

THE STARTING LINE

November/December 2008



4 Hash Run
22 Holiday Social
23 Last Gasp

Vol 34, No. 6
Issue 370


JTC RUNNING
www.jtcrunning.com

President's Message

Greetings!

As I am writing just before Thanksgiving, the weather for running is perfect! Cool air, clear skies- this is why we like living in Jacksonville.

December brings a number of great running events beginning with *JTC Running's* Holiday Social and Group Run Friday evening, December 5, in San Marco at the 1st Place Sports store. The run is at 5:30 p.m. followed by a social at 6 p.m. The square will be closed for the Holiday Magic in the Square so it will be quite an evening!

Two evenings later, also in San Marco, is the Festival of Lights 5K at the Baptist Eye Institute on San Marco Blvd., just south of I-95. The mile fun run starts at 5:30 p.m., followed by the 5K at 6 p.m. through the holiday decorated neighborhoods. What a great weekend to get into the holiday spirit!

The following weekend is one of my favorites—the Reindeer Run in Amelia Island. The 5K and 10K races begin at 8:30 a.m. on Saturday, December 13. The route through Fort Clinch State Park is very scenic and fast. Sunday, December 21, is the Jacksonville Bank Marathon at The Bolles School. Please note the changed date. The half and full marathons start together at 7 a.m. The field is limited to 2,500 runners so don't wait until the last minute to sign up.

Sunday, December 28, brings the *JTC Running* Last Gasp cross country event at Jacksonville University. Start time is 2 p.m. The awards presentation will be made at the post-race party at The Scoreboard Sports Bar & Grill on Merrill Road. This marks the 32nd running

of one of our most traditional events. The year ends with another tradition, the Vystar Gator Bowl 5K at the Landing at 1:30 p.m. Spectators will line the race route for the 5K and Gator Bowl parade following, so you will have lots of encouragement. A band, beer, and other refreshments will provide additional motivation!

The New Year begins with an excellent run in Orange Park—the River Road Resolution 5K on Saturday, January 17, at 8 a.m. at the Kennel Club. The next Saturday morning is perhaps the fastest 5K in Northeast Florida, the Matanzas 5K in St. Augustine. It starts at the Recreation Center near the parking garage and winds through the historic city.

Finally, I would like to tell you that I will not be running for re-election as president of *JTC Running* in 2009, so this is my last president's column. I have thoroughly enjoyed my three terms in the office and will continue to serve the club in various ways. I want to thank you and my fellow Board members for the support I have received. I believe we have a very good running club, but there is always room for improvement! The key is the active involvement of our members.

Larry Roberts



From The Editor

As the new editor of *The Starting Line*, I've been tasked with maintaining this important communications tool of *JTC Running*. Along with new layout designer **Carly Godar**, we'll do our best to provide a high quality newsletter. I also ask you, the membership of *JTC Running*, to do your best to provide input and content to make this newsletter as relevant as possible. I'm sure that has been asked of you in the past and I will reiterate the point that a club's newsletter content should be driven primarily by the membership's input and activities. I welcome any interesting stories, ideas, or even criticisms related to the newsletter that will allow us to provide an informative and interesting publication.

I'll quickly introduce myself. I have been a member of the Jacksonville running community in some way, shape, or form since I first walked up to legendary coach **Steve Lyons** at a Bishop Kenny cross country practice in 1988. I went on to run cross country and track at Florida State University, and then made

my way into on-again, off-again recreational running (a quick search of my name through various local road race results will indicate more off-again than on). I have been an assistant coach with the Bolles cross country and track programs for the past several years, working alongside another well-credentialed coach in **Tony Ryan**. In addition to my running background (and slightly more pertinent to the production of this newsletter), I have an extensive background in writing and communications.

I view my involvement with this current issue as a transition into my duties, meaning I hope to evolve both the process and content in future issues. I am excited about this new task and look forward to meeting many of you along the way. I also need to get back into 'on-again' running, so maybe we'll meet out on the roads and trails as well.

John Curran
jtcrunningeditor@yahoo.com

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EIGHTH ANNUAL CHRISTMAS HASH

By Quickshot

I could tell you that the core group making this an annual event is (or was) the Nowicki All-Stars. I could tell you that I'm pretty sure it's the eighth one, but it might be the seventh or ninth; we lost count. I could tell that some of the 1st Place Sports and/or *JTC Running* folks started getting involved a few years back and between them and us and you and we, this could be the biggest hash in a while. I could also tell you that I had the privilege of being the hare for one particular hash that included at least one Olympian. And he had to walk the tail end of it.



I could also tell you about the origins and traditions of hashing. I could use the hasher cliché that "we are drinkers with a running problem." I could describe how hashing began in Kuala Lumpur way back when with some British military laying the foundations for hashing, creating the Hash House Harriers monicker in tribute to the mess hall (Hash House) in which they dined. I could talk about the worldwide existence of thousands of organized hashers, each with their own unique spin on hash lore.

I could use terms like hare and FRBs and DFLs and mismanagement and hash cash and hash names and down-downs and on-ins. But I could not, under any circumstances, use the 'r' word. I could tell you all of these things, but I'll just tell you:

- **Tuesday, December 23, 4 p.m.**
- **San Marco Lions**
- **Driver's License**
- **Running Attire**
- **\$10**



5K TRAINING CLASS

By H.B.Harley, Jr.

CLASS ATTRACTS 45 PARTICIPANTS

John Metzgar's 5K running class is rolling right along since its start in early October. The class is a joint venture between *JTC Running* and 1st Place Sports running store. Four weeks of short talks and training has the 45 students well on their way to competing in the Festival of Lights 5K in San Marco on Sunday, December 7. For most, it will be their first 5K race, while others have joined the class as a way to return to running or fine-tune their effort.

The group meets for their class and primary training run on Tuesday evenings. A short talk about a specific training topic starts the evening and is followed by the evening run. The talks typically last about 15 minutes and address subjects like shoe types and proper fit, performance apparel and equipment, training plan development, running related injuries and prevention, and pre-race preparation - the list goes on - John is quite knowledgeable! When the talk concludes, it is time to run.

