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[www.jtcrunning.com](http://www.jtcrunning.com)

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## PRESIDENT'S LETTER

# December brings two longtime favorite races produced by the club

By Larry Roberts

Greetings!

I love this time of year when the weather has finally started to cool off and the fall running events are in full swing!

Our Fall Half Marathon Training Class is working hard preparing for the Community First Thanksgiving Distance Classic on November 24. But before we get to November, the club's third annual VyStar Emerald Trail Run will be Saturday afternoon, October 22, at the Duval County Courthouse. This is where we started the inaugural race two years ago.

The cyclists will start at 4 p.m. with the runners and walkers following at 5 p.m. The route offers both 5K and 10K distances alongside the soon-to-be completed LaVilla Link and S-line of the Emerald Trail. As we do each year, JTC Running covers all race expenses so that all proceeds go to the Emerald Trail. You can learn more about the Emerald Trail, McCoys Creek and Hogans Creek restorations at Groundwork Jacksonville. Come out and enjoy a late afternoon bike, run or walk with us to celebrate the trail. Enjoy a cold beer afterwards!

December brings two long-time favorite races produced by the club. First is The Guana and then, The Last Gasp. Guana Trail Races will be December 4 with the 50K endurance race starting at 8 a.m. and the 12K is at 1 p.m. These are followed by an awards ceremony at The Reef. Capacity is limited for this race, so sign up early using the \$4 JTC Running member discount at 1st Place Sports.

The Last Gasp is our traditional cross-country 5K at Jacksonville University on Christmas Eve, Saturday, December 24 this year. There will be the usual 2 p.m. start with the social and awards party afterward.

Registration is just \$12 for members at [JTCSports.com](http://JTCSports.com).



Mark your calendar for the kickoff of the club's Gate River Run Training Class on Tuesday, January 3! By the time you are reading this, registration for Gate River Run 2023 will be open at the early bird rate. That is when I sign up at 1st Place Sports.

Have you joined the JTC Running Members Only Facebook page? So far 241 active members have, but that means there are still many of you missing out on special content focused on our community. If you just don't do Facebook, I understand. But if you do, ask to join the group. Use the name we have for your club membership as that is what we use to verify your eligibility. If there is no match or your membership has lapsed, you will be asked to join or renew first. Once in, feel free to post and comment. Board members Christy Astorga and Will Dunlap are doing a super job as admins for the group.

## EDITOR'S LETTER

# Two of my favorite things about the club are in this edition

By Marilyn Young

First up is a question-and-answer feature with club President Larry Roberts, who along with his wife Judy, is devoted to animal rescue. As you know, Larry isn't going to seek another term as club president.

I met them several years ago because we're both volunteer drivers for animal groups that help find foster homes and forever homes for dogs in need. We meet quite frequently during those transports, with Larry and Judy either handing off a dog to me or me handing one off to them. They're both incredibly devoted to animal welfare, including fostering several dogs in search of forever homes. I greatly admire their dedication and their big hearts.

When I heard the club was looking for a newsletter editor, I asked a few folks I knew if they were interested, but they all had other obligations. So, I let Larry know I'd do it if another candidate didn't come along. Our talks about the newsletter have always been positive, with Larry and others supporting changing the mix of stories and giving our extremely talented designer Amanda Pye more to work with visually. And Amanda has definitely done that!

Long before I became a member of the club, I was aware of its impact in the community. Most prominent was being the creator and operator of the Gate River Run, which has been a marquee race in the country for more than 40 years.



**Larry has a soft spot for adorable rat terriers.**

But I didn't realize how much the club supports nonprofits, such as Dreams Come True, and how involved it is the Emerald Trail project.

As you know, the transformative project is an incredible 30 miles of bike and walking trails that will connect people from more than a dozen neighborhoods with schools, parks, restaurants and Downtown Jacksonville. You can read more about it at [groundworkjacksonville.org/emerald-trail](http://groundworkjacksonville.org/emerald-trail).

My second favorite thing is the story that includes discussions I had with two members of Marathon High. We did a feature on Marathon High in the last edition, but it was from the perspective of the dedicated folks who help the young runners get ready for the Gate River Run.

In this newsletter, we hear from a couple of the young runners who have benefited from the program. It's increased their fitness level and their confidence. Thanks to Cordell Wright and Cassidy Monticello for sharing their stories.

Please let me know if you have story ideas for future editions. You all know the club, its members and its impact a lot better than I do. I'm ready to share those great stories.

# 2022 JTC Running Board Members

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## SPOTLIGHTING OUR OUTGOING PRESIDENT

# Larry Roberts talks about leading the club and what's key to the future

Larry Roberts recently announced he would not seek re-election as club president. We can all agree he's been a consequential leader, both for the club and in the community. He agreed to answer a few questions about his dedication to running and to the community.

