

A close-up photograph of a person's hands tying the laces of their black and orange running shoes. The person is wearing white socks and blue shorts. The background is a bright, hazy sunrise over a field, with the sun low on the horizon, creating a warm, golden glow. The person is standing on a paved surface.

New Year, New Beginnings

THE
STARTING LINE
48 Years of Running

NEWSLETTER



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PRESIDENT'S LETTER

Returning to a familiar role after a decade

By Doug Tillett

Larry Roberts has been writing the President's Letter that goes on this page for the past 10 years. Every edition of our newsletter contained a new letter from Larry because he had been the president of JTC Running for all that time. He did a great job.

Larry worked the "job" of being president every day like he was managing a position at an important company, and he worked it like he was being paid for it, even though he wasn't. He volunteered his time and energy to make JTC Running the best it could be.

As president, Larry was creative and imaginative. He was always thinking of improvements he could make to the way he ran our club. (That's a little joke there – he "ran" our club. And we're a running club. Ha-ha.) He especially embraced modern computer methods and programs that enhanced our membership's access to our programs and to information about all the activities and events that JTC Running was hosting.

Larry concentrated on increasing the club's membership numbers and that concentration paid off. We have dramatically more people – runners, walkers and fitness enthusiasts – than we did when he began his presidency. He looked for innovative opportunities, like offering membership specials at opportune times, such as offering a discount if you join the club, along with signing up for certain events like International Running Day to Support Marathon High.

He never forgot about customer service. He stayed on top of all the messages, issues, problems and questions we received from our members, ensuring that we got back with them with an answer.



Larry was benevolent and embraced other organizations whose missions were like our own, such as Marathon High.

He also guided us into our close ties with Groundwork Jacksonville and the Emerald Trail. He developed good relationships with local government leaders and those relationships allowed us to thrive.

I could continue to go on and on about Larry being so great as president, even more than I already have, if you can imagine. But the reason I have been writing in the past tense is because Larry, around the middle of last year, decided he was going to retire as our president, but will stay on our board of directors. He gave the retirement news to our board so we could prepare ourselves and think about who would want to be our next president. The problem was that no one on the board wanted the job. Who could possibly take over from a man who was totally extraordinary?

It came down to the last meeting of the year and Larry was resolute that he was retiring, and a new president had to be installed. Still, no hands went up for the job. Franz Lerch, knowing that JTC Running couldn't continue without a president, nominated me, since I was one of the senior members of the board and I had served as president previously for six years, back at the turn of the century.

The board voted me in and now I'm "Mr. President" of JTC Running for 2023. Stunning! And now I'm writing the President's Letter. Thank you for your support.

EDITOR'S LETTER

Share your memories from Gate River Run

By Marilyn Young

Well, the Gate River Run is just around the corner and I'm looking for ways to tell the story differently, both before and after the race. That's where you come in.

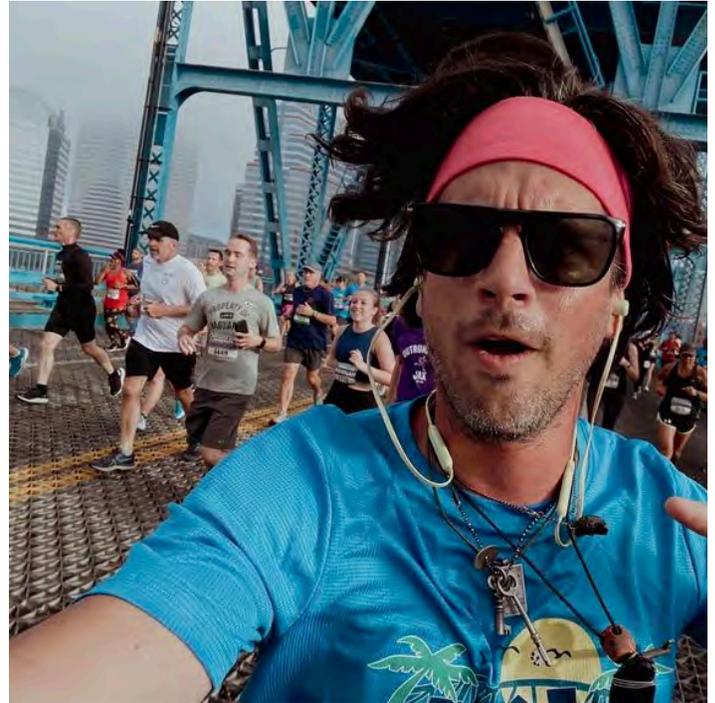
Before the race, I'd love to hear from families with multiple generations who are going to run this year. I want to know how the family got involved in running, how they train together and, of course, who's the best runner in the family. I reckon that may lead to some fun trash talk.

