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43 Years of Running
www.jtcrunning.com



THE
**STARTING
LINE**
NEWSLETTER



JTC Running
Track Series

Letter from the Editor

The “dreaded oval.” I don’t know who first coined that phrase, but I could never forget it. It refers to the track, of course. A lot of people do dread it but there is no reason to. Sure, it can be a challenge but isn’t all running? Isn’t everything worth doing and everything worth having a challenge and hard work? Sure seems like it.

Here at JTC Running we make everything fun and our annual track meet series is no different. If you have never treated yourself, and your family, to one of our highly organized, free track meets then it is high time you did. Free?

“Nothing’s free in this world, Bob.” Wrong, these meets are free. Easy to enter, too; just go on JTC Running.com and signup.

This newsletter is dedicated to two things: Track and our upcoming annual Awards Banquet.

Before we get all immersed in track, let’s mention our gala of the year, the club’s banquet at Maggiano’s Italian Grill on Thursday, June 21. It kicks off at 6 p.m. with some legendary JTC Running socializing. You can catch up with all your old pals, and make some new pals, before the sit-down dinner about 7. The real fun soon ensues, as the master of ceremonies of them all, Doug Tillett esquire, takes the dais and entertains in a most unimaginable way.

As the old comedians always used to say, “Dying’s easy, comedy’s hard.” But Tillett even makes comedy appear easy. Show up and you’ll see what I mean. I will not reveal more as Mr. Tillett has written a tantalizing piece in this issue to tell you what you can expect.

Track & field, in this town and for this club, it all began with a certain fellow: Mr. Lamar Strother. JTC Running began life in 1975 as the Jacksonville Track Club. Yep, that’s right, Track has always been our middle name. It still is. Throughout the years, we have always been absolutely devoted to track – track & field that is, for we have never forgotten field events either. Lamar was there from the club’s first organizational meeting in 1975 to its first track meet and beyond. He is still here today. Now 82 years old, he has served on the board of directors since its inception and has never even missed one of the monthly meetings. The following is a short interview with JTC Running’s track pioneer, Lamar Strother.

Bob Fernee: How did the club first get involved with track?

Lamar Strother: In 1979, during a board meeting we decided to start having public track meets. I said I would put it together, so I got all the people, the volunteers, to

help. I usually had 20 or more workers for every meet, anywhere from 78 to 127 per year. John TenBroeck did the fundamentals, the timing and the starting of all the races with a few others.

Editor’s note: John TenBroeck was a founding father of our club. He was active in the club until his death in 2008.

BF: When was the first meet?

LS: The first meet took place on April 28, 1979. I have records of every track meet. I can tell you who volunteered and what each person did.

BF: Was there a full lineup of events, and what was the entry fee?

LS: Yes, we had everything, discus, long jump, shot put, all of it. Only at the Mile Festival was it any different. There was never any charge, the meets were always free.

Editor’s note: The Mile Festival, which features a bunch of mile races according to age groups, was a very old club idea, predating track. In fact, the Jacksonville Track Club’s Mile Festival started in 1975 at Cecil Field airport. Runways served as a “track.”

BF: How did the club get involved with The Bolles School?

LS: I think we just approached the school and asked if we could use their track. When they agreed, we moved the Mile Festival there and created the track meet series. We had four or five meets a year and one we called the Track Classic that was a two-night meet. It was always our final meet of the season.

Lamar’s last time as meet director was on July 24, 2010, when he was 75 years old. He kept it going, year after year, for 32 years. He is one of Jacksonville’s longest-serving race directors and a unique individual. Thanks, Lamar!

Congratulations!

Thanks to JC

Morning track coach and new mom,
JC Pinto, now is racing around taking care
of her first baby.

President's Letter



Summer is here and that means more Meets of the **JTC Running Track Series**. There are two in June on the 2nd and 16th, and two more on July 7th and 14th. All of these meets are at The Bolles School and, as usual, **registration is free online**.

Coming up on Wednesday, June 6th, is **National Running Day**. Actually I believe it is International Running Day now, but either way, we celebrate it with a fun run fund raiser for Marathon High. It will be at 1st Place Sports Baymeadows, with check-in beginning at 6:00 pm and the Run at 6:30 pm. After the Run, enjoy complimentary hot dogs, burgers and beer. **Registration is cheaper online**- \$10, with an option to join or extend Club membership at a \$5 discount. Day of the event price is \$15, still a bargain! Come out and have fun with us for a great cause.

Later in June, on the 21st, we will gather at Maggiano's in Town Center for JTC Running's annual **Awards Banquet**. The Club recognizes the leading runners, coaches, and supporters in the Jacksonville area in the past year. First Place Sports awards the winners of the Jacksonville Grand Prix racing series. **Registration for the dinner** is just \$19.95 for members through June 18, so sign up today!

This year's **Tijuana Flats Summer Beach Run** is August 18th, 6:00 pm at Jacksonville Beach Pavilion. After the race enjoy Tijuana Flats Tex-Mex food and beer on a beautiful evening at the beach. Life doesn't get any better!

Well, maybe it does, at least for cross country runners... Richard Fannin is producing his second pre-season event at the Cecil Commerce Center Golf Course the evening before the Summer Beach Run. Cross country, food, and music. The action begins at 6:00 pm, August 17th. **Registration is on 1stPlaceSports.com**. JTC Running has contributed funds for mile markers and course improvements.

In other news, the Jacksonville Master Trails Plan is in the process of being created. The Plan's Steering Committee, of which I am a member, took place on May 23, and I will have more details to report in the next Starting Line issue.

Car-Free Week was held May 14-18 with participants encouraged to try an alternative to the automobile for transportation during the week and enter a social media contest to celebrate. Awards were made at a fun closing event at Hyperion Brewery on May 18. If you were there, you know how much fun that event was!

