

Running and the
Heat of Summer!



47 Years of Running

THE
STARTING LINE
NEWSLETTER



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President's Letter | Larry Roberts

There is nothing more enjoyable than having a good time for a good cause! Thank you all who participated in JTC Running's Global Running Day for [Marathon High](#). We had great weather and a large attendance for the fun run and social. The club and 1st Place Sports covered all expenses so the \$3,155 in entry fees and donations, plus an equal match of \$3,155 by JTC Running, went to Marathon High.

I recently had the privilege of participating in the [presentation of the check for \\$6,310 from the club to Marathon High](#), the local nonprofit that trains teens to run a half-marathon. I can't say enough about how wonderful this organization is and its benefit to our community. You will learn more in a great article in this issue by our editor, Marilyn Young. Full disclosure: I proudly serve on the Marathon High board of directors.

We also had a good turnout for the last track and field meet of the club's 2022 season at The Bolles School on June 18. Meets Director Kaitlin King, with help from Doug Tillett and other JTC Running board members, put on a great series. The 2023 season will likely feature a winter event in January, so stay tuned!

JTC Running's oldest race, the [Tijuana Flats Summer Beach Run](#), is coming up on Saturday, August 27, at 5:30 p.m. You have the option of running either 5k or 5 miles, and members receive a \$2 discount, so [sign up today!](#) Not only is it a great race, but the Social afterward, featuring Tijuana Flats food and beverage, caps a super evening on the beach. And join us for the [Tijuana Flats Summer Beach Run Kickoff](#) at the [Tijuana Flats Lakewood](#) store on Monday, August 22. Enjoy a fun run and \$1 beer and tacos. Race registration will also be available.

The club's [Fall Half Marathon Training Class](#) starts Tuesday, September 6, at 1st Place Sports Baymeadows store at 6:15 p.m. The 11-week class trains for the [Community First Thanksgiving Distance Classic](#) on November 24, and costs just \$45 for active club members. Registration is open [here!](#)



The next club race will be the third annual [Emerald Trail Run](#) on Saturday, October 22. This year's route will be along the soon-to-be completed Lavilla Link. It will offer both 5k and 10k distances. All costs to stage the race are paid by JTC Running so that all proceeds go to [Groundwork Jacksonville](#) for the Emerald Trail. Go to [Groundwork.org](#) to learn more about the [Emerald Trail](#), [McCoys Creek](#) and [Hogans Creek](#) restorations.



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Letter from the Editor | Marilyn Young

I knew two things about JTC Running before I became editor of the newsletter earlier this year.

First, I knew the club created and operates the Gate River Run, a premier event that brings the best runners from around the world. I knew that because I was managing editor at The Florida Times-Union for many years.

Second, I knew Larry Roberts was the president. I met Larry and his wife, Judy, years ago through helping transport rescue dogs from their foster home to their forever homes or from a shelter to a foster home. I typically drive the leg between Jacksonville and Palm Coast and either pick up or hand off an adorable dog (or two) to Larry and Judy, who usually drive the Jacksonville to Brunswick leg. We all chat for a few minutes, before getting the dog back on the road to his or her destination.

What I didn't know about JTC is how much it gives back to the community, which was such a pleasant surprise for me. Here are some examples over the past few months:

- \$4,000 to Dreams Come True to send 5-year-old Carlos and his family to the theme parks in Orlando, including the Magic Kingdom, Epcot, Sea World and Universal Studios. As a journalist, I wrote or edited a lot of stories about trips like this, so I know how much they mean to the children and their families. Read more about the trip in a story on Page 16.
- \$7,000 to Tijuana Flats' Just in Queso Foundation. The restaurant is the title sponsor of JTC's Tijuana Flats Summer Beach Run, including providing refreshment for runners after the race.
- \$6,310 to Marathon High, which helps teenagers train for a half-marathon, while also learning more about teamwork, leadership and themselves. (See a story on Marathon High in this newsletter.)

And we can't forget about the club's ongoing support of the Emerald Trail, including providing \$50,000 for the construction of the S-Line Connector 1.3 mile-segment.

I really love this part of the club's mission of helping people and groups in our community and look forward to sharing more of it in upcoming newsletters.



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Christy gives a big thumbs up at the New York Marathon after running a personal record of 3:18.

Name: [Christy Astorga](#)

Age: 42

Occupation: [I just graduated from the University of North Florida as a doctor of physical therapy \(wahoo!\), but previously received a Bachelor's in finance/economics. However, I have been personal training/instructing at gyms for the last 14 years.](#)

Family (including pets if you'd like): [Husband, two daughters, two sons, one dog and five fish](#)

How long have you been a member of JTC Running? [Seven-ish years](#)

How and when did running become part of your life and how has it changed it? I ran one week of cross country in high school and hated it so much that I quit. However, I played multiple sports in high school – softball, cheerleading, soccer.

I accidentally fell into running during college at the University of Florida but just did it as one of the many activities I participated in. I started running consistently in 2007 when my friend asked me to sign up for a half marathon with her. Since I am pretty much down to try any new physical challenge, I did it. I definitely enjoyed the challenge and push and haven't looked back. I enjoy

setting new goals and working to achieve them.

