



THE  
**STARTING LINE**  
NEWSLETTER

ISSUE

**417**



# Letter from the Editor

Well, I know you're probably thinking that I am going to start out by writing about the weather – the heat, the humidity and the lack of rain. OK, so I will. Hot as fire, isn't it? I am about ready to bag my "runs" and try to do something else. Why don't I? I have access to an indoor treadmill (I hate treadmills) and also a lap swimming pool (it's so hard). But I should admit defeat and go indoors or submerge myself. Who is going to know? Surely there is no shame in it. It's all exercise, isn't it?

Enough of that, you didn't have any sympathy anyway, did you? By the time you receive this newsletter our most recent track meet series will be all over. It was another very successful, highly attended bunch of track and field meets and we can thank our meet director, coach David Frank. He has excelled once again.

Moving the meets around from the Bolles High School to Creekside High School in St. Johns County was a great idea as more people are inclined to attend. The facilities are first rate at both locations and that makes it nice as well. We can all look forward to another year of terrific track as long as the master, David Frank, is in charge. He provides the sort of consistency that our track series needs.

When it comes to consistency and track it is worth remembering that one of our club's founding fathers, Lamar Strother, kept our track meets going nonstop for 32 continuous years. Lamar was about 80 years old when he finally put away his last high hurdle and without his diehard devotion we may not even have a track meet series today. Even now Lamar takes his place at the table of every board of directors monthly meeting. He is one of a kind, that Lamar. You might bump into him at our next Summer Beach Run and if you do, don't forget to stop and say "thanks."

The Summer Beach Run? I'm glad I mentioned it. Our next big event is the Tijuana Flats Summer Beach Run set to take place on Saturday, Aug. 20, at 6 p.m.

The classic, 52-year old, 5-miler takes off at 6 p.m., and the 1-mile fun run, designed for kids, begins just afterward at 6:05. The 5-mile race will go south for 2.5 miles and then head north until the finish line adjacent to the lifeguard tower in Jacksonville Beach. You know what happens next: Aside from a bunch of people griping about the heat, there will be the fantastic post-race extravaganza: Live music, food and drink (yes, beer!) provided by Tijuana Flats restaurants, and the greatly anticipated awards presentation. Beach towels will be for all age group winners and there are even cash prizes for the top 3 males and females. I hope I win some of that. It seems I never outgrow my need for cash.

What do mass murderer Ted Bundy and mass Summer Beach Run winner, Ken Misner, have in common? Don't know? Then you will have to read Rodney Smith's story, Reflections on 40 Summer Beach Runs, in this issue. Yes, after running 40 SBRs, Rodney has a lot to say. Just don't let him scare you away.

You don't want to miss out on the Summer Beach Run. Even if you don't want to run it, you can always be a part of it by helping out. If you care to volunteer and make this event all that it can be, just give a phone call to Lamar Strother at (904) 388-7860.

Remember when running wasn't cool? When it was something that only eccentrics did? John Oberheu, 85 years young, remembers it well and has penned a very nice piece titled, I Was Running, When Running Wasn't Cool. I think you will enjoy it and it's in this issue.

According to the dictionary, the word cadence means: The beat, rate or measure of any rhythmic movement. To a runner it means all that and more. Dr. Rob Coltman and Dr. Mark Baughman will explain the details in their very informative article inside.

Jay Birmingham says, spread your wings and fly. In his latest article, Jay suggests that you should increase your range. Free your mind and run other distances and different courses. Once you read his story in this issue I think you will agree.

My series, Returning the Favor, continues in this issue featuring a man you all should know, Doug Alred. Since he is responsible for about 98% of all the races that go on around here chances are you have participated in several of his events. His comments are very insightful and I think you will find the story interesting.

Talk about interesting, it would be interesting to know when you first thought of yourself as a runner. Was it when you bought your first pair of serious running shoes? Or was it when you committed yourself to your first Gate River Run? Was it when you ran your first race, started way too fast and suffered like a dog after the first half a mile?

I posed that question to a bunch of local runners, both seasoned and otherwise. Their reactions were humorous, as well as interesting. You will read all about it in this issue's story, Yep, We're Runners All Right.

# President's Letter

It has been a busy and productive summer for JTC Running!

The Summer Track Series that began with the Distance Carnival at Creekside on April 16, has completed with the Track and Field Meet at The Bolles School on July 30. Over 600 athletes of all ages competed in one or more of the five meets! Planning has already begun for the 2017 Track Series.

The Club celebrated National Running Day on June 1 with a training run and social at 1st Place Sports Baymeadows store. The 226 runners raised \$4520 in support of Marathon High, a local non-profit led by Club member Deborah Dunham that challenges at-risk teens to train for a 13.1 mile half-marathon. Many also took advantage of the half off membership renewal offer at the event.

On June 23, the Club held its annual Awards Banquet at Maggiano's. Outstanding athletes, coaches, volunteers and sponsors were recognized and the winners of the Jacksonville Grand Prix were introduced. One of many program highlights was the announcement that the Club awarded 35 summer running camp scholarships to local high school runners.

A number of Club members including Vice-President Larry Sassa, Secretary Doug Tillett and former newsletter editor Gary Ledman traveled out to Eugene, Oregon in early July to attend the USA Track and Field Olympic trials. Along with seeing the current best athletes compete for berths at the Rio games, they rubbed shoulders with many former Olympians including Frank Shorter and Meb Keflezighi.

Next up is the Tijuana Flats Summer Beach Run on August 20, preceded by a kickoff fun run and social at The Tijuana Flats store in Lakewood on August 8.

As summer winds down in September, it is time to think about the longer fall races and training for them. The best way to prepare is by joining the JTC Running Half Marathon Training Class that kicks off on Thursday,

September 8, at 6:30 pm at the 1st Place Sports Town Center store. We are excited that Club member and longtime class group leader, Jennifer DeSantis, will be Coach. The class fee for members is just \$50...so, sign up today at [JTCRunning.com](http://JTCRunning.com)!