Most students are first time runners, so these training "runs" include walking intervals as well. Also, the students possess varying natural abilities. Consequently, the group is divided into three sub-groups, although sometimes more. Right now there is a Run 3 (minute)/Walk 1 (minute) group, a Run 2/Walk 2 group, and a Run 1/Walk 3 group. "We work over the weeks to both lengthen the time they run as well as decreasing the walk portion," Metzgar said. By the time December gets here, the goal for many is to run the full five kilometers without stopping.

Metzgar emphasizes a slow and steady build towards achieving your goals. "The class is encouraged to progress at their own pace,



John Metzgar



Cindy Angresano and Traci Akers

because, too often, many runners force themselves into training too hard, too long, and upping the intensity too much which at times can lead to discouragement, pain or even worse, injury." Running can and should be fun! It can lead to a lifelong commitment to a healthy living.

On Sundays, the group meets at a predetermined location for another training run and scenery change. This lets the new runner experience the best of Jacksonville's running routes and trails that they can take advantage of once the class has ended. Runners are encouraged to meet on other days of the week with others from the group for additional training. E-mail has been a great help in coordinating those efforts. "We try to provide a program schedule with multiple opportunities for group runs to maximize team spirit and support."

Metzgar assembled a pool of teaching assistants (group leaders) to help with the pacing of the different groups and general support for the students. Collectively, they possess over 100 years of running experience. This specific group of mentors came together last winter for the Gate River Run 15K training class. There is more to their coaching experience than these two classes however; many of these group leaders have gained knowledge assisting in other formal running preparation courses as well as coaching both track and cross county at various middle and high schools. The training team includes John's wife, **Denise Metzgar, June and Doug Tillett, Michelle and Ray Ramos, and Dave Bokros.** Doug is a former *JTC Running* President and Dave is the current Florida Striders Track Club president. The training team can boast of marathon victories and countless top local and even a couple

national running awards. But, Metzgar concedes, "All the personal accomplishments don't really mean much when you are training new runners or those wanting to improve; it is the genuine love of working with people and the love of running that really makes the class a success."

Plans are in the works for another 15K training class that will start in mid-December. Like last year's class, it will culminate with the participation in the annual Gate River Run – this time though, the 32nd version on March 14, 2009. Keep an eye out for details as they develop on JTCRunning.com.



Running Health

By Doug Alred

WATCH YOUR CHOLESTEROL...MEDICINE Surprising Effects Associated with Cholesterol Medicine

I don't usually write medical articles, but my running experience, or should I say lack of running experience over the last year prompted me to change my position. About 15 months ago I started experiencing calf problems. At first it was a pulled right calf. After a two-month rehab, I started back running and in less than two weeks, I pulled a calf muscle in my left leg. What a coincidence! Or so I thought. Again it took two months to get back to where I could run again. After a few weeks I pulled another calf muscle on the left leg, but this time it was on the other side.. What is going on? In all my years of running I had never experience anything like this. After taking another long break I started back. This time I would be more careful using a run-walk combination to reduce the stress on my calves. Two minutes running and then one minute of walking was my new routine. I would do this for about 30 minutes. After about three weeks, I suffer another calf problem. At this point I was pretty discouraged and thought that maybe all the miles accumulated over 30 years of running had taken their toll. My running must surely be over.

Wait a minute! Wasn't there an article published not that long ago about the cholesterol drug Lipitor and calf problems in runners? I had started taking Lipitor about three years ago to help reduce my slightly elevated cholesterol level. I remember **Doug Tillett** telling me about this study. It was time to do a little research and see if this could be my problem. All it took was a Google search of Lipitor and calf problems in runners to get me all the information needed to make a hopeful comeback. My research discovered that Lipitor contains statins that limit the production of cholesterol. By severely

limiting the production of cholesterol, Lipitor causes membrane degeneration in neural and muscle tissue. Maybe this was what was happening to me.

It was time for a test. I immediately stopped taking Lipitor and instead started using Omega 3 and flax oil to help control my cholesterol. I have not had my blood checked since I made the switch so I cannot tell you if the new regiment is working. To have a fair test I would need to not run for a few weeks. This would give me time to get the Lipitor out of my system, which also gave my calf muscles time to heal. I waited five weeks. I started back with a full two-mile run. I did this every other day for a couple of weeks with no problems. I moved up to three miles every other day, again no problems. I am currently running four miles every other day. It was time for the real test with a longer run. Last Sunday, I ran the Durbin Creek Peninsula six-mile off road course without any problems. My legs even felt a little springy later that day. What a great feeling! I can't believe I lost over a year of running when the answer to my problem was right in front of me. Only time will tell if my calf problems are totally behind me, but I felt it was time to share my story to possibly help other runners avoid what happen to me.

The moral of this story is to know the side effects of the drugs that you take and that the internet is a great source of material for almost any question or problem that you may want to research. I could have saved a lot of time and anguish if I had just been aware of the side effects of the drug I was using. Don't believe that it cannot happen to you.

RUN OR WALK IN THE LARGEST 15K IN THE USA!



MARCH 14, 2009 • 8:30 AM • 15K, 5K, 1 MILE



- Enter on-line at: www.gate-riverrun.com
- Over 18,000 participants last year
 - Live Bands every mile
 - MPS Group Runners' Expo
 - Publix Post-Race Celebration
- Custom Medals To All 15K Finishers
- Call (904) 731-1900 for information

Training Tips

By Kim Pawelek

From Wisconsin Tom-girl to NCAA Champion, Kim Pawelek is the blueprint for every strong, young woman desiring to achieve success in athletics and academics. Her inauspicious climb from just one year of high-school track to University of North Florida school record holder was a combination of hard work and laser-like focus. Her personal bests of 33:58 for 10K and 2:37:58 for the marathon have placed Kim in the upper echelons of U.S. women's distance running. As a three-time U.S. Olympic Marathon Trials qualifier, Kim is a beacon to those of humble origin but big dreams.

