



Raise your flag to
the New Year!

THE STARTING LINE

49 Years of Running

NEWSLETTER



www.jtcrunning.com

January/February 2024

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Issue #462

PRESIDENT'S LETTER

The new year's off to a great start for JTC Running

By Doug Tillett

This is the first newsletter since the year changed to 2024 but it's too late to wish everybody a Happy New Year.

Larry David, the comedian and TV star, did a bit where he said that saying Happy New Year was only OK for the first three days of the year. After that, any salutations are "a little late," and I'm already late too much, so no "Happy New Year."

But I am happy so far in 2024. I can't help but boast that things are really running along nicely for JTC Running in 2024. Why? Because it's Gate River Run time! Everybody's been talking about the big race for months, but especially now because it's coming up so soon on March 2! Everywhere you go, at all hours of the day, you will see people out training for the Gate River Run.

We got to this point, this moment, because of the intensity of JTC Running activities, as of late. Look at what has happened lately:

- We celebrated JTC's donation of \$85,000 to SORBA-Jax to facilitate the construction of the Running Path at Aterro Park.
- We had the half-marathon training class.
- We hosted the Guana Trail Races the first weekend of December.
- We staged The Last Gasp on the last day of 2023.
- Our Gate River Run training class is currently running.
- We conducted the IQ Fiber Winter Beach Run on January 27.
- We held our first Track Meet of the year on January 20 at Bartram Trail High School. Whew!

I have been particularly focused on the Gate River Run because, after all, I'm the president of the club. But

separately, as a runner myself, I've been a participant in JTC Running's Gate River Run training class since it started Jan. 4.



We've got a great coach, Sharon Langieri, and she is all about effective, competitive running. The 70-something people in the class, including me, are getting excellent advice, individualized coaching, upbeat presentations and timely tips on how to best succeed at the Gate River Run. My advice to you is, next year, seek out the training class and make it your best Gate River Run ever.

This year, it appears that we are right on track to have another outstanding 15-kilometer championship. Jim Van Cleave, who is the JTC board member who coordinates the Elite Athletes, is very busy these days, communicating with the best American runners who are going to compete at the Gate River Run.

We are also looking good for having thousands of local and tourist-runners registered for the race, as usual. Additionally, we have hundreds and hundreds of volunteers who are needed to pull off a race like this. You can participate in a meaningful way by volunteering, and you can make your race even more of an event for yourself by volunteering as well as running. The website is gateriverrun15K.com and look under "Participant Info" for "Volunteer."

We need volunteers to help at the JTC booth in the Gate River Run Expo and we need volunteers for the JTC Hospitality Tent outside on race day. Sign up on the JTCRunning website under Events Open For Registration. Please. We need you.

And now that I'm out of space for my President's Letter, I still need to highlight our Summer Track Series. Professionally timed, fun and local, they are free to run if you register in advance. Our plan is for Saturday meets starting at 10 a.m. at The Bolles School Track. There is an article deeper in The Starting Line with a lot more information.

EDITOR'S LETTER

Looking for River Run running buddies to share their stories

By Marilyn Young

I know a lot of JTC Running members are training hard for the Gate River Run, which is one of the country's premier events. Obviously, the March 2 event attracts some of the best runners from all over the United States and from many countries around the world.

Many people like to run the race by themselves, focused solely on their breathing, their pacing and their performance. But many run with a partner or in a group, some of whom have been race day buddies for years.

I want to talk with those people.

I want to share their stories about how they became Race Day buddies; how they train together to get ready for the Gate River Run; any rituals they have before, during and after the race; and how their friendships have grown stronger through the years because they run a race together in Jacksonville on the first Saturday in March.

If you're willing to talk with me, please send an email to me at storiesbymarilyn@gmail.com so we can talk before and after the Gate River Run.

Best of luck to all the runners. I hope the temperatures are kind, the sun is in a sky peppered with at least a few clouds to provide some relief and you and your friends have the time of your life.

Thanks to those who make the newsletter valuable to members.



I've been a member of a team since the day I was born. As one of seven children in our family back home in Indiana, we were a team whose head coach was named Mom. Or Mommy if we were in trouble or wanted something, like an advance on our weekly allowance. (FYI: That tactic rarely works when you're the sixth of seven kids.) It takes a team to put together this newsletter every other month and I appreciate each person involved.

