

Congrats to all our award winners



THE
STARTING LINE
49 Years of Running NEWSLETTER



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PRESIDENT'S LETTER

Open heart surgery brings fear and pain, then hope for recovery

By Doug Tillett

It's astounding how much things have changed for me since I wrote my previous President's Letter two months ago. In that letter, I wrote about events that were in our club's future.

That's how I usually write the President's Letter, highlighting our coming events and urging everybody to participate and thanking everyone for their JTC Running membership. But things changed for me in a really big way since then, and I want to tell you about what happened.

So, for this one President's Letter, I'm writing it all about me and it's a personal letter.

Months ago, I noticed a weird thing one time while out on a run with my wife. We took a walk break and I felt dizzy – not “fall down” dizzy but just a little different than normal. It happened that I already had a cardiologist, which is something that happens to you as you get older. You accumulate a bunch of different medical specialists in your army of doctors. So, I mentioned the event to one of the doctors and the testing began.

I had an EKG and a couple of other tests. Then they decided a treadmill stress test was in order. It didn't go very well and that led to a heart cath, where they run a camera up an artery to look for blockages in coronary arteries. This is the point where most patients will be diagnosed with a blockage and a stent is put in to open up the blocked artery.

But in my case, the doctor who did the heart cath took additional measures and determined I had several blockages, which made me ineligible for a stent (your body will reject more than one) and that I needed to have open heart surgery instead. Holy cow! The surgery was scheduled four or five weeks into the future. They said I should not run but it was OK to go walking. In fact, they wanted me to walk 2 miles every day, which I am still doing post-surgery.



They gave me a zillion documents to read about what I should expect with open heart surgery. They sent me a list of things to watch out for— indicators that I had a serious cardiac event in progress – but nothing like that ever happened. I felt fine. Better than fine, I felt good. I could only read some of the stuff that was going to happen to me or I'd start freaking out. And I hate it when I freak out.

So, the day came and they rolled me down the hall, the anesthesia took over and then I was out. Good thing. Open heart surgery is a terrible event to go through.

I was in the hospital for a week and a day, as they checked on me constantly. There was one time right after the surgery when they asked me to rate my pain from 1 (no pain) to 10 (worst pain ever.) I gave them a 10. I knew then what the worst pain ever feels like. I couldn't even breathe, it hurt so badly.

But a little bit each day, I improved. They got me out of the bed and slowly walking around the hallways. They would remove a needle one day, then maybe a drain another day, and after a week of that, I finally got to go home. That's when the concept of feeling normal again began to enter my head.

It's been about a month since the surgery. I'm a lot better. Most people think I look and act pretty normal. I try to say a few funny things. I walk a few miles a day and close my fitness rings on my Apple watch. Maybe they'll let me drive a car again in a few more weeks.

I'm really glad I lived. I love going out and moving early in the day for a few miles. I bet that someday, I'll even run again. I love seeing my friends, my fellow club members and people in my family. And even though I figure that I'll never be “as I was before,” I think I'll get close.

My wish for you is that you never have to have open heart surgery. It's such an enormous, life-altering operation. But if you do, be sure to walk your two miles every morning like the surgeon recommends. And maybe I'll be lucky enough to join up with you for some exercise and conversation.

A new way you'll receive The Starting Line

This is the last edition of The Starting Line that will be delivered to your home by the Post Office.

Future newsletters will be sent by email, where you'll be just one click away from the same great information you're used to, including insights and tips from our expert columnists, photos from our events and updates from the club's president.

Plus, you will see more color photos because the cost limits of color printing will no longer be a factor.

Don't forget, you can see online versions of newsletters dating back to 2008 on jtcrunning.com and yes, they're in color.

Want to update your email address in the JTC system? Contact us at jtcrunningclub@gmail.com.

Thank you for being a valued member of JTC Running.

EDITOR'S LETTER

Freed's good kind of crazy continues to help those in need

By Marilyn Young

I remember the first time I heard rumblings about Mike Freed's idea to run six marathons in six days.

