



THE  
**STARTING LINE**  
NEWSLETTER

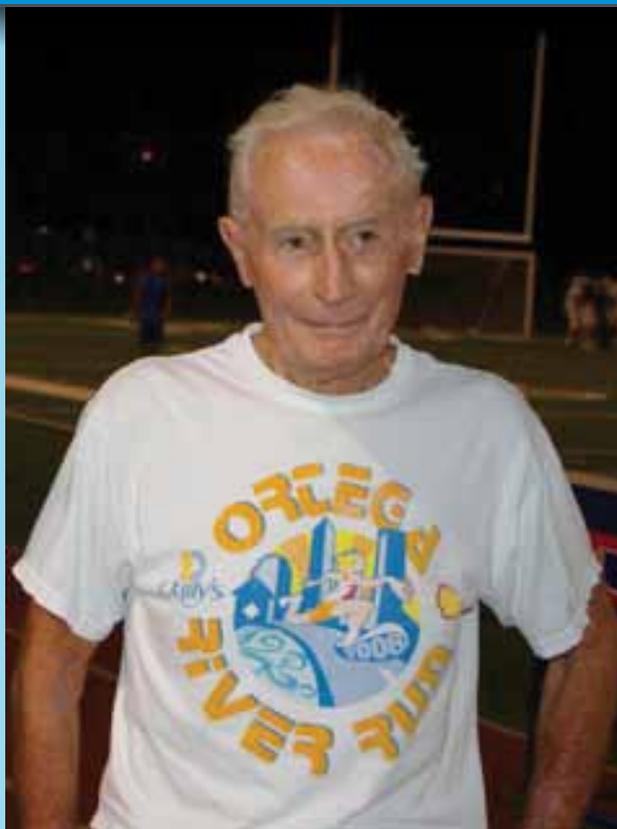
ISSUE

**407**



## Coach Bob Carr

*September 23, 1928 - November 9, 2014*





## Letter From The Editor

I see that in Germany they are all taken away with the 25-year anniversary of the collapse of the Berlin Wall. Ha! 25 puny years, that's chicken feed. Wall, I see your 25 and raise you 15. Yep, got you beat. I'm talking about the 40-year birthday of something far more wonderful than that, JTC Running.

Our club began in 1975, a monumental year. Aside from the world noticing us, it also saw the Vietnam War end and Spanish dictator, Francisco Franco die. Margaret Thatcher showed up, chosen as the new leader of Britain's Conservative Party, and Teamsters Union boss, Jimmy Hoffa, disappeared, never to be seen again.

Oil hit \$13 a barrel and a gallon of gas cost 44 cents at the pump. The unemployment rate rose to 9.2% and New York City avoided bankruptcy when President Gerald Ford signed a loan for \$2.3 billion.

Bruce Springsteen released his first album, Born To Run, and Saturday Night Live debuted on NBC. Mr. Potato Head was popular with kids and for some odd reason Leisure Suits were all the rage with their dads. BIC introduced the first disposable razor and Jaws was frightening everyone at the box office. Angelina Jolie wouldn't realize it though for she was just born.

The sports world would hardly notice the birth of Tiger Woods; its attention was drawn toward Mohammed Ali beating Joe Fraser in the Thriller In Manila.

Nothing compared to what was going on in Jacksonville, Florida. A bunch of eccentrics met at the Riverside YMCA where Y director, Gary Hogue, agreed to let them meet to organize a new club, a running club. Long time runner, Jay Birmingham, who had experience with running clubs in Ohio, was one of the ringleaders. Experienced runners, John TenBroeck and Lamar Strother, were also there, as were (future River Run 15,000 Race Director) Buck Fannin and Rodney Smith. Smith would be the first to pony up with the 15-dollar membership fee, giving him the number 1, first-

ever member of the new Jacksonville Track Club.

It started small and quietly; meetings at the Y and low key cross-country races at Florida Junior College's (now FSCJ) South Campus on Beach Blvd. Club member, Tom Skordas, was always on hand with his unique popsicle stick results system. It was an amazingly low-tech method ironically designed by one of Jacksonville's first high-tech computer geeks.

We all know what it led to: The Summer Beach Run, The Winter Beach Run, The Summer Track Meet Series, The Last Gasp, The Guana Back-To-Nature Trail Runs and the big one, the iconic River Run 15,000 (now the Gate River Run 15k).

So while the rest of the world made a big deal out of the end of a dictator and the end of a war, a small group of distance runners were saying, "Big deal, look what we've got going on here!"

It was a big deal and, for us, it still is. Here is to 2015 and our 40th anniversary.

It is with great sadness that I must tell you of the passing of one of our stalwarts, Bob Carr. For many years Bob was the on-site coach of our Wednesday night Bolles track training sessions. A volunteer position, but Bob practically made a career of it. He helped many and was loved by all. He was a fine fellow and will be greatly missed. Thanks, Bob, we love you.

As we approach the end of another year the pace here at JTC Running picks up impressively. On December 7th, we see another running of our Guana Back-To-Nature Trail Races. There is the 50k Ultra and 2x25k Relay beginning at 8 AM, followed by the 12k Trail Race that starts at 1 PM. Afterwards, a stupendous post-race bash at the high quality, ocean front restaurant, The Reef. Believe me, you want to be there for these. Go to [JTCRunning.com](http://JTCRunning.com) and sign up immediately.

On Saturday night, December 13, we have our Christmas Party at 1st Place Sports in San Marco. This is a great time and is free to all members, their family and friends. It starts at 6:30 PM. Anything to do? No. Anything to sign up for? No.

Sunday afternoon, December 21st, is the 38th running of our cross-country classic, The Last Gasp. No changes this year, the course at Jacksonville University is in great shape, the 5k will begin at 2 PM, as usual, and the kids' free 1-Mile will start at 1:30 PM. Sweatshirts to all, typical, and super fine post-race party at the Scoreboard, like always. Please be there, it is great fun. You can enter at [JTCRunning.com](http://JTCRunning.com)



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Greetings!

December is a busy month for many, and JTC Running is no exception! Our month kicks off with the Guana Trails Races held at the GTM Research Reserve on December 7. Most of us think of the location as Guana State Park, but Kenneth Rainer, Education Coordinator at GTM Research Reserve, reminds me that they have not been a State park since 1999. They are working hard in the community to communicate their efforts as a National Estuarine Research Reserve, so I guess we had better get with the program. As the former Jacksonville Track Club we have experience in branding! The 50k race starts at 8:00 am and the 12k at 1:00 pm.

Next up is the Club Holiday Social at the 1st Place Sports San Marco store after the Festival of Lights 5k. Starting around 6:30 pm Club members and prospective members will gather to enjoy refreshments. A specially designed JTC Running tree ornament will be on sale for \$5.00 and given free to all new and renewing members who signup that evening. I look forward to seeing many of you there.

December 21 is the date for the 38th edition of The Last Gasp cross country race. A free kids' one mile run starts at 1:30 pm-- the 5k gun is set for 2:00 pm. The traditional social at the Scoreboard Sports Bar & Grill follows with

pizza, beer, and race awards.

January 2015 kicks off the 40th year of our Club! A series of events are planned to honor and celebrate this anniversary. The first will be a 40th Annual John TenBroeck Winter Beach Run on January 31 at Jacksonville Beach Seawalk Pavilion. The 10 mile and 5 mile both start at 1:00 pm.

