



THE
STARTING LINE
NEWSLETTER

ISSUE **419**



CHRISTMAS
PARTY



Saturday, December 10th, Starts at 6:00pm
1st Place Sports, 2018 San Marco Blvd.

MARK YOUR CALENDAR! THE LAST GASP, DECEMBER 31
JTC Running's Cross-Country Classic

Letter from the Editor

In the fast food chains these days the big rage is 4 for 4. For four-dollars you can get four delicious items. And it's the good stuff too: Burger, fries, nuggets, soda. Wow! yum, yum. Well here at JTC Running we are not to be outdone or left behind. We are dealing, and we have our own 4 for 4. Yep, that's right, for a scant four bucks you can get our next race, The Last Gasp (Saturday, December 31). What do you get for your \$4? A 1-mile kids' fun run, a sweatshirt, a party and a classic cross-country race, The Last Gasp 5k. You'll never find a sweeter deal than that. Nope, not even in Donald Trump's masterpiece, the Art of the Deal.

Why did our club go for the 4 for 4? It wasn't to compete with Burger King I can assure you. It is because The Last Gasp is going to be 40 this December and rather than offer the race at 40 bucks we generously gave it away for nearly nothing: 4 bucks. For non-members, it works like this: They sign up for the race at the non-member price and automatically get a year's membership into JTC Running. That gives them discounts into our next races – including the Gate River Run – the newsletter and when The Last Gasp comes around next year, they can buy in at the low members' price. As Don Vito Corleone would say, "it's an offer you can't refuse."

Handsome custom sweatshirts (with no ads on the back) will be given to all registrants in the 5k and t-shirts and ribbons will be handed out to finishers of the fun run. The post-race party is going to be great. It will be a combo awards presentation and New Year's Eve celebration. When it comes to throwing a party JTC Running cannot be beat.

You can sign up online at 1st Place Sports.com or JTC Running.com. Alternatively, you can use the paper entry inside this issue (but it'll cost you two bucks more). There is more information about The Last Gasp within these pages.

Yes, we know how to throw a party and we are doing so again on Saturday, December 10th. It coincides with the Festival of Lights 5k in San Marco, which, by the way, is not our race but you might be going out to run it and, if so, then we have a great free party for you. It takes place at the 1st Place Sports store, 2018 San Marco Blvd. and begins at 6 P.M. Food, beverages and full festive merriment. To race or not to race, that is your question. And the answer is, it is up to you. Because in any case,

we will have the party and you are invited. Bring a friend if you're in the mood. Because here at JTC Running throwing parties is our game. Or, as Don Vito Corleone, would say: "This is the business we have chosen for ourselves."

Well, the presidential election is (finally) over. Did your favorite win? I have never seen an election like it. President elect Trump is not a runner. If you read my article in the last newsletter titled, Picking Our Poison (my Pulitzer Prize for that one is in the mail, I believe), then you know all about Trump's exercise habits. Even if he is 70-years old it is not too late for him to take it up. Perhaps a free entry into our magnificent race, the Gate River Run 15k, would be an encouraging offer to the Orange One. He might even consider it a great "deal." Then again, why should we? He has a lot more money than we do and between his billions and all the taxes he never pays he should be able to cover the cost of an entry fee.

What a way to bring up our Gate River Run. Online registration is now open and you should enter right away and save yourself some dough. Speaking of that, you should also read my piece in this issue titled, Lower Your Entry Fee Costs Now. Enter early and save money, it makes cents. Ha! Get it, cents, instead of ... oh, never mind. I'll work on it.

By the time you read this our terrific event, the Guana Trail Races, will either be over or about to be run. I know it will be/was splendid all due to club member and race director, Mark Ryan. Thanks, Mark.

The Winter Beach Run, 10 and 5-mile races, takes place on January 28. Get signed up for that one because you will not want to miss it. The WBR is not only a JTC Running event but also a Jacksonville Grand Prix one too. At 42, the WBR is the second-oldest race around, beaten only by its brother, the Summer Beach Run, another JTC Running event.

That's nearly it fellow runners for another year. I wish you all a great finale for 2016 and a healthy and happy 2017. May it turn out to be all that you hope that it will be. For those still reeling from the November election, keep in mind these words: "No one ever lost money underestimating the American people" ... Mark Twain.

President's Letter

I'd like to begin by thanking REI for their sponsorship of the Club's Guana Trail Races. Their involvement on race day is very much appreciated. Next time you are at St. Johns Town Center, stop by the remarkable REI store and say "thanks"!

The holidays are upon us—let's start celebrating at the JTC Running social on Saturday, December 10th at 1st Place Sports San Marco store after the Festival of Lights 5k. The race is at 6:00 pm and the social starts at 6:30 pm. Come early to get parked and enjoy the carolers, jugglers, horse drawn sleigh rides, music, and much more!

The year will end in a traditional way with the Last Gasp Cross Country Race at Jacksonville University. It is the 40th running of this unique event and members can enter for just \$4 online at JTCRunning.com. Those entering by December 15th are guaranteed the special 40th Running Sweatshirt. The post-race awards ceremony and party will be at the JU Bartlett Kinne Center, just up the hill from the finish line. Last year we had a great time at this very nice facility and this year will feature New Year's decorations and other surprises in addition to food, beer, and other refreshments.

No sooner will the New Year begin than the 2017 Gate River Run Training Class will kick off on Thursday, January 5, at the 1st Place Sports Town Center store. Coach Jennifer DeSantis promises a class worthy of the 40th running of JTC Running's premier event. Sign in begins at 6:00 pm and the class at 6:30 pm. The cost for members is just \$50 and members of recent training classes will receive a \$5 discount code by email. No Club member will want to miss the 40th Gate River Run and this class is fun and effective way to prepare for it. Registration for the race opened in October and thousands have already

signed up.

Also open for registration is JTC Running's 2017 Winter Beach Run, which starts at 2 pm on January 28. Members receive a \$2 discount for this and the Gate River Run.

Some good news: For quite some time the area on the Northbank in front of the Hyatt Hotel has been fenced off to all traffic because of the collapse of the deck nearby. The River Runners statues given to the city by the Club are not damaged but have been inaccessible inside the fenced off perimeter. Repairs to the deck are to begin soon and the statues will be removed to temporary safe storage during the reconstruction and returned upon completion. We all look forward to that and the reopening of the full Northbank Riverwalk.



The Starting Line

JTC Running Board Members

President

Larry Roberts
lawhar17@comcast.net

Vice President

Larry Sassa
Lksassa142@aol.com

Treasurer

Bonnie Brooks
bontorun@gmail.com

Secretary

Douglas Tillett
doug.tillett@sunoptictech.com

Doug Alred

doug@1stplacesports.com

Jane Alred

jane@1stplacesports.com

Colleen Clarkson

colleenclarkson@gmail.com

Errol Daniels

ebdj0515@comcast.net

Michael DelCharco

mjdelcharco@gmail.com

Richard Fannin

richard.fannin@ubs.com

Susan Haag

susanlainhaag@yahoo.com

Angela Harris

jazqui01@me.com

Stan Lambert

seminolestan@yahoo.com

Franz Lerch

Lerch01@comcast.net

Todd O'Donnell

toinab1964@yahoo.com

Ty Payne

tpaynea@att.net

Connie Smith

runn2sports@gmail.com.

