

THE ANNUAL JTC RUNNING AWARDS BANQUET 6.27.13



THE
STARTING LINE
NEWSLETTER

ISSUE **398**

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I'll skip my usual unnecessary verbiage and cut, as they say, to the chase. This is the info that you need to know: JTC Running's gala event of the year is set to take place on Thursday, June 27. What is it? The one and only, JTC Running Annual Awards Banquet. You know the stuff, awards and surprises for all the great runners, volunteers and people behind the scenes.

It is always a wonderful time. You get to socialize with all your old friends, make some new ones, and have a great meal to boot. For the third time the affair will be held at Maggiano's Little Italy restaurant in the Town Center Mall. Club members can eat all they want for just \$15. Those who are not club members can still get in on the action for a scant \$25. That covers the meal but not the drinks. If you want alcoholic beverages there will be a (reduced price) cash bar in action.

Club member or not, the affair is a really great deal and one that shouldn't be missed.

So mark your calendars: Thursday, June 27. The action begins at 6:30 PM. Reservations are strongly advised as the dinner will be capped at 120 persons. Contact Doug Tillett at doug.tillett@Sunoptictch.com. Don't delay!

The JTC Running Summer Track Meets are going strong. Organized and executed by Creekside High School coach Eric Frank and his gang of helpers, the first two, in April and in May, were triumphant successes. By the time you read this, the meet on June 8th might have been completed. But fear not. Even if you missed the first two or three, there is still at least one more to come (and it is free. Yes, free.) Run one event or run them all.

The series has returned to its old home, the Bolles School track, and the last two meets will include a full track and field meet gamut of events; all of the sprints plus field events. Check our website for all the details.

Did I mention that the meets are free? How often does that happen? Who provides a free track meet anyway?

Answers: Yes, never, and only JTC Running. The Tijuana Flats Summer Beach Run is set to be run on Saturday, August 24. You can expect ... well, who knows what you can expect, it is, after all, the SBR. The race is organized by JTC Running and 1st Place Sports.

The Guana 'Back To Nature' Trail Races will take place on Sunday, December 1st. Held at the Guana Tolomato Research Reserve in South Ponte Vedra Beach, the event includes a 50k Ultra, a 2x25k relay and 12k run. Every race is run on some of the nicest trails you'll ever find.

Entries are currently being accepted. Entries must be capped at 125 due to environmental regulations. So sign up now, entries are already 900% above what they were at this time last year. The entry is inside this issue and you can find more info on our website.

Cross-country classic of classics, The Last Gasp, will be run a little earlier than normal this year. Since the Jacksonville Bank Marathon is later than usual, December 22nd, the Gasp has been brought forward to Saturday, December 14. This will not only avoid a conflict with the marathon but also a clash with a Jaguars home game on the 15th.

Like last year, the Gasp will also include the Kids' Gasp, a free one-mile cross-country fun run.

We all feel very strongly about the tragic, senseless bombing at this year's Boston Marathon. Our town and our runners proved it when 2500 of them showed up for the Runners For Boston solidarity run hosted by 1st Place Sports. Police had to be called in because of a crowd that no one really expected. The police who helped out did it on short notice and did it for free. Great stuff from everyone involved.

There is a lot to be said for this town and the people in it, and you just witnessed part of it. We should all be proud.

I couldn't let the Boston tragedy pass without saying something and so I did and you'll find it in this issue entitled, 'Terrorists Kill Off Road Racing'.

On a happier note, I penned one about my eldest son, George, the soccer player turned distance runner who has rid himself of more than 35 pounds of unnecessary body flab. On a sadder note, I feel like he gave those pounds to me. What now? Disown him? I felt inspired by his running achievements and called the story, 'I'm Inspired'. Sorry, not a very inspiring title.

Ken Bendy is a running mainstay in these parts and has been for many years. He served us all very well in two lofty positions within our 'other club', the Road Runners Club of America. Did you know that you are a member of the RRCA? No? Then read on. Hope you will enjoy my interview with Ken.

Not many people know much about feet, even their own, safe to say that they do not know their children's feet either. Regular contributor Gene Ulishney has written an informative piece about kids' feet. I think you will like it.



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Greetings!

We were all stunned and saddened by the terrible events at the Boston Marathon in April, but observing the running community's response throughout the country was very uplifting. In Boston, they can't wait until next year to put the event on again and show their can-do spirit. Here in Jacksonville, over 2500 runners gathered on short notice at the Town Center 1st Place Sports store on April 23 in support of Runners for Boston. Close to \$40,000 was raised for the charity supporting the victims-- a wonderful show of generosity and unity among the running community. We can be very proud of our city and its runners for this outstanding effort.

The Club's Summer Track Series has returned to the Bolles School track after several years at UNF. The first event, a distance carnival, was held April 13 and drew a good turnout. The second, a full schedule track and field meet, was held May 17. Two more full meets are set for June 8 and July 13, all at 6 pm and all admission free! Come out and participate, or cheer on your favorites!