Thanks to Mark Baughman, Rob Coltman, Hubert Keen and Sean McCormack and Doug Tillett whose columns provide insight and advice to the club's members.

Thanks to Bob Jones who's been doing a great job writing stories about club events, including a story in this edition on free community track meets in April and May (with a third likely in July).

Thanks to Fran Ruchalski, whose photographs bring a strong visual component to the newsletter.

Thanks to former president (and fellow animal rescuer) Larry Roberts for always being a great proofreader, catching errors that get past those of us who are mere mortals.

And last, but certainly not least, thanks to designer Amanda Pye, who uses her creativity to put all the newsletter's pieces together and whose patience can sometimes be challenged by an editor (that's me!) who often asks for changes at the latest possible moment.

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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.

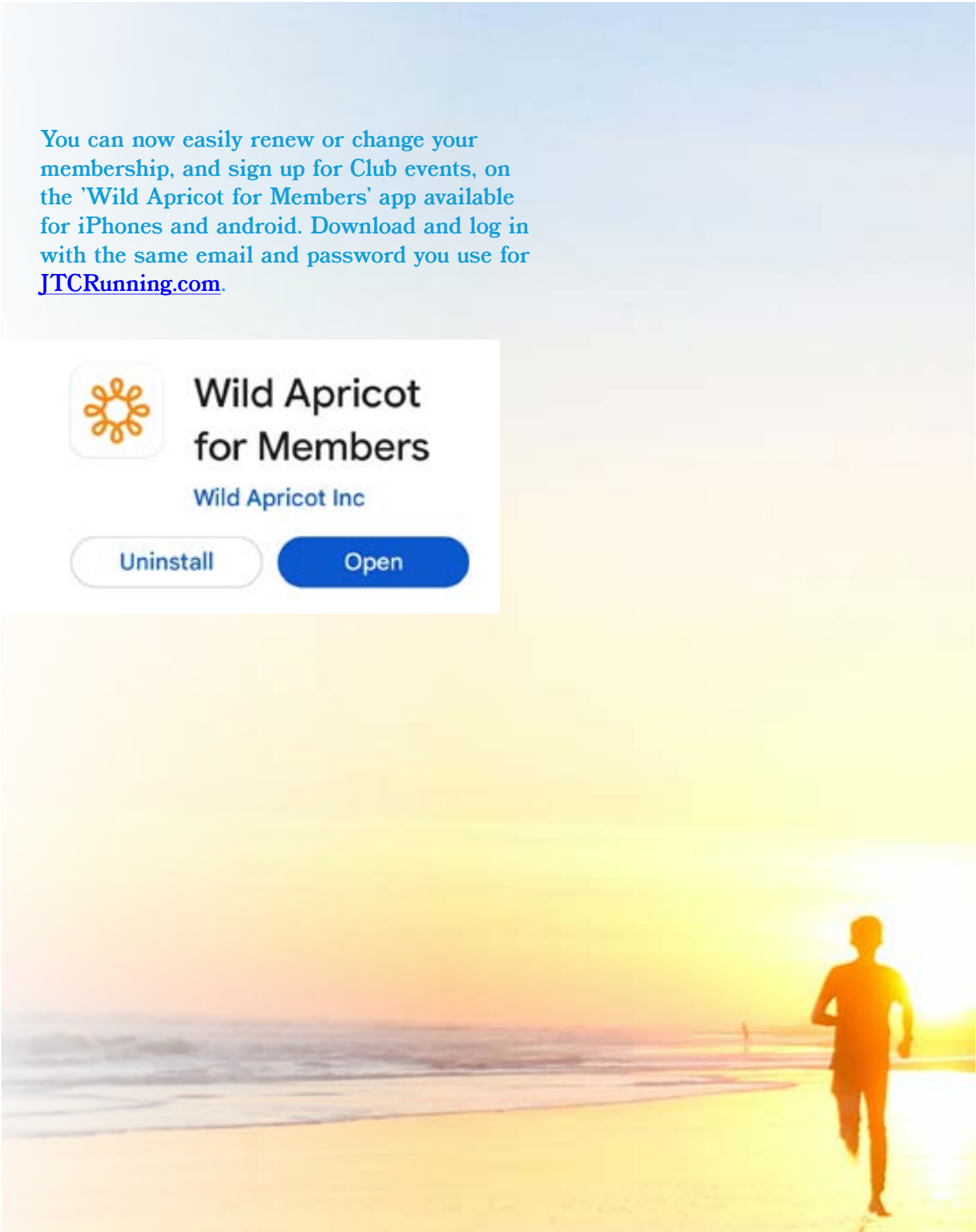


**Wild Apricot
for Members**

Wild Apricot Inc

Uninstall

Open



10 questions with Jason Pratt

Name: Jason Pratt

Age: 42

Occupation: President at Prattify

Family: Wife Ashley, 7-year-old son Vedder and 4-year-old daughter Morgan

How long have you been a member of JTC Running?
Brand new member.



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

I first got into running the summer before freshman year at Wolfson High School, here in Jacksonville, by joining the cross country team led by the legendary Coach Paul Nowicki.

Running both track and cross country at Wolfson under Coach Nowicki was life. My high school life was running, racing and competing. Being on the team, being a runner, totally changed my life for good.

It's where I not only learned about running and racing, but learned discipline, setting expectations, being accountable as a team, being focused and learning how to create and find a mental state for success. We were taught to run the race in our head, designing your own outcome. During my four years on the team, we won the 5A state championship in both cross country and track and field.

Coach Nowicki pushed us hard, pushed us to give our entire best performance at that time. Sometimes this level of focus and discipline felt unusual to us kids, which brought about the statement: "Coach, this is not normal."

He'd quickly come back with "Normal? Who wants to be normal? Have you looked around and seen what normal is these days?"

I later learned precisely what he meant by this: Normal is being stagnant. Normal is the way others trained and prepared. If you want to win and be the best, you have to move on from normal. That single concept has been with me ever since and every day.

How does running impact your mental health?