The 2015 version of the Club's biggest event, The Gate River Run, will be held March 14. Participation in the special training class conducted by coach John Metzgar will make it your best ever, whether it is your first or twenty-first Gate River Run. Registration for the class is now open at [JTCRunning.com/events](http://JTCRunning.com/events). The kickoff meeting will be held at 1st Place Sports, Town Center store on January 8 at 6:00 pm. Those who registered for the Fall Half Marathon Training Class that just ended have been emailed a \$5.00 off code for this 2015 Gate River Run Training Class.

More Gate River Run details will be in the next Starting Line and on our website, including information on the increasingly popular hospitality tent for members the day of the race.



Larry Roberts, President





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**New & Renewing Members**

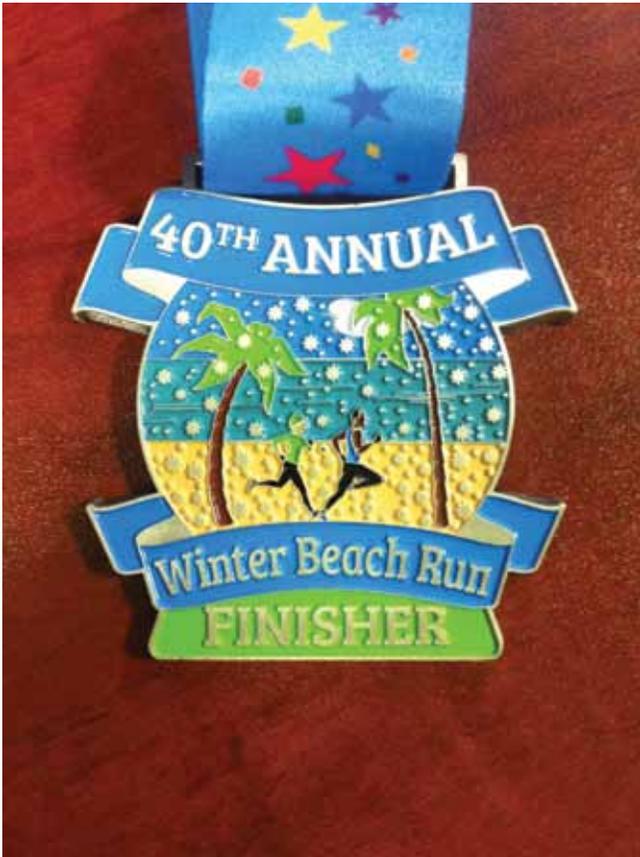
Bryan Bartosik  
Cathy Beck  
Gary Castner  
Ken Chamberlain  
Mamie Davis  
David E. Dawley  
Michael DelCharco  
John and Susan Duss

Patrick Dussinger  
Gretchen Ehlinger  
C. Davis Ely  
Billy Fehrs  
Patrick M. Gaughan  
Mark Goetz  
Gary Harlow  
David Harper

Bruce Kritzer  
Bettye Mazuelos  
Sindy Meltzer  
Kent Northey  
Chris Paul  
Quang Pham  
Blair Putz  
Guillermo Ramos Piazza

Mark Ryan  
Eric Sanford  
Shiva Sanyasi  
Mark Sekelsky  
Susan Thieman  
Josue Velazquez  
Julie Warrenfeltz





In 2015, our Winter Beach Run turns 40 years old. Pretty impressive, especially when you consider that the race began as not much more than an afterthought.

Forty years ago the Jacksonville Track Club, now known as JTC Running, of course, was only beginning. It had, through a rather roundabout way, somewhat accidentally, inherited the oldest beach in America, an event now titled the Summer Beach Run. The 5-miler was once called the 'Beach Marathon', and we all know that isn't right.

The Summer Beach Run was popular, very popular. So popular in fact that the JTC decided to create a spin-off event, a 10-mile beach run. The SBR 5-Mile was a straight run south down the beach from Hanna Park to the Jacksonville Beach Lifeguard Tower. This new race would be on an out-and-back course from the Sea Turtle Inn at Atlantic Beach.

It wasn't hard to make it a crowd favorite. There weren't many races around at all and only two beach races, the WBR being the second. People from miles around latched onto it.

Like everything, including people, races gain reputations, and the WBR did a quick job of it. Foul weather, wretched wind, soft sand and sheer hell became the hallmarks of this devil of a race. But those oddballs known as Runners loved it, and why not? It gave them something to talk about. They have been talking ever since.

Naturally, things change over the years. Often they get "watered-down" and in order to please more people, a 5-mile race was attached to the 10-miler, run alongside of it. This did a good job of increasing the attendance figures as more people could "enjoy" the delights of the WBR but on a lesser scale.

Today people seem to think that less is more and prefer the 5-miler over the far more challenging 10. Sad, but true.

The next edition of the ever-popular WBR, today known as the John TenBroeck Memorial Winter Beach Run, a tribute to one of our club's greatest pioneers and fondest friends, will take place on Saturday, January 31 at 1 PM. Coincidentally 2015 will not only be the 40th birthday of the WBR but also the 40th birthday of our club.

This coming year is a big one for JTC Running and the John TenBroeck Winter Beach Run. Wonderful things are in the works for both. Just wait; you'll see.





It is always terrible to lose someone in the family, and so it is with heartfelt sadness that we have to report the loss of one of our own: Bob Carr. Bob was a long-time member of our club and he didn't stop there, he was highly active in two of our kindred spirit clubs, the Florida Striders and the Ancient City Road Runners. He loved it all and volunteered for everything.

And he was loved in return. In fact, I sincerely believe that anyone who knew Bob Carr loved Bob Carr; he was that kind of a man. Friendliness and warmth seemed to emanate from him.

Bob was born in Trenton, New Jersey on September 23, 1928. At 17-years old, he joined the US Navy and served honorably for 32 years. By the time he retired, at Mayport Naval Station, he was a Senior Chief Boatswain Mate. Bob was in World War II, the Korean War and was part of the fleet sent into hostile waters during the Cuban Missile Crisis.

At the age of 40, he was ordered to Vietnam. It seems his age worried him; he was concerned that he wouldn't be able to keep up with all the youngsters. This inadvertently led him into a new passion: Running. He began with one hard, painful lap around the block and built from there. Pain had no chance against him; he conquered it and ran for more than 40 years.

In Vietnam, Bob served as a PBR boat captain and worked alongside Navy SEALs. He later served as a tugboat captain in the Pacific. He was buried on November 14, 2014 with full military honors in

Jacksonville National Cemetery.

To all of his running friends he was always known as "Coach Bob", "Coach Carr", or simply "Coach", the man who, for 15 years, led the JTC Running track sessions at the Bolles School. He advised and encouraged thousands of runners in all those many years. He led by example, as all the best do, completing more than 100 marathons. He crossed the finish line of the Boston Marathon 15 times. Yes, 15 times!

His running tips were the stuff of legend, my favorite one: "Don't run a race with friends, when the gun goes off, you have no friends-just competitors." Pure 1980's racing mentality.

In 2004, Bob was given the Distinguished Merit Award by JTC Running for all he had done. He was inducted into the Gate River Run Hall of Fame in 2008 for his volunteerism.

He ran between 2000 and 2400 miles every year, was a founder member of St. Augustine's Ancient City Road Runners club and was very active and involved in the Special Olympics. Bob was a Gate River Run 'Streaker', and ran them all until 2011 when his health forced him to stop. In 2010, he toughed out his final GRR in 2 hours, 36-minutes and 52-seconds.