June 15 is the date this year for the Run for the Pies,

one of the largest, oldest, and entertaining 5k races in town. The Nike 5k Championship will start at 7 pm at the Landing, followed by the open race at 7:30 pm. Top finishers get a pie and all entrants will get pizza and refreshments while listening to a great band. Don't miss it! This event is the last of the season in the Jacksonville Grand Prix. The Club's annual Awards Banquet will be held on June 27 at Maggiano's. We will be recognizing the outstanding runners and achievers in the community over the past year. The Grand Prix winners will also be announced that evening. Please see details elsewhere in this issue and on our website.

Hopefully this edition of the Starting Line has arrived in your mailbox in a timely fashion, and with your name on the address label. We had issues with the mailing of the last edition caused by a transposed address file. A copy of the newsletter was emailed to all members in an effort to ensure everyone received one. If you did not receive the email containing the hyperlink to the newsletter, please go to our new and improved website, click on the Membership tab right below JTC Running, select Member Profile, log in and verify your email address. We're going to email a link to this newsletter issue also as soon as it is printer-ready. That should provide you an electronic peek at least a week before the hard copy arrives via USPS.



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Summer Is Coming, So Is...

**The Tijuana Flats
Summer Beach Run**

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

Andrew Allen

Mike Altes

James Arreche

Heidi Austin

Marcia Barton

Brandon Battle

Walter Campbell

Ellen Carson

Sherry Catalano

Teri Chenot

Mike Chewar

Joe Cooksey

Jennifer Cratem

Clair Domingo

Scott Allan Flanders

Erik Habres

Thom Henkel

Richard Hickok

Megan Hinson

Lewis Hunt

Mark Knowles

John Leeds

Carolyn McClanahan

Christopher McLendon

Steve McMahon

Shannon Miller

Tony Nading

Sheila O'Connor

Jenny Parrish

Trenton Rodriguez

Matthew Ross

Cherie Smith



Mark Your Calendars!
38th Annual Cross-Country Classic
The Last Gasp 5k and
Kids' Gasp, Free 1-Mile

Saturday, December 14, 2013

Don't Miss The Gala Event of the Year!

JTC Running's Annual Awards Banquet
Maggiano's Little Italy, Town Center Mall

Thursday, June 27, 2013

Rsvp: Doug.tillett@sunoptictech.com



For more than two years I have been trying to catch up to local running legend, Ken Bendy. Since the early 1980's, he has been involved with our running community on many levels: Competitive runner, club administrator and, moreover, our representative to the Road Runners Club of America (RRCA). In 1999, the RRCA awarded him 'Outstanding State Representative of the Year' and in 2010 he received the 'Browning Ross Spirit of the RRCA' award, the club's highest honor. It is only given to those exhibiting "a lifetime of volunteer service over many years to the running community, as well as being an active promoter of the RRCA."

I wanted to talk to Bendy about where running has been, where it is and where it might be going. However, now that he is retired from the Navy, as well as the RRCA, and spends a great deal of his time in the North Carolina mountain retreat that he shares with his wife, Marie, he is a hard guy to collar. Finally, I had the chance on May 10th.

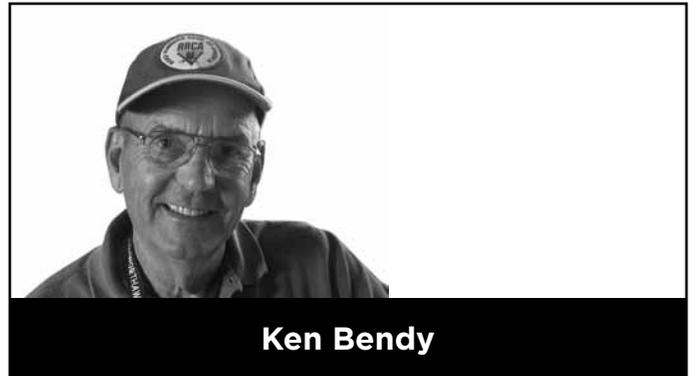
Bob Fernee: "You have served in a couple of positions within the RRCA, right?"

Ken Bendy: "I was asked to be the North Florida state rep in 1996 and I did that job until 2005. That was about the time of Hurricane Katrina and the (Southern Region) Director was based in New Orleans and he got wiped out in the hurricane, his house was flooded and all that. He couldn't do the job and so I did it. I was appointed as Southern Region Director and then reelected for another term, then retired in 2009. Although I am still very active in it, in fact, I recently attended the RRCA convention in Albuquerque, New Mexico.

Like running itself, the RRCA is growing by leaps and bounds. "We have 11,000 clubs and well over 200,000 members," Bendy said, "and we are in darned good shape financially."

That is quite a change from a few years ago when the RRCA was in dire straits and sent out letters to member clubs begging for contributions.

"Our new executive director is worth every penny we pay her," he continued, "she is a young lady in her 30's, her name is Jean Knaak, she's doing a great job."



BF: "How is it that the RRCA had all of those money problems?"

