



THE STARTING LINE

48 Years of Running

NEWSLETTER



www.jtcrunning.com

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PRESIDENT'S LETTER

A busy summer filled with lots of running and plenty of fun!

By Doug Tillett

"Summertime and the livin' is easy." So go the lyrics from the well-known aria by George Gershwin, composed for the opera Porgy and Bess. Even though it's a great song, here in Florida, summertime is when the runnin' ain't as easy as it used to be.

Gracious, it isn't even officially summer quite yet (the first day of summer is Wednesday, June 21) but the afternoon temperatures are reaching 90 degrees and the humidity is high. I am already being careful and running at a more relaxed pace (as if I could run even slower than I already have been) for shorter distances. You see, we don't stop running in the summer. No, no – it's still time to run.

The **JTC Running Summer Track Meet Series** began May 6 with a bodacious afternoon meet at The Bolles School that stretched into the evening, with lots of runners and with "heats" numbering beyond what you could count.

There is an article in this edition of The Starting Line by Bob Jones, who directs our meets this year. The third track meet, also at Bolles, is in the morning, starting early before it gets too, too hot, on July 1. Our track meets are free, if you register in advance, so navigate over to our website at www.jtcrunning.com and sign up.

Even though **Run for the Pies** is not a JTC Running race (it belongs to 1st Place Sports), we are welcome at that event. It's a lot of fun, it's a run in the evening Downtown, it's a great tradition going back decades and it's usually pretty dang hot. This year it's on **Saturday, June 10** – still not officially summer but it feels like it is. You'll see a bunch of your JTC Running friends there, so go run the Pie race.



There is something that JTC Running does in the summer to support youth that you might not know about. Every year, we offer scholarships to summer cross-country training programs, particularly to the Brevard Distance Running Camp in Brevard, North Carolina. We do this in conjunction with 1st Place Sports. We send out word in April to coaches, parents, students and others who see our website, asking them to complete an application and send it in.

Before the end of May, applicants are analyzed based on a number of factors and many of the students who apply receive scholarships from us for a week at summer running camp. What a valuable thing for a young runner to receive: a week at running camp in July! They run in the Pasgah Forest where the temperatures are noticeably cooler, the humidity is lower, the training is coached, the trails feature lots of hills and there are plenty of other young runners with whom to run and play. They all say it's great and it's one of our programs of which we are most proud.

Back in the olden days, when I started running, racing came to a halt for the summer after Pies. We would all continue training (of course), working toward the next big race that kicked off the season, **The Summer Beach Run**, which is the oldest race in Florida. This year, the run is 6 p.m. on **Saturday, Aug. 19**. It is a five-mile race on the sand at the beach, but we have also added a 5K because that's what we do. Inclusion, you know. The race is challenging, but it's not too tough and after the running is done, there is a party on the SeaWalk Pavilion. Tijuana Flats feeds all of us with tacos and chips. And we have beverages, our favorite kind. And there is a live band to keep the celebration going. And awards! It's a Grand Prix race! Believe me, you want to register for The Tijuana Flats Summer Beach Run today. You don't want to miss it.

Thank you for being a member of JTC Running. We are grateful for your support. Be careful running this summer but keep running in spite of the heat and have fun doing it.

EDITOR'S LETTER

My favorite runner is being featured on HBO's 'Real Sports'

By Marilyn Young

A lot of my favorite athletes have been featured on "Real Sports with Bryant Gumbel," from Chris Evert to Kobe Bryant to the father-and-son triathlon and marathon duo of Dick and Rick Hoyt.

I can now add another amazing athlete to that list: 16-year-old Caleb Prewitt, a member of JTC Running who was featured in March-April edition of "The Starting Line." A quick reminder of his story: Caleb has Down syndrome, but he's never let that define him. He and his mother Karen started running together in 2020, just as the COVID-19 pandemic began to shut down the country. It allowed the two to spend time doing something together that she's done most of her life.

They ran a lot of races together, before taking on the Gate River Run a few months ago. Ultimately, Caleb and Karen conquered the Green Monster and crossed the finish line under their goal of two hours and 30 minutes.

