

JTC RUNNING'S HOLIDAY PARTY 12.07.13



THE
STARTING LINE
NEWSLETTER

ISSUE

401

JTC RUNNING'S, THE LAST GASP 12.21.13

HE RUNS ALONE, BUT NEVER IS P 8

FACED WITH DEATH, MARATHONER FINDS MEANING OF LIFE P 9

FUNDING RUNNING DRY FOR ELITE RUNNERS P 13-15





By the time you read this, three great club events will already be over but two more will be on the immediate horizon.

Too bad I couldn't write a full report on our Guana Back To Nature Trail Races, held on December 1st. Trouble is, with the newsletter deadline being mid-November it just wouldn't work out. Couldn't hold up the newsletter and couldn't reschedule the race, so you will just have to wait until the January/February edition to find out how great the Guana really was. But hopefully you were there for the Back To Nature event and so you already know how truly great it was.

The Ultra Clinic, held on October 15th at the 1st Place Sports store in the Town Center, was a very well attended affair. Those ultra runners are real curiosity items. I guess there is always something about people who do things that you would never try to do yourself. People seem to want to know "why?" Nice moment, great clinic; thanks JTC Running and 1st Place Sports.

I missed the Run Safely clinic that we held in November but Doug Tillett didn't and he has written a fine report about it in this issue.

The next great JTC Running event is our and-now-for-something-completely-different race, or I should say, races, the Guana Back To Nature Trail Races. As this event takes place on December the first, I can't be sure if this will be advance notice or past history. Anyway, it is a unique event that consists of a 50k (31-mile) Ultra on Mother Nature's mattress in the Guana Tolomato Matanzas State Preserve in South Ponte Vedra. There is also the 2x25k Relay race, a highly contested affair. Then there is the everyman's race, the 12k (7.5-mile). Now matter how this event turns (turned) out I am sure it was magnificent. I know this because the world's most hyper race director, Mark Ryan, would never let it be any other way. I am just as sure that the post-race party cum awards ceremony at The Reef restaurant was one of the best parties of all time.

Here at JTC Running we are good at parties and we have a great one coming up on Saturday night, December 7th, at the new, improved, enlarged, 1st Place Sports store in San Marco Square. Party host extraordinaire, Jane Alred, practically slaughters the fatted calf for this one. Food, booze, mayhem,

all are yours for a price that pleases everyone – gratis. Yes, that's right, free of charge. It all gets underway at 6 PM and coincides with San Marco's Christmas Festival and the famous 5k run, the Festival of Lights. Everyone in the family will get something out of this fabulous night. Be there.

Then it is off to The Last Gasp on December 21st. This gasp is an end of the year blast and should not be missed. What more could you ask for? It's fun, it's cross-country, it's over with fast, it's a tradition, it's a great post-race party, it's a free one-mile cross-country for the kids, and it's JTC Running at its finest.

It all takes place at the usual place, the campus of Jacksonville University, at the usual time, 2 PM. And, as usual, it will be great; so don't miss it.

Richard Fannin has been one heck of a dedicated River Run runner, and more. I still remember that little Fannin kid when he was 12 years old. Along with his dad, Buck Fannin, he helped to lay out the first River Run 15,000 course. Then the darned kid turned around and ran a time for 12-year olds that has never, and probably never will be, broken.

Years later, the Fannin kid, hardly a kid anymore, became the man who sought to bring America's best distance runners to the Gate River Run. He accomplished the task very well; very well indeed. So well that at long last someone noticed. Now Richard has had a prestigious USA Track & Field award bestowed upon him. Established by the men's long distance running committee to "recognize an individual within a road race organization who has provided outstanding contributions to enhance men's long distance running", the Allan Steinfeld Award has been given to race directors of the New York City Marathon, the Chicago Marathon, Houston Marathon, Grandma's Marathon and the Boston Marathon.

Now the name Richard Fannin (and the Gate River Run) will forever be etched in history. Great work, kid, and thanks for everything you do and have done.

Merry Christmas to all JTC Running members and their families, I look forward to seeing all of you in 2014.



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Greetings! In my last column, I discussed several aspects of safety when running, walking, or cycling. At our Club's safety clinic held November 7 at First Place Sports Town Center, I learned a lot more about safety topics... plus some more that I'd like to share with those of you who were unable to join us at the clinic.

On the topic of WHAT TO WEAR-- Three vendors showed their latest in safety gear and provided samples for group runners to try out before the clinic. The array of blinking lights that can be worn front and back, from hat to shoes is amazing. There are now jackets with pulsating lights powered by removable, rechargeable batteries. Most of this stuff didn't exist five years ago! Bottom line is, it's possible to go down the road with more lights than a police car- so there is no excuse to appear less than brilliant to passing motorists! Reasons for wanting to be illuminating to motorists were detailed with stunning statistics by Chris Burns in his presentation to the clinic.

On the topic of citizen friendly streets-- The sad fact is that Florida in general and Jacksonville in particular is, in relation to other U.S. cities, an extremely dangerous place to run, walk, or cycle on or across city streets. Chris, an attorney specializing in cycling cases, described in painful detail many of the reasons why. Car is king in Jacksonville. Four, five, and six lane boulevards with few cross walks and fewer bike lanes are the norm. The city

spends almost nothing on amenities for runners, walkers, or cyclists. Millions of dollars have been spent recently remaking San Marco Blvd from I-95 to the Square. The medians are six feet wide but no bike lanes exist. Parallel car parking along the route means that open car doors extend into the single vehicle lane, leaving virtually no room for a cyclist. One block over, the new sidewalks on Hendricks Ave are almost completely obstructed by tree planter boxes! What were they thinking?

Cities that have made infrastructure investments to support safe running, walking, and cycling have reaped many rewards. These cities have far more people commuting to work without using a car. The benefits Chris cited ranged from lower rates of obesity to higher property values and per capita spending by citizens on foot or bike. Air quality benefits. Tourism increases.

How can we improve things in Jacksonville? Here are some suggestions for doing our part: Runners need to make an effort to use sidewalks when available instead of the breakdown lanes; on bikes, we need to ride no more than two abreast. We all need to obey traffic signals and we all need to use what crosswalks we do have. Demonstrating how serious we take this matter and making our voices heard is very important.

Our city council needs to know that we care and want to see Jacksonville become a city that is friendly for the runners, the pedestrians, the cyclists.



Larry Roberts, President



THE **STARTING LINE**
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Mark your Calendar!



The Gala Event of the Holiday Season!