KB: "Well, we had a lot of internal dissension. I can't say that the money was mismanaged; it was just a lot of tight years. We lost a lot of sponsors; we almost split up. In fact, there was another organization, the American Running Organization, that a lot of our members went to because of what was going on in the RRCA, but we all got it back together thanks to a lot of good people. We're back and we're growing and we have a lot of good programs."

BF: "What do you think is the most pertinent thing about the RRCA? What does it do for the clubs?"

KB: "Well, we are a grass roots organization. Of course, there is no denying that one of our biggest benefits is our insurance program. But we have some great programs; we have the Kids Run the Nation program that we give grants out to.

Another great thing we have is our coaching program. We have a new coaching director and in the year that he has been there he has qualified a thousand new coaches. I was hoping to get our local clubs to partner in it. They come down and teach a weekend course, there are some other things you have to do over a period of time.

We also have the Roads Scholar program. They give \$4,000 grants to four to six people every year. It goes to post-collegiate athletes to help them out.

You can find out all the programs that we have on the RRCA website, RRCA.org, it is a wealth of information. You can find a coach, you can find a club, you can find races, it is just a great website."



Not all JTC Running members may be aware of it, but one of the best benefits a member gets through our track club is the insurance policy provided through the RRCA. As long as JTC Running informs the RRCA that it is one of our events, you are covered. It doesn't matter if it is the Gate River Run or the Wednesday night track session at Bolles. If you belong to JTC Running then you also belong to the RRCA and it is one of the best reasons for being a member of our club.

BF: "We've seen things change somewhat over the years with things like the Team In Training, the Galloway Group, and the way that people are sort of babied along to a race. Do you think that the track clubs themselves are still pertinent?"

KB: "Sure; you know people join track clubs for a lot of different reasons: Some want to learn to run, some want to socialize, but, yeah, I think we need to have clubs. The RRCA is a grass roots organization anyway, and you need the whole spectrum. We've got walkers; we've got physically challenged athletes in all of our clubs. You know, I think we are experiencing a second, maybe even a third running boom. The thing that amazes me is the amount of kids who are out running and I attribute that to the clubs, the programs that the clubs have and the RRCA programs.

BF: "How did you get started in running?"

KB: "It was 1981, and my wife, Marie, was running a little bit and I applied for a Navy commission, my boss talked me into it. He ran, and I said, "Well, if I get it, I'll start running." I really didn't think I'd get it, but I did, and I've been running ever since."

KB: "Anyway, when I first started running if you went to a race you might see five or six kids running. Another thing is the number of women running, at a lot of races now, they are the majority. Another thing I see is that I don't think we have the same number of competitive runners as we did when I started running. We were all pretty competitive. But now I think you have more people in it for the health and the social aspect."

BF: "Are you at all disappointed in that?"

KB: "No; I think the whole purpose of our sport is to keep people in good health.

BF: "So you're all in favor of the Galloway Method and that sort of thing?"

KB: "Well, I think it certainly has its place in running. I mean there are many different things: If you want to be a competitive runner there are classes out there for you, if you want to be an occasional runner, a recreational runner, there is a place for you. That is the nice thing about running; it covers the whole spectrum."

BF: "Anything we can do to reach more people, or these kids who are getting fat?"

KB: "I think that is an epidemic, and you have to attribute that to every kid has to have a larger thumb, they sit around texting and playing games on TV. The computer has become a baby sitter now. I don't know what we can do other than what we are doing. The Florida Striders are doing a good job and JTC Running has its scholarship program sending kids to running camp."

BF: "What do you think of these modern races that are so huge and charge so much money?"

KB: "I think that the prices have gotten out of hand. A lot of professional organizations have moved in and taken over a lot of races. I guess there is a place for these "color runs", "mud runs" and things. The RRCA's insurance policy won't cover the adventure races and that stuff, they are excluded, and we don't cover multi-sport events. There is a place for these things; it's just a different sport."

Despite his "retirement" from the RRCA, Bendy remains involved. "I reviewed all of the reports for this last convention," he said.

BF: "Do you still run much?"

KB: "Not a lot, I've become pretty much a jogger/walker. I've torn up my knees twice, two surgeries, and I just don't want to get a replacement."



Bendy's wife, Marie, also over 70-years young, is still at it, running 20 to 25-miles a week. She finished third in her age group at this year's Gate River Run.

BF: "25 miles a week these days is like the 55 or 60 we used to run in the old days, the first Running Boom, remember it? And we ran them hard too."

KB: "We darn sure did."

BF: "Looking into your crystal ball, do you see any change coming up for running in the next ten years?"

KB: "I think we will see more younger people coming into it and the women will probably continue to dominate it. I don't see any big changes on the horizon, I see an upward trend of more people getting out and becoming more health conscience."

BF: "You think it'll just get bigger and bigger."

KB: "Well, I think it will level off at some point. We've had peaks and valleys ever since I've been running ... the spirit is still there in today's runners."