Not long after that, Karen got a message from Special Olympics Florida asking what activities Caleb had on his calendar for the rest of the year. Three weeks after sending the list, they were asked to talk over Zoom with a producer from HBO Sports.

So, Karen shared a quick version with the producer of how Caleb got started in Special Olympics and the training they do together. They talked about how Caleb and other athletes participate in events with their unified partners. For Caleb, that partner is Stephen Wright, who Karen previously described as being "like a big brother" to her son. They also talked about the triathlon team that Caleb is on.

In mid-April, the producers of the show sent a team to talk with Caleb and a few other Special Olympics athletes and their families. They also interviewed Caleb with one of his friends, Chris, whose father asked Caleb in 2020 if he had ever thought about participating in a triathlon.



Karen said she and her husband David talked to Caleb back then to see if he wanted to give it a try. In perfect Caleb fashion, he said yes.

But first he had to learn how to ride a bicycle, which he did. They started training in January 2021 and Caleb did his first of many triathlons in June of that year. She thinks the mixture of sports – swimming, cycling and running – is what makes triathlons so fun for Caleb.

"Obviously, we are hooked," Karen said.

The story about Caleb and his fellow Special Olympians is being told by Mary Carillo, an Emmy-winning Real Sports correspondent. Many of you may remember her from her professional tennis career from 1977-80 that was cut short by knee injuries. Karen admits she was a little starstruck. "In the back of my mind, I was like 'This is Mary Carillo,'" she said, with a laugh.

But soon, they were talking about their grandchildren and, of course, sharing photos.

Karen said her son loves the attention he gets from people who know him through running or have seen him on Facebook. When the Real Sports segment airs on HBO, Caleb will gain ever more fans. And so will Karen and David and their daughter Courtney, who have always supported Caleb and helped him chase his dreams. The love their family shows is far beyond Real Sports. It's real life.



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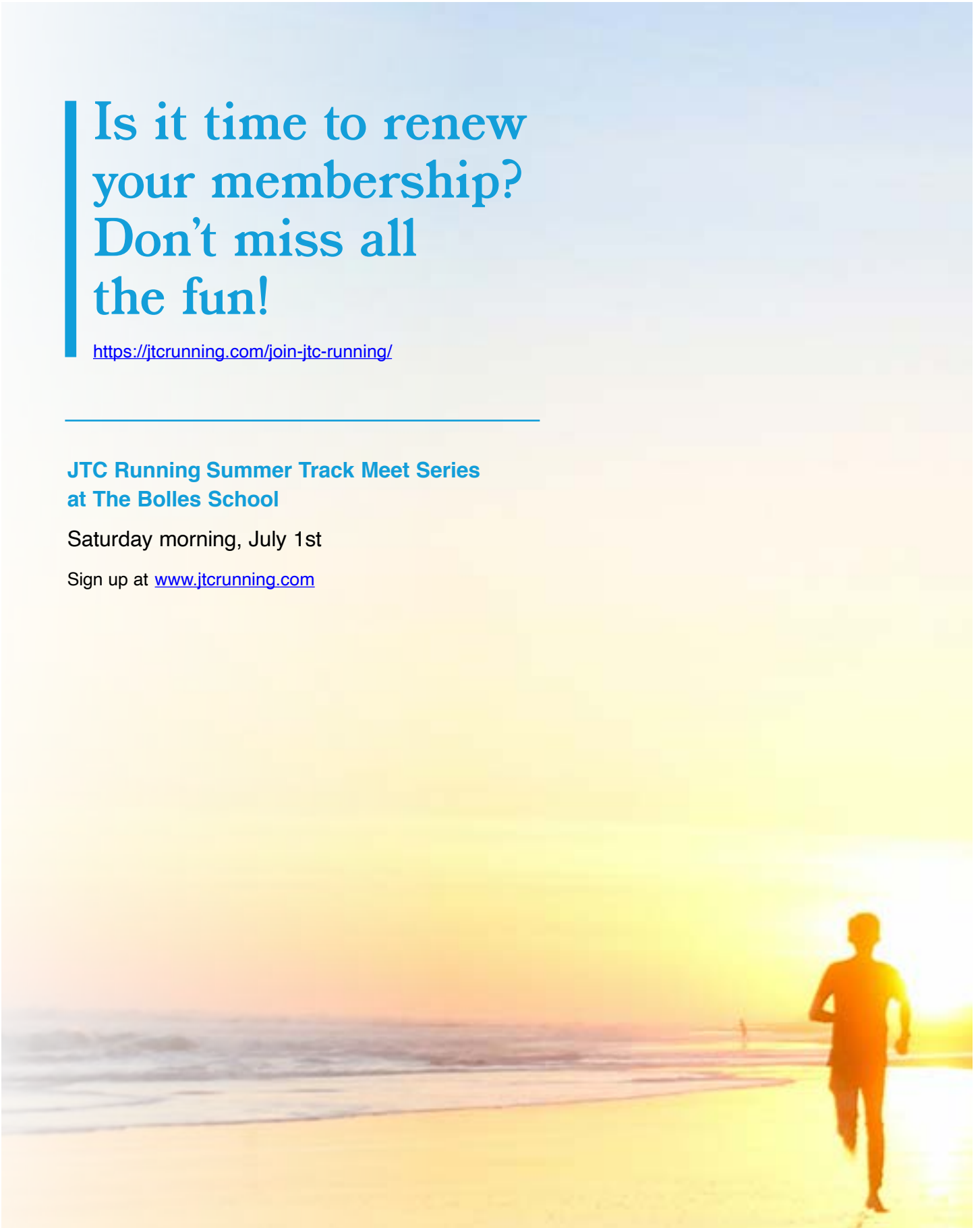
Is it time to renew
your membership?
Don't miss all
the fun!

