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43 Years of Running
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A large graphic on the right side of the page consists of a bright cyan circle (representing the sun) and a thick, curved cyan shape (representing waves) set against a dark blue background.

THE
**STARTING
LINE**
NEWSLETTER



Gate River Run
15K CHAMPIONSHIP
March 9th, 2019

LETTER FROM THE EDITOR

Should old acquaintance be forgot and never brought to mind?

The flames of love extinguished,
and fully past and gone?
Is thy sweet heart now grown so cold
that loving breast of thine,
That thou canst never once reflect
On auld lang syne?
We two have run about the slopes,

And picked the daisies fine,
But we've wandered many a weary foot,
Since auld lang syne.
And surely you'll buy your pint cup
And surely I'll buy mine,
And we'll take a cup of kindness yet,
For auld lang syne.

Yes, those are just some of the famous words written by Scotland's favorite son, Robert Burns. In 1788, Burns compiled some lines from other poems and wrote some of his own to create the poem which would become the iconic song that has become a New Year's Eve tradition, Auld Lang Syne. Additionally, the song is also used for many other occasions, including funerals.

The lyric begins with a rhetorical question: Is it right that old times be forgotten? As it continues, it becomes a plaintive call to remember old, long-standing relationships. Translated from the Celtic language, the words auld lang syne are agreed to mean, "for the sake of old times."

I am not bringing this up in order to take up space in my column. Neither am I attempting to force a history lesson on you. I do that a lot, but not this time. No, the idea occurred to me on my way home from our club's traditional end-of-the-year race, The Last Gasp. The race came to life in 1977 as a highly competitive cross-country affair. The race has aged, just like the rest of us who were there, and time has altered some things, but not the emotion. The people look different but haven't really changed. The relationships, and the feeling that one gets when we all gather together haven't changed, they are the same. We can't race well anymore but we are there "for the sake of old times."

And there's a hand my trusty friend!
And give me a hand of thine!
And we'll take a right good-will draught,
For auld lang syne.

Continuing that same vein, there is another moment coming up when old times will not be forgotten – JTC Running's Gate River Run. The ever-popular club hospitality tent will be in operation for "many a weary foot."

First of all, don't forget to collect your sweat-proof, rubber wristband at the GRR expo on Thursday or Friday before the March 9 event. That entitles you to securely deposit your race bag with all the necessities you'll need once you finish. You know: Keys, cell phone, towel, change of clothes, new set of nip guards, that sort of thing. Then have a worry-free race, knowing your all-important "stuff" is safe and warm.

Later, while enjoying the post-race live music and the fine club camaraderie you will be able to consume delicious food and rehydrate with an array of liquids (yes, there is beer and so no need to bring your own). I can guarantee you two things as your race day is done: 1) You will have a good time (I mean at the party, I cannot guarantee you a good finish time), and, 2) You will say that the GRR JTC Running hospitality tent is by itself worth the price of your annual membership fee.

What a relief! When the finest running writer I have ever read told me he wasn't going to write anything anymore my heart sank. How could he deny the world his creativity, his knowledge, his insight? I am happy to say that Jay Birmingham's "retirement" from writing only lasted a matter of months. Jay is back, and back with a double-edged vengeance. He has composed not one but two stories for this newsletter. One of them is historical (he's good at that), and the other is instructional (his forte, for sure). Jay tackles the age-old problem of completing the Gate River Run without training. Ouch babe! Read Jay's piece and you'll be able to do the 9.3-miles without falling to pieces. Welcome back, Jay!

This issue focuses mainly on two important local stories. The Gate River Run takes place for the 42nd time on March 9. Inside, there is great advice from our knowledgeable, qualified team of contributors. Training, racing, nutrition; those topics are all covered. You will even find an interview with the man who brings all those super-fast elite runners to the GRR, Jim VanCleave. I think you will also find it informative.

The other huge story is the Emerald Necklace, which one day will be a colossal 30-mile-long urban trail traversing much of Jacksonville. It is the brainchild of Groundwork Jacksonville, a non-profit organization that our club is supporting.

This issue contains an interview with Kay Ehas, the CEO of Groundwork Jacksonville, as well as maps of the route. Runner and writer Mark Woods wrote an excellent piece for the Florida Times Union and he gave me permission to reprint it in The Starting Line. I think you will like these articles and will know more about the Emerald Necklace by the time you've read them. Frankly, I think you'll be excited.

Best of luck to all of you at the Gate River Run. Enjoy, and make the most of it. I am reminded of a hand-held sign in San Marco from two River Runs ago: "There will be a time when you can't do this. But this is not the time." For auld lang syne, my friend, for auld lang syne.

The Starting Line

PRESIDENT'S LETTER

Greetings!

The Gate River Run is the Club's biggest event! Everyone is working hard to make this year's race an exciting and fun experience. The Runners Expo will be open Thursday, March 7th and Friday the 8th for bib, shirt, and packet pickup. The Exhibit Hall will have a full array of vendors offering running gear from caps to shoes and everything in between. At the JTC Running booth, we will have a wide variety of Club shirts and shorts-- all on sale at greatly reduced prices. Come by early to get your choice of style and color. They won't last long!

Also, in our booth, will be a display of the Emerald Trail plan by Groundwork Jacksonville. If you have been following the Trail's progress on JTC Running's website and Facebook page, you know how exciting this project is for the City of Jacksonville. This year we will see completion of the construction plans for the initial model mile of the trail and the fundraising accomplished to build this first new section. Club members can be proud that JTC Running is playing an early and active role in the project.

While at the JTC Running booth be sure to pick up your wristband for admission into the club's exclusive hospitality tent on Gate River Run morning. It is one of the most popular perks of membership, and for good reason. Starting at 6:30 AM on race morning you can check your gear bag, grab a cup of coffee, discuss race strategy with other club runners,

and hit the private port-a-lets before heading to the start line. Remember that the race starts at 8:00 AM again this year- I think that will be a permanent change. Everyone I spoke with last year liked the earlier start.

We will need volunteers to staff the booth. It's a fun way to greet Club members, and you'll be at the Expo in any case, so go to Event Registration on JTCRunning.com and pick a shift.

On a different subject, have you ever wondered when your JTC Running membership is going to be due for renewal? You will receive a notification email with a link to renew, but to check

the renewal date ahead of time there are two options. The first is to look at the address block on the print version of this newsletter. Above your name you will see your renewal month and year. The second is to go to JTCRunning.com, click on Membership, then Member Profile, and log in using the email address you used to sign up for the club and password. If you can't remember your password, click on Forgot Password, just to the right of the Log In oval.

Once signed in on the Member Profile page, you can view membership details, including renewal date. Clicking on Edit Profile allows changing name, mailing address or email address. Clicking on Invoices and payments shows all that detail. Don't forget to click "Save" to keep wanted changes!



The Starting Line
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RIVER RUN NUTRITION

We all know that carbohydrates are a runner's best friend. However, like many things in the nutrition world, too much of a good thing can be detrimental. In preparing for the Gate River Run, a conservative approach to eating can speed you across the finish line.

If you compare your body to a finely tuned sports car (or maybe even a garbage truck, depending on the day), then carbohydrate would represent the gasoline in that vehicle. What you may not realize is that you already have a considerable amount of fuel stored in your tanks. An average runner has approximately 1,400 calories of carbohydrates stored in their muscles, and another 300 calories in the liver. This stored carbohydrate is known as glycogen.

The quantity of fuel you burn during the River Run will be dictated by your race pace. The faster you run, the more carbohydrate your body will burn. The rate of fuel use also depends on body weight, too, as a larger runner will need more fuel to run the same speed and distance as a smaller runner. However, if you are training for the race with a balanced diet that includes starches, grains, fruits or other carbohydrate-rich foods at each meal, your fuel stores alone could be adequate to get you across the finish line. Most glycogen reserves become depleted after two hours of moderate-to-vigorous activity and the average race times for the top 10–50% finishers in the River Run are in the 75-110-minute range.

