



THE STARTING LINE

48 Years of Running

NEWSLETTER



www.jtcrunning.com

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PRESIDENT'S LETTER

Running season is surely getting hot.

By Doug Tillett

In a President's Letter that I wrote in May, I advised everybody to be cautious running in the heat because daily temperatures were already reaching around 90. Well, ha-ha on me because we had excessive heat during July, feeling like 110 degrees or more. And it looks like excessive heat is going to continue into August and likely even well beyond that. So, be careful and stay hydrated. To go along with the hotter temperatures, the JTC racing and running scene is heating up. **The Tijuana Flats Summer Beach Run 5-mile race** — with a 5K thrown in for good measure — is **6 p.m., August 19, at Jacksonville Beach**.

This is Florida's oldest race, and therefore, the most historic race, in my opinion. The awards are given out for the 5-mile event, which is a Grand Prix race, but everybody is served a big taco, chips and salsa, and beverages (including beer) by the good people at Tijuana Flats. It's a party — with a band. What a great race! Register at 1stPlaceSports.com.

A week later, on **Friday, August 25**, we have a cross-country race for you, and if you're a JTC Running member, you can run it for free! It's the **Cecil Field Summer Classic** and there is an **open race at 5:30 p.m.** The race director is Richard Fannin, a JTC member since childhood. We run the race on the New World Golf course, which has been undergoing transformation into an outstanding cross-country racecourse.

JTC Running made a considerable donation toward the conversion of the course, so we are the title sponsor and to thank all of us, club members get to run for free. Register on the 1stPlaceSports.com website but before you do, text Richard at 904-662-3814 and he will text back a discount code so you can register for free — otherwise it's still only \$10. No day of race registration, no shirt, no awards — just good and fun cross-country running for you.

Perhaps you know that JTC Running and 1st Place Sports have been long-term supporters of the Emerald Trail, which is being built around Downtown and the adjacent neighborhoods.



Our club made one of the first donations to the cause. It resulted in a design plan that enabled Groundwork Jacksonville, the city's partner in the development, to garner additional monetary support and governmental support for the project.

This year's **VyStar Emerald Trail 5K and 10K Run/Walk and Ride will be Saturday, September 30 at the Duval County Courthouse**. The run/walk starts at 7:30 a.m. while the biking starts at 9 a.m. This is a full-deal race for you that includes custom-designed shirts, finisher medals, chip timing, live results, awards and post-race activities. Our club is paying all the race expenses so that your entry fee is donated to Groundwork to help build the trail. Work with us to advance the Emerald Trail by registering for this race.

There are members of our club who have been running for some time, training a few times a week, occasionally entering a 5K event or some other race, but who have been thinking of going for a bigger challenge — say, a half marathon. Could that be you? **JTC Running has a well-established fall half-marathon training class**. The class is coached and has a number of pace group leaders to help guide you to your goal of completing a half marathon.

Our class begins with a **kickoff gathering at 1st Place Sports Baymeadows at 6 p.m., Tuesday, September 5**. It is an 11-week class that concludes on November 21, two days before the Thanksgiving Distance Classic. It will be the 40th running of the half-marathon on Thanksgiving Day in Jacksonville. At the end of the class, you will be trained to complete that half-marathon or any other "half" that you decide to enter.

JTC members can enter the class for only \$45. If you have taken the class previously, it's only \$40. And for your friends who are not JTC members, it's still only \$60, which includes membership in our club. Join the class, have fun while training, make new friends, and finish a half marathon. What a deal!

EDITOR'S LETTER

Stories about people are typically the ones that we remember

By Marilyn Young

I've always found that the best stories usually include interesting people. As a journalist, sometimes those people were public officials who had done something shady with taxpayer dollars. Other times, they were ordinary people who were committed to making their communities better.

For me, that theory plays out beyond journalism. If I'm at a party, I am drawn to the person who has a crowd around them that is really listening to what that person is saying. There aren't side conversations going on, nor are people interrupting. They're actively listening.

