



THE
STARTING LINE
NEWSLETTER

ISSUE **424**



GUANA
Back to Nature

TRAIL RACES

DECEMBER 3RD, 2017

Letter from the Editor

I began this column with a note about Hurricane Irma but before I could finish something of more importance came along and took center stage. Ironically, it was also Irma related. Lamar Strother, one of our club's founding members, was outside his house cleaning up the debris left by the storm when he fell over and broke his pelvis. A neighbor came to his aid and called an ambulance. After a few days in St. Luke's hospital he was moved to St. Catherine Laboure Manor in Riverside for rehab. I understand that he is recovering well and should be home soon.

It is also ironic that Lamar, now in his 80s, is the subject of my latest installment of Returning the Favor. As you may know, the column features people who have given back to this, our favorite sport/hobby/ pastime/passion, that we call running. Lamar Strother is certainly one of our most dedicated members ever since this club began in 1975.

I am sure that we all wish Lamar a speedy recovery and trust that he will be 100% very soon. Keep your chin up, Lamar!

I hope that all of you made it through Hurricane Irma all right. Despite everything, we kind of dodged a bullet, didn't we? Especially considering what we thought it might be and after seeing what happened in Texas. Things are getting back to normal now as I write this. However, Irma upset the timing of The Starting Line and I am afraid your newsletter may arrive later than usual.

This is the time of year when people are trying to up their training miles to be ready for the longer races. October and November usher in a lot of marathon and half-marathon activity and let's not forget that on December 3rd our club's unique event, the Guana trail races, takes place. The main event is a 50k (31-mile) race all on the woodland trails of the Guana Tolomato Matanzas Reserve in South Ponte Vedra. There is also a 12k (7.5-mile) race and if one is too much and the other not enough, we also offer a 25k (15.5-mile) 2-person team race. Team members can start together or do it relay style. In any event, good fun is had by all. The postrace party at The Reef restaurant is a not-to-be-missed blast. You can read all about it in this issue.

Speaking of racing, our recent Summer Beach Run on Aug. 26 was a scintillating success. It was the 53rd running of the race which saw 1,170 people cross the finish line. Its attendance is holding up well despite all the other races that fill the calendar. Once again, our generous sponsor, Tijuana Flats, did a great job of supplying delicious Tex-Mex food afterward. As always, financial proceeds from the Summer Beach Run go to the Just In Queso

foundation.

Jay Birmingham has run nearly everything and everywhere. One of his favorite running adventures is Colorado's Pikes Peak race. He has run it so many times that he must have worn a groove into the side of the mountain. Using his wonderful writing skills, Jay takes you along. I know you will enjoy his story about Pikes Peak which appears in this issue.

Club member Nancy Kern also brings you to a race, the Paul de Bruyn 30k in Ormond Beach. At one time, the event was one of the most popular around and (thanks to Lamar Strother) our club used to hire a coach and make the journey every autumn. The bus was immensely popular -- maybe even more than the race. It all came apart when residents living along the race course complained and the city forced the hosts, the Daytona Beach Track Club, to find a new location. The race was never the same again. In fact, I thought the event had fizzled and died. It hasn't; apparently it moved south from Ormond Beach to Daytona Beach. Nancy's historical recollection makes for a very nice read.

It is a match made in heaven: Jacksonville University, 1st Place Sports and JTC Running. Furthermore, it is something that can help all our members. What do I mean? The JU biomechanics department, headed up by Jeff Wight, who, as you know is a regular contributor to this newsletter, has installed a state-of-the-science running analysis service at the 1st Place Sports store in Jacksonville Beach. JTC Running is helping to fund this groundbreaking venture. It is too involved for little old me to explain but Jeff Wight does a great job of doing so. Read about it here, then get out there and be amazed. The JU experts can take you to a place you've never been before.

I am happy to report that we have a new contributor, Jon Vredenburg. Jon is not only a fine writer but also a qualified professional nutritionist. We used to both write for the now defunct magazine, Health Source. It was a wonderful surprise and delight when he volunteered his expertise to The Starting Line. Welcome aboard, Jon, and thanks.

Getting carried away with mileage is fine, provided you can get away with it. Trouble is, too many times our best intentions bring nothing but injuries. By using your head, you can avoid this pitfall. Rob Coltman has written an informative article to help you. It's inside this issue.

President's Letter



Greetings!

September got off to a running start with the kickoff of the Fall Half Marathon Training Class at 1st Place Sports Town Center on Sept. 7. Coach Jennifer DeSantis and the Pace Leaders briefed the class on goals, schedule, long runs and short runs, and safety before heading out for a sprint around Town Center. On my way out of the parking lot I passed the REI store and noticed that the entire storefront was boarded up tight. No other stores were. Was REI being overly cautious with Hurricane Irma approaching? Reminding us how valuable those \$300 camp gas stoves are when the power goes out? "Overreacting" I said to myself. Four days later when the power was out and I was desperate for coffee, I wished that I had stopped in!

But the storm passed and coffee was the least worry for many Club members in the Jacksonville area. A number faced serious issues with storm damage from flooding and fallen trees and I hope all are at least gradually getting back to normal.

With the storm debris cleaned up and temperatures moderating, it's time to run! The fall race calendar is full of great events of all distances from 5k to 10k to half marathon

to full marathon on Dec. 16. There are road races, trail runs, and cross-country events to test your training progress. Two of these are JTC Running events, the Guana Trails Races on Dec. 3 and the Last Gasp on Dec. 30. Registration for Guana 50k or 12k is open at 1stPlaceSports.com and you should sign up early as it has been a sellout in recent years. Registration for the Last Gasp is on our website, JTCRunning.com, and features a \$5 member race entry fee this year.

In my last column I mentioned that the Club was looking at getting involved in a Master Trails Plan for Jacksonville. At the Club's September Board of Directors meeting a presentation was made on the plan by Colin Moore and Brian Burket of the City of Jacksonville Planning Department. Board members were briefed on the scope of the plan, including design standards and connectivity with the East Coast Greenway. The plan would include linking the beach communities with the North- and Southbank Riverwalks, and eventually to the Westside Baldwin Trail. All in all, it is an exciting concept and the Club will continue to study how to most effectively support the effort.

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Charlotte	Ashford	Sarah	Lein
Thidar	Aung	Mary	Lentine
Kathryn	Barthle-Kelly	Amanda	Maier
David	Bauerlein	David	McKinney II
Jacob	Bauerlein	Ruth	McLennan
Dawn	Bell	Matthew	McVay
Richard	Blankenship	Walt	Mitchell
Cindy	Bohn	Jade	Mukri
Evan	Brashears	Banda	Nadeau
Treasure	Bright	Amanda	Napolitano
Edwin M.	Clarke	Sheena	OConnors
LeAnna	Cumber	Shauna	Owens-Leininger
Julia	Denzio	Alice	Painter
Steven	Derin	Matthew	Parks
Candy	Dice	Pamela	Ricard
Leslie	Drake	Felicia	Rivera
Deborah	Dunham	Alison	Ronzon
Claudia	Elliott	Frank	Rumfelt
Nell	Fender	Shelby	Sebesta
Jimmy	Flanagan	Mark	Sekelsky
Eric	Frank	Madhukar	Sharma
Frank	Frazier	tara	showalter
Heather	Gall	Lindsay	Skinner
Josh	Gellers	Robert	Smith
Mark	Ghirardi	Sydney	Solan
Anne Marie	Giffin	Michael	Sperry
Joe	Gilbert	Paul	Spohn
Dannie	Gray	Michelle	Stewart
Christina	Groger	Leah	Strommer
Sean	Halliday	James	Sylvester
Sabrina	Harden	Tammie	Taylor
Ian	Hardington	Cleo	Thibault
Leslie	Hart	Kaitlyn	Thiessen
Cary	Hendricks	Nadine	Thomas
Patti	Hollingsworth	Taylor	Thompson
Jennifer	Holtzapple	Bruce	Turner
Billy	Hyder	Deana	Turner
Stass	Iordanov	Joy	Untalan
Barbara	Jaffe	Michelle	Vanstaden
Susanne	Jones	Michelle	Wagoner
George	Joseph	Quilnetta	West
Robin	Junifer	George	White
Goran	Kadic	Robert	Wilson III
Donna	Kelley		
Meghan	Kennedy		

The Paul de Bruyn Memorial 15K and 30K races

Upon reading the article by Jay Birmingham in the May/June issue of The Starting Line regarding The Phidippides Charter Point Metric Series, I was inspired to write about The Paul de Bruyn Memorial 15K and 30K races held in Daytona Beach.

