

THE STARTING LINE

May/June 2010

27th Annual Awards BANQUET

June 27, 2010

Riverplace Tower
Banquet Room

06 TO STRETCH OR NOT TO STRETCH

09 AWARDS BANQUET

11 JTC RACING TEAM

Vol. 36, No. 3
Issue 380



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2010 Schedule

| | | |
|--|-------------|----------------------|
| North Florida Olympic Triathlon | May 22 | Madison, FL |
| Crystal River Triathlon Series, Sprint#1 | May 29 | Crystal River, FL |
| Jax Triathlon Series, Sprint#1 | June 19 | Fernandina Beach, FL |
| Crystal River Triathlon Series, Sprint#2 | July 3 | Crystal River, FL |
| Jax Triathlon Series, Sprint#2 | July 17 | Fernandina Beach, FL |
| Nature Coast Twilight Triathlon | July 24 | Crystal River, FL |
| Jax Triathlon Series, Sprint#3 | August 7 | Fernandina Beach, FL |
| Crystal River Triathlon Series, Sprint#3 | Septemehr 4 | Crystal River, FL |
| Atlantic Coast Triathlon | October 17 | Amelia Island, FL |
| Ameliaman Olympic | October 17 | Amelia Island, FL |
| Great Ameircan Cooter Triathlon | October 31 | Inverness, FL |
| Greater Gator Duathlon | November 7 | Gainesville, FL |
| Mall Rat Duathlon | November 21 | Jacksonville, FL |

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President's Message



Eyjafjallajokull Happens!

Greetings Fellow *JTC Running* Members:

Okay I admit it. The deadline for this edition of The Starting Line caught me completely by surprise. The good news for you is this will be short and sweet, maybe. The bad news for me is I'm still trying to catch-up after a 10 day trip to Italy that lasted nearly three weeks due to grounded airlines resulting from ash from a volcano in Iceland I can't pronounce. Iceland?

So there we were, about to board a train to Milan with the intent of flying home the next day, when my wife received an email from our daughter innocently saying, "I hope the volcano doesn't delay your trip home". Like, what was that supposed to mean? What volcano? I'm staring at the Mediterranean at 6:30 in the morning as the sun rises over the mountain behind me and there ain't no volcano in northwestern Italy (that I know of anyway). Two hours later, we arrive in Milan Central Train Station, which by now had taken on the look of LaGuardia the day before Thanksgiving, when we began to realize that our vacation might, ah, change and we were gonna have to learn something foreign from our vocabulary - patience.

Long story short, 10 days later we flew home from Barcelona, Spain, because I'm so smart. Yes, I take full credit for knowing that the ash was moving east, therefore we were gonna move west. I've watched Tim Deegan enough to know which way the wind blows folks and because knowledge is power I can now add Milan; Marseilles, France; and Barcelona to my running 'Bucket List' (watch where you step in Marseilles btw).

Patience. We really underestimate the value of having patience and how running, cycling, swimming, etc. can help us manage by putting life back into perspective. So you're stuck in a foreign country not knowing when you're getting home and a little low on Euros? A run through the park where the locals go about their daily routine of running, walking their dogs, playing soccer, hmm 'football' with the kids will help. Heck, I can't control an ash cloud so why sweat it? Come home to 1300 emails at work? A nice ride on the bike at lunch is no problem. They'll be plenty of emails left when I get back.

My point is this – we like to think the world revolves around us, but take a three week 'time out' from your comfort zone and you'll be shocked at how, ash cloud or not, 'they' (insert boss, kids, Mother in Law, boyfriend, girlfriend, golf foursome, Jaguars coaching staff, editor, etc.) all somehow survived without you. So take a break and enjoy this not-quite-spring and not-quite-summer weather we're having. If you're a little late for work because you ran an extra mile or two that morning, or if your *JTC Running* editor is on your case because you're five days past the deadline, just tell them all to get over it; 'Eyjafjallajokull happens' people!

See you at the Banquet on June 27.

d.

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New and Renewing Members March-May 2010

Mat & Melissa Ace
Jack Anderson
William A. Bald
Matt Barfield
Anthony Barlow
Doug Barrows
Bridget & Ed Booth
Kelly L. & Rodney Brown
Dawn Busch
Elizabeth Carlisle
Scott & Jamie Carter
Greg Causseaux
Kristen Cerasi
Mike J. Chewar
Dianne & Christy DeLay
Chris & Joyce Durden
Patrick Dussinger
Jimmy & Kim Farmer

Timothy Ferguson
Len Ferman
Carol & Mike Fitzsimmons
Claudia French
Roger & LeeAngela Garate
John & Cheyney Geren
Joe Gerrity
Amanda Gesler
Jessica C. Goodale
Stephanie & Charles Griffith
Linda & Jesse Hastings
Kate Jenkins
Stephen Jenkins
Geoffrey Klimas
Eric & Megan Kolar
Charles & Kathy Lechner
Chantel Lefevre
John & Katie Leinhauser

Scott & Debbie Liner
Manuella McDonald
Steve McMahon
Stuart McLeroy
David Moritz
Burness W. Morris
George Mosely
Chris Navarro
Deborah Oliveria
Matt O'Keefe
Seth & Kathleen Pajcic
Michael D. Parnell
Don & Debbie Redman
Rachael J. Ric
Joseph & Joyce Sabato
Julie & Jerry Saieg
Alan & Margaret Shepard
Jean Shepard

