



THE
STARTING LINE
NEWSLETTER

ISSUE **418**



GUANA
Back to Nature

TRAIL RACES

DECEMBER 4TH, 2016

Letter from the Editor

Just got my latest issue of Runner's World magazine (October) and what the heck is going on!!!? The big story is titled, 50 Best Running Cities in America and guess what? Jacksonville is not in it. Nope, not even an honorable mention: Zip, zero, nada, nothing, nowhere. Fifty cities and no place for one of the world's greatest running towns? Come on!

Folks, it was only some 16 years ago (the December 1999 issue, to be exact) that the same magazine ran the same article but titled it, The Top-10 Best Running Cities in America – and Jacksonville was on that list! Now we don't even make the first 50? This is an outrage!

That's like People magazine giving me the title World's Sexiest Man one year (deservedly so, I must say), and then taking me out completely the next. Could I have fallen so low, in such a short span of time, and become so totally unsexy?! Madness! (Oh, well, I guess I could, never know when all that beer is going to kick in.) OK, bad comparison. Still, you get my drift.

Let's look at the absurd "indexes" that RW used to determine this nonsensical list:

Run 40% -- This means do we have RRCA and USATF sanctioned clubs and races, and do we have running stores? Hello, Runner's World, where have you been? We have loads of sanctioned races. The Gate River Run is the USATF 15k championship race. We have two marathons, one of them, the Breast Cancer Marathon, is probably the most altruistic race in the land. We have numerous half-marathons, more 5k's than I can count, Ultras, cross-country and free public track meets. JTC Running, that began life as the Jacksonville Track Club in 1975, has always been part of the RRCA. The Florida Striders Track Club, another RRCA member, has served area runners since 1978. That was the same year 1st Place Sports, a local running store opened. The six-store group is consistently voted one of America's Top-50 specialty running stores. They organize 100 races a year. Runner's World, what more do you want? I'd say on a scale of 1 to 100 we get a solid 99 in your Run category.

Parks 20% -- This includes open spaces, trails, tracks and other fitness facilities. Of American cities, Jacksonville is sixth in percent of parkland (19.3%). Nearby we have the Guana Tolomato Reserve, you could get lost in that huge place (I have). Open space? We have endless, runnable beaches, all of them accessible. We have track every Wednesday morning and night, with coaches! Another "fitness facility?" How about the Baldwin Rail-to-Trail? Sorry RW, but I'm giving us another 99.

Climate 20% -- Oh, we kill here, RW. We can be outdoors 365 days a year. Sure, it gets hot sometimes, but we deal with it. And come January and February, when the rest of the country is snowed in, we are enjoying our best running days of the year. Ever since we got rid of that paper mill our air quality has been great. Another oversight by you, RW, and we grab another 99. Hey, RW, see how kind I am? I haven't given us a 100 yet – although I could!

Food 10% -- "Residents access to healthful food and farmers' markets." OK, we have the big Riverside Arts and Farmers Market and other markets everywhere you go. We have Whole Foods, Native Sun and Fresh Market, as well as other grocery stores. We have decent restaurants and they are improving all the time. We have a lot more going on than merely chain eateries, fast food joints and the Waffle House. RW, you even mention beer as a factor. Heck, we now have more craft micro-breweries than we need. Those are in addition to one of only 12 Anheuser-Busch plants in all the U.S. Another 99 here.

Safety 10% -- OK, good thing you only want 10%, because we do fall

down on this score. Jacksonville's crime rate is not good and safety for pedestrians could be a lot better, cyclists gripe about it all the time. But you awarded Chicago 11th overall and that city has seen 500 homicides so far this year, a new record. That doesn't make me want to go out for a run in the Windy City. Still, I think, for us, a 70 is not uncalled for.

Well, according to my semi-unbiased, somewhat unscientific calculations Jacksonville gets a near-perfect score and slots back into the top-10, right where we have always belonged.

Now let's take a look at your list, RW, and find out what is wrong with it. Your first five are San Francisco, Seattle, Boston, San Diego and Washington DC. I guess that's not bad except for the crime in Washington and the fact that Boston is snowed-in most of the time. Between the BAA and that little marathon, I suppose Bean Town is understandable. Washington? Well, just wait until Trump gets there.

Numbers 6 through 10 are, Portland, Minneapolis, New York City, Omaha and Denver. Omaha? Really, RW? Is that a misprint? That's our spot, I'm sure. Number 9 overall, sounds about right for J-actionville. What other cities are mistakenly on the list, let's see. Madison, Wisconsin (12); the weather's so bad you can't go outside, and what notable race do they have? Los Angeles (15); thought you looked at traffic and air quality? Boise, Idaho (20); what goes on there? Philadelphia (22); crime and bad weather abound. Tampa (32); their Gasparilla 15k used to compete with our River Run 15k, now it doesn't.

Cleveland (35) and Cincinnati (36); yea, let's hear it for the Rust Belt! "First prize, a week in Cleveland; second prize, two weeks in Cleveland" ... W.C. Fields. "I once spent a whole week in Cleveland, it was on a Sunday" ... W.C. Fields again. Miami (48); worse humidity than ours, and try not to trip on a python, an iguana lizard or a nasty northerner.

Well, I've had enough of this, it's too depressing. Between our great running club, 1st Place Sports, and all of our wonderful races (yes, certified, races) we deserved one heck of a lot more. Readers, I told you in the last issue of our newsletter that Runner's World was a lame piece of fluff, and this is just more proof.

So, Runner's World, if you want to know what a real running city has going on, just look at what we have planned in only one month, December. Our very unique trio of races takes place on Sunday, December 4, the Guana Trail Races. This is a trail 30k Ultra, a 25k trail team race and a 12k solo trail run. Afterward, a good time is to be enjoyed by all runners and their support crews at The Reef restaurant.

Right after that, another social event, the JTC Running annual Christmas party held at 1st Place Sports in San Marco on Saturday night, December 10. This goes on while a sanctioned 5k, the Festival of Lights, is run on the streets outside. Hear that, RW, a race and a club social.

Hey, Runner's World, our cross-country race, The Last Gasp, has been around about as long as you have. On December 31, we will be commemorating its 40th running. The race will be over by around 3 o'clock and then it is off to another party. Inside Jacksonville University's Francis Bartlett-Kinne Student Center, we will be celebrating the New Year as we hand out the hard fought for race awards.

What a time we are going to have. And this is not unusual, Runner's World, this is all year long. But how would you know? You prefer to ignore us. Watch out, RW, because 2017 is coming, and this year we are going to show you!

President's Letter

Was it hot at the Tijuana Flats Summer Beach Run? Was the food good? Was the beer cold? Did we have a good turnout? The answer is yes on all points. The weather was as hot as it was cold at the Winter Beach Run! Tijuana Flats did their usual great job with the food and refreshments and the turnout was great, especially considering the heat and the competition from the Jaguars' first home preseason game of the year. Because of tide considerations and other races, we have to set the date for beach runs months in advance and well before the NFL announces their preseason schedule. So that conflict is out of our control. But all things considered, it was a great evening and the race generated a \$10,000 contribution from JTC Running to Tijuana Flats "Just in Queso Foundation." The Foundation supports organizations which benefit children and the military-- JTC is proud to be a partner in their efforts.

The JTC Running Fall Half Marathon Class kicked off Thursday, September 8 with a course introduction by Coach Jennifer DeSantis followed by a first run through Town Center from the host, 1st Place Sports store. Weekly Tuesday night training runs and bi-weekly long runs continue leading up to the Thanksgiving Distance Classic Half Marathon November 24. Jennifer and her team of group leaders will have this class ready for the challenge!

For several years now, the Club has sponsored an event at the Sulzbacher Center for the Homeless. It is an opportunity for members to volunteer preparing and serving dinner to those in need. This year it will be a lunch on Saturday, November 19. Food prep begins at 9:00 AM. Details and signup are under Events on JTCRunning.com. JTC Running additionally donates \$500 to the Sulzbacher Center to cover the cost of food for this and other meals. Each time I participate I am reminded how wonderful a job they do for our community in addressing the plight of the homeless in Jacksonville.