Here's the story of Paul DeBruyn:

By 1932 Paul DeBruyn had seen the world as a sailor for the North German Lloyd Steamships line, but now for a living he shoveled coal in the cellar of the Wellington Hotel in New York City, where he lived for the past two years. Times were hard, and any job was a good job. When he was called on to make emergency repairs in the upper floors of the building, he would impress his superiors and the tenants by running full speed up as many as 20 flights of stairs. To him it was training, but to them it was obedience and loyalty to the job.

DeBruyn took his 5-mile morning runs in Central Park. He was a brawny 24-year-old, 163 pounds and fond of beer. And why not? said the newspapers. There is no Prohibition where he comes from. DeBruyn had been a swimmer in his youth in Oldenberg, South Germany. Boston Post reporter Ruth Bodwell described DeBruyn in her prerace story on April 19: "A golden red-head with tiny freckles specking his smooth fair skin and blue eyes twinkling with fun and energy." The only flaw in this seemingly perfect specimen was a bald spot on the back of the head.

DeBruyn could run with abandon at Boston because he knew that, regardless of his showing, the Olympic spot for Germany was his. DeBruyn had already made Germany's Olympic team by winning the German national championship in Berlin. He prepared himself to run with Teutonic thoroughness. He was experienced at Boston after his eighth place of the previous

year.

Without money for train fare, he hitched his way from New York to Boston.

DeBruyn expected that his main competitors would be Jimmy Henigan, the 1931 winner, who was running to qualify for his third Olympics; Willie Ritola, who wanted to qualify for the Finnish Olympic team, for whom he had already won three gold medals; and hot-dog 24-year-old Johnny McLeod of Nova Scotia. McLeod ran a record pace through the first 18 miles. DeBruyn carried a watch in his hand, consulting it at every checkpoint. He was serious. He had done his homework. He kept to his schedule. By 20 he and Henigan had caught McLeod who offered no resistance and walk/ran the final 6 miles to place 27th. By Commonwealth Avenue Henigan got a cramp in his thigh and lost his grip on DeBruyn. DeBruyn won in 2:33:36, just 56 seconds in front of Henigan.

DeBruyn asked the BAA officials for a beer, but because of Prohibition the closest they could come was ginger ale. The newspapers reported that DeBruyn then left the Lenox Hotel to go where he could get some.

Paul DeBruyn went on to run for Germany in the Olympics in 1932 and 1936. He became a U.S. citizen and volunteered for the American Navy during World War II. Injuries he received in 1945 won him a Purple Heart, but ended his running career.

Most important, Paul was a gentle man. For years, until his death on April 5, 1997, he started the race named for him and graciously accepted the acknowledgements of his admirers at the finish area.

In 2001 & 2002 (although it was more than those two years; these are the years for which I still have the result booklets), our own

The Paul de Bruyn Memorial 15K and 30K races

Jacksonville Track Club (as it was known at that time) provided a bus to Ormond Beach so club members could participate in either the 15K or the 30K race. We met the bus in the parking lot of The Avenues mall at 5 a.m.

The Daytona Beach Track Club sponsored these races and they were very well organized, although the course did get boring during the 30K race as it was held at Tomoka State Park with nothing to look at but palm trees and scrub.

After the races, Lamar Strother, who paid for the bus himself for several years, also provided milk shakes and cooked hamburgers for the JTC members. Someone from the JTC took a group picture and a couple of weeks later we each received one in the mail. (If anyone is interested, I have two of the group photos.) The Daytona Track Club mailed each participant a copy of their newsletter, The Sandpiper, with complete race results.

15K – Year 2001	Age	Finish Time	Pace
Ace Gottschalk	35	58:15	6:15 (2nd Overall)
Bruce Holmes	53	1:01:19	6:35 (Grand Masters Overall)
Patrick Gaughan	52	1:03:30	6:49 (1st in age group)
Douglas Tillett	48	1:05:49	7:04 (2nd in age group)
Denise Dailey	44	1:17:07	8:17 (2nd in age group)
John Gauer	58	1:17:45	8:21
Lori Weiland	37	1:19:12	8:30
Charlie Bender	42	1:19:28	8:32 (6th in age group)
Hilary Licardi	35	1:19:29	8:32 (3rd in age group)
Michael Castle	46	1:20:44	8:40
Alexandra Montilla	28	1:21:01	8:42 (2nd in age group)
Bo Holub	70	1:24:04	9:02 (1st in age group)
Glen Landers	49	1:26:15	9:16
Carol Lemos	46	1:26:52	9:20 (5th in age group)
Jay Watson	33	1:30:12	9:41 (4th in age group)
Janie Watson	28	1:32:00	9:53 (4th in age group)
Eddie Lynch	15	1:33:37	10:03
Rebecca Brown	45	1:34:03	10:06
Roxanne Slater	45	1:41:09	10:52
Leslie Hunt	47	1:42:20	10:59
Gordon Slater	62	1:43:45	11:08
Christine Kehr	48	1:51:31	11:58

The Paul de Bruyn Memorial 15K and 30K races

30K – Year 2001	Age	Finish Time	Pace
Todd Neville	27	1:51:58	6:01 (1st in age group)
John Dunsford	41	2:17:15	7:22
Paul Geiger	49	2:15:53	7:18
Janet Lavoie	47	2:23:34	7:43 (3rd in age group)
Kathy Murray	39	2:24:04	7:44 (1st in age group)
Bonnie Brooks	41	2:25:38	7:49 (Female Masters Overall)
Paul Berna	45	2:27:32	7:55
Louis Kemp	42	2:29:56	8:03
Tanys Carere	26	2:30:35	8:05 (1st in age group)
Craig Herzog	27	2:32:07	8:10
Susan Briers	46	2:32:14	8:10 (1st in age group)
Ron Porter	39	2:34:05	8:16
Franz Lerch	38	2:49:27	9:06
Stephanie Griffith	47	2:49:33	9:06 (4th in age group)
Michael Donahue	55	2:50:59	9:11
Jeanie Wilson	36	2:54:58	9:24 (4th in age group)
Patrick McKeefery	48	2:55:35	9:26
Ken Wilson	39	2:59:20	9:38
Marilynne Denison	57	3:01:10	9:44 (1st in age group)
Bob Carr	73	3:06:03	9:59 (2nd in age group)
Peggy Shashy	41	3:07:32	10:04
Charlie Lamkin	61	3:08:57	10:09
Paula Lamkin	39	3:08:58	10:09
Larry Roberts	54	3:10:47	10:15
Nancy Kern	60	3:14:14	10:26 (1st in age group)
Trish Kabus	36	3:39:05	11:46
Hal Higdon	70	3:53:38	12:32

As this took place 15 years ago, I think most of us (the older runners) look back at our finish time at this race and say “what happened?” What I can say is “I’m just happy to still be running after 37 years on the road.”