The best nutrition advice is to practice with a variety of foods before your training runs to see what your stomach can handle the best, and to also understand how much food and water you may need based on your energy levels during those runs. Consuming too many gels or other carbohydrate supplements puts you at risk for an upset stomach since the carbohydrate impacts the rate at which your stomach empties. Most

runners do well by having a small breakfast that is low in fat and fiber (i.e. not fried chicken and waffles), about three hours before the race starts. This meal helps top off energy reserves in the liver after an overnight fast and most importantly keeps you from feeling hungry during the event. Good examples of pre-race meals include a bowl of cereal with a banana or peanut butter on toast with a small amount of fruit juice. Stick with foods you are familiar with. The morning of the River Run is not the time to try a new recipe you saw on Pinterest only to lose it on your sneakers as you take your first turn across the Main Street Bridge.

 **HYDRATION IS THE MOST CRITICAL ASPECT OF RACE DAY NUTRITION, ESPECIALLY IF THE WEATHER IS GOING TO BE WARM."**

Try to drink two cups of water as soon as you get up and at least 8 ounces of fluid within an hour of the starting gun. This approach can ensure your muscles have what they need for optimal performance, but not leave too much water sloshing around your stomach at the beginning of the race. During the run, try to hit a water station every 15–20 minutes. If you are a coffee drinker, one large cup with breakfast has been shown to help make the running seem easier, too. If carbohydrate is gasoline, think of the coffee as rocket fuel.

Just remember, no matter what type of fuels you are using – a little can go a long way, and so can you.

GUANA TRAIL RACE SUMMARY 2018 - JTC



The 2018 version of the Guana Trail Races was my 7th edition as the race director. We do get a lot of repeat runners at our event from year to year and they all say the same thing; “The trails and the park are so beautiful it is nice to be out here.”

A brief history of the event is in order. JTC Running, the largest running club in northeast Florida, resurrected the Guana Trail races in 2012 after a two-year hiatus; they asked me to be the race director. This year’s event was run on Sunday, December 2nd. It is comprised of three events; a 50k (31 miles) solo race, a 2x25k team race, and a 12k (7.46 miles) solo race. JTC Running donates all of the profits for the race back to the GTM Research Reserve, so it is a win-win for everyone.

It is, of course, run on the GTM Research Reserve. Nestled between the Atlantic Ocean to the east and the Intracoastal Waterway to the west, it provides spectacular views of nature along the way. It was fairly warm this year, especially for the 50k solo folks, who were out there between 4 and 8 hours. It was overcast to partly cloudy all day with temperatures in the low 80s, but the 90+% humidity is what affects runners the most. The Guana trails are relatively flat with virtually no elevation change. Most of the race course is hard pack, but like any

good trail there are several tree roots runners need to navigate and many runners did take a spill or two, but that’s trail running.

The 50k and 2x25k team races started at 8 a.m. The course for this event is a 7.8-mile loop run four times for a total of 31.2 miles for the solo runners and two times or 15.6 miles for team runners. Every loop starts and ends at the start/finish line by the trail head pavilion. The 12k race kicks off at 1 p.m. and we walk the runners down the trail about 300 yards for the start, so their distance is 7.46 miles.

This year the 50k solo winners were: Open Men/ Andrew Stevens (time 4:40:12); Open Women/ Jennifer Joy (time 4:56:19); Masters Men/Steven Lutjens (time 4:58:20); Master Women/Deb Potash (time 6:10:31).

The winning 2x25k team was Jason McClung and Samuel Palmer, with a combined time of 3:33:12.

The 12k winners were: Open Women/Tracey Kuhn (time 58:09); Open Men/Jeff Wight (time 46:49); Masters Women/Michelle Fredette (time 1:02:05); Masters Men/Matt Parks (time 54:35).

The awards ceremony was held once again at The Reef Restaurant, an oceanfront restaurant on A1A, five miles south of the race site. This has become quite an event each year and a great way to end a fantastic day.

Due to park limits, we need to limit the number of total runners to 250 and we sell out every year; this year was no exception. The event is always held the first Sunday in December, so if you can ever arrange to be there for race day it is a spectacular and unique venue and I guarantee you will remember the event and maybe even see an alligator or wild pig during the race. Don’t worry; they won’t get too close to the race course.

CONQUERING THE "GREEN MONSTER" INJURY-FREE!

It's the beginning of the year here in Jacksonville, and for many runners, recreational through elite, this means it's time to begin a solid training focus on the Gate River Run. The River Run is one of the most iconic running events here, and one of the most important 15Ks nationally.

It's also one of the most unique races locally in that the final miles of the race include running up and over the Hart bridge ... the "Green Monster," as we locals like to call it. The Hart Bridge "experience" lasts a little more than 1 mile (mile 8 to mile 9 including up and down and the on- and off-ramps), and the incline grade of the bridge is a challenging 6%. And, all this fun occurs after running hard for over 7 miles!

Because of this, most runners training for the Gate RR typically include hill training in their routines in an effort to prepare for the bridge. In Florida, since we don't have many hills around, nor many races with hills, often this means going from training only on pancake-flat terrain, to adding bridges and/or incline treadmill work. Additionally, because of the incredible local support and excitement for this event, many runners who run the Gate RR may be first-timers or may only train for and run this event alone along with some friends or co-workers, which can mean starting from very little to no training, to 15K training and hill work.

One can easily see that adding hill training in these circumstances could very much be a recipe for soft tissue injury, if not done properly.

Eight key ways to staying injury free when initially adding hill training:

1. Gradually add hills in over time. Plan on making sure that you begin adding hills at least 6-8 weeks out so that the volume and intensity of the hill work can progress slowly.
2. If a runner is going from flatter terrain to adding hills, there should only be a maximum of one hill workout per week.
3. Make sure to run up and down the hill as both are included in the Gate River Run, and each is a very different training stimulus.
4. Run the hills slowly for the first few weeks of

hill training. Resist the urge to sprint up/down the bridge! Adding the incline alone is initially enough of a training stimulus to begin the hill progression. The pace can gradually increase after 3-4 weeks.

5. Keep the hill training volume low during the workout. Don't add much more than 2 times the amount of distance up and down required during the race and try to run them on a shorter hill/bridge so shorter repeats can be run.

6. Keep the grade of the treadmill or hill/bridge at 6% or less. More is not necessary as the risk of injury at the higher inclines greatly exceeds the benefits.

7. Make sure to warm up for at least 15-20 minutes. Hill training should be looked upon as a high-intensity session and sprains and strains, especially at the Achilles tendon and calves, are significantly more likely without a good warm-up.

8. Again, hill training should be regarded as a high-intensity session. Therefore, it should be preceded and followed by "recovery" days in the training week, which means an easier run, day off, or cross-training day.

Follow these keys to success and you will be able to benefit from all the great benefits of hill training with significantly less risk of injury.

You will also be able to be best prepared for the Gate River Run, and most importantly, to conquer the "Green Monster"!

If you have any other questions about safe hill training, please contact us at Coltman & Baughman PT.

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ALMOST TOO LATE FOR RIVER RUN

Our Editor-in-Chief suggested a piece for you, that well-meaning runner who signed up many weeks ago for the River Run, but alas, has failed to log adequate training. What a dilemma!

Your options:

A) Waste your entry fee by not running (but you could still pick up your shirt).

B) Walk it all and face the humiliation of being beaten by hundreds of toddlers, Clydesdales, and aerobics class newbies who just started exercising January First.

C) Crash train over the remaining few days, apply your formidable will power, and protect your ego with an honest effort on race day.

Of course, I am suggesting you pick Option C.

