



Peace and Goodwill to all!

# THE STARTING LINE

47 Years of Running

NEWSLETTER



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

November/December 2022

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Issue #455

PRESIDENT'S LETTER

# Paying respects to a founding member, saying bye as club president

By Larry Roberts

Greetings!

I think we are all sad to hear that Lamar Strother, a founding member of the club and one of our most active members for many years, has passed. Some of our newer members may not have been familiar with Lamar, but he was a fixture at our races and track meets for decades.

Many will recall his phone calls seeking volunteers for race packet stuffing and pickup, track meets support and expo booth staffing. His selfless efforts, generosity and dedication epitomize the values of JTC Running.

We will miss Lamar at The Last Gasp race December 24. The photo we posted on Facebook was Lamar at The Last Gasp post-race social in 2018 with a cake celebrating his continuous years of service on the board of directors from the club's founding in 1975 through 2018.

See additional memories about Lamar on page 6 from Doug Tillett and from Coach Sean McCormack on page 14.

The Last Gasp this year is at 2 p.m. on Christmas Eve because the following weekend was not available. It is still the least expensive race in town – just \$12 for members! Non-members pay \$35 but receive one year of club membership, which is still a very good deal. Come out and join us. You can run, enjoy the social and still be home in time to decorate the tree! Registration is at [JTCRunning.com](http://JTCRunning.com).



January brings the kickoff of the club's Gate River Run Training Class at 1st Place sports Baymeadows at 6:15 p.m. on Tuesday, January 3. The cost is just \$45 for members, so take advantage of it to prepare for our Gate River Run on March 4. Register at [JTCRunning.com](http://JTCRunning.com).

Another part of your preparation should be running in the club's Winter Beach Run at 1 p.m. on January 21 at Jacksonville Beach. You have a choice of 5K or to really train, the traditional 10 mile! Either way, members get \$2 off this race. Register at <https://1stplacesports.com/races/wbr/>. Members also get \$2 off the Gate River Run. Register at <https://gateriverrun15k.com/>.

We do plan on having a winter track and field meet on Saturday, January 28. Arrangements are still being made. Watch our website, Facebook page and email blasts for details when available.

This is my final column as president of JTC Running. I have really enjoyed serving these last 10 years and getting to know so many of you. With your active support, I believe we have made a difference for both the club and the Jacksonville community. I will continue to work for JTC Running and our city going forward. Together, we can make even more progress to make us proud.

## EDITOR'S LETTER

# Residents along the Emerald Trail helping create a better future

By Marilyn Young

I took a walk on the Emerald Trail a few days before it would be taken over by walkers, runners and cyclists for the annual 5K and 10K run, walk and ride event. I wanted to see what everyday life was like for those who live in the area and how they were feeling about the future, which is partially being helped by JTC Running.

My walk came after having a conversation with Kay Ehas, CEO of Groundwork Jacksonville, which is a nonprofit working with the city of Jacksonville to create the trail. The goal is to connect the trails, parks and creeks in the urban core, which will help bring life back to long-neglected and long-forgotten neighborhoods.

Kay couldn't say enough about how important JTC Running has been in the project's success so far. As of now, 40 percent of the project is in the design phase or under construction thanks to donors like JTC and from grants and other funding sources.

When Groundwork Jacksonville needed funds to pay for the master plan, Kay said JTC Running gave \$50,000. The club gave another \$50,000 to be used for the trail's S-Line Connector.

Kay said the club has "bought into our vision and our mission," which goes far beyond the trail itself. She praised outgoing JTC President Larry Roberts for being a leader in establishing and growing the relationship.

"We love JTC," she said.

The physical work being done along the trail is apparent. What isn't visible is the effort to empower the residents to not only get involved but to take the lead. Kay said many of those who live there are eager to take on that challenge.



She said residents led a 10-year neighborhood visioning process that talked about housing, economic opportunities and environmental stewardship.

