



THE STARTING LINE

48 Years of Running

NEWSLETTER



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PRESIDENT'S LETTER

Cooler temperatures bring out more runners and more smiles

By Doug Tillett

I've been encouraged lately by the number of people that I see running.

During the summer this year, the temperatures were so awfully hot, that running for recreation or fitness was being tamped down. Maybe it was just me who was tamped down.

I still ran almost every day because my Apple watch was sending me messages every couple of hours that I'd better hurry up and start working out or else my exercise ring and my move ring would not be closed for the day, meaning that I would fall short of the goals that had been set for me.

Heaven knows I hated the thought of disappointing my watch, so I would dutifully go outside and run. But it was a tamped down kind of running. It was so hot and nobody was having much fun running.

All that has changed now. The temperature has moderated considerably. Everybody is having such a wonderful time running. I see them all, smiling as they run along, almost laughing out loud as they pass by on their daily run. It's so encouraging. Our sport of running hasn't fallen from popularity after all.

I did something transformational in September – I signed up for the JTC Running half marathon training class. I have been slogging along for months, hampered by pain in my hip from a fall I took back in May. I'd been improving but I wasn't enjoying running very much. I know it sounds counter to what I should be doing to complete recovery, but I've been feeling a lot better since starting our training class.

Maybe it's the encouragement of our coach, Scott Gleason. Maybe it's embracing the goal of running a half-marathon in a couple of months. Or maybe there is something magic about increasing running distance in a consistent and planned way. Regardless, I'm glad I'm running with the class. And just so you know, our Gate River Run training class starts in January, so you can transform your running for the new year. First, we

need to finish this year. The Tijuana

Flats Summer Beach Run was

successful although difficult, but

difficulty is part of the race's allure.

It was a great running party. You

should run it next year, like I will. The

Cecil Field Summer Classic had the largest

number of running teams ever, plus there was a special "open" race for JTC members.



Cross-country. It's the meat of running. My high school running coach always said that and I still don't know what he meant but Coach Cottrell always spoke running wisdom that we couldn't understand.

And the Emerald Trail race drew a lot more registrants than in previous years, on a beautiful autumn morning in Downtown Jacksonville.

The first Sunday in December is always the day for JTC Running's Guana Ultra Marathon, Relay and 12K. Registration will open soon for the Dec. 3 race on our club's website. The race is held on the paths of the Guana Tolomato Matanzas National Estuarine Reserve in Ponte Vedra Beach. It's a remote spot – your cell phone won't work there.

It's four loops of a 12.5-kilometer earthen trail. The 50K Guana Ultra and the Guana Ultra Relay start at the same time in the early morning, soon after sunrise. The relay is a two-person race, with each team member running 25 kilometers. It can be run as a traditional relay, with the first runner finishing 25K and then "passing the baton" (although there isn't really a baton) to the second runner or both runners can run at the same time. That's how we do our races – whatever's good for the runner.

Then in the early afternoon, usually at 1 p.m., we have a one-loop 12K Trail Race. The Guana paths are like no other place you will ever get to run. The field is limited, so keep an eye out for registration to open.

Finally, JTC Running presents The Last Gasp, which is the last race of the year. It's cross-country at Jacksonville University on Sunday, Dec. 31, at 2 p.m. There is a kid's 1 mile at 1:30 p.m. It's not an expensive race. You get a sweatshirt. There are more steep hills than anyone would think exist in Florida.

There is an after-party that includes food, beverages (our favorite kind) and awards. The acoustic trio Cerberus say they will be there. The Last Gasp is great and you'll love it. Watch for registration to open soon on our club's website.

EDITOR'S LETTER

Different experiences of running or not running with my sweet babies

By Marilyn Young

Dogs are like kids. You love them all, but the bonds you build together can be different. Some dogs mirror your habits, others take their own path.

People who know me or follow me on social media, know my heart dog Lucy. My 17-year-old sweet girl was a force who owned me from the moment I met her as a pudgy little girl. (She probably thought I was pudgy, too. And she wouldn't be wrong.)

Lucy loved, loved, loved to run. She would sometimes take such long strides, it was almost like she was flying. And she always had a huge smile on her face. I captured her flying and her beautiful smile in photos that gained her a legion of fans who loved her even though they never met her.

The best thing is Lucy didn't expect me to run with her. She was perfectly happy running in a baseball field with all the gates closed or in our fenced-in backyard until she was ready to drop. Then she'd drink a little water, rest up a few minutes and take off again. My only role was cheering her on and saturating my social media feed for her adoring fans to see.