Lamar Strother

904-388-7860

Stuart Toomey

stuart@1stplacesports.com

Jim VanCleave

jimvanleave@comcast.net

New & Returning Members

Richard Allen	Jim Hanson	Virginia Pierce-Kelly
Margaret Barton	Gary Harlow	Jay Robinson
Marie Bendy	Erika Henry	Mark Ryan
Susan L. Branley	Christina Howard	Kathy Sinardi
John Bullock	Robert Jones	Jennifer Smith
Gary Castner	Erika Judd	Brian Souter
Lynn Chromy	William Lund	Amita Tilak
Vincent Collogan	Sean Martin	Suwarna Tilak
David E. Dawley	Mauri Mizrahi	Don Toce
Michael DelCharco	Oscar Montgomery	Rick VanBrederode
John Duss	Jade Mukri	Josue Velazquez
Billy Fehrs	Eric Nkaimbi	Danny Wilson
Mark Goetz	Kim L. Pawelek	Kenneth Wilson
Karen Haid	Quang Pham	

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

Lower Your Entry Fee Costs Now!

As Frank Sinatra always used to say, “If you’re not early, you’re late.” Old Blue Eyes was a stickler for getting to his appointments and concerts a little early so he could go through his pre-engagement routine: Makeup, slip into the cummerbund, and make sure the toupee was on straight. Then a cup of hot tea and a cigarette while getting centered and focused. He knew if time was tight the whole thing would go up the spout and he would be in a panic. This was his way and he wasn’t going to sing “My Way” unless his way was done right.

What does this have to do with race entry fees? Well, if you don’t enter early, you’re late; too late to take advantage of a whole lot of financial savings. In other words, you’re not only late, you’re stupid and wasteful.

It’s a double-edged sword, people. Race production costs have gone up and the people organizing the events have done the nice thing of absorbing them for quite a while. Unfortunately, those days are over and the increases must now be passed along to the consumer. In this case, the runner.

The other edge is this: Things have gone from paper to computer, and everybody wants “chip timing.” That’s fine; doing everything on the computer makes it all run more smoothly and accurately, but all the data (name, age, number, etc.) needs to be entered in advance before the starting gun is fired. Race officials want to know all your personal details as early as possible. In other words, they want to encourage you to enter early and for doing so they allow you to save money.

You are helping them and they are helping you. But sometimes you don’t play your part, do you? You make them frantic and scramble on race day to enter all your personal information while at the same time you complain about the cost of running in the race. This is not the way to continue a long-term, happy relationship. Listen up, we don’t need Dr. Phil to get over this. Dr. Bob can sort it out and he works a lot cheaper. Believe me, one heck of a lot cheaper.

Let’s first consider planning. You peruse the internet looking for a race you want to do. It is three months away and registration is open. The price is at its lowest point; in another month, it will jump up another 10 bucks. You know you want to run it, so plan for it and enter it right then online while you can get it cheap. It is just like our great race, the Gate River Run; when registration opens,

you can sign up for about \$25 or \$30 less than you will pay at the expo. Don’t hesitate, do it.

This is how you save money on races and this is the way that you can afford to run more races. Preregistration fees have hardly gone up at all; it is the race day entry fees that will get you.

Why is that? Race officials want to avoid the panic. Today’s races are largely constructed ahead of time and the day is going to come when race day entry is a thing of the past. For race officials, the extra hassle won’t be worth it.

So, enter early, save money and keep things simple.

The next topic is also to do with races and racing. Question is: When is a finisher a finisher and when is a finisher not a finisher? So easy even I can get it right. A finisher begins at the starting line; he has paid his entry fee, attached his bib number to his shirt or shorts and has his chip timing device on his shoe or on the reverse side of his bib number. He completes the entire course and crosses the finish line mat to have his official finish time recorded. Sounds simple.

Yet some people make it complicated. For one thing, there are those known as “bandits.” They run the race without paying and sometimes they do not even have the decency to peel off before the finish line chute. Are they out to mess up the results intentionally or are they just idiots? Who knows. Without a timing chip their “race” will not be recorded in the results and that is a good thing, but still. They are a lot like those computer hackers that we hear so much about, except these jerks are race hackers.

There are also those who do everything right but cut the course. If you do 6 miles out of a 10-mile race and cross the finish line mat you are not a finisher. The initials DNF belong next to your name, not a 6-mile time for the 10-mile race. That is cheating, plain and simple. Oh, DNF? That means, Did Not Finish. And you didn’t, so go on home, don’t wait around for your award.

If you can’t finish a race, don’t pretend. Do not cross the finish line mat. It’s OK, we have all had bad days, we have all dropped out of races. When it happens to you, don’t cheat, don’t lie, don’t pretend. Let’s keep running clean and cut this nonsense out.

An excerpt from Olympic Hopefuls

Chapter Thirty

SECRETARIAT

Diana Bailey ran with the aplomb that already owning a place on the Olympic Team brings. The U. S. Olympic Trials schedule mirrored the Olympic format as much as was practicable. The 10,000/5,000 double at the Trials was difficult for men, and nearly impossible for women.

A woman aspiring to race both events had to compete in a 5,000 semifinal, return after a single rest day for the final, then gather herself for the 10,000 final after one day's rest. The men's format placed the 10k first, a 5k semi two days later, and the 5,000 final three days afterwards.

Calvin Benlehr had not broached the possibility of the 5 & 10 double; Diana brought the proposal to him.

"Coach, I have to share something with you and Patty," she said one early-June afternoon, following a lunch of fruit salad and bran muffins. Training partners Nikolas and Madras were on a grocery run to Alamosa.

The three sat around one corner of the huge oak table that Cal had built for twelve. Patty set three mugs of hot cocoa before them, and slid a jar of Diana's cookies within everyone's reach. All eyes were on the running waif who had won their admiration over the past year.

"I have breast cancer; it's in my lymphatic system, too."

Diana didn't wait for a reaction—she plowed ahead.

"I was diagnosed 18 months ago after cross country Nationals. It's inoperable and untreatable. My mother died of breast cancer when I was eight. Her sister died of it at the age of 23—I was in high school and watched her illness progress. Four other women in my bloodline developed the disease and died before they were 30—it's a genetic curse."

Patty's heart nearly stopped from the news. "Oh, Diana! Oh, Diana! Oh, I'm so sorry." She placed her hand on the girl's arm. Tears of sympathy and affection rolled down her face.

Calvin sat numb, processing the information. He realized instantly that Diana knew, with more urgency than most people, that she had only a short time to accomplish things.

"My aunt suffered through two years of drugs and radiation. She laid in hospice for four months, too weak to walk. My mother went to Tijuana for drugs unavailable here in the States. She was brought home in an ambulance and died as I stood at her bedside."

"The chemotherapy just doesn't work. The cancer progresses no matter what they do. An oncologist at the Mayo Clinic verified the cell type last spring—I have the exact thing that killed my mom and my aunt."

Calvin, usually inert at times of sadness and death, dropped his head and seemed to pray. He raised his face up, turned to Diana, and said, "So you chose to fight it here instead of in a hospital."

"That's right, Coach. I could live in the city with doctors and hospitals. I could attack the cancer with radiation and drugs and live life too weak and too sick to run. I chose the mountains."

She slid her chair closer to Patty's. She draped her tiny arm across Patty's back to comfort her.

"When you called me last May in South Bend," she said to Calvin, "I was trying to decide what form my suicide would take. You rescued me from despair. You were the Angel of Life. I just didn't know that you guys lived in Heaven!" Diana's smile calmed them both.

"Anyway, I've decided to race both the 5,000 and 10,000 at the Trials. What do I have to lose?"

* * * * *

Diana sprinted from the tight pack of six Olympic hopefuls with three laps to go. Murray Halberg had stolen the Olympic 5,000 gold medal in 1960 with that tactic. It worked like a charm a second time.