### **When and how did you become interested in running?**

I started running as soon as I graduated college. I saw others running to stay in shape and followed their lead.

### **What do you enjoy most about it and how has it benefited your life?**

As both a runner for forty years and now as a walker, I still enjoy the fitness aspects. I also enjoy being outside, away from a desk, with the opportunity to let my mind wander, and listen to podcasts.

### **What is your favorite race and why?**

The Gate River Run, of course. I've run 15 and walked 13 of them so far. I like the course around the city and over the bridges, with the bands and spectators lending moral support along the route.

### **When did you join JTC Running and what made you want to be part of the group?**

I joined in 1994 to take advantage of the member discount on the Gate River Run and Winter and Summer Beach Runs.

### **How did you become president of the club?**

Well, neither the first nor the second time I was chosen president did I seek the role.



**Larry running in the Tulsa Run**

Both times I was serving as vice president and was asked to step up. In fact, the second time I was in Vietnam on vacation when I received an email asking if I would serve again.

### **Talk about some of the key changes that you have led and/or supported during your time as president.**

Externally, I am most proud of the club's support for the Emerald Trail. This urban trail system is very important to Jacksonville in so many ways. JTC Running's funding for the city's Master Trails Plan led directly to the Emerald Trail receiving \$130 million in funding through the gas tax initiative.

Internally, I am very proud of the club making the transition from a paper membership system to an online one with events management.

### **What do you think is important for the next president to consider?**

Externally, I feel it is important for the club to be a vital part of the Jacksonville community in general but particularly through our premier event, the Gate River Run, and the Emerald Trail.

Our other races and track meets are important, as well. Internally, we need to meet the needs and expectations of our members, balancing the changing lifestyles of our younger runners along with those of our older members who have supported the club for years.



Larry and Carlos, who received a wish from Dreams Come True.

**How do you plan to stay involved with the club?**

I will stay on the board of directors if I can bring value and my support is needed.

**You'll certainly have more free time when you're no longer the president. How do you plan to use that time?**

First, I will be available to support the new club president as necessary. I serve on the board of Marathon High and am active on the Bicycle/Pedestrian Advisory Committee and Jacksonville City Council's Context Sensitive Street Standards Committee.

My wife Judy and I are very active in animal rescue. We currently foster three rat terriers and have fostered through to adoption 15 others. On weekends, we drive in dog rescue transport, ferrying dogs from shelters to foster homes and from fosters to new permanent owners.

In my spare time I am an avid reader, mostly history but some fiction as well.

**Anything else you'd like to add?**

I want to thank the club's board of directors and membership for helping me in my work for JTC Running. And special thanks to my wife Judy for her help. I couldn't do it without her.



Larry and Judy at Groundwork Jax

# JTC members talk about Larry's impact

## Jane Alred

Under Larry's leadership, the club has grown considerably and has become more involved in the Jacksonville community.

Groundwork Jacksonville has been the recipient of donations made by the club during Larry's time as president of the board. JTC Running now conducts the Emerald Trail run every year with all proceeds going to Groundwork Jax.

Larry has always conducted himself in a professional manner and it will be difficult to replace him. He has instituted more structure to the board, the committees and job descriptions for board members. He was definitely a hands-on leader and attends just about every event the club is involved with.

He has worked tirelessly for the benefit of the club and I for one will miss his leadership. So glad he will stay on the board!!

## Bonnie Brooks

Larry has been an exceptional President for the club. Larry cared so much about the club's success, our visibility within in the city and doing all things beneficial for the running community. As club treasurer I worked very close with Larry and he was always open minded to process changes for the club and being fiscally responsible for the club's future. What I admired most was Larry would give you his honest opinion and was always available for discussion and valued others' ideas.

His vision for the future will be his legacy and that includes the Emerald Trail. When the club helped fund the master plan, it was just the beginning of something special. Jacksonville will be changed forever when completed.

Thank you Larry for your leadership, devotion to this club and a friend to all.

## Will Dunlap

I'm incredibly thankful for Larry's time serving as JTC Running president. His tireless pursuit of making the club enjoyable for all and his effective organization skills has truly impacted the Jacksonville running community. I'm thankful for Larry!

## Larry Sassa

As president of JTC Running, Larry Roberts has guided the board of directors and the executive committees with one key principle, STEWARDSHIP. Larry's organizational, administrative expertise and business acumen have ensured our club delivers on this commitment.

Larry's passionate leadership has touched every aspect of our club's operations: budget, finances, contracts, technology, event management, club communications, website, social media; just a sample of a long list.

JTC Running is committed to its membership but also to the Jacksonville community. Over the years, board members have led the way in support of youth running camps, community parks and trail improvements, "Runner Statues," the list goes on.