JTC Running's Christmas Social

Saturday, December 7th, 6:30 PM

1st Place Sports Store, San Marco Plaza



Joan Adams
Lindsay Aiello
Bettina Alberta
Ellye Aull
Marc Banghart
Margaret Barton
Cathy Beck
Tom Brandies
Gary Castner
Marc Cook
Tiffany Crane
Klara Cu
Andrea Danti
Sarah Davis
David Dawley
Rick Dickerman
Paul Dillahunt
John and Susan Duss
Jeanette DiRocco
Megan Dodd
Lanier Drew
C. Davis Ely
Richard Fannin
Barbara Faracca
Billy Fehrs
Jasmine Floyd

Beth Foppe
Steven Foppe
Fionnuala Geoghegan
Mark Goetz
Deborah Gray
Kelly Grimm
Gary Harlow
David Harper
Dena Hayman
Donna Hyatt
Billy Hyder
Martha Ira
Ken Jacobs
Jennifer Johnson
Gary Jones
Tammy Jones
Billy Jones
Amy Jusin
Cindy Kaneer
Michelle King
Geoffrey Klimas
Kathy Lechner
Jeni Lewis
Jacqueline Lightsey
Joe Lisiecki
Douglas Lyons
Steve Matson
Tony Moulder
Vickie Nelson

Johanna Nestor
Sean Nestor
Michael Parnell
Renee Pawlish
Raven Pazmino
Frank Pendleton
Quang Pham
Virginia Pierce-Kelly
Jay Robinson
Kim Renne
Caleb Rowland
Mark Ryan
Eric Sanford
Scott Seibler
Nancy Shellhorn
Owen Shott
Amanda Sweeney
Edward Taylor
Kevin Terry
Iris Urbina
Kelley Warner
Annie White
Quinetta White
Anna Williams
Allison Winfrey
Candace Witt
Terence Youngblood





R. Stephen Lucie, MD

Sports Medicine, Joint Replacement

San Marco

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Barefoot or Minimalist Shoe Running

The national bestseller book, *Born to Run*, written by Christopher McDougall, has sparked an interest in the return to basic running either barefoot or in minimalist shoes. This craze can be seen if you pick up any runners' magazine and while we rarely see people running barefoot around Jacksonville on our roads, many runners, both competitive, cross country high school runners, as well as recreational runners are seen participating in local races in minimalist running shoes.

Part of the reason for this is each year, almost 40% of runners will sustain some type of injury which will keep them out of running for a period of time. Many of these injuries have to do with training errors, running too far too soon or too fast, but a lot of them have to do with the rigorous demands of the sport. Running shoes have evolved greatly over the past 30 years where as back in the 1970s only the true runners were running in shoes which amounted to today's minimalist shoes. The running shoe industry has made great advances in cushioning, support and technology over this period of time and we now have running shoes capable of absorbing a lot of shock. Consequentially, some of our running styles have evolved into an over-stride heel strike which transmits shock and forces up through the body causing injuries both to the heel, the plantar fascia, the shins, or the knees. Barefoot or minimalist shoe running involves lighter foot reactive forces as you are landing on your forefoot or with your foot flat and then quickly lifting off with a much lighter running style.

Some of the world's greatest runners from Kenya and the Tarahumara Indians from the mountains of Mexico spend much of their time barefoot or wearing very minimal footwear and consequently have been able to perform and run great distances in very minimal shoes. Unfortunately, Americans have grown up in very supportive shoes from day one, ladies are often in heels or kids are in fancy cross trainers and our working men and women in work boots, cowboy boots and our business executives in shoes with heels. Our culture has caused our feet to be lazy and consequently if one is not careful, a rapid transition to barefoot or minimalist running can cause many problems.

While some limited barefoot running on the beach or grass surfaces, such as golf courses, can certainly help build up strength in the foot, one must temper our enthusiasm to avoid serious injuries. If you are a runner and are interested in improving your running, many of the stores in Jacksonville have classes to teach better running form and the biomechanics as well as analyze your gait. Some of the newer shoes and minimal shoes can help you run more efficiently, pound less, and avoid transmitting the shock from a hard heel strike up to the rest of your body.

None of us would probably attempt to play golf without lessons and there are definitely ways to improve one's running and help you enjoy exercise in sport in a safe and efficient manner.





Our Doctors Go The Extra Mile So You Can Too!



Mark your Calendar!



JTC Running's Cross-Country Classic!
The Last Gasp 5k and Free Kids 1-Mile
Saturday, December 21st, 1:30PM/2PM
Entry Form In This Issue

Mark your Calendar!



The John TenBroeck Memorial
Winter Beach Run, 10 and 5-Mile Races
Saturday, January 18th, 2014
Enter Online at 1st Place Sports.com



The Jax Rogue Runners hosted a Virtual Half-Marathon Challenge from September 1-8 in order to raise funds for Marathon High. In total, nearly 300 people throughout Jacksonville, 16 states and two other countries participated and raised over \$8,000. This money will be used to support 150 local high school students this season as they train for and complete their own 13.1 mile race (at the 26.2 with Donna Half-Marathon in February).

The great thing about this Virtual Race? There were many, actually. Runners were able to run their half-marathon when and where they wanted; they were joined virtually by other runners from across the country and around the world; they received a race bib to wear when completing their miles, and when they finished their 13.1, they received a custom Marathon High medal (designed by a Marathon High student). Oh, and they also had a week to complete the miles -- or they could do so in one day.

Local runners who chose to complete the 13.1 all at once joined the Rogue Runners and the Jacksonville Galloway Group at Jacksonville Running Company on September 7. After their "race", they received their medal and were treated to fuel from Jax Sports Nutrition as well as an in-store discount from them and Jacksonville Running Company.

Marathon High is very grateful to our supportive running community, including the Jacksonville Track Club who helped to promote this event and is also a sponsor of the program. Our goal is to get more teenagers active, healthy and filled with confidence, self-esteem and pride. What better way to do so than long-distance running, right?

Thank you from all of us for your continued support! And happy running!!



Virtual Half Marathon



Virtual Half Marathon



Marathon High is grateful to JTC Running for their sponsorship this year. We appreciate all of your support and could not run without you!

"Thank you so very much for sponsoring me. I'm really enjoying this experience and this is something I want to continue as I get older." - Brandi T.-R.

"Thank you for giving me the most fun experience I have ever enjoyed. This is something that I want to get better at." :) - Lawrence A.

"Thank you for sponsoring everyone and for the great experience. This is something I want to get better at as I get older. I hope you will consider sponsoring other students in the future." - Miko G.

"I want to thank all of you. I can't wait for our big race!" :)
Desiree M (:

"With a spirited heart, I thank you for the opportunity to be involved in such a powerful experience. Thank you for your sponsorship and giving heart. " ~~Always, Dr. Mathis

In case you're not familiar with this program, Marathon High is a regional nonprofit program dedicated to empowering high school students. Through running and training for a 13.1 mile half-marathon, this after-school

program allows teenagers to develop respect, self-esteem, courage, strength, confidence, healthy lifestyles and a positive direction for their future.

