

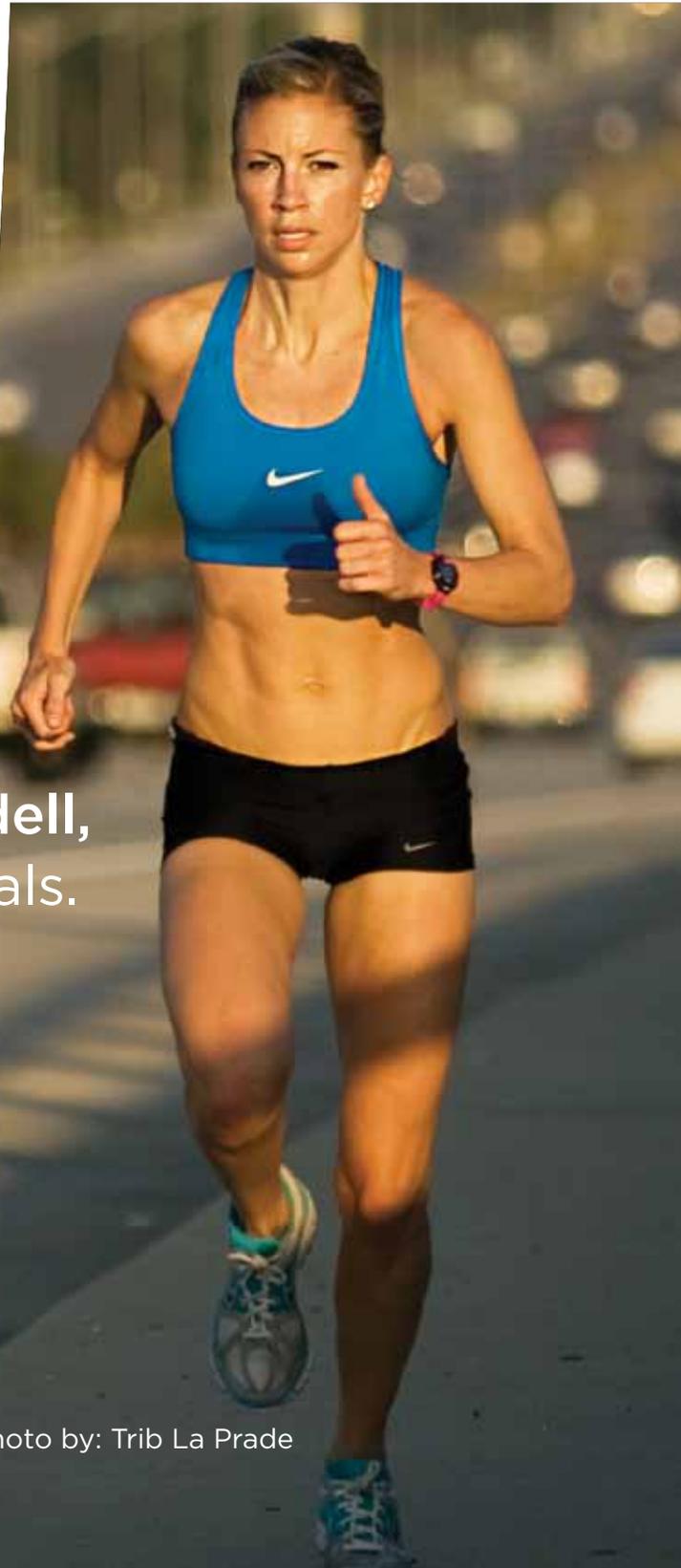
THE STARTING LINE

The Gala Event of the Year!

JTC Running's Annual Awards Banquet
Wednesday June 20th, 6:00 PM

UNF Summer Track Meets

Sponsored by JTC Running
Friday, June 15th & Friday, July 13th



Steeplechaser, Lindsay Sundell,
prepares for the Olympic trials.

Photo by: Trib La Prade

Letter from the Editor: Bob Fernee

One thing you have to say for JTC Running's 76-year old icon, Lamar Strother, is that nothing ever gets by him. While others his age are (finally) admitting to "Old Timers Moments", Lamar's mind is as sharp and retentive as ever. And if you deign to make a mistake, he will catch you on it.

So it was the other day when Lamar mentioned my story in the last newsletter, Reflections Of A River Run. It appears that I blundered, and naturally, he didn't miss it. I said that Carol Newby was our only female Gate River Run Streaker and Lamar reminded me that there is another one, Anne Shumaker. I guess since Anne wasn't there for our big Streakers' pre-race photo op I disgracefully forgot her. Sorry Anne and thanks Lamar.

There has always been talk about who might be "the last Streaker standing" and I think it has always been assumed that it will be a man. What if it isn't? Considering the emergence of women's running over the years it might be fitting if the final Streaker was female. Hmmn ...

On June 15th our club-sponsored track meet series begins anew at UNF. We hope that you and yours will want to attend. Even if you do not care to run just being there as a spectator will help out and be very encouraging. Remember that the track is a great place for kids and it is a perfect place to introduce them to running. They love running fast and winning all those ribbons. There is also a track meet on July 13th. Please try to attend.

A story about the meets with all the details appears later in this newsletter.

Mark this date in your calendar: Wednesday, June 20. That is when one of our best events is set to take place, the annual JTC Running Awards Banquet. The venue will be the same as last year, Maggiano's Little Italy, so you know the food is going to be fantastico (yes, that was my attempt at Italian. Once I knew I would never meet Sophia Loren I never bothered to learn any more).

Cost to club members is a mere \$15 (\$25 non-members) and the restaurant has even lowered its beer prices for us. So please make plans to be there, it starts at 6:00 PM. Call or email Doug Tillett or Jane Alred to reserve your place (see contact info page).

JTC Running will help to sponsor the AAU track meets being hosted by Epitome of Excellence, the track club that gets kids involved in Track and Field, coaches them, carries them to meets and hopes that the experience helps carry them through life. The club's success rate is impressive. A fine organization and we are happy to help them out. Details concerning the meets, and Epitome, are in this newsletter.

The Tijuana Flats Summer Beach Run is set for Saturday, August 25th. Mark your calendar for that classic of classics. I've put our order in: Clear blue skies, a hint of coolness in the tranquil air and virtually no humidity. Race conditions: perfect.

