



THE
STARTING LINE
NEWSLETTER

ISSUE

412



GUANA
Back to Nature

TRAIL RACES

DECEMBER 6TH, 2015

Letter from the Editor

Amazing, it is already October and 2015 is in its final straight. It was the ancient city of St. Augustine's 450th anniversary and only 410 years behind, JTC Running's 40th. It isn't over yet; plans are afoot for a true extravaganza to polish off another remarkable year.

The Last Gasp, our club's second-oldest race and oldest cross-country event, will celebrate its 38th running on December 26. The plan is to celebrate the race and JTC Running's 40th year all at once. Members will have the chance to sign up for the race, online, at just \$3.00. Yes, I said three dollars. One of our club's founding fathers, Lamar Strother, was around at the time, racing his white hat off, until for some reason entry fees rose above three big ones. When they did, Lamar, appalled, stopped racing. A man of principles, Lamar swore never to go back. Now, maybe he will. Regardless, you get to take advantage of this 40-year throwback, an entry fee from days gone by.

The race will also give every participant a custom design cotton short-sleeve t-shirt featuring the 40th anniversary and the historic three logos of JTC Running/The Jacksonville Track Club. Due to the low cost of the event, there will not be any age group awards but there will be a bountiful cash prize post-race raffle that anyone can win. There will also be special awards for the first 10 men and women overall, the first 5 male and female Masters and first 5 male and female Grand Masters (60 and over).

There will be a free (!) Kid's Gasp 1-mile Fun Run at 1:30 PM, with souvenir t-shirts to all the kids. The 5k (now only \$3 if you act in a timely manner) begins at 2 PM, as usual. The course is on the beautiful and challenging campus of Jacksonville University just as it always has been.

There will be a new improved post-race awards presentation/party, still in the planning stages. Don't wait; enter now at JTCTRunning.com

Let's back up to December 6, the date of our next big event, the Guana 'Back To Nature' Trail Races. Under the care of club member, Mark Ryan, this event is truly unique. It features three races; all of different lengths in a magnificent state park, the Guana Tolomato Matanzas Estuarine Reserve, aka "Guana," in South Ponte Vedra-you won't find a better setting.

For the Ultra runner there is a 50k (31-mile) trail race. If you are not quite up to that, grab a friend and do the two-person relay: 2x25k (15.5-miles each). Or, you can run the 12k (7.5-mile) solo trail race. Entry fees vary but

all are good value, especially when you consider what you get: Support (food and drink) throughout the race, a high-quality custom medallion, a first-class long-sleeved tech shirt and a wonderful post-race party at the beach front restaurant, The Reef.

Hosted and organized by JTC Running, all three races take place on Sunday, December 6th. The 50k and 2x25k Relay start at 8 AM. The 12k begins at 1 PM. Entering is a cinch at JTCTRunning.com.

On the previous night, we are throwing a gala Christmas party at the 1st Place Sports store in San Marco. Everyone is welcome to stop by, grab a bite to eat and have a drink or so. You can see some old friends and most likely make some new ones. While you are there you can enter our next two races, the Guana and The Last Gasp.

We are definitely in the party mood and before I could finish this I was notified of another one set to take place this month. Seems the gang that speeds around the Bolles track every Wednesday brainstormed this one: JTC Running's 40th XL Birthday Bash. The club was founded on October 27, 1975 and this party will take place exactly 40 years and a day later on October 28. Pitch in and help us celebrate 40 years of running, racing and reminiscing.

It all takes place at the Tijuana Flats restaurant in Lakewood. 5635 San Jose Blvd., corner of San Jose and University Boulevards, to be precise. Starts at 6 PM and goes until 8ish, with the ceremonial cutting of the birthday cake at 7:30 PM. You can also enjoy \$1 tacos and \$1 draft beers, another special of the night. We will only be 40 once, so come and make the most of it.

Our good friend and former president, club secretary, Doug Tillett has penned an amusing account of the Summer Beach Run. It is as humorous as it is historically inaccurate. We are going to play a game with it called, Spot the Historical Errors. How is your knowledge of club history, can you find them? Email me your discoveries. The winner will be announced at our Oct. 28 party. (Who am I kidding? I might as well give the grand prize to Lamar Strother right now. Lamar, the archivist, the man who remembers every tiny fact about our club, despite his age of nearly 80 years, will spot them straight away.)

The great Australian athlete, Ron Clarke, passed away not long ago and another friend of ours, Jay Birmingham, has written a wonderful tribute to Clarke in this issue.

President's Letter

Everyone enjoyed the Tijuana Flats Summer Beach Run Kickoff Party at the Lakewood Tijuana Flats store so much that we have arranged a return event! On October 28 we'll be back to celebrate the 40th anniversary of the founding of the Club. The fun will start around 6:00 pm with \$1 beers and \$1 tacos and later on some original members will cut the birthday cake!

Our 40th anniversary is also a time to reflect on all the good our Club has done for the community over the years. In addition to producing many great races, our Club has made financial contributions to numerous local schools and running related causes. And not just financial help, our members have volunteered their time and expertise countless times to assist those in need. Another opportunity is coming on November 14 when members will have the chance to work a dinner at the Sulzbacher Center for the Homeless. Registration is open for either food prep or serving on JTCCRRunning.com/Events.

For a number of years I have used a very basic running watch to track my race splits and times and I've been happy with it. After an event I sit at my desk, bring up the splits on the watch, and faithfully enter the data into the spreadsheet on my PC. I sort it by event distance, then time, and I stare at the proof that I'm slowing down as the years go by.

I like taking the watch on overseas trips because it's easy to change the time zones and if I lose it, it's only a \$40 loss. The Velcro band doesn't break and is infinitely adjustable. The battery lasts a long time and is inexpensive to replace.

When I was recently offered a state-of-the-art GPS watch to test I wondered if I could figure out how to use it and if the bells and whistles would be of value to an over the hill walker like myself. This column isn't the place for a product review, but I

thought I would pass along some observations on the capabilities of the watch, which is the Timex One GPS+, for those of you who might be wondering if such an upgrade makes sense for you.



