

## NEXT ON THE HORIZON



## Letter from the Editor - Bob Fernee

Since last March, thanks to Covid-19, aka, the Coronavirus, the entire world has been upended, including our local running world. Here we are in October and things are only just beginning to become normal again. There is talk of a second wave of the virus and there is also talk of a vaccination that could change everything. Let's hope we get the latter and not the former.

Here at JTC Running we are adopting the good old "damn the torpedoes, full speed ahead" attitude. Meaning that in the last two months of this tumultuous, deadly, crazy year, we have three races on the calendar. Yes, three races. Sounds like old times, doesn't it? I've told you before and I will tell you again: You can always count on JTC Running.

Let's start with our newbie: The Emerald Trail 5k. As you know, our club has been very active and supportive regarding the creation of an urban walking/running trail, or, you could say, sidewalk. In any case, this brand-new event will take place on Saturday morning November 21st. The race will be run in waves with the first wave taking off at 7:30 AM. You can enter now at [JTCRunning.com](http://JTCRunning.com) or [1stplacesports.com](http://1stplacesports.com).

The Emerald Trail will one day be 30 miles long. Currently, it isn't, the race will take place on the first portion of the trail that has been completed. It will be a grand chance for everyone to have a look at the Emerald Trail. Maybe after you have experienced the trail you will want to go there and use it for some of your training runs. Certainly, something to look forward to.

Next up is our popular, unique event the Guana Trails Races. This is three races in one. We offer a 50k (31-mile) ultra. Four 12.5-kilometer laps all on nature trails in the Guana Tolomato Estuarine Reserve in South Ponte Vedra. There is also a two-person 25k Team Race. These two races start at 8 AM on Sunday, December 6. Then, at 1 PM our 12k (7.5-mile) trail race will begin. This is a one-lap race over the same rustic course as the other two runs. So, as you can see, there is something for everyone.

Of course, all the races will respect social distancing and will use wave starts. You can expect a great event complete with t-shirts, medals, overall and age group awards, and a fabulous post-race party at The Reef restaurant just down the road. This is an event you cannot afford to miss. You can enter online at [JTCRunning.com](http://JTCRunning.com) or [1stplacesports.com](http://1stplacesports.com).

The two oldest races in Jacksonville are our Summer Beach Run and Winter Beach Run and the third oldest is another one of ours, The Last Gasp. It dates back to 1977, when it was a 5 ½-mile cross-country race, it was shortened over time to a 5-miler. The race takes place on the campus of Jacksonville University. The course has everything: grass, hills, dirt, woods and more. Today the main event is a 5k race, and there is now a free 1-mile cross-country race for kids under the age of 14.

Aside from an exciting, very different sort of race you can look forward to sweatshirts, merchandise age group awards, and a fantastic post-race party inside the Frances Bartlett Kinne student center at JU. This is the gala event of the year and it is all included in your low-cost entry fee. The Last Gasp 5k takes place on Sunday, December 27 at 2 PM (the free kids' one-miler starts at 1:30).

Do not lose out on our club's final fling of the year (a year like no other!).

Sean McCormack gives you some great advice in his piece titled, Keeping Your Mojo. In it, Sean writes of the physical and mental strengths you need to be a successful runner. Keeping your all-important mojo is a cinch if you listen to Sean.

Ladies and gentlemen, the person who wins the title World's Greatest Marathoner, is ... Jim Peters! Jim Peters? Yes, our own historian, Jay Birmingham, suggests that the Englishman, Peters, who set and reset the marathon world record four times is the greatest marathoner of all. You will see why in Jay's story inside.

He's done it again. Jay Birmingham just finished a virtual race across the state of Tennessee and back. Apparently, it was not enough for him and now he has talked himself into a race from pole-to-pole. Basically, it is a race around the world and then some. Why not, it is only 30,000 miles. That should be enough miles to even keep Jay busy for a while. Read all about it in this issue.

Continuing the subject of virtual running and racing, Rob Coltman warns of the dangers connected to virtual running. He makes some good points as well. Read all about it in this issue.

I contributed a couple of silly articles for this issue. Please forgive me, I think all this lockdown, quarantine and virus stuff has made me a bit loopy. If you can squeeze a chuckle out of them, I will be satisfied with just that. Stay safe.

## President's Letter - Larry Roberts

JTC Running has a new race! The inaugural VyStar Emerald Trail 5k Run/Walk/Bike will be held on Saturday, November 21. The Club has been a major supporter of the Emerald Trail with donations for the Trail Master Plan in 2018 and the S-line Connector this year. The support will continue with this annual race on sections of the urban trail, which will extend over 30 miles of Jacksonville when completed. Construction on the first section is planned to begin early next year. The Club is paying all race production expenses so that every penny of the proceeds will go to Groundwork Jacksonville for the Emerald Trail.

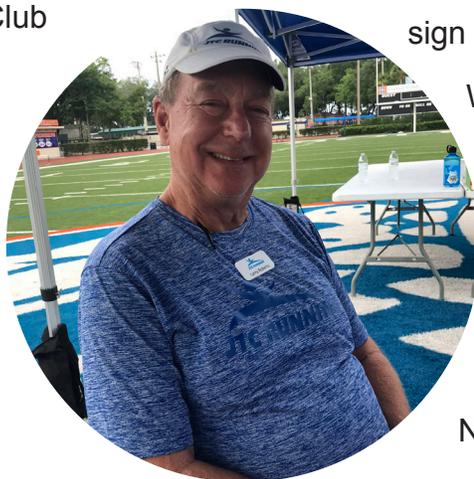
The title sponsor of the race series, VyStar Credit Union, plays an exceptionally large philanthropic role in our community. Their CEO Brian Wolfburg is an Emerald Trail Co-champion. I expect that we will see many VyStar members in the race!

This first running of the event will start on the lawn of the Duval County Courthouse. The route will go West to the Model Mile LaVilla Link section of the trail, following it North to the existing S-line section, and on the S-line to Andrew Robinson Elementary School.