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

**JTC Running Summer Track Meet Series
at The Bolles School**

Saturday morning, July 1st

Sign up at www.jtcrunning.com



10 questions with Trish Mandelare

Age: 49

Occupation: Planner in digital buildings
for Schneider Electric

Family (including pets if you'd like): Two daughters

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



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

January 2018 is when I ran my first 5K. That was also the first time I ran on the street. I had done all of my training runs on a treadmill. After that, I began going to group runs around town and started running longer races throughout that year. I ran the Ameris Half Marathon in December 2018 before I was brave enough to run the Gate River Run.

How does running impact your mental health?

It helps me to decompress after working all day and is a great tool for socialization since I work remotely. It helps me to manage stress.

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

My runs are scheduled and whatever is on my calendar I do unless something extraordinary happens. I have had to be flexible and change plans on where I was running at the last minute but when it is on the calendar and a habit even if I do not feel motivated, I get it done.

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

I will run with someone on an easy day. However, a workout day is harder to have a running partner, so I typically do those alone but within a group run. I am more into socializing after the run than during the run. Long easy runs are my catch-up with friends' runs.

What is your favorite race and why?

Ameris Bank Half was my first half-marathon so that one is my favorite local race. I was so proud that I ran the whole thing the first time I ran it, so that race will always be special to me.

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 with the AfterShokz headphones so I can talk, hear everything around me and listen to music at the same time.

How do you reward yourself after a great run?

Typically breakfast with friends after a long run or race. When I get home, I like to use my massage chair and compression boots while I relax and rehydrate.

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

Part of what I love about running is seeing new cities on foot and seeing areas I probably would not have seen otherwise. I usually look forward to running on vacation. I get up early and run in the morning or find a local group to run with.

I was just in Rhode Island and ran with a group I have run with before up there. I got to run a new pedestrian bridge in downtown Providence and a lovely bike path that I would not have seen if I had not run with them. If I am in a new city, I will ask at the hotel for safe places to run.

