



THE
STARTING LINE
49 Years of Running

NEWSLETTER



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PRESIDENT'S LETTER

The best time of year has arrived, which gives us more time to run

By Doug Tillett

This is great. The best of time year has arrived. The time of day has sprung forward into Daylight Saving Time, giving us more daylight in the evening, enabling me to engage more readily into my second favorite activity, which is running. And I like it warmer – we are getting warmer temperatures, as well. It hasn't gotten hot yet. It's comfortable. I love that for running.

The best race anywhere, the Gate River Run, was just a month or so ago, so I can still see it in my rearview mirror. The GRR was so good this year. It was supposed to rain but it didn't. The competition was outstanding – fast winning times. The kegs were cold. We had so many people that we had to cut off registration a few days in advance. That never happened before.

We have decided to put on another Gate River Run next year. (Was there any doubt?) It looks like it'll be on March 1—the 48th running. JTC Running plans to offer the Gate River Run training class again, starting soon after New Year's Day. Yes, yes, it's way in the future, but be thinking about it. Me? I can hardly wait. You can learn more about this year's training class in the Editor's Letter on Page 3.

But wait! There is a lot more JTC Running stuff coming soon. Coming up next, we have track meets – and they are free. The "T" in JTC stood for "Track" – the Jacksonville Track Club. We rebranded ourselves JTC Running since we stage a lot of long-distance races, but track is an important part of our heritage. We want you to participate and bring the kids.

Track Meet Director Bob Jones and the track meet committee scheduled three meets coming soon, all at The Bolles School track on San Jose Boulevard.

On Saturday, April 13, check-in begins at 8 a.m., the first field events start at 9:15 and the first running event (1,600 meters) is at 9:30.

Register online in advance for free (I'm repeating myself – I do that a lot) and check the schedule on our website at www.jtcrunning.com.



It's the same thing – schedule and all – for the second meet on May 11. And then something different: we are planning the JTC Running Mile Festival on July 13. Come run the mile. All of us will watch. You might win a medal.

Every year, on the first Wednesday in June, we celebrate Global Running Day with a Fun Run 5K in support of Marathon High. It's at 1st Place Sports Baymeadows, it starts at 6, and it's just \$10 if you register in advance. This is a very popular event. Learn more about Marathon High at [HOME | marathonhigh \(marathonhighfl.org\)](http://HOME | marathonhigh (marathonhighfl.org)) and in a story about the nonprofit that appeared in the September-October edition of The Starting Line at [HERE](#).

Start running whenever you like after checking in. You get a wristband to enjoy after-run burgers, hot dogs, beer and other beverages. Dessert, too, normally. JTC Running matches your \$10, so \$20 goes to Marathon High. Join us June 5 for Global Running Day, have fun, and support Marathon High.

Also in June, we plan to bring back the JTC Running Awards Banquet. We've been away for a few years because of COVID-19 and other concerns, but many club members have urged us to reincarnate the banquet. We are going to do it. Watch the club website and our Facebook page for details on the date, price, location and all the other important details.

Oh, look! I'm out of space. That always happens with the President's Letter. Please know that I – that we – appreciate you being a member of JTC Running. We hope you have fun running.

Thank you very much for being a JTC Running club member. We are glad you're with us.

EDITOR'S LETTER

Training program helps Gate runners build skills and confidence for race

By Marilyn Young

Faye Brooks started running in fourth grade with Girls on the Run, a national nonprofit that helps participants develop confidence through physical challenges. She's been running pretty much ever since.

Coming into this year's Gate River Run, 15-year-old Faye said she didn't feel she had trained properly for the two times she previously ran in the city's premier running event.

So, she signed up for JTC Running's nine-week training class for people taking part in the 15-kilometer race. Classes started in January and were a wonderful opportunity for runners of all skill levels.