But membership in JTC Running isn't all hard work! Mark your calendar for the next Club social at the 1st Place Sports San Marco store after the Festival of Lights 5k on December 10. The fun run goes off at 5:30 PM followed by the race at 6:00 PM and walkers, strollers and dogs at 6:10 PM. The social at 6:30 PM will feature Mojo's BBQ, beer, wine,

and dessert, and the opportunity to purchase a JTC Running holiday ornament! I hope to see you all there.

Oh, and before that, on Sunday, December 4th our club hosts its unique and exciting three-in-one event known as the Guana Trails Races. This includes our one-and-only Ultra race, a 30k; a team 25k and a solo 12k trail race. All of these spectacular runs take place in north Florida's biggest nature park, the Guana Tolomato Matanzas Estuarine Reserve in South Ponte Vedra Beach. The 30k ultra and 25k team races begin at 8:00 A.M. and the 12k starts at 1:00 P.M. Afterwards, everyone will have a great time during the post-race party/awards presentation at The Reef restaurant on A1A. Yes, another party. You can still get in! Logon to JTCRunning.com or 1stplacesports.com to sign up – don't wait, do it now!

Also mark your calendar for the 40th running of our club's The Last Gasp cross-country race on December 31 at Jacksonville University. A free kids' 1-mile begins at 1:30 P.M. and the 5k starts at 2 o'clock. A huge New Year's Eve party will take place once the last harrier crosses the finish line. More details will follow online and in the next issue of The Starting Line! What an incredible end to the year.



The Starting Line

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New & Returning Members

Kathryn BarthleKelly	Josh Gellers	Walt Mitchell
Charlotte Blanding	Joe Gilbert	Cameron Moore
Richard Blankenship	Earline Gilley	Audrey Moran
Cindy Bohn	Rosie Goldberg	Robert Nagel
Austin Carlan	Nick Gonino	Steve O'Brien
Meghan Carney	Eunice Gonzaga	Raymond Owens
Ashly Clarke	Gloria Graham	Alice Painter
Edwin Clarke	Dannie Gray	Matthew Parks
Lisa Coleman	Christina Groger	Alan Pickert
Everett Crum	Ruth Guerrero	Michael Reagan
LeAnna Cumber	Meghan Gullman	Colin Richards
AnneMarie Cushmac	Leslie Hague	Larry Roberts
David Deeley	Ian Hardington	Laura Roman
Steven Derin	E Andrus Healy	Alison Ronzon
Leslie Drake	Jeffrey Hill	Mark Sekelsky
Janet Esslinger	Jennifer Holtzapple	Tara Showalter
Tim Eymmer	Ashlee Hutcheson	Michael Sperry
Nell Fender	Billy Hyder	Jackie Steve
Larry Fiske	Barbara Jaffe	Amber Swasey
Jimmy Flanagan	Mark Johnson	James Sylvester
Christy Ford	Susanne Jones	Monika Szarek
Katy Franklin	Jamie Karpman	Nadine Thomas
Tanya Frantzen	Lauren Kernohan	Kevin Thompson
Michele Fry	Kevin Larrimore	Annette Williams
David Garrett	Jenna Lychako	Penny Winder
Alyson Gatrell	Meghan Martin	Bruce Zewicke
Jose Gavarrette	Brenda Mathisen	

Mark your Calendar!



Over the Hill (and Dale) is Right!

Come Celebrate a 40th Birthday

THE LAST GASP 5k & Free Kids 1-Mile

JTC Running's Cross-Country Classic

December 31 at Jacksonville University

Sign Up at JTCRunning.com

Mark your Calendar!



Sleigh Bells Ring-A-Ding-Ding!

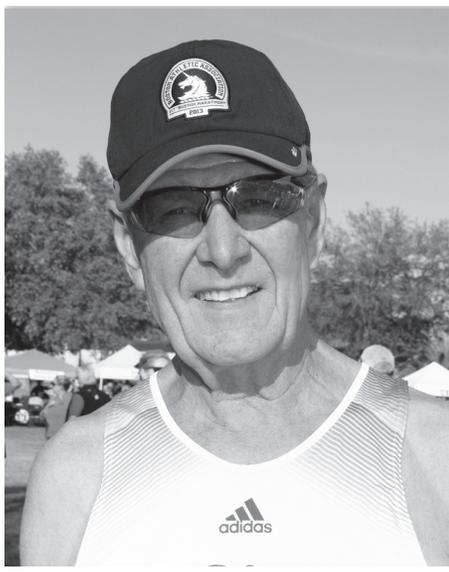
JTC Running's Christmas Party

Saturday, December 10, 6:30 P.M.

1st Place Sports, 2018 San Marco Blvd.

It's Free, It's Fun, It's For Everyone

Returning the Favor, Paul Smith



One of the best things that JTC Running does is its ongoing track training sessions. These have always taken place at the Bolles School track on Wednesday evening, still do. It takes a special

type of person to head these up and take on the title Coach. We have always been lucky, we had Bob Carr, then Danny Weaver and now we have Paul Smith. Sadly, Carr and Weaver, both fine men, have passed away and the torch is now carried by another great, dedicated, friendly fellow, Paul Smith.

He is another person who is making local running what it is and helping runners become all that they can be. Paul Smith loves running and what it has done for him. Now he is returning the favor.

BF: Let's take it from the top. How and when did you get involved in running?

PS: In 1973 I began running while I was a young (32) Navy sailor teaching radio communications courses at the Naval Training Command Bainbridge, Maryland. We instructors were required to participate in a new aerobics exercise program developed by in Dr. Kenneth Cooper (ref his 1986 book *Aerobics*), that awarded points for completing various physical exercises each week. Our Military Fitness evaluations were directly related to the number of earned points. Running offered more points than any other exercise, so I chose running. It was also the least disruptive to my love of beer.

BF: Is there anything you don't like about it?

PS: Maybe in the past, but I've changed my 'dislikes' over time, and became more open-minded, probably through sobriety. But Currently? Summer morning humidity and afternoon heat is a drag. And I really dislike not being able to run "normal" while injured. There should be a magic potion that helps you heal if you run while injured. Come on! There's a shot for polio but they can't fix THIS?!

BF: You are now Mister Track, the head coach of JTC Running's Wednesday night track sessions at Bolles. How did that come about?

PS: Mr. Track? Oh please. There are so many more great Track Jockeys in NE Florida who are much more qualified than I, who also love doing it.

As for the journey to the current status, my speedy-Runnergirl-daughter dragged me screaming fearfully to the Bolles track around 10 or so years ago, telling me that if I ever expected to run faster than an 8-minute pace I needed to do track.

Bob Carr was the coach then, assisted by Danny Weaver. I watched as he called the intervals, giving hints and encouraging runners as they ran. When it was over, I felt like I had accomplished something! Not sure what, but it felt great. I had run harder and faster at paces I'd never run until now. I thanked Bob for welcoming me to the group and for the great workout. All the other runners also seemed happy, relieved, or just plain proud of having done what Bob convinced them they could do. Wednesdays became a regular and most enjoyable habit. Bob was very inspirational and I never heard him speak a negative word about anything. Well, maybe there were a couple of words about the cost of doing the Boston Marathon, but even at that, his words gave me confidence that I could someday qualify for it. And I did.

Bob became physically unable to continue coaching due to an illness, but came out to the track when he could. Danny Weaver had been helping Bob for quite a

Returning the Favor, Paul Smith

while and just seemingly without question became the coach when Bob passed. Like Bob, Danny was one of those people and an exceptional coach whom everyone wanted to be around. A couple years ago I found some workouts in Runner's World mag and asked if we could try them on track night. He seemed happy to see the interest, so I volunteered to help where needed and when he needed to be gone. (The stories he told about family worldwide vacations and diving for lobsters in the Keys are still being told in runners' circles). Our friend Danny became very ill a couple years ago and passed in March of 2015. It seemed natural to step in and try to continue the Interval training. JTC Running officials agreed. I'm also fortunate to have another positive and enthusiastic runner to assist: Mr. Jack "Sir! Yes Sir!" Owens. (Read this again, Jack. Just be sure you know what's coming later.) (Said with much love, affection and admiration for my predecessors).

BF: Do you enjoy it?