"Take off with 1200 to run. No one will go with you," Coach Benlehr had predicted.

Diana imagined herself on the final approach to the High Dune. She put her head down and sprinted for one minute. The other contenders glanced at each other, unable to respond.

You go and I'll go with you. It's too early—she'll fade. Let's run her down together.

Not one woman reacted with her feet until Diana Bailey had secured a 40-meter gap. By then, there were just two laps to run. Carolyn Marsha and Amy Golden

An excerpt from *Olympic Hopefuls*

pulled away from the clump of contenders, but with 600 meters remaining, the pursuers broke off their futile countermove and gathered themselves for a kick. Two places on the Olympic team remained. First place was gone.

“Good evening, sports fans. This is H.R. Javetts. Welcome to CSN’s special coverage of the U.S. Olympic Trials.

“Diana Bailey, the Notre Dame graduate who has spent the last year training in the Colorado mountains, won the women’s 5,000 meters here tonight in Knoxville.”

The producer ran the video of Diana’s break from the pack—it was more impressive with each viewing.

“There goes Bailey to open an insurmountable lead. We have her here at trackside, folks. Diana, what made you decide to sprint like that with three whole laps to go?”

“Well, Mr. Javetts . . . “

“H. R., you can call me H.R.”

“Okay, Mr. H. R.,” she grinned impishly. “We planned to attack with three laps to go.”

“And who is ‘we?’”

“My coach, Calvin Benlehr. Together we decided that waiting for a last-lap kick played to the strengths of the other girls who are 3,000 and 5,000 specialists. There were several excellent finishers in the field. From our special fartlek training in Colorado, I knew I could incur an oxygen debt, back off slightly to recover, then hold a hard pace to the finish.”

“Indeed you did, Diana. Carolyn Marsh and Amy Golden join you on the team in the 5,000. We have them here with us. Step over here, in front of the camera, ladies.”

“Carolyn, congratulations on winning second. What were you thinking when Diana took off like that?”

“We all thought it was too early. None of us knew Diana’s abilities, so we expected her to fade. There were two other places up for grabs, so chasing her would have been foolish.”

“Amy, congratulations to you, too. Did you think you would make the Olympic team when you lined up this evening?”

“I’m just so happy. I can’t believe it,” she said, bouncing. “I hoped I had a chance. Diana is so awesome! I’m just amazed at her. I was lucky to survive the kick of all the other women. Hi, Mom!”

Diana stood in the center of the three Olympians, her tiny arms raised to the shoulders of her much-taller rivals. Her eyes were dark and tired. Though only 23, her weathered face looked 40.

Calvin prescribed a trip to the Appalachian Trail on Diana’s recovery day.

At dawn, Patty drove them east from the sticky city, 130 miles to Watauga Dam. Diana and Cal chugged a half gallon of orange juice, then broke into an easy trot.

Silence embraced the pair over mile after mile of leaf-covered trail. Steep rocky descents led to spring-fed creeks. Steep rocky ascents climbed to the Appalachian ridge. Nature lavished them with emotional sustenance. Rhododendrons bloomed. Squirrels leaped for the sheer joy of leaping.

In eleven miles of light jogging and purposeful hiking, they spoke only once.

“Coach?”

“Yes, Diana?”

“Thank you for everything.”

Those seven words filled the perfect summer morning for them both. Four hours later, Patty retrieved them as they crossed Service Road 50 in the Cherokee National Forest.

In Roan Mountain, Tennessee, they gorged themselves on barbecued ribs, corn on the cob, and biscuits at Mountain Mama Mason’s Restaurant. By late afternoon, the fatigue of the Olympic Trials 5,000 was a distant memory. Anxiety for tomorrow’s 10,000 was non-existent. As planned, the challenging hike restored Diana’s sprit and energized her body. She was ready.

THIS VIEW OF SPORT *By Ken Davis*

In her second Olympic appearance in 1992, Lynn Jennings of the USA won the bronze medal in the 10,000-meter run. She

An excerpt from Olympic Hopefuls

ran an American Record that day in Barcelona, 31:19.89.

Fresh out of college in 1973, I watched Secretariat, the triple crown racehorse, dominate the Belmont Stakes by an amazing 35 lengths. The equine athlete established a track record that still stands --2:24. His performance was magnificent. The other horses in the race were galloping all-out, but Secretariat just pulled farther and farther away. Remembering that afternoon raises the hair on my arms.

Diana Bailey raised the hair on my arms again last night. The diminutive long-distance runner from California, Notre Dame, and currently the mountains of Colorado, raced 10,000 meters at the Olympic Trials with the courage and the dominance of Secretariat.

Those who criticize the 25-lapper as tedious or boring may be incapable of understanding genuine excellence. When the Lakers basketball team dominates another squad in the NBA by 34 points, no one can know how fiercely the winners were defended, or how many lucky bounces led to rebounds, field goals, or free throws.

In contrast, when Diana Bailey dominates a ten kilometer track championship by 380 meters and obliterates Lynn Jennings' record by 29 seconds, there can be no doubt about the quality of the performance.

Bailey zipped to the front of the 20-woman field and ran with an elegance rarely seen. She opened

with a brisk first kilometer—3:10—and that was her slowest of the race.

I've witnessed hundreds of track meets and thousands of races. Certain athletes are consistently strong performers. Others prevail in head-to-head battles. But this reporter cannot recall watching a race where perfection was so apparent.

Many athletes in Olympic Trials finals run conservatively. They gather themselves for an all-out effort over the closing yards of their event, fearful of committing too soon their accumulation of strength and speed that endless training has created.

Bailey had every reason to simply run for the win—or just settle for a place among the Top Three. After all, a courageous race in the 5,000 meters two days before had already secured her a berth on the Olympic Team. The 10,000 was her third race in five days. The stadium was oppressively warm, the crowd restless and inattentive—at first. Fifteen laps into the race, I watched a transformation of the 27,545 people in the stadium, from track meet attendees into Diana Bailey supporters.

The announcer droned on about qualifying heats while athletes lazed on the high jump apron, and idle officials and newsmen took a break. A handful of athletes at trackside began to cheer Bailey's effort. The enthusiasm spread like contagion. The last four kilometers were a love-fest.

The Starting Line / a novel by Jay Birmingham

An excerpt from Olympic Hopefuls

Men in the stands whipped off their shirts and waved them around their heads. Applause was constant and sincere. When Diana found a way to sprint the last 100 meters, a final roar of approval erupted.

Bailey's time, 30:50.05, is just a

number to me. But her effort on the track last night in Knoxville, will be a life-long highlight. Excellence has a name this week—and it is Diana Bailey.

-30-

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THE LAST GASP 5k & Free Kids 1-Mile

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A True Classic Rolls In With The Tide

JTC Running's Winter Beach Run

Saturday, January 28, 2017

Details Coming Soon

Health

I once ran a race in Guthrie, Oklahoma, sponsored by an insurance company that specialized in accident insurance. I remember the event well. Will Rogers Jr. presented awards to the winners. I received a large "travel" bag with the company's motto engraved across the bag: "Good Health Is No Accident."

One of the biggest and most expensive health problems in our country is diabetes. Though the No. 1 killer is heart disease, diabetes is not far behind (and they are related). Diabetes has a direct effect on the heart, kidneys, and eyes. It can also cause many other problems. The main cause of diabetes is inheritance and passive living (basically meaning consuming more calories than needed for your activities).

