



Another great year
for the Gate River Run

THE STARTING LINE

48 Years of Running

NEWSLETTER



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PRESIDENT'S LETTER

Calendar filled with many great events for members

By Doug Tillett

The nation's best road race, the Gate River Run, was run back on March 4 but the memory of the event has stuck with me since then. As the new president of JTC Running, I'm proud of the fact that we have such an outstanding race that is extraordinarily managed and conducted, embraced by the entire city, and participated in so fully by our club's members and other runners.

It was a big year for GRR with lots of registrants, finishers, spectators, sponsors and volunteers. The rain that fell after the two-hour mark dampened the roaring party at the post-race celebration but many of us partied on regardless. We found ourselves a bit short of volunteers this year. I'm surprised by that because Jacksonville has always been an "I'm in" community for volunteerism. I'm sure you know that it takes a zillion volunteers to put on a race the size and scope of Gate River Run.

What you might not know is that there are plenty of jobs that you can do and still run the race. Even after the race has been run, there are important tasks that need to be done where you or your friends or your family might be able to help. Please keep this in mind and resolve to volunteer for a job at the race next year. It's fun and it will make the whole event more meaningful for you.

Looking at the calendar, JTC Running has scheduled the dates for our Summer Track Series. All three meets will be at The Bolles School's track and will be professionally timed. The first meet will be Saturday, May 6. We open the track for registration at 3 p.m. with the first events around 4. The second meet will be a month later, on the morning of Saturday, June 3.

The third meet will be on the morning of Saturday, July 1. Look for more info on our track meets on JTCRunning.com and look under "Events."



This could be your year to come join us at Bolles to run an event on the track. I bet you've thought about it because practically every runner has. You can practice running on the Bolles track with the JTC Running Workout Group on Wednesdays at 6 a.m. and 6 p.m. The club rents the track for you to run on and it's free, but you have to be a member. Sign up for the Track Workout on JTCRunning.com under "events."

In addition to running at our track meet, or instead of running at the meet, we are going to need volunteers to properly staff our meet so think about helping out, please. Looking further along in the calendar, this year's Global Running Day Fun Run to Support Marathon High will be on the first Wednesday evening in June (as always) on June 7 at 1st Place Sports Baymeadows. It's another fun event that is popular, not stressful, yet very worthwhile. Your donation to Marathon High is matched by the club, so it will go a long way toward funding the program in Jacksonville. A big plus: Food is included after the fun run. And beverages! We will offer a discount if you renew your JTC Running membership at the Global Running Day Fun Run. Get your friends to do this event with you.

The last thing: JTC Running is a Road Runners Club of America club and as such, all our club members (you!) are also RRCA members. Look over the RRCA programs on their website at rrca.org. I was our club's representative this year at the RRCA Convention, which was the last weekend of March. It was very educational, insightful, and enjoyable and will help make me a better president for you this year. Remember to go running and have fun. Thank you for being a JTC Running member.

EDITOR'S LETTER

Out-of-town friends amazed by the River Run experience

By Marilyn Young

I wasn't in town on Gate River Run day, so I missed watching the race from along the route. But some friends from Indiana were vacationing in St. Augustine that weekend and decided to join the crowds in Jacksonville. Patty and Fernando are longtime runners and compete in several races each year around the country. But this was their first experience with the River Run. They had a ball, even as spectators.

They watched runners from several places along the route and spent some time talking to people who were cheering on the runners. The signs, the cheering and even some singing (one group was serenading runners with songs, including "We Are the Champions") far exceeded what they had experienced in nearly every race they've run over the years.

Fernando, who's run the Boston Marathon a couple of times, said the Gate crowd was every bit as supportive and entertaining as what he's seen in other races, including in Boston. But he sensed a difference here than what he's seen at other races. "I liked that it still had that hometown feel," he said. "I liked that people who weren't even running were not only having a great time, but they were also so proud of the race and the people running."

I think there are a lot of reasons for that pride. First, I'll give a shout-out to JTC Running, which does a phenomenal job of organizing the chaos that comes with operating a nationally recognized race that draws premier runners from around the world. I'm betting that it must, at times, seem like trying to tame a hurricane.



Second, the sponsor is Gate Petroleum, a well-respected company founded in Jacksonville. Gate, started by the Peyton family in 1960. Gate has been the title sponsor for nearly 30 years.

Third, the day isn't just about the 15K race. There's something for nearly everyone. The Brooks Challenge Mile makes the event accessible to those with physical limitations; there's a Diaper Dash for children ages 4 and under; and the Synovus 5K for Charity is a great opportunity for runners who prefer a shorter distance and want to give back to the community. There's also the Junior River Run, which is a free one-mile event for children 13 and younger. I've been on the sidelines many times, looking for old friends who are running and making new friends who are cheering.