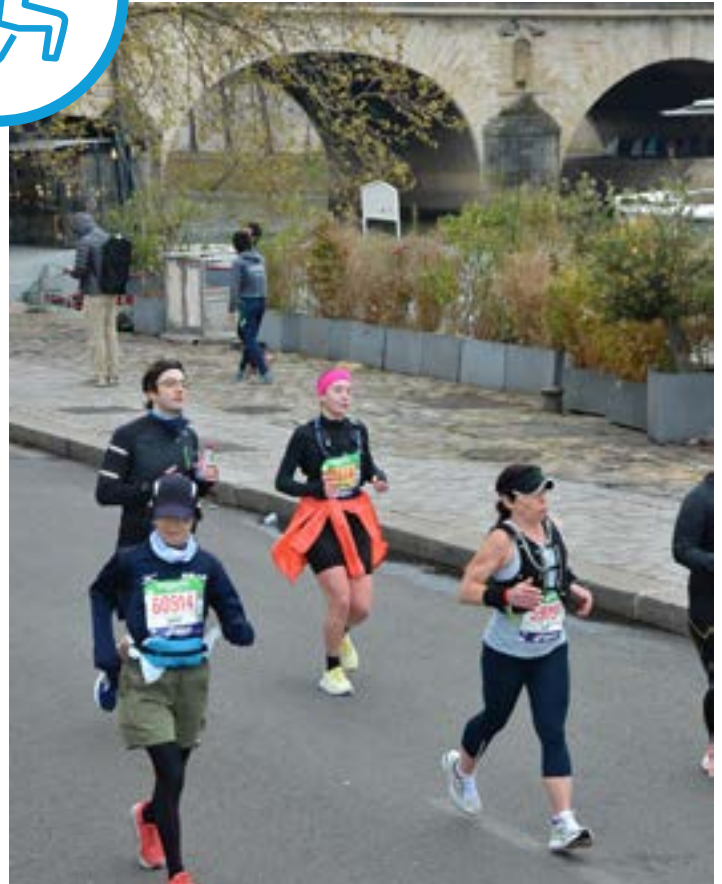
Where is the most beautiful place you've run?

Paris, France hands down! The Paris Marathon had so many elements of Paris from the start at the Arc de Triomphe on the Champs-Élysées to running along the Seine River. It was unbeatable in terms of sightseeing. I am hoping to add more European races to my calendar.

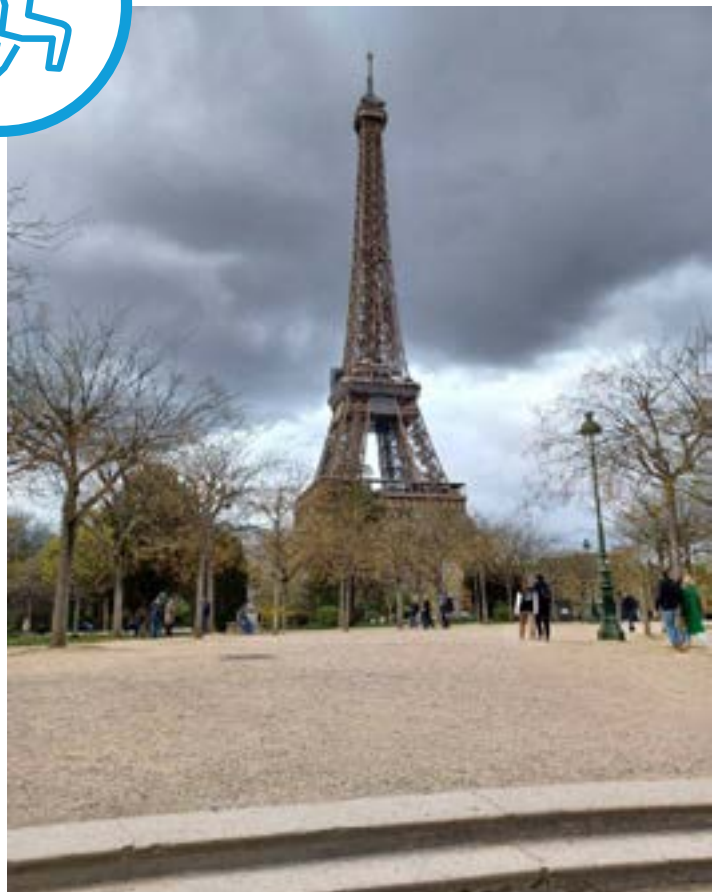
What other activities do you take part in to stay healthy?

