



THE
STARTING LINE
NEWSLETTER

ISSUE

408



2015 Gate River Run Edition



Happy New Year to all JTC Running club members and their friends and families. Our club saw out 2014 with quite a bang, two races, The Guana Back To Nature Trail Races and The Last Gasp, as well as a big social event, our annual Christmas party.

We now begin 2015 in the same sort of fashion. It is a momentous year, our 40th anniversary, and January finishes off with another 40th anniversary: The Winter Beach Run, January 31st. As you may know, in 1975, the Winter Beach Run was our club's first major race creation. We were organizing some small, low-key, cross-country races at Florida Junior College's south campus, and we kind of inherited the Summer Beach Run through good timing and good fortune. The WBR, however, was our first baby. Now that it is 40 years old, we've decided to say "happy birthday" with some spiffy new clothes—a sweatshirt to all 10 and 5-mile runners—a fancy, huge, once-in-a-lifetime medallion, and a new little brother—a FREE one-mile Fun Run for the kids.

You just can't beat it, but that is just like our club, always topping ourselves. Just like our 50th annual Tijuana Flats Summer Beach Run last August, the 40th Winter Beach Run will be a great one and you should do your best to attend. Go to www.jtcrunning.com to sign up.

Still on the subject of races, it is hard to believe, but the next edition of the Gate River Run is right down the street. No changes to the course or the start/finish lines this year. Three generous new sponsors are on board, Chase Bank, Krystal Klean and Sketchers shoes. You can expect the same world-class, high quality event as always. Go to the online address above to sign up now, before the entry fee increases. Or, before time runs out, buy a pair of Sketchers running shoes and some other stuff (as long as you hit \$100 or more) at any 1st Place Sports location and get in the GRR for free. Yes, this world-class, 15k National Championship, race is free with a purchase of Sketchers shoes! (And, like I said, a little more, because the usual price of Sketchers is about 80 or 90 bucks.)

With the Gate River Run looming so large, many of this issue's stories deal with the race. Club member, Chris Hosford, had a lot to do with the founding of the River Run 15,000, acting as a liaison between the club and the race's original partner, the Florida Publishing Co. His interesting account, a reprint from a 1978 edition of our newsletter, appears inside.

There is also a reprint of the original JTC announcement about the new, upcoming race—The River Run 15,000—and an invitation to the pre-race "Carb-Up" dinner that the club decided was worth twice as the race itself, 8 dollars compared to 4.

The first ever member of the Jacksonville Track Club, Rodney Smith, gets intimate with his running in the archived column, Why I Train This Way, circa 1977. You may not get a kick out of it but I am sure he will.

You might remember that about four years ago there was an awful scare that the Duval County schools might do away with several high school sports programs, one of which was cross-country. A hue and cry went up and fundraisers were quickly put into action and cross-country was saved. It must have been worth it because a few of the programs have flourished, one of them at Fletcher High School (Coach Dan Holloway, take a bow). Two of Fletcher's harriers have done extremely well, Kayley DeLay and Isabel Torres-Padin.

Isabel, the daughter of long-time JTC Running members, Steve and Maria Bruce, has written a moving account of her involvement in running, how it has empowered her and what it has meant to her. It is a good one, I think you will like it, and it is a reminder of what running can mean to people, especially youngsters trying to find their own way in this world.

Remember the name, Kayley DeLay, because the way she is going she just might win the GRR one day. The Fletcher High School harrier was named the Times-Union's Girl's Cross-Country Athlete of 2014. She recently won our race, The Last Gasp, in December and I felt a tribute to her would be fitting. Her story you will find in this issue.

Many things, a piece of music, an aroma, a person or place can trigger emotions. For Jay Birmingham, an old club singlet does it. Hard to imagine that the most dedicated runner I know almost quit right after high school. Of course, he didn't, a fledging club in Ohio kept him at it and the rest is history. In this issue, the man who could very well be the world's finest writer of running tells us all about it.



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January got off to a fast start with the kickoff of the 2015 Gate River Run Training Class at 1st Place Sports Town Center store on January 8. After Coach John Metzgar gave an introduction and briefing on how the class should be approached by novice as well as experienced runners, the group leaders took the class for their first run. They will be meeting twice weekly for workouts, lectures, and long runs leading up to the big day March 14. This class includes over 50 participants from the successful Half Marathon class last fall and over 40 new members.

As you are reading this newsletter, results should be available for the Winter Beach Run on January 31. Registrations are running ahead of last year and we are expecting a good turnout.

Next up is the Club's booth at the 26.2 With Donna Marathon Expo at the Prime Osborn Convention Center, Feb. 13 and 14. Member volunteers will meet and greet runners from all over the country who come to Jacksonville to participate in the race. That is good practice for staffing the Club booth at the Gate River Run Runner's Expo at the Fairgrounds March 12 and 13. Over 20,000 runners will be picking up race packets and shopping for the latest running gear at the Expo that precedes the Club's biggest race of the year. JTC Running members



Larry Roberts, President



Greetings!

The year 2014 ended very well for the Club with a record turnout for the Guana Trail Races at the GTM Reserve in South Ponte Vedra Beach on Sunday, December 7. Over 200 intrepid runners tackled the 12k cross country course with 53 completing four loops plus for the full 50k distance. Matt Monroe edged Stephen Lawrence to win with a time just twenty-one seconds over four hours! Everyone enjoyed the Awards Presentation and Party at The Reef afterwards. The Club is donating \$1000 of the proceeds to the Friends of Guana Foundation. Mark December 6, 2015 on your calendar now as the date for this year's edition, which is once again expected to sell out due to limited space at Guana.

The Club's oldest cross country race had its 38th running when The Last Gasp was run December 21 at Jacksonville University. The weather was chilly and damp but that only spurred runners on as George Fernee took First Overall Male and local high school standout Kayley Delay took First Overall Female. This event had 50 runners over the age of 50 who showed the youngsters how it's done! They then led the way at the traditional social at The Scoreboard Bar & Grill afterwards.



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There is nothing more frustrating than to have your training derailed by an overuse injury. We have all been there, and for most of us, the quest for knowledge about what we can do to prevent an injury before it happens, is a part of our running lifestyle. There are many things that have been suggested for us to do: flexibility/mobility work, core strengthening, working on proper running form, being assessed for proper footwear, etc.