Research has concluded that women over 50 with Type 2 (the most common, non-insulin dependent) diabetes will have their life expectancy reduced by 8.2 years. But also the quality of their life is significantly reduced. Type 2 diabetes occurs when the body no longer produces enough or ineffectively uses the hormone insulin. An analogy for the function of insulin is that it acts like a "key" that lets sugar (glucose) from the blood stream enter the cells to maintain them. If the cell's "lock" does not allow the key to work, then sugar can not enter the cell to nourish it. This creates two problems: First, the cells will be in a "starvation" mode. Second, sugar will accumulate in the bloodstream. These problems will eventually affect other organs, and may cause "blackouts," etc.

The good news is; You can actively fight diabetes, though sitting in an easy chair watching TV won't get it done. But fortunately nature allows you to control yourself with a simple fix. The treatment is called exercise. It has been proven through numerous studies that physical activity enhances a cell's uptake of glucose, getting sugar where it's needed for the cell to function normally. Developing a regular routine (repetitive) exercise program is a major

step in taking control of your diabetes.

You need to establish a daily aerobic (meaning a continuous movement with no letup) activity of a designated time period. If you can walk from your car to the house (to get out of the rain) you can do this. For speed or distance is of no concern, it's the duration that counts. Thus at any time during an exercise, if you feel the need to, you can slow down, just don't let up. Your exercise program can consist of walking, running, swimming, treadmill or whatever you prefer. You can start with one mile or one minute or whatever. Start at some duration that you can handle, even if it's only 1 min a day. And if you do this daily for a week then the following week you can improve, even if it's only 2 minutes per day. But from wherever you start, you need to add a little each week until you can do at least 30 minutes (nonstop) per day, 5 days per week. To be totally effective, you have to make it your top priority, a daily happening, a "way of life." Just remember: The most important thing will be repetitiveness. If you make it happen, your cardiovascular system (and diabetes etc) has to improve.

Most of these notes were taken from an article by Dr. Ted Mitchell of the famed Cooper Aerobic Clinic in Dallas, Texas.

Some say I can ----

Some say I can't ----

Both are correct.

Editor's note: Everett may be preaching to the choir here. I think the vast majority of our members are already convinced of the benefits of regular exercise and what it does for their health. That is more than likely the main reason why they run or walk. Still, his words are convincing and if you know anyone who could take advantage of this advice let him or her read this piece.

Mark your Calendar!



A True Classic Rolls In With The Tide

JTC Running's Winter Beach Run

Saturday, January 28, 2017, Details Coming Soon

Spontaneous Boom, or Jumping the Gun?

Runner's World is at it again. Desperate for a story, the magazine is proclaiming a new "running boom." And this one, they say, is bigger than the other booms. It is all to do with social media, documented in the latest issue (November).

To me, the eternal pessimist (and I might add, realist), it sounds pretty doggone flimsy. Nevertheless, I will try to explain Runner's World's boomishly premature thinking and let you be the judge.

There is this comic, named Kevin Hart. Frankly, I've never heard of him. They say he's immensely popular and last year earned 87 million bucks. If he's made that much dough, how come I don't know him? It's crazy, because I keep my celebrity ear very close to the ground. I know Justin Bieber, Lady Gaga and even Broccoli Spears. Like the rest of the country, I keep up with the Kardashians (and I can tell you that burglary in Paris was totally fake – a setup, staged, a publicity stunt). Celebs, those poor, pathetic, attention-seeking things, must pull that sort of thing from time to time, just to make sure they stay A-Listed and on the front page.

So, thing is, this unknown-to-me comic, Kevin Hart, has recently taken up running. He has already done some 5Ks (who hasn't?) and was on a team that completed the Hood to Coast Relay. Now he is crowing from Everest, and, naturally, he is using every social media outlet to do so. It's all quite nauseating, if you ask me. But no one asks me, I'm just a cranky decrepit Luddite who puts good old-fashioned pen to antiquated paper. Well, OK, word processor.

Here's the scenario: Kevin jumps on social media in all its various forms and announces: "Breaking News people ... tomorrow morning at 8 I'm running a 'spontaneous 5K' at Dog Breath Park. See you there!" (The park's name has been changed to protect the innocent.)

Kevin refers to himself as "the most random, spontaneous individual you will ever meet. Ever." He also claims to have 100 million internet "followers." Next morning, instead of a quiet run by himself, his ego bursts when hundreds of people come out to jog 5K with the new guru. He seems like a cross between Forrest Gump and Donald Trump.

This, according to Runner's World, is the amazing new running boom. Fueled, they say, entirely by our annoying, omnipresent friend – social media. And, of course, any celebrity that you happen to have handy.

Our club could do this. We need a celeb. But who?

What about Lamar Strother? Maybe not. Lamar's idea of social media is the fax machine he bought five years ago. Herb Taskett is well in the loop these days, he now has an email address and even checks it every couple of weeks. Larry Roberts is so on top of modern technology that he is practically an IT man. Being president of JTC Running makes him an instant celebrity. Why, I would put him up there with Billy Bush. No, sadly, here at JTC Running we don't have an \$87 million funny man celebrity. Closest we have to a celebrity comedian is Doug Tillett, the emcee of our annual awards banquet.

So, these "spontaneous" races like Hart's 5K are the next huge thing. That should make legitimate race directors really happy. Now no one will want their organized events anymore. It will be running events "on the fly," as RW put it. Nope, no more signing up, no more entry fees, no more water stops, no more of any of that sort of thing. But RW says this is the future of running and "spontaneous" social media-driven runs are the crux of the new "boom."

I can't help but wonder what the local police think about these spontaneous runs. I remember some years ago when I was working at 1st Place Sports we created a similar sort of thing. Taking place from each of the stores, though not on the same night, we would announce via Facebook and email blasts a free running event. Unlike Hart, we gave people a few weeks of advance notice. The casual runs were quite popular and the turnouts, while not on Hart's scale, were very good. Trouble was, the attendance was so good that it couldn't be hidden from the cops. Eventually the police said we couldn't do something like that without involving them. "Involving" meant road closings, protection and moreover, the costs that always accompany them. This also meant the end of all those free, fun events.

Thanks to his \$87 million a year, Kevin Hart, could afford to pay for some police protection, but I doubt that he will. My guess is he will just let all this spontaneity fizzle out, spontaneously or otherwise. And I have a feeling that Runner's World's new "boom" will fizzle and fade, too.

No, I don't think this is the next boom. We could use one but this isn't it. Thanks all the same, RW, but we will just go on watching and waiting. When it finally arrives, we'll know, and we'll tell you.

The Tortoise or the Hare?

Lake Hinson 24 Hour Ultra Report

You know how they say third time's the charm? Well, sometimes it takes a fourth try to get it right! But I finally did just that. My husband, Jim, and I participated in our fourth race at Lake Hinson which is in Rockingham, N.C., on Sept. 24 and 25. The race starts at 8 a.m. and goes till 8 the next morning. The course is 1.5 miles around a lake, so you run in continuous loops. The only mileage goals are the ones you set for yourself. You run or walk as much as you want, and rest as much as you want. Having done this four times now, I've learned that everyone seems to have their own personal goal. And as with most races, it's important to have backup goals, because in a race like this anything can happen!

The first time I did the race I had the modest goal of running 50 miles, which at the time sounded like quite a lot. But if you do the math, you can achieve 50 miles fairly easily in 24 hours if you just keep moving. In fact, I learned that a goal to "keep moving" is actually the key to achieving high mileage, which is what most people are striving to do. Of course each year brings new challenges. Little did I know that the first year I did the race would be the absolute best conditions. Subsequent years brought new challenges. After achieving 67 miles my first year, then 75 miles my second (this included a few hours of sleep in the early morning), I tried for 80 miles my third year thinking it would be a cinch if I skipped the long break. Unfortunately, that was the year it rained nonstop, which eventually got to me and at 2 a.m. when my husband said he was going to the car to rest, I did not hesitate to join him and proceed to sit out the majority of the race, with the result of only achieving 62 miles, my lowest level yet. (Jim and I make a point of doing the exact same mileage – he just usually reaches the goal before I do since he's faster.)