I'd also like to talk to people who are running for the first time. I want to know what motivated them to sign up, how they're training for the race and does the Green Monster intimidate them or do they just laugh at it?

And I'd like to hear from folks who are dedicating the race in someone's honor, as well as those who had to overcome illness or other adversities to be able to run this year. I know there are so many great stories out there, especially based on some of the ones I heard after last year's race. People were fired up and exhausted, excited and proud, and ready for a shower and a cold beverage. We featured a couple of them in the March-April edition of The Starting Line.

Katie Cox shared about running her first Gate River Run at age 40, which was a decade after having gastric sleeve surgery that helped her lose 100 pounds.

Despite having COVID that January, she was still able to run the race. "I just set my sights on crossing the finish line and what an amazing feeling it would be," she said.



Alex Trendler faced the Green Monster by laughing hysterically as he ran up the bridge. His day included having a woman yell "Hey, cutie" at him, then tossing him a doughnut. He also loved seeing people dancing in their yards as runners cruised by.

Based on the photo we ran of him (which we're running above with this column), he was certainly having a great time.

Even though I'm not a runner (as I've said many times before), I love to hear what motivates people to run the Gate. I also love to hear the stories of camaraderie among thousands of people, even though most of them are strangers. If you're willing to talk about any of these ideas (or you have a better Gate story), please send an email to storiesbymarilyn@gmail.com. I look forward to sharing your stories.

In the meantime, happy training for the Gate River Run. I'll be cheering for you!

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<https://jtcrunning.com/join-jtc-running/>



Training together to conquer that big Green Monster

About 90 people taking part in annual class to get ready for Gate River Run

By Fran Ruchalski

When the calendar turned over to 2023, that meant there were only nine more weeks before the 46th running of the Gate River Run 15K through Downtown Jacksonville. Only nine weeks to be among the 10,000 people to conquer the Green Monster and cross the finish line at TIAA Bank Field.

About 90 runners came together at the Baymeadows 1st Place Sports Store in the first week of January for the start of the JTC Running 2023 Gate River Run training class.

Coach Alex Bowles has been fully involved for the past five years as a participant, a pace leader and the coach. Her vision is to make the training fun, supportive, educational and motivational. In the long term, she wants the participants to enjoy running as a way to improve their health and fitness for a better life.

It's common for runners to do the training every year, no matter their skill level. Some of the more advanced runners in the race train with the class. This year, about 30 runners signed up for their first time.

The training is organized into novice, intermediate and advanced groups. Each group has a specific training plan for their level. They start out with short runs a couple times a week and one longer run Saturdays with their group. The lengths of the daily runs increase each week until at the end they're able to comfortably run 10 miles.

Each group is run by a pace leader who is an experienced runner and can help the members of their groups achieve their goals for the race. They are not the "all-knowing gurus of running," but friendly people who want the best for the runners. The groups come together on Tuesday evening and Saturday morning for group runs and discussions.



A.J. Slimp is one of the pace leaders who has been running for 11 years. This will be her fifth Gate River Run, and the fourth time doing the training.

"I trained on my own the first time. This gives me much more motivation to show up," she said. "Somebody's expecting you to be there. You have a pace in mind. You have a pace group to keep up with. We're separated into pace groups, and we stick together."

Her group runs for three minutes, then walks for a minute.

The Gate River Run is her big run, but she does some 5Ks and a couple of 10Ks during the year.

"I'm not a real heavy racer. I run three or four times a week, usually 3 or 4 miles each time and maybe a longer run on the weekends," Slimp states. "It's a really good group to join up with. It was down for a while because of the COVID stuff, but now it's coming back to where it was when I started."

Michael Manze is participating in the training class for his seventh or eighth year. This will be his seventh Gate River Run.

"I enjoy running and the class," Manze said emphatically. "But the combination of running with your peers, it's something that's just unparalleled. It brings you out. It makes you run better. It makes you a stronger runner.

"You don't think about running so much because you're running with people you really enjoy spending time with," he added. "When chatting with your friends, you open up your lung passageway, and you can run further, and you don't think how far you've run because you're talking and you're having good conversation.

"This morning we ran, and I didn't realize we'd gone three miles and had reached the point to turn around," he said.

"But it didn't feel like it.

When asked about dealing with the infamous Hart Bridge stretch, Manze said, "This helps. You have to do hill work to be able to run the Green Monster."

"We also have a training class where we get to practice running over the bridge. You do it once going over and then back again. On race day you only have to do it once. And that mentally prepares you where nothing will stop you. You know the finish line is at the end and it's a great feeling when you conquer that."

