

The Guana Trail Races Are Coming 12.5.21



Letter from the Editor | Bob Fernee

I am sitting here typing and watching the rain fall outside my window. Will this incessant rain ever end? I shouldn't gripe, we could be like California, dry as toast and burning like a bar-be-cue pit. That doesn't mean I can't complain about the heat and humidity, just as I do every summer. Yet I know there is much to look forward to, in a few weeks the heat will be less intense, and the humidity will begin to abate. I can't wait. I plan to kick my running up a notch or two. Well, to be honest, it needs to be upped by more than a couple of notches. I've been slack and I admit it. I don't hold up under these conditions very well anymore. Then, when my running goes down so does my motivation. Okay, you've heard enough of my sob story. Let us get to the news.

One look at the race calendar and you can see that the running events are coming back. There are now plenty to pick from and our active club has a few great ones for you. We help to host the Vystar Emerald Trail events on Saturday October 23rd. As you know, the Emerald Trail is what some refer to as an "urban trail." So, it is not exactly in the great outdoors, but it traverses city streets and sidewalks. JTC Running was instrumental in getting it going. It is a long way from completion but what has been finished makes for a fine run/walk/cycling course. That is exactly what is going to happen, a cycle ride at 7:30 AM, and then a 5k run/walk at 8. You will be delighted by the trail and enjoy the event. Sign up now at jtcrunning.com or 1stplacesports.com.

The Emerald Trail may not be some people's idea of a trail, but our next event will be. I am



Favorite Race:

The Last Gasp

Likes to run in:

with friends

Relaxes by:

playing the guitar

referring to JTC Running's Guana Trails 50k, 25k and 12k races. This is the real deal. The Guana Tolomato Estuarian Research Reserve (that name is nearly as long as an ultra. Just call it "Guana") is a massive tract of wilderness in South Ponte Vedra and the trails are a fantastic place to run or hike.

If you have never been there, then this will provide you the chance to go. If you have been there, then I know you will take this opportunity to go back.

The Guana Trails takes place on Sunday December 5. The 50k ultra (31-miles) starts at 8 AM. This is followed by the 25k team race. Two runners to a team and each one runs 25k (15.5-miles). They can start together as a team or run one-after-the-other as a relay team. Finish times will be added together to decide who wins.

Later, at 1 PM, the 12k (7.5-mile) trail race will start. These runners will do one loop of the course.

Obviously, this means that 25k runners do two loops, and the tough bunch, the 50k ultra people, will run four loops.

Letter from the Editor | Bob Fernee

Afterward, there will be a wonderful party next to the beach. The mighty Atlantic Ocean will be on display as attendees enjoy food and drink included in their race entry fees. The Reef restaurant, a fine dining establishment, will be the site of our post-race party and awards banquet. This event has something for everyone, and you cannot afford to miss it. Register today at jtcrunning.com or 1stplacesports.com.

Then it is on to Sunday December 26 for our annual cross-country spectacular, The Last Gasp. Last year, due to the Covid pandemic, we were unable to stage the event at the venue where we held it for 43 years, the campus of Jacksonville University. Luckily, we were welcomed at the New World Sports Complex at Cecil Field. The race was successful, and everyone was glad that we could pull off the race. It was a fine place for the event, but I think we all missed the hills of JU. We can happily announce that this time around we are back at our old stomping grounds, and we will be running the grass and hills of JU once again.

As usual, there will be a free 1-mile cross-country run for kids 12 and under at 1:30 PM. The main event, the 5k, will start at 2. You can count on sweatshirts instead of t-shirts, high-tech running socks for awards rather than junk, a super-low (advance) entry fee, and a killer party at JU afterward. Also included: The opportunity to run off all that food you ate on Christmas day (Yes, included in your entry fee!). Folks, this is one of our greatest moments of the year.

Mark your calendars and don't miss it.

One more thing, forget about that rubbish Santa gave you, if you win socks in this race, you will be one happy runner!

What a wonderful issue we have in store for you. Two great columns from the one and only, Jay Birmingham, more running advice from Sean McCormack and Mark Baughman. A poem from the grave by athletics legend, Percy Cerutti, and an interview with two local legends, coaches Larry Monts and Jody Hale. Nostalgia? Yep, we got it, and it is written by a River Run "Streaker," Clyde Anderson. I thank all these fine people for their contributions, without them my life would be a living Hades.

Final note: Sure, Percy Cerutti was a guy pretty much "out there" with his highly quotable sayings, but he can't beat the comedian Jack Benny whose schtick was playing the cheap, miser who wouldn't spend a nickel: "Shoes cost money, skin I can grow." Hmm, come to think of it, maybe that was what was behind the barefoot running craze of some ten years ago. "Skin I can grow." Ha! You gotta love it.



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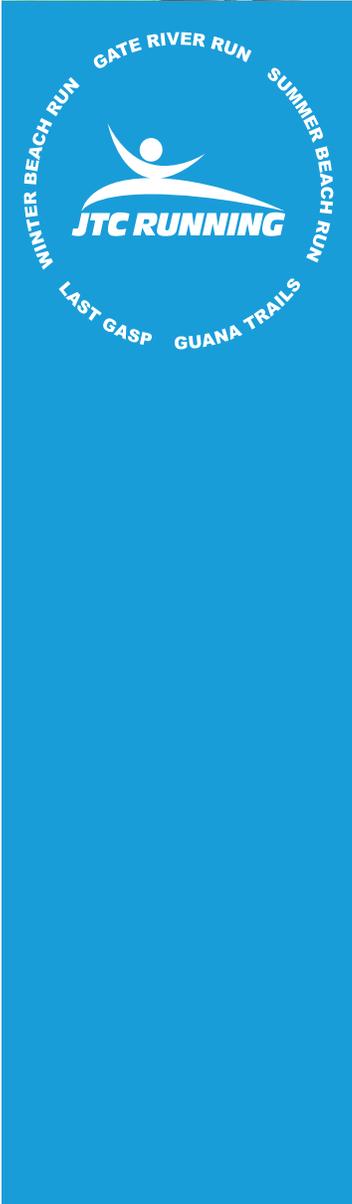
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President's Letter | Larry Roberts



Fall is here! Our Half Marathon Training Class is in full swing, and the second annual **Vystar Emerald Trail 5k** is open for registration. Members receive a \$5 discount with code **jtc5**, so join us at Andrew Robinson Elementary on **Saturday, October 23rd**. The bikes go off at 7:30 am, followed by runners and walkers at 8:00. Speaking of the Emerald Trail, the official groundbreaking for the first new section, the LaVilla Link, was held on August 24. I can't wait for the ribbon cutting 12 months later! People will be blown away when they see and experience the completed section with its parks, viewing points, and landscaping. And members can be proud that JTC Running has played a vital role in making it happen.