I tell people often who ask about running or have interest in it, especially folks with lots of things going on in their lives, that running for me improves my mental health even more than my physical health. My head always feels so much better afterwards. It's like a reset button.



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

Thinking about the feeling after. Also, I'm almost always motivated to run. I really love it. Usually what gets in my way are tasks at work.

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

I prefer to run solo. I enjoy the solitude where I get some great thinking and planning in.

What is your favorite race and why?

We are just so lucky in Jacksonville with the amount of races we have. Like really lucky! My absolute favorite race is The Evergreen Pumpkin Run at the Evergreen Cemetery off Main Street. There's a 5K and a 10K and the entire race is run within the cemetery.

I love running under all the oak trees, the winding turns and it's great for spectators, so there's lots of people cheering us all on. The race is run each year during Halloween, so people race wearing costumes and afterwards the runners get to take home one of the pumpkins that lined the course! So much fun.

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

On race day, I choose to run without music in my ears. However, when I'm just running on my own, I am usually listening to either a Hans Zimmer soundtrack (usually Gladiator) or The Best One Yet (TBOY) podcast.

How do you reward yourself after a great run?

Ice cream. I love ice cream. Favorite kind you ask? Cookie dough.

10 questions with Jason Pratt

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

Most of my vacations are five days or less and always include a lot of walking, so I usually use vacation as some time off from running. However, I still crave the cardio workout, so some good, quick walking is how I make that happen. I love a brisk walk, too.

Where is the most beautiful place you've run?

Not a single place really comes to mind, however, the most beautiful type of place where I enjoy running will always be off-road, on a trail under the trees. In Jacksonville, the Timucuan Preserve is my favorite!

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

The middle of 2023, I took up Pilates Reformer and I absolutely love it. I do it anywhere from one to four times a week, in addition to running. I'm the only guy that attends and I encourage other men to give it a try!

To me, it's the perfect complement to running. It stretches the muscles, improves balance, coordination and leg/arm/back strength. With the Reformer machine, you can adjust the intensity of your workout session. It's made me a better runner and I'm just such a fan. Obsessed.