But it isn't only for those who want to run the whole way. Some of the participants will walk the course and some will combine walking and running to make it to the finish.

Lori Ghirardi is a pace leader with her partner in crime, Sherry Sanderford. They've been working with their group for seven or eight years. Members average about a 13-minute mile.

"The group is fantastic," she said. "Very encouraging, and we will never leave you behind."

Their group uses the Galloway Method, where they run for 30 seconds, then walk for 30 seconds or some run for 60, then walk for 30. It helps rest your legs and improves your speed and endurance, Ghirardi said. She's been running this way for about 10 years.

"I started because my husband, Mark, is a distance runner and when I married him, I had to catch up with him, so I had to learn how to run," she laughed. "It keeps me in shape and keeps me young."

"The group is fantastic. Very encouraging and will never leave you behind."





Ghirardi recalled having no confidence when she entered her first Gate River Run. She had trained with a group of runners who were much faster than her. Then on race day, she panicked. “I froze and I couldn’t do it,” she said.

But the crowd’s cheering and enthusiasm gave her the energy and strength to run.

“I actually cried when I crossed the finish line,” Ghirardi said. “Honestly, I didn’t think I could do it. But I was hooked. And I’ve done it ever since.”

But that Green Monster is still her nemesis.

“Every year, I swear I’m going to conquer it,” Ghirardi said. “More often than not, I walk up the bridge, but I always run all the way down. And that’s when you feel like a real runner, running down that bridge.”

She is a big proponent of the training class. “This group helps keep you accountable. You run every Tuesday night and a long run on Saturday,” she said. “And there’s a very thorough and well thought-out plan they provide for you with your mileage during the week to keep up with your training and make sure you’re staying on track.”

Ghirardi is so dedicated to the training group that when she and her husband moved to Ireland for his job, they virtually trained with the group. On the day of the Gate River Run, the couple ran 9 miles.

“We did it because we have that much of a friendship with the group,” she said.

Manze echoed the thoughts of other participants in the program.

“Alex is doing a great job leading the class and she’s following Jennifer who did a fantastic job over the years as well. Their leadership keeps us on track,” he said. “They make sure everyone feels welcome and placed in a proper running group for their pace. And I think it’s the best running group in the city.”

The Gate River Run will still be a challenge for many, but those who have participated in the training class are ready to take on the Green Monster.

Gate River Run Training Class



Gate River Run Training Class



10 questions with Michelle Grippi Baker

Age: 48

Occupation: Financial advisor

Family (including pets): Ken, Megan, Cash and Dollar

How long have you been a member of JTC Running? 5-plus years



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

I didn't discover the joy of mileage until I was an adult. I grew up hearing about the Gate River Run and thought it would be a nice goal to try. I ran my first GRR in 2007 and soon thereafter joined the Jacksonville Galloway group, then JTC and most recently Moms on the Run. Jacksonville has the BEST running community and being a part of it all just brings me so much joy.

How does running impact your mental health?

We all experience stress at some level. I love the structure that running brings, and the time outdoors working toward a goal. A 5 a.m. run with friends sets the tone for my day. I find I have more energy and focus. Plus, the social aspect is pretty great, too. When we run, we talk through things on our minds and help one another.

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

The accountability of meeting up with people is important. I will never miss a run when someone is counting on me to be there. But, I also enjoy other fitness activities. I think it's really important to just keep moving. Take a walk, bring out the kayak, ride a bike, take a fitness class.

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

I love running with friends, and of all abilities. If you are a morning person, we will get along just fine!

What is your favorite race and why?

Donna Marathon weekend. I love seeing the community involvement throughout the course and the amazing support for our survivors. I love that the running community comes together helping fund cancer research.

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

On the rare occasion that I am alone, I will listen to music. But mostly I am running with friends and prefer to talk and listen, building relationships.

How do you reward yourself after a great run?

Breakfast at a local restaurant

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

This question made me laugh. ALL of my travels include a run. It is because of my running habit, I've gotten to explore Mount Rushmore and Mount Rainier, run Rock n' Roll races in Tempe, Arizona and Nashville, Tennessee, and pre-pandemic, I took a race-cation to Bermuda! For business trips, RunGo is my favorite app so I'll know what routes to explore before the meetings start.

What is the most beautiful place you've run?

Mount Rainier in Washington state. After we finished the race, we found a cold stream to sit in. Nature's perfect recovery!!

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

I enjoy cross-training at Philips Highway Fit Body Boot Camp, taking classes at Club Pilates, Mind/Body Yoga at Yoga Den and the occasional Peloton spin. Fitness is the "book ends" of my day. I try to start and finish each day with an activity I enjoy.