Sometimes it seems like there are just too many races. Our Guana 50k Ultra and 12k Trail Race are running into trouble finding an open date. The original date of March 31 would have conflicted with the new Tour de Pain Extreme. We didn't want to do that so we moved the races to October 20th. We knew that was the same day as the Race For The Cure but felt the two events were so different that they wouldn't draw from the same sort of runners. Now it seems that two more events have come up to compete with runners on October 20th, the Zombie Run and the Monster Mash, both new.

Now it appears (no, it's for sure!) the JTC Running Guana trail runs will take place on Sunday, October 21st. We have even added a third race, a 50k Relay (2x25k each). The 50k Ultra and 50k Relay will begin at 8:00 AM and the 12k shall start at 1:00 PM, in order that all runners will finish at nearly the same time. Afterwards, the plan is to adjourn to the nearby restaurant, Caps On The Water, for the post-race awards ceremony and party.

Runners and their running shoes, I tell you, it's a form of madness. Things get really bad when a runner's favorite shoe is discontinued by the manufacturer. This sad, tale of woe is related to us by board member, Franz Lerch, in his comedy piece, The Last Remaining Supernovas In Existence.

Twitter, what is it? I'm told it's the latest thing, but I am not told why I should do it, or want it, or anything else. But Board Member, Stan Lambert, said to me: "Tell everybody that they can now follow JTC Running on Twitter." So there you have it. Now all you have to do is explain it to me (well, me and Lamar).

Finally, a plea on behalf of the newsletter and myself. The Starting Line could really use a photographer. Someone who loves photography and wouldn't mind carrying his or her camera to events. Maybe even two photographers, the more the better. The inclusion of some good photos would help out our newsletter immensely. Please contact me at Bobfernee@aol.com.

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PRESIDENT'S MESSAGE:

Greetings!

I had the privilege of attending the fourth annual First Coast Kids Triathlon held at the University of North Florida on April 28. Your club has been a sponsor of the event for several years but this was the first opportunity I had to serve as a volunteer. I was quite impressed and can tell you JTC Running's participation is a very good investment. The kids compete in two age groups, years 6-10 and 11-15, and do a mini version of a real triathlon: swim, bike, and run. They had nearly 1700 finishers this year, and I knew I was in for an experience when I walked through the transition area before the start- 1700 kid's bicycles staged on racks!

The JTC Running volunteers took their positions along the run section of the course and, from the sound system, we learned the first kids were on their way. The music blaring through the speakers is still with me- songs seemingly chosen for the kids' parents (Macarena) or their grandparents (YMCA). There were plenty of both on hand to coach, cheer, and congratulate the kids. My vantage point was at the first turn on the run course, a hundred feet or so downstream from the water station between the bike and run segments. As the first of the six to ten year olds passed by I had to chuckle. In their little hands the water cups handed them were huge, and still quite full. The young ones seemed unaware of standard water stop procedure: grab cup, take a sip or two, dump rest on the head, and toss empty cup. Instead, they held on to the heavy (for them), sloshing cups through the turn and on down the sidewalk course, disappearing around the bend carrying a fourth challenge to their triathlon completion!

The stamina and dedication of these kids was amazing and great to see. Watching an eight year old with just one leg

running on crutches was a very emotional moment. All in all, the event was a super display of effort by the kids. It was a remarkable feat of organization for a very worthy cause by First Coast Kids Triathlon and the literally hundreds of volunteers.

Part of the event's success can be attributed to the excellent location. Many Club members are quite familiar with the UNF campus but, for those who might not have been there in a while, the facilities are quite impressive. Many of the buildings were not even there ten or fifteen years ago. All in all it's quite impressive. Come on out and take a look before our first track meet of the year, which will be held Friday, June 15 at UNF's state of the art Hodges Stadium. Events start at 6 PM.



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Metzgars Make It Happen!
Training Class Starts In September For November's
Subaru Half-Marathon
\$50 Club Members, \$65 Non-Members
Contact: JohnMetzgar4@gmail.com



New/Renewing Members - March/April

Debra Billard	Adelle Johnson	Terrie & Robbie Rose
Wes & Rebecca Bowling	Bruce King, Sr	Mike Ryan
David Dawley	Jeremy Kirch	Al Saffer
Catherine Dovi	Dean & Michelle Krueger	Nancy Shellhorn
Ronald Elinoff	August Leone	Emily Smithwick
Keith & Sharon Gaston	Kristan Malin	Phillip Tallon
John & Cheyney Geren	Carolyn McClanahan & Trib La Prade	Ken & Ricki Taylor
Cindy & Nathan Glass	David & Tessie McDermet	Paul & Karen Tebbs
Scott Allan Flanders	Cheryl Pfannenstien	Debra & Timothy Varley
Cynthia Hammond	Bill Phillips	Rita Young
Travis Hazlett	Jeff & Deborah Pruitt	
Bruce & Carol Humphrey	Sijifredo & Clarisa Ramos	

JTC Running's 29th Annual Awards Banquet Wednesday, June 20, 6:00 PM Maggiano's Little Italy, Town Center Mall

This event is our club's high-water mark of the year, honoring those who excelled in running and in support of running during the past year. See last year's best runners. Volunteers, sponsors, media personalities, and sentimental awards will also be presented. Honor the top high school runners and coaches. Jacksonville Grand Prix awards will also be presented.

JTC Running members \$15, non-members \$25. The club-subsidized meal is worth over \$30. Cash bar available. Those who are not members can join on the night and get the lower price.

For the BEST Wednesday night all year, reserve now!

Email or call: Doug Tillett, douglastillett@hotmail.com, 728-3711
Jane Alred, jane@1stplacesports.com

JTC Running Supports Kid's Triathlon

Written by: Bob Fernee

Photographs by: Judy Roberts, Margaret Barton



Who would have thought that out of all the places in this huge country of ours, Jacksonville, our Jacksonville, would have America's biggest kids' triathlon? Well, it does.

The First Coast Kids' Triathlon, that first took place in 2009, was held on April 29th at the University of North Florida. The swim-bike-run competition is immensely popular, as any of the 1,675 kids who finished the race will tell you.

JTC Running is a proud sponsor of the First Coast Kids' Triathlon.

