



THE
STARTING LINE
NEWSLETTER

ISSUE

423



Letter from the Editor

I was gone, real gone. Finally got to take that European vacation I had promised myself. The family and I spent three and a half weeks in England, Scotland and Norway. It was good to be gone but it is also good to be back. I guess. I sure didn't miss this humidity. It was hot in Europe, though. One day the temperature was 35 degrees Celsius (95 degrees Fahrenheit) in London and a mere 32 degrees (90F) in Miami. That's crazy. But Trump's probably right: Global warming is just a myth.

I'd like to tell you that I ran every day while I was "on hols," (as the Brits say) but that would be a lie. I did take my shoes and apparel with me but they stayed in the bag. I didn't run an inch. Well, except for the time in the ancient Roman town of Bath, England when I nearly missed getting back to the tour bus on time. I had to sprint (I still call it that) down old cobblestone streets or I would have been left stranded. Ever been to Bath? Not a bad place to be stranded. Beautiful Georgian architecture and pubs on top of pubs; my kind of town. The actress Jane Seymour (TV show, Dr. Quinn, Medicine Woman; Crepe Erase miracle skin repair treatment, as well as others) lives just outside Bath on a huge chunk of land nestled amongst idyllic green hills. We passed her palace; it looks like Downton Abbey. Others with homes in the pristine area include Mick Jagger, Peter Gabriel and George Clooney. I couldn't afford to live there even if I won the Gate River Run the next ten times in a row (and we all know what the chances of that are).

My son George and his wife and two kids live in Kristiansand, Norway. While we were there, in the town of Haugesund, George competed in a half-Ironman triathlon. Jeez, 1500-meter swim, 90-kilometer bike ride and a half-marathon. Better him than me, that's for sure. About five years ago he could have passed for the Pillsbury Dough Boy. He worked off 40 pounds by running and later racing, mostly over the arduous trails in the Norwegian mountains. What a total turnaround. I was more than proud of the boy (boy? He's 37-years old). He finished in a bit more than five hours and was disappointed. I thought, "man, he finished a thing like that. I would have taken five days."

Inspired, I returned home determined to "get back in shape again." You know, one thing that I've discovered is that when one is in woeful shape things like running are hard work. Most lamentable; and it used to be such fun. On top of my attempts to run, I am sprinkling in a little cycling and even some swimming. Swimming is kind of nice, you feel a lot cooler but if you are seriously

swimming – you know, doing laps – then it is about the hardest thing I can think of. Maybe if all goes well, I might sign up for a sprint triathlon. I said, "maybe."

Some might say, "No, the hardest thing to do is the Summer Beach Run." That's poppycock and balderdash, there's nothing to the SBR, it's just a stroll in the sand. Come out and see for yourself. The date for this year's race – number 53 – is Saturday, Aug. 26th. The 5-mile starts at 6 p.m. and there is a 1-Mile Kids Fun Run at 6:05.

As a club member, you can enter with a \$2 discount if you use the secret code, jtc2. It's secret and for club members only so don't go around telling all your non-member friends. That includes the Russians. That reminds me, if you know people who are not JTC Running members then get them to join. They will enjoy all the benefits and get most of their \$20 membership fee back in race discounts.

Pathetic, that's what I am. I barely ran a step on my vacation and Jay Birmingham ran six miles every day while he vacationed in Scandinavia. I am embarrassed and ashamed, nevertheless I enjoyed Jay's story that appears in this issue and I know you will, too. It is one of his best.

Club member Richard Fannin is a hard-working man. In addition to his career as a financial consultant for the United Bank of Switzerland, for nine years he procured the elite athletes for the Gate River Run, no small job. Last year he became girls' cross-country coach at Bishop Snyder High School. This summer he took his team to the Brevard running camp in North Carolina. So elated was he about all this that he wrote an enthusiastic story about it for this newsletter. As if all this isn't enough, he has now returned to race directing. I say returned because he was once director of our sadly defunct Couple's Race.

He calls his new one the Cecil Field Pre-Season Classic. In addition to the middle school and high school races there is an Open 5k. The cross-country course is over the "front 9" of the Cecil Field golf course. There are awards, T-shirts, and a post-race fest with refreshments and music. It all takes place between 6:15 p.m. and 7:45 on Friday, Aug. 18. You can enter online (for \$10!) at 1stplacesports.com.

President's Letter

Greetings!

It's August and that means it's time for the Tijuana Flats Summer Beach Run! The date is Saturday, Aug. 26th, starting 6 p.m. The location is the Jacksonville Beach SeaWalk Pavilion. Come on out and escape the late summer heat with a refreshing five mile run on the beach, then relax with a cold beverage and a taco! Life doesn't get much better. And to put you in the mood, come over to the Summer Beach Run Kickoff Fun Run and Party at the Tijuana Flats Lakewood store on Monday, Aug. 14, also at 6 p.m. We'll have registration for the beach race, a fun run and discounted beverages.

The Fall Half Marathon Training Class kicks off on Thursday, Sept. 7, at 6 p.m. at the 1st Place Sports Town Center store. Coach Jennifer DeSantis has organized a fantastic class for walkers and runners of all fitness levels. New this year: you will be able to include registration for the Thanksgiving Day Distance Classic Half Marathon in the training class sign-up for just \$45 (the lowest rate available anywhere)! Members of recent JTC Running training classes will be emailed a discount code good for \$5 off the \$50 price of the class itself. Non club members receive a 12-month membership with their \$65 class fee. All class members receive a technical training class shirt.

In my last letter, I mentioned the possibility of the Club getting involved in the development of multi-use paths in Jacksonville. This now appears to have a greater chance of taking place. We are in preliminary discussions

to become a sponsor of a comprehensive master trails plan for the Jacksonville area. Completion of such a plan would enable applications to be made for funding of trail construction from multiple sources such as federal, state, local and private sector. Being a sponsor of the plan would enable the Club to directly impact the details involved. Is it time for us to get more involved in such issues? Perhaps. Complaining about conditions for runners and walkers in Jacksonville will only get so far. Taking up the issues, offering specific plans and pressing local government for specific actions is a lot of work, but may bring results. A master trails plan might be a step in the right direction.



The Starting Line

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Randy	Arend	August J.	Leone
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Kristin	Boe	Tony	Madore
Alyssa	Bourgoyne	Amy	Magdalein
Jason	Braddock	Susan	McInnis
Nicholas	Carroll	Sharon	Moore
Jennifer	Castellazzi	Colin	Moore
Ann	Cirillo	Pam	Nelson
Phillip	Clark	Daniel	Ott
Errol	Daniels Jr	Geoff	Pappas
Andrea	Danti	David	Paulk
Shawn	Dent	Victoria	Peterson
Wm	Dunn	Alan	Pickert
Steve	Evans	Kari	Regar
Beth	Fagin	Beth	Reiney
Dawn	Farley	Donna	Rettini
Paula	Farmer	Terri	Rose
MaryJane	Fitzsimons	Deborah	Russell
Tanya	Frantzen	Rebecca	Sanford
John J	Geren	Andrea	Searcey
Cindy	Ginn	Robert	Simmons
Chris	Gommlich	Stephanie	Skelley
Stephanie	Griffith	Patrick	Snyder
Michelle	Gully	Jennifer	Stoner
Dalton	Gurkin	Ronda	Thompson
Tony	Hanneken	Doug	Tillett
Richard	Hartje	William	Tomlinson
Christine	Heiter	Jim	VanCleave
Jennifer	Holler	Joe	Verduzco Jr
Rosalita	Iannucci	Tonya	Wood
Martha	Irene	Tracey	Zarkis
Sylvana	Jarvis	Carmen	Zayas
Gary	Jones		
Stan	Lambert		

Upcoming Events

JTC Running Presents

The Guana Trail Races

50k Ultra, 50k 2-Person Team, and 12k

Sunday, December 3

Details & Registration at JTC Running.com

Sand or Road.