Because of my time as an editor at The Florida Times-Union and the Jacksonville Daily Record, I knew Mike's reputation as a respected lawyer in Northeast Florida. But I didn't know he was crazy.

His decision to run six marathons in six days when he wasn't really a runner sounds a little crazy, right? However, it turned out to be a good kind of crazy. The kind fueled by a heart that believes that families living in poverty and facing other social determinants of health have a right to live healthier lives.

Mike was committed to putting his body through an unparalleled test to raise money so Jacksonville Area Legal Aid could help even more people create a healthier and more stable environment for themselves and their families.

As the years went on, Mike was joined by other runners along the way. Thanks to the Baptist Health Foundation's 125 percent match, the run raised more than \$2.2 million to fund an endowment to ensure there will always be a lawyer available through JALA to fight for families of sick children.

This will come as no surprise to JTC Running members, but the club and 1st Place Sports, owned by Doug and Jane Alred, have been integral in the event. The community benefits greatly from the Alreds' giant hearts.

The 2024 event is focused on raising funds to protect senior citizens who are facing circumstances that could impact their ability to stay in their houses. Make sure to check out the story on Page 16 to see why this is so important.

Participants can take part in a variety of running events for individuals and teams or ride a bicycle from the county courthouse in St. Augustine to the one in Jacksonville.

So, if you're looking for a fun way to challenge yourself and help others, keep the weekend of Nov. 23-24 open for the Freed to Run Challenge. Plus, since it's the weekend before Thanksgiving, you can reward yourself with an extra serving of dressing or a bigger piece of pumpkin pie.

Don't miss Doug's column

There are a lot of good things to read in this edition, but the one that resonated the most was Doug Tillett's column. Doug often uses his column to talk about what the club is doing and how it's helping the community.

His latest column is a lot more personal, as he shares the experience of his recent open-heart surgery. I have to say it's my favorite piece he has written since I became editor of the newsletter.

I won't share a lot of it, because I want members to read it for themselves. I'll just say he did a beautiful job. Check it out on Page 2.

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New and returning members

Aileen	Abelgas	Aileen	Abelgas	Amanda M.	Pye
Dean	Aldrich	Dean	Aldrich	Ned	Reynolds
Jane	Alred	Jane	Alred	Carl	Robinson
Lynn	Asp	Lynn	Asp	Susan	Roche
George	Barthelmes	George	Barthelmes	Yulainy	Rosario
Adisa	Batrac	Adisa	Batrac	Mark	Ryan
Bernie	Berania	Bernie	Berania	Taylor	Silvey
Amanda	Brad	Amanda	Brad	Cynthia	Simon
Susan	Briers	Susan	Briers	Florence	Sparks
Shannon	Burns	Shannon	Burns	Dawn	Sumner
Jason	Campbell	Jason	Campbell	Millie	Tanner
Michael	Cape	Michael	Cape	Jarred	Taylor
Julie	Conley	Julie	Conley	Jarred	Taylor
Melissa	Courreges	Melissa	Courreges	Nathaniel	Thurston
David	Dance	David	Dance	Steven V.	Tuten
Errol	Daniels Jr	Errol	Daniels Jr	Scott	Tyler
Tommy	Dates	Tommy	Dates	Peter	Weise
Belinda	Di Spirito	Belinda	Di Spirito	Jeremy	Wenzel
Beth	Durling	Beth	Durling	Karen	Wharton
Faris	Dzafic	Faris	Dzafic	Amie	White
Jim	Edwards	Jim	Edwards	Snow	Wilson
Laura	Evans	Laura	Evans	Katie	Wrenn
Robby	Finklea	Robby	Finklea	Marquis	Wright
Scott Allan	Flanders	Scott Allan	Flanders	Chandler	Yates
Rhonda	Fosser	Rhonda	Fosser	Marilyn	Young
Jill	Foster	Jill	Foster	Dmitri	Zaporojenco
Patrick M.	Gaughan	Patrick M.	Gaughan	Bruce T.	Zewicke
William	Genovese	William	Genovese		
Michael	Gessner	Michael	Gessner		
Dominique	Ghee	Dominique	Ghee		

10 questions with Hubert Keen



Name: Hubert Keen

Age: 80

Occupation: Professor of biology, college and university administrator (retired)

Family (including pets if you'd like): Wife Sally. Buddy the wonder dog, leaped lying bodies in a single bound, miniature pinscher, left our lives 1 year ago.