Participants will select a start time slot at registration, with bikes going first at 7:30 AM, followed by runners and walkers at intervals to maintain social distancing. From the finish, it is 1.8 miles to go directly back to the Courthouse. Runners and walkers can return on foot or in buses provided with social distancing.

Registration, course map, and social distancing details are at [1stPlaceSports.com](http://1stPlaceSports.com). I would like to see all JTC Running members come out and join me in supporting Groundwork and the Emerald Trail.

Two weeks after our urban trail race comes our Guana Trail Races-- the annual 12k and 50k sprints through the Guana Research Reserve in South Ponte Vedra Beach. Club members receive a \$4 discount! Space is limited, so sign up today at [1stPlaceSports.com](http://1stPlaceSports.com).



We will end this very strange year with something comforting and familiar- the 44th running of the Last Gasp Cross Country 5k at Jacksonville University. Registration will be open at [JTCTRunning.com](http://JTCTRunning.com) on November 1!

In the meantime, we have been able to resume our Wednesday morning and evening track workouts at the Bolles school. Special precautions are in place to protect participants and the Bolles campus. You must be registered in advance to participate. For details and sign up, go to [JTCTRunning.com/events](http://JTCTRunning.com/events). There are separate events for morning and evening, but both are free to active JTC Running members.

Finally, our Fall Half Marathon Training class continues. It is focused on the only 13.1-mile race in the area this fall and winter, the Ameris Bank Half Marathon on December 20. They are a fun and hard-working group!!

Stay safe and I'll see you November 21, if not sooner!

The Starting Line  
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## New & Returning Members

Aileen	Abelgas	Susanne	Jones
Richard	Allen	Goran	Kadic
Crystal	Baker	Brittany	Kellar
Angelica	Berrios	Drew	Landgrebe
Richard	Bowles	Kevin	Larrimore
David	Cavaliere	Gary	Ledman
Pamela	Chaffin	Mary	McIntyre
Mariel	David-DeVito	David	McKinney II
John	Decker	Scott	Motley
Steven	Derin	Amanda	Napolitano
Alice	Derreberry	Greg	Norris
Stephanie	Dukes	Catherine	O'Brien
Justin	Duncklee	David	Paulk
Richard	Elkins	Donna	Rettini
John (Buck)	Fannin	Tonya	Rhoads
Derek	Fey	Alison	Ronzon
Jessica	Fry	Anahi	Ruiz
Gerry	Glynn	Mark	Sekelsky
Christina	Groger	Sarah	Skeete
Jon	Guthrie	Stacie	Stemm
Jim	Hanson	Chi	Sun
Ian	Hardington	James	Sylvester
Leslie	Hart	Nadine	Thomas
Hallie	Hunt	George	White
Gary	Jones		



# RUN - WALK - BIKE

## SAT. NOV. 21, 2020

BENEFITING



### GROUNDWORK JACKSONVILLE

## Inaugural VyStar Credit Union Emerald Trail 5K

*Presented by JTC Running and 1st Place Sports*

This family-friendly event will give runners, walkers and cyclists an up-close look at multiple points of interest along a portion of the planned Emerald Trail, the 30-mile urban trail and linear park system being built by the City of Jacksonville in partnership with Groundwork Jacksonville. The event includes:

- T-shirts for all entrants
- Custom medals for all finishers
- Awards to the top female and male overall finishers
- Awards to the top three female and male finishers in age groups from 10-and-under to 80+

### Where:

Duval County Courthouse, 501 W. Adams St

### When:

Cyclists: 7:30 a.m. - Waves of 50 people every 3 minutes

Runner/Walkers 8:00 a.m. - Waves of 100 people every 2 minutes

Starting wave time must be selected during registration.

### Cost:

\$30 per person until October 16th, \$35 until October 31st then price increases to \$40 per person

Enter discount code JTC5 at online checkout worth \$5. Discount code good through October 31st.

Pre-registration is required. Limited to 500 participants

**REGISTER TODAY at [1stPlaceSports.com](https://www.1stPlaceSports.com)**

## Emerald Trail

Atlanta has the BeltLine. New York City has the High Line, Chicago has the 606.

World-class cities have signature parks, trails and green spaces where people from all races and socio-economic backgrounds gather, reflect and connect with nature and with one another. Very soon Jacksonville will have our very own urban trail and linear park system thanks to the support of partners like JTC Running.

In the early 1900s, architect Henry Klutho envisioned a series of parks and greenways forming an “Emerald Necklace” around downtown. Now, more than a century later, Groundwork Jacksonville is re-imagining Klutho’s vision as an even larger, more ambitious initiative—the Emerald Trail.

The 30-mile Emerald Trail is a public-private partnership between the City of Jacksonville and Groundwork that will connect 14 historic urban neighborhoods to downtown, the St. Johns River, McCoys Creek and Hogans Creek. It will link 16 schools, two colleges and 21 parks, with an additional 13 schools and 17 parks located within three blocks of the trail providing safe transportation routes for our children and families.

The Emerald Trail will be our city’s gleaming gem featuring public art, unique shops, cafés, festivals and events. It will encourage recreation, tourism and economic development, foster community pride and encourage neighborhood revitalization.

Last June Groundwork Jacksonville unveiled the design of the Emerald Trail Model Project

— the first 1.3-mile segment of the Emerald Trail linking Brooklyn to the S-Line Rail Link through LaVilla. Construction of the project, named the “LaVilla Link,” will begin early next year and take approximately a year to build.

The 14-foot-wide concrete pedestrian/bicycle trail is designed for both active and passive recreation with abundant shade trees and native plantings. In addition, the Trail will honor the LaVilla neighborhood through wayfinding, storyboards and public art installations while connecting to the historic landmarks, Lift Ev’ry Voice and Sing Park and Florida C. Dwight Memorial Playground (Park).

From Park and Stonewall streets in Brooklyn, the LaVilla Link crosses over the Park Street Bridge and heads north along Lee Street. It then turns west at Church Street and meanders northward across Beaver Street until reaching the S-Line Rail Trail at Wilcox and State streets near the Rail Yard District.