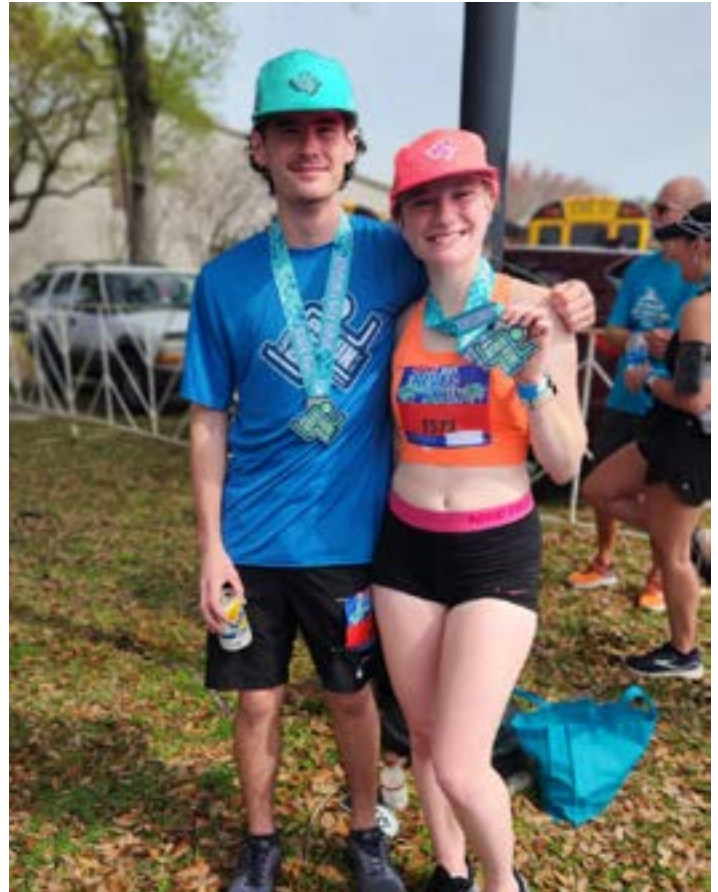
"I thought it would be a good way to train with people and be consistent," said Faye, whose mom Megghan took the class with her.

That's where Faye and other runners met Coach Sharon Langieri, who four years earlier was a first-time participant in the class. "I really enjoy the community of the runners," Sharon said. "Everyone is so supportive and encouraging of each other. It's a great community to be part of."

She said she became a coach to share her passion and knowledge of the sport.

"I like to help others reach their goals and become stronger, more confident runners, all while creating a sense of community and having fun," Sharon said. The class had 82 registered runners and 12 pace leaders, the coach said.

The participants included Levi Williams, whose running journey began with a school group when he was in third grade. And he's still running, mixing in some skateboarding, soccer and surfing.



Levi Williams and Faye Brooks, both 15, took part in JTC Running's training class for the Gate River Run. And both did really well in the race.

This was his fifth year for the Gate training class, and he said this year's was "one of the better ones."

Levi, who is 15, said the class did a lot of bridge work to prepare for the Green Monster (known every other day of the year as the Hart Bridge), as well as speedwork and stretching. Other discussion topics included developing a training plan, selecting the right running shoes and preventing injuries.

Faye said many people in the classes were faster than her, which motivated her. "It definitely pushed me to stay with them," she said.

There were days she didn't want to train. "But I knew if I stayed in bed and didn't get out and run, I wouldn't be as good," said Faye, who runs cross country and track at Bishop Snyder High School.

Continued on page 4

4 / The Starting Line

Continued from page 3

Participants learned about other essential parts of training, such as nutrition and pacing.

Levi said what helped him the most on race day was running the first mile about 20 seconds slower than usual, so he didn't get caught up with everyone else in the pack.

Sharon praised those who took part in the training class, pointing out the Gate River Run is a hard race. "We had humid, hot weather compared to what we trained in, and the Gate River Run course is tough," she said.

But, Sharon added, there were a lot of personal records, first-time finishers, top 10 percent hats and runners who pushed themselves to the end to complete the hard race.

She also praised Faye and Levi, who received Top 10 percent hats this year. For Levi, it was his fifth.

"Levi and Faye are strong young athletes," she said. "Seeing their dedication over the years and throughout the training class has been inspiring to us all."

Next up for Sharon is coaching the Fall Half-Marathon training class and she will continue coaching the Gate River Run class.