Amy Smith
Cynthia H. Smith
James & Linda Sylvester
Elizabeth & Ben Takacs
Dennis & Charley Trubey
Marco & Missy Turra
Kay Womack Vavrina
Gilbert N. & Wen Weise
Candace L. White
Linda & John White
John & Katie Leinhauser
Jim & Laura Van Cleave
Mark & Toni Woods
Robert Hayne Young
Jeremy Zuber

Discounts to JTC Running Members

Merchants offering a 10% discount to **JTC Running** members **ONLY** (Valid card-carrying member only, does not include family members unless those family members possess a valid membership card). Proper **JTC Running** membership card is required at time of purchase, not to be used with any other discounts. Certain items may not be subject to discount.

1st Place Sports

- 3931 Baymeadows Rd
Jacksonville, FL
904-731-3676
- 424 Third Street South
Jacksonville Beach, FL
904-270-2221
- 2016 San Marco Blvd.
Jacksonville, FL
904-399-8880
- 2186 Park Avenue
Orange Park, FL
904-264-3767

The Trek Bicycle Store

- 1313 Beach Blvd.
Jacksonville Beach, FL
904-246-4433

Trek Store of Jacksonville

- 9965 San Jose Blvd.
Jacksonville, FL
904-880-7227

Bruester's Ice Cream

- 12224 Atlantic Blvd.
Jacksonville, FL
904-221-1441
- 11701 San Jose Blvd.
Jacksonville, FL
904-886-1995

Champion Cycling

- 1025 Arlington Road
Jacksonville, FL
904-724-4922
- 11447 San Jose Blvd.
Jacksonville, FL
904-262-5744
- 1303 Third Street North
Jacksonville, FL
904-241-0900

The Foot Specialist, P.A. Dr.

- **Richard I. Polisner**
• 904-994-0990
• **15% discount**

Jacksonville Running Company

- 9823 Tapestry Pk Cir., Suite #4
Jacksonville, FL
904-379-7170

MAX MUSCLE, Sports Nutrition

- 13475 Atlantic Blvd., Suite #37
Jacksonville, FL
904-220-2833

Open Road Bicycles

- 4460 Hendricks Avenue
Jacksonville, FL
904-636-7772
- 3544 St. Johns Avenue
Jacksonville, FL
904-388-9066
- 1560 Business Center Drive
Orange Park, FL
904-541-1816
- 2220 CR-210 West, #303
St. Johns, FL
904-819-0422

Jaguars Ticket Discount for JTC Running

Jacksonville Jaguar group discount tickets for **JTC Running** now on sale! Pick a game(s), bring your family and friends, and enjoy a great day of football! Call **Bonnie Brooks** 868-5479 for details or email bontorun@clearwire.net.



2010 Jacksonville Jaguars Home Schedule

Preseason

| | | |
|---------|-----------------|-----------|
| Aug. 21 | Miami Dolphins | 7:30 p.m. |
| Sep. 2 | Atlanta Falcons | 7:30 p.m. |

Regular Season

| | | | | | |
|---------|---------------------|-----------|---------|---------------------|-----------|
| Sep. 12 | Denver Broncos | 1:00 p.m. | Nov. 14 | Houston Texans | 1:00 p.m. |
| Sep. 26 | Philadelphia Eagles | 4:05 p.m. | Nov. 21 | Cleveland Browns | 1:00 p.m. |
| Oct. 3 | Indianapolis Colts | 4:05 p.m. | Dec. 12 | Oakland Raiders | 1:00 p.m. |
| Oct. 18 | Tennessee Titans | 8:30 p.m. | Dec. 26 | Washington Redskins | 1:00 p.m. |

JTC Running Minutes

JTC RUNNING BOARD OF DIRECTORS MEETING MINUTES

Tuesday, March 2, 2010

President **David Hall** called the meeting to order at 7:11 p.m. Directors **Colleen Clarson, Michael Fitzsimmons, Jo Shott,** and **Owen Shott** were absent. **Bob Ryan** attended the meeting as a guest.

Approval of 2/2/10 minutes: The February minutes were approved as submitted and will be published in *The Starting Line* and posted on the club website.

Treasurer's Report: Treasurer **Bonnie Brooks** distributed copies of the Balance Sheet and the Profit & Loss Detail and then reviewed the documents with the board and answered all questions.

OLD BUSINESS:

- Sulzbacher Center Update – Director **Margaret Barton** said that we have commitments from a dozen volunteers for the March 27 dinner we're serving at the center for the homeless.
- Bolles Wednesday Early-Morning Track Workouts – **Margaret Barton** reminded us that the early morning track workouts on Wednesdays were funded by board action for only six months (compared to one year for the afternoon sessions) and that our six months expires in April. She considers the morning sessions successful as member turnout has been 22 to 25 runners per week. She made a motion, seconded by **Lamar Strother**, that we fund the Wednesday morning sessions for another six months. During discussion, it was emphasized that we want to make sure everyone running at the workout has their **JTC Running** membership verified. The motion passed, 14 to zero.