If you were to strap this watch on, the first thing you would notice is its size-it is big! It has a large touch screen that displays an amazing amount of data. During a workout it displays how far you have gone, how long you've been at it, and your current pace, and more, and more! All this data can be uploaded to the fitness app of your choice.

Maybe the feature I enjoy most is its ability to send and receive messages, including a one-touch SOS to the wife to come pick me up, with my location! For me

at least, this means I can leave my phone behind. I normally tote it along just in case I want to be retrieved, like the time I tried to do ten miles in new shoes ...

And for those of you who can't imagine a workout without your favorite tunes streaming through your earphones, you can load hundreds of mp3's via the USB charging cord and enjoy them en route via Bluetooth earphones! That's right-no battery to replace. And if you let the power level run low it sends an email to plug it in!

So there is an incredible amount of functionality to strap on your wrist. For members who want all the technology they can get, a watch like this may be just the thing. Those who enjoy running to escape technology may want to keep on running!

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

Richard Allen

Bill Bade

George Barthelmes

Susan L. Branley

andrew broughton

William Cesery

Timothy Cheney

Ashly Clarke

Edwin M. Clarke

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Robert Meister

Robert Mentz

Stephen Miron

Walt Mitchell

Michelle Moore

Robert Nagel

Raymond Owens

Stacey Pecenka

Chris Perone

Quang Pham

Alan Pickert

Virginia Pierce-Kelly

Don Queen

Randy Reagor

Beth Reiney

Eric Reinhardt

Donna Rettini

Shannon Revels

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Alison Ronzon

Beverly Scheff

Kim Scurti

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Tara Showalter

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James Sylvester

Nadine Thomas

David Townsend

Andrew Tuazon

Gerry Tyburski

Marie Vogler

George F. White

Valerie Williams

Robert Wood

Andy Woods

Upcoming Events

JTC Running's Annual Christmas Party

Saturday, December 5, 6 p.m. to 9 p.m.

1st Place Sports Store

2018 San Marco Blvd., 32208

Food, Drink, Fun and All Free

Medal Mania

What do you want – a medal?

That used to be a derisive, sarcastic, rhetorical response to someone's proud proclamation upon completion of a mundane task that was probably also overdue. Ho. Hum.

But apparently you do want a medal. Lots of them, judging from the proliferation of medal-awarding races these days.

Race administrators say it's the single biggest incentive that runners cite on feedback forms: They'll enter a race if all finishers receive a medal. So races add a few bucks to the entry fee to cover their costs and oblige. And the rest of us can't check a box that would spare us the hardware.

All of this occurred to me recently when I discovered that I had never carried out a pledge to purge the premises of unwanted medals. This collection went back to at least 1988 and the "Dame" Point Bridge Run, which may be the first race at which I took a bathroom break at the halfway mark in the portable toilet for construction workers. That's right: The bridge was still under construction, but it was such a momentous occasion that we all got medals.

Medal mania probably started with marathons, and there's nothing wrong with that. Anyone who invests the time to train for and complete a marathon deserves more than a T-shirt, a bowl of soup and a Mylar blanket if it's a cold day. Marathoners, wear your medal proudly.

Maybe a medal is a thing of value because a particular race had special meaning for you: your first or fastest 5K or half-marathon or the day you finally beat a friendly competitor, even if it meant only finishing next to last in your age group. That's what makes a keepsake worth keeping.

But for every little race? Please.

What is a runner to do with all those medals? At least you can wear a T-shirt. Or somebody can.

You may be able to get away with wearing a medal for an hour or two, but then what?

"Hey, it's casual Friday. I think I'll wear my race medal instead of a necktie today."

A friend says he has a hook dedicated to hanging all his race medals. I say hooks are for throwing clothes you don't know what else to do with. T-shirts, for instance.

Another friend recently helped me repaint the living room, and now his wife is consultant on carpeting and furnishings. What's the first thing she suggested for wall decor? A shadow box in which I could display some of my race medals.

So what would I put in there? What will the salvage crew find when they come to resolve my estate?

At least two of my three medals from the Hood to Coast Relay, for sure. A special, and somewhat grueling, experience with 11 teammates from Oregon that can't be duplicated. (Had to hunt those medals up, though, to be sure where they were.)

The one from the first Tour de Pain. A big deal way back then. And probably the last time I broke six minutes in the mile.

And maybe the one from the 25th Gate River Run. It's still folded up in its little plastic bag and isn't consuming much space.

rest must go.

The Gate River Run gets harder and harder for me every year, an accomplishment that started feeling worthy of a medal. At the end of the 2013 race, though, it hit me, maybe not like a lead balloon, but certainly something heavily weighted. After surviving 9.3 miles and the Hart Bridge, a volunteer placed a medal around my neck and I wasn't sure I'd make it back to my car if I had to wear it all the way. It felt like a ton ... of something. Hard wear, indeed. I resolved to decline the medal in future years and hope that someone who truly wanted one would get it on the spot.

I'd have my shirt, my number and my memories.

Ledmangary99@gmail.com

Vicon Motion-Analysis

Vicon Motion-Analysis in the JU Running Biomechanics Laboratory

Jeff T. Wight, PhD

Assistant Professor of Kinesiology, Jacksonville University

Director, Running Biomechanics Laboratory

Member, First Place Sports Racing Team

Each year, advanced running technology rapidly improves, becoming cheaper, and more mainstream. This is good for science and good for runners. In this issue, I will briefly describe the motion-analysis technology we are now using in the JU Running Biomechanics Laboratory.

Figure 1. Vicon Motion-Analysis Cameras. Motion-analysis cameras emit infrared light and can be used to track reflective markers placed on athletes.

Motion-analysis cameras do not take standard video. Instead, they emit infrared light and then “track” any “reflective” material. To study runners, we apply about 30 small reflective markers at specific anatomical landmarks. Essentially, the goal is to estimate the location of the runner’s joint centers (ankle, knee, hip, etc.). Then, we can create a “stick figure” of the runner. The software in our JU Laboratory also animates the stick figure (as a human skeleton). Once the stick figure is created we can calculate endless biomechanical variables (segment orientations, joint angles, stride rate, etc.). We collect data at 200 frames per second.



