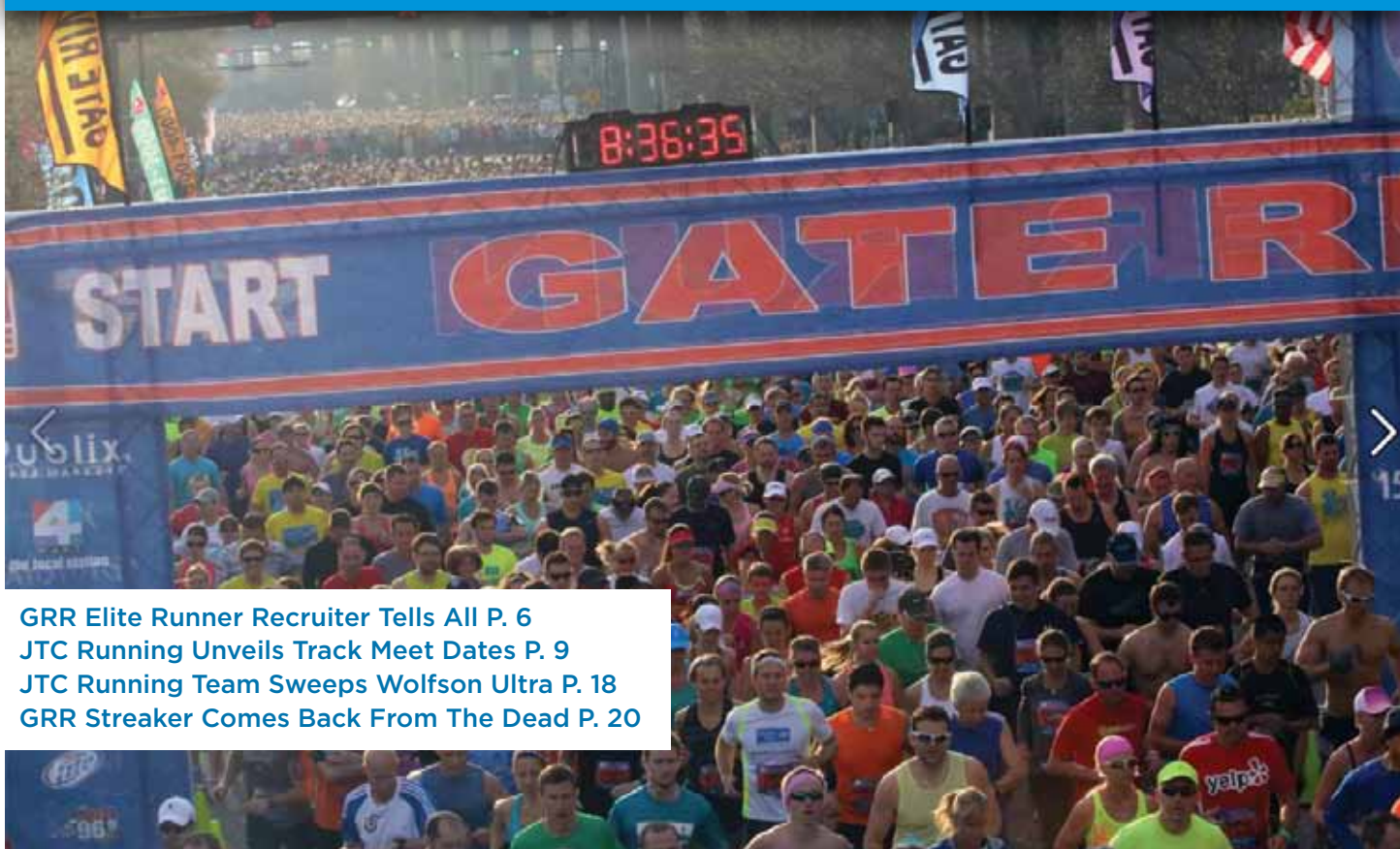


March/April 2014 | Vol.40 No.2

THE
STARTING LINE
NEWSLETTER

ISSUE

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Wow, what a Gate River Run that was! I know that every year I say that it was “one of the best ever”, but I always mean it and this time around I’ll say it again and I will mean it just as much. Plaudits, as usual, to race director, Doug Alred, assistant director/expo coordinator, Jane Alred and all of their crew including JTC Running Board Member, Stuart Toomey.

What a great job they all did. I am always in awe of the huge setup on race day, what an undertaking it must be.

The weather was nearly perfect and there seemed to be more people lining the streets of the course than ever before. Did you notice the difference in the course? I didn’t until the 10k point when I realized it wasn’t in the same place. The final run in at the stadium went fine and didn’t seem much longer than it ever does. Maybe that’s because I timed my snail’s paced “sprint” just right.

Looks like Shalane Flanagan timed herself right. She won the race, the equalizer bonus, set a new course record and a new women’s US 15k record. Both of the US 15k records, men and women’s, reside on our Gate River Run course. That’s a nice touch.

Our club tent was excellently put together and manned in a most expert and friendly manner. It was the perfect post-race home away from home and another good example of why everyone should be a member of JTC Running.

It looks as though all of our 42 famous Streakers, completed another GRR. There were no emergencies or near-death experiences. Last year, there was a very, very close one. Club member and Streaker, Stephen Michael, died during the race. No, not like we all say after so many races, “I died out there.” This was the real thing. His heart stopped and if not for the quick reactions of two nearby firemen and a couple of nurses, he would have surely gone to the great racecourse in the sky. He finished this year’s race and has now written a startling story about what happened to him last year. I think you will be shocked, amazed and relieved when you read it in this issue.

Amazing is the only way to describe our Richard Fannin, the man who brings all the elite runners to the Gate River Run every year. It is an awful lot of work but it has not gone unnoticed. Richard was given an award this year by USATF for his successes. How does

he do it? Read all about it in this issue.

Our pal, Jay Birmingham, has penned some very interesting historical details about the Olympics and even opened up an Olympic can of worms: Barefoot running. Yes, the controversy that never goes away (even on a limp).

After “dying” in many races, Vicky Connell returned to the living to run a marathon in under four hours. Rightfully enough, she was so pleased about it that she chronicled the saga in this issue.

After such a fabulous moment, the Gate River Run, our club could take a break, but no sir; we are not going to rest on our laurels. Soon we will start up a new season of our summer track meets. This series is more than 35 years old and is a wonderful way to introduce youngsters to Track & Field. Boasting a full selection of events the meets are open to young and not so young alike. You will read more about it later in this newsletter.

It is with sadness that I must report the passing of long time club member, Jan Taylor, who passed away in March. She was always humble, kind and sweet. She will be lovingly remembered and our hearts go out to her family.

Hal Higdon made public appearances in two 1st Place Sports stores prior to the Gate River Run. The well-known author, runner and coach was discussing and signing his new book titled, 4:09:43: Boston 2013 Through the Eyes of the Runners. In the book, the tragedy of last year’s Boston Marathon is recorded in the words of those who were there. It was a very interesting and entertaining evening but one can only wonder what this year’s Boston is going to be like. No doubt, it will be the most emotional race in the history of the sport.

The world’s most hyper race director, JTC Running’s Mark Ryan, is already hard at work planning the next Guana Back To Nature Trail Races, which is set for Sunday, December 7th. Like last year, the events will be a 50k Ultra, a 12k and a 2x25k Relay, all run on the beautiful nature trails of the Guana State Reserve.

Last year’s Guana was so successful that our club was able to hand over a \$1000 donation to the Friends of Guana foundation. We hope to do the same this time around.