10 questions with Michelle Grippi Baker



10 questions with Michelle Grippi Baker



New & Returning Members



Aileen	Abelgas	April	Crews
Casey	Adams	William	Darfler
Shelly	Allen	Tommy	Dates
Richard	Amell	Mandel	Dauphine
Nels	Andersen	Jabari	Davidson
Bjorn	Anderson	Inita	Davis
Lauren	Andry	Adam	Decle
Charlotte	Ashford	Kenneth	DeFord
Daniel	Ashworth, Jr.	Charles	DeLay
Margaret	Barton	Jose	Delgadillo
Mary	Bascom-Pooler	Jennifer	DeSantis
Sue	Basil	Sharon	Dixon
Linda	Benson	Stephen	DoRego
Janet	Bezinque	Gary	Droze
Eugene	Biala	Matt	Duffy
John	Bolin	Amber	Duke
Alex	Bowles	Will	Dunlap
Thomas	Brauer	Elaine	Dusetzina
Amber	Brown	Melissa	Dykes
Taylor	Brown	Steven	Eagerton
Michael	Browne	Ron	Elinoff
Reagan	Bush	Gabrielle	Encarnacion
Deryle	Calhoun	Adam	Estanislao
Colleen	Clarson	Laura	Evans
Victoria	Cochran	Wendy	Evans
Eryn	Compaan	Karie	Ewing
Gary	Corbitt	Charles	Farr
Amiee	Cords	Billy	Fehrs
Amanda	Crawford	Lindsay	Fernandez
John	Crawford	Bob	Ferneer

New & Returning Members



Emma	Ferris	Justin	Hodges
Kelley	Fitzgerald	Daniel	Hofacker
Kylee	Flannagan	Bruce	Holmes
Leigh	Fogle	Dawn (Nicky)	Hornal
Kristina	Foster	George	Hoskins
Brandon	Fox	Jason	Howard
Matthew	Franszczak	Steve	Hunt
Mark	Gannon	Kaitlyn	Jackson
Mario	Garces	Ralph	Johnson
Gabriel	Garcia-Fuentes	Krysta	Johnston
Fred R.	Gaudios	Carman	Kasper
Kathryn	Gay	Michael	Kearney
Stewart	Geiger	Robyn	Keeley
Mark	Ghirardi	Kellie	Kelleher
Becky	Gibson	Edward	Kelly
William	Gillespie	Mike	Kember
Hal	Gilreath	Matthew	Kennedy
Brandon	Gouthto	Kevin	Kenney
Troy	Grant	Jamie	Kirchert
Eugene	Hamric	Matthew	Kirkland
Nancy	Hamrick	Alan	Knauf
Angelina	Hannah	Jennifer	Knight
Renee	Hardy	Kristi	Koerner
Dennis	Harrison	Michael	Krakosky
Leslie	Hart	Kelsey	Krebs
Amie	Harvey	Jonathan	Krisak
Arianna	Hawthorne	Eddie	Lacroix
Amelia	Henderson	Jennifer	Lagner
Tammy	Henson	Hope	Lattin
Paul	Hibel	Gordy	Law
Hal	Higdon	Alex	Lee
Genie	Hilton	Tracy	Lee