NEW BUSINESS:

- **JTC Running** Racing Team – Director **David Frank** submitted copies of a proposal to create a team to race for and represent **JTC Running** throughout the year. The team will eventually have minimum requirements to join but will operate on an invitation and interest level for the short-term. The proposal is for a one-year commitment for the initial cost of team jerseys and entry fees for **JTC Running** events, funded out of the budget line called "Racing Team." **David Frank** framed this as a motion, seconded by **Doug Alred**. During discussion, it was decided that anyone running on the team must be a club member, that we'd like only the **JTC Running logo** (no other logos) on running team attire, and that we'd insist on a one-year commitment from team members. We talked about the proposed team's name and what logo or words we wanted on the jerseys. **David Frank** says he already has 12 runners interested, so we called the question and the motion passed unanimously. A meeting will be arranged during the month to decide the open questions over formation of the **JTC Running** Racing Team.
- RRCA Convention – **Doug Tillett** noted that our budget for conventions is \$1500. He made a motion that the Board authorize him to attend the upcoming RRCA convention in Lakeland on April 22 through April 25, pay his registration fee as our club's voting delegate (\$350), and then split up the remainder of the budget for qualified convention expenses among the members who wanted to attend, in consideration of the close proximity of the convention this year. The motion was seconded and passed.

COMMITTEE REPORTS:

RACE COMMITTEE – The committee met on March 1 and discussed the upcoming Gate River Run.

Gate River Run (3/13/10) – **Doug Alred** predicts another record crowd for the race. He believes we'll have 15,000 runners registered for the 15,000 meters, which will translate to about 13,500 finishers. The race

shirt was shown to the board – he figures it'll be so popular that we've made "extras" available for sale. We have a great event coming up, including Hall of Fame inductions this year. **Richard Fannin** reported that things have lined up nicely for the TenBroeck Cup, with seven elite men's teams and five elite women's teams.

John TenBroeck Memorial Winter Beach Run – (2/14/10) - Race Director **Doug Alred** is finalizing the accounting of this year's race and the charity to which the donation will be made in John's memory.

Guana River 50K Trail Run & Relay (3/27/10) // **GTMERR 10K** (2/7/10) – No report.

RITA CASH – **Doug Alred** tells us that Chuck Jantz is no longer involved with this race, which has been sold to a different charity and is operated under a different name. We no longer have any involvement with it.

Ginger Fannin Couples Relay – No action on this race so far.

CLASSES & CLINICS – **Jane Alred** still hopes to bring Dick Beardsley to speak, sometime.

COMMUNITY & PUBLIC RELATIONS – Committee Chair **Larry Sassa** filled us in on the plans for the **JTC Running** Hospitality Area at the post-race party at the Gate River Run. Food will be provided, as will drinks, a couple of "exclusive" porta-potties, and brief post-race massages. It'll be a good place for our club members to meet up, both before and after the race.

FINANCE COMMITTEE – The committee met on March 1 to discuss making a donation to Bishop Snyder High School's memorial being built to Coach Dan Brown, which will be located at the school's track, which bears his name. **Bonnie Brooks** made a motion, seconded by **Doug Alred**, that we sponsor the memorial with a \$500 donation. The motion passed.

MEMBERSHIP – **Rex Reed**, Membership Coordinator, told us that our club has 741 member families, and that 30 of those came from "sign ups" at races.

MERCHANDISE – **Carol Fitzsimmons**, who is the coordinator of the **JTC Running** booth inside the GRR Expo, needs people in the booth, particularly experienced club members who have done "booth time" in the past and can guide new volunteers on how to do it. **Carol** also reported that at the Breast Cancer Marathon Expo, we received five new memberships and spent time promoting our club's website.

NEWSLETTER – Committee Chair **David Frank** reminded us that the deadline for submitting articles for the next issue of *The Starting Line* is March 15.

WEBSITE – Trib the Webmaster said he has been getting inquiries for our track meets.

SOCIAL & BANQUET – **Jane Alred** reminded us of the Hall of Fame Induction for the Gate River Run on March 9 beginning at 6 p.m.

VISION & PLANNING – Committee Chair **Doug Alred** said that work is underway on the trail at Baker Skinner Park, where we had a bridge constructed that will connect two parts of the trail.

NEXT MEETING – the next meeting will be Tuesday, April 6, at 7 p.m. at Mediterranean Restaurant.

The meeting was adjourned at 8:43 p.m.

Douglas Tillett, **JTC Running** Secretary, has respectfully written and submitted these minutes.

JTC Running Minutes Continued

Tuesday, April 6, 2010

President **David Hall** called the meeting to order at 7:03 p.m. Directors **Margaret Barton, Richard Fannin, David Frank,** and **Larry Roberts** were absent. **Ellen Sassa, Traci Akers,** and **Anne Matthews** attended the meeting as guests.

Approval of 3/2/10 minutes: The March minutes were approved as submitted and will be published in *The Starting Line* and posted on the club website.

Treasurer's Report: Treasurer **Bonnie Brooks** distributed copies of the Balance Sheet and the Profit & Loss Detail and then reviewed the documents with the board. It was noted that we donated \$500 to Sulzbacher for the "supper serving" that we did, \$2,500 to the Kids Triathlon for this year's event, and \$2,700 to high schools to support track meets and memorials. Also of note, the P&L showed \$25,500 spent for the TenBroeck Cup competition at the Gate River Run.