Funded in part by a \$50,000 donation from JTC Running, Groundwork will begin design of the S-Line Connector next spring, completing an unfinished 1.3-mile section of the existing S-Line Rail Link from 12th St. and Boulevard — near Andrew Robinson Elementary School — to E. 21st St.

Together, the LaVilla Link, S-Line Rail Link and S-line Connector will form the first six-miles of continuous, dedicated trail from Brooklyn to Gateway Mall when complete in 2022.

## Emerald Trail

“JTC Running has been a tremendous ongoing supporter of the Emerald Trail,” said Kay Ehas, CEO of Groundwork Jacksonville.

“We are exceedingly grateful for JTC’s generous monetary contributions as well as the group’s advocacy for safe urban spaces to run, walk and cycle. Their support is truly helping make this endeavor possible,” she added.



The southern end of the LaVilla Link connects Brooklyn to LaVilla. At this point the Emerald Trail converges with two other projects currently under design – the Park Street Road Diet and the McCoy’s Creek restoration and trail design.

At the crest of the bridge, lighted, sculptural steel shade structures and elevated seating areas will encourage users to stop and enjoy the vistas of McCoy’s Creek and the railyards to the west, and the city skyline to the east.



Phoenix Arts District along the S-Line Connector is a 100,000-square-foot warehouse space spanning across a 4.5-acre campus space that will be converted into workshops, studios, apartments, event space, galleries, restaurants and more.

# Emerald Trail



A road diet along Lee Street from Bay Street to Houston Street will slow traffic and create a tree-lined canopy along the Emerald Trail into LaVilla.



The current storm water retention pond with standard grassy slopes becomes a major focal point along the trail. A low-maintenance boardwalk runs immediately adjacent to the pond and provides a wonderful opportunity for bird watching and aquatic viewing.

## Emerald Trail Map



The LaVilla Link, S-Line Rail Link and S-line Connector will form the first six miles of continuous, dedicated trail from Brooklyn to Gateway Mall when complete in 2022.

August, 22, 2020

It was Saturday evening, August 22, 2020, the day of Florida's oldest footrace, JTC Running's, Summer Beach Run. The conditions were typical; about 99 degrees Fahrenheit, humidity approaching 100 percent. When you put the two together you come up with the temperature your body actually feels, in this case, around 110 degrees. The perfect day for racing five miles on a not-very-firmly-packed beach that was rapidly disappearing in the encroaching surf.

"Great conditions for me," I thought as I considered my tactics. "With all the heat training I've done and all the sand dune running I've put in on the dunes behind Regency Square shopping mall, I am ready for anything."

I had finished my warmup routine: Four miles at 7-minute mile pace and 15 hard 150-meter strides barefoot in the sand. I was pleasantly fatigued but chomping at the bit to get really running.

"If you have to hurt, and you will, then it is best to hurt at the front because in the back it hurts just as much," I thoughtfully convinced myself.

Standing on the front line I turned around to assess the field: "Looks like about 15,000 runners, the usual size crowd for this race. I'll take it out hard and fast, about 4:30 pace, build up a big lead, and let all the rest of them melt with the pace and the heat. No quarter given."

I checked out the competition. Ken Meisner was there. He may be getting on in years now, but he is the course record holder and he will shoot for a superfast time. John Rogerson ran the fastest time on the newish out-and-back course, and he is always a threat. I see he is wearing

his racing flats, that tells me all I need to know. Good thing I wore my New Balance Super Comps from 1978, I'll need them.

Oh, no, there's Rodney Smith warming up! Why does he always kick his left leg out to the side like that? He is known to say, "If I'm not limping, you can figure I'm dead." He is easily recognizable in his striped Dolfin shorts. He will be after me, but I plan to leave him for dead today.

There's Craig Harms, and he is already cursing at himself. Soon he will be cursing at everyone around him. Not the most pleasant person to race against. Mike Yarbrough of Fletcher High School is doing some strides in the surf. He'll run the whole five miles in six inches of water like always. So will legendary Hal Higdon, the Runner's World magazine writer, he's another barefoot runner. I see Mike Wachholz, Eric Tallbacka, Clay McCleod and Doug Alred all warming up. Good runners, but at least I won't have to worry about that chubby accountant fellow, Alred. The guy doesn't even wear decent running shoes – imagine.

There is my dad, Norman Fernee, he never misses a race, and he always gives it everything he has. I see he is wearing his favorite white racing singlet with the blue and red stripes across the front just like the British Olympic team wears. Mind games, people, mind games; anything to psych up. He began running as a boy in England, then after coming to America got fat, then in 1975, when the Jacksonville Running Club was created, he got thin again – and competitive.

August, 22, 2020

I am quite sure he will win his age group again this afternoon.

Look, there is another for sure age group winner, Everett Crum. He dominates his age group, he is relentless.

Oh, great, there's John Cole. I'll need to catch up to him after he finishes because I know his car's trunk is packed with cold beer. He never travels without it. One day, someone should come up with something like a post-race party, and the race provides the food and drink. Hmm, maybe not such a wonderful idea, that would only raise the entry fees and I think five bucks is enough.

Some good female runners are here too. Patt Sher, Darien Andreu, Lanier Drew, Donna Coombes, Anne Shumaker, even Jane Ryan. She appears to be flirting with that Alred guy. Hmm, wonder what's up there?

Oh, no! It's Jay Birmingham. I thought he would miss this race. Dang, he must have got back early from his cross-America, LA-to-New York, solo run. He has run more than 50 miles a day for over two months, he must be mega-fit. His pacing is metronome-perfect, and he'll try to take me late in the race. But I'm wise to his tactic. I'll out sprint him on the run-in like Tony Barlow. Yes, Barlow, good thing he's not here. Last thing you want to see at the end of a race is Barlow. His 800-meter speed will take you down every time.