This is a school-based running club open to teens of all backgrounds and abilities in grades 9-12, and it is free for all public high schools and students. The program is also non-competitive so it appeals to many students who are not already involved in sports. Students train side-by-side with their adult coaches three times a week and in the process, they grow in leadership, character development, goal-setting and positive decision-making skills. Teachers also report that grades are improving, social barriers are being broken down, and signs of respect, teamwork and more positive behaviors are evident.

This season, there are 250 local teenagers taking part in Marathon High from the following schools: Yulee HS, Lee HS, Raines HS, Ed White HS, First Coast HS, Sandalwood HS and Nease HS.

Next up is the Winter Beach Run on January 18 and then the 26.2 with Donna Half-Marathon on February 23. Go, students!

For more information about Marathon High, visit www.MarathonHighFL.org or email Deborah Dunham, Director, at MarathonHighFL@gmail.com.



Over my five decades of serious running, I've logged many thousands of miles, at last estimate (2010), conservatively, 160,000. Most of those runs have been solitary.

The social aspects of being a member of the "running community" have always been rewarding. It is a treat to be surrounded by, and talk to, other fellow runners. Their tales of racing, training incidents, injuries, achievements, and PRs never grow tiring to me.

But outside of races, or when leading a partner or group on a new route, I prefer to run alone.

And some people have questioned me for my preference to bear the miles without companionship. The fact is, I'm good company for myself—I never run alone.

Like the simple phrase, "me, myself, and I," good friends accompany my journeys through space. I step outside myself, or dwell inside, but they are always with me.

My breath is there, sometimes unnoticed, sometimes, loud, always essential. With my diaphragm responding automatically to the demands of terrain, altitude, and effort, my lungs suck in just enough air to keep me going. Sometimes, for many miles, I listen to my breathing, imagining my body as a wide, hollow tube through which oxygen flows in, carbon dioxide flows out.

After a hard lap around the track, or through the finishing corral of a race, my loud breath stays with me for many minutes, though my running legs have stopped. In time, it subsides and I don't notice it for many hours, sometimes until the next time we go running together.

Footsteps are my friends, too. I hear them whenever I want to, and sometimes when I don't. If they get too loud, I change my footstrike, an attempt to reduce friction. Near the end of a long run, I focus on each footfall, around three per second, knowing that the accumulation of steps is bringing the run to its close. When I try to kick it in, I urge the little sounds to beat faster. An up-tempo finish proves to me that I am not exhausted.

My thoughts are my running partners, too. A German phrase, "Die Gedanken sind Frei," often comes to mind: The thoughts are free. They are my own, unrestrained, yet they can be controlled, if I want to control them. No one can tell me what to think on a run. In miserable heat or a pouring rain, I can choose to think of cool mountain views or a pleasant walk through the woods. Certainly, I am never alone.

Since people started running with transistor radios in the 1960s, I've wondered about having someone or something else influence what goes through my head. Now, I see iPods connected to runners' ear buds, and still realize that's not for me. I can listen to crickets, or armadillos in the palmettos, dial up Beethoven's Seventh in my mind, or Pachelbel, or shut it off in a second, to return to hearing my breath. Or my heart.

My best friend is my heart. Long before I knew it well, it was with me, inside me, pushing around blood and everything else I need. Most of the time, I don't feel my heart, but at the top of a hard climb, it pounds blood so hard I can feel it in my temples, my chest—can even see its pulse at the inner crook of my elbow. When I've tied a strap around my chest, keeping close tabs on my heart was interesting to my scientific side, but I discarded that practice quickly. We are running friends, after all, and constant monitoring isn't necessary with close friends.

My shadow jumps all around when I run, whether a sun shadow, a streetlamp shadow, or a moon shadow. Never breaking contact with my feet, my shadow is certainly a wonderful running partner. It is six feet, ten feet, then twelve feet tall, and then it bounces back, elastically, to snug up next to my shoes, before repeating its caper.

I think moonlight shadows are my favorite. It is always cooler, always clear, usually windless, and often quiet. We trot along, my moon shadow and I, running silently down the road. I look forward to that week, one in every four, when the full moon is still in the sky before dawn, and the following six days. Though the moon is waning, my moon shadow shortens a little each morning, becoming a closer friend.

Run alone? Not me. Never.



When Natalee Leggett first met Donna Deegan, she was inspired to run the very first 26.2 with Donna as the perfect girl's getaway. Little did she know this race would become very personal to her.

"The race course and the weather were great," Leggett recalls about that inaugural event in 2008 where she and a good friend participated. "But, we never expected to be so touched by all the people running for friends and family members and all the support on the course. It was like no other marathon we had run before."

Since then, the Jacksonville native and mother of three has run 19 marathons total, and this year will mark her 6th time stepping up to the festive 26.2 With Donna starting line.

"Running keeps me healthy physically, mentally and emotionally," Leggett says. "It's a great cure for the stresses and strains of life and the endorphins are wonderful." It's also an opportunity for that all-too-rare "me time" she adds. "Training for a marathon gives me hours of silence and solitude. Plenty of time to pray for family and friends."

Those thoughts and prayers include supporting women with breast cancer.

"Running for something that's bigger than me is a great way to stay motivated," Leggett explains about this devastating disease. "It seems to touch just about every family I know."

And now, it has touched her.

Much to Leggett's shock, with no family history, the 48-year-old was diagnosed with Stage 1 breast cancer last summer after finding a mass at her annual mammogram. Since then Leggett has had a lumpectomy with lymph nodes removed. She will also finish 33 radiation treatments this week.

As expected with anyone facing cancer, the journey has been emotional and anything but easy.

"When I was first diagnosed, it took my breath away," she explains. "I thought no one in my family has had breast cancer, this can't be right. I'm a very healthy person. Then I quickly remembered God is bigger than cancer and He is in control. 'I can do everything through him who gives me strength.'" (Phil 4:13)

Through it all, Leggett says running has been a constant in her life. As is the case for many runners, the comforting rhythm and cadence puts her at mind and body at ease. "Running has always been my get-away. A way to get away from the general stress of life. I count my blessings every day that I can put on my running shoes and head out for a run," she explains.

Even though stepping up to the starting line of the 26.2 With Donna this year will mark her 20th marathon overall, this particular race will likely be the most meaningful.

"Obviously, the Donna marathon will be more than just another marathon for me this year," she explains. "It won't just be a girl's getaway, but a time of reflection and appreciation. I'm appreciative of how events like the Donna bring life-saving awareness of breast cancer screening, which may have saved my life and the lives of many others."

