



THE
STARTING LINE
NEWSLETTER

ISSUE **409**



Track Is Back!
JTC Running Remembers Its Roots



Like people, some races have a lot of personality and some don't. I think that was what struck me the most on March 14 when our Gate River Run took place for the 38th time. The race has a powerful personality. It has presence and charisma too. Good reasons why everybody wants to be a part of it, to be involved. If you are a local runner, any kind of runner, you feel compelled to be there.

I'm not exactly sure what gives a race personality, but our GRR has it. Some races never will. It is not just that the GRR is big and crowds draw crowds it is that the race has a magnetic personality and keeps drawing us back.

Plaudits to race director, Doug Alred and his team, they did a great job. Out on the course everything went smoothly, I could see no problems whatsoever. There were lots of able volunteers and plenty of water, a very necessary ingredient given the heat and humidity. In fact, I think it was the first hot race of the year so far. Runners that I spoke to afterward mentioned running two minutes slower than last year, and they all put it down to the conditions.

At least we had a Gate River Run. One man who was looking forward to it but didn't get the pleasure was JTC Running team member, Frank Frazier. He nearly found out the hard way that he had a serious heart condition. Here he is in his own words.

So I'm laying on this really comfortable plate of steel yesterday about 2 PM with a blanket over it in my designer backless hospital gown-attached to all kinds of monitors-and had at least six needle sticks in the last few hours. Mind you, I've not had a bite of food or a drop of liquid for over 26 hours and have just been told this chick is going to have to shave my groin. The nurse says, "Oh, your blood pressure is a little high."

You think?? This apparently happened Dec. 28 at the end of the Jax Bank Half-Marathon. I finished it-very slowly-but feeling OK. By the time I walked to my car I had chest pressure, but not the elephant sitting on my chest. Caught a ride to the EMT tent and was released without any sports drink or water or IV (they missed the vein in both arms). I walked around for a bit, got to feeling OK and went home. Four days later at the Gator Bowl

5k I dropped out in about two blocks. The following Monday I went to my PCP and was told my lungs were clear and my heart sounded good.

I continued running/walking 15 to 25 miles per week while spinning hard 3 hours a week. Tough running, I knew I was not right, but what? Ms. Nancy was after me to see (Cardiologist) Ramezani but I knew it wasn't that bad.

On 3/2/15 I went back to the PCP. Same answer.

On 3/12/15 Dr. Ramezani walked through the Gate River Run expo and stopped and talked to me. In the course of the conversation I told him about my heart attack and after a bit of conversation where he repeated several times that I was fortunate to be alive and that he fully believed the Hart Bridge would have killed me on Saturday, he told me to go to Orange Park Medical Center immediately and he came up and did a heart cath. No stent for reasons I am not clear on. One artery severely blocked and another with mild blockage. Will treat with meds for now. No running or spinning for????

I wanted Frank to tell his story because there is a message in it for all of us: If you are not feeling right, get yourself checked. Even long time runners like Frank Frazier can have heart problems. Be careful, be vigilant.

Two of our best events are coming back. The first, our annual track meet series gets underway in April. These are very fine meets for all ages, especially kids. There is nothing they like better than to run all-out and these meets give them the chance to do just that. To top it off, they are free, all you have to do is sign up online at JTC Running.com.

This summer our popular Suns baseball night will make a triumphant comeback. We haven't had it for a few years but thankfully long-time member, Gary Ledman, has organized its return. It's fun, it's sociable, and it shouldn't be missed.

At this year's Gate River Run Hall of Fame club members, George and Dottie Dorion, got what they deserved. Their work in the inaugural River Run 15000 was recognized and ensconced on the wall for all time. They deserved it and we are all glad that they at last received it.

Just as this newsletter was about to go to print we learned that one of our club members, a man who for many years led our Wednesday night track sessions at Bolles, Danny Weaver, has died of cancer. This is terrible news, he was a great guy, loved by all who knew him and our hearts go out to his family. Thanks, Danny, thanks for everything.

I'm writing this as I recover from my 23rd consecutive Gate River Run. While not in the same league with true 38 time Streaker Bob Fernee, I do feel some sense of accomplishment for hanging in and walking the last eight after back issues ended my running career. And trust me-- walking a sub-sixteen minute pace for fifteen kilometers can cause strain on this old frame!

The year I switched to walking, 2008, there were maybe 200 of us non-runners at the back of the starting line scrum. In this year's event there were nearly 2000. In 2008 I was shocked to see walkers with phones. This year I was shocked if one didn't have a phone! Along the way many paused briefly for photo ops: on River Road; in front of the St. Nicholas Cemetery Gate; and, at the top of the Hart Bridge. This must seem anathema to the sub-sixty minute time finishers, but I learned to take it stride so to speak, and it seems to add to the spirit of gaiety and community that is a big part of the experience for the non-seeded participants.

I don't think any of the above takes away from the fact that this year's Gate River Run had an outstanding field of elite runners from all across the country that fought the heat and humidity to make the 38th Running one of the best ever. Hats off to Race Director Doug Alred and his team for a very well managed event. The four wave start flowed smoothly; the bands along the course were great; and plenty of water was available on this hot day for even the last of the pack. Thanks to Richard Fannin and his team the TenBroeck competition was the best ever. Behind the scenes a group of Club members drove shuttles to the Jacksonville Airport ferrying elite runners from and to flights at all hours of the day and night.

JTC Running members enjoyed a great hospitality tent before and after the race thanks to the tireless effort of our Club Vice President and Public Relations Committee head, Larry Sassa. The tent (with refreshments, bag check and

toilets) has become one of the Club's most popular perks. A big thank you to Club members who volunteered to work the tent as well as the Club booth at the Runners Expo-- your efforts helped make it a great week.

The JTC Running Race Team, under the direction of Stephanie Griffith, competed. The very successful Training Class of Coach John Metzgar finished their nine week course with a great effort.

Also making it a great week, were two events earlier in the week. Tuesday evening, three time Gate River Run winner, Jen Rhines and River Run 15,000 pioneers, George and Dorothy (Dottie) Dorion, were inducted into the Gate River Run Hall of Fame. Then on Wednesday evening, the Club sponsored a free screening of the inspirational documentary Transcend at the Sun-Ray Theatre.

With the Gate River Run successfully behind us it is time to turn to the Spring and Summer Track Series. This year the Series will comprise five meets, four at The Bolles School and one plus a Decathlon/Heptathlon at Creekside High School. Admission is free with pre-registration on JTCRunning.com. Go there now for details and signup. The first meet is a Distance Carnival on April 25.