But there are William "Sully" Sullivan and "Rock" Wilson warming up. Those two will try to make a race of it, I better burn them off right from the start. Should be no problem, especially

that Sully character. Everybody knows he's all mouth.

People are stripping down, getting ready for a long, hard and extremely hot race. Whoa! Donna Coobes is going to race in a Brazilian Thong! Wow, nobody is going to forget this day. I imagine a lot of guys are changing their tactics and will now try to "draft" off her. That is, if they can keep up.

Looks like John TenBroeck is going to start the race, aided by Lamar Strother, as always. Lamar took the time to measure the course with a 100-foot long steel tape. He knows every grain of sand on this killer course. TenBroeck is still smarting from the last time he was a race director. It was the Ortega River Run when he forgot to tell the Ortega River Bridge master that there was a race in the morning and the bridge went up while the race was going on. He'll never live it down, and no one will ever forget it – I haven't.

We're off! I love this 2 o'clock in the afternoon start time. I hope nobody ever changes it. Hot? Yes, but it's hot for everyone and there are so many people on the beach to admire us and urge us on. Besides, it makes the beer go down easier.

First mile split, "5:10," the man said, and that concurs with my Casio watch. Wouldn't it be great if one day you could have a watch that would do more than a chronograph and accurately give you your speed and distance? Maybe even your heartrate. Ha! It would probably have to be hooked into some sort of satellite or something.

August, 22, 2020

Man, I'm getting some crazy thoughts here, must be the heat.

Second mile, 10:20, right on pace. Nearest guy looks to be a good quarter mile behind me. This race is in the bag.

Third mile, 15:30, not bad, but I'm beginning to sweat. Must remember; "even pace, wins the race."

Fourth mile, 20:40. Just one to go, there's the Lifeguard Tower, and just look at that crowd at the finish. I'm gonna' love it. The second-place guy is nowhere to be seen but I'll steel myself for a fast sprint finish just to show off a little.

This is why I took up running. I wonder what I'm going to win? A medallion?! Wow, that would be great, I love medals. One day I wish they would make big honking, heavy, medals that nearly strain your neck to carry. Jeez, it's gotta' be the heat, for sure that would never happen. Massive medallions, that would really raise entry fees, and I'm already thinking five bucks is too much. Lamar Strother agrees.

That's it! The victory is mine. Picked it up a little in the final mile as my 25:25 time attests. The second-place dude is so far back that he is but a speck on the sand. He looks like a scene from Lawrence of Arabia. Poor devil. Guess I'll have a dip in the ocean and then go for a 5-mile cool down. Oh, look at that, race groupies. "Hi, girls!" Wow, it just gets better and better. This is why I took up running.

Editor's note: Yes, I'm the editor and sometimes I just get carried away. It is my right and privilege. This crazy story just took off and I couldn't stop it. In some obscure way it could appeal to the old timers of our club for it mentions names of the past, some of whom have been and gone. I like it because I finally get to win a race even if only in my fevered brain. So, cut me some slack, would you? Anyway, I had fun. Why the title, August 22, 2020? That was to be the day of our Summer Beach Run 2020, that never made it to the starting line due to Covid-19. Sorry, you got this instead.

## Upcoming Events

**NOW FOR SOMETHING NEW & COMPLETELY DIFFERENT**

JTC Running's Emerald Trail 5k

Race Jacksonville's New Urban Trail

**Saturday, November 21, 2020**

Register at [1stplacesports.com](https://1stplacesports.com)

## Keep Fit with Home Work

Looks like things are beginning to relax and loosen up. I am talking Corona Virus, the lockdown, the quarantine and all that sort of thing. This is a good thing; or, is it? Too soon? Only time will tell. We can only hope for the best.

Meanwhile, I was thinking for those stuck at home (which, let's face it, is not that bad) what can they do to keep fit, or at least semi fit? You could buy some fitness equipment for home use if you can find it. Stores are sold out. Apparently, a lot of people had that idea. I waited about three months for Amazon to send me a pair of 15-pound dumbbells. Maybe Jeff Bezos, owner of Amazon and the world's richest man, was using them. Kind of doubt it, he has so much money that he could pay someone to lift the weights for him and he would get all the benefit. Man; talk about the top one percent having it all, skimming the cream, and getting all the breaks. But we should all ask ourselves this: Is he really happy? No, never mind, don't ask that, he's happy as a clam and his business increased leaps and bounds thanks to Covid-19. The poor stay poor, the rich get more. Oh, well, it has always been that way, and nothing ever changes. Trouble is, I like Amazon. Okay, so I'm conflicted, what's new?

Back to the subject at hand. While housebound, there are things you can do that will burn calories, raise heart rates and maybe even release an endorphin or two. You might even find that you enjoy doing housework, and if you do, come on over!

Housework is not considered to be exercise; it is referred to as "moderate to vigorous physical activity." That's why men never do it, we like exercise not that other stuff. On average, housework burns 100 to 300 calories an hour. For those of you who enjoy details, how about this:

**Sweeping 10 minutes** – 37 calories swept away.

**Vacuuming 10 minutes** – another 37 calories sucked out.

**Ironing 20 minutes** – 50 calories burned (and hopefully not your clothing).

**Mopping 20 minutes** – 42 calories wiped out.

**Making beds for 10 minutes** – 23 calories taken care of.

**Washing clothes for 10 minutes** – 26 calories washed away.

In just 70 minutes a total of 215 calories expended. This is kind of like jogging for two miles; difference is your house is now clean but you did burn that shirt and now you have to go out and find a new one (don't ask me how many calories that will take).

The above facts and figures were for a 150-pound person. Body weight does affect the amount of calories a person burns. Doing the same chores, a 120-pound person would expend 20% less but a 180-pounder would use up 20% more. I know you're fascinated; I hate to bore my audience with numbing numbers. After more than six months of lockdown and boredom and little more monotony won't hurt, will it?