OLD BUSINESS:

- Sulzbacher Center Update – The March 27 dinner we served at the center for the homeless went well. We had 15 volunteers working, some of whom ran the center's race earlier in the day. They asked us to come back again some time and serve again and told us we did a good job.
- Bolles Wednesday Early-Morning Track Workouts – **Margaret Barton** is working on finalizing the contract and getting a check to Bolles for the next six months of track usage.
- RRCA Convention – **Douglas Tillett** will be our voting representative at this year's convention in Lakeland on April 22 thru 25. No other Board members asked to attend but a couple of former Board members expressed interest in going. No Board action was taken to allow for other members to be sent to the convention.
- By-Law Review Update – The Task Force that is working on the By-Law Review reported that significant action is still required on this task.
- Election Process Update – Director **Colleen Clarson** asked **Douglas Tillett** to poll some of the other clubs at the RRCA convention to see how they handle elections. **Colleen** says the task force's goal is for an August completion of their work and presentation of their recommendations.

NEW BUSINESS:

- Statue Name – Director **Lamar Strother**, who has been the main contact with our sculptor, **Derby Ulloa**, suggested we form an ad-hoc committee to assign a name to the piece and determine wording for the associated plaque. Instead, the Vision & Planning Committee will meet with the Community & Public Relations Committee to discuss these tasks. The meeting will be Tuesday, April 13, at 6:30 at the Pizza Palace.

COMMITTEE REPORTS:

RACE COMMITTEE – No report.

Gate River Run (3/13/10) – Director **Doug Alred** reported that the new time groups worked and so did the associated security. We had more than 15,300 runners signed up and lots of volunteers. This year's finish line worked very well. Sponsorship was great but it was noted that MPS group won't be back for 2011. Out of town runners

accounted for 19% of the finishers. **Doug** mentioned that we ran out of finisher medals and that he noticed a couple of examples where more than one was taken by a single runner. Nevertheless, almost everyone was taken care of.

John TenBroeck Memorial Winter Beach Run – (2/14/10) - Race Director **Doug Alred** hasn't finished the final report yet but it looks like we made enough of a profit so that we will be making a good donation as John's memorial, which will be going to 26.2 With Donna, per Angela TenBroeck's decision.

Guana River 50K Trail Run & Relay (3/27/10) – The word from Race Director **Bill Dunn** is that the results of the ultra will be posted soon and will be seen at JTCRunning.com.

CLASSES & CLINICS – Director **Jane Alred** expressed reluctance to schedule events since practically no one comes to them, which is insulting to our clinic instructors.

COMMUNITY & PUBLIC RELATIONS – Committee Chair **Larry Sassa** led a discussion about our **JTC Running** Hospitality Tent at the Gate River Run, which we considered successful, although we found a couple of potential improvements as well. **Larry** distributed an account of the cost of the tent effort.

FINANCE COMMITTEE – Treasurer **Bonnie Brooks** scheduled a meeting of the committee, which will follow the CPR/V&P meeting next Tuesday at Pizza Palace. The request we received from **Franz Lerch** for sponsorship of the race he directs will be the point of discussion at the committee meeting, which should start around 7.

MEMBERSHIP – Director **Rex Reed**, Membership Coordinator, says we are now up to 814 "unit" memberships, the increase being due to the training groups, recent race events, and expos.

MERCHANDISE – Director **Carol Fitzsimmons** reported sales of \$200 of club merchandise at the GRR Expo in addition to \$750 of membership dues collected. A brief discussion of possible merchandise to offer our members followed – caps, perhaps.

NEWSLETTER – PrintExpress says the next edition of the newsletter will go to the post office tomorrow.

WEBSITE – Director **Trib La Prade** needs pictures of our events for the website.

SOCIAL & BANQUET – A committee meeting is needed to plan for this year's Awards Banquet and Baseball Social. **Colleen Clarson** volunteered to check the availability of the banquet hall at the Riverplace Tower for us. **Bonnie Brooks** suggested we could consider offering a group gathering at a 2010 Jaguars home game as she can negotiate the ticket-arranging for us.

VISION & PLANNING – Committee Chair **Doug Alred** said that lots of work has been done at Baker Skinner Park relative to the trail and that a nice, wide path has been cut. **Doug** suggested we consider becoming a "friend of the park" – more on that at a future meeting.

NEXT MEETING – the next meeting will be Tuesday, May 4, at 7 p.m. at Mediterranean Restaurant.

The meeting was adjourned at 8:45 p.m.

Douglas Tillett, **JTC Running** Secretary, has respectfully written and submitted these minutes.

To Stretch or Not to Stretch

By Jenny Lindley MA, LMT

There are certain habits of running that are performed just because that's what runners do. Runners get up early to run. Runners change clothes after a run wherever they can. Runners spit. Runners use port-o-lets and runners run in all kinds of weather. Runners also stretch. If you have ever been to a road race, you have already experienced all of this. But, when is the best time to stretch?