How long have you been a member of JTC Running? Since January 2018, just before moving permanently to the city.

How and when did running become part of your life and how has it changed it? Although I jogged for exercise during most of my earlier life, I never ran a timed race until I was 60. After learning in that first 5K that I could actually finish while still remaining upright, I was encouraged and challenged myself with training, learning, and progressively building it into my lifestyle. I'm not an elite runner.

How does running impact your mental health? Running has sustained me through family tragedy and career challenges. It's the go-to retreat—and treat.

Where do you find motivation on days you don't feel like running? If I'm unable to run on a regular schedule, I feel restless and unfulfilled as it is built into my routine. While contemplating a difficult run I envision that I'll go through uncomfortable days without it. So, I just get out the door!

What do you look for in a running partner or do you prefer to run alone? If it's the latter, why? I'm not averse to running with partners. In fact, I admire those who have developed friendships around the social aspect of running. However, the convenience of running alone has prevailed, except during races when Paul Smith and I pace each other.

What is your favorite race and why? That's a tie. In my former setting I liked the Cow Harbor 10K, staged on the hills of the north shore of Long Island, New York.

The view of the harbor after conquering the steep hill in the second mile is stunning. In my current life, I look forward to the Gate River Run, with its—for me—challenging length and “Green Monster” climb. The view of the river from up there is a bonus.



Do you listen to music, podcasts or something else while you run or do you prefer to run without headphones? Why? I have tried running with music, but I much prefer the solitary mental activity of running. I often envision while running the greater accomplishments that I might have attained, the clever quips I wish I'd said. And I like “listening” to my body's performance, sometimes lamenting its obsinane.

How do you reward yourself after a great run? After races I am always rewarded by talking to fellow runners, sharing my complaints—excuses, really—for a less-than-desired performance, and listening to theirs. After training runs, I reward myself by successfully refuting my wife's urges and theories about why I should give up running.

How do you work in time to run while on vacation or business trips, or do you take a break? I don't like taking a break while traveling, however, at times I find running while on trips difficult. Unfortunately, I too often end up running on treadmills rather than outside. I have, however, run on some excellent urban trails. Denver and Vancouver come to mind. And I look forward to completion of the Emerald Trail system in Jacksonville, a great project for the city.

What is the most beautiful place you've run? The majesty of the Blue Ridge Mountains in Virginia and North Carolina have been my favorites. I also love the run along River Road in Orange Park during the early morning on a clear day with the sun rising over the river. Run to the Sun, Florida Striders!

What other activities do you take part in to stay healthy? In addition to running, which is one of the best activities for staying healthy, I play golf once or twice a week. I also try to research and stay current with new findings on health and physical activity—of which, incidentally, golf is only partially a good exercise. Your heart rate during golf is never high enough to gain cardiovascular benefit.

10 questions with Hubert Keen



Don't let social media hamper your success



By Rob Coltman

Coltman & Baughman Physical Therapy

Many runners these days have at least one social media account. It may be one or more of the larger general accounts like Facebook, Instagram, X (Twitter), or TikTok, but also can be one that is specific to endurance athletes like Strava.

These accounts can be wonderful avenues to stay in touch with friends and family from around the world. They are also great ways to market businesses, coaching services, and products, as well as to make purchases of these. In the case of Strava, it's a great way to keep up to date on what friends are doing in training for running, and to encourage each other, even if living far apart.