Yoga, gym workouts, paddleboarding, walking, hiking, biking, kayaking. Always up for staying active!

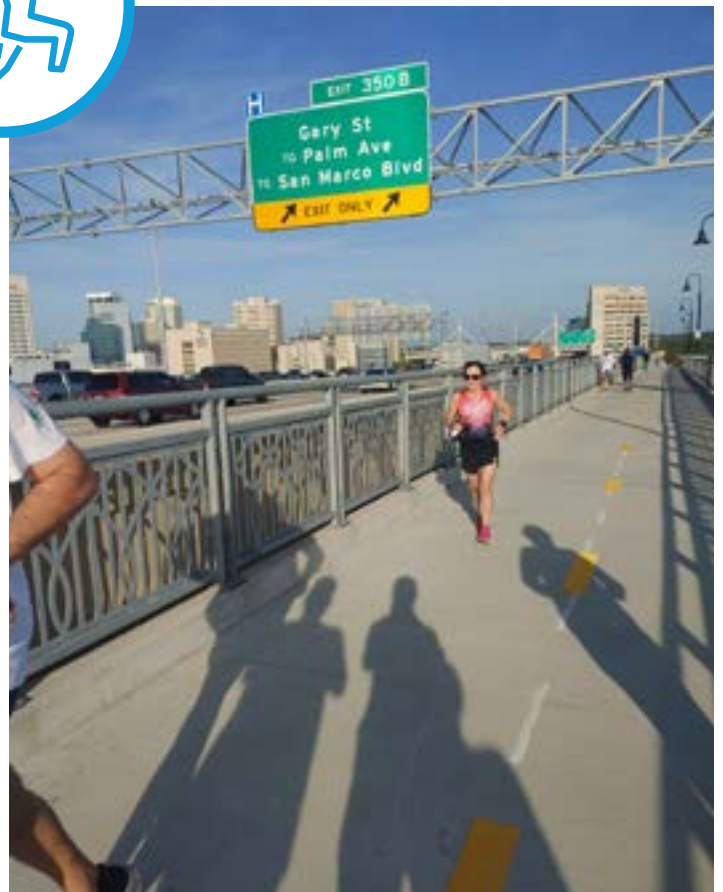
10 questions with Trish Mandelare



10 questions with Trish Mandelare



10 questions with Trish Mandelare



First of three summer meets draws hundreds of people and lots of praise

By Bob Jones



JTC Running hosted its first of three track meets at The Bolles School on May 6. After a short delay due to registration and weather issues, the track meet got under way under a mostly dry sky.

There were more than 300 athletes competing in the 100-, 200-, 400-, 800-, 1,600- and 3,200-meter races as well as the long jump, shot put and discus events. All ages were represented, from under 6 to over 60.

It was a large meet by any standard, with some of the events consisting of nearly 30 heats. Some positive feedback received included: "Thanks, it was so cool seeing all the kids out there enjoying track," "I had a great time at the meet yesterday" and "Thank you very much for a fantastic track meet for our children on Saturday."

A big thank you goes out to our wonderful JTC Running board members who assisted, including Doug Tillett, Larry Sassa, Sean McCormack, Jeff Palmer, Larry Roberts, Bonnie Brooks, Errol Daniels, Amiee Cords and Robert Jones.

Other volunteers who worked tirelessly all afternoon include Sina Wegerer-Jones, Cecilia Adkison, Julie Hargrove,

Ty Hargrove, Denise Daley, David Kelley, Kellie Howard, Mark Clarke, Stephanie Griffith and Kevin Milton.

Also, a big thank you to The Bolles School for allowing us to use their fantastic facilities and equipment.

The club also had a track meet on June 3 at Bolles. The third track meet in the series is July 1. Visit jtcrunning.com for further details on preregistration, as well as more information regarding events and age group award categories.

Please come join our event to watch, volunteer or participate.

Also, if you finished within the first three places of your age group at the May 6 meet or the June 3 meet, feel free to pick up your medal at the July 1 track meet. We have made changes to our process to ensure timely results for our next two track meets. Please feel free to reach out to Meet Director Bob Jones at bob90porsche@gmail.com if you have questions or concerns.