## The Starting Line

# JTC Running Board Members

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# New & Returning Members

Traci Akers	Dalton Gurkin	Victoria Peterson
Shawn Arnold	Jon Guthrie	Randall Pullo
Christy Astorga	Elisabeth Haines	Mills Ramseur
Michelle Baker	Donna Harla	Kari Regar
Renee Balcom	Sara Hart	Beth Reiney
Bonnie Brooks	Richard Hartje	Donna Rettini
Barbara Bruns	Margaret Hayden	Laurie Ricciardi
James E Bryant Jr	Christine Heiter	Dee Robertson-Lee
Kelli Bynum	Scott Hershey	William Roelke
Craig Cartwright	Cari Holbrook	Terri Rose
Jennifer Cefalu	Kellie Jo Howard	Deborah Russell
Ann Cirillo	Dawn Jeffers	Al Saffer
Greg Clack	Gary Jones	Rebecca Sanford
Colleen Clarson	Kay Jones	Barbara Scott
Vicky Connell	Bonnie Jules	Stephanie Skelley
Andrew Cown	Haris Jusic	Gene Skillin
Tom Custer	Michael Kennedy	Dolores Smith
Errol Daniels Jr	Nancy Kern	Robert Smith
Andrea Danti	Stan Lambert	Brittany Snyder
Marcie Davis	Gary Ledman	Herbert Taskett
Shawn Dent	August J. Leone	Rhonda Taylor
Brian Doyle	Heather Losasso	Doug Tillett
Deborah Dunham	Ty Lowry	Daray Tisby
Beth Durling	Brad Martens	Charles Tremaine
Gretchen Ehlinger	Laura Martin	Drew Upchurch
Joanne Esch	Amanda Mason	Joe Verduzco Jr
Beth Fagin	Susan McInnis	Fred Wainio
Dawn Farley	Brent McMaster	Jim Winnale
Paula Farmer	Chris Moore	Catherine Wogoman
Eric Frank	Kathleen Murray	Aimee Work
Jim French	Katie O'Brien	Tracey Zarkis
Gregg Friend	Tyler O'brien	Carmen Zayas
Emily Gideon	Bob Opkins	
Stephanie Griffith	Chris Perone	

Mark your Calendar!



JTC Running's 52nd Annual  
**Tijuana Flats Summer Beach Run**  
**Saturday, August 20**

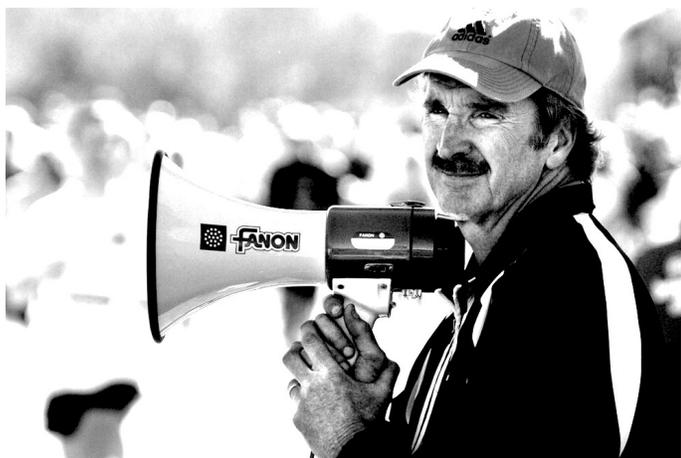
5-Mile 6 pm

1-Mile 6:05 pm

Entries: JTCRunning.com & 1stplacesports.com

Club members discount code: jtc2

## Returning the Favor, Doug Alred



This is the third installment of my series, Returning the Favor, in which I highlight the work of those who make running and racing what it is in this area. There is no point in going further without having a certain fellow take center stage. Doug Alred is responsible for producing, one way or the other, about 98% of the running events around the First Coast. He owns 1st Place Sports, a six-store specialty running group in Jacksonville, Jacksonville Beach, Orange Park and St. Augustine. He also has 1st Place Sports Event Management Co., the race-organizing wing of the operation.

As a pudgy certified accountant in the late 1970s, Alred, who was more interested in playing basketball at the time, learned of a new race about to take place in Jacksonville, the River Run 15,000. He took part in it, but more than that the race changed the course of his life. Afterward, he began training seriously, lost the pudgy, quit his CPA job, got a wild hair and opened his first store. He also joined the Jacksonville Track Club and became a (permanent, it seems) member of its board of directors.

His first attempts at race directing were a team relay race in Orange Park and a race in the Normandy area (!) of town, called the Invasion of Normandy. He ran in the first five River Runs, but when he was seriously injured at the time of the sixth one he decided since he couldn't run it he would offer to race direct it. (Some things never change; whenever someone offers to direct

a race the gig is unquestionably his. And so it was.) The race was a success, even financially, which was saying something in those days. (Wonder if it was his CPA background?) He has been the race director of the River Run 15,000/Gate River Run ever since.

After his success with the RR 15,000, the organizers of the Ortega River Run had an idea that they should enlist Alred to direct their event. They wanted to use the race to help fund the St. Mark's Episcopal School in Ortega. When Alred accepted their offer, it set him on the path of becoming a race director for many other events as well. The snowball has never stopped rolling and now he race directs nearly 100 events a year. The amount of time and energy it takes to organize that many events must be colossal, but Alred and his crew have it down to a fine art and he takes it all in his stride.

Organizing races; yes, some might say that it is his business, his livelihood, and he makes a bunch of money from it. That may be accurate, but when Alred went into the game he never knew if he would ever make a buck -- and there were times when he didn't -- he went into it for the right reason: For the betterment of running and to provide something for runners that he knew they wanted. Yep, good old-fashioned entrepreneur stuff: You see a demand, supply it; you see a void, fill it. He has been a servant of our sport for decades, he has made it what it is. Doug Alred is returning the favor.

### Q&A

**Bob Fernee:** How do you see the future of running, the next five or ten years?

**Doug Alred:** Running has reached the mature stage. This means that almost everyone is aware that running events exist and we are no longer that hidden little society that gathers every Saturday morning to do what we love. This means that our current running boom is over. Each of the three running booms we have had was the result of a new group of people learning that running was out there.

# Returning the Favor, Doug Alred

## 1. Competitive Male Running Boom – 1976 until 1987

This boom was made up of males (25 to 40 years old) who had been competitive in other sports in their earlier life and found a new way to compete. There were some females and older men who were also attracted to the sport and everyone thought that they had to apply the same competitive approach to running. Everyone thought they could be the next Bill Rodgers or Frank Shorter if they trained hard enough or ran mega miles. This approach to training created lots of fast times, many great regional runners, and lots of very good age-group runners. The boom basically started to disappear in the mid-80s as many runners realized that they could not maintain the mileage, injury removed them from the sport, or they had to move on with their careers. In 1986 the marathon numbers had become so low that the BAA tried to sell the Boston Marathon because it was only attracting about 5,000 runners. Luckily, the BAA was overruled by the City of Boston and was not allowed to sell the event

## 2. The Second Running Boom was the Female Running Boom (1994 to 2000) created when Oprah Winfrey ran the 1994 Marine Corps Marathon in 4:29:15. The publicity around her training and running the marathon brought droves of women into the sport. The percentage of women has grown every year since that time.

## 3. Young Female Running Boom (2001 to 2012)

The third running boom was the discovery of running by females 25 to 35 years old. If you look at Gate River Run results you can see their effect on the numbers. The race grew steadily from 2001 to 2012 and the 26-29 females became the largest age group in the race for most of those years. The dominance of this group ended in 2012 and the third running boom was over.

Currently, we are seeing a steady decline in the number

of runners entering events and visiting running stores. Many of the large events like the Rock and Roll Marathons and Half Marathons have lost 30% of its participants. Gate River Run has only lost a small percentage in the last four years, which makes us very proud of the success of this event

I expect numbers to continue a slow decline over the next few years since we are over the top of the bell curve for running. We need another running boom, but I am not sure where the runners would come from at this point.