My current dog, Reuben, wants to run, too. But he wants me to run with him. And he wants to run at full speed all the time. I don't even have a full speed. Plus, he only needs a short break before he can do it all over again.

I don't let him off leash in public, even in a ballfield with all the gates closed. I fear Reuben would somehow find a way to get out. But in our fenced-in backyard, he runs from end to end and side to side with everything he has.

Sometimes, when he realizes I'm not running with him, he stops and waits for me. Judging me every slow step of the way. And when there are no chicken nuggets in our refrigerator, it's Judgment Day, Part 2.

Reuben would probably be a little jealous to know that I sometimes jog a little when I take Blackie for her daily walk in her cat stroller. (Yes, she really has a stroller.) But that's usually only when I walk through a spider web or I'm certain there's an escaped killer following me.



My sweet girl Lucy (top) loved showing off her speed and jumping abilities. Reuben wants me to run with me, which is a hard pass. My cat Blackie is fine with an occasional short and slow jog while she's in her stroller.



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You can now easily renew or change your membership, and sign up for Club events, on the 'Wild Apricot for Members' app available for iPhones and android. Download and log in with the same email and password you use for JTCRunning.com.

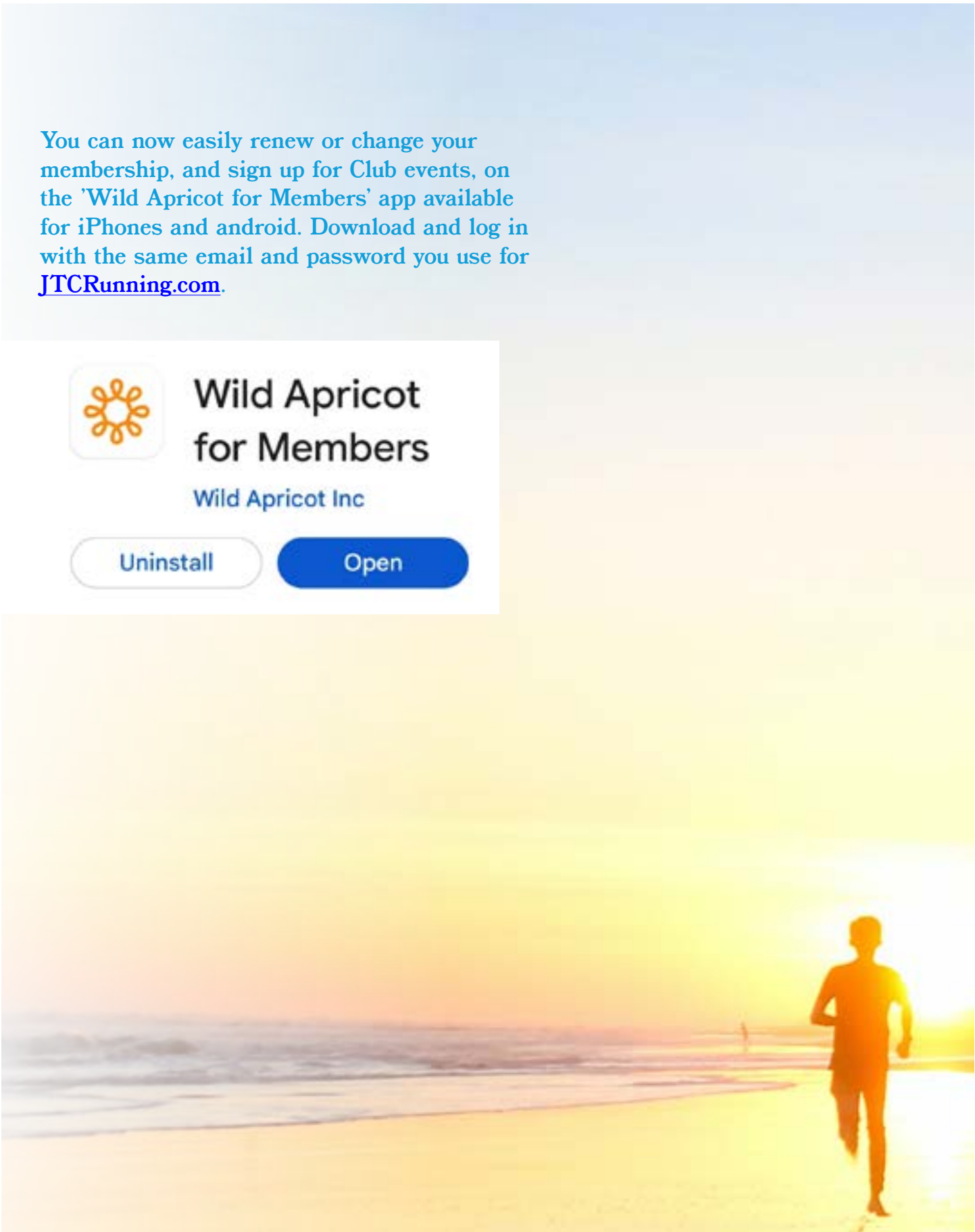


**Wild Apricot
for Members**

Wild Apricot Inc

Uninstall

Open



10 questions with Jeff Marks

Age: 73

Occupation: Recently retired attorney specializing in real estate transactions



Family (including pets if you'd like): My beloved wife of 49 years is Penny Marks. My children are Sherry and Fred. Beginning with the time they were in strollers, they (and Penny) watched me run many local races.



How long have you been a member of JTC Running?

I have been a member of JTC Running since about 1980. I served as vice president when Rodney Smith was president.

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

I watched some friends run the first River Run and I went home and ran around the block that day. I have been running ever since.

We had a group of runners that trained really hard. We called ourselves the Rubin Road Runners because we ran every Sunday from my house on Rubin Road.

Included were Paul Hibel, John Heafer, Rick Van Brederode, Jim Coover, Doug Schlosser, Bryan Bartosik, Dave Broghamer, Eric Berman, Paul Furman, John Strange, Ty Payne, Arne Espling and Adrienne Lilburn.

We were a dedicated and fairly accomplished group that took home age group awards.

How does running impact your mental health?

Running has kept me fit for all these years, both physically and mentally. My work was often stressful, and my after-work runs provided a great way to unwind. Now I run six days a week in the morning, albeit at a slower pace.

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

Now that I am retired, I don't have unmotivated days. Before, my motivation often came from wanting to listen to sports talk radio while I ran.

