



THE
STARTING LINE
NEWSLETTER

ISSUE **410**

**JTC Running's
2015 Awards Banquet**
Maggiano's Little Italy Restaurant
Thursday, June 25th, 6:00 pm



Local Runners & Volunteers
Delicious Italian Cuisine
Reunite with Old Friends
Experience the Running Celebration of the Year!

Letter from the Editor

Our 2015 Track Meet Series is now in full stride and doing very well. Two meets are already behind us, April 25 and May 9, and as you read this issue, meet number three, on June 6, may or may not be over. A one-of-a-kind Decathlon/Heptathlon is also being contested in conjunction with the June 6 meet. As you know, the Decathlon and the Heptathlon take two days to finish therefore athletes will also compete on June 7. All of the June 6 and 7 action takes place at Creekside High School in St. Johns County (Switzerland), rather than the usual Bolles High School. They get underway at 12 PM.

Yes, the 10-event Decathlon is for men and the 7-event Heptathlon is for women. Men do, in fact, compete in the Heptathlon but only indoors, where it is the official men's combined event.

For women, the Heptathlon replaced the Pentathlon back in 1980 and it became the sanctioned women's combined event in the 1984 Olympics. It's all Greek to me: hepta means seven and athlon means contest-but, of course, you knew that. The seven events are the 100-meters hurdles, High Jump, Shot Put, 200-meters, Long Jump, Javelin Throw and the 800-meters.

So there you go, and since we are a track club I knew some track facts and history wouldn't do any harm.

Then our Track backtracks to Bolles for another Open meet on July 18 and again on August 1, the final meet. Both of these track meets start at 12 PM. That is right, high noon. Means you might get thirsty, so you would be advised to read what Rob Coltman has to say about hydration. It is in this issue of The Starting Line.

Now let's talk money, or in this case, the lack of it. The Open meets are free to all JTC Running members-as long as they pre-register online at JTCRunning.com. Our special event, the Decathlon/Heptathlon is different. Dec in Greek means ten but it will cost you 20, as in 20 dollars (dollars, that is definitely American. As American as Moussaka; no wait, I mean, Apple Pie, which is probably French anyway). Wow, twenty bucks for two days of athletic endeavors?! Unheard of. For non-club members it will cost \$25. You will never find a public Decathlon or Heptathlon offered anywhere else and we should all be proud of that. When we first started this club 40 years ago we were devoted to Track and we still are.

For all the information you will ever need, and to sign up, just log onto JTCRunning.com

The date of August 22 has been chosen for the 51st running of the Tijuana Flats Summer Beach Run. At the moment, the precise start time has not been precisely decided but you can expect it to be on or around 6 PM. It usually is, but I think we are watching the tides, so stay tuned.

Once again, we will be fortunate enough to have Tijuana Flats as a sponsor and on hand race day to dish out some delicious Tex-Mex food. This you will eat after the race, not before. Pre-race? Oh man, wouldn't that make for an interesting day.

Any money made from the event goes to the Tijuana Flats charity Just In Queso, which performs miracles for the underprivileged all over America.

As always, the main event is the classic 5-miler, but its sidekick, the kids' 1-Mile Fun Run, will also take place, as usual. You know where to look: JTCRunning.com

I am trying to get the beach ball rolling earlier this year with a couple of articles in this issue about the Summer Beach Run. It never hurts to build excitement and hype things up, as promoters of that lame Mayweather-Pacquiao boxing match will agree.

When winter is on its way you hear the continuous refrain: "Get a flu shot." Some people swear by them, as do some medical professionals, while others curse them, and all other inoculations, as the work of the devil. No doubt we all have our own ideas and convictions. Two very good local runners, Sue O'Malley and Bonnie Brooks, have both had near-death experiences recently and they believe it all began with flu shots. Their accounts (in this issue) make harrowing reading and could be a warning to us all. I said "could be" for I do not want to get too involved in the right or wrong, good or bad, or any sort of politics. I only want to say that you can read for yourself and decide for yourself. I have had the occasional flu shot but after learning this I doubt that I ever will again.

It is pretty scary stuff but here at The Starting Line we are into public service, so remember, you have been warned. If you feel strongly about this issue, or any other, please feel free to write a letter to the editor. I will be happy to print it. You can contact me at Bobfernee@aol.com or The Starting Line, PO Box 24667, Jacksonville, 32241.

Not sure what The Legend, Jay Birmingham, thinks of flu shots but it seems he doesn't much care for dietary supplements. You can read his opinion in this jam-

Cont. Letter from the Editor

packed issue.

Have a wonderful summer; stay hydrated, keep running and remember that cooler weather is coming somewhere off in the distant future.

-Bob



The Starting Line

President's Letter

As I write, we have just completed the second meet in the JTC Running Summer Track Series. It was great to see not just the kids, but athletes of all ages taking advantage of the program which is free of charge for all who signup online. The next meet will be at Creekside High on June 6 with a noon start.

Concurrently, the Club is offering a Decathlon/Heptathlon at Creekside at 10 AM on June 6 and 7. This sanctioned event is just \$20 for members signing up in advance, \$25 for non-members, and \$40 day of meet. The free track series continues back at Bolles on July 18 and concludes at Bolles on August 1. Grab your spikes from the closet and come on out!

National Running Day is June 3 and we are celebrating it with a 5k

Fun Run at 1st Place Sports Baymeadows. The \$10 fee goes to Marathon High, with the Club matching each entry to this great local group. Entrants will enjoy free beer, hot dogs, and hamburgers after the run. And that's not all! Each entrant has the option of joining JTC Running or extending their membership 12 months for just \$9.95 for individuals or \$14.95 for families. That savings covers your entry fee and leaves you with free beer! Please signup online in advance so we know how many to expect. Signup for all JTC



Running events is online at JTCRunning.com/events.

Next up on June 25 is the Club's Annual Awards Banquet, held again this year at Maggiano's in Town Center. Doors open at 5:30 PM and the fun starts at 6:00 PM. We will be honoring outstanding athletes and coaches of the past season and

announcing the winners of the Jacksonville Grand Prix. Prices are the same as last year: \$20 online or \$30 at the door if seats remain, members who signup online by June 21 pay only \$15. I suggest you sign up early as we have sold out the past two years.

What is summer without baseball?? The JTC Running Night at the Ballpark with the Jacksonville Suns returns Saturday, July 25. For just \$19.95 members can enjoy reserved seats with an hour long all you can eat buffet. An hour of beer is just \$9.95 additional. As of this writing a few \$14.95 discount tickets remain so hurry before they are gone. Come

and enjoy the fun with fellow Club members! Again, signup is at JTCRunning.com/events.

Lastly, mark your calendars for the JTC Running Tijuana Flats Summer Beach Run August 22. We'll have more information in the next issue, including details of a kickoff event Monday, August 17 at Tijuana Flats Lakewood store.

Lawhar17@gmail.com

The Starting Line

JTC Running Board Members

President

Larry Roberts
lawhar17@comcast.net

Vice President

Larry Sassa
Lksassa142@aol.com

Treasurer

Bonnie Brooks
bontorun@gmail.com

Secretary

Douglas Tillett
doug.tillett@sunoptictch.com

Doug Alred

doug@1stplacesports.com

Jane Alred

jane@1stplacesports.com

Colleen Clarson

colleenclarson@gmail.com

Errol Daniels

ebdj0515@comcast.net

Michael DelCharco

mjdelcharco@gmail.com

Richard Fannin

richard.fannin@ubs.com

Stan Lambert

seminolestan@yahoo.com

Franz Lerch

Lerch01@comcast.net

Todd O'Donnel

toinab1964@yahoo.com

Connie Smith

csmith@jaxroguerunners.com

Lamar Strother

904-388-7860

Stuart Toomey

stuart@1stplacesports.com

Jim VanCleave

jimvancleave@comcast.net

New & Returning Members

Vincent Cameron

Dr. John J. Coleman

Mark Coughlin

Andrew Cown

Scott Allan Flanders

Edmond Girardi

Mary "Lynn" Golden

Breana Guerard

Erik Habres

Abel Harding

Krysta Johnston

Tina Kennon

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Mary Sterle

Kathy Tucker

Gregory Umberger

Gilbert N. Weise

Annie White

Mark Withrow

Upcoming Events

Track Series

June 6th at Creekside High School

July 18th at Bolles School

August 1st at Bolles School

Sign Up @ JTCRunning.com

Decathlon / Heptathlon

June 6th & June 7th at Creekside High School

JTC Running's Annual Awards Presentation

June 25th, 6 PM, at Maggiano's Little Italy Restaurant

Sign Up @ JTCRunning.com

Baseball Social

July 25th at the Baseball grounds

The 51st Annual Tijuana Flats Summer Beach Run

August 22nd, 2015

5-Mile Classic, 1-Mile Kid's Run

Sign Up @ 1stplacesports.com

Running on the Beach

I, Doug Tillett, long-time runner but never runner extraordinaire, was until recently a City Boy. The big city was my stomping ground. I knew every paving stone in Riverside, Avondale, San Marco, and even Downtown. But then my life changed. I won't go into all the specifics and details, but one day I woke up and discovered that I was a Beach Boy. I now run up and down the golden sands of wonderful Jacksonville Beach – home of our venerable race, the 51-year-old Tijuana Flats Summer Beach Run, one of my all-time favorite races.

