

Honoring the Competitive Spirit in Us All



Letter from the Editor - Bob Fernee

What a self-deluded fool I am. I decided I was going to produce a newsletter with virtually no Coronavirus/Covid-19 mentions in it. I said to myself: "People are sick of it (no pun intended) and they would love a respite. But no, the doggone thing is so pervasive and omni-present that there really is no escape. As I write this, Florida is now fourth in the world with new cases of the Coronavirus. Looks like we may be in for the long haul. Consequently, this issue is not as Covid-free as I had hoped.

However, there is some good news in regards to the virus and local racing. Doug Alred, of 1st Place Sports and JTC Running, and one of the nations most active race directors, reports that there is a breakthrough. A social distance 5k was held to raise money for Marathon High. It is a fine organization, Marathon High, that involves underprivileged youngsters in running, fitness, and healthy lifestyles. Divided over two days and many heats, 300 people signed up to support the event. That is a very good turnout. Alred said that it seemed no one was there because it was so spread out. Of course, we are used to seeing big crowds and we hope that this "new norm" will not for long be the norm. We want our races to be what they used to be. Until then, Alred said that the city government has given the go ahead to staging events as long as they adhere to the social distancing safety guidelines. All July races were cancelled, but the 3-race, 2-day event, the Tour de Pain will be run on August 21 and 22.

Other races scheduled so far: Parkinsons 5k, September 26. USO Half-Marathon and 5k scheduled for October 3rd, is now a virtual race. 1st Place Sports' Corporate Run 5k, Thursday October 8th. Wine & Chocolate Run 5k, October 11th, in San Marco.

You can log on to the 1st Place Sports website to see what is scheduled in November, but Alred says "that could change drastically if the current increase in Covid cases does not roll way back."

Alred also reports: "The virtual runs have been getting 20 to 25 percent of their normal registrations, but I suspect that will decrease as we have more of them." He also said: "The Jacksonville Grand Prix is on hold for now until we figure out what races will actually happen."

Looks to me like the local racing scene is slowly limping back to its old self. I am sure that we all wish it a speedy recovery. Life is not the same without it.

Meanwhile, we have one of the best running stories that I have ever read in this issue. Ted Corbitt was quite a guy.

He was a pioneer of running in America and the founder of the New York Road Runners Club. To call him merely an "ultra- runner" would be an understatement. One of our club members is his son, Gary. Our man, Gary, is a humble, modest, quiet, soft-spoken fellow and I am told that his dad was even more so. Then again, I always said that runners are great people and several notches above the "common multitude," to use Shakespeare's phrase.

JTC Running's most famous ultra-marathoner, Jay Birmingham just ran across Tennessee! He has done every type of race or run under the sun and now he has done something he never thought he would – a virtual race. He finished high in the crowd of some 19,000 runners and in his inimitably fascinating way he tells you the tale in this newsletter. Don't miss it.

How about a romance tale with a running twist? Thanks to Jay, we have that also. Jay recounts the lifelong love story of the Zatopeks. Emil Zatopek was one of the greatest athletes of all time. Olympic gold medals, world records, he did it all. It appears that he was also quite a Casanova. The story adds a bit of light relief to this issue and everything else that we have endured lately.

I owe Jay a lot. Since January he has been my coach and, more than that, he has restarted my running "career." I have a new zest for the sport and a higher level of fitness. Thanks, pal, I owe it all to you.

Which brings me to my latest saga titled, Wow, Training It Still Works, part deux, in which I chronical my latest running exploits with coach Jay. The subtitle is: The Assault on the Mile. Yep, exciting stuff, and it's right here. As a bonus, I even threw in 'part trois.' Yeah, that's right, I speak a lot of French in those stories.

Stuck inside? Well, who isn't? Sean McCormack is an elite runner and coach who has found a whole new world on a treadmill. Stay safe at home and stay supremely fit at the same time with Sean's treadmill running tips inside.

Worried about your weight while you are housebound? Our resident nutritionist, Jon Vredenburg, has written a guide to help you with your eating and caloric consumption. No doubt, everyone is concerned about calories and weight gain during these days of relative inactivity.

Jeff Wight is convinced that by becoming as fit as possible you can build your Coronavirus resistance. His advice is a sensible six-week plan of action in this issue.

Stay safe, stay calm, be strong, and keep on keepin' on.

President's Letter - Larry Roberts

Greetings!

What a summer this has been! Plenty of heat and rain. Okay, that's familiar. But no Run for the Pies? No Awards Banquet? Or track meets? Or Tijuana Flats Summer Beach Run? That is just not right. These are times that try souls. But overall, I think we are holding up fairly well. On my long walks, nearly everyone is making room on the sidewalk for social distancing and greeting passersby with a wave. The waves tell me that we are all in it together. And that is how I think we will get through it- together. Together in caring, helping, supporting.

We have had some timed running opportunities. There may have been no Global Running Day, but we did stage the Marathon High Back to Running 5k. Doug Alred and the team at 1st Place Sports organized it over two Wednesdays and Saturdays in the last two weeks of June. Runners signed up for a day and a time slot. Groups of no more than ten started at ten-minute intervals and ran the reverse of the usual July 4th 5k course from the 1st Place Sports Baymeadows store. JTC Running matched the \$10 entry fee and all proceeds went to Marathon High, generating \$6820 for the program.

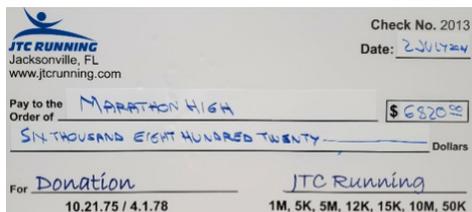


One will be the VyStar Emerald Trail 5k, currently rescheduled to October 10, 2020, from a date in September. Registration will open soon at 1stPlaceSports.com for this run/walk/bike along the LaVilla Link and S-line sections of the Emerald Trail. JTC Running is covering all costs of the event so that the entire proceeds can go to Groundwork Jacksonville for the Trail. The Club has been an early and ongoing supporter of this wonderful project. I encourage you to watch the video of the LaVilla Link plan at <https://groundworkjacksonville.org/emerald-trail/emerald-trail-jacksonville/>.