We are in the full swing of summer, and that means the Summer Beach Run is getting close. One of the questions we frequently get asked is if it is better for joints to run on the sand versus the road.

That is a great question, and it is harder to answer than one may think. Our bodies are incredibly complex and the way we adapt to different situations occurs often without us even being consciously aware of it. One of the interesting findings in some research studies is that running on surfaces with different compliance or stiffness does not change the amount of peak impact force that occurs at impact.

It seems that runners will naturally adjust the stiffness of their leg to adjust to the stiffness of the surface they are running on. If the surface is hard like asphalt or concrete, runners will naturally decrease their leg stiffness, or if the surface is more compliant like a track or sand, increase their leg stiffness. This seems to happen so that the impact felt through the leg stays the same regardless of the surface.

To help this make sense, think about standing in your bare feet and jumping up and down on grass and how you would land different than jumping up and down in bare feet on a concrete surface. Without much conscious thought, you would naturally adjust your landing impact to the surface you were on. A similar concept happens when running on a soft surface like sand versus a harder surface like asphalt.

However, just because the peak impact force of running does not change with different surfaces does not mean that nothing changes. Let's go back to the example of jumping up and down on grass

versus concrete. One of the adjustments that is typically made to soften the landing on a hard surface is to decrease leg stiffness by bending at the ankles and knees more to accommodate to the hard surface. A similar response happens in running. Some, but not all, runners will adjust the angle of their knee and ankle at impact to affect the stiffness of their leg. This change can also affect the rate of loading at the knee and ankle. Practically this will change the amount of work certain muscles in the lower body have to do depending on the compliance of the surface.

The take-home point for runners preparing for the Summer Beach Run is that running on sand may not necessarily be better, but it can be different than running on harder surfaces and will load your muscles and tendons differently. This means that you need to modify your training to ensure you are doing some training on the sand in preparation for the race. This will give your muscles and tendons more time to adapt and accommodate to the different forces placed on them even though the peak impact forces may be the same.

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¹Dixon, Sharon J., Andrew C. Collop, and Mark E. Batt.

"Surface effects on ground reaction forces and lower extremity kinematics in running." *Medicine & Science in Sports & Exercise* 32.11 (2000): 1919-1926

Upcoming Events

JTC Running & Tijuana Flats

Summer Beach Run Kickoff Run & Party

Monday, August 14, 6:00 P.M.

Have a Little Run, Then Have Some Fun

Tijuana Flats Restaurant, Lakewood

No Fake Words, This One Is A Genuine Classic

I am sure that I am not alone when it comes to hating the way the media, and the public, latch on to certain words and run them into the ground ad nauseam. Today it seems that nearly everyone is a “hero.” This only waters down the meaning when a genuine hero comes along and that is unfair. Maybe we need a new distinction for the real thing – “mega hero,” for example, or, “hard-core hero.” We can’t use the term “superhero”; that has already been taken, and it would only trivialize him, turning him into someone in a ridiculous cape or Spider-Man suit or something.

The same sort of problem exists in our running world. Too many neophyte races want to attach the word “classic” to their titles to make themselves appear older and more legitimate. As Trump would say, “sad.” It’s a nice try but it doesn’t work. Oh sure, you can fool some of the people some of the time, but you can’t pull the wool over the eyes of a seasoned racer. We old-timers may have fading vision but we can distinguish a bonafide classic from a pretender.

Some of our local races could be called classics because they’ve earned it. Here are a few notables: The Matanzas Run 5k, the Ortega River Run 5-Mile, the Winter Beach Run, the Jacksonville Marathon, the Thanksgiving Day Half-Marathon, the Gator Bowl Run, The Run for the Pies 5k, the Run to the Sun, and, of course, the River Run 15k. Yet the classic of classics is without a doubt the Summer Beach Run 5-Mile.

What can one say about the Summer Beach Run that hasn’t already been said? It is not just our oldest local race but it is the oldest race in Florida – it celebrates 53 years this month – so it has been written about, talked about, and run more than any other footrace in the Sunshine State.

We all know its beginnings: It started in 1965 as a 5-mile beach race for college and high school runners, a pre-cross-country season tune-up. Three high school coaches – Ron Poppell, Chuck McPhilomy and Larry Monts – wondered why they took their teams all the way to Vero Beach for a race on the sand when they had plenty of sand right here. With gasoline more than 25 cents a

gallon, why waste all that money traveling? In a rather quiet fashion, the Summer Beach Run was born. Those early races were open to the public but it was mostly high school and college runners who took part and the fields were small. For the first nine years no entry fee was ever charged. Fletcher High School harrier Del Lewis won the inaugural race in the impressive time of 26 minutes and 49 seconds.

It was a few years before any women ran the new race on the sand. In 1968, two 17-year-old girls did and one of them, Glenna Mackay, finished. Her 44:18 clocking stood as the first and fastest women’s time for a full year.

For the first time, in 1974, a race entry fee was charged. Runners paid one buck for five miles of pure joy and adventure.

The event’s ownership bounced around for a while and eventually ended up in the lap of a new club born out of what someone called the “Running Boom.” The club? The Jacksonville Track Club, today known as JTC Running. The club began in 1975, the race in 1965, so it was 10 years before fate had its way. The SBR is a great source of pride for our club and you can be sure that we are never letting go of it, come heat or high water.

Inflation was a worldwide problem in 1976 and it even affected the SBR. The price doubled and runners had to cough up two dollars. We can only hope that they were promised twice as much sweat as the year before. Also in 1976, the Jacksonville Track Club created more than one women’s division and of the 300 starters 100 would be handed something called a “finisher’s T-shirt.”

One of the race’s earliest sponsors was the Gulf Life Insurance Co. The race flourished and became a must-run for all area runners. The Jacksonville Track Club did not expect the race attendance to more than double in 1977. When it did, 778 runners backed up in the finish chute. It was a record turnout, of course.

In 1981 there were 1,947 finishers. Local boy John Rogerson ran the scintillating time of 23:59. The 1983 race experienced the biggest field of all time, 2,649 runners. This was slightly larger than the

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inaugural 1978 River Run 15,000, an astonishing number at the time.

The original course, which was used for many years, started at Hanna Park and went southward to the lifeguard tower in Jacksonville Beach. Runners parked their cars near the finish and were then shuttled by buses to the starting line. As the event grew, this became increasingly problematic.