The Starting Line
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New & Returning Members

Stef	Alderding	Geoffrey	Klimas
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Michelle	Baker	Jason	Marques
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Dan	Bredl	David	McKinney II
Steve	Bruce	Carol	Mikell
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Elaine	Davis	Kate	Overby
Scott Allan	Flanders	Lauren	Pinnar
Chris	Fulcher	John	Porter
Jay	Gardner	Eustachius	Roberts
Keith	Gaston	Kristin	Robinson
Laura	Hannah	Kellie	Schaudel
Stephen	Harrison	William	Sullivan
Megan	Henry	Shannan	Watkinson
Chris	Hervey	Wyatt	Wilkerson
Stephanie	Hewerdine	Leon	Wilson
Frank	Irizarry	Sarah	Windover
Jade	Kilgore	Roberta	Zukauskas
James	Kimberly		

Upcoming Event!

Annual Banquet & Awards Presentation

Thursday, June 21st 6 pm

Maggiano's Little Italy Restaurant, Town Center

Limited space; sign up now at JTCSRunning.com

Awards Banquet - Thursday, June 21st

JTC Running's annual awards banquet is one of our most popular events every year. Club members and other prominent folks will gather at Maggiano's Little Italy restaurant in Town Center on Thursday, June 21, at 6 PM to celebrate the accomplishments of outstanding runners, coaches, volunteers, sponsors, fans and supporters. If you have not attended any of our previous awards banquets, you should make sure that this is the year you do. And if you have attended previous awards banquets, you know what a great time you'll have, so it's time to make your reservation now.

Go to our website, JTCRunning.com. Click on "events" and then "event registration." Scroll down the page until you reach 2018 JTC Running Awards Banquet and then click on "register" to reserve your seat at the banquet. You will be able to pay with your credit card at the end of the registration pages. The "early" price for club members is \$19.95 and for non-members \$24.95. Register soon, as the "member" price goes to \$24.95 on June 19. It will be \$35 at the door if there are any open seats but the event has filled to capacity beforehand for the past several years, so don't delay. Reserve today.

This is a banquet, so arrive hungry. A cash bar is available for the social time prior to the meal and the bar remains in operation throughout the event. Banquet is the appropriate term, as Maggiano's expertise in the kitchen and outstanding attention to customer service are top notch. The meal is served "family style," with each table of eight first being served two different salads to enjoy. After that, the main course will be served, featuring four or five delectable entrees for you to spoon onto your plate. Then, just when you know you cannot possibly eat another bite, the staff will put a couple of dessert platters on your table and you'll know they've saved the best for last, and you'll just have to eat a little more. It is a banquet, after all, so you've got to have dessert.

This is also an award ceremony. Who knows?

Maybe you're better than you thought, and you'll get an award! Nah, probably not, but it's really exciting to see who does win. We try to keep the runners who are being awarded a secret and we especially love it when we honor someone who doesn't suspect that their name is on one of the handsome awards we present. I've seen many grown men cry – at least a little – when they are honored with an award. It's so touching, it'll make you reach for the dessert platter again or go to the cash bar. We also recognize outstanding sponsors, high school athletes, coaches, volunteers, running legends, and media personalities.

Don't forget the Jacksonville Grand Prix. The awards for Grand Prix winners (overall and age group) are distributed following the JTC Running awards and there are bunches of those. By the end, it seems as if more people have awards than don't. Not me, of course, but everybody else.

This is the truth: everybody goes away glad that they came. Go ahead, make yourself glad. Reserve your seat for this year's JTC Running Awards Banquet. We hope to see you at **Maggiano's on Thursday, June 21st.**

"This is the truth:
everybody goes away
glad that they came.
Go ahead, make
yourself glad."

The Forgotten Miler, Glen Cunningham



In my Letter From The Editor column (Pulitzer Prize in the mail) in the last issue of The Starting Line, I mentioned the recent death of the iconic miler, Englishman Roger Bannister. As you know, Bannister, 25 years old at the time, was the first person to run under four

minutes in the mile. In 1954, on a cinder track in Oxford, England, where he was a medical student, he broke the 4-minute mile “barrier” with a time of 3:59.4. The task was considered “impossible.”

The moment was as unbelievable as it was historic. Or was it?

I was reminded by long-time club member Everett Crum of another sub-4 miler who has been all but forgotten. Not any more. The Starting Line remembers American Glenn Cunningham.

Everett Crum recalled: “In the old Sears warehouse and sales building at the long-since gone Imeson Airport (it closed in 1961 and was rebuilt as Jacksonville International), as you walked in the door they used to have several large sports pictures that covered the whole wall. I remember that one of them was Glenn Cunningham. He ran 3:58.9 on a dirt track in Elkhart, Kansas, 24 years before Bannister made history.”

“Cunningham, a high school runner, was clocked by several at the meet that day, and it was known to be correct, but his time was never recognized because it was unofficial. His achievement was far greater than Bannister’s in my opinion,” Crum went on to say.

Is there any truth to all this? The Starting Line puts on its detective hat to find out.

Glenn Vernice Cunningham was born in Atlanta, Kansas, on Aug. 4, 1909. He is considered the greatest American miler of all time. In addition to that, he had a couple of cool nicknames, The Kansas Ironman and The Kansas Flyer. His life got off to a sad and tragic start. On the morning of Feb. 9, 1917, at the age of 7, Glenn and his 13-year-old-brother, Floyd, entered their freezing cold Rolla Sunflower country school room. Floyd stacked bits of coal on top of wood in the room’s potbelly stove to warm the place. Glenn walked toward his brother as Floyd grabbed a five-gallon can of accelerant to start the fire.

Glenn Cunningham vividly recalled the moment in his book, *Never Quit*: “A blinding flash seared my eyes and made my head swim. An awful force, as if from hell itself, hurled me painfully back against the wall. Dimly I heard Floyd scream, ‘I’m on fire.’ I tried to open my eyes to see what was happening. I couldn’t. Nothing but black-red, stabbing pain raced down the throbbing corridors of my mind. Suddenly I realized it. ‘I’m burning too!’”

It sounds awful, and almost as painful as racing the 800 meters on the track. A pain that I know well, and have often compared to childbirth, not that I have much comprehension what that’s like. But I do know that the 800 is horrible. After one lap you think it should all be over, but no, there is still one never-ending hideous lap to run. Torture, thy name is the 800 meters.

Floyd died; Glenn survived but was never expected to walk again. Obviously, he did, but as a runner,

The Forgotten Miler, Glen Cunningham

due to the damage from the fire, he was never said to be a “smooth” runner. His legs needed extensive massage and a lengthy warmup.

