

THE STARTING LINE

March/April 2011

CONGRATULATIONS GATE RIVER RUN TENBROECK TEAM WINNERS!

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Jam-Packed JTCR

Letter From the Editor, Bob Fernee

Whew, it has been quite an action-packed two months since the last newsletter. I was happy we managed to get that one in your hands before the Winter Beach Run was a memory. It was close, but we did it. The race itself went off very well and Mother Nature was very kind, it was a great day for a run on the beach.

Despite everything, the NFL decided to go through with their game. It was a duel of the titans, our Winter Beach Run against their Super Bowl and all of its accompanying parties. I'd like to think it ended in a tie but the fact is the scheduling clash probably cost us a few hundred runners. Still, it went well and you will find full results in this newsletter.

Then it was time for our new female statue to take center stage. Amid great fanfare she was unveiled in front of many club and city dignitaries, including the Mayor, John Peyton. It was a wonderful moment for our club. Board member, Colleen Clarson, was the one who pulled it all together and she has written a nice piece about the experience.

A week later our special Gate River Run guest, Dick Beardsley, came to town. On March 8th. Beardsley spoke for nearly 90 minutes and performed in an engaging and surprisingly emotional manner. I say surprising because he gives this talk hundreds of times a year-in fact, he had already delivered it to Bolles and Bishop Kenny students earlier in the day. Yet, when he spoke of his family there were a couple of times when he could hardly hold onto his emotions. It was moving and unforgettable.

When I interviewed Beardsley via telephone for a story in the last newsletter I knew he was going to be great, and I was not disappointed.

Then the big one: The 34th Gate River Run. Big field, fast times, what else can I say? Everyone I talked to was more than pleased by how they ran. Maybe having the world's best running conditions didn't hurt. Wow, what a race, perhaps the best one yet.

The full results are more than this newsletter can print so, sorry, you'll have to go online. We have some great anecdotes in store for you though.

The Dzamko brothers, Mark and Chris, are GRR Streakers and they share their reflections with you. What characters those boys are. There's Mark, older, quieter and always being funny and Chris, younger, less quiet and always doing funny things. Like hunting alligators, killing them, cooking them and eating them. If you attended the post-race party at the Alred's house, that was him next to the huge, genuine, dead gator head cooking up his reptilian specialty. It was good, too.

Trib LaPrade surprised himself, and us, with an unexpected story about something he never expected. You'll have to read it to know what I mean.

The new series, Rating the Races, has gone over well. Ann and Bill Krause give their opinion on the Ocala Half-Marathon and club member Lewis Hunt and his daughter, Caroline, both experienced the recent Disney Princess Half-Marathon, though in different ways, and tell us what was good and not so good about the event. On a scale of 1 to 5 running shoes, how did they rate it? Read inside.

Member Michael Parnell did not exactly review a race but he reported on a unique one he ran in Hong Kong, the China Coast Half-Marathon, organized by a group of expatriate Britons (ah, the Brits, what a wonderful bunch!)

A quick note about our famous Streakers-those who have run all 34 River Runs. One fellow told me that we should have a pace cutoff. Streakers shouldn't be allowed to just walk the race. If he or she can't do, say, 12 and a half-minute pace per mile, then their Streaker status should be stripped. (Ha! Stripping a Streaker, get it? Okay, maybe it wasn't so funny). It would be a controversial move, I'm sure.

Another guy said the Streakers should start the race right after the elites: "Then people can see them and give them a big hand. Anyway, there are so few of them that they can't get in the way."

These are both good points and I think they should be considered.

Once again, our great friend, Gary Ledman has come through with a fine and rather thought-provoking piece. People should heed his sage-like advice.

Another well written, thought-provoker comes from long-time club member, Gary Corbitt, who writes of the people that running hasn't reached as much as it should have. He also tells of the local grass roots organization, Epitome of Excellence, now in its second year that has some 80 children involved. Epitome is bringing the Area 7 AAU Track & Field National Qualifier to Jacksonville from June 23 to June 26. It will be a huge meet and our club is planning to help fund it.

Too many think that after the Gate is behind us it's all over until the Summer Beach Run. How wrong they are. Our track meet series has been going for a long time, 32 years to be exact, and there is something for everyone-especially children. The series is about to evolve and, I believe, improve. You can read all about it in this issue.

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President's Message

Greetings!

I am writing just after Gate River Run #34, and what a wonderful event it was! The weather was probably the best of the nineteen Gate River Runs I have been involved in- not a cloud in the sky and very little wind. The turnout was the largest ever and the huge post-race celebration was exciting. Our JTC Running tent with food, drink, bag check, and porta-lets was a well attended and appreciated by the many members who stopped by. Thanks to Larry Sassa, Rex Reed, and others who organized the tent and staffed it during the run.

The field of elite runners brought to town by the club for the event was the most talented yet and their results proved it. Thanks to Richard Fannin for his many hours of work enlisting the elites and organizing their stay in Jacksonville. The TenBroeck Cup team competition was again a great success.

Thanks also to Doug Tillett and other volunteers who transported the elite runners between the airport and hotel and back, often late at night or very early in the morning. Our own club racing team represented us well and thanks to David Moritz for leading that effort.

Carol and Michael Fitzsimmons worked to set up and take down our expo booth and were assisted



by a number of board members in staffing it during the two days. Efforts paid off in the dozens of new memberships sold at the booth. Trib La Prade did a great job of announcing at the finish line and the awards ceremony. Jim Van Cleave once again served as race director for the adidas Junior River Run and for the umpteenth year Jane and Doug Alred directed the whole show. Thanks to all who helped make this year's event so successful.

And for all those that couldn't find hats among our merchandise at the expo, I promise we will have hats next year!!

JTC Running Board Of Directors

President

Larry Roberts
Phone (904) 731-4852
Cell (904) 703-5451
Larry_Roberts@csx.com

Vice President

Larry Sassa
Phone (904) 247-6575
Cell (904) 699-0466
Lksassa142@aol.com

Treasurer

Bonnie Brooks
Phone (904) 262-2842
Cell (904) 868-5479
bontorun@clearwire.net

Secretary

Douglas Tillett
Phone (904) 388-6139
Cell (904) 728-3711
doug.tillett@sunoptictech.com
douglastillett@hotmail.com

Doug Alred

Phone (904) 382-3081
Work (904) 731-1900
doug@1stplacesports.com

Jane Alred

Phone (904) 233-6875
Work (904) 731-3676
jane@1stplacesports.com

Margaret Barton

Phone (904) 398-9119
Cell (904) 210-5803
mgbarton@bellsouth.net

Colleen Clarson

Phone (904) 273-4119
Cell (904) 885-1702
colleenclarson@gmail.com

Richard Fannin

Cell (904) 662-3814
richard.fannin@ubs.com

Bob Fernee

Phone (904) 743-3161
bobfernee@aol.com

Carol Fitzsimmons

Phone (904) 886-4019
Cell (904) 610-8962
mandcfitz@comcast.net

Mike Fitzsimmons

Phone (904) 886-4019
Cell (904) 923-7180
mandcfitz@comcast.net

Franz Lerch

Phone (904) 241-7199
Cell (904) 790-0770
Lerch01@comcast.net

David Moritz

Phone (904) 382-3197
davemoritz@yahoo.com

Amanda Napolitano

Phone (904) 551-0732
Cell (904) 608-3481
Amanda@breastcancermarathon.com

Mark Ryan

Phone (904) 280-2383
Cell (904) 338-3230
markryan@watsonrealtycorp.com

Lamar Strother

Phone (904) 388-7860

Stuart Toomey

Cell (904) 591-6123
Work (904) 731-1900
stuart@1stplacesports.com

Jim VanCleave

Phone (904) 287-9826
work (904) 359-3511
jimvancleave@comcast.net

John Godfrey
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Nadine Thomas
Jeffrey Toma
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Christine Vaughn
Kay Womack Vavrina
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Donald Wucker
Brien Yatzor
Tim Young

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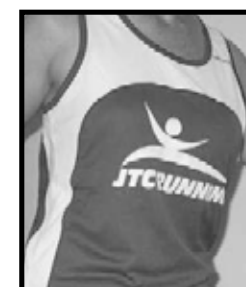
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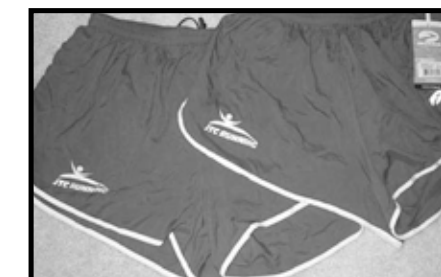
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A Reputation Ruined

By Bob Fernee

The Winter Beach Run (10 and 5-mile races) took place on Sunday, February 6th. It was a day to remember, for it was the day that the WBR forgot the plot. The race was supposed to be terrible, with conditions the worst of the worst: The cold, biting; the wind, unrelenting; the sand as soft as pudding.

Not this time. The conditions were as perfect as perfect could be. The temperature was nice, the day was beautiful, the wind was somewhere else and the sand was firm and fast.

In short, this race ruined its reputation.

In the 10-Mile race there were 284 finishers; the 5-Miler had 337 finishers. Once word gets around how cordial and kind the WBR has become we will probably have 5,000 people in it next year.

5 Mile Results

CLASS	ID#	PLACE	PLACE	FINISHER	TIME	PACE
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CLASS	ID#	PLACE	PLACE	FINISHER	TIME	PACE
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198	103	7	Kara Golby, 39, Jacksonville, FL	55:12	11:02
781	104	8	Jennifer Smith, 39, Ponte Vedra Bch, FL	55:13	11:03
918	105	9	Jennifer Ulven, 36, Jacksonville, FL	55:16	11:03
146	117	10	Cora Phommathep, 37, St Augustine, FL	56:51	11:22
844	123	11	Renee Horn, 38, Jacksonville, FL	57:21	11:28
843	128	12	Paola Guerrero, 39, Jacksonville, FL	58:18	11:40
811	140	13	Barb Jakeway, 39, Jax Bch, FL	59:46	11:57
959	143	14	Rebecca Watson, 37, Atlantic Bch, FL	1:00:24	12:05
1008	146	15	Beverly Aquil, 39, Fleming Island, FL	1:02:10	12:26
371	150	16	Stephanie Kloeckner, 36, Jacksonville, FL	1:04:03	12:48
126	154	17	Robyn Schick, 36, Jacksonville, FL	1:05:14	13:03
337	166	18	Christy Paradiso, 36, Jacksonville, FL	1:14:16	14:51

Women 40 - 44

888	4	1	Cynthia Lyons, 44, St Augustine, FL	37:20	7:28
822	7	2	Jennifer Hardin, 41, Neptune Bch, FL	38:32	7:42
794	8	3	Maria Padin, 44, Jax Bch, FL	38:34	7:43
89	14	4	Nancy Cubbedge, 41, St Augustine, FL	41:04	8:13
845	17	5	Cecilia Johnson, 41, Jacksonville, FL	42:24	8:29
953	21	6	Billie Jo Burr, 42	42:52	8:34
773	25	7	Nancy Knight, 44, Atlantic Bch, FL	43:40	8:44
1013	49	8	Felicia Barbour, 43, Jacksonville, FL	46:55	9:23
278	60	9	Kim Bowen, 40	47:35	9:31
80	62	10	Anna Rossano, 42, Palatka, FL	48:04	9:37
204	64	11	Lauren Cooper, 44, St Augustine, FL	48:09	9:38
39	67	12	Karen Gulla, 43, Jacksonville, FL	48:50	9:46
926	68	13	Alycia Kopp, 44, Jacksonville, FL	49:00	9:48
210	74	14	Cathy Cook, 42, Jacksonville, FL	50:06	10:01
914	75	15	Marohn Pacitti, 43, Ponte Vedra, FL	50:27	10:05
372	76	16	Kelly Parete Beccaccio, 42, Jacksonville, FL	50:37	10:07