Figure 1

Figure 2. Animated Runner. During a motion-analysis data collection, joint center locations are estimated and the runner is animated.

I began working with this technology 14 years ago to study baseball pitchers. Back then, the cameras were expensive, about \$10,000 each. And a ring of 8 cameras was typically needed to analyze most athletic actions. Now, cameras have reduced to about \$3,000 each, and we can analyze runners on the treadmill with just 3-5 cameras.



Figure 2

To analyze pitchers, I had to write my own custom programs. This required taking two advanced graduate courses and many hours of intense work.

Now, for about \$10,000, it is possible to purchase user-friendly software that

- 1) “walks” the laboratory technician through the data collection
- 2) completes all the mathematical calculations
- 3) creates the stick figure, and
- 4) completes important biomechanical calculations

It used to take me 1-2 hours to post-process each trial for an athlete — I would have to inspect each frame of data (approximately 600 frames of data for each trial). And in biomechanics, we typically average 3 trials for each athlete (and include approximately 30 subjects in a study). That was a lot of “grunt work.”

Vicon Motion-Analysis

Now, in our JU laboratory, I click a button and here is what happens:

- 1) the software collects 25 seconds of data and analyzes each stride the runner takes
- 2) each stride is scanned to ensure that all 30+ reflective markers are present and data is sound
- 3) data from 10 strides is analyzed and averaged
- 4) a full spreadsheet of endless biomechanical variables is delivered

And get this, next year we will likely have the ability to instantly compare each runner's graphs and data to a normative data set of over 1,000 runners! This is possible because we are now part of a running research collaboration lead by the University of Calgary Running Injury Clinic: runninginjuryclinic.com

The bottom line is that it has become relatively easy to complete a data collection and analysis. In fact, we are now training our undergraduate JU Kinesiology students to use this technology. I am excited to see this technology enter the sports world. Soon, it should be a regular component of professional, college and even high-school athletics.

The process is getting easy, but the data alone will not help runners. Only people who truly know running will be able to have a great impact. Therefore, it is important to train students to develop expertise in both the technology and running.

If you participate in the JU River House Run/Walk 5K be sure to come visit the Running Biomechanics Laboratory. We will have the laboratory open during packet pickup on Friday, Oct. 9 from 11 a.m.-7 p.m. Part of the profits from the race will be used to purchase research equipment for the laboratory. Here is the race website:

<http://landing.ju.edu/homecoming/riverhouserun.html>

Happy Running,

Jeff

Upcoming Events

JTC Running's 40th Birthday Party

Wednesday, October 28, 6 p.m. to 8 p.m.

Birthday Cake Cutting @ 7:30 p.m.

Tijuana Flats Restaurant Lakewood

5635 San Jose Blvd.

\$1 Draft Beer, \$1Tacos

JTC Running Presents

The Last Gasp Cross-Country 5k

Saturday, December 26, 2:00 p.m.

Kids Gasp, Free 1-Mile, 1:30 p.m.

Jacksonville University

Log onto JTCRunning.com

Myth Busting- 10% Rule

All of us runners, at one point or another, have been faced with the uncertainty of how to increase running mileage safely to avoid injury. With running injury incidence rates reported in the scientific literature ranging from 26% to 92%, it makes sense that we would want to correctly address this training variable so that we can stay on the roads or trails.

It is widely accepted, by most runners, coaches and clinicians, that a sudden increase in running distance is strongly related to injury, and the most common recommendation or guideline is to use the “10% Rule” when increasing distance.

This rule states: “Do not increase your weekly running mileage by any more than 10%.”

BUT, is there solid research to support this recommendation?

Believe it or not, the scientific knowledge supporting this assumption is actually somewhat limited, not wrong necessarily, but more limited than one might expect. It's not exactly black and white. Let's take a look at the highlights from a literature review of some of the more recent studies addressing the “10% Rule”.

Not So Supportive of “10% Rule”:

- A well-designed 2008 randomized controlled trial in the American Journal of Sports Medicine failed to identify an increased risk of injury in novice runners progressing their weekly running distance by 24% over an 8-week period compared to those progressing their weekly running distance by the recommended 10% over a 12-week period.
- Perplexed by the identical injury rates in the above study, the researchers hypothesized that the runners weren't ready to undertake a training program when they began the study. So, they repeated the study, but this time they assigned the group training under the 10% principle a 4-week pre-conditioning program. The control group was assigned the same, more aggressive training plan as the initial study with no 4-week build-up. Again, the results came back with the same injury rate for both running groups
- In a 2013 case-control analysis in The Journal of Strength & Conditioning Research, injured runners had an average progression in weekly distance prior to injury of 31%, whereas the non-injured controls had

a progression of 22%.

Supportive of “10% Rule”:

- A study from the Journal of Orthopedic and Sports Physical Therapy examined whether an association between a sudden change in weekly running distance and running-related injury varies according to injury type. It was found that novice runners who progressed their running distance by more than 30% over a 2-week period seem to be more vulnerable to distance-related injuries than runners who increase their running distance by less than 10%.
- A 2003 article in the Canadian Family Physician Journal, concluded just that the “10% Rule” is commonly used as a guideline for a maximum training progression by runners, coaches, and clinicians.

Conclusions:

So as you can see, there is not a lot of support for the “10% Rule” as being the ONLY way to progress here. With that being said, slower training volume progression is supported in the literature over faster volume progression in injury prevention, and so using the “10% Rule” may be safer than a much faster progression. So therefore, when seeking to avoid injury, choose a slower volume progression over a faster one, and using the “10% Rule” is certainly a reasonable method to use over a faster progression. More science is definitely needed to study and find what actually IS the appropriate running volume progression.

So out of the choices of the “10% Rule” myth being “busted”, “plausible”, or “confirmed”, we conclude that the “10% Rule” is “plausible”, and needs more science to confirm or bust. We at Coltman & Baughman Physical Therapy specialize in working with runners. If you are

starting a running program, or looking to advance your mileage safely, we can help customize a safe running progression to meet your needs. We can also address any injuries you have, as well as perform a comprehensive biomechanical running evaluation to look for running form issues that could contribute to injury.