Despite everything, Cunningham was an outstanding high school athlete and it was during a high school track meet that he ran the nearly famous but forgotten world-record mile. The record that would never stand, no matter how much protesting ensued.

Cunningham went on to do great things. Representing the United States at the infamous Nazi Berlin Olympic Games of 1936, he placed second in the 1,500 meters. Four years before, he was fourth in the Los Angeles Olympics, also in the 1,500.

He was the fastest miler in the Amateur Athletic Union (AAU) in 1933, 1935, 1936, 1937 and 1938. In 1934 Cunningham ran a world record in the mile that endured for three years. This time, his 4:06.7 finish was unquestionable. Also, in the same year, he received the James E. Sullivan Award as the top United States amateur athlete.

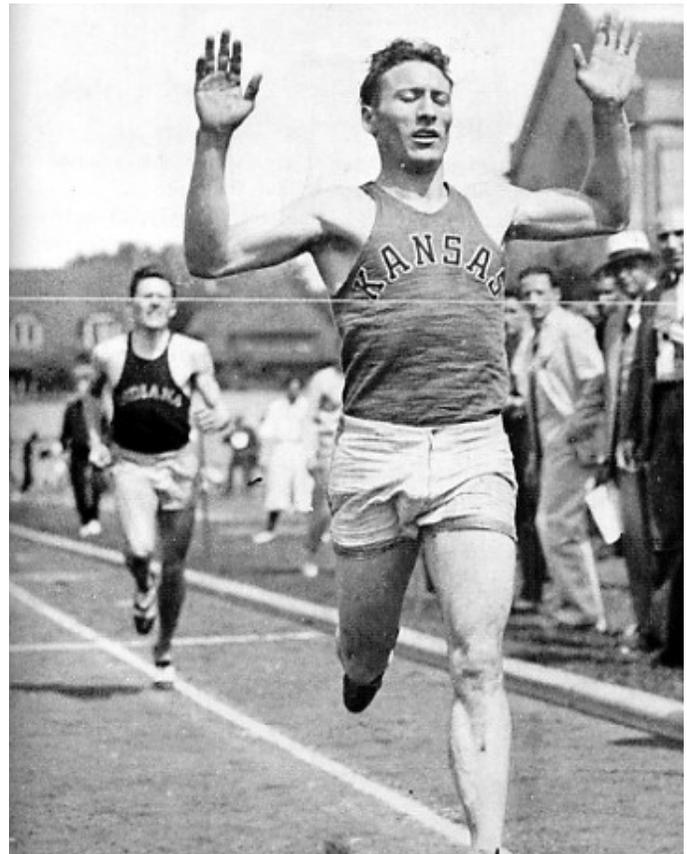
Ha! “Amateur athlete,” anyone remember that dinosaur? We are really going back in time here, to a day when runners and other track and field athletes never got paid. Your grandpa might remember.

Cunningham won the prestigious Wanamaker Mile six times and was named best athlete in the 100-year history of the Madison Square Garden. He is one of only five runners to hold the mile indoor and outdoor world records. For you trivia buffs, here it is: Glenn Cunningham, Paavo Nurmi of Finland, American Jim Ryun, Hicham El Guerrouj of Morocco and the one and only woman, Mary

Decker Slaney of the USA.

I can find no verification of Cunningham’s 3:58.9 mile race. Apparently in those days, and because it was a high school meet, no precise record was kept. Cunningham’s super-human effort has been lost to the dimness of time. Sadly, the same appears to be happening to the man, a truly fine athlete, Glenn Cunningham.

If you really want to know anything about running, you need to turn to the man who knows everything about running: JTC Running’s Jay Birmingham. His knowledge of the sport is absolutely encyclopedic. Jay remarked: “Much earlier than Cunningham, the legend of the mile includes the supposed clocking of a Cheyenne Indian runner for a mile under four minutes by a US Cavalry officer in the late 1890s.



The Forgotten Miler, Glen Cunningham

That's how I view Cunningham's sub-4:00 at a high school meet, years before Gunder Hagg's 4:01 that stood from 1944 until Bannister's 3:59 and Landy's 3:58 in 1954."

Jay continued: "If, as claimed, Cunningham's run was 24 years before Bannister's, that would have been in 1930 when Cunningham would have been either 20 or 21 years old (a high schooler still?). What evidence exists that the track was accurate or that those in the stands or at the finish line were skilled timers? Stopwatches measured in fifths of seconds in those days and were rarely calibrated. A world record required three watches before the computer age. If Cunningham ran sub-4:00, it drew scant attention, despite his high school fame, his great career at Kansas University, and the 1936 Olympics (he won silver behind Jack Lovelock of New Zealand in the 1,500). Cunningham's 4:06 was admirable, the equivalent to 3:47 in a 1,500 meters. But if he could not approach sub-4:00 in an official event ever again, it casts great doubt that the distance he ran in 1930 was actually a mile."

Aside from athletics, and regardless if he did or didn't run that questionable mile, Cunningham was a upstanding, accomplished fellow. He received a BA from the University of Kansas in 1933, an MA in 1936 from the University of Iowa and later a Ph.D. from New York University. He taught physical education from 1940 to 1944 at Cornell College and then served two years in the Navy. In 1947, along with his wife, Ruth, he established the Glenn Cunningham Youth Ranch, that helped thousands of troubled youths for over 30 years.

But it looks like, sorry Everett, and all the other gargantuan Glenn fans, you are probably barking up

the wrong tree. There are a lot of reasons to admire him; however, a 3:58.9 world record mile is, very likely, not one of them.

Glenn Cunningham's final competitive racing season was in 1940. He died in Menifee, Arkansas, in 1988 at the age of 78.

We love the Mile. It has an aura about it. It is referred to as "magical." No other track and field event captures the imagination like the Mile. The famous 4-Minute Mile is legendary. It is the barometer as to how fast or slow a middle-distance runner is. It involves everything, speed and endurance. It occupies a special, unique spot in track and field because no other event has the history, the appeal and the magic. No other event has the mystique or an equivalent of the famed "4-minute mile." Not in the media or in the public's mind. Everyone can relate to its distance and its difficulty, they know what a mile means.

