

TIJUANA FLATS SUMMER BEACH RUN 5 MILE 8.24.13



THE
STARTING LINE
NEWSLETTER

ISSUE

399

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The typical summer doldrums are upon us. Everything and everyone seems to have slowed down. Is it the heat and humidity that cause this or is it our vacation mentality at this time of year? Even our illustrious Board of Directors didn't meet in July. Fortunately the well-oiled wheels that keep our track club moving kept rolling along.

We didn't miss a beat although unfortunately our track meet scheduled for July 13th did. The storm that swept through our area forced meet director, Eric Frank, to postpone it. Coach Frank has done a superb job of organizing and executing our summer track meet series and the attendance has proven so. The crowds have come back and the whole thing has the old time flavor of our traditional 'Fun Run Track Meet Series', which began in the 1970's. All in all, a triumphant success, I must say.

There are those who will debate this point all night long, but I still say that having free track meets—run as many races as you like for no charge—is a big reason why this year's meets were so popular. For 32 years the meets were free (okay, I know, a few of them cost two dollars) and they were a great way to introduce people, especially kids, to track and field. I think that everyone appreciated what we did for them and for track and field. It was good to return to this principle.

We look forward to continued success with our track meets and I hope that you will look forward to the interview with Coach Eric Frank inside this issue.

There is great sadness and even anger when we think of the untimely and pointless death of track club member, Terry Sikes. Two thugs who were on a robbery and killing rampage murdered Terry. Due to an injury, he was cycling instead of running, when he was violently hit by their car as they fled one of their crime scenes. The police soon apprehended the two but that is of small consequence to Terry, his wife, family and friends.

One of his best friends, Doug Tillett, has written a touching remembrance of Terry. Let us all pray for him and his loved ones.

Our good pal, Gary Ledman has written a piece about his

recent encounter with Atlanta's 10k, the mammoth Peachtree Road Race. I think you will enjoy it. And another pal, the pedorthist, Gene Ulishney, gives us more insight into today's running shoes. "Running shoe studies are flawed", he says. See if you agree.

We are lucky, we have lots of pals; long-time track club member, Steve Bruce, lost one of his recently, Reid Vannoy. He was very moved by a tribute that appeared in the Tallahassee Democrat newspaper and sent it to me. Life long runner, Vannoy, was not known to me and probably not to you either, but I think you will be touched also.

As we look down the road, well, beach actually, we can see that our ever-popular Summer Beach Run 5-miler is right up ahead, Saturday evening, August 24th, in fact. We are very happy to say that Tijuana Flats is back again as our event's title sponsor. It is a wonderful thing; first they help us by sponsoring and by cooking and distributing all that tasty post-race food. Then we help them with a donation to their very worthwhile foundation, Just In Queso. You can read all about the foundation just by going on-line to their website.

We look forward to the "Beach Run" and to seeing all of you there. Don't neglect to drop by the JTC Running tent at the SeaWalk Pavilion before or after the race.

Oh, and don't forget about the free kids' 1-mile Fun Run that occurs at the same time. There really is something for everyone at our Tijuana Flats Summer Beach Run, don't miss it.

Later, we have our one-of-a-kind trail runs and ultra. The Back To Nature Guana 50k, 2x25k relay and 12k trail races return on Sunday, December 1st. Last year's date of October 21, was perhaps still a little early, so by pushing it back more than a month the setting should be perfect. Get your entry in early, as attendance is limited due to environmental concerns. Then on Saturday, December 14th we have the 36th annual cross-country classic, The Last Gasp. This 5k on the campus of Jacksonville University, will once again feature the Kids' Gasp, a free one-mile cross-country fun run.

You can also be quite sure that between these two race events there will be a JTC Running Christmas party for all members, their families and friends. The date of this gala has not been decided at this time.

I know it is only August but looking ahead we can look forward to at least three great events and a fantastic 2014, including a new, improved Winter Beach Run and a Gate River Run that will continue its habit of being better than ever, year after year.



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It doesn't make sense. Early on Sunday July 7, JTC Running member and all around great guy, Terry Sikes was run down and killed by two youths in a stolen car fleeing a robbery and attempted robbery they apparently committed. The very next morning, a worker cleaning a restaurant was shot and killed by another youth in an apparent robbery attempt. A few weeks earlier, a child was abducted and killed by a man trolling for victims. Unfortunately the paper and television news seem to have these stories every week, if not more often.

What do these crimes have in common? The victims were not fellow criminals, drug dealers in deals gone bad, or rival gang members. The victims were innocent bystanders who happened to be in the wrong place at the wrong time. Like Terry Sikes, riding his bike on a quiet street in a nice neighborhood at 6:40 on a Sunday morning.

What else do the crimes have in common? In each case, police have arrested and charged suspects in the murders. There is ample evidence and it is highly likely that each of the suspects will be tried, found guilty, sent to prison. They will spend the rest of their lives being housed at taxpayer expense albeit at least in an environment where they pose a threat only to fellow

prisoners.

What else do they have in common? Each of these suspects had been previously arrested, tried, found guilty and been incarcerated for previous crimes. But none of the crimes were serious enough to warrant lengthy prison terms. We often read histories of repeated offences starting with minor crimes and building to the crescendo of murder that results in the person's final removal from society. But only after someone, quite often an innocent bystander in the wrong place at the wrong time; forfeits his life to be the catalyst that results in the removal of the perpetrator from the streets and into prison. Where they spend the rest of their lives at taxpayer expense. It's like clearing mines by sending people walking through a minefield. The mines will be found, but at what expense?

I believe that the law enforcement and legal professionals who deal with these criminals every day can't help but look at the histories and see obvious trajectories and that a very high percentage of the time, the offenders have an escalating crime career culminating in murder. So what can they do? You can't incarcerate for crimes they haven't committed yet.

Our current process for handling criminals-- arresting them when they commit crimes, assessing appropriate punishment, releasing them back on the street, arresting them again when they act again-- all too often ends only when they commit the "big one." And innocent people, like Terry Sikes, sacrifice their lives to end another's life of crime.

It doesn't make sense.



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Summer Is Coming, So Is...

**The Tijuana Flats
 Summer Beach Run**

**Florida's Oldest Beach Race
 Saturday, August 24, 2013**



Debra Billard

Indie Bollman

Joseph Collerd

Vicky Connell

Errol Daniels, Jr

Danielle Doner

Gary Dove

Catherine Dovi Buskirk

Deborah Dunham

Jim Ellinger

Jared Ellis

Tim Eymer

Beth Fagin

Dawn Farley

Bob Fernee

Christy Ford

Britta Fortson

Stephanie Griffith

Michelle Gully

LeAnna Hayward

Carolyn Herman

Scott Hershey

Lynn Hill

Kellie Jo Howard

Loren James, Jr

Haris Jusic

August Leone

Kristan Malin

Robert Meister

Robyn Moore

Duke Pao

Cheryl Pfannestein

Bill Phillips

Nancy Pullo

Randy Pullo

Layne Ray

Alison Ronzon

Deborah Russell

Al Saffer

Joseph Strasser

Patti Taylor

Jim Van Cleave

Michael Warner

Kenneth Williams

Brian Wilson

Jim Winnale

JTC Running's
38th Annual Cross-Country Classic
The Last Gasp 5k and
Kids' Gasp, Free 1-Mile

Saturday, December 14, 2013

Be Natural, Go Natural!
JTC Running's
Back To Nature Trail Races
50k Ultra, 2x25k Relay, 12k
Guana State Preserve

Sunday, December 1



Someone suggested to me a while back that some of the old stories from past issues of The Starting Line might be interesting reading. When a long time club member suddenly presented me with a treasure trove of bound past issues it was as though the fickle finger of fate had ordained it. So here it is, the debut of a new feature, which I shall call, From The Archives.