How does running impact your mental health? I love that running can be a social activity or done alone. Whether I am running with friends or alone, it provides me a chance to reflect, vent, advise, cry and laugh. It is important to give ourselves a chance to detach from the chaos that surrounds us and running does just that.

Where do you find motivation on days you don't feel like running? Um, I don't have those days – ha-ha. There are days that I am more tired than others, but I always look forward to getting out the door for a

10 Questions with Christy Astorga | Marilyn Young

run. When I've had to take time off due to an injury or pregnancy, it's been more difficult for me to have the motivation to do other forms of exercise because I love running so much.

What do you look for in a running partner or do you prefer to run alone? If it's the latter, why?

Due to scheduling, I do most of my runs solo or with my husband biking alongside me. It's been a fun way to chat while doing something productive. As far as other running partners, I don't think I have ever run with someone I didn't like, because even if our lives are completely different, at least we have running in common.

What is your favorite race and why? Oh gosh, I absolutely loved running the NYC Marathon this past year. It has been on my bucket list for some time, and it did not disappoint! The crowds, the organization, the events surrounding it, being with some awesome friends to experience it with – it was fabulous! Apart from that race, I love any local races where I get to race with friends. It's always a fun time no matter how awful I perform.

Do you listen to music, podcasts or something else while you run, or do you prefer to run without headphones? Why? Podcasts all day long. Music is just noise to me. I prefer running or physical therapy podcasts (nerdy, I know), but I enjoy them because it's not a story line I have to follow, and I love learning.

How do you reward yourself after a great run? If I have the time, a good stretch and/or core workout. always try to get in a protein shake pretty soon after, too.

How do you work in time to run while on vacation or business trips, or do you take a break? Definitely run – on foot is the best way to see new places.

What is the most beautiful place you've run? Bonus points if you have a photo. I did R3 (in the Grand Canyon) last year and it is definitely up on the list! I have family in Utah and have run on some very pretty trails and roads there, too.

What other activities do you take part in to stay healthy? Yoga, weightlifting, walking, biking, swimming -- anything to move.



Visiting the north rim of the Grand Canyon.



Taking a hike among the trees in the Grand Tetons.



Another beautiful view from the Grand Tetons.



Taking a run in Utah during Christmas a couple of years ago.



*Seeing the country
on two wheels*

Vicky Connell raised both arms high in the air when she saw dozens of friends and family in Jacksonville Beach who were cheering her on. More than two months after starting the cross-country ride in Washington state, she was home.

They followed as Vicky, a member of JTC Running, made her way on to the beach, where she dipped her bike's tires in the ocean. Vicky had done the same ritual in the Pacific Ocean when she started the trip May 9 in Ocean Shores, Washington. The more than two months and 3,675 miles between those two days were an extraordinary effort to raise money for the Safe Animal Shelter in Middleburg. As of right now, more than \$9,200 has been raised – nearly double the original goal of \$5,000. You can still donate here:

www.safeanimalshelter.com/donations/bike-tour/

The 64 days were an extraordinary adventure for Vicky, her husband Jim and their dog Luna, who they adopted from the no-kill animal shelter. The three made the trek from Orange Park to Washington state in an RV they bought and named Harvey.



Cross-country bike trip raises nearly \$10,000 for animal rescue group | Marilyn Young

Once the bike ride began in Washington, Jim and Luna watched Vicky pedal away in the morning and were the welcoming party that night at the designated meeting spot. “I told her that her job was riding, and my job was worrying about everything else,” he said.

That included finding a place each night where they could camp in Harvey, which wasn’t always an easy task; taking care of Luna, making sure she got enough exercise; and managing other logistics.

Both Vicky and Jim often found themselves on small, winding backroads that weren’t meant for bicycles or RVs, especially out West. The roads were too far out to get cell service, which meant Jim couldn’t track her and they couldn’t always contact each other.

On many days, Vicky had steep climbs to make it through the mountains. The highest peak was Hoosier Pass in Colorado, which was 11,542 feet. On the flipside, she also had a lot of fast downhill rides, including once where she clocked 45 miles per hour on her bike.

The weather wasn’t always kind, between the days that were hot and humid and the pouring rainstorms she rode through. One day she rode 45 miles in non-stop rain. The temperature fluctuations on the trip ranged from 35 degrees to 107 degrees.

An unexpected problem was the number of dogs that Vicky encountered, particularly in rural areas. It’s difficult to tell which dogs wanted to run beside her for fun and which ones were aggressively chasing her. Oftentimes, Vicky could outpace them on her bike, but not always. Early on, she had two pit bulls running beside her, one on each side of her bike. One ran in front of her, causing her to wreck. The dog was OK, but it was a scary moment. Vicky said she stopped counting the number of dogs who chased her when she reached 30.

After another day where a German shepherd and Doberman pinscher came after her, Vicky began carrying “five fairly hefty rocks” with her each day, which she could throw if she was being chased.



Cross-country bike trip raises nearly \$10,000 for animal rescue group | Marilyn Young

“From that day on, the dogs chasing me didn’t bother me. I had a mental shift because I had those rocks,” Vicky said. “After that, I just outran them.”