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

After so many years of running with others, I am happy to run alone now.

What is your favorite race and why?

My favorite race has always been the River Run. I ran more than 30 of them, twice in 55 minutes.

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

I still listen to sports talk radio while I run. I always stay aware of sounds and sights.

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

I like to run on vacation. I will generally go for a run the first morning we arrive and then report back to Penny what I saw so that we can check out some of them.

Where is the most beautiful place you've run?

Among the most beautiful places I've run are Budapest, the Berkshires and the Grand Tetons with my 14-year-old grandson Roen.

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

I do light weights, pushups, sit-ups and yard work and I try to eat right to stay healthy. I fish frequently with fellow JTC Running member Paul Hibel. I also volunteer at Horse Sense and Sensibility, which provides equine therapy to people with disabilities.

10 questions with Jeff Marks



10 questions with Jeff Marks



10 questions with Jeff Marks



Spotlights from Emerald Trail Run

Photos by Fran Ruchalski



Congrats to
all of the
participants



Spotlights from Emerald Trail Run



Spotlights from Emerald Trail Run



Spotlights from Emerald Trail Run



Stretching exercises for runners: When to stretch and which ones to use

By Hubert Keen, Ph.D.



When my personal care physician suggested I take up yoga as an exercise, I was mildly surprised. I always undertake a series of stretching exercises in preparation for runs and on off-days for training. And yoga in its various forms is, in part, stretching exercise. This led me to explore the underlying mechanisms of stretching exercises that are appropriate for runners.

Stretching exercises fall into two broad categories, static and dynamic. Static stretching is extending a muscle until tension is felt and then holding it for a period of time, usually from 10 seconds to a minute. This is the form most people associate with yoga, except yoga also involves focus and concentration on the body's inner status (a form of mental activity called interoception).

Static stretching is shown in extensive studies to be effective when practiced several times a week for a few minutes as training for increased flexibility and to help build strength and endurance.

However, as a pre-event warm-up, extended static stretching is not recommended. When carried out in preparation for running, the research has shown that it leads to decreases in excitability of muscles and thus hinders running performance. You can, incidentally, verify

this rather simply by trying it.

The need for joint flexibility, tendon and ligament activation as a warm-up for an event varies with the specific sport, and a certain amount of static stretching before exertion is essential in sports with extreme range of motion, such as in gymnastics and the lower body in soccer.