Myth Busting- 10% Rule

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



Rob Coltman

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Upcoming Events

JTC Running Presents

Guana Back To Nature Trail Races

Sunday, December 6, 2015

50k Trail Ultra 8:00 a.m.

2x25k Trail Relay 8:00 a.m.

12k Trail Race 1:00 p.m.

Details & sign up @ JTCRunning.com

All About the Sports Bras

Gone are the days of doubling up on conventional bras in an attempt to gain that extra support needed to eliminate bounce and sway.

A quality and well-fitted sports bra is the No. 1 essential piece of apparel for the active woman. It provides both comfort and support for delicate breast tissues. It also eliminates the distraction of trying to “keep them under control” by slowing down or altering the preferred movement patterns of the activity at hand. This may lead to tightness and strain in certain muscle groups, especially the hips, upper torso and neck. Your normal gait pattern may also be compromised, which can lead to a variety of lower body aches and pains. Who thought?

The best sports bra for you isn't worth a hill of beans unless it fits. It is estimated that 80% of women are wearing the wrong size bra! Seek out a specialty store with associates trained in the bra-fitting process, and one with a nice variety of options. A proper and well-fitted sports bra will be transforming. Your activity level is also a determining factor in your choice, be it low-impact for exercise activities such as moderate walking, yoga and pilates or high-impact for running and running-related sports.

Based on your particular needs, there are sports bras with compression and sometimes encapsulation or cups (for shaping and modesty) for a secure, body-hugging fit. These usually come in sizing XS-XL. Add encapsulation along with wider underbands and

straps to get a stabilizing fit, with AB and C/D, or band and cup sizing such as 34C. And finally, yet wider and stronger bands and straps for a fully loaded, controlling fit, with band and cup sizing exclusively.

The following are some rules-of-thumb regarding your sports bra:

- They do lose elasticity and cup shape and should optimally be purchased with each new pair of running shoes, and minimally, once a year. If your bra begins chafing, it is probably worn out.
- Frequent runners or exercisers should always have three on hand.
- If you have to use Body Glide, your bra probably does not fit.
- Any squishing or spillage usually requires going up a cup size.

The fit of the bottom band is very important as 80% of a sports bra's support comes from it. If you can fit two fingers under it, it's most likely a good fit.

If you are looking for a perfect fit, try Moving Comfort by Brooks. It is the No. 1 brand in sports bras and can accommodate any activity level and size, even up to an F cup. Moving Comfort's wide selection and unique fitting process will ensure a great fit and maximum comfort and support for your chosen activity.

Upcoming Events

JTC Running's Annual Christmas Party **Saturday, December 5, 6 p.m. to 9 p.m.**

1st Place Sports Store
2018 San Marco Blvd., 32208
Food, Drink, Fun and All Free

Wide World of Running

“Clarkey’s Gone Mad” *A Tribute to Ron Clarke*

Ron Clarke died this year at the age of 78. The Australian’s racing career spanned 17 years. His greatest achievement was his 18 World Records on the track. His PR for the 10,000 was 27:39; for the 5,000 he clocked 13:16. This was 50 years ago on cinder tracks.

Mile run great John Landy, the first man to run 3:58, just six weeks after Roger Bannister’s first sub-4:00, believes that Clarke was the greatest runner in Australia’s storied history. Four-time Olympic champion Emil Zatopek thought the same.

Clarke raced Landy and Herb Elliott in 1954 as a prep, and was selected to be the final torch-bearer at the 1956 Olympic Games opening ceremony. Ten years later, he won an Olympic bronze behind Billy Mills’ 10,000 victory in Tokyo, and finished his international career in 1970 with a 10K in Oslo behind Frank Shorter. Two years later, Shorter would win marathon gold.

Clarke was self-effacing, modest, but tough. Criticized for not winning “the big ones”, Clarke said, “The will to win is best demonstrated by the will to train.” In an era before prize money and professionalism, Clarke trained two to three times a day to become the best. No runner since has rewritten the record books as did Clarke, who took huge chunks from World Records, always unpaced, hammering, just him against the clock.

Rudyard Kipling’s classic poem “If” contains a verse that Clarke used as the title of his book, *The Unforgiving Minute*, penned three years before he hung up his spikes. It goes, “If you can fill the Unforgiving Minute with sixty seconds worth of distance run . . .” Clarke could certainly fill those minutes with quality running.

Clarke was a high school star a decade before American Jim Ryun was, and set World Junior Records (under 19) for the mile three times, getting down to 4:06.8. He never broke four minutes for the mile, despite being able to reel off 56-second quarters in training, lap after lap. “I became disenchanted with interval training,” he wrote, and left the sport from 1957-1962.

Returning to running to lose weight and to enjoy the company of the Ferny Creek Gang, a club in Melbourne, Clarke labored through a 2:53 marathon. But two months later, he PR’ed at 10,000 meters and 5,000 meters. Over the next year, he upped his mileage, despite

a full-time job, and the personal bests just kept coming.

Then, on Dec. 18, 1963 (early in the Australian track season), he went after the world record in the 6-mile run (a common distance in the USA, Britain and Australia). He told only his brother and his old high school coach. Clarke wanted to average 69-second laps, but went out in 64, 66, 65.

Another coach at trackside reassured the trailing runners to ignore the speeding Clarke, who had an 80-meter lead after three laps: “Don’t worry about Clarkey. Clarkey’s gone mad.”

Mad, indeed. Clarke shattered the 6-mile record by 15 seconds, bent over to catch his breath, then someone yelled, “Keep going— you can get the other one, too!” The other one was the World Record for 10,000 meters, which Clarke managed to scrape under.

One year later, Clarke earned a berth in three races at the Tokyo Games. Despite being the WR holder in both the 5,000 and 10,000, Clarke got into tactical races and placed third in the 10k, ninth in the 5,000, and ninth in the marathon in 2:20.