PS: More than I ever would have imagined. I became certified as a USTAF Level-1 trainer just to try to figure out how to help a group of talented and enthusiastic runners enjoy an evening workout while improving their speed and endurance without getting injured and without thinking that the track is a death sentence for slow runners. Seeing my new running friends succeeding above their goals, becoming stronger, fitter and faster, is the greatest reward I never saw coming.

BF: What do people get out of track training?

PS: Track workouts are generally performed in separate intervals that combine fast running with slow recovery jogging. Track workouts teach a runner's body how to run fast and condition the mind to concentrate during strenuous running. These workouts are essential in developing the kind of leg turnover needed to race well. The "souped-up" endorphins, fat-burning metabolism and high level feeling of accomplishment are an instant

reward that we get after the event's intervals are done.

BF: Do you think everyone should do it?

PS: It depends.

I think EVERYONE should exercise 150 minutes a week through a regimen (walking, running, stretching, weightlifting, elastic resistance belt, etc.) that stresses your muscles and bones and raises your heart rate and breathing. See your doctor before leaping into it. You don't have to come to track workouts to do it. But if you need to be held accountable for doing it and can't rely on yourself to start, sign up for track. I'll help you with that. Tell your friends.

For runners:

Speed training is unquestionably the most effective way to improve your running performance. The flat surface and measured distance enable you to see exactly how far, and how fast, you have run. By running faster than your target race pace, you build strength in your muscles, and increase your capacity to produce energy quickly. Your running form will improve, increasing your efficiency, and you will learn to relax while running fast. Running on the track is also an efficient way to do a hard workout because you compress your effort into a short space of time.

BF: Have you witnessed any amazing success stories?

PS: There are many racing successes that came from track; those listed below include runners who inspire us, runners who continue to come to track in an effort to either run faster, live healthier, recover from injuries, overcome disabilities, or live life above their past life's terms:

Denise Dailey, Jim French, Claudia French, Tony Kronenburg, Jack Owens, Donna Rettini, Susan Roche and Larry Sassa.

Racing success can be seen weekly in the PM-Interval email sent to registered members by Jack Owens.

Returning the Favor, Paul Smith

For the readers: If you are a success story by virtue of your increase in speed, distance, time, and you think it is because of track workouts, either Bolles a.m./p.m. or otherwise, drop me an email please.

Paul Smith: smithfccj@hotmail.com

BF: What distances do you like to race?

PS: My favorites are: 8K/5M, 10K, 15K/10M and Half Marathon.

BF: What are some of your favorite races?

PS: *Local:* WBR 10Mi, Matanzas 5K, Ortega 5M, Gate River Run, St Paddy 10K, Navy Run 10K, Run13.1, Run to Sun 8K, Pies 5K, SBR5Mi, Pumpkin 10MI, Mandarin 10K, Thanksgiving Half, Jax Half, VyStar5K, and The LAST GASP!

Away: WhistleStop Half in Ashland, WI. Chickamauga Half at Battlefield, Ga. Suck it up Buttercup 10K, DeLand. Gasparilla Ultra (3 races, 24 hours), Tampa. 10K Classic Atlanta. San Diego Half Marathon. Boston Marathon.

BF: Aren't you also the captain of the 1st Place Sports racing teams?

PS: No, but I'll take that as a vote of confidence. I'm the race points coordinator for the team and I convey race and member information to the team on behalf of the team sponsor. I'm their oldest AG member because they need someone near the end of the race to see the 1st Place Sports logo on the shirt.

BF: Just from what you see, and the people you have talked to, do you think that running, and racing in particular, will continue as it has for say, the last 10 years?

PS: Good question. It created a couple of sub-questions. If it continues in the same direction, I wonder if "finishers" will be demanding a trophy and a \$100 gift certificate as they cross the finish line?

I'm happy to see an increase in numbers of participants who realize they need to get off the couch but I wonder if that one race per month will create an idea that it is the only exercise they'll need to get healthier.

Will additional charities/companies who think a race will produce a quick buck be trying to establish a race whereas the city can't provide enough police protection/support for it. Will there be so many races every weekend that there won't be enough runners to make each race worthwhile?

Will the costs of registration skyrocket even higher because of all the amenities the race sponsor has to fund?

BF: Is there a place for track clubs, such as JTC Running, Florida Striders, etc.?

PS: I think there's a place for them, especially for the service they provide. But I don't know how long they can survive. I think there's a disturbing decline in membership and a refusal from current members to become a part of the organization, such as volunteering to be a race director, helping with events, being part of the Board of Directors, etc. I think the problem extends to a huge number of organizations, not just our running clubs, but won't bore you with my theory of why I think it. (Are you reading this and talking to someone about it on your iPhone or Android?)

BF: What do you say when someone asks you, "why should I join JTC Running?"

PS: That's easy for me. I say "Because you can't run here if you don't, but the best part is that you pay only \$20 per year or \$25 per family, you get 5 great races at a discount, you get a 10% discount on your purchases at 1st Place Sports, and you get free track access every Wednesday with free coaching, with free beatings and whippings if you don't follow directions. You will also be invited to attend about 4 social occasions during the year whereas good food and drink is heavily discounted, if not free, and you'll probably be able to renew your

Returning the Favor, Paul Smith

membership at half the annual fee. How can you not take this deal?! Take this paper with the [www. JTCRunning.com](http://www.JTCRunning.com) website on it, sign on and register NOW!”

BF: What could JTC Running be doing that we are not currently doing?

PS: I seriously don't know. They established a racing team with members who support running, show up for events, and present a very positive appearance at all the races. Who wouldn't want to be a member? JTC Running in coordination with 1st Place Sports Race Management puts on some of the greatest races in America. Period. The Gate River Run 15K and the Jax Half Olympic qualifier this year were simply amazing. Some people say the SBR is terrible, too hot, etc., but the turnout is still great. My only suggestion for 'doing' is in the answer to the next question.

BF: Is the club doing anything that we should stop?

PS: Yes. Regarding the Gate River Run. You pull out all the stops and seemingly super-fund all those great amazing elite athletes that Richard Fannin finds in his quest to make this their best race ever. Love it! They win a bajillion dollars, too, or whatever doesn't destroy their scholarship. So, don't stop doing that. But the race brings 25,000 other runners of all ages to run on race day. It COSTS them their own bajillion dollars to do this. If they're lucky, they get an Age Group award. A select few of the hundreds of runners in each age groups get to take home a 75-cent piece of firewood with a nice plastic sticker of the race logo stuck on it. Firewood. Particle board. Garbage. STOP doing that. They deserve better. I'll be glad to provide pictures/ideas for upgrading.

BF: What do you think of JTC Running's track meet series? (not the training, but the meets.)

PS: I have to admit I have not participated in one since 1989. I attended two this year and the parents and a

few participants I met told me they liked the format but were disappointed about having to displace to another school for some events. I really enjoyed it. I used to run a pretty quick 100 meters, but the speeds here would have wrecked both hamstrings within the first 20 meters. Sigh.

BF: OK, Paul, now it is your turn. If you have anything on your mind, say it now:

PS: I don't have much that wasn't addressed in the previous questions, other than to tell the readers that if you would like to give a track workout a try at the Bolles School, you will not be intimidated, mocked, or looked down on in any way, no matter what shape you are in. Seriously! The whole group will welcome you and you'll have new friends before you go home. We ALL started the same way, one slow step at a time. I was fortunate enough to discover that on the first night my daughter brought me here, and I have savored every visit since. Through the kindness, encouragement and personal training given by Bob Carr and Danny Weaver, my mile pace (starting at age 64) improved by 4 seconds a month over 24 months. It might seem very little, but that's a 1:45 increase in a 5K mile pace in 2 years. You can do it. I'll rejoice in seeing your success. Come on. Make my day!



Cross Country Kicks: Kid-Tested, Mother Approved



With the Olympics, Hermine and the RunJax Labor Day 5k marking the official end of summer, fall is slinking around the corner (we hope). Cool, crisp, less-humid air to

drink in, leaves rendering an assortment of autumn hues (palm trees turning brown), a plethora of pumpkin morsels and beverages lining the Trader Joe's shelves ripe for fresh picking, pigskin drafts and tailgating abound and Saturdays dawn another sport increasing in popularity: cross country.