Enough has been written about the beneficial effects of stretching, but there are still the nay-sayers who quote: "There is no scientific data to prove it". It is a fact that we are given our genetic gifts. Body type, age, sex, medical histories and general structure issues help determine flexibility. A review on the physiology of flexibility indicates that flexibility is not a general factor but specific to each joint (A. Mattes; 1995 & Rausch and Burke; 1967).

Running is a highly repetitive sport and runners develop strong propulsive muscles, even though running is considered a rotary movement. Twisting movements such as a change in terrain, jostling during competition, or a sudden loss of balance can cause injury, especially with decreased flexibility of the muscles and joints. Overuse of the same muscles repeating the same movement day after day can limit joints within a restricted range and reduce flexibility. For example: running on the balls of the feet can result in a shortened Achilles tendon or gastrocnemius (calf) muscle.

The most common recognized factors contributing to most running injuries are muscle weakness, poor flexibility, training errors, poor or abnormal lower extremity biomechanics, and poor running shoes. In the book, *Athletic Ability*, the four factors contributing to sports injuries are:

1. Change
2. Alignment
3. Twisting
4. Speed

Misalignments in biomechanics can increase the risk of injury when intensity and speed are increased. Most injuries occur from sudden increases or changes in training and training techniques. If you have ever had to heal from an injury most rehab clinics will advise stretching. Performing stretches during treatment help to re-educate the muscles following an injury. Beneficial gains can also be made by incorporating massage into the rehab therapy program.

Warming up before a race raises the body core temperature and prepares the muscles for more strenuous activity. During a warm-up, tissues are infused with blood, nutrients and oxygen while joints are lubricated and the speed of nerve impulses can be increased. Stretching can increase the muscle and tissues elasticity properties as well as the range of motion in the joints.

As part of a cool down, stretching can help to reduce muscular tension placed on the muscles, joints and surrounding tissues and help to prevent muscle strains, tears or re-injury. Stretching can also promote general relaxation through out the body following strenuous exercise.



Lose the saying "No pain, no gain". Stretching should not be painful. As we age, the elasticity in our tissues are effected as muscle mass and strength usually decreases. Muscle imbalances occur through inactivity as well as disease and injury.

Flexibility is a conditioning program suggested for athletes and non-athletes alike. Even a minimum of 15-20 minutes of gentle stretching every morning can help to maintain better posture and tissue elasticity that will allow us to keep up to the demands of our rigorous schedules. When performed at the end of the day stretching can provide a means of relaxation before a restorative night of rest.

JTC Running Track Workouts

Looking to set a personal best or just interested in camaraderie with fellow runners? **JTC Running** sponsors morning and evening track workouts every Wednesday at The Bolles School. The interval workouts are led by highly experienced runners who welcome runners of all ability levels.

Morning Session: 5:30-7:00 a.m., Coach **JC Pinto**

Evening Session: 5:30-7:00 p.m., Coach **Danny Weaver**

What to Expect: The workout generally starts with a ~one-mile warm up along San Jose Blvd. The group then heads to the track for repeats of distances ranging from 200 meters to 1600 meters. The track workout (usually ~3-4 miles) is followed by a ~one-mile cool down run.

PARTICIPATION REQUIREMENTS:

1. For insurance purposes, you must be a **JTC Running** member.
2. Prior to your first workout, you will need to get a Bolles ID for school security purposes. You can get the Bolles ID between 8 a.m.-1 p.m. on the first Monday of each month. Please stop by the guard gate and the security guard will run your drivers' license through the Raptor program (a sexual predator data base). They will then direct you to another building to get your photo taken. The cost is \$5 (cash only) and takes 10 minutes. (Note: The security guard may or may not check your ID at the gate on any given day, but all participants are required to have one as part of our agreement with the school. If random spot checks reveal participants without IDs, our arrangement with the school will be jeopardized).
3. You will be asked to sign a waiver upon your first workout.

More Information: If you are interested in joining the Wednesday track workouts or would like more information, please contact JC (803-8758) for the morning workout or Danny (287-5496) for the evening workout.

Getting Out of the Door

By John Curran

I will always consider myself a runner. Even in my longest stints of not running, I still considered myself a runner. After a competitive high school and college career, however, the challenge of consistent running has been difficult for me.

Burnout was probably an early factor in getting out of a running routine. After finishing college and eight straight years of working my life around running, I started to like the idea of not worrying about what and when to eat, getting up early or running late into the night, hydrating enough, gutting through grueling workouts, nursing injuries, and doing it all, ultimately, under the pressure of a ticking clock.

As my competitive career became more distant in that rearview mirror of life, burnout faded and a new inhibitor stepped in: pride. Still in my early-to-mid 20s and holding on to the idea of being a decently fast runner, I couldn't face the reality of how slow and out of shape I really was becoming. Instead of training, I just decided to not race much. I still ran off and on, but "training" was no longer part of my running vocabulary.

From here, my story continues on a fairly common path. Work, spouse, kids, and several other obligations provided plenty of excuses to let the running shoes gather dust. Plenty of extra pounds and a deteriorated fitness level didn't make things much easier. Sure, I had a few brief periods of "training", even getting in some workouts and running a few races with some effort. But somewhere deep down, the idea of pushing myself for the average results I was achieving just never really felt worth it. I have even been a high school cross country and track coach over the last several years, but handing out workouts, holding a watch, and running a few easy miles with the kids hasn't required much physical effort on my part.