Finally, not only do we put on great races but we race great too. Our JTC Running teams smoked ‘em in the recent Wolfson 55 Ultra. Board Member, Erika Bjork, was there and she has written it up (and photographed it) for this issue. Then we did likewise in this year’s Donna 26.2 Relay. You will see a photo of our speedsters on these pages. When it comes to relays, JTC Running rules!



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Greetings!

The 37th Gate River Run, produced by JTC Running, made its mark in more ways than one. Shalane Flanagan of Portland, Oregon not only won the women's race, not only beat the first male to win the equalizer prize, but set a new USA record for the 15k distance at our event! This year's race attracted a deep field of elite runners from all over the country, motivated in part, by the \$20,000 TenBroeck Cup competition sponsored by the Club. First place went to adidas Boulder Running for the ladies and Northern Arizona Elite for the men. The first JTC Running member to finish, John Metzger, set an outstanding example for the Club's Gate River Run Training Class which he coached.

The Monday after the race while I was visiting my periodontist office for some unpleasant business and to get my mind on something else, I asked the Doc if he had run the race. Not only had he, but his brother and sister and mother and father! That is just one example of how pervasive the Gate River Run has become in Jacksonville. When 25,000 turn out to participate in an event that has at least that many out on the course cheering them on, it can be said that the race has become an integral part of life in our city.

Race Director Doug Alred, Title Sponsor Gate Petroleum, and all Club members can be proud of the quality of the

entire race day experience for participants and volunteers.

Each year's race is preceded by a Runner's Expo at the Jacksonville Fairgrounds where entrants can pick up their race number and shirt and browse the many booths offering goods and services to runners. At the JTC Running booth, we were issuing wristbands for admission to our race day hospitality tent; processing new and renewing memberships; and selling Club shirts and caps. Finding enough volunteers to staff the booth is always a challenge because so many Board members are busy with race week activities. This year we called on long time Board member Lamar Strother to ask members for their support. He did a great job culminating in a full roster of volunteers helping at the booth on Thursday and Friday and the tent on Saturday. I had the opportunity to spend some time with most of them and believe I can say that virtually all enjoyed the experience and learned more about the Club in the process.

Next up on the Club's event list is the first of four meets in this year's Track Series at the Bolles School. It will be a Distance Carnival of running events on April 19. One time registration is good for all four 2014 meets. In addition to the four free meets, a Decathlon and Heptathlon will be held Saturday and Sunday, June 7 and 8 at Bolles. A \$20 entry fee will be charged for this sanctioned USATF qualifier for the Junior National Championships.

Check it out-- Registration is open online now JTCRunning.com/Events for the Track Series and open by May 1st for the Decathlon/Heptathlon.



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The following members of JTC Running have bad or missing email addresses in our membership system. Please email the Club at Membership@JTCRunning.com from the email address you would like used to contact you for membership renewal and other important Club matters. Please put 'profile update' in the subject line.

Roy Clarke, Jr.
Bengt Espling
Joe Pelley
Frank Reynolds
Daniel Langston
Steve Shirley

William Pilcher
Erica Mack
Elisha Colby
Robert Keith III
Katharine Healey
Bruce Reid
Gilbert Weise

Jay Birmingham
Joe Cooksey
Robert Meister
Sean Nestor
Matthew Ross
Cathy Wilson



Alyssa Acciavatti
Rick Akam
Cynthia Anderson
Amielynne Barr
Andrew Barr
Joseph Barton
Adam Beamer
Ken Bendy
Jeff Bertram
Doug Bradshaw
Myra Brannon
Michelle Brooks
Laura Bunker
Catherine Buskirk
Leah Campian
Sherry Catalano
Teri Chenot
Terry Collins
Kim Cooper
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Klara Cu
Tom Custer
Erin Dankworth
PG David
Elaine Davis
Hernando De Soto
Doug Degenhardt
Laura DiBella
Sharon Dixon
Tammy Dockins
Candace Dorn
Bill Dunn
Beth Durling
Steven Eagerton
Tim Easterling
Karie Ewing
Robby Finklea
Scott Allan Flanders

Patty Flores
David Frank
David Garrett
Patrick Gaughan
Marty Gavaghan
Mark Ghirardi
Gerry Glynn
Bonita Golden-Sikes
Jack Goldin
Sue Granger
Bobby Green
Mark Grubb
Michelle Gully
Dawn Hagel
Brian Hall
Jack Harper
Angela Harris
Hilary Hinds
Mitch Hobbs
Jack Holler
Jennifer Holler
Lewis Hunt
Osra Hutcheson
Alina Ilkevitch
Kenneth Jeffrey
Tara Harris Josephs
Bonnie Jules
Lyle Kamm
Kathleen Kaye
Nancy Kemmer
Kyle Killian
Susan Klarfeld
Geoffrey Klimas
Maria Knowling
Wladmir Kocerka
Steve Lancaster
Glenn Landers
Mark Lay
John Leeds
Chantal Lefevre
Franz Lerch

Andrea Letizia
Larry Longenecker
Greg Looney
Heather Losasso
Heather Lowe
Samantha Machado
Kimberly Mack
David MacKinnon II
Meredith Maguire
Lawanda Manigault
Draya Manze
Jeff Marks
Kenneth Martin
Amanda Mason
Susan Maurer
Hector Mayol
Joe McCollough
Joseph McCoy
Richard Meyers
Susan Miller
Jim Mitchell
Tim Mosier
Renee Moyd
Erik Mueller
Steve Mullaney
Maria Munyon
Carolyn Murdock
Joy Murphy
Sarah Murrow
Susan Neadle
Murphy Nmezi
Jerri Norris
Sheila O'Connor
Todd O'Donnell
Vanessa Orta
Mike Ostlund
Jack Owens
Karol Palenik
April Patterson
Wendy Patterson
Jennifer Perdue
Jacki Peters
Bill Phillips
Sheryl Phipps
Deb Potash
Virgilio Ramirez

Ray Ramos
Donald Rasdall
W. Owen Reade
Carrie Reichardt
Laurie Ricciardi
William Roelke
Gayle Rudman
Larry Sassa
Steve Sassa
Christine Sears
Dave Shank
Ashley Smith
Mercedes Smith
Paul Smith
Terre Smith
Nicholas Soroka
Shayla Spinner
Denise Stern
Janet Swaim
Mille Tanner
Valarie Thamel
Lisa Thomas
Britany Timberlake
Stuart Toomey
Margaret Troxel
Kathy Tucker
Marcus Turko
Roger Van Dusen
Marie Vogler
Susan Wallis
Lisa Ward
Harvey Warnock
Carl White
Joanne Wiggins
Diane Wilkinson
Carrie Hurst Williams
Tom Wilson
Julie Wood
Tonya Wright
Brian Yatzor
Curtiss Young
Susan Yunkes
Carl Zart III



Altra running shoes, they seem to be everywhere. You can't watch ESPN for more than five minutes before their ad for "zero drop footwear" comes on. For a little company that until now no one had ever heard of, Altra has made quite an impression.

Zero drop; it's nothing new, and it is the height of simplicity. Basically, the thickness of the heel is the same as the thickness of the forefoot. Therefore, the foot inside the shoe sits absolutely level, just as it does when a person is barefoot. So the "technology" is no technology at all. Yet unlike a lot of the other running shoes that fall into the Minimalism category, Altras provide cushioning and impact protection. And now that sales of minimalistic footwear have dropped radically, and more of them are disappearing every day, just because of that, Altra may be a survivor. And that's saying something.

Altra says that their shoes are "shaped like the human foot". That must mean that they think the human foot is hideous, because the first thing a person is likely to say is, "these shoes are ugly!" To be honest, Altras are not things of beauty. But the curved, rounded toe boxes offer a lot of space and wiggle room. Feet have room to spread out, you've heard it before: "Splay". They are excellent for feet with bunions and those who exclaim: "I have bad feet and can never find comfortable shoes." For them, Altras may be a way out, a ray of hope.