Not that these are not important to do, they all are definitely keys to our injury-free success as a runner. But, believe it or not, the single-most important thing that we can all do to prevent a running injury AND improve performance, is actually one of the easiest things to do! It is to perform a proper dynamic warm-up at the beginning of all of your running training or racing.

Definition: A dynamic warm-up is an activity designed to gradually increase your metabolic rate, core temperature, joint range-of-motion, and muscle flexibility/contractility from resting levels, to what is needed for a race or training run. It should match the movement patterns of the sport, and be performed within and/or slightly beyond the range-of-motion required for running. The research-based benefits of a dynamic warm-up include:

- Increased heart stroke volume and lung capacity
- Opening of blood vessels and capillaries all over the body which increase your body's ability to transport oxygen to the muscles (the more oxygen available to the working muscles, the greater your endurance and performance potential)
- Starts the flow of fatty acids to the muscles for fuel, while simultaneously reducing dependence on your limited stores of carbohydrate-based glycogen
- Production of lactate is reduced following a warm-up, meaning your metabolism will be less anaerobic as you start a run or race
- Lowers perceived exertion levels
- Raises internal core temperature and the temperature of working muscles
- The capacity of muscles to produce energy rises 13% for every degree Celsius of temperature rise

- Quickens nerve impulse travel (they travel faster when warmer = better-coordinated muscle)
- Muscles contract more forcefully and relax more quickly, enhancing your ability to produce speed and strength
- Primes the nervous system for smoother less awkward movement patterns (you waste less energy and get into proper form more quickly at the start of the race/run)
- Increases the elasticity of muscles and joint capsules therefore significantly lowers risk of strains, sprains, and tears.

We are all pushed for time with family and professional commitments, and it is very easy to show up for a group run or race barely on-time, throw on the shoes and sprint as fast as possible from the car seat to the start of the run. It also is easy at a race to feel like you will be wasting energy for the race with a warm-up. But, at the very least, you miss out on all the performance benefits of a proper warm-up listed here, but most importantly, you significantly increase the risk of having running injury. What is the "Best" Dynamic Warm-Up?

When you look at what has been proposed and effective in the current research on prevention of running and sports injury, and what is recommended by some of the most respected running coaches in the sport (such as Alberto Salazar: Head Coach of Nike Oregon Project, Jeff Galloway: Olympian and Marathon Coach, Founder of Run-Walk-Run Method, Jack Daniels: Coach of several Olympians, Author of Daniels' Running Formula, Pete Pfitzinger: 2-Time Olympic Marathoner and Coach, Joe Friel: Author of The Triathlete's Training Bible), there are a few common denominators to what makes up an effective dynamic warm-up. Our recommendations here are based on these common denominators.



From the pages of a typewriter (just Google it if you want to see what one looked like) the cover page of the Jacksonville Track Club's October 1977 newsletter (before it was named The Starting Line) read:

MAJOR FIFTEEN KILOMETER RACE PLANNED

Guess we all know what they were talking about although at the time this must have been a real bolt from the blue to all of the readers (probably no more than 50 of them). A "major" race, for until that moment there wasn't much more than the Summer Beach Run, founded in 1964, the Winter Beach Run, begun in 1975, and some low key "Fun Runs" organized by the two-year-old club, the Jacksonville Track Club (that years later changed its name to JTC Running, as you know). These were cross-country races that took place on Saturday mornings at the Beach Blvd. south campus of Florida Junior College, FJC, (another institution that could never be satisfied with its own name).

These are the words from that newsletter that revealed to the world what would soon take place:

A special committee of the Jacksonville Track Club is in the process of planning a 15,000 meter road race, which will first be run in the spring of 1978 and annually thereafter. Major sponsorship of this event has been sought in order to make it Florida's premier distance run. A city street course is being measured. The course will include, among other features, an east to west climb and descent over the Hart Bridge. The public announcement will be made concerning the details of this race October 19, 1977 at the Running Clinic sponsored by the YMCA in the auditorium of the Independent Life Building, 7:00 p.m. Please attend

this Clinic if you have time, and volunteer to help in the organization and running of this 15,000 meter race.

Later in the same issue these words appeared:

RIVER RUN 15,000

Requests for entry forms and information concerning River Run 15,000 continue to flood in. It is obvious that the race advertisements have generated tremendous interest. Runners from every state (except Hawaii) have requested entry blanks. The responsibility of making a success of this obviously huge event lies squarely with the Jacksonville Track Club. If you can work this race, either before, during or after, please call or write race director, Buck Fannin and volunteer for one or more categories of assistance.

1. Registration
2. Finish line
3. Split timer (Men only please)
4. Aid stations
5. Post-race mailing and correspondence
6. Pre-race mailing and correspondence
7. Awards ceremony
8. Banquet

"Split timer" (Men only please): Whoa, what's up with that?! Would love to see who ever wrote that try and pull it off today. Of course he's quite right, only a man can stand on the side of a road with a stopwatch in his hand; far more official. Or maybe it's in the voice? Who wants to listen to some whiny woman yell things like, "18:06", "18:07". I can hear it all now: "I had a great race going until I heard that woman's voice, then my pace dropped by two minutes a mile and 500 people came by me. But for her, I could have beat Bill Rodgers!"

Mark your Calendar!

**JTC RUNNING'S TRACK MEET SERIES
THE BOLLES SCHOOL TRACK
DETAILS COMING SOON**



I used to walk through life and some would describe me as a late bloomer in the physicality department. A minute, weak child with prissy tendencies, athletics never seemed to be a high point on my list. Bike riding stumped me, regardless of how easy it looked to be. Swimming stumped me as well, when one of my limbs would hit the water it was as if I had been tickled to death, my arms flailing violently until my swim teacher pulled me from the wading pool. Even catching a ball stumped me, although I had a fairly good pass for someone who played catch with their eyes closed. Needless to say, I was a bit of a failure in most sports.

My mother, frightened to put me in any organized sports, let me be, she let my creative side flourish and allowed my outlandish antics to run rampant through the house. However, once she married my stepdad, an avid runner, he coaxed her into letting me run a local "fun" run, a mile run filled with manic children whose parents wanted a 10 minute break from them. You may think that at this point that I won the race and my extraordinary athletic potential was realized. It was not. I walked nearly the whole race, and running may have appeared to be a misguided path for me. But the next month I ran another fun run, was I faster? No. Was I happy? Yes. My relationship with running grew stronger over the course of my young career and as soon as I was of age I joined my school's track team. Scrawny and diminutive, I looked like I disappeared on the track's wide curves but my passion for running had begun.