173	82	17	Kathy Welsh, 41, St Johns, FL	50:59	10:12
788	92	18	Lisa Snyder, 44, Jacksonville, FL	52:03	10:24
813	97	19	Hava Binkley, 41, Neptune Bch, FL	54:05	10:49
229	100	20	Angela Gerbert, 40	54:46	10:57
44	108	21	Rose Marie Preddy, 42, Jacksonville, FL	55:45	11:09
313	111	22	Missy Turra, 41, Jacksonville, FL	56:12	11:14
207	112	23	Gretchen Fraizer, 43, Jacksonville, FL	56:14	11:15
71	127	24	Cheryl Rice, 42, Jacksonville, FL	58:17	11:39
260	141	25	Darlene Bartilucc-Lotze, 42, Jacksonville, FL	59:58	11:59
316	144	26	Stephanie Boykins, 41, Jacksonville, FL	1:00:48	12:09
912	147	27	Paulette Waterman, 41, Jax Bch, FL	1:02:48	12:33

Women 45 - 49

801	11	1	Trish Scott, 47, Atlantic Bch, FL	39:54	7:59
932	15	2	Jenn Kidwell, 45, Jacksonville, FL	42:14	8:27
183	16	3	Betsy Bonner, 47, Middleburg, FL	42:15	8:27
956	20	4	Shirley Greene, 49	42:52	8:34
92	22	5	Kris Bassett, 48, Jacksonville, FL	43:12	8:38
199	50	6	Sheri Scarborough, 47, Jacksonville, FL	47:00	9:24
40	71	7	Laura White, 46	49:48	9:57
1049	81	8	Nora Smith, 49, Middleburg, FL	50:59	10:12
320	93	9	Monica Lucas, 49, Orange Park, FL	52:18	10:27
858	95	10	Brookie Keen, 48, Jacksonville, FL	52:34	10:31
84	98	11	Lori Averitt, 45, Jacksonville, FL	54:11	10:50
856	120	12	Denise Marchesani, 46, Jacksonville, FL	57:01	11:24
30	125	13	Michel Hartley, 48, Jacksonville, FL	58:08	11:37
236	126	14	Marcie Mann, 47	58:15	11:39
349	130	15	Margaret Rhatigan, 46, Jacksonville, FL	58:20	11:40
177	131	16	Karen Pappas, 49, St Augustine, FL	58:39	11:44
909	133	17	Kim Blankenship, 47, Jacksonville, FL	58:50	11:46
302	134	18	Laura Lane, 46, Jacksonville, FL	58:53	11:46
859	135	19	Bernadette Harris, 46, Jacksonville, FL	58:54	11:47
378	137	20	Janine Dray, 46, Jacksonville, FL	59:03	11:48
82	139	21	Jonie Davis, 45, Hilliard, FL	59:45	11:57
935	148	22	Athy Tamburrino, 49, Jacksonville, FL	1:02:49	12:34
1045	168	23	Betsy Ponte, 47, Orange Park, FL	1:18:56	15:47

Women 50 - 54

14	10	1	Ann Krause, 53, Jacksonville, FL	39:32	7:54
921	26	2	Beverly Furtick, 50, Jacksonville, FL	43:44	8:45
1047	44	3	Diana Stewart, 51, Fleming Island, FL	46:24	9:17
946	54	4	Derenda Gray, 53, Jesup, GA	47:14	9:27
366	78	5	Cathy Reidy, 53, Jacksonville, FL	50:55	10:11
763	107	6	Anita Lerch, 52, Jax Bch, FL	55:38	11:08
307	129	7	Kathy Bragg, 50, Jacksonville, FL	58:20	11:40
312	160	8	Cynthia Henderson, 52, Jacksonville, FL	1:06:57	13:23
395	162	9	Beth Buning, 50	1:10:27	14:05
227	164	10	Cindy Dix, 50	1:13:07	14:37
830	169	11	Cindy Steeg-Diaz, 52, Atlantic Bch, FL	1:25:57	17:11

Women 55 - 59

247	12	1	Susan Briers, 55	40:21	8:04
385	30	2	Robin Hayter, 55, Neptune Bch, FL	44:17	8:51
333	57	3	Mary Neiberger, 58, Gainesville, FL	47:26	9:29
250	61	4	Robin Deblake, 55	47:55	9:35
962	84	5	Debby Bodanis, 59, Ponte Vedra, FL	51:00	10:12

759	89	6	Dianne Delay, 57, Jax Bch, FL	51:49	10:22
304	90	7	Donna Rettini, 59, Jacksonville, FL	51:56	10:23
917	106	8	Kris Berseth, 59, Jacksonville, FL	55:16	11:03
241	114	9	Ruth Smith, 57	56:40	11:20
175	121	10	Darlene Bell, 58, Port Orange, FL	57:04	11:25
362	136	11	Kathie Silvia, 55, Jacksonville, FL	59:02	11:48
105	138	12	Cynthia Shelton, 55, Jacksonville, FL	59:40	11:56
814	152	13	Barbara Gilbert, 55, Atlantic Bch, FL	1:04:14	12:51
141	155	14	Jan Hobbs, 58, Ponte Vedra Bch, FL	1:05:17	13:03
49	156	15	Mary Conely, 56, Jacksonville, FL	1:05:26	13:05
43	157	16	Charlotte Allen, 55, Jacksonville, FL	1:05:51	13:10
879	158	17	Barbara Clements, 59, Neptune Bch, FL	1:06:17	13:15
116	159	18	Carolyn Montgomery, 59, Jacksonville, FL	1:06:17	13:15
111	161	19	Virginia Sherrill, 59, Jacksonville, FL	1:09:29	13:54
75	167	20	Ann Bussen, 57, Gainesville, FL	1:14:45	14:57

Women 60 - 64

301	63	1	Osra Hutcheson, 62, St Marys, GA	48:05	9:37
76	91	2	Karen Allman, 64, Gainesville, FL	51:57	10:23
884	99	3	Sharon Oxford, 60, Ponte Vedra Bch, FL	54:45	10:57
1034	163	4	Dee Robertson-Lee, 60, Fleming Island, FL	1:12:54	14:35

Women 65 - 69

164	69	1	Marie Bendy, 68, Orange Park, FL	49:12	9:50
352	165	2	Mary Malone, 67, Jacksonville, FL	1:13:56	14:47

10 Mile Results

CLASS					
ID#	PLACE	PLACE	FINISHER	TIME	PACE
Open Men					
2	1	1	Justin Jacobs, 27, Jacksonville, FL	55:29	5:33
1023	2	2	Sean McCormack, 49, Fleming Island, FL	56:51	5:41
4	3	3	John Metzgar, 48, Orange Park, FL	59:49	5:59
Open Women					
11	1	1	Lisa Adams, 36, Fleming Island, FL	1:12:50	7:17
13	2	2	Regina Taylor, 46, Jacksonville, FL	1:13:47	7:23
383	3	3	Carley Glasser, 23, Jacksonville, FL	1:14:08	7:25
Masters Men					
7	8	1	John Wisker, 44, Palatka, FL	1:01:57	6:12
808	11	2	Walter Campbell, 49, Atlantic Bch, FL	1:02:45	6:16
206	20	3	Michael Johnson, 49, Jacksonville, FL	1:06:45	6:40
Masters Women					
906	4	1	Jennifer Joy, 41, Jax Bch, FL	1:15:03	7:30
821	8	2	Alison Ronzon, 46, Neptune Bch, FL	1:19:15	7:55
817	10	3	Terri Rose, 53, Neptune Bch, FL	1:20:21	8:02

Men 14 - 19

88	25	1	Avery Bue, 16, Jacksonville, FL	1:09:20	6:56
63	32	2	Ross Rabalais, 14, Ponte Vedra, FL	1:11:07	7:07
139	79	3	Connor Bussiere, 18, Mount Dora, FL	1:19:08	7:55

Men 20 - 24

201	14	1	Tim Stegink, 24, Jacksonville, FL	1:04:40	6:28
839	19	2	Eric Hughes, 20, Crystal River, FL	1:06:27	6:39
806	23	3	Matthew Worsham, 24, Jacksonville, FL	1:08:46	6:53
772	35	4	Taylor Kennedy, 24, Ponte Vedra Bch, FL	1:12:08	7:13
232	81	5	Dustin Cortiss, 23	1:19:39	7:58
172	91	6	Mark Lovejoy, 24, Jacksonville, FL	1:22:12	8:13
1062	166	7	Benjamin Wenz, 21	1:39:55	10:00

Men 25 - 29

268	9	1	Gary Schneider, 25	1:02:08	6:13
908	17	2	Robert Walker, 29, Atlantic Bch, FL	1:06:23	6:38
180	38	3	Derrick Schimcek, 28, Jacksonville, FL	1:12:50	7:17
262	53	4	Chris Conroy, 27, Jax Bch, FL	1:14:41	7:28
965	73	5	John Halman, 29, Jax Bch, FL	1:17:51	7:47
818	89	6	Nathan Cramer, 29, Ponte Vedra Bch, FL	1:21:53	8:11
350	96	7	Keith Crockett, 29, Jacksonville, FL	1:24:07	8:25
1060	161	8	Nathaniel Wenz, 25	1:38:33	9:51

Men 30 - 34

3	4	1	Shawn Williams, 34, Jacksonville, FL	59:56	6:00
329	7	2	Ben Huron, 34, Jacksonville, FL	1:01:55	6:11
790	10	3	David Moritz, 33, Jax Bch, FL	1:02:41	6:16
85	12	4	Alexander Von Bormann, 31, Jacksonville, FL	1:02:53	6:17
224	16	5	Daniel Kowal, 32, St Augustine, FL	1:06:08	6:37

189	22	6	Sung-Ho Choi, 34, Jacksonville, FL	1:08:46	6:53
195	43	7	Faris Dzafic, 32, Jacksonville, FL	1:13:45	7:22
246	47	8	Jason Graham, 31	1:14:02	7:24
957	54	9	Joe Lewandowski, 34	1:14:54	7:29
944	64	10	Corey Pollack, 32, St Augustine, FL	1:16:24	7:38
997	67	11	Mac Kelly, 34	1:16:42	7:40
332	87	12	Steven West, 34, Bryceville, FL	1:21:09	8:07
254	98	13	Dan Lyons, 30, Ponte Vedra, FL	1:24:29	8:27
113	99	14	Steve Stewart, 34, Jacksonville, FL	1:24:33	8:27
1058	103	15	Daniel Harris, 34	1:25:21	8:32
875	132	16	Neal Sheridan, 30, Neptune Bch, FL	1:29:43	8:58
1053	142	17	Jeffrey Cumber, 32	1:32:40	9:16
112	153	18	Scott Fryman, 33, Jacksonville, FL	1:36:48	9:41
122	184	19	Jeremy Agler, 33, Jacksonville, FL	2:00:59	12:06