**BF:** A report recently said that the numbers in “participatory running” are down everywhere and in all distances. Yet two of your recent races, the Run for the Pies and the Celebration Run, were up significantly from 2015 to 2016. Is Jacksonville a rarity or are those two races just so popular that they buck the trend?

**DA:** There were over 120 running events in Jacksonville last year. This is way too many for a City of our size. I have seen as many as seven events in one day. This is not healthy for the sport. To stay healthy and keep the numbers up events have to be first class from start to finish. Too many events are not that exciting and just to cut down to attract much attention. Run for the Pies and the Celebration Run are both highly produced events with great shirts, custom medals and lots of excitement for the whole family. We also really push the advertising for these events.

**BF:** It appears that medallions are pulling people into the races, at least for now, but what’s next? Once the medals lose their luster what new thing or bling might drive them in?

**DA:** This is the question of the hour and something I have thought about often. We just need to remember that running events are entertainment and we must keep them fun!

**BF:** Races have gone from simply races to “events,” are people going to continue to pay higher entry fees to get the whole song and dance or could we see a return to

## Returning the Favor, Doug Alred

simpler times?

**DA:** I think you will see both. If Jacksonville had better places to run where you did not have to have so much police protection, you would see stripped down events that are more competitive in nature. The people that are really driving the numbers right now are those that are there for the social benefits. The social events offer the nice shirts, medals and of course beer and other refreshments.

**BF:** You have been producing races/events since the early 1980s. All those participants and sponsors to keep happy, all those early mornings, do you ever get tired of it all? How do you avoid burnout?

**DA:** It is a labor of love. Jane and I met through running. We were both competitive runners and had a tremendous passion for the sport. We both ran the events for as long as we could stay competitive and now channel that love of competition into trying to produce better events each year. It's a lot of work, but it is very gratifying to be there and see so many happy people doing what they love.

**BF:** You went into the running business at the retail and race management end of things because you were a running enthusiast and a competitive runner. Seems that a great many of the people going into it these days don't have that same incentive. What do you think of these people? Will they be good or bad for running?

**DA:** I worry about this for our sport. I was one of the younger people to enter the race management and running store business back in the late 70s. It was because I loved the sport and wanted to share this love with as many people as possible. I was able to turn my passion into my business. It was a struggle for a long time, but Jane and I stuck it out until the sport got large enough to support our family.

We now have a full staff of great people that make the events run so smoothly. We could not do it without the crew. We have 10 to 12 people on the payroll at each event. There are a lot of areas to cover and it takes

a good staff to make it happen.

**BF:** What is your opinion of events like, mud runs, paint runs, zombie runs, etc.?

**DA:** They are and were fad events. Their runners are really decreasing. Don't get me wrong. There is a place for these events, but just not as many as we have had over the last few years.

**BF:** Have races become too expensive or not? What do you think is a fair price to pay for a marathon of say, Twin Cities, caliber?

**DA:** Unfortunately, price gouging is in progress. The events that sell out are really increasing the cost of entering these events. My philosophy is that we want people to run as many events as possible each year. Keeping the price affordable is one way to do this. There are a lot of hidden costs in putting on events so we structure the entry fees to cover those costs and also produce a profit if possible. Last year we raised over \$280,000 for charity through the events we produced. They are all great causes, but there are getting to be too many of these events to keep up the attendance

**BF:** Any regrets? Ever wish you hadn't done it? (I mean, given your life to running.)

**DA:** I would not change a thing. I am so lucky to have found Jane through running and found someone that shares the same passion of the sport that I do. It would not be possible without her.

**BF:** If there was anything you could change about today's 2016 running, what would it be?

**DA:** I wish we had more runners that wanted to reach their full running potential. I miss the old days where an event like the Run for the Pies would attract all the top regional runners to compete and they would all run 15:00 or better.

## Reflections on 40 Summer Beach Runs

“The 5-mile Summer Beach Race,” words that strike fear in the hearts of mortal runners, unless you love 90-degree heat and 90% humidity. I see that the 52nd edition is coming up on Saturday, Aug. 20, making it the oldest continuously run race in Florida.

The race was begun in 1964, by then Fletcher high school cross-country coach Ron Poppell to give his runners some incentive to train in the summer. It was picked up later by the Jacksonville Rugby Club and then taken over by the Jacksonville Track Club in 1975. In the “old” days the race began around 2 p.m. (Lamar Strother thinks it still should) and was point-to-point. Runners would be trucked to Hanna Park in the back of flat-bed trucks. By the time you got to the starting line your legs already felt like jelly from the bumpy ride to the start and then you had to deal with the heat, sometimes soft sand, and a finish line that never seemed to get any closer.

It was not a race that I ever particularly enjoyed. I wonder why, looking back, that I ran 40 of them. I guess, as some wise man once said, “The reason you hit your head against the wall is that it feels so good when you stop.” The party afterward is always fun and there is quite a sense of accomplishment when you finish, but the race itself never seemed fun. For the last couple of miles, I was usually in more of a survival mode than a race mode.

I recall telling Doug Alred after I finished my 40th SBR that it was probably my last, and thus far that has been true. Five miles on the beach now feels more like a marathon and I quit running those years ago. Doug Alred was wise becoming the race director since it gives him a great excuse not to run it!

I will say that since the race became out-and-back and run later in the evening, it is not as difficult as the old days. I remember years when it was so hot that a number of runners had to be treated for heatstroke, including a few who had staggered deliriously into the surf to cool off and had to be rescued by lifeguards.

There was the year when Tom Weaver was race director and he had to deal with the Army Corps of Engineers working to refurbish the beach. They promised not to start the pumps until the runners

had cleared the pipe location. Unfortunately, the race was a few minutes late getting started and the pumps started up just before the race began. By the time the last runners came through they had to contend with a torrent of flowing sand and water. Dottie Dorion recalled reaching down and grabbing a youngster who was literally being washed out to sea.

When the race was point-to-point you always prayed for a nice tailwind, but that seldom was the case, since unlike the Winter Beach Run, wind is usually not a factor in the summer. However, there was the year a sudden storm blew up near the conclusion of the race, blowing down the finish clock and nearly knocking out one unfortunate runner.

Also there was the year when potential wind became a major factor because a hurricane was meandering up the Florida coast and threatening to come close to Jacksonville on the date of the race. Odds were that it would bypass us completely, but the race sponsor, the Gulf Life Insurance Co., did not think it would look good for business if several hundred runners were washed away by a hurricane. Consequently, the race was postponed for two weeks in order to regain favorable tides and weather, making it the only year the race was held in September.