Running is unique in that with passion and fortitude, combined with the willingness to suffer through blistering practices, you can improve and you can grow-in my case both literally and figuratively. I began to put on

muscle, which I gleefully flexed as I strutted through the school hallways; I also began to feel invincible. Quick to be bullied and teased at school I had always struggled with feeling weak and powerless. Running gave me an aura of vigor that allowed me to defend myself and acted as a channel for my frustrations.

My running career extended even farther upon entering high school where I experienced cross country for the first time. Although hurdling over hay bales and tactically maneuvering over roots seemed like an odd pastime for a Saturday night, I fell in love with the intricate art of cross country running. I also fell in love with the team's mutual feeling of acceptance that felt like a security blanket in the knotty first stages of high school. As my time and experience on the team grew, so did my stature. For the first time peers turned to me for advice, whether it be on how to navigate the crowded high school halls or how not to throw up after a race. Running blurred the lines dividing the popular and the normal, the haves and the have-nots and my ardor for the sport that is running began to broaden to those around me.

Whether it was simply smiling throughout a glorious run on the local trails or inspiring the inner competitor in even the sweetest of girls; I, at long last, felt that my voice was heard. Athleticism cannot be defined simply as how well you can run, jump, or swim, nor is it defined by how cutthroat you are in the heat of competition. Athleticism is an idea that the sport you love consumes every fiber of your being, and becomes one of the joys of your life. Running introduced me to my love of caring for others and proved to me that I do not simply walk through life, I run with both intensity and purpose.



Isabel Torres-Padin
Photo taken by Maria Bruce





Kayley DeLay
Photo taken by Charles Delay

Don't give up candy bars. No, not if you want to run personal records, win races and have honors heaped on top of you. Put away those fancy, scientific, sports bars and supplements, for real results try Twix.

Fletcher High School sophomore, Kayley DeLay, begins her most important races with a certain ritual. After her warm up and just before the starting gun's retort, she takes a bite of her favorite pre-race energizer, a Twix bar. She can't explain why, but it seems to work.

"I don't know if it is superstition or if it really does something for me," she admitted. Common sense should confirm the obvious: Don't mess with success.

"But why Twix?" I asked.

"I don't know, I like Twix and I just love chocolate." Kayley said.

Until a couple of years ago her main sports interest was soccer. For years she had played it at school and in clubs. Now that she has tasted such success as a runner, soccer has been benched. It may have been on the cards right from the start. Both of her parents, JTC Running members, Charles and Vivian DeLay, ran competitively for Florida International University. Kayley's grandmother, Diane DeLay, also a club member, is another long time runner.

Maybe her success is in her genes more than in her Twix? Who knows, but for a 15 year old she has had plenty.

She began the 2014 High School cross-country season

by winning the very competitive Bishop Kenny Katie Caples Invitational, a huge meet. In 2013, her first season with Fletcher she finished seventh at the same meet.

On a difficult course at the Florida State University Invitational she finished second and ran the very impressive time of 17 minutes and 58 seconds, the only sub-18 minute performance by an area runner. Then she went on to win the District 1-4A meet, posting a time that was better by 20 seconds than any other local girl.

Kayley ran in middle school, 7th and 8th grades, as a 9th grader at Fletcher she won the Conference meet and finished 2nd at Districts. At the 2013 State Meet she could only manage at 30th place finish.

"She was very disappointed," said Fletcher High School Coach (and JTC Running member) Dan Holloway, "but in that time she grew a lot and matured."

Holloway added: "She is very motivated and responsible, she runs all the time."

The Twix came out at the FHSAA State Meet in Tallahassee at the end of the season. Running against Juniors and Seniors as well as her contemporaries from all over Florida, she finished fourth in the 4-A Final; pretty amazing for a sophomore in only her second year of serious running.

The Florida Times-Union thought it was pretty amazing too, awarding her the distinction, Girls Cross-Country Athlete of 2014.



**Kayley DeLay on her way to winning the FSU
Invitational** Photo taken by Charles Delay



On December 21, Kayley and her father ran in JTC Running's cross-country classic, The Last Gasp. Kayley finished strong in 20 minutes and 9 seconds, good for fourth overall and first female finisher. In the process, she smashed one of her inspirational forces, her father, Charles, by more than eight minutes. Time for dad to try Twix?

Kayley said: "I like that race, it's fun."

Like last year, Kayley will run track for Fletcher, concentrating on the one-mile and two-mile distances. Next fall, her ambition is to break the girls' cross-country record at Fletcher High School and to run under 18 minutes consistently.

More than likely, she will. "She keeps on improving," Coach Holloway said, "and she is a super role model student."

She is a top performer in Fletcher's Advance International Certificate of Education (AICE) program. The program originates from Cambridge University in England and is recognized in 150 countries. Of Fletcher's students who participate in AICE 100% have gone on to college, and 84% have been awarded Bright Futures Academic Scholarships.

Coach Holloway also gives a lot of credit to Kayley's very encouraging, supportive and involved parents.

For a fifteen-year old kid, Kayley sounds very grounded and mature. "I would like to get a college scholarship one day but right now I have to keep my grades up. I know that having good grades always helps, so I am studying hard too."

Somehow, I have a feeling none of this is going to be a problem for this charming, intelligent, hard working, Harrier.



Club Volunteers at Sulzbacher Center
Photo taken by Stan Lambert



Norman Fernee, George Fernee and Bob Fernee
Photo taken by Karie Ewing



"It's still a nice little course," I thought to myself as I sluggishly ran the 38th version of The Last Gasp, on December 21st. Despite the construction and changes that have taken place on Jacksonville University's campus over the years the race's course is still a very good one, and as cross-country goes, quite a unique one for our town. Where else can you find hills, ditches, grass and jungle all in one spot?

Now that JU has bought the massive chunk of land that used to be the Boy's Home orphanage just to the south, maybe they will leave the current campus "as-is" and turn their attention to the new virgin territory where apparently they have plans for sports fields and sports arenas, dormitories and classrooms. This would suit us, as it would leave a good course intact.