The race cultivated a serious reputation; these were five miles not to be trifled with. Depending on the tide, the race would be held at 1 or 2 o'clock in the afternoon right when Florida's intense heat, suffocating humidity and blazing sun would be at their worst. On top of that, there might be a wind that could easily be in your face for the entire length of the course and you could count on the beach sand to sap your energy while giving none of it back, the way a road or track would.

"Tides were always a factor," wrote JTC founding member Rodney Smith in last year's July/August newsletter. "Race directors have historically done a great job planning for the race to occur during low tide. However, I do recall one year in which someone must have read the tide charts incorrectly, because there was nearly no beach and it almost became a 'surf' race.

"Since the beach has a slight curve to it, we always speculated that the race distance was slightly shorter during extreme low tide. Maybe this explains how Ken Misner set the course record years ago at around 22-minutes flat," he wrote.

Smith also remembered the time when a hurricane threatened our coastline and the race had to be postponed for two weeks, pushing it into September for the first and only time.

Mid-afternoon was an inhumane time to hold a race like the SBR. For some people, it was far worse than others. "We used to call them Floppers," said Jim Burke. "I used to lifeguard over there at the lifeguard tower when I was a kid and the race was run at 1 or 2 in the afternoon. We would watch the runners cross the finish line and fall over; we nicknamed them Floppers."

Runners and their guests were treated to a post-

race party during the awards ceremony held at a circular building called the Flag Pavilion. The party was unique at the time. Although the Flag Pavilion long ago met its demise, the party lived on, flourished and became very popular. A beer bash after the most torturous five miles of your life, you bet it was.

Though just 10-years old at the time, longtime club member Richard Fannin recalls the 1978 SBR very well. In a story he wrote for The Starting Line in 2014, Fannin recollected: "It was a true slugfest. The race was held at 2 p.m., temperature at least 90 degrees. The beaches were in the middle of a large beach renourishment project, and there were probably 4 or 5 large dredge pipes, about 3 feet high, that were spaced throughout the 5-mile race, turning it into a modified steeple chase."

Fannin continued: "Top runners in Jacksonville included those from the 'new' running store, 1st Place Sports, Mike Wachholz, George Burns, Frank Jones and 'beach legends' Dan Clay and Mike Yarbrough."

"Bragging rights were on the line. Most of the top runners ran barefoot, with a strategy of running right along the water line, where the sand was firm and didn't chew your feet up. I had been running on the beach for two weeks, practicing the 'pipe hurdles' and toughening my feet to emulate my local running heroes, so I could run barefoot like them."

"My best and fondest memories are going for a cooling swim in the surf after the race, where probably 40 or 50 runners splashed around, trading war stories, particularly the makeshift steeplechase feature of the 1978 race. Those who were there that day remember the electric atmosphere," he wrote.

Despite all the hardship, the 1978 race boasted a record field of 1,947 finishers. It is very likely the most well-remembered SBR in history.

I made a habit of going to the beach every Sunday and running at least six miles in the sand and at the hottest time of the day. This, I thought, would prepare me for the race and whatever it might throw at me. I cannot say that I ever had a

No Fake Words, This One Is A Genuine Classic

satisfying finish time at the SBR and I am unsure whether my preparations were of any real value or not.

Years later, the race was compassionately moved to the evening, where it has remained. The traditional north-to-south straight run down the beach was replaced by an out-and-back course from Jax Beach. To be honest, there was more than mere compassion involved. Race organizers were more than keen to put an end to the shuttle bus and all its complications.

Carrabba's Italian Grill became the title sponsor and with their fine Italian food made the post-race party/awards presentation even better. However, after the recession hit in 2008, Carrabba's had to bow out of race sponsorship. Fortunately, JTC Running was able to find a new sponsor, Tijuana Flats restaurants. The menu shifted from Italian to Mexican and the post-race extravaganza never

missed a stride. Running is always best when it stops, and the SBR's post-race bash has always been a good reason to do the race – it still is.

Proceeds from the Summer Beach Run are now donated to the Tijuana Flats foundation, Just In Queso. This foundation does great things for the less fortunate all over the USA. It not only illustrates Tijuana Flats' community involvement, but ours. Going forward, JTC Running will be increasing its involvement in our area's social needs.

The 53rd annual Tijuana Flats Summer Beach Run will take place on Saturday, Aug. 26. The 5-mile starts at 6 p.m. and the kids' 1-Mile Fun Run begins at 6:05. Sign up online at JTCRunning.com or 1stplacesports.com. There is a two-dollar discount for club members using code `jtc2`.

Awards Banquet

JTC Running hosted the 34th Annual Awards Banquet on Thursday, June 22nd, at Maggiano's Little Italy in St. Johns Town Center. We had the largest turnout ever for the banquet this year with 160 attendees. Celebrants. We were all there to acknowledge and celebrate outstanding achievements and contributions to our club and to the sport of running over the past "racing year" since June of 2016.

We love having our banquet at Maggiano's. The room is comfortable, spacious, and suits our needs perfectly. Each large, round table seats ten, giving groups the ability to sit together while still welcoming new friends to the group. The food is served "family style" and it's great. The meal started with two salads: Chopped and Caesar. Next, large platters holding the main courses were brought to each table. We had four different entrees making for plenty of excellent, scrumptious, wonderfully prepared fare. Finally, to make sure no one got away without consuming about 3,000 calories, the attentive wait staff

brought platters of magnificent dessert items. The banquet part of the Banquet was truly outstanding and memorable.

We did something different this year, a change from how we've always done it before. One of the unfortunate things about our event in the past was the way the ceremony part of the Banquet seemed to go on too long. We had worked hard over the past few years to streamline the show and try to conclude before nine. Even so, it still seemed as if the ceremony was always too long.

So, this year we decided to start the "show" at the same time we started serving the meal. It worked out marvelously. Most people had arrived a little early before we started serving at 6:30, so they'd had a chance to mingle. Then, when the meal and the ceremony started, everyone was able to enjoy their dinner while they simultaneously paid attention to the ceremony and the awards being given. And in the end, the JTC Running Awards presentation ended just about the same time as the dessert platters were empty. We were finished

Awards Banquet

before 9 o'clock, even with the presentation of the Grand Prix awards. We're going to have to do it this way again.

As for the awards, JTC Running presented 23 handsome plaques to this year's winners. After that, the Grand Prix winners were presented their awards by 1st Place Sports. It was pretty exciting, for the JTCR awards, as we had managed to keep who was winning a secret and we surprised some of our winners which is always fun. Well known senior runner Frank Frazier called out, "You got me!" when he was surprised by Paul Smith when he presented the Distinguished Merit Award to him. Indeed, Frank, we got you, and we're glad we did.

The JTC Running awards are listed in the newsletter for your review. We have an impressive list of dedicated athletes and volunteers who got awards but there is something that happens at the Awards Banquet that you must be there to witness to understand. I'm talking about the spirit of the event, about the camaraderie and fellowship of all these runners, about the pride we feel for them as we commend them for their deeds, and about the awesome things that are being done to support people and runners in our community.

One of those things is our JTC Running camp scholarships, where we send students to running camp for a week who otherwise would not get to go and experience the transformative power of teamwork and hard work at camp. Many of the students we've sent in the past tell us it was the best week ever. This year, the two campers who

received scholarships provided by Rita's Italian Ice and the two campers who received scholarships provided by the Terry Sikes Memorial Fund, attended our banquet to represent the entire class of 71 high school athletes who received our scholarships. It was a powerful tribute.