10 questions with Jason Pratt



10 questions with Jason Pratt



Get ready for our spring and summer track and field meets

By Bob Jones



The new year brings a lot of excitement in the track and field world as we look forward to the U.S. Olympic Team trials at Hayward Field at the University of Oregon, beginning in late June.

Following what will likely be a phenomenal national qualifying competition, the Paris Olympic games begin July 26. The Olympic trials and games always bring renewed interest in the sport of track and field. In the spirit of the Olympic values (excellence, respect and friendship), JTC Running is excited to announce its very own free open track meets for spring/summer 2024.

The first two are Saturday, April 13, and Saturday, May 11. The third will likely be in early July. All three meets begin at 10 a.m. at The Bolles School. All three meets will have field events (including long jump, shot, and discus) and running events (initial plans include races in the 100-, 200-, 400-, 800-, 1600- and 3200-meter distances). These meets will be professionally timed, with results and awards provided at the event.

All three are community track meets and will be open to all athletes of all ages and abilities. No qualifying times or experience is required. These meets are great opportunities to compete (we will try to provide heats based on age and/or experience) and to expose athletes to many of the track and field disciplines.

JTC Running will have age group awards for each male and female event. All three track and field meets will be free to those who register at least three days prior to the day of the track meet (a limited number of same day participants will be allowed but with a \$10 charge). More details, including a registration link, will be available shortly on jtcrunning.com. We look forward to seeing everyone.

JTC Running is always looking for volunteers to assist at these events. No prior experience is necessary, these track meets are always a lot of fun to watch. You can even participate in some of the events and still volunteer. Please reach out to Robert Jones at bob90porsche@gmail.com or call (859) 801-5998 if you can assist or have any questions or concerns regarding these track and field meets.

Jan. 20th track and field meet

Photos by Fran Ruchalski



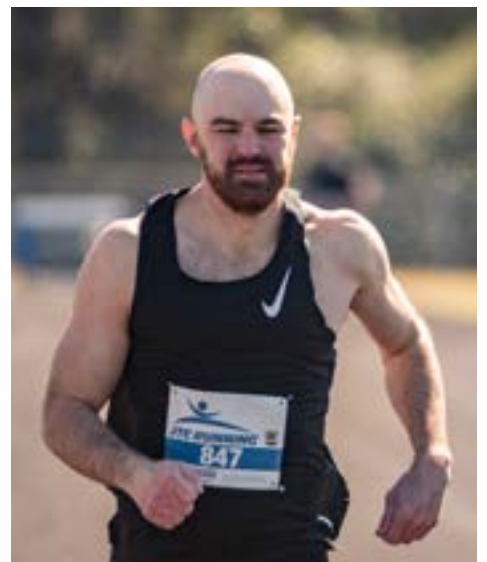
Jan. 20th track and field meet



Jan. 20th track and field meet



Jan. 20th track and field meet



Jan. 20th track and field meet



Running is a proactive way to stay healthy

By Hubert Keen, Ph.D.



Only about 20 percent of Americans age 15 and older participate regularly in some form of sport or active leisure activity. And of those who do participate, walking (at around 30 percent) is the most popular.

In two successive recent five-year surveys by the U.S. Bureau of Labor Statistics, running has been ranked third or fourth at about 8 percent of those who participate (i.e., runners constitute about 2.4 percent of the U.S. population).

In light of the known benefits of physical activity for maintaining a healthy life span, and for resilience in daily activities and longevity, these statistics portray a rather negative view for the general population.

In this context, however, runners can enjoy the good news. What does the research say, in detail, about the benefits of running? And is walking as beneficial for general health outcomes?

Given that running is shown to be overwhelmingly positive for general health, what is the optimal amount per week that is most beneficial? And what is the frontier of research on physical activity and health?

The most comprehensive review, covering 196 studies with a minimum of 10,000 adults in each study, published in the *British Journal of Sports Medicine* in 2023, finds positive outcomes in a number of measures of health. The review classified results of the studies at three levels of activity: light, moderate-to-vigorous, and vigorous.

The strongest finding was in risk reduction at all levels of activity when lumping together all types of diseases, including especially cardiovascular diseases and cancers. The outcomes for risk reduction on specific cardiovascular diseases (heart disease, stroke, heart failure) were all positive at each level of physical activity.