Oddly enough, one of the first things I came upon was a piece written in 1982 by my father, Norman. It appeared in a regular feature titled Training And Racing Methods. In the last issue of The Starting Line I interviewed Ken Bendy and we talked a lot about how hard people in the “old days”, the first running boomers, trained and raced. The following not only shows me what a slacker I am but how my father deserved all of his running success.

Training And Racing Methods
Norman Fernee

Age 62, weight 130 lbs., height 5’8”. Seven years running, not including the “younger years”.

Best performances: 100 yards, 13.2; 220, 29.9; 440, 66.6; 1-mile, 5-minutes 58 seconds; 5k, 19:56; 5-miles, 32:22; 10k, 40:10; 15k, 64:11; half-marathon, 1:32:00.

Pre-race warm-up: Mile jog, interspersed three or four fast strides of approximately 80-100 yards each. I usually put in two easy days preceding a race, running about five miles the first day and three miles the day before the race. I might take that day off completely, however, if I am nursing a minor injury.

My normal training runs usually consist of 8 or 10 miles at about 7:30 mile pace. Sometimes I split these runs into morning and evening sessions of about five miles each. I try not to run less than eight miles a day and usually average 60-70 miles a week. I’m not in the habit of putting in an extra long run once a week as some runners are, though I’ll do a 13 miler occasionally, particularly if my average is down. Actually, I’ve never run farther than 15 miles in my life. (Jay Birmingham’s records can be considered quite safe far as I’m concerned.) As a rule, I put in about half my mileage on the roads and the rest cross-country on Jacksonville University’s campus. I like to use fartlek and employ this method of speed training on at least a third of my

runs. Apart from helping to keep me sharp, it prevents boredom and getting into a “running rut”.

I use JU’s track, also, for speed work sometimes, though an old hamstring injury prevents me from doing very much. I go there after my regular run, when I’m well warmed up, sprinting the straight-aways and jogging around the bends. About eight sprints are usually enough for me.

I race as often as possible, not only because I enjoy it, but because racing keeps me in shape better than anything. I try to run as even a pace as possible, usually around 6:30 per mile for the average distance event. If the first mile split is about that speed, I try to “lock it in” for the rest of the race. Not that I always manage it, but I try. Cross-country racing is different, of course, where you’re running up hill and down dale, jumping ditches, etc. That is just “gut-running”, and you have to tough it out, mile by mile.

I don’t do a lot of stretching, unless I’m working on a particular injury or something, but I’m a great believer in leg-lifts and sit-ups, which I do religiously first thing in the morning on a slant board. I do at least thirty each, with possibly another batch after I’ve had my run. This second batch is always harder to do, which shows, I think, how running weakens the abdominal muscles. I never suffer from lower back pain or hip-joint pain as long as I do these exercises.

I’m not utterly convinced of the value of upper-body exercises for distance runners, but like the man who doesn’t believe in the hereafter, yet says his prayers at night “just in case” – I indulge in a bit of upper-body work for much the same reason. I do 50 push-ups per day. Incidentally, push-ups are more effective if done between two chairs, with the palm of a hand on each seat. I learned that trick from a Charles Atlas course I took 30 years ago. (Honest!)

One stretching exercise I do is the knee stretch, which is pictured in the August JTC newsletter and on the “hit list” of Dr. Dominguez. This is the one where you bend backwards towards the floor, with your legs doubled up beneath you. Apart from flexing the knees, it is effective in stretching the thigh and shin muscles, and flexing the



ankle joints and toes. I have always done this exercise and never experienced knee pain of any consequence and certainly never a hint of shin splints. I don't know about Dr. Dominguez, but I won't be putting this one on my "hit list" yet.

I hope some of this will prove useful to you. As a footnote, I might add that I've been out of action lately with heel spur trouble (a real "footnote", this is), but under the capable care of Dr. Lytle, things are improving and I hope to see you at the races again soon. Good running, one and all!

My father began running as a lad in England. He preferred the sprints but his athletic exploits were curtailed by the outbreak of World War II. Like so many of his generation he was a smoker and by the early 1970's, aged 50 to 55, he became quite fat. Swore to rid himself of the extra weight by running and when the Jacksonville Track Club formed in 1975, he got caught up in the competitive spirit and the races that the JTC created.

The marathon never appealed to him and he never ran one. He used to say, "I don't run enough." I am now the age he was when he wrote this piece and I must say the only thing I can think of: Dad, you shame me.

In keeping with our club's tradition of encouraging young runners, especially those of limited financial means, this summer we sent eighteen high school runners to running camps. It is undoubtedly one of the best things we do, awarding these grants. The kids love it and so do we. Are these kids the future of our local running community and maybe even JTC Running itself? Could be. This year's recipients were:

Rhett Butler, Bishop Kenny

Nicholas Butts, Stanton

Joseph Epstein, Ridgeview

Halie Goodman, Baldwin

Madeline Howe, Stanton

Christy Iglesias, Bishop Kenny

Lexi Jackson, Creekside

Rayford James, Robert E. Lee

Christopher Kersten, Mandarin

Trenton Liberty, Mandarin

Kelsey Meltzer, Mandarin

Kyle Richardson, Ridgeview

Christina Schultz, Mandarin

Ronny Stephan, Creekside

Brooke Summy, Baldwin

Belmin Tahirovic, Mandarin

Eric Tallbacka, Stanton

Dominic Williams, Robert E. Lee



These joyous musings about entering a new age group and marking 35 years of running at the Peachtree Road Race have been muted because Peachtree turned out to be the last race for Terry Sikes.

Terry and his wife, Bonita, were part of our group in Atlanta. We met for dinner the night before the race and for brunch the next two days. We watched the fireworks together at Lenox Square. And we tried to assure Terry that he would one day get over a bout of plantar fasciitis, which he was nursing when he decided to take a bike ride the morning of July 7 and was struck and killed.

Onward I have decided to go because I still can, and to honor Terry's memory.

What better way, it occurred to me a few months ago, to celebrate turning 60 than to join nearly 60,000 of my closest friends in Atlanta on the Fourth of July? The Peachtree 10K was my first megarace in 1979, back when it had only 20,000 finishers -- it just seemed like 60,000, all those elbows flying and New Balance 320s fighting for space on the road.

I finished in just over 45 minutes that day and remember being a little disappointed, although I should have known better. Amateurs should not expect a personal best in a 10K with tens of thousands of others, held in the middle of summer.

One Atlanta friend had just achieved a sub-40-minute 10K in a spring race in Augusta one year and decided he'd race Peachtree "just to see how I do." After being elbowed and stepped on and yelled at from Buckhead all the way to Piedmont Park, he said he'd never do it again and I'm not sure he has.

But if he did, he'd find a better situation now that Peachtree is really more like 25 races within a race, with a series of wave starts, going off between 7:30 and 9:05 a.m. As long as you submit a time from a previous race in the last 18 months, you'll be placed in the appropriate wave, and as long as you don't mind waiting until after the fast people get going, you should have ample running room along six-lane Peachtree Road.

On this July 4, the primary concern was the weather. Not

the usual heat, humidity and broiling sun, but rain. The forecast all but guaranteed it. While running in the rain can be refreshing, waiting around in it beforehand or trying to celebrate afterward is no way to spend a holiday.

"I'm bringing my inner tube," said the Atlanta Track Club volunteer as he handed me F23525.