Also open for registration is the return of an old favorite, the JTC Running Night at the Ballpark. On July 25 Club members will enjoy food and beverages before a game between the Jacksonville Suns and the Birmingham Barons at the Baseball Grounds. Sign up and join us for a fun summer evening!

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Larry Roberts, President



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Thank You

to all the 2015 Gate River Run Volunteers!



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After having a couple of days to rehydrate and ruminate about this year's race, I wanted to offer a few thoughts.

If you've never participated in "The Gate," or even thought about participating, listen carefully:

You can do this. Yes, you can.

Every time I run the Gate, I'm awed not just by the sheer number of participants, but also by the kinds of folks who have decided to go out and pound the pavement despite ... extremely busy lives ... parental responsibilities ... stressful jobs ... extra weight ... a myriad of health problems ... and on and on. There's almost no hindrance or difficulty you can think of that somebody hasn't found a way to cope with and run anyway. Out of almost 17,000 people who line up at the start, there are so many who could say "I don't have time" or "I have kids" or "I'm not athletic" or "I don't like to run" or "I need to lose weight first" or ... or anything. I'm sure there were people whose lives are in tatters, maybe they're unemployed, maybe they're suffering through a divorce or relationship breakup, maybe they've been diagnosed with a serious illness, maybe they're facing financial ruin or other calamity. Still, they ran. Some barely shuffling along, but still they ran. They got up that morning, they laced up their shoes, drove downtown, lined up at the start, and they put one foot in front of the other enough times to carry them around those hot, humid 9.3 miles of asphalt until they reached the finish line. Then they got in their cars and went home to again face the problems they had left behind for a few hours. But for a little while they were heroes, to themselves if no one else, because they persevered.

Where others had watched and wished they had done it.

Yes, you can.

I've run the Gate many times going back to 1979, and without a doubt my most memorable race wasn't my fastest. It was 1986, when I accompanied my Dad throughout the entire route, enjoying every step of the way. I still have the photo of us both as we were about to cross the finish line together, him with a big smile, me looking for the finish chute (way before chip timing did away with chutes!). Even though he's had many successes and accomplishments as a musician/music director all his life, I know that the feeling we both had that day as we ran together was an unforgettable memory. I know because he's told me so, many times. My Dad's not an athlete, he had only been running a short while, but he put his mind to it and he just did it.

So can you.

Listen, that feeling of heart-thumping, adrenaline-pumping anticipation when you line up at the start is indescribable, something everyone should experience. You're about to step onto the field and be a player, not a spectator. That's what got me out there the first time: I wanted to take part, not to watch, not to wish. No matter how many butterflies you have, how nervous about completing the distance, how anxious about getting over the "Green Monster" (aka the Hart Bridge) ... your sweat melts your fears away and sometime after you've started and are in your rhythm, legs churning, sweat pouring, you realize that as long as you keep putting one foot in front of the other -- even if you have to walk, even if you have to stop, bend over, throw up, whatever. If you can somehow just keep going, you will cross the finish line and earn that awesome finisher medal that symbolizes an accomplishment that no one can ever take away from you. Ever. It is exhilaration like no other. And having done it several times and experienced that exhilaration, I just want everyone to experience it, to bask in it. It's too good a feeling not to want others to share.

For the last time: Yes, you can. Be your own hero. Hope I see you out there next year.

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Take that, Chuck Norris.

The longer I run the Gate River Run, the longer it takes me to finish it, the more I look to external forces to propel me through it. The parties. The people. Their posters.

It was about halfway through this year's ordeal, near the beer station on Belote Place, that I saw a woman holding my favorite sign:

Chuck Norris never ran 9.3 miles.

How did she know? She probably didn't. He probably could run 9.3 miles. Maybe he has. Google it if you must. I prefer to think we're all one up on Walker, Texas Ranger.

Were there more signs along the course this year than ever before, or was I just more aware of them? Not all of them stay with you when you're struggling to survive a warm day. Many of them are for a specific runner — a family member or a friend. But I saw several this year imparting universal inspiration. They went something like:

You're all strangers, but I'm proud of you.
I'd like to meet those people, and thank them. Hope they're back next year.

The folks on Atlantic Boulevard around Old Hickory Road must have had a lot of fun before the race preparing their signs; they demonstrated uncommon wit. There was a clear standout for me:

Kanye thinks Beyonce should get your medal.
She can have it, I thought. Beloved by many as a token of the achievement, that otherwise lovely postrace accessory felt like a 40-pound albatross around my neck last year. I resolved to decline another this time. If

an insistent volunteer tried to slip one over on me, I'd demur and say, "Please see that Beyonce gets this."

Even the official race signs caught my eye. Oh, the irony, as we traversed Olive Street, to be directed straight, past the historic St. Nicholas burial ground ("Look alive, cemetery ahead"), only to turn ... onto Gay Avenue.

A lot of my fellow Assumption Church parishioners live in those neighborhoods of San Marco and St. Nicholas and are watching and cheering in their front yards. They've lived there a lot longer than they've known me, and they're not out there looking for me, but they're well positioned to give at least one runner the will to push on to the Hart Bridge.

(Special report: One friend whose yard is the water stop on Holmesdale Road says his favorite moment of this year's race was when the FedEx guy had a delivery down the street. He parked up along Atlantic, jumped into the race and ran to the address on the package and then jogged back to his truck — against the flow of humanity heading for the 6-mile mark. Absolutely, positively, we all had to be somewhere.)

The signs surprise me, the people drive me. As the years go by, however, the race becomes more and more about who isn't out there anymore as who is. For as long as she lived at Baptist Towers, my mother would walk down Children's Way to the water station on San Marco Boulevard, and whether you knew it or not, she was rooting for all of us.

So once again, in her memory I paused at that corner to implant one of her Gate River Run lapel pins. It may not be visible by next year, but with any luck, it'll outlast all the campaign signs that surrounded it. Those signs, I can do without.

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Congratulations to all Gate River Run runners

Course Long, River Wide, Bridge High,
Temperature Hot, Humidity Hellish,
But You Did It, You Conquered All





Presented by: **CHASE**

I have done 37 of them and I knew that number 38 would not be pretty. Although I retired last September and have lots of time for training, Mother Nature intervened and every time I tried to get going another injury got in my way. After more than 40 years of running I got to discover what plantar fasciitis was really all about. Achilles tendonitis? Oh, I already knew all about that, but he reintroduced himself as well.

So the training went miserably and I knew the race would as well. None of my training “runs” got beyond 6 miles and 9.3 miles loomed like a marathon. To the unprepared, the Hart Bridge is no different than Pikes Peak.