In fact, she said of the Gate River Run training, "Future classes will have more guest speakers and class discussions to help continue supporting each runner in reaching their goals."

If you're thinking about entering the Gate River Run next year, take advantage of this training class. It will help you slay the Green Monster and give you bragging rights over your friends who didn't take it.



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douglastillett@icloud.com

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christy.astorga@gmail.com

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pokercords47@gmail.com

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jpalmer@udel.edu

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Amy Kisz amykisz@gmail.com



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doug@1stplacesports.com

Jane Alred

jane@1stplacesports.com

Nicole Andress

ndandress@gmail.com

Bonnie Brooks

bontorun@gmail.com

James Bryant

jebjay@att.net

Errol Daniels

ebdj0515@comcast.net

David Farraday

dfarraday56@yahoo.com

Dennis Harrison

Dennis.harrison@jaxlegalaid.org

Robert Jones

bob90porsche@gmail.com

Franz Lerch

Lerch01@comcast.net

Sean McCormack

seanmichaelmccormack@gmail.com

Todd O'Donnell

toinab1964@yahoo.com

Larry Roberts

lawhar17@comcast.net

Larry Sassa

lksassa142@aol.com

Jeremy Smith

pjsrsmith@gmail.com

Stuart Toomey

stuart@1stplacesports.com

Jim VanCleave

jimvancleave@comcast.net

10 questions with Mark Grubb

Name: Mark Grubb

Age: 59

Occupation: U.S. Navy Aerospace Engineer (Retired)

Family: Wife Lisa and dog Dolly, a 2019 Rescue from Fur Sisters in Jacksonville Beach

How long have you been a member of JTC Running? Guessing about 20 years?



Speaking of running shoes and local races, I would be remiss if I did not mention the positive impact of 1st Place Sports. Not only for me in my running journey, but really for the local running community and the entire city. So, I was both mildly surprised and honored to accept Jane Alred's offer in 2009 to run on their race team, which I've been a part of ever since.

Motivated by my running passion and through persistent training to improve my running, I qualified for and ran the Boston Marathon six times (including the 2020 Virtual Experience), starting with my first one in April 2010. My finish in the 2008 New York City Marathon was my first Boston Marathon Qualifier race and remains etched in my memory as an incredible and challenging experience, literally shared with runners from all over the world.

I've also run the Chicago Marathon, as well as other famous American road races such as Atlanta's Peachtree Road Race (eight times), Joan Benoit's Beach to Beacon 10K race in Cape Elizabeth, Maine (two times), San Francisco's Bay to Breakers 12K race (nudity and costumes prevail in that one!), Philadelphia's Broad Street 10-mile Run (two times), Falmouth Road Race in Cape Cod, Mass., and Washington D.C.'s Cherry Blossom 10-mile run.

I also volunteered as a Galloway run/walk pacer for the 26.2 with Donna (National Marathon to Finish Breast Cancer) from 2009-13.

Running road races has certainly provided new ideas and motivation for my wife and I to visit many places in the United States, from San Diego and Portland on the west coast to New York City and Boston on the east coast. Of course, the most important and lasting benefit has been the meeting and making of many new friends along the way.

How does running impact your mental health?

Like what many other runners have experienced and said before, running gives me time to sort and clear my thoughts, calm any anxieties and just gives me a good feeling and sense of accomplishment. Plus, if you talk to my wife, she'll tell you I tend to get a bit cranky if I don't get my run in!

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

From my running partners! We hold each other silently accountable, don't we?

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

Running became part of my life in 2001, upon doing the August 2001 JTC Beach Run. About a week prior to the race, I was convinced to enter and run it by a tennis partner. Up to that point in my life, I didn't understand why people would choose to run.

Going back to my experience with what little "distance" running I did to condition myself as a high school wrestler and track sprinter, I always perceived long distance running as boring and tedious - not fun at all. Also, I had never made the connection that it could be an effective way to achieve fitness and overall better health.