-Keith Brantley

I LOVE YOU, I HATE YOU! Pawelek's Relationship with the Marathon

It's that time of year again. The temperatures are cooler, the humidity has dropped, and you're missing that second workout because the grass isn't growing as fast. More importantly, there's an abundance of candy corn from the after-Halloween sales! 'Tis the season of The MARATHON!

Arggggh! It's a love-hate relationship. No matter what time you've run or how many you've run, most likely you've run the gamut of emotions when training for this distance. I dread the notion of training for a marathon, but ironically I love training for one...once I get started, that is. I hate running at 5:30 in the morning, but love knowing I have 20 miles in by the time most are just beginning to pour the coffee. I hate when my legs turn so heavy and stiff that no matter how hard I try, I can't run a second faster. BUT I'm absolutely in love with that "hurts so good" feeling afterwards! I hate when I get so agitated and grumpy after the two hour mark that no matter what you say to me, I can't help but to give you that evil eye and spew a few not-so-nice words at you. BUT, I love the fact that I have great friends who understand this about me and are still willing to take part in the training. I hate the nervous energy I waste two days prior to race day. I hate lamenting on what to eat, when to eat, and how much to eat. I hate hydrating. I hate waiting and waiting to see if I'll be able to "go" in time...to the bathroom. Imagine the Thinker...yep, that's

me! And I hate when I can't fall asleep till two hours before it's actually time to wake up. BUT, good or bad race, you've got to love the experience of the marathon! Yes, even those that went wrong from the first mile. They're character-building runs. Your battle scars are proudly worn on your ugly, black toenails and your calloused, dry, deformed feet. You're always tired and you constantly ache, but you're empowered. You're strong. And your training partners are living proof to "Others" outside the running circle that you are not the only "Freak" out there training like a mad person!

Ask anyone about my training...I'm a social runner. Although I take my training pretty seriously, I can't wait for the run to end to sit on ice, drink coffee or Gatorade, and gab about anything and everything. I've never trained alone. In fact, my training partners keep me sane. They even serve as therapy sessions! They're my conscience. They make me



Training Tips Continued

accountable to waking up early and running hard when I need to. Knowing I have others to be miserable with me makes all the difference in the world. I love my training partners for sacrificing their time and efforts for training, but more importantly, I love the bonds we form. Running may be an individual sport, but I can guarantee you this... I did not attain the levels I attained without the extensive and highly supportive network of my training partners (great friends).

As I've said, you definitely need that support in order to get through the months of monotonous, rigorous training, while still retaining some sort of sanity through it all. My marathon program begins with about eight weeks of base miles. No structured intervals or tempos, just a bunch of miles (about 90-100 miles a week). My long runs are usually no longer than 20 miles during this phase. I then introduce the tempos and intervals for another 8-10 weeks, and long runs are increased as well. Once I reach 20 miles, I alternate between high and low weeks. For example, if I run 20 one weekend, the next weekend it's back to 15. The 15 mile runs then become my "shorter", faster long runs. I structure it as such so I don't have to increase the long run each consecutive week (good mental break). I hate tempos and dread intervals, so that's when I call in the "reinforcements." Those guys make me run faster and longer than what I think I'm capable of running. They take me to the "Edge" (the point at which you think you're going to collapse and die). If you can train on the Edge

and get through it without injury or illness, you're FIT, as we like to proclaim!

This robotic madness usually consists of 5-8 miles of intervals and 8-12 miles of tempos. The pace varies, but it's usually faster than marathon pace. I like to run 10 Yasso 800's, taking one minute recoveries between each repeat. I usually run this workout twice to see the progression; about eight weeks out the first time and again 10 days out from race day. Other key workouts include: 8 x 1 mile, 4 x 2 miles, 8-10 x 1000 meters, and 16-20 x 400 meters; all with one minute recoveries (2-3 minutes rest for the two mile repeats). I also like to race a half marathon four weeks out from the race to assess my fitness level. Keeping my weekly mileage up through all this is what puts me on the Edge.

I run my last 20-plus long run (24 miles) three weeks out and run a faster 10 miles for my last one. I hate to taper because my body seems to go into withdrawal. I seem to develop what I like to call phantom pains. For some reason, aches and pains that never occurred or weren't as acute before the week of the marathon will now overtake my body. How ironic is that? You rest your body and it rewards you with pain! But come race day, those aches and pains miraculously disappear with the sound of the starting gun. Go figure!

Arggggh! The Marathon! I told you it was a love-hate relationship!

New And Renewing Members October/November 2008

Joan Adams	Fred R. Gaudios	Steve Lucie	Dee Sittig
Gary Castner	Pat Gaudios	James E Marsh	Paul Stopiak
Ken Chamberlain	Courtney Hardage	Scott L. McCaleb	Nia Thommi
Alyce Derethik	Dean Krueger	Jeff Nelson	Doug Tillett
Charles P. Desrosier	Michelle Krueger	Jean Robinson	June Tillett
Thomas Dominy	Jack Lightle	Matthew Ross	Brian Vitsky
James Elledge	Sharon Lucie	Terry Sikes	Barbara Vitsky

The Minutes

Tuesday, October 7, 2008

JTC RUNNING BOARD OF DIRECTORS MEETING MINUTES

President **Larry Roberts** called the meeting to order at 7:08 p.m. (2nd meeting at this new time.) Directors **Sean McCormack** and **Jim Van Cleave** were absent. **John TenBroeck** passed away during the last month, saddening everyone.

APPROVAL OF 9/2/08 MINUTES: The September minutes were approved as submitted and were later published in the September/October edition of the newsletter.

TREASURER'S REPORT: Treasurer **Owen Shott** distributed copies of our P & L Detail, our Balance Sheet, and our Budget vs. Actual page for review by the Board.

OLD BUSINESS:

- Skinner Park Donation – **Doug Alred** said it's progressing. He received a copy of a trust document from the City of Jacksonville. Next it will go to City Council for approval.

NEW BUSINESS:

- Election of 2009 Board of Directors – **Douglas Tillett** will be the "contact" for coordinating this year's election of officers. We plan to send an e-mail blast and put a notice on our website. Board members are encouraged to scout prospects for next year's Board. We set November 15 as the deadline for submitting names for the election.
- We discussed hiring a company (Constant Contact) to handle e-mail blasts for us.