I stood at the starting line alongside Gary Ledman and the legend who in 1978 measured the first River Run 15,000 course, Jay Birmingham. We spoke of our impending trial by fire and hoped that the day wouldn't get too hot (it would, and very soon). At every River Run I look around and observe how much the race may have changed over the years. As we waited for the cannon to blast, a drone flew overhead, taking photos or making a movie, I figured. Now that was different.

The race started and I remarked to Jay, “I don't much like those things.” He replied, “Neither do I.” Creepy things, drones; are we supposed to just get used to them?

A much happier, more comfortable moment occurred when Gary pointed out to me the building that will soon house the local brewery, Intuition Ale Works. We hatched a plan to have Intuition deliver two kegs of their brew to our JTC Running hospitality tent next year, or at least cans. Sure hope that dream comes true.

Soon it was through downtown and over the Main Street Bridge, which did seem higher this year (not a good omen). Into San Marco which is always nice and a band across the street from Bistro Aix had a good groove going (unlike myself). The crowds were out and the

people offering doughnuts and Mimosas were, too. That was nice to see, even though I was hardly in the mood.

By 4 miles the heat was noticeable. I also noticed that I was pretty much done in. My lack of fitness had been found out, nothing to do but slog on in the infamous runner's death march. Besides, I had a “Streak” to maintain; surrender was not an option.

Party time, as usual, along Belote in San Marco. The loud, encouraging crowds were in their front yards. The sign read, “Beer Ahead,” a fine idea but I dared not; at this point my glass was definitely half-full. Sausages and bacon were sizzling on the grill. No thanks, another time, perhaps. Right now, I was the death of the party and I felt like it.

Another new thing, and an annoying one (at least I find it so), people in vast numbers running with cell phones, talking along the way and posing for those blasted “selfies.” One woman took a serious tumble and it looked bad. She left some skin on Atlantic Blvd. and came up limping, but somehow seemed happy-her all-important cell phone was okay.

One of the worst parts of the race, the stretch along Atlantic Blvd. in front of Bishop Kenny High School and somehow it seemed rather shady and cool along there. It was still a painful grind, but not as much as it could have been. I was thankful for that.

The 10k point was reached inside the St. Nicholas neighborhood. Two-thirds of the race was now behind me, what a relief. A lady with a macabre sense of humor held up a sign that read: “Look alive, cemetery ahead”. Look alive, in the middle of my death march? Not easy, lady, and besides, the most horrible bit, the Hart Bridge, was not far away.

Another new addition took place on the descent of the Hart, the Downhill Mile Challenge. He or she who ran the fastest downhill mile would win \$1,000 and a pair of Sketchers running shoes. I was hardly up for it, to say the least, and could only look forward to the downhill as the beginning of the end of another tough, very tough, Gate River Run. My descent would be a slow, non-competitive one, with eyes fixed toward the finish line on my left.

Then it was all over. I was handed a very nice, huge, heavy medallion. I grabbed a much-needed bottle of water and my next thought was: “Why does this walk to the JTC Running hospitality tent seem so long? So very, very long?”

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By now just about everyone in the running community has heard about Graston, ASTYM, or SASTM techniques. These techniques are just name brands of a concept called Instrument Assisted Soft Tissue Mobilization (IASTM). IASTM is a technique that uses specific tools to improve the health of soft tissue, particularly chronic degenerative soft tissue injuries.

The question has to be asked, how does the use of IASTM improve chronic and degenerative tendon conditions? The body's response to IASTM is to stimulate muscle and tendon regeneration at a cellular level and eliminate or reduce problematic scar tissue that may be causing pain or movement re-restrictions. This makes IASTM a particularly useful technique for those nagging conditions like plantar fasciitis, medial / lateral epicondylitis, achilles tendonopathy, chronic hamstring pain, IT band syn-drome, scar tissue adhesions, and a host of other musculo-tendonis injuries.

As with anything, grand claims can be made about any product or technique. All you have to do is turn on the TV at any time of the day and you will see infomercials guaranteeing more money, miraculous pain relief, fast weight loss, and improved health. Unfortunately, the vast majority of those products leave people wanting and disappointed. The question has to be asked, is there any proof that IASTM is effective for treating those conditions previously mentioned? The answer is yes, but a word of caution has to be mentioned. There are a number of published studies on the effectiveness

of IASTM, however the majority of those studies are case studies which are considered lower level scientific evidence. This does not mean that these studies should be disregarded, but rather accepted with caution. The higher and stronger level of evidence is a randomized controlled trial, and at this time there are relatively few randomized controlled trials for IASTM, but more are likely forthcoming considering the wide use and popularity of IASTM.

So what does all of this mean? IASTM is a good and viable treatment option in the care of chronic and degenerative musculotendinous conditions, BUT, it should be considered only part of the overall plan of care for these injuries. Be very wary of over exaggerated claims of what IASTM can do, and make sure that it just a part of an overall treatment plan to get you back to health and running.

If you are suffering from a nagging musculoskeletal injury and need some help getting back to running at your full potential, contact us at Coltman and Baughman Physical Therapy. We will do a full evaluation to determine the best treatment for your condition, and determine if IASTM would be an appropriate part of that treatment plan.

Coltman and Baughman Physical Therapy
2370-02 3rd St. South Jacksonville Beach, FL 322250
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www.cbptjaxbeach.com

JTC Running Night at the Baseball Grounds

Arranged by Gary Ledman, Esq.

JTC Running resumes its party at the Baseball Grounds of Jacksonville this summer on July 25 when the Jacksonville Suns play the Birmingham Barons. This annual excursion, a club tradition dating back 20-some years to when the Suns played at Wolfson Park, is back after a hiatus of several years.

The pregame party on the Winn-Dixie deck in right field begins at 6 p.m. and lasts until 7:15, 10 minutes after the scheduled first pitch of the game. The basic price of \$19.95 includes a Suns cap, a reserved seat for the game and hot dogs, hamburgers, popcorn and soda during the 75-minute party. For an additional \$9.95, adults can also enjoy beer during the party.

A link to registration can be found at jtcrunning.com under the Events tab. The club is covering \$5 of the cost for the first 40 online reservations. (For those who don't want to register online and qualify for the discount, a downloadable form that can be mailed in with payment is also available.)

Also, the first 3,000 fans through the gates on July 25 will receive a Justin Nicolino bobblehead, honoring the 2014 Southern League Pitcher of the Year, and for those who stay for the ballgame, there will be a postgame wrestling card.

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(Sung to the tune of, These Are A Few Of My Favorite Things. No, not really, the words don't fit at all and it would be even harder to sing than The Battle Hymn Of The Republic).