Cross country originated in the 19th century in an English game termed "hare and hounds." The very first cross country race recorded was considered "open" and could be contested by anyone willing. Initially its purpose was intended to imitate steeplechase during off-season training, and it was actually considered a bit of a joke. The race distance encompassed about 3.5 miles of off-road terrain. It was hilly and not well-marked and many competitors found themselves to be lost. The sport of cross country was contested as a team and individual event at the 1912, 1920 and 1924 Summer Olympic Games. The sport, largely considered to be for youth, will contest a separate medal event at the 2018 Youth Olympic Games in Buenos Aires.

Cross country is not just for those individuals who don't make the cut for team sports or do not possess the coordination for ball-affiliated sports. Here's the best part: It's not just for kids anymore! Cross country for adults can be a blissful, endorphin-filled way to connect the most innate human kinesthesia with the great outdoors. You can participate solo or recruit 4-6 of your intrepid friends to join you as a team. A typical cross country race is 5k or 3.1 miles, although non-conventional race distances exist. Unlike most traditional sporting events, the lowest team score wins. Scoring 5 athletes, a perfect score is 15 (1-2-3-4-5). Runners 6-7 are useful in the event of a tie-break, or if they manage to beat another team's top five runner, then they could effectively play defense by increasing another runner's place in the field. In this "individual sport" of running, a team is literally only as good as the weakest member.

A few benefits of cross country or trail racing include: being able to train and race without as much concern for pacing,

changing up your training/racing surfaces, becoming one with nature trails/golf courses (my kind of golf) and of course sporting cool new footwear with radical tread. My personal faves include the Brooks Mazama and Pure Grit. So as deep as you may have to dig for it (in my case very deep), channel your inner "Type B" personality, throw your ideal racing times and Garmin out for a run and give yourself a new challenge of conquering the not-so-beaten path.

In my glory days I was lucky enough to be a cross country state champion and my high school coach was notorious for instilling a "mud and guts," mantra with regards to how our team was expected to race. Basically, the muddier the course and more inclement the conditions, the better we performed, because it was part of the sport and culture. I'm certain those formative years of cross country in the rural western North Carolina mountains blazed my trail, giving root to my lifelong love affair with running.

As Ellen DeGeneres once said, "Never follow anyone else's path, unless you're (running) in the woods and you see a path. Then by all means follow that path."

Upcoming Fall Cross Country or Trail Races

(for kids of all ages):

Hog Jog 5k & kids' 1-mile (Green Cove Springs, FL; flstriders.com) – 11/6/16

Guana Back to Nature Trail Races, 30k, 25k team, 12k (Guana Reserve, FL; 1stplacesports.com) – 12/4/16

USATF National Club Cross Country Championships (Tallahassee, FL; usatf.org) – 12/10/16

The Last Gasp 5k & kids' 1-mile, (JTCRunning.com; Campus of Jacksonville University) – 12/31/16

About the Author: Julie Stackhouse is the owner of Stackhouse Fitness (getstackednow.com) and a member of the First Place Sports Elite racing team. She recently won a unique charity race in Connecticut, Hell on the Hill (appropriately named), where she covered 8.5 miles consisting of racing up and down a 37% grade grass hill 100 times for Rethreaded, a local charity "sewing a new story of hope" for women. She enjoys discovering new races and ways to challenge herself, pushing through perceived barriers and coaching other runners to do the same.

Be Different & Go Wild on December 4

Take a run on the wild side, that's what I say. Ever get sick and tired of those "races" where the course is a nothing but a lap around a shopping mall? Ever feel like you've had enough of just one road run after the other? Ever say to yourself that Jacksonville's race courses are about as dead as the people resting in peace in the Evergreen Cemetery? I don't blame you and I can tell you for sure, all of that will change on Sunday, December 4th. Why? Because that is the date of JTC Running's spectacular, unusual, back-to-nature event, the Guana Trails races.

This race is definitely different. To begin with, it is more than just one race, it is three. The blue ribbon event is the 50k (31-mile) Ultra race. The course consists of a spectacular wooded, though flat, tour through the Guana Tolomato Matanzas National Estuarian Research Reserve. But please, just call it "Guana." Each lap is just over 7.5 miles long and for the 50k there are four of them. For such a long Ultra that is considered very little repetition.

Then there is the team race, a unique 25k (15.5-mile) event for two runners. This is run over the same trail course as the 50k but these two runners will complete only two laps. Winners will be rewarded for their efforts.

Is 25k still too much? No problem; there is a simple solution: The Guana 12k. This is basically your "everyman's" race. A 7.5-mile, one-lap race designed for the speedster. Same trail, but whereas the 50k and 25k runners started at 8 A.M. the 12k racer begins at 1 P.M. This means that they could very likely go stride-for-stride along the trail at some point and finish at almost the same time.

This near simultaneous finish is a planned scenario. That way they can all converge on the post-race venue, The Reef restaurant, on A1A, just four miles or so from the race site. While at The Reef, the runners will be treated to some good food and drink, alcoholic and otherwise, that is included in their race entry fee. All of them will be given a piece of memorabilia, a gift, for running. There is a catch, however; runners must attend the post-race bash in order to collect their valuable, custom gift. Then the awards will be handed over to those who have raced their way to glory. As all of the races are professionally chip-timed there will be very little pause in the action.

Naturally, some will revel in their glory more than others. The male and female winners of the 50k, 25k team and 12k trail races will get a pair of Altra running shoes. Altra is the official equipment sponsor of the Guana Trails event. Masters champions, male and female, will also win Altra shoes in the 50k and 12k races. Many other awards will be handed out, as well as medallions for all finishers in all three races. Of course, there are tech shirts for all registrants. Long-sleeved ones, as a matter of fact.

For the fifth time, the event will be directed by club member Mark Ryan. As a longtime dedicated runner and avid ultra racer, Mark knows just what runners want and he provides it perfectly. You can be sure this event will go like clockwork and be as smooth as silk. Speedy Banana will also be on hand this year to capture the experience. Entry fees are currently \$35/50k, \$70 team (2x25k each), \$25/12k, through Oct. 1. From Oct. 2 through Nov. 30 the cost is \$45/50k, \$90/team, \$35/12k. On race day (12/4), the price will be \$60/50k, \$120 team and \$45/12k. So as you can see it pays to enter early. There is also a \$4 JTC Running discount for paid-up members.

Proceeds from this JTC Running event will benefit the Friends of Guana foundation that does great things to raise awareness to the trails and to support the ecological efforts to maintain the trails and our mother – Mother Nature, that is. It is all good stuff, and our club should be proud of itself for helping out this very worthwhile endeavor.

Now, about those trails. No lie; they are the best ones around. The Guana reserve is huge, 73,352 acres to be exact. Our races will only take part on the southern piece of it. That's good, because on the northern end they hunt. You know, lions and tigers and bears, oh my! Well, OK, maybe not. More like turkey and deer and squirrel, oh my. In any case, it is pretty wild and woolly out there on the Guana trails. You'll like that part of it, I am sure you will.

So put this great event on your race calendar and log onto JTCRunning.com or 1stplacesports.com in order to enter right now. Believe me, you'll have a great, unforgettable time.

Become a Race Volunteer, World's Easiest Election

There are two things of which you are probably very aware: Donald Trump is, somehow or the other, running for president and I am the race director of this year's Hog Jog cross-country race and extravaganza. My election was cake; he faces an uphill climb. It was easier for me to get my gig but mine doesn't come with the nuclear codes that could turn this planet of ours into a cinder.

I haven't done the race director bit for a while; in fact it has been years. Sure, I help out some with the Guana Trail Races and The Last Gasp, both fine JTC Running productions, but I haven't accepted the full whammy since I took on the Ravines Run, back in about the year 2000. That was another extraordinary JTC Running event, by the way, and probably still would be if the owner of the golf course and swimming pool didn't go berserk and close it all down. The closure had nothing to do with our club, incidentally.

No, I think I got out of race directing because I told myself, "no more volunteering." I was never very good at listening to those smart little voices in my head and so here I am a volunteer race director once again.

The thing is, I am struck, overcome, with all that a race director has to do. The planning, the details, the people, the follow-ups, all that kind of stuff. It is never ending and on top of it all, there is always that sneaking suspicion that you have forgotten something. Then there is the worry that you are conducting a train wreck and everything will go wrong.