Men 35 - 39

8	5	1	Jason Arnold, 36, Palatka, FL	1:01:05	6:06
9	6	2	Andrew Marchand, 39, Orange Park, FL	1:01:06	6:07
6	13	3	David Frank, 35, Jacksonville, FL	1:03:02	6:18
791	15	4	John Womack, 39, Jacksonville, FL	1:06:01	6:36
81	18	5	Mills Ramseur, 39, Jacksonville, FL	1:06:25	6:38
382	40	6	Aaron Potter, 37, Jacksonville, FL	1:13:17	7:20
182	44	7	Jason Neiner, 35, Jacksonville, FL	1:13:56	7:24
214	46	8	Lindsey Caskey, 39, Jacksonville, FL	1:14:01	7:24
927	51	9	Jeff Kopp, 39, Jacksonville, FL	1:14:27	7:27
765	57	10	Mark Collins, 36, Ponte Vedra Bch, FL	1:15:19	7:32
829	70	11	Ian Weldon, 37, Jax Bch, FL	1:17:21	7:44
969	77	12	Jaime Obando, 38, Jacksonville, FL	1:19:02	7:54
1009	88	13	Mike Singletary, 38, Jacksonville, FL	1:21:23	8:08
980	108	14	John Zak, 35, Jacksonville, FL	1:26:04	8:36
928	109	15	Aaron Kovak, 39, Neptune Bch, FL	1:26:05	8:36
869	111	16	Erik Poast, 37, Jax Bch, FL	1:26:08	8:37
995	160	17	Tim Brack, 35	1:38:19	9:50
86	174	18	John Mevers, 38, Jacksonville, FL	1:44:32	10:27

Men 40 - 44

305	37	1	Marco Turra, 43, Jacksonville, FL	1:12:46	7:17
10	39	2	David Bonnette, 43, Orange Park, FL	1:12:54	7:17
98	50	3	Sean McCurray, 44, Jacksonville, FL	1:14:26	7:27
160	63	4	Stephen Silberman, 40, Jacksonville, FL	1:16:17	7:38
165	69	5	Robert Smith, 42, Jacksonville, FL	1:17:12	7:43
834	75	6	Stuart Chalk, 44, Jacksonville, FL	1:18:09	7:49
976	92	7	Sam Sink, 40, Neptune B		

CLASS
ID# PLACE PLACE FINISHER TIME PACE

1:31:43 9:10

1216 42 7 Courtney Spratt, 40, Ponte Vedra, FL 1:32:19 9:14
251 45 8 Amanda Dryden, 40, Waycross, GA 1:33:02 9:18
345 52 9 Kristina Oettel-Clark, 40, Jacksonville, FL

1:34:49 9:29

321 54 10 Mercedes Smith, 44, Jacksonville, FL 1:36:05 9:36
318 56 11 Christy Schell, 41, Jacksonville, FL 1:36:28 9:39
66 64 12 Alyson Foreacre, 40, St Augustine, FL 1:43:10 10:19

Women 45 - 49

803 16 1 Kathy Murray, 47, Jacksonville, FL 1:24:24 8:26
1011 17 2 Patty Dame, 49, Palatka, FL 1:25:12 8:31
779 21 3 Benna Cawthorn, 48, Jax Bch, FL 1:26:29 8:39
782 37 4 Lynn Hill, 49, Jacksonville, FL 1:31:12 9:07
832 58 5 Deb Potash, 46, Jacksonville, FL 1:38:50 9:53
213 68 6 Judith Westley, 48 1:46:07 10:37
894 70 7 Layne Ray, 47, Atlantic Bch, FL 1:46:36 10:40
984 79 8 Eileen Phillips, 47, Atlantic Bch, FL 1:52:19 11:14
886 80 9 Linda Woodhouse, 49, St Augustine, FL 1:53:25 11:20
367 81 10 Melanie Blair, 46, Jacksonville, FL 1:54:23 11:26
1010 82 11 Robin Smith, 48, St Augustine, FL 1:55:37 11:34
228 83 12 Donna Parish, 47 1:55:46 11:35
349 87 13 Margaret Rhatigan, 46, Jacksonville, FL 1:58:31 11:51
807 88 14 Pam Fellabaum, 47, Jax Bch, FL 1:59:15 11:55
400 91 15 Carmen Coleman, 48, San Mateo Fl 2:05:50 12:35
922 94 16 Mary Dixon, 49, Palm Coast, FL 2:25:36 14:34

Women 50 - 54

798 14 1 Sue Zufarova, 52, Jacksonville, FL 1:22:22 8:14
1003 33 2 Vicky Connell, 51, Orange Park, FL 1:30:10 9:01
1018 41 3 Denise Dailey, 53, Orange Park, FL 1:31:43 9:10
766 47 4 Cindy Holt, 50, Ponte Vedra Bch, FL 1:33:49 9:23
19 55 5 Melinda Terry, 52, Jacksonville, FL 1:36:15 9:37
343 57 6 Bonita Golden, 54, Jacksonville, FL 1:36:52 9:41
62 62 7 Sheryl Phipps, 51, Jacksonville, FL 1:42:48 10:17
853 71 8 Nancy Shellhorn, 54, Jacksonville, FL 1:46:49 10:41
783 90 9 Shelli Martin, 50, Ponte Vedra Bch, FL 2:04:13 12:25
921 93 10 Beverly Furtick, 50, Jacksonville, FL 2:25:36 14:34

Women 55 - 59

57 13 1 Stephanie Griffith, 55, Jacksonville, FL 1:22:18 8:14
191 20 2 Sharon Lucie, 59, Jacksonville, FL 1:26:27 8:39
881 25 3 Nancy Palmer, 55, Oviedo, FL 1:27:34 8:45
370 26 4 Anita Pryor, 56, Jacksonville, FL 1:27:45 8:46
310 28 5 Debbie Webster, 58, Fernandina Bch, FL 1:28:20 8:50
1021 36 6 Sue Whitworth, 56, Fleming Island, FL 1:30:54 9:05
761 49 7 Susan Wallis, 58, Ponte Vedra Bch, FL 1:34:04 9:24
1031 59 8 Susan Worthington, 55, Starke, FL 1:39:53 9:59
157 67 9 Kay Stephens, 56, Fernandina Bch, FL 1:45:56 10:36
265 69 10 Kathy Bender, 56, Atlantic Bch, FL 1:46:20 10:38
101 74 11 Sherry David, 56, Ponte Vedra Bch, FL 1:47:49 10:47
303 77 12 Mamie Davis, 56, Jacksonville, FL 1:50:53 11:05

Women 60 - 64

29 27 1 Mary Woodruff, 60, Waycross, GA 1:28:04 8:48
31 76 2 Mary Last, 60, Fernandina Bch, FL 1:49:49 10:59

Women 65 - 69

805 65 1 Susan Wallace, 69, Atlantic Bch, FL 1:45:03 10:30
754 78 2 Nancy Pullo, 69, Jax Bch, FL 1:52:15 11:13
1400 95 3 Eloise Savell, 67, Jacksonville, FL 2:41:00 16:06

Women 14 - 19
758 9 1 Nancy Harms, 16, Neptune Bch, FL 1:19:56 8:00
279 11 2 Breck Peterson, 14, Jacksonville, FL 1:20:37 8:04
895 12 3 Lisa Cameron, 17, Jacksonville, FL 1:21:01 8:06
145 92 4 Julia Driscoll, 15, St Augustine, FL 2:10:37 13:04

Women 20 - 24
379 6 1 Lydia Easterling, 23, Jacksonville, FL 1:15:42 7:34

Women 25 - 29
219 5 1 Jane Conner, 27, Jacksonville, FL 1:15:24 7:32
1057 19 2 Bekah Bracewell, 26 1:25:21 8:32
820 29 3 Johanna Ludwickson, 28, Ponte Vedra Bch, FL 1:28:52 8:53
200 39 4 Adelina Anderson, 25, Atlantic Bch, FL 1:31:27 9:09
802 60 5 Lisa Kajihara, 25, Jacksonville, FL 1:41:30 10:09
938 63 6 Sarah Owen, 27, Ponte Vedra Bch, FL 1:42:53 10:17
985 66 7 Stephanie Peters, 27, Atlantic Bch, FL 1:45:05 10:30
178 86 8 Keri Walls, 25, Middleburg, FL 1:58:26 11:51

Women 30 - 34
196 7 1 Meagan McKissick, 32, Jacksonville, FL 1:16:46 7:41
115 18 2 Lynne Manos, 31, Jacksonville, FL 1:25:20 8:32
55 38 3 Tracey Bartlett, 32, Jacksonville, FL 1:31:16 9:08
239 43 4 Lenore Bishop, 31 1:32:27 9:15
176 44 5 Stacy Hemingway, 33, Jacksonville, FL 1:32:27 9:15
319 53 6 Nicole Address, 33, Jacksonville, FL 1:34:55 9:29
936 75 7 Angela Patterson, 33, Jacksonville, FL 1:47:55 10:48
230 89 8 Joni Carnes, 32 2:01:13 12:07

Women 35 - 39
106 22 1 Leslie Kindling, 37, Jacksonville, FL 1:26:52 8:41
190 31 2 Melissa Kennedy, 37, Jacksonville, FL 1:29:33 8:57
776 32 3 Heather Brecko, 37, St Augustine, FL 1:30:00 9:00
154 34 4 Heather Monrose-Ossi, 38, Jacksonville, FL 1:30:14 9:01
972 46 5 Erin Avera, 37, Jacksonville, FL 1:33:08 9:19
812 48 6 Debbie Estanislaio, 37, Jacksonville, FL 1:33:59 9:24
110 50 7 Aronson Kagiliery, 35, Jacksonville, FL 1:34:04 9:24
244 51 8 Amanda Napolitano, 37 1:34:30 9:27
331 61 9 Kim Jowers, 37, Jacksonville, FL 1:41:32 10:09
992 72 10 Mary Henningsgard, 36, Ponte Vedra, FL 1:47:22 10:44
142 73 11 Jeri Nousaath, 37, St Augustine, FL 1:47:40 10:46
194 84 12 Tammy Dockins, 36, Jacksonville, FL 1:56:48 11:41
123 85 13 Shannon Bowling, 36, Jacksonville, FL 1:57:36 11:46

Women 40 - 44
924 15 1 Claudia Wallace, 44, Ponte Vedra, FL 1:23:19 8:20
117 23 2 Cynthia Maerz, 44, Jacksonville, FL 1:26:53 8:41
890 24 3 Nancy Williams, 43, St Augustine, FL 1:27:01 8:42
281 30 4 Julie Peerson, 44, Ponte Vedra Bch, FL 1:29:25 8:56
1036 35 5 Gayla Poythress, 43, Fleming Island, FL 1:30:37 9:04
188 40 6 Christina McDonough, 40, Jacksonville, FL

Rate The Races

This is a brand new series designed just for you loyal track club readers and racers. Send in your race reviews, whether near or far. Have fun with it; rate the races on a scale of 1-to-5 running shoes (5 saying it is absolutely great, 1 meaning it should die and vanish from memory).

Low Key Race Gets Top Rating

By Bill and Ann Krause

We ran the Ocala Half-Marathon for the 1st time this year, and we're sure glad we did! A lot of our friends kept telling us what fun it is, so we finally decided to join them. We all went down the night before, checked in at the Expo, and then had a great carbo-loading meal at one of the local restaurants.

Race day was rather chilly, but being a relatively small event, we were able to stay nice and warm in our vehicles, until just before the start. Most of us ran with garbage bags protecting us for the 1st mile, but it was a sunny day, so it warmed up quickly.

What a beautiful course! Ocala is surrounded by horse farms,

and the winding roads we ran took us right by them. A few of the horses ran along the fence line with us. We even had a Clydesdale being chased by a goat! We hardly even noticed the several hills we had to navigate. When you look at the course on the map, you don't see those hills. Ann didn't mind the hills so much though, especially when she was passing some of our friends.

We had a great time, and several in our group took home age group awards. The price is very reasonable, and we have already signed up for next year. It's a beautiful course and we highly recommend this to anyone that enjoys a challenging, but very good run. I would give this 5 shoes!

RATING: 

Disney Princess 1/2 Marathon

By Lewis Hunt

Cost: I can't recall the exact amount I paid for the race but I believe it was about \$150. That is pretty steep for a 1/2 Marathon. I signed her up about 3 months in advance, so this was an advance price.