A new year and what does that mean for runners? Not much, I guess, just another 12 months of getting slower and slower, that is, if you are like me (hopefully not). Time for reflection, to be thankful and to rejoice. Ha! Not for me. Time for me to think about all those things that gripe me. I hate to complain, but sometimes I just have to let it out. Like David Letterman, here is my Top 10.

A Few Of My Least Favorite Things

1. "Races" that aren't races, or even "Runs." Zombies, Tough Mudders, Colors, Electrics, and who knows what else. These over-priced "runs" are money-spinners for the organizers and nothing else. Send them packing in 2015.

2. Dogs at Races. They can bite and they have bitten. The answer? The muzzle. Let 2015 be the Year of the Muzzle.

3. The Bridge of Lions 5k. It was once one of my favorite events. That was back when it was an evening race. You could finish the race then go out on the town and enjoy the St. Augustine nightlife. What am I supposed to do now, go to Denny's for a Grand Slam breakfast? In 2015, I want the old race back again.

4. The Avondale Classic 5k. Could also be known as the world's most presumptuous race by referring to itself as a "classic" in its first year. Nevertheless, as an evening run it was classically enjoyable and afterwards you could have a nice night out in Riverside/Avondale. Today, it's just another early morning 5k and that spirit is gone. Let's have it back in 2015.

5. Race Snobs. People who don't think our races are good enough. So they don't show up and support them. It is always better to go out of town to the more "exotic" races. Come on, we have a great running scene here and some of the best events you will ever find. Turn out for them in 2015 before they disappear.

6. Local "Runners" who don't join our track club. For crying out loud, it's only 20 bucks, and the best deal around. These "runners" should get on board and be a part of it. 2015 is the 40th anniversary of JTC Running, a great time for them all to sign up.

7. Race Critics. They never volunteer to help out in a race but they sure can shoot their mouths off. They have no idea how hard it can be to pull off an event and they don't care to know. Finding fault and complaining is the name of their game. This year, I would love to see all of these people volunteer to work a race.

8. Idiots who incessantly complain about runners on "their" road. Sorry, pal, but that public street is not "your road." In the great scheme of things, those people passing in front of your door are only there for a few minutes. They are probably there for a good cause, like raising money to finish off cancer. In 2015, lighten up.

9. "Technical" Race Tees. Enough already. I race sparingly these days but my drawers are full of them. Like the self-propagating plastic water bottle underneath your kitchen sink you can't stop them. Let's go back to cotton this year. At least you can polish your car with a cotton tee.

10. Medallions by the multitude. Once was, you had to run a marathon to win a medal. Now you can get one just for rolling out of bed. In 2015, let's make the medallion valuable again.

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TRACK IS BACK!

JTC Running's Track Meet Series

April 25, May 9, June 6

Decathlon/Heptathlon, June 6 & 7

July 18, August 1

Learn more/enter at JTCRunning.com



Ghosts of River Run Pasts

After the finish of yesterday's 38th running of the River Run, more correctly, the Gate River Run, I shuffled from the stadium to the fairgrounds, searching for shade, nourishment and more water. I saw no one I knew.

It was hard to believe that in the 1978 inaugural race, I had handed finish cards to at least half of the Streakers — men and women who now had covered the route 38 consecutive times. Back in those days, the River Run was hand-scored. Finishers were corralled until they scrawled their name and age onto a 3x5 card and handed it to a volunteer.

Now, I — and 15,000 others — had our presence at the start and finish detected, and recorded automatically, complete with splits at 5k, 10k, 8.3 miles. But except for a shout of encouragement from Rodney Smith (the Original JTC member) on River Oaks Road, I'd just covered the whole 15,000-meter course knowing no one, talking to no one, and receiving cheers from unknown spectators.

At least my prerace conversation was a pleasant five minutes with Bob "Streaker" Fernee and the Times-Union's Gary Ledman at the rear of the seeded first wave.

So, exhausted, I trudged toward the JTC tent (more correctly, the JTC Running club tent) having drained two bottles of chocolate milk en route. Old Friends, I was sure, awaited me.

There was a time, from 1978 to 1984, when I knew several hundred JTC members, perhaps 95 percent of the club's active, local runners. But there was no one at the camp whose face I recognized. Even the older faces were strangers. I snagged a snack, and then shuffled back out onto the midway, looking for the 10 St. Johns Country Day School runners who competed. We met near an inflated cow, had a quick photo shoot, swapped a couple of battle stories, and then departed the mob of unknown runners.

I drove home stunned. I knew some folks who were running the race, but where had all my old friends from the first 10 River Runs gone? Like a soldier shuffling home from a just-ended war, I was depressed and alone, wondering.

Yesterday afternoon, I perched before a computer and slowly pieced together the results. Except for the 10 kids I coach, the names were people I knew not. And then it hit me.

John Metzgar, now 52, was 14 when the first River Run was held. Tim Deegan was 17. Mike Wachholz, the teenaged

terror of the local roads in the early '80s, was only 7 years old in 1978! There was no sense looking at the results of anyone under 50 years old!

Slowly, my friends' names emerged from the thousands of finishers: There was William Sullivan ("Sully"), and dear Bob, keeping his Streak alive. Craig Harms, John Thrush, Mitch Palmquist, and Tom Zicafoose — guys I saw every weekend three decades ago!

Now, in the 65-69 bracket, more friends — Herb Taskett, Bryan Bartosik, Pat Gaughan, Fred Gaudios and Bill Longenecker. They are alive — and still running.

No longer feeling a stranger in a strange race, I found Paul Hibel, Richard Horton, Barry Sales, and Ty Payne — rivals that I called my friends and ran many fast races with. Perhaps they are all still club members. Maybe none are. No matter. I felt happy that I shared the road with them one more time that morning.

On the women's side, I noted a dramatic change: The female age groups were enormous! There were over 1,000 finishers in the 40-44 division, 1,200 between 35 and 39, 1,300 between 30-34, and 1,200 more finishers between ages 25-29. None of the men's age groups had a thousand finishers. Never again would a "JTC Women's 5K" be held to give the girls their place in the sun. They now dominate River Run.

Speaking of changes — and some things that don't change — Elfrieda Wyner is still at it, a leader in her division at age 72. Olympic Trials marathoner Lanier Drew captured the 55-59 age group.

So I looked for other ladies' names from the past and found a few — Anne "Streaker" Shumaker, Barbara Ebers, Carol Newby. Not as many old friends — but there weren't many women runners in '78. Women from age 65-100 numbered only 100 this year; there were 250 men in that same age span.