These athletes are confronted with the conflict. Extreme ranges of joint motion are, however, not as important in pre-event warm-up for runners.

Dynamic stretching involves targeting activation of the muscles that will be used directly in the specific exercise. Obviously, short runs are the preferred warm-up for runners in a competitive or training event.

It is, however, advisable to engage in dynamic stretching exercises of the muscles and joints in the legs, feet, hips, and even the shoulders, before setting off on a warm-up run. Most runners, especially experienced ones, actually do dynamic stretches before running.

A program of static and dynamic stretching on off-days from running is an excellent complement to a training program leading up to a race.

How can you learn these exercises? Coaches and trainers all know the appropriate stretches. Experienced runners use dynamic exercises as warm-up before runs and races, and watching them is informative. If you've had an injury that led to treatment by a physical therapist, then you know the value of that as a learning experience.

You might take my doctor's advice: engage in a structured program of yoga. It will be no surprise that the internet is a source of information, much of it helpful, on stretch training.

The most extensive source on the subject is the book "Stretching Anatomy" (3rd edition), by Nelson and Kokkonen. And finally, stay in touch with your inner self.

Minimalist or maximalist? It's a fad-driven world when it comes to running shoes



By Mark Baughman

Coltman and Baughman Physical Therapy

I am getting old enough now to start to see fads come and go and come back again. You can see it everywhere you look. It is in pop culture, fashion, diets, and even in running.

It was not too long ago that you could not go to buy a new pair of shoes and see that just about every shoe company had some version of a “minimalist” shoe. I put “minimalist” in quotations because the specifications of those minimalist shoes varied greatly.

Regardless of the exact specifications of the shoe, they were being marketed to the running population as the shoe that helped facilitate natural running form. The idea was to have a shoe that promoted the mechanics of barefoot running.

It was the book “Born to Run” by Christopher McDougall that sparked the barefoot craze. Minimalist was best! The smaller the heel drop, the less cushion; the lighter the weight, the better. It made sense, and the evidence and biomechanics of it was compelling.

As compelling as it was, the marketing was even better. Stores were flooded with minimalist shoes and runners flocked to the store for the shoes that promised a decrease in injuries and improved performance.

Fast-forward 10 years, go to a store and try and buy a pair of minimalist shoes. Now you have to hunt to find a shoe marketed as “minimalist.” What changed? Did the biomechanics of running change? Did the book “Born to Run” disappear? Did the human body change? The answer to all of these questions is “No.” Marketing is what changed.

We are now onto the newer and “better” thing. Ironically, it is the exact opposite of a minimalist shoe, it’s a maximalist shoe. Hoka’s came on the scene and the maximalist craze began. Instead of less is more, more became better. More cushioning, more stack height and more shoe, not less.

Cushion became king. Rather than natural running mechanics for efficiency and injury prevention, the solution became more cushion. The same runners that flocked to the Vibram Five Finger shoe were now flocking to the Hoka maximalist shoe.

Fads, of course, are nothing new, but what has been so astounding to me is that the pendulum swung so far so fast from one side to the other in shoe concepts.

So, we are left with the same question, “which shoe is best for performance and injury prevention?” Despite the various types of shoes and various fads, the answer remains the same, “it depends.”

I have worked rehabbing runners for 20 years and have had quite a few runners benefit from minimalist shoes, but I have also seen the same shoe cause tremendous problems for runners.

I have seen the same thing to be true for maximalist shoes and I am sure we will see the same thing happen with the newest carbon fiber energy return shoes.

The problem is not with the shoes. In fact, it is great to have such a variety of style of shoes to meet the needs and demands of a diverse running population. The problem is with the marketing promise for a particular shoe brand or shoe type to be the silver bullet to prevent injuries and maximize performance.

As you look for the shoe that is best for you, there are quite a few variables to be considered. You need to find the shoe that meets your body’s anatomy, movement patterns, running demands and injury history.

This is where the knowledge of your local running store staff and rehabilitation professionals who specialize in running become essential.

Don’t leave it to the marketing machine of large companies or the latest Instagram influencer to convince you of what is the best shoe to meet your needs.

Jacksonville is fortunate to have both great local running stores and rehab professionals who specialize in running to keep runners achieving their goals. 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.