Part of the problem last year was I actually over-planned, which seems strange. But having had stomach issues in previous years, I planned every stop and every drink, going to great lengths to get everything right. But as it turned out, all my planning was pointless, as I hadn't planned on rain. And I still got severe stomach issues.



So this year, especially in light of the fact that I had done very little training and only had a long run equal to 14 miles, I decided to make minimal plans. Mostly I decided to take it easy, run/walk as long I as could, break when I needed to but not stay on break, go easy on food and simply eat/drink what I felt like I truly needed, and basically keep moving until I reached 51 laps (which would put me at a PR of just under 77 miles) if possible. I had been dealing with some back pain for several months, so I knew this might be an issue as well, so I was already resigned to the fact that I might need to quit early. I was pretty laid back about the whole race and just figured whatever happened was fine with me.

As it turned out, this was the perfect plan. It was exceptionally hot (it reached 90 degrees at one point), but as Jim and I do most of our runs in the heat, this was almost a non-issue for us. But not for everyone else. By midnight, there were very few people on the course. Jim and I had actually gotten together at some point midway, and he opted to stay with me, even though he could have gone much faster. As the night wore on, I began to realize my goal of 51 laps was very much in reach. I just had to keep moving. My secondary goal was finish among the top 10 women. My first year I had achieved 11th place, and done worse since. I didn't really think it was possible this year, but had hopes anyway. When they posted the standings sometime in the afternoon, I was once again in 11th place. Knowing I couldn't change anything about the way I was going, I just kept moving.

The next time I checked the standings, many hours later, much to my surprise I had moved up to fifth place. This was the point where it appeared most people had quit. We were walking now, with the occasional run thrown in where the course was smooth. We were at around 45 laps, with 6 to go. The laps go by very slowly when you're walking. Jim asked if I was OK since he said it looked like I was sleep-walking. He was actually correct. I was starting to fall asleep. At the end of that lap, I drank some Coke, and the caffeine perked me up so much that Jim said he was going to get some at our next break so he could keep up!

The last five laps were just a slugfest. We were both pretty

The Tortoise or the Hare?

tired and Jim mentioned that he was fine if we quit. In fact, we got into a little spat about what lap we were on. We were both pretty fried. But there was no way I was going to stop, and Jim was determined to do whatever I was doing, so we continued to put one foot in front of the other. Finally, about 6:30 a.m., we finished lap 51. I checked, and to my great shock, I was now in second place among the women. I was tempted to keep going since there was still an hour and a half to go, and I could drop down in the standings by the finish. But we were both hurting and knew that if we cleaned up camp and left, we'd have more time to sleep at the hotel before checkout at noon. So we stopped and did just that.

As it turned out, apparently most of the women had quit long before I did. We had noticed a surge in people on the course about 5 a.m., but they were too far behind to catch us at that point. I finished in second for the

women, tying with Jim for 15th overall. The woman who finished ahead of me did 73 laps for 109 miles. She was also 34 years old (I'm 57). So as in the story of the Tortoise and the Hare, slow and steady wins the race. Or at least second place!



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

The Starting Line

The Last Gasp

JTC Running's Cross-Country Classic

THE LAST GASP

40TH Year Anniversary, 1977-2016

And JTC Running's New Year's Eve Party

Saturday, December 31, 2016

5k Race 2:00 P.M.

Free 1-Mile Kids' Fun Run 1:30 P.M.

Venue: The campus of Jacksonville University

2800 University Blvd. N., Jacksonville, Fl. 32211

Course: Genuine cross-country run over grass, hills and trails. Spikes may be worn. This is an individual and team race event.

Fun Run: Intended for kids 12 years old and under. The course is a large loop entirely on grass. No charge for this 1-miler.

History: For 40 years, The Last Gasp has been Jacksonville's longest running cross-country event. This year we celebrate its 40th and New Year's Eve in JU's Frances Barlett Kinne Student Center. This free post-race party/awards presentation for all participants and guests promises to be enjoyable and memorable.

Awards: First Overall, male and female. First Masters runners, M & F, (40-59 years of age). First Grand Masters runners, M & F, 60 – over. First men's team, first women's team (of any ages). Age groups in the 5k: 13 – under, 14-18, 19-23, 24-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+, M & F.

Sweatshirts will be given to all participants in the 5k. T-shirts and ribbons to all finishers of the free 1-mile.

Team Race: 5 to run (max.), 4 to score. Usual cross-country scoring. Team members must be individually registered.

Entry Fees: Until Dec. 28 -- Club members, \$4 online, \$6 paper (not a misprint). Non-members \$20 online, \$25 paper, includes 1-year JTC Running membership, a \$20 value. Day of race entry \$30 for all.

Race Director: Herb Taskett, (904) 372-0509, (904) 200-2975 (cell).

Enter online at JTCRunning.com or by mail. Checks to: JTC Running, PO Box 24667, Jacksonville, Fl. 32241.

Mark your Calendar!



Over the Hill (and Dale) is Right!

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December 31 at Jacksonville University

Sign Up at JTCRunning.com



40th ANNUAL THE LAST GASP SATURDAY, DECEMBER 31, 2016

Entry Fees until 12/28: JTC Running members online \$4. Members paper entry fee, \$6. Non-members online, \$20; paper \$25. **Day of Race entry fee** \$30 (for members and non-members). Non-member fee includes one year membership in JTC Running, a \$20 value. Enter online at JTC Running.com or use entry form below.

Name _____ Age (on race day) _____ Sex: M ___ F ___

Address _____ City _____ St. _____ Zip _____

Team (if any) _____ Sweatshirt size ___ Email address _____

Phone _____ Circle amount enclosed: \$6 (member) \$25 (non-member)

Checks to: JTC Running, send to PO Box 24667, Jacksonville, Fl. 32241

WAIVER OF LIABILITY

ACKNOWLEDEMENT: I am voluntarily entering or agreeing to be a volunteer at JTC Running's Last Gasp Race. I understand that my participation in the event is a physically demanding and can be a potentially hazardous activity, which could cause injury or death. I agree to not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform Event, am in good health, and am properly trained. I assume all risks associated with my participant in Event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and /or humidity, all such risks being known and appreciated by me. I also understand that if a meet is canceled, rescheduled or details are changed for any reason beyond the control of race management that I hereby waive and release any claims against Event and it's organizers that I may have as a results of any such changes and that my entry fee will not be refunded. I understand that if I cannot participate in Event, i.e. injury, family emergency, etc., that I will not receive a refund.

AUTHORIZATION: I agree to abide by any decision of Event's officials relative to any aspect of my participation in Event, including the right of any Event official to deny or suspend my participation for any reason whatsoever I grant permission for Event's organizers to take pictures of me during Event and agree for Event to use any photos of me that may be taken during my participation. I grant permission to publish my name in the results of Event. I also grant permission for Event's organizers to use my email address to communicate with me concerning other upcoming events and specifically, instructions for Event. I will abide by these guidelines.

GUARDIAN'S PERMISSION AND RELEASE FOR MINOR: If I am or will be applying for my child to participate in, or be a volunteer at, the Event, I represent and warrant that I am the parent or legal guardian of the child and, as such, consent to my child's participation in Event and I agree that the terms of this Waiver Releases, and Authorizations apply equally to my child and me and any claims I or my child may have in connection with Event. I also waive any derivative claims that relate to or arise out of my child's participation in Event.

