

## Together Again

Coach Jody Hale, Bob Fernee, Jay Birmingham, Coach Larry Monts, Rodney Smith



## Letter from the Editor - Bob Fernee

What a night that was! JTC Running organized and executed a simply wonderful old-fashioned Mile Run Festival on June 30. This was the baby of club pioneer, Jay Birmingham, who one day said, "why can't we have a no-frills, low-cost, mile festival like we did in the old days?" Then, being the good chap that he is, he set about doing it.

He pulled it off with great aplomb. The attendance far exceeded expectations; 180 people registered online for the free event. Thanks to expert help from some highly qualified track fans, Jay and Co. smoothly dispatched the meet. It goes to show, that people still appreciate a simple low-key event, and it doesn't take all that much to make them happy.

Our club kept the baton moving when on July 10 we produced another fine track meet and this time all the events were offered. The T in our name JTC Running stands for track and we have always been active and committed to the noble sport of track and field.

Speaking of track, did you know that our club has two weekly track workouts every Wednesday on the Bolles School track? The first session begins at 6 AM and the second at 6 PM under the watchful eye of our coach, Paul Smith. It is a great way to improve your running and even make new friends. To top it off, it is free with your club membership. Check our website, [jtcrunning.com](http://jtcrunning.com), for details.

We haven't stopped. Our second-largest event of the year, the Tijuana Flats Summer Beach Run, will be staged on Saturday, August 28. Last year this race, which is the oldest beach race in America, fell victim to the Covid-19 pandemic and could not be run. We are elated to have it back and you should not miss it. The traditional 5-miler is now joined by a new 5k run; both begin at 6:30 PM. There is also a kids' 1-mile run that starts at 6:35. Both are on the sand at Jacksonville Beach adjacent to the Pavilion.

Medallions will be awarded to finishers in all three events. There will be age group awards in the 5-mile as well as prize money. Of course, there are commemorative t-shirts and a spectacular post-race party featuring food provided by race sponsor, Tijuana Flats. You will enjoy live music and free beer. How great is that? Enter online at either [jtcrunning.com](http://jtcrunning.com) or [1stplacesports.com](http://1stplacesports.com)

The Summer Beach Run is preceded by a special "kick-off party" at the Lakewood Tijuana Flats location on San Jose Blvd. There will be a short run/walk at 6 PM, followed by some great Tex-Mex grub. This all gets underway on Monday, August 23.

In the last issue of the newsletter, I wrote a piece titled Covid, Pfizer, Achilles and Me, in which I chronicled my painful saga of my Achilles tendons and how it was that I couldn't run (and barely walk sometimes). I unscientifically blamed the malady on the Pfizer Covid-19 vaccine that I got in February. A reader didn't like the story, she said it seemed that I was anti-vaccine and trying to influence others into not getting it. I was surprised that she took the story that way. That was not my intention at all. I am not, and never have been, anti-vaccine and I have never been one of those to say that it is all a "hoax," quite the opposite. I had the vaccine to safeguard myself and others and to try to get my life back to "normal." If, and when, there is another shot for the Covid Delta variant I am sure that I will have that one too. When it comes right down to it, I prefer risking my Achilles than risking my life.

I am truly sorry if anyone took the story the wrong way. It was written from the standpoint of a frustrated, injured runner who could not run and not from any other direction.

Some like it hot. Yep, that was a movie but that is not the point. In this issue I explain that we are all wasting our time and energy doing all this exercise when a hot tub or bath does just as much for our health, fitness and well-being. If you are half as lazy as me then you are going to love my latest article, Throw Away Your Running Shoes. I mean it, or say I do. Then again, do I ever mean half the stuff I say? Hmmm...

In the last issue I lamented the passing of an old friend and longtime club member, George Dorion. This time I was forced to write two obituaries. They were not locals, or club members, but still. Dr. Joan Ulyot was a pioneer of women's running and instrumental in having the women's marathon included as an Olympic sport. Ron Hill was a very successful, famous athlete and made even more famous by his outlandish running "streak." Their deaths make me realize that I am of the age now where I will unfortunately encounter more and more of this sort of thing. Yes, it's true, getting old is not for sissies.

The Starting Line

## Letter from the Editor - Bob Fernee

Neither is the “stitch.” Know what I mean? You are running along feeling good and then suddenly you are doubled over in pain coming from what seems to be the side of your abdomen. Ouch babe! You try everything but it won’t budge and that great run you thought you were having is all over. One of our resident physical

therapists, Rob Coltman, explains how you got it, how to get rid of it, and how to not get it again. His informative article is inside this issue.

We hope you all have a super summer and a fabulous Summer Beach Run.

The Starting Line

## President's Letter - Larry Roberts

Greetings!

Summer is here, and we are getting back into running as we used to, way back in 2019.

On June 2 we celebrated Global Running Day with a fun run and cookout at 1st Place Sports Baymeadows. It seemed like old times! Runners got to socialize in person! What a concept! Then on June 30, Jay Birmingham and a group of original Jacksonville runners staged a Mile Festival at The Bolles School in place of our usual members only Wednesday evening workout. The turnout was great, and everyone enjoyed an old-style event. In between, USATF Florida staged a Run, Jump, Throw event for future track stars on June 19. Several hundred youngsters were taken through the drills by a group of volunteers (thank you all!). The biggest challenge was convincing some in the relay to relinquish the baton to the next runner! Then we had a full track and field meet for all ages at Bolles on July 10. Jacksonville Athletic Club (JAC) graciously allowed us to join in a meet they had already scheduled. The turnout again was big, and once more “thanks” to all the Club members who volunteered to help out.