If I had been there this year, I would definitely have looked for my new friends, Karen Prewitt and her son, Caleb.

This was Caleb's first year to run the Gate, which is a great accomplishment for any 15-year-old. (He has since turned 16.) But it's even more special because it's just another goal Caleb has accomplished despite having Down syndrome. Check out his story on Page 6. I know you'll be inspired just like I was.

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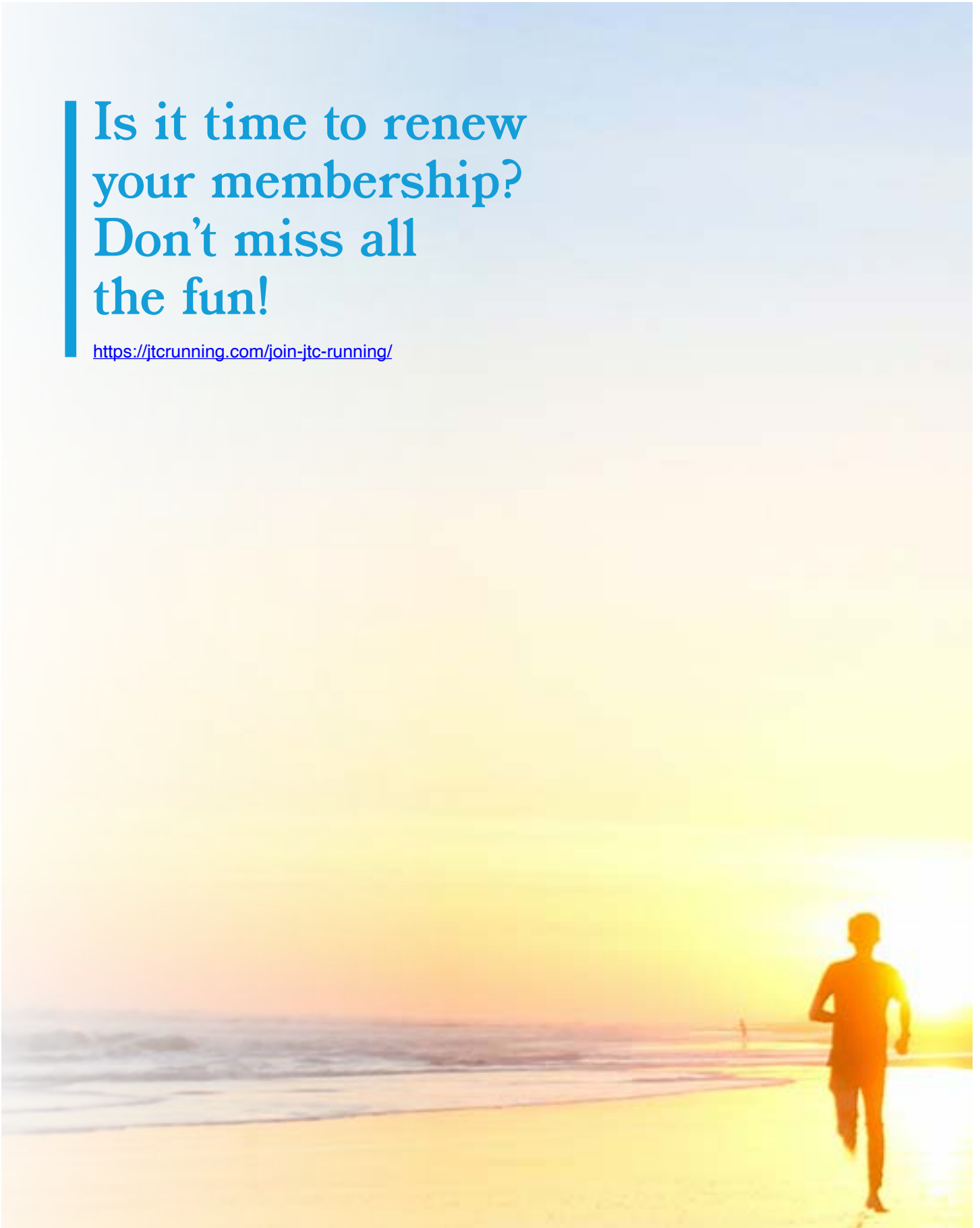
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Is it time to renew
your membership?
Don't miss all
the fun!