As it turned out, the rain was a factor mostly along Interstate 75 on the drive to and from Atlanta. Although the conditions drove the humidity sky high and kept a lot of spectators indoors, the temperature stayed around 70 and the sun took the day off. The roads were fine, but the festivities in Piedmont Park were a mudfest from all those feet squishing on rain-softened meadow.

Claiming a T-shirt and grabbing some peaches and other goodies conjured up a Last Gasp of yore, after which your shoes needed a shower as much you did. And if you picked up a free pair of cheap flip-flops to save your shoes, then the rest of you -- and maybe anyone within splattering distance -- could walk away with postrace mud tattoos, too.

I started the trek at 7:55 and finished before 9 o'clock; 364th in my new age group, 11,527th overall male. (In a race that big, those numbers don't seem so bad.) Untold thousands were still finishing as Doug Tillett and I climbed Eighth Street to the Midtown MARTA station.

My time (1:02:54) would be a personal best for 15K but not even a decade best at 10K. So what? Being there is what mattered. When I first ran the Peachtree 34 years ago, the idea of running this slow would never have occurred to me. Then again, running at all 34 years later wouldn't have either.

"Run as long as you can," a friend who no longer runs told me. It never seemed like better advice.

As long as I can, run I will.



Editor's Note: This tribute was given to us by our friend, fellow JTC Running member, Steve Bruce. It is written for his friend, Reid Vannoy, and appeared in the Tallahassee Democrat newspaper on June 2, 2013.

It is very hard to explain. I have around 30 marathons, but never run one where I exceeded expectations by as much as I did this past Sunday. On this day, when I hit the 20 miles (the wall and half waypoint), I thought: "Just don't do anything stupid and you will have your Boston qualifier." A knot started to form in my left calf, and I worried a little about cramping. And yet, my confidence grew and my pace dropped. With just over a mile to go, I turned it up more and finished with my fastest mile.

All the good wishes from so many created a friendly wind at my back, even when the winds along Lake Champlain blew in our face at 20-plus miles an hour and flipped a sailboat. The supporters formed a blanket to keep me warm and push hypothermia far away as the cold rain fell and the temperatures hovered at 41 to 42 degrees.

I will always believe I had help from a very special friend. Reid Vannoy really struggled with his running in 2012. He began experiencing numbness in parts of his lower body and then his speech began to deteriorate. By early June, his doctors suspected ALS. I remember attending a birthday party at his house and thinking it was very strange for Reid to slur his speech so much. By the middle of August, he would be diagnosed with ALS, also known as Lou Gehrig's disease.

To my knowledge, there is only one marathon Reid ever tackled-Grandma's marathon in Duluth, Minn. Reid had ties to the area and ran the every third year, including mid-June of 2000, 2003, 2006 and 2009; 3:08:17 in 2006 was his fastest time. Despite suspecting he might have ALS, Reid was determined to run his favorite marathon on schedule in 2012.

He would attack this race as he lived life – with tremendous courage and grace. He ran the first 10k at an 8:36 pace, hoping for a reserve of strength to get him to the end. At the half-marathon split, that strength began to abandon him as he covered this stretch at a 9:23 pace. Yet, he refused to let go and ran a slightly faster pace of 9:21 through the 16.2-mile point. But he was facing a far tougher foe than a mere marathon. ALS is probably the cruelest of all diseases. It relentlessly crushes hope and literally paralyzes the ability to

fight back.

But on this day, Reid would not be beaten. He reached the 19.3-mile mark battling toward the finish at a 10:29 pace; he would crash through the "wall" and reach the 25-mile mark running around a 10:30 pace. I can't imagine the courage it took for him to cover the last 1.3 miles. Everything hurt; he was running in water unable to move forward and unable to breathe. There was no strength left, only courage. His pace for this last segment was 11:43, but he would cross the finish line a conquering hero.

Reid was one of those people who, without any fanfare, just stepped up to the job and did it. He directed races, helped others, listened to others and always reached out to help. If you didn't watch him closely though, you might not know he was helping you. In the first days after his diagnosis, we would meet at Forestmeadows and do a fast paced walk and then lift weights. It was a tough routine he taught me. By then, I knew what the final outcome would be. Nevertheless, I was determined to walk the path with him. He flew to Indiana to see his family. The disease made strong progress while he was gone and he returned much weaker.

We would never make it back to Forestmeadows together. We still walked together, drank beer and watched TV. And then, he could no longer drink. But he always greeted me with a cheer. The last time I visited him, we split two games of checkers and talked about running the Vermont City Marathon. I told him I really needed his support, and he gave me the thumbs up.

I crossed the finish line in Burlington ecstatic and worked my way back to my hotel room. This race meant as much to me as any I have ever run. A short gust of wind blew at my back, twirled over my head and disappeared into the sky. As soon as I reached my room, I picked up my cell phone. A message told me Reid had passed away that morning. The wind had blown in his face for the last time.

Best I can tell, his body became lifeless an hour or so before my marathon started. I can't shake the feeling that before he left this earth, he took a detour through Burlington. How else can I explain the wind being at my back despite the fact the flags were starched straight by the wind going the other way? Thanks my friend, I miss you already.





Terry Sikes with June Tillett and Steve O'Brien

Terry Sikes, Prominent JTC Running Member, Taken Out In His Prime

One of the “jokes” that I use over and over is that, since I’m a married guy, I’m only allowed to have a couple of friends. Since I’m a runner, my two friends are runners too. One of them is Gary Ledman. The other one was Terry Sikes. I say “was” because Terry was run over by a speeding car on Jacksonville’s Westside early on a Sunday morning, a few days after all three of us friends were together in Atlanta for the Peachtree Road Race on the 4th of July. The car killed him. I think it was in an instant.

Back in the olden days, before he was my other friend, I knew Terry Sikes because his parents went to my church (and they still do) and we would run into each other there. I wasn’t positive that he was a runner at first, until he passed me running the Gate River Run at about halfway and then disappeared up ahead in the embrioglio of runners. Up the road, his parents had positioned themselves beside the course at the corner of Belote Place and Atlantic Blvd (where they still do every year) and they told me I was looking good and that Terry was a couple of minutes ahead of me. So maybe I wasn’t looking quite as good as I’d have liked but it was nice of them to say so, anyway.

Then, about ten years ago, a terrible automobile accident happened in rural St. Johns County, when a car driven by an incompetent driver tried to pass the Mustang being driven by Terry Sikes and ended up knocking his car into an oncoming truck on a two-lane road. Terry’s wife, also named Terry Sikes, was killed in the accident and he nearly was too but he was Lifeflighted from the scene to Shands and the pros in the Trauma Unit there

saved him. Glory to God for that, but, of course, Terry, and all of the rest of us, were devastated over the loss of his wife and the circumstances of the crash.

After some time passed, we began to see Terry Sikes out running. Maybe running was his therapy or maybe he had more time available or maybe he didn’t have anything else to do, but for whatever reason, he really cleaved to running and recovered from the accident quite remarkably. He joined our Boone Park Wednesday Group Runs and our Thursday San Marco Group Run. He wasn’t the official leader of the group, but his enthusiasm for running, his spiritual eccentricities, his study of running and form, and the way he brought our attention to previously unnoticed details of the course, made him seem as if he were the leader. When he was working toward a goal, like doing well in the Grand Prix one year, all of us running with him carefully listened to his analysis of the status of the series and followed closely his strategy for each race. It was as if each of us wanted him to succeed in his quest more than he himself did. We ran together a lot, so we got to talk to one another a lot, and Terry became my other friend, and a friend to many others as well.