The next JTC Running race is the Tijuana Flats Summer Beach Run set for Saturday, August 28, at 6:30 pm at the Jacksonville Beach Pavilion. Registration is open now at 1st Place Sports/sbr. Members receive \$2 off with code JTC21. Our traditional kickoff for the race is also back! Join us for a fun run, social, and race signup at the Tijuana Flats Lakewood store at 5635 San Jose Boulevard &, University Blvd W,

Jacksonville, FL 32207 in the Lakewood Shopping Center. We gather at 6:00 pm, run, and then enjoy discounted beverages after!

Right after Labor Day we will kickoff our traditional Fall Half Marathon Training Class. It will be outside 1st Place Sports Baymeadows store, on Thursday, August 9th at 6:00 pm. Coach Jennifer DeSantis and her experienced team of Pace Leaders will get you ready for the Community First Thanksgiving Distance Classic, which will be here before you know it! If you are reading this electronically, click [HERE](#) to register for the class. The member rate is just \$50! We have a few openings for the Pace Leaders that help lead the class. If you would be interested in serving, it comes with a year of Club membership. Details and how to apply are [HERE](#).

Be sure to read the Groundwork Jacksonville Update in this issue and check out the color renderings of the Emerald Trail LaVilla link and McCoys Creek restoration in the email and online version of the newsletter. As I never get tired of saying, it was JTC Running’s initial \$50,000 contribution to the Jacksonville Master Trails Plan that got the ball rolling. Without the Club’s visionary action, it is difficult to fathom how the City’s commitment of \$130 million for the Emerald Trail could have happened when it did.

It is JTC Running’s mission to continue to look for more opportunities to improve conditions for Jacksonville citizens in all neighborhoods to run and walk together safely and enjoyably.



The Starting Line  
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## New & Returning Members

Naveen Agarwal	Nancy Hartigan	Jeff Provenzano
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Katie Buckley	Nancy Kern	Devon Scheible
Gene Calvin	Rebecca Kerr	Brandon Scherff
Lauren Castelli	Kaitlin King	Kat Schweitzer
Rodolfo Chia	Amy Kisz	Cynthia Simon
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Kelly Cobb	Michelle Krueger	Michele Smith
Julie Conley	Drew Landgrebe	Robert Snow
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Ken Covey	Gary Ledman	Anjela Taylor
Sheila Cribb	August J. Leone	Lori Theus
Errol Daniels Jr	Christian Lisowski	Michelle Thomas
Mandel Dauphine	Heather Losasso	Vanetta Thomas
Justin Dickey	Justin Loyd	Douglas Tillett
Jennifer Doby	Amy Magdalein	Megan Todd
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Davis Ely	Ronda McPherson	Donna Trumble
Gabriela Estrada-Torres	Michelle Monds	Erica Turner
Matthew Feryus	Colin Moore	Steven V Tuten
Julia Figura	Kathy Murray	Fred Wainio
Robby Finklea	Pam Nelson	Kara Walsh
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Rhonda Fosser	Greg Norris	Michele Weed
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David Garrett	Cynthia Orms	Andrea Wollitz
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Cindy Glass	Angela Perrera	Carmen Zayas
Erica Gottlieb	Victoria Peterson	
Lee Grose	Seth Pierce	
Jon Guthrie	Carmen Preeschl	
Bill Hancock	Karen Prewitt	

## Mile Run Festival



### "Back to the Seventies"

June 30, 2021

The Mile Run Festival made its return on a rainy Wednesday night last June at the Bolles School. This once-annual event was initially conducted by the Jacksonville Track Club in 1975, even before our oldest cross-country race, The Last Gasp, and before the first River Run 15,000 of 1978.

180 runners pre-registered for the event.

129 runners completed the mile.

Runners ran a full mile, 1609 meters, 5280 feet (1760 yards).

Nine races were contested: Elementary girls, elementary boys, middle school girls, middle school boys, seniors (60-over), masters (40-59), open (19-39), high school, and fun run. Separate races for women were scheduled in all adult divisions, but the ladies opted to compete with the men.

Coach Larry Monts was guest of honor. Monts was an outstanding high school and college coach in Jacksonville for over 40 years.

The race director was capably assisted by Jody Hale, Sean McCormack, Doug Tillett, Rodney Smith, and Bob Fernee. Equipment was furnished by Stuart Toomey of 1st Place Sports and by Jody Hale. Registration was conducted by Larry Roberts and Jim Van Cleave. Administration was assisted by Paul Smith.

--Jay Birmingham

*Editor's note: It was a great night and the little rain that fell for a short while did a good job of clearing the air and lowering the temperature, making racing that much easier. Many people made enthusiastic, positive comments about the event. Certainly, they all loved the no-charge entry fee. The races were run off smoothly*

## Groundwork Jacksonville Update: Emerald Trail, McCoys Creek, Hogans Creek



Greetings, JTC Running friends!

So many exciting firsts are happening for Groundwork Jacksonville, and all of us are so grateful to have the support of our friends at JTC Running!

The first segment of the Emerald Trail will be under construction in late August-early September. This 1.3-mile LaVilla Link will connect Brooklyn to LaVilla and the S-Line and will take about a year to fully construct. We are excited for everyone to get to see the Emerald Trail “officially” taking visible physical shape in the heart of Jacksonville.