She's also grateful to be toeing the line with thousands of other runners in Jacksonville Beach this February. "There have been tough days, but I feel very blessed to be running the Donna yet again!"

When asked what she wants to say to the hundreds of volunteers, supporters and crowds lining the course while she is running this year, Leggett emphatically says, "A big heartfelt thank you."

About 26.2 with Donna

The 7th Annual 26.2 with DONNA Marathon Weekend will be held February 22-23, 2014 on Florida's First Coast. Events include a 5K, Relay, Half and Full Marathon, Ultra Marathon, and two-day Health and Fitness Expo. For more information on DONNA events or to register, please visit www.breastcancermarathon.com.

The 26.2 with Donna mission is to passionately produce world-class events to raise funds for groundbreaking breast cancer research and empower those living with breast cancer. Seventy percent of all race proceeds go to the Mayo Clinic for bench top cancer research. Thirty percent of all race proceeds go to The Donna Foundation to help breast cancer patients with critical financial needs. For more information, visit www.breastcancermarathon.com.



John TenBroeck Memorial Winter Beach Run

10 Mile & 5 Mile

January 18, 2014 • 2:30 PM • Jacksonville Seawalk Pavilion

Presented by:



ENTRY FEES

	5M & 10M
Through January 11th	\$25.00
January 12th - January 17th	\$30.00
Race Day	\$35.00

- » Children under 13 and Adults 65+ pay \$15.00 through January 11th.
- » \$2.00 discount for **JTC Running** members through January 11th.
- » Sorry, there are **no refunds!**
- » Make checks out to Winter Beach Run and mail with entry form to: Winter Beach Run, 3931 Baymeadows Road, Jacksonville, FL 32217
- » Register Online at www.1stplacesports.com

PACKET PICK UP

Packets will be available at your selected 1st Place Sports location on **Thursday, January 16th** and **Friday, January 17th** from 10:00 AM–6:00 PM.

- 3931 Baymeadows Rd., Jacksonville, (904) 731-3676
- 2018 San Marco Blvd., Jacksonville, (904) 399-8880
- 424 South Third Street, Jax Beach, (904) 270-2221
- 2186 Park Avenue, Orange Park, (904) 264-3767
- 4870 Big Island Dr., Jacksonville, (904) 620-9991

All packets that are not picked up at the above location will be moved to the Seawalk Pavilion for race day pick up beginning an hour and a half before the race.

CHIP TIMING

The race will be timed using the **MyLaps Chip Timing System** (chip must be worn on your shoe or ankle during the race). Your entry fee covers the cost of the chip rental. If you have your own chip, you need to enter your chip number on the entry form, and deduct \$2.00 from the entry fee. You must cross the timing mats at the finish to be included in the results. If you own your own chip

and register race day, you **HAVE** to wear one of our chips! Do not wear your personal chip if you sign up on raceday!

AWARDS

10 Mile:

The 10 mile will be scored for the Jacksonville Grand Prix competition. Awards will be presented to the top three men and women overall and to the top three masters male and females. Age-group awards will be presented to the top 3 finishers in each of the following male and female age groups: 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 & over. The 10 mile awards will start at 3:00 PM.

5 Mile:

Awards will be presented to the 1st Place Overall Male and Female and top three in each age division above including 10 and under, and 11-13. The 10 and under and 11-13 age groups will be scored for the Grand Prix. The results will be posted on the internet the day after the race. The 5 mile awards will be presented at 2:30 PM.

THE COURSE

The course is out-and-back on the beach at low tide. The 5 mile and the 10 mile races will start together on the beach at 2:30 PM. Both races will run together heading north. The 10 mile course is 2.5 miles north, five miles south and 2.5 miles north to finish. The five mile will finish at the 5 mile mark of the ten mile race.

THE FINISH

Both races finish on the beach behind the Seawalk Pavilion. If you have attached the Timing Chip to your shoe, you will be automatically timed. Make sure that your chip is secured to your shoe. Don't lose it! Please return the chip prior to exiting the roped off area at the finish.

Our club hosted a panel discussion featuring six local “ultra” runners on Tuesday, October 15th, inside the 1st Place Sports store in Town Center. The six runners were seated at tables at one end of the store while the rest of us were sitting in several rows of chairs facing the panelists. It was an evening event that started at 7 and featured beverages and snacks (including outrageously fancy cupcakes) before the panel discussion. We did not charge an admission fee.

Sam Kouvaris was there along with a camera crew from Channel 4, taping a segment where they designated the Jacksonville Ultra Runners as the Team of the Week for The Local Station. The six ultra runners were Amy Costa, David Green, Kevin Marasco, Chris Roman, Kellie Smirnoff, and Andy Woods. All of them had previously run in ultra marathons and all of them plan to travel to Brazil in January to compete in the insanely arduous Brazil 135. It’s 135 miles, it’s up and down mountains, and it is in the summer in a near-equatorial country.

Each panelist briefly introduced him-or-herself, and then the panel discussion proceeded in a question-and-answer format. Questions from the audience of around 50 people varied from the training schedules of the athletes to what their ages are and how long they’ve been running. It was a fun evening of discussion with some of the greatest endurance athletes ever to live and train in our city. We plan to follow up by printing their results from the Brazil 135, which we think will be in our first newsletter of 2014.

Less than a month later, on November 7th, we hosted

a clinic on the topic of running safety. It was also inside 1st Place Sports Town Center and featured an instructional program by Todd Williams, who has won the Gate River Run five times and who has since created the RunSafer website, focused on providing safety advice to runners. The evening started with a group run at 6 p.m. Several safety-oriented vendors were there and let the runners try out their reflective and illuminated products. Following the run, JTC Running provided snacks and beverages for everyone who attended the free program.

When the program began, local attorney Chris Burns showed his PowerPoint presentation on bicycle safety. Chris’s talk was sobering as he told the crowd of around 50 that their lives are in danger whenever they go outside to exercise as our city is geared toward providing roadways for automobiles and is behind most other metropolitan areas in providing paths and trails that give runners and bicyclists a safe place to run or ride.

After that, Todd Williams gave his well-prepared session of examples and demonstrations that covered ways that a runner can prevent herself from being assaulted while running. He also showed the attendees techniques they can use if they are assaulted to escape from the dangerous situation and live to run another day. He has a website at www.runsafer.com that every runner should use as a resource in their effort to stay safe while outside exercising. The clinic on Nov. 7th was an evening filled with valuable insight and advice on the dangers we face as runners and cyclists, and what we can do to improve that situation.

Mark your Calendar!