The next race on the JTC Running calendar is the **Guana Trails 50k and 12k** event on **Sunday, December 5th**. Members receive a \$4 discount, no code needed. The ultra goes off at 8:00 am, followed by the ultra teams at 10 am, and the 12k at 1:00 pm. The post-race awards and social will be back this year, at The Reef restaurant from 3 to 5 pm. Signup is at 1st Place Sports. This event sells out quickly so don't wait to register.

Mark your calendar now for **The Last Gasp** on **Sunday, December 26th**, the **2022 Go Green Winter Beach Run** on **Sunday, January 30th, 2022**, and our premier event, the **Gate River Run** on **March 5th, 2022**.

The Club recently conducted an online poll of our members regarding a number of topics related to Club activities and communications. I want to thank the 220 participants and especially those who took a few extra moments to provide additional comments at the end. While there was a consensus of agreement with the direction of JTC Running's activities and community involvement, I am reminded looking at the responses that our membership is a diverse group with varying needs and expectations. In the area of communications many members use Facebook, but many don't. Some would prefer an electronic version of The Starting Line newsletter, but many prefer a printed and mailed copy. A lot enjoy receiving email blasts, but others say their inboxes are overflowing already. Most members enjoy the content of The Starting Line, but many recommendations were received for different types and lengths of articles. The JTCRunning.com website gets some traffic, but not as much as it needs. The feedback has provided a lot of input for improvement and will be used accordingly. Even before the poll was taken, Board Secretary Errol Daniels was leading a team to refresh our JTCRunning.com website. Look for its debut soon! And don't wait for the next poll to give me more feedback on what the Club is doing right, what needs improvement, and any ways JTC Running can do a better job of serving members and the community.



Thank you very much for giving our daughter, Grace Mueller, a scholarship for the Brevard running camp. It was so helpful to our family. Grace had a great time and got some great coaching and training. We are proud of how hard she works and we know this will help her this ^{Nespe H.}Xcountry season. We appreciate your generosity! Thank you again,

Steven and Karen Mueller

Thank you very much for giving me a scholarship to Brevard. It means a lot and was very helpful. I had a great experience while there and learned many new things.

— Grace Mueller



JTC Running Board of
Directors
PO Box 24667
Jacksonville, FL. 32241



**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

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 or (904)338-3230, Franz Lerch, Race Director 12K at lerch01@comcast.net or (904) 790-0770.



45th ANNUAL THE LAST GASP

SATURDAY, DECEMBER 26, 2021

Entry Fees until 12/24: JTC Running members online \$9. Members paper entry fee, \$11. Non-members online, \$30; paper \$32. **Day of Race entry fee \$35** (for members and non-members). Non-member fee includes one year membership in JTC Running, a \$20 value. Enter online at JTCRunning.com or use entry form below.

Name _____ Age (on race day) _____ Sex: M _____ F _____

Address _____ City _____ St. _____ Zip _____

Sweatshirt size _____ Email address _____

Phone _____ Circle amount enclosed: \$9 (member) \$27 (non-member)

Checks to: JTC Running, send to PO Box 24667, Jacksonville, FL 32241

WAIVER OF LIABILITY

ACKNOWLEDGMENT: I am voluntarily entering or agreeing to be a volunteer at JTC Running's Last Gasp Race. I understand that my participation in the event is a physically demanding and can be a potentially hazardous activity, which could cause injury or death. I agree to not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform Event, am in good health, and am properly trained. I assume all risks associated with my participation in Event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and /or humidity, all such risks being known and appreciated by me. I also understand that if a meet is canceled, rescheduled or details are changed for any reason beyond the control of race management that I hereby waive and release any claims against Event and its organizers that I may have as a result of any such changes and that my entry fee will not be refunded. I understand that if I cannot participate in Event, i.e. injury, family emergency, etc., that I will not receive a refund.

AUTHORIZATION: I agree to abide by any decision of Event's officials relative to any aspect of my participation in Event, including the right of any Event official to deny or suspend my participation for any reason whatsoever I grant permission for Event's organizers to take pictures of me during Event and agree for Event to use any photos of me that may be taken during my participation. I grant permission to publish my name in the results of Event. I also grant permission for Event's organizers to use my email address to communicate with me concerning other upcoming events and specifically, instructions for Event. I will abide by these guidelines.

GUARDIAN'S PERMISSION AND RELEASE FOR MINOR: If I am or will be applying for my child to participate in, or be a volunteer at, the Event, I represent and warrant that I am the parent or legal guardian of the child and, as such, consent to my child's participation in Event and I agree that the terms of this Waiver Releases, and Authorizations apply equally to my child and me and any claims I or my child may have in connection with Event. I also waive any derivative claims that relate to or arise out of my child's participation in Event.

AGREEMENT: Having read the waiver including the acknowledgement, authorization and permission and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release JTC Running, Inc., Jacksonville University, any other Organizers of Event, all charitable beneficiaries of Event, all sponsors of Event, and their licensees, sponsors, employees, official, volunteers, including medical volunteers, and other representatives, agents, and successors of each of the foregoing, from present and future claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver.