Running in town is a lot different than running on the beach. It's exciting in town, with all those cars whizzing by very close to your body and kinda swerving a little bit as they're right next to you, releasing exhaust all over the place into the atmosphere, while the black-T-shirt-wearing, expletive-shouting, totally non-running adolescents inside the car throw empty Starbucks Venti cups at you. Beach running is the opposite of that, without any vehicles whatsoever except for the Lifeguard Truck coming by every hour or so with young tanned beautiful lifesaving people totally filling the back, all good-naturedly ensuring that the vehicle stays 10 feet away from you as it passes and they all call out that you're "looking good." So running in town is thrilling while at the beach, you're lucky if you're still awake when you finish your run, it's so unthreatening.

When you run in town, it's pretty easy to find a drink of water, an important necessity here in Florida in the summer. Once you get a regular course, you'll know where your regular water stops are and they can be numerous. We have a JTCR Group Run through San Marco on Thursday evenings and one time my friend Bob Fernee joined us. After the third water stop on our 4-mile course, Bob was getting exasperated because he doesn't usually drink that much when he runs. Ever since then, he's been calling it the JTCR Group Run and Water Drink. Ha, ha. That Bob is as funny as a thunderstorm in Arizona.

But the point is, when you run in town, you can find lots of places to drink. Beach running is the opposite of that, because even though there is an ocean of water on one side, it's too salty to drink, and there are no water spigots on the "land side" of your run whatsoever unless you go way off your course and up to the street and even if you do go up to the street, all the water spigots have signs that say something like, "water for paying customers only."

There is one exception to this "no water on the beach" situation and that is during the Tijuana Flats Summer



Beach Run, where there will be a water stop, like, every mile, a lot like in town.

Every run you take in town will be on a surface that has been scientifically engineered to be made from the hardest materials known to man, substances like asphalt, cement, and "the dirt in Jacksonville." As you run on these hard surfaces, the impact from each foot strike is transmitted through your feet, up your legs -- stopping for a bit at your knees for extra discombobulating -- then on up the rest of your legs and then to your spine and all the way up to your brain and, ultimately, to your hair follicles. If you don't buy new shoes made from squishy materials every couple of hundred miles, your running will be doomed as your body will be rendered almost useless from these hard materials we run on in town.

Beach running is the opposite of that because the beach is made up of sand and the sand stays together and lays flat only thanks to the forces of gravity and some water rinsing through it twice a day. Sand is a marvelous surface to use when you're running as the impact from your foot strike seems to move in the opposite direction, out the bottoms of your feet, releasing shock to the beach instead of sending it up through your body. I have gone so far as to take off my shoes and run barefoot on the beach for up to a mile at a time without suffering any debilitating consequences. I think that running on the beach is just great and I love it.

Now that the difference between running in town and running on the beach has been described in detail to you, I'd like suggest that you try out the difference for yourself and the best way to do that is sign up for the Tijuana Flats Summer Beach Run coming up on Aug. 22, which is a Saturday, in the late afternoon. I'm looking forward to running with you out at the beach. *You'll love it.*

Gate Running: One Runner's Journey to the Finish

DISCLAIMER: The following is one person's very tongue-in-cheek, personal account of running the 2015 Gate River Run. It is not, nor is it intended to be, an accurate description of the race. You've been warned, okay?)

Pre-Start Fever

I'm standing in the start area of Gate River Run 2015, hopping on my toes like a rabbit on espresso. I'm as trained to run 9.3 miles as I'm going to get, seeing as I didn't decide to do this year's Gate until a month ago. So I know this won't be one of my better efforts, but I'm looking forward to running anyway. It's always more fun to be on the field than in the stands. But we'll see how that philosophy holds up about eight miles and a couple of bridges from now.

The nervous hopping is in response to the flood of adrenaline coursing through my body, anticipating the race announcer's command that will finally get this show on the road. Right now is the calm-before-the-start period during which all my fears and anxieties about the race ahead swirl about in my brain. Since I can do neither, I just hop to pass the time.

At least I'm not alone in my neurosis. My fellow runners are each doing their own pre-start ritual: pacing in place, vigorous arm swinging, sweating profusely and of course, spitting. We are bunched together like lemmings in the start area, grouped according to expected race pace. In the Wave 1 group are runners who have qualified to be at the front based on running previous fast times, or possibly bribing the race organizers.

I am in the Wave 2 group, which is runners who would like to be fast, but aren't. We don't let this genetic limitation keep us down; we may not have the fast-twitch muscles like the top runners, but we make up for it with extra body fat. We are waiting for the Wave 1 runners to be on their way so we can begin the mass shuffle to the start line.

Now a few more announcements are made, the national anthem is sung, and then the big moment...

Mile 0: Start

"Runners set...GO!" bellows the announcer, as we begin running...nowhere. That command is actually

for the Wave 1 runners. When Wave 1 finally clears out, we in Wave 2 begin surging forward into the start area on Bay Street and before we know it...

Mile 1: Downtown

Wave 2 is finally "GO!" for launch, and the Big Jaunt continues as thousands of feet try to get past the launch pad, doing the Starting Line Shuffle as we press together in a dense, sweaty mass to begin the journey. As we near the starting line, where our computer chips affixed to the back of our bibs will begin recording our individual time, the crowd thins out enough so that we actually begin running. The parade trickles down Bay Street, spirits high, a mobile party in running shoes.

Mile 2: Main Street Bridge

After short stretches on Newnan and Adams streets, sweat already flowing down my face as we turn onto Ocean for the approach to the ramp for the Main Street Bridge. The "blue bridge" is the junior version of the beast that we'll encounter later in the race; its elevation is comparatively mild and it's still early on so for most of us it's not a big deal. We churn up the ramp and onto the bridge grating and...YIKES! Forgot about the little pointy things on the grating. Must step carefully to avoid impalement. Finally we're off the grating and rumbling down the bridge into...

Miles 3 and 4: San Marco

We exit the bridge onto Hendricks, then onto Prudential, making a left onto San Marco for a long stretch through the business district, including past a local chocolate maker. This business is offering runners samples of chocolate-covered strawberries, which many runners are stopping to partake. I myself can wait until later for dessert.

Turning from San Marco onto Laverne then onto River Road, we run along one of the most scenic segments of the course just a few feet from the St. Johns River. Along this road many spectators are engaged in vigorous spectating and at times, even cheering. Standard encouraging cries of "LOOKING GOOD!", "WAY TO GO!", and "KEEP GOING, YOU'RE NOT LAST!" are offered as we make our way onto River Road. This is an inspiring section of the course, with beautifully manicured, stately

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homes and their beautifully manicured, stately owners cheering politely. I try to pick up my pace a bit so I don't get reported to Neighborhood Watch for suspicious activity. The heat continues to surpass my expectations; I'm on the lookout for the next water station which should be approximately a quart of sweat ahead.

A familiar masked superhero sidles into our pace group for a bit. "Hey, Spider-Man, nice outfit!" someone calls out. He's wearing the complete head-to-toe costume, including the official Spider-mask, which must be suffocating today. "IT'S...HOT!" Spidey pants in response before scurrying away. I think: Yep...and it's a loooong way to the finish.