**The John TenBroeck Memorial
Winter Beach Run, 10 and 5-Mile Races**
Saturday, January 18th, 2014
Enter Online at 1stPlaceSports.com



There's somethin' happenin' here,
What it is ain't exactly clear,
There's battle lines bein' drawn,
Nobody's right if everybody's wrong.

So the words went in that 1960's hippy, anti-establishment battle cry, the song by Buffalo Springfield titled For What It's Worth.

Now, battle lines have come to our sport, road racing. Dig in folks, this could be long and bloody. And just imagine; you thought Afganistan was a longwinded mess.

What's it all about? It all started when the Competitor Group, the same bunch who print the self-promotional magazine, Competitor, and organize a plethora of triathlons, women's half-marathons and marathons and half-marathons under the banner, Rock & Roll, decided to stop paying money as appearance fees or award money to any "elite" athlete in their "races."

This has inflamed the ire of many road race directors and track clubs.

Why? Private equity corporations, venture capitalists, see our sport as a good business opportunity, a place where they can make money, big money. These are the sorts of companies that own many of these money-spinners just like Competitor. They never cared about our sport before and they care little now. Business is their sport; we are nothing but customers to them.

I had a feeling this was coming. It was easy to see that as a targeted consumer group we runners were:

1. Better educated than the norm
2. Better employed. We had jobs, sometimes, good ones.
3. Spendable income. The big one; we had excess money that we could play with for such things as out-of-town expensive races.
4. They looked around and said, "There is a recession going on, tough times, whom might we exploit now?"

Pickings were slim, but the answer was obvious: Runners!

Track clubs and dyed-in-the-wool runners don't care much for this approach; they think it should be as it always has been, for and about the runners. They like to see their entry fees going back into the sport, the clubs, or to charity, not to a corporate conglomerate.

Does any of this mean anything to us locally? Richard Fannin, a JTC Running board member who has just been given the Allan Steinfeld award by USA Track & Field, is in charge of signing up the elite athletes for our Gate River Run. Fannin is aghast.

"I can't think of a single long-standing major race that does not have elite runners and prize money," he said.

He continued: "There have been a few, such as the Gasparilla Distance Classic in Tampa, that did away with prize money and an elite field but turned around a few years later and reinstated it."

"But they never brought it back to what it was and the race is not as good as it used to be," he concluded.

Fannin also recalled that the Cascade Run Off in Portland and the Midland Run in New Jersey were world-class races in the late 1970's and early 1980's. Both eliminated elite runners and now neither race exists.

"What's going on now is a dangerous phenomenon," Fannin said.

Doug Alred, runner, JTC Running board member, owner of 1st Place Sports, and race director of more than 70 races a year, including the Gate River Run, wrote in an email: "I totally agree with Richard (Fannin). Road Racing is a sport!! We have never conducted the Gate River Run to make a bunch of money. We stage the RACE to promote the sport of running and have an event that has all the ingredients of a great race. We have been fortunate to make money, but never at the expense of hosting a world-class event. It is competition that makes road racing a sport. Whether 'athletes' are running to win prize money, top 10% hats, or age-group awards they do it for the same reason. They want to compete. Without the competition road racing would just be a glorified walk. There is plenty of room for the social



aspects of a road race, but that should co-exist with the competitive side of the event.”

Alred went on: “We live in dangerous times for road racing. Many newcomers care little about the history of the sport. It is important that running clubs stay true to the sport and stress competition. As long as I have anything to do with the GRR, it will always be about the competition. It was the lure of competition that attracted me to road racing. It is hard to imagine what a race would be like without the timing, results, and awards ceremonies. The next thing you know the Competitor Group will start trying to convince runners that they do not need results. They can save a bundle the way the color runs do with their ‘it’s about the fun’ theme.”

It certainly can’t be considered good as far as America’s Olympic hopes go. If prize money dries up and appearance fees go with it, our distance runners will have an even harder task catching up. One of the reasons why the Gate River Run became the national 15k championship race was to put the prize money into the hands of American runners to help them financially sustain themselves during their many years of training. Foreign runners were not eliminated from the race they just couldn’t take any of the prize money. Consequently, they quit coming and the Gate River Run money helped to develop champions like, Meb Keflezighi and Deena Kastor.

Fannin bears no grudge: “I have a job in the financial sector myself, and I have nothing against people making money, that’s America, but I don’t want to do away with prize money or elite athletes.”

“I’m a numbers guy,” he said, “and if people pay forty dollars to run the Gate River Run then it would take an extra 2500 runners to cover the cost of the \$100,000 we pay the elites in expenses and winnings.”

“Does having an elite field attract 2,500 runners? I’ll admit it is hard to measure but I think it does. So therefore, the elite field pays for itself,” he reasoned.

Here is a story written by Mary Pilon which appeared in the (New York) Times Digest on October 3rd, titled: Race Organizer Ends Payment to Elite Runners, Drawing Outcry

The sport of road running has long supported its top athletes with appearance fees. Come run our race, and you will be paid something regardless of your performance – that’s the model. The fees are a crucial source of revenue for those runners.

But the days of being paid just for showing up may soon be ending, thanks to a recent surprise competitor: private equity.

Competitor Group: the organizer of more than 80 high-profile events around the world, recently announced that it would no longer pay appearance fees to elite athletes. The decision by Competitor Group, which is owned by the private equity firm Calera Capital, was met with indignation and might leave some holes at the front of the pack during the fall marathon season.

As private equity groups have aggressively gained control of significant portions of this niche industry, old methods often are dispassionately cast aside if they do not help the bottom line. “It’s the coldhearted reality of sports marketing,” said Competitor Group’s chief executive, Scott Dickey.

The decision roiled those in the road running industry who believe the struggling sport needs more money, not less, for its top athletes. Appearance fees range widely from race to race – some major events pay runners tens of thousands of dollars. Some runners earn a large portion of their income from fees, while others receive most of their income from sponsors.

“It’s absolutely ridiculous,” David Wallace, a race organizer in Chicago, said of Competitor Group’s decision. Wallace, on his blog, called for a boycott of the company’s events.

Competitor Group’s acquisition by Calera Capital in December was the latest sign of interest in endurance events from high finance. Providence Equity Partners



owns the popular Ironman Triathlon. Berkshire Hathaway controls the shoe and apparel company Brooks Sports, and Fireman Capital Partners reportedly pumped \$20 million into the Newton Running shoe company.

Road races and triathlons can be lucrative. Distance events – marathons, half-marathons, triathlons and Ironman competitions – have soared in popularity. The participants tend to wield vast disposable income, making the events appealing to outside investors. But critics complain that the infusion of money has been funneled away from top-tier athletes.

Appearance fees have long been used to attract elite runners who can add credibility to a race. But some race organizers seem to be concluding that their money is best spent on the swelling masses of recreational runners, most of whom pay little attention to the front-runners.