Groundwork continues to partner with the City on the McCoys Creek restoration. Construction on Phase 1 of the project began in June. This is a three-year, \$105 million project that includes returning the creek to a natural channel design to mitigate flooding, improving water quality and creating habitat for fish and wildlife. The low-lying McCoys Creek Boulevard will be removed from Margaret Street to Cherokee Street and will become floodplain for the creek, with space for the Trail, though three blocks of this stretch, from Claude Street to Goodwin Street, will remain open to accommodate traffic backed up during train delays.

This McCoys Creek Restoration Project will

provide parks, trails, and access to the creek and recreational amenities. The Stockton and King Street bridges will be replaced with new bridges at higher elevations and include bike paths and sidewalks.

Groundwork is also leading the restoration of McCoys Creek Branches that form the western headwaters of the creek.

The branches restoration design is complete, and the trail design for the 1-mile creek section will be completed this fall, at which point we will begin applying for grant funding for construction.

Hogans Creek Restoration has also begun. Groundwork Jacksonville is doing ongoing community engagement in neighborhoods along the creek. The Task Force, which includes residents in the area and other various stakeholders, met in late June. We hope to have the conceptual design for Hogans Creek completed by the end of January 2022.

We are also in the design phase for our Hogan Street trail link which connects FSCJ to the St. Johns River. We pulled together a steering committee of property owners along Hogans Street to guide the design. Private developers are investing around \$200M in properties along the street.

## Groundwork Jacksonville Update: Emerald Trail, McCoys Creek, Hogans Creek



"We are so grateful that JTC Running continues to support our mission in so many ways."



These projects require a great deal of planning, outreach, and design leadership. Groundwork is committed to ensuring that residents, businesses, and other stakeholders are involved throughout the process and that the Emerald Trail becomes the nationally renowned urban trail system that our community deserves. We rely on the community's support to ensure Groundwork has the capacity to take on this important work, and we are so grateful that JTC Running continues to support our mission in so many ways.

Save the date now for our upcoming Second Annual VyStar Emerald Trail 5K presented by JTC Running and 1st Place Sports on October 23rd! This year's event promises to be bigger and even better than the Inaugural 5K, so stay tuned for further details.

If you are enjoying watching Groundwork Jacksonville as we continue on our journey bringing the Emerald Trail to life in Jacksonville's historic, urban core, please visit our website [www.groundworkjacksonville.org](http://www.groundworkjacksonville.org) for more information. One of the easiest ways to support our work is by becoming a member; memberships begin at just \$10 per month. Join today! Annual members receive a cool Emerald Trail cap. And again, thank you for your continued support!

**Meghan Quinn**

Development and Membership Coordinator  
Groundwork Jacksonville, Inc.

[mquinn@groundworkjacksonville.org](mailto:mquinn@groundworkjacksonville.org)

## Working Out or Training...What's the Difference?

Not too long ago, I started a job in the Boston area that required me to commute weekly, Monday-Thursday (Pre-COVID). I had to make some accommodations in my personal schedule based on the work commitment. I put racing on the back burner and made the adjustments to meet my new lifestyle. I had to rent an apartment, walk to work daily and deal with the airline and Uber commute. Luckily, my company had a decent gym in the building that was open 24 hours. During the week, I would wake at 3:45am, pack my gym bag and walk about 20 minutes to work each morning. I would do some core strength work and hop on the treadmill for 10-12 miles and then get ready to go to my office by 8:00am. Every day was like groundhog-day, as I found it difficult to run in the dark and cold way before the sun made its appearance. Perhaps when I was in my 20's or 30's I would have had the fortitude to get out before the crack of dawn and find a track in the freezing dark cold, but in my late 50's, it really was less than appealing. Soon I came to realize I really had no goals or purpose I was pointing to. On days I felt good, the pace was a little quicker than days I felt tired. Every day was just a run with no end goal in mind. I was a regular viewer of the ESPN early morning shows watching the miles creep by on the treadmill. Essentially, I was "working out" and it was a different experience for me. I'm not saying there is anything wrong with working out, as the alternative of not was not acceptable to me. But for the first time I had nothing I had set my sights to achieve and I thought it was quite interesting how that can change your entire perspective.

Some of my previous articles have referred to having a goal in mind, whatever that may be. Goals give purpose to your running as your weekly schedule takes shape to meet the goal or goals you have put forth. Every day should have a purpose and a role in helping you to achieve your stated goal. As your weekly and monthly schedule takes form, it may include a few key races, some important milestones, days that you go to the track, or do quality work on the roads. When that happens, it becomes natural to build recovery days into

your schedule, which if you read my previous article on the "training effect" you will understand that the easy, recovery days are equally important as the harder days. This focus may lead you to incorporate strength training a few days per week, and /or flexibility training like yoga to compliment your running schedule. Do you see the pattern? Simply having a goal causes a cascade of events that leads to you developing a training plan, even if you did so without intent. This also results in an increase in motivation when each day has a purpose. Its much more interesting to measure yourself when each day is purposeful and thoughtful. I found that without a goal some days were tough to mindlessly jump on a treadmill at 4:45am and just log miles as my body felt that day. In retrospect, I was just working out and that's ok, but for me I wish I had done a better job in finding some goal that I could have rallied around.