Another was when Kim Pawelek Brantly of Runwell explained their foundation to us and the good work they are doing with people trying to recover from addiction and mental illness, using running and sports as an element of addiction treatment that helps keep individuals more committed to recovery. Kim received our Outstanding Community Service Award.

Certainly, it was noteworthy that when super-senior runner Al Saffer received his Grand Prix award, he told the crowd that he has been running for so long that he has enough plaques to keep the house warm if he used them as firewood but attending the Awards Banquet and being with a great number of like-minded runners made him feel special for himself and for the rest of us gathered there. Al was inspirational.

At the end of the evening, everyone who won an award, JTCR or Grand Prix, gathered at the front of the room so we could take a "team photo," as is our custom. Actually, a bunch of people pulled out their phones and took quite a few pictures of the group of award winners. In reality, everyone who attended the event felt like a winner whether they had a plaque to carry out or not. It was a great evening at the JTC Running Awards Banquet.



AWARD WINNERS

JTC Running 34th Annual Awards Banquet

Outstanding Female High School Runner	Caitlin Collier (The Bolles School)
Outstanding Male High School Runner	Matthew Clark (Creekside High School)
Outstanding High School Coach	Eric Frank (Creekside High School)
Local Running Legend	Doug Alred
JTC Running Volunteer of the Year	Jack Owens
Outstanding Women's Open Division Runner	Julie Stackhouse
Outstanding Women's Masters Division Runner	Michelle Krueger
Outstanding Women's Senior Division Runner	Leslie Hague
Outstanding Men's Open Division Runner	Justin Jacobs
Outstanding Men's Masters Division Runner	Brian Shrout
Outstanding Men's Senior Division Runner	David Farraday
Distinguished Merit Award	Frank Frazier
Sponsor of the Year	Fort Family Investments
Media Outlet of the Year	The Buzz Magazine
JTC Running Runner of the Year	Terri Rose
JTC Running Runner of the Year	George Barthelmes
Most Improved Runner of the Year	Richard Tyndall
Outstanding Community Service Award	Kim Pawelek Brantly (Runwell)
Outstanding Race Volunteer	Tamara Krause
Running Leader of the Year	Kathy Murray
Youth Runner of the Year, Boys	Matthew Stratton
Youth Runner of the Year, Girls	Grace Adams
Lifetime Service Award	Charles McPhilomy

Dehydration and Thirst: Is There a Difference?

Hot, isn't it? Well, I figure if I can't begin with a joke then I should start by stating the obvious. Dog days for runners and newsletter editors alike, I think. Sorry, but with JTC Running's Summer Beach Run looming on the hot and sweaty horizon, it's time for another hydration article.

The latest (August) issue of Runner's World magazine has an informative story in it, written by Alex Hutchinson, concerning a study done in 2009 by some researchers in France. Using a test group of 643 runners, they checked their body weights before and after completing a marathon to see how much fluid they had lost. Ultimately, the faster runners lost more fluid and were the most dehydrated. Sub-3-hour finishers lost an average of 3.1% of their starting weight. Finishers in the 3-to 4-hour range lost 2.5% and those who finished in over 4 hours lost just 1.8%.

Haile Gebrselassie lost 10% of his starting weight when he ran the world's first sub-2:04 marathon in 2008. Hmm, interesting, because according to the American College of Sports Medicine anything more than a 2% loss "degrades aerobic exercise." Their reasoning is that you can't perform very well when you are losing so much liquid. But Haile did, as do many others. Can this contradiction be explained? Maybe so.

Seems there is a big difference between dehydration (lost fluid) and thirst (the sensation that tells you to have a drink). Years ago, researchers thought the two were one and the same.

Now, another test: Subjects were denied

water for hours before exercising. Thirsty and dehydrated, their endurance subsequently suffered even with only 2% dehydration.

We have always heard that it is possible to be dehydrated without feeling thirsty. Is this true? A study done in 2016 reaffirms the theory. Athletes completed a 20-kilometer trail run while either drinking an amount chosen to replace their expected sweat losses or just drinking water whenever they felt like it. A plan that, in the latter case, left them dehydrated by 2.6%. Amazingly, the finish times in the two conditions were largely identical. The article did not specify which group ran more comfortably or who recovered the easiest and quickest.

As you sweat out water, you also sweat out electrolytes such as sodium, which keeps your blood concentration relatively constant. That disconnect, according to the theory, allowed our primitive ancestors to keep hunting without constantly needing to stop for water.

By now, you might be feeling a bit "blinded by science," I know I am. Perhaps it is simpler than it sounds. Basically, you can trust your sense of thirst during a run but don't think you needn't fill your tank afterward. That could land you in a lot of trouble.

To properly prepare for the Summer Beach Run's five hot miles, be sure to begin hydrating the day before the race. Drink plenty of fluid before the cannon blasts (but don't overdo it), and take water from the aid stations along the course if you feel the need. When you cross the finish line, drink up.

Upcoming Events

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JTC Running & Bishop Snyder HS Present a Brand-New Event!

Cecil Field Pre-Season Classic

Open 5k, High School 5k, Middle School 2.5k Races

Cross-Country on Cecil Field Golf Course

Returning the Favor, Bonnie Brooks



Bonnie Brooks has been a member of JTC Running/The Jacksonville Track Club for about as long as anyone can remember. Not only that, but she has been a very active member, serving on the race team, the Board of Directors, and for the past several years in the job that no one would care to have: Club Treasurer. Keeping track of all the money that comes in and all the money that goes out is not anyone's idea of fun. Somehow, though, she does it and does it very well.

When she is not working as a nurse in the Mayo Clinic Hospital's Intensive Care Unit then she is outside trying to get her miles in or slipping off to find cooler weather in New Hampshire. That is where she was when I interrupted her and coerced her into answering these questions. Sorry, Bonnie.

It seems that she has gotten a lot out of running and she shows her appreciation by giving a lot back. Bonnie Brooks is one person who is undoubtedly returning the favor.

BF: How long have you been running and how did you get into it?

BB: It was the mid 90's when I began running. I went back home to Massachusetts for a visit. Some friends were going for a short run and asked me to join them. I didn't even have running shoes. It was the hardest thing I ever did yet I still had fun! I'd always been involved in athletics but not running. I would watch the Boston Marathon and wonder why anyone would run for hours. Jan Taylor and Carolyn Disher were both influential early on.

BF: What is it that you like about running?

BB: You can run anywhere, anytime any distance. Just lace 'em up and go! I always enjoyed the long group runs and getting to know other runners. I loved to compete, train and race. What mattered most was once we crossed the finish line the friendships were forever and memories a lifetime. Post-race socials are always a favorite as I enjoy sharing stories, strategies, experiences and meeting other runners. I wouldn't know you Bob if it weren't for running!

Editor's note: And knowing me is supposed to be a good thing?

BF: Tell us the truth, are there things that you hate about running?

BB: I always hated getting up for early morning races and training runs. I was the one with little to say during the beginning of a long run. There's a reason I'm a night nurse! I'm not fond of running in the dark or using treadmills. I'd much rather be outside when it's 90 degrees! My least favorite race was the 5K but ironically now it's the most doable.