Club members: Would you be interested in a bus trip to an out-of-town race with JTC Running members at minimal cost? I was on the trip to Charleston, S.C., to run the Cooper River Bridge Run and the Paul De Bruyn trips; they were a lot of fun. If you’d like to run a new race in another city, please send me an email (jaxbeachrunner@yahoo.com). If there is enough interest, I will present the idea to the Board and be the organizer, polling interested runners as to race location, arranging for the bus and collecting the money for the bus ride.

Keep on running and, I’ll see you on the road!

Lure of the Mountain — Fifty Years Running

Naturalist John Muir wrote, “The mountains are calling, and I must go.”

The mountain that called me was Pikes Peak, so let me tell you why.

It started on Labor Day 1966, and I was in distress, 16 miles into my first marathon. It was the Heart of America race in Columbia, Mo., a hilly course, described thus in the race flier: “In the vernacular of the streets, it’s a bitch.”

“You’re that Ohio boy, aren’t you?” It was John Rose of La Crosse, Kan.

“You’re doing fine,” he said. “Stick with me and we’ll win one of those trophies.”

Rose had remembered me from the night before in the lobby of the Daniel Boone Hotel, race headquarters. The special rate of \$25 for marathon entrants had drawn nearly 100 of the runners.

Rose reckoned we were in the top 20; the top 12 would go home with trophies. Like a puppy, I tucked in beside him and we closed in on one runner after another. Brutal hills at 18, 21 and 24 miles led us past the University of Missouri stadium to finish in front of the hotel.

How he had the energy to encourage me, I don’t know, but I was grateful for his kindness and pacing. We crested the 18-mile hill, grabbed a cup of water, and were told we were in 17th place. Two miles later, after a quad-killing downhill, we climbed to 21 miles.

We were in 15th place. Could I survive 5 more miles?

As we ground up the final hill near 24 miles, Rose and I caught three guys, including my Ohio Valley Track Club teammate, Jack Mahurin.

“Come on, Birmingham, you can do it.” Rose’s positive attitude blunted my fatigue.

We moved into 11th and 12th place, and I pulled ahead of Rose near the top of the hill. On the flat final 2 miles, I caught one more man and finished 10th in 2:51:57.

I’d wanted to break 3 hours — so my time and the large trophy were huge bonuses. I could barely walk, but I was floating on air.

On the long drive home to Ohio with Mahurin, who’d talked me into entering this race, I realized he was furious. He’d finished 14th in 2:54, not a PR for him, and without a trophy.

“You’ll never beat me again, Birmingham,” he fumed. Of course, I never did.

Puffing on a cigar, mostly to irritate me, he filled me in on John Rose:

“You know, he’s the champion of Pikes Peak.”

Indeed, in the little magazine that had been distributed in the Daniel Boone Hotel lobby, the first article was about Rose’s record run at the 1965 Pikes Peak Marathon. That magazine, Issue No. 1, Volume No. 1 of Distance Running News, went on to become Runner’s World Magazine.

A couple of weeks later, after I could walk normally, a crazy thought entered my mind: If you can beat John Rose going up a hill, you could win the Pikes Peak Marathon. The pace for the 13-mile ascent was about 13 minutes per mile. Sure, the descent time was fast, but how hard could it be?

I wrote to Rudy Fahl, the 69-year-old race manager, in Colorado Springs. He mailed me newspaper clippings about the race, encouraged me to enter, and said he’d find a place for me to stay. He had advised Rose for years, had him eating vegetables and nuts and avoiding liquids during the race.

Pikes Peak stands on the eastern edge of Colorado’s Front Range. On a clear day, it can be seen from the Kansas state line, 120 miles away. Its top is bare, jutting 2,000 feet above timber line; in the morning, it glows golden. Height at the summit: 14,110 feet above sea level.

I flew into Colorado Springs 10 days early to acclimate to the altitude, at Rudy Fahl’s urging. I felt weak and light-headed the moment I stepped off the plane.

Rudy collected me at the airport and took me to the Kinickinick Lodge, a boarding house at the foot of Pikes Peak. More than a dozen other runners were there. The rooms were cheap and included breakfast.

‘Twas there that I met Lou Fritz, “The Race Horse from Verdon, Neb.”

Fritz was a Pikes Peak veteran, a graduate of Peru State College in Nebraska, and a friend of John Rose. He took me under his wing and showed me around town. He had a car, so we were not stuck in one place.

First morning, we ate breakfast, and then headed up Barr Trail, the actual race route. We covered 14 miles, to Barr Camp and back. We showered at the Lodge, and then gathered with other runners at the Manitou Spa smorgasbord. Arriving before 2 p.m., we avoided a \$2 price increase. We ate until we were about to pop, and stuffed our pockets with sliced meat and rolls for our supper.

The second morning, Fritz drove us to Rampart Range

Lure of the Mountain — Fifty Years Running

Road, just north of the Peak. There we ran 10 miles on a twisting mountain road at around 10,000 feet elevation. Lou reasoned that training every day on Pikes Peak would kill us (it would have done me in, for sure.)

The third day, it was up the trail again. This time, we'd go 10 miles to the A-frame shelter at timberline, and then run back down the trail for a tidy 20-miler. We passed Barr Camp, got a quick drink, then pushed higher. Nearing timberline, my legs were shot. The thin air and my mounting fatigue forced me to push down on my knees to keep hiking uphill. As we approached our turn-around point, a familiar voice rang out.

"Hey, Lou! How's it going?" It was John Rose.

I reintroduced myself to Rose and pretended to be less exhausted.

Lou asked him how far he was running. To the summit and back, was Rose's answer.

"What time did you leave the trailhead?" We had left at 7.

"A little after 8," he said, and broke into a steady run toward the summit.

Rose had covered 10 miles one hour faster than we had, and he caught us again before we reached the bottom. I realized then that John Rose was not an average mountain runner and that there was no way I was going to beat him on Pikes Peak.

The remaining week was one adventure after another. Lou and I traveled someplace new each day, ran 10 to 12 miles on roads and trails, raced 15 kilometers in Littleton, and earned our keep by painting and fixing

barbed-wire fences at a YMCA camp.

Two days before the race, we drove to the Pikes Peak summit on the auto toll road. Rose was up there with his camera and asked us to run for some photos for his book. A year later, *Foster Sons of Pikes Peak* was published.

On Aug. 20, 1967, Rose placed fourth to Steve Gachupin, a tiny Native American from Jemez Pueblo in New Mexico. Gachupin broke Rose's record time by three minutes.

Fritz placed eighth and I was 17th. Rose's time was 1:15 faster than mine; that's an hour and 15 minutes. I was properly humbled.

But the beauty of the mountains, the raw physical challenge of the trail and the altitude captured my heart. I returned to race the Pikes Peak Marathon again in 1973 and 1978, and have raced the 13-mile ascent nine times

My 1967 Pikes Peak adventure led to lifelong friendships with a half-dozen fellow runners. For 25 years, I conducted a high-altitude running camp in southern Colorado at 8,800 feet. I've climbed to the summit of Pikes Peak more than 100 times. This summer, I set foot on the mountain 50 years after my first time.

In 1981, I set a record for running from Death Valley to the summit of Mount Whitney, the highest peak in the contiguous 48 United States. In 1984, I raced to the fastest time on Mount Mitchell in North Carolina, the highest peak east of the Mississippi. But Pikes Peak will always be my first mountain, and probably always the one I love best.