BF: "What about locally, what do you think might happen when Doug Alred retires? Will there be people here to take over?"

KB: "There is only one Doug Alred, but I think there will be people who will step up and take over. There are probably some professional directors around who would love to take over the River Run, because they see

an opportunity to make some money. It's a big job, an awfully big job."

BF: "That's become quite an amazing event because you and I can remember it when it pulled 3,000 people, then when it got to 8,000 we thought it was huge, now it's up to 20,000 for all the different events."

KB: "I've run pretty close to 30 of them, I guess."

BF: "How many marathons have you done?"

KB: "I've only done about twelve; you know I got cancer back in 1988 and that kind of slowed me down. I did run a couple of marathons after that. I about died; they gave me a 20% chance to live for two years, if I made it through two then they gave me a 40 to 80% chance to live for five, well, it's been since 1988 so I did pretty well."

BF: "Got anything on your mind you'd like to say, or have heard, that you can think of, anything that bothers you?"

KB: "I am just thankful that I was able to run all of these years, and still can. I firmly believe that I wouldn't have survived that cancer if I hadn't been a runner."



Something For Everyone!
The Back To Nature Guana Trail Races
50k Ultra, 2x25k Relay, 12k

Sunday, December 1, 2013



“Thousands of Gate River Run Runners Perish as Hart Bridge Falls into the St. Johns River” ... The Starting Line.

“Rock & Roll Marathon Rocked by Monster Bomb Blast” ... The Memphis Mouth.

“Disaster at Disney Marathon as Terrorists Claim Thousands of Lives” ... The Track Shack Shouter.

No, of course, these are not real headlines. But, face it, these were the thoughts and fears that we all had when we learned of the terrible bombing at the Boston Marathon in April. How vulnerable are we? Where might they strike next? How can we be protected? Will it ever be the same? And above all: Is Road Running, as we know it, doomed?

“You can’t protect the entire 26.2-miles of a marathon’s course”, many said. Former Boston champion, Amby Burfoot, commented, “it’s not even 26 miles, it’s 52 miles, there are two sides of the streets.”

In an enclosed space, like a stadium, you can check everyone’s bags, take their IDs, and photograph them; not so on a slew of city streets. Who knew that angelic looking youngster had a pressure cooker converted into a highly lethal bomb when he put it down by the finish line, disguised by a common backpack? When it exploded, killing and maiming any unfortunate bystander within its reach, we were all asking: “Why us; why our beautiful, innocent, feel-good, healthy sport?” We felt violated and invaded, just as much as we felt angered and scared. It was 9/11 in a pair of running shoes.

We took it personally; we wondered how it might affect our favorite local races. Would they (we) be targeted? Would races be forced to provide more security? It costs enough to have the police close roads and make sure that no one gets hit by a car. But when you add defense from terrorists, the cost could double or even triple. These costs would have to be passed on to the runner. If that happened, how many runners could afford to race? If race entries went from thirty dollars to sixty for every 5k in town, attendances would drop off radically and only the big races would survive. But the bigger the race, the more attention it might attract and the more that

evildoers would want to bomb it.

Could terrorism kill road racing?

Would we hide in our houses or would we brazenly show up regardless the consequences? Are we that brave, to die to race?

Naturally, we hope that we are never faced with the choice. The London Marathon, that took place just six days after Boston, went off with increased security but without incident. A week later there was a scare a few days prior to the Madrid Marathon but that event also came off without incident. Madrid has seen terrorism before; in 2004, ten simultaneous bombs killed 191 people and injured 1800 in three of the city’s railway stations.

Then the denouement: A shootout, one terrorist dead, and another, ironically, on the run, soon to be captured. We breathed a sigh of relief, didn’t we? And dismissed it as “just a couple of wacko losers acting alone.” Already our guard went down. Not much different than our reaction to a mass murder with firearms; at first shock, horror and alarm, but soon only resignation, helplessness and apathy. “Okay, everyone, forget it, go back to what you were doing, nothing is going to change,” someone might as well say.

And nothing does change.

JTC Running secretary, and former president, Doug Tillett, attended the recent Road Runners Club of America national convention and, as expected, there was much discussion about the Boston Marathon bombing. Tillett was surprised to learn that the insurance policy that all member clubs carry through the RRCA now covers terrorism. But the terms ‘terrorism’ and ‘terrorist’ are nebulous. And on top of that, insurance companies have a bad habit of denying claims whenever possible.

“Is a killer with a gun a terrorist or is he just a nut with a gun?” Tillett questioned. “If he turns out to be Muslim does that make the difference?”



It's complicated; we know that the two Boston bombers were Muslim but had no ties to any terrorist organization. Does that make them terrorists or just a couple of angry, misguided young men who had a desire to kill lots of innocent people?

"They are losers," said an uncle who knew them well and wanted nothing to do with them.

Terrorism is the act of striking terror, fear, into an individual, a stalker can do that, or a man with a knife, or a motorist consumed by road rage.