BF: What is it that keeps you going?

BB: My love for running and my desire to compete again someday. I would love to run another marathon. Since an illness 3 1/2 years ago I have to run walk and the fear of disability keeps me motivated. I can run for 3 minutes sometimes a little more so I strive for improvement.

BF: What are some of your favorite races?

BB: One of my first races was the Gate River Run and remains my favorite today. The Winter and Summer Beach runs were always challenging. Going home and running the Boston Marathon was special. Disney Marathon was my 1st BQ and my PR so it makes this list. 26.2 with Donna I'm a 10-year "Streaker" (the Virtual 1/2 kept me going thru illness) and I get to run for my sister and others with breast cancer.

BF: Locally, would you rather see less races, more races, or about the same as we have now?

BB: Less races. It seems to me like each weekend there's a handful of races. We're very lucky in Jacksonville to have quality races. Our JTC Running races utilize roads, the beach and trails for variety. The Grand Prix schedule of races are some of the best around.

Returning the Favor, Bonnie Brooks

BF: How did you become involved with JTC Running?

BB: Well, it was better known as the Jacksonville Track Club back when I joined. I wanted to meet fellow runners, be socially involved with those who shared the same interest and train with others. I must credit Jane Alred with getting me more involved and interested with being on the Board of Directors.

BF: You are currently serving as the club's treasurer, not a job most people would want, how is that going for you? (Oh, I should mention that you are doing a splendid job, please keep up the good work).

BB: It's going well, keeps me busy! It takes a team and not just one person when it comes to the financial responsibilities of the club. I have tremendous support from our Board of Directors and finance committee. Carolyn McClanahan assists us with financial advice. Most everything has now been converted to online process so much more efficient. My goal is that the club will be financially stable now and in the foreseeable future.

BF: Have you observed very many changes in the club over the years?

BB: Yes! I've been so fortunate to work alongside our President Larry Roberts and an ambitious board. He has great leadership and vision for this club. Most of our processes have changed including membership and event sign ups online. Our membership is at its highest point in recent years. We are always looking for opportunities in the community that will benefit runners young and old.

BF: What about local running in general, has that changed much?

BB: I'd have to say the number of women now running has increased a lot since I started. There are many more training groups in all parts of town. And medals, everyone wants a race where you get a medal.

BF: What do you think could be done to make our local running scene better?

BB: How about some cooler weather! I think the more people who get involved the better things can be!

BF: Our club, do you think it is headed in the

right direction? Is there anything that you would like to see changed?

BB: Our club needs to continue with its progressive thinking and planning and keep members involved. The members are what make the club. I'd love to see some younger members more involved.

BF: Can JTC Running continue to survive on volunteers, or should we take the lead from clubs such as the Atlanta Track Club and start employing paid help?

BB: I sure hope we can continue as a volunteer club. I bet longtime member Lamar Strother would agree! You'd be surprised by the number of hours some members dedicate to this club. Every year we have new members who come out to volunteer at our Expo tents or other events. I expect that to continue.

BF: What do you consider to be JTC Running's greatest accomplishments?

BB: Giving back to the community and our members. I really like what we're doing for the youth of Jacksonville. Our first Run, Jump and Throw event was a huge success so look for that to continue. Our 5 free track meets are well attended. We support Marathon High, Epitome and other youth organizations. We sent a record number of high schoolers to summer camp. Free track workouts for our members at Bolles have talented and motivating coaches. Tomahawk Park was refurbished and the bridges replaced.

BF: Do you think that running will continue as it is or can we expect some sizeable changes in the not-too-distant future?

BB: Hopefully things will continue and get better! You need to keep people excited about running. Some race numbers have been in a downward trend. We can all have an effect on running and positive changes.

BF: Got anything on your mind? If you do, now is a great time to express it.

BB: Now that I'm done writing this I'm getting back to my vacation!

Cecil is Flying High Again

I just got off the phone with coach/runner/race director Richard Fannin. Man, that guy is pumped! He is so excited about his new event and his enthusiasm is infectious – I’m all jacked up, too! The event is the all-new cross-country race(s), the Cecil Field Pre-Season Classic.

Maybe it’s better if I just let Richard tell you about it.

“I’ve been coaching the girls team at Bishop Snyder High School since last year. I didn’t know anything about a golf course at the old Cecil Field Naval Base, but when I found it I knew it was the perfect place for my team to do its training. We started sneaking onto the place and I liked it so much that I thought it would be a wonderful place to hold a cross-country race. I’m a huge cross-country fan.”

Sheepishly, one day Fannin walked into the owner’s office to broach his race idea, fully expecting to be laughed out of the room or thrown out on his overly excited head. Much to his amazement, the chubby gentleman related how he was once a high school runner himself, as were all his kids. The other fellow in the room pitched in, saying his kids all went to Catholic schools and they ran cross-country, too.

“You want to do a race out here, son? Shoot yeah, let’s do it!” (Or words to that effect.)

“The track club got involved,” Fannin said. “The Board of Directors has helped to fund the event and I am very appreciative of the club’s aid. The JTC Running logo is featured prominently on the back of the race T-shirts.”

Fannin is proud of the tees, that “are so soft you can sleep in them.” They have a Navy jet emblazoned on the front to remind people of what the base used to be. Few people may realize it, but Cecil Field was an important training facility before and during World War II. Now it is seeing a different sort of training.

“It is a pre-cross-country season meet so it is unsanctioned. I expect more than 300 kids in the high school and middle school races, I already

have 16 high school entries. It is unlimited entries, meaning a school can enter all the runners it wants,” Fannin commented.

Schools must create a fake name, since the race takes place outside the prescribed “window” proclaimed by school authorities. Fake school names, like fake news, is anybody’s game apparently. The prep races might be “unsanctioned” and the names may be a “charade” but the courses aren’t. They have all been measured and remeasured. The Open and High School races will take place on a flat, fast, grassy 2-lap, 5,000-meter course, mostly over the fairways. There are two shady cut-throughs in the woods to add character and mystery.

Folks, this sounds like the cross-country course we have all been waiting for. It may not rival the old Ravines Golf Course for hills and challenge, but this could be the answer to some serious desires.

Fannin continued: “The first race will go off at 6:15 and will be for the middle school kids. Then there will be a race every 15 minutes. At 6:45 the Open 5k will start and at 7:15 we will stage the girls’ high school race, then at 7:45 the boys. All of the races will be chip timed.”

Runners in the Open will get the coveted T-shirt and medallions will be awarded three-deep in age groups at 10-year increments. JTC Running members can get in for just 10 dollars – yes, \$10! – and that includes the highly sought-after T-shirt (use discount code jtc10 to be sure you get this price). Non-club members pay 20, 25 or 30 dollars depending on when they enter. (Oh, the value of a JTC Running membership!)

I know, I know, you’ve never heard of the place and how do you get there? Take Interstate 10 west, go one mile past the Chaffee Road exit. The next one is New World Parkway. This takes you into the Cecil complex. Turn onto Lake Newman Road, go a quarter-mile and you are at the multiuse park and golf course. I am assured that there is loads of parking. Or don’t listen to me, set your danged GPS (I know you’re going to do

Cecil is Flying High Again

that anyway).