I remember being in my first couple of virtual JTC Running board meetings and not really knowing anyone, except Larry Roberts. He was club president at the time, but I know Larry as the kind-hearted guy who, along with his equally kind-hearted wife Judy, is dedicated to animal rescue.

My screen was filled with little boxes of people I'd never met. Trying to follow the bouncing conversation that spanned a couple of screens wasn't always easy, especially if two people talked over each other. But in that bit of virtual chaos, one of the first people I noticed was Paul Smith. When Paul talked, people listened. They didn't interrupt him and there were no side conversations going on.



I knew Paul would make a great story one day, so I added him to the list of people I wanted to profile. But a good story gets grabbed up by someone else if you don't move fast enough. And that's what happened with the story about Paul that is in this edition.

One of our contributing writers, Hubert Keen, did a great job writing Paul's story, which starts on Page 6. I learned that Paul's first competitive sport was on roller skates, not in running shoes. He saved the money he earned cleaning and doing odd jobs at the neighborhood skating rink to buy the skates he needed to compete.

When his daughter Stacey became an inline skating athlete, Paul took up the sport, as well. The two also run together, including in the River Run and twice at the Boston Marathon. They were there in 2013, when the horrifying bombing occurred. Check out Hubert's story to learn even more about Paul. I think you'll really enjoy it.

The other person I learned a lot about when putting this edition together was Karen Prewitt. I talked to her several times for a story I did about her son, Caleb, which appeared in the March-April edition of the newsletter. But I didn't really know much about her. So, I was thrilled when she graciously agreed to be featured in the 10 Questions feature on Page 8.



Please check out her answers to learn more about Karen, including what motivates her on days when she doesn't feel like running, how running impacts her mental health and how she rewards herself after a great run. A little hint here: If you ever want to give Karen something that she'll love, you can't go wrong with chocolate.

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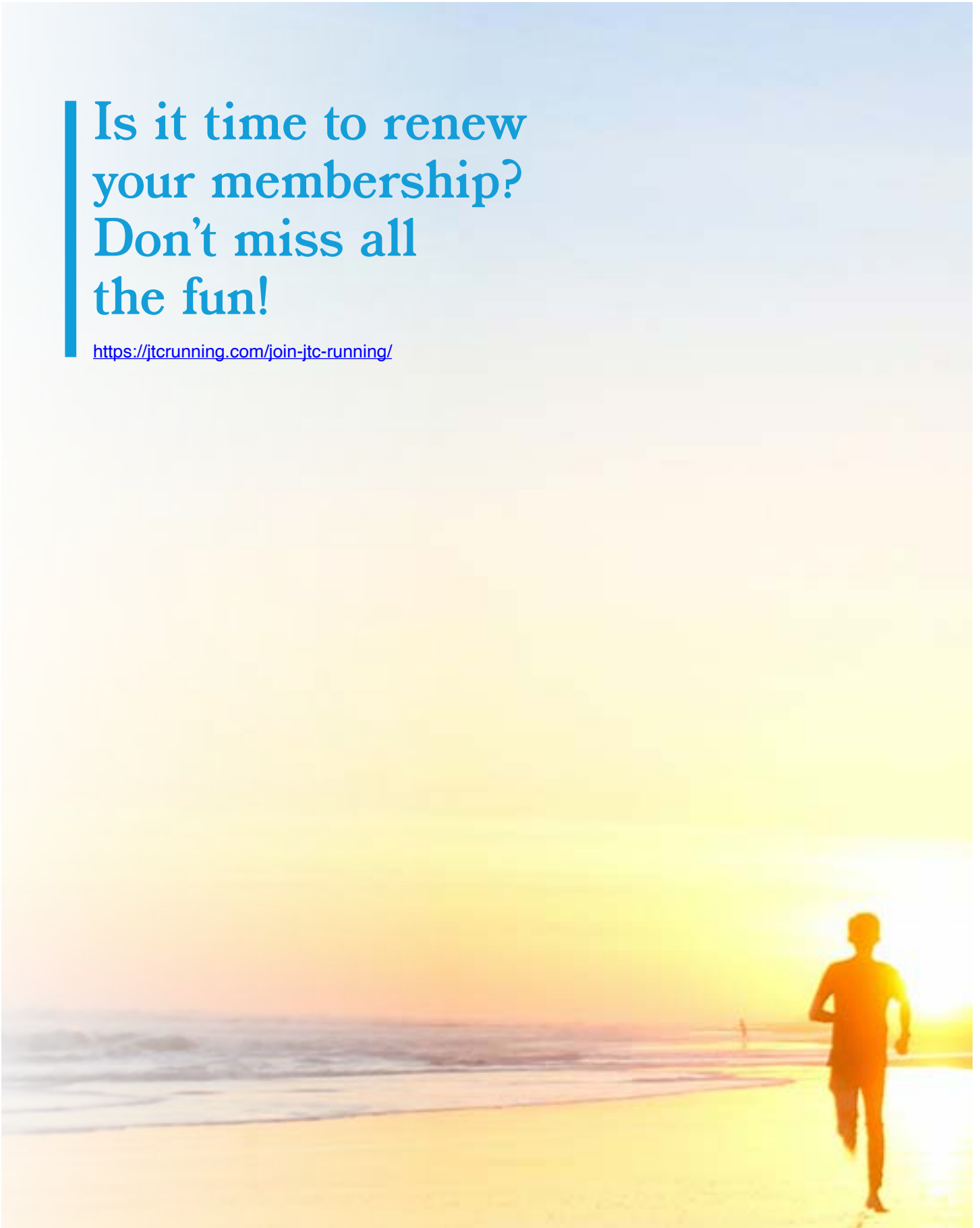
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Is it time to renew
your membership?
Don't miss all
the fun!

