Donna Deegan Foundation.

Napolitano is understandably fuming over the lack of courtesy and understanding. People out to make a buck trampling on those who are out to do good.

"The Rock and Roll Marathon company have a lot of

sexy ads, you can't escape them. They have a lot of money to promote their events," she said.

Paramount Productions, located in Miami, will organize the St. Augustine event. They organize the Miami International Triathlon and an Ironman Triathlon 70.3, also in Miami. Their proposed event, which has not yet been approved by the city of St. Augustine, will include a 5 and 10k on Saturday, Feb. 18 and a marathon/half-marathon the next day.

Interestingly, the Ironman group took away Paramount's ability to stage any more triathlons using the name Ironman, due to the way they botched the last Ironman event they produced in Miami this year. Must have been pretty bad, Ironman offered free entry into any other Ironman race for all of the Miami event's participants.

A telephone conversation placed by Napolitano did nothing to change the mind of the St. Aug Race Director, Wilbur Anderson. Of course not, there is money to be made-full speed ahead.

Napolitano is worried, she knows the pie is only so big and now two others are slicing it. People will be faced with a decision: Run a new event in St. Pete, or the established charity race in Jax Beach, or skip both and run the inaugural St. Augustine marathon the next weekend. It could cost the Breast Cancer event.

"I don't want to have to up my advertising budget," Napolitano said. "Every dollar we have to spend to compete for runners is another dollar we can't send to cancer research or help those who are living with it."

Very unfortunate, but like I said, running is now a business. And, ultimately, whether we like it or not, those who will wind up running it are not runners at all and have little or nothing to do with our sport. You may be chasing a faster time; they are chasing the buck.



It was a happy, festive atmosphere that accompanied the 28th annual JTC Running Awards Banquet, which was held on June 15th at 6:30 pm. For the first time it took place at Maggiano's Little Italy restaurant in the St. John's Town Center Mall.

Everyone seemed to really enjoy the fine Italian food and delicious desserts. The club's social committee did a great job of setting it up and pulling it off – plaudits to everyone involved!

Personally, I thought the venue, the food and the night went very well indeed and I would certainly endorse using Maggiano's for future banquets. Like everyone else, I thought the sit-down, more formal dinner and the professional wait staff made the experience much nicer than the typical buffet-type dinner; a delightful touch of class for our venerable old club.

Once the crusty and trusty JTCR Officers and Board of Directors were introduced it was on to the main event, the handing out of the annual awards. Each recipient was introduced by an able presenter, all of whom did splendid work – thanks to them also.

The 2010-2011 Winners Were:

Rebecca Chandler, Bolles	Outstanding Female High School Runner
Jimmy Clark, Creekside	Outstanding Male High School Runner
Tony Ryan, Bolles	Outstanding High School Coach
Nicole Andress	Most Improved Women's Runner of the Year
Bill Krauss	Most Improved Men's Runner of the Year
Lindsay Sundell	Outstanding Women's Open Division Runner
Regina Taylor	Outstanding Women's Masters Division Runner
Ann Kraus	Outstanding Women's Senior Division Runner
Justin Jacobs	Outstanding Men's Open Division Runner
John Metzgar	Outstanding Men's Masters Division Runner
Stephen Beard	Outstanding Men's Senior Division Runner
April Patterson	Outstanding Community Service Award
Dawn Busch	Outstanding Newcomer
JC Pinto	Running Leader of the Year
Lamar Strother	Lifetime Community Service Award
McCall Service	Sponsor of the Year
Trib LaPrade	Volunteer of the Year

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Editor: **Bob Fernee**
Designer: **Amanda Mason**

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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, 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.

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

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

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

Visit JTCRunning.com for more information.