I'm a bit of an expert on Option C, having crash trained countless times for a race that was oh-too-close. The only phrase I utter more often than "I think I need to lose some weight" is this one--"I'm going to whip myself in shape for _____."

Here are five suggestions to make the most of this year's River Run if you've waited too long to train.

1. Exercise every day. For an hour. Walking or jogging or running, it all counts, but you need to be breathing hard for an hour, non-stop, just put the miles into your legs. No more days off. You've used them all up already.

2. Forget pace on race day, just go out slowly and be sucked along with the flow of hundreds of other

runners. To make this work, you must line up with slower runners. If your race number has you seeded in the first wave, stand in the very back of that group.

3. Run one mile at a time. Just get to the first aid station, snatch a cup of water, walk briskly to gulp it down, then get running again. By the time you get to Atlantic Boulevard and the 5-mile sign, you'll know you are going to finish.

4. Treat the first half of the race as training for the second half. Sounds crazy, huh? But it works! If you've followed the first three suggestions, and have held onto your meager reserves, you can, indeed, make the final half your race. Now is the time to latch onto anyone who passes you. Go with them for at least a minute. As you near the Hart Bridge, look for the next person you are going to catch. Play leap-frog all the way to the ramp.

5. Jog up the ramp, then power walk to the top of the bridge. (Serious racers won't need this advice, but if you are in the kind of shape I think you're in, this will pay off.) You'll zip by dozens of struggling runners by keeping a steady walk, using your arms boldly, until you feel the crest has been achieved. Then run all the way to the finish. Careful not to over-stride on the downhill--that can trash your quads, knees, and feet. Shorten your stride a couple of inches, and allow gravity to pay the bill all the way to the stadium.

That's it. The cheering will lift you through the final quarter mile and you will smile for the crowd, won't you? Won't you smile? And resolve to train a lot better for River Run 2020.

A SENTIMENTAL JOURNEY, THE LAST GASP 2018

I always have a certain emotion whenever I am leaving Jacksonville University, the site of JTC Running's The Last Gasp cross-country race. It is the feeling that the holiday season is all over. The event, whether it is closer to Christmas or nearer to New Year's, just seems to wrap it all up. It has always felt like

that and this year's race, that took place on December 29th, was no different.

Maybe it's just me, because I have a sentimental attachment to the thing. My father and I founded the race in 1977. We organized it for 11 years until turning it over to the Jacksonville

A SENTIMENTAL JOURNEY, THE LAST GASP 2018

Track Club, as it was known at the time. For some reason, that I find hard to understand, cross-country has never been very popular in this area. Sure, the kids in school like it, but the public in general doesn't. So, The Last Gasp has never been a big race in terms of attendance. I think our biggest turn out during the first 11 years was about 289 finishers. However, the best runners of the age always had it penned on their race calendars and came out to compete as hard as they could. There were some mighty fine battles on the grass and hills of JU, I can tell you.

This year's race saw 201 people finish the 5k course. Kind of odd considering that 222 were registered to run. Perhaps since the club was offering entries for a mere \$6 some people felt compelled to sign up knowing that they might not bother to show up. After all, six bucks isn't much these days. You can't buy a single running sock nowadays for six dollars, much less a pair. I did witness a few that dropped out but not many. People that is, not socks.

Six bucks may not be much, but participants of The Last Gasp got a lot for it. The traditional sweatshirt was given to all. Age group winners, three deep, received custom-designed running socks and everyone enjoyed a delicious post-race meal of sandwiches, soup and chili served with beer and wine.

Our club added 57 new memberships due to The Last Gasp. That makes for a pretty good membership drive by anyone's estimation.

The morning began with rain but by noon the day was dry even if the course wasn't. The big field was sloppy and soft underfoot. Yet the rest of the course was quite dry and firm. Overall, the course was slow, and the finishing times reflected that fact.

It didn't hold 14-year-old Rheinhardt Harrison down much. He won the race in 17-minutes and 43-seconds, a creditable 5:41 per mile pace. An old familiar name, Gary Myers (46), finished second in 18:29, a pace of 5:56. Paul Compaan (15) rounded out the top-3 with a time of 18:45.

The women's race was won by 19-year-old Kayley DeLay, with a time of 19:22, a 6:13 pace. Fiona Affledt (28) came in second in 19:58 and Isabel Torres-Padin (21) finished third in

20:38.

The Masters (40-59 years old) competitions were won by Andy Nicol (58) in 19:31 and Michelle Krueger (43) with a time of 21:02.

Grand Masters were 60 years old and over. Fred Wainio (62) won the men's division in 24:06 and Michelle Fredette (61) was the fastest woman in 24:10. That was quite a battle of the sexes as Fred ran a pace of 7:45 per mile and Michelle's pace was 7:46. It doesn't get much closer than that.

Age group awards went three-deep and the handsome, custom, Defeet running socks were appreciated by all. The traditional sweatshirt, given to all participants, was another big hit, like always.

Full results can be found on jtrunning.com or 1stplacesports.com.

Rodney Smith, The Last Gasp's only "streaker," finished his 42nd one. They are not getting any easier for the man who underwent a hip replacement in the spring, but he did it. Considering the circumstances, it was quite an accomplishment.

As usual, race director Herb Taskett did a fine job of putting it all together. The event went as smooth as silk. It was Taskett's 31st consecutive year as race director. That's quite a streak.

The post-race party/awards presentation was a great moment. The food and drink were excellent as was the camaraderie. It was a special occasion, too, honoring one of the club's longest-serving members, Lamar Strother. Certainly was a bittersweet, sentimental moment. Lamar was there in 1975 when our club was formed. In 1977, when the first board of directors was installed, he was on it. He remained a board member from then until the end of 2018. He also founded our track meet series and for decades organized and paid for a chartered coach that transported runners to the Paul deBruyn race in Ormond Beach. We had a cake to say "thanks," but how can you ever say a proper thank you to a guy like that, a man who has practically given his life to our club. He is one of a kind. Well, I know he is reading this, so I will say it one more time: Thanks, Lamar. And Lamar, if you ever want to rejoin the board of directors you've got my vote.

MARK WOODS: A TRAIL THAT COULD TRANSFORM WALKING IN JACKSONVILLE

The soggy ground squished as we walked alongside McCoy's Creek Boulevard on Wednesday morning.

"Imagine what it will be like when it rains tomorrow," Larry Roberts said.

Key Ehas pointed to the wide swath of grass between the two-lane road and McCoy's Creek.

"When they filled this in and built the road, they took away the creek's floodplain," she said. "Which is why it floods. It wants to be a floodplain."

In the future, it could be again.

Ambitious plans for a new Emerald Necklace — a 21st century version of the urban greenways and waterways that Henry Klutho envisioned after the Great Fire of 1901 — include tearing out McCoy's Creek Boulevard.

Where we started walking Wednesday would become part of a 2.8-mile greenway — which would be part of the proposed 30-mile Emerald Trail.

For as long as I can remember, people have been talking about doing something with the Emerald Necklace. Now it feels like something might actually happen. Something dramatic.

So when I continued a walk across the largest city in the Lower 48, I returned to the previous week's end point (Eco Relics on Stockton Street), walked a couple of blocks south and met Ehas and Roberts at the small bridge over McCoy's Creek.

Ehas is the CEO of Groundwork Jacksonville, the local affiliate of a national nonprofit focused on public use of neglected land and waterways. Roberts is president of JTC Running. The club donated \$50,000, more than half the cost of the trail plan, to "get it jump started."

To finish it won't be cheap. The Atlanta-based PATH Foundation, the group designing the plan, estimates

that to build 21 new miles will cost \$33 million.

But the Emerald Trail has its advocates beyond Groundwork, starting with City Councilwoman Lori Boyer and her push to activate our waterways. When you compare this to some other expenditures — the city barely batted an eye when it spent \$43 million for giant scoreboards — it seems like a bargain. Especially when you see what PATH has done with the Atlanta Beltline, then walk this route and get a sense of what it could become.