COMMITTEE REPORTS:

RACE COMMITTEE – No committee meeting

had been held, although **Doug Alred** and **Herb Taskett** discussed the upcoming Last Gasp. Doug plans to call a Race Committee meeting during the upcoming month.

Carrabba's Summer Beach Run – Race Director **Doug Alred** said the race went well on the rescheduled date of September 6 and promised that an accounting of the race will follow.

Winter Beach Run – The next WBR will be on February 8, 2009. **Doug Alred** said the pre and post race will center around the pavilion (same place as our Carrabba's Summer Beach Run.)

Gate River Run and associated races – Race Director **Doug Alred** said things are moving along toward next year's race.

CLASSES & CLINICS – **Jane Alred** talked with **Dick Beardsley** about a possible future appearance. Meanwhile, our 5K Training Class, directed by Coach **John Metzgar**, has started out well and will accept new runners until October 18.

COMMUNITY & PUBLIC RELATIONS – Discussion was about getting help with our *JTC Running* tent at the next GRR. **Larry Sassa** will look for professional subcontractors for tent set-up and take-down and perhaps research a food subcontractor as well. We also talked about the meeting for good pre-race information and directions for our volunteers, which could be provided from our tent.

FINANCE COMMITTEE – No report.

MERCHANDISE – The Board was pleased with the flier produced by **Mike and Carol**

Fitzsimmons, which we distributed from our tent at the Carrabba's Summer Beach Run and the Marine Corps Half Marathon. Discussion was about what we should do in the future. Carol reported that we deposited \$75 from SBR sales and that a hand cart was purchased for \$48 to help move the merchandise around at events.

NEWSLETTER – **David Frank** confirmed that our "new crew" would be producing the newsletter. He made a motion, seconded by **Lamar Strother**, that we pay Carly and John \$2,000 each per year. Long discussion followed, part of which strayed from the motion to discuss the newsletter mailing process and the cost of mailing. We'll ask for a price for mailing from Print Express. Back on topic, though, **David Frank** committed to drafting a contract which would contain our expectations for the editor and layout person, and then he withdrew the motion.

WEBSITE – **Trib La Prade** announced that jtcrunning.com was turned on. He's now working on the calendar section. He needs more content for the webpage.

Monday, November 3, 2008

JTC RUNNING BOARD OF DIRECTORS MEETING MINUTES

The Board had decided in October to change the day of this November meeting from the first Tuesday, which will be Election Day, to the first Monday. President **Larry Roberts** called the meeting to order at 7:08 p.m. (3rd meeting at this new time.) Directors **Brenda Drake**, **Carol Fitzsimmons**, **Bobby Green**, **Owen Shott** and **Jim Van Cleave** were absent.

APPROVAL OF 10/7/08 MINUTES: The October minutes were approved after a spelling error was noted by **Lamar Strother**. The error was corrected prior to the minutes being printed in the November/December

SOCIAL & BANQUET – The committee is making plans for a Christmas Social, to be held at the new 1st Place Sports in San Marco on Festival Night. We discussed the previously mentioned plan to host a "mixer" at Dave & Busters but the Board thought we didn't have enough time to get enough publicity to hold the event in November and suggested we reschedule for February, after the Winter Beach Run.

VISION & PLANNING – **Lamar Strother** got a quote from **Derby Ulloa** for a matching female statue for The Riverwalk, next to The River Runner. The quote was \$45,000. No action was taken.

CHANGE FOR NEXT MEETING – Since the first Tuesday in November is Election Day, the Board decided to meet in November on the first Monday, November 3, at 7 pm.

The meeting was adjourned at 8:40 p.m.

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

edition of the newsletter.

TREASURER'S REPORT: Treasurer **Owen Shott** sent copies of our P & L Detail, our Balance Sheet, and our Budget vs. Actual page for review by the Board. Confusion existed regarding the positive vs. negative numbers on the P & L Detail. President Roberts will consult with Treasurer Shott for clarification and get back to us with the clarification.

OLD BUSINESS:

- Election of 2009 Board of Directors – **Douglas Tillett** is coordinating the election

and will accept nominations and volunteers until November 15. **Doug Alred** made a motion that anyone running for the Board must be a *JTC Running* member since January of the year of the election. Thus, to run for the 2009 Board, the candidate would have to have been a member since January 2008. Following discussion, the motion passed.

- Arrangements with newsletter editor & layout artist – Committee Chair **David Frank** delivered a letter of expectations to incoming editor **John Curran** and will deliver a copy to layout artist **Carly Godar**. David will be meeting with them during the coming weeks to coordinate the next issue of *The Starting Line*.

NEW BUSINESS:

- We received a request from **Robert Tindall** for sponsorship of athletes he is coaching. The request is for \$5,000 so the athletes can compete in selected meets and provide equipment. The request was referred to the Finance Committee.
- We received a proposal from the American Heart Association to partner with them in their Start! Program for \$75,000 for a year. The proposal was referred to the Finance Committee.
- **Douglas Tillett** made a motion that, in recognition of their exemplary volunteer efforts, we comp one year of *JTCRunning* membership to **Chris Twiggs**, as our past newsletter editor, and to **Trib LaPrade**, who is handling our website. The motion passed.
- **Trib LaPrade** noted that he'd received a request through the website from Team in Training, which wants to be affiliated with our club. He will forward the request to President Roberts for determination of the proper committee to address the request.

COMMITTEE REPORTS:

RACE COMMITTEE – There will be a meeting of the Race Committee on Tuesday, November 18, at 7 p.m. at the Pizza Palace on Baymeadows Road.

Carrabba's Summer Beach Run – Race Director **Doug Alred** said that a final accounting for the race would have to come from Treasurer **Owen Shott**, but it looks like it was a profitable event for our club. The board noted that partial results were printed in the newsletter and discussed whether we should reprint the entire results. The decision was not to print the entire results.

Winter Beach Run – The next WBR will be on February 8, 2009. **Doug Alred** said the pre and post race activities will be at the Seawalk Pavilion.