But anyway, that 2001 Summer Beach Run changed my mind and my life. I had such a fun time and was struck by the sheer variety and numbers of people out there competing, exercising and having fun (mostly afterwards)! That race also sparked my competitive side.

And from that point on. I started training regularly, wondering how much faster and further I might be able to go.

Of course, I went through the process of figuring out what shoes to wear, when and where to run, whether on my own or with running partners, working my way through all my novice running aches and pains, all the time entering and running more races, mostly local ones in Jax but also all over the country, racing on the roads (and occasional trails) from the mile all the way up to the marathon distance.

10 questions with Mark Grubb

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

In any given week, about half the time I run alone, but I do prefer running with others.

For me, a good running partner is someone who is accountable, for sure. Probably more of a morning person like me. Once we get going on the run itself, I think it's just a matter of being compatible in how you talk and interact on the run. Like any good friend, a good running partnership is something that falls in place easily if you're compatible and you know it when you experience that.

Also, ever since I started training for my first marathon in 2004, I found and became part of a local running group in Atlantic Beach, our very own "Sea Turtle Runners." We meet every Sunday morning at the corner where "Atlantic Boulevard meets the ocean," next to the current One Ocean Resort Hotel (formerly the Sea Turtle Inn), typically for a 7- or 10-mile loop run, with breakfast/coffee socializing afterward.

In addition, for about the last year and a half, every Wednesday morning you can find me coaching the JTC track sessions at Bolles High School. We normally have about 15-20 runners each week, where we do a group warmup followed by speedwork training intervals around the track. Come on out and join us!

What is your favorite race and why?

It's hard to just pick one. But keeping it local, I picked the Gate River Run. It's such a great event, with it being a USATF 15K championship run for the professional elites and an overall great challenging run course for all the runners, with the massively fun "tailgate" party afterward. I ran my first one in 2002 and have run it every year thereafter except for 2021 when I was sidelined by a nasty case of plantar fasciitis.

For my first 11 River Runs in a row, I was on a steady improvement roll, proud to achieve a new 15K personal record each year, chasing and trying to break the 60-minute barrier. I ended up falling short of that by 10 seconds with my 1:00:10 finishing time in the 2012 River Run. Oh, so close! In any case, I'm always motivated to run well enough to snag a "Top 10%" hat, which is another one of those things I love about the Gate River Run.

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

In the past I had occasionally listened to music, but over time I just realized that I preferred to run without headphones.

I think I'm able to clear my head better without being "plugged in" and would rather take in more of my surroundings, be more present and aware in the current situation, if you will.

How do you reward yourself after a great run?

Good food! Refreshing beverages (morning coffee)! Socializing with friends!

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

Make a plan and be ready to get out early in the morning so that I can return at a reasonable time to enjoy a nice breakfast with my wife.

Where is the most beautiful place you've run?

Hmmm, another tough question. I'll pick a solo 10-mile run along the south rim of the Grand Canyon. It was an early morning in mid-October about an hour before sunrise when I started... spectacular and awe-inspiring views all around! Runners-up would include summer morning runs around Bass Lake/Cone Manor area in the Blue Ridge Mountains of Blowing Rock, North Carolina, and solo morning trail run up/down Twin Sisters Peak (11,000-foot altitude) in Estes Park, Colorado, just outside Rocky Mountain National Park.

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

Over the last couple of years, I've made a point to get back to strength train in the gym about one to two times per week. I had drifted away from and neglected routine strength training for several years prior to that.

But after a series of soft-tissue injuries and forced time off from running, along with much help from the local PT community, I was more than motivated and convinced to resume regular strength training to prevent those problems. I'm happy to say it works (knock on wood)! I also enjoy daily walking with my wife and our dog, Dolly. She loves to walk either through our neighborhood or on the beach and helps keep us active in the great outdoors.

Ironically, as much as I would like to resume playing tennis, my now 20-plus year hiatus from playing tennis continues, ever since that fateful day in August 2001, when I became a "runner for life."