When President George W. Bush declared his "War on Terror" he, once again, misspoke. Terror is an emotion, not a physical thing, and can never be defeated or destroyed by any physical action. It is not a bully on the playground. It will always be with us, just like all the other, nicer, emotions like love, sympathy and kindness. A war on terrorists or a war against terrorism, are feasible but not a war on the emotion of terror itself. But I digress, sorry. (Sorrow, another emotion we'll never get rid of.)

I asked Tillett if he thought that the Boston incident would have a lasting detrimental effect upon running, or more importantly, the racing scene.

Tillett said: "I think it will blow over."

But he continued: "How can you defend against it? I just don't know."

It has to make you wonder: What if one or two more races were targeted? How would we all feel then? Let's hope we are never faced with that reality.

The Corporate Run 5k, which was run only four days after the Boston bombing, became the first local victim of the new paranoia. "The police made us increase the security at the start and finish of the race, and they brought police dogs," Race Director, Doug Alred, said.

Alred continued, "The Gate River Run will have increased security also."

It means that Boston is not alone. Terrorism may not have come to Jacksonville, but its after affects have.

Fear, uncertainty, and a long, drawn out War Against Terrorism are things that we just might have to endure for a long time to come.



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**JTC Running's Annual Awards Banquet
Maggiano's Little Italy, Town Center Mall**

Thursday, June 27, 2013
Rsvp: Doug.tillett@sunoptictech.com



Adult feet are not only a reflection of how they have been treated in adult life, but also what they experienced during their early years of development.

Although a number of foot problems are congenital, most infants are born with normal feet. Some develop abnormalities during early childhood. Most, if caught early enough, will respond to conservative treatment and may eliminate future discomfort, weakness, growth issues and appearance problems.

Many parents worry because their young child's feet appear to be flat. This is normal during their first two years and is due to excess fatty pads, especially in the arch area, weak muscle tone and loose ankle ligaments. It is recommended that children go (safely) barefoot, preferably on soft surfaces, as much as possible to help strengthen feet and ankles. Of note, if you notice excessive in-toeing or out-toeing during this time period, or abnormally shaped toes or feet in general, a pediatrician and/or podiatrist should probably be consulted for an assessment.

Some in-toeing or out-toeing through age five is considered normal as a child develops strength, posture, coordination and balance. Beginning at about age three the arches will begin to be noticeable and by around age five should be fully developed. If no arch appears, it will probably remain flat through adulthood. Again, a podiatrist may be able to offer a more positive outcome. Ingrown toenails, bunions, foot stiffness, pain while walking or running, limping, prolonged toe-walking or sudden change in gait are problems that should also be discussed with a professional.

Shoes are fitted much the same as adults, only more often. Because a child's feet are developing and growing so rapidly, his or her size will typically change every six to eight months. Both length and width should be assessed during each fitting. Shoes that are too tight can hinder proper foot growth, decrease circulation and cause blisters and ingrown toenails. Shoes too loose can cause blistering at the heel, clawing of the toes and possible tripping. A properly fitted shoe should have about a half-thumb's width at the toe, a pinch of material on top of the forefoot and support enough to help control any inward ankle movement (overpronation). Flat feet

do not always correspond to overpronation, especially in kids. Just as in adults, the ankle determines whether a foot overpronates or not.

Today's running shoes are probably the best all-around shoes of choice for kids. The better ones are light, flexible in the forefoot, supportive in the heel and very breathable. And, as I mentioned above, some even have added support to help counter overpronation. Be sure to seek out a good shoe professional to help determine the proper footwear needs for your child. Your local running store is one of your best resources.

Additionally, quality socks, orthotics and other supports can be very valuable in proper foot development as well as the management of acquired juvenile foot and leg problems such as blisters, calluses, corns, plantar warts, bunions, overlapping toes, very high or collapsing arches, heel pain and knee pain. Try not to pass off your child's complaints as "growing pains" that they will just have to endure and will eventually get over. There may be a solution, simple or not, that can help eliminate years of future misery.

P.S. We are all saddened by the horrific happenings in Boston. Our hearts go out to the families and friends of the three who lost their lives. Nothing can replace losses such as these. There were also more than two hundred who are described as injured. Injured is an understatement for many of them. Losing limbs or multiple limbs is life-altering. Dreams have been crushed and lives must take a different direction. We can only pray that these individuals, their families and friends, remain strong and find a place in their lives for new and hopefully better dreams.



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!



2013 Summer Track and Field Series

Date: Saturday June 8 and Saturday July 13

Where: Bolles High School

Registration:

-Early Registration can be sent to jtctrackmeets@gmail.com. You will need to include the following; Full name, Gender, and Age. Event sign up will take place on the day of the meet.

-Late Registration/Package Pick up will start at 5pm the day of the meet and will close at 6:30pm, located under the home stands.

Age groups:

We will use the follow age groups. 0-13, 14-19, 20-14, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over. All ages track meet with no entry fee.