Some people, like me, who have trouble running in flat shoes, may find going zero drop is just not on. Others might discover just the opposite. In fact, when it comes to the whole zero drop idea, there are those who love it and those who hate it. You don't find very many Mr. Inbetweens.

According to Altra, the benefits of zero drop are numerous: It naturally aligns feet, back and body posture. And zero drop encourages better running technique.

The first Altra shoe was The Instinct (the women's model was named The Intuition, same exact shoe), it was deemed a "moderate cushion" model by the company. The latest edition is called The Instinct 2.0

and has a 25millimeter midsole. It weighs 9.5 ounces and sells for \$105.

The Torin was a thicker version of the Instinct that featured a 27mm midsole and more protectiveness. A "high cushion" model, The Torin (now the Torin 1.5) weighs 9.3 oz. and sells for \$120.

There are two Altra trail shoe models, The Lone Peak and The Superior. A 7.3-ounce "racing shoe", The One, and even a Triathlon racing shoe, The 3-Sum. It features forefoot drain holes, Yankz never-tie laces, 18-mm midsole, weighs 6.7 ounces and sells for \$130.

Altra has two stability shoes in its lineup, The Repetition and The Provision. Both have varus wedges built into them. That means that the medial side (arch side) of the foot is angled higher than the lateral side of the foot in order to control over-pronation. The Repetition's midsole is 30-mm thick on the medial side and 26-mm thick on the lateral side. The Provision is 27-mm medially and 23-mm laterally. The former sells for \$125, the later for \$115.

The newest Altra model is The Olympus. This, according to Altra is a "maximum cushion" shoe and it certainly feels like it. The shoe's midsole is 36 millimeters thick. The shoe barely bends but it is constructed on a slight "rocker sole" that tends to roll and catapult the runner forward. The Olympus reminds people of the jumbo thick Hoka shoes and yes, indeed, it does seem to be Altra's answer, and competitor, to Hoka. The Olympus weighs just 11 ounces and sells for \$130.



Mark your Calendar!



No Other Event Like It!
The Guana 'Back To Nature' Trail Runs
50k Ultra, 2x25k Relay, 12k
Hosted By JTC Running
Sunday, December 7, 2014

JTC Running presented a check for \$1,000 to the Friends of Guana in grateful recognition of their superb support of our Ultra race. Shown in the photo from left to right are Dr. Michael Shirley, Executive Director of the Guana Research Reserve; Angela Christensen, President of the Friends of the Guana Reserve; Larry Roberts, JTC Running President; and Mark Ryan, the Race Director of the Guana Trail Runs.



My Gate River Run week began on Monday, riding 9.3 miles on a motocross bicycle that was 10 sizes too small for me. For the first time, (thanks to a new USATF rule) our course had to be measured by outside parties "blessed by the IAAF" in order for a National or World Record to count, and the new rules specified that this all had to be done before the race. Out of boredom and sheer curiosity, I rode along to watch the measurement – in heavy traffic on a hot day. Thank goodness, 5 days later, all of our efforts were not in vain.

After 364 days of relentlessly recruiting (OK, badgering) America's top elite distance runners, over one hundred of the fastest Americans from thirty-one states descended upon Jacksonville for the 37th annual Gate River Run. Greeted at the airport by our elite hospitality crew, they were ferried to the Hyatt Regency Jacksonville Riverfront to collect their race packets, relax a bit in the hospitality suite, refuel, and then head out for a shake-out run on the Riverwalk. Many of the elite runners then seized the opportunity to take a course tour, led by the volunteers.

Giving back to the community is a large part of the elite runner experience in Jacksonville. On Friday afternoon over forty of the elite runners climbed into a bus to head over to The Sanctuary on 8th Street, an after-school program in Springfield for underprivileged kids. The children's faces lit up as they got to not only meet, but challenge the runners in a series of relay races and other fun games. Three of the elite runners also took the time to speak to an audience at a local church dinner on Friday night, where they inspired and encouraged folks of all ages and made a lot of new fans.

On Friday evening all of the elite runners gathered for a banquet dinner at the Hyatt where they reviewed USATF rules, discussed course information and race day logistics, and fueled up for the race. Though they are often the ones doing the inspiring, this was a time for them to be inspired by running great Dick Beardsley, as he recounted his classic "Duel in the Sun" with Alberto Salazar in the 1982 Boston Marathon.

On Saturday morning the starting line held a field of elite runners with race resumes eclipsing anything we have seen in the past. On the men's side was Hanson's Brooks star Bobby Curtis, (with a 27:24 10k on his resume), returning champion Ben True, along with track star Chris Derrick, who chose Gate as his first pro road race.

On the women's side were the likes of Amy Van Alstine, who just won the USA Cross Country Championships, returning champion and Olympian Janet Bawcom, and Olympian and 2012 10,000 meter US Champion Amy Hastings. But there was an extra buzz surrounding the race this year because of the presence of the undisputed queen bee of American distance running, Olympian Shalane Flanagan.

Rumors of a private airport pickup and detailed course tour to show off Jacksonville with Shalane and her coach, Jerry Schumacher, can be neither confirmed nor denied. On said unconfirmed trip, a bird apparently put into Shalane's ear that Deena Kastor's 15k American Record of 47:15 was set right here at the Gate River Run in 2003. Shalane's ears may or may not have perked up as she considered the gauntlet that had just been thrown down. She had time to field questions about that possibility as she paused her race preparations in order to visit the JTC Running booth at the expo to sign autographs and take photos with admirers.

Race morning arrived to perfect weather as Shalane Flanagan shot out of the start like a cannon, dropping a 4:52 mile and the rest of the field. She never looked back as she attacked the Jacksonville streets and the American record, running by herself the entire race. As she crossed the finish line her excited first words were, "Did I get it, did I get it?" And she most definitely did – a new American record of 47:03 and a decisive capture of the Equalizer bonus. Coupled with the American Record and course record bonuses, Shalane took home \$25,000 for the day, the biggest one-day payday in Gate history.

Although the focus was rightfully on Flanagan, the rest of the women's field showed their unsurpassed



depth. For the first time, twenty women finished under 52:00 and twelve women broke 51:00. Defending champion Janet Bawcom followed Flanagan with a 49:25 (her fastest Gate time yet) and Amy Van Alstine posted a 49:50 for third place. So deep was the field that Olympians Jen Rhines and Amy Hastings only managed to finish 20th and 22nd, respectively.

The men's race had a much different scenario with 10-12 men in legitimate contention through 5k. (passed in 14:42) The large pack continued to stay together until about 4 miles, when it trimmed down to a horse race between Tim Ritchie, Chris Derrick, and Ben True. The trio dropped the pace from 4:45 down to 4:30-4:35 in miles 4 through 6, (hitting 10k in 28:53) The Green Monster took its first victim as Ritchie was dropped on the merciless ascent. Seizing upon his superior leg speed, (and better knowledge of the down ramp) True dropped an epic 3:59 final mile down the bridge and into the great new finish area to edge out Derrick for the victory – for the second year in a row. True ran his last 5k in 14:11 – and his last 10k in 28:22.

The depth of talent at the Gate River Run continues to grow in large part because of the team competition in the TenBroeck Cup. The team competition again was a close one with Boulder Running Company taking the victory for the women and Northern Arizona Elite taking it for the men. Boston Athletic Association took 2nd in both the men's and women's team competition. Adidas Rogue Elite (of Austin, Texas) took 3rd for women and Boulder Harriers (of Boulder and including Jacksonville part-time resident Stephen Pifer) took 3rd for men. A staggering 36 men broke 47 minutes.