Go to 1stplacesports.com to sign up. At the time of writing, this event was not yet posted on JTRunning.com. At the time of reading, it should be.

I have saved the best for last. Now the really, really, good stuff. During and after the event there will be live music. Hot from their scintillating performance at the 2017 Gate River Run the Funk/Punk/Bluegrass band, Firewater Tent Revival will be playing live and

in the flesh. This is a concert not to be missed. Especially since it involves barbecue outside and cold beer inside the clubhouse. I'm telling you, this is going to be quite the extravaganza.

Fannin concluded: "One of the high school coaches said to me, 'why would you want to have live music and a barbecue at a cross-country meet?' I said, why wouldn't I?"

Richard Fannin. Now that's my kind of race director!

Cecil Field Golf Coarse

Friday, August 18th, 2017, 6:15 PM - 7:45 PM



Running Through the Summer Heat

Editor's Note: Jeff and Jordon produced a fine article in the last issue of The Starting Line about how to beat the heat. It included advice from several elite runners. Unfortunately, due to lack of space four of the athletes were left out. I am putting that right and you will read their tips below. First though, let's recap some of Jeff and Jordon's advice.

Heat: When you get too hot, your heart rate increases and blood is directed to the skin for cooling. More blood to the skin means less blood to the muscles. That is why it is often important/necessary to slow down in the heat, take more breaks, and drink more fluids.

Humidity: Can displace breathable air molecules (which also makes running on abnormally humid days difficult). Runners' bodies are cooled when sweat on the skin interacts with the air (which is why a breeze feels so miraculous on a hot summer day). When it is super-humid, the air is full of moisture. This moisture displaces the air that would lead to cooling. Simply put, our sweat is less productive on humid days.

Running Through the Summer Heat

Hydration: Shoot for low thirst sensation and pale colored urine. Drink a glass of water a couple of hours before you run. For prolonged exercise (over an hour) electrolytes should be added to water.

Adjusting: Ease into hot weather running. Initially, run when it is cooler to allow the body to adapt. Run in shade, if possible, and stop and use shaded areas when needed.



“Summer running is always a love/hate relationship for me. I tend to sweat a lot and am relatively affected by the heat when it comes to racing, so it's not necessarily a great season for me. I really do feel like running in the summer is beneficial, though. I like to look at summer as a definite time to get in some training to be ready for the Fall/Winter racing season, when the weather cools down. With the effects heat physiologically has on the body, I tend to focus on a little less mileage, but keep the quality higher and avoid “junk” mileage. I'll train anywhere that has some water stops along the way, so I tend to focus my long runs around the Scott Mill/Forest Circle area OR Riverside/Avondale. As far as when I run...there is never a set schedule other than never before

7am (I'm really quite lazy and am a terrible early morning runner). My favorite summer training tip: Listen to your body and don't push too hard in the heat. Don't get discouraged if paces and distances you were running in the fall and winter feel tough to maintain through the summer, it's natural!”

- **Ryan Sloan**, 2:38 marathon PR at the 2016 Jacksonville Marathon



“Training in the heat as much as possible (while maintaining proper nutrition and hydration) seems to be the best way to help your body adapt to higher temperatures. Heart rate training can [also] be a great way to help yourself ease into the summer heat. You can adjust your running pace in the heat to a percentage of your maximum heart rate that is typically considered “easy running.” Think of it like altitude training. If you normally run 7-minute pace at sea level for a 5-mile easy run, and you decide to visit Boulder, Colorado and train for the summer, then your easy pace is going to slow down to somewhere closer to 8-minute pace initially because you will be at a

considerably higher elevation with less oxygen. Over time, your body will adjust to the elevation by producing more red blood cells, etc. and your times will start to drop again. If you apply this same idea to heat training, then initially your easy pace runs should be a bit slower than normal to keep your heart rate in a range of 65-70% of your max heart rate. If I stay consistent with my heat/heart rate training and provide myself with proper recovery time my body adapts, and my paces during training runs and races drop naturally over the summer and into the fall racing season.”

- **Nick Gonino**, PR's include a 16:29 at the 2015 Corporate Run 5k

Summer Running



“Training in the summer in Florida is tough but can provide lots of benefits to any runner if done right! I typically train for late spring and early winter marathons or half marathons, utilizing the summer months as downtime to any running that is too serious or structured. My coach continues to write running schedules for me in the summer, but we focus more on effort than paces or numbers. For example, instead of running 6x800, I will run 6x3minutes. On a good day, I will run my 800s much quicker than 3 minutes but that isn't the point. My long runs continue to stay in the 90-120- minute range, but I am regularly encouraged not to use my Garmin to avoid the comparison game.

These simple and user-friendly adaptations help me stay in good shape without fixating on what I "should be running." It readies me to start my marathon buildup on a strong and healthy note, mentally and physically. I know far too many people that try to crush workouts or long runs in the summer but end up burned out or injured before race day, and we don't want that! In the summer, I continue to run daily and still wake at o'dark thirty to hit the pavement with some of my running partners. Yes, the humidity is higher in the early morning hours, but I prefer that over hot temperatures and too much sun exposure. I try to do my double runs when the sun has set for the very same reasons. I think a general consensus for some of my fellow Jacksonville runners is that summer is a good time to take a break but can also provide fitness building opportunities if one's head is on right! My tip to summer running readers: ditch the Garmin and don't chase numbers during the summer! You have more to lose than gain and the risk of burnout (seasonal or longer) is too high. Enjoy the good sweat and make it fun!”

- **Carley Glasser**, 2:56 marathon PR (2016 CIM) w/ aspirations of qualifying for the 2020 Olympic trials with a 2:45 marathon.



"Summer training is a time for me to maintain a high level of fitness before a busy season in the fall. I like summer training, along with running during any time of the year, because it gets me out of the house and moving! My main goal when running in the summer is staying in shape and preparing for fall races. During the summer, I train with the cross country team of Fletcher High School and my private coach, Julie Stackhouse, where I've learned a variety of workouts. My favorite workout

to do, especially for the summer, is running on the beach with a few intervals of running in the water at about knee depth. I live by the beach which directly impacts where I run. I run in neighborhoods across Atlantic and Neptune Beach and sometimes on the beach, though I prefer to run on the road rather than sand. I almost always run in the early morning or evening to beat the heat, or at least the worst of it! This fall I will be a freshman at Fletcher High School, so I am preparing for a busy cross country season. I plan on running with increased effort and mileage. Living in sunny Florida, I feel that running in the summer provides extra fitness for the cooler fall. The biggest thing is to stay safe! That would be my advice to runners, as I myself need to improve my hydration. Protecting yourself from intense summer heat is the biggest thing."

- **Rhiannon O'Donnell**, Duval County City Champion in the 1600 and 800, 5-time Grand Prix age group winner and will attending Fletcher High School in the fall as a freshman



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

Sunday, December 3rd, 2017

**50K and 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 race hat. 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 and masters winners in the 50k. Shoes also awarded to the first place team members.

Refreshments and Post Race Party/Awards

Water, GU hydration drink, GU gels, 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), through 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), through 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), through 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 125 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.