Participant or Parent's signature (if under age 18) _____ date _____

Cross Country Runners & Resistance Training | Mark Baughman



Cross-country season is in full swing, and there are a lot of local trail runs on the horizon. Cross-country running and trail runs have some unique and increased demands compared to road running, particularly here on the flat roads of Florida. In general, cross country running has softer and more uneven terrain and often has more elevations throughout the runs. These differences put more muscular demands on the runner. Because there are increased muscle demands with cross-country running, there should be an adjustment in the training to account for these demands to allow the best performance possible.

Even though distance running is considered an aerobic activity, resistance training can have a significant impact on a cross-country runner's performance because there is an anaerobic energy expenditure with running. This may be because the uneven terrain of trail running, and elevation, put temporary increased demand on the runner's muscles. Resistance training has been shown to improve running economy through improving muscular strength and power. These improvements in the muscular performance have been shown to improve running economy by decreasing the steady state of oxygen consumption. This should allow runners to run faster over the same distance, the main goal of cross-country competition!

However, the question needs to be asked, "What constitutes resistance training?"

There is a principle in exercise called specificity. That is, how close the training matches the task to be performed. The more specific the training the better the improvement on the task. Considering the importance of specificity, the cross-country runner should be doing resistance training that matches the speed of movement and the load of movement that running requires. Doing traditional squats and band exercises is not specific enough to show the desired muscular adaptations to improve running economy. The best understanding of research recommends that a cross-country runner's resistance program should include plyometric training and power lifts. Examples of plyometric training are box jumps with counter movements and jump lunges. While examples of power lifts would be the Olympic-style lifts such as cleans and snatches. These exercises match both the load and speed of movement required with running.

Care must be taken, however, because this type of resistance training is a skill and takes time to master. The last thing a runner should do is to begin this type of resistance training without any coaching or practice performing these lifts. The addition of this type of resistance training aimed at improving running performance could hinder it because of an injury sustained doing these lifts with poor technique.

If you are serious about improving your cross-country and trail running performance, seek out a qualified coach or health care professional to help you perform this high-level resistance training correctly, and improve your running economy.

Mark Baughman DPT, ATC, OCS

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1 Johnston, R. E., T. J. Quinn, R. Kertzer, and N. B. Vroman. Improving running economy through strength training. *Strength Cond. J.* 17(4):7-13. 1995

Games of the XXX Olympiad (revisited with addenda)

London town hosts the Summer Olympic Games in 2012, a proud event for Great Britain. Not since 1948, a scant three years post-World War II, have the British Isles hosted this international festival of athletic prowess.

Great Britain is just one of four countries to participate in every one of the Olympic Games since their re-birth in 1896. The others: Switzerland, Australia, and Greece. Of course, the entire Olympic movement owes the Greeks for conceiving of this quadrennial gathering, dating to the eighth century B.C.

The city-states of the Hellenic era would lay down arms and convene near Mount Olympus to showcase the physical talents of their finest young men. Several words from that era have entered our language: gymnasium, from gymnos (naked); stadium, from stade (the length of the competitive arena); and marathon, from a village by that name on the east coast of the Greek peninsula. The first of these Olympic Games was held in 776 BC, the last in 369 AD. Then, declared a pagan festival, the Olympics were banned by the Roman emperor Theodosius.

When French aristocrat Baron Pierre de Coubertin resumed the celebration of the Olympic ideal in 1896, just 14 nations were represented in the Games of the First Olympiad of the Modern Era. Held in Athens, Great Britain captured two firsts (a silver medal and an olive wreath were awarded, not gold medals). Forty-three separate events were contested, but then, as now, the focal point was track and field.

The 2012 Olympic Games of London, also known as the Games of the XXX Olympiad, will not be the 30th edition of these contests, but the 27th. The term Olympiad refers to the passage of four years,

the first being Athens in 1896. Three times, in 1916, 1940, and 1944, the games were cancelled by world wars.

September 2021--

Ah, the simple times before the Games of Rio de Janeiro, the 31st Olympiad, and the Games of the 32nd Olympiad, Tokyo. The 2020 Games were the first in the past 125 years to be postponed a full year. Watching on TV, it was obvious why everyone involved needed the Olympics to be held, to wit:

1) The Athletes--I vividly recall those athletes from the USA, and several other politically-linked nations, losing out on their chance for Olympic participation due to the 1980 boycott.

2) The Japanese--with dozens of venues lined up and adorned with Tokyo 2020, it would have been like decorating for the Prom and having it canceled. Likewise for the thousands of singers, dancers, artists, organizers, coaches, and officials.

3) The International Olympic Committee--it is their mission on this earth to bring the world's athletes together for a celebration of peace and athleticism.

4) Advertisers--Probably in every country, businesses needed the chance to advertise their wares and services, no doubt planned for 2020, but nearly as good in 2021.

The future? Impossible to predict but easy to plan: There are the Winter Olympics in 2022 (Beijing), the 33rd Olympiad in Paris 2024, and the 34th Olympiad in Los Angeles 2028. Who will be ready? Will you? Will the world?

VyStar Emerald Trail Race

Second Annual VyStar Emerald Trail 5K Run-Walk-Bike to Benefit Groundwork Jacksonville

The 2nd annual VyStar Emerald Trail 5K presented by JTC Running and 1st Place Sports will take runners, walkers and cyclists through beautiful Springfield and along the future S-Line Connector and Hogans Creek segments of the Emerald Trail. All proceeds from this event benefit Groundwork Jacksonville, the City's nonprofit partner in building the Emerald Trail and restoring McCoys Creek and Hogans Creek.



The 5K Bike Ride for Fun begins at 7:30 a.m. and the Walk/Run takes off at 8 a.m. from Andrew Robinson Elementary School at 101 W. 12th St, Jacksonville, FL 32206. Each entrant receives a race bag complements of VyStar and a t-shirt. All finishers earn a commemorative Emerald Trail 5K medal. Awards will be presented to the top male and female overall, and the top male and female finishers in each age category.