It is obvious that nothing remains the same — except for the course from the Main Street Bridge to the Hart Bridge. All of the original turns are the same. It was a pleasant jog down Memory Lane (and through San Marco, Atlantic Boulevard and St. Nicholas).

The number of Streakers will continue to diminish, and inevitably, there will be none. But I hope, with all the passion that drives me onto the roads each day, that each year there will still be some old friends to share the River Run with, until we just can't run anymore.

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For most of the country it's been a long cold winter. Just ask those people in Massachusetts. Runners there had the grim choice: Run through an 8-foot-tall snow drift or go inside and face the treadmill, or "dreadmill" as many call it. Around here, as we know, our best running weather is during the winter and most never think of dealing with the treadmill until the intense heat and humidity forces them to do so.

Is the treadmill getting a bum rap? Is it really so bad, or is it the boredom factor? But more than that, is treadmill running really not as good as running outside?

Seems like there are a lot of myths, mysteries and misinformation when it comes to the treadmill. So much so that I decided I had better get to the bottom of it. Why? Well, maybe it's personal, I'm thinking if I have as much trouble running in the summer heat this year as I did last, then maybe I better swallow my pride and submit to the treadmill. No more communing with nature or letting my imagination run wild, I'll be gazing at a TV set enduring Oprah, CNN and Gilligan's Island reruns. The things we do for running.

Enough of my usual nonsense, let's look at this scientifically. Is treadmill running as "good" as over ground (outdoor) running? "Serious" runners have pooh-poohed it, but others have researched it and said it is perfectly fine and just as good.

"People have a bias against treadmill running — that real runners don't do it, or that it changes your leg movements. It's all garbage," said Harvard Medical School graduate Casey Kerrigan in a Runner's World magazine article.

"We found some minor changes, but they weren't the ones people expected, and they don't affect anyone's running biomechanics," Kerrigan said.

Jacksonville Beach physical therapist Mark Baughman said much the same thing: "Although there is some debate on the difference in the biomechanics of running on a treadmill versus over-ground running, it seems that if a person is comfortable and trained with running on a treadmill that the biomechanics of running are relatively the same compared to running over ground."

He continued: "However, some consideration must be taken when considering what type of treadmill is used. The more stiff the deck of the treadmill, the more it will simulate over-ground running and minimize the biomechanical changes of the running form."



Surely, though, running over ground is a better workout than running on a motorized belt? "No," said Baughman, "as long as the heart rate is elevated to where it needs to be, then the benefits are equal. Treadmill running does not significantly differ from running over ground in regard to oxygen consumption."

Another belief is that setting the treadmill at a 1 or 2 percent incline more closely replicates running outdoors. Kerrigan feels that this is unnecessary and a better solution is to increase the treadmill's speed.

The biggest difference between the two is in the air. Displacing the air in front of you while propelling forward is something to contend with; not so in a sheltered room.

"Just think of the difference between riding a training bike and cycling in the open air," Baughman said.

A treadmill's belt is far more forgiving than a hard road or sidewalk, so it must be better for avoiding injuries, yes?

"No," Baughman said, "the canter (levelness) of a road can increase the chance of injury; otherwise, between the two there is little difference."

He continued: "There may be some mild difference in muscle activity of the lower extremities while running on a treadmill compared to over-ground running. This may be most prominent in the muscle of the calf called the soleus. Running on a treadmill may cause decreased activity of the soleus force production compared to running over ground. This may be a consideration in the rehab of a runner after an injury."

Speaking of injuries, JTC Running member and Gate River Run "Streaker" Dave Ohnsman has plenty of experience. Years of knee problems have caused him to run on a treadmill almost exclusively. He wrote: "I switched over to treadmills in the late 1990s and for me, it gave me several more years of running. For anyone who has had knee surgeries or other gait problems, treadmills can be a lifesaver, since the even surface doesn't stress joints as much as the natural variation in over-ground running does (think of the slope of a roadway, navigating curbs, etc.)."

"You can also improve the efficiency of your running gait and otherwise train in a more structured way. No dogs or other hazards. If the treadmill is in your home, run



at whatever time suits you best, regardless of weather outside. Plus you don't need much (or any) running specific clothing. But it really helps to have a complete entertainment center (TV, DVD player, internet, music), plus the agility to operate the various remote controls without falling off the treadmill," he wrote.

Lastly, Ohnsman remarked: "Running at home always made me look forward to, and appreciate, group runs like Wednesday night at 1st Place Sports, Sunday morning at the Sea Turtle, or (in ancient times) Monday at the Gazebo."

For those who find running already boring, the treadmill might seem like a sentence on Death Row. "It is not mentally stimulating," admitted JTC Running member, Karie Ewing, when comparing the two. "It is a necessary evil; I do it when the weather is bad or if it is too late at night. I do it just to get the miles in."

She relies on music or the TV for distraction and does "speedwork" for a better workout and to kill the boredom.

"It is easier to quit on a treadmill. All you have to do is turn it off and move away. If you're on a six-mile run and halfway through it, you have no choice but to keep going just to get home," she said.

The treadmill may debunk all of its myths and misconceptions but it might never outrun its worst reputation: It's boring.

Karie Ewing's longest treadmill run? Sixteen miles. Ouch! That even *sounds* boring.

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JTC Running Track Series for 2015

The 2015 Track Series opens April 25 with the Distance Classic at The Bolles School. "We are excited to offer five meets this year" said Series Director Eric Frank. "And the June meet and Decathlon/Heptathlon will be held at Creekside High School".

JTC Running's 2015 Track Series will consist of five meets, all of which will be on a Saturday:

1. Distance Carnival of running events 4:00 pm April 25 at Bolles
2. Track and field meet 4:00 PM May 9 at Bolles
3. Track and field meet 12:00 PM June 6 at Creekside High School
4. Track and field meet 12:00 PM July 18 at Bolles
5. Track and field meet 12:00 PM August 1 at Bolles



A decathlon/heptathlon will be held June 6 and 7 in conjunction with the June 6 track meet at Creekside. This event requires separate registration.

Entry to all meets (except Decathlon/Heptathlon) is free of charge to all pre-registered on line participants. Go to www.jtcrunning.com and click on "events" to pre-register.

Free on line registration will close at 6:00 PM the Friday preceding each meet. One time registration enters an athlete in all meets except Decathlon/Heptathlon.

Coaches can enter their team members as Guest Registrations.

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

Those not pre-registered will be charged \$5.00 for day of meet registration. Bib pickup and day of meet registration will open one hour prior to first event.

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

Start planning now to run in one (or more than one) of JTC Running's Track Meets this year. You might want to consider training a bit on a track before showing up to meet the competition. Races in a track meet are fun and exciting, so get ready now and try out your legs in this "different" kind of running.