Positive results in risk reduction were also found for some types of cancer, although not as strong as for cardiovascular diseases and not for all types of cancer.

Is walking as beneficial as running for reducing risk of diseases? Walking is found to reduce risk of diseases, with the condition that it is practiced at levels that raise the heart rate. Because it is the most common form of physical activity – and the easiest to engage in – inactive adults may reduce the risk of diseases by participating in vigorous walking. Runners however need not heed this condition in that running at any pace is adequate to sufficiently increase the heart rate.

The most interesting, and encouraging for those who are considering increasing physical activity, is that the greatest gains are attained at even low levels of activity. So those who don't participate in any activity, beginning to walk is good. And for walkers, make sure your pace is adequate to raise heart rate. Better still, begin to jog for short distances while walking, and then increase your pace over time. For runners, the optimum amount of time to sustain good health is found to be a rather wide range of 1-2.4 hours per week.

None of the studies, including those in the review cited above, has documented a continuous reduction in risk of diseases with greater levels of running. Extremely vigorous physical activity is clearly positive, yet more is not yet found to be better. One obstacle for the research is that far fewer people engage in running at highly vigorous levels, resulting in much smaller sample sizes in population studies. It is therefore more difficult to assess results.

And finally, what is the frontier of research on running and physical activity? While exercising at moderate to vigorous levels, multiple body organs are found to release chemicals, called exerkins. These chemicals exert a range of positive effects in the body. Physical activity at levels that raise the heart rate induces the release of exerkins from skeletal muscle, the heart, liver, and from numerous other tissues, including even fat tissue.

The basis for recommending levels of activity that raise the heart rate is that it stimulates the secretion of exerkins with their positive effects on bodily functioning.

Just as there is a wide range of types of exerkins secreted by multiple body organs and tissues, effects of the chemicals in the body are also varied. As a pertinent example, a type of exerkin released by skeletal muscle stimulates the breakdown metabolism of carbohydrates and lipids. Another example is the release of an exerkin from skeletal muscle that promotes further development within the same muscle, as well as synthesis of mitochondria in active tissue. There are numerous other positive effects.

In addition to the benefits emanating from physical activity, the medical science enterprise is predictably looking to utilize lab synthesized exerkins as pharmaceuticals for the treatment of conditions such as cardiovascular diseases, diabetes, obesity and others.

Research on the role of vigorous physical activity such as running in improving general health continues to reveal encouraging news. So, continue to lace up those running shoes and get out the door.

“For runners, the optimum amount of time to sustain good health is found to be a rather wide range of 1-2.4 hours per week.”

How to choose between 2D vs 3D running evaluations

By Mark Baughman

Marketing is an amazing and scary thing all at the same time. A big part of what I do and talk about in life is running rehabilitation and assessing running form.

Of course, our phones are always listening. This means that I get continuous ads on my social media news feed calling for all injured runners to come get a running analysis.

They usually have some banner with a call to action to get your running assessed for only \$49. What a deal! Your curiosity is piqued so you click on the ad and will forever be spammed, and the marketing tactic has done its job!

The question is whether a \$49 running assessment is really a great deal? Are all running assessments created the same?

In one of the ads that was pushed across my newsfeed, it showed a person "assessing" someone's running form holding a cellphone in their hand.

There's no support or stabilization of the device taking the video, no standardized distance away from the runner and only one angle of the runner being taken. I can assure you that this running assessment is no great deal, regardless of the cost.

When you are deciding on having a running assessment, one of the main things you need to consider, beyond the skill and experience of the clinician you are seeing, is whether the numbers and values are actually accurate and measuring what they are supposed to be measuring.

This is called validity. This is why you need to know if the running assessment you are getting is using 2D or 3D motion analysis.

There was a recent article written in 2023 from the very reputable journal, Journal of Biomechanics, that asked and answered the question "Is 2D running analysis a valid way to assess running kinematics when compared to the gold standard of 3D analysis?"¹ This article looked at 17 different studies and analyzed the data to answer this question.