Race Expo: The expo was all about selling. There was way too little floor space dedicated to the runners picking up their race packets. That made getting registered more difficult than it should have been. Otherwise, it was a decent expo. The expo was at the Disney ESPN Sports Complex. There were many other events taking place, such as flag football and cheerleading, so competition for parking was a hassle.

Race Organization: The race start was at 5:45 am. I believe this to clear the runners from the parks before they open to others. With such an early start, getting to the race is most convenient from the Disney Hotels and take advantage of the shuttle service. Cha-ching. The shuttles were very well

managed and convenient, except you needed to be on the shuttle no later than 4 am. The day was unusually warm so actually, the early start paid off.

The race started at Epcot, ran to the Magic Kingdom and finished back at Epcot. We missed the start of the race in order to take the monorail to the Kingdom to watch there. Once we saw Caroline run past, we took the monorail back to see her finish. Unfortunately, we couldn't get back fast enough, so we missed her finish by about 5 minutes. The viewing was great from where we watched, but the logistics made it tough to see your runner more than once if you went to the Kingdom. We could have watched the start and finish as an alternative.

I think you'll find that Caroline had a first rate experience as a runner - great support, music, sights, fun route, schwag. So when she responds, I think you'll get a lot of positive. So the negatives are cost. All in all, I think most runners will have fun running Disney if they are Disney fans. But due to cost, we'll probably pick other more normal locations in the future.

RATING: 

Disney Princess 1/2 Marathon

By Caroline Hunt

A discussion with Caroline, by our editor-in-chief:

Bob Fernee: "Hi! So we meet again. You know me, I'm Bob, editor-in-chief of the acclaimed JTC Running newsletter, The Starting Line. I know you ran in the last Disney Princess Half-Marathon. It was your first time running in it, what was it like?"

Caroline: "Well, it was different because it was all women. It felt less competitive and more fun, it was a different dynamic."

Some of the women were dressed in princess costumes."

Bob: "Would you go back?"

Caroline: "Probably not; I was glad I did it, but probably not. I think it is a one-time race."

(Disclaimer: The quotes above are not exactly exact.)

RATING: 



JTC Running Minutes

JTC RUNNING BOARD OF DIRECTORS MEETING MINUTES

Tuesday, January 4, 2011

President for the year just ended, David Hall, called the meeting to order at 7:06 p.m. Directors Larry Roberts and Jim Van Cleave were absent.

Introduction of New Board Members: David Hall welcomed returning and new board members to the first meeting of the year. To ensure that everyone knew who everyone else was, we went around the table and introduced ourselves.

Conflict of Interest Disclosure / Policy: David Hall explained the origin of our policy and the associated documents and why we need a signed document from each board member. The conflict of interest disclosure forms were distributed to the board with instructions that we return the signed forms at the next board meeting.

Election of 2011 Club Officers: The board had requested that David Hall, as president for the past two years, conduct our election of officers for 2011. David opened the floor for nominations for president. Larry Roberts was nominated by Jane Alred – there were no other nominations for president. Larry was elected president unanimously. David accepted nominations for vice president. Larry Sassa was nominated by Colleen Clarson – there were no other nominations for vice president. Larry was elected vice president unanimously. David received nominations for secretary. Douglas Tillett was nominated by Doug Alred – there were no other nominations for secretary. Douglas was elected secretary unanimously.

Our newly-amended by-laws specify that the treasurer be nominated by the president and then confirmed by a majority vote of the directors. Even though our just-elected president was away on vacation and could not make the nomination, the board “nominated” Bonnie Brooks (nominated by Carol Fitzsimmons) as their candidate of choice, as she has been serving as treasurer for the past two years. There were no other nominations for treasurer. David Hall called the vote and Bonnie Brooks was confirmed unanimously. Post-meeting, when Larry Roberts returned from vacation, he nominated Bonnie for treasurer, and as stated, she had already been confirmed by the board.

Therefore, the consolidated result of the election of officers was:

President: Larry Roberts Secretary: Douglas Tillett
Vice President: Larry Sassa Treasurer: Bonnie Brooks

Following the election of officers, David Hall wished us all farewell for the evening and Vice President Larry Sassa, substituting for vacationing Larry Roberts, took the gavel to continue the meeting.

Approval of 12/7/10 minutes: On a motion by Bonnie Brooks, seconded by Mike Fitzsimmons, the minutes were approved as submitted.

Treasurer's Report: Treasurer Bonnie Brooks distributed copies of the Balance Sheet, the Profit & Loss Detail, and the Budget vs Actual Report as of 12/21/10 and then explained all changes and updates with the board. Bonnie also distributed the proposed budget for 2010 that the Finance Committee recommended. Douglas Tillett made a motion, seconded by Doug Alred, that we accept the 2010 budget. The motion passed.

OLD BUSINESS:

1. Statue Update – Larry Sassa, speaking for the Community & Public Relations Committee, presented the wording that the committee recommended for the plaque that will be affixed next to the new statue of the female runner: "The original River Runner is joined by a female companion, representing the continued growth and participation of women as a force in the national and local running scene. This statue also celebrates the contributions made by women to the success of Jacksonville's River Run."

Dedicated this day, February 28, 2011, to the City of Jacksonville, Florida, by JTCRunning (formerly Jacksonville Track Club).

Derby L. Ulloa, Sculptor

Mark Ryan made a motion, seconded by Carol Fitzsimmons, that we accept the wording for the plaque. The motion passed. Lamar Strother and Colleen Clarson will work with our plaque vendor to ensure that it is properly manufactured and delivered in time for the dedication of the statue on Feb. 28.

2. Storage Facility – We were unable to convene on Dec. 30 to clear out our storage facility at Mandarin Mini so we rescheduled the “clean out” to Jan. 13 (Thurs.) at 1 p.m.

NEW BUSINESS:

1. SML Kids Run and SM Foundation Kids Running – this is an initiative by Shannon Miller. A request for support had been received. The request was referred to the Finance Committee meeting jointly with the Race Committee – the meeting was scheduled for Monday, Jan. 17 at 6:30 at the Pizza Palace, Baymeadows.
2. Diocesan Grade School Track Meet (Bishop Snyder) – a request for consideration of support will be evaluated at the upcoming joint Finance and Race Committees meeting on Jan. 17.
3. 2011 JTCRunning Committees – A list of the committees and the membership of each committee from 2010 was passed around to each board member so that everyone

JTC Running Minutes Continued

could confirm the committees on which they want to serve for 2011.

4. Meeting Schedule for the Year – Douglas Tillett made a motion, seconded by Bonnie Brooks, that we not have a board meeting in July, 2011, but that we have a board meeting in March, 2011. The motion passed.

COMMITTEE REPORTS:

RACE COMMITTEE – no report.

Last Gasp – The race was on Sunday, Dec. 26, at 2 p.m. at JU with Herb Taskett directing. Bob Fernee said the weather was awful. It was the coldest day he could ever remember for this race, and the Jaguars last home game was occurring at the same time. Attendance was off by 50%. Those who did attend appreciated the JTCR memberships and prize socks we awarded but the board was concerned over the low turnout and wondered if our cross country race had “run its course” and was no longer viable. After considerable discussion, it was decided that the race committee would coordinate The Last Gasp for 2011.

John TenBroeck Memorial Winter Beach Run – Race Director Doug Alred says the race is set for Sunday, February 6 at 3 p.m.

Gate River Run (3/12/11) – Doug Alred reported that preparations are rolling – entry forms available readily, radio & TV ads will show soon, and sponsorship is good. The race will have its first significant course change in a long time due to construction on San Marco Blvd. The 5K and 15K will start at the same time. Race management is working on traffic flow.

Guana River 50km Trail Run & Relay – No report.

Track Series – Doug Alred gave an update on our conversion to having UNF handle our Summer Track Series. It will be a 4 race series and we will contribute \$10,000 to UNF for the series. UNF plans to charge \$10 to run but JTCR members can race for free. Doug pointed out that, in reality, JTCR will no longer have a track series but will be the title sponsor of a track series put on by UNF.

CLASSES & CLINICS – Jane Alred said that JTCRunning is bringing Dick Beardsley to Jacksonville for Gate River Run week and that he will speak to our membership (and others) on Tuesday, March 8, in the Riverplace Tower, in a reception-style setting. The caterer there is hoping we will let them handle the refreshments for us.

COMMUNITY & PUBLIC RELATIONS – Committee Chair Larry Sassa told the board that the committee is focused on the plaque for the new statue and on facilitating the JTCR hospitality tent at the pre and post race festivities for the Gate River Run.

FINANCE COMMITTEE – Most of the Finance Committee business was addressed earlier in the meeting. Bonnie appealed to the board for additional members on the committee.

MERCHANDISE – Carol Fitzsimmons led a free form discussion, a bit like a brainstorm session, regarding what kind of “give aways” we could procure for our booth at the Breast Cancer Marathon Expo and at the Gate River Run Expo. We discussed coffee mugs, pens, hats, and a number of other possibilities. The committee will explore possibilities in more detail during the next week.

NEWSLETTER – Committee Chair Bob Fernee noted that the upcoming issue of The Starting Line will be the first he has edited. He roped in some writers and feels good about the prospects for this issue of the newsletter, the theme of which will be the Gate River Run. He is accepting written contributions by Jan. 17.

WEBSITE – Trib the Webmaster stands ready to post our important events on our website.

SOCIAL & BANQUET – Jane Alred said the social held at the same time as the San Marco Christmas event went very well.

VISION & PLANNING – Doug Alred, Committee Chair, noted that the development of our new statue for the Riverwalk was an ongoing project and that we are still working with the Parks Department on trail development.

NEXT MEETING – the next meeting will be Tuesday, February 1, at 7 p.m. at Mediterranean Restaurant.

The meeting was adjourned at 9:13 p.m.

Douglas Tillett, JTCRunning Secretary, has respectfully written and submitted these minutes.

Tuesday, February 1, 2011

President Larry Roberts called the meeting to order at 7:08 p.m. Directors Richard Fannin and Jim Van Cleave were absent. Trib La Prade, our webmaster, attended the meeting.

Approval of 1/4/11 minutes: It was noted that three dates were wrong in the Treasurer's Report section of the minutes. Corrections have been made for publication in The Starting Line. The minutes were approved as corrected.

Treasurer's Report: Treasurer Bonnie Brooks distributed copies of the Balance Sheet and the Profit & Loss Detail and then elaborated on the details with the board. It was noted that we were finally able to pay our expenses to Bill Dunn for Guana for 2010 but not until 2011. We also discussed our investment accounts. Bonnie noted that we might have to

JTC Running Minutes Continued

move some cash from savings to handle our upcoming GRR expenses.

OLD BUSINESS:

1. Website Update – Trib La Prade attended the meeting because he wanted to ensure that we were highlighting all the important upcoming events on the top page of the website, so we reviewed the page with him.
2. Board of Directors Terms for 2011 – President Roberts proposed that any board member who is willing to serve this year as a one-year-term, please tell him. We are hopeful that we can determine the nine board members who will be up for reelection (or not running for next year) soon, per our updated by-laws.
3. Statue Update – Lamar Strother told us that the plaque is now ready for the new statue and showed us a copy of how it looks. The dedication of the statue is set for Feb. 28.
4. Storage Facility – We successfully moved everything out of the remaining unit at Mandarin Mini Storage on Jan. 20, disposing of some of the contents and moving the remainder to our unit at U-Store-It on Plummer Cove Road.
5. Track Series at UNF – The dates for “our” four meets are May 21, June 18, July 9, and July 23. Our president signed the contract and it is in UNF’s hands. We discussed how our club needs coverage at each meet. Stuart Toomey volunteered to be our liaison & coordinator for the meets. JTCRunning members can run in the meets for free.