"We want this to be nationally renowned, not just something that's slapped together," Ehas said as we followed McCoy's Creek toward Brooklyn.

As it is now, the creek is often hidden and neglected — including where it passes under the Times-Union property on Riverside Avenue.

We basically walked some of the proposed loop around downtown (I'll get to downtown in the New Year), going over the bridge on Park Street toward LaVilla and the convention center. Part of the bridge will be turned into a bike-pedestrian lane.

As we passed the Prime Osborn Center, I thought about what was happening here 100 years ago. When it was built in 1919, Union Station was the largest railroad station in the South. In 1986, it became part of the convention center. As the station nears its centennial, we often talk about its flaws. It's not big enough. It's too disconnected from downtown. But I still love the sense of history there.

As we continued walking north through LaVilla, we passed a nearly empty lot with a sign that says "Lift Ev'ry Voice and Sing Park." Right now it's not much of a park. Just that sign and three storyboards, marking the birthsite of James Weldon Johnson and Rosamond Johnson, with the lyrics to the song the

MARK WOODS: A TRAIL THAT COULD TRANSFORM WALKING IN JACKSONVILLE

Jacksonville brothers wrote in the late 1800s.

But a push has begun to turn this park into a unit of the National Park Service and to do more with this part of our city's history.

We continued into New Town, passing a taste of Jamaica, with bright murals covering the Royale Café. Where else in Jacksonville can you be greeted by Bob Marley and Usain Bolt?

In Durkeeville, we hopped on the S-Line, the s-shaped rails-to-trails path that will become part of the Emerald Trail.

As we walked by the tennis courts of the Mal Washington Foundation, Roberts stopped a man walking the other direction.

"Can I ask you a question?" he said. "How often do you use this?"

Michael Walker, 37, said he lives about a mile to the north, at 24th and Moncrief, and walks the trail a couple of times a week, usually to catch a bus on Beaver Street.

"It's a nice little walk through here," he said. "It used to be bad, real bad, with crime and prostitution."

Now he often sees older people walking on the trail in the morning, maybe carrying a cup of coffee and a newspaper. Kids use it to get to school and the community center. He sees people picking up trash alongside it. On Saturday, a group of bicyclists rides on it.

We turned east on the S-Line, passing through a neighborhood behind UF Health Jacksonville that instantly looked very familiar. In 2006, as part of a Times-Union series titled "Homicide 360," I spent months near the intersection of West 13th and North Davis streets.

East of there, near the end of the S-Line, Ehas pointed out the other creek in the Emerald Necklace — and how Hogans Creek disappears underneath a UF Health parking lot — before reappearing south of the hospital. In the grand plans, this would change, with the "daylighting" of the creek.

We walked through Springfield, along the remnants of Klutho's vision, the crumbling Venetian-style balustrades lining a dangerously polluted creek clogged with sediment. And despite its flaws, with the existing greenway and parks and Sculpture Walk, it's easy to see the beauty and potential.

After walking 7 miles of the proposed Emerald Trail, we stopped at the Karpeles Manuscript Library Museum. With the largest private collection of manuscripts in the world, it seemed like a fitting end for the day. A place full of grand plans. (On display inside the former Christian Science church: "Samuel Morse and the Telegraph.")

This week I didn't walk back to my car. Ehas gave me a ride. I asked her drop me off a couple of blocks from where I started in Mixon Town, at Tabula Rasa Brewing.

Randy Peterson opened the brewery just a few months ago on the north side of McCoys Creek. He owns the place with his wife and son. They chose the name because it means "blank slate," which he figures sums up their new venture.

"At night, I wouldn't recommend it," Walker said. "But daytime a lot of people use this."

GREEN MONSTER VANQUISHED, NOW WHAT?

Sports dietitian, John Vredenburg did a wonderful job preparing you in his article River Run Nutrition. Now, you may be asking yourself, “what next?” Just like Vredenburg suggests with his during race nutrition, we want to try our recovery nutrition PRIOR to race day too (we are looking out for you and giving you a head start). Sometimes, due to excitement, exhaustion, or just overall distraction our recovery nutrition falls to the wayside. One thing that I strive to do with Meteor Nutrition clients is to develop a nutrition plan that aligns with their training and performance demands. Just like you can have periodized training, you can have periodized nutrition plans that supports one’s changing goals, training levels, and requirements of a training cycle. If athletes are able to accomplish this, then they reap the benefits of improved training adaptations (AKA more PRs), accelerated recovery, more energy, and reduced risk of injury. This is where recovery comes in as a key component.

Inadequate recovery nutrition from training and competition can result in:

- Increased overall fatigue
- Impaired performance in next training session or worse, race (so many regrets running up Hart Bridge)
- Missed opportunity for increased metabolism of nutrients. This 45-minute post- exercise is “the window of opportunity” and should be encouraged, especially to those that have body composition goals.
- Increased muscle soreness to follow

How soon should I be eating and drinking post exercise?

Just like River Run Nutrition suggests, hydration continues to be imperative for post- race recovery. This can be water, if you are unable to find carbohydrates soon after, or it can be sports drink. Sometimes in harsh conditions, such as Gate, liquids are easier to tolerate. Therefore, my recommendation is to recovery with at least 50 grams of carbs (or 0.5-0.7 gram/lbs. body weight) and 10-15 g of protein within 45 minutes. This will allow you to recover faster and replenish the glycogen storages (energy storages) that were just depleted from your body. A benefit of using a sports drink, chocolate milk, or

recovery formula is that not only will the macronutrients be delivered to the body quickly, but so will electrolytes that have been lost from sweat losses. At the very least, try to at least get 20-24 oz within the hour of finishing (beer volume does not count).

After the immediate recovery, I recommend getting a balanced meal within two hours that includes lean protein and energy rich carbohydrates to continue the recovery process. Here are some general suggestions:

- Veggie omelet + whole wheat English muffin + fruit
- Bowl of oatmeal + nut butter+ cup of mixed berries
- Deli sandwich + side of fruit

So, if beer does not count as fluid intake, where does it fit in?

I like to consider myself an honest, but fair dietitian. My general rule of thumb with my clients is to not let beer/ alcohol be the very first thing you ingest after crossing the finish line. Drinking alcohol first interferes with the absorption of other nutrients, and therefore can delay recovery. Have 20-24 oz of water or other hydrating fluids and about 200 carb and protein calories (preferably a 3:1 or 4:1 ratio between carbs and protein) prior to your celebrating. Also, if you have suffered an injury, it is best to wait it out. Alcohol limits the production of the natural anti-inflammatory that is essential to the body’s healing process.

I wish all of you the best luck running the Gate River Run and hope you conquer that green monster! We are offering \$10.00 off initial assessments to anyone that posts a recovery snack or meal at #conquerthegreenmonster on Facebook or Instagram between now and March 9, 2019.

Here is one of Meteor’s favorite recovery smoothie recipes:

1 serving protein powder of choice	1 tbs nut butter of choice
1 cup almond milk (unsweetened)	1 tsp vanilla extract (optional)
¾ cup frozen blueberries	¼ tsp ground cinnamon
½ frozen banana	garnish with blueberries, chia seeds
1/3 cup rolled oats	

THE EMERALD NECKLACE, AN URBAN TRAIL

The following is an update and interview with Kay Ehas, CEO of Groundwork Jacksonville, the designers and builders of the Emerald Necklace pedestrian trail that could transform the city.

Bob Fernee: First, the Emerald Necklace, there was talk of a name change. The name seems pretty good to me, are you sticking with it?

Kay Ehas: The Emerald Necklace was conceived by Henry Klutho in the 1920s. There are many Emerald Necklaces around the country. So the question was whether or not to keep the name or change it to something more unique. The most consistent feedback we had from the community was to keep Emerald in the name because of its historical significance to the project. We have not publically announced the name or logo because we still need to present the trail plan to the Jacksonville City Council for adoption. Stay tuned.