Back To Nature!
JTC Running Presents
The Vibram Guana Preserve Trail Races
50k Ultra, 50k Relay and 12k
Sunday October 21st



Lindsay Sundell

Written by: Trib La Prade
Photographs by: Trib La Prade



Lindsay pauses for a moment atop the Beach Blvd. ICW Bridge after her hard, strength building workout - the sweat says it all

In just a week or so, Jacksonville Beach resident and really speedy woman (15: 40 5K) Lindsay Sundell hopes to head for Tracktown, USA (Eugene, Oregon) for her second Olympic Team Trials in Track and Field. She has run a 'B' standard (provisional) time for both the 5000m and the Steeplechase, the latter being her only qualifying event in 2008. Of those two performances, the now 26 year old feels she has a better chance with her Steeple time." I'd still like to get a faster Steeple in, if I can find a meet that I can get to relatively easily - finishing under 10 minutes would practically guarantee entry" she said. Her current time is 10:02 with the A standard being 9:55. In 2008, she just scooted in as the last woman by less than a tenth of a second. That was great for her introduction to the Trials scene - a week and a couple days of a track soir e unlike

any other in the country. It would be a challenge for any first timer to maintain competition composure.

Just FYI: the Steeplechase is a 3000 meter event (7.5 laps) in which the women hurdle 35 30" high barriers, seven of which have them landing in a pool of water. And yes, the human racing people hijacked the "steeplechase" name from the horse racing people.

During those 2008 Trials, Lindsay had just finished her last year of eligibility with the University of Florida. The following year, she finished up her classes, stepped away from competition but still ran, and volunteered with Big Cats, a rescue foundation for abandoned or confiscated lions and such. She graduated in 2009 with major in advertising and minor in English, and moved to Jacksonville where she continued her unstructured casual running. In 2010, she eventually found her way to 1st Place Sport's Beach location, where she began working. She also met Karl Byrne, a well respected local coach. He's been writing her workouts for almost two years now; Lindsay has been happy with the results.

Lindsay was immersed multiple times in the athletic gene pool. Her father ran for Iowa State and her mother was an Irish Step dancer (think Riverdance - little known Lindsay fact - she used to Step Dance too). She has a brother with a 2:15 marathon to his credit. Growing up, Lindsay's family moved a lot - New Jersey, Pennsylvania, and North Dakota all came before New York, where she finished high school. Track was her full ride ticket to Gator Country, a decision she "never regretted even once". She has the 9th fastest 5K time and just lost her school record in the Steeplechase in late April.

Between work and training, there's not a lot of free time for Lindsay; her social life is her running friends; she likes things quiet, enjoys reading mystery novels, occasionally baking and hanging with tabby cat Beau.

Eugene12 will come and hopefully it will again include Lindsay Sundell. However that works out, Lindsay is planning some hard work over the next four years - Rio would be a great Olympic debut!

More detailed version of this story is on: JTRunning.com
2012 Olympic Trials info/ schedule can be found on:
tracktown12.getracktownusa.com/

More Pictures of Lindsay, including a sequence of the one leg hop dynamic warmup drill can be seen on:
www.triblaprade.com/Recently



JTCRunning Track Meets Begin

When Lamar Strother retired from a 32-year stint as the director of our club's Summer Track Meet Series, the Board of Directors decided to let the University of North Florida organize and host the meets at its national-class facility. Our club would sponsor the new 4-meet series, meaning that we would underwrite its cost. These meets were held last summer for the first time.

All four of the meets were open to the public and to all ages and abilities. The cost was ten dollars, free to our club members if they signed up on-line, in advance. For just ten bucks a person could do as many events as he liked, from the high hurdles and up, way up to the pole vault if he had the nerve.

The UNF track department, headed up by coach Mark VanAlstyne and assistant coach, David Frank, did a wonderful job of organizing the events and the university's Mondo track and stadium were spectacular. Unfortunately, the attendance was somewhat less than spectacular.

This gave rise to questions afterwards such as, "do people really want to run track anymore?"

"If yes, then why didn't they show up? Was it because the word about the meets didn't get out, or was it because of the entry fee?"

"If no, then why are we sinking money into it?"

I think the answer to that last question is that we are a running club and we want to support and advance all forms of running (as well as the field events, of course). We began as the Jacksonville *Track* Club and we want to keep it alive. Some of us still truly love it.

A sort of compromise was reached earlier this year that we would continue our sponsorship but reduce the number of meets from four to two. We would also do our best to advertise the meets and reach out to youth groups, the main source of attendance.

The entry fee structure will remain the same as will the lineup of full track events.

Summer Track Meet Series 2012

Friday June 15 and Friday July 13
UNF Hodges Stadium

5pm 15+ Javelin

6pm 9+ High Jump
9+ Long Jump
15+ Pole Vault
9+ Discus
9+ Shot Put

6pm Women 100 Meters (open to all ages)
Men 100 Meters (open to all ages)
Women 1600 Meters (open to all ages)
Men 1600 Meters (open to all ages)
Women 9+ 400 Meters
Men 9+ 400 Meters
Women 9+ 4x100 Meter Relay*
Men 9+ 4x100 Meter Relay*
Women 9+ 200 Meters
Men 9+ 200 Meters
Women 800 Meters (open to all ages)
Men 800 Meters (open to all ages)
Women 9+ 4x400 Meter Relay*
Men 9+ 4x400 Meter Relay*

Age groups for individual events: 9-10, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

Minimum ages listed.

Age groups for relay events: 9-29, 30+

*(All relay team members must be of same gender and age group. Relay cards must be submitted by 6:00pm)

Metzgars Make It Happen!
Training Class Starts In September For November's
Subaru Half-Marathon
\$50 Club Members, \$65 Non-Members
Contact: JohnMetzgar4@gmail.com



JTC Running Supports Our Youth

Written by: Bob Fernee

Epitome Of Excellence is a stellar organization that supports and develops young people. It does it by involving, encouraging and disciplining kids via Track and Field. Hundreds of children, many of them from under privileged circumstances, have felt the positive impact of Epitome. You might say, using the track to keep kids on the right track.

What Epitome is doing is important, life-changing work. It is the sort of thing that not only impacts the life of a kid, but that of a community and, who knows? Maybe even our country.