New & Returning Members



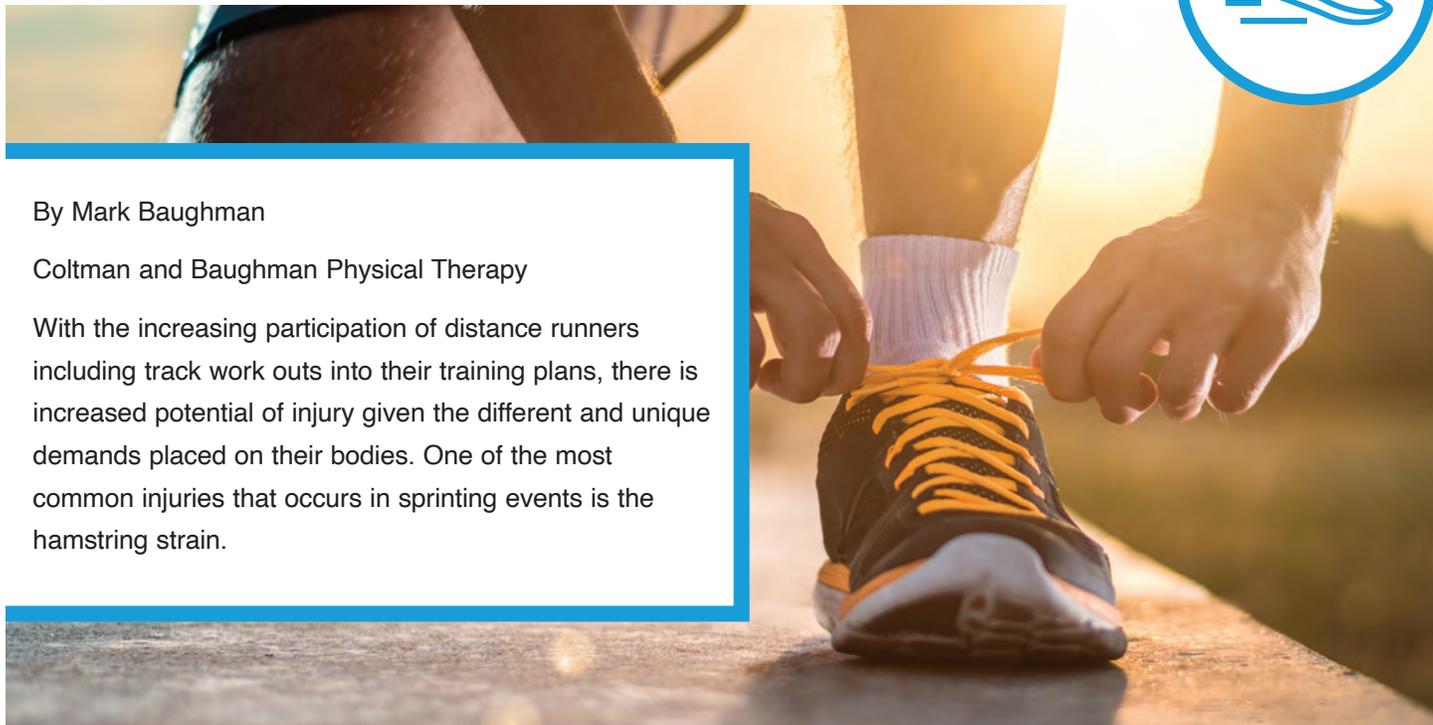
Melissa	Lenertz	Nathan	Powell
Justin	Loyd	Carrie	Prewitt
David	MacKinnon II	Sarah	Provost
Dillon	Mantei	Mills	Ramseur
Michael	Manze	Katy	Rasp
Jennifer	Mazzarella	Emily	Raymor
Maggie	McCloskey	Ben	Renshaw
Mike	McConatha	Lauren	Rickoff
Maureen A.	McCormick	Dee	Robertson-Lee
Mandy	McCune	Karen	Romito
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Rick	Natsch	David	Schreck
Amy	Ogilvie	Jean	Schubert
Collene	Padgett	Erin	Seaton
Joe	Palsha	Jonathan	Shaal
Kelsie	Parker	Wright	Shamp
Kelly	Parks	Denise	Shedlock
Sarah	Patterson	Kristoffer	Shore
Ted	Patterson	Scott	Silliman
Paula	Pavao	Dee	Sittig
Phillip	Perry	Jeremy	Smith
Kimyata	Perry	Rodney	Smith
Sara	Pleasants	Lisa Ann	Smith
Kendra	Pooler	Jennifer	Somers de Gale
Leigh	Powell	James	Speed

New & Returning Members



Stacie	Stemm
Jay	Stowe
Dawn	Sumner
Ian	Swann
Pensuvan	Taylor
Wade	Taylor
Teresa	Taylor
Jennifer	Taylor
Brian	Thieman
Julie	Thieman
Bill	Thomas
Nathanial	Thurston
Cheryl	Torain
Kelly	Treadaway
Brianna	Tribou
Nikita	Turrentine
Arica	Varnadore
Kimora	Watson
Karen	Wendzel
Barbara	Werner
Justin	Wiggins
Sarina	Wilkie
Kara	Williams
Steve	Williams
Laura	Wood
Bruce T.	Zewicke

Protect yourself from nagging hamstring injuries



By Mark Baughman

Coltman and Baughman Physical Therapy

With the increasing participation of distance runners including track work outs into their training plans, there is increased potential of injury given the different and unique demands placed on their bodies. One of the most common injuries that occurs in sprinting events is the hamstring strain.

The reason this can be one of the most dreaded injuries is due to both the loss of time of sport participation and its high rate of re-injury. Hamstring injuries have an injury recurrence rate of up to 30%, with most of those injuries being within the first two weeks of return to the sport.

Given the devastating effects that a hamstring strain can have on a training plan and sport participation, any information on hamstring strain prevention can be valuable.