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



The beautiful story behind a teen runner with Down syndrome

By Marilyn Young

The weather was really yucky as Karen Prewitt and her teenage son Caleb were making their way over the Hart Bridge during the Gate River Run.

They had practiced running over the notorious Green Monster in the weeks before the race so Caleb would know what to expect in his first River Run. But on race day, rain and wind, followed by more rain and wind, were starting to pound the fun out of the race for Caleb. Karen could see it on her 15-year-old son's face. (Caleb has since turned 16.)

But the big Green Monster and the yucky weather were no match for the kindness of two strangers. Tinesha Byrd and Tracy Thompson had been running with the Prewitts for a couple of miles.

The two women had seen the "Caleb's Crew" shirts they were wearing. They had seen this special young man who has Down syndrome chasing his goal of running the Gate. And they were going to help him get there.

Mom and Caleb start running together

Karen has been a runner pretty much all her life. She and Caleb started running together in 2020 during the early days of the COVID-19 pandemic. It was shortly after he met Chris Nikic, the first person with Down syndrome to finish an Ironman triathlon.

Karen then saw that Special Olympics was offering a Couch to 5K program. She told her Caleb, who was 13 at the time, "There's nothing else to do. Let's try this."

She also gave Caleb a little extra enticement by telling him he could win a ribbon if he finished in a certain place. So, Caleb was all in. To say he didn't like running at first is an understatement. "It was a struggle to get to the end of the block," Karen recalled.

But, in typical Caleb style, he kept practicing and practicing. Three months later, they finished the annual Thanksgiving 5K in Jacksonville.

"He was beaming to accomplish something we had been working on for three months," Karen said.

Taking on more challenges

Next up for Caleb was a Special Olympics statewide triathlon. "We jumped in and started swimming, biking and running," Karen said.

They hadn't been swimming for a while and it took Caleb some time to get back into it, but he did. He learned to ride a two-wheel bicycle at camp. And the two were running road races held by 1st Place Sports Running, owned by JTC members Doug and Jane Alred.

Karen said she and Caleb "found a community" with the 1st Place Sports Distance Project, an inclusive race team for people who are passionate about running. "Everyone was very supportive," she said. "There were no questions that Caleb should be there."

Caleb's first 10K was the Hellcat in Green Cove Springs, where the course circles a former Navy air base. The weather was terrible.

The temperature was in the 40s, the wind was blowing and it was misting rain. Karen wouldn't have blamed Caleb if he had decided not to run that day. But the yucky conditions didn't stop him. Caleb conquered the race.

The next challenge became Jacksonville's marquee race: the Gate River Run.

Preparing for the big day

Karen and Caleb started training for the Gate last fall. They trained hard so they could finish the 15K race, which is 9.3 miles. Training for distance is one thing. Training for the Green Monster is another.

Mom and son participated in a PRRS Running Club event where they could practice running over the bridge. It was 40 degrees and windy, Karen said. Not only did Caleb slay the Green Monster once that day, he slayed it twice. That didn't surprise Karen.

She's seen her son exceed other people's expectations all his life.

"When you have a child with a disability – Down syndrome or whatever it is – the medical community is not very encouraging in the beginning," she said. "They tell you to set the bar low and see how far they can go."

Caleb has proven time and time again that he's not just going to barely get over the bar, he's going to soar over it, no matter where it's set. And it was a beautiful thing to see his confidence grow while training for the race.

Anytime Caleb needed a reminder of the big day, he could check the family's calendar to see the big blue circle around race day. That blue circle isn't Caleb's only connection to the race. His mom watched the livestream of the event while she was in the hospital when Caleb was born.

Now, nearly 16 later, they were going to run it together.

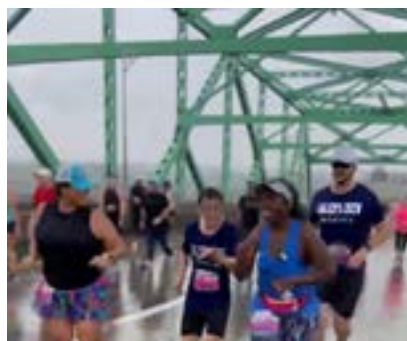
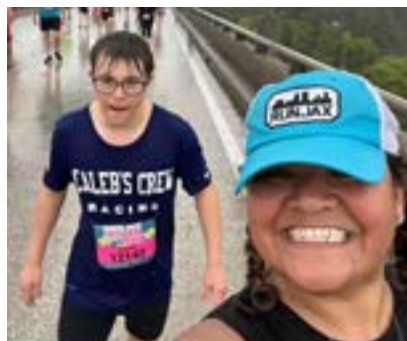
On your mark, get set, go!