Early bird registration is \$30 per person by September 18 then increases to \$35 through October 17, \$40 through October 22 and \$50 on race day. VyStar members receive a \$5 discount on registration with code VyStar5. Youth under 13 and seniors over 65 get a special discounted rate. Register at [1stplacesports.com/races/emeraldtrail/](https://www.1stplacesports.com/races/emeraldtrail/)

The Emerald Trail is a 30-mile urban trail and linear park system that will connect 14 historic neighborhoods to downtown, the St. Johns River, McCoys Creek and Hogans Creek. It will link 16 schools, two colleges and 21 parks among other destinations like cafes, shops, festivals and events.

The Emerald Trail will be the place where people of all ages, races, cultures and walks of life come together to run, walk, ride and connect with nature and with one another. Learn more at groundworkjacksonville.org or follow on [@GroundworkJax](https://twitter.com/GroundworkJax).

Running Nostalgia

Here is a heartfelt note from Gate River Run "Streaker" Clyde Anderson and passed onto me by Doug Alred. *Clyde titled it, Running Nostalgia.*

This morning I ran (plodded) my old route from the 1980's pre-Wonderwood Expressway. Still do it sometimes for a change of pace and longer run. At the half-way mark there is a loop and school bus stop. A lady was there this morning pushing a baby in a stroller and another girl 6-8 years old was waiting for the school bus. The lady, evidently in her 50s, stopped me and said, "Haven't seen you running in a while. I used to catch the school bus here and remember you running by when I was in junior high and high school."

She had gotten married, bought a house in the neighborhood, and her kids had moved into her parents' house when her dad passed away. Now, they had kids and she was seeing them off to school at the same bus stop ... 40 years later. And I'm still running by. She remembered me, and I didn't even think to get her name. I kinda feel like Forest Gump.

Doug told Clyde to keep on training and perhaps he would live to encounter one more generation at the bus stop!



FIVE PERCENT
Do You Love It, Or Not?

You bought a new computer so you spend a couple of hours a day playing with its features. You enjoy watching TV, so you relax after work, taking in the news, a favorite show, maybe even sports once in awhile. Your kid joins a sports team and you drive him to practice and pick him up an hour and a half later.

Do you indulge in any of those activities? Do you think these things take too much time? Most people I ask say, “No, a couple of hours a day, spent doing things I enjoy, is time well-spent.”

Do you love to run? Do you enjoy the health benefits? How about the social side? Does it just feel good to sweat and have that sense of personal accomplishment? Of course!

But here’s the heart of the matter: Do you run eight-and-a-half hours a week? At four miles an hour (a fast walk), that’s 33 miles a week.

If you wanted to be a better tennis player, or take up basketball, wouldn’t you expect to practice an hour or so a day? Of course! But when I chat with the average runner, I hear tales of it taking too much time, or claims that 20 miles a week is too hard.

If you cannot devote 5% of each day to something you claim to love, you don’t love it enough. I suggest a gym membership. Perhaps you could spend a little more time eating out at restaurants and watching games on the big screen. Don’t delude yourself that you are a real runner if you won’t spend the time to get fit.

Forget 20 minutes a day. That’s barely enough to get sweaty. Or cross training—what a joke! Unless you are a triathlete, you will never get the

same physical benefits if 1/3 of your time is spent in a pool and another third coasting along on two wheels. Lace up those shoes, head out the door, and cover some mileage.

Having run for over sixty years, and coached other people nearly the whole time, I’ve seen the glorious benefits of running—physical, psychological, and spiritual. But the greatest shortcoming, by novices and veterans alike? Too little volume. Too little dedication. Too little fitness.

You have World Class genetic material. You are the end point of thousands of years of evolutionary success stories. You are endowed with the potential to stay on the move all day. So give it five percent, why don’t you? Start today. Get out for an hour and keep running. Slow down, and if you must, take a short walk break, but cover some ground.

Want to shed pounds? Run more miles. Want to develop more stamina? Run more miles. Want to reverse the inevitable slide of aging? Run more miles.

Volume trumps speed when it comes to fitness. Duration changes more physiological factors than intensity. Volume burns more calories than speed. It grows more capillaries. It stimulates mitochondria to reproduce, and induces metabolic enzymes better than any hormone or supplement.

You have the potential to unleash nearly 19 thousand genes. But, if you settle for a semi-active lifestyle, steeped in job pressures and perceived obligations, seasoned with a little abuse in the form of alcohol and sleep deprivation, then you choose to be less than you could be.

Even old joggers like me can cover five miles a day in 72 minutes. Five percent of my day. It is the least I can do for my health and physical fitness.

The Distance Running Equation: Volume & Intensity = Performance



As a student I was never great at math, but one equation I became very familiar with in my years of running and coaching is that the variables of volume & intensity determine your ability to perform. If you have read any of my previous articles, I briefly touched on this principle last spring in my article entitled “The Fitness Staircase.”

What inspires me about this equation is that it really is very simple in its basic essence, but at the same time not many runners take full advantage of the components of the equation. And the reason is very subtle, but at the same time very powerful... you see the variable of intensity actually has TWO components to it, and most runners usually focus on only one of the variables and may at times completely ignore the other. If I did a good job of intriguing you, please read on.

Let's start with the simplest variable ... volume. It is what it is ... the volume of miles you are putting in. This is the basic building block of almost every training plan. You may have heard the term “building your base” and early in a training approach it is essential to gradually increase your volume or mileage. It is simply the foundation that everything is built upon. We all have probably heard the analogy that you can't build a house without a solid foundation, and it is a critical component

to distance running. You may ask what is the ideal volume? Well that depends on many factors including the race distance you are training for. Obviously, the volume required to train for a 5k is quite a bit less required to successfully navigate a marathon. In fact, the right volume number of miles is very individualized based on your planned pace, age, history, mechanics, and physiology. Strength runners that perform better as race distances increase may need more volume than a runner who can shift gears quickly, has exceptional leg speed, and focuses on 5ks. Now that's a generality, but a good coach will be able to maximize a runner's tendencies and what they need from a volume perspective.