Bob Carr died on November 9, 2014. He is survived by Mary, his wife of 62 years and son, Robert E. Carr, Jr.



It was totally appropriate that Bob Carr's burial was in the Jacksonville National Cemetery the morning after his funeral. The cemetery operates in a very precise way and on a strict time schedule which is the way a military facility should run. Our procession moved slowly through the cemetery but it was only a brief trip to the Committal Shelter where we stopped. The casket was carried from the hearse to the altar under the shelter by a Navy honor guard, followed closely by the pallbearers. Seats were available for many of us but some of us stood through the committal service anyway. Navy Chaplain Buster Williams conducted the service, with his remembrance of Bob Carr including a story of how Bob and his wife, who he called "Mike" but whose real name is Mary, came to be a couple. Commander Williams told us of how Bob served in the Navy for 32 years, retired here from Naval Station Mayport, and after that became one of the biggest supporters of running our area has ever seen. Prayers were said and scriptures were read.

Bob, as a retired Senior Chief Boatswain Mate, was entitled to the rendering of Military Funeral Honors by a Navy honor guard which included a rifle detail of three uniformed personnel who each fired three rounds, a bugler who played taps, a pair of ceremonial flag folders who removed the flag from Bob's casket, carefully folded it into a perfect triangle and then presented it to his widow, telling her that the President of the United States and a grateful Nation offer the flag as a symbol of our appreciation for her loved one's honorable and faithful service. Indeed. The group of runners who were there for the service were thinking that we owe a debt of gratitude to Bob as well, for the way he loved to run and for the way he spread that love of running to the rest of us. His legacy lives on, as others of us have taken on his work to keep people running in Jacksonville. As the Chaplain said, "Bob Carr, you stand relieved. We have the watch."

*Mark your Calendar!*



**JTC Running's Christmas Holiday Party**  
**Saturday @ 6:00 PM, December 13th**  
1st Place Sports Store, San Marco Blvd.  
For all club members and their guests

*Mark your Calendar!*



**The Last Gasp Cross-Country Races**  
Hosted By JTC Running  
**Sunday, December 21**  
5k @ 2:00 PM  
1-Mile Kids Run @ 1:30 PM  
[www.JTCRunning.com](http://www.JTCRunning.com)





## Saturday, January 31, 2015 10 Mile and 5 Mile at 1:00 PM Jacksonville Seawalk Pavilion

*To commemorate the 40th birthday of the Winter Beach Run, JTC Running has commissioned the creation of a one-time only Finisher Medal!*

Presented by:



### ENTRY FEES

	5 Mile/10 Mile
Through January 24th.....	\$30.00
January 25th - January 30th.....	\$35.00
Race Day .....	\$40.00

» Children under 13 and Adults 65+ pay \$20.00 through January 24th.  
 » \$2.00 discount for **JTC Running** members through January 24th.  
 » Sorry, there are **no refunds!**  
 » Make checks out to 1st Place Sports Running Club and mail with entry form to: Winter Beach Run, 3931 Baymeadows Road, Jacksonville, FL 32217  
 » Register Online at [www.1stplacesports.com](http://www.1stplacesports.com)

### PACKET PICK UP

Packets will be available at your selected 1st Place Sports location on **Thursday, January 29th** and **Friday, January 30th** from 10:00 AM-6:00 PM.

- 3931 Baymeadows Rd., Jacksonville, (904) 731-3676
- 2018 San Marco Blvd., Jacksonville, (904) 399-8880
- 424 South Third Street, Jax Beach, (904) 270-2221
- 2186 Park Avenue, Orange Park, (904) 264-3767
- 4870 Big Island Dr., Jacksonville, (904) 620-9991
- 1000-9 Ponce de Leon Blvd., St. Augustine

All packets that are not picked up at the above locations will be moved to the Seawalk Pavilion for race day pick up beginning an hour and a half before the race.

### CHIP TIMING

The race will be timed using the **MyLaps Chip Timing System** (chip must be worn on your shoe or ankle during the race). Your entry fee covers the cost of the chip rental. You must cross the timing mats at the finish to be included in the results. If you own your own chip, but register race day, you **HAVE** to wear one of our chips!

### AWARDS

10 Mile:

- **Top Awards:** Awards will be presented to the top three men and women overall and to the top three masters male and females.
- **Age Group Awards:** Awards will be presented to the top 3 finishers in each of the following male and female age groups: 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60- 64, 65-69 and 70 & over.
- **Finisher Medals:** All 10 Mile participants will receive a Finisher Medal!

5 Mile:

- **Top Awards:** Awards will be presented to the 1st Place Overall Male and Female.
- **Age Group Awards:** Awards will be presented to the top three in each age division above including 10 and under, and 11-13.
- **Finisher Medals:** All 5 Mile participants will receive a Finisher Medal!

### THE COURSE

The course is out-and-back on the beach at low tide. The 5 mile and the 10 mile races will start together on the beach at 2:30 PM. Both races will run together heading north. The 10 mile course is 2.5 miles north, five miles south and 2.5 miles north to finish. The five mile will finish at the 5 mile mark of the ten mile race.

### THE FINISH

Both races finish on the beach behind the Seawalk Pavilion. If you have attached the Timing Chip to your shoe, you will be automatically timed. Make sure that your chip is secured to your shoe. Don't lose it! Please return the chip prior to exiting the roped off area at the finish.

### POST RACE CELEBRATION

Stay after the race for the huge post race party to celebrate the 40th running! Free beer and post race





Coltman & Baughman Physical Therapy,  
Jacksonville Beach

There are few injuries that runners fear more than plantar fasciitis. The pain of plantar fasciitis can be debilitating and the symptoms associated with plantar fasciitis can last up to 1 year. As frustrating and debilitating as plantar fasciitis can be to runners, it can be equally as frustrating to the healthcare practitioner to treat a runner with heel pain.

So the question that runners are left asking is “what do I do for plantar fasciitis?” The answer is...wait for it... it depends! Why does it “depend”? It depends because there are numerous factors that can cause the condition. Because there are various factors that contribute to plantar fasciitis, it follows that the treatment for the same condition may also be different.

Regardless of whether you have flat feet or have high arches, whether you’re an accomplished runner or a novice runner, there is one thing everyone who experiences heel pain can do: listen to your body! Too often runners try and ignore the pain and continue to train through the symptoms. Inevitably this does not end well. By seeking early consultation and treatment, you may be able expedite your recovery and return to pain-free running.

Sports and Orthopedic Physical Therapists are specifically trained to treat runners that have heel pain. What kind of treatment can you expect when you visit a physical therapist? To start, you should have an in depth examination of the entire lower extremities, shoe wear, and running history. There are a variety of customized interventions that can be provided by a physical therapist based on the examination findings. There are some treatments for plantar fasciitis that have been shown to be more effective than others based on the current research. The following are some common treatments that have research supporting their use.

Calf and plantar fascia stretching are one of the most common and proven treatments for people that have plantar fasciitis. Not surprising is the fact that limited ankle dorsiflexion has been shown to be a common risk factor associated with developing plantar fasciitis.

The use of taping techniques, night splints, and over the counter arch supports / inserts can decrease the stress and strain to the plantar fascia. These interventions have been shown to be effective in decreasing heel pain as well. A physical therapist can help guide clients in the most appropriate taping techniques, over the counter inserts, and type of night splint to use.