Looking ahead at the long, colorful line of bobbing runners heads is an inspiration to keep bobbing as feet continue slapping asphalt and sweat is flowing freely, turning expensive running shoes into squishwear. We turn onto River Oaks Road for a couple of blocks, then make the left turn to head north on Hendricks, where the usual crowd has gathered. The throng is cheerful and encouraging, as many are holding homemade signs to support their favorite runners, such as "GO MARSHA!" and my favorite, "GO RANDOM PERSON!" I'd laugh but my mouth is stuck in "severe gasp" position at the moment.

We turn off Hendricks onto Alexandria, where a band is providing race commentary and a TV crew is jamming some tunes. We run past some appreciative San Marco spectators, some still in their pajamas, then a small park and make a right turn onto...

Mile 5: Atlantic Boulevard

This segment is always notoriously hot, dry and mostly hellish, exposed to the sun and reflecting heat upward from the asphalt. There's an aid station near the railroad tracks and I take full advantage, gulping several mouthfuls of liquid aid. You really can't miss the aid stations because all of a sudden you're running through a sea of discarded paper cups. This is your cue to make your way over to the water tables (elbowing grandmothers out of the way if necessary), grab a cup from a volunteer person, take a gulp, and pour the rest over your head or the body area of your choosing, then repeating the procedure as needed. You can't be shy or macho about not taking in water

on a day like this or you will be in serious trouble. This course, this distance, is a stiff challenge for most mortals even in ideal running conditions; when you add in the heat and humidity that are present today, some runners will likely finish their race in a hospital emergency room.

Mile 6: St. Nicholas

From the greenhouse of Atlantic Boulevard the course mercifully turns into a quiet residential neighborhood in the St. Nicholas area. Its tree-lined shade is a welcome respite from the heat. We pass the 10K mark, just one-third of the race to go. Unfortunately, it's the hardest third. Getting lots of cheering from front yards; another water station where there is polite mayhem as we jockey for a cup. There's lots of excitement and apprehension building as we're in the last third of the race, but we also know what's coming. Soon.

Mile 8: Hartbreak

Alas, we must leave the shade of St. Nicholas behind, legs and lungs burning and begging for relief. As Dr. George Sheehan once said: "...the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside that wants you to quit." Now is when your will is tested, when you see what's inside yourself, and unless you are seeing visions of the Grim Reaper, quitting is not an option.

Now we're back out onto Atlantic, knowing what awaits in about a half mile. Green and menacing, the monster rises into the sky like a silent Godzilla, ready to crush the weak of will. The Hart Bridge is the ultimate test of fortitude in the Gate, leading the worthy up from purgatory and into redemption, then descending into the Promised Land. As you first enter the ramp that leads onto the bridge you look up, up, up, the long incline, seemingly into the clouds of Everest itself, to see runners making the slow, cruel climb, some who have been slowed to a walk, some reduced to a slow jog (or "slog"). Still others are less interested in running for the moment and stop to take a "selfie" as they pose on the bridge high above the St. Johns River that's just a strong gust of wind below.

I keep my head down and focused on moving my feet forward, the faster to reach the rarefied air and

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breathtaking view of the summit and begin the long, winding, descent to base camp and the final snaking curve around Everbank Field leading to...

Mile 9: Homestretch

I can't see it yet but I can hear it, smell it, taste it. I make my way around Gator Bowl Boulevard, past the cheering crowd that lines these last glorious meters, around the U-turn curve and there it is, the banner of the victorious: GATE RIVER RUN FINISH. Loud applause and cheers from finish line spectators pull my aching, exhausted bones along, exhorting and encouraging as they breathe life into wobbly legs. Approaching the finish, the satisfaction of having once again passed the test of legs and lungs and sheer will washes over me, but I'm also a little disappointed for it to end.

It's been a painful, exhilarating, exhausting, joyful experience, and I'm so glad to be done with it...and I can't wait to do it again

I cross the finish line and immediately break into an unsteady walk, the officials urging runners to keep moving, keep moving, keep moving through the finish area. For me it's more like keep staggering through the finish area and try to maintain some semblance of dignity by not passing out or vomiting. Thankfully for everyone I manage to avoid doing both. I'm handed a finisher medal; through my droplets of sweat, or maybe tears, not sure which, I stare at this badge of honor that is striking and colorful and authentically weighty and it validates the morning's suffering with

the words: "GATE RIVER RUN FINISHER." This, more than my finishing time, makes me feel like a member of the Gate Runners Club again. I've done this race many times, but have to pay my yearly dues in sweat to renew my membership.

Post-Race

I wander over to the finish area where there's a loud, festive celebration taking place with bands and food and drink and wafting aromas and clots of people laughing and telling stories and sharing in their triumph. Woozy and wobbly-legged, I grab a couple of bottles of water to chug and watch the crowd grow as more runners finish and join the party. My chronic introvertedness flares up and I'm quickly overwhelmed by the noise and frenetic goings-on, so I decide that the party will have to go on without me. I take a last look around and start the walk back to my car.

See you next year, Gate.

Postscript: I cannot express enough gratitude to the volunteers, medical personnel, Jacksonville Sheriff's Office, race organizers, bands, sponsors, and spectators for their assistance with this event. They are our rescuers, our cheerleaders, our lifeline. We runners could not do this without their support.



The Starting Line/ Written by Jay Birmingham, Wide World of Running

The Myth of Supplementation

Readers of running literature, whether print or online, are bombarded with messages touting nutritional supplements. Even in the pages of The Starting Line, assorted coaches, trainers, health professionals, and nutritionists tell you that you are deficient in something.

Are you getting enough selenium and zinc? Cytochrome C, fatty acids that promote brain health, antioxidants

can't hurt. Are you getting enough B12 and folic acid?

Perhaps you'd be a better runner if you infused your body with vitamins; knocked down a few trace minerals; ingested a co-enzyme or two—just in case.

Poppycock! (Don't know what that means, but I am beyond skeptical.)

The Myth of Supplementation

First, a little evolutionary biology, then a modern observation, then some hard science.

You, and every other natural-born Homo sapiens, are made of top-quality DNA. The three billion pairs of nucleotides code for about 10,000 proteins. Each of those proteins plays (or has played) a role in getting our species to this point, well into 20,000 years of dealing with nature and a thousand environmental challenges. You are the endpoint of several thousand success stories. YOU are a success story. Otherwise, you and your DNA would be gone.

It is only over the past two hundred years that science has elucidated what is in our food; only since 1953 that we began to understand DNA and protein synthesis. And only in the past forty years that physiologists began to care about sports nutrition. My point? We became a pretty tough species, capable of living hard by eating pretty much anything we could get our hands on—seeds, grains, eggs, figs, carrion . . . —without knowing the science involved.

Even in this era of sophisticated research by biochemists, we notice that many of the best running performances in the world are by unsophisticated athletes from “developing countries”—whose daily caloric intakes hover around 1000 kilocalories, whose limited diets lack half the variety of the American elites. It’s been this way for the past 20 Olympiads.

Why all the ink devoted to supplements?

First and foremost, money: Selling vitamins and minerals in pill, powder, and injectable form is a multi-billion dollar business. Besides Dr. Cade at U of F, and Bill Gookin in California in the 1960s, who really cares about your well-being? Performance enhancement by swallowing—how easy is that? Into the 21st Century, we can drink vitamin-enriched water, boost energy and mood with expensive shots of mild stimulants, and if we can afford it, go to a store devoted to supplements and lay down hundreds of dollars for whey protein and coenzyme Q.

Not only are the pill-sellers into it—one after another personal trainers, chiropractors, nutritionists, and coaches are on board. What can it hurt? Sounds logical, based on our expanding knowledge of cell biology. But step back and think about it.

I’ve been watching this for over 50 years and the same pattern recurs: A “discovery” leads to a supplement (in my HS days, it was Vitamin E). Wheat germ oil and wheat germ cereal (sprinkle it on everything, went the advertising). “E is for endurance.” Turns out that Vitamin E deficiency is virtually impossible.