Karen was admittedly more nervous than Caleb on race day, including being concerned about the weather. She said her son "was pretty chill."

Caleb was excited to be able to run the Gate with Stephen Wright, his unified partner from Special Olympics. Having Stephen there was very helpful. "He's like a big brother to Caleb," she said.

Caleb's father David and older sister Courtney were cheering them on from the crowd along the route.

Caleb's Journey



The two siblings have a remarkable bond, especially considering their 17-year age difference.

"She is Caleb's number one fan," Karen says about her daughter.

Courtney served as Caleb's chaperone at Tim Tebow's Night to Shine event, while another friend chaperoned his date. And Caleb inspired Courtney to start running.

Caleb started off strong, going nearly two miles without stopping. Stephen helped distract him as they were going over the Main Street Bridge to keep Caleb from looking at the St. Johns River through the bridge's grating. "Look, we can get some water around the corner," Stephen told him.

Soon, "the bottom fell out," Karen said as rain drenched the runners. That downpour turned out to be a motivating factor for Caleb, because everyone was running. So, he did, too.

Finally, around the seventh mile, they ran by family members who were cheering them on. That adrenaline carried him for a while until the skies opened up near the devilish Green Monster.

And that's when two kind strangers stepped in to help Caleb.

Kindness wins and so does Caleb

Tinesha Byrd and her friend Tracy Thompson were well into the race when they met Caleb. Tinesha said she realized Caleb was upset because it was raining. She had previously seen a "Cheer on Caleb" sign in the crowd, so she and her friend were ready to do that.



Tinesha said they started walking and talking with Caleb, who told her, “This rain is the worst.”

But they made it better by helping Caleb.

“They each grabbed one of his arms and led him to the top of the bridge,” Karen said.

Tinesha, who said she has run the Gate each year since 2012, said Caleb’s mom was very thankful for their help. But Tinesha said they were happy to do it.

Steven then looked at his watch and said they were going to have to get moving if they were going to make their goal of finishing the race in two and a half hours.

“We booked it to the finish line,” Karen said.

She ran ahead a bit so she could take photos of Caleb and Steven completing the race. Soon afterward, Caleb crossed the finish line, with a chip time of 2:28:51. Another milestone reached by a remarkable young man.

10 questions with Amanda Sweeney

Age: 43

Occupation: U.S. Customs Broker

Family (including pets if you'd like):
Jeff (husband) and a herd of cats

How long have you been a member of JTC Running? Almost 12 years



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

I started running in 2011. A friend had started running and lost a lot of weight. I thought, I can do that. All I need is a pair of shoes (whatever random tennis shoes from my closet) ... that's it. I was wrong, but that's how I started. I've now completed over 100 half-marathons and a half-marathon in all 50 states. Running has turned into a great travel adventure and I love it.

How does running impact your mental health?

Running has greatly affected my mental health. Getting out there after a long day and just clearing my head is one of the best therapy sessions.

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

Motivation doesn't matter. It's a set schedule. It just happens.

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

I definitely prefer running with my running buddies. We all met through the JTC half-[marathon training class some years ago. It helps that we're all around the same pace and just the right amount of crazy. We keep each other accountable. You know someone else is going to show up to run so you had better be there, too. They are the reason I was able to complete the 50 states.

What is your favorite race and why?

This was a hard question. I've run so many different races over the years. I guess I'll go with the one I've run the most times, which is the Space Coast Half Marathon. I think I ran that one nine years in a row. The Thanksgiving Day Classic is the local race I've run the most. The pumpkin pie just tastes sweeter after running a half.

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

Nope! I run with friends so we're always talking. I think headphones can be dangerous so be careful if you use them. Always pay attention to your surroundings.

How do you reward yourself after a great run?

Beer is always a good treat.

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

Most of my "vacation" trips involve running so that's easy. My running friends and I are always planning out our next run-cation.

Where is the most beautiful place you've run?

Revel Big Cottonwood in Utah was an amazing destination race. There's nothing even remotely similar to that in Florida.

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

I just run. I've done many activities through the years but nothing currently unless you count yardwork.