Like club member, Rodney Smith, I have attended The Last Gasp every year since its inception in 1977. Unlike Rodney, I have not run every one of the races. When my father Norman and I began the event we agreed to take turns; one year he would run it and I would man the start/finish line, then the next year our roles would reverse. We kept this up for the first eleven years of the Gasp's life until we turned it over to the track club. Board Member, Herb Taskett, then agreed to be race director and has done the job ever since-27 times in a row.

The new on-line registration must have done its job as more than 100 people pre-registered to do the event, a record in itself. The weather had been beautiful all week but decided to be contrary on Sunday. We set up the course in the rain and worried what kind of a race we were going to see. How many of the 100-plus would turn up? Surely the race day sign up would be non-existent. Things appeared grim. An hour or so before the 2 o'clock start of the 5k, the rain abated. Sign-ups went well and all but one of the pre-registered showed up.

For the Fernee family The Last Gasp 2014 was like no other, nearly all of us were running. My son George, who lives in Norway, was in town for the holidays. Though more interested in the Triathlon, he was fit and ready to race. Born in 1979, he wasn't even a twinkle in my eye when the Gasp debuted. His wife, Carina, was also determined to give it a go. My wife, Nancy, would also run and, naturally, I could not let the side down, so I towed the line as well.

My youngest son, Norman II, nine years old, had run the Kids' Gasp 1-Mile Fun Run twice before, finishing third last year. We were all hoping for something great to happen this time and were not disappointed. He went out hard and fast and held his lead all the way until the end. Finally, a Fernee had come in first at The Last Gasp!

The kid was psyched, he wanted more, and as the start of the 5k approached he implored upon me with a line I will never forget: "Dad, I'm still full of beans, I want to run the 5k!" He had never run more than a mile before and I was convinced that he would drop out by the halfway point. But what harm could it do? I knew that his endorphins were raging and the kid was chomping at the bit so I said, "okay."

Once again he went out purposefully, tagging along with the more experienced 5k-runner, 9-year old Juan Carlos Bruce, son of club members Steve and Maria Bruce. As fine a family as you will ever meet and die hard fans of The Last Gasp (I love them for that). Both kids were ahead of me, as was Carina, only Nancy trailed behind me.

Son George really took it out, leading the race around the field that at one time was JU's golf course. His first mile of 5 minutes and 40 seconds was unsustainable but he maintained his lead all the way round, winning the race in 19 minutes and 7 seconds.

After 37 years, two Fernee victories in The Last Gasp all at once! Was I proud? Well ... Glory in The Gasp after all those years. It felt pretty good. Both of my sons were winners that day, but not I. Hold on; I won because I got to be their Dad.

The nipper Norman held on, finished, ran a good time, 26 minutes and 19 seconds, and smashed me in the process. Carina crushed me too. Luckily, I outran my wife so I didn't have to hear it from her later.

Altogether, a great day for The Last Gasp and an even better one for the Fernees. A week later, George ran his first marathon, the Jacksonville Bank Marathon, and finished in 3 hours and 24-minutes, not bad for a soccer player who started running less than three years ago.

Fletcher High School cross-country star, Kayley DeLay (15), easily won the women's race and finished fourth overall. She had a great run, clocking the impressive time of 20:09.

The Masters races were won by Kevin Sweeny (45), and Regina Soeey (43), in 19:29 and 22:39, respectively.

The men's team competition was won by The Old Codgers, (Bruce Holmes, Bruce Kritzler, Rodney Smith, Bob Fernee), with 107 points. Scoring 91 points, the women's team race was won by Santa's Little Helpers, (Kayley DeLay, Rhiannon O'Donnell, Cara Fordenbacher, Isabel Torres-Padin).

The last runner came in and the rain came down. By that time no one cared, we were all on our way to a fine post-race bash at The Scoreboard pub just down the road.

Thanks Herb, thanks JTC Running, thanks volunteers, thanks everyone: The Last Gasp-the great tradition continues.



MY FIRST TRACK CLUB, 1964

Mounted on the wall of my bedroom is a shadowbox, housing a running singlet. A genuine relic of my running past, the 50-year-old garment has survived college, grad school, two dozen moves to six states, and half-a-dozen life changes. That it lasted to the present day is a minor miracle.

It was discovered, as fossils often are, in a box of running t-shirts. Among the other treasures are shirts from six River Runs, the 1990 Pikes Peak Ascentt, and the 1976 New York City Marathon. A white singlet with blue piping, it says OHIO VALLEY TRACK CLUB.

My wife, Debbie, rescued it from my Colorado cabin, washed it for the first time in probably 35 years, and mounted it in the box. I glance at it every day now, and the memories come flooding back. The OVTC was my first track club.

In May of 1963, I was a freshly-retired runner, my prep track days complete. No one I knew raced after high school, and there was no adult running going on in Ohio, or so I thought. By mid-summer, however, I missed running enough to go to Riverside Park in Dayton for an evening jog. It changed my life.

Chaminade High School was a track dynasty at the time, producing bunches of crack milers whose times made me feel pedestrian, although I had experienced some success at rural Wilmington H.S. There they were, a dozen of them, hammering across the grass, charging up a steep hill, and shouting at each other. They were emaciated and tireless, excited over the results of their time trial.

A week later, I returned, hoping to see them again. I jogged around, warily, and was startled by a voice.

“Would you like to run with us?”

Thus began my return to running and my introduction to the sport of cross country.

By Labor Day the next year, 1964, I placed eighth in an open cross country event in Cincinnati. There I met Don Wahle, the founder and leader of the Ohio Valley Track Club. Six feet, three inches tall, with Coke-bottle-bottom eyeglasses (I’m serious), Don was friendly and quite old, I think 32. He and two other older guys wearing Ohio Valley TC uniforms came up to me.

“Would you like to run with us?”

Since I was not yet eligible to compete at my new college, I was game.

The OVTC was solely a competitive group: no meetings, no newsletter, and a roster that changed from week to week. We converged on a parking lot in northern Cincinnati, piled into the largest car, and drove out to challenge the world.

Barry Binkley was a stocky high school coach, famous for his 3:00-flat split for a ¾-mile leg of a distance medley relay while running for Miami University. Bob Roncker (now the owner of several running specialty stores), was a social studies teacher and a former standout at UC. Don was the heart and soul of the club, a Xavier grad, who worked as a bookkeeper. Jack Mahurin was an English teacher and Western Kentucky alumnus. The five of us were joined by a half-dozen other locals, mostly post-collegians, who just couldn’t give up their running.