The neighborhood is also getting a boost from LISC Jacksonville to deal with critical issues like overdue real estate taxes and home repairs.

Residents who I talked with on my walk are excited about what's to come. Most shared similar feelings of believing the neighborhood had been forgotten. But see hope not only for people living there now but for future generations.

"For so long, we were here alone with no one really seeming to give a damn. But now there is hope for my family and especially for my kids' families," said one man who shares the house he grew up in with two of his children and four grandchildren.

One of his neighbors said she loves seeing the beautiful artwork that can be seen along the trail. "That used to just be where people would write curse words and other things," she said. "Now, it looks so nice and cheerful. It's not like it used to be and we are glad for that."

(See photos by photographer Fran Ruchalski from this year's Emerald Trail run on Pages 10-13.)

# 2022 JTC Running Board Members

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**Treasurer Amiee Cords**

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**Secretary Errol Daniels**

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# New & Returning Members



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Seyhoun	Alpauti	Jayne	McIntosh
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Tom	Brandies	Alex	Midgett
Adrienne	Brown	Joe	Nagy
Barbara	Bruns	Michael	Nease
LaDawn	Caldwell-Bridge	Devin	Nyvall
Steven	Cameron	Megan	Nyvall
Frank	Cherry	Brittany	Olson
Hayden	Creecy	Orlando	Perez
Adam	Cross	Curtis	Phills
Lauren	D'Antoni	Steve	Putt
Theresa	Davis	Stig	Rasmussen
Michael	DelCharco	Allison	Reagan
Kimberly	Detuccio	Brian & Jennifer	Rensing
Elisabeth	Diamond	Jay	Robinson
Justin	Duncklee	Denise	Roemer
Lindsey	Finnegan	Morgan	Roth
Nino	Giacco	George	Royal
Mark	Goetz	Michael	Ruby
Suzanna (Sue)	Golmanavich	Jeffrey	Schaffer
Carl	Holmes	Erich	Schwarz
Dona	Jadwin	Shelby	Sebesta
Debbie	Johnson	Jeff	Skogen
Joy	Koutnik	Robert	Snow
Stan	Lambert	Casey	Spach
James	Long	Sean	Springer
Lawrence	Luksha	Aftan	Sutton
Joe	Lydon	Mark	Woods
Jennifer	Marshall		

# Mourning Lamar Strother, an original member and a powerful force

By Douglas Tillett

Lamar Strother was one of the original members of our club, starting back on the very first day of the club in 1975. The club's name was originally the Jacksonville Track Club and it's the same organization we now call JTC Running.

Lamar was a very well-known officer in JTC, maybe the best known that we have ever had. My relationship with Lamar is that he was my friend, we lived in the same neighborhood, and we met because of running.

Lamar passed away November 7, very early on a Monday morning in hospice care at St. Vincent's Medical Center. He was 86 years old. Here is my version of the story of Lamar and his love of running and our club.

Way back in 1975, there were people around Jacksonville who ran on the streets and sidewalks for health and fitness. A few of them ran just for fun, and some of them ran to be athletic champions. Lamar was one of those running people.

A group of local runners organized a club so they could work together to benefit all runners and the entire city by providing information about running locally and regionally, staging races, producing a newsletter, and recruiting more folks to join with them.

Lamar was at that very first meeting of the Jacksonville Track Club, or JTC. He paid his money and signed up, making him one of the charter members of the club.

He decided he was going to do all he could to make the club successful. And when Lamar decides something, it is a decision that everybody can count on.



Lamar ran quite a bit in those days. There were a lot of training runs, about 20 miles a week. He would enter races and compete in them, until the price got to be over \$3 and that was too much. He was proud that he finished an entire marathon, 26.2 miles, in Gainesville one time.

He developed a devotion to a regional race in Ormond Beach called The Paul DeBruyn. It was 30 kilometers long (18.6 miles). Paul DeBruyn won the Boston Marathon in 1932 and then years later, when he retired from New York to Daytona, the folks at the Daytona Beach Track Club started that long race in his honor. Lamar ran it 18 times.