Derided by the Australian press corps as a “choker,” Clarke considered retirement. Instead, he dedicated himself to running for four more years. In 1965 alone, Clarke smashed 11 world records from 3 miles to the one-hour run. In one spectacular race in Sweden, he carved 35 seconds off the 10,000, an improvement that has never been matched.

The high-altitude Olympics in Mexico City in 1968 proved even more frustrating than Tokyo. Australian amateur rules prevented Clarke from training at high altitude outside the country. He placed sixth in the 10,000 and was hospitalized. Two days later, he placed fifth in the 5,000 final. Before and after the Games, Clarke repeatedly beat all his rivals in fast times.

The great Czech Olympian, Emil Zatopek, hosted Clarke near the end of the Aussie’s career. At the airport, Zatopek gave him a small package with the caution not to open it until he was out of Soviet airspace. Over England, Clarke opened the gift - it was one of Zatopek’s 10,000-meter gold medals. A note said, “Not out of friendship, but because you deserve it.”

Clarke said it was the most precious thing he owned.

Too Many Races or Too Few Racers?

A story in the July/August issue of Running Times magazine titled, *A Crowded Field*, made me wonder, once again, about the current state of races and their attendances, especially locally. The Running Times article, written by Matt McCue, highlighted two areas in particular, the burgeoning number of races that have occurred since 2009 and the fact that although there are more people running, participation in 42 of the biggest races in the U.S. is actually down. In 2013, there were about 19 million race finishers but with so many events to choose from some races are falling: Falling in attendance and falling by the wayside.

As races have increased, has supply now outrun demand?

According to Running USA, in 2009 there were approximately 17,000 races across the country and by 2013 the number had increased to 28,200. In *A Crowded Field*, the writer cited Denver where city officials decided there were too many races and put a cap on the number of them for 2015. They said the strain on streets, parks and traffic were the main reasons for the decision. In Raleigh, N.C., a similar move took place and races that needed street closings were limited to 95 in 2015.

Jacksonville and the surrounding area boast a very vibrant race scene; how are we doing in the great scheme of things? Not much differently, there are a lot of races but rather poor attendance in many of them and no growth in others. Even the most popular distance, the half-marathon, is no longer seeing an upsurge. Of course, there have been so many new halves added to the race calendar in the past 10 years that it was only natural that the distance would one day cannibalize itself.

Doug Alred is the one to ask when it comes to getting the facts on the local running scene. He became involved in race directing when he opened his original 1st Place Sports store in 1978 in the Kingsley Shopping Center, Orange Park. He started with a 20-mile Road Relay. In 1979, when the store moved to the Normandy Mall on Jacksonville's Westside, he organized a 5-miler called *The Invasion of Normandy*. As you probably know, Alred serves as race director of the Gate River Run, the Summer and Winter Beach Runs, the Jacksonville Bank Marathon, the Subaru Distance Classic and nearly every race in town.

I spoke to Alred on the phone about our local races. I began by saying that using his website's race archives I looked at the number of finishers of several popular, established races from January 2012 to mid-September 2015. I said it appeared that attendances were all over the place; meaning, some were holding on, a few had gone up, but a great many had gone down.

"I agree," he said, "the numbers are all over the place. I can't find a reason for it and it is hard to figure it out. This summer has been great, all the races have done really well, including the Celebration Run, the Summer Beach Run and the one we just had, the Run Jax. We've had about 10,000 finishers this summer, and that's saying something 'cause most people hate racing during the summer. Maybe adding the medallions has had a lot to do with it."

Ah, those medallions, they're like catnip. In the running world medals are the new T-shirt.

"Do people still care about T-shirts, even if they are technical?" I asked Doug.

"No, I don't think they do. And the new runners hardly know what 'technical' means. But people are signing up to get the medallions now, I just have to wonder how long it will last," he replied.

Once a person has a medal for every race in town won't those things lose their luster just as the T-shirt seems to have done? After that, will the gold diggers wander off, or will they lust for something else?

"All that glistens is not gold, often have you heard that told." ... William Shakespeare.

Wrong again, Shakey, runners love stuff, hardly matters what it is. It's nothing new; once upon a time they craved those junky little plastic figurines standing on cheap plastic plinths. Then chunky wooden plaques were all the rage.

Well, what about a "cause"? Surely it is all about the reason, right?

Alred says although that may still impact some people a cause by itself does not guarantee a healthy turnout. In fact he seems to think that in some cases the charities, etc., would be better off doing something more cost effective, such as a car wash, bake sale or golf match.

Too Many Races or Too Few Racers?

“I probably get about two new groups coming into my office every month, looking to start up a new race. I tell them that big numbers cannot be guaranteed; you can only expect two or three hundred in a new event, and the race schedule is full. It never seems to stop them, they always want to try,” Alred said.

He continued: “I tell them that there are three areas where they might pull participants: Involvement with 1st Place Sports, our website and other media, or if people are close by in town and the race is going through a neighborhood where someone lives and they feel like jumping in, or if it is a charity that they are associated with and it has a personal meaning to them.”

Most people don’t realize it, but the cost of organizing a race is considerable and without sponsors to help cover the costs an event is pretty much sunk from the get-go. Alred estimates the average cost for the police in a typical 5k road race is about \$3,000. Furthermore, to completely pull it off look at expenses of \$9,000.

“That would mean at least 300 people just to cover costs. And these organizers don’t do it just to cover costs, they want to make money,” Alred remarked.

And now there is a new game in town, the competition among event companies to win the races. In addition to 1st Place Sports there are now three other companies chasing after races. Not much care is given to avoid clashing with another event and sometimes there are as many as four races in a single day; too many races in a market of this size.

Business? Market? Words not associated with our pristine sport years ago, but not now. Road racing is unquestionably a business. One of the biggest monsters invading our sport over the past 10 years is Competitor Group Inc., a venture capital company that cares little about running except how to make money from it. Founded in 2007, the obviously for-profit San Diego-based company owns the well-known Rock & Roll Marathon franchise and others. A few years ago Competitor announced it would no longer pay elite runners prize money in any of their races. Tantamount to admitting, “we’ve decided to keep it all to ourselves.” That would be more accurate.