Also, normally there is an inverse relationship between volume & intensity. As you build on volume early in your training preparation, intensity is low so as not to overload the body resulting in injury. As you continue to build your base and volume levels off, that's when intensity should start to increase, especially as you get closer to the competition phase of your preparation. As intensity increases, volume should decrease as you move into a different purpose of your training to fine tune the body for racing. The one exception is marathon training where volume and intensity can rise together for a defined period. However, care and thoughtfulness must be taken here to avoid injury.

So, now that we have discussed volume and how both volume and intensity usually inversely interact with each other, let's take a deeper dive into intensity. For most runners, when you talk about increasing intensity, they think about running faster. For example, if you were running 8x400s in 90 seconds and now attempt the same volume but in 80 seconds, you are indeed increasing the intensity. This is the one variable that most runners understand and implement in their training.

Coach's Corner | Sean McCormack

However, it is the other variable that is the second component to intensity that is often overlooked and under appreciated that is essential ... the REST INTERVAL between your repetitions. Let's revisit the above fictitious example to illustrate. Let's assume the runner above could do a 5k at 6:30 per mile. In this case running 400's in 90 seconds is reasonable as it is roughly 10% faster than current race pace and it is important to train your legs to turn faster than your race cadence. But let's assume in this example the rest interval was a full 3 minutes between repetitions until full recovery.

The question is how beneficial is this workout to increasing race performance? Well, it is somewhat beneficial but by incorporating manipulating the recovery interval into the equation, the benefit could be magnified. A coaching suggestion would be how many 400s could this runner complete at 90 seconds if the recovery was not complete? Perhaps 90 second recovery for a start. Could 8x400 at 90 seconds still be accomplished? Or at what point of incomplete recovery can 90 second 400's no longer be completed? Is it 2 minutes, 1:45, 1:30 etc.? This data is extremely important to know especially for a coach. As a runner and coach, I always found it exciting to alter the two variables of speed and rest interval to find the workout regimen that really stretched you to maximize performance. And my philosophy is the rest interval variable can have a far greater impact than just running faster. Why? Those of you that have heard me speak on this subject are familiar with the analogy I use that I have never run a race where you get to stop your watch and walk or sit down until you recover and start up again. If there is such a race, please let me know. Remember as distance runners we should be training to get stronger, and strength is your ability to hold your race pace for a longer period. Simple as that! This is how we chop chunks of time off our performance measures.

We are not training to run 100 meters where you are training for acceleration and speed.

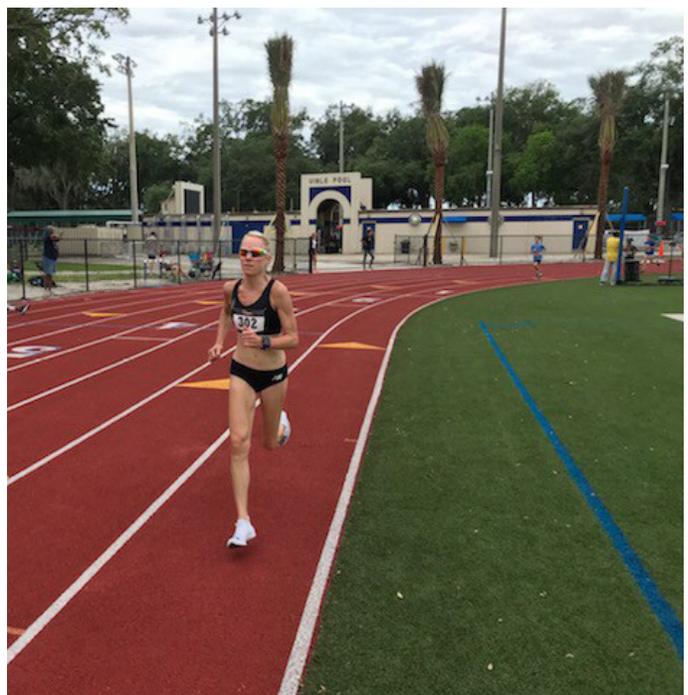
In the above example lets look at 2 workout alternatives. Workout A is 8x400s in 80 seconds with a 3-minute full recovery rest interval. Workout B is 8x400s in 85 seconds with a 45 second incomplete recovery. If both workouts could be completed, which one is more beneficial to the 6:30 per mile 5k runner who is trying to improve their performance? Workout B is purposed to have this runner get stronger and be able to hold pace for far longer. Workout A will turn the legs faster over a short stretch, but the recovery time is not designed for pace to be maintained over distance. Without question, workout B would be far more challenging to complete, and even if it was not fully completed, it still would offer far more benefit. As I mentioned above, what becomes motivating and fun is when you start combining the advantages of both...that's when fitness rises to a whole new level.

In conclusion, I will reiterate that manipulating the rest interval is overlooked as a key component in the intensity variable by many. One reason is that when you start to decrease the rest interval it can be physically and mentally challenging. There is no doubt it is tough, but iron sharpens iron. My approach has always been to gradually reduce the rest interval every 3 weeks as the body adapts. So, if you are used to a 3-minute full recovery start at 2:30 recovery for 3 weeks, then reduce to 2:15 for 3 weeks, then 2 minutes etc. etc. etc. When you start performing your quality workouts with less and less recovery you will be amazed at the results. But like anything else that's worthwhile in life...it takes patience, consistency, and time.

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Sean McCormack is a USTAF Certified Level I Coach and 3-time winner of the Jacksonville Marathon.

JTC Running Events



An Interview with Coaches Larry Monts & Jody Hale | Bob Fernee



While attending JTC Running's historic track meet in June, The Mile Festival, I couldn't help but be taken in by all the nostalgia. After all, track is what got this club going and rubbing shoulders with such pioneers as coaches Larry Monts and Jody Hale made me think, "there's a story here." Jody Hale was one of Larry Monts' student-athletes at Florida Junior College way back when, and after the track and cross-country programs were ended in 2001, and Monts retired, it was none other than Jody Hale who brought it back to life a few years ago. He is now the coach of the Florida State College Jacksonville (FSCJ) track and cross-country teams. The following is an interview with both coaches.