Beyond that, every year Lamar would rent a luxury coach, a fancy bus, to take JTC runners down to Ormond for the Paul DeBruyn. We'd get on Lamar's bus, go to the Paul DeBruyn, win a lot of the awards from those folks and then ride Lamar's bus back to Jacksonville.

Many of us still talk about that bus ride and how it was a big event for us.

Lamar continued working to make JTC successful. The club has a board of directors and Lamar was on the board of directors from 1975 until just a couple of years ago. The board of directors meets on the first Tuesday of the month, every month, and he was never absent. Well, maybe twice. For several years, the board met in Lamar's house, and he had it all set up for the monthly meetings.

If the club had a race or an event, Lamar would be there. He would arrive a couple of hours beforehand, do the jobs that were his, he would stay a couple of hours after the race, and he'd take the stuff that he brought and go home. He would do this for all our races and events every year, year after year.

I think Lamar was the most prominent member ever of our club because before the race or event, he would be the guy who recruited all the other volunteers for the event. On the phone. One by one. He would call and ask you to volunteer. That's like a dozen or so volunteers per event, times six or seven events a year, times 40 years. Talking to people, asking them to volunteer. That's a prominent man.

After recording machines became commonplace, he'd usually get the recording machine of the prospective volunteer, and he would say: "This is Lamar Strother. 388-7860. I'm calling to talk with Doug about helping with the Last Gasp like last year. Please call me back."

"Lamar Strother. 388-7860. Calling to talk with Larry."

"Lamar Strother. 388-7860. Calling to talk to you."

And then there were the track meets! For nigh onto 30 years or more, Lamar was our track meet director. Four or five meets a year. Volunteers needed! He would call them. Sheets of paper for scoring the runners on clipboards. Eight stop watches, which meant eight volunteers to time the races. Poles for vaulting. Shots for putting. Javelins for throwing. Starting pistols. All inside his 1966 white Ford Galaxy. And after the meet was over, he would single-handedly go through all those sheets of paper and compile the results and publish them. He was astounding.

For sure, Lamar did everything he could, for as long as he could, to make running and our club successful. He succeeded, and in the process, he made himself famous.

He was relentless, in a good way. He was reliable. He was loyal. He was dedicated. Hard-working. As well as kind and understanding. He was great. Lamar was great. I miss him and I'm sure you do too.

**"Lamar did everything he could to make running and our club successful."**



# 10 questions with Errol Daniels Jr.

Age: 44

Occupation: BSA Operations Analyst

Family: Children Caleb Daniels and Ari D'Onofrio-Daniels

How long have you been a member of JTC Running? 10 years



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

My dad was a runner and I must have inherited it, but I didn't really start running until 2012. The company I worked for sponsored a race in which my department manager challenged us to participate and compete. Let's just say I've been running and training ever since.

Later I ended up working for Jacksonville Bank/Ameris Bank, who sponsors the Jacksonville Marathon, and began meeting more people involved in the running community. Now I enjoy running and being a part of the Jacksonville running community.

## How does running impact your mental health?

Running helps keep me grounded and gives me a space and opportunity to clear my mind of the clutter. Some runs help me focus on work, relationships, and/or a chance to space out when needed.

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

I usually have some race on the schedule, so I know it's best for me to keep moving even if it's a mile. I also like to listen to motivational speeches, and they can always be a good source of motivation or a nice kick in the butt to get moving.

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

I usually run alone and with music because I don't have a regular running schedule anymore. I run when I can, based on my schedule and it's harder for me to plan and schedule runs with my teammates and friends. Previously and now on occasion I run with partners that enjoy training for longer races and have similar race schedules and goals. Also, I look for partners that enjoy and have fun running.

## What is your favorite race and why?

My favorite races are Gate River Run and NYC Marathon. Gate is a local championship race with a fantastic after-party that showcases Jacksonville and our strong running community. NYC Marathon is the largest marathon in the U.S. with incredible crowd support, which is not really captured on television broadcasts.