NEW BUSINESS:

1. Epitome of Excellence Proposal – We received a request for a donation that will be used to host an AAU National Qualifier. This item was referred to the Finance Committee for investigation and their recommendation.

COMMITTEE REPORTS:

RACE COMMITTEE – The committee will focus on the Guana 50K Trail Run and Relay.

John TenBroeck Memorial Winter Beach Run – Race Director Doug Alred reminded us that the packet stuffing party would be the next day, Feb. 2, in the 1st Place Sports office. The race is set for Sunday, February 6 at 3 p.m., which happens to be Super Bowl Sunday, perhaps accounting for why registrations seem to be down this year.

Gate River Run (3/12/11) – Doug Alred reported that we already have 7,000 entries and that sponsorship is very good. The equalizer will give the elite women a six minute lead this year. He noted that registration at the expo would be done “on line.”

Guana River 50km Trail Run & Relay – No report.

Track Series – (see Old Business, above)

CLASSES & CLINICS – Jane Alred talked about Dick Beardsley’s upcoming time in Jacksonville. He will speak at 7 pm on Tuesday, March 8, in the café in the Riverplace Tower. We will not be having food or beverages – we might be facing a venue charge.

COMMUNITY & PUBLIC RELATIONS – Committee Chair Larry Sassa said our tent would be at the JTB Memorial WBR and we need reps to serve there. Also, our booth (with the tent above) at the Donna Expo could still use some more representation. We need to line up volunteers for our booth (with the tent above) at the GRR Expo, where JTCR wristbands will be distributed to allow members into our post-race chalet on the lawn of the Fairgrounds.

FINANCE COMMITTEE – Treasurer and Committee Chair Bonnie Brooks scheduled a committee meeting to discuss the Epitome of Excellence proposal. The meeting will be on Feb. 15 at 6:30 at Pizza Palace. From the previous (Jan.) Finance Committee meeting, a proposal to support the Bishop Snyder Diocesan Grade School Track Meet was discussed. Bonnie made a motion, seconded by Douglas Tillett, that we provide a \$500 donation. The motion passed. Additionally, a proposal from the SM foundation was discussed at the committee meeting but no action for it came out of the board meeting in February.

MEMBERSHIP – We have more than 800 memberships, many of them family memberships.

MERCHANDISE – Carol Fitzsimmons said we have coffee mugs on order for the Donna Expo and different mugs for the GRR expo, plus pens for selective give-away. Carol is keeping the expo volunteer list. She has the “board member” shirts if anyone needs one.

NEWSLETTER – Committee Chair Bob Fernee said the newsletter, the first one he has edited, was at the post office for processing and delivery. He said it was a good issue.

WEBSITE – Trib the Webmaster said the website was updated recently.

SOCIAL & BANQUET – No report.

VISION & PLANNING – Doug Alred, Committee Chair, said the committee is excited over the upcoming dedication of the statue on Feb. 28.

NEXT MEETING – the next meeting will be Tuesday, March 1, at 7 p.m. at Mediterrania Restaurant.

The meeting was adjourned at 8:28 p.m.

Douglas Tillett, JTCRunning Secretary, has respectfully written and submitted these minutes.

Letter To The Editor

By Tony Ryan

On behalf of the Bolles track team, I would like to write a sincere thank you to you and to the Jacksonville Track Club for giving us the opportunity to listen to Dick Beardsley speak last Tuesday (March 8th). We had all of the Bolles distance runners in attendance (about 30 runners) and they were an attentive and enthusiastic audience throughout Dick’s speech. He gave a wonderful account of his “Duel in the Sun” with Alberto Salazar at the 1982 Boston Marathon; he also regaled us with some great stories of his life growing up on the farm in Minnesota and of his early attempts at high school sports. Dick

also touched on much more serious issues, such as his battle with his addiction to pain-killers and his determination to keep running despite having to overcome numerous non-sports related injuries and accidents. Our runners asked him some great and pertinent questions about his life and about his running and Dick offered them some valuable insights and wisdom in how to deal with adversity. It was a wonderful opportunity for them to hear a running legend as renowned as Dick and I know that they greatly appreciate that he took time out of his busy schedule last week to speak to them.

Historic Statue Leads GRR’s Biggest Female Field

By Colleen Clarson

In Jacksonville’s running scene, 2011 will be remembered as the year of women.

Activities to launch Gate River Run 2011 were kicked off on Feb. 28 with the unveiling of a new life-size bronze female statue on the Riverwalk named “River Runner.” She was designed as a companion statue to the original male “River Runner” statue which has occupied his place on the Riverwalk since 2002 at the starting line of the first River Run 34 years ago.

The female “River Runner” was commissioned by JTC Running and presented to the City of Jacksonville in a

sunny, well-attended dedication ceremony celebrating women’s running in Jacksonville. Mayor John Peyton accepted the gift and expressed thanks and appreciation to JTC Running, noting that “there are likely not many running clubs across the country that are making long-lasting contributions to the public art to their city as JTC Running has done.”

Models for the statue were JTC Running members Michelle Krueger and Lisa Thomas. The sculptor was Derby Ulloa.

The statue plaque reads:

RIVER RUNNER

The original River Runner is joined by a female companion, representing the continued growth and participation of women as a force in the national and local running scene. This statue also celebrates the contributions made by women to the success of Jacksonville’s River Run.

And perhaps the early attention to women in running set the stage for what was to come at Gate River Run 2011. For the first time in the history of the race, more women than men both registered and finished the race.

River Run 15,000 1978 versus Gate River Run 2011

By Mark and Chris Dzamko

RACE RESULTS:

Mark: I remember crossing the finish line of the first River Run (RR) and glancing at my time - quickly forgotten in the fog of fatigue. No problem. Wait a month and the results came in the mail! The results kept getting there faster and faster.

Race Day Results: Now Foot note: Digital watches were much less prevalent in the early years so people crossed the finish line arms raised in celebration and triumph. Not pushing a button on their watch. Well we didn't know the time; but we weren't burdened with phones, music machines, pockets for food & drink, and who knows what.

Chris: Some of us have always just trusted the timing system and skipped the watch.

Winner: Then

AFTER THE RACE FOOD:

Then- none. Now- plenty.

Mark: Not because of the food, but because it gives you an excuse to hang around and talk to friends you only see once a year.

Chris: The popularity of beer after the race always amazes me.

Winner: Now

THE COURSE

Mark: The early course had the big bridge earlier in the race so you came off the bridge on rubbery legs and still had over a mile to go. More challenging.

Chris: The early course was designed by a sadist who had us blown up after pushing the downhill of the Hart Bridge and then struggle for another mile and a half to the finish. I never want to do that again!

Winner: Now (If I were younger it would be Then)

CHAFING

Mark: Chafing: Then = Vaseline and band aids. Now = Special purpose product.

Chris: Me, too

Winner: Beats me. I'm still using Vaseline and band aids.

PRIZE MONEY

Mark: Prize money (not that I actually have any knowledge of such things). Then - Amateurs =under the table. Now - Professional= (well, I guess it equals "prize money".)

Chris: I believe the prize money has always been won by "Men in Black" aliens. They are unfailingly pleasant.

Winner: Now

P.S. Bill Rodgers is the nicest guy you will ever meet. He is always willing to listen to you, even if you don't have anything worthy to say. Must be an alien.

RACE DATE

Mark: Early date was April (fools day) the 1st. Cooler heads prevailed and moved it to March.

Chris: Ditto

Winner: Now

GEAR

Mark: The simplicity of gear needed for running is one of its appeals. An early pair of shorts I had was stiff nylon and no liner. An early "technical" shirt was 1/2 nylon and 1/2 loosely knitted cotton (actually worked OK). As I look at the faded orange leather and green trim of my Nike Stings they still look better than today's shoes; but, when new, they had all the cushioning of a pair of worn out flip flops.

Speaking of shirts- it would be nice to have some old-fashioned cotton RR shirts to buy, just because they're comfortable, versatile, and you don't have to be running to wear it.

Seeing the occasional running shirt has change too. I went to the Loop after this RR and saw 5 people in their RR jerseys, (one still had her number attached) and two ladies were wearing medals. I guess running really has caught on!

Chris: Running has always been an inexpensive sport. I have always bought better running shoes, usually from a running store. You can run whenever you want. You get out of it, what you put into it. It is the oldest and best sport.

River Run 1978 vs. 2011 Continued

As far as the gear is concerned, cotton is great, until you sweat! Hello, we are in Florida! For me, the technical (microfiber) shirts are the winner.

Winner: Now

COMPETITION

Mark: It's been said that my brother and I are competitive. I guess this comes from a shared appreciation that the River Run is a RACE. You run to win, or at least to beat everyone you can. That includes family and friends. Judging from the huge number of participants it's obvious that many people run for different reasons. The challenge, fitness goal, etc. That's ok (sort of).

Chris: It became evident early, I wasn't going to beat my brother, Mark. My goal is to run the best race I can. We finished together once and it was the most special of our 34 finishes.

Winner: Tie

CHANGES

Mark: When we look at the changes of the RR what has become apparent is what hasn't changed. It's a big run, well organized, always a challenge, with great runners. (Note the Olympians: Rodgers, Benoit, Musyoki, Waitz, Barrios, Jennings, Williams, just to name a few!) And when you finish you have a "time" which is yours to keep for 1 yr (like it or not). Please see, COMPETITION, above.

Chris: Some changes are expected, size, field, and support. The unexpected change for me has been the number of women running. This has been a win-win for all of us.

Winner: I really wouldn't rank one period, or year, above another. Each one is special and stands on its own. (But the Sunday race was pretty cool!).

TenBroeck Team Winners (Photo on Cover)

FEMALE TEAMS

Hogan, Megan	Team USA Minnesota	49:57:00	
Armstrong, Meghan	Team USA Minnesota	51:18:00	2:32:36
McGregor, Katie	Team USA Minnesota	51:21:00	

Kennard, Nan	Running Republic of Boulder	49:56:00	
Dereuck, Colleen	Running Republic of Boulder	52:47:00	2:35:44
Slattery, Sara	Running Republic of Boulder	53:01:00	

Williams, Alisha	Boulder Running Company	51:56:00	
Slade, Cassie	Boulder Running Company	52:13:00	2:37:28
Thomas, Wendy	Boulder Running Company	53:19:00	

MALE TEAMS

Braun, Aaron	McMillan Elite	43:26:00	
Bizuneh, Fasil	McMillan Elite	43:52:00	2:11:19
Smith, Scott	McMillan Elite	44:01:00	

Burrell, Ian	Boulder Running Company	45:17:00	
Chavez, Michael	Boulder Running Company	45:45:00	2:17:14
Neal, Tommy	Boulder Running Company	46:12:00	

Macpherson, Scott	Team Rogue Elite	44:41:00	
Thorne, Joe	Team Rogue Elite	46:08:00	2:17:54
Rantell, Scott	Team Rogue Elite	47:05:00	

Technology Outruns Us All

By Bob Fernee

“You better start swimmin’ or you’ll sink like a stone, for the times they are a changin’.”

Bob Dylan sang that long ago in the 1960’s. Sure, things were changing back then but I wonder what Dylan thinks of today’s changes? Hard even for an Olympic swimmer to keep up with the pace of change these days.

Sink? I feel like the Titanic. Old fogies like me haven’t a chance to stay afloat. Remember that Japanese television recorder, what was it called, the VHS? I never could make that infuriating thing work. In a rage, I heaved mine back in the general direction of that Pacific island country (which also gave us Karaoke, I might add.)

I think I preferred Japan when it produced no more than Godzilla movies and car radios that coughed out more distortion than Jimi Hendrix’s fuzz box.

Runners? We might as well all try to match strides with Usain Bolt as to outrun modern technology. The world’s simplest sport is now overwhelmed with gizmos and gadgets.