AGREEMENT: Having read the waiver including the acknowledgement, authorization and permission and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release JTC Running, Inc., Jacksonville University, any other Organizers of Event, all charitable beneficiaries of Event, all sponsors of Event, and their licensees, sponsors, employees, official, volunteers, including medical volunteers, and other representatives, agents, and successors of each of the foregoing, from present and future claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver.

Participant or Parent's signature (if under age 18) _____ date _____

Avoiding Injury

Avoiding Injury - Three Key Questions to Always Ask Yourself When Beginning a Training Program

Well, summer's over and it's about to get a little cooler, and weekly running volumes for most runners are starting to increase in preparation for the longer races coming up. It's an exciting time to start planning for a first marathon, a PR, Boston qualification, or just a solid race. Unfortunately, running intensity and mileage increases also come with an increased risk of running injury.

Once we have gone through the motions of signing up for that big race, and it is officially on the calendar, we will often google search for a marathon program, get a coach, pick up a program out of a book, use one that worked for a friend, or just ramp up with our own program. This in and of itself is not a bad thing at all. Often these programs are designed by some excellent coaches, many of us have had a lot of experiences with success in certain training programs, and there are a lot of amazing coaches out there that offer their services to runners.

Where the problem lies is that the training programming may not match the physical capacity of the runner. We at the clinic, honestly feel like this is one of the biggest reasons runners get injured. A training program might have significantly higher training volumes than what the runner has been doing, more speedwork, more back-to-back days per week etc. This seems like common sense, but there are a lot of reasons why runners may not follow this. It can be the excitement of beginning a training program, our Type-A natures to not miss a workout, or not wanting to let a coach down. And, another hard part is that a runner might even start with the program, even with these increases, and do just fine for a few weeks without any hint of a problem.

To significantly reduce this risk of injury when beginning any training plan, three key questions should always be asked, and answered with a resounding YES prior to moving forward with the program of choice.

1. Is the runner even a candidate for this program?

The runner that just finished a "Couch to 5K" program probably should not be signing up for Hal Higdon's 'Advanced 2' or 'Boston Bound' marathon program! This is common sense, but sometimes it's not so obvious. A great runner who works a lot of hours and has a family may not be able to hit the mileage, days per week, etc. of an advanced program due to all the other stressors and time commitments. This can lead to a bunch of missed workouts, improper building and feeling the need to 'catch up' on mileage...all of which significantly increase injury risk and sacrificed performance.

2. Is it possible to make a proper transition or bridge from current training to the program?

If you are running an easy 15 miles/week with no speedwork, it would not be a great idea to start a program that calls for 30+ miles/week and track and tempo workouts in the first week of the plan. It would be better to either pick the program that best matches what you are currently doing in training the first week (even if it is called a Novice or Beginner program fast folks!!), or spend several weeks slowly building to the level of the plan.

3. If things aren't going great, will you be flexible and modify the program by reducing the intensity or volume of the program?

Avoiding Injury

Let's say you have done great for 3 weeks but start to get excessively fatigued and begin to feel the beginnings of an overuse injury. Are you willing to adjust the next 2 weeks of training by reducing volume or intensity, or are you going to just push through and do it all because it's what's on the paper, calendar, or in Training Peaks?

So if you've asked these questions prior to starting a plan, and answered them with a big, fat, YES, then you are well on your way to a successful racing season with a lowered risk of injury!

Rob Coltman, PT, MPT, OCS
Coltman & Baughman PT



JTC Running today awarded the proceeds of the Tijuana Flats Summer Beach Run held August 20 to the **Just In Queso Foundation**, the non-profit philanthropy set up by Tijuana Flats to give back to the communities served by their restaurants. Executive Director Randy Steil, center left, accepted the \$10,000 check from, left to right, JTC Running Board members Stan Lambert, Doug Alred, Larry Roberts, and Douglas Tillett at the Tijuana Flats Lakewood store, University West at San Jose Blvd.

Returning the Favor, Coach J.C. Pinto

Last newsletter we highlighted the coaching work of Paul Smith, this time around we pay tribute to another of our most unselfish members. She is the coach of our early morning track session: J.C. Pinto.

As you will read, her passion and dedication are amazing and paramount in everything she does. We are very lucky to have someone like her returning the favor.

First of all, how and when did you get into running?

My dad would tell you I never learned to walk, I just went straight into running. He claims I was the reason those child leashes were invented. If you blinked I was a mile down the road.

My older brother and sister started running high school cross country when I in second grade. We would spend our fall Saturday morning driving around Michigan to watch them run and I knew then that is what I wanted to do.

How and when did you become the coach of the early birds track session group.

I am not really sure how it happened. I coached Division 1 college cross country programs at Troy and Florida Atlantic before moving back to Jacksonville. That first year back in Jacksonville, I would write my own workouts. Slowly it evolved from asking what are you doing today, to what are we doing today, to everyone following along. Eventually, I bought a whiteboard to write the workout down and then 12 years later we are still going. Many thanks to the JTC club that makes this workout possible.

I made that “early birds” bit up, do you have any sort name for your crowd?

No special name from our group, but I am sure there are others that have a name for us (Crazy for example). Most of us have to get to work and the weather in Jax in the afternoon is always questionable. So we get up, get the workout done and get to work between 7-8 a.m. They see improvement with the effort so they keep coming back for more.

Wow, getting out of bed and doing a track workout so early in the morning sounds daunting to say the least. What advice can you give to anyone who wants to attempt it?

Morning workouts are always tough, but if you can find a buddy to hold you accountable that is key. I think of

our group as one big family and from there you meet other groups. Each social group makes it easier and more enjoyable.

I always say make yourself come for one month, then if you still hate it we can talk about other groups that might fit their personal goals better.

In regards to abilities, do you have a mixed group of runners or are they all speedsters?

We cater to all levels, not just speedsters. We try to create a workout based on the athlete's ability and fitness level. I have up to 4 different groups and sub-specialty within each group. Our hope is that between the 4 levels there is someone moving at everyone's speed.

Please give us an example of one of your typical track workouts.

Our workouts are geared towards certain big races during the time year. Jan. 1 we start a program towards the River Run. Now in the fall, almost everyone is running to some level the Thanksgiving Day Half or 6K.

Everyone warms up together for 2 miles (on the road or track).

At 6 a.m we do some stretching drills and plyometrics to get the body moving. Then they break out into groups based on what they are training for.

The 5K group's' workout:

3 sets of 400s (4 x 400m with a 100m walk/jog) with a 500 jog between sets and water break.

The marathon group:

6-8 x 1000m with 200 walk/jog

What does a person gain from doing track work?

Track enables people to build self-confidence, pacing and teammates. The track doesn't lie, either you can run 400 meter in XX time or you can't. The modern-day GPS watch is all over the place with time/distance, but the only thing that has changed in a 400-meter track over the last 100 years is the surface. Distance vs effort vs the clock.

How much do you think it has helped (improved) you?

As an athlete for 20-plus years, the track is the one place I can tell if I am fit or not. There is almost always someone

Returning the Favor, Coach J.C. Pinto

there to push you. In the earlier days when I was a lot faster and didn't understand pacing, the track taught me to control my effort and build to a strong finish. It is also the one place I find I really focus on proper running form and finishing strong. Out on the road my ADD takes over and I forget those little things.

Do you think that all runners should do it?

No, I don't think all runners should run track. Runners tend to be too type A and could push themselves too far. But most people struggle to push themselves outside their comfort zone; this is the person that a track workout could benefit.