“No one eats a truly balanced diet,” the saying goes. “I take vitamins as insurance, just in case I’m lacking something.” “Modern food processing destroys nutrients.” Etc, etc. Sales pitches, all, no different from the patent medicine salesmen at the County Fair.

Just a month ago, the former American Dietetic Association (now called the Academy of Nutrition and Dietetics) debunked the promotion of supplemental calcium for osteoporosis prevention. A year ago, the official position on 3-Omega fatty acids was that they had no positive health benefits as a supplement. The American College of Sports Medicine, the gold standard of science in the world of physical performance, continues to disparage supplement use by any but the malnourished or biologically handicapped.

1968 Olympian Ron Daws said it best. He was flying from Minneapolis to Boston for the marathon when a vitamin salesman began his pitch. Daws asked the guy, “Why don’t you promote good eating instead of supplementing junk food with pills?”

Getting adequate food in America, whether you are a hard-working runner or average sedentary office worker, is not a problem. The soaring obesity rate proves that few are hungry, and none are malnourished.

I opine that the pursuit of finding a nutritional “edge” is tantamount to looking for a shortcut on a race course. If I take this pill, the thinking goes, and my opponent does not, perhaps I can beat him.

Year after year, hearty eating and heavy training have kept me, and hundreds like me, healthy and fit. Perhaps less hearty eating would lead me to faster races. But the real scientists—those without a financial agenda—agree: You don’t need the pills.

Get outdoors and run. It is what your body was designed to do.

jaygreatheart@aol.com

Got Beach? Yep, Sure Do

In the distance, a porpoise swims freely in the ocean, his dorsal fin breaking the surface of the water as he gulps in air. From high in the clear blue sky, a pelican drops like a dive-bomber, making a splash as he chases after his next meal. Swimmers and surfers enjoy the waves in the warm water as children build sandcastles in the sand.

Joining in this day in paradise is a solitary runner making his sweaty way over the sand. The unrelenting sun beats down on him as he wishes he had more than just his sunglasses, cap and headband to fight back.

“I could be running in shady Avondale right now,” he says to himself, “but I have to do this, I’ve got to get ready for the Summer Beach Run.”

In case you didn’t already know, the 51st annual Tijuana Flats Summer Beach Run, hosted by 40-year old JTC Running, is set for Saturday, August 22nd. As our sweaty, suffering friend above will attest, running on the beach may not be easy but if you want to race well on that surface and in those conditions then you better train in them.

Putting aside the difficulty of running at the beach, we must first remember how truly wonderful and beautiful our beaches are, and how lucky we are to have them. People put Jacksonville down. We all know the rap: “Nothing to do; it’s boring; it’s not Florida, it’s South Georgia; a Waffle House on every corner; it’s too spread out,” and blah, blah, blah. But our beaches, nobody puts down our beaches. Why? Because they can’t. Our beaches are the nearest things to perfection that we have. They are wide and long and perfect for running. Did you know that there is a Jetty-To-Jetty beach 40-mile race that goes from Mayport to Vilano Beach? Well, there is. And if you wanted to you could keep going, there is a lot more beach. Why, we are practically the beach capital of the world.

For runners, our beaches are Nirvana; the perfect place to relax, reflect and run some really great miles. It’s pretty hard to get lost on our arrow-straight beaches but it is a fine place to lose your self. Turn off those annoying, unnecessary, technical devices and let your mind go. The dangers and distractions of the city

streets are far away; make the most of it.

I have always enjoyed an easy, carefree run on the beach but oddly enough, not everyone feels the same and I know some runners who never take to the sand.



“I have trouble running on the beach, it irritates my hamstrings,” said local runner Jerry Lawson, who once held the US marathon record.

“There is no energy return and you are always digging in for traction and propulsion at the same time,” Lawson said.

It’s a fact that you do lose something to the sand. It takes more energy, your pace suffers and that spring, or “energy return”, is just not there.

A study conducted by Dr. Thierry Lejeune of St. Luke’s University Clinics in Belgium found that it takes 1.6 times the energy to run in sand than over a hard surface. In his report that appeared in the *Journal of Experimental Biology*, he wrote: “Our muscles perform more mechanical work when running or walking on sand than on a hard surface. Feet work harder to displace sand and muscles can’t work as efficiently.”

The softness of the sand causes the small muscles around the ankle to keep the foot steady. The calf muscles are brought into play to normalize the motion. This is why calf muscles are sore after beach running.

Some good news is that while beach running takes more energy it also burns more calories. Beach running, like resistance running, can be used as speed training. Take a beach runner off the beach, put him in a race against a street runner and the beach runner will have an advantage.

“I love racing on the beach,” said Jay Birmingham, a veteran runner who has run across the U.S., across Death Valley, up and down Pikes Peak and from Key West to Canada.

“But I can only train on it for about two days in a row, then I need some turns,” he admitted.

Despite all the natural beauty, healthy salt air and built in shock absorption courtesy of Mother Nature’s

Got Beach? Yep, Sure Do

mattress, the beach sand, it can get boring. But at least you can't trip over a curb, or be run over by a car (Lifeguards' vehicles notwithstanding.)

Jay remembered some of the old Summer and Winter Beach Runs, the competition and the camaraderie. "We would take turns drafting off of each other against the wind. Today's runners don't seem to understand anything about it."

"It (the beach) definitely slows you down," Jerry Lawson said, "but it is hard to calculate the difference in your mile time."

He was referring to the surface, not the second element in the equation, the wind. A strong headwind on an unsheltered beach can make you feel as though you are caught in that awful dream in which you are running as hard as you can but are going nowhere. That is all part of the charm of beach running. In a race, drafting is essential (see Jay for help on that tactic.)

Then of course there are also the heat and the sun, numbers three and four to consider. They can be slightly avoided by running early in the morning or late in the evening but not entirely. Number five, humidity, can almost never be avoided. Really want to do something about the humidity? Move. Or throw sand on your treadmill belt and pretend.

The tide is a consideration and it is best to check the daily tide tables and try to be on the beach one or two hours either side of maximum low tide. That not only gives you the best hard-packed sand but more beach and less tilt -- the fastest and easiest surface the beach has to offer.

What about injuries? Does beach running cause injuries or prevent them?

Jacksonville Beach physical therapist Rob Coltman said: "Running on a beach is just another running surface that has its own characteristics, just like trail, sidewalk or road running. The slant of the beach can

load the body differently than on a more flat surface."

Coltman continued: "It is important to safely transition to a new surface over time to allow for the musculoskeletal system to adapt. A sidewalk runner should not just go and do a long run on the beach. Better to progress to beach running with one or two shorter beach runs over a period of a few weeks, building the distance over time. Take time to transition to do it injury free."

The beach, like cross-country and trails, brings out the primordial beast in all of us. It's that back-to-nature thing. Then before long, the call of the wild takes over and the temptation to try barefoot running is impossible to refuse. But, then again, you just may want to refuse it. Not many people can run shoeless, beach or no beach. Whenever I have tried it the result is calf muscle strain or Achilles tendon pain. Those with tender skin will tear themselves apart on the sand or shells. It hardly seems worth the risk.

The latest "minimalism" craze now appears to be behind us, but if you felt like going that route the beach is, admittedly, a great place to do it. In fact, a minimalism shoe or "racing" shoe makes perfect sense on the beach. Just be sure you go about it bit by bit rather than all at once.

Going to the beach to train for our August 22, Tijuana Flats Summer Beach Run 5-miler, or for a leisurely jog? A fine idea; but remember that it is hot out there and there is not much shade. Wear a cap or visor, a sweatband, plenty of sunscreen and bring lots of water. A light-colored "wicking" fabric shirt is best, along with "tech" shorts and socks. Regular running shorts work fine, so resist the temptation to try out your Brazilian thong.

Like any other race, you will perform better and enjoy it more, if you train properly for the Summer Beach Run.

The 51st Annual Tijuana Flats Summer Beach Run

August 22nd, 2015

5-Mile Classic, 1-Mile Kid's Run

Sign Up @ 1stplacesports.com

Post Vaccination Take

Life was great! It was October 2013 and it was time to start training for 26.2 with Donna. I had planned the weekly long run schedule and Kathy Murray and I were off and running! We ventured to Newfound Lake in New Hampshire to run the half marathon. It was a hilly and challenging course but the cooler temperature was helpful. Even without much training we were able to place 1st and 2nd in our age group as she out kicked me to the finish.