In a telephone conversation with noted athletics writer, Toni Reavis, Competitor Group CEO, Scott Dickey, defended his company's move by saying, "This (modern running movement) has been a fairly consistent textbook case of the sophisticated building of a hobby to a sport to a business, with negatives and positives, for sure. But private equity brings influence, impact, and stature to the sport."

Reavis countered that while private equity might bring

those things to the activity of running it quite evidently doesn't bring them to the sport of running, or else Competitor Group wouldn't have pulled away from the competitive side of the equation.

Dickey continued: "There has been a festival-ization of sport where mass participation is just as important as sport, where TV and sponsors get a return on their investment. But we're not talking to Tony Romo on the field, but to the 70,000 Dallas Cowboy fans in the stands. But our fans are not in the stands, and that is what makes running unique. It has been very difficult to scale elite competitions, and sponsors don't care about elite runners. Yet we have been demonized for our decision while we have spent millions, and still cover the elites on Competitor.com, which has not been taken into consideration."

Despite the "festival-ization" of road racing and the undeniable fact that running has, for some, become big business, the Gate River Run is not about to cave in to the unwelcomed trend. Richard Fannin perhaps said it best: "Thirty years ago, the original vision of the Gate River Run was to be a world-class competitive race. That is not going to change."

Mark your Calendar!



The Gala Event of the Holiday Season!

JTC Running's Christmas Social

Saturday, December 7th, 6:30 PM

1st Place Sports Store, San Marco Plaza



Minimalism, in its purest form, has begun its inevitable decline. Once touted as the be-all and end-all to all running pain, minimalism has landed on hard times. Yes, pun intended. Hard hurts, and there is only so much hurt that even the most zealous seeker of the truth will accept.

Less of a shoe can cut down on numerous levers that may plague more conventional shoes. Or, should I say, those running in those shoes. Simpler is the easy way to allow the body to function from a more biomechanically sound position. In particular, flatter shoes seem to help low back and knee pain. But the lack of cushioning caused its own set of problems in runners. So did lowering the heel too much. What began showing up more and more were metatarsal fractures, general foot pain due to added stress on tendons and ligaments, fat pad deterioration as well as Achilles and calf pain. To this point, I met a woman who was complaining of fairly intense, general foot pain. She wore a non-cushioned shoe for three months and decided to go back to a more cushioned shoe. To make a long story short, and much to her great dismay, her foot structure broke down so much that her new shoe size was now 3 sizes larger and a width wider. Minimal shoes were supposed to be more natural but it seemed everyone forgot that sidewalks and roads are not. If you prefer a light-weight shoe with more “feel” try the Brooks Pure line of shoes. You will probably find one that suits both your stability level and foot shape needs and enough cushioning to protect those delicate foot structures.

So now, where do the 15% of runners go, who must have the latest and greatest? Well, we know that comfort always sells; soft sells; and new sells. It didn't take long for someone to come up with what seems to be the ultimate cushioned shoe. Hoka began showing up in some running stores in recent weeks. Big, fat and spongy, it looks like it will add about three inches to your height. Talk about the opposite spectrum to minimalism! It is garnishing a lot of attention, so we will soon see where it goes.

Although more conventional, Brooks will be offering a new shoe next February which will be the most cushioned in the line, the Transcend. Selling for \$160,

it is advertised to offer adaptable and customized cushioning for your own individual weight and gait while allowing you to run the way YOU run. Along with a multitude of new tech features, the shoe includes “guide rails” which only come into play when they sense your foot veering off-course. It will be interesting to see just how many different runners this shoe will accommodate.

For those who continue to wear mainstream running shoes, you are in the majority. Find a good one and stick with it as long as nothing hurts. But it is nice to experiment with something new once in a while. If you do, just use common sense. Maybe the next “new technology” will really revolutionize the running industry. Odds are against it, though. Happily, it seems that we will always have “normal” shoes to fall back on.

Yes, comfort and cushion are back, but shoes are only the beginning. If you want the ultimate in comfort consider some nicely padded Thorlo socks and a well-cushioned Spenco orthotic. Thorlos help keep your natural fat pads from breaking down and act to replace them when they have. General foot pain can often be caused by inflamed nerves in the bottom of the feet which can easily be helped with more cushioning and generously padded socks. Cushioned orthotics spread your body weight over a larger 3-dimensional surface area to eliminate point-pressures on the bottoms of the feet. The combination of both padded socks and cushioned orthotics help align your body structures and reduce shock and wear and tear in the cartilage and cushioning structures of your joints, especially the knees and back.

Always ask your salesperson if he or she can recommend anything that may help you feel better or more comfortable and improve your running experience. Take your time and try different products. You probably don't know what you are missing.

The convention is held in a different city every year. This year it was in Albuquerque, New Mexico, which has the highest elevation of any metropolitan city in the country. Their airport code is ABQ, so for the rest of this article, I'm going to use ABQ as short for Albuquerque. If you would like to visit a place that is WAY different from Jacksonville, you should consider ABQ. It's so interesting. The humidity is only 10 percent or so, the



Thanksgiving approaches as I write, Christmas is around the corner as you read, so it seems the right time to take an inventory of the blessings that 35 years of running have bestowed on me.

First of all, without running, I'd probably be a fat, drunken slob. Or all of those to a greater degree than now. But I was lucky that running found me just about the time I'd given up any hope of being a decent tennis player or of finding a tolerant and equally mediocre playing partner.

It might have eventually happened in my 30s or 40s or even 50s. Luckily, I came upon the sport in my 20s. And the way of life.

Running not only allows you to feel good about yourself and to discover things about yourself. It directs you to eat well, even the right foods, and if you approach it with any degree of conviction, it gives you something better to do than hang out in bars. (There's no better antidote to excessive revelry than the memory of a run the morning after.)

I can't imagine that I'd have as many friends if it weren't for running. Only a couple of people can I call close friends, but when I go to a running event, whether a race or a social, I am reminded that I know and enjoy the company of many kindred spirits.

Our Last Gasp on Dec. 21 is a great chance to see people I haven't seen all year, or in several years, and its place on the calendar lends a festive spirit to the occasion. It's as good a holiday party as I get to. So even though I've retired from running it, Lamar Strother can always count me to volunteer to earn my way into the postrace party.

Running enabled me to see parts of Jacksonville I might never have seen without running the River Run and the Summer Beach Run before I accepted a job here.

I have run in 36 states and at least two Canadian provinces, and have run races in 22 of them and the District of Columbia. In a four-week period in the summer of 2002, I participated in events that were held or finished on the shores of the Atlantic, the Pacific and the Gulf of Mexico.