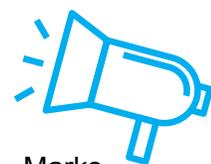
But through it all she saw extraordinary beauty along the route. On four occasions, she said, the sights were so beautiful that she burst into tears.

Each time Vicky crossed into a new state, she would get off the bike, then sing and dance. On Day 57, when she crossed from Alabama into Florida, her dance featured swimming strokes, which was appropriate for a state with water on three sides of it.

Vicky shared her adventure through daily videos that she produced when she met up with Jim and Luna each night. You check them out here. Vicky truly appreciated all the likes and comments on her videos, especially on hard days.

Before the ride was even finished, there was talk of doing another similar adventure – but from Maine to Key West. For now, Vicky and Jim are focused on going to see their first grandchild who was born while Vicky was on her adventure. Oh, the stories the proud grandparents will have to share when Genevieve gets old enough to understand them.





New & Returning Members

Emily	Adler	Matthew	Feryus	Judy	Marks
Renee	Balcom	Julia	Figura	Alexis	Merchb
Bernie	Berania	Robby	Finklea	Stephanie	Modola
Katherine	Bible	Joseph	Forrest	Brian	Moore
Carol	Blomgren	Jill	Foster	Colin	Moore
Brian	Brewer	Claudia	French	Niko	Negron
Megghan	Brooks	Erica	Gottlieb	Joshua	Nelson
Carly	Brown	Hollee	Grady	Kristy	Obrech
Heidi	Burgess	Julia	Guazzo	Amilcar	Padilla
Shannon	Burns	William	Halsey	Kristi	Paishoi
April	Bynum	Alex	Harden	Angela	Perrera
Jacob	Campbell	Alan	Helquist	Karen	Prewitt
Jason	Campbell	Joseph	Holbrook	Joseph	Ramsa
Judy	Carney	Justin	Holstein	Donna	Rettini
Sung ho	Choi	Todd	Hull	Aaron	Rivas
Cassidy	Clinger	Tabitha	Hung	Randy	Roland
Doug	Clinger	Mandy	Hunter	Sandra	Roman
Cynthia	Collier	Martha	Irene	Edi	Rose
Julie	Conley	Bruce	Jackson	Terri	Rose
Carolyn	Corgel	Lauren	Kahre	Jaime	Ruiz
Sheila	Cribb	Meghan	Kennedy	Mark	Ryan
Carol	Culley	Rebecca	Kerr	Al	Saffer
David	Dance	Amy	Kisz	Jessica	Schoer
Conor	Driscoll	Kate	Krawiec	Clint	Seales
Emma	Duncan	Amy	Landin	Maggi	Slayton
Jim	Edwards	Gary	Ledman	Cathleen	Smith
Gretchen	Ehlinger	August J.	Leone	Erin	Smith
Larissa	Faulkner	Amy	Magdalen	Patrick	Snyder
Ana	Feria	Rachel	Mallory	Herbert	Taskett



Stay Safe in the Heat

Well, it's summer in Jacksonville, which means welcome to the sauna! As we all know, the summer and heat bring numerous challenges that we must cope with until mid-October.

My goal in writing this is to provide some interesting facts as well as some strategies you can incorporate into your training that may assist you in navigating through the heat.

Let's start by dealing with some realities of heat running.

First, performance research has shown that every 5 five degrees above 50 degrees Fahrenheit, results in a 0.5% increase in race time. So, at 85 degrees, that's roughly 3.5% decrease in performance. Bottom line, the summer is usually not the time to be racking up personal records, unless your fitness has dramatically increased where even despite the negative physiological heat affect, you still are achieving best efforts.

I have seen numerous examples with members of the distance project, that because of some great workouts and consistency, PR's keep rolling in this summer. That bodes extremely well for these runners as they are poised to elevate their performance to greater levels

when the weather cools off.

Second, the best time to run in the summer is early in the morning, specifically shortly after daybreak. This is when temperatures are at their coolest and the ground has not absorbed the heat from the day. In contrast, temperatures may be decreasing in the evening, but the heat is still entrapped in the asphalt or concrete.

If you must run in the early evening, a good strategy is to get on a trail and get off road. It will be much more tolerable.

Of course, trail and off-road running have significant benefits any time of year as it offloads pressure on the muscles and joints. An interesting fact is concrete is six times harder than asphalt and is much worse. So, if you cannot get off road, asphalt is the preferable surface.

Another possible solution is to incorporate some treadmill running into your summer schedule if you need a break from the heat.

I know some people hate them, but bio-mechanic research has shown that 60% of treadmill running is no different physiologically than running on the road, and the remaining 40% is only slightly altered.

In this regard, treadmill running will not throw off your stride, cadence or form with any level of significance if done with a measured approach.