Moreover, there is the money. Man alive, the money that a race has to invest upfront is scary. The expenses mount up all over the place. Then ... what if no one shows up? Like I said, scary. And a race can't do a Trump and just declare bankruptcy and overconfidently move on. No sir.

The Hog Jog is a small race. Well, there are two races, a 1-mile fun run for kids and the whole Hog, the 5k. I have only ever race directed "small" races. Only thing is, for a small race you have to do all the things that a big race does but fewer people come out on race day. So the workload isn't much different. You mess up and the little people will complain just as loudly as the big people. They show little mercy.

Then again, I have to consider the Gate River Run. Wow! Every time I arrive at the GRR I am awestruck by the

huge production that the race has become. I don't know how all that gets organized and pulled off so incredibly smoothly. I know that race director Doug Alred would say something like, "well, once you know what has to be done and you've done it before it becomes that much easier." Oh, yeah, sure, but I would never want to take on something of that magnitude.

I've always believed that people who show up for races should volunteer to help out from time to time. Getting in behind the scenes is the only real way to know and appreciate what goes on and how much work is actually involved. If every runner could have the full experience he would be a lot more understanding. And I am sure he wouldn't gripe so much either when he attends a race and things don't go so exactly according to plan or when he doesn't like the color of the shirt.

Anyway, here I am working fastidiously on the 2016 Hog Jog, which OK, is not a JTC Running event it is a Florida Striders race, but still. (Aren't we all just a bunch of friendly runners out trying to have a good time?) I am up to my neck in it and I hope it comes out all right.

I would like to invite you to the Hog Jog. It will be held on Sunday, Nov. 6th. The kids' run begins at 2 P.M. and the 5k starts at 2:30. It takes place in the Ronnie Van Zant Park. It is a nice large park in Clay County, sort of in Green Cove Springs/Fleming Island/Lake Asbury. There is a good cross-country trail that you will enjoy running for the 3.1-miler.

It's really not that hard to find but you better use your GPS. It will be worth the drive. We will have a memorable post-race bash that includes a BBQ meal, games for the kids, and live music with the Old City Farmers bluegrass folk band. This means that the popular Ham Jam fest, that Clay County discontinued some years ago is back in all its glory. An historic moment that I know you don't want to miss.

Of course there will be awards and tech long-sleeve shirts for the 5k participants. This is a chip-timed race by 1st Place Sports. What more could you ask for?

Sign up quick, while prices are rock bottom. You can go on Florida Striders.com or 1stplacesports.com to sign up. As Nike would say, "Just do it."

Tania



It's July 18, 2016, the start of the Republican convention. I write this, alone within my deepest thoughts, I'm

crying. Not because of the convention but because of a lost friend. When I was very young, my best friend was a guy named Fleetwood. Late in life, I had another friend named Tania, both died from a gun. I hate guns.

Tania was a girl that had many friends and she became a friend of mine. I first met Tania at Fernandina Beach. As I recall, I had just finished a race, I was walking toward my car on a road near the beach when this black Porsche (she always drove a Porsche) pulled up beside me and stopped. She rolled down the window, and this cute little girl leaned over, smiled, and said; Hi, aren't you Everett, I'm Tania.

I am an old man now and I have outlived all of my family. I fully believe it is because of running. I never started running until age 45 (the same age of Tania when I first met her). I ran competitively for 30 years and the more I ran the better I got. Through running I have acquired many friends but I had one that, to me, was very special. Even when you run in the back of the pack, you gain a few new friends. But when you run up front, more people know you and you acquire many friends.

But even though Tania had been running for a number of years and was a very good consistent runner, she never won many races and thus I didn't know her and had never met her. But at Fernandina Beach she invited me to come run with her group at Boone Park in Jacksonville. About a dozen would meet at her house every Wednesday night and run a 7-mile loop. The course ran by several small lighted sidewalk cafes. It was a dark and cold winter night, yet many of the sidewalk booths were occupied. Running past the little twinkling lights made it seem like a Christmas fairyland. It was a beautiful night and a delightful run. I already knew several in the group that ran this course. Afterwards, they would all go to some local place to eat. So that first night I went with them to a small pizza place. Being that Tania and I were the only non-couple twosome in the group, we went together in her Porsche. From that night on, all of my training runs in the Jacksonville area

were done with her at my side. And she would now enter and run in every race that I ran wherever it was. I became to know her like no one else.

Tania lived adjacent to Boone Park and though she was seldom there, her home was always left open to her running friends for anything they might need. She owned an elite beauty salon a block away and had several girls that worked for her. She worked there a couple of days a week. She also played tennis several times a week at the Boone Park courts. Running and tennis were just two of her many outdoor passions. She was a very outgoing and down-to-earth individual.

Tania was the most caring and giving person that I ever met (numerous comments in her obituary testify to this). She had hundreds of friends from many different avenues. Every year she held an elaborate party just for her friends. She had a smile and a personality that would reach from here to Cuba. She taught me many things and took me many places that I had never been. She was also a leader. Though never dominating, she was fully confident and in charge of all that she did. Yet, you wouldn't realize it until after the fact. But what I admired was her "free spirit." One of her employees stated to the press that she was a spitfire with a caring attitude. I'm sure she may have been a spitfire, but not to me. She was always only soft and gentle in words and deeds.

I don't know why God allowed her life to end before mine. But I do know this; when compared to the universe as a whole, the totality of time for this planet, and thus all of our lives together, is no more than a mote of dust. A thousand years from now no one will have ever heard of Tania or Everett. The world will keep on turning for God's universe still keeps perfect balance, and darkness is always followed by light. The light for the darkness of 7/8/16 can be found in faith. By the Grace of God, and being on this side of the cross, she lives because our faith is reckoned to us for righteousness.



"Now faith is the substance of things hoped for, the evidence of things not seen." True faith is to have an absolutely unquestionable belief in God. I know that her faith was true, because she told me so. She even wanted

Tania

to buy me a suit and leave it in her closet so I could go to church with her every Sunday after our run in Orange Park. I could write a book on Tania but I'll hold it down to this final comment. I believe that it was destined for her to cross my path and I'll always remember her as a special soul who was a friend of mine. Someone who cared, someone that loved life and lived it to the fullest. I feel privileged to have known her.

Rom. 8:38,39. This great passage of Paul's was read at Tania's Memorial Service. Its meaning is this; that through the inviolable Love of Christ, her spirit lives on. And some

Sweet Morning, our spirits will blend.

"Hi, aren't you Everett, I'm Tania" ---

Editor's note: Originally from Cuba, Tania Woodrum became a successful business woman, owning a salon in Riverside. She became an avid runner known to many, including longtime JTC Running member, Everett Crum. In July, she was killed by her husband who then killed himself.

Beginning Marathon Training, Easier & Pain Free

So, you've just decided to run 500 miles or more. It's like running from Tampa to Ft. Lauderdale and back - what an accomplishment! Some of you are doing it for the challenge and others for its weight loss, muscular, cardiovascular and/or stress relief health aspects. The best thing is, even if you are primarily focusing only on one, you still get all the rest. So, how can we help you to continue to achieve your goals and make running the base of your new healthy lifestyle?

The first thing you want to do is find a good coach or training program. There are many out there and based on your interests, your local running store will be the best resource to match you with one. Your coach will provide a plan that will get you to and through your first and subsequent marathons or half marathons. Depending on your current fitness level, your training may take anywhere from 3 to 6 months before that big day.

Secondly, while in your local running store, buy your most important piece of equipment – your running shoes.

Here's where you have the best chance to get a pair matched to your foot shape and stability and fitness levels. These are all extremely important for your protection and comfort levels as you continue your training program. As a rule, especially when beginning, muscle pain is normal especially if you haven't exercised in a while. But, pay attention to pain in and around any joint. This is not normal, especially

if it persists. Running should not cause these types of pains. Bottom line, if it does then there is a better running shoe out there for you. Go back to your running store with your current shoes to have them evaluated (as always) and you, reevaluated. The best running stores can discuss your pain(s) and other issues such as blisters, numbness, etc., and then make a more educated recommendation based on your shoe wear and concerns. To help keep you from becoming injured (something that requires you to stop running), all aches and pains during and after running should be mentioned. While being fitted with your new shoes, ask your sales person why he or she thinks they would be a better choice. Running shoes that are matched to you will give untold numbers of pain-free and "run happy" miles.