Time Schedule:

4:00 to 5:30- Registration and packet pick up

5:00 - Field events - Long Jump, Shot put, Javelin, Pole Vault, and High Jump. For all field events female and male competitors will compete at the same time and will be scored separately according to age groups.

6:00 - Running Events - Rolling schedule following the order of events listed below. Age groups may race together but scored separately.

Female 100m

Male 100m

Female 1600m

Male 1600m

Female 4x100m

Male 4x100m

Female 400m

Male 400m

Female 800m

Male 800m

Female 200m

Male 200m

Female & Male 3200m (run together but scored separately)

Female 4x400m

Male 4x400m



If you have any questions please email
Eric Frank at jtctrackmeets@gmail.com



Running shoes, really, what the heck, what are they doing, where are they going? I keep wondering. I guess you do too.

Nowadays, fashion and marketing seem to be more important than technology or performance. The manufacturers would have you think differently, but they know on which side their bread is buttered.

Color, what a game that is; ever since women took to running shoes color has taken over. Color and looks, they are everything, it seems. Jeez, are they picking out a pair of shoes or a husband?!

There was a time when a pair of running shoes came in only one color. Life was so simple. It was a case of, like the shoe, buy the shoe; learn to live with the color. Not so anymore.

Prices: They've gone bananas and have no respect for the dollar. In the 1970's and half way through the 1980's, a typical pair of trainers cost you \$29.95. Later, prices hit 40 bucks, then 50. I still remember when New Balance came out with the first 70-dollar pair of running shoes. I freaked out (1960's term, remember it?) and told the sales rep it was madness. I said runners would reject it and they would never pull it off. "Who would ever pay 70 bucks for a pair of running shoes?" I exclaimed. Now you can't find a pair for that price.

I should have subtitled this column: Rue the Shoe ... No; Rue the shoe's price.

I know, I know, I'm old and I show it. Times have changed, everything's changed; prices have gone up on everything. But let's face it; it wasn't long ago when a good, average pair of high-tech running shoes was \$85. They inched their way up, five dollars at a time, every other year until they reached the lofty price point of price points, 100 dollars.

We used to say that to be a 100-dollar running shoe it better look like something and it better run like it too. It wasn't easy to be a \$100 running shoe and survival at the top level was sheer Darwinism. The pretenders were soon found, eaten up and spat out by angry runners. Tough audience runners, they know the good and the

bad, the valuable and the worthless; a hundred bucks was a lot of money.

Today the average price of a pair of running shoes is \$110. The gradual 5-dollar price increase is now 10 or 15 bucks. Prices show no sign of abating and shoe manufacturers are signing on to the old adage, "make hay while the sun shines."

Sun shining during an economic recession? Surely not.

What recession? The athletic shoe companies were immune. Why? Their industry is in La-La Land. Their customers are a fine and unique demographic: Mostly employed, mostly employed in well-paying jobs, have a good deal of spendable income and love their sport (hobby, pastime, passion) so much that they will pay any price to do it. The "recession" was just something they saw on TV or in the newspaper.

Armed with this knowledge, the shoe companies went mining for more.

"They just want more profit!" consumers complained.

"No", they said, "It is the increased price of oil."

Right, so how come the price of oil goes up a few cents per gallon then comes right back down again? But shoe prices go up and stay up. (All prices go up and stay up, I know that too.)

Or, they say, "It is the increased labor costs in China."

So now the Chinaman is getting 10 cents an hour to make 50 pairs of shoes per hour instead of 9 cents an hour. And that justifies a leap of 15-dollars per pair of your shoes?

Come on.

We know what's going on here. It is the old story of charge whatever the market will bear. At this point I want to say that it is not your friendly local running shop that is gouging you. The wholesale price set by the manufacturer determines what is charged at the cash



register. If the little corner running shop doesn't price accordingly he would lose his tailbone.

We always used to say that, "running is a cheap sport." Basically, it still is. There are a lot of great deals out there and once you've bought your shoes a few pairs of good, "wicking" socks, a couple of decent shorts you're set. Shirts? The technical tees you'll collect from the races will soon be piling up with unmerciful fury in your dresser.

It's not that much money; try pricing a set of golf clubs these days.

Want to save money? Wait until a shoe model comes to the end of its lifespan. You can then buy it for about 30% off of its original price. The expos are everywhere and a great place to find amazing deals on everything. Hit the sidewalk sales and if all else fails, use your JTC Running track club discount in local stores. It is one of your most valuable reasons for being a member of our club.



Don't Miss The Gala Event of the Year!
JTC Running's Annual Awards Banquet
Maggiano's Little Italy, Town Center Mall
Thursday, June 27, 2013
Rsvp: Doug.tillett@sunoptictech.com

I'm inspired, excited, over the moon and elated. And most people who know me would say, "Jeez, that's not like you, Bob. What's happened to your usual sarcastic, cynical self?"

I think it is because I have seen, once again, young love. I know what you're thinking, and no, I haven't made plans to steal JTC Running's entire treasury and run off to Rio de Janeiro with Kate Upton (oh, what a fantasy!). It is the love of a young runner who has just discovered his love for running and an older runner who has suddenly remembered what it was like. You know, to love running, I mean. Let me explain.