10 questions with Mark Grubb



10 questions with Mark Grubb



The Expo



Pre 15K



15K start



The 47th Gate River Run

Photos by Fran Ruchalski

15K runners



2024 Gate River Run Winner



The 47th Gate River Run

Photos by Fran Ruchalski

15K runners



The 47th Gate River Run

Photos by Fran Ruchalski

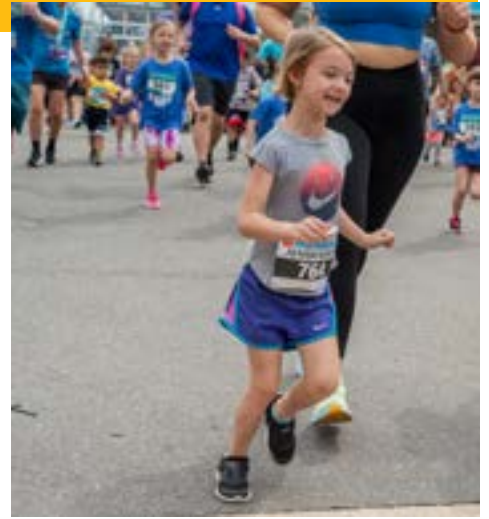
5K runners



The 47th Gate River Run

Photos by Fran Ruchalski

Junior race



Brooks Adaptive Sports Challenge Mile



The 47th Gate River Run

Photos by Fran Ruchalski

Diaper Dash



JTC Running Tent



Treatment plan must match the reason for the running injury



By Rob Coltman

Coltman & Baughman Physical Therapy

Running injuries are, unfortunately, extremely common and often extremely frustrating. There is nothing worse than spending the money on a race and the cost of travel, and not being able to make it to the starting line.

Just about every one of us has experienced a running injury at some point. Most of us know that some of them are relatively minor and they may recover on their own. And others are more severe and require treatment to overcome. Some of them just don't seem to resolve well, regardless of treatment. And, often when these pesky injuries finally do seem to resolve, they come back when the runner returns to training at a high volume. Why is this?

It is our opinion at Coltman & Baughman Physical Therapy that the reason running injuries do not resolve correctly is because the treatment plan (or lack of a plan) for the injury, does not address the true reason for the injury.

This is also the reason why when you do things like go to YouTube and find "The 5 Best Exercises to Resolve Plantar Fasciitis" or a friend on Instagram tells you what they did to get better and you do that program religiously, you don't seem to gain any ground.

Training errors can lead to injuries

In the treatment of running injuries, it's important to understand that there are three primary categories of causes, and it's vital to know which primary category/categories the injury falls into. Otherwise, treatment will never be successful because the cause of the injury will not be addressed properly.

The first category that a running injury can fall into is a training error.

This one basically means "too much, too soon." A training error can be obvious like coming off the couch and running five to seven days a week or something more subtle like lack of an adequate warmup, adding a slightly higher

intensity to a run on a day that you feel good or running faster to keep up with some training partners.

Injuries that fall into this category are resolved with treatments that facilitate healing the injury, education about how to avoid these errors and modification of the training plan.

Can your body handle the forces of running?

The second category is an injury due to musculoskeletal impairments. The loads and forces throughout the lower extremities during running can be up to and beyond three times a person's body weight. There may be a reason the body is unable to safely handle these forces to perform the action of running over time.

This can be because of a lack of sufficient strength or stability to handle these forces. For example, the gluteus medius and maximus may not be strong enough to control the pelvis and femur movement well enough to support the action of running.

A lack of sufficient mobility and flexibility may prevent a runner from being able to perform normal running mechanics due to compensation for this lack of mobility.

This for example could be a runner's limited ankle mobility, which could force someone to externally rotate the leg to rotate the foot outward excessively in order to get the tibia to move forward over the foot during the stride.

Treatment for these injuries requires identification of these impairments, and then performing a treatment plan to address them.

Poor form can cause injuries

The third category is an injury due to poor running form. Even if there is no training error and the runner has no musculoskeletal impairments, you can still have running form deficits that can cause an injury. Just like other sports such as tennis, golf, or swimming, running requires proper form and technique to perform in a manner that keeps injury risk low and unlocks high performance.