Tides are always a factor in the SBR. Race directors have historically done a great job planning for the race to occur during low tide. However, I do recall one year in which someone must have read the tide charts incorrectly, because there was almost no beach and it almost became a “surf” race. Since the beach has a slight curve to it, we always speculated that the race distance was slightly shorter during extreme low tide. Maybe that explains how Ken Misner set the course record years ago at around 22-minutes flat. Of course, Ken was certainly capable of such a fast time as he was one of the top runners in the country, finishing second only to Bill Rodgers in the first River Run 15,000.

Ken Misner also has the dubious distinction of being misidentified initially as the Florida State University sorority killer when notorious mass murderer Ted Bundy was apprehended in Columbia County. Apparently Ken, who worked out often on the FSU

## Reflections on 40 Summer Beach Runs

track, had left his athletic bag sitting unattended and was consequently stolen by Ted Bundy. Bundy had Ken's ID on him when he was first arrested. I nearly fell off the couch when I heard on the news that the killer had been tentatively identified as Ken Misner. Fortunately, the misidentification was soon corrected and Ken could come out of hiding and resume his prolific racing career.

So much for a brief history of the Summer Beach Race. I hope this year's SBR goes well and that the tide is low, a freak cold front blows through, and that

there is a nice tailwind both ways. If that happens, I just might consider running my 41st. Then again ...

*Mark your Calendar!*



JTC Running's 52nd Annual  
**Tijuana Flats Summer Beach Run**  
**Saturday, August 20**

5-Mile 6 pm

1-Mile 6:05 pm

Entries: [JTCRunning.com](http://JTCRunning.com) & [1stplacesports.com](http://1stplacesports.com)

Club members discount code: `jtc2`

*Mark your Calendar!*



JTC Running's  
**Guana 50k and 12k Trail Races**  
**Sunday, December 4**

Guana Reserve, Ponte Vedra Beach

Entries: [JTCRunning.com](http://JTCRunning.com) & [1stplacesports.com](http://1stplacesports.com)

# Wide World of Running

## On Increasing Your Range

Increasingly, I meet happy, healthy runners who are in a distance rut. Perhaps this is you: Train 12 to 15 miles a week and race 12 to 20 times a year - IN FIVE KILOMETER RACES!

The world of running is far more interesting than that!

Sure, you enjoy your familiar neighborhood running course; but there is a vast world of beautiful, ugly and challenging roads out there.

Sure, you like seeing your buddies at 7:30 on Saturday mornings, toeing the line after the familiar anthem and a cannon blast, running the 3+ miles, and then breakfasting together, with another lump of metal and ribbon about your neck.

Sure, you like chocolate chip cookies — BUT YOU DON'T HAVE TO EAT THEM EVERY WEEK!

This isn't a scolding; it is an essay on the joys of increasing your running range.

*Let's begin with your training.*

**Whether you run for fitness, stress relief or for competitive glory, variety is the spice of running life.**

Try a completely new course this week. Get away from the familiar and go for something new. It needn't take a drive to another part of town; it can be turning left from your driveway instead of turning right.

Go to the nearest park and run a few loops around and through it. A few miles on a grassy surface can strengthen your feet and legs and puts you closer to Mother Earth.

Travel to the nearest hill or bridge, on foot if possible, and charge up and down its slope, taking care not to pound the downhill. A good technique is to shorten your downhill stride and pretend you are on skates, not lifting your feet far from the ground: It eliminates the slamming that downhill running can cause.

Foremost, vary your distance. If it takes 3 miles for you to call it a run, go 5. If 5 is routine, head to a store 5

miles from home, drop in for a Monster energy drink (kidding!), and jog back home. You will feel like you summited the Hart Bridge! If long is commonplace in your running log, go short. Find a nice 200-meter stretch with minimal traffic, a bit of shade, and try 20 times 200 meters with a 200-meter jog (or walk) recovery. This nifty workout nets you over 5 miles with a few minutes' warmup and a walk home.

Finally, vary your pace. In the 1930s the Swedish athletes were introduced to the concept of fartlek (literally, speed play). Gosta Holmer, a physiologist, suggested a pattern of random fast and slow running during a distance run, say 5 kilometers. You can try this on your favorite neighborhood course.

After a few minutes jogging to get your heart pumping faster, drop in a 50- to 100-meter surge, then ease back to your usual pace. When all systems feel good, hit the accelerator for another burst. Some days, you might put in six surges, other days, only a couple. No matter, fartlek stimulates your mind and body far better than a steady plod.

More variety should come to your running by changing your racing distance.

Go to a track meet. That's right, experience the sensory overload of all-out sprinting, or at the very least, a brisk mile or 1,600-meter race. All-comers meets are not hard to find in the summer. An alternative is to call four or five of your racing buddies, and schedule a race of your own.

Since track running poses an anaerobic shock to the 5K fun-runner's system, a thorough warmup is necessary. Be sure to jog at least a mile, and then run two laps of 50's: Stride fast for 50 meters, then walk or jog 50 meters. Eight times, two laps. Catch your breath and you're ready!

Hammer your mile. Laugh. Catch your breath. Jog easily for 10 minutes, then go out for breakfast. You could do this every three months and I'm betting, you'll like it.

If you've not run more than an hour in a race, you definitely have to extend your range! Sign up for a 10-miler, a half-marathon, or a long trail run. Regardless of your training mileage, you experience deep satisfaction in finishing a physical challenge of several miles. Very long events, such as marathons and ultra-marathons, require long-range planning. That's for another article.

The Starting Line / Written by Jay Birmingham

## Wide World of Running

Lastly — GET OUT OF TOWN!!

There is running excitement beyond Northeast Florida. St. Augustine isn't a different running scene - but Charlotte is! Any 5-kilometer race in Atlanta is

much different from one in Jacksonville. Gate River Run is great, but so is South Carolina's Cooper River Bridge Run! Plan your next business trip or family vacation, then look for a race to run. A new world of running awaits you.

The Starting Line / Written by Bob Fernee

## Yep, We're Runners All Right

Runner's World magazine has been around for a long time. It was a mainstay during the first running boom of the 1970s, everybody read it, lived it, trained by it. Runner's World is part of Rodale Press, a book and magazine publishing company that has loads of them underneath its umbrella. Years ago, Rodale bought one of its competitors, Running Times magazine. It made no difference, RT went on unscathed. Then, last year Rodale decided to kill off Running Times altogether. I'm not quite sure why, I suppose that there were not enough subscribers and point-of-sale buyers to make it worthwhile and go on printing two rather similar magazines.

It is certainly not the first time that magazines for runners have been bought, sold or swallowed up. Our pal and historian, Jay Birmingham, enlightens us with some facts from the past:

"The predecessor to Runner's World was Distance Running News, published by Bob Anderson, the owner and publisher of Runner's World for many years. I got DRN's Vol. 1, No. 1 at my first marathon in 1966 in Columbia, Missouri. An early competitor was RUNNER magazine out of New York City, edited by George Hirsch. Anderson moved from Kansas to California then merged with RUNNER in the late 1980s, then Rodale Press bought them out."