Larry has been the lead on the club's support of the Emerald Trail Project and the installation of the Eco Counter on the Northbank Walk, Run and Bike Trail. Larry has also represented the club at city meetings on pedestrian and bicycle safety, and the Jax Chamber of Commerce.

We have been very fortunate as an organization to have Larry Roberts at the helm over the last several years.

# 10 questions with Will Dunlap



**Will Dunlap**

**Age: 28**

**Occupation: Middle school pastor**

**Family (including pets if you'd like): Wife Bailey, two dogs (Aussiedoodle and golden retriever), and we currently foster two kids.**

**Time with JTC Running: Two years**



## **How and when did running become part of your life and how has it changed it?**

I tried out for the cross-country team in middle school to stay in shape for basketball and haven't looked back. Running has changed my life for the better. The community, the health benefits and the medals/shirts I get from each race. My wife would say it's clutter, but it's truly the best thing I own!

## **How does running impact your mental health?**

I run as a source of stress relief and I love being outdoors. My faith is also important to me so it's a great time to memorize scripture and repeat them in my head while running. These things combined help me have a clear mind and stay healthy mentally. Running also releases dopamine, which is a great benefit.

## **Where do you find motivation on days you don't feel like running?**

It helps if I always have a race on the calendar that gets me out the door and train. My current goal race in front of me that I'm working toward is the Bass Pro Marathon in November. I also run a lot of the local 10K and 5K races, which helps me stay with it.

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

I prefer to run alone, however, I also love running with our club in the Gate and Half-Marathon Training Classes. Running alone, I'm able to decompress and get my focus back on track!

## **What is your favorite race and why?**

There's lots of great ones! Personally, my favorite would be a tie between the Smoky Mountain Half and the Jaguars Stadium Challenge. I'm a huge sports fan so it's always fun to run TIAA Bank Stadium.

## **Do you listen to music, podcasts or something else while you run. or do you prefer to run without headphones? Why?**

I can't stand to carry anything with me on my runs so I usually tend to run without headphones. I'm able to think more clearly that way and run faster and lighter. Or so I think.

## **How do you reward yourself after a great run?**

Chocolate milk and an ice bath.

## **How do you work in time to run while on vacation or business trips, or do you take a break?**

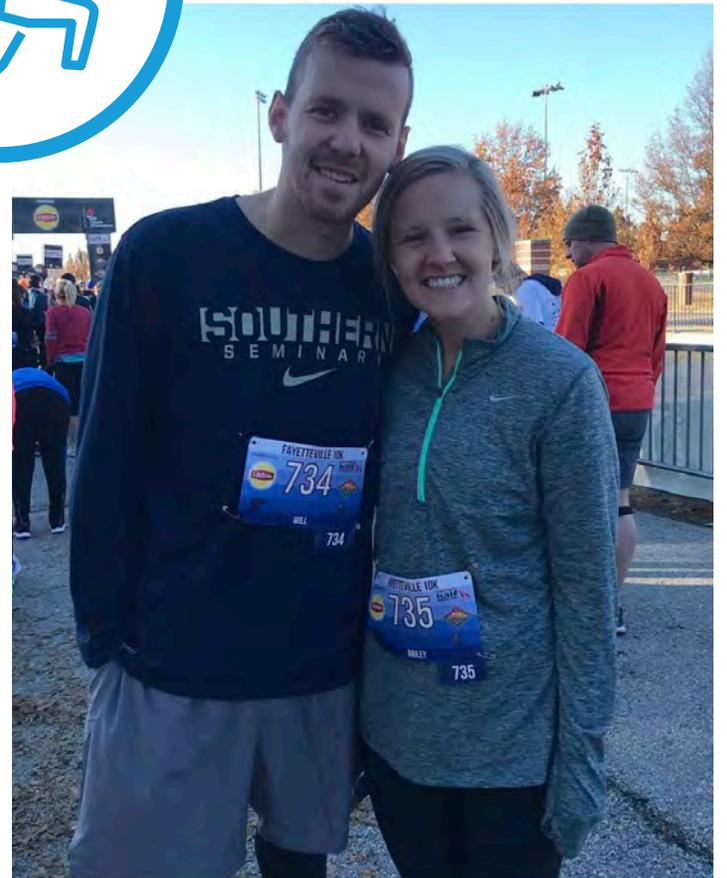
This is tough! Mainly because while I'm on vacation, I tend to get lazy and not want to run. However, I try to find races that are happening the same week and get out there. If I'm on a work trip, I'll go early to run the race if it works out with my schedule. I'll also try to run to a local breakfast spot while we're on vacation. Food usually is a motivator.

## **What is the most beautiful place you've run? Bonus points if you have a photo.**

Laramie, Wyoming! By far the best spot. And also the land of a 1,000 hills. But so worth it. The mountains, wildlife and weather are hard to beat.