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

I listen to music during training runs and longer races. I find that I like to run longer distances when I can just zone out to some good music. Sometimes it's just easier and more fun to listen to actual music than the sound of my breathing and footsteps.

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

Usually a Monster Sunrise energy drink and a double cheeseburger go perfectly after a great run.

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

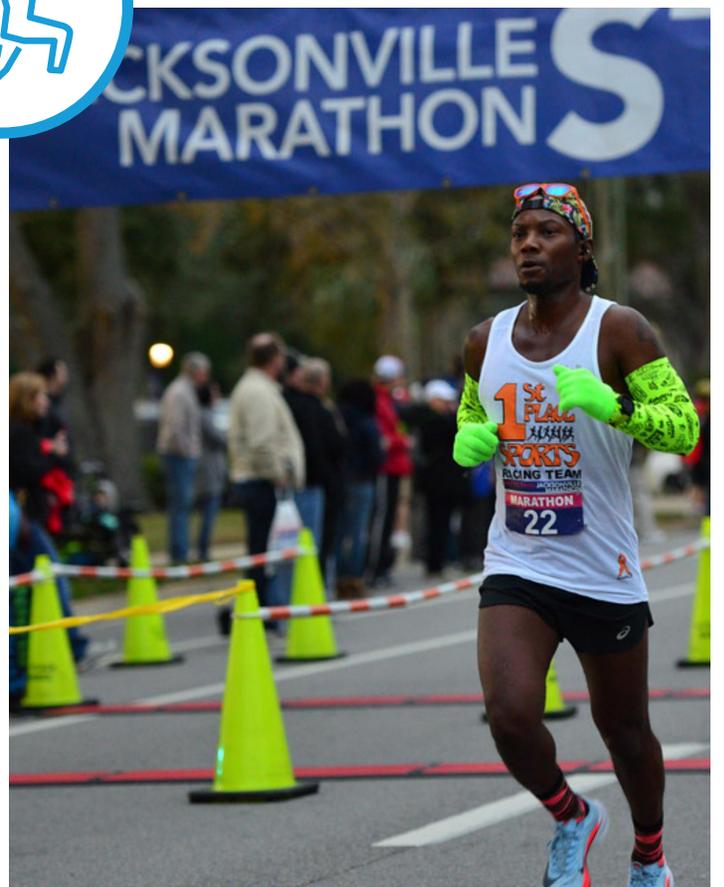
Usually, I can get my runs in on vacation early in the mornings, since I wake up early before my family and friends. I rarely sleep in, even on vacations.

### What is the most beautiful place you've run?

I think any place I can run near the ocean or waterfront is scenic and beautiful to me. I'm a sucker for waterfront selfies but look forward to more countryside dirt road and mountain trail running in the near future.

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

I love weight training and have lifted weights since playing sports as a kid. I generally try to eat healthy. I also like to play sports and games with my kids.