Competitor Group’s free magazine, Competitor, subtly keeps its readers enticed with all things the sly corporation wants to sell. But Competitor Group has promised big and delivered small. Live music is supposed to overwhelm runners during a Rock & Roll event, that’s its stock and trade, but someone I know said: “There is more music on the Gate River Run course than there is in a Rock & Roll Marathon.” And there is more incompetence than race expertise.

Take this year’s Raleigh, N.C., Rock & Roll Marathon, where leader Heidi Bretscher was taken three miles off the amateurishly marked course. Police redirected her and luckily she still won the race. Embarrassed race officials gave her \$5,000 and offered to pay all of her expenses to any other race she planned to run, whether it was one of theirs or not.

Attendance figures of Competitor’s Rock & Roll series are down 29% this year. Could it be that runners are not so subtly telling those bloodsuckers to go away? Personally, I have no problem with runners making money from running, but I can’t stand a gang of Wall Street profiteers doing so.

I digress, getting back to the local running scene, here are some of the numbers, race finishers since 2012:

	2012	2013	2014	2015
Resolution Run	1071	836	726	715
Matanzas 5k	2509	1608	1207	934
Ortega River Run	1283	1507	1726	1414
Gate River Run 15k	16,357	15,570	15,513	14,918
Run To The Sun	616	553	465	406
Memorial Day 5k	788	1242	1030	809
Never Quit 5k	4190	3969	3176	809
Avondale Classic	417	387	260	NA
Festival of Lights	2948	2764	2294	NA

That is a snapshot of some of what is happening. Even the big one, the Gate River Run, is going down, marginally, but still. The 2015 Avondale race and the Festival of Lights have not yet been run. Judging by these figures, if you have an average race and you are pulling 450 to 500 runners you are doing fairly well.

Too Many Races or Too Few Racers?

If you are the Ortega River Run and your numbers are jumping up and down but you are maintaining yourself at over 1,000 participants, count your lucky stars (and be glad you are not the Never Quit).

There is also some good news, such as:

	2012	2013	2014	2015
Summer Beach Run	939	860	1540	1551
Run Jax 5k	NA	772	672	807
Celebration Run 5k	1030	1138	1047	1659
Winter Beach Run	583	541	520	1249

Doug Alred thinks that medallions, introduced to the Summer Beach Run in 2014 and the Winter Beach Run in 2015, are to thank for the massive improvement in those turnouts.

Race du Jour? For years now that would be the Half-Marathon, but even that one seems to have leveled off. Here are the numbers:

	2012	2013	2014	2015
Donna 13.1	4721	4417	3749	3522
Tour Pain Xtrm/13.1	597	504	413	386
Marine Corps	1997	2177	1926	NA
Subaru	2082	2329	2112	NA
Reindeer Run	343	430	423	NA
Jax Bank	1301	1486	1284	NA

Like any other business a race can be turned around. But how? Alred feels that a change does a race a world of good. Plus he says it all comes down to producing a quality event. If the quality is there, the people will be there and moreover, they will come back. He constantly asks his employees, "What can we do to make this race better?"

That could be the key to the whole thing. For example, in addition to the medals, JTC Running's Summer Beach Run, pulls a crowd due to its post-race party, food, drink, live band and good time. It has a personality and an atmosphere. Those beach towels for age group awards

are a nice touch, too. Races that do the same thing time after time will eventually bore the people who have attended them for years and those people will disappear. That is, if the race doesn't disappear first.

The 1st Place Sports race management team did 90 races in 2014. They have already done 63 so far in 2015, up from 58 at the same time last year. That means they might hit 2013's mark of 99. Alred said there is not much point in turning down a new race; if he did they would only approach one of the other three race management companies.

What about the cost of entering a race? How important is that?

"If a person only does a few races a year then it is not much of a factor. But if he does a couple a month then it probably is," Alred said. He then mentioned the Florida Striders races as an example.

The Florida Striders put on good events and have the lowest entry fees around but they don't pull thousands of thrifty runners. If money is not a motivator, what is? Does every race need a hook, a theme? For a while it seemed like it but now even the zombies are suffering. Themes are becoming passé. Apparently once you've trekked through the mud, climbed a wooden wall or been painted from head to foot, that's enough: people don't come back.

Like many things, running/racing is a bell curve. We have seen two of them, the first Running Boom of the 1970s and early '80s, followed by a slump, then a gradual build to a second Boom that began about 20 years ago. If we are hitting another low point, as it seems, it will not be as low as the one at the end of Boom 1 because today there are a lot more runners, but it will affect the races and some will die.

"It's time to weed some of them out," Alred said.

He continued: "Running has hit a plateau, it is not increasing, it is hovering. How long it will last, I just don't know."

Revenge of the Pokey Walk-Jogger

Boy, it ain't like it used to be. That's a huge understatement. My training "runs," well, I just can't get going. After only a couple of miles or so I begin those familiar talks to myself: "Is this really doing me any good? Bob, I thought you said we were going inside where it's nice and cool. Treadmill, Bob, remember, treadmill?"

Why does it have to be this hot all the time? And I do mean, all the time. It's even cursedly hot first thing in the morning. Then there is the other H word: Humidity. Does this stuff ever go away? I know, short answer-November.

Before this summer, I don't think I have ever drunk so much water. And I've actually grown fond of the stuff. Normally I avoid drinking H₂O, I figure the breweries need it and I don't want to leave them short. But once the morning "run" is done, the sweat never seems to stop. It pours down even after I step out of a cold shower.

The Heaven that is North Florida in February becomes the Hades of North Florida in August. Paybacks, they say, are hell, especially if you are a runner and even more especially if you are a runner training for a fall marathon. For those of you who are, I admire you; hang in there, and good luck.

Paybacks and poetic justice, they've hit me like a hammer blow. All those years of putting down Gallowalkers and now it appears I am one of them. Gallowalkers: The derisive, insensitive term used to describe those who follow the Galloway Method of run-walk. Watch out people! You use that word now and it will come back and bite you in the derriere later. If anyone would know it would be me. I have a friend who claims that I once referred to him, in print, as

a "pokey walk-jogger." I swear I never did but every time he sees me he grinds it in. He must be well aware of how I suffer these days. Yet, he torments me, some friend.