In the early 1980s, high schools in the United States switched from the mile to the 1,600 meters because new tracks were 400 meters in length rather than 440 yards. So, the 1,600 replaced the mile. The 1,600 is nine meters short of a mile. What a gyp. It's like buying a one-pound can of coffee and later realizing it's only 10 ounces. Or a half-gallon carton of ice cream and discovering ... oh, don't get me started. I never intended another of my old man rants. Fact is, people want the mile, they still do. Even the runners want the mile. I want it back, do you?

There is a concerted effort to return the mile to its full glory. Get on board. Check out [Bring Back The Mile.com](http://BringBackTheMile.com) and see what I mean.

Run a Mile. The Purity of the Track

WIDE WORLD OF RUNNING May 2018

400 meters, just 2.25 meters shy of a quarter mile. Most every track these days, worldwide, is 400 meters. It's the oval that encircles many a soccer pitch or football gridiron. But for purists like me, a lap around the track is simple and precise -- an icon of stability in a mostly unstable world.

Good sprinters negotiate 400 meters in less than 50 seconds. The best middle-distance runners can string four laps and 9 meters together for a sub-4-minute mile. World-class 10,000-meter specialists cruise 25 laps in 27 minutes; the women's record is sub-30.

Like most runners who've graduated from high school and collegiate track, my running is on streets and trails. But I'm here to tell you Go back to the track and get a dose of simple joy.

There are those who call it "hamstering" or describe it as an endless merry-go-round. But if you want to avoid cars, cracks in the sidewalk, roots and randomness, venture to a running track and discover something fundamental. There is joy to be found.

"Only on the track can we truly measure ourselves," said legendary Coach Percy Cerutti. 'Tis true, a road mile is not the same, nor is a GPS mile. Should you endeavor to know your mile speed, back up 9 meters, about 30 feet, then run it, plus four laps.

Give yourself six weeks of visits. The first three weeks, cover your usual distance -- 30 minutes, 45 minutes, an hour. Change lanes. Reverse direction. I assure you, after a few laps, you will forget the tedium and settle comfortably into yourself. It is the ultimate in introspection, running laps on the track.

You need to run only once a week for this challenge, but if you grow to enjoy it, some good runners visit the track every day. After three weeks of just steady mileage (or a little speed-play by dropping in a 100-meter strideout from time to time), you are ready for your first one-mile time trial.

Week One: Run 800 slowly. Walk a lap. Run 800 with an increase in pace. Walk a lap. Run two laps of 50s (50 meters fast, 50 meters walk). Get a drink and catch your breath. Now run a mile. Do the extra 9 meters at the start. Don't just do 1,600

meters--no race horse would run less than a mile. Check your time at every quarter -- strive for even pace or negative splits, running a little harder each lap.

You will be disappointed.

No kidding; you are very likely to be disappointed in your final time. You will sense, after you recover and head home, that you could have run better. But this is a necessary first step.

Week Two: Same warmup as before: Two 800s, two laps of 50s. You will not be as conservative. You will find that you can approach the halfway point under more duress and still be confident that you can finish strongly. You will begin your "kick" further from home and your time will be at least 10 seconds faster than last week.

Week Three: You are getting the feel of this thing now. You'll warm up thoroughly, perhaps modifying the routine a bit if you feel you should do something differently. You feel excited. You know this is going to be a hard, but very satisfying time trial.

"Bang!" you say, and you surge off the start and stride through the first 409 meters; checking your split, it's a good one. (Have I gone out too fast??). You boldly continue to push the pace and your two-lap time is excitingly good. (Should I back off? Save a little for the final lap?)

But NO, your fitness and your will are strong and you push the third lap. Your split is the best by many seconds. With passion and fatigue, with doubt but determination, you round the bend. One backstretch more. One more curve. Now the homestretch.

Your legs are dead, your breath is ragged, you focus on pumping your arms toward the finish line. Time drags but you are moving fast. You push across the finish, groping for your watch to stop it. You shudder to a stop, gasping. You look down. It's a very good time. The project has been a success. You feel like a real miler.

Now . . . are you ready to enter a summer track meet?

(Author Jay Birmingham once ran 1,238 laps on a 220-yard track in a 48-hour race--154.76 miles.)

On Track with Eric Frank

JTC Running is very fortunate to have Creekside High School Coach Eric Frank as its track master. Our club has been committed to track ever since it began, and Eric has been instrumental in keeping that commitment going. In fact, our track meet series is flourishing, and the meets are even better than ever. Check 'em out, I think you'll like them.

Don't forget that you can sign up to run all the events you care to for free. Yes, free! Just log on to JTCRunning.com, it's as simple as that.

Bob Fernee: You have been the JTC Running track meet director for how long now?

Eric Frank: Great question. I have had so much fun putting on these meets I have lost track of time (pun intended). However, I think it is my sixth year being a part of the JTC Running summer series.

BF: How is it going? Have you noticed any changes in anything during your time as director?

EF: It's going great. We had an excellent distance carnival in April and the June meets look to be awesome. It is going to be a great summer. One big change has been the growth of summer track teams for youths. I think this is amazing for our sport.

BF: Are you making any changes to the meets this season?

EF: Only change was adding the winter meet in January to the calendar. I thought it went really well and we hope to keep that meet going.

BF: What are the most popular meet events?

EF: I would say the 100-meter dash. Everyone wants to know their 100 time.

BF: Who are the participants? Are they new to track? What sort of ages are they?

EF: We really get a mixed bag of participants. From athletes that are experienced and well trained to athletes that are just trying something for the first time. I think our meets can reach all levels and ages of athletes.

BF: Our club hopes that the participants are enjoying the meets, are they?

EF: I believe so. Everyone leaves with smiles and hopefully a medal or two.

BF: Are the attendances going up, down or staying about the same?

EF: That is a good question. I think that because of the growth of the club teams we will continue to see our meets grow larger.

BF: This season's meets are being held at Bolles High School. Previously they were split between Bolles and Creekside High School. What became of that format?

EF: We did have our winter meet at Creekside, it went very well. Having the summer meets at Bolles just seemed better. One spot will avoid confusion.