There was another one of the group runners who was a woman named Bonita Golden, and after a time, she and Terry began dating and talking even more intensely than the rest of us did with him and the two of them became very close, although they kept it a secret from the group. After a time, though, they came out and declared their love for one another and got married and had a marvelous relationship, holding hands and touching one another and looking all goo-goo at each other and doing all that “love” stuff. They had a great running marriage too, traveling all over the country, racing and running



Terry Sikes jokes with Steve O'Brien before the Winter Beach Run.





Terry Sikes with Pat Gaughan

and loving like no one else our age. Their marriage was inspiring and unique and divine. We were all happy for them.

But then there was that Sunday morning, just back in July, when Bonita had gone off to run with her pal Elaine. Terry was going to go for a long bike ride because he had been deviled by a bad plantar as of late and biking seemed like a good cross-train. And who among us wouldn't feel that on a Sunday morning, before 7 a.m., that we wouldn't be perfectly safe riding our bikes to stay in shape? In reality, a couple of small-time, loser thugs were busy robbing people at the Wesconnett post office at that hour of the morning. One old guy, in his 70's and sitting on a bus bench waiting for his ride, was robbed by the crooks, so he gave them his wallet and they didn't hurt them. Then they saw another guy coming out of the post office so they went over to rob him but he didn't cooperate and tried to get away from them. They got so mad at him not cooperating that they chased him down in their stolen Pontiac and ran over him in the lot, then for good measure turned around a ran over him a second time. He survived and is still in

the hospital trying to recover.

Realizing that the police would be on their way any second, the crooks drove up Wesconnett Blvd at a high rate of speed, then turned onto La Moya Avenue, racing away from the crime scene. In the meantime, Terry was pedaling up La Moya, enjoying the view from the street side of the creek that leads to the Ortega River, in a residential neighborhood. At a bend in the road, the villians couldn't keep their car on the road, and whacked poor Terry as he happened to be at that exact spot at that moment. It was all over for Terry but the two criminals continued to drive away from the scene where they had killed him.

So, now, Bonita had the love of her life jerked away from her in a horrifying instant. I have lost my second friend but I'm glad that Gary seems to be in pretty good shape. JTC Running has lost a prominent member of our club who only did good and positive things for our running community. We have held a funeral, a tribute run, and a memorial dinner. The police have charged Eddie Postway and Cyrus Benjamin with felony murder and they are in jail awaiting trial. Personally, I am hoping they get whatever the maximum penalty can be, as none of us can be safe until these criminals, and others like them, are eliminated from our running and bicycling environment. May God's wrath pour down upon the evildoers. May the memory of Terry Sikes be held high in our community of runners. May all of you be safe as you run or bicycle your way around Jacksonville. But, remember, be careful out there. Evil lurks where you least suspect it.



Summer Is Coming, So Is...
**The Tijuana Flats
Summer Beach Run**

**Florida's Oldest Beach Race
Saturday, August 24, 2013**





Saturday, August 24, 2013

5 Mile @ 6:00 PM
1 Mile Fun Run @ 6:05 PM

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

Sponsored By:

To Benefit:

Presented By:



Come run Florida's oldest Beach Run! Don't miss the great Post Race Party with food provided by Tijuana Flats, beer, and live music by Kim Reteguiz and the Black Cat Bones!

ENTRY FEES

5 MILE ENTRY FEE

- Through August 17th \$20.00
- August 18th - August 23rd \$25.00
- Race Day \$30.00
- » Children under 13 and Adults 65 and over receive a \$5.00 discount for the 5 Mile until raceday!
- » One Mile Fun Run is \$12.00 at all times!
- » JTC Running members receive \$2.00 off until Aug. 17th.
- » Sorry, there are **no refunds!**
- » Make checks out to The Summer Beach Run and mail with entry form to: 3931 Baymeadows Rd., Jacksonville, FL 32217
- » Register Online at www.1stplacesports.com

PACKET PICKUP

Be sure and check the box on the entry form where you plan to pick up your packet. Packets will be available on **Thursday, August 22nd and Friday, August 23rd** from 10:00 AM until 6:00 PM the following 1st Place Sports locations:

- 3931 Baymeadows Road, Jacksonville, 904-731-3676
- 2016 San Marco Blvd., Jacksonville, 904-399-8880
- 424 South Third Street, Jax Beach, 904-270-2221
- 2186 Park Avenue, Orange Park, 904-264-3767
- 4870 Big Island Dr., Jacksonville, 904-620-9991

If you do not indicate a location, your packet will automatically be at the Baymeadows store. All packets that are not picked up at the above locations will be moved to the race site for race day pick up starting at 5:30 PM.

AWARDS

Cash awards of \$150, \$100 & \$50 will be paid to the top three men and women overall. Beach towels will be given to the top 5 men and women overall, the top 3 masters male and female finishers, and to the top 3 finishers in each of the following men's and women's

divisions: 10 and under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 -69, 70-74, 75-79, & 80 and over.

RACE TIMING

The race will be timed using the ChampionChip. If you have your own chip, you need to enter your chip number on the entry form, and deduct \$2.00 from the entry fee.

COURSE

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

ONE MILE FUN RUN

One Mile Fun run starts at 6:05 PM at 5 mile starting line. Medals will be given to all children in this event.

FINISH LINE FESTIVAL WITH FLAIR

We would like to once again, welcome **Tijuana Flats** as the title sponsor of the Summer Beach Run. The 49th running of Florida's oldest running event promises to be the best ever! This event is rich in history and is well known for its post race celebration. **Tijuana Flats** plans to make that part of the race even better this year. They will be providing free food to all participants and beer to all legal age participants and \$5 per person for spectators. Tickets can be purchased in advance by checking the box on the entry form or on the day of the race. at the Seawalk Pavilion right after the race. **Kim Reteguiz and the Black Cat Bones** will be the featured band and will rock us with classic hits. Stick around after the race and enjoy the evening. The awards ceremony will start at 7:30 PM. Prize money will be awarded to the overall winners, plus beach towels will be given to age

group winners. This will be a great evening and fun for the whole family. Hope to see you there!

PARKING

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

DIRECTIONS TO RACE SITE

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

GRAND PRIX RACE

The Summer Beach Run is the 2nd race of the 2013-2014 Jacksonville Grand Prix schedule. Runners who finish in the top ten of their age group will receive points to be counted in the overall series. Over \$5,000 in cash and prizes will be awarded at the end of the series. For more information about the Grand Prix, please visit www.1stplacesports.com.

RESULTS AND RACE PHOTOS

Get instant results using the BIBS app (www.bibsmobile.com) for iphones and Androids! The app is free and can be downloaded from the App Store or Google play. Results will also be posted on www.1stplacesports.com. Race photos will be taken by Speedy Banana: www.speedybanana.com

BECOME A JTC RUNNING MEMBER!



Founded in October 1975, **JTC Running** is Northeast Florida's preeminent promoter of healthy lifestyles through running, fitness, and fellowship. It is both a social club with several varying events per year and a philanthropic organization that seeks to benefit runners of all types.