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



Paul Smith; Runner and Inspirational leader



By Hubert Keen

Many participants in Jacksonville running events have heard the calls from the sidelines and on racecourses: “Hey, Paul,” or “Go, Paul.” Those are words of encouragement and admiration for Paul Smith, a longtime member of the Jacksonville running community.

One doesn’t need to talk long with Paul, nor with his friends and colleagues, to learn the deep and enduring principles that have shaped him. Like many residents of the regional community, he came to Jacksonville at the final stage of 26 years of service in the Navy. He stayed, has lived here since then with his family, got involved and has made significant contributions. The discipline and skills acquired while serving in the military have been a strong influence in his life.



Paul’s first competitive sport was not running. Having grown up across the road from a roller rink near his southern New Jersey childhood home, he earned money for cleaning and doing odd jobs around the rink to buy quad skates — the standard style at that time — which he couldn’t afford otherwise. There he began competing in speed skating.

“For endurance and stability training, I took advantage of a three-mile trip to and from school twice a week by running on the crossties of a railroad track that was parallel to the main road,” Paul said.

Later in life, after his daughter Stacey became an in-line skating athlete, Paul took up the sport. “Negotiating the hilly terrain and obstacles on different lengths of three annual 88-mile in-line skate races from Athens, Georgia to Atlanta is a vivid memory for me,” Paul recalled.

His love of active sports was an obvious influence on Stacey. She became an accomplished athlete in running, skating and cycling, and has competed in triathlons and cycling races.



She continues as a competitive runner and, after attaining coaching certification through USA Track and Field, she coached a high school team near her home in Colorado.

The father-daughter relationship was on display during the most recent Gate River Run when they ran together wearing matching shirts with “Dad Team” printed on the back. Paul placed second in the 2023 River Run for the second consecutive year in his 80-84 age class. The father-daughter team also ran the Boston Marathon twice, one of those during the infamous bombing in 2013, which led to some tension as they were separated at the time of the explosion.

It seems a natural progression, given Paul’s background and love of running, that he would become a coach. He attained certified coaching status from USATF and has coached and mentored athletes over the years. He oversaw and coached the JTC Wednesday morning and evening training sessions at The Bolles School for several years where his empathic mentoring helped many beginners, as well as experienced runners, develop their skills.

He’s an active member of the regional running clubs and has served for several years as a member of the JTC Board. He is a member and leader in his age group on the 1st Place Sports Running team.