10 questions with Amanda Sweeney



10 questions with Amanda Sweeney



Spotlights from the Gate



Congrats to
all of the Gate
River Run
participants



Spotlights from the Gate



New & Returning Members



David	Acevedo	Diane	Brunet
Andrew	Ade	Nick	Bunker
Damon	Agostino	Catherine	Buskirk
Rick	Akam	James	Cardozo
Leslie	Anchor	Janett	Carter
Christy	Astorga	Sarah	Cavaliere
Renee	Aulisi	Susan	Chadwell
Taylor	Avrett	Ben	Chaska
Marcia	Baker	Tracey	Choulat
Rodger	Baldwin	Garrett	Clark
Andrew	Barr	John	Coles
George	Barthelmes	Edward R.	Corristan
Joseph	Barton	Amanda	Crawford
Ken	Bendy	Carol	Culley
Nellie	Benitez	Grant	Curtiss
Donna	Bernadis	Tom	Custer
Elmore	Bing	Ardis	Davis
Kara	Bishop	Rita	Davis
Rhianna	Blake	Theresa	Davis
Joan	Bohrer	Ann Elise	Davis
Wes	Bowling	Hernando	De Soto
William	Boyce	Robert	Deal
Jennifer	Bradford	Doug	Degenhardt
Bruce	Bradley	Christy	DeRienzis
Doug	Bradshaw	Michelle	Despres
James	Braunreiter	Tiffany	Detardo
Michael	Brethour	Belinda	DiSpirito
Bonnie	Brooks	Jackson	Driskell
Ike	Brown	Glenn	Duncan
Ronald	Brown	Jim	Edwards

New & Returning Members



Jim	Elliott	Donna	Hayley
Michael	Erdman	Betsy	Hegan
Said	Esparza	Victoria	Henke
Leanne	Etheridge	Kevin	Hogan
Kevin	Faircloth	Donald	Horner III
Tyler	Fello	James	Houck
David	Ferguson	Traci	Houck
Matthew	Feryus	Eugene	Jackson
Nancy	Field	Victor	Jefferson
Hayley	Folmar	Shannon	Jessee
Peter	Francissen	Edelyn	Jobli
David	Frank	Philip	Johnson
Jeff	Funderburk	Skye	Johnson
Camille	Furfine	Thomas	Johnson
Donna	Gallant	Ajith	Joseph
Rachel	Ganzel	May	Joy
Patrick	Gibbons	Tyler Jacob	Jump
Henry	Gibbs	John	Kaschak
Scott	Gleason	Ches	Kathryn
Laura	Godfrey	Kathleen	Kaye
Bonita	Golden	Katy	Keene
Chris	Gommlich	Catherine	Kendall
Luca	Grabau	Michael	Kennedy
John	Graham	Kevin	Kenney
James	Gray	Mathew	Keyes
Joel	Groover	Michael	Kimmel
Pramod Kumar	Guru	Ted	Kosters
Nestor Hernando	Guzman	Peter	Kotchen
Faith	Harrold	Bill	Krause
Nancy	Hartigan	Emily	Kuda
Jennifer	Hartley	Steve	Lancaster
Becky	Harvey	Glenn	Landers



New & Returning Members

Sharon	Langieri	Mariana	Munoz
Adam	Lavis	Jenna	Murray
Allan	Leao Dantas	Kathy	Murray
Susie	Leary	Kristine	Musseau
Charles	Lechner	Allen	Naidoo
Shameka	LeCounte	Bill	Napier
John	Leeds	Krithika	Narayan
Anthony	Lopez	David	Nielsen
Stephan	Lubosch	Michael	Nimitz
Robert	Lucas	Rebecca	Nimnicht
Rebecca	Lucio	Todd	O'Donnell
heather	lukens	Lizzy	Obi
Kim	Lundy	Amy	Ogilvie
Edward	Lyons	Manda	Olaogun
Tara	Maher	Jack	Owens
Ed	Mallard	K.C.	Padgett
Patricia	Mandelare	Jeff	Palmer
Jimmy	Manson	Adriana	Parker
Jeff	Marks	Malcolm	Parker
Dan	Martin	Susan	Parrish
Robert	McAllister	Shanmukha Srisai Varma	Patsamatla
kieran	mccabe	Wendy	Patterson
Joseph H.	McCoy	Aileen	Peck
Dawn	McGee	Jessica	Pelkowski
Mikaela	McGee	Karl	Percy
Susan	McInnis	Chris	Petranick
Clinton	McRay	Julie	Pippins
Trudy	Mead	Eli	Pol
Joe	Meade	Rosemary	Price
Chloe	Miller	Todd	Pye
Tommy	Minton	Lindley	Rachal
Gene	Morris	Terri	Rebmann