## **What other activities do you take part in to stay healthy?**

Woodworking, wakeboarding/lake activities, reading and taking trips with my wife.



# To run or not to run with pain

By Mark Baughman

The unfortunate stat that all runners face is that 50% of you will sustain a running related injury that causes you to limit or change your running plans every year of training. The nature of running is finding that delicate balance of loading your bodies just enough musculoskeletally and aerobically to get optimal running performance, but without crossing over into overtraining or cumulative stress trauma. When that delicate balance is broken, injuries result, and pain ensues.

When a runner begins to have pain or what some runners often refer to as a “little niggle,” what do you do? The first thing you have to consider is when you are experiencing pain with running, your body is telling you something. It is saying “there is an imbalance in the load versus tissue recovery.”

The question you will find yourself asking is “Can I run through this pain?” or “Do I need to shut down?”

Of course, this is not a straightforward answer, but if runners shut down every time they had pain with running they likely would find themselves frustrated and not achieving their goals. To help answer this question of “can I run through this pain?,” I will do my best to give some general guidelines that we use to help injured runners balance continued running versus worsening their injury.

Here are some basic guidelines we suggest:

## **Determine where the load imbalance is coming from.**

Try to determine if the symptoms are mainly occurring with your long runs, on days you do speed work or during a period of progressing miles with a particular training plan. Identifying the area of your training that is most likely contributing to your symptoms is key because that is the first area to try lessening the load. By doing this, you can likely keep running by just modifying the area of your training plan that is creating the imbalance of load and recovery.

## **Keeping pain to a 3/10 on the 0-10 pain scale**

I understand that everybody’s pain tolerance is different but making sure your pain levels during your runs stay at a mild level is critical. If you continue to run through pain levels that are progressing into moderate or high intensity, you are more likely to worsen yourself and your injury, potentially causing significant trauma or damage.

## **Monitor the timing of your pain**

Does the pain start at the beginning of the run and then subside as you go? If that’s that case, you’re usually safe to continue training through that. However, if you find your pain progressively worsening during the run or lasting longer and longer into the run, it’s probably time to shut down the run.

**1. Does the pain cause you to alter your gait? If you find your running gait is different than normal, it’s a no brainer, shut down the run.**

**2. Where are you at in your training cycle? You have to consider the cost benefit of what it means to run through pain based on how close you are to your race. If you’re close to your race and you are having pain, it may be more beneficial to shut down or really reduce your workload compared to being in the middle of your training plan where you are trying to build your endurance and volume.**

Understanding there is not a one size fits all approach on deciding whether you could or should run through pain, hopefully, these guidelines will give you pertinent things to consider.

Lastly, and most importantly, if you are having pain with running, seek out a health care provider that specializes in runners to help you navigate your injury and running goals ... and social media posts and comments don’t count as health care.