THE VALUE OF MEMBERSHIP

JTC Running membership includes:

- A subscription to "The Starting Line" - our bimonthly newsletter about the club, events, and running information.
- Discounted entry fees at most **JTC Running** events (Gate River Run, Summer & Winter Beaches, etc.)
- **JTC Running** apparel at a nice price.
- Social events - A couple times a year we have non-running casual get togethers.
- Local training runs - many of which have running mentors.
- Discounts on merchandise at many sports stores and other stores in Jacksonville area - see website for complete list: www.jtcrunning.com

THE SUMMER BEACH RUN		Please indicate where you plan to pickup your race packet:		<input type="checkbox"/> Baymeadows <input type="checkbox"/> Jax Beach <input type="checkbox"/> Orange Park <input type="checkbox"/> San Marco <input type="checkbox"/> Town Center <input type="checkbox"/> Bartram Tijuana <input type="checkbox"/> River City Tijuana <input type="checkbox"/> Day of Race								Official Use Only	
Official Entry Form		August 24, 2013											
First Name: <input type="text"/>										Age on Race Day: <input type="text"/>		Sex: <input type="checkbox"/> M <input type="checkbox"/> F	
Last Name: <input type="text"/>										ChampionChip Number: <input type="text"/>			
Street Address: <input type="text"/>										Apt. #: <input type="text"/>			
City: <input type="text"/>										State: <input type="text"/>		Zipcode: <input type="text"/>	
T-Shirt Size: Circle One <input type="checkbox"/> YL <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> X <input type="checkbox"/> 2X		Email Address: <input type="text"/>								Cell Phone Number: <input type="text"/>			
		Please Mark One: <input type="checkbox"/> 5 MILE <input type="checkbox"/> 1 MILE		Make Checks Payable to: The Summer Beach Run. Mail to: 3931 Baymeadows Road, Jacksonville, FL 32217								Entry Fee \$ _____ JTC Member Deduct \$2.00 \$ _____ Chip Owner Deduct \$2.00 \$ _____ Dinner Tickets +\$5.00 \$ _____ TOTAL AMOUNT: \$ _____	
<input type="checkbox"/> I want to receive special offers and discounts from Tijuana Flats - add my email to the Flatheads Club										Method of Payment: <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Credit			
<small>I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race. I also understand that I must return the ChampionChip transponder, if requested or I will be billed \$30.00 as replacement cost. I also understand that if this event is canceled or rescheduled for any reason beyond the control of race management that my entry fee will not be refunded. I grant permission for this event's organizers to take pictures of me during this event and agree for this event to use any photos of me that may be taken during my participation. I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Organizers of this event and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.</small>										Please sign here. (Parent must sign if participant is under 18 years of age)		Date Signed	

How fast can time go? Pretty darned fast if you ask me, one heck of a lot faster than me that's for sure. It just hit me that this year's club awards were our 30th annual. Gads, thirty years. That seems incredible, almost unbelievable. But there it is, time does truly fly and as Oscar Wilde said, "youth is far too good to be wasted on the young." I can't argue with either of those sentiments.

On June 27th JTC Running held its annual awards banquet/presentation and it was a glorious affair. Once again, Maggiano's Little Italy restaurant was the setting and once again the setting, and the food were excellent. I think I can honestly say that a good time was had by all and a good time was also had by our noble, hilarious (intended and sometimes not) emcee, Doug Tillett. Catching Tillett in his element, on stage, in front of his adoring throng is worth the price of admission in itself. The man was superb, as always.

Why is this man, Tillett, not out there doing a standup comedy act in all the big venues throughout the land, raking in big money and being lusted after by groupies everywhere? Simple; his love of JTC Running, his true calling. The man's dedication should be etched in stone along with the other greats such as, John TenBroeck, Doug Alred and Lamar Strother. (Notice that I humbly left myself out?) Without further ado, here are the winners of this year's coveted awards:

Sponsor of the Year:

WJXT - Channel 4

Media Person of the Year:

Francine Frazier – The Florida Times-Union

Local Running Hero:

Chris Howell - Brooks Rehab Challenge Mile

Running Leader of the Year:

Paul Smith

Outstanding Female High School Track & Field Athlete:

Nicole Greene - Ponte Vedra High School

Outstanding Women's Open Division Runner:

Kim Pawelek-Brantly

Outstanding Female High School Cross-Country Runner:

Mackenzie Wilson - The Bolles School

Outstanding Women's Masters Division Runner:

Tracey Kuhn

Outstanding Male High School Track & Field Athlete:

Kendal Williams - Stanton College Preparatory School

Outstanding Women's Senior Division Runner:

Kathleen Kaye

Outstanding Male High School High School Cross-Country Runner:

David Yarborough – Bishop Kenny High School

Outstanding Men's Open Division Runner:

Ryan Sloan

Outstanding High School Coach:

Kevin Curran – Bishop Kenny High School

Outstanding Men's Masters Division Runner:

John Metzgar

Distinguished Merit Award:

Ken and Marie Bendy

Outstanding Men's Senior Division Runner:

Gerry Glynn

Outstanding Volunteer of the Year:

Angie Swaney

JTC Running Runner of the Year:

Karen Edmonds



The Mizuno Sayonara

They say that Madonna has kept her career alive by constantly “reinventing” herself, annoyingly so, if you ask me. I think she is well past her sell-by date, as are so many aging rock and rollers who look ridiculous taking the stage and pretending that everything is exactly the same. A word of advice to all of them: Tony Bennett gets away with it, you don’t. Of course Tony never tried to be a rocker, but now the 80 plus-year old singer is having the last laugh.

Mizuno is kind of like Madonna but in a nicer, more palatable way; or maybe like Tony Bennett, but in a hipper way. When one of its shoe models begins to wane it puts it out of its misery and ends it: Death, sayonara, clean and simple. So it was about eight years ago when the Mizuno Mustang ran its final lap; it was replaced by a new shoe, the Inspire. Quite a piece of genius, the Inspire quickly became the company’s number two shoe. The Maverick was trumped by another newbie, the Elixir, a lightweight, very mild stability shoe that took on the market leader in that category, the Asics DS Trainer, and did very well. The Elixir built up a legion of fans during its time (which is soon coming to an end. Dr. Mizuno says, “it’s terminal, we’ve decided it, six months, no more.”) That means, diehard Mizuno Elixir fans, buy them up now.

Now Mizuno is doing it again. Their neutral shoe, the Precision, a sort of lighter weight version of the company’s number one, Wave Rider, is being sacrificed, along with the Elixir to build a new, hopefully better and even more popular shoe, the Sayonara.

Mizuno, a Japanese company, decided on the Japanese word for goodbye as the moniker of their new dream maker. Sayonara to the Elixir and Precision but please, not sayonara to their sales figures Mizuno must be saying.

Yes, dumping such a popular shoe as the Elixir is taking quite a chance. Not so much in the Precision’s case, it’s sales have been suffering for years. But still, it’s a big risk.

I have been running in the new Sayonara and I can unequivocally say that Mizuno and Mizuno fans have nothing to worry about. This new shoe may very well be Mizuno’s best of all time.

Criticism of the Elixir has been that, though comfortable and

light, it lacks forefoot cushioning. The Sayonara addresses this shortcoming magnificently. One of the most noticeable things with this shoe is its enhanced forefoot cushion. This might be due to Mizuno’s new midsole material called U4ic. Did you get it? Euphoric; clever those Japanese. The new eva (ethyl vinyl acetate) foam is very springy (responsive) and soft. In addition to that, Mizuno says that it is 30% lighter than any of their previous midsole materials. I can’t verify that but I can say that the Sayonara is very light indeed.

Step into the Sayonara and the first thing that hits you is the fit. The upper at the mid foot hugs and wraps the arch almost like a track spike. It seems to lift and support the foot the way all shoes should but very few do. The heel counter snugs the heel and ankle area extremely well, no slippage, just support. Yet there is loads of room in the forefoot for toe “splay.” Remember splay? I covered that subject in my bit about minimalism shoes. Splay is when you put your weight down over your foot and the foot spreads out, that’s splay. The toe-off of the Sayonara is impressive, soft and responsive and yet with a good toe spring to make it feel fast. In fact, the shoe falls very well into my “fast shoe” category. This is by no means a slow feeling pair of shoes.

The Sayonara has more cushioning than the Elixir and nearly as much as the Wave Rider, and it is lighter than the Rider. Someone asked me if it would be a shoe for her next marathon, well the answer is emphatically, “yes.” This shoe is virtually custom made for the marathon.