JTC Running can proudly say that it is a major sponsor of this endeavor. In fact, as Epitome's director, Angela Harris, said: "Aside from the money we raise from memberships, the financial support of the track club is all we have."

Epitome can be proud as well. Harris went on to say: "Seven of our ten seniors last year went on to win either academic or track college scholarships."

One of those children was her daughter, Marquia Humphrey, now attending Alabama A&M.

"We are lucky that Nathan B. Forrest High School allows us the use of their track facility for our practices."

"Our kids range from 4 to 18 years in age. We have about

34 kids right now but after June 2nd, when school lets out, we will have a lot more," Harris said.

The group is gearing up for their very important track season. At the University of North Florida, Epitome hosts the AAU District Qualifier on June 2nd. The meet starts at 7:30 AM and should draw about 600 kids, according to Harris. The meet will not feature the Pole Vault, Steeplechase or the multi-events, Decathlon and Heptathlon, but all other events will be contested.

Then, from June 22 to 24, they will host the AAU National Qualifier, also at UNF. For this event Harris expects 1400 kids.

Any child can run in the meets as long as they are members of the AAU.

Harris and Epitome know all about the JTC Running sponsored public track meets being held at UNF on June 15 and July 13 and they plan to be there, just as they were last year.

"Our ultimate goal is the Junior Olympics in Houston. If we qualify from the Nationals then we can go to the Junior Olympics that run from July 28th to August 4th," she concluded.

Epitome of Excellence, winning the race, one kid at a time.

Coming Soon!
The Tijuana Flats Summer Beach Run
5 Miles of Beautiful Golden Sand
Saturday August 25
Hosted by JTC Running

Summer Track Meet Series
Sponsored by JTC Running
Hosted By UNF Track & Field Dept.
Hodges Stadium UNF, June 15 and July 13
FREE to JTC Running Members



Letters to the Editor

There are a lot of things that could shock a man, some of them pretty horrible. To this long-time runner learning that his long-time favorite running shoes have been discontinued was traumatic. Then, by chance, another pair! He couldn't contain himself, and shares his euphoria with us all. He calls his heavenly experience, The Last Remaining Supernova Classics In Existence.-ed.

Bob,
Thanks for telling me that a pair of Adidas Supernovas had been uncovered at the Beach store. I stopped by 1st Place Sports on my way back into town yesterday afternoon. I got the shoes. But now, should I run in them or start a museum exhibit: 'The Last Remaining Supernova Classics In Existence'? I am sure a slew of grumpy, disconnected Supernova users would pay to see them, and then I could retire.

Charlie had to manually key the shoes in because they are no longer in the system. Because of the no-tax, back-to-school weekend, and since the shoes cost under \$50, I saved even more. Makes me think that I am approaching cheap-old-man status.

Thanks for extending my dream run. I can now wait a little longer before having to make the nightmarish choice as to which new shoes to buy. I actually perused the Shoe Buying Guide in this past month's Runner's World. Reading about "Support Cradle" landing experience and variations of mid-sole cushioning and "plates"(?) I can envision a JTC Running newsletter story, as it's very confusing (even terrifying) for a Luddite that has run in the same shoes since the Supernovas came out.

And what about the expense? According to RW it costs \$100 to essentially run barefoot. Maybe at the end of the "story" I will come to the same conclusion as track club icon, Lamar, and "retire" because running (shoes) has become too expensive.

Maybe I should bare my sole and run a la naturale? It was good enough for Abebe Bikila to win the marathon in the 1960 Tokyo Olympics in 2:15:16. Should I start conditioning my feet for such an eventuality by running this year's Summer Beach Run sans shoes? Right now, I think not.

How about this story line? Since Anita and I got on a Ragnar Relay team, I could run the race in homemade running sandals fashioned out of old tire treads (think, best seller-Born To Run!). I can get the tires from Larry Sassa's brother, Steve. He manages the Beach Goodyear store. With this kind of free publicity/coverage Goodyear should at least cover my entry fee! Granted, I am not from a loin-clothed Mexican Indian tribe that runs 120-miles a week and I haven't won the Leadville 100. However, since you have yet to publish a New York Times reviewed best seller, a 20-mile a week German (with a beer belly instead of a loin cloth) will have to suffice for your local running club magazine article.

Hey, why not a JTC Running Ragnar Team sponsored and shoed (retreaded) by Goodyear? Then, no need to approach the Board for finances. But won't they be sorry when your book chronicling the "true" story of the Ragnar "Retread" Relay Team (with me as the main character, of course) hits the New York Times non-fiction Top Ten!

Bob, the possibilities are endless, the sky's the limit ... don't you think? Well, at the very least, I owe you a beer for finding me the shoes.

-Franz (The Luddite) Lerch

The JTC Running Annual Awards Banquet

Wednesday June 20 6:00 PM, at...

Maggiano's Little Italy, Town Center

Reserve Your Place, 160 Person Limit

RSVP: Jane Alred, jane@1stplacesports.com or douglastillett@hotmail.com, 728-3711

Members: \$15.00 Non-members: \$25.00



Marathon High's Students Excel



Written by: Bob Fernee

Marathon High is a very worthwhile local endeavor partially financed by JTC Running. It is doing a great job of getting kids to run. The organization is hoping to spread into other schools in the next school year. Teachers, parents and students are encouraged to form groups and join, the deadline has been extended to July 1st.

Program founder, Deborah Dunham, writes:

On February 12th, this year, 100 high school students and their coaches from Marathon High completed the 26.2 With Donna half-marathon.

Marathon High is a non-profit program under the Galloway Training Program. It is a free, school-based, long-distance running program open to all teens in grades 9-12. The program is about so much more than exercise. While it is filled with training regimens, nutritional advice, stretching and injury prevention, Marathon High is about changing lives, inspiring dreams, and making a difference. It's about helping teens become the person they were meant to be. It's about shifting the way young people think about

themselves and their place in the world, challenging them to make the "impossible" possible, all while doing something most people never do: run a 13.1 mile half marathon.

For our first season, we had four high schools participating: Sandalwood High, Lee High, Yulee High and The Bolles School. We had 120 students in the program and nearly 100 completed the race. Every student who came to the starting line finished the race, giving us a 100% completion rate that day.