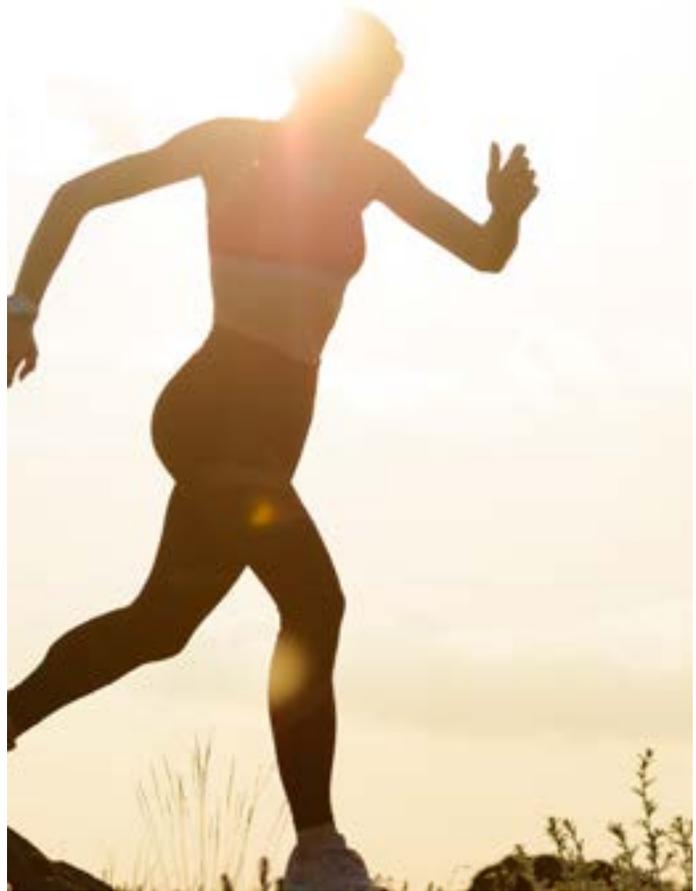
Third, you're not going to be shocked to hear me emphasize the importance of hydration. At this time of year, it seems we never can take in enough liquid (minus alcohol and caffeine).

One fact that many may not be aware of is that you can overhydrate if you go overboard, specifically on water consumption. Now granted, here in North Florida, this can be hard to do, but it has been done, sometimes with severe outcomes. There are examples of elite and recreational runners who have suffered from a condition called hyponatremia from taking in excessive amounts of water.

Hyponatremia occurs when there is too much water in cells causing them to swell, including brain cells. Warning signs are confusion, headaches and drowsiness. Sodium is the electrolyte that is most affected by overhydration. Sodium helps keep the balance of fluids in and out of cells. When sodium levels drop due to a high amount of water in the body, fluids get inside cells causing them to swell, increasing the risk of seizures, coma and even death.

This is why many athletes will supplement some water intake with electrolyte replacement drinks that contain sodium. I have always followed this approach. The takeaway here is you would probably need to go overboard in your consumption of water for this to be an issue, but physiologically it does make sense to add some electrolyte replacement into your fluid intake volume.

Finally, if you are preparing for a summer race, make sure you are adequately hydrating days (not hours) before the competition. It takes 48-72 hours for tissues to be adequately hydrated, so plan accordingly. Remember, what liquids you drink during the race are really not going to solve any issue if you are already dehydrated. It's simply too late at that point.



In the 1983 Boston Marathon, I suffered from severe hypothermia because I did not properly hydrate the week leading up to the race.

My body temperature plummeted to 88 degrees and within seconds of finishing almost all my muscles in my lower body cramped and went into spasm. That was a level of misery I hope no one gets to experience.

Sean McCormack is a certified USTAF Level 1 coach and was head coach of Georgia Southern University's men's and women's cross-country teams. Email him at seanmichaelmccormack@gmail.com if you have any questions.



JTC Running recently presented a \$6,310 check to support Marathon High, a group that trains high school students to run a half-marathon. The money was raised at Global Running Day on June 1 with the support of 1st Place Sports. From left are Sarah Olson and Mitch Ellevan of Marathon High; Larry Roberts and Amiee Cords of JTC Running; Michelle Baker of Marathon High, and Doug Alred of JTC Running and 1st Place Sports.

A few years ago, Alex Goodwin was invited to attend a Marathon High event. Goodwin thought there'd be a handful of students running at what is now Riverside High School, but he saw about 200 kids running their hearts out.

"My jaw just dropped," Goodwin said.

He was also surprised by the relationships within the groups. Adults were coaching students. Students were helping each other. The kids weren't in pursuit of a high school letter or college scholarship. They were training to run a half-marathon, which was training them for other things in life: how to set and achieve goals, how to be a teammate, how to be a leader and how to believe in themselves.

"They were falling in love with running for running's sake," Goodwin recalled.

For nearly a decade, Marathon High has been a place

for Northeast Florida high school students to fit in, even when they didn't feel like they did anywhere else. Most of the kids aren't traditional athletes. They aren't there to win a high school letter or college scholarship. They're training together for four months to run the annual Donna half-marathon. But the program's about more than running. It's been changing lives for years.

Growing the program in Jacksonville

JTC Running President Larry Roberts said Deborah Dunham, who started Marathon High, asked the club to help recruit teachers at Jacksonville public high schools to organize a team. Dunham wanted JTC members to talk with educators about the benefits of running, especially those that go beyond the physical ones. During the 2014-15 school year, they helped Dunham recruit teachers at Riverside High (formerly Robert E. Lee High School).