**Mark Baughman DPT, ATC, OCS**

Coltman and Baughman Physical Therapy

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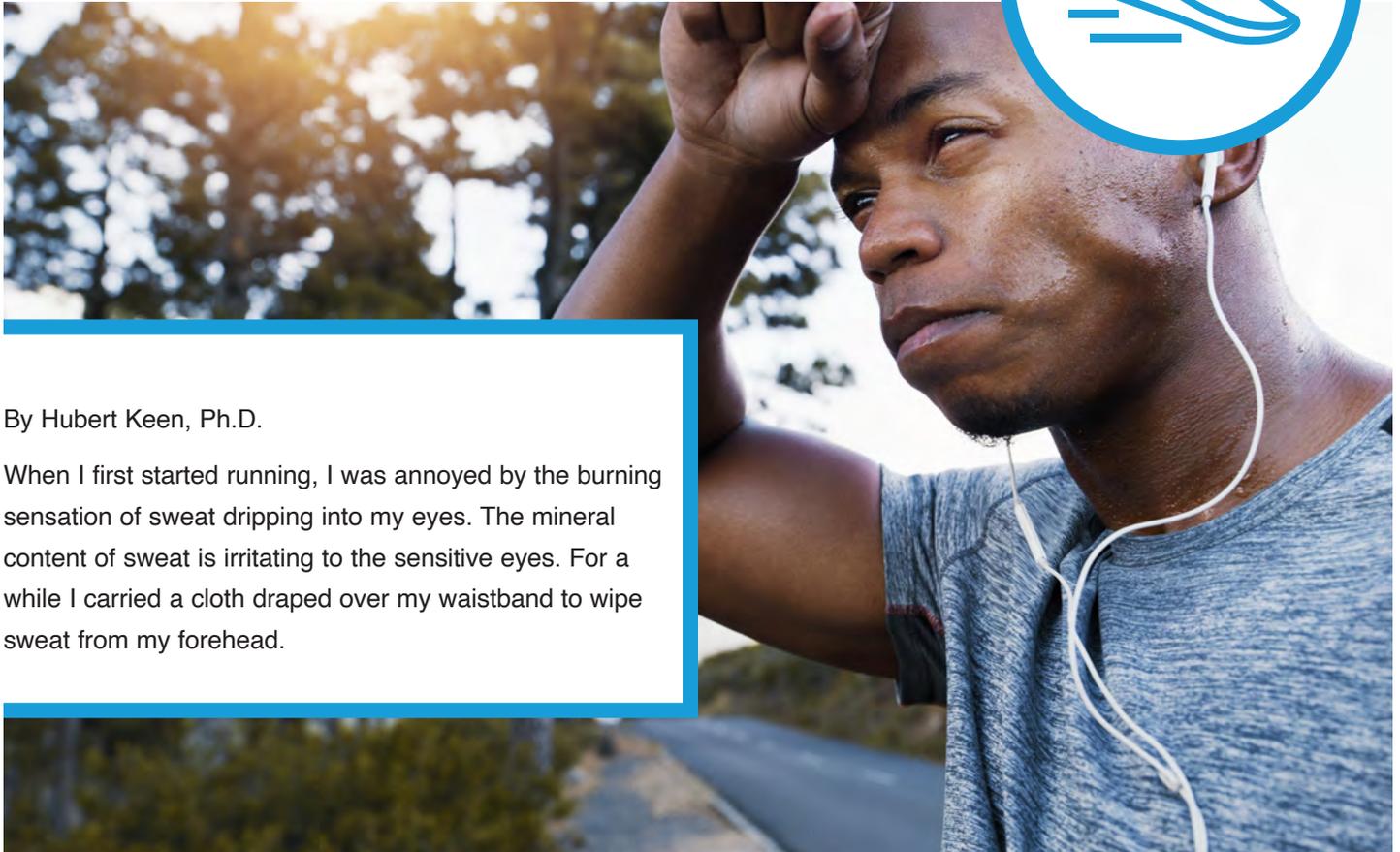
Jacksonville Beach, FL 32250

# New & Returning Members



|           |                        |            |              |         |         |
|-----------|------------------------|------------|--------------|---------|---------|
| Damon     | Agostino               | John       | Heisner      |         |         |
| Angelica  | Berrios                | Megan      | Johnson      |         |         |
| James     | Bias                   | Erin       | Juzapavicus  | Leo     | Vasquez |
| Claire    | Bing                   | Alexander  | Kean         | Glenna  | Veiga   |
| Richard   | Blankenship            | Todd       | Lape         | Kristin | Woyak   |
| Danielle  | Callegari              | Kevin      | Larrimore    |         |         |
| Monica    | Chavez                 | Rebecca    | Lee          |         |         |
| Rendy     | Combs                  | Kamahl     | Lewis        |         |         |
| Abigail   | Crosten                | Robert     | Lucas        |         |         |
| Leah      |                        | Michael    | Manuele      |         |         |
| Everett   | Crum                   | Drew       | Miller       |         |         |
| Melissa   | DiSciascio-<br>Maynard | Diana      | Milligan     |         |         |
| Sandra    | Dunst                  | Jacqueline | Moise        |         |         |
| Judith    | Ellinger               | Greg       | Norris       |         |         |
| Frank     | Frazier                | Catherine  | O'Brien      |         |         |
| Nicolas   | Furci                  | Nora       | Olomu        |         |         |
| Emily     | Galant                 | April      | Patterson    |         |         |
| Gary      | Gerdeman               | Alan       | Pickert      |         |         |
| James     | Giancola               | Crystal    | Pickren      |         |         |
| Julie     | Giese                  | Lindley    | Rachal       |         |         |
| Gerry     | Glynn                  | Guillermo  | Ramos Piazza |         |         |
| Christina | Groger                 | Beth       | Reiney       |         |         |
| Jon       | Guthrie                | Joseph     | Roberts      |         |         |
| Leslie    | Hague                  | Alison     | Ronzon       |         |         |
| Philip    | Hamm                   | Lee        | Starling     |         |         |
| Jim       | Hanson                 | James      | Sylvester    |         |         |
| Ian       | Hardington             | Chris      | Taylor       |         |         |
|           |                        | Nadine     | Thomas       |         |         |

# Sweat is definitely a runner's friend



By Hubert Keen, Ph.D.

When I first started running, I was annoyed by the burning sensation of sweat dripping into my eyes. The mineral content of sweat is irritating to the sensitive eyes. For a while I carried a cloth draped over my waistband to wipe sweat from my forehead.

I suspected at the time that by wiping sweat I may be defeating the main function of sweat, which is to rid the body of excess heat generated by muscle contraction. The heat of the water in sweat carries away from the body a relatively large amount of heat in each drop.