BF: Please tell us about your organization, your accomplishments, and plans for Jacksonville.

KE: Groundwork Jacksonville is a 501 c 3 specifically created to clean up the ground and water in underserved neighborhoods. Our mission is to create the Emerald Necklace which will be a greenway around Jacksonville's urban core. It includes restoring McCoys and Hogans Creeks, building 22 miles of new bike/pedestrian trails, and creating great parks. When completed the trail system will be 30 miles. Working with the 14 neighborhoods that abut the Emerald Necklace on the design of these projects is core to our mission. We believe creating this signature public amenity will lead to the revitalization of Jacksonville's urban core and be a boon to Downtown, as three segments traverse Downtown. Groundwork's goal is to have the Emerald Necklace completed within 10 years.

Groundwork hired the PATH Foundation out of Atlanta to design the Trail Master Plan. We are now working on an agreement with the City for

Groundwork to manage the trail design process with the goal of constructing the "Model Project" in the City's 19/20 FY.



Groundwork is the City's creek design partner on the McCoys Creek project and we've hired a creek design firm, Wood, to develop the McCoys Creek restoration plan. The City has budgeted \$60 million over the next three years to implement the project which includes returning the creek to a natural water body, building trail, replacing two bridges to move them out of the flood plain, environmental remediation, kayak launches, etc. It is incredibly exciting that both the Mayor and City Council are willing to fund an vital segment of the Emerald Necklace.

BF: I am very familiar with the rails-to-trails pathway that was built in Atlanta, the Silver Comet Trail, is that what the Emerald Necklace will one day be like?

KE: The Emerald Necklace is a much more urban trail system than the Silver Comet. It also is different from the Atlanta Beltline and the New York Highline as those are built on old rail lines. The Emerald Necklace will be made up of 6 different trail types including greenways, side paths, green alleys, shared-use spaces, two-way cycle tracks and shared streets because of its urban location.

BF: Where does the EN stand at the present time, is any of it completed, can we go by and see it?

KE: The S-Line Rail Trail is a 4.8 mile abandoned

THE EMERALD NECKLACE, AN URBAN TRAIL

rail line that was converted to a bike/ped path by the City a number of years ago. The Trail Plan makes a connection to the S-Line and also will fill in a gap in the S-Line that exists today.

BF: JTC Running has donated \$50,000 to the project but that is just a drop in the ocean. How much ultimately are you going to need and where will it come from?

KE: It will cost approximately \$33 million to construct the entire trail system. That does not include creek restoration or park development.

BF: So far, how has response been from the Jacksonville city government?

KE: Council member Lori Boyer served on our trail plan steering committee and has been a great champion for the plan. The City Council has the Emerald Necklace development in its strategic plan. The Mayor's office has been great to work with and is very supportive. We think everyone is on board in getting the first mile built in FY 19/20.

BF: Is the public sector, businesses, corporations, etc. getting behind the project?

KE: Everyone we talk to is excited about the Emerald Necklace. We are about to start raising money for the first segment of trail so we'll see if the private sector is willing to put some skin in the game.

BF: In order to have a positive impact and push the EN along, what, if anything, can a local runner do?

KE: Local runners can help advocate for the trail by speaking with local elected officials. They can encourage people to become members of Groundwork (membership program to be announced shortly) and they can suggest or introduce potential donors to Groundwork.

BF: To be honest, one of the biggest concerns I have heard is that the EN is traversing some very iffy neighborhoods. In some of these areas the residents

hardly even go outside, and non-residents would never consider going there for a peaceful, risk-free run. How can the Emerald Necklace allay their fears and conceived ideas?

KE: We think the space we're creating will positively change these neighborhoods and will bring more people outside, including folks who live outside of these neighborhoods. Groundwork hasn't experienced any problems when we're in these neighborhoods and spaces. Perhaps JTC Running can organize some tours of the proposed trail system so people can see it for themselves.

BF: Why did you not route the EN through more desirable, and safer neighborhoods, such as Riverside, Avondale and Ortega?

KE: The Emerald Necklace doesn't go through those neighborhoods. We do have a connection to Riverside which then connects to San Marco over the soon-to-be-built Fuller Warren shared use path.

BF: What obstacles have you encountered so far?

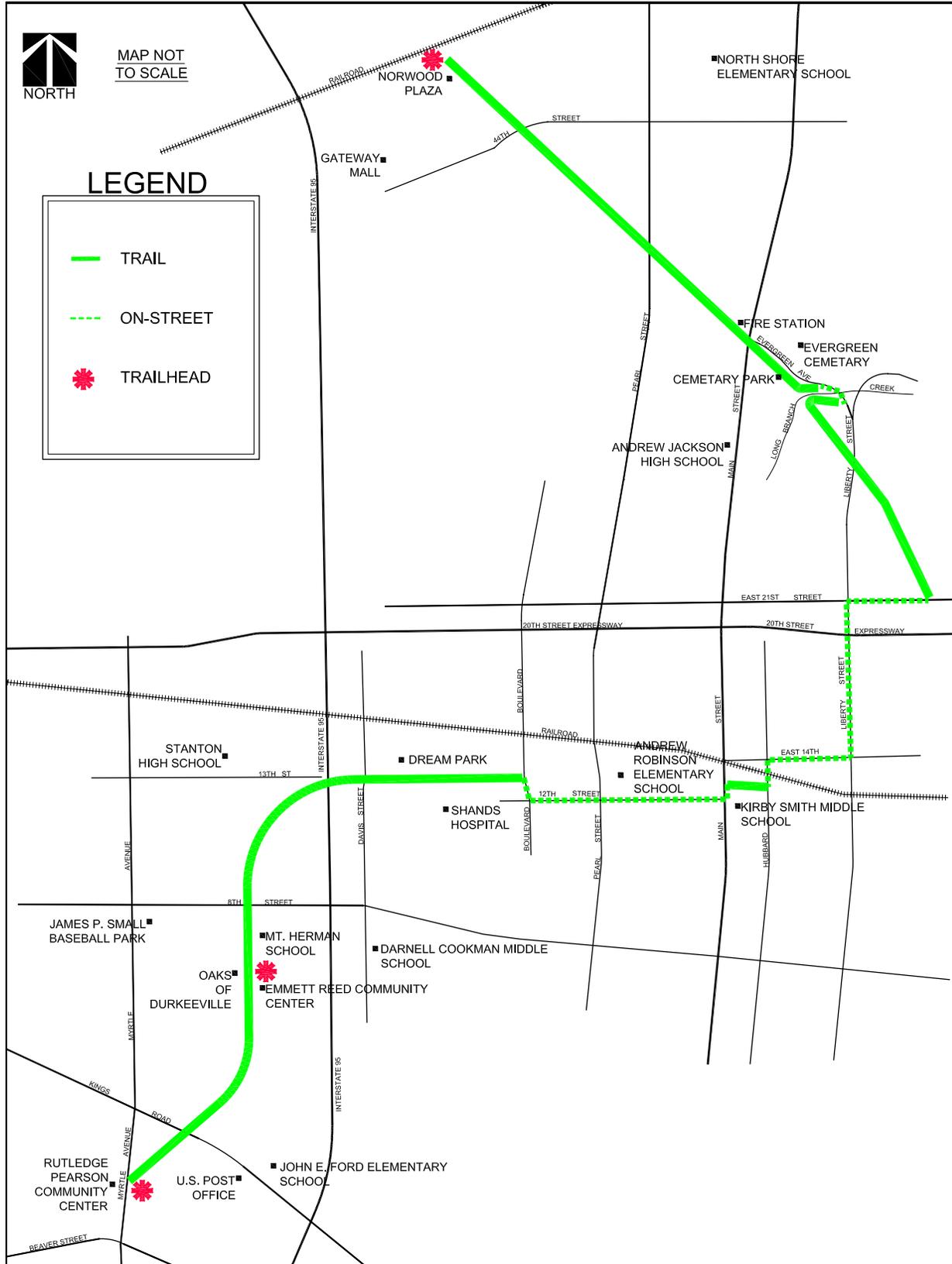
KE: None so far.