But, when it comes to your running training and racing, social media can have some severe pitfalls that can derail your success, cause unnecessary disappointment, and even lead to injury if you are not careful.

All of us understand that effective training for running is a highly specific and individualized thing. It takes the correct workouts, and consistency over a long period of time to achieve what you want to achieve. It also takes a runner's confidence in the training plan in order to stay consistent for the time it requires.

It's very easy to derail a steady training progression with the wrong workouts, or when doubt in what you are doing arises. Don't let your social media account be the reason that this happens!

The first of these social media pitfalls is when a runner starts to compare herself/himself to others on the social media platform.

Although a runner could get motivated by a workout that gets posted by a faster runner or pro on social media, a runner might also become disappointed that he/she is unable to perform at that level.

Both of these responses may lead a runner to question their own training, and perhaps change their training in ways that are not favorable.

For example: A runner might attempt to copy the workout that the pro did, even though the runner is not physically capable of holding the pace or duration, or a runner might just attempt to up their training overall before being ready to do so. Both of these are recipes for injury.

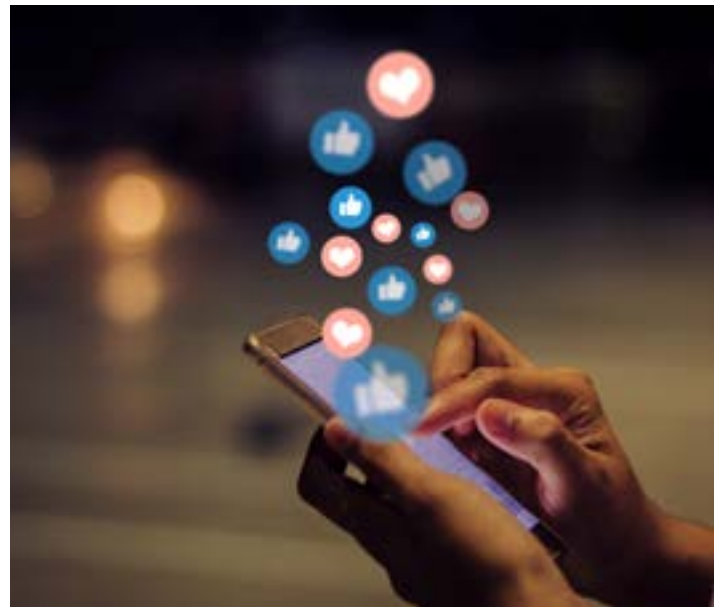
The second of these pitfalls is attempting a workout 'challenge' that has been posted on the platform before you are ready to do such an activity. Social media, especially Strava, is famous for these challenges that one can attempt. These challenges that often become 'viral', are often attempted when the athlete has done zero preparation for the challenge. Again, basically doing a workout (or series of workouts) that the runner has no business doing. Again a recipe for injury.

Strava specifically not only has these 'challenges' but it also has what are called 'segments'. 'Segments' are basically sections of running courses (or full courses) that frequently get used and get posted. It could be a full loop course or even a small 1-2 mile section. Strava creates a 'leaderboard' for that segment. Strava then records each time someone runs that segment, which then creates the 'challenge' of attempting to become one of the fastest to run that segment. And then we have the same problem as above if one attempts to 'race' the segment prior to being prepared to do so OR at a time in the training schedule where a hard effort does not fit. Again, a potential injury.

And I wish I didn't have to say this, but you also have to be weary of what people post on social media as to what they have actually done in training. There have been so many occasions where it has been found people have cheated to get a 'leaderboard' result on Strava, or a Garmin reading that they post on Instagram or Facebook by, believe it or not, riding a bike or even driving a car while using their Garmin instead of running. Pros even talk about not posting full workouts, or just the fast sections of their workouts deliberately to mislead their competition!

So you can see that there are a variety of ways that social media can lead a runner to modify their training in ways that can increase risk of injury. The important thing is to stay focused and consistent with your training program, and not to compare yourself with others, attempt challenges or race segments that you are not ready for.