BF: Is there anything that JTC Running can do to make the meets even better than they already are?

EF: Sign up and compete!!! Bring out your families, put together a relay, and make it a fun time for everyone.

BF: As a high school coach, are you seeing kids turning out for track these days or is it getting harder to draw them in? I am wondering about competition from other sports and, moreover, the distractions caused by things like cell phones, video games and social media?

EF: Over the past few years, high school track has stayed about the same. Distractions have and will always be an issue. But with good coaching and committed teams I believe you can overcome all distractions.

BF: In closing, I'd like to say thanks for all you have done for our track meet series. You have done, and continue to do, a wonderful job. Please keep up the good work – I know you will. Anything you would like to add to all of this? If so, say it now...

EF: JTC Running is the best. The club does so much for our community and does it for the right reason. It supports a healthy lifestyle and provides opportunities for all abilities and levels to feel successful. JTC Running keep doing what you are doing, you truly make living in Jacksonville better.

The Heat is On

Summer is in full swing and reaching for a cool drink is a reflex for any Floridian who steps outside. Choosing what to drink used to be an easy task, but now with a growing number of electrolyte beverages available making the right choice can be just as agonizing as the dehydration itself.

We know hot weather makes us sweat. When you work your muscles, this also generates metabolic heat and the sweating can increase. As the sweat evaporates from your body, this helps to keep you cool. The amount of electrolytes in your perspiration can vary, but the main minerals lost are sodium and chloride, followed by potassium. These minerals are responsible for controlling fluid exchange within the body's fluid compartments. You will typically lose four times more sodium than you will potassium in your sweat, so the key electrolyte to look for in a sports drink is sodium.

Electrolyte drinks, or sports drinks, have been around over 50 years. Doctors at the University of Florida invented the beverage out of necessity to help football players replenish fluids and electrolytes during hot and humid practices, and they are now perceived to be essential for anyone engaging in physical activity. Sports drink sales top \$7 billion annually with Gatorade and Powerade commanding 97% of the market share.

The decision to use a sports drink rather than plain water is largely dependent on three factors. First, consider the environment where the activity will take place. If it is hot, sweat losses are obviously increased so the sports drink helps replenish the electrolytes as

well as the water. Secondly, if the activity is intense, the sports drink provides an additional form of energy to the muscles, in the form of carbohydrate. Lastly, if the exercise is time-consuming your body's limited supply of muscle carbohydrate can become depleted. Therefore, it becomes vital to replace it to keep performing at an optimal level. Sports drinks contain a concentration of carbohydrate that is enough to fuel the muscle without triggering too much gastrointestinal distress, which can happen if you consume drinks too high in sugar while exercising. The key lesson is that sports drinks are for when you are playing sports, not watching sports.

Sports Drink Selection Guide: Depending on your activity, there is a beverage for you.

Recreational Activities: Water. This is typically your best choice at the gym for regular exercise sessions that are an hour or less or when you are outside.

General Exercise: Gatorade. The original is still one of the best. Its widespread availability and simplicity make it a "go-to" drink for the hard-training athlete. Powerade is a close second.

Endurance Activities: Nuun Active and Plus for Nuun. Most regular sports drinks do not provide adequate sodium for replacement when you are sweating heavily. Nuun provides more than double the sodium of Gatorade but with a light flavor.

Visit www.nuun.com.

Thanks!

William "Sully" Sullivan becomes our new morning track coach. You will love Sully and his coaching methods. Thanks so much Sully!

Speed Development for Distance Runners: Tips from American Record Holder & Running Coach, Alan Webb

Recently, Alan Webb wrote a great article/blog titled “Speed Development for Distance Runners: Tips from American Record Holder & Running Coach, Alan Webb.”

Alan is a former Olympian and record holder in the mile. I strongly recommend you read it. I think this is a great read for any runner. It could help inspire you to incorporate and/or optimize your speed work this summer:

www.rundoyen.com/speed-development

A little bit of speed goes a long way!

One of the main points in the article is this: A little bit of speed work goes a long way.

In fact, Alan describes how he loved to incorporate “short intervals” once a week. Examples he included were:

4 x 100 meters or 4 x 200m with 60 to 90 seconds rest.

In my experience, many/most recreational runners do not incorporate speed work, and that is a shame, because even these shorter workouts can provide great performance benefits, and they tend to make runners feel great and confident.

Four 100m runs, at a higher effort, may not sound like much... But let’s think about the biomechanics just a bit. If you run 100m, each leg will take about 25 steps. So, for this “mini speed workout,” each leg will experience approximately 100 higher effort strides. That is actually a lot of stimulus for your legs. Your muscles will contract 100 times at higher effort, instead of moderate effort. The muscle contractions will be at higher velocity and you will recruit more fast-twitch motor units. The physiological demands increase and your muscles will be forced to rely more on anaerobic energy production. The joints travel through a greater range of motion and the muscles and tendons stretch more. The more intense

biomechanics load all tissues and cells to a greater extent (muscles, tendons, ligaments, bones).

Not surprisingly, after completing about 3 mini-speed workouts, you will feel a new burst of speed, strength and resiliency in your legs.

Try it at the end of a standard run

Alan Webb regularly completed these “mini speed workouts” at the end of an 8-mile run with “tired legs.” Completing intervals at the end of the standard run is a great option for a couple reasons. First, you will be “loose,” and you will likely feel comfortable increasing the speed for a few intervals. Second, this may improve the quality of your normal run; knowing you are going to “crank it up” a bit at the end may keep you more engaged/focused throughout your standard miles. This can be a great way to make an easy day a little more exciting.

Be consistent

The key to receiving maximal benefits (from minimal speed work) is to be consistent. Once a week will be enough to receive noticeable benefits, but you must be consistent. As a minimum, try to complete a mini-speed workout on the same day each week. Then, your legs will be consistently stimulated every seven days. What will NOT work well is choosing a different day each week. For example, if you do it on Monday (week 1) then a Wednesday (week 2), you will have a 9-day break between sessions. That is too long a break — you should try to stimulate every 7 days as a minimum.