New & Returning Members



Lynn	Asp	Matt	Milloway
Angelica	Berrios	Stephanie	Modola
Claire	Bing	Jacqueline	Moise
Richard	Blankenship	Brian	Moore
Joyner	Bousquet	Diana	Moore-Milligan
Brandon	Cornellier	Amanda	Napolitano
Jennifer	DeSantis	Catherine	O'Brien
Eli	Fetsko	April	Patterson
Eric	Fleming	Alan	Pickert
Gary	Gerdeman	Eric	Pressler
James	Giancola	Kathleen	Reif
Christina	Groger	Alison	Ronzon
Jon	Guthrie	Erika	Sharp
Abraham	Gutierrez	Brad	Shepherd
Jim	Hanson	Patrick	Snyder
Ian	Hardington	Spence	Southard
Ray	Harvey	James	Sylvester
Emily	Horan	Nadine	Thomas
Kaitlyn	Huang	Gloria	Toro
Erin	Juzapavicus		
Goran	Kadic		
Alexander	Kean		
Amy	Kisz		
Donald	Knopps		
Todd	Lape		
Kevin	Larrimore		
Allan	Leao Dantas		
Kelly	Lipscomb		
Rosie	Manfredi		
Ed	Martin		

COACH'S CORNER

Finding beauty while running on the other side of the world



By Sean McCormack

Recently, I returned from a trip to Europe, including Ireland and Budapest, Hungary. One thing about the sport of running is no matter where you go in this world, there are always a variety of people out running. In some countries you see more than others.

I have always enjoyed exploring places to run when I travel, and this trip was certainly no exception. The weather in Ireland is a runner's dream; 50-60 degrees feels like heaven after a Jacksonville summer.

Interestingly, there were not too many people out running in Ireland despite the running-friendly climate.

The Irish are incredibly friendly and accommodating people, and there are more pubs than restaurants for sure.

I think perhaps having a pint or two is a higher priority than a nice run. (Not that I had a problem with that!)

Next on the agenda was Hungary and Budapest, which surprised me with the army of runners out and about every day. The weather was sunny, mid-80s and a dry climate. The mornings were cool and very conducive for a good run.

I had scouted out a great route along the Danube River and there were literally dozens of runners of all ages running along this beautiful waterway.

However, the real pearl was finding Margaret's Island, an oblong canoe-shaped island in the middle of the Danube, between the cities of Buda on the west bank and Pest on the east bank of the Danube. (That's right, Buda and Pest are two separate cities split by the Danube River.)

It is accessible by a few bridges that connect the two cities across the Danube. Margaret's Island is almost exactly 3.1 miles around the perimeter and has a cinder-track path about lanes in width that encircles the entire perimeter.

There were hundreds of locals out running on Margaret's Island and I wish I had discovered this amazing place a few days earlier. Every half-kilometer was marked and the interior was comprised of water parks, fitness trails and even a polo grounds stadium.

It was an amazing spot to run, reminding me of a smaller version of Central Park. I would highly recommend a trip to this beautiful city and if you go, head to Margaret's Island for an amazing running experience.

Have a question for Coach Sean? Send an email to seanmichaelmccormack@gmail.com.

Don't miss this master class by Gary Corbitt on the history of running on Nov. 6 at 1st Place Sports

Longtime JTC Running member Gary Corbitt will be presenting "A Running History Master Class" at 6:30 p.m., Nov. 6, at 1st Place Sports on Baymeadows Road.

The class will focus on the history of long-distance running in the African-American community, civil rights and the groundbreaking New York Pioneer Club, which was founded in 1936. There is no charge to attend the class.

Corbitt is well-versed in that history, partly because his father, Ted, is a legend in the running world. Ted Corbitt's incomparable career includes being the first African American to run the marathon in the Olympics, which he did in the summer of 1952 in Helsinki, Finland. Ted Corbitt competed for the Pioneer Club his entire road running career starting in 1947, according to tedcorbitt.com, which details his legendary impact.

The Nov. 6 class taught by Gary Corbitt will have two parts:

- African-American Long Distance Running History Timeline (1880-1979)
- Civil Rights History and New York Pioneer Club (1936-1976)

Gary Corbitt is well-known in Jacksonville, not only for his famous father, but also for his longtime career as research director for WJXT Channel 4. He retired in 2011.

He also is the archivist for the soon-to-be-started Theodore Corbitt Institute for Running History Research. And he was inducted into the National Black Distance Running Hall of Fame in 2019 for the work he's done to preserve the history of long-distance running.



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Designer: Amanda Pye

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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: Various locations in the historic neighborhood, see Facebook group Springfield Running Group for weekly route.

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.