I doubt that anyone reading this article hasn't gone through a tough stretch where motivation wasn't an issue. But I do believe that if you reflect on the times that you had your highest levels of motivation, its when you were working towards a challenging but realistic goal for yourself. That's when everything falls into place, and every day becomes purposeful. I know for certain those were my best days as I still have my handwritten running logs from the 80's that I look back upon infrequently, but fondly when I go down memory lane. I measured every day including the easy days in great detail. So, if you are struggling with motivation, assess your current situation. Do you have a goal? Is every day the same? If the answer to question #1 is no, but yes to #2, it may be beneficial to consider a goal that will break you out of 'just working out'. I think you will be amazed at how this will lead to a cascade of events that results in every day being purposeful and thoughtful, and keeping you mentally fresh. At this point you are now training with a purpose instead of 'working out'. Good training,

Sean McCormack is a USTAF certified coach and former cross-country coach at Georgia Southern University. He has won the Jacksonville Bank Marathon 3 times as well as 3-time winner of the U.S. Navy Marathon Championship.



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

**Sunday, December 5th, 2021**

**50K at 8:00 AM**

**2x25K Team at 10:00AM**

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

**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 solo will begin at 8:00AM. The 2x25K team event begins at 10:00AM. 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, deferrals or transfers**

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 check only** on race day.

**For on-line signup go to [jtcrunning.com](http://jtcrunning.com)**

**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. The event has sold out the last three years.

**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](mailto:markryan.sawgrass@gmail.com) or (904)338-3230, Franz Lerch, Race Director 12K at [lerch01@comcast.net](mailto:lerch01@comcast.net) or (904) 790-0770.

## Two Iconic Running Losses



Ron Hill

Our Gate River Run has its “Streakers,” those who have run every race since the beginning in 1978. There are Boston Marathon streakers and plenty of others, but there has never been a streaker like the Englishman **Ron Hill**. This accomplished individual and extraordinary runner’s lifetime streak has come to an end. Ron Hill died on May 23rd at the age of 82. To say he was tough would be an injustice. He ran every day, even if he was injured or ill. His almost unbelievable streak was the stuff of legend. It lasted 50 years and 39 days.

He was more than a runner who couldn’t stop running. He was a PhD chemist, designer of running clothes, winner of the Boston Marathon, the Commonwealth Games Marathon, and the European Championships. He raced in 115 marathons, his last one the 1996 Boston. He competed in 2,260 races during his lifetime.

While working as a textile scientist he founded Ron Hill Sports in 1970. Two of his innovations were side-split running shorts and the mesh singlet. Ventilation was the name of his running clothing game. He sold the company in 1991 but remained as a consultant.

In 1965, on his home Bolton United Harriers track, Hill broke two world records both belonging to the great Czech athlete, Emil Zatopek, at 15 miles and 25k. He twice beat the world record for 10 miles. From Marathon to Athens in 1969 he won the European



Joan Ulliyot

Championships beating the Belgian ace, Gaston Roelants by 30 seconds. The next year he won the Commonwealth Games Marathon in Edinburgh. His time of 2:09:28 set a new world record and made him only the second man ever to break 2 hours and 10 minutes. The following year he became the first Briton to win Boston in the then-record time of 2:10:30.

In 1972, he was favored to win the Olympic Marathon in Munich but finished sixth behind Frank Shorter of the USA. Afterward, he said he made two mistakes: training at altitude and over-doing the fashionable glycogen-loading diet. He is survived by his wife, May, and two sons, Steven and Graham.

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When people think of the women’s marathon, they think of the first Olympic marathon, won by American **Joan Benoit**. Unlikely that they remember the woman who helped put the event in the Olympics, Dr. Joan Ulliyot. She died on June 18, of a heart attack at the age of 80 at her home in Snowmass Village, near Aspen, Colorado.

Her 1976 book, *Women’s Running*, was the first on the subject. She was a leader and pioneer, as a writer, speaker, medical scientist, activist, and role model for women who began running later in life, in her case at 30.

She went to Harvard Medical School and was one of its first female graduates.

## Two Iconic Running Losses

She had a fellowship in cellular pathology at the Univ. of California, married, had two sons, and then grew discontented with her 30-year-old body.

She said: "I was the ultimate creampuff. If I could become an athlete, anyone could do it."

Her first race was San Francisco's Bay to Breakers. She then ran the 1974 Boston Marathon finishing 13th. It was only the third time that the event was open to women. In addition to competing in several other races she also turned her attention to the subject of women's running. In 1976, she wrote and published her first book, *Women's Running*. It became a bestseller. Ulyot followed it up with *Running Free* in 1980, and then in 1984, *The New Women's Running*.

She ran Boston ten times, winning the master's race in 1984, at age 43, with a 2:54:17. She won ten marathons outright, and broke 2:50 at age 48, with a personal record of 2:47:39.

Her medical standing made her an important advocate for women's distance running that ultimately led to the inclusion of all women's events in the Olympic Games. Thanks to Dr. Ulyot, the first women's Olympic marathon was run in 1984.

Another women's pioneer, Kathrine Switzer said: "In the 1970s, as we all worked to break down the myths that restricted women from running, Joan was our medical beacon, a feisty example of transforming from zero to a 2:47 marathon, and an unstoppable personality, bigger than life, opinionated at the top of her mighty lungs, and with an unstinting appetite for fun and capacity for wine."

Roger Robinson wrote: "Ulyot also sustained her lifetime devotion to travel, reading, and friendships. These included many who were her competitors and collaborators in the 1970s and 80s, years when their pioneering generation created, advocated, fought for, and left strong the visionary new sport of women's road running."

## Upcoming Events

**TIJUANA FLATS SUMMER BEACH**

**RUN KICKOFF FUN RUN**

**MONDAY, AUGUST 23, 6:00 PM**

AT THE TIJUANA FLATS LAKEWOOD STORE

**THE 56TH ANNUAL**

**TIJUANA FLATS SUMMER BEACH RUN**

**Saturday, August 28, 2021, 6:30PM**

Cash prizes, awards, post-race party!