Last Gasp – The race will be discussed at the upcoming Race Committee meeting. The Last Gasp will be on Sunday, December 28, at 2 p.m. Sweatshirts go to pre-registered runners.

CLASSES & CLINICS – Our 5K Training Class, directed by Coach **John Metzgar**, is continuing to be well attended and all runners are making excellent progress.

COMMUNITY & PUBLIC RELATIONS – **Larry Sassa** said the committee didn't have a meeting this month, but is focused on Gate River Run plans.

FINANCE COMMITTEE – A meeting will be scheduled in November, perhaps at the same time as the upcoming Race Committee meeting.

MERCHANDISE – We are in a good position with lots of stock available.

NEWSLETTER – Committee chairman **David Frank** reiterated the goal of printing the next edition of *The Starting Line* by December 1.

WEBSITE – **Trib LaPrade** continues to update the website.

SOCIAL & BANQUET – Our next event is the Christmas Social, to be held at the San Marco location of 1st Place Sports on Friday, December 5, which is also the evening of Holiday Magic in the Square. The committee

Minutes Continued

is planning to host a family social event at Dave & Buster's on Saturday, February 21. We're also trying to nail down the best race at which to hold a *JTC Running* post-race food-feed social. Possibilities include the Winter Beach Run or the St. Patty's Day Run for a pancake breakfast.

VISION & PLANNING – No report.

BREAST CANCER MARATHON – During previous meetings, we had discussed whether we should rent booth space at the Breast Cancer Marathon Expo. **Jane Alred** had provided details of the expo and cost of the booth but

we hadn't taken any action. **Douglas Tillett** made a motion, seconded by **Doug Alred**, that we rent a "double booth" at the expo, as we want to be a visible presence at this race. The motion passed.

NEXT MEETING – will be Tuesday, December 2, 2008, at 7 p.m. at Pizza Palace on Baymeadows Road.

The meeting was adjourned at 8:11 p.m.

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

UPCOMING AREA RACES

Florida Telco Festival of Lights 5K

Sunday, December 7, 2008
Baptist Eye Institute
1235 San Marco Blvd.
6 p.m.

Reindeer Run 5K/10K

Saturday, December 13, 2008
Fort Clinch State Park
2601 Atlantic Ave., Fernandina Beach.
8:30 a.m.

Jacksonville Bank Marathon and 1/2 Marathon

Sunday, December 21, 2008
The Bolles School, San Jose Campus
7400 San Jose Blvd.
7 a.m.

The Last Gasp 5K X-Country Run

Sunday, December 28, 2008
Jacksonville University
2800 University Blvd North.
2 p.m.

Gator Bowl 5K 2008

Wednesday, December 31, 2008
Jacksonville Landing
1:30 p.m.

ELECTIONS

By Douglas Tillett

2009 BOARD OF DIRECTORS

Doug Alred	Bobby Green	Larry Sassa	Jim Van Cleave
Jane Alred	David Hall	Owen Shott	Margaret Barton
Carol Fitzsimmons	Trib LaPrade	Jo Shott	Bonnie Brooks
Michael Fitzsimmons	Sean McCormack	Lamar Strother	Mark Ryan
David Frank	Larry Roberts	Douglas Tillett	Richard Fannin

ELECTION FOR 2009 *JTC Running* BOARD OF DIRECTORS

JTC Running has over 600 members. The Board of Directors is made up of club members who have volunteered to brainstorm, plan our events, direct our programs, conduct our business, and ensure that the club is providing a great value to everyone who joins. We hold an election in December for the membership to decide which 20 volunteers will be seated on the board, following a call for nominations and volunteers during October and November.

We started 2008 with 19 board members. During the year, **Rick Patterson** found his job duties and family responsibilities leaving him with too little time to tend to board activities, so we allowed him back into rank-and-file membership. Also during the year, our long-time friend **John TenBroeck** passed away, so we find ourselves with 17 directors here at the end of the year.

We have five members who have come forward, offering their skills and talents for the 2009 *JTC Running* Board of Directors. Those five are: **Jo Shott**, **Richard Fannin**, **Mark Ryan**, **Bonnie Brooks**, and **Margaret Barton**. We welcome these five new board members and are pleased that they've volunteered their time and energy for the upcoming year.

We're excited over the prospects for the club because of the potential of these fine, new board members.

There are two members of the current-year Board who have decided to step aside for 2009 in order to make room for all five of the newcomers. **Brenda Drake** has served on the board for several years, joining us as a newcomer to running in general as well as an excited new board member. Brenda's husband, **George**, who has been serving in the United States Navy as a Chief during Brenda's time on the board, has also upped the time he spends serving other runners through *JTC Running*. Brenda's job as a lawyer and her family responsibilities take lots of time. She's a very busy woman. When she found out that there was a new club member eager for a spot on the board, she decided to take 2009 off from board membership, but she (and George) plan to still volunteer in a very active way in 2009 to keep *JTC Running* a top-notch running club.

Likewise, **John Winkler** has been a board member for the past several years. He has been making plans to get even more involved with our club's programs but he is stepping

Elections Continued

aside from board membership in 2009 in order to give one of the new prospects his seat. John believes that new ideas from new leaders can help invigorate our club, so he's allowing one of those new board members to take his place. Nevertheless, he has told us that he's eager to come back to the board in 2010, or earlier if a spot for him opens up. John is still planning to get more involved with one of our races and serve on one of our committees, probably Vision and Planning, as he knows that board membership is not a requirement for being on a committee that advises the board. We thank John and Brenda for their board service over the past years and fully expect that we'll still be seeing them during their club involvement.

We are left here at election time with 20 JTC Running members ready and willing to serve the club membership for 2009. The fifteen

returning board members are **Doug Alred, Jane Alred, Carol Fitzsimmons, Michael Fitzsimmons, David Frank, Bobby Green, David Hall, Trib LaPrade, Sean McCormack, Larry Roberts, Larry Sassa, Owen Shott, Lamar Strother, Douglas Tilleff,** and **Jim Van Cleave.** We anticipate that having Margaret Barton, Bonnie Brooks, Mark Ryan, Richard Fannin, and Jo Shott on the 2009 board with us will result in both consistent and experienced leadership plus new perspectives, priorities, and ideas to add to that consistency. Indeed, 2009 should be an excellent year to be a runner in Jacksonville and an outstanding year to enhance your running experience by being a JTC Running member. Any of us on the board would love to hear from you with your thoughts on our club.