Pikes Peak Results: Jay Birmingham on Pikes Peak

Year	Age	Course/Distance	Place	Time	AG Place	
1967	22	Roundtrip 26.2 (1)	17th	5:34:56	--	1) Cog RR start, Manitou Ave finish
1973	28	Roundtrip 26.8 (2)	14th	4:44:03	--	2) Manitou Ave start and finish
1978	33	Roundtrip 27.4 (3)	36th	4:43:28	--	3) City Hall start, Manitou Ave finish
1981	36	Ascent 13.32	16th	2:46:33	2nd	
1983	38	Ascent 13.32	40th	2:53:21	7th	
1988	43	Ascent 13.32	181st	3:18:01	24th	
1989	44	Ascent 13.32	439th	3:49:52	62nd	
1995	50	Ascent 13.32	228th	3:30:55	11th	
1998	53	Ascent 13.32	102nd	3:30:20	5th	
1999	54	Ascent 13.32	152nd	3:29:57	2nd	
2000	55	Ascent 13.32	94th	3:19:45	4th	
2001	56	Ascent 13.32	240th	3:34:10	11th	

Guana 2017 the Prologue



You know, JTC Running is not a one-trick pony. The club offers so much. Why, just look at our running events. Road racing? We have one of the finest road races in the world, the Gate River Run 15k.

It is the USA 15k National Championship race and that is quite a distinction, but it is much more than that. The event offers a 5k run/walk for charity, a wheelchair race, a kids 1-mile fun run, and even a “diaper dash” for tiny toddlers.

We make full use of our wonderful beaches by staging the Tijuana Flats Summer Beach Run 5-mile and 1-mile races. The 55-year-old 5-miler is the oldest race in Florida. Florida’s beaches are world famous and perhaps that is why we decided that one beach run was not enough. Now over 40-years old, our Winter Beach Run 10 and 5 milers are quite the crowd-pleasers.

Track is our middle name, and we have always lived up to it. We offer several well organized, free track meets on first class all-weather tracks. We never forgot cross-country either, as our historic 40-year race, The Last Gasp, will attest.

We also have something that not many clubs or companies can boast about – a trail ultra race. Directed by club member and ultra runner Mark Ryan, our Guana Back to Nature trail races are unique members of the club’s arsenal.

Hosting an ultra race is different enough but even more so is the venue. The Guana Tolomato Matanzas Estuarine Research Reserve (please feel free to call it “Guana”; everyone else does) in South Ponte Vedra Beach is a huge, wild, nature preserve with

many long, well-marked trails. It is the perfect place to commune with Mother Nature and to get away from all those motor vehicles and their inept, cellphone-distracted, dangerous drivers. I am not promising that you will see wild animals but you might. In any case, you’ll be with ultra runners and that should be plenty wild enough.

This will be Mark Ryan’s sixth time in charge of the event that he has managed so well. After his first time, back in 2012, he shifted the event from October to December. This was an inspired move, as the trails are far drier and faster, and the insects that make Florida famous are all dead by then – good riddance to them. Even after the soaking brought by hurricane Irma, the trails should be firm and dry by Dec. 3rd.

The course is all on Mother Nature’s mattress and there is not a speck of concrete or asphalt. The trails are flat and fast, unless you are like me and then nothing is ever fast. Each lap of the trail is seven and three-quarters of a mile. Therefore, the ultra runners will do four laps and the two 25k team members will both run two laps. They can start together or run separately as a relay. A slight shortening of the loop will enable the runners of the 12k (7.5-mile) to race all-out over one exciting lap.

Runners can use any sort of footwear, trail shoes or road shoes, it doesn’t make much diff. These are not Colorado-type trails and rugged footwear is quite unnecessary. Aid stations will be in effect, although I know that most ultra runners like to carry their own supplies. Runners should bring a change of clothes so they can “freshen up” and enjoy the post-race party and awards presentation at The Reef restaurant. The ocean side restaurant, well known for its fine dining, is located on A1A about 5 miles south of Guana. It is here that participants will receive their race goodies and deserved awards, including Altra running shoes. Like the race, the party is not something to be missed. Food and booze is included in

Guana 2017 the Prologue

your entry fee.

Speaking of entry fees, proceeds from the event go to benefit the Friends of Guana research reserve. They do great work trying to save this important piece of North Florida nature. Since I mentioned saving, it is worth pointing out that the sooner you enter the more money you save.

Walkers, or in this case I suppose I should call them "hikers," are welcome and encouraged to attend and enjoy. They will like all the sights and sounds of Guana as they take their time strolling through nature's wonderland. Unlike me, "running" along with my sweaty head pointed straight at the ground, never doing anything more than wishing it was all over.

JTC Running's Guana Back to Nature Trail Races take place on Sunday, Dec. 3rd. The main event, the 50k (31-mile) begins at 8 a.m. Beginning at the same time is the 25k 2-person team race. The official starter will be none other than Jay Birmingham, a man who needs no introduction. But what the heck, I'll introduce him. Jay was a founding member of our club back in 1975. He helped plan the inaugural River Run 15,000 in 1978. He opened

Jacksonville's first specialty running store, the Phidippides Running Center. He began some of the area's first races, including the Phidippides Metric Series, the Little River Run, the Phidippides Marathon and the St. Augustine to Jacksonville Ultra.

His running accomplishments include running unassisted across the U.S. from Los Angeles to New York City in a record time. Running from the tip of Maine to the tip of Florida; running up Mount Whitney, the highest point in the U.S.; running across Death Valley; running Pikes Peak umpteen times; running the Badwater Ultra, which he also helped to found; just to mention a few. Jay is also the head coach at St. Johns Country Day School and has the most encyclopedic running mind known to man. Heck, just meeting him is worth the price of your Guana race entry.

The 12k trail race will start at 1 p.m. That may seem late but it is so that the participants of all three races will finish at nearly the same time. Then it's off to the party all together.

For more info and to register go to JTC Running.com or 1stplacesports.com. There is also a printed entry form below.

Back to Nature Trail Runs

Official Entry Form December 3rd, 2017

Official User Only

First Name	Last Name	<input type="checkbox"/> Send me information on joining JTC Running
Age on Race Day	Sex	T-Shirt Size
Street Address	Apt. #	<input type="checkbox"/> 50K <input type="checkbox"/> 50K Relay <input type="checkbox"/> 12K
City	State	Zipcode
Telephone Number	Make checks payable to JTC Running and mail to: P.O. Box 24667, Jacksonville, FL 32241-4667	
	Method of Payment:	\$ _____ Amount Paid with Entry
	<input type="checkbox"/> Cash <input type="checkbox"/> Check	

I know that running a trail 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 race. All such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and race handicaps are not allowed in the race. I also understand that I must return the Champion's Hu Transponder if required 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 to have my 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

Returning the Favor, Lamar Strother

There are some people who do their utmost for running in a very quiet manner, behind the scenes. Such a man is **Lamar Strother**. Before there even was a Jacksonville Track Club there was Lamar, a subtle mover and shaker who turned an acorn into a mighty oak tree – if I can be allowed to be so corny. He was one of the “pioneers,” the “charter members,” along with such luminaries as John TenBroeck, Jay Birmingham, Rodney Smith and Buck Fannin.

Lamar served on the club’s first board of directors in 1975 and has attended every board meeting since. His dedication has been unflinching.

One of the club’s first organized events was track. It was Lamar who carried the weight of the track meets, painstakingly organizing each one down to every detail, lining up his army of “volunteers” (it was not easy to say “no” to Lamar), and showing up on race day megaphone in hand, safari hat atop his easily sunburned head and looking way too nervous. He did this continuously every year for 31 years.

Where does a club find a man like that?

Lamar was the one who engineered the trip to the Daytona Beach Track Club’s race, the Paul DeBruyn 30k. He lined up the bus that carried our runners there and back, paying for most of it himself.

Where does a club find a man so generous?

Lamar Strother is more than a member of JTC Running, he is a living symbol of it. I am happy that I am able to help tell the story of one of our most distinguished, unselfish and involved members. Without him this club would not be the same. Undoubtedly, Lamar Strother is someone who has always returned the favor.

Bob Fernee: Let’s begin with some history: when and where were you born? Where did you go to school?