Lastly, there are a number of other protective and comfort-enhancing elements to running. The ever important foot support – something I recommend to everyone for both performance and injury prevention; comfortable, nicely padded, protective, wicking socks; synthetic-fiber, wicking apparel – no cotton; invaluable energy foods; leg compression sleeves for improved circulation, especially for recovery; and a sports watch or GPS watch (you can now get a good GPS for about \$100). Your running store can explain the benefits and guide you to which will be best for you. Most pain is not an inevitable consequence of running, so don't expect it.

The Older Runner

Here is a humorous piece that was passed along to me by my brother who lives in London. It appeared in The Guardian newspaper and I thought you might enjoy it. The writer is “Anonymous.” Gosh, that means I could have plagiarized the whole thing and taken the credit. But no, not me, I would never do such a terrible thing, especially not to my Starting Line fans. Here it is:

**“What I'm really thinking; the older runner
‘What ever happened to vest and shorts,
proper shorts?’”**

Pensioners don't run. But I can still shuffle in my dated running gear. Through the woods, across the fields, far from mocking gazes. My single marathon victory just a memory; 30 years ago and counting. Now it's painfully slow, soles and soul often scraping the ground. I feel your jibes: “Isn't he too old for that?”; “Call that running? I could almost walk that fast.” But there's still satisfaction as well as nostalgic pleasure in accomplishment.

The Starting Line / Bob Fernee

"Furnace" Enjoyed by 1,224

JTC Running's famous classic, the Summer Beach Run, has been described by many different adjectives and after this year's race – the 52nd annual, held on August 20 – I heard a new one: “Furnace.”

A slight breeze was blowing on the beach from southeast to northwest, making viewing for the spectators, of which I was one, a little more enjoyable, but apparently it didn't aid the runners very much. JTC Running board member Doug Tillett said the wind was in the runners' faces all the way down the beach and they had to push against it.

Tillett said: “At the turnaround the wind was at our backs but we were immediately enveloped in a steamy, sweaty mess. The breeze didn't cool us down whatsoever.”

How could it? The temperature was officially listed at 97 degrees and that didn't tell the true story; when

I see young runners and my mind churns. All shapes and sizes. Some true athletes. Many others with wires dangling from their ears. Water bottles clutched pointlessly. Watches referred to at regular and self-conscious intervals. And those pouches on the upper arms: are they for mobile phones, heart rate monitors or portable defibrillators? Is my cynicism the product of athletic purity or athletic snobbery?

I note your status – some proper runners with characteristic glide; joggers, intense and breathless; posers, and those team sport competitors whose rolling gait and chunky thighs convey their keep-fit motivation. Lycra everywhere, its owners shrink-wrapped, revealing their limitations. Whatever happened to vest and shorts, proper shorts? And trainers embalmed in mud? Amid these characters, I notice overweight joggers, and my spirit rises to their challenge; that effort takes courage.

But then I see a young runner, wearing a shapeless and unbranded t-shirt, flapping shorts, uncompromisingly worn-down trainers, head up, eyes focused, knee lift high, and aroused at such simple memories, I smile.

adding the humidity it easily topped 100. Throw in the beach sand that provides no energy return, and you have conditions that made our runners far more heroic than those in Rio de Janeiro, Brazil, where athletes had it easy, not forgetting Zika, of course. (By the way, I saw the Rio Olympic medals and I thought they looked kind of lame. Especially compared to our SBR finishers medallions. Ours were cooler and our runners deserved them just as much anyway.)

JTC Running member Rick Patterson (46) described it as an “archetypical Summer Beach Run.”

“There was blazing heat on the way down and it was a furnace on the way back,” Patterson said while somehow smiling.

He has run many a Summer Beach Run and has even won it twice. Like a true Olympian, Patterson struck double gold by winning in 1995 (26-minutes and 1

"Furnace" Enjoyed by 1,224

second) and repeating in '96 with a time of 26:25. On this occasion he ran a 34:56, good for silver in his age group.

The 5-miler was won by Matt DeVillers (29) of St. Marys, Ga., in 27:16. His closest pursuer was Chris Mutai (39) of Ponte Vedra Beach, at 27:37. Rounding out the top 5 were Jacksonville's Kristopher Shold (35), 28:02, and Justin Jacobs (33), 28:36. Gary Gates of Melbourne Beach finished in 31:09. Quite amazing when you consider that he is also 51 years old.

The men's Masters race was won by 43-year-old Neil Chandler in 32:01.

During the Olympics much was made over the repeat winners and multiple medal collectors. Sure, Usain Bolt is pretty good. He arrived in Rio with six gold medals in his pockets and went home with another three. Not too shabby. Then there is that Michael Phelps character who has more gold in his trophy cabinet than Fort Knox but big deal. Our own Kim Pawelek-Brantly came onto the beach with 10 SBR victories to her name. This year she made it 11. Her winning time was 31:30.

At the age of 42, Kim is rather perplexed that other, younger girls haven't yet dethroned her. Ever the humble one, she asked why she was still there winning even though she thinks she shouldn't be.

"The young girls should step it up," she commented.

When asked to comment on the race she said: "It was bad out there."

Coach Julie Stackhouse (37) took silver in 31:45, while Audrey Maheu (26) captured bronze. Both are from Jacksonville. Two other locals, Julie Macedo (22) and Vernaliz Trinidad (22) took fourth and fifth in 33:57 and 35:04, respectively.

Karen Stellhorn (50) of St. Johns won the women's Masters race in 37:04.

Brian Rohlin (50) said the wind was heavy coming back and didn't have much of a cooling effect against the "blast furnace." He did well, though, running the distance in 38:47.

After he finished, I greeted longtime runner and club member Bryan Bartosik (67) with the words, "you did it." He replied: "No, it did me."

His goal was to run a steady 9-minutes-a-mile pace and he did exactly that, finishing in 45:01. He struck gold as well, winning his age group.

As long as we are talking gold then let's remember our gold medal sponsor, the wonderful Tijuana Flats restaurants. Once again our generous sponsor took on the Olympic-sized task of feeding the hungry horde. They are breaking records, too. The food line moved along faster than Mo Farah and there was absolutely no wait at the beer tables. They are getting as slick as the U.S women's 4x100 team baton handoff. (No, not the men's, definitely not the men's. Appears those guys will never get it right.)

Let's also remember that all profits from the SBR go to Tijuana Flats' foundation, Just in Queso. It is a great cause and a perfect partnership for our club. Tijuana Flats says it best: "Giving back to local communities where we live and work is the heart of Tijuana Flats restaurants and foundation. Our support is focused on organizations benefitting children and our brave military; we always stand ready to provide a helping hand when needed."

One of JTC Running's long-standing members, Everett Crum, now 81 years young, walked the entire race but reported that he was happy to be a part of it. His time of 69:55 meant he picked up silver in his age group.

At one time Crum was one of the best runners in town. In 1982, he ran one of the midday Summer Beach Runs and finished 60th overall with a time of 28:31. People were so much faster in the "old days." Imagine a time like that and only coming in 60th place. Nowadays, you could almost win the thing.

Crum said: "I beat all of the women that year and finished second in the Masters race." Second! Jeez.

He later informed me that same year, 1982, I finished the race in 29:32 and my father, Norman, won his age group in 33:40. We were 32 and 62 years old, respectively. If only I could do that now. *Dream on...*

Picking Our Poison

Democracy was begun by the ancient Greeks and later reborn by Americans, the guardians of the trust. Good thing those old Greeks are no longer around or they would be wondering what happened.

I can see them all now, sitting around doing their usual deep thinking and saying amongst themselves: "I can't believe it, they have more than 300 million people and they've come up with these two? I thought the cream was supposed to rise to the top; this ain't no cream, Socrates."

Well, you don't have to be Plato to figure that out. This is the most miserable election I have ever experienced. Let's see, what do we prefer, the red hot pan or the burning fire? A case of pick your poison if there ever was one. OK, enough clichés, you know what I'm saying.