Spotlights from the track meet



Congrats to
all of the
track meet
participants



Spotlights from the track meet



Spotlights from the track meet



New & Returning Members



Lisa	Adams	Andrew	Marelo
Emilee	Amihere	Mason	Marelo
Lisa	Bachman	Kara	Mathias
Victor	Bartholomy	John	Nunn
Dave	Batten	Amilcar	Padilla
Gabrielle	Bellamy	Jason	Parry
Jeff	Bertram	Brian	Pate
Charlotte	Blanding	Anthony	Pitarresi
Robyn	Bonilla	Brian	Reyes
Sebelle	Bowman	Randy	Rolando
Jerry	Caito	Ashley	Rosario
Sung ho	Choi	Mark	Ryan
Mark	Clarke	Larry	Sassa
Julie	Dover	Thomas	Sheridan
Bill	Dowlin	Michael	Smith
Gretchen	Ehlinger	Paul	Smith
Len	Ferman	Chad	Snyder
Elizabeth	Griffis	Jenifer	Straley
Michelle	Grippi Baker	Douglas	Tillett
Tyson	Hawker	Anna	Tsuber
Osra	Hutcheson	Rose	Villalon
Bruce	Jackson	Jeff	Wight
David	Joslyn	Sheela	Wiley
Lindsey	Kinard		
Suresh	Kripashankar		
Frank	Lammers		
Matt	Lanctot		
Melanie	Lehmann		
Jenna	Liljeberg		
Vladislav	Makarenkov		

Uninformed advice: ‘Don’t run, you’ll destroy your knees’



By Hubert Keen, Ph.D.

Most runners have heard from friends or family members: Running will damage your knees. Knowing this advice is not inevitably correct, we tend to want to issue a blanket rebuttal. Some runners engage in the sport from an early age and continue into their 70s or even 80s with no knee problems.

And yet, many people develop knee conditions that end their running activities. There are many possible causes and types. Dr. Kelli Dominick Allen, an exercise physiologist, says there are more than 100 described knee maladies. This article is based on research and public media, as well as on personal experience.

Although suggestions are made about preventing knee problems, it does not offer professional advice about treating knee injuries.

Almost a third of all running-related injuries involve the knee in some form. An original and difficult condition to treat is congenital knee weakness. If you have a family history of knee diseases, then your own condition may result from inheritance.

Most knee injuries in runners, both recreational and elite, are caused by over training or under training. The most commonly sensed pain around the knee reported by recreational runners is “runner’s knee,” which is frequently caused by over training. Runner’s knee can be quite painful but is not debilitating, and the view of some runners, in my experience, is that you just “run through it.” However, for those with persistent intense pain from runner’s knee, professional diagnosis and advice should be sought. Of course, across-the-counter analgesics, such as acetaminophen (Tylenol and others), aspirin, or naproxen (Aleve) may offer relief.

Under training and poor conditioning among recreational runners can lead to knee injuries. Strengthening the quadriceps, hamstrings and the full complement of muscles and ligaments that support the knee will prevent or diminish the severity of knee injuries. While conditioning is essential for active athletes, improper running form can also lead to injuries, as described by Rob Coltman in March/April edition of The Starting Line.

Body size, in particular the relationship of height to weight, has been researched extensively among runners. A combined measure – body-mass index (BMI) – is one indicator of both successful persistence as a runner (low BMI), as well as an indicator of developing knee problems for runners with high BMI.

For reference, according to the Centers for Disease Control, among the general population in the United States, the average adult female is 5 feet, 3.5 inches tall; weighs 170.8 pounds; and has a body mass index (BMI) of 30. For adult males, it's 5 feet, 9 inches and 199.8 pounds with a BMI of 29.5. These weights, incidentally, reflect considerable obesity among the general population.

The BMI of elite runners in recent Boston Marathons is in the range 18.5-20.5. Strong visual evidence is seen in the published photo of five male runners, four Kenyans and one Tanzanian, leading the pack in that race. Their body mass is largely muscle and bone with very little fat.