We all trained hard and independently, and shared workouts and track articles with each other. Don kept us connected through postal cards. His large capital letters announced our next race.

“U OF KY, 4 MILES XC, OCT 17, MEET AT DESC PARKING LOT, 6 A.M.”

I don’t recall a time when fewer than five guys showed up. We’d drive to the meet, run to exhaustion, grab a sandwich, and then drive back home.

In the fall of 1965, led by Mahurin’s first place finish, we claimed the Kentucky AAU Cross Country Championship over 15 clubs and colleges. I got to take the team trophy home for the week, a compliment for placing second man for the club. Two weeks later, we captured third place in the Ohio AAU meet, behind Ohio State and Miami.

I wore my OVTC singlet in my first marathon, Labor Day 1966, in Columbia, Missouri. Later that fall, I won a one-hour run at the University of Kentucky, outsprinting clubmate Al Sewell during the final minute to prevail over a field of 17 guys, mostly collegians.

I was—and I think most of us were—proud of our little club. Although the singlet survives, my racing shorts are long gone. Same goes for my dark blue warm-ups which sported the initials, OVTC.

Don said it stood for “Old and Very Tired Club.” What a great couple of years for me, to race with those old, but not so very tired, runners.





On December 7th the third edition of the third generation of the Guana trail runs, hosted by JTC Running, took place. Third generation? Yes, the first gen was under the race directorship of club member, Dave Hatten, founder of the event. When Hatten moved out of town, club member, Bill Dunn, took over for a few years and when his job made it impossible for him to continue, club member, Mark Ryan, picked up the Ultra torch. Officially, yours truly is listed as “co-race director”, but take it from me, Mark does a lot more work on the event than I.

The “Guana” was always an Ultra, a 50k, with a tag along race—a 2x25k relay—to spice things up. It was never well publicized or well known. Like many Ultras, it had a cult following and not much more. Yet because of the Ultra’s new allure, we set out to make more out of the event. Besides, Mark Ryan is a true, dyed-in-the-wool Ultra fan. He is dedicated to the Ultra and also to this event and its a success.

Mark and I took over the event in 2012, making two alterations: Adding a 12k race to attract more runners and putting emphasis on an enjoyable, unforgettable post-race bash. We renamed the event the Back To Nature Trail Races. The Guana Park is now officially known as the Guana Tolomato Matanzas National Estuarine Research Reserve, a name almost as long as our 31-mile leg numbing run.

Due to environmental concerns, the event is limited in how many people can attend and this time we hit the limit. With just over 200 people pre-registered on race day Mark announced, “no more!” And no more it was, except for the few no mores we let in (couldn’t help it, they carried cash). So despite the competition from the new Divas event in St. Augustine and the popular Reindeer Run Half-Marathon in Amelia Island taking place on the same day, we saw a new record crowd in South Ponte Vedra. The trails were alive with the sound of ... of well, never mind.

The nearly 8-mile long trail was nearly dry and the day was cool and nearly dry too; excellent conditions for a sheltered

trail run and back-to-nature experience. The famous Guana wildlife, the wild boars, deer, turkeys, snakes and alligators stayed out of the way and the even wilder hunters stayed out of the way too. All people had to do was run, and run they did.

The 50k Ultraists and 25k Relayists got underway at 8 am. The 12k Speedsters took off at 1 pm. As usual, the idea was to get all the runners to finish at virtually the same time (so no one would be late to the party; considerate, aren’t we?)

Despite the fact that he is a 42-year old Masters runner, Matt Monroe, won the 50k men’s race in 4 hours and 21 seconds. This made Brian Higgins the winner of the men’s masters race in 4 hours, 13 minutes and 27 seconds.

Mae Barker (37) won the women’s 50k in 4:52:08. Kellie Smirnoff (43) finished first in the women’s masters’ competition in 4:52:32.

Matt Devillers and Kathy Irgens won the 2x25k Team race. Their combined time was 3 hours and 34-minutes.

The most exciting finish of the day was provided by the first and second place finishers in the 12k, Jon Rouche (29) and Matthew Goolsby (26). Their times were 55:30:2 and 55:30:6, respectively. Paul Wilson (46) won the men’s masters race in 56:19.

Though officially in the masters division, Draya Manze (42), was victorious overall in the women’s 12k race with a time of 61:56. Michelle Fredette (57) finished first in the women’s masters race, her time was 62-minutes and 53-seconds.

Plaudits, once again, to race director, Mark Ryan; he organized a very fine, super smooth, event. His attention to every detail is right on and more than that, he is a man in love with the Ultra as well as running itself. In this age of “race organizing” by people who care nothing for running and prioritizing profit-over-people, Mark is a man with his heart in the right place. Quite simply, he is the real thing. Thanks, Mark.

The post-race party cum awards presentation was an even bigger hit than ever. The food, drink and camaraderie were outstanding. Many fine comments were made about the races, the organization, the venue, the trails and the after-race festivities. It is enough to bring a tear to my eye and commit to doing it again next year, which I will do as long as Mark Ryan is willing to do it also.





In addition to that, a great relationship has been created between our club and the people at the Guana Park. We work together well, they appreciate us and we appreciate them. We are working with them to help maintain and improve the nature trail system at Guana. If you haven't treated yourself to a nice back-to-nature run on the Guana trails, then you should. Believe me, you should.

I think that I can honestly say that JTC Running scored a huge victory on December the seventh, an Ultra-sized victory.

RIVER RUN 15,000

APRIL 1, 1978

UNDER THE SPONSORSHIP OF
The Florida Times-Union Jacksonville Journal
Hosted by Jacksonville Track Club
In Cooperation With The City Of Jacksonville, Fla.

ENTRY FEE \$4.00

On Friday, March 31, 1978, the day before River Run 15,000, the Jacksonville Track Club will maintain an early registration desk at the Jacksonville Hilton Hotel, River Run 15,000 race headquarters. The Hilton Hotel is located at 565 South Main Street, directly across the St. John River from the River Run 15,000 start/finish line. All runners can pick up their race packets early and have answered any questions about the race. Because of the large turnout expected, we urge every runner to register and check in early.