Marathon High is open to every public school throughout Northeast Florida, and is already talking with other cities about expanding.

In addition, the coaches reported that some students lost weight, their academic performance improved, they gained more self-respect and self-esteem, and social barriers were broken down. The fact that this program was non-competitive gave every student who wanted it an opportunity to be involved in athletics and realize that they too are athletes, no matter how fast or slow they are or what their background is. It is essential that teens have an environment today where they are not judged, criticized or made to feel like they don't belong. This program gave them a positive, supportive environment where they could discover who they truly are and what they are truly capable of.

For more information, or to start a Marathon High team at your high school, contact the founder and director, Deborah Dunham at MarathonHighFL@aol.com or 904-624-0027.

Also visit the website page at:

www.breastcancer-marathon.com/run/marathon_high

The next season will begin in October and schools need to apply by July 1, 2012.

Back To Nature!
JTC Running Presents
The Vibram Guana Preserve Trail Races
50k Ultra, 50k Relay and 12k
Sunday October 21st



Written by: Mike Ryan, PT,ATC,PES
www.MikeRyanFitness.com

Achilles tendonitis is a common injury for runners, young and old. Achilles tendonitis or tenosynovitis is associated with the presence of inflammation, scar tissue and sometimes degenerative changes of the largest tendon in the body.

The Achilles tendon connects the two large calf muscles (Gastrocnemius and Soleus) to the heel bone (calcaneus). Its main function is to transfer power to the ankle during the push off phase of the gait cycle while both walking and running.

A decrease in the elastic qualities and a reduction of the tendon fiber strength is a common finding with athletes older than 30 years of age. The location of the inflamed tissue can be anywhere along the tendon from the calf muscle to where it attaches to the heel bone.

Expanding on what was stated earlier, it's important to understand that the two muscle of the "calf" merge together to form the Achilles tendon before it anchors or inserts into the calcaneus bone. The Gastrocnemius is the larger and more superficial muscle and it originates above the knee. The Soleus is the deeper and shorter muscle that does not cross over the knee joint.

Signs & Symptoms of Achilles Tendon Pain

- The onset of pain can be as fast as within minutes or a gradual increase in symptoms over a period of days or weeks.
- Symptoms such as pain, stiffness and calf weakness typically decrease with rest.
- Tenderness noted anywhere along the tendon with palpation and with activities.
- Palpable knots or lumps in the Achilles tendon are common.
- Tendon "squeaking" can often be felt with ankle motion.
- When performing a one-legged toe raises with the knee completely straight, pain in the tendon, weakness in the calf and limited range of motion in the ankle is demonstrated.
- Swelling or thickening within the tendinous sheath is common.

Causes of Achilles Heel Pain

Achilles tendonitis is typically an overuse injury. The basic cause of an overuse injury is when a person does "too much too soon". With that being said, other factors can contribute to inflammation of the largest tendon in the human body:

- Altered or improper footwear for both activities and work environments.
- Changes in training surface firmness and an increase in exposure to hilly terrain.
- Rapid increase in activity volume and/or intensity.
- Insufficient recovery time between workouts.
- Various arch and foot pathologies such as fallen arches, excessive pronation, hyper-supination or poor toe alignment.
- Weak calf muscles
- Tight calves and Achilles tendons
- Stiff ankles due to arthritic changes.

Professional Treatment for Achilles Tendon Pain

- Stretching of the two calf muscles is important for long-term reduction of Achilles tendon pain. Wall pushes should be performed with both the knees straight and with the legs bent to address both muscles and the Achilles tendon.
- Avoid the activities and footwear that are linked to the symptoms.
- Place a ¼ – ½ inch heel lift in both shoes.
- Ice your Achilles tendon and calf muscles in a moderately stretched position. Ice bags/veggie, ice cup or ice bucket will work.
- Massage of calves, arches and front of ankles to promote a decrease in Achilles tendon and ankle stress with motion.
- Improve arch and toe flexor strength with activities such as marble or rock pickups and towel curls in a seated position.
- Perform daily calf rolling treatments for the calf and peroneal tendons (lower outside of the shin) but not on the Achilles tendon itself.



- When at least 75% of the pain is eliminated with walking, initiate toe raises to strengthen the calf muscles.
- Compression of the calf during activities to maintain warmth and improve blood flow.

Questions a Pro Athlete Would Ask

A smart professional athlete with Achilles Tendonitis who wants to safely return to his/her sport will ask his sports medicine specialist the following questions:

1. What are the main factors to why I have Achilles tendon pain?
2. What does my foot/arch/subtalar joint biomechanics look like? Do they need to be addressed with an orthotic?
3. Are my legs the same length? If not, is the difference greater than 1/4 inch?
4. Am I a candidate for a cross friction massage on my Achilles tendon or will that form of treatment be too aggressive?
5. Who is the best physical therapist in town to rehab with for my Achilles heel pain?

Mike's Sports Medicine Tips

- Issues Above – Achilles tendon pain is probably more a result of a problem farther up the chain. Look at everything from your shoulder levels to your core strength to your sore knee for clues.
- Why Now? – What triggered the flare-up now, Detective? List the activities and factors that you changed in the last month and you may be shocked to see the reason(s) looking right at you!
- Limber Time – I watch my young son stretch and bend like Stretch Armstrong. As adults, we are probably not as flexible as we need to be. Quickly stretch your shoulder, back and legs every day.
- How's Your Sole – Compare the shoe/sneaker wear pattern. Do the soles look different from left to right?
- Avoid Hills...For Now – As you return to your activities avoid hills for the first couple of weeks.

Mike Ryan, PT, ATC, PES is the Head Athletic Trainer/ Physical Therapist for the Jacksonville Jaguars of the NFL and a 6 time Ironman triathlete. Mike is the founder of **MikeRyanFitness.com**, a free sports medicine resource dedicated to keeping mature athletes healthy & active.

The JTC Running Annual Awards Banquet

Wednesday June 20 6:00 PM, at...