## Keep Fit with Home Work

Glad you agree, and now here is more monotony:

**Washing dishes for 30 minutes** – 50 calories. (stacking them in a dishwasher-you cheater, you!)

**Grocery shopping** – 350 calories in 60 minutes. (a lot less for ordering online.)

**Cooking a meal** – 100 calories for 60 minutes. (no, pizza deliveries don't count.)

**Doing laundry** – 75 calories in 30 minutes. (scrubbing clothes on a washboard in your bathtub, a lot more.)

**Cleaning a bathroom** – 180 calories for 60 minutes (must be a big bathroom).

Yep, that's all puny stuff; but what about those manly, tough outdoor chores?

Thanks for asking, here you go:

**Heavy yard work, like, landscaping, hauling dirt and moving boulders** (the kind of stuff I do almost daily) – worth 400 to 600 calories an hour.

**Shoveling snow** (damn that North Florida snow!) – another 400-600 calories an hour.

**Raking and bagging leaves** – 350 to 450 calories per hour. (Bagging leaves is also a good method of stretching. Just remember to use the legs for lifting and not the back.)

**Mowing the lawn** – 250 to 350 calories an hour (a sissy riding mower – just 102 calories).

**Digging holes** (not burying body parts, are you? Somehow, we knew being quarantined with your spouse was going to be tough) – 272 calories an hour.

**Gardening: planting flowers or pulling weeds** (need any? I can provide) – 200 to 400 calories per hour.

Phew, I'm already filthy, sweaty and tired just writing about this torture. If you do all the above, then you deserve to be lean and fit. Being housebound also gives you an opportunity to stay off all that fattening "fast food." Now your lunch can be salad and fruit. It is the proverbial win-win. You are burning calories doing housework and yardwork and taking in less calories by eating healthier, lower calorie foods.

So, by the time you arrive at JTC Running's next three events, the new Emerald Trail 5k set for Saturday, November 21st, the Guana Trail Races on Sunday, December 6, and The Last Gasp classic cross-country 5k race of Sunday, December 27, you will be a lean, mean, racing machine. Congratulations, you have effectively turned this pandemic on its head.

## 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

## Keeping Your Mojo

Running, like many other sports, has a significant mental component, as much as a physical one. Certainly, staying injury free and maintaining the ability to train is required to perform, but staying “mentally fit” and motivated is mandatory to remain focused and continuing to move in the right direction. Perhaps, never has it become more important as it is right now during the pandemic. It is easy to understand how motivation can wane when the only races are virtual, and every day can feel like “ground hog day.”

I think all of us would admit, if we have been running long enough, that we have experienced that “rut” where performance becomes stale and training becomes difficult to maintain or complete. It has come to the point where you have to drag yourself out the door. Perhaps you even begin to dread the next day’s workout the night before. Well...that attitude gets old fast. It cannot be maintained for long without making you feel miserable, and usually leads to cutting corners (best case) or giving up for a while.

So, what are some best practices for staying mentally fresh, motivated and fully engaged? I am sure there are many solid opinions, and all I can do is give you my thoughts and opinions from 38 years of distance running. Here they are...

**1. Build diversity into your training** – This not only will improve your mental focus, but it also is proven to sharpen your physiological fitness. In distance running, adaptation to the same training occurs at about 28-30 days.

That means if you never vary your training, you will reach a benefit plateau in about a month. So, if you want to continue to improve, you must insert variety into your schedule. This variety should be an adjustment that “shocks the body” and adds some level of stress. In other words, variety that makes your training easier to achieve is not what we are aiming to accomplish. At the same time, mentally it keeps you fresh and engaged at the feeling of doing something new to improve your performance. The challenge for many runners is that naturally we are creatures of habits and it can become difficult to force us into something different and out of a developed comfort zone. The key is to convince yourself that diversity done correctly continues to move you forward to achieve your stated goals. And now speaking of goals....

**2. Develop a short and long-term goal** –

These should be well thought out, realistic, yet reachable and time driven. A common acronym used to develop goals in the business world are SMART goals. This stands for Specific/Measurable/Achievable/Relevant/Time Driven. This works just as well in developing your running goals, as most running aspirations easily check all the boxes. For example, if you are currently an 18:15 5k runner, a short-term goal may be to break 18:00 by the end of the year. In this example, it checks all the requirements of being a SMART goal. A longer-term goal should be more aspirational and visionary, but SMART enough to keep you focused and motivated, looking beyond a more immediate goal.

## Keeping Your Mojo

In this example, it may be to achieve 17:30 by the Run for the Pies in 2021. One thing to consider in developing your goals...don't be afraid to ask for input from others, especially those that are familiar with your running, or those who have years of experience. This will help you avoid setting goals that may be too easy or perhaps too unrealistic to achieve. Setting the proper stretch goals are critical to staying motivated.

**3. Embrace failure as motivation as much as you are motivated by success** – Perhaps this is the most useful tip I can give. As runners, we understand how easy and rewarding it is to make progress. Personal victories inspire us and motivate us to continue. Pretty easy to stay motivated, huh? The real secret is to use non-successes to inspire and motivate. The key is to set those expectations right up front. To understand that it may or probably will happen and embrace it when it does. Remember my point above about adaptation and the need to continue to stress the body by injecting diversity? Well when you do that it is not uncommon through new fatigue and stress to take a temporary step back. However, it is necessary to take two steps forward. Once you have that mindset, you become virtually unstoppable. As a personal example, I experienced a very disappointing setback in 1982 just a year after I started running. I won't go too much into the details other than I was trying to break 2:30 in the marathon. That was my immediate goal coming off a 2:33 in the spring. It was the Chicago Marathon in the fall of 1982, and I dropped

out just past the half-marathon. Initially, I was devastated, but I received some sound advice from someone I respected immensely about embracing failure. That advice inspired me like never before. For the next eight weeks I trained like a man possessed and in November I cruised to a 2:26 and felt like I was on top of the world. Failure became my inspiration and motivation and it was more powerful than any positive feedback I have ever experienced. In summary, learn to use the good and the not so good to move you psychologically forward.