Bob Fernee: This one is for you, Coach Monts: Our club's oldest race, The Summer Beach Run 5-Mile, owes a lot to you. You were a creator of that race way back in 1965, I think it was. Please tell us about your involvement in the race and how it all came about.

Coach Larry Monts: I was at Paxon High School at the time. I knew nothing about distance running but was learning at a clinic in Orlando and heard about a beach race in Daytona. We traveled down there in a van and ran it. When I mentioned it to

coach Ron Poppell of Fletcher High School, he said we could do it on our beach. Getting all the beaches to agree was a pill, they didn't particularly like each other. We laid out the course, it was approximately five miles. I don't know how many people were there, but we drove them north to the race start in a truck from Jax Beach. When we stopped doing it, Dan Brown somehow got the Jacksonville Rugby Club to organize it. Afterward, the Jacksonville Track Club took it over and Lamar Strother decided it wasn't exactly five miles, so he measured it with a 100-foot tape. Of course, with a straight shot down the beach the distance could vary by whether or not the slight curve was there.

BF: Did you ever think it would become what it is today?

CLM: No, I really didn't know.

BF: Coach Monts, tell us about your early life, I understand that you were quite an athlete.

CLM: I was born in February 1937. I grew up in a college town, Newberry, South Carolina. I had a horse and a dog. I rode the horse to school. I played football, basketball and baseball.

An Interview with Coaches Larry Monts & Jody Hale | Bob Fernee

I was fast and I remember a college coach would call me in the summer to race. I got a bicycle in the fourth grade and delivered newspapers from 5 to 6 AM.

BF: Jody, what got you into athletics? Your event was the hurdles, right?

Coach Jody Hale: My older brother Marty took me to a high school track meet when I was in elementary school, and I fell in love with the sport.

Ran my first meet when I was in 5th grade. I became a hurdler by outrunning the #3 hurdler on my junior high track team thereby making the traveling squad.

Coach Monts had told me when I entered high school to run cross-country in the fall if I planned on being a 400m hurdler in college. More great life changing advice from Coach Monts

BF: Question for both of you. How did you first get into coaching?

CJH: The summer before my senior year in high school the athletic director called me into his office to tell me we did not have a cross-country coach for the upcoming season.

He said they had an English teacher that had agreed to accompany us to the meets. I'd been a varsity member of the team that had qualified for the state championships the previous year, so he wanted me to create and supervise the workouts. I became the runner/coach. Then I was the grad assistant cross-country coach cross-country at Delta State University.

CLM: I came to Jacksonville in 1959 to play AAU Basketball. I got my start at Englewood High School and was handed the cross-country team. I had no idea what it was, I liked individual sports better, like track and field. I didn't have any idea what the difference was between aerobics and anaerobics. I only knew that Jane Fonda taught aerobics. I

attended every clinic I could find to learn. Then, the famous running coach, Arthur Lydiard came to town. I learned periodization from him.

BF: Coach Monts, you were very successful at Florida Junior College (now Florida State College at Jacksonville, FSCJ), don't be bashful, tell us about your successes.

CLM: I'm a track & field coach, mostly sprints and hurdles. I had some success in distance, yes. I've had All-American men and women in T&F. I coached everything but the javelin and the pole vault.

Editor's Note: This man is far too modest and humble. For the record, here are some of his accomplishments: During his tenure as coach from 1967 to 2001, he led Florida State College Jacksonville (FSCJ), formerly Florida Junior College and Florida Community College Jacksonville, to two national cross-country titles and 14 top-ten finishes in the nation. He coached 43 National Junior College Athletic Assn. (NJCAA) All-Americans. He won two NJCAA National Coach of the Year awards and NJCAA Southeastern Region Coach of the Year eleven times. Monts was inducted into the Florida College Systems Activities Assn. (FCSAA) Region VIII Hall of Fame.

In 1983 he was vice chairman of the Florida Track Athletic Congress. Chairman of the Physical Education Council of Duval County in 1984. Member of the Governor's Council on Physical Fitness and Sports, 1989. Chairman of track & field, Sunshine State Games. Member of The Jacksonville Track Club board of directors, Chairman of the Florida Track & Field Assn. in 1990, Chairman of the Florida Cross-Country Assn. in 1985.

An Interview with Coaches Larry Monts & Jody Hale | Bob Fernee

In April 2020, the FCSAA announced that its Men and Women's Cross-Country Scholar of the Year Awards would be named after Coach Larry Monts.

This prestigious scholar/athlete award is given annually to honor those who have exemplified themselves academically, athletically, and in service to others. The award is voted on by cross-country coaches statewide.

"Coach Monts is, by far, the most decorated cross-country coach to come out of the state of Florida's junior college system. It was no surprise when the Florida NJCAA Council of Athletic Administrators chose to name the most prestigious award for a male and female cross-country runner after him," said FSCJ Director of Athletics Ginny Alexander.

BF: I believe that one of your athletes was a certain fellow named Jody Hale, what do you remember of that youngster?

CLM: Lots; and he is the only 13.7-second high hurdler we ever had.

BF: Jody, you are a coach yourself, you have resuscitated the cross-country and track programs at FSCJ, now called The Blue Wave. How is it going, having any fun?

CJH: I love this job, the responsibility, and the opportunity I have been given. This is what I am supposed to be doing.

Editor's Note: Coach Hale has already tasted success. One of his athletes, John Bear, has just been named the scholar-athlete of the year by the National Alliance of Two-Year College Athletic Administrators (NATYCAA). Bear, who has a 4.0 grade point average, is a two-time All-American, and this season was named to the 1st Team All-Region and All-Conference. Bear volunteered to be part of the Covid vaccine program, where he took part in the original tests before it was distributed to the general public. He has more than ten Division 1 university programs wanting to recruit him.

BF: Jody, are you recruiting and offering scholarships?

CJH: Yes & Yes!

We don't have a huge scholarship budget, but we offer an opportunity for those athletes that want to compete on the collegiate level, get an affordable education, and move up to the next level.

Last year our women's team was ranked 17th in the nation and our men's team placed 13th at the national championships.