There is one called a Gym Boss. Who needs another boss? I want escape, relaxation, stress relief; a device that tells us when to run and when to walk; when to do this, when to do that. Jeez, isn’t that why people get married? Quit ordering me around.

Thanks to technology, I wonder if we will ever again go for a nice, quiet, tranquil run. And where is it all going to end? Chances are, it won’t.

Take, for example, that simple race packet you are so used to collecting before a race. Easy enough, a plastic bag full of sponsor-given goodies, right? Wrong, lactic acid breath, the race packet is turning “virtual” (whatever that means; just one of those modern nonsensicalities like “viral”, or the make-my-skin-crawl, “social network”).

No more piles of paper making announcements and selling things (you threw them away anyway,

didn’t you?), instead you will go on-line and see all the stuff you think you are missing. Then you will decide whether to print it up, maybe even use it, or banish it from memory, yours and your computer’s. You’ll be a modern day Nero, giving the thumbs up or thumbs down.

“Death! For this race packet: the sword!” Such fun; could be better than the race itself.

The really good stuff you used to find in the deep recesses of your race bag, like unpalatable health food bars, nonfunctioning blinking lights and organic corn chips that taste of burned skin, you can still pick up at the race-you lucky dog.

It’s all about going “green” (I know you’re already sick of it and cursing me for even mentioning its name), and less waste. No more printed papers to flesh out the landfill. I understand that the even the sponsors are fine with it.

Man, what’s next, virtual racing? Hold on, we’ve already had that. Remember a couple of years back when Nike sponsored and organized its worldwide Human Race event? Runners took part in hundreds of 10k races run simultaneously all over the world. If there wasn’t one anywhere near you, no problema, you participated “virtually” by clicking on to Nike’s Human Race website. You didn’t even have to leave the sanctity of your treadmill, whatever you did counted. (Treadmills, more unnecessary technology. If you’re not out there on the open road with a truck-driving red neck throwing beer bottles at you, then you are no runner at all.)

What a wonderful idea! Why anybody with any inclination to cheat whatsoever could do so unhindered. Rosie Ruiz must have loved it! (Don’t even know who she is, do you? I said I was an old Fogie and she proves it.)

But chubby, non-runner Rosie, who jumped into the Boston Marathon, then pretended to have won it, would have trouble today. (The reporter’s question was unforgettable: “What were your

splits?” Rosie: “What are splits?”).

We have on-line, as-they-happen, results. So while you are suffering, slowing, and cursing the womb that bore you, everyone in the world, especially your running friends, can see you dying a thousand deaths. Your torture now enjoyed by millions.

Did we really need this?

Race results: Boy, have they been affected by technology. I can remember finishing races when a guy stood beside the line and yelled out my time and sometimes, but usually not, my place. This was always followed by asking the first person I saw, “what did he say?”

Later, when the first crude chronograph wristwatches were produced I was actually able to record my own result-ah, technology, how wonderful (yes, from time to time even I will surrender my Luddyte gun and admit it’s not so bad.)

Then there was Popsicle-stick technology, invented by our track club’s own Tom Skordas. Using a huge poster board, each runner’s name and wooden Popsicle sticks Skordas could accomplish near-instant race results. Well, within an hour or so, which in those days was considered lightning speed. And sometimes, for those early JTC cross-country races at Florida Junior College, there were as many as 50 runners! Come on, that was technology at its best, and you weren’t even expected to tie the Popsicle stick to your New Balance 320s.

I wonder how Skordas would do with a Gate River Run crowd of 20,000? We should try it next year.

Then there were index cards and plastic index card boxes (a system still quaintly practiced at The Last Gasp race). Simple, cheap and very hands-on: Runner writes his name and time down on pre-numbered index card that he receives in the chute, then race volunteer diligently, lovingly, puts card in numerical order in index box. (I picture

one of those books, coming soon, I’m sure, ‘Race Management for Idiots’.)

Then the Chronomix: A push-button timing device that caught each runner as they crossed the finish line just as long as you PUSH THE BUTTON IDIOT! For a long time the Chronomix and its omnipresent pal, the gigantic race clock the size of a semi-truck, were the state-of-the-art fixture at every race. There always seemed to be discrepancies, like: Runner doesn’t match time, time doesn’t match place, and “I KNOW I PUSHED THAT BLANKETY-BLANK BUTTON!”



Sheepishly, somewhat later: “Then again, I might have missed that one guy, I’m not sure.” Yes, just published: ‘Race Management for Idiots, Part 2’.

Then the grocery store came to the races: Bar codes. If all those items in a grocery store can be managed with electronic little lines on the back of a box or package, then why not runners?

“Chip” technology; computer chip, of course. First the removable chip attached to your shoe or ankle, now the chip attached to the back of your bib number; nearly faultless, perfectly accurate and oh, so easy. What could be next we wonder, a permanent chip imbedded underneath our skin? Oh dear, the mark of the Beast, and that my friends is another column altogether.

Instant results, printed out just as fast as a runner can finish. Now he no longer says, “what did he say?” as he finishes, he says, “Are the results on the web yet?”

Man, there’s a case of a runner doing his best to outrun technology. Come on, can’t you wait a

Technology Outruns Us All Continued

month or so until we have your popsicle-stick in place?

Computers, technology and the Global Positioning Satellite. Yes, the GPS; originally developed for (surprise, surprise!) military use. The GPS is on the front line in the War On Running Liars (the fourth member of the infamous Axis of Evil), those who lie to others and those who lie to



themselves. Trouble is, the new GPS watches, epitomized by the brand Garmin, never lie (and therein lies the war).

These watches tell the runner his pace ("stupid watch, no way that slow!"), distance ("idiot watch, it was 7 miles, not 6"), time of run, time of day, calories burned (5-mile run=1 yogurt, "what's

the point of it all!"), and store it on a training dairy on his, you guessed it, portable laptop computer.

They even keep the GalloWalker happy with multiple 'interval-timers': Jog a minute, walk five-minutes; Jog a minute, pull over at that Starbucks for a latte; Jog a minute, eat another five power gels. "Dang it! A nine-mile run and I've actually gained weight!"

I hate my Garmin, I hate its honesty; I wish Garmin would make a watch that lies. In this day and age, what's up with being honest? Think a Garmin would ever make it in politics? Ha!

What's next for these watches, a feature that tells you when it's time to change out your running shoes? Whoops, that's actually a great idea and they haven't thought of it yet. I better put on my highly expensive, high tech running shoes and sprint down to the US Patent Office (before Steve Pettit beats me to it).

How come all those products we see just say Patent Pending on them? Do they ever get

those patents, or do they spend their entire lives "pending"?

Yes, we used to say that running is a "cheap sport", and "all a runner needs is a good pair of shoes."

Well, I can recall when a good pair of trainers cost \$29.99. I can still remember when the New Balance sales rep showed me the first pair of \$70 running shoes and expected me to order them. "You're nuts!" I cried, "Runners will never pay that!"

Nike went tech on us and invented Air. To counter that, other companies came out with a plethora of gimmicks too, such as Gel, Grid, Cantilever, Wave, Absorb, Adiprene, Hydroflow, and whatever else. They tried to create more cushioning than a Playtex "Living" Bra. (The "living" bra is even older than Rosie Ruiz, see above).

Here's one for you: How many of you can remember Osaga running shoes?

Running shoe technology goes on, as does it's pricing. In this modern world we can only be sure of one thing-it will never end.

There's the 'crimped' shoelace, a real curly q of a thing, made with more edges so that it doesn't come untied. Jeez, a technological shoelace! The elastic, locking, 'Easy Lace', so complicated that it comes with instructions and so infuriating that its victims often give up in frustration.

Little plastic water bottles arranged bandolier-style across a waist belt so the runner feels more like Rambo than Rogers. Good thing to have in case you find yourself suddenly in Afghanistan (or Libya, and you never know when that might be). All "technology", and with all the training in the world you'll never out pace it.

Fortunately, running is such a simple, honest sport that, I think, ultimately it is unaffected by technology (yes, I'm sounding optimistic, for once). That's the beauty of it: Throw away this complicated, modern world, lace up your shoes, then just go and run. The less you think about it, the better.

Just Do It Again - Faster

By Gary Ledman

So now you know you can finish the Gate River Run, and even get out of the bed the next morning to talk about it. What next?

You could plug along at the same pace, enter some races, build up your T-shirt collection and see how you do next year. There's nothing wrong with that. You're maintaining a level of fitness, and you're way ahead of all those people who stayed in bed on March 12.

You may have decided that 15K is not enough and voices are telling you that a marathon is the next frontier.

But before you make plans to make that big leap and put in all that time and all those miles to run off to the big city or the Magic Kingdom to run 26.2 miles, consider this radical goal: Run the River Run faster next year. You might even enjoy it more.

You'll never know until you give it a try.

Set aside all those arguments that go "I'm not fast. That's not why I got into this."

I'm not suggesting that you aspire to be Mo Trafeh or Jen Rhines or Kim Pawelek or (insert the name of the fastest runner you know here). I'm just saying we all have a level of performance we're capable of reaching, and reaching it unleashes an incredible feeling of satisfaction and power.

Was there a time you wouldn't have thought yourself capable of running 9.3 miles? And how did it feel to do it? Now ponder what it might feel like to do it a little quicker.

Nicole Andress ran her first River Run last year and finished in 2 hours, 3 minutes, 57 seconds. She was the 11,153rd finisher. And once that was over, she decided there was more for her to accomplish.

"I'd gotten to where I liked running," she said, "so I said 'I got to get faster than this.'"

So about a month after last year's race, she started a series of introductory speedwork sessions at St. Johns Country Day School, led by John Metzgar.

The 400- and 800-meter repeats with a 200-meter "recovery" in between gave her an idea of what a faster pace felt like and to what degree she could improve on a 13:18-per-mile pace.

Even during the six-week course, she said her 5K time improved by three minutes. When it was over, she didn't keep seeking out a track and running hard every week. But she applied the lessons to her training, and races became opportunities to discover her limits, not just big group runs that included a T-shirt.

On March 12, she finished the River Run in 1:24:24, an improvement of 39 1/2 minutes over last year's time, a per-mile pace of 9:03. She was the 3,661st finisher.

She said she really didn't think of it as such a vast improvement. It shouldn't have been a shock, after all. From one River Run to the next, she'd managed to lower her times so much that she qualified for a race number in the green (2000s) seeding section.

If you need any more incentive, remember how tough it was way back there in that mass of humanity to start running and to establish any kind of rhythm when you're dodging people, bobbing and weaving sideways as much as forward. Take it from a seeded runner: You can actually run up there.

You can find plenty of speed workouts elsewhere, whether it be in books, online or at JTC Running track sessions. It can be as simple as occasionally picking up the pace in a training run, or just deciding to do a 5K slightly faster than every other run you've ever done.

Regardless of how much your time, and your level of satisfaction and enjoyment, might improve, think of it in terms of what running can teach us about ourselves.

"I don't feel like I grow until I push myself a little bit," Nicole Andress said. "Sometimes it works out, sometimes it doesn't. Either way, I learn something from it."

RVing To Races...And So Much More

By Trib La Prade

Perhaps, as you milled about parking Lot J looking for the pre-race water before the start of GRR34, you noticed a small contingency of RVs arranged on the western edge of the lot. From the right viewing angle, you might even think the Florida-Georgia game had moved to March. No, this wasn't football, but it was GRR's first Ultimate-Tailgaters - all of the accouterments of normal tailgating, along with a rolling second home. And come race morning, the RVers had an easier time getting to the start than the elite runners.