In conclusion, staying motivated and inspired during these unique times is more challenging than it has ever been. But soon, normalization will slowly return. Incorporating the three principles above will be useful tools to help you now and in the future. Hope this helps, and please do not hesitate to reach out if you have any questions. Good running and keep your Mojo!

[seanmichaelmccormack@gmail.com](mailto:seanmichaelmccormack@gmail.com)



## Wide World of Running



World War II ended in 1945 and 27-year-old Jim Peters, whose war job was to make spectacles for soldiers, resumed running. In 1946, he was British national 6-mile track champion. The following year, he was British 10-mile road champion. He was selected to represent Great Britain in the 1948 Olympic 10,000 meters in London.

But 1948 was the Olympic debut of Czechoslovakia's Emil Zatopek who lapped most of the field, including Peters, who finished ninth. Peters told his wife he was done with running. He was 30 years old, ancient for an amateur athlete in that era.

Persuaded by his coach, Jimmy Johnston, to give marathon running a try, Peters ran low-key road, track, and cross-country races for three years, then entered the British marathon championship race, the Polytechnic. He won in 2:29:24, the first Englishman to break 2:30. Peters had found his niche.

Training at near-race pace in a single training run after a full workday, Peters' second marathon, the Polytechnic in 1952, was an astounding 2:20:43, a full five minutes faster than the world's best time. The course was suspected to be short, but was precisely remeasured and found to exceed 26 miles, 385 yards. Six weeks later, Peters entered the Olympic marathon in Helsinki as the favorite.

Zatopek had won the 10,000 and 5,000 already when he stood on the starting line for his first marathon. Peters dashed to the front, running sub-2:10 pace for the first 5 km, then eased back. When Zatopek caught Peters, he famously asked, "Jim, the pace, is it good enough?" Peters shot back, "No, pace too slow," then put in a surge. By 15 km, however, Peters began a long slide backwards and quit with leg cramps at 37 km (23 miles). Zatopek won by 2-1/2 minutes with a time of 2:23.

Now running 12 to 14 workouts a week, Peters continued to dominate the British racing scene in the fall of 1952 and throughout 1953, winning cross country, track, and road races and his third straight "Poly." His time was 2:18:40, another world best. He ran 2:22:29 one month later at the British A.A.A. marathon championship, then accepted invitations to compete in international-class races in Holland and Finland.

## Wide World of Running

On September 12, he won the Dutch marathon in 2:19:22; three weeks later, in Turku, Finland, Peters won with another world-best time, 2:18:35.

1954 was a long way from the 1956 Olympic marathon, but Peters' immediate goal was the British AAA marathon. He hammered the pace from the start and became the first marathoner to crack 2:18 with a victory in 2:17:39.4.

One month away was the British Empire Games, newly re-named the Commonwealth Games. Held in Vancouver, British Columbia, Jim Peters was the odds-on favorite.

He competed on the first day in the 6-mile run and was out-kicked in the final 440 yards by two men, winning only a bronze medal. A week later, the marathon!

On August 7, with the temperature around 95 degrees Fahrenheit, Peters sped off the starting line, intent on winning an International gold. By halfway, more than half the field had quit the race. Peters kept hammering, hoping to break 2:20 yet again. He did not know he held a lead of over three miles.

The stadium was packed, and abuzz. The throng had just witnessed the Mile of the Century, Roger Bannister versus Australia's world record holder, John Landy. Both men broke four minutes again, with Britain's Bannister sprinting off the curve for a decisive win.

Minutes later, Peters staggered into the stadium, ran down the ramp to the track, and fell.

For 17 minutes, the crowd cheered, then gasped, as a delirious Jim Peters rose, stumbled, and fell repeatedly, covering less than 200 yards. A British team masseur finally grabbed Peters, still short of the finish line, and rushed him to a hospital.

Jim Peters never raced another marathon. He had "my Vancouver headache" from 1954 until his death in 1999.

Greatest marathoner ever? Jim Peters lowered the world best marathon four times by a total of eight minutes over a four-year period. No runner, before or since, has equaled that demolition of the marathon. Had Peters raced the Olympic marathon in 1952 with more rest and keyed on Zatopek, instead of the other way around, perhaps a medal, perhaps gold?

And if Peters had simply run to win in Vancouver, collected his gold medal, and gone home to train for the 1956 Melbourne Olympics . . .

*(photo: Peters searching for the finish line in Vancouver)*

## Simple Goals for Health, Fitness & Running



There was an outstanding article in the last edition of The Starting Line (July/August 2020) by Jeff T. Wight, PhD, who is the Assistant Professor of Kinesiology at Jacksonville University, the Director of the JU Running Lab at 1st Place Sports, and a regular contributor to this newsletter. I've met him a few times and I've been impressed by his concern for others, particularly his desire to care for us all by encouraging us to work to remain healthy and safe. He is a friend to all of us who run.

In his article last month, which had the same title as this article of mine, Jeff listed four (only four!) challenge points that he wanted us all to try to do, with the goal of making us really fit. I liked that: become really fit, especially because I had just gotten back from Publix where I used their big, accurate scale and was horrified to see the pointer at a huge number, the heaviest weight number I had ever seen for myself. I was also having difficulty fitting into my clothes. The waistlines, all too small. And when I take off my shirt, I look like a fat, saggy old guy. No one should have to see that, not even me.

Jeff Wight's first simple challenge is to exercise one hour per day, six days a week. Hey! Sounds easy! He allows us to break it up into two sessions if we like. Run for 30 minutes, then walk for 30 minutes. Or run for 40 minutes, then row for 20 minutes. After Covid-19 hit, I had already begun running every day. Occasionally, I might miss a day but not very often. Three miles a day, about 35 minutes. I decided to add bicycling to my exercise routine. I got my old Diamondback bicycle out of the shed, inflated the tires, put on my helmet, and rode from my house in Avondale near Boone Park. You might remember that in July and August, it was really hot, every day, with high humidity, even in the morning. When I would come back from my run, I was so sweaty wet. So, frappin' hot! Dripping. Gross. Comparatively, riding the bike was fun and felt good. I didn't have to pedal hard to maintain ten miles-per-hour or more, and have that nice breeze on my body, created by moving through the air, keeping me cool.