Representing JTC Running in RRCA conventions has offered me a chance to run in Pennsylvania, Tennessee, Colorado,

Washington (state and city) and Idaho and to meet runners from all over the country. One of them gave me the chance to run three times on his team in the Hood to Coast Relay in Oregon.

Those last 14 states? Vacations waiting to be enjoyed, I hope. Thirty-six states may not seem all that impressive anymore with the "50 marathons in 50 states" mania, but how many runners get such an opportunity -- and don't have to run marathons to do it?

I have finished one marathon, and note the verb. A 17-mile run, followed by a 9.2-mile survival hike doesn't quite seem like running a marathon.

I recently came across a picture of that finish at the Orange Bowl Marathon Jan. 12, 1980. Once I got beyond marveling over how much hair and how little body fat I once had, the reality of that day comes back to me and I recall what Billy Crystal's Fernando character on "Saturday Night Live" used to say: "It is better to look good than to feel good."

I did not feel marvelous, that's for sure. That, and a couple of other aborted entries into the marathon, were enough to make clear that I'm not a marathoner. I suppose I don't know what I'm missing, doing it the right way and finishing on the run, but I don't need another marathon to legitimize my claim on calling myself a runner. There have always been shorter races that offered enough of a challenge.

It'd be great if at this point I could say running led me to the love of my life. Can't do it. (Not yet anyway.) She might've been out there and I was too consumed with my own time or still not quite self-confident enough to see it and go for it. Running may sharpen our senses, but maybe not our common sense. Or eyesight. It wasn't that long ago that I finally started dating runners, and it was fun and seemed like what I should have been doing all along. But when each of them disappeared from my social calendar, they also seemed to vanish from the running scene. At least mine. I hope they haven't quit.

So running can't do everything for you. Some of it is up to you. But it does offer opportunities: to meet people, to go places, to discover that you're capable of accomplishments you'd never dreamed were within your reach. That can't be wrapped up and placed under a tree, or added to your last paycheck of the year. But what a gift.



Adrenaline Has The Sales, But Guide Has The Adrenaline

Sometimes it seems like the running shoe game isn't much different from the automobile industry or the fashion business. Cars and trucks get tiny tweaks and minor changes every year, whether they need them or not, just so the manufacturers can say "the great new 2014 model." The fancy designer label fashion houses say "this is what you will be wearing next spring" and "these are the colors of your clothes next summer, look for a lot of cantaloupe."

But what if I don't want to be covered in cantaloupe? Oh, you say you don't particularly care for neon lime green? Well, too bad, here it is anyway.

Surely that new grille on the front of that sedan can't jump the price up by \$3,000?! Oh, yes sir, it can and did.

Point is, every shoe model now changes at a certain time of every year. Most of the time the changes are so small that you can't even detect them. It gives the manufacturers an opportunity to have their new though old shoe model get a another free review in Runner's World magazine and it gives them the chance to raise the retail price. Quite a game.

November is a big month for running shoe "change overs", as we call them. The companies prefer to use the phrase, "updates." In actual fact, running specialty stores get a flying start over the villainous "big box" stores like, Dick's, Sports Authority and Academy. Specialty stores receive the new models in October and November; the big guys don't get them until January.

November is important because that is when some of the biggest sellers, especially in the stability category, change over. You know the ones: Nike Structure, Mizuno Inspire (and its neutral sidekick, the Wave Rider), Asics 1000, 2000 and Kayano, New Balance 860 and the two big boys, the Brooks Adrenaline and Saucony Guide.

According to Leisure Trends Group, the market research company that tracks running shoe sales, among other things, the Saucony Guide has now eclipsed the Asics

2000 (formerly the 2170 and undisputed king of the hill just a few years ago) in sales and is now the number two-selling running shoe in the USA.

Just over a year ago the Brooks Adrenaline overtook the Asics 2170/2000 and became the number one. It was knocking on the door for years and when Asics had supply problems the Adrenaline took advantage of the situation, the king was dead, long live the king.

I can remember when the first Adrenaline was released. It wasn't much of a shoe, in fact, it seemed like nearly every time we sold a pair the shoes came back and this went on for the first few years of the shoe's life. "Another unhappy Adrenaline user," I thought. "Wonder why Brooks doesn't just give up on this model?" But Brooks didn't and for once a shoe company made gradual tweaks and improvements that made a positive difference. Eventually the Adrenaline became a very formidable model. It was Brooks' runaway bestseller, far outpacing its other big dog, the Beast.

We are now on the Adrenaline 14; that means the shoe is 13 years old. Ever since the shoe really took off the company has made very few major changes. When you have a model dialed in the way Brooks has, why mess it up? So many other companies have done just that and Brooks appears to have learned from the others' blunders.

Because the shoe is so successful, Brooks offers the Adrenaline in a range of widths, so you can always get a good fit. Colors? Another smart move from Brooks; they offer the shoes in a bland, as we say "safe", color, a "pop" color for the adventurous and even an all-black for the service industry, you know, mailmen, UPS delivery guys. Brooks has every base covered with its flagship shoe. Prices have inched up gradually since the days when the Adrenaline was an 85-buck pair of shoes. The Adrenaline 14 goes for \$120.

Meanwhile, Saucony have just released the new Guide 7. This is another company flagship model, their bestseller. Whereas the Brooks Adrenaline is designed for the moderate to extreme over-pronator, the Guide is more for the mild to moderate over-pronator. That means it catches a whole bunch of runners and appeals to a lot of



people. Saucony is selling this shoe like chocolate and its consumers are coming back for more and more.

A couple of years ago, with the Guide 5, Saucony lowered the shoe's drop, the difference from its heel height to its forefoot thickness. Typically, running shoes have been 24-millimeters in the heel and 12 millimeters in the forefoot. Saucony altered the Guide's drop from 24/12 to 20/12, 12 millimeters to 8 millimeters. Most people never even noticed, or maybe they did and preferred it. In any case, the shoe's sales did nothing but increase. Now, it is number 2, nationwide.

Like the Adrenaline, the Guide is available in a variety of widths and colors. It sells so well that Saucony never change it much in order not to shoot themselves in

the foot. The Guide 7 features Saucony's full length PowerGrid, an extra layer of EVA foam for enhanced cushioning. Increased flex grooves in the lateral (outside) edge of the forefoot for more flexibility and flex grooves in the lateral side of the heel for a smoother transition from heel to toe.

Unknown to each other, Brooks and Saucony have both been refining lateral heel flex grooves for a better ride. Now, more by accident than plan, the two companies have arrived at the same time with similar technologies.

The Guide has lost weight; the new Guide 7 weighs only 10 ounces in a men's size 9, but its price has gained some. It used to be \$110, now it's \$120.

Mark your Calendar!