I loved to run. I loved being out there with other runners. I was healthy, happy and in good shape. I was never an elite athlete like Sue (O'Malley), but racing was fun. I could never imagine running being taken from me. Sure I had injuries before but always bounced back from those. Then it happened.

On October 14th I received my annual flu vaccine just like the previous years as recommended for healthcare workers. Nothing has been normal since. When I woke up on the 16th I had horrible deep aching muscle pain in my legs. No fever, no other symptoms, no other aches but something was wrong. The fatigue and pain lingered over the next few weeks as I tried to push through it.

Early November I tried to go for a run and was only 1/2 mile from my house when my legs became so weak and rubbery feeling. I walked and rested and wondered if I would ever make it home. I began having trouble holding a cup without 2 hands, I couldn't stay standing up, and needed a 2 hour nap after any activity such as taking a shower. I went to the doctors and told them I had Guillain-Barré syndrome. I had gone from being a marathon runner to struggling to walk to the bathroom. Doctor visits and testing began. They were looking for any other cause such as virus, autoimmune disorder etc. No doctors wanted to blame vaccine like I insisted.

Mid November I was woken up by pins and needles, tingling in my legs bilaterally from the knees down. Over the coming days this ascended to my mid thighs, then to my abdomen and lower arms. I ended up in the hospital a couple days. More testing followed. No spinal problems, my brain was fine. No MS, no cancer, no West Nile, no Lyme disease, no other cause could be found.

By December I was desperate to get better. I opted for 12 weeks of steroid infusions even though there was

no guarantee it would be a cure. I got stronger, I could start to walk. I remember being so happy to walk 1/4 mile! The pain and tingling was less, but the steroid side effects were miserable. I could eventually walk and run a bit. As a runner you just keep trying to do what you miss so much. In February I even did the Donna Virtual and kept my streak alive.

Fast forward to over 18 months later. I'm still hoping for my old running legs to show back up someday! No doctors or the CDC have any answers. Fear of disability keeps me motivated each and everyday to keep moving. I'm stronger but I have pain and constant tingling in my legs, weakness in my hands, hoarseness and occasional trouble swallowing. I can't always tell where my legs are or they're not where I think they are. They get heavy and numb when I run and walk and I have to think about each step I take so they don't get tangled. I try to manage the fatigue better. I was off work 14 weeks total and the grueling 12 plus hour shifts as an ICU nurse cause me discomfort. Now I taper activity before working like you would do for a marathon so I can make it to work. It took me awhile to gain back all the weight I lost. I've run/walked a few races and it's fun being around runners and uplifting yet discouraging at the same time. While Sue and I have no answers yet, we still strive to overcome this together and be on the roads again!

I have many unanswered questions. There are others like Sue and I out there whom I've spoke to or read about. Sure they say vaccine reactions are rare but are they under reported? What preservatives or additives are in them and where do they come from? Could this be cumulative from everything I've taken over the years? Is there something genetically predisposing? Was it just bad luck?

Enjoy your runs and races! Don't worry about a PR, or who beat you, or how many seconds slower you were.

**Be happy you can lace up your shoes
and do what runners love to do.**

Trust me you would miss running and all the great friendships more than anything!

bontorun@gmail.com

Journey with the Shot Vaccination

In 2013, I was running well and winning races. I had already run 65 races and won $\frac{3}{4}$ of them. I'd made my third Walt Disney World Marathon Florida's Finest team. They pick five men and five women. I was picked again to run in 2014, but unfortunately couldn't run. My goal that year was to win as many races as I could in honor of my father in law, who passed away in January. He was a real big fan and supporter of me even before I married my husband JJ.

That was because in the first week of October 2013, I made a decision that changed my life forever.

My husband's employer provided coverage for flu shots. I had received the flu shot the prior year--2012--and had no ill effects.

But the October 2, 2013 vaccination changed my life.

I got the flu shot on a Wednesday morning, between 10 and 11 AM.

I started to feel bad that afternoon. My arm felt like someone punched it really, really hard. I couldn't even move the upper part of my left arm. That same afternoon, I had the chills, my throat didn't feel well, I felt achy, and very fatigued. I felt like I had the flu. This continued for at least five days. It wasn't until the following Monday that I started to feel normal. But my running definitely was not normal.

I tried to run--a runner never takes off--but everything got weirder and weirder. Tuesday is usually my track workout. I took it easy. On Wednesday I tried to run repeats on the Dunlawton Bridge for hill work. Coming down the bridge, I had to hold onto the railing. My legs were moving faster than I could think. It was like I was drunk. I knew then that something was going on.

The week before the vaccination, I had run my usual Sunday morning ten-mile workout and finished in 1:23, an 8:15 pace. But the Sunday after the flu shot, I was all over the place; I was dizzy, I found myself consciously stepping over the cracks in the sidewalk, and my brain wasn't in tune with my legs. I guess it was a balance issue. I had to turn around at about 2 or 2 $\frac{1}{2}$ miles, and it took me an hour and 23 minutes to run just five miles that day, the exact same time it took me to run twice as far the week before.

That next weekend was the Disney Cross Country Classic. I had signed up to run the college (open) race

on Friday night (October 11th), but I just couldn't. In fact, one of the parents" (O'Malley is head coach at Father Lopez High School) jokingly challenged me to a sprint. When I showed him what was wrong with me, it was no longer funny.

Another parent is an ear, nose, and throat specialist, and he got me in for a checkup, thinking it might be vertigo. But I passed all the tests. There was nothing wrong with my ears. He recommended that I see an eye doctor. My eyes had actually improved since my last exam.

I went to Palmer Chiropractic. There was a young lady there who specialized in neurological problems. She suggested it might be proprioception, which is when your brain does not have a normal connection to the rest of your body. It seemed that the left side of my brain was not connecting to the right side of my body.

At this point, I was still trying to run, but it wasn't pretty. I couldn't go from the sidewalk to the grass to the road. Even the cracks in the sidewalk were a problem; they seemed like hills. It was like dystonia (uncontrollable contractions of your muscles). I could run, but I couldn't stop. When I ran, my eyes would not catch up.

It wasn't getting any better, so I went to my primary care physician. He recommended Claritin.

I had blood work done. They couldn't find anything wrong. He (the primary care physician) sent me to a balance specialist, and I had balance rehab three times a week for 12 weeks. That didn't help.

I went to a neurologist, and he couldn't find anything wrong.

I had an MRI with the three parts of my back, which ruled out MS. I had an MRI with contrast; it didn't show any abnormality, eliminating a stroke. Tests for MS, Parkinsons, and lupus all came back clear.

I had an EKG and an echocardiogram. I had a heart monitor on for 24 hours. All of these came back negative.

My right leg was tight, but there were no tremors or twitching. They tested my leg and lower back to see if there was nerve damage. They measured my legs. Nothing.

I went through a detox program in October, November, and December of 2014.

Journey with the Shot Vaccination

I tried acupuncture with Dr. Ho, who is considered one of the best in the world. I was there in November and December of 2014, and January of 2015. No help.

I had my diet evaluated, took vitamins, but don't take any medication.

I have a new chiropractor who specializes in spinal problems. I've been with him since October (2014). I met a woman two weeks ago at our Region track meet who recognized me from the Flrunners article. She works for Chance Chiropractor in Gainesville. She said she had posed a comment on the article. I had not seen the post. She told me to call Dr. Chance and she believed he could help me. I called and spoke with Dr. Chance this week and have an appointment on Tuesday. Dr. Chance seemed very positive on the phone that he could help me. Dr. Chance spoke of the hypothalamus being the problem and he had a similar incident many years ago. I have tried everything and at this point what is one more opportunity that may turn out to be the cure and give me another chance to finish what I have not completed with my running?

It is in God's hands right now. I have always paid it forward with my running.

"Right now the only thing that keeps me going are these kids"--I said, pointing to the Lopez track team working out all around us. It's been especially difficult at cross-country meets because now I can't warm up with my team.

I don't go to too many road races anymore. I go when the team is there to help out, but I don't want to go by myself.