The use of a modality called iontophoresis is also often used in physical therapy. It is a technique that uses an electric current to deliver a medication through the skin to a target tissue. In the case of plantar fasciitis, the use of iontophoresis with an anti-inflammatory medicine does have evidence of improving heel pain, at least in the short term.

Physical therapists also employ a number of manual therapy / hands-on techniques to improve joint and soft tissue mobility. These techniques do have some evidence showing improvement in pain and functional ability with individuals who have plantar fasciitis.

This is by no means an all inclusive list of the treatments available to persons with plantar fasciitis. This is intended as a brief overview of what can be done to help runners struggling with this common problem. If you are suffering from heel pain, don’t delay in seeking help for your symptoms. Go see your local physical therapist to get you back to running pain free as fast as possible.



**Mark Baughman**



It was late 1977, October, I think, and all the local big businesses and power brokers were there. The reason: Planning the greatest, most expensive, footrace in the history of Jacksonville, Florida.

Esso Petroleum was working hard to outbid the Gulf Life Insurance Company and Lil' Champ convenience stores for the title sponsorship. The Florida Times Union/Jacksonville Journal was about to give everything it had to be the solo media sponsor but the radio station, The Big Ape, wasn't about to give up and let this once-in-a-lifetime opportunity slip away.

Jacksonville Mayor Jake Godbold, a man who knew nothing of cross-country running, track & field, or much else, including running a city government, became enraged, stood up at the end of the table and dramatically blurted out: "Come on now, just tell us how much all this is going to cost!"

His aides calmed him down, giving me the chance to take center stage. I cleared my throat and laid it on the line: "Well, it's like this; we've had more than just a little interest from the agents of Seb Coe and Steve Ovett. You've heard of those two Brits, I'm sure. They are the hottest new stars in the running game."

I continued: "One day Coe beats Ovett in the 800 meters, then the next day Ovett beats Coe in the 1500. It's back and forth all the time. They both love cross-country and they want to come to our fair town to settle it once and for all. It will be a worldwide spectacle but it won't be cheap for us to pull it off."

"And they're willing to duke it out on the campus of Jacksonville University!?", exclaimed Esso's owner, Filthy Rich.

"Yep", I replied, "I was out there just the other day running the course with Seb." (Coe, we were buds, on a first name basis.)

"Seb told me it was one of the best cross-country courses he had ever seen, he loved the variety; the hills, the grass and all the surprises. He can't wait to race it and he said his spikes will be extra sharp just to whip Ovett."

I said: "Joining Seb and Ovett from England will be Steve Cram, David Bedford, Brendan Foster and David Moorcroft, he's just run the 5,000 meters in 13 minutes and 1 second, a new World Record."

"What about all the other guys you were telling us about?" Godbold steamed.

"Oh, sure, you mean, Steve Scott, the American who has run sub-4 minutes in the mile more times than any man on earth," I said. "He's been the eternal bridesmaid in the Coe/Ovett feud for years. He's practically out for blood. He's definitely in."

"What about the team race, you promised that there would be a team race included in the format," said, John TenBroeck, a local fellow who was not only knowledgeable but seemed to be involved in everything to do with running in the Bold New City of the South.

"Simmer down, sir," I said, "you'll get your team race, but don't expect me to call it the TenBroeck Cup, or something." That got a laugh.

"The Kenyan national team is ringing my phone off the hook. Good thing I am seldom ever home, I'm running 100-plus miles a week right now following the Lydiard principles," I said.

"Ever thought of not running so hard and maybe even stopping and walking some of those miles?" Said a seriously skinny fellow in the back; it was Jeff Galloway, a former Olympian.

"Are you nuts? No real runner runs like that. Ha! Good luck with that idea," I said somewhat disrespectfully, after all, his 10k time was nearly ten seconds faster than mine. (And his "idea"? Well, you can tell that I was never much good at predicting the future.)

I continued: "I can tell you all that the entire Kenyan team, spearheaded by Henry Rono, will be here. Same for the Ethiopians, the Tanzanians, the Irish and the Finns, led by Lasse Viren; that guy has four Olympic gold medals! We have even secured a visa for the sensation of the Montreal Olympic Games, the Cuban,



Alberto Juantorena, “El Caballo” himself. You don’t want to be around that senior at the end of a race, I can tell you. Remember what that British commentator said when Juantorena was murdering the competition in the final lap of the 800 meters, ‘Juantorena opens his legs and shows his class.’ No lie, he said that.” I was getting a little carried away with my excitement and sales pitch. So excited that one of my tube socks even fell down.

“I need details for my paper,” said J J Daniel, owner and slave driver of the Florida Publishing Company, “does this puppy even have a name?”

“Certainly does, I’m calling it The Last Gasp, because it will be the final racing hoorah of the year,” I said. “It will be held on the final Sunday of every year from here until the likes of you and I are pushing up crabgrass.”

I continued: “It is a 5-mile genuine cross-country race, English style, I would say, on a genuine cross-country course. It will start at two o’clock in the afternoon and will feature awards for individuals and teams.”

“I know there aren’t many women runners but the few that there are would be welcome to race also,” I said.

“Huh, women runners! I would love to see the day,” remarked youngster Donna Combs, the finest Florida high school runner of her time who went on to become a national class athlete and rose to fame by racing in a Brazilian thong in the JTC’s Summer Beach Run one year.

“But how much?!” the fat-faced, red-faced Godbold yelled.

“I think we can pull this off for just six million dollars,” I said confidently, “and it will be the greatest cross-country race this town will ever experience.”

Even Godbold went quiet.

“Well, now, don’t all rush up here with your checkbooks at the same time,” I said, standing there sheepishly.

No, I’ll admit, it was never quite like that. Once again, I have stretched the truth, put poetic license on my side; let my imagination run away with me. (My imagination has always

run better than I have.)

The Kenyan team never beat down my door to get into The Last Gasp; they should have, but didn’t. Even my pal, Seb Coe, didn’t show up for the race’s debut. “El Caballo”, the Cuban horse, never galloped on the grass at JU, but people did, at one time, hone in on the race and peak for it. Like the Summer Beach Run, it was a “must” for every runner in town.

Why not? It was a competitive spectacle. It was a race everyone wanted to do.

And why shouldn’t you now? After all, you’ve done every absurd mud run, crazy obstacle race, expensive color run, stupid zombie run and nonsensical non-run known to man, so why not a good old fashioned cross-country run. Yes, a proper race, the sort of thing that got this whole thing going to begin with. Just runners and mother earth, nothing else required.

On December 21st, travel back with me to the days of the first running boom. To the time when our track club was in its infancy. To a time when you ran to see how well you could do and who you could beat. (Sounds rather cruel, but isn’t that what all sports are really about?). And let’s not forget that running is a sport and should always remain one.

So on Sunday, December 21st, let’s get together and celebrate sport, cross-country, camaraderie, our track club and having fun together. Let’s make the Gasp king again. Oh, the race is no longer a 5 miler it is a 5k and there is also a FREE 1-Mile Fun Run for kids 13 and under. See you there!