After some post-race jogs and stretching, interviews, pizza and beer, pool time, boat rides on the St. Johns River, and naps, it was then time for the elite runners to trek over to Doug and Jane Alred's much-loved post-race dinner. As always, the elites went crazy for the fried alligator and Kilwin's ice cream. And if anyone claims there was a late-night elite after-party with a rockin band and DJ, we again can neither confirm nor deny it. But if an elite after-party did happen, it just may be what one of the elite runners described as the place "where all your fierce competitors become your dancing partners." Allegedly.



Shalane Flanagan

A very, very special thanks to all of the JTC Running members that kicked in and really made these elite runners feel special: Bill Johnson, Mark Ryan, Doug Tillett, Todd O'Donnell, Maureen O'Donnell, Stan Lambert, Nicole Andress, Gary Ledman, Michael DelCharco and Mark Grubb.

Mark your Calendar!



Summer Is On Its Way, So Is...
The Tijuana Flats Summer Beach Run
JTC Running 5-Mile Classic
Saturday August 16





Date: Saturday May 10th, 2014

Time: Children's 1 Mile Fun Run: 8:00 a.m.

Women's 5K Run/Walk: 8:30 a.m.

Place: The Jacksonville Landing

2 Independent Dr # 250

Jacksonville, FL 32202

www.jacksonvillelanding.com

Event Cost:

Until May 9th: \$20.00

May 10th-Day of Race: \$25.00

1 Mile Fun Run: FREE (Fun Run will not be timed)

Join thousands from the community for the Shannon Miller Lifestyle 5K and 1 Mile Children's Fun Run! Visit our race vendors and enjoy our community health fair with free health screenings. Bring the whole family for a day of health and fitness at the Jacksonville Landing; fitness, community and plenty of fun!

Proceeds from the race benefit the Shannon Miller Foundation to fight childhood obesity.

Children's Fun Run

Registration is FREE and open to all children ages 14 and under. Parents may run with children in the 1 mile Fun Run at no cost but MUST REGISTER to do so. Only participants that are registered and wearing their race bib will be allowed on the race course. Children's Fun Run packet pickup will be on race day.

The first 1000 children to register will receive FREE race shirts. (Free shirts are for children only. However, adults may receive a race shirt for a 10\$ donation.)

Join the Sheriff's Fitness Challenge

Organizations, clubs and schools may participate in the Sheriff's Fitness Challenge for a chance to win \$500 for their athletic goals. (The top (2) two groups will win \$500)

At this year's event we will count registrants in both the Children's Fun Run and 5k towards the Sheriff's Fitness Challenge! Awards will go to the school/organization with the greatest number of children participating AND the school/organization with the greatest percentage of enrollment participating!!!

Make sure you mark on your child's entry form which group he/she will be running with on race day. Note: Only children entries will count toward total number.

The Shannon Miller Lifestyle 5k

This 5k is fun for the whole family! Walkers, runners, and everyone in between will love this beautiful downtown course! Medals will be provided to all children participating in the 5k.

Presented by





2014 Track and Field Meets

Dates: Distance Carnival: April 19; Track and Field Meets: May 10, June 7, July 12

Where: The Bolles School, 7400 San Jose Blvd, Jacksonville, FL 32217

Registration: Visit <http://jtcrunning.com/>. Complete the FREE online pre-registration under the Events tab. Do this one time to register for the entire 2014 series. Online free pre-registration will close each Friday before a meet at 6pm. Confirmation emails will be sent. Coaches can enter their teams as Guest Registrations.

Bib pickup and late registration will start at 3:30 day of meet at the stadium concession stand. Late registration will incur \$5.00 fee.

Age groups: 0-5, 6-9, 10-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over. Age groups may race together but are scored separately.

Awards: Medals will be given to the top three in each individual event. No medals for relay teams. All athletes age 12 and under will receive participation ribbons.

Schedule for Distance Carnival April 19:

3:30 – 5:30 PM – Bib pick up and late registration

5:30 PM – Age 12 and Under Events: 400m, 1600m

6:00 PM – Age 13 and Up Events in rolling order. Age groups may race together but will be scored separately:

Female 1600m, Male 1600m

Female 800m, Male 800m

Female 3200m, Male 3200m

Female 4x400m, Male 4x400m

Schedule for Track and Field Meets May 10, June 7, and July 12:

3:30 – 5:30 PM – Bib pick up and late registration

4:30 PM - Age 12 and under Long Jump

5:00 PM - Age 12 and under Track Events: 100, 1600, 200, 4x400

5:15 PM - Age 13 and over Field Events: Long Jump, Shot Put, Javelin, Pole Vault, High Jump

For all Field Events females and males will compete together but will be scored separately by age groups.

6:15 PM - Age 13 and over Track Events in the following order:

Female 100m, Male 100m

Female 800m, Male 800m

Female 1600, Male 1600m

Female 200m, Male 200m

Female 4x100m, Male 4x100m

Female 4x400m, Male 4x400

Female 400m, Male 400m



To me, a passion is something that keeps you going, makes you happy and gets you out of bed in the morning. One should be your job or at least something related to your job. If it's not, you can be relegated to many years of wasted natural "therapy" time. A passion can be something that keeps you propped up when everything else seems to be going wrong or trying to knock you down. It could be anything from helping people in need to spending time with your dog. Some events we cannot change but all are temporary, time-wise or in scope. Your passion can help you cope and give you time to overcome any obstacle. It can get your mind off of your problems, clear your thinking, and help you realize that there is much more to life than worrying, especially about things we cannot change. With each passing day, exercise is proving to be one of the most powerfully healthy passions for both mind and body. And because you're reading this, one of yours is probably our popular sport of running.

Running is the easiest exercise in which to participate. You've heard it before, "all you need is a pair of shoes and some comfortable running apparel" and out the door you go. One thing though that will put a damper on your running passion is pain. I just love to work with runners who are experiencing anything trying to keep them from participating in their sport. That's where my passion comes in.

While working with runners for over 37 years, clinically speaking, I've noticed that there are running pains that react favorably to specific changes. It takes a basic understanding of the individual's anatomy, gait and shoe mechanics, making specific recommendations and then noticing how the body responds to these changes while in motion.

Initially, I received my massage license basically to help alleviate runners' injuries through muscle manipulation. Although massage works very well, I became aware that I was working on resulting pain and not the preventive aspects of such pain. After a bit of research I found that there was a wealth of information to learn by studying pedorthics. I was the

only student in my class whose sole interest was in working with injured runners. Although we are trained the fabrication of custom foot orthotics and shoe modifications, my goal was to study abnormal foot and ankle motion and how everyday over-the-counter products can be used to help eliminate common running issues. This is my passion – to keep runners running without pain. My satisfaction comes from seeing or hearing from those whom I've worked with stating something like: "No more pain...my running is great!"

This brings to mind a couple, Rob and Brenda, wincing in pain who came into the Thorlo sock booth at the Disney Marathon Expo with toe and ball-of-the-foot pain, Brenda's being much worse. She also had a little pain on top of her foot as well as on the outside of her ankle. They were hoping a padded sock would help get them through the half. I said it would probably be a band-aid but asked if they had the time to get to the bottom of what was actually causing the pain. They enthusiastically said "YES"! A long story short, their shoes were the proper model, both Brooks Ghost, a half-size (male) and a size (female) short, and have been worn out for over a month (fortunately they didn't buy them in Florida from one of my accounts – they bought them online). I mentioned that new shoes were in order and if they wanted to potentially run with minimal pain, they could wear them the next day, along with a new pair of Experia socks to pad their inflamed balls-of-the-feet. "Wear a new pair of shoes the next day!!?" they exclaimed. Here's where a little biomechanical and shoe-fitting experience comes in. I knew how their old shoes fit as well as the most likely causes of their pains. And putting them in the same style of shoe is almost a no-brainer. I said, "You know the pain that you will have wearing your old shoes tomorrow, right? I'm pretty confident that your new shoes and socks will work very well (99.9% – there's no 100% when working with the body) and you both will have a better and much more comfortable race".