10 questions with Karen Prewitt



Age: 60

Occupation: Retired -- or Caleb's manager. LOL!

Family (including pets if you'd like): Husband David; his two wonderful, children Jenny and David Jr.; our children: Courtney and Caleb; and our furry kid, Cocoa

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



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

I was always into sports as a child. I played so many different ones growing up, but really found my passion in running. I started running track in middle school (a long time ago!) and have been running ever since. It's changed my life in so many ways! I've met so many wonderful people, traveled to some interesting places, challenged myself with longer distances. I truly believe that the resilience that has come with those challenges has spilled over into other areas of my life as well. Running has gotten me through some tough times.

How does running impact your mental health?

I'm a huge believer in the impact of running and physical exercise on one's mental and emotional health. In the 45-plus years that I've been running, I've certainly had times of additional stress: moving, changing jobs, having a child with special needs. Being able to run – to get out there and be physically active – has helped release some of that stress and helped me to move forward.

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

My son! He motivates me to get out there and do my best, as I know he's doing. Plus, I have to keep up my training to be his partner in races! And deep down, I know I'll feel better after my run, so that helps, too. Lastly, I have a run streak going. Next month, I'll hit 2,000 days – close to 5.5 years.

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

Even though I love to run with the running groups and friends, it's hard to get together to train with them with our family's schedule. So, most days, I'm a solo runner. Caleb and I have really tried to make the JTC Track practices on Wednesday afternoons, and that's been great! Great workout, great support and great friends. Love the Jacksonville running community.

What is your favorite race and why?

Definitely the River Run. I've been running it for so many years – almost since I moved here (1988). I love it because there is always so much support along the course. It's a party! Fun to see the bands, and all the spectators along the route. It's challenging (Hello, Green Monster). There have been years when I've earned a 10% cap, and that's always awesome. But I think especially since this was such a focal point for our family, and our son Caleb, for so many months. Training and working hard to finish the course, which he did this past March. That was a thrill and something I'll always remember.

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

Never have! I know I'm an anomaly in that regard, but I've always preferred to run without earbuds or headphones. I love my time to think and plan and process, and that's what I do when I'm running.

How do you reward yourself after a great run?

I'm a huge chocoholic, so typically some sort of chocolate treat. M&M's are a staple at our house and mom has her own stash. I also am quite addicted to my massage boots. One of my favorite things to do after a long run is to curl up on the couch with a good show and my boots.

10 questions with Karen Prewitt

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

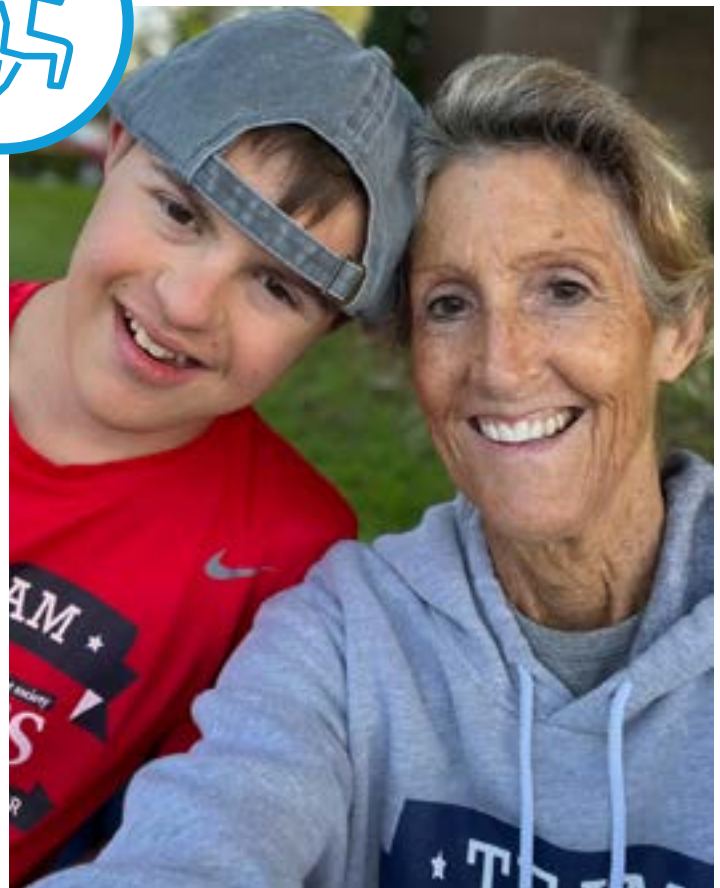
We make it a priority. It's simply an important part of our daily routine, so we make sure to schedule time for it. Not every workout during a vacation is 100% what we would've done at home, but we know we're keeping active and doing our best in the moment. I was just in Rhode Island and ran with a group 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?