38th Annual

THE LAST GASP

December 21, 5k 2:00 PM

FREE Kids 1-Mile Fun Run 1:30 PM

The Campus of Jacksonville University

Age Group Awards – Team Awards

Custom Sweatshirts to All in 5k

Great Post-Race Party, Free Beer, Pizza

Low Entry Fees

Enter at JTC Running.com or paper entry

Herb Taskett, Race Director, 904-200-2975



Buying Christmas presents for friends, family and assorted meaningless people in your life is never easy. You don't know what to get them. So you forge ahead into the great unknown, inevitably winding up in the biggest shopping mall you can find, only to find something for yourself and buying it. That friend? Whoops. No question, Christmas shopping is sheer drudgery. I think most people would rather run an ultra marathon (and we have one on December the 7th, if it is not too late already).

If you have a runner, walker or fitness buff on your list, at least your job is made a little easier. You know that anything you get for them if it's connected to their activity will be greatly appreciated.

Even this: It has been all the rage this year and I am sure a lot of it will find its way onto Santa's sleigh: "Wearable Technology." It is the nagging personal trainer that you wear on your wrist. Imagine your conscience in digital form. It insists that you walk 10,000 steps every day, and if you have only stepped 6,000 times it tells you to get moving. Calories burned are tracked, so the guilt really piles on, and when the alarm goes off in the morning its display annoys you with words like: "Are we walking today?"

Yes, people actually want this sort of torture.

Fitbit was the first. The company's slogan is: "Dedicated to helping people lead healthier, more active lives." Sort of like what your high school PE teacher said when he made you run 20 laps around the football field. Who could forget his sadistic grin? Fitbit tracks steps, distance, calories, stairs climbed and "active" minutes (those don't include the minutes when you were trying to hide from Fitbit). Online tools make your life easy: "Food Plan", log your food, calories in, calories out (more embarrassment). With the online scale you never escape from your body weight, body mass index (BMI), and percent body fat readouts. Fitbit will also measure how long and well you sleep, and awaken you via its "silent" alarm. Yes, everyone you know needs Fitbit and it can be had for \$60 to \$130.

Garmin has countered Fitbit with its Vivofit (\$130.). Like Fitbit it sets your daily goals and follows you 24/7.

Gym Boss is an "interval timer" that you wear on your pants. It is great for the runner/walker who wants to set his time running, say 5 minutes, and his time walking, say 1 minute. It has a chronograph feature too for total time exercised. Gym Boss is a favorite among those doing the Galloway training method. Cost is only \$20.

The hard core runner though will want a Garmin "runner's watch." These work off of the GPS and give him what he really wants to know: Distance run, time and pace per mile. Some come with a heart rate monitor, some don't. There are other features available, such as maps, virtual pacer, etc. The Garmin Forerunner 15 (\$170) or 220 (\$250) are excellent choices. If it is for a Triathlete then the waterproof 920xt (\$450) is the way to go. There are other good brands available, such as Timex, Nike and TomTom; prices start at \$100.

I have a Garmin and, despite my natural inclination to reject all modern day technology, I love it. Even the Luddite on your list will enjoy it. What do I like so much about it? I can now alter my usual course as I am running and when it is over, I still know exactly how far I have run. The accuracy of the thing is extraordinary and I wish I had it back in the day when I was proud of my mile pace and loved to know if it was a 13 mile run or just a 12 and a half. Instead of now: "Was that only a 3 miler? Boy, it sure felt like a 3 and a quarter."

Other less expensive gifts that are always welcome are things like running shorts and shirts (\$28-\$50) and socks (\$10-\$18). Be sure that they are made of "technical" fabrics that wick moisture and dry fast.

Running shoes? Well, we know how hard those are to buy for someone else (sometimes even yourself). If you don't know what model and size he or she prefers, then I suggest you buy a gift card (average price for a good pair of trainers is now \$100 to \$130),



put it in an empty running shoe box, and wrap it beautifully. Once he/she rips off the wrapping and looks at the box with a horrified expression you get to say, "Don't worry, I didn't really buy you a pair of Skechers!"

Now that's what I call Christmas fun.

Or be more creative and buy him/her an entry into one of their favorite races, such as the March 14, Gate River Run (\$30).

Or how about a reenlistment to JTC Running (\$20)? It is the gift that goes on and on all year long. If they like a bunch of great friends who love what they love, the knowledge that they are a part of one of America's greatest running movements and communities, plus other more mundane things like discounts at stores and on race entries.

That's it! Get everyone you know a membership to JTC Running.

Merry Christmas!

Sadly enough, not everyone lives to the age of 40. They should, but many don't. Forty years is hardly considered old any more. How could it be with the average lifespan now creeping up towards 80? Yet it is still a milestone, just ask any woman. Most of them freak out at the idea of turning the big Four-Oh. Men are different, of course, their swagger is only hitting full swing at 40, or so they would like to think. Fifty is what they fear. Sixty? That is doom and decrepitude to both genders; finally they agree on something.

Runners, however, are totally different; they're weird. They look forward to getting older so that they can enter a new age group. This means that when they move from the 35 to 39 age group and into the 40 to 44 age group, hallelujah! They are reborn as strapping, fit, fast, young things and will dominate their new age classification ("bring on the hardware!"). Odd how the mind works, isn't it?

They even give themselves a moniker, a sort of left-handed compliment, and refer to themselves as 'Masters'. In Britain they use the somewhat less congratulatory term, 'Veterans'. Whatever you name it, these runners are all very proud of themselves for they are vigorous active people, even competitors, when society seems to say: "Well ... you shouldn't be, you're old, why don't you take up golf?"

I say, be proud; you've earned it and you deserve it.

Submitting yourself to golf at this stage is like becoming the creepy Rob Lowe. (And please don't rub my back like that).

What of a Track Club? How few of them reach the ripe young age of 40 years? Good question, especially since we are now exactly 40 years removed from the middle of the great First Running Boom. Track Clubs bloomed like roses in the mid-1970s; I just wonder how many of them have survived. No matter, I know one of them and I am going to interview him now.

Bob Fernee, editor-in-chief (EIC): "Hi, my name is Bob, you can call me EIC, 'cause I like it that way, and who are you?"

JTCR: "Well, I get confused sometimes, but I think my name is JTC Running. For about 30 years it was Jacksonville Track Club but somebody changed it on me. Yet, some people insist on calling me that, or JTC, or just, The Track Club. On my checkbook it still says Jacksonville Track Club but on the Internet I'm JTCRunning.com. By the way, what is the Internet, where does it come from?"

EIC: "Wow! You've had quite a history with just your name alone. Don't ask me what the Internet is; I'm even older than you are. So, when were you born?"



JTCR: “According to one of my best friends who was around at the time and knows all about me, Lamar Strother, I was born in October of 1975. There were several witness to the event, now known as Pioneers, including John TenBroeck, Jay Birmingham, Rodney Smith and Buck Fannin, to name only a few.”

EIC: “I don’t want to seem rude, but how did you come into being?”

JTCR: “Truly by popular demand. There were some runners at the time, a bunch of newbies really, who needed, wanted, a place to be, a club. It was up to me. I’m happy to say that not much has changed, I am still here by popular demand.”

EIC: “You were quite a deal back in the day, right?”

JTCR: “Due to my late birth, those early members were given a once-in-a-lifetime. They got the rest of 1975 and all of 1976 for 15 bucks. I am still one of the best buys around, think of all you get: Discounts into track club races, discounts at 1st Place Sports and you get to be a mover and shaker in everything running on the First Coast. At 20 bucks a year I’m still selling myself cheap.”

EIC: “After a year’s membership, I hear a person can even run for election to the Board of Directors, why even the club’s presidency is within reach. If Herb Taskett could do it, well ...”