While putting on my socks the other day in preparation for a training run (yes, sometimes I still do) I thought to myself, “Boy, socks sure have changed” (yes, that was far better than thinking how much I’ve changed). Like running shoes, fabrics, midsole materials, innersoles and even the food we eat, everything has altered a lot since I started running in the 1970s.

We went through cotton socks, idiotic tube socks and thick-as-a-blanket orlon socks, before we got to where we are today, and we are in a better place, believe me. Let’s take a quick look at the history of running socks, or as Goldie Hawn used to say on the Laugh-In TV show of the 1960s, “Sock it to me!” (Sorry, that was awful, but I just couldn’t resist.)

Ever tried running without any socks at all? I have, and I can’t; my skin rips off faster than a celebrity’s premeditated wardrobe malfunction. I can’t run ten feet without socks. Anyway, wearing shoes without socks makes the shoes stink to high heaven. Such shoes are very hard to live with and don’t kid yourself, those little Sneaker Balls won’t do a thing.

Cotton socks: For decades these were the standard bearer. They weren’t terrible but they were unpredictable. Too many times they would bunch up underneath your foot and cause horrendous blisters, especially during a race that you were looking forward to. They didn’t “wick” moisture, they absorbed it; that meant they became wet and heavy -- more blisters.

When cotton crew-length socks morphed into “tube” socks, things got even worse. Tube socks often reached the knees so there was even more fabric to become sodden. Shaped like a tube with no actual heel, the things never would fit properly; talk about bunching, talk about blisters, those idiotic things were a runner’s worst enemy. To top things off, they made you look like a twerp. When tubes were popular in the 1970s, people wore short-shorts with tube socks -- it was hard not to look like a twerp. Thank goodness that today we have shaved heads, body piercing and head-to-toe tattoos; so much better.

Orlon: This wonderknit fabric of the late 1970s and

early 1980s was to clothing what disco was to music. It was used for everything. Ever tried throwing an orlon warm-up suit in a dryer? Next thing you knew it was a hand-me-down for your 4-year-old. Shrinkage, and well before Seinfeld.

Thor-Lo socks capitalized on the orlon craze. These pillow-thick babies came in a host of styles and lengths, but they all had one thing in common: massive thickness. At one time Thor-Lo had an ad campaign that maintained that you didn’t need running shoes, all you needed was Thor-Lo. Take the Thor-Lo Challenge and toss your trainers. Thor-Los weren’t socks, they said, they were “Pads.” Thick? Oh, my God. I think you had to add one-and-a-half sizes to your shoe size to make way for the “Pads.” They didn’t wick very well and if you sweat a lot or got caught in the rain, they became combat boots. They also had a bad habit of falling down, sliding around and bunching up; welcome to Blister City. Yet Thor-Lo dominated the sock market and the pads came off when it came to pummeling the competition (Ha! Get it?).

Just as all the great empires have fallen, so did Thor-Los. A new contender rose, the technical wicking fabric and his game was light, tight and thin. Suddenly Thor-Lo looking pudgy and unfit. The new socks were thin; they moved moisture away from the skin well, they weighed nearly nothing, and they fit tight -- no more sliding, bunching or blisters. Some came with a money-back No Blisters Guarantee. New names, like Balega, WrightSock, Wigwam and Features, all wanted to punch the bloated king, Thor-Lo, in the gut. The major running shoe manufacturers even got in on the act, selling their own “tech” socks. Thor-Lo responded with a new, thinner “Running” line of socks that most people felt were still too thick. Thor-Lo hit back again with Experia, another new design, but it was too little and too late; their market share dropped.

Wool: I almost forgot about wool, probably because here in Florida we always forget about wool. Why? It has the reputation for being hot. It is a cold weather fabric, right? Good only for hiking and ice fishing. Not quite, I once had a couple of pairs of thin wool socks made by SmartWool. They were really nice and not hot at all. I had a pair of Experias made of merino wool and they



were the best Experia of them all. Still, I cannot expect wool running socks to ever make an impact in this state. Indignant Southerners will always yell, “go back up North where you belong!” to hapless wool socks.

Toe Socks: I know; they look like gloves masquerading as socks. They are socks, good ones, too. These funny-looking things are the darlings of the ultra running crowd. They are the only socks you can wear with soon-to-be-extinct Vibram Five Fingers minimalist “toe shoes.” The idea is that by having fabric around and between all of the toes the skin cannot rub together, therefore, chafing and blisters between the toes are eliminated. Try some out on your next 100-miler. The brand to look for is Injinji. Injinji, that’s Swahili for: 100 miles, are you nuts?

Compression socks: You’ve seen “fast people” wearing them at races and wondered to yourself, “do they help, could they even work for me?” They can cost as much 65 bucks a pair. In 1979 you could get two pairs of Nike Waffle Trainers and a six-pack of all-cotton tube socks for that. The question remains: What do they do?

Basically, the compression they provide returns the blood from the extremities, the feet and calves, to the heart at a faster rate. This means increased efficiency

and quicker return of oxygenated blood back to the feet and legs, therefore more oxygen and less lactic acid. They also keep the muscles warm, important on a cold day, and this could also translate into less chance of a muscle strain. They work very well for post-run “recovery” and some people use them exclusively for that purpose. Others use them for swollen ankles and/or feet, especially during long-distance airline flights.

There is no documented evidence that the use of compression socks will help Joe Jogger lower his marathon time, but then again, they won’t do any harm and they could be worth a try.

No question that running socks have come a long way. What’s next on their horizon? Who knows? The rule of thumb is this: Use “technical fiber” socks that fit well (a bit on the tight side is better, certainly not loose). The height of the sock is a personal thing: Some like them ankle length and some prefer them roll-down or no-show. As long as they aren’t pulled down into your shoe, aka “eaten,” where they will cause havoc, blisters and skin ripping. Don’t worry about color or even brand name; find what works best for you, then hit the road, trail or treadmill for a blister-free run.

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JTC Running Supports Guana Preserve

In recognition of the support that the Guana Tolomato Matanzas National Research Reserve gave to JTC Running’s Guana Trail Races last December the Club presented a check for \$1000 to the Friends of the GTM Reserve.

Pictured at the check presentation are (from left) Mark Ryan, Guana Trail Races Director, Angela Christensen, President of Friends of the GTM Reserve, Dr. Michael Shirley, Director GTM Research Reserve, and Club President Larry Roberts.