It was just that bicycling for 25 minutes didn't get me anywhere. I wanted to go further, so I explored around and came up with a few courses that ranged between 11 and 13 miles, so my rides last around an hour and something. Plus, I still run. I am mainly a runner (in my brain) and have recently increased my running distance to around four miles every second or third day. The problem is, I run out of time to get to ride my bike, so I only get to ride three days a week or so. Dang! I still have not met Jeff Wight's goal of exercising an hour a day for six days a week, although some days I do more.

## Simple Goals for Health, Fitness & Running



The second goal is to exercise with others at least half the time. I am good on this. I have some running pals who like to run in my neighborhood from Boone Park, so it is really convenient for me to meet them. Like Jeff Wight said, being social is natural and important to our health, and knowing my friends are there helps make sure I get out and meet them to run.

The third challenge is simple: Eating. Jeff Wight said to try to cut down a bit on processed food. Too bad, it is my favorite food group. And I love to eat. I enjoy it so much! This is the area where I have not met the challenge very well, and my failure is a good explanation for why that Publix scale swings around to the big numbers. Jeff said

eat some raw fruit at breakfast or lunch. He said at dinner to make a raw veggie plate or a side salad. Aye, aye, Professor. I will renew the 60-day challenge and try better at this.

The last of Jeff Wight's challenges was to exercise early in the day. He said it would make me a nicer person to be around, but my dear wife assures me that I'm a very nice person to be around regardless. (Editor's note: wives are always right, especially when they complement!) I do run early if I am exercising by myself that day but the friends in my running group have to meet after work, so it ends up being late in the day.

Here is my conclusion: Even though I only somewhat followed the four challenges and goals that Jeff T. Wight set out in the last JTCR newsletter, it was enough to make me more fit than I was before. I feel better, I weigh a little less, my clothes aren't so tight, I don't feel myself jiggling as much when I run, and one of my running friends even said I look leaner. That's wonderful! I have not given up. I still like the idea of becoming really fit, so I'm going for another 60 days. I'm so glad for the advice I got from Jeff Wight in The Starting Line. I rode my bicycle earlier today and now I think I'll go meet my friends for my daily run.

## Upcoming Events

### NOW FOR SOMETHING NEW & COMPLETELY DIFFERENT

JTC Running's Guana Trails Races

50k Ultra, 2x25k Team Race, 12k Trail Race

Guana Tolomato Matanzas Reserve, S. Ponte Vedra

**Sunday, December 6, 2020**

Register at [JTCRunning.com](http://JTCRunning.com) or [1stplacesports.com](http://1stplacesports.com)

## The Dangers of Virtual Racing

At this point in this COVID pandemic, many of us have now been able to reset life to this 'new normal' and to get some good training in (minus the runs slowed and/or shortened due to all of the heat and humidity), in hopes for someday racing again. This is of course if COVID has not significantly and personally affected you, family or friends in such a way that makes this impossible.

Although races are slowly starting to come back modified with safety procedures, big races on the calendar are still being cancelled left and right, leaving us without a live competitive outlet for the training we have been doing. Who would have thought that that we STILL would be facing so many cancelled or postponed races? Unfortunately, this is still our current reality. Large group events are still a very real safety concern.

The cool thing is that a lot of these races that have had to cancel the actual event, have been able to set up and offer themselves as virtual races. Additionally, many race companies have even set up new virtual races of all shapes and sizes. In fact, one could now race multiple times/distances a weekend if they wanted to... and, I know a few folks that do!

It really is wonderful that these opportunities exist and that we have the ability to test our fitness so often now, however there are some very real risks with this as it relates to running injury, overtraining and mental burnout.

Here in JAX, the primary running/racing season is in the fall/spring, and we don't fully know what the future holds with COVID, but there will

more than likely be more and more live race opportunities from here on out.

Virtual racing has created a running and racing environment that did not exist previously during these typically 'offseason' summer months. Traditionally, we have to pick and choose an A race, then plan a schedule to prep for it, maybe strategically racing here or there leading into the big race, then resting and recovering after. With virtual racing, we can now, for example, race on weekend 1, not like our performance there, then race on weekend 2, and try it again in 2 weeks. Heck, we may even try a marathon in 3 weeks just because it popped up on a social media feed yesterday...thinking that we could just walk if we had to.

Because of all this weekend 'racing', one's training schedule might not properly prepare you for your main race, and it also may not allow for enough recovery following these back to back races. Plus, the running intensity of a 'race effort' is considerably higher in most cases compared to training paces, where effort is strategically managed.

One can easily see, that if one is not careful, this can easily set the stage for a running overuse injury. Additionally, when the fall/spring season rolls around (or whenever the races start up again), one may be so burnt out from all of the virtual racing, that training motivation and performances may suffer for the races that matter.

I am by no means suggesting that we avoid virtual racing, because they are wonderful, convenient, new opportunities to get out

## The Dangers of Virtual Racing

there and have fun with running and racing... especially during these tough times when we can't all be together at a live event. What I am suggesting, is to avoid injury by making sure to still use the same mindset that you would with a typical live event. Train strategically for the main event, don't over-race leading up to the event, and make sure to recover properly after races. Also, if you have live events down

the road, make sure to remember to not virtual race so much that you lose motivation for the training that you will eventually put in.

We look forward to seeing all of you out there when the time is right.

**Rob Coltman, PT, MPT, OCS, MTC**

Coltman & Baughman Physical Therapy

## Tennessee then the World

### "Virtually Never, the Sequel"

All right, JTC Runners, the GVRAT (Great Virtual Race Across Tennessee) is over; ended August 31 after 123 days. Four months of logging miles on trails, streets, roads, sand dunes, and a treadmill--something I (at first) loathed.