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

**JTC RUNNING'S FALL**

**HALF-MARATHON CLASS**

**BEGINS SEPT. 9TH 2021**

11-Week Training Course for the Thanksgiving Day Half-Marathon  
Details at [JTCRunning.com](http://JTCRunning.com)

## Ever had a Dreaded 'Side Stitch'?

### Time to Revisit Proper Hydration/Electrolyte Intake

Well, here we are again in the dog days of summer, trying to keep up our running mileage so that we can maybe do a few shorter races in the summer, perhaps a triathlon, and/or just to keep up enough fitness to have a great performance at a fall race.

With the summer heat and humidity here in Florida, it is definitely harder to run as fast... and the harder it is to stay well-hydrated and not deficient in electrolytes due to all of the sweat that occurs. And, as we have written here before, the process for getting behind in hydration/electrolyte balance begins long before the run with daily water/electrolyte intake through diet, sports drinks, etc.

One of the maladies that comes along with this dehydration/electrolyte deficiency during training and racing is cramping. Often a dehydrated runner remembers cramping during training or racing in multiple places on the body. Common areas that we may often recognize as having had cramps there include calves, quads and hamstrings. And, if the cramps are bad enough, muscle strains can even occur, creating significantly more soreness in these areas than is typical.

But what about those dreaded 'side stitches' that seem to occur more often when it is hot? You are cruising right along during a harder run or race and bang! Immediate pain in the side or front of the trunk that makes it almost impossible, or impossible, to run. We poke at it, take deep breaths, sideband away, which seems to help some, but it never really returns to a normal state until after fully recovering from the run. Occasionally, there may even be pain/soreness in the few days following the run in the area of the 'side stitch' as well.

Sound familiar to what I just described above with the calves, quads and hamstrings?

It should because this is essentially what a 'side

stitch' is. It is a cramp in one or more of the core/abdominal muscle groups. This can include the rectus abdominis, transverse abdominis, internal and external obliques, and even the diaphragm. And as with the calf, quad and hamstring cramps, these muscle groups are far more likely to cramp when working harder than typically, as during a race or hard training session, and of course if hydration and electrolyte levels are off.

These remedies of poking, taking deep breaths and side bending away from the cramping side help for the same reasons that similar remedies help with other forms of cramping. Cramping is a muscle contraction and in order to get it to release, you have to essentially stretch the muscle that is cramping. For the 'side stitch', side bending away and taking a deep breath to fill and stretch out the diaphragm and abdominal cavity can help some at the time they occur due to stretching these involved muscles. Again, these can help, but the muscles are still likely to cramp again as we have not fixed the cause.

So as with all cramping, the best way to manage a 'side stitch' is to prevent the scenario from occurring.

In training, it is always important to progressively overload the body so that it is gradually introduced to the stresses that are similar to the race/hard training sessions in which you are planning to participate. Large jumps in intensity increase the risk of all cramps.

Secondly, it is important to make sure that you properly hydrate on a daily basis even when not running, before runs, and of course during runs. I am re-listing our previous hydration guidelines because they are still sound in working to prevent dehydration and cramping.

## Ever had a Dreaded 'Side Stitch'?

### Hydration/Electrolyte Guidelines:

Start runs in a hydrated state:

- Drink approximately 0.5-0.6 ounces of fluid per pound of body weight daily in addition to what you drink while training or racing to stay hydrated during the day/pre-run.
- Hydrate with approximately 24-30 oz of water/ fluid replacement/hour during training (one cycling 24 oz water bottle)
- Do not go over 33oz hour (1 liter/hour) or above actual Sweat Rate as this can increase risk of GI distress and EAH (Exercise Associated Hyponatremia which is life threatening)
- Sweat Rate is measured by measuring bodyweight pre and post typical 1hr run to determine fluid loss.
- Use a 24 oz cycling water bottle as a benchmark which weighs 1.5 lbs to calculate approximate fluid needs. For example:  
measured weight loss = 1.0 lbs (1.5 lbs = 24oz bottle) (.5 lbs = 8 oz) so  
24oz - 8 oz = total of 16 oz fluid replacement/ hour.
- Still drink according to thirst even if intake is slightly below these guidelines. If feeling full or bloated, your body will not absorb any faster.
- Consumption of sodium-containing fluids,

supplements or foods during runs becomes more important as duration increases beyond 1 hour (amount of sodium is highly individualized and based on temperature, sweat rate, concentration of sodium in sweat, and may be restricted by your physician or registered dietician). The National Athletic Trainers' Association recommends .3-7 g/L of sodium, or as in our example above 200-500mg sodium/24 oz bottle, divided as we did above, based on sweat rate.

- Rehydrate after running to bring body weight back to normal pre-run measurement.
- Post run meal will also replenish electrolytes.
- Understand that you will not be able to perfectly replace all that is lost during a run, while running, and that this is okay.

Again, the best way to manage a 'side stitch', and all forms of cramping, is in prevention with the proper planning of training intensities, and a proper summer nutrition/hydration strategy. Following these guidelines will significantly reduce the risk that these happen to you out there on the roads this summer!

Rob Coltman, PT, MPT, OCS, MTC

Coltman & Baughman PT - JAX Beach

## Upcoming Events

THE 56TH ANNUAL

TIJUANA FLATS SUMMER BEACH RUN

**Saturday, August 28, 2021, 6:30PM**

Cash prizes, awards, post-race party!