Marathon High teaches kids about more than running | Marilyn Young

Dunham also asked the club for help with fundraising since the nonprofit relied solely on donations. An event was held in 2015 at 1st Place Sports, owned by JTC Running members Doug and Jane Alred, and has continued ever since. This year's event on Global Running Day raised about \$6,000, Roberts said.

Michelle Baker, who is board president for Marathon High, praised the Alreds for their generosity in helping the program and making sure the students have proper running shoes, even those who can't afford them. She got involved when the program needed pacers and was hooked from the start.

"Getting to spend 13.1 miles with kids from Douglas Anderson where they literally sang the entire time, brought a whole new element of fun," said Baker, who recalled they were belting out "Don't Stop Believing" as they crossed the Acosta Bridge.

Once while she was a pacer, she recalled a young man who was struggling at the back of the pack. As they talked, she learned how much the program meant to him. He wasn't an athlete, he came from a single-income family and was a C student at best. The young man wanted to join the Navy, but knew he'd never be able to at his fitness level. Ultimately, because of Marathon High, he lost the weight and joined the Navy.

An intern in Baker's office once brought someone in to talk about finances. When the young woman learned of their connection with the program, she said, "Mrs. Baker, I did Marathon High. It was the best thing ever."

It's been good for Baker, too, who found running later in her adult life and calls the running community her "chosen family." She's happy to pay forward the benefits she's earned to today's generation. "When I say the running community is my chosen family, I really don't know how else to describe it," she said.

'As long as I don't have to run'

Khristi Keefe-Bowens was introduced to Marathon High 10 or 11 years ago when she was asked if she would be the stretch coach for the Raines High School team.

"Sure," she said. "As long as I don't have to run."

A couple of days later, she was in a room with more than 30 students, who were watching a presentation from the director. They were "as terrified and as excited as they could possibly be for this new program to come on board," she said of the kids.

Because so many students turned out for the program, Keefe-Bowens knew the director wasn't going to be able to do this by herself. "So, I got roped into running with teenagers," she said, with a laugh.

Keefe-Bowens was a swimmer growing up, so she knows the power of being connected to a team. Many of the students at Raines had never experienced that. They'd never had someone have their back, especially when times are hard. Over the season, she saw them support and cheering for each other. Keefe-Bowens, who is a school counselor, could see their pride and self-confidence soar.

She recalled a student whose parents are runners being dragged by his mother to practice when he was a ninth grader. He clearly didn't want to be there. However, after experiencing the magic of Marathon High, he wanted to keep going the second year. The young man also runs with his parents and by himself all year long. Keefe-Bowens expects he'll be in a peer leadership role when he's a senior.

She says he's also aiming for the coveted streaker hoodie, awarded to students who stay in Marathon High's program all four years of their high school career.

Not letting COVID stop them

Goodwin started as Marathon High's director around the time COVID-19 changed pretty much everything in our lives. He knew a lot of the kids didn't have any other social activities, so it was decided if the kids maintained a safe distance and ran outdoors, they could still run.

"If there was ever a need for Marathon High, that was the year for it," he said. "If one kid wants to do it, we'll show up for that one kid."

Marathon High teaches kids about more than running | Marilyn Young

The finale for Marathon High's season is traditionally the Donna half-marathon. During the first year of COVID, the race was virtual, but the next year the race was back. Goodwin said about 180 Marathon High runners ran the 13.1 miles.

Goodwin said his experience leading the program has changed the pride and hope he has for young people. "I see so much kindness, grit and determination from young people that you might not expect," he said.

It's also led to his profound gratitude for teachers and the emotional investment they make in their work.

"It's not just manifested in the lesson plans. They really care about these kids," he said.

Goodwin also appreciates the support JTC Running and its members provide Marathon High. Club members serve in leadership positions, they help organize events and they support the students.

"Their guidance and mentorship are profound," he said.



Helping a dream come true for Carlos and his family



JTC Running donated \$4,000 to Dreams Come True to make it possible for 5-year-old Carlos and his family to spend a week in Orlando to visit the Magic Kingdom, Animal Kingdom, Hollywood Studios, Epcot, Universal, Islands of Adventure, and Sea World.

It was made possible for 5-year-old Carlos' dream of going to Disney. Five-year-old Carlos was referred to Dreams Come True following being diagnosed with a genetic disorder. Through a \$4,000 donation to Dreams Come True from the 2022 Gate River Run, Carlos and his family will spend a week in Orlando for Carlos' Disney Dream. On Friday, May 27, Dreams Come True hosted a "dream party" to introduce Carlos and his family to Larry Roberts, president of JTC Running and talk all about their dream trip.

During their dream trip to Orlando, Carlos and his family will be special guests at Give Kids The World, a magical village dedicated specifically to children and families visiting Orlando through a wish granting organization. Dreamers enjoy at the village all-you-can-eat ice cream, arcade games that do not require quarters, nightly parties, swimming pools, a castle, and visits by the village mayor, who just happens to be a big giant rabbit!