In these other sports, no one will argue that proper form is paramount to success and in injury prevention, but in

running, this is not quite as well understood. Here, one can be strong enough and mobile enough to perform correct running form, but the movement pattern itself can be faulty. Even though, for example, the gluteals may be strong enough to control the pelvis and femur, they may not be trained to do it correctly, resulting in poor form that can cause injury over time.

Analysis and retraining

Treatment for running injuries in this category requires a comprehensive analysis of running form and then gait retraining by a physical therapist who is a running expert. As we discussed in our last article, this is best done with a 3D system as it is far more accurate than 2D video.

As you can see, each category requires a different type of treatment. If one had an injury due to only a running form error, treating an injury by addressing strength and mobility alone will not resolve the injury. In the same vein, adjusting the training plan will also not fully resolve the issue. If someone had an injury due to musculoskeletal deficits and all they do is look at the training plan, or even running form alone, this will not resolve the issue.

The bottom line for success in complete resolution of a running injury is it must be understood what category the cause of the running injury falls into: training error, musculoskeletal impairment(s) or running form deficits. This is also the bottom line for success in preventing running injuries – making sure you don't have issues in each of these categories.

Addressing this is best done with a PT who is an expert in working with runners like we have always had at CBPT. If you have any questions about a current injury, or what can be done to prevent future injuries, reach out to us. Our website is [Orthopedic Physical Therapy I Cbptjax](http://OrthopedicPhysicalTherapyI.Cbptjax.com), we want you out on the roads and trails.

The Purpose of the recovery run



By Sean McCormack

A few years ago, I wrote an article that addressed the concept of the “training effect” and what that exactly entails. In this issue’s article, I will revisit the training effect and the absolute necessity to build in recovery runs into your weekly plan.

If you recall, the training effect is what occurs when your body absorbs and recovers from a high-quality workout. The truth is that when we go hard on the track, or a tempo, fartlek, threshold, etc., we are stressing the body and breaking it down.

I think all would agree that after a taxing effort, we are not primed to give our best effort over the next day or two. Why? Well, the answer is simple. Our body is fatigued as we have stressed it with a hard effort. So, we need time and a few easy days to rebound.

These recovery runs serve a dual purpose. First, they contribute to the volume of miles that is necessary to build strength and fitness. But second, and more importantly, the recovery run days allow the body to integrate and absorb the hard work that was accomplished on the hard quality days. This integration and absorption are, in fact, the training effect mentioned earlier.

So, in essence the training effect occurs on the easy recovery run days. This, in theory, leads to an increased level of fitness and ability to perform at a higher level than before after the body integrates the quality work and rebounds after recovery to deliver a “pop” in performance on race day.

Elite runners are very aware of this principle, and that is why most of us are familiar with the theory and belief of tapering down your training, which is most pronounced in leading up to a marathon performance. Once the hard work is done, and the “hay is in the barn.”

The accepted thought is two weeks before the event, the volume and intensity are gradually reduced.

And since the body has become accustomed to a higher and more intense workload, this reduced training load leads to a significant recovery and reduction of the level of training stress.

The idea is on race day, the body is rested, recovered and ready for that “pop” in performance.

In summary, you just need to have the awareness and discipline to recognize the principle and the importance of the recovery run.

A big mistake many runners make, especially if training in a group, is that you may end up going a little too fast on days you need to go easy. The reason is painfully obvious: When running in a group, undoubtedly someone feels good and the pace gradually quickens.

Running in a group has many benefits, but this is one trap many can fall into if not careful – going too fast on easy days to stay with the group.

Just have the discipline to understand that when you go too hard on easy recovery runs, you maintain a constant low level of fatigue, and you will unlikely experience the benefits you realize from a “pop” in performance.