The question that nagged me is whether the sweat has already done its job upon being exuded onto the surface of the skin, and I can therefore wipe it for the immediate comfort, or whether it needs to evaporate to fulfill its cooling purpose. This is a question for all areas of the body that produce sweat during exercise.

Upon further thought, I realized the answer is: It depends. If you are running in cool air with low humidity, and especially if there is a breeze, the best action is to let the sweat evaporate. The process of evaporative cooling is quite effective in facilitating the removal of heat upon vaporizing into dry air.

On the other hand, if you are running in warm air with high humidity, as is often the situation in Jacksonville, and especially if the air is quite still, then the sweat has largely done its work of heat removal upon appearing on the skin. Evaporation from the skin is very slow under conditions of high humidity, and thus evaporative cooling is less effective.

As the body attempts to cool itself by sweating, there are different mechanisms at work. The clothing manufacturers promote the wicking capacity of fabrics. Removing sweat quickly under most conditions assists in removal of heat from the body's surface. And upon diffusion of sweat into the fabric, the next important desirable function is to transport the moisture, with its load of heat, away from the body to the outside of the fabric. But the functions of wicking, transfer and evaporation of moisture are difficult to accomplish in a single fabric.

Another of the numerous mistakes I committed after embarking upon running was to wear 100% cotton clothes, a heavy hoodie or even sweatpants. Although I was living in a cooler—even at times colder—climate than Jacksonville, and cotton can feel quite comfortable for warmth before a run, cotton has the greatest absorption capacity of all clothing fabrics.

And it's poor at transporting and transferring moisture to the surrounding air. After it "grabs on" to the sweat, it holds it and, with extended sweating, becomes saturated. Cotton maintains the layer of warm moisture near the skin and loses its ability to absorb more. This, of course, defeats the purpose of regulating body temperature.

Running at cold air temperature has its own challenges of contrasting body warmth versus cooling under layers of clothing. The temptation is to dress with cotton or wool next to the skin in the cold before running. My coldest race was a 10-miler in January at 17 degrees, but by that time I had learned more about how to dress.

What are the best fabrics for runners in helping keep the body cool? Synthetics, including polyester as the most common, are quite abundant in apparel. And there are many chemical variations of synthetic materials, as well as blends of two synthetics or a synthetic and a natural fiber, such as cotton or silk. Commonly recognized fabric brands synthetic material include Dri-Rite (Nike), CoolSwitch (Under Armour), Climalite (Adidas), DryCell (Puma) and CoolMax (Lycra, Thermolite and others).

These and other brands are marketed widely as having the full range of physical capabilities. Most synthetics for clothing are shown in laboratory tests to be poor at absorbing but effective at wicking (they are not the same process). Synthetics are, however, because of their microfiber matrix, relatively good at wicking and transporting moisture through the fabric. None of the current fabrics are good conductors of heat. It is difficult to "serve all masters" while maintaining body temperature.

Research is quite active on microfiber materials that can not only absorb and wick moisture effectively, and transfer the moisture and heat, but can also conduct heat away

**“Innovative materials will likely continue to appear on the market...”**

from the body. Copper is being studied as a possible component to fabrics as a heat conductor. An experimental fabric, labeled i-Cool, uses infused copper as a heat conductor.

Apparel on the market may serve other functions. The current claim, for instance, by the brand Copper Fit and others, is that copper infused into the fabric reduces odor by inhibiting bacterial and fungal growth. Although some skin glands have secretions that contain odor-causing chemicals, sweat glands secrete an almost odorless substance with only water, sodium and very small quantities of urea. Odor control in a garment for active sports doesn't seem like an important function--unless you intend to allow your wet garment to incubate in the dirty clothes basket for a couple of days. If that's the case, be thankful for the copper.

Innovative materials will likely continue to appear on the market, although probably initially at high cost which should decrease over time. Don't underestimate the capacity of humans to solve these conflicting biological and physical problems, and in the process make running somewhat more comfortable. And you can look good too. But you still must train!

## COACH'S CORNER

# Ways to make sure your training doesn't get stuck in neutral



By Sean McCormack

At some point in our training most of us have experienced a period of time where our performance levels off, or even declines. If you go back and read my article describing the fitness staircase, you will understand that progressing, then leveling off and then progressing again is much like climbing a set of stairs.

That is a normal progression as the body adapts to the level of stress that is being applied. However, in this article, I am addressing a prolonged period of neutral or declining performance and what we can do to understand and diagnose what may be the root cause(s).