I received the below email about two hours after the Disney Half.

Mr. Ulishney,



As a quick refresher because I'm sure you talked to hundreds if not thousands of people this week at the Disney Expo, you assisted my girlfriend and I with our Brooks sneaker purchases. Brenda was having issues with the ball of her feet and her toes. You quickly assessed that she was in the wrong size shoe and that both of us were running in worn out shoes.

I am happy to report that we finished the half marathon today - our first - with absolutely no issues with our feet or shoes. After 13 miles, our feet were certainly tired but not sore because of the shoes. You

were absolutely correct that new Brooks would be fine.

Thank you so much for spending a large amount of time with us. It made a huge difference in our run. Your knowledge and expertise surely showed, and we are greatly appreciative.

Thanks again!
Rob

This is my passion and what gets me up in the morning.

The JTCRunning Racing Team won the 26.2 With Donna Marathon Relay on Feb 23rd, 2014, beating out the other 179 teams that finished. The team members were Douglas Tillett, Erin Dankworth, Karen Stellhorn, Alison Ronzon, and John Leeds.

They were photographed here at the JTCR Hospitality Tent before the Gate River Run.



Mark your Calendar!

JTC Running's 2014 Track & Field Series

Distance Carnival: Sat. April 19

Track & Field: Sat. May 10, Sat. June 7, Sat. July 12

www.jtcrunning.com

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BAREFOOT BOY

Current running literature is rife with references about the virtues of running naturally, “run barefoot” they say, “with your feet inside our shoes”. Does that make sense to you? Running as if one were barefooted, but with artificial appliances over the feet?

But whether one is shod or trotting about in naked feet, the concept of getting back to nature is worth consideration. Our 26 foot bones are meant to flex, pronate, supinate, flatten, absorb shock, and spring back.

Many coaches urge their charges to indulge in a bit of turf running, sans shoes. Vin Lananna at Stanford and myself at St. Johns Country Day, to name just two.

Sixty years ago there was a spate of barefooted running, led primarily by Brits. Olympians Bruce Tulloh and Fred Norris from the old country toed the line, shoeless, on cinder tracks all over Europe and the British Isles. Half a planet away, Percy Cerruty of Australia extolled the virtues of barefoot running, in sand, on golf courses, and on the grass tracks that were sprinkled across his continent.

When Abebe Bikila ran over the cobblestones of Rome to win the gold medal in the 1960 Olympic Games marathon, barefooted, the world marveled at his fitness and naturalism. One story has it that Bikila started out in Adidas and got rid of them early in the race because they hurt his feet. Four years later, in Tokyo, Bikila mounted the medal stand for another gold. This time he wore shoes from gun to tape.

A few Olympiads later, barefoot teen sensation Zola Budd, transplanted to England from South Africa, battled American hope, Mary Decker, in the 5000 meter Olympic final. Decker got tangled up in Budd's bare feet and fell to the side of the track. Budd managed to finish but was totally unnerved by the accident.

So what are the pros and cons of going au naturel?

For starters, it strengthens your feet. Most of the muscles that control your feet, the flexors and extensors of the toes, are in the lower leg. That's right, up and down the tibia and fibula, just below your knee. So, unexpectedly, the first benefit of tiptoeing through the St. Augustine grass is stronger shins and calves.

Shin splints, the bane of many new runners, just don't happen to barefoot runners. And chronic Achilles pain is unknown to those whose posterior leg muscles are routinely stretched and strengthened through the greater range of motion forced on them by soft surfaces.

“But I have the tootsies of a newborn,” you say. Perhaps you don't have tough feet. Like the Princess and the Pea, your feet feel every twig and pebble. No problem.

Wear socks. No kidding, the thin layer of cotton is all that is necessary to cruise the turf in comfort without your feet getting hot. A little grass stain on a few socks doesn't hurt anything.

But wait! I'm really not convinced that running barefoot is a panacea, a cure. Having been on my running feet in excess of 150,000 miles with no debilitating injuries or degenerative diseases, I think it's not my occasional foray onto the grass. It's running on various surfaces.

Track and road, trails and parks, uphill and downhill, rough footing and smooth, treadmills and off road. Every surface throws different stresses at the running body. And stress is good. Overuse is the boogey man of all running. By covering the earth in shoes or without, smooth or rough, short strides and long, your body becomes an athlete. Every part is tugged, stretched, challenged. And the result is resiliency.



Marathon High is grateful to JTC Running for your sponsorship this year. We appreciate the generous \$3,000 grant and allowing our students and coaches to participate in the Winter Beach Run. We could not run without you, so thank you!!

Here are some great comments from our students about this program and how it positively affected their lives:

"Running with Marathon High has given me confidence in all areas in my life. It showed me how much I can accomplish if I push myself past whatever I thought was possible and then pushed a bit more. With that mindset that I've learned, I have and will continue to use it for any challenge that comes my way. It's showed me that surrounding yourself with good people -- like those at Marathon High -- will have a positive effect that reaches to all aspects of your life."

"I have learned a lot of great things in Marathon High. How to be rid of doubt. Anything is possible with positive thinking and determination. I've learned the immense support that a group like marathon high gives to their students and the positive effects that support has on each and every one of us."

"I have learned many things over running with Marathon High. I have learned if you put your mind to something you can accomplish anything and everything you could possibly dream of. Also I found people with the same passion I have, with the same passion in running we all keep each other positive and always help each other when we are having a challenging run. They became my family."

"I adore Marathon High, it makes me feel like I'm a part of something bigger than myself. I feel involved in my community, as if I'm running for a purpose besides myself. Exercise has been a huge part of my life, but now, I feel

like it is my life. After every run, I feel fantastic; I feel like I'm on cloud nine. Marathon High has shown me how much support you can receive, as well as how much support can be given to others. I love Marathon High, it has already changed my life."

In case you're not familiar with this program, Marathon High is a regional nonprofit program dedicated to empowering high school students. Through running and training for a 13.1 mile half-marathon, this after-school program allows teenagers to develop respect, self-esteem, courage, strength, confidence, healthy lifestyles and a positive direction for their future.

This is a school-based running club open to teens of all backgrounds and abilities in grades 9-12, and it is free for all public high schools and students. The program is also non-competitive so it appeals to many students who are not already involved in sports. Students train side-by-side with their adult coaches three times a week and in the process, they grow in leadership, character development, goal-setting and positive decision-making skills. Teachers also report that grades are improving, social barriers are being broken down, and signs of respect, teamwork and more positive behaviors are evident.

This season, there were 250 local teenagers taking part in Marathon High from the following schools: Yulee HS, Lee HS, Raines HS, Ed White HS, First Coast HS, Sandalwood HS and Nease HS. They completed the 26.2 With Donna Half-Marathon in February and were so proud. Thank you, JTC Running, for helping to make this happen!

For more information about Marathon High, visit www.MarathonHighFL.org or email their founder, Deborah Dunham at MarathonHighFL@gmail.com.