Lamar Strother: I was born March 14, 1936, in Lenoir, North Carolina. My father was a traveling salesman. First grade, Newport News, Va.; second grade, Washington D.C.; third grade, Wilmington, N.C. and Hingham, Ma.; fourth grade, Quincy, Ma.; fifth grade, Wilmington, N.C.; sixth and seventh grade, Greensboro, N.C.; eighth through twelfth

grade, Wilmington, N.C. First and second year of college, Maxton, N.C. Third and fourth year of college, East Carolina College, Greenville, N.C.

BF: How did you first get involved in running?

LS: I was in the US Army for three years. We ran two miles most days. I was on a cross-country track team in college. I ran about 20 miles a week after I got out of the Army.

BF: You were one of the original pioneers of the Jacksonville Track Club. 1975, wasn’t it? How did that all come about?

LS: Gary Hogue, from the YMCA sponsored several races every year. After the Bold City Fest 5-mile race of October 4, 1975, five or six of the runners spoke after the race. I asked if we could get a running club. Douglas MacElhinney, from New Orleans, said we could. Gary Hogue said he would include an announcement of the organizational meeting in the results. The results said the meeting would be Oct. 21, 1975, at 8 p.m. in the YMCA. Tom Skordas gave me a list of the first 101 members who joined the track club in the order in which they joined.

BF: What was your involvement in creating the River Run 15,000?

LS: Buck Fannin did all the planning for the River Run. I was in charge of getting the portable toilets for the first five River Runs.

BF: In the early days, the Gate River Run had a more open field, I mean foreign runners could win money. We stopped that and made it the 15k USA National Championship. Only Americans could win prize money. Do you like the current method or would you prefer to return to the “old way?”

LS: I like the current method.

Editor’s note: Lamar can be quite laconic when he wants to be. You know, a man of few words.

BF: How many River Runs have you run?

LS: I ran the first 13 River Runs.

BF: For over 30 years you were the meet director of our club’s track meet series, how did that happen, were the track meets your idea?

LS: The JTC used to meet at the YMCA. There were

Returning the Favor, Lamar Strother

usually about 20 runners at the meetings. Chris Hosford worked for the Jacksonville newspaper (the Florida Times Union). Chris stated the track club had a mandate to have track meets. The president of the track club asked if there was anyone that would be in charge of the track meets. John Tenbroeck said he would help. I agreed to be in charge, but I would need to have John Tenbroeck to answer the technical questions. The first track meet was April 1979. The last track meet was July 2010 – 32 years. I have the work sheets for all the track meets. I can tell you who worked each event for all the track meets. I have a list of every official who has worked a track meet in alphabetical order. If I have the official's name, I can tell you which meets they worked. About 113 officials worked each year.

Editor's note: Lamar was track meet director until July 2010 but our meets continued without interruption and today under the directorship of coach Eric Frank we still offer track.

BF: You were also the person who arranged the bus that took runners to the Paul de Bruyn 30k race in Ormond Beach. Some say you even paid for it. What made you take that on and how many years did you do it?

LS: I ran the first 18 Paul de Bruyn 30k races from about 1972 to 1990. I had a streak going and I trained every Friday for ten miles. In 1990, I was only able to go about eight miles on Fridays, so I was not training properly for a 30k race. After the 1990 race, I had iliotibial band syndrome for 20 weeks and I never ran again. I thought it was luxurious to ride a bus to a race with a toilet in the bus. All the bus riders contributed two dollars, I only had to pay between 120 to 300 dollars for the bus. So, I was king for a day.

The Daytona Beach Track Club gave me a commemorative cup. I have group pictures of most of the Paul de Bruyn bus riders, one of the pictures included a picture of Paul de Bruyn.

BF: Looking back, we can see that you were very instrumental in virtually everything the club did. Looking ahead, how do you see things unfolding for JTC Running? Do you predict a lot of changes or will things remain much the same?

LS: They will remain the same.

Editor's note: Like I said, man of few words.

BF: You still serve on the board of directors and you have seen a lot of people come and go in those 42 or so years. What would you have liked the board to have done differently?

LS: I have a list of everyone who has served on the board of directors. There have been 172 people who have been on the board of directors.

BF: What do you consider to be our club's greatest accomplishments?

LS: The River Run. The newsletter.

BF: Do you have any ideas as to how the club can attain more young, active members.

LS: No.

BF: Do you foresee much of a difference in running in general for the future?

LS: I expect everything to mostly remain the same.

BF: Many clubs, such as, the Atlanta TC, Boston AA, the Donna Deegan Foundation and others, have gone to a paid sort of General Manager position, but still have a lot of volunteer help. Do you see JTC Running going with this sort of format in years to come?

LS: No

Editor's note: I'm not using much ink on this article.

BF: Looking ahead, what do you hope that the board of directors (and the club) does in the next 10 years?

LS: I would like to see the entry fee to races reduced. When it is necessary to pay an entry fee, it takes the fun out of the event.

BF: Lamar, you have done a lot with this club and local running. Without you, and people like John Tenbroeck, we would not be where we are today. Tell us, what has running, and this track club, meant to you?

LS: I have enjoyed the track club because running was something that had meaning to me. It is good for us to exercise.

Discounts for JTC Runners at the new *JU 1st Place Sports Running Laboratory!*

We are so excited about the new JU 1st Place Sports Running Laboratory at the Jax Beach Store. Eight months ago, this was just a great idea. Then, the following “dominoes” quickly fell:

- February JU and 1st Place Sports discuss Running Laboratory
- April JU acquires a 2nd set of Vicon motion-analysis cameras
1st Place Sports provides laboratory space at Jax Beach Store
- May JU Kinesiology hires an outstanding exercise physiologist (David Hooper, PhD) and acquires funds for a metabolic cart
- August Biomechanical assessments begin
- August JTC fully sponsors Running Lab (funds a 2nd graduate student for the laboratory)
- September Parvo metabolic cart arrives and pilot testing begins

Now, thanks to incredible support from 1st Place Sports and JTC Running, we have officially established a “full-blown” Running Laboratory for Jax runners. We are now able to offer both biomechanical and metabolic assessments and we have two funded graduate students to work in the laboratory.

Here is the best part: in August, we formed a strong partnership with JTC Running that allows us to offer assessments to JTC runners for 1/2 price!

So now, with a team effort, we can accomplish the 1st Place Sports Running Laboratory’s three primary missions:

- 1) offer state-of-the-art biomechanical and metabolic assessments to the Jax running community for a great price (less than a pair of running shoes!)
- 2) conduct scientific running research to help advance the world’s understanding of injuries, performance, and health
- 3) use the Running Laboratory as a platform to educate, train, and fund students



Jeff Wight and Ryan Sloan demonstrating biomechanical analyses at the June open house.

Discounts *for JTC Runners at the new JU 1st Place Sports Running Laboratory!*

The Process

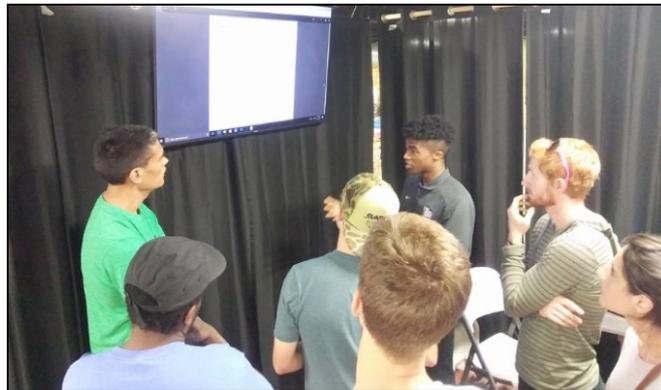
To sign up for an assessment, simply visit the 1st Place Sports website:
1stplacesports.com/runninglab

The website provides descriptions for the assessments (biomechanical and metabolic). You can sign up for one or both (simultaneous assessments).