Step one should be an examination of your training log and history. What are you doing now versus maybe a year ago that is different? Try to find a period of time in your training where you experienced positive progression and compare. Does anything stand out that's different? This may include non-running activities, like yoga, that can be extremely beneficial to boosting your running performance. A few things to look for:

**1. Are my quality days of track, threshold training, hills, fartlek, etc. pushing me?** These days, which I recommend two quality days per week if not racing (then only one if racing), need to be challenging. Ask yourself, am I running my intervals fast enough? For example, 400s should be completed 10-15% faster than your 5K race pace. Am I training my body for incomplete recovery between repetitions? If you are fully recovering, in say three minutes, you are not doing much beneficial to improve your race performances. Incomplete recovery is hard, but it's meant to be, and it is extremely effective. I never ran a race where the race director had lounge chairs on the course where we could pause our watch, sit down and start racing again when we felt better.

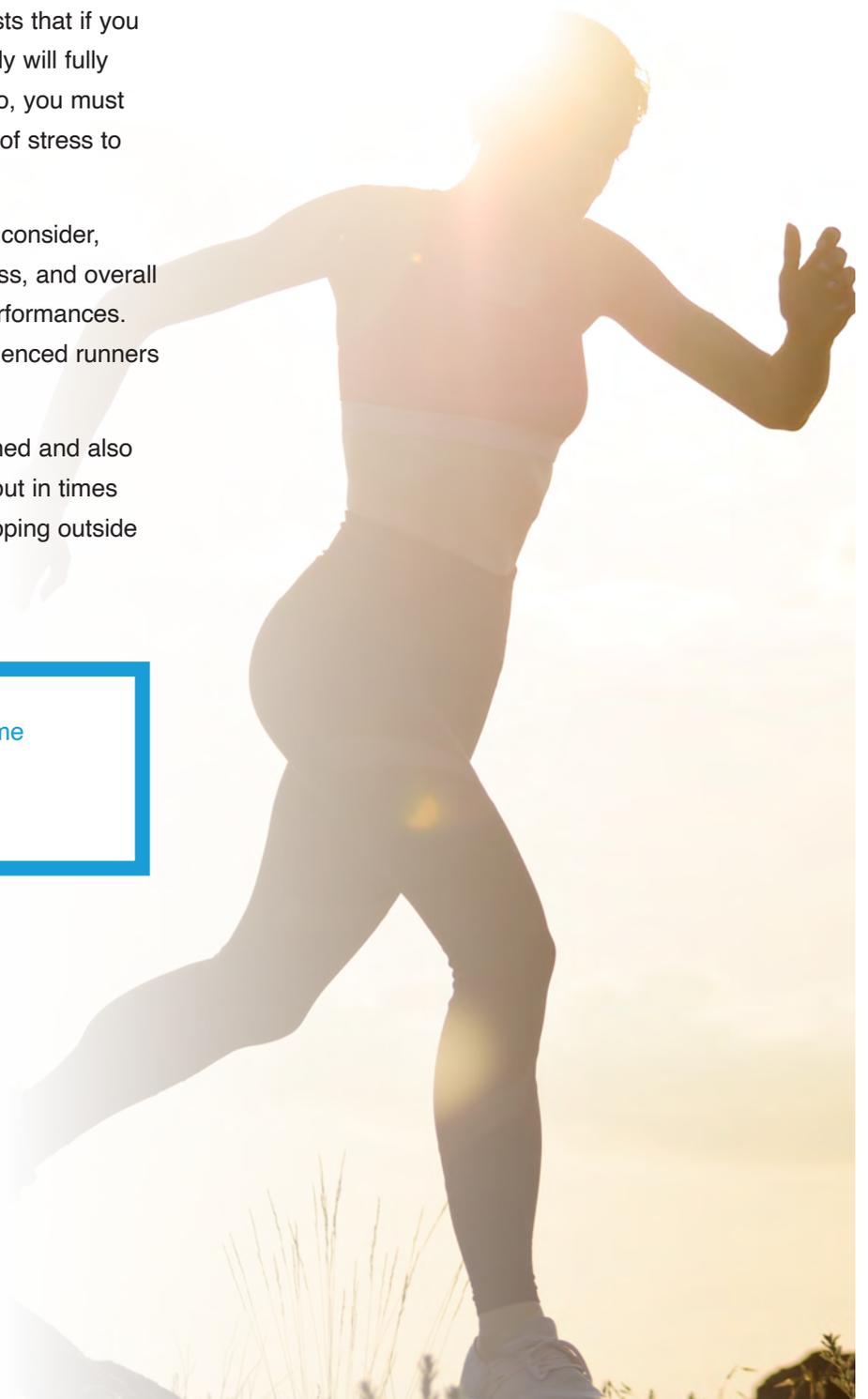
**2. Are my easy days fulfilling their purpose of allowing me to recover?** In many cases, this is the most common cause of getting stuck in a rut. This seems to be more problematic if you train in a group or sub-group with like performers. Group think can take over as someone in the group always feels good and picks up the pace faster than planned. Of course, not to be the one bringing up the rear, we all push with them and end up completing the workout much faster than prescribed. The problem is that the "training effect" (discussed in a previous article) occurs on our easy days when we allow our muscles to rebound from the high intensity workouts. These easy days should be approximately 65-75% of VO<sub>2</sub>Max or your 5K race pace. If you go faster on recovery days, you don't allow your body to rebound, and this results in stale or flat performances. An important concept to understand is "supercompensation," which is when you have recovered properly to get that peak pop in performance on race day.