# Great turnout for the Emerald Trail Run



Photos by Fran Ruchalski



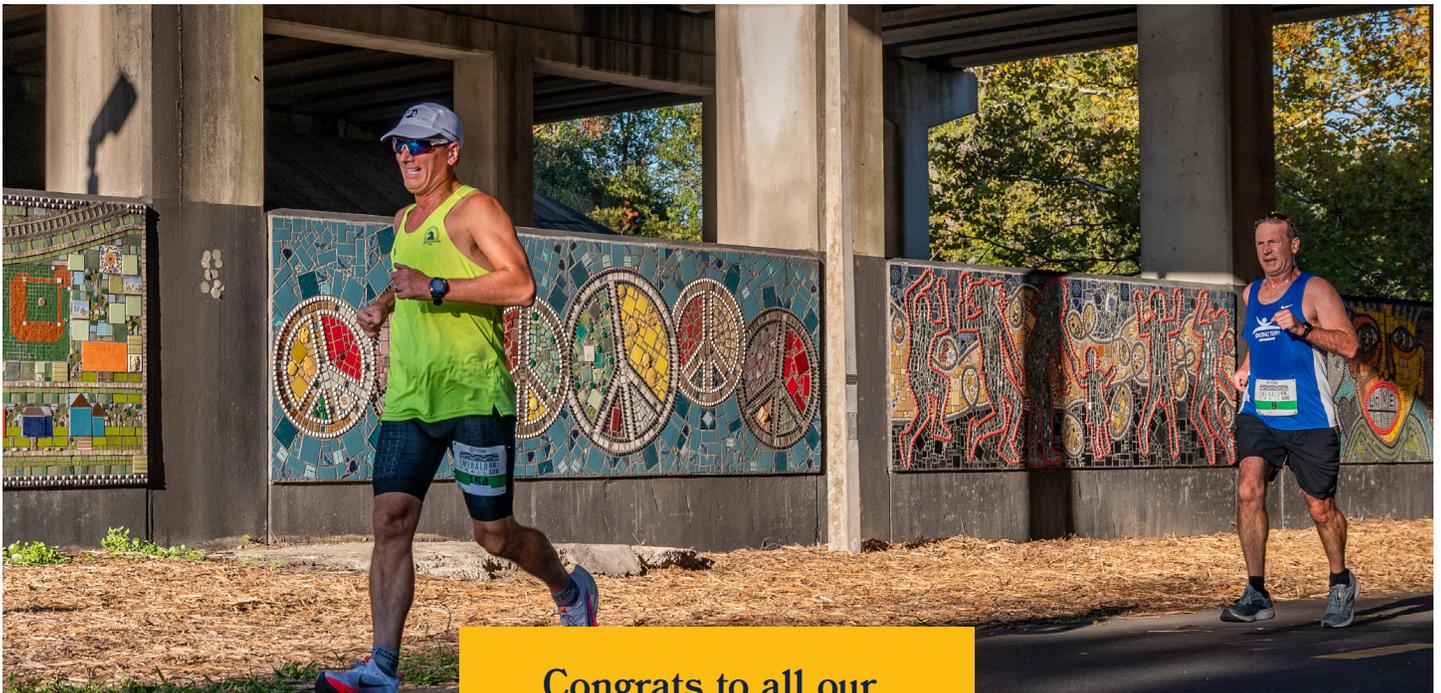
# Great turnout for the Emerald Trail Run



# Great turnout for the Emerald Trail Run



# Great turnout for the Emerald Trail Run



**Congrats to all our  
Emerald Trail runners!**



COACH'S CORNER

# Listen when your body speaks and saying farewell to Lamar, a selfless and humble man

By Sean McCormack

Being an experienced runner and having many friends that are also experienced, I have witnessed just how disciplined and dedicated the distance runner's mindset can be. It takes incredible self-motivation to develop and stick to a plan that is hopefully designed for you to hit your goals.

Most runners have a plan. It can be very meticulous, rigid and formal, or perhaps a little looser and more flexible.

Which is the best? Well, to answer that question let's look at the pros and cons of each.

Having a rigid, strict plan certainly keeps you on track. For these runners, cutting corners or making modifications are usually avoided. This type of approach is also measurable and it's very easy to see documented results. If the plan is well conceived, it increases in volume and intensity, follows a logical path as fitness improves, and is excellent at pointing to and planning out a schedule with a particular race on the calendar.

All of these are good components. However, a major drawback can be the inflexibility some may follow to deviate from the daily task. Here it would be wise to make sure you listen to what your body is telling you. For example, if a hard workout is planned but your body is fatigued, perhaps an easy jog or day off would be in order. On the flip side, if you're scheduled for an easy day, but you feel fantastic, perhaps consider a harder effort and swapping out an easy day for a more demanding workout.

With that said, I would suggest the former is far more important than the latter example, especially if your demanding workout is the very next day, where it may make sense to stick to the plan and get after it the next day.