We have two ideal JU graduate students who are funded to work in the lab: Jordon Garman and Ryan Sloan. Both are hard-working, smart, pleasant, and natural coaches. Also, they really know running—both are fully trained in biomechanics at JU, members of our research team, seasoned employees at 1st Place Sports, and top runners in town. These two commonly run 75+ miles per week despite their busy schedules!

Your running assessment will take about an hour and it will be completed by Jordon and/or Ryan. Then, you return to the Running Laboratory the following week to receive your report and a 20-minute consultation.

Jordon Garman – 1st Place Sports Graduate Assistant



1st Place Sports Graduate Assistant Jordon Garman describing analyses at the 1st Place Sports Running Laboratory open house in June.

Jordon's position is funded by 1st Place Sports. Jordon is a second year graduate student at JU. Last year, Jordon helped develop the biomechanical analyses for the 1st Place Sports Running Laboratory. He also presented running research at the Southeast American College of Sports Medicine. Jordon is now very experienced conducting motion-analysis data collections and biomechanical assessments at the Running Laboratory and is thrilled to add the metabolic assessments. This summer, Jordon accumulated some massive mileage. This fall, Jordon is focused on speed as a member of the JU cross-country team. Jordon is a very well-rounded kinesiologist—his undergraduate work was in Nutrition at UNF.

Discounts *for JTC Runners at the new JU 1st Place Sports Running Laboratory!*

Ryan Sloan – JTC Running Graduate Assistant



The major support provided by JTC Running is the funding of Ryan Sloan's assistantship. With Ryan on board, we now have the manpower to incorporate regular metabolic testing. Like Jordon, Ryan will be completing both biomechanical and metabolic assessments. Ryan is a dedicated and fast runner. He is a sub-16 5K runner and this September he ran a 2:32:45 marathon (wow!) at Erie, PA to qualify for Boston. He also has extensive coaching experience. Ryan has a strong scientific background in biology and is able to quickly comprehend complex biomechanical concepts. We are thrilled to have Ryan join our research team. Below is a picture of last year's research team.



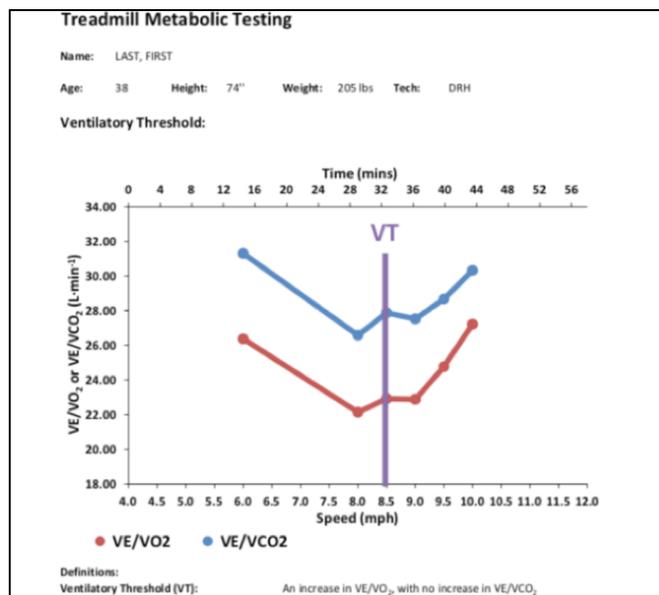
Last year's JU running research team presenting projects at the 2017 Southeast American College of Sports Medicine Conference.

Discounts for JTC Runners at the new **JU 1st Place Sports Running Laboratory!**



Dr. David Hooper is the outstanding exercise physiologist hired by JU this summer. He will direct metabolic testing at the 1st Place Sports Running Laboratory.

Dr. Hooper completed his PhD at Ohio State. His mentor is one of the top exercise physiologists in the country. Dr. Hooper was assistant professor at Armstrong State University for the previous two years.



Please visit our 1st Place Sports Running Laboratory website for a detailed description of the biomechanical assessments, metabolic assessments, personnel, and the assessment process:
1stplacesports.com/runninglab

Upcoming Events

JTC Running's Cross-Country Classic

The Last Gasp 5K

Low, Low Entry Fee For Members

FREE KIDS' 1-MILE FUN RUN

Saturday, December 30, 2017

Registration & Details at JTCRunning.com

Upcoming Events

Ring a Ding Ding!

JTC Running's Annual Christmas Party

Saturday, December 9, 6:30 pm

Meet Your Friends & Meet New Friends!

Free Food & Beverages

1st Place Sports Store, San Marco

Richard Fannin Creates Cross-Country Success



It was a thrilling moment; one that I thought I would never see again. I found myself standing on a virgin cross-country running course. It was beautiful, it was unexpected and most astonishing of all, it was Jacksonville. Yes, Jacksonville, the place that is supposed to have the most parkland in all the United States but where you can hardly find a decent off-road place to run.

The moment was the Cecil Pre-season Cross-Country Classic, an event with races for middle school kids, high school harriers and slightly older racers competing in an Open division. It was held for the first time by Bishop Snyder high school girls head cross-country coach Richard Fannin. A man who has achieved fame in recent years for his work as the Gate River Run's elite athlete procurement officer but today wore the hat of race director.

More about the race later; right now let's return to the venue and course, which is what I am excited about. How excited? Put it this way: Now I know how archaeologist Howard Carter felt when he opened the door and unearthed Egyptian Pharaoh King Tutankhamun's richly laden 2,000-year old crypt. Because finding a cross-country race course like this one is a true treasure. I was convinced I would never see a cross-country spot like this one again – especially in our tarmac-covered locality. As soon as I saw it my breath was taken away, I was amazed, aghast even. The place is near-perfect; all it lacks is a hill or two (and you'd have better luck catching Donald Trump eating in a Mexican restaurant than finding a hill around here).

The multi-venue sports ground is not very busy, at least not yet, and the people who oversee the place

are happy to see a bunch of warm bodies make the scene – even if they are runners. The few golfers who use the course don't seem to mind being squeezed out or finding half the course closed due to a race. We have not encountered a situation like this since the days of the old Ravines golf course. What a place that was! They even opened the community swimming pool for us and we took full advantage of it for our post-race gala. It had hills, thrills and spills and seemed too good to be true. It was, and it closed.

Fannin got a great turnout from middle and high school teams. All the kids seemed anxious to get going. I had not seen such pre-race gaiety since I couldn't remember when. Ah youth, way too good to be wasted on the young, just like Oscar Wilde said. There was an army of enthusiastic, supportive parents giving the event an electric atmosphere.

Fannin was running around like a human dynamo trying to cover all the bases and then some. Me? I was Mr. Cool, as usual. I went to check out the swelling scene, do a Hog Jog promotional (that fine cross-country race is Sunday, Oct. 22, and I'm the race director, by the way. Details at [Florida Striders.com](http://FloridaStriders.com) and 1stplacesports.com), and run the Open 5k race. Frankly, I was more interested in seeing what the new course and venue were like than finding out how bad my running is (I think I know that fact well enough, thank you).

The day was not all that hot – for a Florida summer's day – but it was humid as Hades. The dripping-wet, gasping, youngsters trying so hard to finish their races made that obvious. What chance then for an old geezer like me? During much of the week, rain had swamped most of Jacksonville and had done likewise to the Cecil course. There were some muddy stretches that made for a slow run on what would normally be a "fast" course. Toss in the humidity and you know just what to expect.