Sure, back in the good old days when I was a "real runner" I could scoff and say genuine runners never walked (unless they were hurt). I would tell them, "Do you think Jeff Galloway run/walked when he competed in the 10,000 meters at the Olympics?" I was a smart acre; I guess I had it coming.

I'm not an official Galloway guy. To be official you have to determine, in advance, what your run time will be and also your walk time. For example, ten minutes of running, followed by three minutes of walking (recovery), then repeat over and over until a run of say, 18 miles is accomplished. Not me, though, I run until I've had it then I stop and walk. I yell out, "Galloway!" which means I've surrendered. I've come to enjoy surrendering.

Runs aren't runs right now, they are survival exercises; I feel like I am on that TV survival show where everyone is tromping around with their clothes off. The only difference between us is pants (mine on, by the way.) Oh, and I don't have a director and camera crew in tow or people standing by with food, drink and snake bite kits. Along with my trusty Garmin I set off every day for a "4-miler." Okay, I confess, I am out for a 4 knowing I will never run more than three of it. Sometimes it's even less but I have learned another new lesson: Stop beating yourself up over it.

Yes, I am finally past the point of chastising myself over such trivialities. Ultimately, running is not all that important and life is just too short.

Upcoming Events

.....
JTC Running Presents

Guana Back To Nature Trail Races

Sunday, December 6, 2015

50k Trail Ultra 8:00 a.m.

2x25k Trail Relay 8:00 a.m.

12k Trail Race 1:00 p.m.

Details & sign up @ JTCRunning.com

Giving Back

Hello Everyone!

Did you know that your JTC Running Membership gives you opportunities to do something other than run? How about helping the homeless in our community? If you run the downtown bridges – or many other spots around Jax – you’ve seen men and women sleeping on benches or under overpasses. Not usually much we can do as we run by. Here is your chance to help!

The Sulzbacher Center is an incredible resource for those in need. They not only house 360 folks a night in their beds, they offer two hot meals a day (serving over 1,600 meals a day!), one-on-one counseling, and life-skill training to help people get back on their feet. It is way more than just a handout, they offer comprehensive services for men, women, and children.

You should be proud that JTC Running sponsors meals at the Sulzbacher! You help make it possible – whether you show up and volunteer or not.

If you would like to join us and volunteer, here is what you can expect: We have two shifts of 8 – 10 people. You can do one or both. The first shift (3:00 to 5:30pm) does food prep. You are working in the kitchen slicing, dicing, mixing and cooking. The second shift (5:30 to 7:00 pm) puts the food on plates and serves it up across an open window to the folks in line. Both shifts give you a chance not only help those in need, but to get to know other runners in your club.

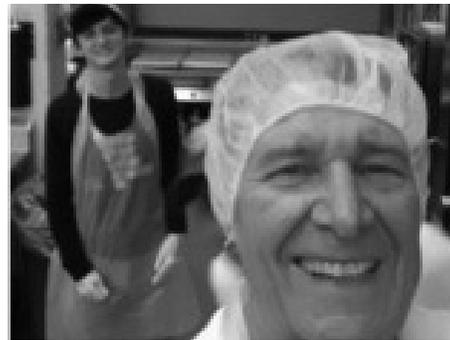
Our next opportunity is November 14th. We will have sign-ups on line at our JTC Running site. Look for info coming soon.

Michael DelCharco, JTC Board Member

Call or text me any time – (904) 472-0082



JTC Runner Volunteers! Bring your own hat or wear a snazzy hair net!



Pablo Viejo showing a youngster how to Selfie!
(Paul Smith and David Barr)

Upcoming Events

JTC Running's 40th Birthday Party

Wednesday, October 28, 6 p.m. to 8 p.m.

Birthday Cake Cutting @ 7:30 p.m.

Tijuana Flats Restaurant Lakewood

5635 San Jose Blvd.

\$1 Draft Beer, \$1Tacos



Sunday, December 6th, 2015

50K, 2x25K Team at 8:00 AM

12K Race at 1:00 PM

Guana Tolomato Matanzas
Estuarine Research Reserve

505 Guana River Road, off A1A in South Ponte
Vedra Beach, FL (9.5 Miles south of Mickler's
Landing)

Sponsored by Altra Footwear in association
with 1st Place Sports

The Course

Consists of winding, wooded trails in the Reserve. A true back to nature experience. The 50K Ultra and 2x25K Team event will begin at 8:00AM. Teams can run together or as a relay, their choice. The 12K will begin at 1:00PM

Awards

Finishers of all races will receive medallions. All runners will receive a commemorative technical t-shirt. Plaques awarded two deep in each age group in 50K and 12K. Team goes three deep. Altra trail shoes will be awarded to the first male and female overall in the 50K and 12K and first Masters male and female in both races. Shoes also awarded to the first place team members.

Refreshments and Post Race Party

Water, Sports drinks, and snacks will be provided. **GU is the Official supplement.**

Post-race party/awards presentation will take place at The Reef Restaurant, 4100 Coastal Hwy., Just north of Vilano Beach (on A1A) from 3:00 to 5:00pm.

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

50K Ultra—\$35 (\$31 JTC Running Members), until Sept. 26th. \$45 (\$41 JTC Running members), Sept. 27th—Dec. 2nd. Race day entry \$60 (no discounts), **cash or check only** on race day. No guaranteed entries on race day.

50K Team- \$70 per team (\$62 if JTC Running members), until Sept. 26th, \$90 per team(\$82 if JTC Running Members) Sept. 27- Dec. 2nd. Race day entry \$120 per team (no discounts), **cash or check only** on race day.

Entry Fees Cont.

12K- \$25 (\$21 JTC Running members), until Sept. 26th. \$35 (\$31 JTC Running Members), Sept. 27th – Dec. 2nd. Race Day entry \$45 (no discounts) **cash or check only** on race day.