New & Returning Members



mandy	rhodes	AJ	Swann
Alex	Riggins	Amanda	Sweeney
Jasmine	Riggins	Scott	Taylor
Anthony	Rigney	Joanie	Teofilo
Melissa	Riley	Soledad	Terry
Antonio	Rios	Aullonzo	Thomas
Leighann	Rooks	Stuart	Toomey
Judith	Rothwell	Wendy	Triviets
Barbara	Royal	Bridget	Trotter
Paul	Ruddy	Kathy	Tucker
George	Sagan	Glenna	Veiga
Amy	Sander	Jonathan	Vredenburg
Sherry	Sanderford	Nicholas	Wagner
Ramon	Santiago	Robert	Walker
Dione	Santos	Rebekah	Wallis
Jeanine	Sasser	Susan	Wallis
Douglas	Schlosser	Mary	Warren
Della	Sellers	Mike	Watson
Stephanie	Shieldhouse	William	Watts
Lamar	Silvera	David	Weber
Amber	Slimp	John	Weber
Cathleen	Smith	Robert	Welch
Joshua	Smith	Linda	White
Mercedes	Smith	Dennis	Whittle
Rodney	Smith	Leah	Wiedemann
Regina	Sooey	Kelly	Wilkerson
Debbie	Spiker	Glenn	Wilkinson
Susan	Stanley	Carrie	Williams
judy	stebler	Paul	Wilson
Matthew	Stevens	Kevin	Wishnacht
Annette	Stevenson	Brian	Wolfburg
Jay	Stowe	Julie A.	Wood
		Linda	Woods
		Emin	Yildirim
		Marilyn	Young

Hydration and energy: What to drink and when



By Hubert Keen, Ph.D.

While waiting for the start of a race I heard the announcer on the public address system say: “Make sure you have completed your hydration 20 minutes before starting time.”

Was this advice about the rate of hydration or simply a reminder to be on time? If it was intended as advice on hydration, then it raises important questions. Sean McCormack wrote in the July/August 2022 issue of The Starting Line about the importance of and advice on hydration. He said that two to three days are needed for proper hydration before a long run. This is especially relevant to warm humid conditions. I wrote in the May/June 2022 issue about the importance of the balance of hydration and electrolytes.

Here I review some details on re-hydrating liquids, energy supplements and rates of getting them into the body quickly during exercise.

An article in the journal Sports Medicine in 2022 reviewed the credible research on types of liquids and capacity for absorption into the body during exercise. Other research documents the rate of evacuation from the stomach. The overall conclusion is that water with a small concentration of electrolyte is evacuated more quickly than other liquids from the stomach into the small intestine, and there it is also absorbed most rapidly into the blood stream.

Although water alone is adequate for most exercise events, a low concentration of electrolyte—even lower than most electrolyte drinks—aids the absorption.

A brief comment about sports drinks. The general types are formulated to provide energy, to restore electrolytes, or both. Electrolytes are the essential minerals, most importantly sodium, chloride and potassium. The specific composition and efficacy of the wide array of commercially available sports drinks is beyond the scope of this article. However, given the extensive advertising of brands, a closer look would be interesting.

The liquids with slowest stomach evacuation and absorption into the body are sports drinks and gels laden with simple carbohydrates, such as glucose, sucrose, high fructose corn syrup and other “sugars.” Therefore, if a runner nearing the end of the eighth mile approaching the “Green Monster” during the Gate River Run thought he’d get a big boost on the bridge by taking in energy gels with their concentrated sugars just as he began his ascent, then he would be disappointed.

That boost more likely came after crossing the finish line.

This is not intended to diminish the importance of taking in energy gels or sports drinks with sugars during extended exertion. Such supplements are however typically needed only during bouts of exercise lasting more than one hour. Energy-rich drinks taken in during the mid- to late part of a short run will typically not be absorbed quickly enough to provide much of a boost.

Timing and other aspects of intake during running are important. Energy sports drinks and gels should be taken in a few minutes before they are needed, and—especially for the concentrated gels—with ample water. The gels without water can actually create negative conditions for hydration in the stomach and intestines.

Maintaining appropriate levels of hydration and electrolytes are both essential during exercise. Kelsey Beckman described details of electrolyte balance in the May/June 2019 issue of The Starting Line. She pointed out the body loses electrolytes, especially during extended bouts of exercise accompanied by profuse sweating, as well as through the kidneys, which are also working overtime.

Sports drinks with only water and electrolytes are prescribed for balance and they are absorbed more quickly than the sugar-based drinks. When I was in college in the days before sports drinks, coaches recommended—and kept available—salt tablets to restore electrolytes.

Incidentally, alcohol is absorbed very rapidly by the body. I mentioned in an earlier article in The Starting Line about seeing runners taking shots of alcoholic beverage during a race. The alcohol in those drinks would get to the blood stream quickly, comparable to water, but to no good effect for running performance.