Use social media for what it's great for: staying in touch with friends and family from around the world, keeping up to date on what friends are doing in training for running, and to encourage each other, especially if living far apart. But, most importantly, what gets posted on social media should have ZERO effect on your training, nor your mindset/emotions about your own fitness and training.



Use social media for what it's great for: staying in touch with friends and family around the world...

Fun, fellowship and celebration at the annual awards dinner



Fun, fellowship and celebration at the annual awards dinner



Fun, fellowship and celebration at the annual awards dinner



Photos by Fran Ruchalski

Fun, fellowship and celebration at the annual awards dinner



Fun, fellowship and celebration at the annual awards dinner

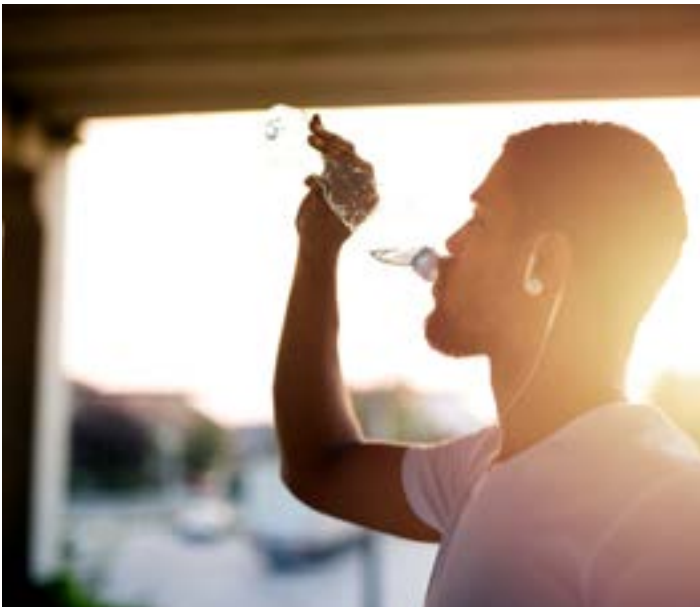


Photos by Fran Ruchalski

COACH'S CORNER

Finding alternatives to your training

By Sean McCormack



Previously, I have written articles about finding a balance to your typical training plan. Inserting certain alternative practices, such as core strength training, yoga and swimming, are excellent strategies to add balance to your training. These practices build strength and flexibility to your running, which can improve performance and reduce injury potential.

Recently, I have read about and been exposed to other modalities that may not add strength or flexibility but may enhance other health benefits that could improve your running performance, such as increased microcirculation, reduced inflammation and improved mood.

Here is a quick review of a few of these modalities:

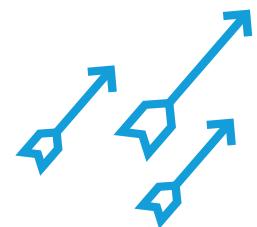
Compression therapy: Highly effective in improving blood flow to the extremities and reducing inflammation, this may be an excellent adjunctive therapy especially after a strenuous workout. I have found 45-60 minutes of compression therapy to the legs and hips to greatly accelerate recovery.

Red light therapy: Also known as photo biomodulation therapy, this modality uses low levels of red or near-infrared light to provide power to your cells. The energy has been shown to be absorbed by the mitochondria in your cells. This therapy can boost energy levels, accelerate recovery, reduce inflammation and improve your mood.

Cryotherapy: This results in your body enacting a natural fight-or-flight reaction that constricts your blood vessels to restrict blood away from your extremities. This redirection causes your body to move blood toward the core to protect your vital organs. During this process, the body increases oxygen and certain proteins to decrease inflammation. The benefit is when you exit cryotherapy and return to room temperature, the oxygen-rich blood circulates throughout the body, which for a runner can accelerate recovery.