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Women's JTC Running Singlet
Made by Brooks
Sizes available: S, M, L, XL
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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 \$4.00 per order for shipping

MEET...THE FITZSIMMONS

Mandarin residents Mike and Carol Fitzsimmons have been JTC Running members since 2001. They share here how running helps them stay fit, spend time together, and even inspire each other.

How long have you been running and why did you start? During Michael's 30 years in the Marine Corps, running was part of his physical fitness training. Carol did not take up running until approximately seven years ago. After moving to Jacksonville in 1995, we did begin a regular routine of biking, but one day a friend suggesting we join them at a 5K. We did and running then became a part of our regular fitness routine.

Why do you run? General fitness is the true goal but we also have enjoyed attaining goals such as completing marathons.

What does your typical running week entail? For the most part we do all of our training together. A typical week would be an early morning run before work Tuesday, Wednesday, and Friday and then joining the Mandarin running group on Sunday mornings.

What goals or races are on your immediate calendar? We will run the Outback Half Marathon on Thanksgiving Day and The Jacksonville Bank half-marathon in December. These two races will lead us into Carol's training for the Boston Marathon.

What PR's or running accomplishments are you most proud of? For Carol, it was qualifying and running the Boston Marathon, achieving a PR each time. Carol plans to return to Boston in 2009 for her third time. For Michael, it was his recent Marine Corps half-marathon here in Jacksonville with a time of 1:53:37.

What do you want to accomplish with your running for the long term? Maintain an active life style to achieve greater quality of life.

Tell us about your most memorable workout or race? I think Carol's most memorable race was her first Boston Marathon in 2007. The morning



Mike and Carol Fitzsimmons with their Golden Retrievers

of the race it was in the 30's, raining with 20 mph winds. I can remember opening the drapes in the hotel and looking out, then turning to ask her if she really wanted to do this.

Who, in the running world, inspires or motivates you? We inspire each other and encourage each other to do their best.

Anything else you want to add? We just completed our sixth Marine Corps Marathon and Carol plans to complete her third Boston Marathon this April.

We talk about not doing marathons any longer to allow us more time to round out our fitness program to include more strength training and biking, but that goal is on hold until after the Boston Marathon.

Another topic that is important to us is adopting pets from rescue organizations. The week prior to the Marine Corps Marathon, we traveled to Knoxville, Tennessee, to meet an eight month old Golden Retriever that needed a home. Charlie is the newest member of our family and our third Golden Retriever from a rescue organization.

We annually travel to San Diego to run the America's Finest City half-marathon and have several times run the Boulder Boulder 10K in Boulder, Colorado. We have grandchildren in California and Colorado, so traveling to these areas provides both the run and time with family.

Running Shoe Run Down

By Bob Fernee

Technology, like it or not, is everywhere. Who ever thought that technology would impact something so base as a pair of shoes?

Ever seen those old photographs of the distance runners from the 1920's, 30's and 40's racing in thin-soled, leather shoes that looked exactly like a pair of dress shoes? Ouch. No wonder so many Africans ran barefoot, they probably couldn't tell any difference.

Yes, without doubt, running shoes have come a long way. How much farther they may go, or change, or not change, is hard to say. It seems to me that, lately, running shoe technology, or at least impactful technology, has limped to, if not an end, at least a hiatus.

The fact is that there is not much happening, and some things that have been attempted in the past few years have failed almost to the point of embarrassment. Remember the adidas "computer shoe" that was supposed to modify its ride (soft or firm) according to the terrain on which you were running? No, of course you don't. It died and was pulled from the market in less than a year.

The company also tried custom-making running shoes. An adidas van, full of all its high tech fitting equipment, pulled up in front of an adidas-friendly specialty running store, customers jumped in and were sized up. If a runner had a left foot that measured 10B and a right foot that was a 9D then he could order a mismatched pair of shoes for his mismatched feet.

Not bad; but the concept was expensive both for the consumer and the company. It wasn't long before adidas abandoned it. But adidas should not be ridiculed for failed

concepts; other companies have their own blunders. Ironically, adidas is now very successful doing something they seemed to be trying to avoid—making simple shoes.

The old adage 'keep it simple stupid' could easily be applied to running shoes. For in the final analysis, the majority of runners seem to gravitate towards simple, basic shoes. I have always noticed that the best runners always seem to run in the simplest shoes. Bells and whistles are bull and baloney to them.

But face it, technology means money and the more technology a company can throw at a product, then the more they can charge for it. If Mr. Consumer perceives it to be worth it, then he will pay the price.

And the world goes round and round.

Before we go forward let's go back. From those early leather soles, there came rubber, and after rubber came foam, scientifically known as ethyl vinyl acetate (eva).

Good stuff eva, its durometer (the density determining its softness or firmness) could be adjusted and it could cushion, absorb shock, and provide a nice springiness or, as they call it in the biz, energy-return. Manufacturers have struggled to improve upon eva but it is questionable if any have ever done so. The first was a young company from Beaverton, Oregon, called Nike.

It was about 1980 when Nike first developed its 'Air' technology. Its first air-soled running shoe was the Tailwind. The shoe never really had air, it had gas. Gas molecules are bigger; ambient air would have just leaked out. But the boys in Nike's marketing department must



From Left to Right:
Adi Dassler with adidas shoe, photo: mangalorinfo.com; Nike Lunaracer, photo: www.rzostore.com; Mizuno Creation, photo: www.runpacers.com

have been horror struck-'Nike Gas'? No way! So Nike Air it was.