JJ gave me a running diary in 1977. Since beginning it, I have run 100,000 miles--the first, and so far only, woman runner who can verify that fact--and 989 races. My goal is to reach 1000.

A true champion does not let setbacks get in the way of their success...

This year is my 40th anniversary as a runner. It's very depressing. But I am not giving up. A true champion does not let setbacks get in the way of their success, and I have yet to reach my true finish line.

somalley1@cfl.rr.com

Baseball is Here

Tickets Available

Tickets are still available for JTC Running's night at the Baseball Grounds of Jacksonville on **Saturday, July 25th**, when the Jacksonville Suns play the Birmingham Barons.



The pregame party on the Sea Best Party Plaza in left 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. As of this writing, a limited number of discounted tickets were available.

Don't delay.

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.

Ledmangary99@gmail.com

Scientifically Based Fluid Replacement Guide

It's finally summer time! It's nice to have some warmer weather and to not have to bundle up to head out the door for a run. However, as it gets much hotter over the coming months, we will all need to pay much closer attention to our hydration/fluid replacement needs in order to continue to safely run well, as well as to feel good throughout the day.

Most runners understand that to optimize performance and safety while running in the heat, it's a little more complicated than just drinking a little water when thirsty on our runs. We have to consider how much water/fluid replacement to drink, amount of sodium/other electrolytes, etc. What gets confusing is that there are many different recommendations made, depending on who makes them. Typically, we hear these recommendations from companies that benefit financially from us drinking their products.

Our goal in writing this article is to provide some simple and current hydration/fluid replacement guidelines that are based on peer-reviewed independent research that is recognized by reputable organizations that have a vested interest in keeping athletes healthy. Not in keeping athletes drinking their products. Four of these organizations are the American College of Sports Medicine (ACSM), the National Athletic Trainers Association (NATA), the International Marathon Medical Directors Association (IMMDA), and USA Track and Field (USATF). We have based the guidelines presented here on recommendations from these organizations.

Before we lay out the guidelines, it's important to note that there have been some significant changes over recent years regarding how much water/fluid replacement to drink due to a greater understanding of the direct causes of a condition called Exercise Associated Hyponatremia (EAH). EAH is a very dangerous state of lower than normal blood sodium concentration, which can be fatal. This condition has been traditionally associated with hydrating with water only, without the addition of sodium. But newer information shows that EAH can be associated with over-hydration, even if the fluid-replacement strategy contains sodium.

Athletes have traditionally been instructed to hydrate with as much fluid-replacement (including sodium/electrolytes) as they can tolerate while training and racing in the heat. This recommendation can not only potentially increase risk of EAH, but also cause GI distress. As you can see, the

Guidelines

- Start runs in a hydrated state: Steadily drink approximately 0.5-0.6 ounces of fluid per pound of body weight daily in addition to what you drink while training or racing to stay hydrated during the day/pre-run.
- Hydrate with approximately 24oz of water/fluid replacement/hr (one cycling 24 oz water bottle) Amount can be slightly more with heavier athletes and when temperatures are higher, and slightly lower with lighter athletes.
- Do not go over 33oz hour (1 liter/hr) as this can increase risk of GI distress and EAH
- To make sure that you do not hydrate more than sweat rate, measure bodyweight pre and post typical 1hr run to determine fluid loss.
- Using a 24 oz cycling water bottle as a benchmark which weighs 1.5 lbs, to calculate approximate fluid needs:
 - For example: measured weight loss = 1.0 lbs (1.5 lbs = 24oz bottle) (.5 lbs = 8 oz) so 24oz - 8 oz = total of 16 oz fluid replacement/hour.
 - Drink according to thirst even if intake is slightly below these guidelines.
 - Again, do not go over 33 oz/hour as this can increase risk of GI distress and EAH.
 - Consumption of sodium-containing fluids, supplements or foods during runs becomes more important as duration increases beyond 1 hour (amount of sodium is highly individualized and based on temperature, sweat rate, concentration of sodium in sweat, and may be restricted by your physician. Make sure to ask her/him!) The National Athletic Trainers' Association recommends .3-.7 g/L of sodium, or as in our example 200-500mg sodium/24 oz bottle, divided as we did above based on sweat rate.
- Rehydrate after running to bring body weight back to normal pre-run measure
- Post run meal will also replenish electrolytes.
- Understand that you will not be able to perfectly replace all that is lost during a run, while running, and that this is ok!

Scientifically Based Fluid Replacement Guide

emphasis has thus shifted from working to increase sodium/electrolyte intake, to managing overall fluid intake, so essentially, even with hydration/fluid replacement in the hot summer, there can be too much of a good thing, hence the changes.

A runner therefore needs to have a hydration/fluid replacement strategy that includes a minimum amount to prevent dehydration, AND a maximum amount to prevent GI distress and EAH in order to stay safe in the heat, and to perform well.

Hydration/Fluid Replacement Strategy Goals:

- Prevent >2% loss of body weight during run
- Do not intake significantly more fluid than individual sweat rate (figured out by measuring bodyweight pre-run, and post-run)
- Intake sodium during run
- Replace fluid and electrolytes fully after run
- Stay hydrated when not running

Rob Coltman, PT, MPT, OCS, MTC

Board Certified Orthopedic Specialist

Triathlete and 11-Time Ironman Finisher

Physical Therapist at Coltman & Baughman Physical Therapy

2370-2 South 3rd Street

Jacksonville Beach, FL 32250

Phone: 904-853-5106

Fax: 904-853-5107

www.cbptjaxbeach.com

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Your Running Equipment: Head to Toe

Now that our running and walking season is heading into the summer doldrums, I thought I'd touch on the gear that helps to make our sports safer, more comfortable and more enjoyable, from head to toe.

Hats, Visors and Headbands

A good mesh hat will offer coolness as well as good sun and eye protection. Preferred is a darker underbill, which reflects less light towards the eyes. Be sure it has a nice absorbent or wicking headband to capture sweat before it runs down over your face.

A tighter woven polyester hat is best for runners who would like additional sun or rain protection. For the sun, this type of hat is best for those with thinning hair or shaved heads because the dense knit will allow less penetration of the sun's rays. It will also help to keep your head drier by repelling the rain during those inevitable wet runs. Be sure it has some mesh ventilation panels for heat dispersion.

Visors are the coolest of this group, offering mainly eye protection from the glaring sun. Keep in mind, eye protection may be even more important as the fall and winter sun sinks lower and lower on the southern horizon. We not only have to be concerned about east and west exposure to our eyes, but all day southern exposure as well.

The only place for cotton in a runner's bag is a headband. Its sole purpose to keep that profuse sweat from rolling down over your forehead and burning your eyes. Once saturated your headband is easily removed for a good wring, and is again ready to go.

Sunglasses

With the extended amount of time many runners spend in the sun, the eye protection that sunglasses provide is extremely important. They offer protection not only from direct sunlight, but also from every object around you that has the ability to reflect sunlight into your eyes. Don't cut corners - be sure your lenses offer maximum UV protection as well as exceptional clarity and are distortion-free. If you just feel out of it, get dizzy or have a headache after wearing sunglasses, chances are distortion is causing your discomfort. Up until recently, you had to pay well over \$100 to get distortion-free lenses. Today

there are a couple of companies offering high-quality products down into the \$60 price range. The basic difference in quality fabrication is that the best lenses are ground from the center out versus the simpler way from side to side as you'll find in more inexpensive sunglasses.

Sunscreen

Be sure your sunscreen offers both UVB and UVA protection. UVB rays are the skin burning type and UVA are the skin damaging rays. Sunburn is the body's natural warning that it has had enough. In the past, it is believed that some sunscreen companies only paid attention to this UVB portion. They helped keep the sunburn down, but may have allowed an excessive amount of UVA rays into the skin. Because they were not burning, individuals opted to stay in the sun longer. This may be one of the reasons why life-long sunscreen enthusiasts are coming down with skin cancer in record numbers.

Choose a sunscreen that is waterproof and with SPF-30 or higher rating, as well as one that won't clog your pores and interfere with sweat production. Most companies will recommend applying sunscreen 20 minutes or so prior to going outdoors to allow it to absorb and activate.