Disney dreaming is always a favorite because of the village and all the theme parks families get to visit: Magic Kingdom, Animal Kingdom, Hollywood Studios, Epcot, Universal, Islands of Adventure, and Sea World. From park hopping and souvenir shopping to roller coaster riding, dream children are treated as royalty for a week in Orlando as they explore all the major theme parks. Carlos' sister, Nathilia, was also referred to Dreams Come True and had her Disney Dream fulfilled in 2021, which was also sponsored by the Gate River Run.

Since 1984, Dreams Come True has been using the power of a dream to bring hope and joy to local children in northeast Florida and southeast Georgia battling life-threatening illnesses. To date, more than 4,300 children have seen their dreams turned into realities. To learn more, visit www.DreamsComeTrue.org.



Well, believe it or not, it's getting close to the end of summer already. It's also about that time of the year that we start thinking about winding down the lower-volume, hot, summer training, in order to gradually start ramping up the mileage in preparation for the fall recreational and competitive running seasons.

This is true for us, as well as for our kids. Any time we, and/or our kids, ramp up from these lower volumes, injury concerns always seem to arise. And they should because based on science, nearly half of all runners sustain injuries over the course of one year.

In light of this, how can we and our kids, effectively reduce the risk of having an injury?

The answer is by integrating some key science-based strategies to reduce this risk.

Gradual progression in volume

The first and most important strategy is to properly progress the training. We have all probably heard of the 10 percent rule with training progression. This means increasing mileage each week by only 10 percent of the previous week's mileage.

Although there is no magic, nor solid science, to the 10 percent number itself, the principle of gradual progression is the key. Ten percent may not apply perfectly to everyone.

For instance, a younger runner preparing for her or his first cross country season may need to increase closer to 5-8 percent per week to build to in-season volumes, while the seasoned senior may be able to progress slightly

faster than the 10 percent rule.

The important part is to err on the side of slower and gradual progression, and work backwards from the in-season training volume from where the athlete is starting. This may mean starting very early on the build.

Gradual progression in intensity

A second component to this is speed/ intensity work. The goal should be to progress from however many minutes of speed and/or higher intensity work is currently being done, and gradually add to this total time. The 10 percent rule can also be applied here, as well.

Again, the 10 percent number itself is not the most important piece. It's the steady and consistent increase. For instance, if an athlete is currently running 15-20 minutes of higher speed/intensity work in a week, with the 10 percent rule, approximately 1.5-2 minutes of additional time can be added the next week. Again, in order to get to in-season levels, planning will have to start early to progress safely.

Be careful with increasing volume and intensity at the same time

There is higher injury risk with progressing these two variables at one time. It may be best to pick one to progress over the course of several weeks, then progress the other.

Don't skip the warm up

One of the single most important things we can do in an individual workout to prevent injury (and to increase performance) is to warm up. It does not have to be fancy, it just needs to be a gradual increase of the metabolism to training-levels from baseline levels. This decreases the shock on the system and increases blood flow, as well as the extensibility and contractility of the running muscles. This is as simple as walking/ running slow and easy and gradually progressing pace to training level.

A proper warm-up takes 15-20 minutes. Accelerations and dynamics should be done following this time to enhance the warm-up but should not replace the initial 15-20 minutes. Notice I did not say to stretch. Stretching is not a warm-up and does not prevent injury based on current science.

Strength training

There is now solid science that says that strength training enhances running economy/performance and prevents injury. And it makes sense as we are making the muscles and tendons more resilient with progressive resistance training.

The types of exercises to do are beyond the scope of this article, but I would like to point out that strength training can take multiple forms, including running hills, heavier lifting in the gym, as well as body weight exercise. Again, progress needs to be gradual.

Proper form

Getting your running form analyzed can point out form errors that can lead to injury. This can be done in multiple ways, as well.

A more traditional approach would be having a running coach watch the athlete's training and give feedback. This can also be done with motion analysis software. The latter is preferable when evaluating for injury mechanics, as it is often difficult to see faults in technique real-time, but very identifiable using a motion analysis system.

Properly fitting newer shoes

It's best to replace running shoes when they have run 300-500 miles or after four to six months. It's also best to go to a running specialty store like 1st Place Sports where the staff can ensure proper sizing and the shoe characteristics that are best for the athlete.

If you have a current injury, have questions about how to best integrate these strategies this year or if you are interested in a 3D Running Analysis, give one of us a call at Coltman & Baughman PT. We are always happy to help.



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In the sixth mile of the Gate River Run there was a carelessly scribbled sign: “Fireball pops ahead.”

Upon reaching the distribution point, several runners and a couple of servers were gathered round a card table imbibing small cups of the presumed elixir. If the runners thought the 33% alcohol of a shot or two would boost their performance (although they might have just been seeking a buzz), then they would be disappointed. The results have been in for a long time on athletic performance and acute (immediate) use of alcohol during physical exercise. No positive, but negative effects proportional to amount imbibed would ensue.

Is there a case however for enhancing performance from marijuana, used either chronically (over time) or acutely? The rapidly evolving situation with cannabis (the term typically used to mean the psychoactive component of marijuana, THC) in the United States, as well as worldwide, raises significant questions. More than 40 states have legalized the medical use of cannabis and 19 states have, to some degree, legalized the possession and recreational use of small quantities. These numbers might be outdated as laws are changing yearly.