Those of us who are runners have all been there. You know how it goes. It's a particularly difficult race and you're having a very hard time. Towards the end you swear to yourself that this is it, never again will you subject yourself to this particular misery. You're absolutely done with the marathon, half marathon, 5K, or whatever it is. You cross the finish line totally beat. You walk away happy that you'll never be in this sort of pain again! And then somewhere between the finish line and sometime later, you get that nagging thought about what you could do differently in the race. How you could train differently. How you just know you could have a different result from the one you just had with just a few tweaks. And before you know it, you're deep into planning your next marathon, half marathon, 5k, etc...

So I admit it. My last regular marathon was over 3 years ago and ended in abject misery. I didn't make my goal time, and not much went right the entire weekend. I was done with the marathon! I figured that I was too old to ever make my goal time of under a 4 hour marathon. Even though the marathon predictors all said I was fast enough, there was just something I wasn't doing right to get me through 26.2 miles without slowing down. The closest I had come was in 2008 with a 4:11.

A few years went by and my running and racing had a lot of ups and downs. And then I read some articles in Runner's World which really caught my attention. The first one was an article about a man achieving a marathon PR in his late 40's. Hmmmm....., I wondered if someone at my advanced age of 54 could do the same? Seems he did it by running 5 days a week, as opposed to a popular method of running only 3 days a week and cross training the others. Being a triathlete, I had been doing that for many years. But we all know the definition of insanity: "doing the same thing over and over and expecting a different result". Definitely food for thought. And then there was the article about mental toughness. I usually skip those. But for some reason I read this one, and it actually made some sense. Maybe it would work for me? Maybe I had been giving myself too many breaks when I needed to get

tough?

So once again I was on a quest to break 4 hours in the marathon. Hopefully all the lessons I'd learned over the years would come together to help me do it right this time. Even at my advanced age of 54, I still thought I had it in me to run faster, and I wasn't ready to admit that it's time to slow down!

I spent the next 6 months preparing for the marathon and doing a variety of races. Everything was going well with training, and my confidence was building. Marathon Day finally arrived December 29, 2013. I was so ready! For once I had done everything right. I had done all the mileage and speedwork. I rested when I was supposed to, ran easy when my schedule called for it, and ran hard when it said to do so. I had practiced my nutrition plan on long runs and had every detail perfected. My weight was the lowest it had been in years. I had a perfect, light meal the night before, and had slept very well the two nights prior. I had even given up caffeine for 2 weeks to get an extra jolt that morning when I drank my coffee! I got a massage two days before, and when I got to the start line, nothing was hurting! There was only one problem. Regardless of all my preparation, there was one thing I just couldn't control, and that was the weather. It was not looking good. But knowing there was nothing I could do and it would be pointless to stress out, I calmly continued my preparation. Waiting for the start I chatted with people I knew, feeling confident and determined. From long habit, once they started the Star Spangled Banner, I put my hand over my heart and forced myself to calm and breathe deeply. Finally, the gun went off! I very quickly settled into my rhythm and kept a close eye on my watch for pace. My plan was to try and keep the pace between 9:05 and 9:09. The official pace to beat 4 hours is 9:09, and I wanted just a bit of cushion, knowing I might have to slow down at water stops. I knew the most important thing would be to not go out too fast, and hope I had energy to pick it up at the end.

My first mile ticked off at 9:01. A tiny bit fast, but that's to be expected in the beginning. The next few miles were at 9:02, then 9:03 and 9:04. The next



ten miles went pretty much the same, with a couple of miles dipping just below at 8:52 and 8:57, mostly influenced by the people I was running near. Eventually I noticed that my watch miles were not matching up with the course mile markers. I was a little concerned, but not too much. I waited for the halfway marker which would be a good indicator of whether I was truly on course. All I needed was to be under 2 hours when I passed that point. Finally it passed and much to my dismay, I was a second or two over. Considering I still had 13.1 miles to go and I should have been a minute under at this point, it was not a good sign. Apparently my Garmin was not tracking accurately. I was going to have to pick up the pace a bit.

About an hour into the race it had started to drizzle. I was fine with that since it was quite warm and the rain was cooling. But somewhere after the half way point it became a torrential downpour! This lasted for at least an hour, causing a definite slow down in my pace.

By mile 20 I was feeling the strain. Mile 22 and 23 were my slowest at 9:09 and 9:10, again according to my watch. I was still keeping an eye on the race clock at each mile marker, and finally realized my cushion was not as great as I thought. I picked it back up a bit to 9:04 for mile 24 and 25, and then to 8:59 for mile 26. I was really hurting at this point, and when I rounded the last corner before the finish and saw a muddy mess, all I could think of was "please don't let me slip and fall now!" I slowed enough to safely get through the mud, and then finally I was on the track. I could see the finish clock now, and it told me that I was cutting it extremely close. I began to sprint, doing the last half mile at an 8:18 pace. When I crossed under the finish arch, I thought it was going to be within a second or two, but I really wasn't sure. It appeared I had missed my goal. I hoped I was wrong, but I knew it had been way too close!

I was happy at the finish to finally walk, and very proud that I had run the entire marathon without stopping, and faithfully stuck to my well planned race. It was extremely unfortunate that my watch had steered me wrong (it said the race had been 26.55 miles instead of 26.2), because I was certain I could

have made up some time had I known. When I finally saw results, they showed my finish as 4:00:06. So close! I have to admit, I was extremely disappointed. Finally a marathon where I did everything right, and it still didn't work for me. Some things did happen which softened the blow though. I had placed 4th in my Age Group, something I would have said was impossible a few years earlier. All in all I had done well, and you can't control the weather. The monsoon we ran in did not help anyone's time!

I had met all my secondary goals – get a PR (Personal Record), qualify for Boston, earn points in the Grand Prix competition, and finish without any injuries feeling strong. And yet..... the desire for under 4 hours remained. I called my friend Regina who is more experienced with marathons. She convinced me that in better conditions I definitely would have been under four hours. She also convinced me to sign up for another marathon five weeks away so that I could capitalize on the fitness I already had, giving me just enough time to recover. And so the quest continued. I signed up for the Tallahassee Marathon to be held on February 2nd. The race actually ends on the FSU campus, walking distance from my daughter Marissa's apartment. Once Marissa heard I was coming to do the marathon, she and her boyfriend Jeff signed up for the Half Marathon. I would have some company on race day!

Five weeks went by very quickly. I took it somewhat easy to recover, and then did several shorter races to keep my speed up. I felt I had come up with a good plan to account for the inaccuracy of my watch. I found a calculator on line that told me if I ran at a 9:02 pace, I would come in at just under 4 hours if the course once again registered as being longer than 26.2 miles. As extra insurance, I purchased a 4 hour pace tattoo so I could check the time at each mile marker to know if this was correct. I kept an eye on weather reports, and it appeared it would be a little cooler than the Jacksonville Marathon with only a slight chance of rain.

Finally it was race weekend. I drove to Tallahassee Saturday morning and met up with Marissa and Jeff



after lunch. We went to the Expo and got our race packets. Afterwards we had a big pasta dinner (as it turned out, I probably ate too much!) and headed back for an early bedtime.

The next morning I was once again standing at the start line, listening to the National Anthem and breathing deep breaths of determination. This was it. I would not fail again. I hoped I was rested enough from my first marathon to maintain my pace. I was determined to pay close attention and “stay in the zone” the entire race. No negative thoughts would be allowed. No ifs, ands, or buts. I was going to do this thing!

Finally we were off. The first mile came quickly and much to my surprise, my watch beeped right as I passed the mile marker. Time - 8:55. A little fast, but still ok for the first mile. The next two were the same, but finally I slowed it to the perfect time, keeping it between 8:57 and 9:00 for the most part. As the miles ticked off my Garmin began to beep further and further ahead of the mile marker. I was happy to have my pace tattoo to tell me the time I needed as I passed each one. By the time I reached the half way point, I was about a minute ahead of pace.