Peer pressure would seem to lead me to want to run more. While many runners may have friends and family making it easy to give up all that running, many of my friends and family not only still run, but run fast! Well, maybe that is why I am finally trying to get back up on that horse and stay there for a while.

I have the privilege of staying in contact with most of

my high school teammates on a near daily basis (that Facebook sure does make staying connected easy). We discuss all sorts of topics, but running is still a part of most of our lives.

A few months ago, a discussion started about running the Chicago Marathon. A few of the ambitious and fit members of our group signed on and one (ahem... **JTC Running** Board Member David Frank) doubted it was even worth asking me directly to participate. I have never run a marathon and never really planned to run one. However, something clicked with me. I really did want to start running more consistently... get back to running as a lifestyle. I thought it would be good to get at least one marathon under my belt. I've never been to Chicago and what better way to see any city than to run it! Then the kicker was the date... 10/10/10... a once every century date that also happens to be my birthday. All signs pointed to YES! I would run a marathon.

I have been running consistently since February and plan to go into a proper marathon schedule in mid-June. I have a modest time goal, but enjoying the experience and finishing the race should be the top goals for any first time marathoner. More than anything, I just hope to continue running beyond Chicago.

I've looked over several different training schedules, articles, and personal advice in getting a plan together. I want to be as fit and fast as possible, but I'm also keeping in mind the results of overtraining. So far, I've stayed motivated through a simple mantra: "get out the door".

My problem in all of these years has not been a lack of a clear goal or motivation to get faster. This marathon may go really well or could be a disaster for me. I may continue to train towards running a faster 5K, 10K, or finally get under 70 in the River Run (I never ran it when I was in high school or college and actually in shape). But the bottom line for me is just to get out the door and run.

If you can relate in any way, if you are struggling to maintain a consistent running routine, or if you are thinking of a challenging race or distance but feel too intimidated, my simple advice is something I wish I told myself years ago- just get out the door and run!

27th Annual **JTC Running** Awards Banquet

Sunday, June 27, 2010 at 6 p.m.
Riverplace Tower Banquet Room
1301 Riverplace Blvd

It's the running event where nobody runs- **JTC Running's** Annual Awards Presentation and Banquet, which will be Sunday, June 27, at 6 p.m. in the Riverplace Tower's Banquet Room. We're moving back to our "traditional place" for the Awards Ceremony this year, with lots of room for everyone, a tremendous view of the city and the St. Johns River, and a comfortable environment that even includes the Gate River Run Hall of Fame. The price is very reasonable: it's free to all **JTC Running** members and your guest. What could be better than that?

Here is your chance to be treated to an excellent meal, to meet together with our best local runners, to gather with your running friends, and to enjoy the opportunity to recognize those who achieved and contributed to our club and to running in an outstanding way. We give awards to our club's runners, but we also award high school runners and

coaches, volunteers, sponsors, and even Jacksonville Grand Prix winners for the year. There is no doubt; this year's awards banquet is where you will want to be on June 27.

We appreciate your reservation for this event. You can call **Douglas Tillett** at (904) 728-3711 or email him at douglastillett@hotmail.com. A coat and tie or evening dress is NOT required, but you'll want to change out of your running clothes and into an attractive outfit for the Awards Banquet. You never can tell when the **JTC Running** paparazzi will be there to snap your picture.

Every year, when the Annual Awards Banquet is over, everyone there says it was great and vows to return the next year. It's one of the best benefits you receive as a **JTC Running** member. So make your reservation and plan to attend this year's Awards Banquet on Sunday, June 27.

Upcoming Races (June - July)

Saturday, June 12th

- 7:30 p.m. - Run for the Pies Nike Championship
- 8 p.m.- Open 5K; Jacksonville Landing

Saturday, June 19th

- 8 a.m.
- Pops Day 5K, First Coast High School, 590 Duval Station Rd.

Friday, June 25th

- 6 p.m. (field events)/7 p.m. (track events)
- **JTC Running** All Comers Meet 3, The Bolles School San Jose Campus; Shot put, discus, javelin (bring own), pole vault (bring own pole), high jump, long jump, 100, 400, 1600, 4x100, 4x400, kids (11 & under) 40-yard dash on the infield; Fully Automatic Timing; Track Hotline for Questions (904) 384-TRAK (8725)

Sunday, July 4th

- 7:30 a.m.
- Celebration 5K, 1st Place Sports on Baymeadows Rd.

Saturday, July 10th

- 7:30 a.m.
- Brooks YMCA Sunny 5K, Brooks YMCA, 10423 Centurion Parkway North

Saturday, July 24th

- 5 p.m. (field events)/6 p.m. (track events)
- JTC Running Summer Track Classic, The Bolles School San Jose Campus; Shot put, discus, javelin (bring own), pole vault (bring own pole), high jump, long jump, 100, 200, 400, 800, 1600, 3200, 4x100, 4x400, Race Walk, kids (11 & under) 50-yard dash on the infield; Fully Automatic Timing; Track Hotline for Questions (904) 384-TRAK (8725)

Saturday, July 31st

- 7:30 p.m.
- Vestcor 5K Bridges Run, Hemming Plaza in Downtown Jacksonville

Meet...Karen Stellhorn

Karen Stellhorn, 43, is a resident of St. Johns and has been a **JTC Running** member for just over three months. A dedicated runner, Stellhorn is a Boston marathon qualifier.