These days people have their own agendas. They have their favorite issue and they back the person who panders to their case. Seems to be all they care about; they are one-issue voters. Same sex marriage? Public toilets for transgenders? Abortion? Immigration? Radical Islam? Health care? The list goes on. But we are runners and we have to look after our own interests, you know, a little self-pandering, as it were. So, sadly, let's be selfish like the rest of the country.

Then who is best for us and American running in general, Donald Trump or Hillary Clinton? Don't know about you, but before I cast my ballot I am going to compare the pros and the cons. Or as President Franklin D. Roosevelt (now there was a REAL president!)



said: "We have nothing to fear but fear itself." That has absolutely nothing to do with anything, I just like that he said it. Well, maybe it does, since every politician banks on fear to win votes and this year's election is no different. They must say to themselves, "If my fear sounds more terrible than his fear, I'll win the fear factor, and therefore, the election."

Wow, remember how FDR set up things like social security, the securities and exchange commission (SEC), the federal deposit insurance corp. (FDIC), and did all those wonderful things for the common schmuck? His

administration cared. No wonder everyone cried when he died, it was like losing the best daddy you ever had. When will we ever see a man, or woman, like him again?

I digress; I often do. Back to today's dilemma. We need to find out which one of the candidates will serve us, the running community, best. Trouble is, I cannot find any evidence of either one of them jogging. That's not good, it means we can't expect any automatic sympathy for our cause. Too bad, I can remember Bill Clinton jogging around Washington DC, working up a powerful sweat, then dropping into the local McDonald's for a Big Mac and fries. Speaking of dropping, I can also remember Jimmy Carter in 1979 dropping out of a 10k race held on the grounds of Camp David. Carter was cooked and the photos were unmerciful, some even said it was the defining moment of his presidency. But at least he ran and he gave his all in that race. Who among us hasn't pulled out of a race? Anyway, Carter was too good a man to be involved in politics, that's a crook's game, just ask Richard Nixon. Oh no, that's right, he famously said, "I am not a crook."



George W. Bush was a runner, maybe he still is. I've seen film footage of him jogging and I remember a story in Runner's World magazine where it detailed his exploits in a 5k race. He said he ran 7-minutes a mile pace. That struck me as a little bit quick but I believe W. In fact, if he told me Saddam Hussein had weapons of mass destruction, I'd believe him.

I can't recall his dad, George H.W. Bush ever running. All we know for sure is that he wouldn't eat his broccoli.

In a bizarre video, Barack Obama ran through the halls of the White House in dress shoes, slacks, white shirt and tie, with Joe Biden to promote Michelle Obama's Let's Move campaign to fight children's obesity. Most of the time we only see him playing golf or basketball for exercise. But Obama looks pretty trim and fit and he might be the healthiest president of all time.

Donald Trump would say, "No! That is so not right. That title is going to belong to me. My doctor said so."

Picking Our Poison



Whoa, have you seen Trump's doctor? He looks about as off-the-wall as his patient. Is he intentionally trying to look like a sleaze ball? Apparently he

handwrote Trump a cleaner-than-clean bill of health in four minutes while the limousine idled outside.

Trump likes his golf, he says he begins every day at 5 A.M. or earlier and after reading two or three newspapers he is on the golf course at 8. He owns five of them in the New York area. Of course he conducts business on the golf course too.

"Sometimes Melania and Barron will come up to the club and they watch me beat people at golf," he said humbly, in a 2010 New York Times article titled *Golf, Business and Meatloaf*. Melania is Trump's Slovenian wife and Barron is their young son.

"I have a quick lunch. There's nothing better than a cheeseburger with French fries and American cheese. I try to restrict that as much as possible. But that's not an easy thing to do. Then I go out and inspect real estate generally in the New York area," Trump said in the same article.

"I get home at 6 or 7 or 8. I have dinner with Melania and Barron. She's a good cook. She makes spaghetti and meat sauce, chef's salads, sometimes meatloaf. I don't have dessert generally at home unless it's a little ice cream. I have dessert at restaurants. It's never easy because I do love food. I watch it the best I can. And I wear a suit whenever possible. I look trimmer in a suit. My exercise is golf and tennis. I'm not a gym workout guy," he revealed.

Hillary Clinton doesn't reveal much at all about her exercise habits, or maybe she just "forgot." It has been reported that she is into yoga. They say it's Hatha yoga, the most common form of yoga, easier than the physically demanding Vinyasa, or "hot yoga." Hatha is also easier to do at home it seems, which is better for her. Apparently she also does some water aerobics from time to time.

Yoga is more than just posing; it is a politically smart move. As veteran Democratic strategist, Joe Trippi, said, "It makes her 'more relatable' yoga is to 2016 what

jogging was to, like, 1990."

When voters saw former president Clinton or George W. Bush jogging, he said, "they would think, 'Hey, I like to jog, too.' It's the same thing now with yoga, for women in particular."



The closest thing I can find to Hillary jogging is that internet joke about Bill, Hillary and the Hooker. Bill is out jogging and ... Sorry, folks, this is a family newsletter, I can say no more.

Politics is hard on women; people focus in on their looks a lot more than they do on male politicians. That can't be easy and you can't expect all of them to look like Jackie Kennedy or ex-model Melania. As one observer said: "This is the consequence of a society heavily conditioned to airbrushed photos." Yep.

I guess I've been a bit rough on Trump. It can't be helped, the guy is the perfect target, as any comedian would agree. I actually agree with some of the things Trump has said – I just wish the words were coming out of someone else's mouth. He may be right about trade. Why did the government stand passively by while all those jobs and companies moved abroad? Why weren't they punished financially when they brought their goods back for sale in the U.S.? I think we all agree that our southern border is too porous and something should be done about it. A massively expensive wall may not be the solution. Mexicans can build ladders and as El Chapo has demonstrated, Mexicans are really good at tunneling.

Ultimately, when it comes to protecting our favorite thing, running, neither candidate will make much of a difference to us. Sometimes it is best if a politician doesn't give a hoot. Then you know you're safe. Flying at night underneath the radar is often the best place to be. So don't let this paltry piece of prose influence your decision, not that it would anyway. When election day comes, I'm sure you'll know what to do. As a great philosopher once said: "Let your conscience be your guide" ... Jimmy Cricket. (Now there's a guy I'd vote for.)

Then again, why don't we all just call out "do over" and find two more suitable candidates?

O, What a Summer

Dream vacation: Watching world-class athletes compete for a spot in the Olympics at the shrine of U.S. track and field or running a little 5K in a town in northern Ohio? Tough call here. Each has its place in my heart.

First, there was Eugene, Ore., a city that should be familiar to all runners; then Bellevue, Ohio, of which maybe only one of you are aware. You can't beat Oregon in July: the mountains, the cooler air, the trails, the craft beer, the land of runners and running fans who pour into a venerable stadium to see them.

And then in August there was the best little 5K ever.

Tracktown USA

The simple little sign points to Pre's Rock, up a narrow, winding road to the memorial to distance-running legend Steve Prefontaine near the site of his death in a one-car accident in June 1975. It is a fitting first stop on Doug Tillett and Ledman's arrival in Eugene to take in three of the last four days of the U.S. Track and Field Olympic Trials.

From there it was on to Historic Hayward Field, where the hammer throw competition was wrapping up and the track was being turned over to amateurs for the Oregon Track Club to stage an all-comers meet, culminating in heats of the mile run.

For this correspondent, not a bucket list item. I had already run a mile, and not a bad one, on the hallowed surface 26 years ago during a glorious week at the Eugene Experience running camp conducted by Mike Manley. For Tillett, however, an opportunity he didn't dream he'd have.

And so 18.5 hours into a day of cross-country air travel and three-hour drive through Portland rush hour traffic, we ran four laps on the same track as Olympians.

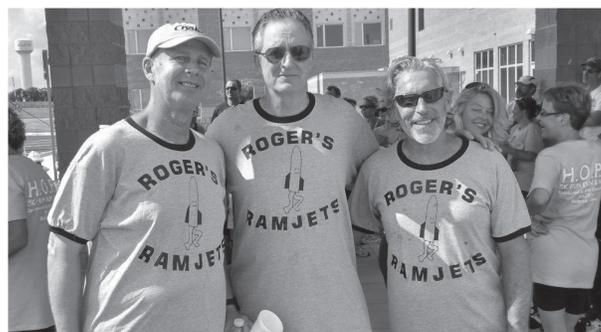
As for being a spectator, it would be difficult to argue that the view is better from the bleachers than on TV, especially when it rains; bleachers, by the way, that were due for removal in the days immediately following the trials so Hayward Field could be renovated and expanded to a capacity of 30,000 in time to host the 2021 world championships.