So hard! We've traveled to a lot of different places. But I think I would have to say the Keys. So serene and the scenery was a lot of fun to take in.

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

Well, we "triathlon" so any of those other parts - swimming and biking. We are pretty much training at least one of the three triathlon sports each day, so it's a great mixture of working different muscles. We also hit the gym for strength-training a couple times a week.



10 questions with Karen Prewitt



10 questions with Karen Prewitt



JTC members can run in Cecil Field Summer Classic for FREE

By Richard Fannin

The seventh annual **Cecil Field Summer Classic** cross country race is **Friday, Aug. 25** at the Cecil Field golf course, now known as **New World Sports Complex**, 13715 Lake Newman Street in Jacksonville.

Many thanks go to JTC Running for a very generous donation last year toward Cecil and for their title sponsorship this year. As a thank you, all JTC Running members may compete with no entry fee. (More on that below). There is also no fee for parking this year. Country Caterers (family owned for 30 years) will be on hand, selling hamburgers, hot dogs and BBQ at reasonable prices.

The Cecil Field Summer Classic (along with The Last Gasp put on by JTC Running) is one of a very small handful of cross-country races open to adults (post-high school) in North Florida. With almost 2,000 runners expected this year, it is by far the largest cross-country meet in North Florida.

JTC Running members can run for free by texting (904) 662-3814 for the discount code to include with their entries. Non-club members pay \$10. There is no day-of-race registration and no T-shirts or awards for the Open Race. Bibs can be picked up onsite on race day. Chip times and results will be on 1stplacesports.com.

The Open Race is 5,000 meters, two loops on the mile-and-a-half course that covers the entire front nine holes of the golf course. The middle school race is 2,500 meters and held in conjunction with the Open Race (youngsters peel off after one loop). Both start at 5:30 p.m.

The high school races are at:

- 6:15 p.m.
- 6:45 p.m.
- 7:15 p.m.
- 7:45 p.m.



The race began in 2017 as an event for “youngsters” (middle school and junior high), high school, as well as open runners. The meet has grown significantly with 1,750 entrants last year; 162 in the Open Race, 219 in the Middle School race, 763 high school boys and 606 high school girls.

Course records are 15:05 for high school boys (Patrick Koon in 2021) and 17:46 for high school girls (Eliana Black in 2022), The Open Race records are 15:40 for men (Justin Greene in 2020) and 19:26 for women (Lydia McRae in 2018).

We sure would like to see big participation in the open race this year. And we hope to see you there!