JTC Running's one and only, Lamar Strother, knows all about Runner's World magazine. He owns nearly every issue. "For a couple of months my name fell off the subscription list and I didn't receive a couple of issues, but other than that I have every issue ever printed," Lamar said.

He used to read every word, cover-to-cover, and if he fell behind on his consumption of RW he would use vacation time to sit down, read and catch up. He must have known more about RW than the editor did.

"I have them all in binders. These days I don't read them, I just throw them in a box. It's a collection; some people just like collecting things," Strother said. He also said he had a few years' worth of RW's ancestor, Distance Running News.

I had a subscription to Running Times. As running mags go, I always liked RT, I thought it was more scientific and technical than RW. I considered RW to be fluff and RT more serious. I figured joggers read RW and serious runners -- like me! -- read RT. Last year I received a letter from Rodale informing me that my mag was discontinued and I had the choice of either continuing my subscription -- but getting RW instead -- or having a portion of my money refunded. I thought, "what the heck, I'll give Runner's World a fair trial, send it."

Mainly I was right, RW is a good deal fluffier than RT, but occasionally RW comes up with a good article. Sometimes they even come up with a bit that is kind of enjoyable and semi-ingenuous, like their recent piece titled: I knew I was a runner when ...

Here are a few tidbits that I liked:

When ... "I finished a run and jumped in my car to go measure how far it was. In the mid-'70s, we didn't have fancy GPS devices." Bart Yasso.

When ... "The running shoes in my closet outnumbered all other kinds." Erin Strout.

When ... "I caught myself using Body Glide as

The Starting Line / Written by Bob Fernee

## Yep, We're Runners All Right

deodorant.” Keith Plunkett.

When ... “I knew the location of every public restroom within a five-mile radius.” Jeff Dengate.

Well, around here we can crack a few side-splitters ourselves, so here is what some of our own runners came up with:

When ... “Planning for a vacation meant checking out the local running routes to make sure I packed the right gear.” Bill Krause.

When ... “I started looking at my toenails, I never thought of them before.” Joe Schmurd.

When ... “I read in ‘The Complete Book of Running’ by James F. Fixx, that the weird sensation I was experiencing was just chafed nipples.” Gary Ledman.

When ... “After a long, hot run I began peeing more blood than pee. Then I decided to learn about hydration.” Chas Wilson.

When ... “Buying a new house, I considered more the surrounding running terrain and possible routes than the actual house.” Tim Tipton.

When ... “I went on a near murderous rampage against our cat when he sprayed my favorite pair of running shoes.” Jim Jackson.

When ... “As a high school sophomore, I declined a prom invitation from a senior girl to compete in the conference meet.” Jay Birmingham.

When ... “I went to a ‘party’ and all the people there were bunched in little groups talking about races, splits, shoes and training. Not a soul danced, saving themselves for another run.” Harvey Thompson.

When ... “I learned that the word ‘fartlek’ wasn’t nasty.” Bob Fernee

When ... “What I considered pain, torture and punishment in high school became something I really wanted to do.” Ron Cranham.

And finally, the best one of all ...

“I knew I was a runner when Jay Birmingham would talk to me.” Rodney Smith.

The Starting Line / Written by John Oberheu

## I Was Running - When Running Wasn't Cool

It was the first track meet our small-town high school had ever entered. I had trained for the high jump, broad jump and two dashes. I was a bit dismayed when our coach asked me to do the mile run!

No one on our track team had trained for the mile. I didn’t even know if I could do it. Coach Bell coaxed me: “It doesn’t matter how you do in this run, we just need somebody to enter and be part of the competition.” Reluctantly, I agreed.

When the race started, I tried to keep up with the others. I was not a front-runner, but I wasn't the last either.

When I finished the four laps around our quarter-mile cinder track, the coach had timed me at six minutes and 10 seconds. Not a great time by any means, but certainly not bad for an unpracticed first try.

From that day on I started training for the mile run. Our coach knew nothing about distance running, so I had

to learn on my own. I ran from my home on unpaved rural roads; sometimes as far as my friend’s home 4 miles away. I trained in heavy work boots and switched to light basketball shoes for the track meets. I read somewhere that Olympic distance runners drank egg nogs the night before they raced, and my mother showed me how to make them.

With my serious training efforts, I began placing in the competition. In my senior year I easily won first place at every meet. At the big invitational track meet I set a conference record of five minutes and five seconds that lasted for several years.

After high school, almost 20 years passed before I returned to my running. It became a regular part of my life for almost 40 years after that. I entered many different competitions, but my best time was never better than a six-minute mile. In 2007 I considered myself in

# I Was Running - When Running Wasn't Cool

excellent condition, but my 10-minute-mile was far from the six minutes it took for my first try in 1948.

My point here is to show just how fit a young teenager can be by nature, with no special training. When we are young, most of us have the natural gift of good physical fitness. You can see this in young kids who chase each other endlessly and never seem to be short of breath. I consider youthful fitness one of life's most precious gifts, something to be cherished, guarded and nourished.

It was 1969 when I read a news article about Billy Graham and his running. His doctor had recommended it as a part of his rehab after a heart attack. I remembered my runner "roots" and after trying it, found I enjoyed it. Exercise runners were so rare at that time that people considered us eccentric. I felt self-conscious enough that I tried to get neighbors to run with me. One or two of them would go, once in a while, but they always seemed to have something else to do. I quickly learned if I wanted to run regularly, I would have to do it by myself.

I sometimes ran at night when there were fewer cars and people who might see me. I've had teenagers pass me and throw trash items or ice from their soft drink cups at me. I finally started carrying a rock in my hand to throw at the next one doing it. Fortunately, I never had to do that.

My running at first was pretty minimal, maybe a mile once or twice a week. I didn't start daily running until 1974, but I still didn't do much more than a mile or two until we moved to Jacksonville in 1977. It was here that I ran my first 5K competition in the Summer Beaches Run. After that I started doing 3 miles 4 or 5 times a week.

When a lady friend told me she had kept her New Year's resolution by running 1,000 miles in 1983, I decided to try it in 1984. It was an ambitious goal for me at that time because it required running an average of about three miles a day, every day. I couldn't run every day, so on some days I had to run more than three miles. I ran the 1,000th mile in the last week of December. My daughter was so impressed she had a T-shirt made with "I did it!" on the front and "I ran 1K miles in '84" on the back.

Running shoes of that day didn't last very long. Mine wore down badly on the outside of the heels. I began

buying Shoe Goo in tubes to use for building up the heels and extending the life of the uppers that were still in good shape. I found if I did this twice I could get about 1,200 miles from a pair of running shoes before replacing them.

While living in Atlanta I did several 5K races and the famous 10K Peachtree Road Race four times. The Peachtree is always held on the Fourth of July, one of the hottest days of the year. My last time was with 28,000 runners and so much crowding and traffic that I never did it again.