And we will have a Fall Half Marathon Training Class! It will kickoff Tuesday evening, Sept. 8, at 6:15 pm, outside the 1st Place Sports Baymeadows store. Coach Jennifer DeSantis has tweaked the class for social distancing and more. The class price has been reduced to just \$45 for current members, with past participants receiving a further \$5 off. Registration is open now at <https://jtc.wildapricot.org/event-3900821>.

In the last issue of the Starting Line, we had photos of the installation of the water fountains the Club has donated to the City of Jacksonville Beach. The installation has been completed-- one fountain near the pavilion at the end of Beach Boulevard, and a second at Ocean Front Park near 5th street South and 1st Avenue. We will have an official photo opportunity with City of Jax Beach officials soon. Those photos will be on JTCRunning.com and our Facebook page.

One last thing- registration is open for the Guana Trails Races on December 6. Social distancing will be manageable at the GTM Reserve. Details and signup are available at <https://1stplacesports.com/races/guana/>.



All in all, a remarkably successful fund raiser and a chance to try out some of the concepts that have been discussed to get running events going again. I think we will see this approach in future events.

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Randy	Arend	Amanda	Mason
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Michelle	Baker	Sean	McCormack
Nick	Barkley	Kevin	Milton
Brandi	Belew	Colin	Moore
Bernie	Berania	Michelle	Moore
Austin	Bourne	Kathy	Murray
Ginger	Brelsford	Nancy	Neff
Bonnie	Brooks	Pam	Nelson
Greg	Brown	Stephen	Pachuta
James	Bryant	Christina	Perez
Bridget	Carter	Angela	Perrera
Marsha	Carter	Alan	Pickert
Kelly	Cobb	Carmen	Preeschl
Julie	Conley	Beth	Reiney
Vicky	Connell	Laurie	Ricciardi
Sheila	Cribb	Dee	Robertson-Lee
Carol	Culley	Terri	Rose
Errol	Daniels Jr	George	Royal
Wm	Dunn	Deborah	Russell
Beth	Durling	Al	Saffer
Davis	Ely	Kat	Schweitzer
Joanne	Esch	Tara	Showalter
Nancy	Field	Taylor	Silkert
John J	Geren	Patrick	Snyder
Anne Marie	Giffin	Annette	Stevenson
Monica	Giotta	Douglas	Tillett
Naomi	Gray	Steven V	Tuten
George	Hoskins	Jim	Van Cleave
Mandy	Hunter	Fred	Wainio
Alexander	Kean	Joel	Weaver
Khristi	Keefe	Katie	Wrenn
August J.	Leone	Charles	Wrye
Franz	Lerch		
Hamish	MacLean		
Amy	Magdalein		
Jennifer	Marshall		

Upcoming Events

JTC RUNNING'S CROSS-COUNTRY CLASSIC THE LAST GASP 5K & FREE KID'S GASP 1-MILE

Sunday, December 27, 2 PM (1-Mile, 1:30)
On the Campus of Jacksonville University
Two Races, Awards, Great Post-Race Party

All Hail The Trail! Move Over Covid
JTC Running's Guana Trails Run/Hike
**30K TRAIL ULTRA, 2X25K TEAM RACE,
12K TRAIL RACE**

At Guana Tolomato Matanzas Reserve
Three Races, Awards, Great Post-Race Party



The Treadmill...from an Old Enemy to Best Friend

For most of my 38 years of mostly competitive running, I avoided the treadmill like we all try and avoid COVID-19. As I look back writing this article, there certainly were many reasons that led to my strong bias. Primarily, running outside was my main motivation. Weather never really bothered me, no matter rain or shine. Running with a small group at similar pace always seemed to make the miles click by much faster. And here in North Florida, there are many great places to set out on your workout, either alone or a group organized by the track clubs. And perhaps most important, quality workouts on the track or roads are certainly hard to replicate on a piece of equipment.

I think without question, if I could still run like I could in my 20's, 30's, and even 40's, the road and track would be my primary mode of travel. However, as I traveled through the 50's, things naturally started to change. Road running does take some toll on the body and recovering from a long run began to get harder, especially if concrete was involved. (BTW... did you know that concrete is six times harder on the body and joints than asphalt?). Also, when I was younger, I ran extremely well in the heat, and would use it to my advantage. But currently, the heat is much tougher to deal with, and as we age, it only gets more challenging. Adding to my treadmill transformation was my weekly travel schedule due to work. I think we all would agree, that running in the wee hours of the morning before the sun comes out in a strange town is not only motivationally draining but dangerous as well. So, it became crystal clear, that if I still wished to run consistently, the treadmill became my solution. I had to get over my bias. I mean, what could be more boring than a treadmill!!!!...

So, what are some of the "tricks" we can do to keep our spirits up?

Find a treadmill that has as many options as possible, such as media outlets. Watching your favorite show or listening to a music collection have been a treadmill staple, but now there are other enhancements to help you power through. Examples include, built in virtual runs through various cities, on beaches, through parks and mountains, and even running along through a virtual international marathon can spice things up. I also really enjoy treadmills that not only have an incline, but also have up to a 3-degree decline. On days when my legs are tired, setting the treadmill on a 1 or 2-degree decline can make a huge difference. On days I feel stronger, I will build in an interval workout, and these have almost unlimited flexibility. I will crank it up for 400, 800, 1600 meters with various distances of recovery pace. I personally like the change of pace at about .7 mph. Some days I will gradually notch it up every 400 meters and will even change the incline/decline as part of the workout. Frequently, I alternate changing the speed at 400 meters, and then the following 400 keeping the speed constant but changing the incline either up or down. I also favor 2-mile tempo runs. One thing for certain...you are in complete control over your workout which certainly can be an advantage. Another significant upside is the treadmill is much easier on my joints, and in combination with yoga and stretching, I recover much quicker and completely.

Bottom line, I have come to make the treadmill my friend, especially this time of year where running in a controlled climate is much appreciated compared to the oppressive heat and humidity. I do believe if you are into increasing performance at road races or on the track, there is no substitute than training in those environments.