The Sayonara has a new outsole that gives better traction and this is another thing that enhances its toe-off and swiftness.

Esthetically the shoes are a winner. Nice looking without being gaudy. In other words, they don’t try too hard. The overlays are not stitched, they are all very functional, secure and bonded into the nylon upper. The colors are nice as well. The men’s comes in white or “dude blue”, a shade of royal blue. Mizuno seems to say, “Dude, it’s okay to wear this blue. It’s masculine, not like so many of the others.”

Dropping the Elixir and the Precision is a gamble but it is one that, I think, is going to pay off. I’m saying “sayonara” to all of my doubts in regards to this model.



As actress Lauren Bacall once famously said: “Getting old is not for sissies.” I might add that getting old is not for runners (who still want to run half way well.) Furthermore, gaining weight is not for runners (like to feel lithe and swift, don’t we?) and getting injured is not for runners (we turn nasty when we can’t do our thing, and then we take it out on sissies. (Well, no, not really, as usual I got carried away.)

During every runner’s “career” he has his ups and downs, his good and his bad, his happy and sad. Sooner or later, we are all faced with a time of “rebuilding”, as any coach would say (especially after a particularly bad season). That means you start from scratch. Sadly, that is exactly where I find myself right now.

Here it is, mid-June, and I have done precious little running since about mid-February. That was when my right Achilles tendon decided to flare up. You might remember my Gate River Run piece in the March/April issue, Reflections of (Another) River Run, which I should have titled, Achilles and Me-Hopping Through the Gate River Run. Seeing an old geezer dragging one leg up the Hart Bridge must have been a pathetic sight, I’m surprised no one put me out of my misery entirely.

My Achilles wasn’t pulled, ripped or torn asunder, it was just angry and inflamed. What’s more, it would hardly let me run. With nearly no training, I hobbled through the Gate River Run and did one-third of the Tour de Pain Extreme (the 10k), before deciding that the only cure was complete rest.

But rest is the bane of all runners, especially the older ones, for the fear of all runners, old and young, is that while resting fitness will be lost. And we have every reason to think so, because, frankly, it’s true. The world’s most famous distance running coach, Arthur Lydiard, always harped on about a runner “building his base”. The base was (is) the runner’s level of fitness; it can be built, it can be lost. Building it was fundamental and simple: run miles, lots of them. With a good base, Lydiard reasoned, a runner could achieve magnificent things. Without it, he would get nowhere and be forever an also-ran. Was he right? For 50 years coaches and runners everywhere have unequivocally said “yes.”

His plan: First build the fitness base via aerobic mileage, then build strength from hill training, and then finally, increase speed/sharpness with timed laps on the track; the dreaded anaerobic threshold tolerance training, aka pure pain.

These days, I am the poster boy of elderly, overly rested, out-of-shape runners. And what’s more, I have also learned what it is that so many people hate about running.

Fact: When you are woefully out of shape, running is a painful, hard endeavor. It is sheer drudgery. There was a time when I couldn’t relate to them, the drudgery crowd, that is, but now I can. Boy, can I. These days, I can even empathize with them. Okay, why dodge it; I am a card-carrying member of the drudgery crowd. Look up the word slug in the dictionary and you’ll see a picture of me.

I remember when I was writing for the Beaches Leader newspaper I wrote a story about the great new running phenomenon known as the Galloway Method. You know, run a little, walk a little; finish that marathon with a smile on your face. Hard core runners, and I considered myself as one of them, put it down, and derisively renamed it “Gallowalking.” One fellow, a friend actually, even accused me of referring to Gallowalkers as “pokey walk joggers.” To this day, I swear I never wrote that but he insists that I did. (No one is getting upset, we are both pokey walk joggers and we know it. Naturally, admitting it is another thing entirely.)

In any case, now what do you know? I’m one of them. Maybe not by choice but by sheer necessity. Bereft of my base I now find myself starting all over. Yes, from scratch. I feel as if I have never run before. I feel as though I am running with someone else’s body. My running form does not feel the same. My stride is not the same, my enjoyment, well ... not the same. So much so that I feel my old pal, running, and I have parted company.

If running were my girlfriend she would be headed out the door, suitcase in hand. “When it was good, it was really good, but now ... well ... I’m moving on,” she says, looking over her shoulder for but a brief second. I know



the general direction in which she's going and my fear is that she'll never be back; and I'm right, I know I am. "This world seems to belong only to the young," I say forlornly to no one but myself.

I digress; back to reality. I run like a slug, I'm telling myself to just get the miles in. "So what if you're slow, who cares if you can't go the distance? Keep going and all will return, you'll be back," I continually tell myself. I work as hard to convince myself of that as I do to actually run. I am now a bad runner and I am beating myself up over it. My "running" is beating me up too. If one doesn't get me the other one does.

It's easy to think of the "old days", the days when I was young. Running was easy too. I could run my heart out in a race, get a personal record, and feel better than I do today after a 10-minute per mile training run. Is that fair, is that right? No, but I guess it's a runner's life and facing up to it is a humbling experience.

"I told you, not for sissies", Bacall says in the back of my ear.

Looking back, as I am far too apt to do, I remember all those years of running in the 16 and 17-minute range for 5k. When those days were over, there were many years spent in the 18-minute area, still not bad. Somehow I went through the 19 and 20-minute races without even noticing them and before I knew it, 21-minutes for 5k; seven-minute mile pace, oh no! Then another precipitous drop and I was out there struggling to hold onto 8-minute per mile pace. And now, today, I would be happy with even that.

Where is my "Runner's High?" Did I deserve this runner's low?

"I can totally relate to your brother," I said to Cindy Glass, who has been training her brother in her Get Moving Jax beginners running course.

"Why," she said somewhat astonished.

"Because even though I've been running since about 1971 and he's only been running since about January, I feel that we are in virtually the same place."

He's out of shape and thinks running is a chore, he thinks running is painful. He's right; when you are unfit, it is. Gallowalking might ease the pain but it also elongates it. How can they stand to be on their feet that long?! Now I guess I get to find out, because for the unfit, the old walk/jog is the only way to go. Even a running snob like me has to eat humble pie every now and again. I feel like I'm starring in a new film by Orson Welles (fattest director of all time), *Revenge of the Pokey Walkjoggers*. In the final scene they, a vigilante crowd of 300-pounders, pummel me to death with their 29-bottle bandoleer water belts. Jeez, what a way to go.

So now I begin again, I start from scratch. I relate to the out-of-shape and with my tail between my legs I go back to the basics. Well, at least I'm out there. I do my best, whatever I can do and whatever that means. It's much better than being injured and unable to do anything. It's far better than being lazy and not doing anything, or being unconcerned about the flabalanche waiting just around the corner. It's the best of this new worst-case scenario.

I figure the key to the whole thing is 40 miles a week. With forty you can get fit, stay slim and run well. But there comes a time in one's life when doing the magical forty is nearly impossible. It is not just finding the time, the desire or the enthusiasm; it is holding the body together. There was a time when all those joints and muscles started creaking at 50 miles or more, but now it is half that.

Yet I say to myself, "all I need is 40 miles a week." My chances of 40-miles a week? About the same as winning the lottery.

But I can win, I can win by doing, I can win by being out there, doing what I can do at whatever pace it is that I can stand, I can win by trying. And I will try; I must admit that it will never be what it once was, but it can be a lot better than what it is right now. I must continue, I must plod on; and so must you if you are in the same place as me.

Waddle on, Bob. (Oh no, not that!!!)