**“Listen to your body and make a rational judgment call.”**

Bottom line is to listen to your body and make a rational judgment call. Going hard when you feel exhausted may in fact do more harm than good. Those who have little structure in their training may find this approach much easier to deal with than a mindset of “I've got to do this hard workout today at any cost, because that's what the plan calls for.”

However, when you have little or no structure, it becomes hard to measure and document progress. In this case you may be endlessly bouncing around. And it may be difficult to embark on a demanding workout on a whim if it's not written into your plan. To effectively get from point A to point B it makes sense that a certain degree of structure should exist in your training approach.

So, I believe the correct answer is to have a well thought-out, structured plan with a goal in mind, but also be wise enough to make adjustments if your body is telling you it's overworked and tired. I have yet to see a successful runner who just wings it every week, but I have also seen many runners go flat in their performances because they went too hard on days their bodies said “Hey, I need you to adjust because I'm just not feeling it.”

Finally, it is with a heavy heart and tears in my eyes that I would like to acknowledge the passing of a Jacksonville running legend, Lamar Strother who passed away November 7. I did not know Lamar as well as I should have, but as a longtime JTC member, I had numerous interactions with this amazing man. He was simply one of the kindest gentlemen I ever had the pleasure of meeting, and his decades of service to JTC as a board member are legendary.

I will always remember his meticulous recordkeeping and his gracious southern character. He could go back decades and give you results of every running competition in the area. When Lamar was honored at the 2019 JTC awards banquet with the Lifetime Achievement Award, it really was a special night for all of us, because of his selfless and humble character.

It's hard to find the right words to express Lamar's influence and I certainly am lacking in the skills to properly do so. One thing for sure, there will never be another Lamar. He broke the mold, and he was our treasure for so many wonderful years. All of us who connected with Lamar are truly blessed and humbled to have done so. Heaven now will enjoy our treasure. Rest in peace, Lamar.



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

## Upcoming Events

### GATE RIVER RUN TRAINING CLASS

Starts January 3rd, 2023



**WINTER BEACH RUN 10 MILE & 5K**  
**Jacksonville Beach Seawalk Pavilion**  
**Saturday, January 21, 2023**  
**Both races start at 1:00 PM**



# Integrating strength training will raise performance, lower injury risk



By Rob Coltman

It's almost 2023 and time for us to make some training goals for the New Year! When we look back at last year, inevitably there are items in our training that we wanted at some point to add in, but just never made the time to do so. These could be making it out to the track more often or doing more hill workouts. One of the items that frequently seems to make this list is strength training.

As we have written many times here in this column, science has clearly shown that strength training has so many benefits for runners, including performance enhancement and injury prevention, but it is often difficult to prioritize in the training schedule with a busy life. Additionally, it can also be confusing how to maximize strength training as running volume increases, as you don't want strength training to take away from your running training, or worse, cause injury. But it is very clear that more muscle will keep you running longer at goal pace as you will be more resistant to fatigue and will also help you run faster, as strength training teaches your brain to recruit more muscle fibers with every contraction.

Additionally, tendon tensile strength increases with strength training, as well. More fibers and stronger tendons equal more power equals faster running and more resilience against injury. It is very worth the time and effort to include it.

Periodization refers to training that is structured around periods of progressively loaded training stress to allow the body to adapt to the stress over time. We can do this with strength training as well as with training for running.

Most runners are already familiar with this and typically divide their training year into separate phases leading into races. Typical periodization phases include preparation, base, build, peak and race. Strength training phases should be complementary to these running training phases.

To match the Preparation and Base Phases of running training, there should be an **Adaptive strength training phase** made up of lower-load, body weight, core and balance exercises. Sets and reps should approximate 2-3 sets of 15-20 reps. Sessions should occur 3-4 times/week as intensity is sub-maximal. Emphasis should be placed on learning the strength movements, focusing on excellent technique and beginning to prepare the muscles and tendons for the higher levels of stress in the next phases.