The Treadmill...from an Old Enemy to Best Friend

When I became USTAF certified as a coach, I learned that about 60% of biomechanics are the same whether you are running on the roads or the treadmill, and there are only small biomechanical changes proportionally at 40%. So, training solely on a treadmill to lower your PR is certainly not optimal, but for me,

my racing days are behind me, so the treadmill really offers no downside. I am just grateful I still have my health and ability to get it done. Well...time to grab my headphones and head down to the fitness center as I write this from my hotel room.

Treadmill...here I come.

The Starting Line / Written by Jay Birmingham

VIRTUALLY NEVER, a Cautionary Running Tale

Virtually--adverb meaning nearly; almost

A folk tale titled the Gingerbread Boy was first published in 1875 in St. Nicholas Magazine. Many versions exist; most people know the story as the Gingerbread Man. A recurring retort by the fleeing cookie: "Run, run, run, as fast as you can. You can't catch me, I'm the Gingerbread Man."

Flash forward to April 30, 2020, six weeks into a nearly-complete cessation of foot racing, worldwide. I had ignored the constant stream of "virtual races" that appeared on Facebook and in my emails. Virtual Cinco de Mayo, Memorial Day 5k, Hadrian's Wall, Grand Canyon, John O'Groats to Land's End--if there was a race, a route, or a cause, you needed only to register, send in your \$25, \$30, \$40 or more, run the distance anywhere you wanted, send in your time, and see your name spliced into the results--just like the event really happened! No thanks. Not for me.

But, as I said, on April 30, I saw a post on a private Facebook group, 30 of us who were registered to run a six-day race at the end of summer in Artsakh (east of Armenia). Julie White of Colorado and Charles Zuckerman of California had discovered the GVRAT, a 1,000 km race across Tennessee.

"It will get me to run higher mileage," said Julie.

"I'm in," said Charlie. Both are accomplished ultramarathoners.

They posted their race numbers: each bib showed two runners pursuing a Gingerbread Man. I had

to check it out; my own training was about 1/3 what I needed to ready myself for the big race at summer's end.

Turns out, GVRAT was being promoted by Lazarus Lake, aka Gary Cantrell, a Tennessee accountant who has become famous among long distance

runners for the Barkley Marathons, the Strolling Jim 40, and two annual journey runs--HOTS (Heart of the South), and the LAVS run (Last Annual Vol State Run).

My wife Debbie, looked up GVRAT and listened to a Runner's World interview with Cantrell. He described a virtual run of four months' duration. From May 1 through August 31 entrants would log their daily running, walking, or treadmill mileage. The goal: cover the 1,000 kilometers from the southwest corner of Tennessee to the northeast corner of the state, an actual distance of 634.84 miles, or 1,021.68 kilometers.



VIRTUALLY NEVER, a Cautionary Running Tale

Impossible? Nah, just a smidge over 5 miles a day for 123 days to earn a medal or a buckle. And a T-shirt. A portion of the entry fee was for the Tennessee Food Bank. And become a RAT-- The GVRAT stands for Great Virtual Race Across Tennessee.

Cantrell told Runner's World that he had "a lot of interest." He predicted about 5,000 entries. May 1 came and Cantrell and his "team" were overwhelmed: More than 19,000 people had signed up, at \$60 per person. Forty-four countries, people from 22 of the earth's 24 time zones! And I threw my sweat sox into the ring, too.

Cantrell is known for his wry sense of humor. An accomplished ultrarunner himself, he starts races by lighting a cigarette, lays out courses that are difficult to near-impossible to complete, and has a folksy sense of humor.

After a few days of posting mileages (the computer program had to be upgraded several times in the first month), a new leader appeared: The Gingerbread Man. 145 years old. From Tennessee. And one mile ahead of the first human runner.

A Buzzard was injected into the standings, averaging 5 miles a day. Predicted times to complete various parts of the course were posted. Some runners put up huge mileages from the start and quickly closed in on the 634-mile finish line. So, a Double Buzzard was created for those who would be dubbed BATs (Back Across Tennessee). Then a Triple Buzzard for those who might cover the route three times (1,904.52 miles), the CATs.

Two more Buzzards are in the rankings now: Dr. Buzzard and DCCC Buzzard. I racked my brain trying to figure out what these buzzards represented. I posted a query on the race's

Facebook page and got this answer: Dr. Buzzard is an MD. MD in Roman numerals is 1,500.

DCCC, of course, is 800 miles.

In less than a week, I realized that to be "competitive" in this event, I needed to average 15 miles a day. Strapping on a water belt, I slowed my runs to run-walks and added extra mileage early morning, midday, and after supper. It worked! The more miles I covered, the healthier I got, working past some pesky hip pain, a sore knee, and a tender arch.

Team competitions were created: The fastest five from each state or country comprised a de facto team. Within a few weeks, Ohio claimed first place. Florida was second. England placed third. Some enterprising folks created "club" teams. Among the 380 teams are the Salty Birds, Sloth Sisters, SURF (San Diego Ultra Running Friends), Marine Corps Bravo, and of course, Team Buzzard (Triple Buzzard, Double Buzzard, Dr. Buzzard, Thousand Buzzard, and Buzzard.)

We are now more than ten weeks into the GVRAT, I and 350 other Floridians. Twenty are from Northeast Florida. At last check, I was the eighth runner from the Sunshine State, but it is a fluid situation. Some, like Dave Krupski of Ponte Vedra, scorched the RAT course in 31 days, then called it good. I "passed" him and many others when they moved on to other pursuits. I was 13th among Floridians to finish GVRAT (635 miles) in 37 days; now, past 1,000 miles, I am eighth, 227th overall.

How are the other 19,000+ entrants from all over the globe doing? The daily updates show 172 runners ahead of the Triple Buzzard, averaging 15 miles a day. 1,235 runners are on track to beat the Double Buzzard (1,270 miles). And the signature race, the RAT (635 miles/1,021 km)?

VIRTUALLY NEVER, a Cautionary Running Tale

Right now, a hearty field of 11,770 are staying ahead of The Buzzard.

But the buzzards never have an off day. They never take an easy day. Never a zero-mileage day. So, with about 50 days to go, the number of RATs, BATs, and CATs will shrink. The Triple Buzzard passed me one day after I hit 1,000 miles and then took two easy days.