I have been exposed to these modalities over the last six months through Restore Hyper Wellness in Fleming Island. There also is a location out toward the beach. Similar services are offered at Thrive in St. Johns Town Center, Degree Wellness in Riverside and iCryo in St. Johns County.

If you are looking for an extra edge and advantage in your running performance, I would personally highly recommend you investigate these alternative therapies.



Philanthropist-turned-runner Mike Freed invites JTC members to a special challenge

By Mike Freed

Runners run for many different reasons. Some say running is a way to test their mental and physical limits, while others say running brings them joy. Still others do it so they can eat more ice cream.

Running, for me, has come to offer many of those benefits. But when I first took up running, it was with one goal in mind: to do good for others.

Back in 2017, living in an increasingly divisive society, I wanted to find a way to bring people together around a cause about which no one could disagree. As a lawyer, I knew that Jacksonville Area Legal Aid was doing a lot of good in our community, and that with more resources, it could do even more good.

In particular, I saw JALA helping pediatric patients and their families resolve poverty-related civil legal problems that were interfering with the children's health. JALA was helping these families access the health care their children needed, resolve landlord-tenant issues, family law issues and much more. All of it was creating a more stable world for kids with health challenges.

Although not a runner, I had the idea that if I could embark on a run that was ambitious enough to capture people's attention, maybe I could raise some money for this pediatric program at JALA, which is called the Northeast Florida Medical Legal Partnership.

And so, I bought a pair of running shoes, started pounding the pavement, and founded a multi-marathon event called Freed to Run.

That first year, I ran from the steps of the Florida Supreme Court in Tallahassee to the lawn of the Duval County Courthouse in Jacksonville, completing six marathons in six days and raising \$70,000.

In subsequent years, I was joined by hundreds of runners representing law firms, businesses and organizations from throughout Northeast Florida. And with a generous 125% match from the Baptist Health Foundation, together we raised \$2.25 million by 2022 to fully endow the pediatric medical legal partnership, meaning JALA will always have a lawyer to help sick kids and their families.

With that program fully funded, we were ready to tackle the next issue. Around that time, my father passed away. In his final years, I thought about how difficult things would have been for him and for our family if we hadn't had the means to ensure he had safe and stable housing, was protected from people who might have taken advantage of him and had the quality health care he needed.

Again, this is an area in which JALA fills an important need. For elders without the financial or family support they need to resolve issues that threaten their housing stability, JALA has lawyers who specialize in housing and consumer law, as well as housing counselors who are adept and working with lenders and accessing city of Jacksonville and other funds.

JALA enables seniors to remain in their homes and avoid unlawful eviction, unnecessary foreclosure, predatory lending and the financial ruin often resulting from scams targeting the elderly.

To ensure this work will always be funded, we established the Shelter for Elders endowment, which is supported by generous matching grants from the Delores Barr Weaver Legacy Fund. And to ensure that more runners can participate, we have changed the format to the Freed to Run Challenge.

Now, the run involves completing laps around the Duval County Courthouse, and runners have the choice to do a 24-hour run, a 12-hour run or a 5K. We even have an event for cyclists from the St. Johns County Courthouse to the Duval County Courthouse.

Throughout this journey, the Northeast Florida running community, including JTC Running, 1st Place Sports, hometown Olympian Garrett Scantling and others, has supported the event.

I would like to invite all JTC members to join us for the Freed to Run Challenge on Nov. 23-24. This free fundraising event promises an exciting and enjoyable experience for runners of all abilities. We offer individual and relay team challenges for 24-hour and 12-hour durations, as well as a 5K open to all ages. Enjoy food, entertainment, special guests, an RV Village, event security and plenty of camaraderie. We look forward to seeing you there!

Whether you run to test your limits, experience joy, so you can eat more ice cream or because you want to do good, the Freed to Run Challenge has you covered.

Register at jaxlegalaid.org/freedtorun. If you need more information or would like to set up a relay team, please feel free to contact JTC board member Dennis Harrison at dennis.harrison@jaxlegalaid.org.