Small bouts work for all exercise types

Small bouts of any type of exercise produce great benefits if you are consistent. So, if you are serious about incorporating sit-ups, squats, lunges, burpees, swimming, biking, etc., I would commit to doing it on the same day each week. Ideally, you would probably average 1.5-2 times per week, and then you would not have to be a stickler about always doing it on the same day.

Speed Development for Distance Runners: Tips from American Record Holder & Running Coach, Alan Webb

Small bouts of weight training work great. You can perform as little as 3 sets of weight training, once a week (perhaps every Monday) and get pretty darn strong. Simply go to the weight room, get loose, do a challenging set of 10-12 reps of seated row, bench press, and leg press, and you will exercise all major muscles and be in pretty good weight training shape. That only takes 5 minutes! Of course, like everything, you need to ease into that over a few weeks.

Similarly, you could do one hard 5-minute swim each week, and you would get in pretty darn good swimming shape. So take advantage of that if mini-workouts sound appealing/exciting to you.

On a similar note, consider finishing the last ½ mile of a run hard once a week! That too can go a long way! A few challenging minutes at the end of a standard run can give you a dramatic boost in fitness.

The next step: example 1-mile track workout

The keys to this workout are:

- 1) Do not “push it” until the final two 100s. I work hard to keep the kids at moderate effort during the first half of the workout. Their tendency, like adults, is to go for it too early — they need constant reminders to hold back. Also, I have to constantly remind them to go super-slow during our 100m recoveries. That keeps the workout enjoyable and effective — a great alternative to feeling miserable during the workout (and getting really sore legs the next day).
- 2) Stay focused during 100m recovery runs. The runner should be as focused during the 100m recovery runs (as focused as they are during the harder intervals). Focus hard on keeping sound and lively mechanics — keep your feet “popping” off the ground. Do not get lazy, it is not “break time,” it is recovery time.

Below is an example of a “1-mile” track workout I have been doing each Sunday with my kids and some of their friends. I love workouts like this for kids. It’s also great for adults who are recreational runners who have not been doing speed work. Consequently, it can be a great option for kids and parents to do together. Also, for more advanced runners, this can be a great “stimulation” workout that complements their weekly “hard workout.”



Pictured is the author trying to keep up with elite kids in Atlantic Beach.

- 400m slow jog
- Dynamic warm-up (10 exercises at 25-50m)
- 50m jog at 50%, 60%, 70%, 80% (10 sec. rest between)
- 1 min. rest
- 100m moderate, 100m recovery, 100m moderate, 100m recovery
- 30 sec. rest
- 200m moderate
- 30 sec. rest
- 200m moderate with strong finish
- 2 min break
- 200m moderate
- 30 sec. rest
- 200m strong
- 30 sec. rest
- 100m hard, 100m recovery, 100m real hard, 100m recovery
- 1 min. rest
- 400m cool down
- 3 sets sit-ups

Speed Development for Distance Runners: Tips from American Record Holder & Running Coach, Alan Webb

Moderate speed workout: 1-2 miles

After about 5-6 workouts, your body should be pretty adjusted to speed work. Then, you may want to get a little more serious. If you do, you can increase the length of your intervals (400m+), and increase the volume of speed work up to 1.5-2 miles.

Favorite moderate workouts

I tend to struggle with maintaining a weekly “hard” speed workout. So I end up completing moderate volume speed workouts that are 1.5-2 miles. Here are my two favorites you may be interested in trying:

1) Continuous 200s. This is a great option if you have access to a track. First, run a couple of miles to warm up. Then, run two continuous miles on the track. Run hard for 200 meters, then run easy/moderate for 200 meters. Do not take any breaks. This is a workout you can “build up” over consecutive weeks. You can focus on making your hard 200m faster or your recovery 200m faster. Both will make you more fit.

2) Two 1,200s within a longer run. Another great option is to complete two 1,200s within a longer run. I like to do this within an 8-mile run. I complete a hard 1,200m at mile 4 and again at mile 6. I do not take any breaks during this run. For me, this workout tends to provide comparable fitness to a traditional 3-mile track workout.

Advanced Track Workouts

I think most of us think of traditional/advanced “speed workouts” to be about 3-4 miles of track work. For example, a “classic” track workout would be 12 X 400m with a minute of rest between (or so). Advanced runners commonly complete various combinations of 200s, 400s, 800s, 1200s, and/or 1-mile intervals. For advanced runners, the combinations of intervals chosen may not matter as much as you would think. What probably matters more is the overall approach to track embraced by the runner. I asked two of our top coaches (and runners!)

in Florida to share some of their “big picture” wisdom with you. These two stand-outs consistently hit the track as hard as anybody and they also coach endless runners at track workouts year-round.



Enoch Nadler (Gainesville)

“A common misconception about track work is that it needs to be very fast to be effective. When in reality, the key to track work and distance running in general is variety. Repeats of different distances and paces stress the body and your running systems in multiple ways. This stimulates growth and ultimately faster times in races. But remember to always follow track sessions with easy days so you can absorb the work and grow as a runner. Stress (track workouts) + Rest (recovery runs) = Growth (running faster)”

Speed Development for Distance Runners: Tips from American Record Holder & Running Coach, Alan Webb



Julie Stackhouse (Jacksonville)

“Train at paces appropriate for where you are now, not goal paces, or if you’re in a group setting not racing other runners whose paces may differ from yours. Train don’t strain. Just because you CAN go faster doesn’t mean you SHOULD. I pay equal attention to the recovery piece and manipulating that when necessary. If you feel as though you’re able to go faster on the interval portion (which makes sense since it’s shorter than your race distance), focus on cutting the recovery time back or increasing the speed at which you jog your recovery interval instead. When I’m coaching in a group track setting, I’ll often talk to people during their recoveries to gauge whether or not they are training at the appropriate level and recovering properly. As we head into the summer months, I like to focus more on Fartlek-style workouts rather than hitting certain times over specific distances, since the heat/humidity will take a toll and possibly increase recovery times.”

Elite Track session example

In closing, if you really want to feel inspired, watch this “YouTube” of Eliud Kipchoge training for a marathon. He completes 8 mile repeats (sub 4:40 miles!) on 1:30 rest followed by 10 X 400m.