Limited Participation

Due to the Environmental Sensitivity of the Guana Reserve, this event is limited to 100 participants per event. Enter as early as possible, as last year, there may not be space on race day.

Parking

Parking in the park is \$3.00 per vehicle. Use southern most entrance just north of the Exxon gas station.

Proceeds

Proceeds benefit: Friends of the Guana Research Reserve.

Packet Pickup

Race packet pickup day of the race only.

For More Information

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

Altra Footwear

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

The Starting Line/ Written by Stan Lambert

JTC Running Birthday Celebration

Happy

BIRTHDAY

Yes, JTC Running, which was founded October 27, 1975, as the Jacksonville Track Club, is turning 40. Join our birthday party on Wednesday evening, October 28, 6 PM to 8 PM.

Location: Tijuana Flats Tex-Mex Restaurant, 5635 San Jose Blvd. (located on the northeast corner of the intersection of San Jose & University Boulevards)

Birthday Cake Cutting at 7:30 PM

There will be special \$1.00 draft beer and \$1.00 tacos

Come enjoy yourself with your fellow runners, club members, and some of the founding members of the Jacksonville Track Club, now known as JTC Running.

The Starting Line/ Written by Bob Fernee

Back to Nature

For the fourth time, Mark Ryan is race directing one of our most unique events, **The Guana Back To Nature Trail Races.**

What makes this event so extraordinary? Because there aren't many trail races in our area, there aren't many Ultras and there aren't many Relays either. In this event you get all three all at once.

You also get a stunning State Park, the Guana Tolomato Matanzas Estuarine Reserve. It's a mouthful but it's a beauty.

The 50k Ultra and the first leg of the 2x25k Relay start at 8 a.m. The 12k Trail Race begins at 1 p.m.

There is method in that madness, because all runners will finish at more or less the same time. Then all can go together to The Reef restaurant a few miles down A1A for a truly wonderful post-race party/awards presentation. Lots of great food and drink, all included in the race entry fee.

Runners will also get a top quality technical long sleeve shirt and custom medallion. Altra running shoes will be awarded to winners and there will be age group awards also.

You will not want to miss this one. Due to environmental concerns, the event is limited to 200 registrants. It is imperative that you sign up immediately at JTCRunning.com

The Tijuana Flats Summer Beach Run Crowds Them In

The oldest race that JTC Running hosts is the Tijuana Flats Summer Beach Run (SBR). We like to say that it is the oldest race in the entire state of Florida because we have done research and we have not been able to find any other race that predates it.

The SBR was originally created by a local rugby club as a competition between its members. These studly guys were standing around twirling their rugby racquets (or whatever rugby players use to hit the rugby puck) and bragging to one another about who is the fittest of them all, when one of them challenged the others with a dare like, "Oh yeah? You think you're fitter than me? I hereby challenge you to a race on the beach from Access One (now Hanna Park) to the lifeguard station at Beach Boulevard!" The other rugby dudes, who didn't want to be anything less than the most rugbyish of them all, made the scariest faces they could at each other and nodded their heads and they all agreed to meet on Saturday evening at low tide just before sunset. Thus, the race was born 51 years ago.

There were, like, 25 finishers that year, in 1965, and everybody was glad that the challenge was over and they could go back to posturing about who was the baddest of them all. But the next year, somebody who had forgotten how hard it was to race everybody on the beach at sunset decided to organize the race for a second time and a trend developed. Year after year, mystery organizers would rise up out of the sand on the beach and put on another race.

After about eleven years of this, the supply of mystery organizers was running low and nobody felt like doing all the organizing and we (the citizens of Duval) were in real danger of losing the SBR. Instead, the Jacksonville Track Club had just been created and we were looking for a race to host so the club saved the day and saved the race and from then on it has been a JTC Running race. Glory Be!

After JTC took over the race, the Summer Beach Run became more and more popular. It was a race that EVERYBODY ran because there were not very many races back then. You had to search them out, to find a race to run. There were practically no races during the summer and the SBR was the first big race after a two-month drought from racing. The JTC had a monthly newsletter and a large membership base so we were able to get the word out about the event. We drew a big

crowd. The beach was awash with runners. The post-race festivities were extraordinary. All the runners in town were finally able to get together again, race as hard as they could, and then party together for a couple of hours afterward. I tell you, the Summer Beach Run was the best.

The racing scene has changed a lot over the last 30 years since I began road racing in 1983, when I ran my first Summer Beach Run, which was the 18th running of our historic race. Races continue to happen all summer long. Every weekend, there are several races in every city. It's easy to find a race – they're everywhere and they happen all the time. JTC Running noticed that the attendance at the oldest race in Florida was beginning to decline. Things were getting sad.

Fortunately, we have an expert race director in the person of Doug Alred. Even though he has a business staging races and his company puts on lots and lots of races, Doug Alred has a sentimental attachment to the SBR and he committed to the JTC Running board to try whatever he could to revitalize it.

He was able to attract Tijuana Flats as the title sponsor of the Summer Beach Run and the two are an excellent match. The profits from the race go to Tijuana Flats' charitable organization, Just In Queso. The folks from Tijuana Flats show up at the post-race with oodles of company volunteers, volumes of succulent food, and a trailer full of beer. We have a "kick off" event at the Tijuana Flats Lakewood to create excitement for the race. Word gets around that the Tijuana Flats Summer Beach Run is the race to run.

Now your SBR entry gets you a really cool shirt, a very nice medal that deserves a special place in front of all your other medals, a special race bib that's so creative and attractive that it's tempting to have framed, the great post-race party with Tijuana Flats food and beer, and an outstanding race experience on the sand in Jacksonville Beach. The crowd is back. There were lots of racers on the course and then there were lots of partiers at the awards ceremony. It was just like the olden days, this year in August, when the Tijuana Flats Summer Beach Run drew a big crowd of celebrating runners. We hope you were there to run Florida's oldest race with us.

Editor: Bob Fernee
Designer: Amanda Mason

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

Deadline for ad insertion in the Nov/Dec 2015 issue is Nov 10th.

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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

Visit JTCRunning.com for more information.