After moving back to Jacksonville in 1993 I started doing the 15K River Run. I trained with 4 to 6 miles three or four times a week and did the race six times during the period 1995 to 2004. My best time was in 1996 at 1:24:51 or 9:06 minutes per mile. In my last race, at age 72, I was ranked 17th of 35 in my age category with 1:38:46.

In July, 1996 I started working out with strength training at a gym three days a week and alternated days with my running three times a week. My running days ended in December 2007 after finishing a 6-miler feeling so good I sprinted the last hundred yards. The very next day, I was alarmed by a call from my doctor. My routine lung X-ray the previous week had revealed I had an aortic aneurysm 5 centimeters wide. That was considered the maximum width before needing surgery. If it had ruptured while I was running, my chance of survival would have been 5%.

I scheduled my surgery at the Mayo Hospital as soon as possible -- early January 2008. After six months of rehab I could start back walking, but was warned not to return to running. It was really tough giving up my 40-year habit. When runners passed me as I was walking, I always felt a strong urge to fall in and run with them. This lasted at least a year. I could walk as fast as I wanted, but in deference to my new pig's valve (that replaced my own aortic valve), there was no more running.

My 40 years of running have helped keep me healthy. Today, at age 85, my legs and knees are still holding up, and my heart is healthy. All the considerable time I invested in running and physical fitness was worth it. It was an important part of my life that has paid rich dividends.

# Tijuana Flats Summer Beach Run 2016



JACKSONVILLE BEACH, FLORIDA

If there was ever an overused, more inappropriate word in the running world it is the word “classic.” Many races have attached that misused adjective to their event in an attempt to give it an aura of grandeur and timelessness. How pathetic. You know, in this world there are some things that you just have to earn. As far as I’m concerned, no race founded after 1980 can ever refer to itself as a classic.

JTC Running’s famous race, the Summer Beach Run, has nothing to worry about, it is a true classic. One might even say, the classic of all classics (OK, the Boston Marathon might object). Nevertheless, now in its 52nd year, the race, which also holds the titles, “America’s Oldest Beach Race,” and “Florida’s Oldest Race,” is the real thing.

Naturally, from all that history there are a lot of memories. Here is a thumbnail sketch: 1965 the first one, the heat, mainly college and high school runners, the heat, no women runners, the heat, founded by coaches Larry Monts, Ron Poppell, Chuck McPhilomy, the heat, Del Lewis winner 1965 26:49 & 1966 28:42, the heat, 1968 Glenna Mackey first female finisher 44:18, the heat, Ken Misner winner in 1967, ‘68, ‘69, ‘70, ‘73, ‘77, most wins of men, the heat, Misner sets “record” in 1969 23:26, the heat, Misner thanks “dogleg” for not being there in ‘69, the heat, Jacksonville Rugby Club organizes race but then quits, the heat, fledgling Jacksonville Track Club takes over, the heat, sponsored by Gulf Life Insurance, the heat, 2,500 most ever finishers, the heat, straight run south down the beach Hanna Park to Jax Beach, the heat, beach “renourishment” projects, the heat, Mike Yarborough runs it barefoot, the heat, 1 p.m.

start time, the heat, the burning sun, the heat, awards in the Flag Pavilion, the heat, 1981 John Rogerson wins on new out-and-back-course sets record 23:59, the heat, 1984 dangerously sexy diva Donna Combs (former Episcopal HS star) races in a Brazilian thong wins in 30:46 (she was hotter than the beach), the heat, the lovely ladies on the towels, the heat, postponement due to hurricane, the heat, the sand, the heat, the sun, the heat, the sweat, the heat, the humidity, the heat, the wind, the heat, post-race bash in new SeaWalk Pavilion, the heat, sponsored by Carrabba’s Italian Grill, the heat, Hal Higdon runs it barefoot, the heat, in heavy wind finish line clock flies off ladders and clocks man in head, the heat, 1999 Donna Combs returns 15 years later as Donna Garcia wins in 30:13 33-seconds faster than before (sans thong), the heat, live music, the heat, sponsored by Tijuana Flats, the heat, free beer, the heat, new 1-mile fun run, the heat, Kim Pawelek 10 victories most of all time, 1,500 finishers in 2015, the heat, and oh, one more thing ... the heat.

Are you sensing a trend, a recurring thread throughout all of this? Me too. Just one word ... fun. Yes, it is sheer, pure fun. Every time the SBR comes along everybody has a whale of a good time. And they get something to talk about. You run, you finish, you win bragging rights.

That is the real history and tradition of the famous Summer Beach Run. This is made good not just by expert organization but by our sponsor, Tijuana Flats, who supplies us with mighty fine post-race food and drink.

A great time has always been enjoyed by all and shall be again. This year’s race will take place at the SeaWalk Pavilion in Jacksonville Beach on Saturday, Aug. 20. The 5-mile classic will begin at 6 p.m. and the 1-mile kids’ fun run starts just after that at 6:05.

This year’s race features cash awards for the first three men and women: \$150, \$100 and \$50, respectively. Towels will be the age group awards and all finishers will receive a handsome custom medallion. This is a Jacksonville Grand Prix race so points will be calculated in that competition as well.

Enter now and save money: \$25 through Aug. 13, \$30 8/14-8/19, and \$35 day of race. The 1-mile fun run is \$12 at all times. Don’t forget to use your JTC Running club member discount code to claim your \$2 discount (good until online registration closes and NOT good on race day). When

# Tijuana Flats Summer Beach Run 2016

signing up, you will have to enter the secret club discount code. Here it is: jtc2. Be sure you keep that secret.

Let's not forget about the post-race festivities. Great food, included in your entry fee, provided by Tijuana Flats Tex Mex restaurants. Did I mention beer? How could I forget it? Yes, plenty of beer. Live music? Yes, that too. The Rick Arcusa Band will be on hand to provide it. Those guys

rock, and if you have any energy left you can dance.

Race packet pickup is available at all 1st Place Sports locations, bar St. Augustine, from 10 a.m. to 6 p.m., Thursday and Friday before the race. Oh, one last thing to look forward to – Tank Tops! It has been a long, long time since we have found tank tops in our race packets but for this race you will get one.

The Starting Line / Written by Dr. Mark Baughman

## Cadence

One of the great things about running is its simplicity. You can pretty much run anywhere, at any time, by yourself, and with minimal to no equipment. However, the mechanics of running are more complex than many people realize. Running involves the coordination of muscles from head to toe to work in synergy for your body to produce a forward propulsive force. Change any one of those movements of your running form and it can cause a cascade of events as each movement of the body is so interrelated.

Given the complexity of running mechanics, it's no wonder that running injuries are so prevalent. This is also why so many runners want to know if there any changes in running form that can be made to decrease the risk of injury.

Of course, as with anything in life, there is no magic bullet, but there is a good place to start. The first thing that we assess when analyzing a runner's gait is their cadence. Your cadence is the number of foot strikes that occur during 1 minute of running. Although there is a lot of variability and individuality with running, an ideal cadence ranges from 175-185 steps / min. The reason that cadence is a good place to start when assessing running form is two-fold. It is easy to assess, and bringing your cadence toward the ideal range improves multiple biomechanical factors in your running gait.