Academically our women were second in the nation and our men were fifth in the cross-country GPA competition. Our team consists of local runners come from Duval, Nassau, Clay, and St. Johns County.

BF: What is up with that obscure name, The Blue Wave? Was that your idea? I still remember the FJC All Stars, and you do too because you competed for them.

CJH: The new name was chosen before I came back to work at the college. It is my understanding that being a coastal town they wanted a name that acknowledged Jacksonville and the colleges proximity to the beach.

BF: Question for both of you: Who was, or is, your most dedicated athlete, and why?

CJH: Way too many to name. I am daily impressed by the level of commitment and the work ethic of the athletes I am blessed to coach.

CLM: Lots; but that is like asking me who my favorite child is.

BF: Coach Monts, didn't the government of the Soviet Union ask you to go there and do a seminar? Please tell us about it.

CLM: No, not exactly. In 1979 I was part of a group that was sent there to report on the conditions that our 1980 Moscow Olympic athletes would be

An Interview with Coaches Larry Monts & Jody Hale | Bob Fernee

subjected to. The rooms were awful, and the food was atrocious, no vegetables, no fruit, just some sort of bologna sandwiches. We suggested that our athletes room and board in Copenhagen, Denmark and commute.

I was housed at a university and the students loved me. Their English was limited, and they liked the way that I talked so slowly, southern-style, I guess. I didn't even know I talked slowly. They took me to an indoor zoo to show me an alligator, they thought it would make me feel at home. Think about it, you can't have an outdoor zoo in Moscow, the animals would freeze their asses off.

The Russians didn't want their own currency, they insisted on dollars or German marks. A cab driver would take you anywhere for a stick of gum or a ball point pen.

Editor's Note: Of course, all this fact-finding was for naught as the USA did not go to the Moscow Olympics. We boycotted their Olympics in protest to the Soviet war in Afghanistan. Silly Soviets, getting stuck in Afghanistan, who would do such a thing?

BF: The sprinter, Sha'Carri Richardson has caused quite a furor due to her marijuana smoking and she was banned from the US Olympic team; right or wrong, fair or unfair?

CJH: She knew the rules and said she knew she was breaking them. I find that short sighted and disappointing.

BF: Jody, this man Larry Monts has been your coach, is your friend and mentor, is it possible for you to tell us what he has meant to you in your life?

CJH: The opportunity he gave me as a walk-on to be part of that program at FJC was life changing and set me on a totally different path, in the right direction. I am only one of hundreds that had the same experience with Coach Monts.

BF: Looking at today's young athletes, it seems to

me that despite our superb infrastructure, sprinters withstanding, we are not producing champions.

What is wrong, what has become of the Steve Scotts, the Bill Rodgers, and the Frank Shorters?

CJH: I think there are two big factors responsible for that.

Even with all the opportunities that abound today, children lead a much more sedentary life today than I did as a child. I grew up in a house where my mother threw us out at daybreak, and we showed back up for dinner when it got dark. We spent the day racing up and down the street, riding bikes, skateboards, shooting baskets, etc. In my neighborhood we had the start and finish lines for the 50yd and 100yd dash painted on the street with leftover house paint.

Kids aren't raised like that now. Also, Physical education in school was hard work. Kids from my generation showed up the first day of practice in better shape than many kids do now. That allows for an initial period of success that is a real motivator that keeps kids in sports.

CLM: I think it is a lack of coaching, and kids aren't the same. When I was a kid I ran a lot, just because I had to, it was a means of getting somewhere.

JTC Running's 2021 Guana Trail Races | Bob Fernee

You know, sometimes you just have to blow your own horn. When it comes to a great club like JTC Running it is easy to do that. So, I will. Our club offers so much. Look at our running events. Road racing? We have one of the finest road races in the world, the Gate River Run 15k. It is our showpiece and also the USA 15k National Championship race, and what a distinction that is. And it is even more; the event offers a 5k run/walk for charity, a wheelchair race, a kids' 1-mile fun run, and even a 'diaper dash' for the tiny toddlers.

We make full use of our wonderful beaches by staging the Tijuana Flats Summer Beach Run 5-mile and 1-mile races, and for the first time this year we added a 5k to the mix. The 5-miler is the oldest race in all of Florida. The historic SBR has a younger sibling, the Winter Beach Run which also sports a 5-mile race on the beach. The winter events are now known as the Go Green Winter Beach Run and that illustrates our club's commitment to the environment and our community.

When it comes to community involvement we are on the job. We helped to get the new Emerald Trail project underway and are still mightily involved. The trail will soon provide a magnificent place to enjoy the outdoors in and around downtown Jacksonville. For runners and walkers, it will be what we have always needed and wanted. When completed, it will be more than 30 miles long. Additionally, it is superb for racing and, in fact, we are hosting a race along part of its length on October 23rd. It is called the Vystar Emerald Trail 5k and you can sign up right now at jtcrunning.com or 1stplacesports.com.

We also installed two water fountains in Jacksonville Beach for use by anyone who passes by. Plus, a pedestrian counter along the north bank Riverwalk in downtown Jacksonville.

Track is our middle name and we have always lived up to it. We offer several well-organized, free, track meets on first class all-weather tracks.

Last June saw the reemergence of a great track idea from the past, the Mile Festival. Hosted by our club and organized by meet director, Jay Birmingham, he titled it: The Mile Festival, Return to the 1970s. It seemed like it, although I didn't manage to look like I did in the 70s, I looked as old as I do now. Like many things, our track meets have been crippled by Covid, but I am sure they will be back full-strength in 2022.

We never forget cross-country either, our venerable race The Last Gasp will be 44 on December 26th. Jacksonville University, the historic home of the race, will be the venue once again. The event also features a free one-mile fun run for kids. What else? Oh, just a super low entry fee, awards, sweatshirts instead of t-shirts, and a super fine post-race party. Don't miss out, mark your calendars.