If you are into endurance sports such as triathlon, marathon or half marathon, you most likely have been at least introduced to sports nutrition. How serious you are regarding it is directly related to how much you actually know about what is available and how and when to use it. For simplicity's sake, I'm going to focus on the brand GU which has the most complete line of sports nutrition products, and without artificial ingredients such as colors or flavors that may hinder performance. GU incorporates findings from studies done by the American College of Sports Medicine, one of the foremost sports research organizations in the world. As a side note, many GU products are even kosher.

Fueling is very important to maintain your energy level and reduce tissue breakdown during intense or endurance exercise. GU Energy Gel is an excellent first choice product. Maximum absorption is maintained by including Simple/Complex ingredients such as Fructose and Maltodextrin (1:2 concentration), quick and efficient fuel sources for both fast and long-term energy release. In doing so, you will reduce your chances running out of steam (and preventing hypoglycemia) due to muscle glycogen depletion. Besides replacing energy reserves, GU also includes Electrolytes Sodium and Potassium which help prevent dehydration, reduce the risk of cramping and help stimulate thirst (Sodium). Added branched chain amino acids act as fuel, can lessen the effects of mental fatigue and promote protein synthesis to reduce muscle breakdown and lactic acid build up. Amino acids also provide energy by improving carbohydrate absorption, help maintain concentration, and aid in recovery. Caffeine (0mg, 20mg or 40mg) is added to most GU flavors to boost performance, lower perceived effort, increase burning fat as fuel, increase alertness, and improve concentration. Forty mg is about equivalent to a half cup of coffee. Contrary to popular opinion, caffeine does not act as a diuretic during exercise. Recommended is one GU 15-20 minutes prior to exercise and then one every 40-45 minutes to maintain energy levels.

Roctane Energy Gel is premium grade GU when greater effort levels are required. It has much higher concentrations of branched chain amino acids, providing extra energy, reducing muscle damage and helping to

maintain concentration, electrolytes, plus an additional ingredient, OKG, which can promote recovery by protecting muscle tissue from damage. Depending on flavor, your choice is either 0mg or 35mg of caffeine. One prior to your workout and then one every 40-45 minutes is recommended. You will feel the difference.

GU Chews are simply the chewable version of GU. For those who do not prefer the consistency of GU and would rather chew their carbs, amino acids, electrolytes, and caffeine (caffeine, if included in your favorite flavor). Four chews every 40-45 minutes is recommended, and are equivalent to one GU.

GU Electrolyte Brew is low calorie, light-tasting, fast absorbing and refreshing. By adding fructose/ maltodextrin (1:1) to your beverage actually allows your body to make better use of the fluid and carbohydrates (when compared to water only). Added electrolytes (sodium and potassium) help maintain

Roctane Ultra Endurance Energy Drink is premium GU Brew and designed for long, intense activities. It has all the same ingredients with the addition of branched chain amino acids taurine (improves heart and skeletal muscle function), and beta alanine and histidine (helps buffer pH for even less muscle breakdown as well as improved performance).

GU Electrolyte Tabs (pure hydration without the calories) are low calorie, easy to carry, and ready to drop into any bottle of water. Sweetened with natural Stevia, GU Electrolyte Tabs increase the desire to drink, with added electrolytes, natural flavor, and taste. Helps prevent dehydration, reduces risk of cramping and stimulates thirst. They are especially good for pre-hydration, everyday hydration, and for anyone desiring less calories and carbohydrates in their sports drink. Only 10 calories/tablet.

Electrolyte Capsules with ginger root (promotes a soothing sensation in the stomach and helps reduce nausea and dizziness), contain more of the essential electrolytes an athlete's body must replenish during long or intense workouts. An abundant amount of sodium (the primary electrolyte lost in sweat), magnesium and chloride (low abundance electrolytes many athlete's need during longer, sustained efforts),



Vitamin B6 to help minimize dizziness and Vitamin D as an aid to performance when deficiencies in this vitamin are present. Sodium, magnesium and chloride are scientifically proven to be the only electrolytes required during exercise. They function not only to maintain electrolyte balance and prevent cramping but to maintain plasma volume by helping the body hold onto water. Without adequate water, dehydration causes the blood to thicken, which slows blood flow and decreases oxygen utilization, sweat rate, muscle strength and performance. Adequate electrolytes also prevent a very serious condition called hyponatremia, a condition characterized by a low blood sodium level. Hyponatremia is caused by severely diluting the electrolyte balance of the body by limiting fluid intake to plain water while exercising and sweating heavily. This can lead to seizure, coma and death. Hyponatremia can be identified by weight gain during exercise. Recovery Brew is a great tasting drink with premium quality ingredients to help quickly replenish energy stores

and rebuild muscles after intense workouts. Includes an optimal blend of carbs to replenish glycogen stores, quality whey protein isolate for optimal absorption for muscle repair, branched chain amino acids glutamine and arginine to support a strong immune system and accelerate recovery, electrolytes sodium and potassium to support proper hydration, and anti-oxidant Vitamins C and E to combat tissue breakdown. Protein, carbs and electrolytes are most needed within 30 minutes after workout when muscle cells are most receptive to nutrition.

I hope you now have an idea of what all the hype is about regarding proper sports nutrition. Work with it and find the combinations that work best for you. Keeping the body functioning as optimally as possible will enhance your workouts, delay the onset of fatigue, decrease fatigue-associated injury and improve overall performance.

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Danny Weaver – The Passing of a Great Regular Runner



All of us at JTC Running are mourning the loss of our good friend, Danny Weaver. Even though he wasn't one of the "original" members of the club, it seems like he was always a member of our club,

as long as we can remember. He was also an important member of the Florida Striders. He was easy to talk to, he was easy to run with, and he was easy to convince to help us out whenever we needed somebody. We all knew Danny as a runner and he was a good runner – not extraordinary where he was always one of the first ones to finish the race, but a really good "regular" runner who was super dependable, extraordinarily friendly, eternally optimistic, and forever supportive.

We honored Danny Weaver as our Running Leader of the Year during the JTC Running Awards Banquet in 2010. We recognized his volunteerism, his love of the act of running, and the way he headed up our Wednesday evening track workouts at Bolles, week after

week and then year after year, welcoming new members to the group, understanding their ambitions that brought them to the track, and then developing workouts for them to help them meet their goals.

There was another time we remember, when we first began offering a meal to the clients at the Sulzbacher Center for the Homeless. Since it was our first effort, we had to campaign for a while to get enough people to cook, and later serve, the meal. We stopped by to take photos of that group of runners working for the good of our community. We were not surprised that the group included Danny Weaver and that he volunteered for both the jobs (cooking and serving) instead of just one. What a regular guy he was. Danny passed away peacefully on Sunday, March 29th, at his home, surrounded by his loved ones. It was esophageal cancer that got him but he gave it everything he had, all the guts the man could muster, to overcome the disease. Eventually it overwhelmed him. As we think about the Danny that we knew, it's obvious to us that it is impossible to replace him, with all his goodness and his leadership and his being such a regular runner for us to emulate. We will all miss him terribly but we will carry on the best we can even without him, which is what he would want us to do.