Cadence is directly related to your stride length and vertical displacement (how much up and down movement that your body goes through during the gait cycle). One of the most common running flaws that we see is over-striding or what is also known as "putting on the brakes" when you run. By increasing your cadence by 10% toward the ideal cadence range while keeping

speed constant, your stride length will naturally shorten to help minimize or prevent over-striding. At the same time the stride length decreases, the vertical displacement will also become less. This will allow you to direct more of your force generation forward rather than upward. This will help improve running efficiency. For runners whose cadence is below the ideal range, increasing it by 10% has also been shown to decrease the compressive force on the patello-femoral joint of the knee. This is a significant change because knee pain is one of the most commonly cited running injuries. In addition, making this change decreases force on the shin that are correlated with risk of stress fracture.

By adjusting your cadence, several significant biomechanical changes in your running form can improve. Having noted some of the benefits of having a running cadence of 175-185 steps/min, caution must be offered. If force to the knee is lessened by running at a cadence 10% quicker than your preferred cadence, that force must go somewhere else in your body. This force is often transmitted to the calf muscle called the gastrocnemius. Changing your cadence too quickly has the potential to cause overload to the calf and Achilles tendon resulting in a calf strain or Achilles tendonitis, particularly if you have a history of calf or Achilles pain.

If you would like to have a full running analysis performed because of a running injury or you would like to try and prevent an injury, contact us at Coltman and Baughman Physical Therapy to schedule your Biomechanical Running Evaluation.

Dr. Mark Baughman PT, ATC, OCS  
Coltman and Baughman Physical Therapy

<sup>1</sup>Heiderscheit, Bryan C., et al. "Effects of step rate manipulation on joint mechanics during running." *Medicine and science in sports and exercise* 43.2 (2011): 296.

# Mud Runs Slip Sliding Away

A new report has circulated stating that race attendances are down all over the place. Meaning not just in all parts of America but also in every race distance. Amazingly, even the huge gainer over the past 10 years or so, the half-marathon, is down. The everyman's everyday race, the 5k, also down. Many other distances have also suffered, the venerable marathon, the 10k, all of them. The events that have taken the biggest hits are the ones that most "real" runners would never consider "real races" to begin with: mud runs, zombie runs, paint runs, electric runs, adventure runs, that sort of junk.

Those overpriced pretenders were never races, they were cash cows, blood suckers, with only one thing in mind – make money while the mud's still wet. The get-rich-quick Schemers got away with it for a while, but their best-laid plans have now come unstuck as the not-as-stupid-as-they-thought running community has wised up. Paying 65 bucks to have some clown throw powdered paint on you isn't much of a deal. And you don't have to read Donald Trump's masterpiece, "The Art of the Deal," to figure that one out. (You don't have to read it anyway.)

After recording two decades of double-digit increases "participatory running," that means race to you and me, has now seen its second year of decline. In 2015, 171 million finishers completed events in the U.S. It sounds like a lot but it is actually down 9% from 2014. The heaviest hit were those referred to as OCR (obstacle course races) events. The OCRs plummeted 30% and that equates to more than a million participants.

Road running as an industry has an estimated value of \$1.4 billion, which is the same as the ticket revenue of the NFL and \$500 million more than the NCAA earned in 2015. For sure, running is big, there were 17,114,800 finishers in 2015, but incredibly, that was down 9% from 2014. Women made up 9.7 million of those finishers, a commanding 57%. Men contributed just over 7 million to the total.

Despite the decline in finishers in 2015 there were actually more races. In America there were 30,300 races, up 8% from 2014. We have seen this trend here on the First Coast, new events popping up all

the time but not so many people jumping in. Kind of makes you wonder if someone shouldn't stand up and say, "That's it, enough is enough!"

New "races" come along and, of course, they believe their event is for a "great cause" (aren't they all great causes?), they figure they should attract at least a thousand participants and roll in the dough. Then they get two or three hundred and wonder "what's up with that?" These neophytes are too new to understand. Meanwhile, a race that has been around for a few decades then sees its number dwindle. "Cannibalization" is what they call it in the business world. Could it be because 300 people decided to try the new event? Not exactly what George W. Bush would call "fuzzy math," it is simple math: Too many races compared to the number of people who attend races.

Moreover, we must keep in mind that not every person who owns a pair of running shoes and jogs around his neighborhood signs up for races. The Gate River Run being the only obvious exception. We are fortunate to have an iconic race that so many casual runners want to be a part of and walking around in that GRR T-shirt is still a sign of accomplishment and pride.

Two other races that seem to have bucked the downward trend are the recent Run for the Pies and the July 4th Celebration Run 5k. Pies jumped from 860 finishers in 2015 to 1,269 this year, an increase of 409 participants. The Celebration Run has become a monster, going from 1,659 runners in 2015 to 1,826 in 2016. That is up 169 finishers for an already huge 5k.

Nationally, the 25-44 age group dominates races and provides 50% of the total number of finishers. The 5k distance wins the participation race with 7.6 million finishers. The half-marathon is second with 12% of the total. The venerable 10k grabs the bronze medal with 7%. But all distances reported fewer finishers from 2014 to 2015.

So what's up with running these days? At the retail side of things sales are "soft," as they say in the biz. This softness appears to have carried over into race participation. Maybe it's a bell curve. We've seen it

# Mud Runs Slip Sliding Away

before: Things go up and up, then they level off and soon they go down and down. Most of the time they don't go down to where they started, they just subside some.

Brian Doyle is the footwear buyer at 1st Place Sports: "Sales are pretty flat nationwide in run specialty for 2016. This is due to a few factors: Growing competition in e-commerce online sales, race participation being slightly down and a diluted market of run specialty stores that opened for the wrong reasons around the country while there was tremendous growth in our channel," he said.

Doyle went on to say that most of the sales from their six-store group come from casual runners, about 60%, while walkers and people with foot or leg pain contribute another 25%, and competitive runners make up only 15%.

"Shoes are still the majority of sales," Doyle said, "about 65%, with apparel at 35%."

When will they start to climb again? Who knows. It often requires a happening, like when women took up jogging and then showed up at races in droves. Their numbers became so overwhelming that marketers couldn't ignore them any longer and women-only races became a new trend. Running stores ditched their jockstrap-scented atmospheres for clean, aromatic boutiques catering to the people who really spend money -- women.

Guys helped out, too, when the men who fueled the first Running Boom turned the dreaded, one-foot-in-the-grave, age of 40, they seemed to say to themselves, "I'd better start doing some exercise again," and returned to the races. But now those veterans are deep in their 60s and for one reason or another are dropping off. Some have become cyclists or walkers, others golfers, and still others are competing in that great race course in the sky (winners get free harp lessons).