In addition, on Friday a press conference and reception (with cash bar) will be held at the Hilton Hotel beginning at 5:30 p.m. Following the press conference, there will be a pre-race buffet dinner. All runners are invited to the press conference, reception and dinner. It will give an opportunity for runners from different areas of the country to meet and to enjoy a pre-race meal. The menu for the pre-race meal has been prepared with the runners' diet in mind. There will be sufficient selections available either for those who wish to "carb-up" or for those who wish a light meal.

It will be necessary to pre-register and prepay for the pre-race dinner prior to March 15. If you wish to join the rest of the runners for the River Run 15,000 pre-race meal, please complete the registration form below and return it to race headquarters with your check now. The price per person is \$8.00, inclusive of all gratuities and taxes.

The above notice was printed in the March 1978 club newsletter (number 25). The excitement of Jacksonville's first truly major race was well on its way, complete with a pre-race dinner that cost twice as much as the four-dollar race entry fee. Must have been a good meal, eight bucks was a lot of money back then.



PROCLAMATION

WHEREAS: Founded in October 28, 1975, the Jacksonville Track Club was born out of the initiative of participants in the Bold City Run; and has become Northeast Florida's premier organization promoting fitness, recreation, healthy lifestyles and athletic competition; and

WHEREAS: Now known as JTC Running, this membership association is the creator of the Gate River Run and has served as its host organization since its inception in 1978; and the Gate River Run has become one of the leading road races in the country, as well as a much-loved event in Jacksonville; and

WHEREAS: JTC Running hosts a wide variety of running events, including the annual Winter Beach Run, the Guana River 50K Trail Run, the Tijuana Flats' Summer Beach Run and the Last Gasp, as well as track meet series throughout the year; and

WHEREAS: Also a member of USA Track & Field (USATF) and the Road Runners Club of America (RRCA), JTC Running stays involved in events at a national level and periodically hosts championship events for both organizations; and

WHEREAS: As Jacksonville's running pioneer and a promoter of active and healthy lifestyles, the organization also provides clinics, training classes and support for young athletes; and

WHEREAS: The philanthropic arm of JTC Running plays an important role in supporting various local organizations and efforts, including the Sulzbacher Center, the commissioning of public art along the Riverwalk, and the free junior River Run annually, among others; and

WHEREAS: In celebration of the 40th anniversary of JTC Running, Jacksonville recognizes the way this private organization has enriched our communities, challenged both residents and visitors alike, and helped to make Jacksonville a destination city for nationally-recognized athletic events.

NOW, THEREFORE, I, ALVIN BROWN, by virtue of the authority vested in me as mayor of Jacksonville, Florida, do hereby proclaim March 2015 as

JTC RUNNING MONTH

in Jacksonville and encourage all citizens to join me in recognizing the many contributions of JTC and challenge Jacksonville residents to engage in healthy, active lifestyles.



IN WITNESS THEREOF, this 1ST day of JAN
in the year Two Thousand 15

Alvin Brown

MAYOR



Over the years, Race director Doug Alred has done great things to make the race increasingly better, the Gate Petroleum Co. has contributed a tremendous amount to make the race what it is and the owner and parent, the club, JTC Running, has nurtured and guided the race throughout its long life. The elite, world-class runners have carried its competitive spirit to a high level, and the TenBroeck Cup has brought to Jacksonville a team competition rarely seen in the USA. Despite all that, who is the real champion?

The course.

No matter how often Todd Williams has won and no matter how fast he has run, the real winner since the River Run 15,000 began is the route we run. Todd may have conquered it, and in record-setting time, but nothing has been appreciated more than the magnificent course of the Gate River Run.

It is the one thing that all Gate River Run runners, regardless of athletic ability, can relate to on the same level. The race may have its "Equalizer Bonus," but the real equalizer is the course itself. It gives no one an advantage, it treats all runners exactly the same. What makes the course so good?

It's beautiful, it's thrilling, it's challenging; it's a journey. And it was set up to be exactly that. The original architects of the race knew what they were doing. Moreover, they knew what they had to work with: The river, the bridges, the neighborhoods and downtown Jacksonville.

The neighborhoods could provide the charm and beauty, the river could bring drama and power, the bridges could supply hardship and challenge, and downtown could be the starting and ending points. It was perfect, and now, 37 years later, it still is.

Buck Fannin, River Run founder and first race director, recalled how the course came to be: "I was an early member of the Jacksonville Track Club (now JTC Running) and they were in the process of trying to find some kind of big race downtown and they were approaching people who were associated with the Gator Bowl (football game) to see if they could have a race connected to the Gator Bowl. The Gator Bowl people

came back and said 'no,' and that was that."

In 1977, Fannin ran the New York City Marathon and came home with the idea that such an event could be staged in Jacksonville. "It was my first New York Marathon and I paid attention to the details. The idea of the five boroughs and the bridges, and I thought 'we could do something like that': a race encompassing some of our neighborhoods and bridges, and how neat it would be to start a race downtown, take it into Southside and see if we could incorporate the Hart Bridge," he said.

"I also wanted to have music on the course; so we got the symphony involved and they provided a little quartet that played along River Road, and we had a couple of other small groups that were spotted around," he remembered.

Fannin continued: "There was also a race in Perry, Florida, The Great Race 10k, and that race also inspired me. At the end of the race they had baked goods and even music, I think. I thought it was cool to bring people in the community out."

The concept of the original River Run was Buck Fannin's, but he gives credit to others: "My son, Richard, was right along with me. He was 9 years old at the time and was on the ground floor of the River Run right from the beginning and has been there ever since." "We started driving sample courses: Richard, myself and George Burns, my Little Brother, I was involved in the Big Brother group at the time and he was my Little Brother," Fannin said. "We sort of tentatively marked out courses that we thought would be a lot of fun. When the opportunity came to suggest it (to the city), because the Gator Bowl committee had turned us down, we jumped on it."

The city agreed; Fannin served as race director of the River Run 15,000 for the first two years. Even after he relinquished the position he continued with the event, recruiting the elite field for the next eight years. The affection and dedication has passed from father to son, as Richard has now taken on the job, with particular attention to the team field for the TenBroeck Cup, named after club pioneer John TenBroeck.