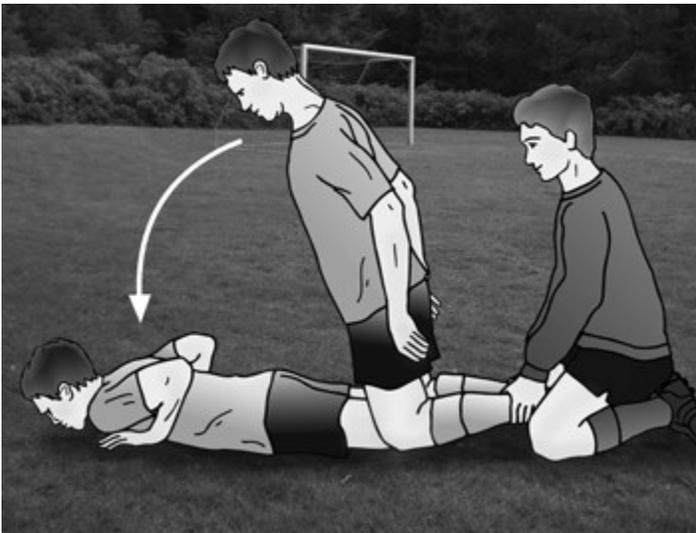
There has been no shortage of research performed to assess both risk factors of hamstring strains as well as possible preventative interventions. One of the most consistent risk factors seen throughout the research is a weak eccentric hamstring to quadricep strength ratio.

This makes sense given that hamstring strains during high-speed running are generally believed to occur during the last part of the swing phase of the gait cycle as the hamstring eccentrically acts to decelerate the limb prior to the foot contacting the ground.

In light of the fact that most hamstring injuries occur during the eccentric phase of running and that weakness in eccentric hamstring strength compared to quad strength is a risk factor for sustaining a hamstring strain, it only makes sense that improving eccentric hamstring strength should decrease your potential of hamstring strain injuries.

There have been multiple studies to assess this exact concept. One such study looked at almost 1,000 soccer players to compare the effect of incorporating specific eccentric hamstring strength training into their normal training plan. The group of soccer players that did incorporate this specific eccentric training into their training plan showed a marked decrease in number of hamstring strains compared to the control group.

Pictured in the graphic is the specific eccentric exercise (Nordic eccentric hamstring curl) and the training schedule used.



Nordic Hamstring Exercise Training Protocol

Week	Sessions Per Week	Sets and Reps
1	1	2 x 5
2	2	2 x 6
3	3	3 x 6-8
4	3	3 x 8-10
5-10	3	3 sets, 12-10-8 reps
10+	1	3 sets, 12-10-8 reps

Reproduced from Petersen et al. (2011)

Incorporating this type of training plan into your current strength training program may help decrease your likelihood of sustaining a hamstring strain. You may particularly want to do this if you participate in track workouts.

I will end with one word of caution. This is for the uninjured runner – if that unicorn exists! It is not intended as rehab for a runner who currently has a hamstring strain or tendinopathy. This is likely too challenging of an exercise for someone without specific medical guidance.

The other piece of advice I will offer to the runner who has sustained a hamstring strain is to seek out a physical therapist for a formal rehab plan rather than trying to manage it on your own given the high rate of re-injury. These injuries require a properly dosed progressive strength plan to make a full recovery and decrease the risk of re-injury.

Mark Baughman DPT, ATC, OCS

Coltman and Baughman Physical Therapy

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Upcoming Events

LOOKING FOR VOLUNTEERS! OPPORTUNITIES AVAILABLE!

JTC Running Booth at Gate River Run Runners Expo

<https://jtc.wildapricot.org/event-5128257>

JTC Running Hospitality Tent at Gate River Run

<https://jtc.wildapricot.org/event-5128260>



Understanding how sleep, or the lack of it, can impact running and other parts of your life



By Hubert Keen, Ph.D.

My friend Michelle ran the New York City Marathon last November. She lives in the eastern suburbs of the city, yet the logistics of getting to the race, ready to start in her assigned wave, was a challenge. She tried to get to bed early but was only minimally successful, in part because of the excitement of the event. She awoke at 3 a.m., embarked upon a three-hour journey to get to the holding area and started the race at 9:10 a.m.

It is not uncommon for runners to endure sleep deprivation during the night before a morning race. Does the loss of sleep affect race performance? At the least it would make for a demanding morning, and in Michelle's case, was exacerbated by the unseasonably warm day.

The importance of sleep, and especially sleep deprivation, by athletes has been the subject of considerable research in recent years.

Yet, we have a cultural view of sleep that is contrary to thoughts of its retarding performance.