JTC Running's Cross-Country Classic!
The Last Gasp 5k and Free Kids 1-Mile
Saturday, December 21st, 1:30PM/2PM
Entry Form In This Issue

Now Everyone Knows How Great He Is!
Gate River Run Officer, Richard Fannin
Has Won the 2013 Allan Steinfeld Award
Way To Go, Richard - And Thanks!



Well, well, it seems the current brouhaha over prize money to elite athletes is nothing new. I unearthed this piece written by Mark Coogan, a member of the US World Championships 5000-meters team. It appeared in The Starting Line in August 1995.

The Positives of American Money in Road Races June 7, 1995

Over the past two years there has been an increase in prize money paid to Americans in a handful of road races across the U.S. Does this hurt or compromise American distance running in the States?

It is very obvious that Americans are running faster today than they have in recent memory. In every event from 3,000 meters on the track, right through the marathon, we have had major breakthroughs. We have seen near American records at the steeplechase, the 5,000 and the 10,000 on the track. The American record has fallen at 15k on the roads, and the marathon. Americans have medaled in the marathon at the World Championships and the Pan American Games. Once again, are Americans running better now than over the past five years? Do the sponsors get more or less from helping to promote American distance running? For example, the sponsors of the Gate River Run in Jacksonville must be happy to see their sponsorship be directly involved in helping Americans run faster and now have the ability to win medals in Atlanta. The River Run has allowed us to make an excellent payday. But, more importantly, it has allowed us to not have to over race and compromise our careers by being mediocre all of the time. If Todd Williams did not have a race like Jacksonville to run, do you think he would be able to set up a race in Knoxville for the fastest 10k ever run in the U.S.? He probably would have gone to Cherry Blossom to pay his bills. There are too many examples of athletes like Todd Williams. The Gate River Run has had a direct influence

in helping American athletes prepare for Atlanta.

It is becoming evident that when Americans get an opportunity to peak we can run with the best runners in the world. A good example of this is the two-mile at the Pre Meet. Two of the top Kenyans were in the race, but Americans went 1-2-3. I think the reason we took the top three spots was that we were not over-raced. The American prizes won earlier in the year allowed us to focus and point to the Pre race. I have also raced in Europe many times and I have seen first-hand how European athletes racing in their own countries get treated. They are paid more and often they are treated better than a person from another country with the same credentials.

I believe it is not a shoe company's responsibility to take care of every athlete. Running shoe companies do have some moral responsibility to the sport but they should not be the sole sponsors of running in America. That is why I feel it is a good decision when a road race wants to encourage prize money for Americans. There has to be a way to make money without over-racing and jeopardizing a career. Bill Rodgers once said, "Nobody working 40 hours a week is going to beat me."

Being part of America's distance running community, I know that Americans do not want everything handed to us. By being a distance runner and making a career out of it we have decided to work extremely hard. We all understand that the harder we can train without breaking down the faster we can run. This is why we enjoy races that have both American and Open prize money as well as those races that do not have any special American prizes. I think an American will win a medal in the marathon in Atlanta and also be on the victory stand in the Boston Marathon in the not too distant future. A lot of our success will be from the races that encourage American support.





36TH ANNUAL THE LAST GASP



3.1 MILE CROSS COUNTRY RACE
Saturday, December 21st, 2013
FREE KIDS CROSS COUNTRY RUN AT 1:30 PM
AT JACKSONVILLE UNIVERSITY

ENTRIES: Early registration \$15 (JTC Members \$13) race day \$20 for all. Mail your entry to: The Last Gasp, 439 Osprey Key, Atlantic Beach, FL 32233. Make checks payable to: JTC Running. Entries accepted at the starting line (baseball stadium) on race day between 12:30 and 1:45 PM.

COURSE: The course consists of two laps over grass, dirt, hills and golf course. Spikes may be worn.

AWARDS: Trophies to first open and master male and female. Special awards to top 10 men, and top 5 women finishers overall. Awards to top 3 in each of the following age groups: 13 and under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.

TEAM COMPETITION: 5 to run (max), 4 to score. Usual cross-country scoring. All team members must be registered individually. Awards to overall teams in 2 categories; men's open, women's open. Team registration day of race.

SWEAT SHIRTS: A High Quality, Colorful, Sweat-shirt will be given to the first 80 registrants. Shirts are guaranteed on race day if registration has been received by 12/06/13

POST RACE PARTY: A party will be held in conjunction with the awards presentation from 3:30 until 6:30 p.m. at The Scoreboard Sports Bar & Grill at 6051 Merrill Road.



Herb Taskett, Race Director - for further information call: 372-0509



THE LAST GASP ENTRY FORM

Name _____ Age (on race day) _____ Sex _____

Address _____ City _____ State _____ Zip _____

Enclosed is \$ _____, JTC Member Number _____ Shirt size; **M** **L** **XL**

Do you want us to send you a membership description and an application to the JTC Running Club? Yes No
In case of unforeseen circumstances, the race may be postponed or cancelled at the race director's discretion. No entry fees will be refunded.

Editor: Bob Fernee
Designer: Amanda Mason

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

Deadline for inclusion in Jan/Feb 2014 issue is Jan 10.
No Exceptions!

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Weekly Training Runs

Sunday, 6:00 am, 1st Place Sports, Town Center.
Long-distance runs.
Contact: 620-9991.

Sunday, 6:30 am, Atlantic Beach: Atlantic Blvd. &
1st Street, 5-10 miles.
Contact: Linda White at (H) 246-2137 (C) 662-4928

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

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

Sunday, 7:00 am, Jacksonville Running Company,
All Levels, 3+ miles
Contact: bobby@jacksonvillerunningcompany.com

Monday, 6:30 pm, World of Beer group run, 2+ miles
Contact: chris@jacksonvillerunningcompany.com

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

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

Tuesday, 6:00 pm, 1st Place Sports on Baymeadows: 3 to 6
miles, all abilities.

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

Tuesday 6:30PM, St. Vincent's Southside, Belfort Rd.,
formerly St. Luke's Hospital. Good Beginners run.
Contact: Loretta@jacksonvillerunningcompany.com

Wednesday, 6:30 pm, San Marco: 1st Place Sports, 3-6 miles,
399-8880

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

Wednesday 6:30PM, Jax Beach, 1st Place Sports,
Various runs intended to make you improve.
Simon@1stplacesports.com

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

Thursday, 6:30PM, St. Vincent's Riverside Run/Walk,
great for Beginners, Riverwalk and King St.
Contact: Loretta@jacksonvillerunningcompany.com

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

Thursday, 6:00 pm, Town Center Mall, 3-6 miles,
1st Place Sports, 620-9991

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

Visit JTCRunning.com for more information.