“My Dad had a new 1977 Toyota Celica and we drove that car all over the place to map out a course, I think one day we rode what we thought would be the course about eight times. I was getting sick of it,” Richard Fannin recalled.

He continued: “Getting the distance to be more or less right was the hard part. I don’t know how we ever came up with the 15 kilometer distance, it was kind of unique at the time.”

Getting the distance correct was pretty difficult all right. The most experienced runner in the Jacksonville Track Club was Jay Birmingham and the job of measuring Fannin’s course fell to him. Later Birmingham would run across the entire US, from LA to New York, setting the unassisted solo record along the way.

Birmingham remembered: “To be officially certified, the course had to be measured a certain way as instructed by The Athletics Congress (TAC) standards committee, headed up by Ted Corbitt.”

The TAC later became the USA Track & Field (USATF) and Ted Corbitt, also the founder of the New York Road Runners Club, coincidentally, has a son, Gary, who is a long time member of JTC Running. (Small running world, isn’t it?)

Jay Birmingham relived the hoops he had to jump: “There was a calibrator called the Clain Jones Counter that I had to have attached to my bicycle wheel, no other instrument was acceptable. The bike’s tires had to be inflated to a certain pressure, and then the bike and counter had to be verified for accuracy using a steel tape on a straight, flat road, half a mile in length. This had to be done four times. The course measurement had to be accomplished on an overcast, cool day, as sun and heat could affect the calibration.”

All went well until he reached the eastern ramp of the Hart Bridge, then ... an impasse. The police stopped him dead in his calibrated tracks. It is illegal to cross the Hart Bridge either by foot or bike, and the police was adamant that he would not pass. He retreated.

He could see no way around his dilemma. At the time Birmingham was employed by the engineering firm, Tompkins Beckwith, and when he went to work the next day he related his tale of woe to a fellow employee. Much to his surprise, the man responded: “So all you need are the engineering drawings of the Hart Bridge, that’s no problem, we have them right here!” Using the distances off the blueprints and adding them to his own measurements, Birmingham finalized the course. A full-page ad, gloriously showing the city by night, was printed in Runner’s World magazine, and Jacksonville waited for a massive throng of runners to arrive.

Bill Rodgers won the inaugural 1978 race in 44 minutes and 46 seconds. Kim Merritt won the women’s race in 55:46. The eleven minutes between them would be the widest gap ever recorded in race history. In 1979, Joan Benoit won the women’s race; she would go on to write history as the champion of the first women’s Olympic Marathon. Her time of 51:47 set a new women’s American 15k record. Great news for River Run organizers but panic set in.

“We thought, what if our course is short?” Birmingham said. If it were, the track club would look like chumps and the “record” would not stand. TAC people came to town to remeasure the course as the JTC hierarchy sat on pins and needles. Verdict ... the course was over 50 meters long; the record was good.

In the first River Run there were 2,204 finishers, 89% were men and 11% women. The 2011 race witnessed, for the first time, more women finishers than men and it has been that way ever since. In 2014, 54% of the finishers were women and 46% men. Last year, 33 women ran faster than Kim Merritt’s 1978 winning time and 8 men ran faster than Bill Rodgers’ time of 1978.

At the age of 12, Richard Fannin ran the River Run 15,000 and set a record for 12-year-olds that has never been beaten. Jacksonville native George Burns was one of Jacksonville’s all-time best runners. He died of cancer in 2005.

There has been much tinkering with the course through



the years. In 1984, the start and finish lines had to be moved to the Gator Bowl area due to the construction of the Jacksonville Landing and in 1985 an adjustment was made in the middle of the race, adding a loop in St. Nicholas near the St. Johns River.

The course took a hit in 1993 when the 'Storm of the Century' caused the race to be delayed a day. Many parts of it were made impassable by fallen trees and flooding. The start was temporarily moved to the south bank of the St. Johns in 1995 and '96 due to the rebuilding of the football stadium.

Everyone has a favorite part of the course and Buck Fannin, its architect, is no different: "River Road, San Marco; just because of the civility of it. I think it is just a really, really pretty area. My next favorite part is the Hart Bridge, because of the challenge. People who haven't run the course before will look down (from the bridge) and see the majesty of the city and how it is all laid out. Plus, in their minds, that's the challenge, they've passed the top, they've been wondering how are they going to get over that bridge. They've been working their way up and then, wow! I did it, there is that relief."

"The Hart Bridge is the signature of the course," said Elite Athlete Coordinator, Richard Fannin. The bridge, called the "Green Monster" by runners, was opened in 1967, and is named after Isaiah D. Hart, mayor, and founder of Jacksonville. The bridge is 141 feet high and 3,844 feet long. The steel truss bridge is one of the 20 longest cantilever bridges in the world.

The course continues to amaze and delight me. Always enthralling and challenging, it has never once seemed boring. It contains many different elements: Urban downtown, the Main Street bridge, the beautiful neighborhoods of San Marco and St. Nicholas, the challenge of the Hart Bridge, the dramatic finish line. Few races can match the history and the course of the Gate River Run.

Mark your Calendar!

**JTC RUNNING'S TRACK MEET SERIES
THE BOLLES SCHOOL TRACK
DETAILS COMING SOON**

Mark your Calendar!



Largest 15K in America

JTC Running's Gate River Run

USATF 15k National Championship

Saturday, March 14th - Enter Now

\$2 Discount for all club members



By November 1977, the Jacksonville Track Club was up and running. The members were all abuzz with the news of the planned race for April 1978, the River Run 15,000. That month the 21st issue of the club's newsletter printed with a frontpage story written by Chris Hosford. He was a track club member and also a writer for the Florida Times-Union, our local paper and first sponsor of the River Run 15,000. This is what Hosford wrote in the November 1977 newsletter:

RIVER RUN 15,000-GENESIS OF A ROAD RACE...

Chris Hosford

In just the few minutes it took to announce River Run 15,000 at the YMCA running clinic, the Jacksonville Track Club took an immense step forward in its own development and in the furthering of running in a responsible way for the people of Jacksonville.

But for many in the audience who saw the full-page color ad that will appear in Runner's World, the first of four straight months, the aerial view of the course, and heard the names of Bill Rodgers, Jeff Galloway, Kim Merritt, Peg Neppel – for many of those people, the River Run 15,000 has seemed to blossom out of nowhere, and as such may be a fleeting, second-rate thing.