Some of the main findings of this article revealed:

- A low correlation between 2D and 3D measurements in the frontal and transverse planes.
- It is crucial to acknowledge that 2D biomechanical assessments should not be considered simplified representations of 3D measurements.
- Literature on running injuries proposes that most of the potential biomechanical risk factors are related to frontal and transverse plane movements (Willwacher et al., 2022), exactly where the greatest errors for 2D motion analysis occur. Inadequate diagnosis of a movement dysfunction could lead to incorrect interventions and contribute to its ineffectiveness. To fully avoid this source of error, multiple cameras, and a 3D reconstruction are necessary (Peebles et al., 2021).

If assessing running kinematics is an important part of dealing with running injuries and if it allows for the identification of factors contributing to injury occurrence and facilitates the development of targeted interventions, make sure that your running assessment is a 3D assessment so you can trust that it is valid! Don't get caught and trapped by social media marketing, know what to look for when you get a running evaluation!

¹ Leporace, Gustavo, et al. "Validity and reliability of two-dimensional video-based assessment to measure joint angles during running: a systematic review and meta-analysis." *Journal of Biomechanics* (2023): 111747.

New & Returning Members



Casey	Adams	James	Cardozo	Derek	Dobbs
Karen	Albert	Gavin	Carlin	Emma	Domingo
Josh	Allen	Kimberle	Carpenter	Stephen	DoRego
Shelly	Allen	Clara	Carrasco	Amber	Duke
Richard	Amell	Bridget	Carter	Steven	Eagerton
Nels	Andersen	Samuel	Cassiani	Alessandr	Ellera
Bjorn	Anderson	Susan	Chadwell	Adam	Estanislao
Daniel	Ashworth, Jr.	Tracey	Choulat	Mizar	Estela
Arthur	Auger	Anuta	Ciurte	Laura	Evans
Phillip	Auger	Mollie	Clampitt	Wendy	Evans
Tera	Baird	Colleen	Clarson	Karie	Ewing
Ramsey	Banga	Danielle	Collins	Charles	Farr
Randy	Barnett	Eryn	Compaan	Nicolo	Fasanelli
Lasette	Barrow	Danielle	Cook	Lauryn	Feacher
Steve	Beard	Amiee	Cords	Billy	Fehrs
Daniel	Benz	Angela	Crum	Bob	Ferneer
Jason	Bernard	Ashton	Curi	Natalee	Fisher
Janet	Bezinque	Tom	Custer	Kelley	Fitzgerald
Eugene	Biala	Mandel	Dauphine	Kristina	Foster
Jay	Birmingham	Jabari	Davidson	Clare	Fullerton
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Mary	Bowman	Michael		Mario	Garces
Briana	Boy	Donna	Deegan	Gabriel	Garcia-Fuentes
Kelly	Brogan Pritchard	Tim	Deegan	David	Garrett
Daniel	Brower	Sophia	Delaney	Kristi	Garvey
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New & Returning Members

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Peggy	Green	Troy	LaChance	Jeff	Palmer
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Nancy	Hamrick	Hope	Lattin	Phillip	Perry
Stephani	Harris	Alex	Lee	Curtis	Phills
Dennis	Harrison	Agustin	Lopez	Jamie	Pickett
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Amelia	Henderson	David	MacKinnon II	Ron	Porter
Tammy	Henson	Dawn	Magiera	Leigh	Powell
Paul	Hibel	Craig	Maguire	Nathan	Powell
Daniel	Hofacker	Dillon	Mantei	Patrick	Pratt
Amanda	Holloway	Michael	Manze	Raymond	Ramos
Dan	Holloway	Andy	Marello	Mills	Ramseur
Bruce	Holmes	Oscar	Martinez-	Stig	Rasmussen
Justin	Holstein	Sebastian	Martinez-	Emily	Raymor
Jonathan	Hooper	Steven	Matos	Terri	Rebmann
George	Hoskins	Jennifer	Mazzarella	Ethan	Reid
Sarah	Huffman	Jayne	McIntosh	Ben	Renshaw
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 Emily Wagener

Barbara Werner
 Rae Whitehead
 Justin Wiggins
 Steve Williams
 Jeanie Wilson
 Catherine Wogoman
 Laura Wood
 Robert Wood
 Bruce T. Zewicke



Register to be part of Bolles Wednesday track workout group

If you'd like to run either of the Wednesday JTC Running workout groups on the track at Bolles, you must register in advance, even if you were registered last year.