The Track at Hayward Field

I was excited that I was going to be in the stands at Hayward Field for the Olympic Trials – such a legendary place for running. I had hoped that maybe (maybe!) I'd be able to sneak down to the track and reach my hand inside the fence and actually touch the track surface and perhaps absorb a little bit of its power and feel its energy.

Instead, I was rewarded by being able to actually run a mile at Hayward Field because the Oregon Track Club staged a free all-comers event the day I arrived. There were, like, a dozen heats for the mile, starting with the young lions who would finish faster than 5 minutes and proceeding with progressively slower paces. I was lined up for the last heat with around 35 other old-timers, kids, and slowbies. I think it was 10 P.M. (it seemed pretty late) when they fired the pistol to start our heat and I ran the best mile I could.

It was so much slower than the time I would have had a decade before, or 20 years before, or 30, but still, I ran a mile on the track at Hayward Field. It was awesome, the realization of a goal, the real life experience of something that I had only imagined. I start getting emotional just talking about it, the experience was so stirring. I could feel the spirit of Pre coming over me and the coaching intelligence of Bowerman surrounding me. It was spectacular.



JTC Running members Gary Ledman (from left) and Rick Schart and high school classmate Lynn Bender celebrate after the HOPE 5K in Bellevue, Ohio, on Aug. 6. Roger's Ramjets are named for Roger Sheppard, Bellevue High's former cross-country and assistant track coach. Ledman, a husky baseball player in high school, was made an honorary Ramjet for this race.

O, What a Summer

But how cool it was to be part of two record-setting crowds of nearly 23,000 and to cheer on athletes such as Matt Centrowitz (1,500), Dalilah Muhammad (400 hurdles) and Christian Taylor (triple jump) on their way to gold medals in Rio; Jenny Simpson (1,500) and Emma Coburn (steeplechase), whose bronzes in Rio were firsts for U.S. women in their events; and Sandi Morris, who came within a millimeter or two of winning gold in the pole vault.

Hometown HOPE

What persuaded me to start attending high school class reunions – besides being in the best shape of my life in 1986 – was that my classmates started making the occasion a weekend of activities instead of just one nerve-racking dip into a pool of vaguely familiar faces on Saturday night. But in addition to ice-breaker parties on Friday, there have been Saturday morning activities that were not as appealing: a kids play day and I don't have a family; a golf outing and I don't play golf.

So a little over a year ago, when the weekend was announced for this year's reunion and a Facebook page was created, I pitched an idea: How about a run and walk not just for members of the class and their families but also open to the whole community? And maybe we could raise money for a cause that would be the Class of '71's gift to the town?

Easy for me to say from 900 miles away. I'd only be showing up to run. Reunion planners would have to take on one more event, and a logistically challenging one at that. If this went nowhere, then three of us – Lynn Bender, fellow JTC Running member Rick Schart and I – would haul our butts out of bed on Saturday morning and go for our usual 3- or 4-miler around town.

Ah, but one classmate did know of a project in need of support: the Hayward Outdoor Pavilion for Education (HOPE), named for Joyce Hayward, a beloved teacher, environmentalist and diver whose dream was to have such a facility. Although her time in Bellevue was after mine, she clearly touched many lives because enough of my classmates bought into the idea to, uh, run with it.

Another of them, feigning disdain for the additional planning hassle, affectionately referred to it as "Ledman's stinkin' race." That's when I really knew the whole thing was a good idea.

Lacking the experience at staging such an event themselves, they wisely enlisted the services of Vicki Schoen (Class of '79), a longtime runner with the experience and the equipment to put on a race. She plotted and marked the course, set up the start and finish line and did the timing.

We might also have recruited a new Gate River Run participant in the process. Vicki's brother lives in Jacksonville and she says he's been encouraging her to come to Florida and run the race. Now she might, especially after the Jacksonville delegation presented her with a "See you at the 40th" tech shirt.

The HOPE 5K Run and Walk was no blockbuster event, even for little Bellevue. But 73 people participated, including 13 members of the class – alas, only the three of us running it – and family members, including the 10-year-old grandson of two classmates (he finished sixth overall in 26 minutes). At least a few others sent in their \$25 entry fees although they didn't make it to town.

With minimal expenses – donated T-shirts, no police costs -- and awards only to the top overall male and female finishers, and a \$500 contribution from a divers group founded by Joyce Hayward herself, \$2,000 was raised for the HOPE Center at Bellevue Elementary School. And the people behind the project have asked if the HOPE 5K could be made an annual event (Attention: Classes of '72, '77, etc.). HOPE we've started something.

The rest of reunion Saturday was something of a giddy, delightful blur, infused with a warm feeling of having been part of something that did a great deal more than start the day on the right foot.

Nice little jog around town indeed.



**The Guana Reserve
Back to Nature Trail Runs**

Sunday, December 4th, 2016

**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 Oct.1st, \$45 (\$41 JTC Running members), Oct. 2nd-Nov. 30th. 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 Oct. 1st, \$90 per team(\$82 if JTC Running Members) Oct. 2-Nov. 30th. 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 Oct. 1st. \$35 (\$31 JTC Running Members), Oct. 2nd - Nov. 30th. 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 because there may not be space on race day.

Parking

Parking in the Reserve 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.sawgrass@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.

Your Running Equipment: Head to Toe

Now that our running and walking season is about to get back into full swing, I thought I'd touch on the gear that helps to make our sports safer, more comfortable and more enjoyable, from head to toe.

Hats, Visors and Headbands

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

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

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

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

Sunglasses

With the extended amount of time many runners spend in the sun, the eye protection that sunglasses provide is extremely important. They offer protection not only from direct sunlight, but also from every object around you that has the ability to reflect sunlight into your eyes. Don't cut corners - be sure your lenses offer maximum UV protection as well as exceptional clarity and are distortion-free. If you just feel out of it, get dizzy or have a headache after wearing sunglasses, chances are distortion is causing your discomfort. Up until recently, you had to pay well over \$100 to get distortion-free lenses. Today there are a couple of companies offering high-quality products down into the \$60 price range. The basic difference in quality fabrication is that the best lenses are ground from the center out versus the simpler way from side to side as you'll find in more inexpensive sunglasses.

Sunscreen

Be sure your sunscreen offers both UVB and UVA protection. UVB rays are the skin burning type and UVA are the skin damaging rays. Sunburn is the body's natural warning that it has had enough. In the past, it is believed that some sunscreen companies only paid attention to this UVB portion. They

helped keep the sunburn down, but may have allowed an excessive amount of UVA rays into the skin. Because they were not burning, individuals opted to stay in the sun longer. This may be one of the reasons why life-long sunscreen enthusiasts are coming down with skin cancer in record numbers.

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

Hydration

Even with the coming drier and less humid months, it remains important to pay close attention to your hydration needs. Your thirst won't be as apparent as in the summer because you won't be sweating as much. But because of the drier air, the sweat you are producing will also be evaporating more quickly, so don't judge your hydration needs by your sweat output. Begin hydrating early and continue in small, frequent quantities throughout your workout.

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

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

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

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

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

Energy

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

Your Running Equipment: Head to Toe

potential stomach distress as well as to improve assimilation. Also available in a chewable version.

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

Recovery

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

Running Tops

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

For women, proper fitting Sports Bras are a must. Sized properly, well-designed sports bras that offer both compression as well as encapsulation will usually provide the best results. Fact: 4 out of 5 women are wearing the wrong size bra, so insist on being measured each time you are making a purchase.

And, as a general rule, a sports bra should be replaced each time you replace your shoes, and certainly no longer than every 12 months.

Running Shorts

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

Compression Socks and Sleeves

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

Running Socks

A thin sock offers itself only as a foot covering with few redeeming qualities. A nicely padded synthetic sock offers foot comfort, protection and better performance. Acting like a

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

Foot Supports

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

Running Shoes

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

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

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

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

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

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Designer: Amanda Mason

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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 for more information.