JTCR: “How true; and as marvelous as my life has been up to now, quite frankly, all I can do is look forward to the future and even greater things. Especially in 2015, my fortieth birthday, I can hardly wait to see what wonderful things people around here have planned for me.”

EIC: “Yes, and without giving the game away, I think I can tell all your fans that, as the song says, the best is yet to come. But to retract a little, there have been and continue to be many accomplishments, I know how modest you are, but care to elaborate on some of them?”

JTCR: “Thanks for bringing that up, especially since a lot of people overlook all the good I’ve done. Have to say, I get a bit miffed at the people who say, ‘what good is

the track club?’ or, ‘why should I join it?’ so let’s take a minute to set the record straight. I’ll try to spell this out as succinctly as I can, without being pedantic.”

EIC: “Okay, the stage is yours; find your light and sell it.”

JTCR: “I was the first running club on the First Coast. I took over America’s oldest beach race when it was about to fold and made a success of it. Now that race donates its profits to the Tijuana Flats’ Just In Queso foundation, a worthy cause that provides housing for the needy all over the USA.

I didn’t stop there; I also fund other charities and foundations such as the Shannon Miller, the Breast Cancer Marathon, and kids groups, Marathon High and the Epitome for Excellence. I am also very hands-on for the Sulzbacher Center; I buy food for the less fortunate and then serve it to them.

I pay for a bunch of local high school kids to attend summer running camps and sponsor regional track meets, including the USATF Florida Track Finals. Speaking of track, I have my own Summer Track Meet Series; I pay for it but I don’t charge for it-anyone can run for free.

I promote running and always have; with two training classes a year as well as classes and clinics for members and the public.

I produce a bi-monthly, award winning club newsletter. It is chucked full of information and humor. My editor, wow! What an artist! How many Pulitzers has that guy won by now? Oh, no, wait, that’s you, isn’t it?”

EIC: “Well, gee ... thanks, pal. Pulitzers? Hmm, they must be lost in the mail. But please, continue.”

JTCR: “I haven’t forgotten cross-country, trail running or even the Ultra, with the Guana Back-To-Nature trail races and The Last Gasp. These may not be gigantic events but I treat them as if they are, for I support all aspects of running. Real running, my friend, not that silly stuff.



I've also beautified this town; had a look at the Northbank Riverwalk? There you will see two striking statues of runners that I built then gave to the city. There is nothing more beautiful than friendship and I have brought thousands of people together, this is one of my favorite accomplishments.

The feather in my cap, well, what else? The world-class Gate River Run 15k. I created it back in 1978 and it has become huge, not just because 20,000 runners show up for it, but because it brings bags of money into Jacksonville, and provides funds for many charities. Its accompanying event, the Junior River Run, involves many elementary schools and introduces hundreds of

kids to running and fitness.

Well, what do you think?"

EIC: "I think that for once I am speechless. You do one heck of a lot."

JTCR: "Thanks, glad you realize that. I've run this town since 1975 and I will continue to do so until people forget how to put one foot in front of the other. And if computers have their way, it won't be long."

"Don't Worry, Coach..."

One of the many joys of running for me has been coaching.

Thrust into the role during high school ("you distance guys follow Birmingham"), I've evolved from a blood-and-guts/pain barrier coach into a caring, empathetic coach.

I never liked being pushed or yelled at, so it is a rare occasion when I scold one of my runners or implore them to give a harder effort. In my experience, runners give 100% every time out. It is the nature of our sport.

Three incidents over the years stand out, times when someone I coached expressed more than appreciation or loyalty. And all three times, the runner started a sentence with "Don't worry, Coach . . ."

October 1968—Wapakoneta, Ohio. The fledgling cross country team of Kenton High School was lining up for the Mid-Ohio Conference championship. I had recruited ten kids from PE, the band, and the football team—it was the first year of the program.

We had trained for only ten weeks, but our two-a-day practices had transformed the boys from rag-tag joggers to pretty fit harriers. We had set the lofty goal of advancing to District back in August, but qualifying meant no less than second place in the MOC meet. We had been soundly beaten by all seven teams. Our goal seemed, to me, out of reach.

Over the final week, I was anxious: A sore knee here, a fever there, a kid gone for two days for a band competition. The Kenton boys warmed up in their grey sweatsuits, belted out our team cheer, and stripped down to race. The weather was cold, wet, and grey.

I clutched my stopwatch and clipboard, trembling with excitement and dread. I couldn't summon my usual smile. Then Doug Roby, our #4 man, a sophomore, came over to me.

"Don't worry, Coach. We're gonna win this race."

On paper, it looked impossible. I thought we had a chance for fourth among the eight teams, but Roby knew something that I didn't.

In less than eleven minutes, the Kenton boys had



completed their task. Running a terrific pack race, they finished 6-7-9-11-15 to upset all the favored teams and win the coveted spot on the starting line at District.

May 1997—Berry College, Georgia. The four Dana College men had already passed the 16-mile mark of the NAIA National Championships marathon, and it looked like we were going to have all of our guys finish in the top 20. But I was anxious to see the women—only one had raced the marathon before.

I waited at the end of a six-mile loop around a lake and finally saw the lead women. The defending champion, Shawna Doty of Jamestown (ND), had about a two-minute lead, followed by a pack of four, and then . . . There they were, Angie, Mandy, and Anna, all in the top ten! Yay!

I handed the girls water, then jumped into my car, leap-frogging ahead to the 20-mile mark.

The men were impressive now, closing the gap on the two foreigners in the lead. It looked like Ben Sandy would break 2:25 and earn All-American again. The others were on pace for sub-2:40.

The fifteen-minute wait for the women seemed like an hour, but then here comes Doty, followed by women from Southwestern (KS) and Doane (Neb). And here comes Angie! She had moved up into fourth place and trailed third by about two blocks. I will never forget her words as I handed her a water bottle and ran beside her for about 15 seconds: “Don’t worry, Coach. I’ll catch her.”

Wouldn’t third place be nice?, I thought. Angie was on pace for a sub-3:00 and she looked strong. Anna came by next, now in seventh, with Mandy in ninth. They were running well.

“Pick off one more, Anna, and you’ll be All-American,” I yelled encouragingly.

I caught back up to the runners at 24 miles and couldn’t believe what I saw. Angie was dueling it out with Doty for first place! On the final overpass, Angie broke away and won by a minute in 2:57. Anna came through for fourth in 3:06 and Mandy placed sixth in 3:08.

“I thought you meant ‘Don’t worry, I’ll get third,’” I said to a jubilant Angie Sparacino at the finish line.

“No, Coach, I could see all the way to the leader and I knew I could catch her.”

October 29, 2014—Jacksonville. District cross country championships, Ed Austin Park.

Now coaching at St. Johns Country Day School in Orange Park, I have a pretty good group of boys. A top four finish would get us to Region and we felt confident. But Harvest Community was favored. Not only were they running the course where they trained daily, but their kids had just posted race times that were a half-minute faster than ours.

We jogged the course a week before the meet and marveled at our rivals as they time-trialed a fast 10 kilometers. I was hopeful for second place and that a few of our boys would earn All-District ribbons.

The start was delayed 15 minutes and we slipped back into the shade of a large building. The boys were relaxed; I was a nervous wreck. At length, we were called over to the start line.

Fifteen seconds before the gun, Colin Montgomery, our top boy, looked over his shoulder at me and said, “Don’t worry, Coach. We’ve got this.”