The running community in which I participated for a few years gave awards, in some events, in a category for women called Athena (140-159 pounds and 160 pounds and up), and for men Clydesdale (185-199 pounds and 200 pounds and up). I admired these runners, but there weren't many over the age of 50 who qualified for the awards.

Knee problems are more common in runners with high BMI, although body weight and BMI are not excellent predictors of injuries. Some runners with large body form defy this measure. Obviously, however, being overweight (defined by the CDC as having a BMI of 30 or over—the average in the U.S.!) is a contributing factor for knee problems. Adding 10 pounds of weight is estimated to increase the force on the knees during running by 30-60 pounds in each cycle of the

legs, the specific force depending on body size.

Age is a factor in knee pain and injuries. In a survey of people ages 50-80, 60 percent said a health care provider had told them they had a form of arthritis that often leads to knee pain. Osteoarthritis in the knees and other joints is more common in older individuals, with women being somewhat more susceptible.

A common factor in knee pain in older individuals is a prior injury, in some cases experienced many years ago. It's perhaps from "an old football injury." Knee problems resulting from aging should however not be considered inevitable. Leading an active and intentionally healthy lifestyle can delay, or even entirely prevent, knee problems.

Dietary supplements, such as glucosamine and chondroitin sulfate, as well as herbal substances (Boswellia, for example), are believed by some to treat or avoid joint pain. While there is very little scientific evidence to support their effectiveness, they are not harmful in normal doses.

As my general physician said regarding taking/stopping a medicine, "If you think it helps, take it. If you don't, stop taking it." I recognized this comment as an acknowledgement that the placebo effect can be real.

In summary, each person should anticipate the actions needed to prevent knee injuries and develop a personal plan to avoid them.

Among the important actions for protecting the knees is to maintain a healthy weight. Keeping the complement of muscles and ligaments supporting the knee in good condition through cross-training and proper running form can help prevent injury. Avoid quick start-up training and exertional running after long breaks; scale up appropriately.

And if you sustain a significant knee injury, seek professional diagnosis and resort to the stationary bicycle when needed to maintain muscle strength and prevent the compounding of an injury.

If you have comments or questions about the column, contact Hubert Keen at hubert.keen@gmail.com.

COACH'S CORNER

Cadence and its neuromuscular connection to performance

By Sean McCormack



5K



In some previous articles, I mentioned the importance of cadence or leg turnover and how this training can translate to race performance.

It's simply a fact that if you want to see improvements and personal records, your body and brain must adapt to training at a faster tempo/speed/cadence than the pace you plan on racing.

Accomplished, experienced runners are usually quite familiar with this doctrine, and this is easily on display when you look at the progression of their racing careers.

Almost all, sharpen their speed and gradually gravitate to longer distances as they age and begin to lose some of their explosiveness.

As an example, you would be hard-pressed to find an elite runner who ran high volumes of long slow distance and used that as their training plan to run a fast 5K. In fact, you could run 100 miles per week, but that base would do little to prepare you to run a fast 5K, as your neuromuscular system has not been exposed to the cadence and leg turnover necessary. If you did attempt to accelerate to an untrained pace, in short order you would be in oxygen debt and lactic acid fatigue no matter how many miles you put in your schedule.



“If you want to race fast, you must train faster.”

Training for 5K races

So, for 5K training, I support many intervals of 200s/300s/400s and occasional 500s for strength buildup. These distances should easily be navigated at a pace that is at a minimum 10% faster than your 5K race goal for 400s and even faster for 200s and 300s.

A good complement during the week is a 2-to-3-mile threshold run at 85% of your 5K race pace. This workout complements the track work (or wherever you can do it) that is exposing your neuromuscular system to a much more rapid cadence. You see when your body adapts to a training stress of higher cadence, the early part of a race should feel like you are not stressed and in control.

For example, if your target 5K pace is 8 minutes per mile, your 400s should be at least 10% faster. (That would translate to a 1:45 400 or 7-minute mile pace). So, once you have adapted to this training, going out at 8 minutes would generally feel extremely comfortable.