Not long afterward, Nike built the Pegasus as well as other air models and began to dominate the market. Some might have claimed that it was just a gimmick, but it didn't matter. All the other companies had to have 'technology'. So Tiger became Asics and developed 'gel', Saucony built the 'GRID' (Ground Reaction Inertia Device-how about that!); Brooks made 'hydroflo', New Balance came up with 'Absorb' and adidas created 'adiprene'. Others jumped in later with their own earth-shattering developments: Mizuno, the 'wave technology', Avia's 'cantilever', Reebok's 'DMX' and the ads that boasted "the world's greatest running shoe."

The basic idea was to improve the cushioning in their shoes and to do it in their own way. Or was it just to keep up with Nike?

Did any of these concoctions really make any difference when the runner ran in the shoes? Or was it, in fact, all that lovely, foamy eva in which they were enveloped?

Then the manufacturers took a page from the podiatrist's handbook and began designing shoes built for different feet and gait cycles: The over-pronator, the supinator and Mr. Neutral. Shoes now had 'posts', firmer sections of eva on the medial (arch) side of the shoe to stabilize the foot and control the motion that caused excessive pronation. Some came with 'rollbars' that took it a step further.

Once the shoe companies began making shoes for different types of feet, it allowed them to let loose a small army of models. Consumers became confused and running shoe stores became bemused—they found it impossible to carry them all.

Like nations fighting to develop the ultimate weapon in order to keep themselves 'safe', running shoe companies tried to be the first with a new technology that would render the competitors' obsolete. The answer, they believed, was the 'mechanical midsole'.

Nike invented 'Shox', a midsole composed of very little foam that contained actual springs inside it. With its new weapon of mass sales in its hand, Nike crowed from Everest. But it was not to be. Serious runners pooh-poohed Shox and called it "gimmicky". Nike's sales cascaded like an avalanche, the company's image amongst runners fell like a stone, and Asics took over as the new market-leader in the running game.

Since then, other companies have tried to master the mechanical midsole monster. The trend seems to always involve plastic plates, usually inserted underneath the arch or heel, or both. Mizuno's 'Creation' is one. New Balance has its 'Zips' technology, which appears to be exactly like 'Bounce' by adidas. Neither have been embraced by halfway serious runners.

So here we are in the year 2008, nearly 2009, and well into the new millennium. What's new with running shoes? Long millennium, short answer: Not much.

Good old adidas, originators of the modern running shoe, have designed 'Formotion'. With Formotion the heel of the shoe is divided up, or "segmented", as they say in the business, into pieces. So when you land on your heel the pieces react independently to cushion, absorb, and roll your foot forward. For those who run on their heels, it works. For those of us who land more in the mid-foot area, a lot of Formotion's goodness is lost. Still, the adidas shoes with Formotion are some of the best around.

Nike has a couple of new super light shoes, the LunarTrainer and the LunarRacer. These peculiar looking shoes, with their bulging neon-colored midsoles, incorporate a new midsole material (no trademark air unit) that is extremely light and soft that also melds itself into the outsole—a one-piece midsole/outsole combination.

The LunarRacer also uses Nike's new 'flywire', a new way of reinforcing the upper without fabric overlays. Rather hard to describe, but a good invention and one you will be seeing more of, I'm sure.

You will also see more gender-specific shoes. Not just colors, but designs. Manufacturers will try to point their shoes in the direction of the women's market. Why not? They are the ones who are doing most of the buying these days.

But the futility of constantly tweaking shoes seems to be pretty much over. Fear of running off customers has everything to do with it. Shoes with a big following: Brooks Adrenaline, Asics 2000 range, Mizuno Wave Rider, Nike Structure Triax, for example, see very little change from year to year. The companies have finally learned that if you have a good shoe that people want to buy, don't mess it up.

Runners too, have settled down with their favorites and the one thing they hate more than being injured is seeing "their shoe" discontinued or altered so much that it is not the same shoe anymore.

Manufacturers know this and are very reluctant to change anything. While this maybe good, it may also be the reason why we are seeing very little innovation or new ideas coming down the line. Safety may have stifled progress.

But neophyte running shoe manufacturers are courageously popping up, trying to pull runners away from their old tried and true favorites. Expect to see the apparel company, Under Armor, make a move into the running shoe game next year. Their shoes offer nothing new, yet Under Armor claim that their shoes will attract a new sort of customer into the hardcore running store—the "casual runner". Seems a bit misguided, 99 percent of the people entering running stores would describe themselves as "casual runners".

The sandal company, Ecco, is also trying to peddle running shoes. They have nothing to mention. Known for its tennis shoes, K Swiss, is also after a piece of the lucrative running shoe biz. No aces in their line.

To give them their due, K Swiss is at least attacking the thing from a technical point of view; they even have a shoe with two distinct innersoles, one soft, for the neutral foot, and one firm, for the pronator. Trouble is, it is probably too complicated for most people and it is over \$100—too expensive.

But they would not be the first to have tried and failed: Fila, Pearl Izumi, Avia and even the giant, Puma, have all had their shoes snubbed and handed back to them.

For any company trying to make inroads into the mature specialty running market, it could prove to be a very frustrating and expensive maneuver.

In these uncertain economic times, few runners are taking chances and, quite frankly, nor should they.

Coaches Corner

By John Curran

LOCAL SCHOOLS GIVE IT THEIR ALL

With the state cross country championships being competed in Dade City on November 22, this edition of Coaches' Corner will highlight Jacksonville area teams' results in their respective classifications, as well as top 25 finishes by area individuals.

The Class 2A girls provided the most highlights for area teams with Bishop Kenny winning, Bolles placing second, brand new school Creekside placing fourth, Episcopal in ninth, and Fernandina Beach placing 14th. Jacksonville area girls dominated the top 25, so much that it is easier to report them in list from:

3. **Stephanie Strasser**, Fernandina Beach, 18:17
4. **Sarah Davis**, Bishop Kenny, 18:24
5. B. Bolles, 18:34
6. **Rebecca Chandler**, Bolles, 18:41
9. **Kaitlin Rodriguez**, Creekside, 18:46
10. **Elizabeth Pogrebnik**, Bolles, 18:56
11. **Jamie Heekin**, Bishop Kenny, 18:59
12. **Shelby Kitrell**, Fernandina Beach, 19:01
13. **Leigh Mumford**, Bishop Kenny, 19:02
14. **Elizabeth Tucker**, Bishop Kenny, 19:04
16. **Lauren Rodriguez**, Creekside, 19:13
17. **Allison Spiegel**, Bishop Kenny, 19:21
20. **Leslie Blackshear**, Episcopal, 19:27
23. **Amelia Williams**, Bolles, 19:32

The Class 4A girls' race produced another state title for the area, as JTC Running Board member **David Frank** guided the Bartram Trail girls to their second straight championship. Individually, Bartram Trail placed three girls in the top 10 with **Melanie**



Novack in fifth (18:39), **Alaina Perez** in seventh (18:44), and **Callie Copper** in ninth (18:48).