This phase should last at least 6 weeks and can be longer if the Prep and Base Phase are longer.

The next phase is the **Strength Phase**. This phase correlates with the Build phase of running training. Now the emphasis is on increasing loads to build muscle and to further fortify tendons. Sets and reps should now be 3-4 sets of 10-12 reps. Loads should be challenging by the time you reach 10-12 reps. Training volume is increasing here in the Build Phase, and the strength training becomes more challenging, so times/week should reduce to 2 sessions/week. This phase should be at least 4 weeks long or longer if build lasts longer.

The final strength phase is the **Power Phase**, and it closely follows the Peak and Race Phases of running training. In the Peak and Race phases, the taper begins. Running volume decreases and running workouts get sharper, faster and shorter up until the race. In the Power Phase, the strength training incorporates faster more explosive movements, including plyometrics. Do 2-3 sets of 6-8 reps only 1-2 x/week. Strength sessions should be short and sweet, max of 30-45 min. No strength training should be performed 1-2 weeks out from the race.

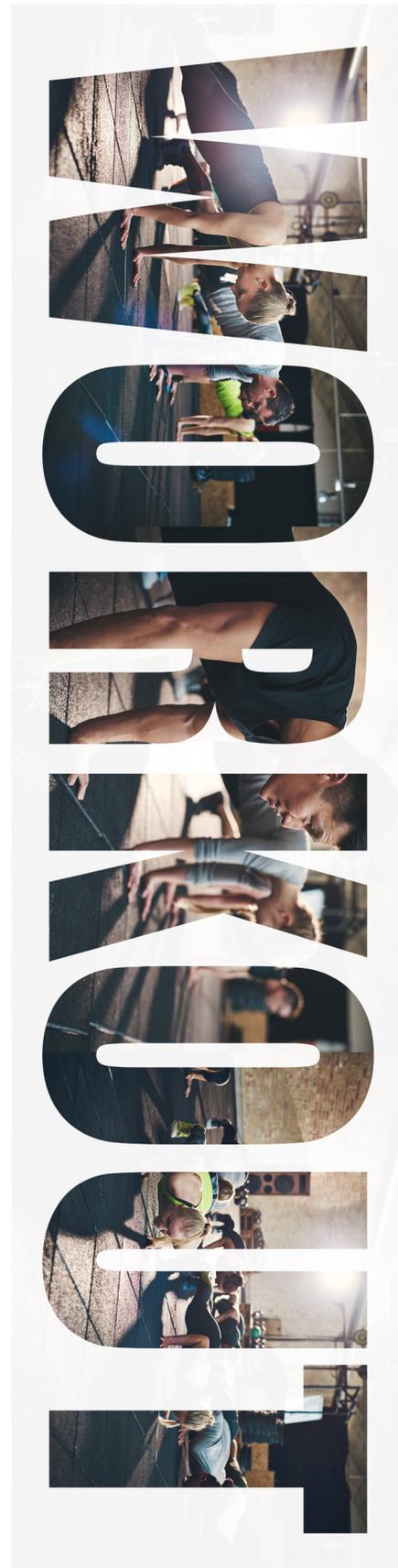
If you are able to successfully integrate strength training, performance will increase and risk of injury will decrease. As a rule, you should always do running training first, and make sure that the strength training is scheduled as far away from the harder running workouts as possible during the week. And, do remember, even if you can't make the recommended number of strength sessions per week, do what you can and at least perform 1 session per week. Something is ALWAYS better than nothing, when it comes to strength training with endurance sports.

If you have any questions about strength training with endurance sport, we are available at CBPT to answer your questions!

Rob Coltman, PT, MPT, OCS, MTC

Coltman & Baughman PT

(904) 853-5106



# ‘Popping up those knees’ and other suggestions to help you avoid falls while you’re out running



By Hubert Keen, Ph.D.