At first it was hard-core types, mostly men, who ran hard all the time and went to races to run even harder and “beat” people. There was Dr. George Sheehan, Frank Shorter, Bill Rogers and shoes you couldn’t do without called Racing Flats.

I remember tiny, tricot nylon running shorts with the sides split up to your hip because they made you run faster. How? Less material=less weight, split sides=longer stride length. Elementary.

What happened to that first “Running Boom”? It didn’t die like the dinosaurs, via a huge asteroid smash. No, it was far more the whimper than the bang. In any case, it passed and when it did the running scene seemed to go quiet, very quiet. A lot of the early running specialty stores went quiet too, so quiet that they shut their doors forever.

“Any speculation as to my untimely demise is grossly exaggerated,” running must have said while paraphrasing Mark Twain in the 1990’s.

Suddenly, a second Running Boom took off and it was easily as strong as the first, maybe even more so. This time there were women, lots of them. Inevitably, they took over the sport. “I am woman hear me roar,” they sang.

Roar? What for? We hear you loud and clear; running is all yours. The men surrendered and ran their split shorts up the flagpole to make it official. Just as inevitably, women-only races became far more prominent.

In the second boom, there were middle-aged people; many of them runners from the first boom that decided, after having quit, that they better get some exercise. They knew that running was the best way to do it and they returned to their old friend. This time around, they found a lot of women there. They asked for their shorts back.

There were cardiologists and other doctors saying, “you need some cardiovascular exercise and jogging is the best way to get it.” Millions of people, for one reason or another, either returned to running or took it up.

There was Jeff Galloway and his walk-jog principle. There were huge races and huge race expos. Oh, and another thing, there were huge race entry fees. There was the writer known as the Penguin, John Bingham, who reveled in his un-athleticism and enjoyed his slogan, “waddle on, friends.” Apparently, his minions were flabby-assed, painfully slow snails just like himself. According to him, darting off the course in the middle of a marathon to enjoy a latte was just fine. Boy, times changed. Steve Prefontaine said that to not give your all was to surrender the gift. The Penguin seemed to say, “the heck with the gift, hold onto that latte.”

All in all, the snowball known as the ‘second running boom’ became an avalanche. To this day it hasn’t stopped.

So it seems whenever a crowd of people suddenly get involved in anything even slightly running related the big boys refer to it as another running “boom”. And so a Mud Run, a Color Me Rad paint run, an Obstacle Run, or any other ridiculous over-priced “run” for these new “runners” is regarded as a new running “boom.” Wonderful, just wonderful. Arthur Lydiard and Percy Cerruty must be spinning in their graves.

I just learned of a new one, Drenched. In this one the “runners” start out dry but are soon going through misting hoses, squirt guns and firemen’s hoses, so they end up drenched. Come on, this is Florida; we are always drenched! Ever heard of sweat? I get drenched on a Florida mid-summer’s day just thinking of running. Jeez, what does feeling nasty and drenched cost me, 150 bucks? Want drenched? Try our Tijuana Flats Summer Beach Run, that’ll do it.

“Start out dry and end up drenched” their idiotic entry form says. Bone-headed, neophyte event organizers, have they ever even seen a runner? Obviously these businessmen, these opportunists, have never jogged a mile. Sickening.

But the big boys in today’s “sport” of running say: “These people, participants, “runners” are growing our sport.”



Boy, if that's true then the sport that we love is in deep dookey.

Growing it like a weed, but who wants weeds? What in the name of Roger Bannister is going on here? Can those of us who love the game issue a cease-and-desist order against these charlatans? What's next, a Color Me Rad Olympic Final? I'd rather see Olympians run for pies than be covered in paint during the final lap of the 5000-meters.

None of these "runs" have anything in common with running at all. As Doug Tillett asked me years ago, "when do we stop calling them races?" Good question. Honestly, what are they? "Events", "Pastimes", "Hobbies"? Surely they can't be considered sports.

As Beatle George Harrison said, "all things must pass." In fact, I am not sure George originated that profound statement but that's immaterial. So what I mean is; everything changes and morphs into something else and that something could be very different from the original. So 40 years ago we had running that was entirely

competitive and geared toward personal improvement (becoming faster) and showing up at a race to actually race and "beat" one's peers.

Then we had a more subdued outlook on the whole competition issue but instead, a slant towards the health aspect, nothing wrong with that.

And now what, the shameful degradation of our sport? Our beloved sport turned into a laughing stock, the synchronized swimming of athletics? I can hear it all now: "Oh, let's not go to the bar tonight, there's a Color Me Rad 2k just down the street and it's only 90 dollars to get in. Oh ... such fun, let's go!"

I think I want to puke.

If this is the future of "running", count me out. I'll take up Bingo, Tiddlywinks or Canasta. Or even, God help me, Golf.

Our Lamar Strother was right; once entry fees went above three dollars the whole thing went to hell.



Summer Is Coming, So Is...
**The Tijuana Flats
Summer Beach Run**

**Florida's Oldest Beach Race
Saturday, August 24, 2013**

Watch our website for new track events we hope to hold during cooler weather this winter.



Sunday, December 1, 2013



The Guana Reserve
VIBRAM Back to Nature Trail Runs
50K Ultra, 50K Relay, 12K Race

50k and 50k Relay at 8:00 AM
12k Trail Race at 1:00 PM

Guana Tolomato Matanzas
Estuarine Research Reserve

505 Guana River Road, off A1A in South Ponte Vedra
Beach, FL (9.5 miles south of Mickler's Landing)
Sponsored by Vibram Five Fingers Footwear and Gu
in association with 1st Place Sports

The Course

Consists of winding, wooded trails in the Reserve. No cement, no asphalt, a true back to nature experience. The 50k Ultra and 2x25k Relay will begin at 8:00 AM. The 12k shall begin at 1:00 PM (in order that the majority of the runners will finish together.)

Awards

Finishers of the 50k Ultra will receive medallions. All runners will receive a commemorative technical t-shirt. Awards, three deep in 13 age groups in the 50k and 12k races. Awards also to the top 5 teams overall in the 50k Relay.

Vibram shoes will be awarded to the first male and female overall in the 50k and 12k and first Masters male and female in both races. Vibram shoes also to the first team in the relay.

Refreshments and Post Race Party

Snacks and Drinks will be provided. Gu is the official supplement.

Post-race party/awards presentation will take place at The Reef Restaurant, 4100 Coastal Hwy., just north of Vilano Beach (on A1A). 3:00 PM.

Entry Fees

50k Ultra - \$35 (\$31 JTC Running members), until September 15th. \$45 (\$41 club members), Sept. 16th-Nov. 30th. Race day entry \$60 (no discounts).

50k (2x25k) Relay - \$60 per team, until Sept. 15th. \$70, Sept. 16th-Nov. 30th. Race day entry \$90.

12k - \$25 (JTCR members \$21), until Sept. 15th. \$30

(\$26 JTCR), Sept. 16th-Nov. 30th. Race day entry \$40, no discounts.

Limited Participation

Due to the Environmental Sensitivity of the Guana Reserve this event is limited to 125 participants per event. Enter as early as possible; there may not be space on race day.

Parking

Parking in the park is \$3.00 per vehicle. Use southern most entrance, just north of the Gate Station.

Proceeds Benefit

Proceeds benefit: Friends of the Guana Research Reserve.

Packet Pickup

Race Packet Pickup Day of Race Only.

For More Information

For more information contact: Mark Ryan, Race Director 50K, at Markryan@watsonrealtycorp.com, or (904) 338-3230. Bob Fernee, Race Director 12K, at Bob@1stplacesports.com or (904) 743-3161.

Vibram Footwear

Purchase Vibram footwear at 1st Place Sports and enjoy the barefoot, back to nature experience!