Good running, Sean

seanmichaelmccormack@gmail.com | (904) 483-1345



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Metzli	Alcalde	Andrew	Bunker	Leanne	Etheridge
Kennedy	Alexander	Cindy	Burns	Gail	Evans
Keagan	Anfuso	Paulette	Butler	Jason	Evert
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Christy	Astorga	Ben	Chaska	Matteo	Ferraroni
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Dee	Robertson-Lee	Stuart	Toomey
Leighann	Rooks	Lauren	Torres
David	Rowe	Valorie	Toth
Barbara	Royal	Robert	Trinnear
Paul	Ryder	Josue	Velazquez
George	Sagan	stephen	Walker
Jaclyn	Saide	Susan	Wallis
Laura	Sanders	Jerico	Warner
Ramon	Santiago	Robert	Wasiczko
Steve	Sassa	James	Watson
Joshua	Scott	Mike	Watson
Della	Sellers	William	Watts
Henry	Seng	John	Weber
Joseph	Sizemore	Robert	Welch
Jeff	Skogen	Linda	White
Jeremy	Smith	Glenn	Wilkinson
Mercedes	Smith	Dwain	Williams
Jennifer	Somers de Gale	Jennifer	Williams
Regina	Soeoy	Kevin	Wishnacht
Michael	Spong	Brian	Wolfburg
Susan	Stanley	Linda	Woods
Judy	Stebler	Jeanette	Yates
Annette	Stevenson	Marilyn	Young
Jay	Stowe		
AJ	Swann		



Is CBD the runner's friend?

By Hubert Keen, Ph.D.

Products marketed under the label CBD have become extremely common and commercially available. These products are widely promoted for runners and many use them for various purposes. CBD is the acronym for the chemical cannabidiol, which occurs in the hemp, or marijuana plant.

An article published during 2023 in Runner's World magazine under the title "Everything You Need to Know About CBD for Recovery," and authored by a professional writer and authority on the subject, presents considerable detail for runners. The author is quite careful in his introduction to use phrases like "CBD is said to be..." and "Unfortunately, to date, there's little clinical research to support..." He proceeds, however, to expound upon the various uses that can benefit runners. And he may not be wrong.

The marketing of CBD products exploded after the U.S. Congress included in the 2018 Farm Bill a kind of redefinition of the plant species *Cannabis sativa* as hemp.

The plant had been known for a couple of centuries as marijuana and was well known for its psychoactive compound THC (tetrahydrocannabinol).

The legislation defined hemp as plants or their derived products containing less than 0.3 percent by weight of THC.

The problem with this definition is that *Cannabis* contains dozens of related and similar chemical compounds with slightly different chemical composition and concentrations. Of course, both CBD and THC are both found in most or all varieties of the plant, and they have various effects on humans when ingested or applied to the skin.

CBD was defined in the 2018 Farm Bill in terms that classified it outside the purview of the Food and Drug Administration's Controlled Substances Act, and this led to enormous commercialization of products. It has, however, undergone the extensive review process required by the

FDA and approved only for the treatment of two forms of epilepsy.

CBD has thus been marketed as a dietary supplement and nutraceutical product. While the FDA concerns itself with claims of presumed medical benefit, it was slow to get involved in the false claims of marketers of CBD as cures for such diseases as cancer, Alzheimer's and others.

As a result, with the exception of claims of curing diseases, the regulation of CBD has been left largely to the states. Now legislation has been passed or is in process by numerous states—including Florida—to attain appropriate regulation of marketed products. Needless to say, the regulatory status of CBD is confusing.

Nevertheless, CBD, when produced and marketed with appropriate purity, properly labeled as to concentration, and unadulterated with more than 0.3% THC, is considered safe and a possibly effective product for runners.

It's important to recognize that the presumed benefit of the product is for recovery and not to boost performance.

Research has documented that neither CBD nor THC are performance enhancers.

Claims for the use of CBD are for improving sleep, relaxation, lowering overall inflammation, muscle strains and joint pain—all conditions experienced at times by runners and for which relief would be desirable.

The formulation of the substance used depends on the condition to be treated.

For muscle or joint conditions, forms for direct topical application to the skin are used. For inducing sleep or relaxation, or for treating overall inflammation, it is marketed in capsules, gummies and drinks to be ingested and absorbed systemically.

CBD is believed by many trainers, therapists and coaches to be effective for runners. As always, it is desirable to seek the advice of knowledgeable professionals for the use of CBD.

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](https://jtc.wildapricot.org). 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>

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



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.