Another strong Jacksonville showing came in the 2A boys' race with Bishop Kenny placing third, Bolles placing 10th, and Stanton placing 22nd. Bishop Kenny's **Michael Wallace** won the individual title in a blazing time of 15:19, followed by teammate **Colin Barker** in fourth at 15:42.

The Bartram Trail boys placed eighth in the 4A race with team members **Chris Dendor** (fifth, 15:46) and **Eric Ochoa** (sixth, 15:51) posting strong performances. Mandarin's **Eduardo Garcia** placed ninth (16:00).

In Class 3A, the Ridgeview girls placed ninth, led by **Kayla Vinson's** 24th place finish (19:37). The Fleming Island girls (led by **John Metzgar's** daughter **Chelsea**) ran to a 15th place finish. Lee's **Christopher Haynes** placed 22nd in the boys' race in a time of 16:23.

The Bishop Snyder boys placed 18th in the 1A classification. St. Johns Country Day placed eighth in the girls' race with team members **Danielle Dunn** (14th, 19:12) and **Mallory Bane** (22nd, 19:29) leading the way.

Congratulations to all of the area teams and runners. Good luck in track!

You're Invited!

JTC Running Holiday Social

Friday, December 5, 2008

5:30 p.m. Group run

6 p.m. Social with great food and drinks

1st Place Sports in San Marco Square

Holiday Magic in the square is the same evening. The streets will be closed (parking behind the fire station). Santa and Mrs. Claus will be there along with strolling carolers, dance performances, carriage rides, and hand bell performances.

There will be a drawing for great prizes!

Don't miss the Fashion show in the Square! Models will be local runners including Kim Pawelek, Michele Krueger, Jerry Lawson and JJ Porter.

THE LAST GASP

JTC Running Sponsors

The 32nd Annual Last Gasp 5K Cross Country Race

December 28, 2008

2:30 p.m.

Jacksonville University

By David Frank

If it's fall or winter, it's cross country season. Local high schools and colleges just finished the 2008 season, but for the rest of us, there's one more chance to mix it up in the mud—the 32nd Annual Last Gasp Cross Country Race. If you've come to distance running later in life, you may have little experience with cross country. But your competitive distance running is not complete without one of these in your race log.

According to Wikipedia, cross country is an event where "runners compete to complete a course over open or rough terrain faster than other teams. The courses used at these events may include grass, mud, woodlands, and water. It is a popular participatory sport, and usually takes place in temperate regions during the autumn and winter when soft conditions underfoot prevail."

If all of this sounds like a foreign event, in actuality it is. The sport started as the Crick Run at the Rugby School of England in 1837 and came to the United States in 1878.

Last Gasp Race Director **Herb Taskett** has been organizing the race for 21 years now. Since its inception in 1977, he's seen it change a bit, but the race has always been held on the campus of Jacksonville University. Originally 5.25 miles, the race

was shortened to the current 5k distance a number of years ago as the university expanded and the open space in which to compete became somewhat limited. Usually the race hosts 100-125 runners each December.

Taskett has seen it all over the years. One particularly warm winter caused a pond adjacent to the course to collect a film of green algae across the top. As luck would have it, a few of the lead runners mistook the pond for solid ground and quickly found themselves waist-deep in water. Another year, during a warm-up, a young buck boasted that he planned to run a sub four minute mile to lead things off. Sensing the ridiculousness of the claim, local favorites **Jerry Lawson** and **Scott Dvorak** found an old couch and placed it at the mile mark. After the starting gun, they proceeded to lead the race to the mile mark and sat to wait for the ambitious harrier. He never showed.

As with most cross country races, the Last Gasp has a team competition with open men's and women's divisions. Five runners make up a team, with the top four scoring. Their places are added together and the team with the lowest score wins.

Race entry forms can be found online at jtcrunning.com.

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 268-1503.

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

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

Monday, 5:30 p.m., South Bank Downtown: Chart House, 2-6 miles (includes bridges). Contact: Danny at 287-5496.

Tuesday, 5:45 a.m., San Marco: Southside Methodist Church, 5-6 miles, 7:00 to 8:30 pace. Contact: Michelle at kruegerm@episcopalhigh.org.

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

Wednesday, 6 a.m., San Jose: The Bolles School (JTCR), track intervals. Contact JC at 803-8758.

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

Wednesday, 6 p.m., Avondale: Boone Park tennis parking (JTCR), 6 miles. Contact Doug at 728-3711.

Wednesday, 6:30 p.m., Orange Park: St. Johns Country Day School (3100 Doctors Lake Drive), speed work on the track. Contact Dave at 545-4538.

Wednesday, 7 p.m., Jacksonville Beach: 202 34 Ave. South, 5+ miles (all abilities/social). Contact Anita or Franz at 241-7199.

Thursday, 5:45 a.m., San Marco: Southside Methodist Church, 6-7 miles, 7:00 to 8:30 pace. Contact: Michelle at kruegerm@episcopalhigh.org.

Thursday, 6:30 p.m., Ponte Vedra: Sawgrass Village South Lot, 3-6 miles (very social). Contact Craig at 424-9690.

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

Friday, 5:40 a.m., Mandarin: Forest Circle, 7.5 miles. Contact Stef at 268-1503.

Saturday, 7 a.m., Ponte Vedra: Sawgrass Village South Lot, 5-12 miles. Contact Craig at 424-9690.

Visit jtcrunning.com for more information.

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