We also have something that not many clubs can crow about – an ultra race on pristine nature trails. Held at the Guana Tolomato Matanzas Estuarine Research Reserve (just call it "Guana," everyone does) in South Ponte Vedra, the place is a huge, wild, nature preserve with many long, well-marked trails. It is the perfect place to commune with Mother Nature and get away from those maddening motor vehicles and their inept, dangerous, cellphone-distracted drivers. You could see some wild animals, but, then again, being around a bunch of ultra runners is wild in itself.

Longtime JTC Running board member, Franz Lerch, is the new race director, after this year's race. Mark Ryan, race director for many years, will be stepping down and handing over the director's job to Franz who has been the assistant race director for several years. The transition is seamless.

JTC Running's 2021 Guana Trail Races | Bob Fernee

The course is all on Mother Nature's mattress and there is not a speck of concrete or asphalt. The trails are flat and fast, and since the race is held during the winter the bugs will be non-existent. (You will be happy about that.) There is more than just the 50-kilometer ultra. There is a 2x25k team race, and the everyman's 12k. I call it that because this event offers something for everyone, and I believe everyone can do a 12k (7.5-mile) run/walk. Yes! The Guana trails are excellent for hiking.

Each lap of the course's trail is 7 $\frac{3}{4}$ -miles long. Therefore, the ultra runners will do four laps, the 25k team members will both run two laps. The ultra race will begin at 8 AM. The team race is set for a 10 AM start. Teams can run together or as a relay (their choice), their finish times will be combined. A slight shortening of the lap will enable the runners of the 12k to race all-out over one exciting, picturesque loop.

Runners can use any sort of footwear, trail shoes or road shoes, it doesn't matter much. These are not Colorado-type, boulder-strewn, trails, and rugged footwear is unnecessary. Aid stations will be in operation throughout the course and at the start/finish area.

It is advisable for participants to bring a change of clothes so they can "freshen up" and enjoy the post-race party and awards presentation at The Reef restaurant. The ocean side restaurant, well known for its fine dining, is located on A1A about five miles south of Guana. Like the race, the party is something not to be missed. Food and booze are included in the race entry fee.

On the subject of entry fees, proceeds from the event go to benefit the Friends of Guana research reserve. They do splendid work saving this important piece of North Florida nature. Just another way that JTC Running helps in and around our community. Since I mentioned saving, it is worth pointing out that the sooner you register the

more money you save. Please note that due to the environmental sensitivity of the Guana Reserve, the event is limited to 125 participants per event. Last year saw the event's biggest turnout, so it is best to enter early and secure your place. Club members get a four-dollar discount and there is online entry only – no day of race entries. Race day is Sunday, December 5th.

As I mentioned, the 50k will start at 8 AM, the 25k starts at 10 AM, while the 12k begins hours later, at 1 PM. Some have asked, "why is this?" The answer is, so that all the runners will finish all the races at nearly the same time and then all together they can descend on the post-race party/awards presentation. So, no one misses out and all will enjoy. The festivities spread from 3 to 5 PM.

Race day is Sunday, December 5. Enter now at jtcrunning.com or 1stplacesports.com

The LAST GASP 5K

Back To The Ancestral Home!

JTC Running's THE LAST GASP 5k

Returns to Jacksonville University

Cross-Country at Its Finest

Sunday, December 26, 2:00 PM

FREE Kids' 1-Mile Fun Run, 1:30

I'm Running to Please My Lord | Percy Cerutti

This poem is the work of one of history's greatest and most successful athletics coaches, Percy Cerutti (1895-1975). Some call him "eccentric," let's just say he was different. He wrote this piece in the 1950s. It was passed on to me by another great coach, JTC Running's Jay Birmingham.

I'm Running To Please My Lord

I'm running to please my Lord, my Lord

I'm running to please my Lord

I'm running to please my Lord, my Lord

I'm running to please my Lord

When I was little, the Lord said, "Son,

I want you to be my runner."

The Lord said, "Sonny, it ain't no fun

To be the Lord's best runner."

I toiled and sweated, shed many a tear,

To be the Lord's best runner.

But I ain't scared, I no longer fear

I won't be the Lord's best runner.

I'm running today, the barrier's raised,

I'm running to please my Lord.

And if I win, the Lord be praised

I'm running to please my Lord.

And when I'm old and gray, I'll still be

Running to please my Lord.

Just running to heaven the only way

I know for pleasing my Lord.

Just down from heaven I'll sometimes run

Still running to please my Lord

And if you see me, join the fun,

Of running to please the Lord.

Upcoming Events

The LAST GASP 5K

Back To The Ancestral Home!

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Returns to Jacksonville University

Cross-Country at Its Finest

Sunday, December 26, 2:00 PM

FREE Kids' 1-Mile Fun Run, 1:30



The Guana Reserve

JTC Running's Most Unique Event

GUANA TRAILS 50k, 25k & 12k

Guana Tolomato Reserve, S. Ponte Vedra

Sunday, December 5

Enter at JTCRunning.com or 1stplacesports.com



Groundwork Jacksonville & JTC Running Present

The Vystar Emerald Trail 5k Run/Walk

Saturday October 23

On the New Emerald Trail, Downtown Jax.

Bike Ride at 7:30 AM, Run/Walk at 8 AM

Enter at JTCRunning.com or 1stplacesports.com

Editor: Bob Fernee
Designer: Amanda Mason

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Weekly Training Runs

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

Sunday 6:30 am, Atlantic Beach: Atlantic Bl. & 1st Street. 5-10 miles.
Contact: Linda White; (C) 662-4928
whitelindab@bellsouth.net

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

Tuesday 5:35 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, 982-3730

Wednesday 5:30 pm, Bolles School: Track Interval Training (JTC Running Members)
Contact: Paul Smith; smithfccj@hotmail.com, 982-3730

Thursday 6:30 pm, Springfield: Hyperion Brewery, 3-4 miles. Good beer at Hyperion after each run. Historic neighborhood. Worth the trip!
Contact: Bill Dunn; wmdunn222@gmail.com

Friday 5:40 am, Mandarin: Beauclerc, Forest Circle, 7.5 miles.
Contact: Paul Smith; smithfccj@hotmail.com, 982-3730



Disclaimer on Weekly Workout Sessions:

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