How long have you been running and what got you into it?

» I have been running for almost 10 years. When my youngest of two boys was one, I decided I needed to find a way to exercise outside of the house. My sister-in-law was a big runner and suggested I take up running. I guess it stuck!

Why do you run now?

» I run because I love running!! I run to get PR's and ultimately to stay fit in mind and body. Running makes me an all around better person.

When you're really getting after it what does your running log look like?

» When I am training, I usually log 60+ miles a week to include a couple of speed workouts and sometimes a bridge run.

When you're in between goals what does your running log look like?

» I still try to keep up a good running base in the 40's and a long run of 12-16 miles a week.

What are your favorite races or at least the ones you train for the most seriously?

» My favorite race, so far, has been Chicago. The city is amazing and the race course is flat and fast. It was my marathon PR until I moved to St. Johns a year and a half ago. Boston was also an amazing race, but was a very difficult marathon for me. I would have to say it has been the hardest marathon I have run to date.

What PR's or running accomplishments are you most proud of?

» Qualifying for Boston on my second marathon.



Tell us about your most memorable workout or race?

» Boston has been my most memorable race. It was a very difficult race with the downhill in the first half and rolling hills in the second. I, obviously, did not train properly and was very dehydrated in the latter part of the race. I finished and consider that an accomplishment in itself. I plan to return to Boston next year to redeem myself!

Who, in the running world, inspires or motivates you?

» Deena Kastor, Paula Radcliffe, Kara Goucher, and Colleen De Reuck are all such amazing runners of all ages. They are unbelievable athletes and truly inspiring to all!

Anything else you want to add?

» I am very fortunate to have a very supportive and loving family who allow me to train for my races. I am so very thankful for them! Also, I would like to thank all my running friends for helping me to improve my times and pushing me to go beyond my goals! You guys are the best!!

JTC Racing Team Comes to a Footrace Near You

After our debut at the 2010 Gate River Run, the **JTC Racing Team** has been gaining steam as it rolls along to the upcoming Jacksonville Grand Prix Season. We received a solid response from members interested in joining after our article in the last edition. New team members have joined and uniforms have been ordered and both will be unveiled at the Run for the Pies. So keep an eye out for us at your next Grand Prix race and stay tuned for more updates as we continue to grow.

With all of this progress, we are still looking for some dedicated runners to join the team. If you consistently finish at or near the top-five in your age group and are willing to run in at least half of the Grand Prix races for this upcoming season, then we might be just what you're looking for. **JTC Running** members who are interested in joining the team should contact team coordinator **David Moritz** (jtcracing@yahoo.com) for more information.

JACKSONVILLE GRAND PRIX RACES

Tour de Pain, August 13 & 14
 Summer Beach Run, August 28
 Children's Way 5K, September 25
 Evergreen Pumpkin Run, October 31
 Native Sun Mandarin Run 10K, November 13
 Outback Distance Classic, November 25
 Jacksonville Bank Marathon & Half, December 19
 Vystar Gator Bowl 5K, December 31

Resolution 5K, January 15
 Matanzas 5K, January 22
 Winter Beaches Run, February 6
 Ortega River Run, February 26
 St. Patty's Day 10K, March 20
 Run To The Sun 8K, April 16
 Memorial Day 5K, TBA
 Run For The Pies 5K, TBA

JTC Running Merchandise



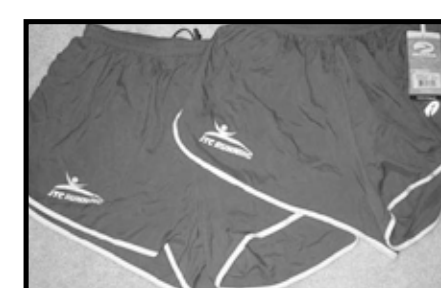
Women's **JTC Running** Singlet
 Made by Brooks
 Sizes available: S, M, L, XL
 \$20



JTC Running Jackets
 Made by Mizuno
 Women's Sizes: XS, S, M, L
 Men's Sizes: S, M, L, XL
 \$40



JTC Running Socks
 Made by DeFeet
 Sizes: S, M, L, XL
 Both Blue and White
 \$8



JTC Running Shorts
 Made by Brooks
 Men's and Women's Sizes: S, M, L, XL
 \$20

Order from: **JTC Running**, c/o **JTC Running**, c/o Carol Fitzsimmons, 2740 Claire Lane, Jacksonville FL 32223
 • Be sure to include item name, size color, etc. • Add \$6.00 per order for shipping

Coaches Corner

Preparing for a Marathon

By Paul McRae

John Curran is embarking on his comeback marathon journey and this training article is written with him in mind. I'm sure many of you can relate to his story. Almost all of us around the age of 30 have life events that happen where running and the desire to stay in shape becomes less of a priority. Sometimes we find it's our careers, additions to the family, or even life itself, which takes over and before we know it you haven't run or exercised for an extended period of time. Although John did not receive this schedule or direct help from me, this is what I would suggest for him or someone in his position with the goal of not only finishing his marathon attempt but with a chance of actually enjoying it.