All of the professional sports organizations (NFL, NBA, MLB, MLS and NHL) ban the use of cannabis, although the NHL’s policy is less clear and generally tolerant. The Olympics, complying with World Anti-Doping Agency regulations, and the NCAA in compliance with WADA standards, ban the use of cannabis. These organizations test their athletes on some schedule for the presence in the urine of the breakdown chemicals of cannabis.

There is, however, not universal agreement among experts on whether it’s appropriate to ban cannabis in sports. The most recent reviews, published in 2020 and 2021, of dozens of research papers, conclude that cannabis—through either chronic or acute use—has no enhancement effect on performance.

All of the following measures, with one exception, were found to have no positive effect on performance by athletes who were chronic cannabis users: VO2Max, peak work capacity, strength and endurance, perceived exertion, resting heart rate and blood pressure. One study found a positive effect on heart rate, although whether that effect was positive or negative on performance was not clear.

If there is no increase in performance, then why ban it? The current ban by WADA by professional and collegiate sports is based on potential enhancement of performance. However, it is probable that sports organizations are reluctant to remove cannabis from their banned lists because there are possible negative effects as well.

Warnings from experts range from mild to “Cannabis should be used with extreme caution—if not avoided altogether.” The latter warning is perhaps a bit strong in light of the growing evidence of positive effects of cannabis for medical purposes.

Treatment of conditions using pharmaceuticals is of course based on weighing benefit and risk. Positive effects of the use of cannabis other than in athletes are known, especially in the medical treatment area.

Cannabis has been used in medicine as early as the nineteenth century, and the American Medical Association opposed its ban by the U.S. in 1937.

Today it is commonly used to treat nausea and vomiting, to relieve spastic muscle pain, treat anxiety and sleep disorders. So, runners and other athletes may, with prescriptions from medical professionals, may use it for treatment of performance induced injuries and conditions.

Another cannabinoid found in the marijuana plant is known by its chemical abbreviation, CBD. This chemical is also found in the hemp plant and Congress in 2018 made CBD from hemp legal in all 50 states. It is not psychoactive, like THC, and is known to exert effects on neuroreceptors in the brain and to elicit “feel-good” chemicals that help to elevate mood, very much like cannabis. CBD is commonly used topically (on the skin) to treat muscle and joint soreness, and fibromyalgia.