**JTC Running
members can run
for free by texting
(904) 662-3814 for
the discount code**

New & Returning Members



Karen	Arms	Robby	Finklea	Jonathan	Mosos
Alfred Francis	Arqueza	Zachary	Fischer	Hannah	Muzzillo
Jennifer	Barkoskie	Scott Allan	Flanders	Aubrey	Myrick
Bernie	Berania	Jill	Foster	Chris	Nelson
Katherine	Bible	Jim	French	Zach	Nitt
Cindy	Bohn	Jeff	Funderburk	Nora	Olomu
Amanda	Brad	John J	Geren	Ted	Patterson
Megghan	Brooks	Erica	Gottlieb	Phu	Pham
Jill	Brown	Stephanie	Griffith	Amanda M.	Pye
Jennifer	Budd	Barbara	Handman	Carlos	Rabell
Shannon	Burns	Leslie	Hart	Beth	Reiney
Jason	Campbell	Alan	Helquist	Donna	Rettini
Michael	Cape	Ashlee	Henderson	Lawrence	Roberts
Vicky	Connell	Martha	Irene	Dee	Robertson-Lee
Carolyn	Corgel	Susanne	Jones	Sandra	Romans
Melissa	Courreges	Kathleen	Kaye	Steve	Rosenbaum
Ken	Covey	Mike	Kember	Cynthia	Simon
David	Dance	Nancy	Kern	Jack	Singletary
Errol	Daniels Jr	Michelle	Kerr	Traci	Soenksen
Tommy	Dates	Lynn	Knettles	Florence	Sparks
Mary Elaine	DeCavalcante	Bruce	Kritzler	Tonyo	Sylvester
Marcel	Dera	Drew	Landgrebe	Soledad	Terry
John	Dice	Amy	Landin	Michelle	Thomas
Virgen	Dominguez	Gary	Ledman	Nathanial	Thurston
Beth	Durling	August J.	Leone	Donna	Trumble
Jim	Edwards	Whitney	Lindsay	Steven V	Tuten
Judith	Ellinger	Leandra	Mack	Jolie	Usry
Larissa	Faulkner	Amy	Magdalein	Jim	Van Cleave
Julia	Figura	Isabel	Martin	Michele	Weed
		Colin	Moore	Jeremy	Wenzel
				Katie	Wrenn
				Carmen	Zayas

Spotlights Global Running Day

Photos by Fran Ruchalski



Congrats to
all of the
participants



Spotlights Global Running Day



Best drill ever to improve your form and performance



By Sean McCormack

I have always enjoyed watching and studying different running strides of individual distance runners. Like a fingerprint or a snowflake, they are all unique. Some can be quite dissimilar and others can closely resemble other strides and gaits. But no two are exactly the same.

I have never been a believer in trying to change someone's gait. What is natural and comfortable for them makes them unique. Granted some strides are more suited for longer distances, usually over 10k, while others can do much better in the middle distances up to 10k.

The reasons are not the point of this article, but safe to say a good coach will be able to identify a runner's natural strengths and at which distances they may excel.

However, whatever your natural gait is can and should be maximized and trained to improve your power and efficiency. There is one exercise or drill I feel is the ideal solution to achieve this goal. So here it is:

First, all you need is a Bosu ball (the exercise ball that is flat on one side and rounded on the other). If you have a gym membership, most likely they have a few of these. If not, you can purchase one on Amazon for a reasonable price.

Second, turn the ball so the flat side is up and then with one leg center yourself in the middle of the ball and lean over your one leg and extend the opposite leg out 90 degrees. Use your arms to aid in balance and try and hold the position for 30 seconds. Repeat on the opposite leg and do three sets three to four times minimum per week.

At first, this will be challenging but after just a few weeks you will notice your balance begin to improve and more importantly your core strength up through your quads, hamstrings, hip rotators and glutes. You will feel a burning ache especially in your glutes, which will signal your muscle groups are being worked and you are experiencing good benefit from the drill.

Third, every two to three weeks you should aim to increase your time on the ball by 10-15 seconds. After you can hold a one-legged pose more than one minute, you will really start to notice a change in your running. You will feel more centered, your stride will feel tight and in some cases, it will be dramatically more efficient. Why? Because this drill brings intense focus to those muscle groups that are the key to running performance, specifically the hip rotators, hamstrings and glutes.

If you watch great runners, you will notice how efficient their stride is through these muscle groups. No wasted effort, like swaying from side to side. These are the areas that we derive our maximum power from, yet in many cases we ignore them in our training routines.

This drill will really bring a significant boost to your form and ultimately your performance. You will begin to feel a “snap” in your stride.

If you adopt this drill and experience the success that I am confident you will, shoot me an email to share your experience. By the way, I am up to two minutes per leg and I am really beginning to notice a change.