The Starting Line / Written by Jay Birmingham

Wide World of Running

THE ZATPEKS



In 1952 at the Helsinki Olympic Games, an ungainly runner from Czechoslovakia won an unprecedented triple victory. Emil Zatopek dominated the 10,000 meters to win gold, later outkicked three world-class milers to win the 5,000 meters, then vanquished the marathon field for his third gold medal. European track fans egged him on during his surging, front-running races by chanting, "Zat-O-Pek!, Zat-O-Pek!, Zat-O-Pek!" Watch a Youtube video to get swept up in his celebrity.

Emil was not a rookie Olympian at Helsinki. He won gold at 10,000 four years earlier in London 1948, and closed fast in the 5,000 to claim the silver medal. Between the Games, he set eight world records on European tracks from 5 km through 20 km and the One Hour run.

Goals? Keep logging miles until the bitter end (August 31). Become a BAT (Back Across Tennessee) at 1,270 miles. Then, stay ahead of Dr. Buzzard (MD) for a 1,500-mile summer.

Virtual races? Not for me. But the Great Virtual Race Across Tennessee is a bird of a different feather.

Also, between the two Olympiads, Emil courted and married a Czech girl: This essay is now about her.

Dana Ingrova was born on the same day as Emil, September 19, 1922. She was an athletic girl who, like Emil, survived her country's occupations by the Nazis and Soviets, working in a factory during the 1940s. By 1948, she had become her country's top female javelin thrower.

At the London Games, Dana heaved the 600 gm spear 130'0" in the Olympic final, placing seventh. After the competition was over, Emil slipped into the women's Olympic Village to see Dana. He played a Moravian melody on his guitar, the signal for Dana to meet him in the garden. He showed her his 10,000-meter gold medal, accidentally dropped it into the swimming pool, and retrieved it in his underwear. A chaperone saw him, thought the worst, and chased him from the camp.

Later in London town, Emil asked Dana to marry him. They bought two rings in Piccadilly. Dana's ring eventually chafed her finger, so they melted them down and made one which they shared.

Emil was pressed into military service by the occupying Russians, and Dana found steady work in Prague.

Wide World of Running

Emil's Olympic success provided him and Dana with ample time for training and their summers were punctuated by world-class competitions in Eastern and Western Europe.

Dana Zatopekova improved dramatically, as she tried to match the huge women throwers from the Soviet Union. By the Helsinki Games, she was a top contender and hurled the javelin 165'7" to win the gold medal.

Four years later, at the Melbourne Olympics in 1956, Dana placed fourth with a throw of 163'5-1/2". An injury-plagued Emil managed sixth in the marathon. He had earned ten more World Records after the 1952 Games, but now his wife was the family's top international athlete.

In 1958 at age 36, Dana Zatopekova threw 182'10" for a new World Record in the javelin, making her the oldest female record breaker. But she wasn't

done.

At the 1960 Rome Olympics, Dana qualified for the javelin finals, then threw a season-best 176'5" to win silver, becoming the oldest female to win a Track and Field medal in Olympic history.

On December 25, 2019, I received a Christmas book, *Epic Runs of the World*. One race is in the Czech Republic, a 22.3 kilometer (13.86 miles) event titled *Beh Rodnym Krajem Emila Zatopek*. Translation: The run through the homeland of Emil Zatopek.

The race route passes through a few small villages on a route Emil ran from his hometown of Koprivnice. Dana set up the race two years after Emil's death in 2000. She was known to fire the starting pistol and join the finishers at the post-race party. The event is a "must-do" in my not-too-distant future. Sadly, Dana will not be there. She died March 13, 2020 at the age of 97.

How to Dine Out Again

In terms of pounds gained over a period of time, the new 'Freshman 15' could be rebranded as the 'COVID 19'. I'm probably not the only one that has fed their homebound anxiety with snacks while watching the news with one hand over my eyes. Am I supposed to fatten the curve, or flatten it?

As restaurants slowly re-open to accommodate in-person dining, it is good to remember that healthier dining does not have to mean sacrificing flavor. A few simple maneuvers can help you stay on a path that is both reasonable to your palate and accommodating to your training goals.

Drinks. We all know that water is the best choice when counting calories, but it's also really boring.

Breaking quarantine may require some alcohol. The key tactic here is to strive for quality over quantity. Most wines will provide about 140 calories per glass. For beer, look closely at the alcohol by volume (ABV) numbers, as the higher percentages will have more calories. Aim to keep the ABV low, and aim to keep your glass on the table more often than not. The more alcohol you consume, the more difficult it will be to fulfill the rest of your sensible dining plan.

Appetizers. Conventional wisdom says to skip this portion of the meal if you are calorie-conscious, but if the appetizer is going to be a part of your dining experience look to share a lower-calorie option such as seared ahi tuna or shrimp.

How to Dine Out Again

As long as they are not fried, or covered in butter, both choices weigh in at less than 35 calories per ounce. A garden salad is always great too; just keep a close eye on what you add to the salad. Each tablespoon of shredded cheese or bacon bits adds another 30 calories and a modest 2 tablespoon serving of a creamy dressing pours on another 120 calories. For general reference, 2 tablespoons is about the size of a ping pong ball.

Bread and rolls are frequent accompaniments to restaurant meals too. Research shows that when food is placed in front of us, we are going to be compelled to eat again, regardless if we have just eaten. Put yourself in a better position to eat fewer calories by asking the wait staff to not even bring bread to the table. If you really want hot bread, make yourself some toast for breakfast.

Main Course. The entrée is the culinary centerpiece of the meal. In most restaurant settings this is typically a meat-centered dish. As with most things nutrition related, size matters. A steak portion can top over 16 ounces on some menus so it would be wise to opt for the petit sirloin if you are compelled to choose red meat. For example, a 16-ounce T-bone steak provides over 900 calories while a 6-ounce sirloin provides just 325 calories. Try to choose loin or round cuts of meat whenever possible. Fish dishes typically offer a wider array of lower calorie options on restaurant menus, followed closely by poultry. What you place on the item also matters a great deal to your waistline too. Béarnaise, hollandaise and other cream sauces can add another 50-60 calories per tablespoon which is almost like pouring salad dressing all over your entrée.