Somewhere after the halfway point I began to feel the need to use the restroom. I tried to ignore it, but it soon became obvious that there was no way I could run two more hours without stopping. I was very unhappy about it, but there it was. I decided I would use the cushion I had developed and stop. Apparently I was over-hydrating! I checked my watch coming out and I had lost about 45 seconds. Not bad. I could live with that. I certainly felt much better!

I continued on and a few miles later the same feeling started again, even stronger. I cursed my luck and my bowels, but once again knew there was no hope of finishing without another stop. I was out in 40 seconds this time. But it appeared my cushion was gone plus some. And without any more clocks to give me the seconds, I really didn't know if I was right on pace, ahead or behind. I decided my only choice now was to pick it up. Starting at mile 22 I

picked it up to 8:50. I couldn't keep it up though, and the rest of the miles were closer to 9:00 minute pace on my watch. Finally the end was near and I told myself I was just too close to goal to give up now. It just wasn't an option. I pushed on, willing myself to keep up the pace. It helped as I started passing other runners. I started to feel like this is it. I'm going to do it.



Vicky Connell

Finally I was back on the FSU campus. It wound around past the start point and I found myself wondering if this would ever end. I was on my last reserve, and really wanted for this to be over and done! As I rounded the last corner, Marissa was there along with Jeff, my nephew Casey, and my brother-in-law Tommy. They cheered as I started around the track on the home stretch. I was anxiously looking for the race clock and saw that I had a minute to go. I began to sprint to make sure I made it, even though



at this point there was only about 100 yards left. The clock said 3:59:35 as I went under. I would later find out my official chip time was 3:59:30. What did my Garmin say was my distance? 26.55! Exactly the same as the Jacksonville Marathon!

I got hugs all around and some water. I walked around feeling very stiff and slow. I got something to eat and waited for official results. I asked Marissa and Jeff about their races, and they had each met their main goals. It was a first half marathon for them both, so quite an accomplishment for everyone! I was feeling pretty spent and creaky, so I laid down on the track to rest for a bit.

Finally results were posted and I went to find out what my official time would be. Much to my surprise, I was

1st in my Age Group. That was definitely the icing on the cake! We snapped another photo, and finally headed back for showers.

As we slowly walked to my car, I felt like a huge weight had been lifted from my shoulders. No longer would I have to chase this goal. My first marathon had been almost exactly 30 years ago at the age of 24, and it had taken me all that time to finally achieve an under four hour marathon at the age of 54. Proud but mostly relieved, I wondered what my next big challenge would be? Another 5K PR? Maybe a PR at the Gate River Run 15K in Jacksonville? Who knows? But one thing I did know. If I could achieve this goal which seemed an impossibility a few years ago, who knew what I could accomplish? After all, age is just a number!

Mark your Calendar!



Summer Is On Its Way, So Is...
The Tijuana Flats Summer Beach Run
JTC Running 5-Mile Classic
Saturday August 16



For the second year, JTC Running participated in the Ultra Marathon Event, this year entering two relay teams of ten runners each – a Women's and a Men's team – to run the 55-mile Ultra.

The inspiration for the Wolfson Children's Challenge came from Paul Wilson, whose newborn son, Luke, faced difficult surgery within hours of birth. Paul hoped to raise \$5,000 by running 55 miles, the age of the hospital during his son's stay. In four years, the event has raised more than \$2 million toward the purchase of highly specialized MRI equipment. This year, the Ultra Marathon, together with a matched contribution from Baptist Health, raised money for additional equipment and to start an endowment.

Stan Lambert, JTC Running Board Member and Wolfson Challenge Committee Member, enlisted the JTC relay team members and also a co-captain, Erika Bjork, as well as contributed countless hours to help plan and host the event. The Ultra has grown significantly, boasting more than 90 teams for 2014. This year the staging area was inside Bragan Field at the Baseball Grounds at Jacksonville, an excellent venue to host team tents, concessions, and facilities for all participants and supporters.

The day began early before 4:00 a.m. in collecting the timing chips/bands for our JTC relay teams, organizing bibs and team shirts. The relay gun sounded at 4:32 and our first female and first male were off. Each would run 5.5 miles west through downtown and back along the Northbank Riverwalk to return to the baseball field and pass the chip/band to the next runner. As our teams would run continuously for eight hours, runners and supporters came and went, and returned refreshed to enjoy the balance of the day. Situated in-field, the JTC tent was adjacent to the Florida Striders tent, among others. It is apparent that the running community is strong, with long-held friendships, friendly competition, and undoubtedly mutual support and encouragement.

As the morning progressed, the women were tracking faster than originally planned and some footwork was needed to keep the next runner queued up on time.

The women were considerably ahead of schedule and the last planned women's team runner was directly conflicted to also run for another team. Maureen O'Donnell agreed to substitute to run a second 5.5 mile leg to finish the women's 10 leg relay.

Regarding the timing chips, it became evident well into the race that the chips were erroneously switched at the very start for the two teams; so the women ran with the "men's chip" and visa-versa. While it was posted as though the women finished ahead of the men, actually, the men did finish first. Final time: ID# 120 - Men - 7:55:30; ID# 121- Women - 8:09:05. Both 2014 teams finished an hour ahead of our one co-ed 2013 team.

This February's event was the fifth year of the Wolfson Children's Challenge, previously known as "The Wolfson 55" and "The One to Grow On." Next year Wolfson will celebrate their 60th year. And for next year's Ultra Marathon, JTC Running intends to orchestrate at least two teams. For a JTC running team participation opportunity, contact Erika Bjork at e.bjork5683@gmail.com.

Quotes:

"I found it to be a very fun event with all the different teams...I really liked the course" – Scott Hershey
"Had a blast, can't wait to do it again next year, even the 4:30 lead leg. Really nice at the Suns Stadium." – Carl Zart



JTC Running Relay Teams



Tens of thousands of us run the Gate River Run now, every one of us looking for the secret to make it a race of one.

It's not enough anymore to have your plain old first name on your race bib. Carey Hepler, besides running in a grass skirt, is carrying a One Spark sign. He is "Sparky."

Tom Zicafoose, running his 30th consecutive River Run, wears "Z-Man."

Times-Union colleague Bruce Lipsky adds extra u's to his first name to catch the cheering crowds' eyes. Did it work? I ask.

"Yeeesss!" he replies.

Over 28 River Runs, I've come to look forward to certain points and people along the course. Many of them, thankfully, stand in the second half of the race when I need the boost. Most of them are my fellow parishioners.

There's the woman in front of her house on Hendricks Avenue. She always high-fives me when I call her name, even if she doesn't recognize me.

Two of the parish priests were the ones holding the signs at the bus stop in front of Assumption Church on Atlantic Boulevard. The guy with the cow bell just before St. Nicholas Cemetery is there every year with his wife.

Sometimes it's the people you don't know who hold up a sign or say something that inspires or at least leaves a lasting image that makes every Gate River Run special.

There was the young woman at the big tree in the middle of the road as we turned on San Mateo, headed for Orange Alley and, ultimately, the Hart Bridge, who yelled: "You are all awesome!" Yeah, I thought to myself. We are all awesome.

Along Atlantic, a young girl was holding a little sign that just seemed to catch my attention:

Shut up, feet.

Must have been what drove me all the way up the Hart. Couldn't help thinking of it after getting out of bed the next morning, too. Shut up, feet. And quads.

I lost my biggest fan five years ago. For 10 or 11 years, my mother walked two blocks from her apartment at Baptist Towers and stood near the water station on San Marco Boulevard. She may not have helped my time because I always stopped to visit briefly while sipping a cup of water. But it was nice to know she'd be there, and wouldn't leave until I got there.