Tim and Alice Neal could be described as the ring leaders of the four RVs that rolled into the Everbank Field parking lot Thursday. They've taken RV to a higher level than your average RV tailgater. A house on the river was their initial goal, but when sensibility prevailed over chasing a runaway housing market, they went completely the other way, sold their South Florida home and most everything else, and bought an Airstream Trailer to call home. They took up running, and now travel up and down the US through out the year, essentially following their desired temperatures. They train, they help out at races in exchange for race entry, and they meet other runners at their impromptu tailgate parties.

"We were here last year at the Gate River Run with out the trailer, and thought this place has great potential - so we decided to bring the whole rig and see what happened" explains Tim. They chatted the idea with

some RV/Runners they'd befriended over the years, and four showed up last Thursday.

Tim and Alice were the first ones into Lot J and Jacksonville's finest waived no time making inquiries. Even Everbank Field personnel swung by for a visit. Surprisingly, everybody was good with it, the three other RVs rolled in that evening, and the running weekend party came to life.

The Neals like to give back to their temporary locations. When in Florida during the winter months, they volunteer with the Florida Division of Forestry. "Living like we do really helps us appreciate simple things and great events" says Alice. They also go to Special Olympic events as their travels allow. After leaving Jacksonville, they will make their way to Boston by mid April, enjoy the Marathon and hangout undoubtedly with more RVin' friends. The summer plan is to remain around Boston, knock out 60 to 70 miles per week, do some races, and then head south. Currently, half marathons are the Distance de Jour.

Next year at GRR35, the Neals will be in Lot J again, this time maybe with a sweet deal for JSO's overnight security detail and early morning Race workers: a Coffee Station to help get them through the night and early morning. There may be more RVs there too; but for sure, Tim and Alice Neal will be helping out and giving back.



RVs at the River Run ranged from humble trailer to the full blown tour coach.



RVers at Gate River Run 2011 hanging out in front of the Neal's Airstream Trailer - standing are Carol Nichols, Donna Barrett, Kelly Zia Holland, Mike Holland, and Michael Steffen; seated are Steve Young, Chris Goodreau, and Tim Neal. Alice Neal not pictured.

China Coast

By Michael Parnell

Last spring, my wife and I decided to adopt a second daughter from China. The various steps in the process gradually pushed our travel dates into January. Since we adopted Zoe in June 2007, I had longed to run a race in China, but the list of races is fairly short.

One race that had intrigued me for some time was the China Coast Marathon and Half Marathon on High Island Reservoir in Hong Kong. It is the signature event of the year for the Athletic Veterans of Hong Kong running club, led by British residents of the former colony. When Great Britain returned Hong Kong to China in 1997, the Chinese government sanctioned a new Hong Kong Marathon in the downtown to commemorate Hong Kong's return. In contrast, the China Coast Marathon is in its 31st year and the club is only too glad to advertise the senior status of China Coast over the government-backed event. They also promote the peaceful and beautiful scenery of Pak Tam Chung Park that surrounds the reservoir and the cleaner air of the race. It's not hard to understand why. High Island Reservoir is just that -high! Shenzhen, the large industrial city bordering Hong Kong to the north, contributes plenty of air pollution to the downtown area, but it is blown away from the high mountains bordering the reservoir. The course was described in club literature as "challenging".

In being able to schedule this race, I hit the jackpot because our trip was built around our US Consulate appointment, scheduled not by us, but by our adoption agency and the available openings at the Consulate in Guangzhou (a one hour flight north of Hong Kong). I happily signed up for the Half Marathon. By sheer good fortune, we were scheduled to be in Hong Kong on the day of the race, January 16th. I bought airline tickets, departing Jacksonville on the 13th, arriving in Hong Kong on the night of the 14th, so we would have the 15th to tour and get over the jet lag a bit. Well these things can't happen without drama you know. Our flight from Jacksonville to Detroit was two hours late leaving Jacksonville. So we spent the night in Detroit. Zoe, 5 yr old, did get to play in the snow outside the hotel, so it wasn't all bad. We took off from Detroit one day late for the 'marathon' flight to Hong Kong, virtually never over water like you might think, but over Canada, Alaska and down the east coast of Russia, China, then a right

turn to avoid North Korean airspace, and finally into Hong Kong at 9pm. It's late by the time we're in our hotel, which is on the west side of Hong Kong. High Island Reservoir is on the far east side. To make it even more interesting, red taxis run only the eastern half of the island and green taxis run the western half. They don't like to enter the other guy's territory. It's about an hour of fast driving to the reservoir. (The next time I hear how hard it is on the Jaguars to fly 3 time zones to California and play, well...go Jaguars, but try 13 time zones and 'cough up' your day of acclimation).

After about six hours sleep, we're up early and down to the hotel lobby. My stomach is a cauldron of lava. Sure the race is secondary on this trip to the adoption, but man I would really like to do this race. I really want to get my wife and daughter breakfast in the lobby and leave by 6:30, but alas; the hotel restaurant doesn't start breakfast until 6:30. I feel very guilty taking them out the door to chase the race, but its go or no go time. My wife says, "You better get the taxi." I gratefully agree. Still nervous about the two "taxi zones" problem, I approach the hotel manager and explain the situation. He bails us out by talking the red taxi driver into going all the way to Pak Tam Chung Park. It's the only way we'll make it. We fly across Hong Kong in the morning dusk, through tunnels, over the bay, on the left side of the road of course. As 7:30 arrives, 30 minutes until race time at 8am, we arrive at Pak Tam Chung and note the familiar milling of runners with numbers, warming up. I cross the road with my family, and locate the line where you pick up your number. After getting the number, I spot a short, cheery Englishman with a megaphone, the race director, Stuart Leonard. So I amble up and ask Stuart where I get the t-shirt. "Well, lad," he replies in his best 'King's English', "You get your shirt after the race. You have to earn it." I replied, "You know Stuart, you probably have it in the right order." It's about 7:45 and I'm READY for the race! This is no small ecstasy because in addition to the aforementioned logistical drama, I knew from the race literature that Stuart would start the race at 8am SHARP. I knew it would not drift five minutes late like many American races.

The Lion's Club in the park which serves as the pre and post race restroom and changing area, also provides my family a warm place to wait. They have

China Coast Continued

a snack bar and I'm only going to be out there 2+ hours for the half. I feel better about their situation now. Minutes later, I'm at the starting line with the China Coast banner stretched across the road up ahead. The wind blows continuously up here on the mountain, chilling us down. I haven't eaten or drank anything, so I decide the 40ish windy temperatures are an asset. I'm running on yesterday's airline dinner, so I'll just be thankful I won't sweat and I plan to take two waters at every stop. Besides, I don't know what setup they have on the course for port-o-pots and I'm not going to be the dumb American in case they arrest you for 'going' in the bushes.

The gun goes off and up the first hill we go, then up we go, up we go, then a right turn and up the hill we go. Man—do we ever go down? Finally, after what seems like a mile or two, we level off. There were enough water stops, some manned by Chinese in military fatigues, but the only distance markers were at 5K intervals. I used the Gate River distance of 9.3 miles to pace myself mentally. Indeed, throughout the race, I see no one sprinting off-road for a creative restroom break. At the 6 ½ mile turn-around at the reservoir dam, there is a park restroom. It turns out to be the only one on the course. The road runs on the side of the mountain for the entire race anyway. Someone going "off road" might find themselves airborne and end up IN the reservoir.

As I pass the 15K banner, then the 20K banner—the last marker before the half marathon finish, the leaders of the full marathon are making the 1 ½ mile climb to the first summit—heading out on their second lap. My legs are doing OK on distance but running low on "climbing" fuel. I have great respect for everyone going out to tackle the mountains a second time! The last couple miles take us off the

right of the finish area for a short out and back. As I made the right turn and round a corner, I'm thinking "only a mile out and a mile back." Yikes! The stream of runners coming and going in the distance drops off precipitously yet again as far as the eye can see and bending around the mountain again. Instantly, I realize that, one, I can't see the turnaround and two, what goes down must come up. Well, my legs hold up fine as I churn back up one more mountain. I guess it's because it's all mental and I'm enjoying every minute of it. I finished in 2:16. Since my time on the pancake-flat course in Daytona in October was 2:13, I'm quite happy with 2:16.

I practically froze standing in the long lines for food, but I was determined to get it since I was empty. Mr. Leonard very thoughtfully added hot chocolate to the menu when he realized how cold the day would be. Funny how something so simple can mean so much. I also made sure to pick up that t-shirt. The field of primarily British and Chinese runners showed a lot of character in adverse conditions. There were also a few runners from Australia, France, Spain, Japan and many other countries. There were only 194 women in the half marathon field of 1150, compared to most fields here in America where women often compose half the field. The English claimed both the men's and women's races in the half marathon. Adrian Horvath won the men's race in 1:16:37 and Claire Chapman won the women's race in a time of 1:35:20. Wai Kei Cheung won the full marathon with a time of 2:58:58, the only runner under 3 hours. That says it all about the difficulty of the course. The women's winner over the full distance was Catherine Leonard (Stuart's wife maybe?) in a time of 3:21:21. I am looking forward to returning to China Coast whenever I get the opportunity.

ADDRESS CHANGE?

Please contact your JTCR Membership administrator, Rex Reed at:

rmreed26@comcast.net, or 904-608-2087.

Creating a New Road Running Boom

By Gary Corbitt

I've for years felt our sport of long distance running hasn't begun to reach its potential in participation numbers. The demographic of runners historically has tended to reach a high socio economic individual. What would the numbers look like if more ethnic minority segments competed in running events? How about blue collar and service worker occupation groups. The current number of ethnic groups in the Jacksonville Metropolitan Area (Duval, Clay, St. Johns, and Nassau Counties) that are African American, Hispanic, and Asian Pacific Islanders is over 30% and growing. Our sport should quantify with periodic research studies what the demographic trends look like and develop strategies to reach new road runners. I offer the following ideas as one way to target and expand the demographics of running.

Our sport should develop a long-term plan of building alliances with programs that encourage youth development through Track & Field, Cross-Country, and 5k running/walking events. Such relationships could yield that new running boom in the years to come.

A new track team called Epitome of Excellence is looking to establish a relationship with JTC Running and other companies in Jacksonville. Angela Harris a former NCAA Academic and Track All-American is the President of Epitome. She's interested in using Track & Field as a means of building good student – athletes. Angela has the passion and vision to make Jacksonville a national championship site for track, cross-country, and road running. She currently holds administrative roles with the Amateur Athletics Union (AAU), and the USATF; the governing body of running. Angela recently met with Reggie McAfee, who in 1973 became the first African American to break the four-minute mile barrier. His fastest mile was 3:57.8. Reggie is based in Charlotte and like Angela is giving back to the sport. He is the founder of Cross Country For Youth a program that uses cross-country running as a tool to teach kids in elementary and middle school how to live healthy lives with character. The ethnic demographics of participants of this program are 40% - White, 35% - African American, and 25% - Hispanic. His vision is outlined in the following points:

- *To introduce youth to cross-country training.
- *To increase the focus on physical activity.
- *To expose youth to character development.
- *To prevent obesity in our youth.
- *To teach youth the importance of good nutrition
- *To educate the youth on having healthy lifestyles.

The program Girls on the Run offers another model of

combining running with life lessons. The program is non-competitive with a focus on getting each girl to do her individual best at the 5K distance after a 12 week training program.

These examples along with Epitome's mission of building student – athletes are excellent templates to grow healthy children through physical activity. In turn we can expose children to the sport of running and most likely some will become long distance runners one day.

Finding the Inspiration and Role Models to Run Long Distance

In 1952 my father Ted Corbitt was the first African American to represent the United States in the Olympic Marathon. He was inspired to try the marathon distance after seeing a newsreel of Tarzan Brown the Native American runner winning the 1939 Boston Marathon. For many years black athletes were thought to be only sprinters. My father receive a letter from a black athlete in the early 1970's stating that he wished he had learned of my father during his 1960's college running days. Apparently this runner's coach steered him into sprinting when in fact his talents and desire were to longer distance running.