Hydration

With the coming hot, humid months, it remains important to pay close attention to your hydration needs. As you know, you will be sweating more than ever and fluid replacement is critical. Begin hydrating early and continue in small, frequent quantities throughout your workout.

For extended runs, as in marathon training, water will not be enough. A good sports electrolyte drink will help maintain homeostasis as well as an energy level conducive to better performance. For best assimilation, avoid products with artificial ingredients, unhealthy high fructose corn syrup or added nutrients such as protein. Protein will actually slow fluid absorption and recent research has shown that it is needed only after about two hours of continuous exercise. Ingesting protein does seem to be beneficial immediately after exercise, though.

Your Running Equipment: Head to Toe

If you have stomach distress when using energy drinks, find one with less “added” ingredients and a pH that is less acidic. If your solution is to dilute your energy drink, remember that you are also diluting the amount of needed nutrients.

Note that some are designed with higher quantity and additional ingredients for much more strenuous activities such as triathlons, marathons and half-marathons.

Electrolyte Tabs, more recently introduced, are easy to carry and all you have to do is drop them in water to dissolve. For electrolyte replacement only and very low in calories.

Electrolyte Caps are capsules that you just swallow. Convenient and easy to carry, their primary use is for electrolyte replacement. Just wash them down with a little water or hydration drink.

Energy

Aside from a good diet, gels are your best friends when it comes to maintaining a high energy level throughout your workout. Gels are designed to add carbohydrates for energy, replace nutrients that your body is consuming, and to help address oxidation. Again, choose the most natural. Added buffers to create a more balanced pH are a plus to help with potential stomach distress as well as to improve assimilation.

For those who workout and perform more strenuously, a higher potency gel works best.

Recovery

The latest research shows that your muscles, for optimum repair and recovery, are most receptive to added dietary protein within the first two hours after strenuous activity. Gets you back out there more quickly.

Running Tops

No cotton here. Synthetic materials such as polyester, or better yet, denier-gradient polyesters are a must. The latter not only wick, but they actually help pull sweat away from the body. Cooler and drier is the result.

For women, proper fitting sports bras are a must.

Well-designed sports bras that offer both compression as well as encapsulation will usually provide the best support.

Running Shorts

Synthetic fabrics with moisture-wicking liners are the only option. Better yet, find one having a waistband that is graded back to front. This means that the back is designed to sit higher than the front to better conform to the way the short actually rests on the waist. This should eliminate most chafing problems. If not, there are some running shorts with a longer compression short built into them that should virtually eliminate any chafing issue. If this still doesn't work, find a good anti-friction stick or cream.

Compression Socks and Sleeves

Fairly new to sports, graduated compression socks/sleeves for the lower leg can enhance performance as well as decrease recovery time. Compression contains the calf muscles, helping to eliminate vertical and horizontal vibration. This vibration can delay contraction, which can prolong the amount of time the foot is on the ground. Recovery time can be shortened by a more timely removal of exercise by-products such as lactic acid as well as by providing enhanced nutrition to the muscles through improved circulation, especially when a massage is not available. Compression socks/sleeves may also be a welcome relief, but not cure, for shin splints.

Running Socks

A thin sock offers itself only as a foot covering with few redeeming qualities. A nicely padded synthetic sock offers foot comfort, protection and better performance. Acting like a gasket, the well-padded sock provides a better fit by filling in the excess gaps between the foot and shoe as well as by padding areas where the shoe may irritate the foot. Blisters, corns, calluses, and other friction-based irritations and discomforts can virtually be eliminated with a high quality, well-padded, synthetic sock. And, as long as your shoes fit properly, don't worry about your feet feeling hot. It's a rare occurrence with synthetic fabrics.

Foot Supports

Sometimes also called Over-The-Counter Orthotics,

Your Running Equipment: Head to Toe

these support devices are the “missing link” in proper shoe fit and function. Under-foot is where a shoe falls behind with regard to support, control and performance. Foot supports are the bucket seat options for your shoes. They help position, stabilize and enable the feet and body to perform at their best. They can also help eliminate or delay the premature breakdown of foot structures by relieving the stresses and strains of running and other activities. Don't be surprised if you find yourself performing better and with less effort.

Running Shoes

Feet continuously change, so it's important to have them evaluated for proper fit every time you need a new pair. Your feet will spread, on average, about 2-1/2 sizes in adult life. There are also not one, but three arches that may be interrupted as we spend more time on them. Changes in any of them may alter the shape of your foot. Putting on a few extra pounds may be enough to cause our feet to spread an additional half size as well as, width. Conversely, losing a few pounds may even reduce your shoe size.

Besides foot shape, your stability level must also be continually analyzed. Is the stability level in the shoe

adequate enough to help keep your ankles in a neutral position throughout your gait? Do you even need additional stability? This will determine which shoe will work best for your support needs at the present time. Proper support today can eliminate future foot and leg issues. Pain is not a natural result of running. It's a natural result of something not right.

Function is the way the shoe works for you. Is it flexible enough? Does it flex where your foot flexes? These are two very important questions. If he or she hasn't already offered, ask your salesperson to watch you run. Many unexpected movements show up when the body is in motion. This final observation can eliminate a wrong choice and a future pain or injury.

In summary, proper shoe fit is the effective sum of shape, stability level, and function. Insist on a review of all three when purchasing your new running shoes.

Your local running stores have the best options for most of the above. They are also the best-trained and most knowledgeable resource for your running and walking needs. Support them – they are in business to support you and your sport.

GUlishney@aol.com

JTC Running Track Meet Photos



Doug Tillett, Bonnie Brooks, Todd O'Donnell,
Larry Sassa, Franz Lerch & Stan Lambert



Janae Middleton, Leranne Middleton,
and Angela Middleton

Enjoy the Moment

Despite the fact that (via this newsletter) I seem to be trying to cultivate this persona of a grouchy old codger who complains about everything, especially new things like technology, high race entry fees and a thousand other things that come to mind, it is really not true. Yes, really. In fact, I fight against becoming a grouchy old man; I resist it almost daily. I figure there are enough of them all ready. Besides, it's just not me.

Anyway, I just want to be like my hero, Steven Colbert, who for nine years on his TV show, *The Colbert Report*, pretended to be a right wing, ultra-conservative talk show host. He never was, he was just funny. Boy, do I miss that show. I miss the "beautiful music" of Jones College Radio too. I know it was "old man music," but still. Lost both of them, gone within one month, a crushing blow.

They say that there are advantages and enjoyments to every age and I am finding that it is true. Being a teenager seemed like fun at the time but now I realize that it was a living hell.

The 20s weren't much better, there was that "well, what am I going to do now?" feeling. Ambitions and expectations were on high but they soon met reality when the 20s became the 30s.

The 30s are actually pretty good to men and women. There is a certain confidence that seeps in. Sometimes it's a rather false confidence but still, it's nice to have it. If you've stayed in shape, you hit your peak. Physically, you can still do wondrous things. It kills me when they say an athlete is "old" when he hits 35. Man, I felt like a lion when I was that age.

The 40s were a reasonable continuation of the 30s, but the grey hair was on its way in and athleticism was on its way out.

As I approached the age of 50, a friend who was already there said that everything would be different and that the body would never be the same. I scoffed, and thought: "That's you, not me." But alas, it was me too. So the dreaded 50s turned out to be the decade that revealed the worst: I would not be immune to the ravages of time.

The 60s have already told me the obvious: My 60-year old body will never look 20 again, or even 30. If I was "old" at 35, it doesn't matter; I know I will never run

that fast again. But I am still here, still "running," and still enjoying it (and all the rest.)

Yet when it comes to running, or at least what I refer to as running these days, one of my favorite times is getting together with my kindred spirits, the Old Boys. Nobody can spin a yarn or tell a lie like a bunch of old boys. Nobody can laugh like that either. We can reminisce, we can gripe and complain, we can poke fun, and nobody can do it like the Old Boys.

Yeah, it's true, we show up at races so we can drink up all the beer afterwards. Sure, we admit it. We have done a little reprioritizing. We have admitted to ourselves that even if we have a slightly good "race" it will never be what it once was and so we have to make the best of it, which means- enjoy the post-race, enjoy the revelry, enjoy the friendship, enjoy the moment. It used to be about good finish times; now it is about good times at the finish.