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

## Basic Eating Tips/Concepts



**Bio: Jeff T. Wight, PhD**

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In the previous issues I focused on tips for 1) completing large volumes of aerobic exercise to become really fit, 2) strength/weight training to fine-tune your physique. In this issue, I will focus on some simple eating tips. Eating is obviously very important, unfortunately, eating has become really complicated for most Americans. My goal, in this article, is to help you simplify eating. I am not a nutrition PhD, or a Register Dietician. But I have a strong background in human biology, read about 20 leading books, etc. At this point, one thing I know is that simple biological concepts are very helpful. In this article, I will share the basic concepts I consider to be most helpful.

Previously, I have used the good old apple to shed some light on the healthy eating conundrum. If you struggle with eating, I recommend you try a “pink lady” experiment. Go to the store, and buy a big, pretty, organic pink lady apple (my personal favorite). Cut it into wedges, put it on a plate, sit down, and eat it. Notice how it makes you feel. It will taste delicious, and be a very enjoyable experience, without “hyper stimulating” your taste buds. Interestingly, by the time you get to the last wedge, you probably won’t want to eat any more. Your body will naturally sense that you have had enough pink lady, and you will feel satisfied with your snack. You will get a little boost in energy, and your brain will feel more focused. You could run the same experiment with blueberries, or some plain nuts, like almonds or pecans, or a boiled egg. In fact, I could provide you with a big old plate of

apple slices, blueberries, almonds, pecans, and boiled eggs. You could eat as much as you like. I can pretty much guarantee you would enjoy that snack and I can guarantee that you would feel good afterwards, and not overeat.

Now, imagine repeating the apple experiment with various dips. I would start with organic, ground peanut butter, with no sugar added. Essentially this would just be ground up peanuts. You could dip your pink lady in as much peanut butter as you please. Again, I would expect that you would do just fine, (assuming you are OK with peanut butter). In fact, you would likely find this snack even more satisfying—the peanuts would provide some nice protein and fat to help “fill you up”.

For the third experiment, I would serve the pink lady wedges and unlimited “kids peanut butter” that had added sugar, oil, etc. (most peanut butters in the grocery store). This time, you would probably struggle to stop eating. Imagine the aftertaste this peanut butter would leave in your mouth—it would leave you wanting more. The added sugar and fat in the peanut butter would hyper-stimulate your taste buds a bit. In fact, most of us would probably try to get as much peanut butter as possible on each apple. You would likely not feel very satisfied after the snack. The apple would transition from a delicious and satisfying snack to a vehicle that delivers the hyper-stimulating peanut butter.

For the fourth experiment, I would provide you with the pink lady and unlimited caramel dip. At this point, we are just dipping the apple into candy. Good luck managing this snack! This snack would provide a few seconds of extreme “pleasure”. While chewing, your taste buds would be bathed in a sea of sugar. It would be very easy to overeat. It’s true, that you ate a healthy apple. But you also ate a lot of “candy”. The big load of sugar would “flood” your blood. When you came down from the “high”, you would likely crash, and feel tired. Also, if you

## Basic Eating Tips/Concepts

overdid it, your stomach would likely feel pretty bad, like a kid who ate too much candy.

For the fifth experiment, I would provide you with a plate of potato chips, cookies, donuts, and a 2-liter of Coke. Imagine how hyper-stimulated your tastebuds would feel during this snack. After the first swallow, you would have the chips, cookies, and donuts stuck in your molars. Consequently, the powerful aftertaste would continue, and this would make you crave more. A battle would begin in your head, to have “just one more”, and you would probably cave. And you would likely never feel satisfied. Further, that food would not provide a boost in energy, nor would it make your brain feel sharp. In fact, it would probably make your stomach feel bad, and 10 minutes after you had eaten, you would probably want to take a nap. Ironically, when you awoke, you would likely feel hungry again. Those foods would be rapidly digested and provide very limited nutrients—so your body would crave food again (to get some nutrients). Ironically, you would be driven to eat more, even though you just consumed 700+ calories a couple hours ago!

At this point, you may be worried that you are never going to eat donuts or cookies. I can assure you I won't do that! I love donuts and cookies. But what I will say is that hyper-stimulating foods, like donuts and cookies, are no joke, and they should be taken seriously. If you are going to eat them, you should have a “policy” (determine how much you will eat beforehand). If you “wing it” with hyper-stimulating foods, you will likely lose, and lose bad, and eat way too much, as the majority of our population does/has.

My main point is that “natural” foods are easy to manage and “industrialized” foods are not. Consequently, a great goal is to primarily eat natural foods. That is the recipe for success, no pun intended.

I recall the first author who clearly wrote about this topic: David Kessler, an MD, who served as the commissioner of the Food and Drug Administration (FDA) from 1990-1997 under President Bush and then President Clinton. During his tenure, he developed great insights and had many frustrations. He became inspired to write a book and in 2009 published *The End of Overeating: Taking Control of the Insatiable American Appetite*. In the book, he really took it to the restaurant industry and industrial foods. His main point in the book was to make it clear to readers that most mainstream restaurants and industrial food companies add tremendous amounts of sugar, salt, and fat to foods. He wanted to make it clear that their motivation for doing this was not human health. Ultimately, it was to increase profits. The goal was to make the food “irresistible”, to help maximize sales. One of his favorite examples was chicken wings. Chicken wings are absolutely smothered in sugar, salt, and fat. Consequently, the experience of eating chicken wings is a far different experience than eating plain baked chicken. Again, the point is not that chicken wings are evil; the point is that chicken wings are hyper-stimulating and difficult to manage (and plain, baked chicken is not). The cover of his book had a piece of carrot cake next to a few carrots—it is a powerful photograph.