I have two sons, one is eight years old, that would be Norman (great kid, lives with me and his mother, Nancy, goes to school at Christ the King Catholic school and finished fourth overall in last year's The Last Gasp kid's race), and a somewhat older son, George, now 33, who

lives in Norway with his Norwegian wife, Carina, and Norwegian daughter, Sara (3-years old). So the new son is closer to the grand daughter's age than the old son is to his brother's age and that can seem kind of weird but what the heck, that's life, and we don't think about it all that much and it is, as they say, "all good." So, there you have it.

So anyway, George and his family came over here for a two-week visit in March. The last time I saw Sara she wasn't much more than a year old. Boy, did she look different. So much change in just a couple of years, hard to believe. But talk about a difference; her father had shrunk enormously. No, not in stature, like in that old sci-fi flick, The Incredible Shrinking Man, but by weight. He looked just like he did when he left home at the age of 19.

"At my worst, I was tipping the scales at 210 pounds," George said; "now I am down to around 175."



You see, George has always been a soccer player, but occasionally playing soccer and expecting it to be a weight controller is a little too much to expect. I think George learned that. Soccer, like tennis or basketball, is a good active sport but all three rely on other people being around to do them. Running is not like that. You don't need someone else. You don't rely on another person. If you don't run it is your own fault.

And to his credit, he deserved to lose that fat. Running 40-miles a week in the dead of the Norwegian winter cannot be easy, but that is just what he did. That must be some kind of cold, and to think how we gripe every time the temperature dips below 70. To shed layers of fat he had to run in layers of clothing. He must have looked like the little kid in the film, A Christmas Story.

Now, the soccer player turned runner was lined up on the starting line of the Tour de Pain Extreme seeing what he could do. And what could he do? What chance glory? For him, and all of his generation, I had little hope. (Oh, great, my cynicism is back; I feel better now.) The first race out of the three, the 10k, that began at 7:00 PM. I decided to "accompany" him in this 6.2-mile endeavor. The starting cannon blasted and he blasted off much faster than his Old Man. At about the ¾-mile point I saw him way up near the front, in the first group chasing the leaders. "What's gotten into him?" I thought.

For his first serious road race attempt he did very well, finishing in 41-minutes and 11-seconds, good for third place in his age group. But what struck me most was his euphoria and sheer delight afterwards. He seemed like a kid again and I felt younger too (and these days that takes something).

I had totally forgotten how it used to be. I used to be like that. I thrilled with the completion of every race; I lived for the competition. Of course, I never expected to win one; I was never that good. My competition was scaled down to my own level. That meant beating myself, my best time and my contemporaries-those guys who ran close to me at every race. Back in the day, I showed up for nearly every race and looked forward to every single one of them. Seems like I lived to race, maybe too much so in retrospect.

I felt pretty beat after that Tour de Pain bridge loop 10k and

was glad I was off the hook when it came to the follow up event, a half-marathon starting at 7:00 AM. I knew I couldn't do it and after the 10k my bum right Achilles tendon agreed. It seemed to say, "If you think you hurt now, just try 13.1-miles."

But George was psyched and eager to get on with it. It would be not only the longest race of his life but his longest single run.

He said: "I've run about 9-miles, I think I can hang on for 13."

"Yes, of course you can," I replied.

I knew he could do it on beginner's excitement alone. And he did, in 1 hour and 38-minutes. The exhausting experience (by now he was also beat) moved him up a place in his age bracket.

I was so proud of him for running those two, hard, back-to-back races so well. Despite his physical tiredness he was far from tired of running and could hardly wait for the final event, the 5k, despite the fact that he had only signed up to run the first two. He had a family commitment to attend on Saturday night and figured he would have to miss the 5k. But he didn't bank on the lure of "hardware". He could easily take third in his age group just by showing up. Family priorities could hold off for a mere half an hour, couldn't they?

On stiff, tired legs he ran 21:16 and finished third in his age group with a total time of 2 hours, 40-minutes and 50-seconds. I was happy for him and proud of his accomplishment. Every parent knows how it feels to see your kid, even when he's not such a "kid" anymore, to do something good, worthwhile and to achieve something that he strove for. It is an overwhelming sensation that is impossible to describe in words. I was glad to see him run and become a "runner". I felt the old euphoria, the adrenaline rush. I felt the inspiration once again, just as I did in days gone by. I felt the desire to follow in his footsteps and find my old enthusiasm, that I now realize is just underneath my skin.

I now feel resolved to do so. I'm inspired.