Have you witnessed any amazing success stories due to track training?

There are too many to talk about. I've seen someone who could run one lap finish the River Run.

We have Bruce Holmes, who is 68 years old and is one of our most consistent runners of all time. He can still run a 5K in 21 minutes.

Kathy Kaye, at age 55, still races almost every weekend and still works hard every week on the track.

George Barthelmes just joined our group in the last year. He drives over from Bryceville every week just so he can get pushed to run harder and faster. In the last year he has set all kinds of Personal Records.

Lastly, Susan Abraham, who fights through really bad arthritis and ALWAYS has a smile on her face every Wednesday morning.

These people and many more make the 5 a.m. wakeup call worth it!

What distances do you like most to race?

I find the longer races suit me better. I was never the person who could run a fast mile, but I didn't slow down much from my mile to 5K. Then I found 15K and longer, that's what I like to run.

What are some of your favorite races?

Gate River Run, Thanksgiving Day Half Marathon, Disney Princess Half, and Pensacola Double Bridge Run.

What is your opinion of today's race entry fees?

No comment, I do too many triathlons at twice the race fee....

In your opinion, do you think that running, and racing in particular, will continue as it has for the past 20 years or so?

It is hard to tell where running will be in 20 years. As a traveling product manager, running is the easiest sport to keep up while on the road. You just need a pair of running shoes and an open road (or a treadmill). From that point, I can't see anything ever replacing the sport.

What do you think the public running scene will be like in 20 years?

I hope it will be the same, maybe a few less 5Ks per weekend but still a great place for people to gather and test their fitness. Hopefully, we won't all be floating around in hovercrafts eating more processed food.

What is your answer when someone asks, "why should I join JTC Running?"

JTC Running and 1st Place Sports have always been the backbone to the Jacksonville running community. The support for programs like our Wednesday morning group, races, and volunteers would crush this community if they were not around. Plus, for \$20 you get access to our great track workouts and the JTC Running party tent at the River Run (those two things alone are worth more than \$20).

What should JTC Running be doing that we are not currently doing?

Today it seems to be a battle in the social media world. The only thing I might add is stepping up its social media presence some.

What do you think of JTC Running's annual track meet series?

I love the annual track meet series!!! I don't always get to go because of work, but I love watching the young and old talent alike duke it out on these days.



Elite Running Biomechanics That You Can Incorporate: The Arm Swing

Jeff T. Wight, PhD

Assistant Professor of Kinesiology, Jacksonville University

Director, JU Running Biomechanics Laboratory

Member, First Place Sports Elite Racing Team

I think it's safe to say that the running world struggles to understand the arm swing. We can bring some clarity to this issue by discussing arm swing biomechanics.

I will start with the bad news: most recreational runners have an unproductive and inefficient arm swing. Now, the good news: with a few adjustments, recreational runners can develop an "elite" arm swing that is productive and efficient.

Next, I will provide an overview of the elite arm swing. Then, you will understand why the elites are efficient and why most recreational runners are inefficient.

Posterior-dominated arm swing

The photos below reveal that both Michelle and Hedy have a "posterior-dominated arm swing". Notice how the elbow is swung back behind the body (not out in front of the body).

UPWARD ARM SWING (CREATE LIFT)



Interestingly, most recreational runners do not swing the elbow way behind the body like these elites do. Typically, in recreational runners, the elbow stops just behind the body (not way behind the body).

So why do elite runners swing their elbow way behind their body? There are three biomechanical explanations:

1) Create lift. Take a closer look at the posterior arm swing

for the elites. First, the elbow travels back, well behind the body. Then, the elbow travels up. When motion ceases, the upper arm is nearly parallel with the ground. The upward motion is very important—when the arm travels up it helps to "lift" the runner off the ground. In jumping, this technique is obvious: athletes "throw" their arms "up" with great effort. In running, the upward motion is subtle, but it is important, because it takes some of the load off the legs. . . . Elite runners take advantage of this, most recreational runners do not.

Now, take a look at the forward arm swing for the elite athletes. It is much less extreme—the forward arm swing stops when the upper arm is next to the torso. Then, the hand travels "up". Once again, the arm swing ends with subtle upward motion that helps to create "lift" for the runner.

In contrast, recreational runners typically demonstrate a very different forward arm swing. Most recreational runners "throw" their arms out in front of their body and there is no obvious upward motion (at the end of the forward arm swing). Simply put, there is a lot of "extra" motion and "unproductive" motion.

2) Take advantage of gravity (free energy). Once again, examine the "parallel arm position" achieved (when the arm is rotated back behind the body). Interestingly, when the arm is swung up to this high position, it naturally "wants to fall" back down (because of gravity). This is, of course, "free energy". Elite runners take advantage of this free energy. Most recreational runners do not. Because recreational runners typically do not swing their arm back to this high position, they are forced to use a less efficient method to get the arm swinging forward again: muscle contraction. This "extra" upper body muscle contraction is costly; it uses energy that could be going to the legs!

3) Stretch the chest muscles (free energy). The photo below reveals another major benefit of the posterior arm swing. When the arm is rotated way back, and the elbow raises, the "chest" muscles become very stretched out. When stretched, these muscles and tendons will "snap back", or "recoil". This "free energy" will cause the arm to swing forward again. Elite runners take advantage of this free energy. Most recreational runners do not—typically, the arm is not rotated back far enough to cause a significant stretch.

Elite Running Biomechanics That You Can Incorporate: The Arm Swing



How to Develop an Elite Arm Swing

There are two keys to developing the elite arm swing:

1) **Keep Shoulders Back.** In the photo below, notice the upper body posture of the runners. The chest is out and the shoulders are drawn back (scapular retraction). This posture makes it easy/possible to swing the elbow back and then up. Most recreational runners do not “draw” their shoulders back in this manner. Thus, their initial posture makes it very difficult (or even impossible) to swing the elbow all the way back.

Running with the shoulders drawn back may feel awkward at first. Be patient, because changing your mechanics always feels awkward at first! During the first few sessions you should expect to feel fatigue in the mid-back muscles (that retract your scapular). But this will go away after a few sessions.

SHOULDER BLADES BACK (CHEST OUT)



2) **Use torso to swing arms.** In the previous issue, I wrote about how runners should use the upper torso to swing 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”. 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.

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



Summary

Run with your shoulders back and your chest out. Keep your arms relaxed and let your torso swing your arms back and forth. When your arm swings back, your elbow should travel way back behind your body and then upward (to create lift).

When your upper arm reaches its highest point back behind your body (near parallel) you should feel:

- 1) your chest “stretch” and then “recoil” and
- 2) your arm “fall” with gravity.

Then, your torso rotation should “take over” and pull your arm forward. During the forward arm swing, avoid contracting your upper body muscles and “throwing” your arms out in front of your body. Instead, keep your arms relaxed and allow your hand to naturally swing upward (to create lift).

Like Mankind, Running Stores Evolved

And in the beginning, God created ... Charlie Coleman's Sports Shops. That is, locally anyway. Like early amphibians crawling from the swamp water, that is how service to runners began – more muck than glory. If you wanted to buy a pair of so-called running shoes you would venture into one of Coleman's dark, smelly, heavily team sport-laden stores and pick out a pair from his slim selection. A choice of either Adidas, Puma or maybe Onitsuka Tiger, that later became known as ASICS. The popular models were the Adidas SL range, which coincided with every Olympic year. I had the suede leather pair of SL76 (that would be the Montreal Games), that were as hard as rocks and heavy as a brick. Most people went for the sleek Adidas Gazelle, blue suede leather upper on a tennis shoe sole, or the Country, a white leather upper with green stripes and not as bone-jarring as the others.