It is a forgone conclusion that any special occasion meal will likely exceed your average caloric intake. However, you can lessen the caloric excess by pairing your entrée with a non-starchy vegetable such as asparagus, broccoli or grilled seasonal

vegetables. Most starchy side items such as potatoes and pasta will end up being vehicles for added fat and calories. For example, a loaded baked potato will easily top over 400 calories and a sweet potato with butter can be just as hefty.

Desserts. Part of the dining experience on a special occasion is sharing it with someone. If you decide to order a dessert, then sharing is a must. Look for desserts that feature fruit as these are likely going to be lower in calories. Many restaurants now have dessert shooters too, which are just smaller versions of their regular desserts. Limit desserts that are served with ice cream or chocolate sauce as these normally have double the calories than a slice of pie or cake. Look out for menu descriptors like 'explosion' or 'avalanche' too as these typically are not reserved for lighter fare.

Maximizing your dining enjoyment while minimizing the calorie payload is not an easy task, but with a few adjustments it can be done. Take heart too, because if the date night dinner leads to a post-meal smooch, that can burn a few extra calories while bringing a smile to your face. After all, being happy should be your ultimate goal.

Upcoming Events

JTC RUNNING'S CROSS-COUNTRY CLASSIC THE LAST GASP 5K & FREE KID'S GASP 1-MILE

Sunday, December 27, 2 PM (1-Mile, 1:30)

On the Campus of Jacksonville University
Two Races, Awards, Great Post-Race Party

Blood Flow Restriction Training

Have you ever had a running injury that required you to shut down your training to allow the injury to heal? I bet most of you reading this article just answered “Yes” to this question. If you have ever had a stress fracture that required you to wear a walking boot then you know the frustration of losing strength in your leg and the loss of fitness that occurs while you wait for the injury to heal.

Did you know there are some very helpful treatment options that physical therapy can offer to help you avoid the disuse atrophy and loss of fitness that occurs with those injuries? One of the most helpful treatments for those type of injuries is something called blood flow restriction training (BFR).

BFR training is a training or rehabilitation strategy involving the use of cuffs or bands placed around a limb during exercise, to maintain arterial inflow to the muscle while preventing venous return (venous occlusion). This type of training allows for the muscles of the injured limb to be trained at very low loads while still producing a high amount of muscle fatigue. This means that injured tissue can be kept safe during the healing process while still allowing prevention of atrophy and even allowing for strength gains to occur.

The mechanisms through which BFR training works are as follows:

- Lack of venous return creates a swelling effect of the muscle
- Metabolites, such as lactate, accumulate and stimulate muscle growth.
- Hypoxic environment promotes strength and muscle growth.

- Direct muscle fatigue forces the nervous system to recruit the largest fast-twitch muscle fibers, which have the greatest capacity to grow.

- Increase to Growth Hormone (GH) and Insulin Growth Factor 1 (IGF-1)

Through these physiologic actions of BFR, your body gets the following benefits:

- Increased muscle size (Hypertrophy) and strength with little to no muscle damage because little resistance is necessary for gains to occur
- Increased cardiovascular capacity
- Decreased joint/tissue stress

Use of BFR can be one of the most helpful things that you can do to help keep your fitness and strength training going even when you have an injury that requires you to be shut down from running. If you are dealing with an injury that is preventing you from doing your resistance training or running your normal mileage, chances are you would be a good candidate to use BFR training to help maximize your recovery and get you back to your normal volume of training faster.

If you find yourself in the unfortunate situation of having an injury that is keeping you from training at your normal load and intensity, contact your local physical therapist to see if BFR training is right for you.

Mark Baughman DPT, ATC, OCS
Coltman and Baughman Physical Therapy
Jacksonville Beach, FL 32250
(904) 853-5106

Wow! Training, It Still Works; Part Deux – Assault On The Mile

As you might have read in the last issue of The Starting Line, thanks to my friend and coach, Jay Birmingham I had a glorious moment in JTC Running's Gate River Run 15k. All very well; but then, the race was over and what was I to do with my reborn enthusiasm for running and my newly rebuilt level of fitness? How could I maintain my "comeback?" The GRR goal gave me something to aim for, and a true incentive to run. Now that was gone, and thanks to our unwanted intruder, COVID-19, aka, Coronavirus, every upcoming race in the area was either cancelled, postponed or turned into an online "virtual" race (and I will not do one of those stupid things even if you drag me kicking and screaming). Naturally, the world's greatest distance running coach, Jay Birmingham, pulled something out of his bag of tricks.

Simultaneously, his idea scared, shocked, and delighted me: The Mile. Yes, the classic of all classics. Was it Jay's recent story for our newsletter about the late Peter Snell that made him think of the mile? Did he remember that in the days when I wore a younger man's clothes and skimpier running shorts, that my obsession was running a fast mile? (I never did, I could never break 4-minutes, 30-seconds, which was my humble goal.) Not sure; I only know that I received an email shrouded in the style of the opening of a Mission Impossible TV show: "If you will accept this mission." I replied: "If I fail, I will disavow any idea or knowledge of you as my coach." And so, the "mission" was on. Code name: Assault on the Mile.

April was all set to be a very blah month. The Coronavirus scare was looming large and it was worrying to even go out for a short run. What if I come too close to a person sharing the sidewalk with me? How long can COVID-19 live on a high-tech, wicking-fabric, running shirt?

No report of that on TV; despite the fact that Dr. Fauci is himself a runner.

So then, April had a purpose, coach Jay had already devised a month-long training plan and emailed it to me. It began immediately. The game was afoot. The mile, the glorious, historic, legendary mile; is there a greater race distance in all the world of athletics? No, I think not, and many would agree. The 1,760 yard- race began in England in the 1600s. It was called "foot racing" and was contested by footmen as their masters looked on and placed bets on the races. Later, "professionals" took it up and the fastest recorded time was 4-minutes and 12 seconds by Englishman Walter George in 1886. Today, the mile is the only imperial distance for which the IAAF records an official world record.

America's first glory in the event was accomplished by Glenn Cunningham in 1934, his time of 4:06.8 set a world record. Sir Roger Bannister (1929-2018), the famed Englishman, was the first to break the four-minute mile barrier. Lucky chap, his name will be forever synonymous with the mile and the moment he did it. At the time they said, "It can't be done. A man's heart would explode." He proved them wrong at Oxford's Iffley Road cinder track on May 6, 1954, his time of 3:59.4 astonished the world.