Whether you run to test your limits...or because you want to do good, the Freed to Run Challenge has you covered



The Case for the Galloway method: A marathoner's perspective



By Brad Layland

I recently read Hubert Keen's article in The Starting Line titled "Why the Run Walk Run Method May Work for You."

Keen questions the effectiveness of the Galloway method, suggesting it may not significantly reduce injuries or fatigue based on scientific data. As an avid marathoner who has completed 64 marathons, I want to share my personal experience, which starkly contrasts Keen's conclusions.

I ran my first 20 marathons using the traditional approach of continuous running. My goal was always to finish a marathon in under four hours. Despite my best efforts, my times never dropped below four hours and 20 minutes. My first marathon took five hours and 45 minutes, and I experienced substantial fatigue and minor injuries after each race.

The turning point in my marathon journey came at the Disney Marathon, where I discovered Jeff Galloway's Run Walk Run method. Galloway, a former Olympian, advocates for a strategy that incorporates walk breaks at regular intervals during a run. This method is designed to reduce fatigue, lower the risk of injury and potentially improve overall performance.

Intrigued, I decided to incorporate a two-minute run followed by a 30-second walk into my training and races. The results were remarkable.

My race times began to improve and in 2018, at the age of 45, I achieved my long-held dream of running a marathon in under four hours at the New York City Marathon, followed by another sub-four-hour finish at the Disney Marathon. These were my 24th and 25th marathons, respectively.

Since then, I have continued to use the Run Walk Run method in all my marathons. By the time I turned 50, I had completed my 50th marathon and now, at 52, I have finished 64 marathons. My current routine includes a two-minute run followed by a 20-second walk, and I am running faster than ever with no injuries.

One of the most significant benefits I have noticed is the reduced recovery time. After using the continuous running method, I would experience considerable pain and require extended recovery periods. In contrast, since adopting the Galloway method, my recovery is swift and my body feels great. This is not just anecdotal; Galloway's method is backed by the principle of muscle recovery during walk breaks, which helps maintain running form and reduce fatigue.

Galloway's approach is not just for marathoners; it is effective for all levels of runners. According to Galloway, the walk breaks help in preserving resources, maintaining form, and even providing a psychological boost by breaking the race into manageable segments.

This method has allowed me to keep running consistently and injury-free, enabling me to push my limits and achieve personal records.

For instance, I recently ran the Capital City Marathon and set a personal record, beating my previous best by six seconds. Additionally, I won the Grand Masters division at the Endless Summer Run in St. Augustine.

While I have mixed feelings about being classified in the Grand Masters division, it highlights my continuous improvement and sustained performance thanks to the Galloway method.

Moreover, my success extends beyond marathons. I have completed two Ironman triathlons, incorporating the Run Walk Run method into the running segment. This approach has allowed me to compete effectively without the debilitating injuries I experienced earlier in my running career.

In response to Keen's skepticism, I offer my story as living proof of the effectiveness of the Galloway method. While scientific data is crucial, the experiences of countless runners like myself, who have benefited from this method, cannot be ignored.

For those considering long-term running, especially as we age, the Galloway method offers a sustainable way to continue running without injury.

As I plan to keep running into my 60s and beyond, I am confident that the Run Walk Run method will be a key factor in my longevity and continued enjoyment of the sport.

In conclusion, while Keen's article presents a scientific perspective, the real-world benefits of the Galloway method are evident in my marathon journey. For anyone looking to improve their running performance, reduce injuries and enjoy running for many years, I highly recommend giving the Run Walk Run method a try.

Editor's note: I shared Brad's article with Hubert Keen. Here is his response: Brad Layland is not just a remarkable athlete but has used the run-walk-run with great success. I know many runners are successful using the method, and I am not a "skeptic." As he writes, we have different perspectives: his from personal experience and mine based on studies.

My journey from a 5:45 marathon to consistent sub-four-hour finishes without injury speaks volumes about the value of incorporating walk breaks.



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.



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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 call

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.