Early in my running years I tripped over a section of raised sidewalk and got scrapes on my knees and elbows, abrasions on the palms and a sore wrist. Soon after I asked a more experienced runner if he had ever suffered a serious fall, and he responded, unhelpfully, “I lift my feet up.”

In spite of that arrogance, numerous runners have told me they’ve fallen and gotten scrapes and bruises, and a few have sustained persistent injuries. For serious runners, is it possible to avoid falls? Probably not, but certain precautions will lower the probability of falling.

A research project addressing the incidence of injuries in runners concluded, quite predictably, that runners engaging in long tempo runs and those in the latter stages of long races were most vulnerable.

Physical status, whether from exhaustion or lack of conditioning and training, can increase the susceptibility to falls, as well as to injuries from other sources.

An image seared into my mind is the TV news video of falling runners near the finish line at the April 2013 bombing of the Boston Marathon. Not only the physical impact of the explosion could lead to falls but being near the finish line of a long race meant runners were exhausted and vulnerable.

Unless you have the advantage of access to an athletic track, choices about where to run can lead to unsafe surfaces. Almost every running course, whether for an organized race or training or leisure run, will have some uneven pavement, or at least minor hazards. There are reasons why you sign a release from liability for organized races; an important one is the imperfections of most race courses.

Sidewalks lined with large trees—such as the locally ubiquitous live oaks—will eventually be heaved up by the growing root system. (In the north, it's the freeze-thaw cycle that raises sidewalks.)

Most falls during training or leisurely runs have probably resulted from tripping over raised sidewalk or at the intersections with other roads where sidewalks usually dip.

The choices at times are not so clear between sidewalks and bike lanes on roadways that may expose one to fast automobile traffic whizzing by. Bike lanes on roads with light traffic are preferred as roadbeds are less likely to have significant discontinuities than sidewalks.

My current favorite is E-Town Parkway, where the road has a bike lane, and a section is a restricted wide bike and pedestrian roadway. Lightly traveled roads and streets without bike lanes are probably the most common training and leisure paths for runners.

Was the comment about lifting your feet, in spite of its provocative tone, born of expert knowledge? Racing mechanics matter. In coaching about the biomechanics of running, Jeff Wight (*The Starting Line*, January/February 2019) gives this advice: “Focus on ‘popping’ your knees up. Your feet are ‘along for the ride.’”

Although the original intent of Jeff’s advice is about maintaining cadence and stride length to run faster, training yourself to always “pop those knees up” will increase the clearance of the feet over irregularities in the running surface—and it boosts performance at the same time.

If it’s possible to avoid injuries during a fall, advice is usually to break the fall with one’s arms and hands or rolling the body during impact. The extensive experience of non-runners who have sustained injuries during falls suggests using the hands to break a fall may not be good advice. Unless the upper body and arms are well conditioned, a broken wrist or dislocated shoulder can result from extending the arms. (Think cross-training!).

It is, however, an instinctual response to extend the arms to break a fall, and because the unconscious part of the brain is in control of an unanticipated fall, this may not be avoidable.



Rolling the body forward and to one side, as downhill ski instructors advise, is preferable—if it can be done.

#### The best advice:

- Choose courses for training runs with less traffic and, preferably, bike lanes
- Avoid sidewalks lined with large trees
- Stay especially alert in the latter stages of long runs when exhaustion sets in
- Think about physical conditioning and how the body will land in case of a fall
- Develop the habit of “popping up those knees.”

Maybe these are resolutions to attain in the new year. Stay upright and have a Happy New Year.

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Designer: Amanda Pye

Submit Articles to: The Starting Line, c/o JTC Running,  
P.O. Box 58102, Jacksonville, FL 32241 OR  
m62news@gmail.com.

Deadline for ad insertion in the Jan/Feb issue is Jan 10th.  
Inquiries: The Starting Line, P.O. Box 58102,  
Jacksonville, FL 32241 OR douglastillett@icloud.com.

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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

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