This ushered in a legion of four-minute mile record breakers. Who could forget the American youngster, Jim Ryun, who in 1966 at the age of 19, ran a 3:51.3 world record, then broke his own record a year later in 3:51.1? In 1964, Ryun was the first high schooler to run under four minutes in 3:59. He ran five sub-4-minute miles while in high school. In 1975, New Zealand's John Walker was the first man under 3:50. His 3:49.4 was exactly ten seconds faster than Bannister's time 21 years earlier. Today the world record is held by Moroccan,

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Hicham El Guerrouj. On July 7, 1999, he ran 3:43:13. The women's world record is by Sifan Hassan of Holland at 4:12:33, run on July 12, 2019. The mile has also spawned many other races, such as the 'Fifth Avenue Mile,' in New York City, the Jacksonville Track Club's 'Mile Festival,' and the ever-popular, though somewhat less athletic, 'Beer Mile.' In the beer mile the "athlete" drinks a bottle of beer before he begins. He runs a lap, then chugs another bottle (could be a can) of beer, then runs another lap. This is continued until all four laps of the track are run. Racing a beer mile is almost as stomach churning to watch as it is to run. I think you can imagine what I mean.

Jacksonville has a noteworthy history in the beer mile, which was reborn thanks to track club member, Rick Patterson. His passion for running and, moreover, beer, is the stuff of legend. Sadly, these days it is impossible to find a venue to hold a beer mile. An awful indictment of the world in which we live.

Our track club has an illustrious history with the mile. Club pioneer, Lamar Strother organized and executed track meets for us for 32 continuous years. The mile was always a featured event and runners from everywhere came to toe the line. I can remember many mile duels I fought during a blazing hot day on the track at Bolles High School. I hated it. No, I loved it. Well, that's how the mile is, you hate it, but yet, you love it. I think I can safely say that no miler finds love during the third lap. That one is hell on earth.

Where does all this pain, happiness and history leave me? Certainly not in any history books, but coach has me at it, and I am training to the best of my ability. Thanks to the Coronavirus I have re-scheduled my assault from the end of April until the end of May. To be reasonable, we cannot expect a

JTC Running track meet to take place any earlier than that, and even that may not be possible. It does give me more time for training and that might mean a faster time.

The Conclusion: Wow, Training It Still Works, Part Trois.

Yep, it is all over now. All the miles in training, and coach Jay's inventive speedwork, aka "sharpening" workouts. I did interval workouts on the track and pace training on the road. Fortunately, I had my training partner, Rodney Smith, with me for the toughest of it. He couldn't believe he was running his heart out on a track again either. On April 29th, our first mile test came not on the track, but on a circular road mile course in Jay's neighborhood. We dubbed it "Bislett" after the famous track in Oslo, Norway where so many records were run. We couldn't kid ourselves, no "records" would be run that day. It was a time trial to see where we were and where we needed to be. My goal was modest enough, a mile in eight minutes flat. I felt good and completed it in 7:54, so I was quite happy with my humble achievement. Rodney was just a few seconds behind. Coach Jay was pleased with our performances.

As feared, all of JTC Running's track meets had to be cancelled, so we were forced to resort to our Plan B. On May 28, we assembled on the track at JU for the assault on the mile. I didn't sleep well the night before, and I wasn't in the mood for running hard, but I couldn't use it as an excuse. Jay made a temporary adjustment to the 400-meter track to be sure that our mile attempt would be accurate. I ran my first lap in 1-minute and 51 seconds, then let myself down with a 2:03 lap and a 2:01 third lap. I managed to pick it up some for the fourth lap and clocked a 1:52. Nothing to be proud of, but my finish time of 7:49 was five seconds quicker than my Bis-

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lett run. Rodney beat his Bislett time as well. Now it is on to the next racing challenges: November's Hog Jog, the Guana Trail 12k, and The Last Gasp, both in December. We certainly

hope those races will see the light of day. Until then, it is all about slogging the miles until the hot, humid summer doldrums come to an end.

The Starting Line / Written by Jeff T. Wight, PhD

Simple Goals for Health, Fitness, and Running During COVID-19

In March, I provided some running guidelines, to help you through this COVID-19 time period. Now, we are in July, and there is no clear end in sight.

At this point, I am urging everyone to become really fit (if you are not already). Below is a message I sent to my friends and family last week. It contains some simple goals and challenges for the next 6 weeks. I hope this helps you! For the September issue, I can focus on running details again. Right now, I think the top priority is to keep ourselves and our loved ones fit and healthy! In the next 6 weeks, let's get as many people as we can fit and healthy!

I care about you all. With that said, as your friend, and as a kinesiologist, I would like to urge everyone to become really fit in the next 6 weeks. Years of research has clearly shown that being really fit eliminates at least two-thirds of health problems. And, of course, being really fit is extra important while our hospitals are at/near capacity with Covid-19.

Here is a simple 6 week challenge:

1) Exercise 1 hour per day, 6 days per week. Feel free to break each day into 2 sessions. Bike 45 early, walk 15 after dinner, whatever. Run 5, walk 55, whatever. Life weights for 30 then bike 30, whatever. Come up with a plan that sounds good to you. Get it done at least 6 days a week. Make it a personal policy.

2) Exercise with others. Complete at least half your exercise with others. That makes it way easier/healthier, and great for all involved. Always remember that being social is natural and important for our health.



3) Simple eating goals. In the next 6 weeks, try to cut down a bit on processed food. Also, every day, eat some raw fruit at either breakfast or lunch. Every day, at dinner, make a raw veggie plate for appetizer, or make a side salad.

4) Exercise early if you can. This is not for everyone. But it is great for most. Exercise gets you in a good mood. So you tend to have a better day and are a nicer person to be around. We are all plenty tough enough to do this. Simply commit to a few simple goals like this and you will thrive. Take care everyone! Stay safe and help your loved ones to remain healthy and safe.