<https://www.youtube.com/watch?v=TOGYvUWWRRk>



JTC Running Event Photos



Photo Credit: JTC Running website

Running Well, and Safely in the Summer Heat - Hydration, Hot Weather Training Modifications and Heat Acclimatization

It's finally summertime! It's nice to have some warmer weather, and to not have to bundle up to head out the door for a run. However, as it gets much hotter over the coming months, we will all need to pay much closer attention to our hydration/fluid replacement needs in order to continue to safely run well, as well as to feel good throughout the day. We wrote specifically about this article's suggested summer hydration guidelines previously, but we wanted to update this with some other strategies that can improve ones ability to safely and optimally train and race in the heat. Hydration is only part of the story, but we will start there.

Most runners understand that to optimize performance and safety while running in the heat, it's a little more complicated than just drinking a little water when thirsty on our runs. We have to consider how much water/fluid replacement drink, amount of sodium/other electrolytes, etc. What gets confusing is that there are many different recommendations made, depending on who makes them.

As we stated in our last hydration article, athletes have traditionally been instructed to hydrate with as much fluid-replacement (including sodium/electrolytes) as they can tolerate while training and racing in the heat. This recommendation can not only cause GI distress, but can also increase the risk of potentially lethal, exercise-associated hyponatremia (EAH). The emphasis in hydration guidelines has thus now shifted from just working to increase sodium/electrolyte intake, to also managing overall fluid intake. So essentially, even with hydration/fluid replacement in the hot summer, there can be too much of a good thing.

A runner therefore needs to have a hydration/fluid replacement strategy that includes a minimum amount to prevent dehydration, AND a maximum amount to prevent GI distress and (EAH) in order to stay safe in the heat, and to perform well.

Here are the guidelines:

Hydration/Fluid Replacement Strategy Goals:

- Prevent >2% loss of body weight during run
- Do not intake significantly more fluid than individual sweat rate (figured out by measuring bodyweight pre-run, and post-run)
- Intake sodium during runs
- Replace fluid and electrolytes fully after run
- Stay hydrated when not running

Guidelines:

- Start runs in a hydrated state: Steadily drink approximately 0.5-0.6 ounces of fluid per pound of body weight daily in addition to what you drink while training or racing to stay hydrated during the day/pre-run.
- Hydrate with approximately 24-30 oz of water/fluid replacement/hr (one cycling 24 oz water bottle)
- Do not go over 33oz hour (1 liter/hr) as this can increase risk of GI distress and EAH

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- To make sure that you do not hydrate more than sweat rate, measure bodyweight pre and post typical 1hr run to determine fluid loss.
- Using a 24 oz cycling water bottle as a benchmark which weighs 1.5 lbs, to calculate approximate fluid needs:
- For example: measured weight loss = 1.0 lbs (1.5 lbs = 24oz bottle) (.5 lbs = 8 oz) so 24oz - 8 oz = total of 16 oz fluid replacement/hour.
- Drink according to thirst even if intake is slightly below these guidelines.
- Consumption of sodium-containing fluids, supplements or foods during runs becomes more important as duration increases beyond 1 hour (amount of sodium is highly individualized and based on temperature, sweat rate, concentration of sodium in sweat, and may be restricted by your physician. Make sure to ask her/him!) The National Athletic Trainers' Association recommends .3-.7 g/L of sodium, or as in our example 200-500mg sodium/24 oz bottle, divided as we did above based on sweat rate.
- Rehydrate after running to bring body weight back to normal pre-run measure
- Post run meal will also replenish electrolytes.
- Understand that you will not be able to perfectly replace all that is lost during a run, while running, and that this is ok!

The rest of the story for safer and optimal training and racing in the heat is made up of the training recommendations necessary to reduce core temperature while running, as well as improve one's ability to safely tolerate the heat, also known as heat acclimatization.

Training modifications that help reduce core temperature during training include starting early in the am or running later in the evening as typically these are cooler times of the day. Another method to reduce peak core temperature during a training session is to keep warm-up times to only what is needed to be ready for a quality session. This way, peak efforts are performed at the lowest potential core temperature. The final modification is to reduce time out in the heat before a workout.

Heat acclimatization is the final piece of the puzzle. It takes approximately 14 days for most of the physiological changes to occur, and has been shown to decrease heart rate, decrease core body temperature, increase exercise tolerance time, increase plasma volume, and decreased psychological rating of perceived exertion while training in the heat. Sweat rate increases, as well as there is a decrease in sodium chloride (NaCl) loss in sweat and urine with heat acclimatization. As you can see, the physiological changes are complimentary to what we are trying to accomplish with the hydration guidelines and training modifications above.

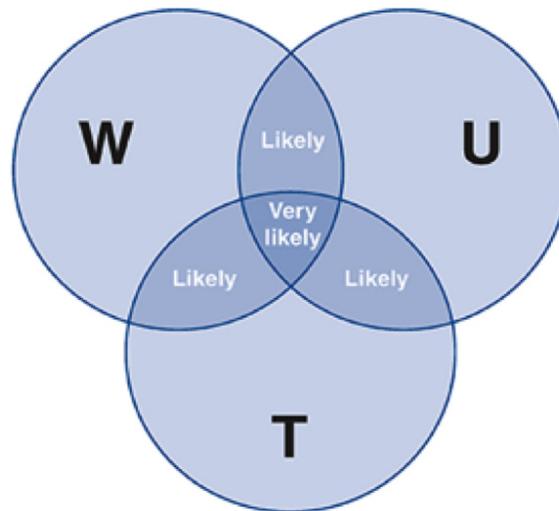
So how does a runner safely acclimatize to the heat? It is not safe, nor necessary, to perform an extreme plan for running in extreme heat. Nor should one used to running inside on a treadmill or outside with cooler weather just start running all runs in the heat. The best way to do this given our climate here in JAX is to gradually increase our outdoor runs following the guidelines above for keeping core temperature down. One can then allow 1-2 runs per week go slightly later into the warmer part of the day over a 14 day time frame.

By using these strategies, a runner can run safely, and well, throughout the summer.