The year I knew I couldn't finish, when plantar fasciitis flared almost right from the start, I pressed on for 2-plus miles before dropping out to make sure she knew I was alive, if not well. The walk back over the Main Street bridge to the start was long and painful, but well, we owe it to our fans.

So this year, I decided to take a special pause at that corner. I carried a 1996 River Run lapel pin, which Mom must have bought when she helped at the club's expo booth, and implanted it in the flower bed of the vacant building at San Marco and Children's Way. A few days later, even after all the rain on the Monday after the race, the pin was still sticking there, just as I'd placed it.

Next year, if a few Baptist Towers residents walk or roll down to watch the race, I'll be sure to thank them for coming. And there are five more pins in that white cap, with the original orange and blue Jacksonville Track Club logo, waiting to be imbedded at that corner.

If a business ever occupies that building and hires a landscaper, they should all realize they're at a special place in our special race.



37th Gate River Run - Emergency Preparedness Means I AM Alive Today

The day began as a beautiful clear and cool morning with temps in the high 50's. This year, I was running with my sister in-law, Nicole.

This was her first River Run, and she was excited.... and a little nervous as well. As the race began, we felt as though we were in a massive cattle drive, being driven through the streets of downtown. Lots of cheering crowds and bands playing on the course creates enough adrenalin to light the city. After the first bridge, I started feeling winded and decided to walk through one of the many water stations provided on the course.

As a lifelong runner, it is not uncommon to have a day when you're just not feeling up to the event; I figured it must be one of those days. All of that changed about 4.5 miles into the race when I began to feel "a little dizzy".

That was the last thing I remember... I had suffered a massive heart attack, known as a widow maker. A piece of plaque had burst off the wall of my artery and lodged in my aorta stopping my heart. Only 1 in 10 people survive this type of event. I awoke to a firefighter placing an oxygen mask over my face and an IV in my arm and felt a ton of energy going on around me. Nicole had provided all the information to EMS and had contacted my wife who had been awaiting my arrival at the finish line. Breathing on my own and stabilized after 2 shocks from a lifesaving defibrillator, I was taken to the Baptist Hospital Emergency Room about 5 minutes away. There I was diagnosed and received a stent to clear the blockage and found myself resting comfortably in a hospital bed surrounded by family and friends.

How did this happen and why am I here? My doctor told me that I was a very lucky man. If I was going to have a heart attack of this type, I had it at the right place and time. My doctor ensured I understood that high cholesterol is something that I have inherited

and is the ugly culprit of my heart attack. When I went down during the race, why did I survive? I am alive today and living a full and healthy life because of selfless volunteers and first responders who stopped running to save my life. These individuals had taken the time via their careers or as a bystander to learn about CPR.

All of the individuals who stopped to assist me were also running the Gate River Run. Two off duty fire fighters, two nurses and an emergency room physician immediately went to work on me till the EMS unit and the Fire Department's Bike Team took over. Even as someone who has been in the role of crisis management for 24 years, I could not help myself. I am here because of the emergency preparedness doings of someone else....for which I am truly grateful.

On February 9th, 11 months to the day, I met up with my firefighter heroes, some close friends and my oldest son and completed the last 5 miles of the course setting a course record.

I am officially the owner of the slowest River Run ever completed, 337 Days, 2:30 hours and still streaking.



With the thirty-first Olympiad approaching in Brazil, I want to look closely at the state of distance running in the world in 1936 and 1948. Berlin hosted the Games in 1936, a competition most famous for the sprinting and jumping of Jesse Owens. The Olympics were not held in 1940, nor in 1944, due to war. But in 1948, still reeling from war damage and food shortages, the British managed to stage the Games in 1948 in London.

Women's distance running was still non-existent in 1948, at the Olympic level, at least. Because of the 1928 debacle in the 800, when fully half the women collapsed at the finish line, no races longer than 200 meters were held until 1960.

But in Berlin, the men ran many great races. Mile record holder, Glenn Cunningham of Kansas, forced New Zealander Jack Lovelock to run a world record. Lovelock won the 1500 by 4 meters.

In the longer races, the Flying Finns were dominant once again. Athletes from Finland won the 5,000 meters, the 10,000 meters, and the steeplechase. But it was much more than gold medals: In the five, Finland placed first, second, and sixth; In the 10 K, a perfect medal sweep—gold, silver, bronze; in the steeplechase, first, second, and fourth.

But it would be 36 years before another Finn would medal in an Olympic track event.

The Germans organized the first Olympic torch run in 1936. The torch was ignited with the sun's rays near Mt. Olympus in Greece and carried relay-style through much of Europe. A young German 800 meter runner was the final torch bearer, lighting a cauldron that burned throughout the Games. The Berlin Games were the first to be broadcast on television, although only locally.

The final event of the competition is always the marathon. Japan had already occupied Korea by 1936, but Sohn Kee-chung and Nam Soung-yong, both Korean distance runners, were allowed to try out for the Japanese team. Although Sohn and Nam had to assume Japanese names, they were the class of

the marathon field, winning gold and bronze medals. In the Seoul Olympics, in 1988, Sohn was honored by being the final torch bearer.

The 1940 Games were first awarded to Tokyo, and then to Helsinki, Finland. When the Soviet Union invaded Finland, the Olympics were cancelled. The 1944 Games, scheduled for London, had to wait an additional four years.

During the war years, Swedish distance runners decimated the world records in the 1500, 5000, and 10,000 meters, flourishing under a training method called fartlek—speed play. Arne Andersson and Gunder Hagg were in the news as they took turns breaking world records.

Finally, the Olympic Games resumed. The world responded by sending over 4000 athletes from 49 countries to London, which housed competitors in barracks used during the war.

The Swedes supplanted the Finns as the dominant distance running nation at London. Eriksson and Strand went one-two in the 1500, while countrymen ran fourth and fifth in the 5,000 and third and fifth in the 10,000.

But the winner of the 10 K was a Czech with an agonized expression and awkward form: His name—Emil Zatopek. Zatopek returned for a silver medal in the 5,000 meters, edged out by Belgian Gaston Reiff by a scant 2/10 seconds. Both men ran nearly 20 seconds shy of the world record time of Gundar Hagg.

But in four years, chants of “Zat-o-pek, Zat-o-pek” would pour from stadia all over Europe in support of the greatest distance runner in Olympic history.



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Weekly Training Runs

Sunday, 9:00 am, UNF Nature Trails every other Sunday
Visit 'Jax Group Train Running' on Facebook for locations
Contact: chris@jacksonvillerunningcompany.com

Sunday, 6:00 am, 1st Place Sports, Town Center.
Long-distance runs. Contact: 620-9991.

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, 7:00 am, Jacksonville Running Company,
All Levels, 3+ miles
Contact: bobby@jacksonvillerunningcompany.com

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

Monday, 5:00 pm, South Bank Downtown: River Brewing Co.,
2-6 miles (includes bridges). Contact: Danny at 287-5496.

Tuesday, 6:30 pm, Your Pie Group Run, 3.14 miles
Contact: loretta@jacksonvillerunningcompany.com

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.

Wednesday, 6:30 pm, 1st Place Sports/Aardwolf
Brewery run, 4 miles, includes bridges. Contact: 399-8880

Wednesday, 5:30 am, San Jose: The Bolles School
(JTC Running members) track intervals (all abilities).
Contact: JC Pinto 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 6:30 pm, Jax Beach, 1st Place Sports,
Various runs intended to make you improve.
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, 6:30 pm, San Marco: Park located at 1964
Largo Rd.
Contact: Doug at 728-3711

Thursday, 6:30 pm, Bartram Park Group Run
Contact: liz@jacksonvillerunningcompany.com

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.