Check the previous edition of The Starting Line for the event that turned me to The Dark Side, the dark side of virtual running. I swore I'd never pay money to pretend I was racing somewhere that I wasn't. But I did.

Here's the final outcome: 584 Floridians were among the 19,000 people from 77 countries and every State in the USA. More registered, but 584 actually logged miles. The first Florida finisher, Lisa DeVona, listed her sister's Atlantic Beach address but she told me she lives in Chile. Lisa placed 67th overall. First living-in-Florida Floridian was Jessica Foster, who placed 71st with 2,035 miles.

Yours truly stuck it out, as I promised you I would, for the whole four months. I covered 1,662 miles, an average of 13.5 miles a day, the best 4-month average for me since 1988. Overall, that put me at 192nd place, the first male from Florida.

There were more than 13,700 people who became RATs, the moniker for those who completed the 635-mile span from SW Tennessee to the NE corner. RAT stands for Race Across Tennessee. 1,486 of us became BATs (Back Across Tennessee--1270 miles). 135 runners/walkers earned the title CATs (continuing across Tennessee) and 24 were dubbed GNATs with four or more crossings (Going Nuts Across Tennessee).

A U.S. Marine named Matthew Jenkins recorded 5,436 miles in those four months, a bit more than 44 miles a day. I imagine that Jenkins was given a green light to run that much by his Commanding Officer in North Carolina.

## Tennessee then the World

Although the first human to finish, Jenkins was bettered by one mile: The race winner was the Gingerbread Man ("Run, run, run, as fast as you can, you can't catch me, I'm the Gingerbread Man.")

Sadly, one month before GVRAT ended, the diabolical race organizer of the Barkley Marathons, and two annual journey runs across Southern states--Lazarus Lake--announced the CRAW.

The CRAW is the Circumpolar Race Around the World. Ten people or fewer make up each team. Twelve stages of about 2,500 miles each will take participants a grand total of just more than 30,000 miles (50,000 km).

You may have already guessed it--I built a team with three of my Artsakh ultramarathon friends, recruited six athletes that I coached at Dana College (1994-2004), and we are team DANA. Right now, we are 25th among 300+ teams. We streaked south from the Texas border through Mexico, into Central America, heading for the Andes Mountains. Then the pampas. Then Antarctica, etc.

Other Dana graduates learned of our adventure, so I organized a second team, the Dana Vikings. In all, 15 "kids" I coached are out there running, all of them with jobs and families, having a ball getting fitter and being part of a team once again.

*Conclusion: Not all "virtual" races are the same.*

Throwback fact: In the 1950s and 1960s, cross country and track teams would run time trials on a specific day, record the results, and mail a postcard to the coach of a team on the opposite side of the country. These "postal competitions" were a staple of many programs. In 2010 and 2011, St. Johns Country Day School had postal cross-country races against Asheville (NC) Christian Academy.



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

**Sunday, December 6th, 2020**

**50K and 2x25K Team at 8:00 AM**

**12K Race at 1:00 PM**

**Guana Tolomato Matanzas  
Estuarine Research Reserve**

505 Guana River Road, off A1A in South Ponte  
Vedra Beach, FL (9.5 Miles south of Mickler's  
Landing)

Sponsored by JTC Running in association with  
1st Place Sports

**The Course**

Consists of winding, wooded trails in the GTM Reserve. A true back to nature experience. The 50K Ultra and 2x25K Team event will begin at 8:00AM. Teams can run together or as a relay, their choice; their times will be combined. The 12K will begin at 1:00PM

**Awards**

We are going green again this year, all finishers receive a great finisher shirt. All runners will receive a cool running hat. Plaques awarded two deep in each age group in 50K and 12K. Team plaques also go two deep.

**Refreshments and Post Race Party/Awards**

Water, GU hydration drink, GU gels, and snacks will be provided. **GU is the Official supplement.**

Post-race party/awards presentation will take place at The Reef Restaurant, 4100 Coastal Hwy., Just north of Vilano Beach (on A1A) from 3:00 to 5:00pm.

**Entry Fees**      **Sorry, there are no refunds**

50K Ultra—\$40 (\$36 JTC Running Members), through Sept.30th, \$50 (\$46 JTC Running members ), Oct. 1st-Nov. 30th. Race day entry \$60 (no discounts), **cash or check only** on race day. No guaranteed entries on race day.

50K Team- \$80 per team (\$72 if JTC Running members), through Sept.28th, \$90 per team( \$82 if JTC Running Members) Sept.29th-Nov.23rd. Race day entry \$120 per team (no discounts), **cash or**

**Entry Fees Cont.**

12K- \$30 (\$26 JTC Running members), through Sept.30th, \$40 (\$36 JTC Running Members), Oct. 1st - Nov.30th. Race Day entry \$50 (no discounts) **cash or check only** on race day.

**Limited Participation**

Due to the Environmental Sensitivity of the GTM Reserve, this event is limited to 125 participants per event. Enter as early as possible because there may not be space on race day.

**Parking**

Parking in the Reserve is \$3.00 per vehicle. Use southern most entrance just north of the Exxon gas station.

**Proceeds**

Proceeds benefit: Friends of the GTM Research Reserve.

**Packet Pickup**

Race packet pickup day of the race only at start/finish area.

**For More Information**

For more information contact: Mark Ryan, Race Director 50K, at markryan.sawgrass@gmail.com or (904)338-3230, Franz Lerch, Race Director 12K at lerch01@comcast.net or (904) 790-0770.

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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/](http://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](mailto: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](mailto:smithfccj@hotmail.com), 982-3730

**Wednesday 5:30 pm, Bolles School:** Track Interval Training (JTC Running Members)  
Contact: Paul Smith; [smithfccj@hotmail.com](mailto: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](mailto:wmdunn222@gmail.com)

**Friday 5:40 am, Mandarin:** Beauclerc, Forest Circle, 7.5 miles.  
Contact: Paul Smith; [smithfccj@hotmail.com](mailto: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.