Maggiano's Little Italy, Town Center

Reserve Your Place, 160 Person Limit

RSVP: Jane Alred, jane@1stplacesports.com or douglastillett@hotmail.com, 728-3711

Members: \$15.00 Non-members: \$25.00

Coming Soon!
The Tijuana Flats Summer Beach Run
5 Miles of Beautiful Golden Sand
Saturday August 25
Hosted by JTC Running



Rue the Shoe or Exalt the Shoe

Written by: Bob Fernee

Mizuno's Wave Shoes Wait For Another High Tide

The billion-dollar running shoe business has long been dominated by a handful of players. Once the likes of Nike, Brooks, Asics, New Balance, Saucony and Adidas had taken their share not much more than crumbs remained on the table. That is, until about ten years ago when Mizuno came along.

The Japanese company was big in baseball, volleyball, wrestling, golf and tennis but little known in the world of running. With slathering, hungry jaws, Mizuno must have looked at running and thought: "All those people, all that money, we must get some of it." And the company set about to do so. Using some new, innovative marketing methods, much of it at the "grass roots" level, as well as some fresh technology, Mizuno made near unheard of inroads into a market that was considered impenetrable.

But how did they do it?

Remember the scene in the classic 1960's film, *The Graduate*, when the corporate executive looking fellow comes up to Benjamin Braddock's (Dustin Hoffman) ear and gives his advice for success in only one word, "plastics"? Well, Mizuno must have been listening. Using plastic, Mizuno built its technology, the Mizuno Wave Plate.

Hold on there! There was a wave plate created by Converse back in the late 1970's when that company tried to get beyond its iconic Chuck Taylor All Star canvas basketball shoes. Its foray into the burgeoning running market soon fell as flat as the arch support in a pair of Chucks and the company gave up.

The "Wave" disappeared. That is, until Mizuno surfaced.

So how did Converse's Wave become Mizuno's Wave? Some say that Converse's patent expired and then the Wave became anybody's. Mizuno grabbed it first. Others say it just isn't so, that Mizuno's wave is brand new technology.

Mizuno did something that Converse never did; they marketed the Wave very well. Their advertising was effective and their field sales reps did hard work in the trenches. They got at least one sales person in every specialty running store to be Mizuno friendly and push the product, these people were called 'ambassadors'. Mizuno's sales skyrocketed and the company cracked the Top Five in global running shoe sales, one heck of an accomplishment.

Mizuno's Wave Plate is a piece of plastic that is kind of, well ... wavy looking. There are different shapes to the Wave and each one provides something different. One is even a Double-Wave for maximum stability and support. Some Waves are built to provide the same sort of anti-pronation guidance that one would get from a medial post (i.e., firmer foam underneath the foot's arch). Others provide little guidance at all but instead give a spring and responsiveness. Different Waves go into different types

of shoes, clever those Japanese.

The Wave Rider has long been the flagship and best seller of Mizuno's line. The Rider is a neutral shoe that is popular because it is lightweight and has a soft yet springy "ride".

The Wave Inspire is the second-best Mizuno seller and is a stability shoe designed for the mild-to-moderate over-pronator. While the Wave Alchemy is the most stable and supportive of Mizuno's line and is a high-stability shoe for the moderate-to-extreme over-pronator.

Like some of the other shoe companies, a couple of years ago Mizuno decided to stop production of motion-control shoes and dropped its shoe, the Renegade, due to lack of sales. Motion-control shoes are those that are made for the extreme over-pronator, such as the Saucony Stabil, Asics Foundation and the category leader for the past 20 years or so, the Brooks Beast. The female companion model to the Beast is called the Ariel; women it seems have enough beasts in their lives.

Of course Mizuno have plenty of other models in their line, including racing flats, spikes, more expensive neutral and stability shoes, the Wave Creation and Wave Nirvana respectively, and the \$200 Wave Prophecy, a shoe that I hear is quite a status symbol in Brazil where it sells for more like \$500.

Now that I have finally gotten around to it, this shoe review is really about the Mizuno Wave Elixir, a model that I am most familiar with and that I have been running in for quite some time now. In the old days we would have referred to the Elixir as a racer/trainer. Meaning that it has the cushioning of a training shoe but sits a little lower to the ground for a quick "transition" (through the gait cycle) and is nearly the weight of a racing shoe. Certainly as a long distance racing shoe it makes a good one and I would not hesitate to recommend the Elixir as a marathon shoe.

The Elixir has a nice spring in its step and I would definitely classify it as a "fast shoe". Try it on and you will see what I mean. It sells for \$120.

Smart as Mizuno has been over the years, I would be remiss if I did not mention the massive blunder the company did in 2011 when it made a couple of disastrous changes to the fit of the Wave Rider 14 and Wave Inspire 7. The Rider was particularly hurt and so were Mizuno's sales, which plummeted as followers of those models left in droves. But the problems were fixed with this year's Rider 15 and Inspire 8. Now the faithful are returning.

As millions of runners have wondered for many, many years: When a shoe company has a winner, why does it always insist on screwing it up?



Are You Prepared for Summer Training?

Written by: Gene Ulishney, BS HPE, LMT, CPed

With the sweltering summer months just about upon us, many runners are planning their yearly tapering regimen. But a hardy group of marathon trainers will be just beginning to train for their fall marathons and half marathons. Most early morning or evening runs will include some time in the sun, resulting in the dreaded summer triad – sun (infra-red and ultra-violet rays), heat (temperature) and humidity (moisture).

Let's first address the sun. Infra-red rays are the ones that we feel warming our bare skin or the clothing covering it. The colors we wear make a significant difference. White is best because it reflects the sun's heat. The darker or deeper the color shade, the more it absorbs and holds onto heat, culminating in the warmest color, black. So, to stay as cool as possible, try to wear white or pastels when the sun is out. This is especially important for tops because they cover a large surface area of the skin. Short colors are a little less important because the surface area is smaller. Even lighter color socks and shoes can make a difference in the amount of heat that the body will try to eliminate.

Because the body's natural heat elimination process is evaporation, the warmer you are the more you will perspire. So, the lighter the colors you wear, the less moisture you will have to deal with to cool your body. This also relates to the type of hat you wear. Overall, the most protective and coolest is a white or light colored mesh with a fairly long bill. It both shades and allows the substantial heat generated from the head to be released. Underneath, the bill should be of a darker color to absorb bright reflections from running surfaces before they get to the eyes. The bill also protects the face from potentially harmful UVA and UVB rays.