Need to reach me? My email is seanmichaelmccormack@gmail.com.

The Global Running Day 5K sponsored by JTC raised \$9,089 for Marathon High



JTC Running has been a longtime supporter of Marathon High, which challenges at-risk teenagers in Northeast Florida to run the annual Donna half-marathon. But it's more than training for a race. Over four months, the young runners learn the benefits of setting goals, self-respect, leadership, teamwork and improved health. Those lessons can stay with them for life. The Global Running Day 5K sponsored by JTC raised \$9,089 for Marathon High. From left are Doug Alred, Larry Roberts, Nicole Andress, Doug Tillett, Michelle Baker (Marathon High), Bonnie Brooks and Alex Goodwin (Marathon High). Click [here](#) to learn more about Marathon High's impact.



COACH'S CORNER

Carbon super shoes: Should we really wear them for racing only?

By Rob Coltman

Coltman and Baughman Physical Therapy

In recent years, the running world has witnessed a technological revolution in footwear with the introduction of carbon super shoes.

These advanced running shoes, equipped with a carbon fiber plate in the midsole, have been touted as game-changers, promising enhanced performance and improved running economy for athletes of most levels.

And since the shoes are so expensive, and the fact that they are not very resilient to a high volume of training, many coaches and runners have made the conclusion that they should only use these shoes for racing, but is this really the best strategy?

We wrote this article after starting to see a lot of runners getting injured on race day with these shoes.

If we are concerned about running injuries, then the answer is resounding no!

One of the advantages of these carbon super shoes is in the shoe's energy return. The carbon fiber plate in the midsole is designed to provide a spring-like effect, storing and releasing energy with each foot-strike.

This feature aims to reduce energy loss during running, thus making it more efficient for athletes and potentially improving running times. They also improve running economy. Research has shown that wearing carbon super shoes can enhance running economy, meaning runners can maintain a given pace with reduced energy expenditure. This can be particularly beneficial in longer races like marathons, where efficiency plays a significant role in performance.

For these shoes to have these advantages on race day, they have to be constructed of lightweight materials that may not last as long as a typical trainer. So, one might just assume that it is best to save these shoes for race day only.

But the old phrase "nothing new on race day" still holds true.

We use it to avoid pitfalls in racing that we haven't seen or planned in training. Before carbon super shoes, we would never put on a new, and totally different, pair of shoes that you have never used just prior to a marathon due to blisters, or worse, injury. Even if we use racing flats, it is typical that we train in them during some of the weekly tempo/speed runs.

The carbon super shoes are dramatically different than your everyday trainers in what happens biomechanically due to the carbon plate and newer foam due to the added stiffness and energy return.

In other words, the muscle recruitment pattern of the entire lower extremity is different than in daily trainers. So, if we don't train in the carbon shoes to train the muscles and tendons to become resilient with the new recruitment pattern, then we set up the potential for injury. Additionally, training more with this new recruitment pattern will also make us faster.

What should we do?

We should still use the carbon super shoes for all the benefits mentioned here, but we must integrate them into weekly training, with at least one run per week, leading up to the race.

It would be best to start with a shorter distance run earlier in the training, perhaps one of the tempo or speed runs. Then prior to the race, use the super shoe in the longer runs so your lower extremities are ready to utilize all the benefits of the carbon super shoe with the lowest injury risk.



EMERALD TRAIL 5K 10K

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The 4th Annual VyStar Emerald Trail 5K and 10K presented by JTC Running and 1st Place Sports will take runners, walkers and cyclists along the Northbank Riverwalk to Riverside Arts Market. 10K participants will continue over the new Shared Use Path (SUP) to San Marco. All proceeds from this event benefit Groundwork Jacksonville, the City's nonprofit partner in building the Emerald Trail and restoring McCoys Creek and Hogans Creek.

REGISTER TODAY AT 1STPLACESPORTS.COM/RACES/EMERALDTRAIL

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Designer: Amanda Pye

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P.O. Box 58102, Jacksonville, FL 32241 OR
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.