The race did not just pop into existence. It is the result of long months of planning by both JTC representatives and Florida Publishing Company personnel – the perfect blend of sport and industry for the benefit of both. Here is its history, how it was born as an idea and how it developed into a reality.

More than a year ago, J.J. Daniel, publisher at Florida Publishing Company, was contacted by Jacksonville University officials to co-sponsor a "Campus to Cowford" race, to commemorate Jacksonville's original name. But the idea died before it went anywhere-perhaps because support was too slight, perhaps because no expertise in running off a major road race seemed to be available. Also, to more than one observer, "Campus to Cowford" seemed perhaps too limited in scope to excite regional participation and national attention.

But the idea wasn't forgotten. In June, Daniel was contacted by this writer. The advantages of a major road race were highlighted, and since the Peachtree July 4 race was upcoming (sponsored by Atlanta's major newspapers), his

attention was pointed in that direction. For six weeks, silence. Then, the week after Atlanta's huge (and hugely exploited) Peachtree race, the Florida Publishing Company began to see distinct possibilities in sponsoring a road race. The Atlanta Journal Constitution splashed it across both papers in color for days, generated tremendous local excitement (about 4,500 of the 6,000 runners were Atlantans), and reaped the benefits of being the major sponsor of a real "happening."

Mal Houghton of Florida Publishing Company's Public Affairs office became the newspapers' contact with the Jacksonville Track Club. Research was conducted by a team consisting of Buck Fannin and Jay Birmingham (course), John TenBroeck (budget), and myself (possible benefits for the papers), along with Gary Hogue and John Sisk. It was then presented before a FPC panel consisting of Houghton, Fred Seely, managing editor of the Florida Times-Union, and Jack Gaillard, assistant to the publisher. All three were excited by the three-pronged presentation, and aired it before the FPC's budgetary committee in August. The consensus was that the Florida Times-Union/Jacksonville Journal could do no better than latch onto what could well become a classic happening on the scale of Chicago's First Federal race, the Peachtree 10,000-and yes, even the Boston Marathon.

Here are some of the conclusions drawn by race "host" (JTC) and race sponsor (FPC): the race, at 15,000 meters, will be a classic distance and, as such, would attract national attention, yet won't be too long for the hoards of local joggers who will participate. In addition, the possibility exists that an AAU national 15-k championship could be held here. The course, over the Alsop (Main St.) bridge, through San Marco, and over the Hart Bridge, is respectable in difficulty, beautiful, and representative of the City. The date, April 1, follows the Florida Relays by a week and benefits by North Florida's best flowerage and weather. FPC officials are interested in making River Run 15,000 "first-class all the way," and have allocated enough money to make it so. Rodgers is excited about coming-River Run will be his last big race before tapering for Boston.

And the event is snowballing into something greater than the sum of its parts. The City is seriously considering moving its River Festival celebrations to April 1, to coincide with the race. City-wide parades and water shows on the river should make a perfect showcase for the main event-River Run 15,000. Needless to say, publicity is the name of the game,



and the partnership between the track club, city, and the newspaper industry couldn't be better for the ready-made publicity available-and the development of the sport in these parts at last.

The two main moving forces behind the River Run are Buck Fannin, race director, and Mal Haughton. Both have worked hours in preparation for April 1. Mal, by the way, was the photobug bouncing along in the trunk of a car at the

Jacksonville Beaches Run last August, and has become well-versed and a real fan of running.

Projected turnout? Oh, at least 2,000. And that's conservative compared with other first-year races and the burgeoning of women's running in particular. With the Times-Union's and Journal's media voices turned up full blast, thousands more could be attracted by the finest race in the state ... and potentially one of the finest in the country.

Club member, Rodney Smith, is a legend. He served as a coach at the Bolles High School and later at Stanton High School, as head coach and Chair of the Math Department, until his retirement in June 2014. Along the way he did a lot of running and racing. We spent a lot of time in the same age groups and I spent a lot of time being sick of him always out running me. When I came upon this old article in the November 1977 newsletter I thought it would be good to pay tribute to Rodney, the only man to have ever run all 38 editions of The Last Gasp cross-country race and an altogether fine fellow.

WHY I TRAIN THIS WAY... Rod Smith

Actually, I don't train, I just run. "Training" sounds too much like work. But finding such terminology hard to avoid, the way I train is dictated primarily by three factors.

The first factor is that I try to stay in about the same physical condition year around. I make every effort to run every day and try to average at least eight miles a day at about 7 ½ minutes pace. Running daily takes determination, but getting in the habit of doing so overrides the temptation to find an excuse for missing a day. By running basically the same year around, I find I can race with at least some confidence at a wide range of distances on short notice.

Another factor influencing the way I train is the particular race I may be planning for. Before a mile race or any other track race I will do more speed work and spend more time on the track than usual. Speed training for me consists of four to eight repetitions of 440 at 70-second pace. Before a long race I will try to get in more long runs and beef up the mileage. Being a frequent marathon runner, I especially

try to put in some extra miles prior to that event. The week before the race I will taper off so as to be well rested by race day. Prior to the Summer Beach Run I try to get in a number of runs in the heat so as to be acclimated for the race. These are not dramatic changes in my routine, but merely minor variations that should prove advantageous on race day.

The final factor affecting my running is the time I think I can devote to the activity. Being single and having summers free, I probably have more time to devote to running than some. When I am not teaching during the summer I raise my daily mileage to 9 or 10 miles and race frequently. I use the weekly races as speed work to prepare for longer races in the fall. Finding it difficult to get up early to run, I prefer late evening runs. These after supper runs are usually 6 to 10 miles. On Saturdays and occasionally on other days I run twice to keep my weekly mile total up around 70 miles. I find I have trouble keeping this mileage up year round, however, due to more frequent injuries and less time to rest when I am teaching school. There are other non-running activities that I devote time to. Devoting more time to running than I do might diminish my enjoyment of the sport.

The factors influencing my training may differ from those affecting yours, but I am sure you too are motivated from the pleasure you receive from running. This just might be the most important factor involved in running. My basic philosophy on running is to run only as fast as I feel I can, comfortably, and only as long as it is enjoyable.



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

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Weekly Training Runs

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

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

Sunday, 6:30 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@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, Tapestry Park 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 Pinto at 655-1044.

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@jacksonvillerunningcompany.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 655-1044

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@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.