We cannot feel UVA or UVB rays as they enter the skin. They are most important in the production of Vitamin D, the skin-protecting vitamin. Recent research is showing that it is extremely important in the prevention of cancer, diabetes, heart disease, and mental decline. The body produces at least 10,000 IU of Vitamin D in only 30 minutes of full sun exposure. Experts believe we need at least this amount, daily, to cut the risk of cancer and other diseases. If you can't get direct sun exposure, then a good Vitamin D3 supplement is suggested. Now, the dilemma – to sunscreen or not. Today, most sunscreens block both UVA and UVB rays, all but eliminating all important Vitamin D production. This could be one reason that those having used sunscreens all their lives have more of a tendency (from some research) to develop some type of skin cancer. Another could be that some early sunscreens only blocked the UVB (skin burning)

rays and not the UVA (skin penetrating) rays, so those not burning stayed in the sun for longer periods. Still others are questioning the chemicals being used in their formulations. All this being said, moderation and some protection is probably warranted. If you are spending a fair amount of time running in the sun, look for tops stickered with a UPF (Universal Protection Factor) 40+, as they offer excellent sun protection on their own. Compare fabrics, as they can vary in weight and breathability. Your local running store is your best resource.

Well-designed synthetic fabrics are an extension of the skin. They begin by immediately wicking perspiration to the fabric's surface and then spreading it out to most efficiently begin the body-cooling, heat-dissipating, evaporation process. The idea is that the more you spread the moisture the faster cooling begins and continues. Efficient evaporation means that the body doesn't have to work as hard pumping blood to the skin's surface to cool itself.

Although heat can slow you down somewhat, humidity is what makes the air seem thick and hard to breathe – the excess moisture in the air most likely crowds out some of the oxygen entering the lungs. Hypothetically, it can also create more air resistance as the body moves through it. You've noticed how much more effortlessly running seems on a crisp, cool day.

Because your body is working harder during this time of year, summer's added energy and fluid requirements bring us to a most important question: "How can I keep my energy level up, especially during my long training runs?" This is where energy drinks and energy foods become most important. Because your energy needs are so high to keep you moving efficiently and your fluid needs to keep you from overheating, continuous replenishment is absolutely necessary. Don't underestimate the nutrients and electrolytes that you are using up and sweating out, the energy that you are expending and the water loss that you are experiencing, especially during these hot and humid summer months. High-tech, quick release nutrition foods help to quickly and efficiently replenish what you are expending. Your local running store can recommend an energy food regimen for you to help keep you moving with reduced fatigue, minimal cramping, quicker recovery time and less chance of heat complications. Chance of injury can also be reduced from impaired performance due to low energy levels.

How you personally address the summer's stronger sun, higher heat and humidity, as well as your fluid and energy needs, will determine whether you get the bear or the bear gets you. Get the bear.



The Big Race Costs Big Bucks to Produce

Written by: Bob Fernee

I know what you're thinking, you've paid your thirty dollar entry fee to run in the Gate River Run and after you've picked up your race packet, that included, among other booty, an adidas technical t-shirt and a nice etched-glass beer mug, you still say to yourself: "Man, this race sure makes a lot of money off of me."

Does it? You have probably never considered the money from the other side of the table, the money it takes so that you can run one of the world's major races. All those up front costs that go down before you pony up. Well, take a minute to think about it.

So hold on to your high tech running hat, the numbers may astound you.

The safety pins to impale that race bib number onto your chest, \$812. Safety pins 812 dollars! That's crazy, why can't people just hold their numbers between their teeth!? Who authorized this?! That's a lot of money wasted on pins.

I'm kidding; pins are good we need pins. I was always taught to open with a joke. Some joke (I was funny in rehearsal.)

The race number itself, made of almost bullet-proof material added \$6,767 to the race's expenditures. Nothing comes cheap in the racing game.

Just putting all those trinkets in your race packet took time and people and it all added up: \$2,762 worth of human labor.

The printing of the entry forms and some posters, surely that couldn't cost much. Well, how about \$7,032? Advertising cost \$7,703 and website and Internet expenditures came to \$5,507.

Even the race expo costs big bucks. Rental of the Fairground facility comes to \$8,450, decorating it costs \$13,805. We can't leave it unattended at night so we need security and that adds up to \$2,643. With a few other incidentals, the cost of the expo is a staggering \$25,629.

And the race hasn't even begun yet.

I'm sure glad all the day-of-race expenses didn't come out of my bank account. This is quite a list:

Stage rental, \$3,598; trusses, \$15,000; TV coverage, \$5,000; display boards, \$22,750; balloons, \$2,355; banners,

\$10,639; fencing, \$7,575; golf cart rentals, \$1,638; lift, generators and scaffolding, \$10,577; medical personnel, \$3,586; race staff, \$550; race security, \$1,296; sound systems, \$13,450; stadium expense, \$8,536 and trash collection, \$1,600.

All those bands that you briefly hear as you run along the course (and really are a nice touch) don't just sing for their suppers, they cost the GRR \$4,700.

But the really necessary stuff, those toilets that you, well ... Those cannot be taken lightly, how about \$10,130? That'll make you think twice before you whine, "ooo, it stinks in here." That's a 10,000-dollar throne.

How sweet it is to be able to run so safely on 9.3 miles of Jacksonville's busiest streets and bridges. The many closed roads and accompanying police protection cost \$28,464.

You probably thought that the city provided it for free, didn't you? Not quite, making the course safe is one of the race's biggest expenses. Well worth it though, for no one has ever been hurt in our most spectacular race, the Gate River Run.

How would it be to run the GRR with nothing to drink? It's only water; it can't cost much, right? Water station expenses tot up to a total of \$6,971. A pretty high cost so that you can wet your whistle.

Those voices in the air don't get there by themselves. The GRR's sound system costs \$13,450. That's some expensive sound waves. When I saw the Beatles in the Gator Bowl back in 1965 even the Fab Four didn't get to use a sound system that good (I should know, I couldn't hear them). In the old days the race director would just yell.

Wait for it: Total day-of-race expenses, \$158,414.

The Gate River Run is the US 15k Championship race and that means it is very, very competitive. It's one of the things that makes the GRR so special and exciting. Pulling in that sort of competition isn't easy, or cheap. The travel and housing costs for the elite runners added up to \$22,309.