We could discuss endless examples like this. I do not want to belabor the point, so I will just share a couple more. Nuts are a great example. Eating plain nuts is a far different experience than eating flavored nuts smothered in sugar, oil, and salt. Another classic example is salad dressing. Imagine overeating a plate of vegetables with no dressing? That would be like overeating apples. Now, imagine a giant salad from the Outback Steakhouse smothered in ranch dressing, croutons, and bacon bits (loads of sugar, salt and fat). While we are visiting Outback, let's consider potatoes.

## Basic Eating Tips/Concepts

Think about a plain baked potato compared to French fries, cooked in pure oil, and then covered in salt, or a baked potato loaded with sour cream, butter, and salt. Again, you would never gorge yourself with plain baked potatoes. But nearly all of us have fallen victim, many times, to excessive French fries.

During a meal, it should be easy and natural to stop eating, not challenging and difficult. This process should not require “mental toughness” or discipline. If you are struggling, you are not weak, you are probably just eating hyper-stimulating foods.

Perhaps you are one of the few who have optimized their eating habits. Odds are that you are struggling at least a bit. In the next few weeks, I urge you to experiment with the simple concepts I have shared. Try to eat meals that are completely natural foods and notice how it makes you feel. Try eating a banana instead of a pop-tart. Try eating scrambled eggs with some added beans, veggies, etc. instead of a “breakfast sandwich” from a restaurant or convenience store. Truly pay attention to how it makes you feel during and the few hours after.

Eating should feel good. When you eat, it should feel natural and pleasurable. It should not make you feel hyper-stimulated and “crazy” for more. Also, eating should give you energy, not take it away. After eating, you should get a boost in energy. It should not make you feel tired. Last, eating should make your brain feel good. It should sharpen your focus, not make your brain feel “clouded”. My simple concept is this: if eating makes you feel bad during or after, you are doing something wrong, and should make an adjustment. I feel the same way about exercise and running—it should feel good during and after. If exercise/running makes you feel bad during/after, you are doing something wrong, and should adjust.

Again, I will never preach against eating donuts,

cookies, pizza, lattes, beer, etc. But I do try to make it clear that these foods tend to be hyper-stimulating and that we are very susceptible to overeating them. I will end with my two most basic recommendations for eating.

1) Eat primarily natural foods. Try to primarily eat foods like baked chicken (instead of chicken wings) and carrots (instead of carrot cake). Then, you won't be hyper-stimulated, and you will stop eating when you are full. When you eat natural foods, your stomach will drive your eating, instead of your hyper-stimulated tastebuds.

2) Set limits for hyper-stimulating foods. When you eat donuts, cookies, pizza, lattes, beer, etc., set a limit beforehand, about how much you will consume. With these foods, your hyper-stimulated taste buds will always try to convince you to have “just one more”! So, determine beforehand how much you will eat.

Overall, I think a good goal is to eat at least 75% natural foods. Foods like eggs, salads, chicken and rice, vegetables, fruits, are natural and easy to manage. They make you feel full, are slowly digested, and loaded with nutrients. So, the bulk of your calories should come from foods like this. Try to limit industrialized foods to 25% or less. Also, when you have a donut, have some fruit with it, so your overall meal is at least half natural food. Similarly, if/when you eat pizza, also have a salad, cooked vegetables, and/or a grapefruit. Again, try to make half your meal natural foods.

I hope these concepts help to simplify eating, not make it more complicated. Eating and exercise should not be stressful—eating and exercise should help alleviate all the other stress we endure. So, I urge you to experiment with these concepts to help optimize your eating. Next time, I will try to share some more advanced concepts to take you to “the next level”.

## Throw Away Your Running Shoes

Yep, that's right, toss them out right now. Running is unnecessary and so are those expensive, high tech, trainers. For supreme health and fitness all you need is to lie down in a hot bath. Light the candles and grab the wine. Finally, a fitness program that everyone will love. Dare I say, it is even better than Pickleball, and far more exciting. (Come on, you didn't really think I was finished picking on Pickleball, did you?)

It is the latest "scientific finding," having a hot bath elevates your heart rate and, therefore, that 5-miler you didn't want to run anyway is of no purpose. Science has at last provided us with the long-sought "magic bullet."

Believe it or not, I am not completely making this up. I am fascinated by an article in the online mag known as The Conversation, written by Charles James Steward, PhD candidate, Coventry University, England, and man of my own heart. Especially as I am still having lower leg issues and my running is going down the toilet. But forget toilets (okay, not completely, you'll still need one from time to time), this is about baths, and all the great things they do for you and your aches and pains.

Steward splashes off by writing: "Our recent review of the research found that regular sauna or hot tub bathing can indeed bring about some similar benefits to that of low to moderate intensity aerobic exercise, such as walking, jogging and cycling. Comparing a hot bath or sauna to a jog might seem illogical – after all, the former tends to be seen as relaxing and the latter tiring – but they are more similar than you might think."

It gets better: "The next time you are in a hot tub, bath or sauna, take a moment to listen to your body. You will initially be hit by a pleasant sensation of heat that increases your body temperature and you will start to feel hot and sweaty. This is accompanied by a subtle elevation in heart rate. Starting to sound familiar? Yes – these bodily responses take place during exercise too."

Hallelujah, I told you I liked this guy!

So, Steward and a bunch of other researchers at Coventry U compared the similarities and differences in the physiological responses of exercise and heating by undergoing the same duration of hot tub bathing and moderate intensity cycling. They found exercise was more adept at increasing energy expenditure but also discovered comparable elevations in core body temperature and heart rate. Additionally, by doing ultrasound scans of the arteries, increases in blood flow were also observed.