Best practice for recreational runners during most running episodes lasting less than an hour, whether training or racing, is to forget sugary sports drinks and electrolyte drinks. (Unless you just can’t tolerate the taste of water.) With energy drinks you’ll only end up with extra calories to cope with. Water is the magical elixir. For extended bouts of running or workouts, especially when sweating profusely, consume a drink with a dilute concentration of electrolytes. Coaches always recommend you learn from experiences over a period of time while training and racing, so if you find that you tire significantly after an hour or so, take an energy drink or gel—but make sure you ingest the gel with gulps of water.

Do you have feedback or questions about this column?

Email the author at hubert.keen@gmail.com.

COACH'S CORNER

Patience is a virtue... but hurry up!

By Sean McCormack



Recently I started to think about training again. The lure of running and participating in races began to become more appealing.

It has been four years since I ran a race, and up until a few months ago, I had gone well over a year with no running at all. At first, returning to just easy running felt like I had never run a day in my life. It was the strangest sensation to feel so out of sorts. But I kept at it and recently I have felt like this is something I had in fact done before.

However, one thing has become crystal clear: This will be a slow and laborious process that will take more patience than perhaps I was ever used to.

When I coach or just give advice, counseling runners to be patient and strive for incremental changes is much easier than practicing what you preach. It is completely natural and understandable to see a constant positive trajectory of fitness and improvement. But as coaches, we understand that gains in performance follow more of a trajectory like climbing a staircase.

Perhaps as we change our training approach and introduce intensities that shock the body, significant improvements may be realized.

However, these improvements are usually met with a period of a performance plateau until a new level of training stress takes us to a higher level on the fitness staircase. All of this takes focus, discipline, commitment and, above all, patience to persevere to the desired goal.

I believe the best advice is to embrace the process and journey. On days of struggle, look back in time and reassure yourself on the gains that have been made. On days that you feel terrific, remind yourself to stick to the plan and don't get overly excited.

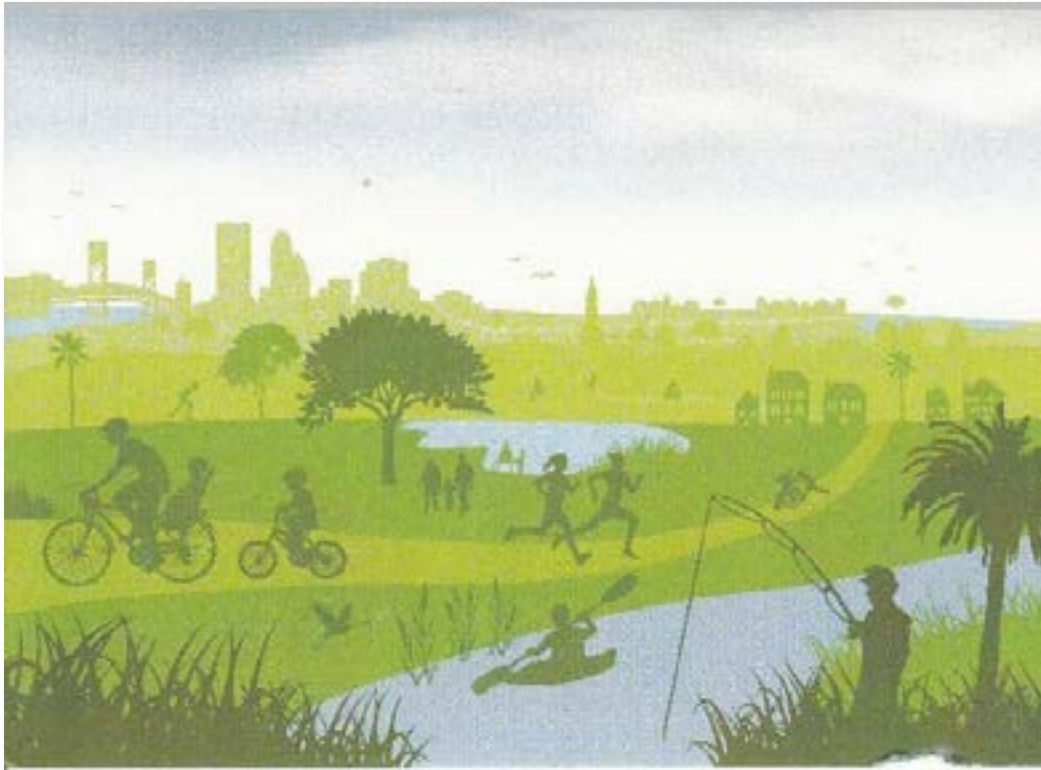
Just like the best leaders in business, be consistent and positive in your approach. Rushing the process may lead to fatigue, burnout, disappointment, and worse, injury. Science shows it takes approximately one month for the body to adapt to a new training load. This should be considered before introducing new stressors and intensity in your plan.