SPONSORS



BECOME A JTC RUNNING MEMBER

Founded in October 1975, JTC Running is Northeast Florida's preeminent promoter of healthy lifestyles through running, fitness, and fellowship. It is both a social club with several varying events per year and a philanthropic organization that seeks to benefit runners of all types.

THE VALUE OF MEMBERSHIP

JTC Running Membership Includes:

- A subscription to "The Starting Line" - our bimonthly newsletter about the club, events, and running information.
- Discounted entry fees at most JTC Running events (Gate River Run, Summer & Winter Beaches, etc.)
- JTC Running apparel at a nice price.
- Social events— A couple of times a year we have non-running casual gatherings.
- Local training runs—many of which have running mentors.
- Discounts on merchandise at many sports stores and other stores in Jacksonville area _see the website for a complete list:

Back to Nature Trail Runs

Official Entry Form December 3rd, 2017

Official User Only

First Name	Last Name

M

F

S

M

L

X

Age on Race Day	Sex	T-Shirt Size	Email Address
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	Apt #	50K	50K Relay	12K
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	State	Zipcode
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City	P.O. Box 24667, Jacksonville, FL 32241-4667	Method of Payment:	\$ _____
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Telephone Number	Cash	Check	Amount Paid with Entry
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I agree that running a road race is a potentially hazardous activity which could cause injury or death. I should 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 the event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road. All such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and race headsets are not allowed in the race. I also understand that I must return the ChampionChip Transponder if requested or I will be billed \$30.00 as replacement cost. I also understand that if this event is canceled or rescheduled for any reason beyond the control of race management that my entry fee will not be refunded. I grant permission for this event's organizers to take pictures of me during this event and agree for this event to use any photos of me that may be taken during my participation. I will abide by these guidelines. Having read this waiver 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 the Organizers of this event and all sponsors, their representatives and successors from all 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 named in this waiver.

Please sign here. (Parent must sign if participant is under 18 years of age)

Date Signed _____

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Heading Back to Brevard

Recently, I headed back to Brevard College as a head girls cross-country coach at Bishop Snyder High School in Jacksonville. Here is a reminiscence of my fond memories of Brevard when I went there as a camper from 1980-1986.

It was the summer of 1980. Jimmy Carter was still president. The U.S. was boycotting the Olympic Games in Moscow. I was 12-years old and a rising 7th grader at The Bolles School in Jacksonville. Intimidated by attempting to join a high school cross-country team (at a brand-new school) as a 7th-grader, I asked my dad if he could check out any running camps for the summer. A University of Florida graduate, and runner himself, my dad was good friends with Roy Benson, former Gator track coach who started a running camp in conjunction with coach Norm Witek at Brevard Junior College (as it was then).

I had never been to the mountains, and convinced one of my fellow 12-year-old running buddies to join me. He was a rising 7th-grader at our district rival school Episcopal. His mom drove us up, and dropped us off at the dorms. I was very unsure what to expect, but thought it was cool to be staying “on my own” in a college dorm – it was my first sleepaway camp. Believe it or not, I still have my 37-year old faded running log from that summer (now with yellow pages) to help me with my memories.

We hit it hard – a little too hard – right out of the gates, supplementing our twice-daily runs with some impromptu runs in the cornfields, which I believe are now baseball facilities. I came down with a severe case of shin splints, which seemed to be helped by icing my legs in the cold stream that runs right through the middle of the campus.

Ironically, one of the charismatic coaches that I took a liking to was Terry Smith, then the head girls coach at Buchholz High School in Gainesville. Terry was half of the famed coaching duo, along with Bob Hans, who coached the boys at Buchholz. Little did I know, in a purely

circumstantial turnaround, it was Terry Smith’s position as head coach that I took over last summer – 36 years after I first met him at Brevard.

I don’t recall if any high schools in Jacksonville had discovered this camp, but that would soon change.

In short, I managed to get in 50 miles of running that week, my highest ever, and was able to make the varsity team at Bolles that fall. We made it to the state cross-country meet that fall for the first time ever, but just barely. We may have even finished last at state.

But I was sold on camp, and spread the word on the team. The next year I think we brought seven or eight guys up to Brevard.

The camp was booming, and soon, as word got out, “anyone who was anyone” on the high school scene in Florida seemed to make their way up to Brevard each summer. There was something mystical about running on those tough, hilly, mountain runs, and the bonding that occurred within our team seemed invaluable in our progress.

Our team got better and our team grew. We finished fifth at state in 1981, and fourth at state in 1982, and in the summer of 1983, with 10-12 guys at camp, we felt it coming together. We had one of the great all-time coaches back then, Rodney Smith, who had already won a state title with his girls at Bolles in 1980, and was almost like a big brother to me. With his prodding, he arranged a private “inspirational meeting” with Coach Benson at the camp. Benson got us together in a classroom and told us that he had been watching us for three years and thought we had what it took to be state cross-country champions.

It must have worked, as our last three years at Bolles (and our last three years at camp) were a magical time. Sure enough, we won the state title that fall of 1983 – and went on to win three titles in a row – 1983, 1984 and 1985. We placed four

Heading Back to Brevard

in the top 10 in 1984 and three in the top 4 in 1985. My senior year, I was fourth, and my best friend, Andrew McCabe (now the deputy director of the FBI), won the individual title – just six seconds in front of me.

Bolles has not won a title in the 32 years hence, but is ranked #1 in the state going into this fall – and I think is poised to end the drought. Bolles has even coined the phrase “BBTE” on the back of their team T-shirts (Bring Back The Eighties).

As a 49-year old, now with five kids of my own, (my 10th grade son will be with us at camp) I can say without flinching that those six years of camp – and high school cross-country – were among the most treasured moments of my life. My teammates and I at Bolles were soul-mates. We were best friends, on and off the course. We hung out together, dealt with teenage issues together, made fun of each other. We worked hard and played hard; 32 years later, I am still in touch with every guy on those teams from 1983-1985.

Would we have been as successful without running camp? Maybe, maybe not. We were a pretty committed group anyway, but the bonding and galvanizing that went on in those magical, lazy summers in the mountains seemed to be the

potion that brought it all together.

I was hired too late last summer to organize my girls team to get to Brevard, but I let it be known that starting this summer camp would be mandatory and considered a staple of our program.

Friday morning, we headed out. Me, 11 girls, two assistant coaches and three parents. We spent the weekend at Lake Junaluska for a team retreat. Running, swimming, white water rafting and laying down goals. On Sunday, we rolled into Brevard for a week of camp. I am sure much has changed (Brevard is now a four-year college, Roy Benson is no longer involved, and Norm Witek and his family now run the camp). I am also sure much has NOT changed. When you have a winning formula, you leave it alone.

My life has come full circle, and I am overjoyed to share with my girls that “magic” of Brevard that propelled my high school career and formative teen years – and I hope will do the same for them. And oh yes, Terry Smith is still there, 40 years strong and now a “legend” on campus in the summertime.

Upcoming Events

JTC Running Presents

Fall Half-Marathon Training Course

Thursday, September 7, 6:00 P.M.