The prize money paid out to them-\$82,100.

But, in my opinion, it is all good. If you want quality you have to pay the price. There is quality through and through in our Gate River Run.

I remember the old days, when the River Run 15,000 first began. We all got so excited at just the thought of the great



The Big Race Costs Big Bucks to Produce

runners coming to our town to compete in our race. It was great then, and it is still great now. I hope that aspect of our wonderful race never disappears-no matter what the cost. The race would never be the same.

Timing: not only does it mean everything to the elites but it also means quite a bit to you and me. Altogether it creates a race expense of \$58,000. That's huge, but it is an unavoidable expense. For these days, even the people just running "to finish" expect the race to get their finish times right. (Even if they couldn't care less about their times. Funny, isn't it?)

While we are on the subject of finishing, all those thousands and thousands of finishers received nice custom-made medallions. The race finished up with an tab of \$32,019.

Not everyone won an award for finishing in the top ten percent, (even me, sad to say) but the hats that those lucky speedsters did win cost \$4,785. On top of that, the age group awards added another \$1,439 to the race overheads.

It takes a lot of people, supplies and services to pull of the GRR and it all adds up to \$102,577.

Yes, most people do not have any idea of all that goes into staging an event like this; the time, the people, the money, the planning. It is absolutely mind-boggling, the behind-the-scenes work, stress and pressure.

And you thought that a guy just comes out, fires a gun, the race begins and that's it; if you only knew.

So many runners don't know any more than the t-shirt on their back. Oh boy, those t-shirts. The Gate River Run spent \$88,043 just on t-shirts! Interesting to note that the adidas technical shirt that came with your race entry sells in stores for \$30, about the same price that you paid to participate.

Now consider this: Unlike so many other (extremely over-priced events of a lesser caliber) many people get into the GRR absolutely free, gratis. They buy adidas (the official equipment sponsor of the GRR) shoes at 1st Place Sports and get in the race at no cost. Just for buying running shoes that they would buy anyway. How many major races give themselves away for free, just like that? Probably just this one.

I hate to tell you this, but I predict that race entry fees are going to go cosmic. All the big, major, popular races will have entry fees of \$100-plus. Just look; IronMan Triathlons are now \$700. It's coming; but that is fodder for another column.

Our Gate River Run is the best deal around, that's a fact.

Now the race is over, you're feeling good. The endorphins have taken over and it all seems worth it. For a while it is all about you and you're going to enjoy it, and why shouldn't you? You are enjoying the post-race party. Please do enjoy it, for it cost the race \$6,754.

But it's well worth it. For those of us on the dark side of our racing careers the post-race is as important now as the real race used to be. Being competitive has been replaced by socializing. So let's not mess up this all-important post-race moment, it means a lot.

Soon the Junior River Run will begin. This event costs \$2,949 but is free to every kid who wants to run it. Why? Because you have to plant the seed, you have to encourage the growth of new runners. They are the future. And they will be the future of our track club as well.

Our Gate River Runs are not about profiteering, many people run for free and the Times Union 5k Run/ Walk for Charity donated all of its proceeds, \$30,000.

So now you see just some of the phenomenal expenses associated with the Gate River Run. The event did financially come out ahead in the final analysis but that was only due to the generosity of the race's sponsors. Without corporate help no major race would end up in the black, and without that financial backing entry fees would be nothing like they are today.

Let's hope that things continue as they have. Participating in a great event like our Gate River Run is inexpensive entertainment (as well as good exercise). I have a queasy feeling that they may not. But maybe it's only Doomsday Bob expecting the worse again.

Organizing a major race, like ours, is not easy and it isn't cheap. We have an event that we can be proud of and we can be proud of it for many reasons. It serves our community, our people and our track club.



World Harmony Run's Torch Relay



Written by: Bob Fernee
Photographs: Jane Alred

World Harmony Run's Torch Relay Visits Jacksonville

You deserve to be forgiven if you don't know anything about the World Harmony Run, the world's largest torch relay. I have to admit, nor did I.

What's it all about? Well, world peace and world harmony, two things we have all been waiting for, ever since I can remember (and unfortunately, still are). The World Harmony Run also seeks to strengthen international friendship and understanding.

The United Nations proclaimed 1986 to be the International Year of Peace. A year later, philosopher, artist and poet, Sri Chinmoy, founded the World Harmony Organization. Since 1987, its torch has been making its way around the world.

Each year the World Harmony Run involves millions of men, women and children in over 100 nations in a global torch relay. Since it began, many people have held the torch, including Pope John Paul II, Mother Teresa, Nelson Mandela Mikhail Gorbachev, and Muhammad Ali.

The event does not seek to raise any funds, or to promote any political or religious agenda. It only aims to inspire people from all walks of life to foster a better, brighter future.

The torch is currently on its way around the United States. On April 29th it passed through downtown Jacksonville. As the torch approached City Hall, it was greeted by our local chapter of Girls On The Run and several local running personalities, including Board Member, Jane Alred.

To learn more about the World Harmony Run log on www.worldharmonyrun.org.





Sports Medicine Seminar the FIRST THURSDAY of the month!



Aaron Michael Bates, MD

(Sports Medicine, Joint Replacement – JOI Orange Park/Clay County) will present

“Common Knee Injuries in Runners”

Thurs., June 7th @ 7-7:30 pm

Followed by a 15-minute Q&A

A “Fun Run” is offered before each seminar from 6-6:45 pm.
JOI Rehab – Fleming Island staff will be available to chat pre/post the Fun Run.

1st Place Sports – Orange Park (2186 Park Avenue, Orange Park 32073)

FREE & FUN – Refreshments (wine, cheese, beer) & Door Prizes

REGISTER NOW: www.1stplacesports.com or call 264.3767

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Editor: Bob Fernee
Designer: Amanda Mason

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Deadline for inclusion in July/August 2012 issue is July 10.
No Exceptions!

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Advertising Rates:

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The Starting Line is published bi-monthly
by JTC Running, P.O. Box 24667,
Jacksonville, Florida 32241-4667.
JTC Running Hotline: 384-8725 (384-TRAK)



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WEEKLY TRAINING RUNS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Visit JTCRunning.com for more information.