Got it, indeed. With a 3-8-9-11-12 finish, we won by 40 points as our guys calmly ran down most of the opposition on the slow, sandy course as temperatures approached 90 degrees. It was the first district championship in cross country for St. Johns since 2001.

Coaching is fun. It is satisfying to see people get fitter under your tutelage. It is fun seeing kids have successful races and run PRs under your guidance. But when folks I coach come through, exceeding my expectations, it is precious. When their confidence is greater than mine, and they want to put me at ease, nothing is sweeter than the words, “Don’t worry, Coach.”



Now that Fall marathon training season is in full swing, I thought a good quick-fix article would help to keep runners on the road with less pain, as most issues can be improved or eliminated with one or more simple changes. I don't believe runners should expect to have pain just because they run. A personal evaluation at your local running store and an educated change in your equipment should help keep aches and pains from throwing a roadblock between you and your running.

To be used as a general guide, the following is a bullet chart of some of the most common running complaints. The listed "potential remedies" are some of the more common "first response" aids to help eliminate these issues. Your local running store can fine-tune your needs and recommend products based on their footwear/foot care expertise. If pain persists, you may find additional help from a Massage Therapist, Physical Therapist or Pedorthist.

COMMON PAINS	POTENTIAL REMEDIES						
	More Support	Less Support	More Flex	Wider Width	Larger Size	Padded Socks	Cushioned Orthotic
Bottom of Heel	X		X			X	X
Arch	X		X				X
Under Forefoot			X	X	X	X	X
Toe Nails			X	X	X	X	X
Outside of Foot		X	X	X	X	X	X
Top of Foot			X	X	X	X	X
General Foot			X	X	X	X	X
Blisters Bottom of Foot			X	X	X	X	X
Blisters Inside of Foot	X		X			X	X
Blisters Outside of Foot		X	X	X	X	X	X
Inside Ankle	X		X				X
Outside Ankle		X	X	X	X		X
Achilles Tendon	X		X		X	X	X
Sides or Back of Heel	X		X		X	X	X
General Calf	X		X				X
Outside Calf		X	X		X		X
Inside Calf	X		X				X
Inside Shin	X		X				X
Outside Shin		X	X		X		X
Inside Knee	X		X				X
Outside Knee		X	X		X		X
Back of Knee		X	X		X		X
General Knee	X		X			X	X
Outside Hip		X	X		X		X
Psoas	X		X				X
Piriformis	X		X				X
Low Back	X		X			X	X
Hamstring			X				X

Product recommendations based on their consistent ability to help with the above issues:

Brooks is the #1-selling brand in specialty running and produces 20 models of running shoes, each designed for different running needs—"A Perfect Ride For Every Stride". Brooks' shoe mechanics are unparalleled and the result of being the only company dedicated exclusively to running. Brooks' exceptional flexibility is a very important key to their shoes injury preventive characteristics. You can find numerous Brooks innovations built into every running shoe produced today.

Thorlo was the first company to design running-specific socks. Thorlo, made in the USA, prides itself on not being a sock company, but a "Foot Health" company. With 4 differently padded styles to choose from, Thorlo has the perfect sock for every runner, based on his or her individual needs. The padded, gasket-effect of Thorlos helps cushion and fill-in spaces between the foot and shoe, giving the runner a more custom fit and better performance.



Spenco Total Support orthotics are the only over-the-counter foot supports on the market providing exceptional stability for virtually every foot-type. Control begins naturally with the heel, so the typical hard bump in the arch area is eliminated, allowing the support to work well for all foot-types, including over-supinators. Being the only over-the-counter product to offer both support and excellent cushioning, it will customize to your foot in a few days. Now available in three support levels for the most custom fit available. Designed with nature in mind to emulate the way the foot works on natural surfaces ... in your shoe.

Gene Ulishney, B.S., HPE, LMT, CPED, BOCPED, is also a sales rep for Brooks, Thorlo and Spenco.

Your old Tyvek jacket looks great with a tie. Gore-Tex goes well with a cravat. In other words, break out the fine feathers, folks, and make the scene at this year's JTC Running Christmas Holiday Party Social Gala. Then again, since no one really cares, just come as you are. But please, mark the date on your calendar, cell phone, tablet, GPS device or what ever it takes and be there.

The date, by the way, is Saturday, December 13, at 6:30 PM.

And the place is the 1st Place Sports store in San Marco Square.

It's free. Free.

"So what's going on?" Everything good. It is a free party open to all club members, their families and friends. You do not need an official invitation (there are none) and it is come-as-you-are, stay as long as you want, and have as much fun with your friends as you can. Did I mention that it doesn't cost you anything?

"What do I get?" You'd be amazed. Beer, wine, soft drinks, food, desserts and a Christmas memory that will make you feel warm and toasty no matter how cold it gets (and it could hit 70 degrees around here!) And did I mention that it's FREE?

"Anything else?" Sure, lots, one of the most popular 5k events of the year, the Festival of Lights. It features a beautiful twilight course in historic San Marco complete with luminarias all along the course. The 5k run starts at 6 PM, the 5k strollers and walkers get underway at 6:10, and when they cross the finish line they will all get a Firehouse sub sandwich. There is a 1-mile Fun Run at 5:30 PM that includes finishers medals to all.

"That's it?" Gosh, demanding, aren't you? No, there is even more. Our party occurs at the same time as San Marco's annual Holiday Magic celebration. Outside the store you will see streets filled with all kinds of family fun things to do like, Bounce Houses, Jugglers, Carolers, Horse Drawn Sleigh Rides, Toy Soldier Stilt Walkers, Christmas Music and Tree Lighting and much more. The races may not be free but the Holiday Magic is. Or just stay inside and enjoy our party, which is free, by the way.

"Still wish I could get something more substantial out of this, like a Christmas tree ornament." Great! We've got it. JTC Running has just produced some fabulous new ornaments and these will be available at the party on the club's official table. Admittedly, these custom ornaments may not be free but did I mention that the party is?

Saturday night, December 13, 6:30 PM. Just bring yourself; leave your wallet at home.





December 7th, 2014

The Guana Reserve

Back to Nature Trail Runs

50K Ultra, 50K Relay, 12K Race

Sunday, December 7th, 2014

50K, 50K Relay at 8:00 AM

12K 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 Mizuno Footwear in association  
with the 1st Place Sports

#### The Course

Consists of winding, wooded trails in the Reserve. No cement, no asphalt, a true back to nature experience. The 50 K Ultra and 2x25K Relay will begin at 8:00AM. The 12K shall begin at 1:00PM

#### Awards

Finishers of the 50K Ultra will receive medallions. All runners will receive a commemorative technical t-shirt. Plaques awarded two deep in each age group in 50K and 12K. Relay goes three deep.

Mizuno 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. Mizuno shoes also to the first team in the relay.

#### Refreshments and Post Race Party

Water, Sports drinks, and snacks will be provided. **Power Bar 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) at 3:00PM.

#### Entry Fees      **Sorry, there are no refunds**

50K Ultra—\$35 (\$31 JTC Running Members), until Sept. 20th. \$45 (\$41 JTC Running members), Sept. 21st—Dec. 3rd. Race day entry \$60 (no discounts), cash or check only on race day.