With a track team like Epitome we have an opportunity to expose young people to distance running. This could take the form of having team members volunteer at area races and by conducting workshops on the benefits of our sport.

Epitome for Excellence 2011 Plans:

- *Track Team operations
- *Florida District Track & Field Meet
June 4-5 – Wolfson High School
- *Area 7 AAU Track & Field National Qualifier
June 23 -26 – University of North Florida

The national qualifier meet will serve as a starting point to utilize the fine facilities at UNF with the goal of bringing national championship caliber competition to Jacksonville on a regular basis.

We need all levels of financial support from large corporate sponsors to individual donations. If you have any questions, and ideas of where we can best find local sponsor support and/or would like to discuss how we can best build young people through running, please contact us.

Gary Corbitt: corbittg@comcast.net
Angela Harris: epitomeofex@comcast.net

Track Meets Changing Lanes

By Bob Fernee

The Jacksonville track scene is breathing easier now. For a while there he felt as though he was on his last lap. Coming round the final bend, lactic acid filling up his legs and tying up his stride, eyes popping from his head, he knew his best might not be good enough.

His final race?

Not at all, in fact, more like a rebirth.

For 32 years, JTC Running's annual track meet series was lovingly held in the arms of our one-and-only Lamar Strother. In all that time he never made a dime and the meets only had the one-and-only meet director. But last year Lamar, now 74-years old, informed the JTCR Board of Directors that the work load and stress associated with pulling off the meets had become too much and he felt that he had to stand down.

He kept it going for a very long time. He became an iconic figure; standing in the center of the Bolles School track, bullhorn in hand, same long-sleeved turtleneck shirt and ever-present white hat atop his head (well, sometimes he wore a pith helmet).

Same event with the same director for all those years, I thought it must be a record. Who but Lamar could do such a thing? My investigation revealed that Lamar is close but not quite. Two men associated with the Falmouth Road Race in Massachusetts are ahead of him by a couple of years. (Are you sure you want to retire, Lamar? If you keep your "streak" alive a while longer you might be able to eclipse those kids.)

Too bad; but our Lamar has been incredible for all those years. Thank you, Lamar, you were, and still are, the best-incomparable. I don't think we can ever thank you enough, not just for the meets but for all you have done for this track club and for your unyielding dedication.

But what to do with the track meets? There was a period of doubt and hesitation followed by a decision to take a new direction. The University of North Florida provided it. An agreement was reached whereby the track series would be held and organized by UNF and its head track coach, Mark VanAlstyne. Our track club would be the sponsor of the meets, donating \$10,000 to finance the 2011 four-meet series. This means that our money will keep the meets going but UNF will be the workhorse, the new Lamar.

It should be quite spectacular and a real shot in the arm to local track. Just the place itself should take track to a higher level. The facilities at Bolles are great but the new

facilities and Olympic-type Mondo track at UNF are rated in the USA's top-5. It will be a thrill to run there.

The dates are: May 21, June 18, July 9, and July 23, all are Saturdays with starting times yet to be determined.

UNF's coach Mark VanAlstyne is happy to have the meets and is very upbeat about the prospects. "I think it is a win-win for everyone," he said. "We will be able to do nicer things, awards and t-shirts."

UNF looks forward to more people coming out to see its track and exposing more people to the sport. VanAlstyne spoke of "youth and grass roots for UNF." He also mentioned the advantage of seeing young talent and recruiting; a plus for our local track athletes and distance runners.

For JTC Running it also means exposure, upgrading our meets and showing the public that the club supports and develops track the way we say we do.

It may also mean new memberships. Unlike our meets at Bolles, which were free, the UNF meets will cost each participant \$10. That is, unless he is a member of JTCR, then they are free.

"You'll be competing with us for the entry fees," said VanAlstyne. "The ten dollars will allow them to run as many races as they want on that night, but if they join the club then they will be able to run all four meets for the price of a club membership. I think you might see your memberships rise by about 300 after the first month."

JTCR will be at all the meets, banners in place and tent up, to sign new members on the spot. Let's see, four meets at \$10 each or an annual JTCR membership for \$20 and the meets are free. "Fuzzy math?" as George W. Bush used to say. No way, just smart savings. Anybody can figure that one out.

More mathematics: UNF will not let anyone step on their high-tech, expensive track unless they have 1/4-inch pyramid spikes. It would be a good idea for JTCR to have a bag of some 500 spikes available for sale at every meet. Hmm ... 25 cents a spike, all those meets and all those people, won't take long before we get our 10,000 bucks back.

There has been some concern in the Boardroom that the entry fees would kill off the blue-collar kids who have been attending the meets for the past several years. VanAlstyne says not to worry.

Track Meets Changing Lanes Continued

"Young Achievers, Epitome of Excellence and the Police Athletic League have all been contacted and they say it won't stop them. Besides, all the meets charge and most of them are 10 bucks to run just one event, not the whole meet."

VanAlstyne plans to chop and change each meet, so not all events will take place in every meet. "It's too much to put into a three-hour window," he said. "But of course,

the Mile is different, everyone always wants to run the Mile and they expect it."

VanAlstyne will advertise the meets on the UNF website and via press releases, just as JTCR will do. He added that, "word of mouth is always the best advertiser."

So spread the word: It's onward and upward, a new life for local track beginning May 21.

Top Gate River Run Finishers

Id#	Place	Finisher	5K	10K	Chip Time	Final Time	Pace
Open Men							
1	1	M25 Mo Trafteh, 25, Duarte, CA	14:08	28:31	42:58	42:58	4:37
118	2	M25 Ben True, 25, Eugene, OR	14:13	28:43	43:25	43:25	4:40
47	3	M20 Aaron Braun, 23, Flagstaff, AZ	14:13	28:43	43:26	43:26	4:40
11	4	M20 Scott Bauhs, 24, Mammoth Lakes, CA	14:13	28:47	43:39	43:39	4:41
7	5	M20 Ryan Vail, 24, Portland, OR	14:24	29:05	43:44	43:44	4:42
5	6	M30 Jorge Torres, 30, Boulder, CO	14:24	29:05	43:48	43:48	4:42
23	7	M25 David Jankowski, 26, Blowing Rock, NC	14:24	29:05	43:51	43:51	4:42
9	8	M30 Fasil Bizuneh, 30, Concord, MA	14:23	29:05	43:52	43:52	4:42
65	9	M20 Scott Smith, 24, Flagstaff, AZ	14:30	29:05	44:01	44:01	4:43
35	10	M25 Jimmy Grabow, 26, Running Springs, CA	14:24	29:05	44:07	44:07	4:44
Open Women							
4	1	W35 Jennifer Rhines, 36, Gray, TN	16:44	32:51	49:31	49:31	5:19
8	2	W25 Nan Kennard, 29, Boulder, CO	16:44	32:58	49:56	49:56	5:21
16	3	W20 Megan Hogan, 23, Ballston Spa, NY	16:44	33:07	49:57	49:57	5:22
18	4	W20 Clara Grandt, 23, Morgantown, WV	16:44	33:27	50:34	50:34	5:26
92	5	W25 Megan Brown, 25, Toronto, ON	16:44	33:49	50:49	50:49	5:27
54	6	W25 Meghan Armstrong, 25, Richfield, MN	16:44	34:00	51:18	51:18	5:30
2	7	W30 Katie McGregor, 33, St Paul, MN	16:44	33:54	51:21	51:21	5:31
10	8	W35 Rebecca Donaghue, 35, Concord, MA	16:44	34:17	51:52	51:52	5:34
38	9	W25 Alisha Williams, 29, Colorado Springs, CO	17:06	34:23	51:56	51:56	5:34
28	10	W25 Jen Houck, 27, Minneapolis, MN	17:03	34:30	52:04	52:04	5:35
Masters Men							
119	46	M45 Tracy Lokken, 45, Marquette, MI	15:41	31:30	47:40	47:40	5:07
108	51	M40 Malcolm Campbell, 40, Marietta, GA	16:02	32:18	48:30	48:30	5:12
115	54	M40 Keith Mulhollon, 41, Lake Geneva, WI	15:46	32:19	49:15	49:15	5:17
Masters Women							
12	15	W45 Colleen Dereuck, 46, Boulder, CO	17:14	34:50	52:47	52:47	5:40
66	22	W40 Anzhelika Averkova, 41, Jackson, NJ			53:21	53:21	5:43
98	26	W45 Ramilya Burangulova, 49, Gainesville, FL	17:44	35:51	54:23	54:23	5:50

Editor: **Bob Fernee**
Designer: **Carlyn Godar**

Submit Articles to: The Starting Line, c/o **JTC Running**, PO Box 24667, Jacksonville, FL 32241 **OR** bobfernee@aol.com

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WEEKLY TRAINING RUNS

Sunday, 6:30 a.m., Atlantic Beach: Atlantic Blvd. & 1st Street, 5-10 miles. Contact: Dot or Bill at 241-0331.

Sunday, 6:30 a.m., Mandarin: Various locations and distance. Contact: Stef at stefgriff@aol.com or 268-1503.

Sunday, 6:30 a.m., Orange Park: Sun Tire, 346, Blanding Blvd., 6-20 miles. Contact: Dave at 545-4538.

Sunday, 10 a.m., Guana Reserve (trail runs): Seasonal (Oct-Mar), 3-8 miles. Call for update. Contact: Craig at 424-9690.

Monday, 5:30 p.m., South Bank Downtown: River City Brewing Co., 2-6 miles (includes bridges). Contact: Danny at 287-5496.

Monday, 6:30 p.m., Brooks YMCA: All abilities welcome, mileage based on ability. Contact Jacksonville Running Company at 379-7170.

Tuesday, 5:45 a.m., San Marco: Southside Methodist Church, 5-6 Miles, 7-8:30pace. Contact: JC at 803-8758.

Tuesday, 6:30 p.m., Ponte Vedra: Sawgrass Village south lot, 3-6 miles (very social). Contact: Craig at 424-9690.

Tuesday, 6:30 p.m., Lulu Lemon (Town Center): All abilities welcome, mileage based on ability. Contact Jacksonville Running Company at 379-7170.

Wednesday, 5:30 a.m., San Jose: The Bolles School

(*JTC Running* members) track intervals (all abilities). Contact JC at 803-8758.

Wednesday, 5:30 p.m., San Jose: The Bolles School (*JTC Running* members) track intervals (all abilities). Contact: Danny at 287-5496.

Wednesday, 6:15 p.m., Avondale: Boone Park tennis parking (*JTC Running* members), 4-6 miles. Contact: Doug at 728-3711.

Wednesday, 6:15 p.m., UNF Track: All abilities welcome, mileage based on ability. Contact Jacksonville Running Company at 379-7170.

Wednesday, 7 p.m., Jacksonville Beach: 202 34 Av. South, 5+ miles (all abilities/social). Contact: Anita or Franz at 241-7199.

Thursday, 6:15 p.m., Orange Park: 1st Place Sports, 2186 Park Av., 3-6 miles, runners/walkers. Contact: Denise Metzger at 264-3767.

Thursday, 6:30 p.m., San Marco: Corner of Largo/ Naldo (*JTC Running* members), 4-7 miles. Contact: Doug at 728-3711.

Thursday, 6:30 p.m., Jacksonville Running Company: All abilities welcome, mileage based on ability. Contact Jacksonville Running Company at 379-7170.

Friday, 5:40 a.m., Beauclerc, Mandarin: Forest Cir., 7.5 miles. Contact: Stef at stefgriff@aol.com or 268-1503.

Visit JTCRunning.com for more information.