There are two sessions available, one at 6 a.m. and one at 6 p.m. You must register to get your name on the list, which will enable you to enter the Bolles campus and join us for our speed sessions.

You can register on the JTC website at jtcrunning.com. Go to Events, and then click on Events Open for Registration. Scroll down and click Bolles Wednesday Morning Workout Group 2024 or Bolles Wednesday Evening Workout Group 2024 to register. Try using a browser other than Safari for best results.

Registration is free for JTC members and is an exclusive benefit of club membership. Track workouts are an excellent way to get faster, so register for our 2024 Wednesday Track Workouts at Bolles.

You can also register on your mobile device after you download the Wild Apricot Member App. And if you're reading the newsletter e-version, here are clickable links for you:

AM Track: <https://jtc.wildapricot.org/event-5518922>

PM Track: <https://jtc.wildapricot.org/event-5518940>

COACH'S CORNER

Why I hate speed work (even though I don't)

By Sean McCormack

A large, three-dimensional white '5K' is centered on a blue gradient background. The letters have a slight shadow, giving them a 3D appearance.

Well, the title of this article may tease you to believe that I don't like or believe in speed work. I can assure you that's not true ... rather my issue is the word "speed."

The cold-hard reality that as distance runners get from Point A to Point B faster is a game of improving strength, not improving our top end speed. So, for example, if you improve your 5k personal record, it's not that you have improved your top-end speed. It's the fact that you're able to sustain the speed you already possess for a longer duration of time. It's no more complicated than that.

In fact, even sprinters who try to improve their top-end speed will tell you the real secret is once they reach maximum acceleration, the goal is to hold that top-end speed longer than before. And that is the key to running faster.

So, what is the formula to get stronger? Well, it is a mix of a variety of principles. Here are many of them:

- Increase your weekly mileage. This is one component to improve strength, but just doing this without routinely training at faster cadences is not going to do much.
- Work quality/faster training into your plan. Without training your neuromuscular system to adapt to faster quality training, you will not be able to handle the level of work needed to perform in a race condition. I am a believer in two quality workouts per week – one that is faster than your planned race pace and the other at "threshold" level, which is going to approach 85% of your current 5k pace fitness level.



- Increase the volume of your quality workouts. For example, if you have been doing 8x400s, you can increase that to 10 or 12, or begin to explore with 600s or 800s to get more strength benefit.
 - Run your quality workouts faster. Running your intervals faster will train your neuromuscular system to recognize and adapt to a faster cadence, which will make your planned race pace feel more comfortable.
 - Introduce more resistance into your quality workouts such as running hills or bridges. This is an excellent strategy to increase power.
 - Perhaps my favorite and, in my opinion, the least-acted upon is decreasing the recovery time between the intervals. For example, instead of resting 90 seconds between your repetitions, decrease the recovery to 75 seconds and then 60 seconds, etc., as the body adapts and gets stronger. This is my favorite tactic, but admittedly it is tough. However, this mimics a race scenario like no other as no one throws you a chair in the middle of a race to recover. The more you can train the body to recover with decreasing intervals, the stronger you will become and the longer you will be able to hold a faster pace.
 - Lastly, a good coach will combine a number of these strategies above that are specific to what the individual athlete needs to increase their performance. For example, running 400s faster and at the same time decreasing rest and recovery will be an extremely more-challenging scenario.
- The bottom line is the secret to improving your performance is to improve your strength, not your top-end speed.
- Have a question on this column or about training, email Coach Sean at seanmichaelmccormack@gmail.com.

Editor: Marilyn Young
Designer: Amanda Pye

Submit Articles to: The Starting Line, c/o JTC Running,
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m62news@gmail.com.

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by JTC Running, P.O. Box 58102,
Jacksonville, Florida 32241

JTC Running Hotline: 384-8725 (384-TRAK)



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P.O. Box 58102
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Nonprofit Org.
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Jacksonville, FL
Permit No. 1191

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.



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.