When it comes to Track and Field our track club has a sterling track record. Right from our earliest days the Jacksonville Track Club (JTC Running) has been involved in and dedicated to the noble sport of T&F. For 32 years club pioneer, Lamar Strother organized and executed the Fun Run Summer Track Meet Series and he did an excellent job.

When Lamar retired from the position of Meet Director about three years ago, we turned to the University of North Florida to pull off the series. The Meets, staged on UNF's wonderful Mondo track surface, were well organized but not highly attended. Why? Perhaps we will never know, but maybe the \$10 entry fee to everyone except JTC Running members was a drawback or maybe the Meets were not publicized well enough. In any case, the result was not entirely satisfactory.

The club's Board of Directors discussed what to do about the Meets. The decisions: If possible, take the Meets back to The Bolles School, the longtime home, and do away with any entry fees; they were free before and they should be so again.

When Creekside High School Coach, Eric Frank, offered to take on the responsibilities of Meet Director it was a wonderful piece of luck. It was also a win-win situation, our club would pay Frank to pull off the Meets and he would put the money into his school's Cross-Country and Track programs.

In a telephone conversation I had with Coach Frank recently I thanked him on behalf of the Board, the club and the people who had so much enjoyed this year's track meets. He has done a very splendid job.

One thing that comes across is his sheer enthusiasm for the Meets and his commitment and plans for the future ones.

"We had over 300 people signed up and ready to run for the last meet on July 13th. It was just too bad that it was rained out and had to be rescheduled", Frank said.

"300 people! That could have been a meet record", I said. "That sounds like the sort of thing we used to see

back in the hay day of the track meets back in the early '80s."

Coach Frank has been encouraged by the number of kids coming out and also by the increasing number of adults. He is convinced that, with time, this will only get better and better.

"What could be done to make the Meets better?" I asked.

"The registration could be made easier," he said, "for me and for the contestants. We could also be more consistent with the dates; keep them at a certain time on Friday night or on Saturday night, so everyone will know when to expect them."

"I've also been tinkering with the schedule of events. The way I planned it for the final meet is the way I think it should be. I would like to have the kids' races over with first, so they can go home at a good hour, and then go on with the adults' events," Frank said.

"There was one meet when a bunch of kids were still out there past nine o'clock, and as a parent, I have to say that is a bit too late," he said. "I'd like to get the little ones home early."

For many years, Lamar Strother organized the Mile Run Festival; one-mile races run according to age groups. Frank is excited about the prospect of bringing this back, maybe in December, when it is cool and there is nothing much going on, at least track wise.

He is also thinking of a new track meet, held in January, before the High School track season begins. A sort of pre-season JTC Running sponsored track meet to give High School runners a bit of a tune up.

"I think the coaches would like it too," Frank said.

Coach Frank also spoke of the prospect of giving recognition to those who had excelled in the Meets, or who had attended the most Meets, or for other reasons.

I suggested we could create some awards and include them in our annual awards banquet.



“That, or maybe just a shout in the newsletter, but some sort of recognition,” he said.

Sounds good to me. But moreover, I came away with the warm, secure feeling that, thanks to Coach Eric Frank, our historic Fun Run Track Meet Series is now safe and sound. Instead of less public track in this town, there is going to be more.

Our club is committed to Track & Field, just as it always has been. We will do all it takes to support Coach Eric Frank and our Fun Run Summer Track Meet Series. Eric Frank feels very positive about public track in our area, and so do we.

Caveat: The rained out Meet of July 13th has been rescheduled for August 10th.

It seems every month another running shoe study comes out and is basically described as finally conquering the running injury dilemma. The elusive question and primary focus, “why, with all the technology in shoes today, are the number of running injuries not decreasing?”

Every study begins with a theory and then focuses on a single element which is intended to prove that supposition. Then, when it appears in print, everyone takes it as gospel. It is interesting though when talking to podiatrists and physical therapists, that running injuries seem to increase as these new theories are tested by everyday runners. From the desire for more lighter-weight neutral shoes to the barefoot epiphany and on to the minimal craze (which is now beginning to slow down), runners are still finding themselves searching for that magic pill (shoe) that will end their aches and pains.

The basic issues with every running shoe study are that they have flawed controls. Take, for instance, the latest one that seemed to “prove” that there is no difference between neutral and stability shoes relative to injury prevention. Some very relative questions for this and any study would be: how far were the participants running?, how experienced were they?, were they in-shape or overweight?, were their needs neutral, stability or motion control?, were the shoes they were using flexible or inflexible?, were they all wearing the same shoes?, and what is the track record of (how well are they selling) the shoes used in the study?

Those of us in the industry know, pragmatically speaking, that there are basically three in-need foot-types, neutral, stability and motion control. We know that when identifying the proper shoe and foot supports for a particular runner that we can eliminate most aches, pains and injuries. We

know that there are shoes in the same category that do a better job than others. We know that barefoot, on a hard surface, is not natural. We know that lack of cushioning is not natural, and is the primary reason for the “minimal” shoe craze decline, even though low-profile, light-weight cushioned shoes continue to grow at a relatively fast rate. We know the farther you run, the greater the chance of injury. And, if you find a shoe that works, don’t change it. The best running stores can give a runner valid national statistics on just how well a particular shoe, or brand, is selling and how long it has held its position. Runners will continue wearing and highly recommending a shoe that works for them either because it kept them injury free or it helped to eliminate a previous injury. Amazing is why runners remain loyal to a shoe even though they continue having issues while wearing them. The best-selling shoes, over a period of time, are usually those which are best at helping to eliminate running related aches and pains, and I stress, over a period of time. All running shoes are not created equal, just as are not all cars, appliances, tennis racquets, massage therapists or anything for that matter.

Ok, back to running shoe studies. Don’t, for your running’s sake, keep jumping on the latest fad. They are usually focusing on only one aspect of biomechanics or shoe mechanics and most of their controls are quite suspect. A result may help one thing but hurt another. It’s not that anyone is trying to pull the wool over our eyes, but that there is not enough information or knowledge out there yet to make these studies valid. Running is multi-dimensional and a lot more complex than anyone can or may want to believe. There is no magic pill. But, if you can find it, there is most likely a magic shoe for you.



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No Exceptions!

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Weekly Training Runs

Sunday, 6:30 am, Atlantic Beach: Atlantic Blvd. & 1st Street, 5-10 miles.
Contact: Linda White at (H) 246-2137 (C) 662-4928

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

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

Sunday, 7:00AM, Jacksonville Running Company, All Levels, 3+ Miles,
Contact: bobby@jacksonvillerunningcompany.com

Monday, 6:30PM, World of Beer group run, 2+Miles,
Contact: chris@jacksonvillerunningcompany.com

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

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

Tuesday, 6:00 pm, 1st Place Sports on Baymeadows: 3 to 6 miles, all abilities.

Tuesday 6:30PM, St. Vincent's Southside, Belfort Rd., formerly St. Luke's Hospital. Good Beginners run.
Contact: Loretta@jacksonvillerunningcompany.com

Wednesday, 6:30 pm, San Marco: 1st Place Sports, 3-6 miles, 399-8880

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

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

Wednesday 6:30PM, Jax Beach, 1st Place Sports, Various runs intended to make you improve. Contact: Simon@1stplacesports.com

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

Thursday, 6:30PM, St. Vincent's Riverside Run/Walk, great for Beginners, Riverwalk and King St.
Contact: Loretta@jacksonvillerunningcompany.com

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

Thursday, 6:00 pm, Town Center Mall, 3-6 miles, 1st Place Sports, 620-9991

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

Visit JTCRunning.com for more information.