Remember, incremental gains are preferred to trying to do too much too soon to stay healthy and motivated, and this becomes even more relevant as you age as a runner.

I certainly realize that patience is more important at age 61 than 31, but even those in their prime years should follow this reasoning. The bottom line is that if you set a realistic goal that is well thought out, your odds of being patient and smart in your training approach will be dramatically improved.

“Just like the best leaders in business, be consistent and positive in your approach.”

A thank you from our Emerald Trail partner



Dear Larry, Doug, Bonnie, & Board members,


STC Running has been with Groundwork since the beginning - making the Emerald Trail Master Plan a reality. And look how far we've come in 4 yrs - 400% of the 30 miles is in either design or construction.

We are so very grateful for your support on the trail & the SR. Stay tuned for the LaVilla Link ribbon cutting.

Kay Elms

The missing link in injury prevention and rehabilitation: 3D running form analysis and gait retraining

By Rob Coltman
Coltman and Baughman Physical Therapy



Unfortunately, running injuries are pretty common. The overall yearly incidence rate for running injuries is greater than 50% of all runners.

Because of this, many of us try to do everything we can to prevent injury. We try to train in a smart way. We make sure we have the proper footwear fitted by the experts at 1st Place Sports. We do mobility work. We also use all the recovery tools like foam rolling, cryotherapy, etc.

As we have spoken about before in this column, one of the most powerful of these supportive items that we may do to prevent injury, is to do running-specific strength training. This is a good thing. It's very true that strength training will help muscles and tendons become more resilient against the loads and forces that come with running, so they are less likely to break down.

But, even if we do all of these wonderful things correctly, unfortunately, we still can get injured. There is a missing link that we often overlook, which is analyzing our running form and mechanics. It's been shown many times that running form issues alone can cause injury, which makes sense. If one runs with poor mechanics, one has to run over 1,000 steps just to get to one mile. If done with bad form, one can easily see this can cause wear and tear on tissues not designed to take the abnormal loads.

One of the key form issues we commonly see is when the foot is on the ground while running, the opposite side of the pelvis drops down. This can place additional stress on the stance side hip and lateral thigh, potentially causing hip bursitis or ITB issues. Another running form issue when the foot is on the ground and the knee and upper leg bone drift toward the middle, instead of staying straight under the hip. This is called dynamic valgus, and this too can cause ITB issues as well as knee injury.

It may seem that issues like these form errors can simply be corrected by strengthening the muscles that help control the joints that are involved with these form issues, primarily the gluteus medius and gluteus maximus. But in reality, this does not happen. Even though the muscles that control these aberrant motions become stronger with the right types of strength training, research clearly shows that correcting these strength deficits does nothing to change running form.

Because of this we cannot rely on strength training alone to correct running form errors. We also can't rely on fixing poor running form that was revealed in a video/3D running analysis with strength training alone.

Gait retraining is the only way to change running form. The training uses visual feedback to correct these areas over multiple sessions, as well as a "faded feedback" approach.

That means feedback and cuing to correct form is gradually reduced over each session, so that eventually the runner is able to maintain the correct form without the feedback.

This is a lot more complicated than just doing a few exercises, but this is truly the only way that poor running form can be eliminated as a source of injury.

So, if you have had some chronic running injuries that don't seem to get better and you have not had your running form analyzed, you may have unaddressed issues with your running mechanics that are preventing a full return to pain-free running.

And remember, even if you have had your running form analyzed and you have form errors, the only way to correct these errors is with gait retraining using a faded feedback approach over several sessions. Not with strength training alone.

If this sounds like you and you have an injury and/or questions about 3D Running Analysis and Gait Retraining, we do both of these at CBPT. Give us a call.

Rob Coltman, PT, MPT, OCS

CBPT Jax Beach and Nocatee Locations

<https://paahjournal.com/articles/10.5334/paah.109>

<https://www.jospt.org/doi/10.2519/jospt.2011.3470>

[https://www.clinbiomech.com/article/S0268-0033\(12\)00159-3/fulltext](https://www.clinbiomech.com/article/S0268-0033(12)00159-3/fulltext)

JTCRunning Summer Track Meet Series at The Bolles School

Saturday, May 6 - 3 pm

Saturday June 3 - morning

Saturday, July 1 - morning

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Weekly Training Runs

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

Sunday, 6:30 a.m., Atlantic Beach: Atlantic 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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(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



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.