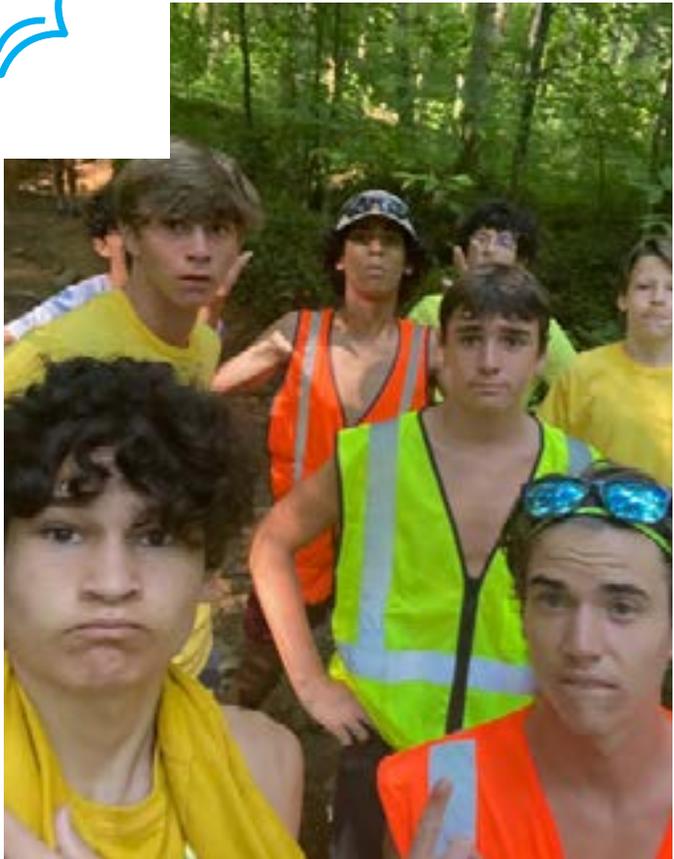
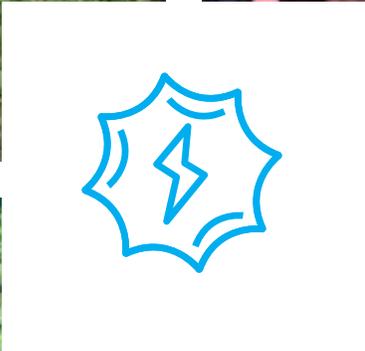
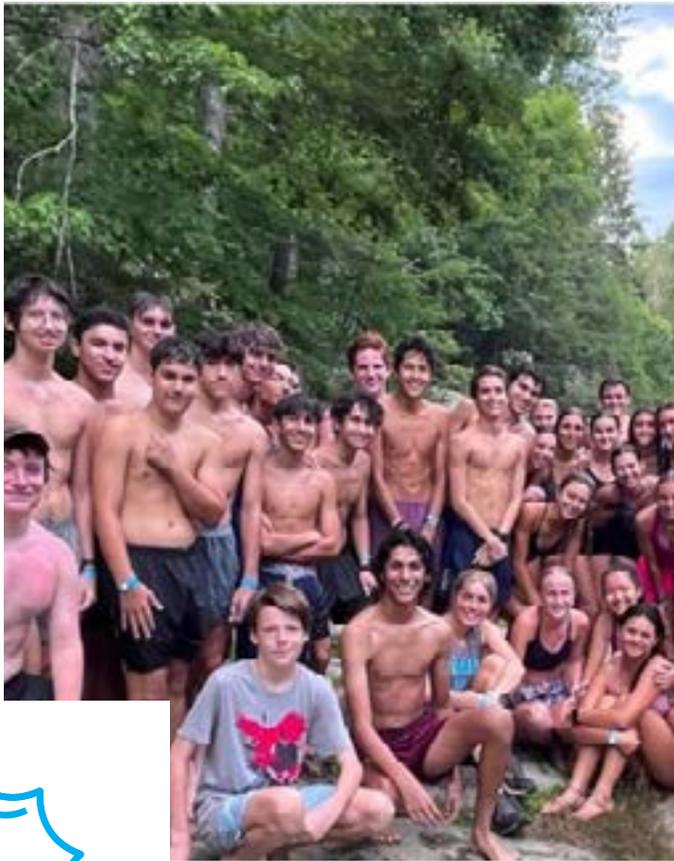
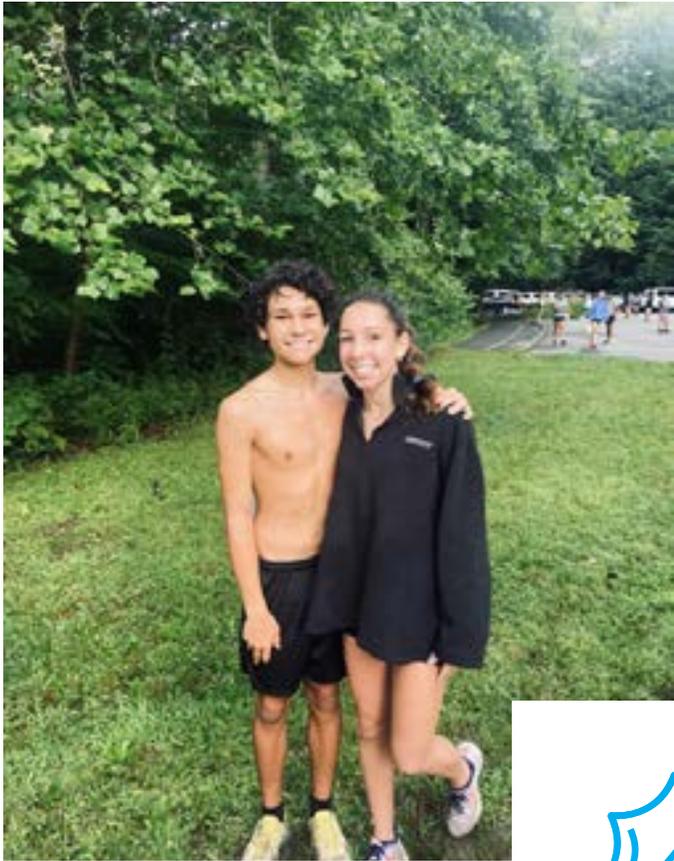
CBD is thought to be safe and effective for some uses, although a physician writing for online Harvard Health Publishing states the concern that vulnerable populations are exposed because “marketing has gone way ahead of the science and the law.”

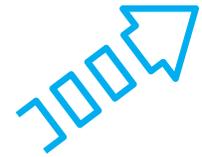
A warning to athletes on use of CBD, especially if competitors are subjected to urine testing: commercial formulations of the compound contain small to moderate levels of THC, some of which are concentrated enough to yield a positive urine test.

Bishop Kenny at Brevard Running Camp



Bishop Kenny at Brevard Running Camp

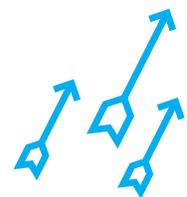




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Weekly Training Runs

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

Sunday 6:30 a.m., Atlantic Beach: Atlantic Blvd. & 1st Street. 5-10 miles.

Contact: Linda White; (C) 662-4928
whitelindab@bellsouth.net

Sunday 8:00 a.m., Jax Trails Group Run:
visit Jax Group Trail Running on Facebook

Tuesday 5:35 a.m., 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 p.m., 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 a.m., Bolles School: Track Interval Training, (JTC Running Members)

Contact: Paul Smith; smithfccj@hotmail.com, 982-3730

Wednesday 5:30 p.m., Bolles School: Track Interval Training (JTC Running Members)

Contact: Paul Smith; smithfccj@hotmail.com, 982-3730

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

Friday 5:40 a.m., 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.