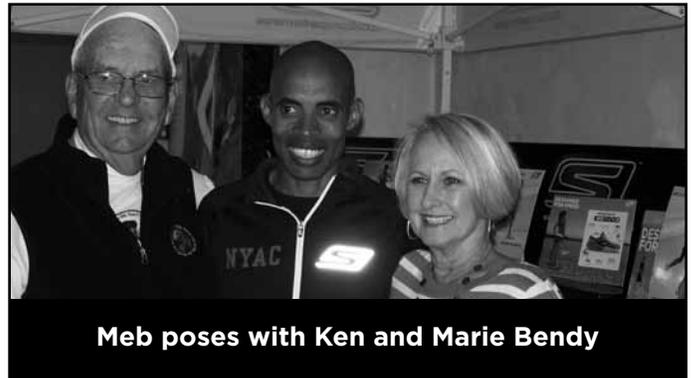
I was able to meet America's number one marathon runner, Meb Keflezighi, just last month (the first Saturday of May) while attending the annual RRCA Convention as JTC Running's voting representative. Our club is a member of RRCA, the Road Runners Club of America. The RRCA is the oldest and largest national association of running clubs, running events, and runners dedicated to promoting running as a competitive sport and as healthy exercise. I think RRCA does a lot of good work for our sport and I'm lucky that I've managed to become our club's representative at their yearly convention. My wife, June Tillett, accompanied me this year.

The convention is held in a different city every year. This year it was in Albuquerque, New Mexico, which has the highest elevation of any metropolitan city in the country. Their airport code is ABQ, so for the rest of this article, I'm going to use ABQ as short for Albuquerque. If you would like to visit a place that is WAY different from Jacksonville, you should consider ABQ. It's so interesting. The humidity is only 10 percent or so, the ground is brown unless you water it constantly, there are mountains visible at the edge of town, and they serve red chili or green chili peppers or both with, like, everything you eat. When we were there, the weather was great, the people were friendly, the city looked good and we had lots of fun.

One of the things they do at the RRCA convention every year is present awards. It's pretty special to get an award from RRCA because of the club's national prominence and because the field of candidates is so large. There are awards for outstanding clubs, club presidents, volunteers, newsletters, writers, webpages, and state reps. They give awards for outstanding runners as well. The last night of the convention, on Saturday evening, all the conventioners gather for cocktails, then they have an outstanding banquet in four courses with dessert, followed by a keynote address. And then, just about the time everybody is totally full and ready to go to sleep, they start giving away the awards. It lasts a really long time. In the end, workers with hand trucks move your chair, with you still in it, up to your hotel room and roll you inside.

Meb Keflezighi won an RRCA award: he is the Male Road Runner of the Year. Meb is also a very busy man

and a very focused athlete. He is in great demand all over the country, he supports a large family, and he trains like you'd figure the Road Runner of the Year has to train. Many years, the RRCA "presents" the Male and Female Road Runners of the Year Awards, and neither one of them are able to get to the convention to receive the award in person. The Female Road Runner of the Year was Shalane Flanagan but we did not see her because her schedule kept her from attending.



Meb poses with Ken and Marie Bendi



June Tillett, Meb Keflezighi & Doug Tillett at the RRCA Convention

We were in luck this year with Meb. He wasn't able to be in ABQ on Saturday evening for the Awards Banquet, but instead he arrived mid-day on Saturday for the luncheon on May 4th. It happened that the next day was his birthday (he is 38) so we all sang the birthday song to him, ate the lunch (with either green chili peppers or red ones), and awaited his talk. The poor guy didn't really get a chance to eat anything because the convention organizers kept talking with him all through lunch, but that's probably one way he's able to maintain his racing weight at 126 pounds.

When he made it to the podium, he called the RRCA award "a great honor." He urged all of us to be the best we can be every day. He briefly told us his life



story, from destitute beginnings in Eritrea, to moving to the United States when he was 12 years old. He honors his parents and gives them credit for providing him the means for all he has achieved. Meb has had a remarkable running career that includes winning a silver medal in the 2004 Olympics, winning the New York City Marathon in 2009, and winning the Gate River Run six times. He is the author of "Run To Overcome," and he is the founder of the MEB Foundation (Maintaining Excellent Balance) to promote health, education, and fitness. For running fans, Meb is a role model who has rejuvenated interest in our sport. He symbolizes what is

possible when we take advantage of the resources and opportunities around us.

After the lunch, Meb hung around a long time, accompanied by his brother and agent, Merhawi. He greeted everyone who wanted to talk to him, signed autographs, took photographs, and was the great guy that he has a reputation of being. I think meeting Meb was one of the best parts of the entire convention and I'm grateful for that few minutes of face time that I got to spend with him.



JTC Running's Summer Track Meet Series

Saturday June 8 and Saturday July 13
Full Track & Field Schedule

No Entry Fees!

Don't Miss The Gala Event of the Year!

JTC Running's Annual Awards Banquet
Maggiano's Little Italy, Town Center Mall

Thursday, June 27, 2013

Rsvp: Doug.tillett@sunoptictech.com



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Weekly Training Runs

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

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

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

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

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

Monday, 6:00 pm, Jacksonville Beach: 1st Place Sports, 3-6 miles, 1st Place Sports, 270-2221

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

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

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

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

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

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

Thursday, 6:30 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.