Talking to the legend Jay Birmingham recently, we both agreed that we were content to have spent our primes racing when we did, 30 years ago, rather than today. We reveled in the seriousness and competitiveness of it all. Was it nostalgia, a longing for lost youth, or just that old man's feeling that things were better "back then"? Could be all of them but, nevertheless, our minds are made up; the first Running Boom was the best Running Boom. We were happy to be a part of it and wouldn't trade it for every zombie run in the world.

Jay is old school, hardcore, and it is always a special moment to reminisce with him. Mark Ryan is another one. Working with him every year on the Guana Back To Nature Trail Races brings me back to the good old days, when people organized races for the right reason -- not for profit but for the love of running and the betterment of the sport. When the race is over I feel good about it. I don't often feel good about running or the way running is going, so it's nice when I do.

Lately I've been thinking about death. It's not my favorite subject but as I grow older I realize some of my contemporaries haven't -- they have already checked out. Stan Scarlett, Bob Carr and Danny Weaver have all died in the last couple of years. At Bob's service I said to someone that we have come to the point in life when we will be attending more

Enjoy the Moment

funerals and such. Sadly, he agreed.

Like Paul Newman said in the film *Hombre*: “We’re all gonna’ die sometime, it’s all just a question of when.”

“Any day I wake up on this side of the grass it’s a good day,” a fellow I know says every time I meet up with him at The Last Gasp race. Amen to that. Enjoy the moment.

What of the Gate River Run Streakers? They, I should say “we” because I am one of them, are pushing it these days. I think one of us died during the race one year and then another year one of us nearly died. Some Streakers are having trouble even walking the GRR these days.

“We won’t stop until we are stopped,” that is the battle cry of the Streakers, but is it a wise one? I am not so sure it is. Does completing 15 kilometers when you are a hobbled 90-year old qualify as an “extreme sport?” I think I will drop the GRR after I run it for the fortieth time, in 2017. No extremism for me.

I keep hearing that expression, in fact I’m getting sick of it: “It’s not about the destination, it’s about the journey.” Well, in terms of running, we Old Boys may have had our journey and if this is our destination, then so be it. It could be far, far worse. We’ll drink to that and laugh about it too.

Bobfernee@aol.com

The Megamalgamation of the Century

Mayweather versus Pacquiao, “The Fight of the Century”, that’s what they called it and what a farce. Now we’ve seen it and now we know, it was the Hype of the Century. A lot of people made a lot of money and so, unlike the rest, went home happy.

First of all, which century? If it was from year 2000 to 3000, we are only 14 and a-half years into it. There is a lot more century to go and one would hope a lot better boxing to be played out. They were more than a little premature to say the least.

If they were thinking the last hundred years from 1915 to 2015 then they were saying those two imposters eclipsed the likes of Joe Louis, Sugar Ray Robinson, Rocky Marciano, Cassius Clay/ Muhammad Ali, Jack Johnson and Mike Tyson to name only a few. What a joke!

But the following is no joke and with no hype intended (well, okay, maybe just a little) I present to you not a fight but the Mega Merger of the Century...

The merger of two of the world’s greatest running clubs: JTC Running and the Florida Striders Track Club.

Yes, I say the time has come. Here are (some) of the reasons why:

The Florida Striders has a wealth of volunteers who help out in every one of their functions, events and races. Despite being the bigger club in regards to memberships the JTC has difficulty in finding people to help out. A conjoining of the two groups would put paid to that problem.

The Striders also has a solid band of administrators and they would be a good addition to the JTC as well.

Think of the races. The Striders have six annual races, JTC Running has five and none of them clash, that is to say that none of them occur at the same time. No stepping on each other’s feet, no competing for participants.

JTC Running has a track meet series from April through July and the Florida Striders “Track Club” (the title track club has always been a part of its name) has no track meets at all. That’s okay, for their involvement in our track program would only make it stronger. So, another good deal for both clubs.

The Striders have a runners’ training program that takes place in the summer. JTC Running has two training programs, one in the fall and another in the winter, once again, perfect timing.

Neither club has any timing/finish line equipment but both should. Between the two clubs enough

The Megamalgamation of the Century

people could be found and trained to operate the equipment and pull off some of their races. After an initial investment, this would ultimately save money. As I said before, since there are no conflicts in the calendar the equipment could easily be shared. I am not saying that all the events should be timed using this equipment; I am only saying that some of them should.

Thanks to the Gate River Run, JTC Running has some pretty sizable financial reserves and though hardly destitute the Striders cannot do all the things they would like to do because of monetary restraints. Even if JTC Running insisted on a prenuptial, this marriage would be a match made in heaven.

We have already grown old together, like a perfect couple should, and we should continue to do so. We are very good friends and have everything in common. Soul mates? That's us, all right.

Socialism, the Striders are much better at socialism than JTC Running. No, wait, I don't mean socialism, I mean socializing. The Striders have this item down pat. Who hasn't admired their social tent at the end of the Gate River Run? It is magnificent. Just imagine the GRR tent the two of us together could build-perfection, pure perfection that is what it would be.

Aside from finally being able to breach the fortress (the Striders GRR hospitality tent) we could also be able to enjoy ourselves at other Striders parties and

events. They, on the other hand, could partake in ours, for example, the annual awards banquet and... and ... well, that's about it, but still.

The Striders no longer have a newsletter but we have a pretty good one with a fine crew working on it (if I do say so myself). With their contributions The Starting Line could be even better.

Recent years have seen the formation of various "training groups" such as the Galloway Group, Rogue Runners, Personal Running Solutions, Team In Training and others. Some of them can offer things that a conventional track club can't. Of course some of these offerings very often come at a high price. Still, the way for a conventional club to remain pertinent is to be bigger and stronger. Putting JTC Running together with the Striders would do that and insure a better, stronger future.

The Striders might balk and say they prefer their independence. JTC Running might say "it's unfair, we are bringing more money into the union," and refuse. At this juncture this is all just food for thought.

That's it! It is not so much a merger or an amalgamation; it's a marriage. So let's send out the invites, hire the hall and walk down the aisle. JTC Running + Florida Striders TC, the time has come.

Bobfernee@aol.com

Upcoming Events

Don't Miss It, The Gala Event Of The Year

JTC Running's Annual Awards Presentation

June 25, 6 PM, at Maggiano's Little Italy Restaurant

Sign Up @ JTCRunning.com

Free Meets For Your Delight

Track Is Our Middle Name

June 6th at Creekside High School

July 18th at Bolles School

August 1st at Bolles School

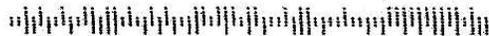
Sign Up @ JTCRunning.com

Personal Letter of Thanks From an Elite Runner

Accurso
1395 W 28th Ave #113
Eugene, OR 97403



Mr. Richard Fannin
JTCRunning
PO Box 24667
Jacksonville, FL 32241



Dear Richard and the entire Gate River Run Crew,

This is an embarrassingly belated - BUT NO LESS GENUINE - "thank you" for the wonderful memories you gave myself and Team Run Eugene at the 2015 15k Championships. For months I listened to discussions about the MAGICAL 15K, uncertain if my teammates were speaking the truth, or if they were telling tall tales. Tall tales; they were not.

Thank you for including me in this year's elite field.

Thank you for making a green, aspiring professional runner feel like a rock star.

Thank you for connecting us to the community through Sanctuary on 8th.

Thank you for not settling for anything less than the best & inspiring us to do the same.

THANK YOU for embodying the beauty of running.

You are awesome. Gate River is awesome.
And I can't wait to come back.

Happy running, all the best,

Juli Accurso

Editor: Bob Fernee
Designer: Amanda Mason

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P.O. Box 24667, Jacksonville, FL 32241 OR bobfernee@aol.com

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JTC Running
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32241-4667

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Weekly Training Runs

Sunday 6:30 am, Mandarin: Various locations and 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: Bill Krause bjk615@yahoo.com 904-860-9189

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, Baymeadows: 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, Jax Beach: 1st Place Sports various runs designed to improve your running.
Contact: Simon 270-2221

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

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

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

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

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

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

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