50K (2x25K) Relay- \$70 per team (\$62 if JTC Running members), until Sept. 20th, \$90 per team (\$82 if JTC Running Members) Sept. 21-Dec. 3rd. Race day entry \$120 per team (no discounts), cash or check only on race day

#### Entry Fees Cont.

12K- \$25 (\$21 JTC Running members), until Sept. 20th. \$35 (\$31 JTC Running Members), Sept. 21– Dec. 3rd. Race Day entry \$45 (no discounts) cash or check only on race day.

#### 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 gas station.

#### Proceeds

Proceeds benefit: Friends of the Guana Research Reserve.

#### Packet Pickup

Race packet pickup day of the race only.

#### For More Information

For more information contact: Mark Ryan, Race Director 50K, at Markryan.unlimited@gmail.com or (904)338-3230, Bob Fernee, Race Director 12K at Bobfernee@aol.com or (904) 342-2699.

#### Mizuno Footwear and Apparel

Purchase Mizuno products at the **1st Place Sports** and enjoy the "Back To Nature" races.





The birth of the Rubin Road Runners was roughly 1979 when a group of competitive runners began meeting at Jeff Marks' home located on Rubin Road for our weekend long run.

It doesn't seem that long ago, but then again 1979 was a time a gallon of gas was 85 cents.

Jimmy Carter, our 39th president, was in office and average interest rates were over 15%.

Also 1979 was the year ESPN, an unknown cable network, was launched.

We were watching television shows such as Mash, Happy Days, and The Love Boat, while the most popular Christmas gift in 1979 was the Walkman cassette/radio.

Maybe 35 years is actually a long time ago, but a recent gathering of some of the Rubin Road Runners brought back great memories.

In late July, Jeff Marks and his wife Penny hosted a dinner reunion for many of us at their home. We all reminisced about the many miles that we had run together over the years and the strong friendships that were developed.

In the early 1980's most of our group was training for upcoming marathons and we would do our long runs

from Jeff's house. Invariably, one of us would press the pace somewhere during the run and all would follow. We all took pride in our hard training runs and each of us improved by pushing each other.

On numerous occasions we would run a race or a hard 10-miler on Saturday and follow it with a 20-miler from Jeff's house on Sunday. A couple of years we even ran our long run early in the morning and then headed to the beach later in the day where we'd celebrate the official/formal opening of the beach by running the Beaches 5k in our tuxedos.

During the 1980's most of us achieved personal running goals or set our best times. While of course they are only memories now, they are fond memories that will last a lifetime.

Needless to say, we are past our prime. Now we are relegated to mid to back-of-the-pack at races, but most of us still try to keep up the running. Over the past 35 years numerous runners have come and gone while Jeff and I are the last of the group that still meets on the weekend for what we now consider our long run.

Although there isn't too much pep to our pace, we're still out there pounding the pavement and grateful for the lasting friendships that have been developed over the past 35 years.

## JTC Running Makes Donation to Tijuana Flats' Charity, Just In Queso



Doug Alred, Representative from Tijuana Flats, Larry Roberts, Erika Bjork



# 38th ANNUAL THE LAST GASP

## 3.1 MILE CROSS COUNTRY RACE Sunday, December 21, 2014 at 2:00 PM Free Kids One Mile Fun Run at 1:30 PM At Jacksonville University

**ENTRIES:** Early online registration at [JTCRunning.com/events](http://JTCRunning.com/events) is \$13 for JTC Running members and \$18 for non-members.

Paper registration (see form below) is \$15 for JTC Running members and \$20 for non-members. Day of race registration is \$25 for all.

**COURSE:** The course consists of two laps over grass, dirt, and hills. Spikes may be worn.

**AWARDS:** Trophies to first open and masters male and female. Top 10 men & women overall.

Special awards for top three in each of the following age groups:

13 and under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 +

**RACE DIRECTOR:** HERB TASKETT 904-200-2975

**TEAM COMPETITION:** Five to run (max), four to score. Usual cross country scoring. All team members must register individually. Awards to fastest overall men's and women's team.

**SWEATSHIRTS:** A high quality, colorful sweat shirt will be given to all who register by December 6, 2014.

**POST RACE PARTY:** A party and awards presentation will be held from 3:30 until 6:00 PM at The Scoreboard Sports Bar & Grill at 6051 Merrill Road.

### PAPER ENTRY FORM

NAME \_\_\_\_\_ AGE (on race day) \_\_\_\_ SEX: m f

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ TEAM (if any) \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_ SHIRT SIZE: S M L XL

**AMOUNT ENCLOSED:** JTC Running member: \$15 Non-member: \$20

Make check out to JTC Running and mail to PO Box 24667, Jacksonville, FL, 32241

### WAIVER OF LIABILITY

ACKNOWLEDGEMENT: I am voluntarily entering or agreeing to be a volunteer at JTC Running's Last Gasp Race. I understand that my participation in the event is a physically demanding and can be a potentially hazardous activity, which could cause injury or death. I agree to not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform Event, am in good health, and am properly trained. I assume all risks associated with my participation in Event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, all such risks being known and appreciated by me. I also understand that if a meet is canceled, rescheduled or details are changed for any reason beyond the control of race management that I hereby waive and release any claims against Event and it's organizers that may have as a result of any such changes and that my entry fee will not be refunded. I understand that if I cannot participate in Event, i.e. injury, family emergency, etc., that I will not receive a refund.  
AUTHORIZATION: I agree to abide by any decision of Event's officials relative to any aspect of my participation in Event, including the right of any Event official to deny or suspend my participation for any reason whatsoever I grant permission for Event's organizers to take pictures of me during Event and agree for Event to use any photos of me that may be taken during my participation. I grant permission to publish my name in the results of Event. I also grant permission for Event's organizers to use my email address to communicate with me concerning other upcoming events and specifically, instructions for Event. I will abide by these guidelines.  
GUARDIAN'S PERMISSION AND RELEASE FOR MINOR: If I am or will be applying for my child to participate in, or be a volunteer at, the Event, I represent and warrant that I am the parent or legal guardian of the child and, as such, consent to my child's participation in Event and I agree that the terms of this Waiver Releases, and Authorizations apply equally to my child and me and any claims I or my child may have in connection with Event. I also waive any derivative claims that relate to or arise out of my child's participation in Event.  
AGREEMENT: Having read the waiver including the acknowledgement, authorization and permission and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release JTC Running, Inc., Jacksonville University, any other Organizers of Event, all charitable beneficiaries of Event, all sponsors of Event, and their licensees, sponsors, employees, officials, volunteers, including medical volunteers, and other representatives, agents, and successors of each of the foregoing, from present and future claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver.

Participant or Parent (participants under 18) signature

Date

sv



Editor: Bob Fernee  
Designer: Amanda Mason

Submit Articles to: The Starting Line, c/o JTC Running, PO Box 24667, Jacksonville, FL 32241 OR bobfernee@aol.com

Deadline for inclusion in Jan/Feb 2015 issue is January 10th.  
No Exceptions!

Advertising Inquires: The Starting Line, PO Box 24667,  
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32241-4667

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## Weekly Training Runs

Sunday 7:00 am, Tapestry Park Group Run  
Contact: Loretta@jacksonvillerrunningcompany.com

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

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

Monday, 6:30 pm, World of Beer group run, 2+ miles  
Contact: chris@jacksonvillerrunningcompany.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, Tapestry Park Group Run, 3.14 miles  
Contact: loretta@jacksonvillerrunningcompany.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.

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

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, JTC Running San Marco Group, Park  
located at 1964 Largo Rd. Contact Doug Tillett at 728-3711

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