Finishers in the Open 5k totaled 105. I wasn't one of them. I ran one lap then started worrying about my 12-year-old son, Norman, who completed the

Richard Fannin Creates Cross-Country Success

middle school race but was without his mother and didn't know anyone. That was my excuse for pulling out at the end of the first lap of the two-lap course. Anyway, I really only wanted to see what this new cross-country course was really like. That goal I accomplished and I was suitably impressed by what I discovered. Twists and turns, some long grassy stretches, a bit of woods, a small wooden bridge, all good cross-country stuff.

The layout was wonderful. The registration area was in the front, at a slight gradient to the race start position. A good viewing spot made even better by the band's makeshift open-air concert hall adjacent to it. Race director Richard Fannin

did everything he could to make the evening special and the band Firewater Tent Revival capped it off perfectly. Delicious pulled pork sandwiches, burgers and hot dogs went down well with the draft beer also for sale. As Cecil is not a public park they can do what they want, including sell the suds.

All in all, it was a magnificent night and plaudits must go to Richard Fannin who singlehandedly created and pulled off the brand-new event. Neophyte road runs come and go, but cross-country? Nearly never; until now, that is. I wish this event well and hope that it continues.

The Starting Line / Written by Jon Vredenburg, MBA, RD, CDE, CSSD, LD/N

Energy Bars: A Runner's Guide

The idea of energy bars to give people nutrition on-the-go is a concept that first hit the marketplace in 1969, when Pillsbury unveiled their 'Space Food Sticks.' These simply named snacks were similar to the non-perishable bars developed for use by the astronauts.

Fast-forward to 1983 when Brian Maxwell, a Canadian distance runner, developed a portable energy bar that could be used to give runners a combination of carbohydrate and protein, without too much fat, during competitions. This idea helped him to launch the PowerBar Company. Since that time, protein and energy bars have inundated grocery store aisles and picking a suitable choice is no longer as simple as selecting your favorite flavor.

A carefully-chosen bar is not going to negate a poor overall diet and they should not be the foundation of your daily eating routine either. Instead, use the bars as a convenient source of energy when whole foods may not be an option.

The Sports Nutritionist's choices for Protein and Energy Bars:

Workout Bar: PowerBar Performance Energy Bar

The bar that launched an industry offers an easier-to-digest source of fuel to get you through your longer training sessions. This bar features a blend of sugars which helps facilitate greater absorption

through the gut, so the muscles get the fuel they need. Recommendations for carbohydrate fuel during longer runs is about 30-60 grams per hour, and one Powerbar provides 44 grams of carbohydrate. Their ability to withstand higher temperatures makes them suitable for outdoor training sessions too.

Snack Bar: Larabar

This bar is minimally processed and features a variety of flavors with no added sugar. Each flavor offers healthy fat from nuts and natural fiber from dried fruit. However, due to their elevated fat content they are not a great choice during a long run.

Protein Bar: Quest Bar

Most protein bars are nothing more than fortified candy bars. The Quest bar minimizes added sugar and provides at least 20 grams of protein from whey protein, which is a rich source of muscle-building amino acids.

Meal Replacement Bar: ProBar Meal Bar

In order to replace a meal, a bar needs to provide adequate calories, which is why the ProBar makes this list despite its high calorie count. ProBars provide an average of 350 calories with a mix of whole food ingredients, but not an excessive concentration of added sugar.

Injury-Proofing:

Picking the Right Training Plan for an Injury-Free Fall

Fall is coming which means marathon and ultra running season is coming up! Many of us have a goal to run one of these longer distance runs, and it can often be very tricky to train for one without getting injured because of the additional mileage and speed work involved in the training plan.

There are many excellent coaching philosophies and training plans for a marathon or an ultra distance running event. Some are similar, some are very different from one another, and yet all of them can be successful if 2 key principles are followed.

The first of these principles is gradual and progressive running mileage and intensity increase. This means that the training plan should allow the runner to gradually adapt to the demands of the schedule. One should look at the training plan to make sure that the ramp up to the longest runs and mileage/week does not occur too rapidly over time. Some runners may be able to ramp up faster than others safely due to running/injury history, one size does not always fit all. A general rule of thumb is to ensure that mileage does not increase more than 8-10%/week. If one is newer at these distances, or are frequently injured, lean toward the 8% or less increase/week.

This principle of gradual increase also is important with intensity levels as well. Be careful that a plan does not jump into speed and tempo work too quickly. Going from nothing or general baseline training to 2 track sessions a week, on top of mileage increase, probably isn't such a great idea as the body will not adapt fast enough, and an injury may occur. It takes the body approximately 4-6 weeks to fully adapt to a training stimulus, so dramatic changes in volume and intensity should not occur within this time frame.

The second key principle is to make sure that your training plan incorporates strategically-timed recovery. Well-designed

training plans use what is known as the 'hard/easy principle'. This means alternating harder and longer days with easier days of comfortable running. This takes many different forms in different training plans, but in general there should always be easier training/recovery before and after the harder work to allow the body to work hard, rest, and adapt to the training.

Always remember, it is during the recovery that we get stronger, not during the harder sessions. If there is not enough recovery strategically placed, the body only breaks down from the harder training and does not "absorb" or get stronger from the training, eventually leading to injury.

Before you choose your training plan or this fall, make sure to check to see that these above principles are incorporated in the plan. Doing so will significantly decrease your chance of injury, and increase the chance that you will achieve your goals for your fall marathon or ultra.

If you have questions about whether or not a training plan correctly incorporates these principles, or about an injury that you have, please feel free to contact us at Coltman & Baughman Physical Therapy.

Rob Coltman, PT, MPT, OCS, MTC
Board Certified Orthopedic Specialist

Coltman & Baughman Physical Therapy
350 13th Avenue South
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rob@cbptjaxbeach.com



www.cbptjaxbeach.com

Tijuana Flats Summer Beach Run – Fun on the Sand

The Tijuana Flats Summer Beach Run was on Saturday, August 26. It started at 6 PM on the sand in Jacksonville Beach, just down from the SeaWalk Pavilion. As usual, the 5-mile race was an out-and-back, running first to the south with the turnaround at two and a half miles. The SBR is historical in that it is the oldest race in Florida. Many runners claim it is their favorite race despite the challenges of heat, wind, and sand.

A couple of weeks before the race, we held a “kickoff” event at the Tijuana Flats Lakewood location. JTC Running was there, at the door, to offer a discounted entry into the race. We also offered attendees tickets for a dollar which would get you a beverage or a taco, so for five bucks, you could have two great tacos and three satisfying beverages. Many of the folks attending went for a 3-mile run around the Lakewood neighborhood and then returned to Tijuana Flats for food, drink, and fellowship. It was a wonderful gathering and it got all of us in the mood for the race to come.

On race day, we gathered at the SeaWalk Pavilion, pinned on our race numbers, used the porta potties, adjusted our racing clothes, then headed down to the beach for the start. Trib LaPrade was the voice of the start which is good because Trib’s got a great voice, a sense of humor, gives clear instructions, knows lots of runners, and has plenty of experience at this race which has taught him the important aspects of announcing it. All of us were standing behind the start line, listening to Trib and waiting for the cannon to fire. It was lotsa fun, there before we had to run. Everyone was excited, hoping for a good race. It was hot, of course, because it’s the Tijuana Flats Summer Beach Run and it’s always hot but Doug Alred (the race director) noticed that it felt (maybe) a little less hot than usual. I don’t remember him using the word “cool” to describe the temperature but it did seem more bearable, at least to me.

The race started on time. The beach was wide and the sand was firm. We had a good-sized crowd and the wind at our backs for the run south. Spectators were there to cheer us on. We were yakking and laughing as we were running – excited about the

race – but it was early in the race. I felt good and I was glad to be there. Now, as you know, this excitement I’m describing subsides, usually before the first mile marker. Nevertheless, I reached the turn-around still feeling OK and we all noticed that the wind was now blowing against us which felt good for the cooling effect but which made the running harder.