**3. Has my volume of miles changed?** Increasing mileage may have long term benefits, but it must be done thoughtfully. A general rule of thumb is no more than a 5% increase over a two-week span. A dramatic increase will certainly cause fatigue and a prolonged period of flat performances. On the flip side, a decrease in volume and/or intensity can also contribute to a leveling off or decline. The principle of adaptation in training suggests that if you do nothing different in your training, your body will fully adapt to that level of stress in 28-30 days. So, you must continue to add additional variety and levels of stress to continue to climb the fitness staircase.

There are many other important variables to consider, such as sleep, nutrition, other causes of stress, and overall motivation that can lead to sub-par or flat performances. A good strategy is also to talk to other experienced runners and be honest with yourself.

As runners, we tend to be extremely disciplined and also regimented, which can be positive for sure, but in times of being stuck it can also hinder us from stepping outside our comfort zone.

Good running, and please feel free to send me an email with any comments or questions at [seanmichaelmccormack@gmail.com](mailto:seanmichaelmccormack@gmail.com)



# Marathon High students share how program has changed their lives



A friend of Cordell Wright's asked him to join Marathon High, a nonprofit that challenges high school students to run the Donna half-marathon. Back then, Cordell wasn't in good physical shape. His first thought was, "This is going to be bad for me."

But Cordell, who's a student at Frank H. Peterson Academies of Technology, tried it anyway. He stuck with it when his body hurt from running and even after his friend quit the program.

When Cordell had a problem, his coaches were there to help. When his legs cramped, they gave him cream to rub on them. When his shoes caused blisters, they gave him new ones that made an immediate difference. When he didn't think he could do it, they ran beside him until he proved to himself that he could.

Along the way, Cordell said he lost more than 100 pounds and gained confidence in his body, which he used to cover up by wearing hoodies.

He's now comfortable enough to go to the pool and let people see him without a shirt.

He also gained confidence in other ways. Before Marathon High, Cordell was really shy. "Back then I wasn't even talking to people," he said.

During Cordell's second Saturday meetup, he was getting tired and doubting himself. One of the coaches – who Cordell's stepmom calls Santa because he has a long white beard – encouraged him to keep going. When Cordell finished, the coach said, "I told you that you could it."

Cordell has believed that ever since.

Cassidy Monticello, a senior at Yulee High School, first learned about Marathon High during her freshman orientation. She talked to her mom, who thought it was a good opportunity for Cassidy. Her mom was right. Cassidy has been in the program all four years during high school.

It's something she had never thought of doing before and it took almost a year for her to feel comfortable running. During an 11-mile run, she ran through an ant pile around the eighth mile. She felt the burning, then saw the ants. There were even some in her jacket, which she took off. Cassidy said she wanted to stop, but she didn't.

"I was really proud of myself," she said.

Cassidy said Marathon High has helped boost her confidence. "I was a total anxious wreck in middle school," she said with a laugh.

There were a couple of times during her first year in the program that she thought about quitting. But she stuck with it.

Cassidy said training for Marathon High has improved her stamina, which has been helpful in her musical and regular theater classes. Last year's musical had some "pretty intense" choreography, which Cassidy said she was able to get through because of her training.

She's also eager to help runners who are having a hard time. "I always hang back with someone if they're really struggling. I don't care how far I am," she said. "I go back there so they aren't alone."

Marathon High began training in October for the Donna half-marathon, which is in February.



**Cassidy's improved stamina has helped her in theater.**



**Cordell has lost 100 pounds and gained confidence.**

# Great turnout for the Tijuana Flats Summer Beach Run



Photos by Fran Ruchalski.



# Great turnout for the Tijuana Flats Summer Beach Run



Congrats to all our Beach Run Runners!



Editor: Marilyn Young  
Designer: Amanda Pye

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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/](http://www.facebook.com/pg/JaxSundayRun/posts/) No Facebook account necessary

**Sunday, 6:30 a.m., Atlantic Beach:** Atlantic Boulevard and First Street. 5-10 miles.  
Contact: Linda White, cell (904) 662-4928  
[whitelindab@bellsouth.net](mailto:whitelindab@bellsouth.net)

**Sunday, 8 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](mailto:smithfccj@hotmail.com)  
(904) 982-3730

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Contact: Paul Smith, [smithfccj@hotmail.com](mailto:smithfccj@hotmail.com)  
(904) 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](mailto:smithfccj@hotmail.com)  
(904) 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.