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Why running matters: Ted Corbitt, the soul of a city, and jogging in a pandemic

NEW YORK — Every morning, Ted Corbitt ran to work. He pulled on sweats, said goodbye to his son and took off from his home in the Marble Hill section of the Bronx. He headed north, taking a detour through Yonkers before returning south via the Grand Concourse. His office — the ICD Rehabilitation and Research Center — was on East 24th street in Manhattan, six blocks from Madison Square Park. The trek measured 20 miles. In the evening, Corbitt pulled his sweats back on and jogged home.

Corbitt, the chief physical therapist at the International Center for the Disabled, made the round trip for years, starting in the early 1950s, even as onlookers gawked and colleagues marveled and almost nobody understood the pastime of jogging. Corbitt ran to work because he was a runner — a former Olympian in the marathon — and the city was his track, and because he couldn't shake the urge until he was back pounding the pavement again. "He felt like a king," says Gary Corbitt, Ted's son.

Corbitt ran the city before joggers took over Central Park, before the running revolution captured America, before the New York City Marathon changed the sports calendar. At one point, he maintained his twice-daily workouts for 13 straight years. For Corbitt, one friend said, life was a series of tests.

His most legendary workout consisted of a 31-mile loop around Manhattan Island. He started at his home, jogged south through Riverside Park, ran all the way to the Battery on the southern tip of Manhattan, and then headed back toward the Bronx along the East Side. When he returned home, he pulled a juice and a snack from the mailbox, and then headed off for another loop.

When his training schedule peaked — when another 50-mile road race beckoned — he could

top 300 miles in a week, an astounding number even for a seasoned ultramarathoner. Yet it wasn't only the miles that separated Ted Corbitt. It was the way he made running seem cool.

Back before 5Ks, half-marathons and running clubs were the norm in every American city, Corbitt led a devoted group of running pioneers in New York City throughout the 1950s and '60s. They trained in Van Cortlandt Park, preached inclusivity and never imagined their sport would conquer America.

"My neighbors and relatives and my mother used to think I'd drop dead from running," Corbitt told the New York Times in 1978. "Now I see these gray-haired ladies running in the park, not only looking like runners but really fit. It continually amazes me."

Not long ago I was out for a run in Brooklyn, the streets quiet except for solo joggers and families out for a walk. It was the third week of isolation as the novel coronavirus spread through New York, almost two weeks before the death toll in the city would surpass 10,000, according to state authorities. At once, everything had changed. I ran past discarded hospital masks on the ground and shuttered bars and saw people waiting in line for groceries, positioned 6 feet apart on the sidewalk. I completed my usual six-mile loop around the perimeter of Prospect Park, and then — perhaps out of boredom — I decided to keep going, to a quiet neighborhood where the streets were empty. For a moment, I looked at the runners on the sidewalks near the park, each searching for a lift, the normal ratio of joggers to pedestrians way out whack.

For a moment, I thought about Ted Corbitt.

The grandson of a former slave, Corbitt was born on Jan. 31, 1919, the same day as Jackie Robinson. He started running on his family's cotton farm in rural South Carolina. It was, he would say, a means to an end. He ran to the store; he ran

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to school. When his family moved to Cincinnati, he ran sprints in high school, inspired by Ralph Metcalfe and Jesse Owens, the Olympic champion from Ohio State. He then headed to the University of Cincinnati, where he continued to run, even as racism and segregation limited his opportunities to compete in meets.

Corbitt would serve in World War II. He moved to New York. He got married, earned a graduate degree in physical therapy and turned his eyes to a new challenge: distance running. Inspired by Ellison “Tarzan” Brown — a Native American who won the Boston Marathon in 1936 — and addicted to the feeling of training, Corbitt logged miles in Prospect Park, experimented with distance and made the 1952 Olympic team in the marathon. He was the first black American to compete in the event.

The marathon, Corbitt would say, was simply a test, a challenge that demanded patience and resilience. If you were willing to suffer, you were ready. If you just kept going, you could reach the finish.

“Running is something you just do,” he once told the writer Gail Kislewitz, for a book about the marathon. “You don’t need a goal. You don’t need a race. You don’t need the hype of a so-called fitness craze. All you need is a cheap pair of shoes and some time. The rest will follow.”

One day in late March, I went out for another run. The sun was out. The temperature in the low 60s. It was supposed to be Opening Day at Citi Field.

It was a beautiful day, except it wasn’t, and miles six through nine proved troublesome. My hamstring wouldn’t loosen up. No music sounded right. I kept wanting to stop and walk.

I moved to New York last summer, and a friend suggested a simple way to understand the city: running. There is no better way to know its rhythms, its people or its landscapes. Sometimes that meant a jog through Fort Greene Park. Sometimes that

meant a long, unplanned route through Brooklyn. Sometimes it meant a subway ride to Coney Island or Riverside Park and four or five miles before heading back.

The neighborhoods bleed together, and the people pass in the distance, and the streets unspool before you. Sometimes the light hits a building just right. What I did not expect, of course, was that running would be the only thing quieting my anxiety during a pandemic. The basketball rims are gone and the soccer fields empty. Yankee Stadium is closed. The Billie Jean King National Tennis Center is a temporary hospital. In some ways, running in isolation — face covered, alone — feels like the only sport we have left.

One morning when Corbitt was on a loop of Manhattan, George Hirsch was out picking up his newspaper. Hirsch, a member of the New York running community and a future publisher of *Runner’s World* magazine, lived in the East 30s then. Just as he headed outside, he saw Corbitt running by.

Moments later, he had joined in, trying to keep up with Corbitt as they jogged down the East Side. When they got down to the Battery, Hirsch told me, he found a pay phone. He decided he better call home. “I ran into Ted,” Hirsch told his wife. “I’m OK, but don’t expect me for a while.”

They ended up doing one of Corbitt’s patented loops, and Hirsch, a journalist at heart, kept asking questions along the way. But that was the thing: If you didn’t ask questions of Corbitt, you rarely got answers. He was always pleasant and always friendly but he seldom talked about himself. “You had to listen carefully when Ted was talking,” Hirsch told me. “He never raised his voice.”

Corbitt was modest and humble, even as he served as the guiding force for a community of runners. In 1958, he became the first president of the New

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York Road Runners. Before that, he was a member of the Pioneer Club, an integrated organization that started in Harlem in the 1930s and served as a prototype for future running groups.