1st Place Sports, Town Center

Coached by Jennifer DeSantis

Details at [JTC Running.com](http://JTCRunning.com)

Upcoming Events

New Group Training Run

The Jovial Hyperion Runners

Thursdays 6:30 p.m., 3-4 Mile All Abilities

Hyperion Brewery, Springfield, Jax

Bill Dunn: wmdunn222@gmail.com

Make a Splash This Summer

Aqua jogging: It is not just “punishment” for injured runners attempting to rehab their way back to pounding the pavement again. When done correctly, it can be a valuable cross training tool and possibly even a form of “hydro-massage.”

When I was a college track athlete at Clemson University, we used to aqua jog in the diving well and perfect running form drills in the shallow end of the pool on our running day off each week. As a former college coach, I always added in aqua jogging days as a second workout option in the afternoon after a harder morning interval or tempo workout. For my own training now, I believe in the value of one day a week of aqua jogging or swimming (or both) as a non-impact aerobic workout, or after hard workouts to aide in recovery.

If you are new to aqua jogging, or even if you just need a change in your routine as the summer months are upon us, I'd like to share a few pointers and basic workouts with you.

1. You will need to purchase an aqua jogging or water belt to keep you afloat. I used to believe that it was better to run in the water without the belt, as it felt like a much harder workout; however, form was compromised as it became more like treading water or doggy paddling, instead of executing proper running mechanics. These belts aren't too costly.
2. Locate a short bungee cord. I prefer the type with the coated rubber hooks on each end. This cord will be attached to the lane line in the deepest end of the pool or to the hook where the lane line attaches, while the other end will be attached to strap located on the back of the water belt. It will anchor you in place. I've had to get creative in pools where these options weren't available and tether around a ladder or hook into a drain. Tethering allows for correct posture and technique and leaves more of the pool available for swimmers.
3. Get some good tunes and a waterproof speaker or iPod or a buddy! Aqua jogging, while it may

be beneficial, can get to be a bit monotonous, especially since you'll be running in place (expect a few stares from others at first). It can help to break up the tempo of your routine a bit if you upload some of your favorite fast beats or even a podcast.

Sample Workouts:

1. **Pyramid** – Warm-up 15 minutes steady. 4 mins. on, 1 min. off, 3 mins. on, 1 min. off, 2 mins. on, 1 min. off, 1 min. on, 1 min. off. 11 mins. cool-down easy.
2. **Fartlek** – Simulate any running workout you'd planned to do with the equivalent in timed intervals. For example, if you were going to warm-up one mile, then aqua jog for 8-10 minutes, followed by the times it would have taken you to run (approximately) for your given distances. So, a 400m/200m workout with 400's at 6:00 mile pace and 200's at 8:00 mile pace would be the equivalent of reps of 90 seconds on/1:00 off. Repeat as many times as necessary.
3. **Steady-state run** – A good rule of thumb if you are substituting aqua jogging for a scheduled run, plan to double your timed efforts, i.e. a 30 minute run would equal one hour in the pool aqua jogging at a steady pace.

Form:

1. Knee up, toe up, head up (neutral spine).
2. Keep your arms active (as in running).
3. Beware of the tendency to start leaning forward from the torso. Keep your core engaged.

About the Author:

Julie Stackhouse is the owner of Stackhouse Fitness (getstackednow.com). She was the top female in the 2017 Grand Prix Series and was distinguished as the JTC Outstanding Female Open Division Runner of the Year for the second year in a row. Her coaching platform is built around the premise that the key to happy, successful and lifelong running is to run injury-free as long as possible, by following sensible training, nutritional and recovery principles.

A Nordic Running Adventure

I cut my baby teeth on tales of Emil Zatopek chopping down the rest of the world's runners, "working hard, like a tree-cutter in a forest." Zatopek remains the only Olympian to win gold medals in the 5,000 meters, 10,000 meters and marathon in a single games: Helsinki in 1952.

Before I was born, Arne Andersson and Gunder Haegg of Sweden battled each other at 1500 meters, the mile and 5,000 meters. Andersson's 4:01.6 and Haegg's 4:01.4 mile records stood for 10 years before Roger Bannister cracked four minutes in 1954. Haegg and Andersson, along with compatriot Lennart Strand dominated distance running, following the Swedish method of fartlek, "fart" meaning speed, and "lek" meaning play.

Later, I learned of Oslo's famous Bislett Stadium, site of more than 50 world track records. Nurmi raced there, Zatopek raced there, Lasse Viren and Sebastian Coe and Steve Ovett and Ron Clarke set world records there. "The ions were right; the cinders were springy with a type of moss growing through them," wrote one coach, explaining the magic of racing at Bislett.

So now, my wife, Debbie, and I were going on a Baltic cruise that would visit Oslo, Helsinki, Stockholm and four other ports—but I could not imagine the magic that actually awaited.

First stop: Oslo, the capital of Norway. Six miles on the ship (including 39 flights of stairs) en route, then we hit the streets. We walked to a half-dozen sites, then headed toward Bislett Stadium. It appeared locked up tight, and I got a photo of the Olympic rings on one wall, but Debbie insisted we circle the whole arena. A runner ducked into a side door and we followed.

"May I look at the track?" I asked the man at a reception desk, and was directed two floors down. We emerged onto the brightly sunlit track, now 8 state-of-the-art-lanes wide. A dozen athletes of all abilities were running, hurdling, jumping. Despite a stomach full of food, I jogged a lap in lane six, imagining the thousands of miles that had been raced there.

Each lap was faster and faster, as I worked my

way down to Lane One, and I thought of Zatopek and Clarke, of Coe and Ovett, hammering beneath the roar of excited crowds, going for victories and world records—it was euphoric.

Outside, in the very front, a statue of Norway's beloved Grete Waitz stood, arguably the classiest female marathoner ever.

On to Germany, Estonia, and Russia, but my mind was set on Finland, home of the Flying Finns. Each day on the ship, I ran my six miles before the decks were crowded, then disembarked to see the museums and cathedrals like the other tourists. At last, Helsinki.

We walked to the Olympic Stadium, being remodeled, and there, 200 meters from its entrance, the famous nude statue of Paavo Nurmi, honoring the four-time Olympian, winner of nine gold medals. It was at this stadium that my hero, Zatopek, had crossed the finish line three times in first place.

Twenty hours later, Stockholm. Though the 1912 Olympics were held here, it was the creativity and research of the Swedes that intrigued me. We visited the Nobel museum. We were within walking distance of the Karolinska Institutet, a research facility and hospital that revolutionized exercise physiology.

Heading back to Copenhagen, our home port, we passed beneath the towering bridge that connects Denmark to Malmo, Sweden, where Haegg ran his 4:01.4 in 1944, a time that took a decade to improve.

The spirit of the Great Ones remains in Oslo, in Helsinki, in Stockholm, and I opened my heart to absorb as much of it as I could.

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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 (C) 662-4928 whitelindab@bellsouth.net

Sunday 6:30 am, Orange Park: IHOP, Blanding Bl. 6-20 miles. Contact: John 264-8024 john.powers@floridapowertrain.com

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 billkrause615@gmail.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

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

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

***NEW* Thursday 6:30 pm, Springfield:** Hyperion Brewery, 3-4 miles. Contact: Bill Dunn, wmdunn222@gmail.com

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.



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