No doubt about it: the second half was harder than the first. Running against the wind, getting tired, and feeling the heat even though it was less hot than usual resulted in a pace decrease. But on the positive side, we were past halfway and every stride got us closer to the finish. No turns. No hills.

This race has a good finish line, visible from a long way away since it’s on the beach with plenty of race fans gathered around to watch the runners come in. Trib was on the microphone, calling names. A custom medal, a really nice one, was given to every finisher. There was plenty of water and a nice breeze to help us cool down. The emergency medical people were there but I didn’t need them this time. What a blessing.

After we finished and cooled off a bit, we moved up the dune to the SeaWalk Pavilion. There was a band. There were beverages. And best of all, Tijuana Flats was there, making a taco for everybody. (Those Tijuana Flats people are just fantastic. Outstanding!) And there was a beer truck. That’s right – it was a party! After a bit, awards were presented. And then the sun went down, the beer ran out, the tacos were all eaten, and it was time to go home. What a great post-race party for another great Tijuana Flats Summer Beach Run!

And just in case you’re wondering, the results show that we had 1,154 finishers. The winning man was Chris Mutai, who happens to be 40-years-old, in a time of 27:17. The winning woman was Lauren Scott in 31:19. The winning masters man was Gary Myers with a 31:29 and the winning masters woman was Karen Stelhorn, 51-years-old, in a time of 36:45. And I had my fastest finishing time at a Tijuana Flats Summer Beach Run in years and years. Yay. It was a real victory for all of us that finished.

The Meat of the Issue: No Bones About It

2016 was a banner year for me. I ran a 13-minute marathon PR, 4-minute PR in the half marathon and 15k, broke 17:00 in the 5k for the first time in my 26-year running career, won 16 individual races and set my sights set on a sub - 2:45 marathon. Suddenly, I attracted some interest from friends and foes. My friends and clients were eager to learn more about the “magic workouts” I was doing, took an interest in my mileage and training habits in general. My closest competitors speculated not so silently that I had to be doing something illegal; after-all, how does one improve so quickly in one year?

So, what then, if not simply training, was my secret? To all who would listen I told them plainly: nutrition. No one believed it could be that simple and yet it was also that complicated. For the first time in my life, I really paid close attention to what I was (and wasn't) allowing into my body. Growing up as a multi-sport athlete, often with my seasons overlapping and as a heptathlete in college (seven different track events) plus relays and my open events, I always subscribed to the “if the fire was hot enough, anything would burn” approach to my diet.

It was the perfect storm...literally. Hurricane Matthew was set to strike the Jacksonville coast and along with it came floods of rain. To an avid runner, this is the worst – confined to train indoors on the “dreadmill” or not at all. So, I did what any serious fitness-enthusiast trapped inside for the weekend would do – binge watched Netflix health documentaries.

What I discovered next absolutely shocked me. I'd been in the fitness industry and coached collegiately for decades – having met with fitness experts, nutrition professionals and coaches at the highest level and attended health symposiums across the country, obtaining multiple CEU's and every USATF certification possible. Not once did I ever learn how impactful a role proper diet and nutrition plays not only in health, but in fueling and recovery. I could no longer have this knowledge and not apply it. I couldn't help but want to shout it from the rooftops, bridges, mountains, megaphone,

really from anywhere anyone would listen.

I attended Dr. Esser's wellness clinic on a “plant-based,” whole foods approach to diet. I'll admit that I was skeptical at first; I mean, aren't we always told as athletes how important our protein needs are? What about iron, isn't that only found in red meat? The more I listened, the more I wanted to learn. I received Shalane Flanagan's Run Fast. Eat Slow. cookbook as a gift and learned more about runners' needs for healthy fats in the diet. I took notes and made a shopping list of items to keep handy – in the fridge, pantry, when I'm on the go (which is always). I attended the Brooks Beasts Altitude Training Camp in Albuquerque and met with their team nutritionist as well as a Mayo-clinic expert in the field.

I will not say that I committed to a strictly vegetarian and certainly not a full-blow vegan diet (didn't give up my egg-white veggie omelets and still ate salmon occasionally); however, in a very short time (within 3 months) of committing to this lifestyle change (note: NOT a diet), my running, mood, skin, sleep patterns and more were completely transformed. I no longer craved the sugary and processed foods I used to reach for as snacks. My recovery time between workouts and races improved. I could train harder than ever before, logging my highest volume in my life by far. Was I just hitting my peak training age and reaping the benefits of a higher mileage training plan? Maybe. Was it because my job is to train and I'm able structure my days to train at optimal times, weather, etc.? Possibly. Here's what happened next.

Family and friends started to voice their concern. Any time someone commits to something viewed as extreme, it can cause others to become uncomfortable. To say that I was becoming obsessed with my newfound approach to nutrition, lean look and healthy feeling was fair. It largely consumed my time and thoughts – recipe planning, meal prep, limiting my eating out and becoming that person who asked multiple questions about preparation and made several revisions before ordering a meal.

The Meat of the Issue: No Bones About It

Sometimes it involved standing in the grocery store staring at labels, searching for healthy foods to purchase after learning how much foods which are marketed at us as “healthy” and “superfoods” aren’t really. I even took veggie burgers to a family BBQ once, which wasn’t exactly well-received.

So, after a year of PR’s in every distance from the mile to the marathon and becoming somewhat exhausted with this process of finding the right balance, striving to consume enough calories to meet my energy demands and trying to ignore criticism from others, I started eating meat again. Not in large portions or with every meal, but I wasn’t eating “plant-based” anymore. I gained a few pounds back, no longer received comments about my vascularity on a regular basis and experienced a decline in my training, recovery and performance.

As I have mapped out my fall/winter racing and training schedule, I will be returning to a strict vegetarian, possibly even vegan lifestyle – for good. I don’t need to be convinced of the benefits – not just for my running, but for long-term health and longevity. This year, a close friend and mentor to me, also a former collegiate runner, had a stent put in at the young age of 47. He is an active individual and not at all obese or out-of-shape, non-smoker, has a job which he loves and fulfills him. He told me when I first adapted this vegetarian lifestyle that a lot of what I’d learned was “propaganda” and that he was and always would be a “meat and potatoes” kind of guy. He’d never eaten many vegetables growing up and didn’t intend to start anytime soon. Post-surgery, he started juicing, stopped consuming dairy and started incorporating a variety of vegetables into his diet. He still eats small portions of meat (think one small Publix chicken strip with a plate full of colorful veggies instead of an entire chicken breast). He lost 20 pounds in a few short months, has a clean bill of health now and has returned to the sport he loves so much: running, competing in his first races in over 6 years.

Many of my clients tell me that even if he/she

thought personally they could commit to “plant based” eating that it is difficult to convince an entire family to do so. My family has been educated on the benefits of a “plant based” diet and has started to adopt the same healthy eating habits. It started with them just committing to one “vegetarian” day a week. It’s a learning process. You don’t have to take my word for it. I just wanted to share what I did, what I learned and what I am doing again. I have several big goals left to mark off in 2017, and I’m just getting started. I intend to pursue my career for as long as I’m able to stay healthy, as I have a lifelong passion for running and helping others to realize their full running potential. Bottom line? You can’t outrun a bad diet.

Suggested Documentaries: What the Health, Forks Over Knives, Cowspiracy, Plant Pure Nation, Fat Sick and Nearly Dead

About the Author: Julie Stackhouse, a Brooks-sponsored athlete and owner of Stackhouse Fitness (getstackednow.com) is a serious competitor in the Jacksonville community. She leads a weekly track training group at Jacksonville University as well as mentoring individuals on how to improve their running mechanics/efficiency/training to achieve their personal bests at any age, most importantly while staying healthy. She aims to lead by example, having remained injury-free her entire running career.



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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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