Unlike almost all of the shorter distance races, the marathon is one of those distances that take a little more preparation and planning. Running 26.2 miles places some very unique strains on the body; strains that are very different than running a 5K or 10K. In fact, the advice of the London marathon medical team is that you should be able to run 15 miles comfortably, three weeks before your target race.

With the above in mind, there are some very important basics of marathon training you should consider before setting off on the journey. The marathon is the one event which attracts thousands and thousands of ordinary people from all walks of life. If you're like most, the goal is to finish. If you're a little more ambitious, you may even have a time goal in mind. But regardless of your target, there are some key components to a marathon training schedule that you must take on board if the experience is to be as pleasurable and as rewarding as possible.

1. Give Yourself Enough Time

The marathon training schedule below is based on 16 weeks (4 months). That's how long you need to give yourself in advance. It can be done in less, depending on your fitness levels and your

natural ability but it's not ideal. One of the biggest mistakes among people training for the marathon is over-training (and it can creep up on you quietly without warning). So give yourself plenty of time.

2. Don't Ignore Nutrition

It's not just elite athletes that have to watch what they eat. As you begin to build up mileage, there will be a greater and greater strain placed on your carbohydrate stores. Before, during, and after the race AND long training sessions you will need to supply your body with fuel it craves. A good rule of thumb is to eat something within 30 minutes of completing your run.

3. Taper Off Before the Race

Cramming the night before a final may have worked for you in the past. However, that is not the case for a marathon training schedule. Trying to cram in too much training the weeks leading up to the race can be disastrous. In fact it can be the difference between finishing and not. To describe this further, it's simply the principle of reducing the amount of training you do in the weeks leading up to the race. It can take many weeks to recover fully from a long distance run so if you attempt to run a 'practice' 26 miles the week before your race you are setting yourself up to hit that wall.

4. Varying Intensity

Rather than progressively running faster and farther week in and week out, we want to vary training intensity in a series of peaks and troughs. So you might build up gradually for the first week or two then have an easier week before building up again. This is the best way to avoid over-training and burn out.

5. Hitting the wall

More runners than would care to mention have succumbed to the energy sapping effects known affectionately as 'hitting the wall'. Somewhere around the 18-20 mile mark they feel very weak, a strong urge to stop and perhaps even light-headed. The cause? A depletion of glycogen (carbohydrate stores) and an almost total reliance

Coaches Corner Continued

on fat for fuel. Fat can power a runner, but not at the same intensity and speed as carbohydrates and even fat metabolism requires some carbohydrates. Thankfully, through adequate training and nutrition you can significantly reduce your risks of hitting the wall.

6. Long Runs

Completing the distance is what's important... NOT how quickly you complete it. Speed and time

is irrelevant. What you are aiming for is to **start** the long run **slow enough** so that you can finish the run at a similar pace.

Paul McRae is the founder of Personal Running Solutions, a group and individual coaching service here in Jacksonville. If you need coaching or have any training related questions or concerns either visit www.personalrunningsolutions.com or email him at paul@personalrunningsolutions.com.

16-Week Marathon Training Schedule

| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Total |
|------|-----|------------------|-----|--------|------------------|------|------|-------|
| 1 | 3 | Rest/Cross train | 4 | 3 | Rest/Cross train | 5 | Rest | 15 |
| 2 | 3 | Rest/Cross train | 4 | 3 | Rest/Cross train | 7 | Rest | 17 |
| 3 | 3 | Rest/Cross train | 4 | 3 | Rest/Cross train | 6 | Rest | 16 |
| 4 | 3 | Rest/Cross train | 5 | 3 | Rest/Cross train | 8 | Rest | 19 |
| 5 | 3 | Rest/Cross train | 5 | 3 | Rest/Cross train | 7 | Rest | 18 |
| 6 | 4 | Rest/Cross train | 5 | 4 | Rest/Cross train | 8 | Rest | 21 |
| 7 | 4 | Rest/Cross train | 6 | 4 | Rest/Cross train | 14 | Rest | 28 |
| 8 | 4 | Rest/Cross train | 6 | 4 | Rest/Cross train | 10 | Rest | 24 |
| 9 | 4 | Rest/Cross train | 7 | 4 | Rest/Cross train | 16 | Rest | 31 |
| 10 | 5 | Rest/Cross train | 8 | 5 | Rest/Cross train | 10 | Rest | 28 |
| 11 | 5 | Rest/Cross train | 8 | 5 | Rest/Cross train | 18 | Rest | 36 |
| 12 | 5 | Rest/Cross train | 8 | 5 | Rest/Cross train | 12 | Rest | 30 |
| 13 | 5 | Rest/Cross train | 8 | 5 | Rest/Cross train | 20 | Rest | 38 |
| 14 | 5 | Rest/Cross train | 8 | 5 | Rest/Cross train | 9 | Rest | 27 |
| 15 | 3 | Rest | 5 | 3 | Rest | 8 | Rest | 19 |
| 16 | 3 | Rest | 3 | Walk 2 | Rest | 26.2 | Rest | 34.2 |

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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.