1st Place Sports Says “Hola” to St. Augustine



1st Place Sports has opened a store in St. Augustine. This means that St. Johns County now has a running headquarters. It has been ages since the short-lived run specialty store, Fun Run Sports, closed its doors and the area has been bereft ever since. Not now; the new store is fully equipped with everything any runner could possibly want or need.

Set to open last October, then Christmas, the store finally started doing business March 9. The company, owned by track club members, Doug and Jane Alred, now has six specialty running stores. In addition to St. Augustine, there are stores in Jacksonville’s Town Center and San Marco, Orange Park, Jax Beach, and the HQ on Baymeadows Road.

Area runners will be happy to hear that the world’s most popular guy, a man with 22 years experience in the running retail business, St. Augustine’s own Charlie Powell will spend many of his working days in the new store. He will be aided by new employee, Jenn, a personable young lady who doesn’t care to divulge her surname but suffers from plantar fasciitis (that she did admit.)

First impressions are everything, they say, and I must

say the first impression entering this store is impressive. The sales floor is more than ample, the ceiling goes up forever, and the handsome wood floor, that has a Cape Cod weathered shingle effect, is very appealing. The shoe display wall is highly impressive and had me bamboozled. I thought it was solid brick but it turned out to be a slat-wall that looked just like it.

The store is open, airy and very lighted; it even smells good. Boy, how sports stores have changed, no more the jock strap-scented aroma of the testosterone temples of yore. Now that women are dominating the running scene you can easily see which customers are the focus and any company that did otherwise would be foolish.

1st Place Sports, established in 1978, is the only place left that offers our members a track club discount. There was a time when several businesses offered us our famous track club discount but our fame must have shrunk because our discount is now a 1st Place Sports exclusive. In case you didn’t know, we get 10% off of every non-sale item purchase. It means that with only one serious purchase you can recover your entire JTC Running membership fee.



1st Place Sports New Location!

1000 South Ponce De Leon Blvd.
St. Augustine, Florida
P 904-679-4237

Mon- Sat: 10a- 6p
Sun: 12p-5p



The store sits at the corner of U.S. 1 and State Road 207 in the heart of St. Augustine and is open Monday through Saturday from 10 a.m. to 6 p.m. and on Sundays from noon to 5 p.m. The exact address is 1000 South Ponce de Leon Blvd., 32084. The phone number is (904) 679-4237. Of course you can always reach 1st Place at their website address, 1stplacesports.com.

One wonders what grand opening extravaganza the company will come up with. Whatever it might be, it is sure to excite the rather event-starved runners in the area. If I may be so bold, I would like to make a suggestion, especially now that 1st Place has opened this store. Why not a race tied in with the 450th anniversary of St. Augustine? This landmark takes place all this year with various different things going on in the Ancient City. Since there is the obvious Spanish connection and no one has ever pointed a race towards the increasing Spanish/Latino running population it could all be done in Spanish.

How is this idea? A return of the nighttime Bridge of Lions 5k, this time titled El Puente de Los Leones. Or maybe a new course, with a name something like this: 450 Anos, El Anniversario de San Augustin. Well, you get the gist. Event colors would have to be red and yellow, like la bandera Espanola, you know, the Spanish flag. It would definitely have to be an evening run, so we can all stay and enjoy the St. Aug restaurant scene and spend

money. No doubt the local businesses would appreciate it.

The actual month of the big celebration is October, so there should be enough time to put something together. For an evening race, maybe September might be a better month, before the end of Daylight Savings time. I imagine that many of the local businesses, shops and even the Tourism Board would want in. The post-race? How about that new St. Augustine Distillery or the San Sebastian Winery? What about snacks provided by the Columbia Restaurant? Yum, yum. Afterwards, Masters runners could rinse off in the Fountain of Youth (God, I need it.). Winners could have a free tour of El Galleon, the antique Spanish ship docked in Matanzas Bay.

Saint Augustine presents a new opportunity for 1st Place Sports and if I know Doug Alred he will do something extraordinary with it.

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No Exceptions!

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Weekly Training Runs

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

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

Sunday 6:30 am, Orange Park IHOP, Blanding Bl.,
6-20 miles. Contact: John 264-8024 john.powers@
floridapowertrain.com

Sunday 7:00 am, Tapestry Park (Off Southside Bl.) 3-10
miles.
Contact: Melissa@JacksonvilleRunningCompany.com
379-7170 or 268-0608

Sunday 8:00 am, Jax Trails Group Run visit Jax Group
Trail Running on Facebook

Monday 5:00 pm, Bridges Run: River City Brewing Co.
2-6 miles. Acosta & Main St. Bridges, Contact: Danny
287-5496

Monday 6:30 pm, World of Beer Run (Southside) 3.6
miles.
Contact: Melissa@JacksonvilleRunningCompany.com

Tuesday 5:45 am, San Marco: Southside Methodist
Church 5-6 miles. 7-8:30 pace, Contact: JC Pinto
655-1044

Tuesday 6:00 pm, 1st Place Sports, Baymeadows Rd.
3-6 miles. All abilities, 731-3676

Tuesday 6:30 pm, Your Pie (Southside), 3.1 Mile Loop
Contact: Melissa@JacksonvilleRunningCompany.com

Wednesday 5:30 am, Bolles School, Track Interval
Training, (JTC Running Members) Contact: JC Pinto,
655-1044

Wednesday 5:30 pm, Bolles School, Track Interval
Training (JTC Running Members)
Contact: Paul Smith, smithfccj@hotmail.com, 982-3730

Wednesday 6:30 pm, 1st Place Sports, Jax Bch., various
runs designed to improve your running.
Contact: Simon 270-2221

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

Wednesday 6:30 pm, Native Sun, Baymeadows, 2 to 4
miles.
Contact: Melissa@JacksonvilleRunningCompany.com
379-7170

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

Thursday 6:15 pm, 1st Place Sports, Orange Park, 3-6
miles. Contact: Denise 264-3767

Thursday 6:30 pm, JTC Running, San Marco, 1964 Largo
Rd. Contact: Doug Tillett 728-3711

Thursday 6:30 pm, Tijuana Flats, Bartram Park, 3-6
miles. Melissa@JacksonvilleRunningCompany.com
268-0608

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

Visit JTCRunning.com for more information.