Corbitt liked to say he was addicted to running. He excelled in ultramarathons before the term was widely used. (He finished fourth in the 52.5-mile London-to-Brighton road race in 1962.) He was the first editor of the *New York Runner*, one of sport's first publications. He developed a method of course measurement that propelled running forward, offering weekend warriors an accurate way to test themselves. He helped Fred Lebow found the New York City Marathon in 1970.

Corbitt wasn't quite a full-throated evangelist for the sport; he was too reserved for that. Yet he was a force all the same. Before the running boom of the 1970s, before Bill Bowerman published a book titled "Jogging," before Frank Shorter won gold in the marathon at the 1972 Olympics, Corbitt ran 20 miles to work. His friends, Hirsch said, were "in awe."

"Ted was one of those people who just loved running," said Michael Capiraso, president and CEO of the New York Road Runners. "Without Ted, I don't think we'd be here."

In the early days, Hirsch said, of the revolution that followed, Corbitt was almost like an oracle for runners. If you had a question about interval training or what to wear on a cold day, you asked Ted. "We knew that he knew," Hirsch said.

They also knew where to find him, zooming through the streets of New York, piling up the miles, never late to work. Corbitt would say that he was stopped by police so many times that he lost count. Other folks just figured he was crazy. But the thing was, he never wanted to stop.

Hirsch is 85 now, and one day this month, he told me, he went for a run in Central Park. The truth

was, like many people, he really needed it. "It means a lot," he said.

The city feels different now, in ways that are hard to explain. The streets feel desolate. The energy — that intoxicating life force — is gone. The ambulance sirens feel ubiquitous.

On Monday, the death toll from Covid-19 surpassed 10,000 in New York State, according to numbers from Gov. Andrew M. Cuomo's latest briefing. Cases in New York City have topped 106,000.

For Hirsch and others, the daily runs offer an hour or so of normality, a respite from quarantine, a sport that can be done in isolation, safely away from others and with the endorsement of health officials. "We need some structure in our lives," Hirsch said, "and to have that one piece of the day where you get in some running, it's worth a lot."

Corbitt liked to say that there was no better feeling than putting in a workout. Many others feel the same way. Dr. Anthony S. Fauci, a captain of the coronavirus response and a native New Yorker, once said that running was one of few things for which he didn't need motivation. "Mostly," he added, "I think the benefit for me is a stress reliever."

In the 2018 book "Running Is My Therapy," a study of running and its health benefits, author Scott Douglas described how running not only increases endorphins, leading to momentary euphoria, but also can change the brain structure over time, combating anxiety and depression. The chemical benefits, though, are just one facet of the relationship between running and mood.

"When you're running, you're required to do some deep breathing, and deep breathing is one of the best skills for promoting relaxation," said Julie Vieselmeyer, a clinical sport and health psychologist at Swedish Medical Center in Seattle. "And when the body relaxes, so does the mind."

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Vieselmeier told me she had seen an increase in anxiety in patients across the last month. In addition to quieting the mind, she said, running can increase oxygen to the brain, which can heighten focus and clarity. “For a lot of individuals who struggle to quiet their mind,” she said, “running almost becomes a form of meditation or a practice of mindfulness.”

If you are a runner, you know that feeling — when the endorphins kick in and the brain fires and the ideas flow; when you can’t wait to get home to get started on a project or make a call. It never feels so good until it feels so bad. “I find that my best time thinking — my best creative time, my most enjoyable time — is when I’m running,” said Capiraso, the president of the NYRR.

Corbitt knew the feeling before most. Suffering, he said, wasn’t just a byproduct of the experience. It was the experience.

“On a good day, the running seems to flow effortlessly,” he once told Kislevitz. “On a bad day, it’s the pain that flows.”

Corbitt died on Dec. 12, 2007. He was 88. In the final decade of his life, he once walked more than 300 miles in six days. As always, his friends said, life was a series of tests.

These days, of course, you can see his legacy in the parks around the city, in the joggers with strollers, in the early risers who put in their miles before dawn, in the more than 53,000 people who completed the New York City Marathon in 2019.

So on a Saturday evening two weeks ago, I went out for another run. I did this because I wanted to, of course, but also because I needed something to take my mind off the virus. I ran south toward Prospect Park, cut West toward the Gowanus Canal, headed back south through Park Slope, weaved away from pedestrians, and eventually ended up in Ditmas Park, where the front lawns are bigger and families were out walking.

On the way back home, I saw restaurant owners filling to-go orders and bars selling cocktails out their front window, trying to hang on. At 7 p.m., I heard people clapping and banging pots and pans for the front-line medical workers in the distance. As I finished up my run, I thought about something that Hirsch had said about the New York City Marathon. The 50th anniversary is scheduled for Nov. 1, and no matter when it happens, Hirsch has already thought about what it will mean. “It’ll be an incredibly emotional and special day,” he said, “in terms of uniting and healing.”

A few blocks from my apartment, I pulled up an app on my phone: 9.7 miles. It was not exactly a Ted Corbitt distance, but as he once said, I felt lucky to have the shoes and the time. And then, as I walked the rest of the way home, I decided: I’m running New York next year.

Link: <https://theathletic.com/1724854/2020/04/14/why-running-matters-ted-corbitt-the-soul-of-a-city-and-jogging-in-a-pandemic/>

Best Wishes!

Gary Corbitt

Curator: Ted Corbitt Archives

Historian: National Black Marathoners Association (NBMA)



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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 8:00 am, Jax Trails Group Run:
visit Jax Group Trail Running on Facebook

Tuesday 5:45 am, San Marco: Southside Methodist Church 5-6 miles. 7-8:30 pace.
Contact: Kelli Howard; 904-333-9208 text or cell

Tuesday 6:30 pm, Baymeadows: Wicked Barley on Baymeadows. Close to 1st Place Sports, 3.5 and 5 mile routes. Enjoy great food and beer afterwards. (The Wicked Road Warriors).
Contact: Steve Sassa; (904) 860-0053

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

Thursday 6:30 pm, Springfield: Hyperion Brewery, 3-4 miles. Good beer at Hyperion after each run. Historic neighborhood. Worth the trip!
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.