Some of the running pundits said that the casual competitors, the sort who made up the mud runs and such, might instigate a third running boom. Now we know they were wrong. Those casual-come-latelies were no more than flash-in-the-pan runners. Their

interest and involvement was limp and short lasting. Now it seems that they have done nothing but caused some negative numbers. I guess it's true what they say: "Never trust a zombie." They do say that, don't they?

Could the kids do it? The running movement has been crying out for more participation from the youngsters ever since I can remember. Our track club has, too. If a bunch of kids started showing up at distance road runs they could spark another boom, or at least mini-boom.

What's up with people? They still appear to be running. I mean, like always, we see them around and just as many as before, maybe more. Is showing up for races passé for many of them? Is it too hard to get out of bed? Are they spending their entertainment budgets somewhere else? Have the medallion and the T-shirt lost their luster? Are people happy enough to do their jogging at home and feel no need to flaunt it in public?

Will it take something new to lure people back or get them involved for the first time?

"That is the million-dollar question," Brian Doyle said. "We know in the past it has been things like Oprah running a marathon, or the minimal craze caused by (the book) "Born to Run" in 2009. We will have to wait and see. I do believe another one (boom) will come. It may be next month, next year, or could be 10 years. No one knows."

I remember when I used to go to races a lot it was to see how fast I could run and who I could beat. The majority of today's runners don't seem to go to races for those reasons, they go for something else (whatever it might be). Maybe now they feel that they don't need to go to races even for that.

A lot of questions to be sure, and it could be one of those things when the answer is only revealed by time. You will find more on this subject, and other things, if you read 'Returning the Favor' featuring Doug Alred, also in this issue. I don't know about you, but I find this a fascinating subject and one that could affect the future of our sport for many years to come.

# Elite Running Biomechanics to Incorporate

## Part II – Torso Biomechanics

Last issue I introduced some elite running biomechanics that you can incorporate. I focused on leg biomechanics including the knee lift (lift at the hip, then relax, and avoid straightening the knee), leg landing (land with the leg in a strong position – below the body, how to optimally push yourself forward (practice “late” knee extension), and how to optimize your lower body geometry/posture (“stick your bottom out”).

In this issue I will focus on the torso biomechanics. In the next issue I will focus on the arm swing. I presented this information at our JU Running Conference last spring. You can access the “good form poster” at our Running Biomechanics Laboratory website:

[www.ju.edu/chs/Pages/Running-Biomechanics-Laboratory.aspx](http://www.ju.edu/chs/Pages/Running-Biomechanics-Laboratory.aspx)

### EFFICIENT TORSO RUNNING BIOMECHANICS

#### **TWIST TORSO** (CREATE SEPARATION BETWEEN UPPER BODY AND LOWER BODY)



In swimming, the importance/relevance of torso rotation is common knowledge. During the freestyle stroke, great swimmers “roll” to the right and left as they travel across the pool. This motion helps to lift the arm out of the water and it helps to pull the arm through the water. This torso motion is the secret to fast and efficient swimming. Swimmers should not depend on the upper body muscles to move the arms. Instead, use the great, big torso to move the arms. For the torso, moving the arms is a pretty easy/low effort task! Using the torso (as much as possible) is much

more efficient than depending exclusively on the smaller upper body muscles.

Now, take a moment to picture a swimmer who fails to rotate the torso. The torso remains still as the swimmer plows through the water. This is how most young children swim (as they learn)—the only movements are reaching arms and kicking legs. Swimming with a “still” torso is exhausting; the upper body muscles are 100% responsible for lifting the arms out of the water, reaching forward, and pulling the arms through the water. It’s no wonder that the upper body muscles “burn” when swimming like this.

In running, torso motions are also critically important. But this is not common knowledge, probably because the torso motions are more subtle (in running).

Now, take a moment to examine the upper torsos rotations of the runners in the photos (above). Notice that the runners “spin” quite a bit around the longitudinal axis (imagine a rod traveling down the runner’s body).

Two major benefits of upper torso rotation:

#### **1) Swings the arm.**

Just like in swimming, the runner should use the upper torso to move the arms. The arms are attached to the upper torso at the shoulder joint. So if the runner moves the upper torso the arms will be “along for the ride”. A subtle upper torso rotation can do the majority of the work (to swing your arms forward and backward). If done well, the arm swing will look and feel “smooth and effortless”.

Once again, for the big, strong torso, this is a pretty easy/low effort task. Rotating the upper torso will minimize the use of upper body muscles (to rotate the arms)—this is critical for running economy. Failing to rotate the upper torso will force the runner to use the upper body muscles (to swing your arms). That approach is exhausting and inefficient.

#### **2) Causes pelvis to rotate.**

In extreme rotational sport actions, like the golf swing or baseball pitch, the athlete begins the motion by rotating the pelvis. This creates serious “separation”

# Elite Running Biomechanics to Incorporate

between the pelvis and upper torso. Not surprisingly, the athlete feels a serious “stretch” in mid-section, between the pelvis and upper torso. The athlete’s mid-section stretches like a giant rubber band. Then, the rubber band “snaps back” and a rapid upper torso rotation follows. This is how the rotational athlete generates great club speed or throws the ball fast. These torso rotations are extreme and easy to see.

In running, the athlete similarly creates separation between the upper torso and pelvis, but to a much lesser degree. However, this mechanism is still extremely important in running.

In running, the process starts with the upper torso, not the pelvis. The runner rotates the upper torso enough to cause a subtle separation between the upper torso and pelvis. This will cause the mid-section to

stretch (just like the golfer and pitcher). The stretch is far less than the rotational athlete, but it is enough to cause the pelvis to rotate (“downstream” effect).

The “rubber bands” can then pull on the pelvis and cause it to rotate. If the runner does this well, this subtle pelvis rotation will begin to pull the leg back... This is commonly referred to as the “pawback” motion. Notice the pawback motion in the photos below.

Pulling the leg forward and back is a pretty easy job for the big, strong torso. In contrast, it would be a difficult job for smaller muscles like the hip flexors, hamstrings, etc. Mastering torso rotations is a key to taking the load off your leg muscles (and becoming an economic and fast runner). Also, this technique is how the runner can eliminate/reduce “braking forces”.

## INITIATE “PAWBACK” (USING PELVIS ROTATION)



Mark your Calendar!



JTC Running's 52nd Annual  
**Tijuana Flats Summer Beach Run**  
**Saturday, August 20**

5-Mile 6 pm

1-Mile 6:05 pm

Entries: [JTCRunning.com](http://JTCRunning.com) & [1stplacesports.com](http://1stplacesports.com)

Club members discount code: `jtc2`

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

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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:** 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

**Disclaimer on Weekly Workout Sessions**

The Wednesday morning and afternoon sessions at the Bolles School are sanctioned by JTC Running and open only to registered members. Information on all other sessions is provided as a courtesy only. JTC Running does not sanction, manage, or insure these workouts.

Visit [JTCRunning.com](http://JTCRunning.com) for more information.