BF: Personally, I am all in favor of your efforts to create a beautiful and useable trail throughout our city – and I hope you don't stop there. I am glad that our running club has gotten behind your endeavor. I may have left something out, is there anything else you would like to say to our club members? Now is your time.

KE: I'd just like to reiterate our deep appreciation to JTC running for funding the trail plan and enabling us to create momentum for this important project. We are not only building an amazing amenity for recreation, the Emerald Trail will fundamentally change downtown for the better and has the potential to substantially improve the health, wellness and economic status of all residents, especially those currently living in our historic under-served urban neighborhoods.

THE EMERALD NECKLACE, AN URBAN TRAIL

S-LINE URBAN GREENWAY TRAIL ROUTE



RETURNING THE FAVOR - JIM VANCLEAVE



Putting together an event like the Gate River Run is a monumental task. Having good people doing good work helps immensely. For nine years Richard Fannin did an outstanding job as elite athlete

coordinator – that means finding and recruiting the best American runners to make the race as competitive and exciting as possible. When Fannin stepped down, the GRR was very lucky to have JTC Running board member Jim VanCleave take over the workload and responsibility.

Originally from Pennsylvania, Jim ran cross-country and track in high school. While attending college at Otterbein in Westerville, Ohio, he continued his running career. Track became his favorite, especially the 800 meters, mile and two-mile. He was pretty speedy, too, clocking 1 minute, 53-seconds in the 800, 4:11 for the mile and 9:26 in the 2-mile.

His accomplishments didn't stop there. When he went longer he ran 5k in 14:47, 10k in 30:50, 15k in 48:28, the half-marathon in 69 minutes and the marathon in 2 hours and 28-minutes. He has run every distance from 800 meters to 100k.

He remarked: "Track is my favorite, but trail running is the most fun."

He earned an MBA from Philadelphia's LaSalle University in 1989 and in 1996 moved to Jacksonville with his wife, Laura, daughter, Jessica, and son, David, to take a position with CSX. As an active member of our club, Jim has overseen the Junior River Run for many years.

Jim VanCleave is certainly someone who is returning the favor.

Bob Fernee: So, to begin with, tell us how you became involved with the job of recruiting elite athletes for the Gate River Run?

Jim VanCleave: Like many aspects of the Gate River

Run volunteers are necessary for it to be a success. I have been part of the JTC Running club's board of directors for over 20 years and had managed the Junior River Run for a similar number of years. GRR race director Doug Alred was looking for someone to take over coordinating the elite athletes when Richard Fannin stepped down after many successful years in the position. It is something I had always been interested in and after recently retiring I'd have the time to appropriately manage the effort. After giving it some thought I decided to take on the new challenge and responsibility.

BF: You also did the job last year. I guess that means you didn't find it too bad or you wouldn't have come back. But it is quite a responsibility; what do you think of it?

JVC: Yes, last year was my first year as elite coordinator. I was excited about the opportunity last year and I'm even more excited about it this year. Like any new job, there was a learning curve but Doug has been very supportive and given me the freedom to develop the elite fields.

It is quite a responsibility. Much larger than I expected with many different components. The job is great but as the saying goes, "you don't know what you don't know." This year I have a much greater understanding and appreciation for what goes into successfully developing the elite field.

It's an exceptional opportunity to work with the elite athletes and their coaches. They bring a high level of enthusiasm and gratitude for the chance to be part of the Gate River Run field. In some respects, the race becomes part of their development effort, especially those just out of college and wanting to continue to pursue their dreams in trying to make it as a professional runner.

One of our goals is to differentiate the Gate River Run from other races by providing the athletes with a unique experience; one that's also more personal so

RETURNING THE FAVOR - JIM VANCLEAVE

they want to put Gate on their racing calendar each year.

BF: What do you feel are the hardest/worst parts of the job?

JVC: I don't look at the job as being hard but some aspects of it can be challenging. You communicate with primarily three contacts in developing the elite field: athletes, coaches, and agents. Agents can be very protective of their athletes and direct communication with their athletes is frowned upon. This can make coordinating the various lodging and travel logistics difficult when you don't have direct communication with an athlete before they arrive.

There are times when it's difficult to tell a potential elite runner just starting out that they don't quite meet the guideline for travel assistance, knowing that this essentially eliminates the Gate River Run as a racing option for them.

BF: There are other races that compete for the same runners. How does the GRR do compared to them? Which event is our biggest competitor?

JVC: The Gate River Run has a very strong reputation as one of the best organized and finest run races in the country. It is a tribute to JTC Running and 1st Place Sports for the many hours put into the race to make it a phenomenal race experience for all those that participate.

This reputation combined with the USATF 15K National Championship allows us to develop a strong elite field with elite runners from all levels.

We do not pay appearance fees like many of the other big races. These races can build strong elite fields with both foreign and American runners. But given the Gate River Run is the USATF 15K National Championship, the prize money and lodging/travel assistance is limited to American runners.

Elite runners do have choices during their racing season or build up to a major race. For Gate, our

biggest competitor is the NYC Half Marathon that is typically held a week after our event. The NYC race will pay appearance fees to attract elite athletes giving them a certain amount of leverage that we can't compete with. But it's not all about the money.

Elite athletes/coaches will also choose a race due to its fit in the athletes' training and/or racing schedule. As an example, an elite like Jordan Hasay chose the Gate as her final build-up race before April's Boston Marathon. She could have gone to NYC but the 15K was a better fit and has a much quicker recovery time than a half marathon. So it can be a better option for many athletes and coaches.

BF: For you, how much time does the job require?

JVC: Early in the process around 1-2 hours a day with increasing hours the closer you get to the race. Being organized is key but any given day it varies depending on the number of phone calls and or emails received. Responsiveness is also important so I try to get back to individuals within 24 hours.

The inquiries start as early as September and increase through late February when the final field begins to take shape. Inquiries also tend to increase after major races like the Houston Marathon and Half Marathon in January and the USATF cross-country championships in February.

Most of the time involved is spent on communications, athlete research, analytics, and coordinating the various logistical aspects associated with the elites.

BF: Are the athletes generally pretty easy to deal with, or are they overly demanding?

JVC: The athletes and coaches are great to deal with and are very appreciative of the opportunity to be part of the Gate elite field. Most agents are good but some can be challenging. It becomes a negotiation for them – but then that's their job – to get the most for their athlete.

RETURNING THE FAVOR - JIM VANCEAVE

BF: How many elites are you looking to bring to the race?

JVC: We typically target 50 American elites, men/women combined. The actual number will ultimately depend on what level of elites are interested. It becomes a balancing act with your budget. It's always great to have the upper end of the U.S. talent pool as part of your elite field. It adds to the credibility of the race but you also want to create an elite field that produces a highly competitive and exciting race.

BF: Are you looking for a certain standard, or are you mostly going by recent results?

JVC: It's more of a holistic approach mixing both science and art in evaluating a runner's entry into the elite field. We do have standards or "guidelines" for entry into the race as an elite. These qualifying standards have been developed from the Gate results history for both men and women. We also utilize an athlete's recent race performance results to help define where they are in their training combined with their various race PR's to assess what they may be capable of running.

BF: Do the elite runners usually contact you or do you have to chase them down?

JVC: There is not a lot of chasing required to develop our elite field but there is an amount of proactive effort to get the race in front of some of the key coaches and elite training groups around the country. Most elite runners will reach out. If not them directly, their coach or agent will email or call me. The race's reputation has laid the groundwork with word of mouth helping generate interest. Relationships also play a key role. Richard Fannin had done a fantastic job developing relationships over the years and I am attempting to do the same with the athletes, coaches and agents.