Matt Dixon, a coach of high-level executives who participate in ultra-triathlons, sums it up this way in the December New York Times Magazine: "A lack of sleep used to be a badge of toughness among high-performing people. Now it's a badge of stupidity. Every single high-performing CEO that I work with prioritizes sleep. Every single one. I don't work with a CEO who doesn't sleep at least seven hours every night."

The necessity for a kind of deep sleep (referred to as non-REM sleep) that we normally enter upon first falling asleep is absolute. Humans cannot live for extended days without it. That deep sleep rotates through the night in roughly 90-minute cycles with a more-shallow form (REM). Numerous essential physiological functions take place during deep sleep. It is well established that removal from the brain of metabolic by-products of metabolism, the "housekeeping" function, takes place during deep sleep.

However, are these biochemical functions essential in the short-term when a runner doesn't get enough sleep the night before a race, as happened with Michelle? Research reveals it depends on the nature of the race. Performance in short events where quick powerful running is necessary, as in a 5K race, is found not to be affected by modest sleep deprivation. (However, if you have imbibed excessive alcohol or experience anxiety resulting from a social event, all bets are off. There is no cure for a hangover.)

On the other hand, athletes participating in endurance events such as half-marathons, marathons or longer are shown to have somewhat diminished results with too little sleep. In general, short-term sleep deprivation is considered less of a problem for performance.

The more important factors in the demanding training and running of races are sleep patterns that are established for periods of days before performance and sleep for recovery after bouts of extended exertion.

An interesting study of basketball players at Stanford University found that when sleep time was extended to 10 hours per night and practiced as a pattern for days before competing, sprint times, free-throw accuracy and three-point accuracy all improved. The same result was found for the accuracy of tennis players' serves. Shooting and serving involve fine-motor skills as well as power, whereas sprint time relies on powerful muscle output, and it's therefore interesting to see that both were affected by extended sleep.

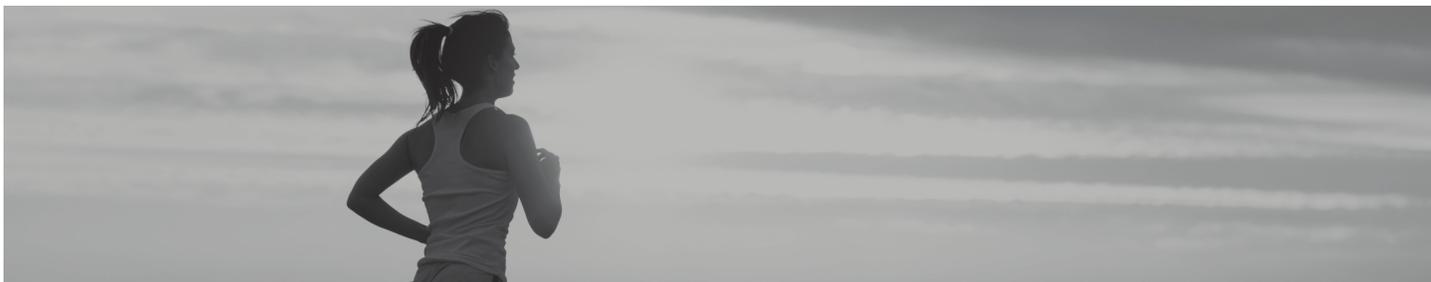
With respect to quality of sleep during recovery in nights following a demanding event, it is essential for sustained athletic performance. Physiological processes that transpire during sleep help to return the body to its normal functioning level, a status called homeostasis. The extreme soreness and inflammation following a long race or hard training event can diminish more quickly with quality sleep time. Today there are technological applications, such as compression garments for the legs or ice baths, that are used as aids to speed recovery.



Most of us however don't have technological aids nor want to take an ice bath (prescribed temperature 52°F!). In any case, they cannot replace the positive effects of natural rhythmic deep sleep in the days after a long race.

The body has accommodated itself over time to a normal underlying pattern of sleep-wake cycle, called the circadian rhythm, some portion of which is genetic (humans are naturally active during the day). Could Michelle have simply gone to bed at 7 p.m. the night before the race in order to get her normal sleep time? When I've tried this, I normally lie mostly wide-eyed until my normal sleep-time arrives. The body's circadian rhythm may be shifted to some extent over months. However, it is highly resistant to accommodating a shift in the short term.

In addition to the underlying sleep-wake cycle, there are individual differences in propensity to be active in the early morning versus later in the day. A tendency to "morningness" or "eveningness" is referred to by researchers as chronotype. The minimal research on chronotype finds that individuals with tendency to prefer morning activity perform better in athletic competition, although that result is quite preliminary.