Running Well, and Safely in the Summer Heat - Hydration, Hot Weather Training Modifications and Heat Acclimatization

BOX 8.4 Fluid Replacement Recommendations before, during, and after Exercise		
	Fluid	Comments
Before exercise	<ul style="list-style-type: none"> • Drink 5–7 mL · kg⁻¹ (0.08–0.11 oz · lb⁻¹) at least 4 h before exercise (12–17 oz for 154-lb individual). 	<ul style="list-style-type: none"> • If urine is not produced or very dark, drink another 3–5 mL · kg⁻¹ (0.05–0.08 oz · lb⁻¹) 2 h before exercise. • Sodium-containing beverages or slated snacks will help retain fluid.
During exercise	<ul style="list-style-type: none"> • Monitor individual body weight changes during exercise to estimate sweat loss. • Composition of fluid should include 20–30 mEq · L⁻¹ of sodium, 2–5 mEq · L⁻¹ of potassium, and 5%–10% of carbohydrate. 	<ul style="list-style-type: none"> • Prevent a >2% loss in body weight. • Amount and rate of fluid replacement depends on individual sweating rate, environment, and exercise duration.
After exercise	<ul style="list-style-type: none"> • Consumption of normal meals and beverages will restore euhydration. • If rapid recovery is needed, drink 1.5 L · kg⁻¹ (23 oz · lb⁻¹) of body weight lost. 	<ul style="list-style-type: none"> • Goal is to fully replace fluid and electrolyte deficits. • Consuming sodium will help recovery by stimulating thirst and fluid retention.

Adapted from (6,8).



■ **FIGURE 8.2.** W stands for “weight,” U stands for “urine,” T stands for “thirst.” When two or more simple markers are present, dehydration is likely. If all three markers are present, dehydration is very likely. Reprinted with permission from (26).

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Tomorrow's Heroes Or Tomorrow's Flops?

I had lunch recently with a few notable dignitaries of the Florida Striders Track Club: Bill Krause, Ann Krause and the club's president, John Guthrie. Great people; hard-working and totally dedicated to their running club. As race director of a Striders race, The Hog Jog 2017, I had some beer glasses, which were used as age-group awards, left over, and I gave them to Bill. I figured he could hand them out at his Striders race, The Run To The Sun, and since people have not exactly quit drinking beer I thought the glasses would find a good home. Anyway ...

John Guthrie has just retired, February, I think he said, and will now devote even more of his time to the noble Striders club. As treasurer, Bill Krause was already giving a lot. Then he took up the chore of race directing a few years ago and has become even busier than he was already. His wife, Ann, is another one who has her hands in nearly everything to do with Striderdom. Being a naturã her forte is the social committee and putting together party after party. She's also a beer know-it-all and makes sure that the club gets just the right brew for every event. Man, you gotta love a woman like that.

This is not exactly my point. Thing is, these people are all retirees. Like myself, their best racing days are behind them. (Sorry, gang, but you know it's true.) Volunteering, and ensuring all their club's wheels roll as smoothly as possible is what they are all about these days. An essential, though often thankless job. They, and others like them, make the whole thing happen. You talk about heroes, these are a running club's heroes.

Yet, once again, it makes me wonder: Who will be tomorrow's heroes? Where are they coming from? When yesterday's track club pioneers are forced to move over, will there be a new breed to keep all this running?

Attendance in the Gate River Run was down this year. The plummet was due, it seems, to a drop-off in the younger age groups. The "millennials" didn't make it. Too involved with their high-tech devices, I suppose. For the last two years I have been a back-of-the-pack Gate River Runner.

What has struck me the most is that I was surrounded by a bunch of 20-year-olds. What are they doing back there with me, they're young?! Well, quite simply, they are not interested in "racing" or even putting forth any effort. Their thing is doing the city's big running event and hanging with their pals, during and after the race. Well, nothing at all wrong with that, but maybe they think after doing it once or twice the gloss is gone and then it's not worth getting out of bed. Maybe that's a big part of the problem.

"Sure, it's fun, but we've done it, so let's move on and find something else," I imagine them saying. And this doesn't help our track club much.

Our club's board of directors would like to see a new breed of youngsters coming through to take over some of the ins and outs. So far, it looks like they ain't comin'.

I can remember way back in the 1970s and 1980s we used to chuckle a bit at the ages of the people who ran the Florida Striders Track Club – they seemed "so old." Now we are far older than they were at the time. Karma catches up to you, for sure. Track clubs are very much run by retirees with plenty of time on their hands. Until those retirees run out of time, that is.

JTC Running is doing a good job of attracting new members. Our free track meet series gives us a high profile amongst youngsters. Will they become active members? Our twice-a-year race training groups pull people in. How many of them stay in? We recruit new members at races; what becomes of them? The new low-cost entry fee of The Last Gasp, which includes a year's

Tomorrow's Heroes Or Tomorrow's Flops?

club membership, attracts a lot of new signups. Do they last for more than a year?

What is it going to take to get new, younger people involved? To stay with us and to hold the reins? I don't have the answer to these questions, I can only hope that there is one.

Sorry, I know that I have been sounding off on this subject for a while now. I just can't seem to stop myself. I wish I could quit harping on about it, and I would if I saw a legion of youngsters waiting in the wings.

With bib number 1975 pinned to his club racing singlet, the runner representing JTC Running sprints down the final straight, baton in hand, pain tormenting every fiber of his over-used body. He looks anxiously ahead for his handoff teammate. It is win or lose. Where is he, where, where?

Yes, where? Will our track club, and many others like it, sprint into the final straight with no one to hand off to?

Upcoming Event!

Annual Banquet & Awards Presentation

Thursday, June 21st 6 pm

Maggiano's Little Italy Restaurant, Town Center

Limited space; sign up now at JTCRunning.com



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Weekly Training Runs

Sunday 6:30 am, Mandarin: Various locations and distance. See Facebook page at www.facebook.com/pg/JaxSundayRun/posts/ NO Facebook account necessary.

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: Paul Smith, smithfccj@hotmail.com, 982-3730

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, Tapestry Park: 1st Place Sports, Bottlenose Brewing, 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: Paul Smith, smithfccj@hotmail.com, 982-3730.

Disclaimer on Weekly Workout Sessions

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



Visit JTCRunning.com or more information.