BF: We know that they can earn prize money depending on how well they finish, but what else do they elites get? What expenses are paid?

JVC: Like all prize money, it can provide additional

incentive for the elite athletes. There is over \$56,000 in prize money available for the top 10 American men and women. We also have an equalizer bonus as well as bonuses for a world, American or course record. The equalizer bonus is quite unique and creative. The top-seeded women will start six minutes ahead of the rest of the field. The first person (male or female) to cross the finish line will receive a \$5,000 bonus. This bonus is based on the difference between the men's and women's American record for the 15K distance.

Beyond the prize money and bonuses, there are three tiers of assistance available for the elite athletes: 1-comped entry, 2-lodging at the host hotel, 3-travel/airfare assistance; each with its own qualification standard. Meaning some elites only get a comped entry while others will include lodging or lodging and travel assistance.

We also arrange transportation from and to the airport for all the elites that need it. This is typically done with volunteer drivers.

At the host hotel, we provide an elite hospitality room where there are drinks and snacks that they can access anytime. The hospitality room is also utilized for the elite check-in as well as the technical meeting where we review the various aspects of the race weekend.

BF: Old-timers like myself remember the days when we used to pay prize money to athletes from all over the world. Then the GRR became the USA 15k championship race and foreigners were not exactly excluded but they could not win money, consequently, they quit coming. Do you like this format?

JVC: We do still get requests from foreign elite athletes and they understand once it's explained. Regardless, some still want to come and be part of the race as they know the race is highly competitive and one can run a fast time here.

I do like this format because it's important to support U.S. athletes and their development. The USATF sponsors National Championship races at a variety of

RETURNING THE FAVOR - JIM VANCLEAVE

different distances. The Gate River Run 15K is just one of them. It's these races that provide a level of monetary opportunity and support for continuing ones running career after college. Without such, I think it would be much more difficult for U.S. athletes to reach world class-level competitiveness given it takes years to fully develop as a distance runner.

BF: Today it seems that the vast majority of participants are in the race to have a good time rather than to run a good time. Seems to me, these people don't know or care who wins the race. One must wonder, are the elite runners all that important to the GRR anymore? Would it be a better option to give the money to charity or something like the Emerald Necklace project that could be enjoyed by more people?

JVC: There are many reasons why people participate in the Gate River Run and other races around the country. Running a good time is relative to the individuals participating. Very few might recognize who wins the race but most will recognize and or remember that the race was exciting and competitive. Even at the top of the distance running sport, there are very few names that are recognized by the typical household but with the greater success and competitiveness of U.S. runners today, that will slowly change.

I think the elite runners are an important component of the Gate River Run. There are different levels of elite runners from those just out of college and want to turn pro to those that have made a name for themselves on the world stage. At Gate, we tend to focus more on the developing end of the scale, but also do have the ability to attract some of the best the U.S. has to offer.

In reality it's largely because of the Gate River Run that JTC Running is able give back to the community through various donations and charities from providing scholarships to high school cross-country camps to donating considerable amounts to develop trails around the city. JTC Running recently donated \$50,000 specifically to the Emerald Necklace Project.

BF: This question is not exactly in your realm, but do you like the way the GRR is going? Is there something we should, or shouldn't be doing, in your opinion?

JVC: The Gate River Run is an important event for the city. It brings in a large number of people in for a weekend and produces revenue for the city and associated businesses. Developing greater relationships, awareness and support with the city will be key for the Gate River Run's future.

For the race itself, we need to continue to attract new runners. The key is to be creative in a way that helps differentiate the race from other options and keeps it fun for the whole family on race weekend. A great example is the creativity used in developing it into more than just a 15K race, meaning things like the equalizer bonus as well as timing the last mile down the Hart Bridge.

BF: Last but not least, is there something I may not have touched on that is on your mind? If so, now's your chance, speak up.

JVC: As I mentioned starting off, many aspects of the Gate River Run require volunteers necessary for it to be the success that it is. The elite coordination function is no different. There are some key volunteers that take on a number of important aspects of the event for the elites. From running airport shuttles to staffing the elite hospitality room. Providing the elites with an experience that differentiates Gate from other races would not be possible without these volunteers help. I'd like to give special thanks to Mark Ryan, Todd O'Donnell, Doug Tillett and Stan Lambert. Their efforts have been key to our success! Thank You!

Happens Only Once A Year, So Don't Miss It!

THE GATE RIVER RUN 15K

MARCH 9 AT 8 AM

Use Your Club Discount Code: jtc2
Sign Up Now at 1stplacesports.com

GATE RIVER RUN TRAINING: PART I- EXPRESS TRAINING GUIDE



The last 6 weeks of each year are packed with holiday excitement. For most people, this means loosening the reins on nutrition. What was once a militant training schedule can easily relinquish itself into, well, “just winging it”. Believe it or not even those who make it to the top tier of sports are vulnerable to the holiday effect. Now that we are a few weeks into 2019, and the holiday effect is finally weaning away. For me, the cookies (my personal weakness) have ceased their role as a major portion of calories.

And just like that, the second Saturday in March is less than 6 weeks away! Now is the time to crank up the training for the National 15k Road Championship (aka the Gate River Run). We certainly are lucky to have such a pinnacle race in our spectacular Jacksonville road racing scene.

With this epic race, and the natural energy of the new year, it can be easy to over-train and/or lose focus on the basics (what matters most). At this point, the key to having a great Gate is to make sure you have all the basics down—that you don’t have any obvious “holes”.

In this article I share an “express training guide” for Gate River Run 2019. My goal was to present a “checklist” that you can quickly go through. I consider this content to be the basics of training (that most coaches agree on). Then, our Lab Director, Dr. Jeff Wight, presents biomechanical training tips for Gate Run Training (see part II).

Jordon Garman

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Personal Running Trainer

JU Running Lab Head Technician

Collegiate Runner 2016-2018

M.S. Kinesiology, Jacksonville University 2018 B.S. Nutrition & Dietetics, University of North Florida 2016

Warm-up

Easy days:

If you have time, it is great to incorporate a dynamic warm-up before easy runs.

Workout days:

Definitely “get loose” for big workouts! I recommend a 15+ min warm-up run, and then dynamic warm-up drills prior to the workout:

- 1) Frontal/Lateral leg swing (straight knee then bent)
- 2) Side Slide
- 3) Carioca
- 4) A-skip
- 5) There are plenty of other drills on “Google”. Make sure you fully loosen any “tight” areas!

Easy Running

For most runners, about 80% of time spent training should be “easy” (conversational pace).

Easy running helps develop aerobic capacity without stressing the body.

Notice in the figure below that the marathon is 97.5% aerobic. Even the 1-mile is 80% aerobic. So it makes sense to build your aerobic engine with easier aerobic runs. This approach allows the body to recover and adapt from stress imposed through the other 20% of training workouts.

Event	Energy Contribution	
	% aerobic	% anaerobic
Marathon	97.5	2.5
10k	90	10
5k	84	16
1 mile	80	20

Gastin, Paul B. "Energy System Interaction and Relative Contribution During Maximal Exercise." Sports Medicine 31:10 (2001): 725-41

GATE RIVER RUN TRAINING: PART I- EXPRESS TRAINING GUIDE

Training Runs

Leading up to the Gate River Run, the other 20% of weekly volume should consist of:

- 1) Tempo runs- helps build strength, and gets the runner used to feeling comfortable in the most uncomfortable part of the race.
- 2) Hills- a substitute for the traditional “VO2max” workout. Hills help the runner build race specific strength, aka building that heart for the Hart Bridge!! Running bridges is a good way to for us Floridians to hill train.
- 3) Speed Development- speed sessions will help to build speed and economy. Adding these sessions in will allow submaximal speeds to feel much easier. Hop on the track or find a smooth road with little to no traffic.
- 4) Weekly long run: 20-25% of weekly mileage should be in the form of a long run (once per week). For beginning-moderate runners the majority of this run should be easy TIME ON FEET.