The time of day when your performance peaks depends on the type of skill, with all types peaking in the afternoon in correlation with the high point of the daily cycle of body temperature. The body reaches its lowest temperature in the early morning, around 5 a.m. (note how you want to pull on an extra blanket about that time), and its highest point in the mid- to late afternoon. The range from low to high can cover 3°F or more. Power performance peaks later in the afternoon than fine motor type activities. These findings lead coaches to urge more extensive warm-up time for early morning training or competitive events, especially when the air temperature is low.

Drugs such as melatonin, and obviously other sedatives, can help to induce deep sleep. Two complicating factors can result from the use of sleep aids. First, although melatonin is a natural chemical produced in the nervous system and can help you fall asleep—and it is considered safe—when taken orally it does not induce the kind of rhythmic sleep that ensues from natural sleep. Sedative drugs induce the deeper type of sleep but not the alternating form of shallow sleep. (Essential functions of the shallow phase of sleep are not well understood.) And second, habitual use of sleep aids can induce psychological dependence—although probably not physiological dependence. (Advice about the use of drugs for sleep should be sought from your physician.)

Quality sleep has various other implications for a healthy lifestyle that are not discussed in this article. Although sleep in relation to athletic performance has been less prominent in research over the decades, we now know enough that the committed athlete can improve the probability of higher performance, but also most assuredly increase general health, by complying with a few contributors of quality sleep, detailed in the graphic at right.

Tips for a good night sleep:

1

Accept that the recommended 7-9 hours for adults is the standard (generally longer for adolescents), and be less concerned about short-term loss of sleep, such as a single night, especially when the deficit can be made up in short over.

2

Commit to quality sleep during the days after sustained endurance events.

3

Third, entrain your daily sleep cycle to specific hours and persist to the extent possible in obeying that cycle, especially during recovery from a demanding race or training event.

4

Fourth, take advantage of known and trusted coaching advice, such as adequate warm-up, especially in early morning races or runs.

5

Avoid anxiety inducing activities, alcohol, caffeine, nicotine, or other chemicals that disrupt sleep before bedtime. And sweet dreams – which incidentally occur during the shallow REM cycle of sleep.

COACH'S CORNER

Do you love to win or hate to lose? The two are very different

By Sean McCormack

Do you love to win or hate to lose?

In my business life, this is perhaps my favorite interview question when I have hired sales managers or representatives. Interestingly, there really isn't a correct answer as long as someone can explain their choice. I have found many insightful answers to this question, and the purpose of this article is to relate it to the running experience.

As I have written previously, everyone should have a goal. It keeps us motivated and focused, and helps formulate a logical training plan that increases the likelihood of goal achievement.

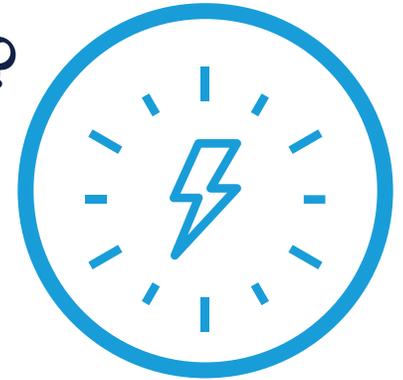
As we all know, when you set a goal, it is normally a journey to achieve the milestone. That journey usually involves ups and downs over a period of time.

For those of us that "hate to lose," the down times or negative experiences can act as a catalyst to buckle down and perhaps even focus with a more dedicated effort. If you "love to win," caution must be exercised so that you don't lose focus and motivation when things don't go your way.

On the flip side for those that "hate to lose," goal achievement can be rarely enjoyed. In my case, this was certainly true. It was always an outlook of "so what, now what?" Goal reached and now I'm immediately off to the next challenge.

If you "love to win," you certainly may enjoy the accomplishment, and take enjoyment and savor the moment of a job well done.

Certainly, two different ways of reacting to achieving a set goal. So, which one is correct? As I stated in my opening, there really isn't a correct answer. It depends on what makes you tick.



“Everyone should have a goal. It keeps us motivated and focused.”

Since I fall into the "hate to lose" camp, I always felt my perspective was significant in my continued improvements. I was never satisfied with goal achievement, and the cost was I never really enjoyed the accomplishments as much as I should have.

For those that "love to win," the challenge may be can you stay driven and focused to continue to set stretch goals that set the foundation for continued improvement?

In summary, it is an interesting question to ask yourself. And understanding the pros and cons of each perspective may help in a runner continuing to stay on track while at the same time stepping back to enjoy a job well done.

Have questions for Coach Sean?

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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 Boulevard and First Street. 5-10 miles.
Contact: Linda White, cell (904) 662-4928
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
(904) 982-3730

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Contact: Paul Smith, 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
(904) 982-3730



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