No more weightlifting, boring laps in the pool, poncy Pilates, or hot, sweaty, summer runs? Gads, it sounds too good to be true! Yep, it is.

Steward is a real fun-runner, he writes: "Saunas and baths are unable to replicate all the health benefits of exercise training, such as promoting fat loss and increased muscle mass. Hot baths and saunas shouldn't be considered as a substitute for exercise."

That just tears it Steward, our relationship is over.

Historically, hot baths have always been a big hit. For example, the ancient Romans loved their baths. Bathing in their neighborhood *thermae* – the communal baths – were considered a relaxing social activity.

## Throw Away Your Running Shoes

No comment, this is a family newsletter.

Hot baths are still popular today, especially in places like Japan, Korea, and the Nordic countries. In Finland there are around three million saunas in a country of just 5.5 million people. There are a lot of natural hot springs in Iceland, and the people love passing time in them. Iceland? What the hell else is there to do in Iceland, give names to all the ice? Okay, that's not fair, I hear it is a wonderful country even if it is dark all the time. Still, people can find things to do in the dark.

Steward gets down and dirty: "The term 'exercise is medicine' is well publicized. It is one of the best ways to stay healthy, yet medicine doesn't work if you are not prepared to take it. Exercise adherence is very poor, with many people unwilling to exercise due to lack of time and motivation. And for those who are older or have chronic diseases, exercise can also cause pain, which for obvious reasons limits exercise further. Globally, about 25% of adults do not meet the minimum recommended physical activity levels of 150 minutes of moderate intensity activity or 75 minutes of vigorous intensity activity per week, or a combination of both."

Phew, what relief, that lets me off. I do a good bit more than that. Nice to know that I'm going to live forever. That is right, isn't it? And with all this happy news about selling my slightly worn running shoes on eBay and taking hot baths instead of long runs, nothing could go wrong, could it?

Not so fast, Sunny Jim. What about orthostatic hypotension? Oh, Jeez. Yep, you heard me. Don't be too alarmed if you have never heard of it. Before I stole the idea for this story, neither had I. OH, if you don't mind me calling it that, is a combination

of the widening of the blood vessels caused by the heat, and a change in the body's posture (like going from sitting to standing). This results in a large drop in blood pressure and a decrease in blood flow to the brain. Experts say, this can be dangerous.

Another thing, you can become dehydrated as you continuously sweat like you do in a hot tub. This can cause a "heat hangover," accompanied by headache and fatigue. So, drink plenty of water just as you would on a long run and exit the hot tub slowly.

Right, I just wish I had a hot tub. I have the ubiquitous Florida retention pond in my back yard, does that count? I doubt it, not even in Iceland. A retention pond is nothing but an alligator's restaurant. Those slavering teeth can sure raise a pulse rate though.

Steward says I don't need a fancy, expensive Jacuzzi, the everyday bathtub will also get the job done. Just as well, unless I can persuade JTC Running into financing my "research" by purchasing me a hot tub, then what I have must do.

As they say these days, let's unpack this. What has the research learned about hot baths, can it really do anything? Beneficial increases have been discovered in these areas: VO2 max, plasma volume, mitochondrial biogenesis, capillarization, endothelial function, and peripheral arterial compliance. Beneficial decreases were noted in central arterial stiffness, central arterial wall thickness, fasting glucose concentration, fasting insulin concentration, fasting lipid concentrations, resting CRP, TNF-a and IL-6 concentration, and resting blood pressure. Whew! Folks, I am not making this up. In fact, I couldn't even if I wanted to.

## Throw Away Your Running Shoes

Sadly, they say my favorite new sport has no effect on body mass or peripheral arterial wall thickness, just like I thought all along.

Plunging into a hot bath after a run can prolong and maximize the effects of the exercise, studies show. This also means that after a lousy workout, the tub will help to improve the poor result. Nice.

Hot tub bathing is in the queue to becoming an official Olympic sport, right ahead of Pickleball (come on, its been paragraphs since I've insulted Pickleball).

Hot tubbing will be our next half-naked game, along with Beach Volleyball.

This article is not an advertisement for any of those hot tub manufacturers. But if any reader out there would enjoy buying me one, I would appreciate it. Maybe one of those egotistical, money-wasting, multi-millionaires in outer space could do something right for a change and get me one. Na, dream on. Wow, that just gave me an idea for my next Pulitzer Prize winner: How high can a billionaire's ego reach in the stratosphere?

## Upcoming Events

**TIJUANA FLATS SUMMER BEACH**

**RUN KICKOFF FUN RUN**

**MONDAY, AUGUST 23, 6:00 PM**

AT THE TIJUANA FLATS LAKEWOOD STORE

**THE 56TH ANNUAL**

**TIJUANA FLATS SUMMER BEACH RUN**

**Saturday, August 28, 2021, 6:30PM**

Cash prizes, awards, post-race party!

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

**JTC RUNNING'S FALL**

**HALF-MARATHON CLASS**

**BEGINS SEPT. 9TH 2021**

11-Week Training Course for the Thanksgiving Day Half-Marathon  
Details at [JTCRunning.com](http://JTCRunning.com)

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## Weekly Training Runs

**Sunday 6:30 am, Mandarin:** Various locations and distance. See Facebook page at [www.facebook.com/pg/JaxSundayRun/posts/](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 5:35 am, San Marco:** Southside United Methodist Church 5-6 miles. Different pace groups from 7 to 9 minutes. 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.