A good rule of thumb is the first third of any race distance should feel relatively comfortable and in control.

If not, you're probably in for a disappointing performance.

Training faster is key to racing faster

Another example is when I was marathon training, I really liked the 800-meter repeat intervals, as I could accomplish these at a pace that was a good 40-45 seconds per mile faster than my target pace for a marathon. It's hard work but the payoff is worth it when you feel you are just doing a solid training run for the first third of the distance with no stress.

In summary, this is a critical concept to really understand and incorporate into your preparation no matter what your distance goal may be. One of my favorite quotes that I have referenced before is from the great Geoff Smith from England, a two-time Boston Marathon champion and world No. 1 in 10,000 meters. When I asked him about his marathon prep training, he acknowledged a lot of 400s/800s and even mile repeats at a pace much faster than his planned 4:45 per mile marathon pace.

He simply said, in his wonderful British accent, “If you want to race fast, you must train faster.”

If you have comments or questions, email Coach Sean at seanmichaelmccormack@gmail.com



Running in a maximalist shoe

By Mark Baughman
Coltman and Baughman Physical Therapy

There was a time not too long ago that you could not go into a running shoe store and see half of the shoes on display being marketed as a minimalist shoe. Now, it doesn't take long for times to change and the pendulum to swing.

When you walk into a running store, it may even be hard to find a minimalist shoe, while the shelves overflow with maximalist shoes that have large stack heights and huge amounts of cushion. It's not just that the shoe concepts are different, they are the exact opposite of each other.

So the question has to be asked, "Why such a drastic change in shoe style?" It's because running injuries continue to occur, and everyone is searching for a way to decrease the frequency of them. So we have changed from running in a minimalist shoe with minimal to no cushioning to facilitate more natural running mechanics of barefoot running to a maximalist shoe that uses large amounts of cushioning to try and reduce running related injuries.

One of the main thoughts behind the maximalist shoe is that the large amounts of cushioning should attenuate the vertical ground reaction forces that running puts on your body. But, do maximalist shoes really do this?

One recent study looked at peak impact force and loading rates of maximalist shoes compared to conventional running shoes. In this particular study, it was found that not only did maximalist shoes not decrease peak impact force or loading rates, but actually increased them compared to conventional shoes.

It would make sense that having a shoe with more cushion should attenuate more force and lower the peak impact forces, but that does not necessarily take into consideration how humans may alter their running mechanics in shoes with more or less cushioning.

One possible explanation of this is based on how we adjust our lower leg stiffness based on the surface we are running on. We, as humans, have a certain intuitive feel of what is considered our normal amount stiffness when we impact the ground and a certain amount of vertical oscillation when we run.

When we run in a maximalist shoe, the softness from the cushioning in the shoe changes the expected feel of stiffness so without any conscious thought, we stiffen our legs during the stance phase to account for the cushioning of the shoe.

Similar adjustments have been seen in studies where runners run across surfaces with different compliance. When runners ran across areas of a track with more compliant surfaces, a similar response of increased lower extremity stiffness was found.

The findings of this study and previous studies of limb response to running on soft surfaces indicate that use of a maximalist shoe may not help reduce injury, at least not by reducing peak impact loads or loading rates.

This does not mean that there is no benefit to running in a maximalist shoe, it just means that we may need to be careful of the claims of quickly changing trends. It also serves as a good reminder that whether you are considering a minimalist or maximalist shoe, it would serve you well to talk with a rehabilitation specialist who specializes in running when you are considering changing your type of running shoe.

Mark Baughman DPT, ATC, OCS

Coltman and Baughman Physical Therapy

www.cbptjax.com

¹ Kulmala, Juha-Pekka, et al. "Running in highly cushioned shoes increases leg stiffness and amplifies impact loading." *Scientific reports* 8.1 (2018): 1-7.

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Designer: Amanda Pye

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m62news@gmail.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/ 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: James Bryant, jebjay@att.net, 904-629-8110

Wednesday, 5:30 p.m., Bolles School: Track Interval Training (JTC Running Members)
Contact: James Bryant, jebjay@att.net, 904-629-8110

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.