*make sure to include 2-3 easy days between hard efforts

Workout	Frequency	Duration	Repetitions
Tempo	Once per week	20 minutes (at a comfortably hard pace, or pace that can be held for a all-out ~60 min effort)	N/A- this is a steady/maintained effort
Long Run “Workout”	Once per week	20-25% total weekly volume- EASY	N/A- this is a steady/maintained EASY effort
Hills	Once every 2 weeks	¼ to ½ mile in length at a speed that is slightly faster than the aforementioned tempo pace, and jogging down for rest	Start at 4, and add 1 after every 2 weeks (i.e. 4, 4, 5, 5, 6, 6, etc.)
Speed Development	Once every 2 weeks	45 seconds (or 200 meters- half lap on the track) with 1-1:30 recovery at a pace slightly faster than the aforementioned hill speed (think a little faster than 5k pace)	Start at 4, and add 1 after every 2 weeks (i.e. 4, 4, 5, 5, 6, 6, etc.)

Example Training Schedule:

Week	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
1	OFF	EZ	Tempo	EZ or OFF	EZ	Hills	Long run
2	OFF	EZ	Tempo	EZ or OFF	EZ	Speed	Long run

Tapering for the race

Prior to the race, all training principles (ex. 80% easy) should be maintained. However, training volume should decrease. Here are a few general guidelines:

- 1) Start taper 2 weeks prior to the race.
- 2) Use the training volume 3-4 weeks prior to the race to calculate appropriate training for the last two weeks before the race.
- 3) 2 weeks prior- Training volume and workout reps should be 20% less than 3 weeks prior
- 4) 1 week prior- Training volume and workout reps should be 40% less than 3 weeks prior

Race Approach

“Preparation Prevents Poor Performance”

- 1) Mental preparation- On the night before the race, take some time to visualize the race (running every single mile of the race strong).
- 2) Race day!- Your training is highly indicative of how you will perform on race day—usually runners are able to run slightly faster the day of an event, so take that into consideration. Everyone feels good right after the crack of the gun! So be smart! Ideally, you will “negative split” the race... Work down in to pace—try to get faster every mile. RUN YOUR OWN RACE! Give it all you got, and finish strong!

GATE RIVER RUN TRAINING: PART II- EXPRESS BIOMECHANICS GUIDE



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Member, First Place Sports Racing Team

We obviously take running biomechanics serious in the JU Running Biomechanics Lab! So we developed an express guide for your Gate River Run Training.

The first point to acknowledge is that 15K is a long race! Running 9.3 miles “fast” is a great challenge. If you want to run anywhere near your 5K pace, you will need to focus some serious attention on your running biomechanics. Being “fit” is not enough... You must be able to maintain your “fast running biomechanics” for 9.3 miles. That requires some serious training and attention. Do you regularly focus on your running biomechanics during training? If you don’t, now is a great time to start!

There are two “classic” mistakes we are vulnerable to:

1) Ignore biomechanics during easy runs. Runners develop good/great fitness from running lots of miles over several weeks. Once that fitness is developed, running slow becomes pretty easy! And at that point, we become quite vulnerable to running with “sloppy” biomechanics (without noticing). For example, the runner may slow their cadence from 180ish to 160ish, or quit “lifting their knees”, dramatically cut their arm swing, and/or lose their strong lower-back posture. Ideally, slow running biomechanics are simply a “scaled-down” version of the fast running biomechanics. The bottom line is that you should use great mechanics at all paces—this will help you develop the “strength” needed to maintain great mechanics for all 9.3 miles of the Gate Run.

2) Ignore biomechanics during hard runs. During hard training runs (like tempo runs, long runs, track workouts) it is easy to focus exclusively on “hitting your times”. You may completely forget about your biomechanics. However, your goal should be to train as hard as you can with sound biomechanics. The bottom line is that our times plummet when we “lose” our biomechanics. Most of us have experienced this several times in 5k races... We often lose our biomechanics in mile 2 or 3 and then run about 30 seconds slower per mile. After the race, we see our race pictures and notice that we began landing different, quit lifting our knees, swinging our arms, etc.

To reiterate, the key, during training, is NOT to run as fast as possible... The key is to complete large volumes of quality training with sound biomechanics. If you begin to lose your biomechanics during a run, you should do the following: slow down! Always remember your goal for the Gate Run: run 9.3 miles with sound biomechanics. This is the approach to take so that you can maintain your pace throughout the race and hit a new “PR”.

Focusing on your Biomechanics

When running, you don’t have to think about your biomechanics all the time. But you definitely need to regularly “check in”. It’s analogous to checking the rear-view mirror while driving. While running, you should be regularly assessing yourself. At first, it is a little taxing/overwhelming for your brain. But after a couple weeks, you will become accustomed to

GATE RIVER RUN TRAINING: PART II- EXPRESS BIOMECHANICS GUIDE

quickly monitoring your biomechanics throughout runs.

Below are the general biomechanics that you should become good at regularly assessing. These are the general biomechanics that all runners, beginner to elite, need to focus on, especially as they fatigue. We recommend that you regularly monitor the following throughout all runs:

High cadence (step rate). Maintaining a high cadence requires constant attention. You need to keep your feet moving fast at all times. You should regularly focus pulling the foot forward (immediately after toe-off). Then, once your foot is pulled forward, you should focus on actively striking the ground. Having a lag at toe-off or prior to foot contact will dramatically slow your cadence, and your running will suffer.

High knee lift. You must also regularly focus on your knee lift. Focus on “popping” your knees up (rather than “kicking” your feet forward). Your feet are “along for the ride”, so focus your attention on your knees. You can run far without popping your knees up, but you will not be able to run very fast. So if you want to “PR”, you should focus attention on your knee lift, at all paces. That needs to be built up over several weeks of training, at all paces.

Strong landing position. Focus on your leg-landing position. The overall goal is to accept the weight of your body with your leg in a strong and athletic position (right below your body, not out in front of your body). Routinely monitor this. Landing out in front of your body is “dangerous” and inefficient—this causes large “breaking forces” and causes your bones to “crush together”.

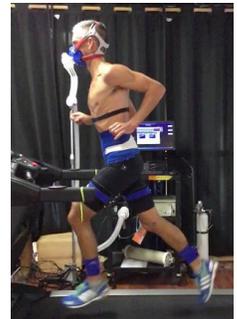
Short contact time. Your contact time with the ground should be very brief. We know this from biomechanics research. In fact, when you land, your leg should feel like a “pogo stick”. When your

foot lands, you should feel your leg quickly “load” and then immediately “unload” (like a spring). Hit the ground and go! You must constantly focus on maintaining a short contact time.

Strong back posture. Focus much attention on keeping a strong and stable lower back. When you land, your lower back and spine should remain “rock solid”. You will waste a tremendous amount of energy if you lean over, or lose the rigidity of your back at impact. The bottom line is that your torso is really heavy! So if it is leaning forward or if your spine is “collapsing” at impact, your running will pay the price! Also, tilt your pelvis back slightly (stick your bottom out). This will help you to land underneath your body instead of out in front of your body.

Keep shoulders back. Your starting shoulder posture also matters a lot! Bring your shoulders back when you run. This will help you to develop a “posterior arm swing”. Use your upper-torso to swing your arm back. Avoid using your “arm muscles” to “pump your arms”.

Keep your shoulders back. Use a subtle upper-torso rotation to swing your arm back. Keep your arms relaxed. Your elbow should travel back and up. Your chest muscle should become fully stretched and “tug” on your ribs.



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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

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.