Puma had the Easy Rider, which was anything except an easy ride. Hellishly hard and heavy as a houseboat, those babies never wore out. You just got sick of them and threw them away, hoping they wouldn't haunt you and return later. Durable? They made a Sherman tank seem like a sissy.

Tiger offered the Corsair, the Paw and the Cub. Some of the Japanese Tiger shoes changed their stripes and took on a "swoosh," the emblem of a new upstart named Nike. This was before Nike ever produced a true shoe of its own. That would be a few years down the road with the Nike Waffle Trainer, a shoe so soft and light that it would put the entire industry on its head. Yes, the company that would be known for innovation started life as a "knock-off." Nike also built the Leather Cortez, the shoe that Forrest Gump wore running back and forth across the U.S. He appeared to get a good 9,000 miles out of the one pair that his heartthrob Jenny gave him. Such was Hollywood's take on running shoe durability. Suspended belief has always been Tinseltown's stock in trade. Well, I've always said that every pair of running shoes is like a box of chocolates: You never know what they're going to do to you.

Back in the day, 1960s and 1970s, Coleman's ruled the roost. The two-store chain, conveniently located in the north and west sides of town, had it all to itself. Runners went there, even though Coleman's was much more interested in gridiron (football), baseball and basketball. Supplying high school teams was Coleman's special niche.

After all, who ran in the 1960s? Just a bunch of nuts, that's who. And kids who were too skinny to make the high school football team. Or people running from the law. A pair of Keds or PF Flyers should be good enough for them.

Charlie Coleman probably thought it would last forever and nothing would ever change. Boy, was he wrong.

Shopping malls were built, and before he knew it a stand-alone store on a gruesome-looking street in the Northside just didn't cut it. Something called the Athletic Attic appeared in a new attraction in a swanky side of town, Arlington, the Regency Square mall.

Regency was phenomenal. No store in Regency could fail; in fact, every one of them was a gold mine. People came from all around to shop at Regency and the Athletic Attic, with its trendy all-wood interior, took advantage of the situation. Why, the little place was so inviting that even a woman could go inside.

The Attic sold shoes, lots of them. They killed Coleman on selection. Some years later, they did just that and Charlie Coleman's Sport Shops, a Jacksonville icon, was gone.

The Athletic Attic was the brainchild of athlete, coach, administrator and business mogul Jimmy Carnes. Carnes, a Georgian and graduate of Mercer University, moved to Gainesville, Florida where he became the head coach of the Gators track and field team. In 1965 he founded the Florida Track Club and worked with athletes Frank Shorter, Jack Bachelier, Jeff Galloway and Marti Liquori. In 1973, Carnes opened the first Athletic Attic to supply runners, as well as other athletes. It grew to a total of 165 stores, many of them franchises, in the U.S, Canada, New Zealand and Japan. The annual revenue reached \$40 million.

Carnes was named head coach of the 1980 U.S. Olympic track & field team. The team never made it to the Moscow Games due to the American boycott of the Soviet Union's invasion of Afghanistan. Among many other distinctions, Carnes was made a member of the U.S. Track & Field Hall of Fame. In 1980, while chairman of the Governor's Council on Sports and Physical Fitness, Carnes founded the Sunshine State Games, an Olympic-style, multisport annual event that continues to this day.

At one time, Carnes had a vision to bring the Olympics to Orlando. He didn't have much luck in regards to the

Like Mankind, Running Stores Evolved

Olympics, poor fellow. Jimmy Carnes died in 2011 at the age of 76, after a three-year battle with cancer.

The success of the Athletic Attic spawned other stores. One of them, the Phidippides Running Center, was started by Carnes' protégé, Jeff Galloway, a member of the U.S. 1972 Olympic team. It was mid-1970s and the "Running Boom" was in full stride. An Ohio native, who had moved to Jacksonville, opened a Phidippides store in the Town and Country shopping center in Arlington. The year was 1977, and the man was Jacksonville's first bona fide long-distance runner, Jay Birmingham.

Birmingham was a sub-2:30 marathoner who would one day run solo across the entire U.S. while setting a record. He also ran across Death Valley, ran the length of the U.S. eastern seaboard and helped to found the Western States 100-mile ultra, among other accomplishments. Jay ran the 3,000-plus miles across America in only three pairs of a hugely popular shoe, the New Balance 320. Shades of Forrest Gump, if you ask me.

Unlike the Attic, Phidippides was nothing but running. It was the first running specialty store. And at the height of the boom, running was enough. The sport was on fire. The founder of Jacksonville's 1st Place Sports, Doug Alred, bought his first serious pair of running shoes at Jay's store. I should know, I think it was me who sold them to him. Yes, I began my running retail career at Jay's Phidippides.

Unfortunately, Jay, like so many other runners who turned their avocation into a vocation, was not exactly the perfect businessman. His store only lasted some five years. As did many a Phidippides franchise. Others fell, too, like Bill Rodgers' and Frank Shorter's clothing lines. Only a few Phidippides stores exist today. The two in Atlanta are still owned by Galloway, I think.

Another Athletic Attic spinoff was The Athlete's Foot. I was offered a chance to be the manager of a Foot franchise in the Gazebo Mall in Arlington and left Phidippides to take it. We sold a wide selection of running shoes, also cleated shoes, court shoes and kids' shoes. That's how it was in those days: If you wanted your store to stay alive you had to sell everything. The shoe de jour was basketball, and the world was ablaze with the new Nike Michael "Air" Jordan basketball shoes. But being a runner, my main interest was in running shoes.

Running shoes were coming into their own and there was much to be excited about: Nike's invention, "air," had brought about the Air Tailwind and later, the Air Pegasus. New Balance pushed the envelope with a 70-dollar running shoe. Yes, 70 dollars! "You'll never sell a 70-dollar pair of shoes to runners," I remember telling the New Balance sales representative. I guess 70 was then what 200 is today. Saucony had the Jazz, Brooks the Vantage and Asics the Ultra T. Lots of great new shoes and lots for shoe-crazy runners to go nuts over.

My father worked with me at the Athlete's Foot and it was a wonderful time. We established a Monday night group training run. The well-attended event became the stuff of legend and continued for years after the store was bought out. No running store is a true running store unless it hosts at least one group training run a week, that is my belief.

Founded in 1978, 1st Place Sports was well underway when the first running boom spluttered to an end sometime in the late 1980s. The store was well known for its races and grand prix series. During the lean times, it was often the races that kept running stores afloat. This was a strong side of the 1st Place Sports' business and one that would continue to increase as the years went by. When the second "boom" came along, 1st Place Sports, a survivor, was very well positioned.

Today's running specialty stores bear little resemblance to those of the past. Gone are the sweaty dungeons; replaced by airy, well lit, fragrant boutiques. Women not only go in them but they spend the most money in them. Some even work there.

What happens next in the evolution of running specialty stores is anybody's guess. Then again, you could say that about the entire retail store game. How many brick-and-mortar stores will make it? The internet is coming on strong and its online selling threatens the existence of nearly everything. Luckily, running stores provide a type of personal service that is almost impossible to get anywhere else. In addition, the community involvement that the stores engender is appreciated by those who shop there. Maybe it is enough to keep customers loyal. Or will the internet hit like an asteroid, wiping out retail stores like a bunch of dinosaurs, sending it back to the swamp from whence it came? Everything's a cycle, they say, and today's living being could be tomorrow's fossil.

Editor: Bob Fernee
Designer: Amanda Mason

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

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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

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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.

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