

# THE STARTING LINE



JTC Running Christmas Party December 8th -  
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Runner Reaches Out - From the Grave!

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Best Thing Yet, Hypnosis!

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# Letter from the Editor: Bob Fernee

It is busy time for the good old track club. First we have our annual Christmas party gala on Saturday night, December the 8th at 6:30. This is a really great bash. Anybody who is anybody or wants to be anybody is there. All of your track club friends and many more will be in attendance and it will be a party that you will not want to miss. Oh, did I mention that it is free? Well, it is.

To make it all the more special and memorable, the annual yuletide extravaganza, San Marco Holiday Magic, will be going on in the delightful neighborhood by the same name. They do it up right, with all kinds of goings-on for everyone. Traffic is blocked off and the decorations are amazing.

All this coincides with a fine fun run for all the family, the Festival of Lights 5k and 1-Mile for Kids. You and your family can do both runs and then walk down the street for our club's party. Mark your calendars and make no excuses.

Afterwards, something called Christmas occurs and we wish you a merry one. Then it is back to running and our 36th annual cross-country classic, The Last Gasp, is bound to please. For only the second time the event also features our 1-Mile Kids Cross-Country Sampler, the race to set your kids on the glorious path of cross-country running. It doesn't get any better than that.

Entry fee for the 5k Gasp is low but has all the accoutrements and the kids' run is absolutely free. It takes place on the campus of Jacksonville University on Saturday, December 29th. The kids' run is at 1:30 PM and the 5k afterwards at 2:00.

The races are followed by, yes, another party! You can't afford to miss it; so mark your calendars.

Another month, another race: The John Tenbroeck Memorial Winter Beach Run; takes place on Sunday, January 13, 2013. As usual the event features the classic 10-mile race, the world's original tough guy bust-a-gut beach brawler, as well as its pint-sized sibling, the 5-miler. Now come on, you're not going to sign up for that wimpy thing, are you? I expect you to be there and I look for you to sign up for the one and only, 10-miler.

This year, long-sleeved tech shirts for all runners; and of course, party afterwards.

Before you know it the Gate River Run will be upon us. This year's GRR takes place on Saturday, March 9, 2013. We have all the usual offerings: The Florida Times Union

5k Run/Walk for Charity, the adidas Junior River Run, the JTC Running Diaper Dash (some of us are getting so old that soon we will have to include a Depends Diaper Dash), and, of course, the Gate River Run, the USA 15k National Championship. But guess what? No paper entries this year. All entries will be done on-line only.

Speaking of the Gate River Run. I think we should begin the race with our exalted 'Streakers'. Yes, those intrepid, never-say-die, men and women who have completed every single River Run. Why not? It's so easy.

Streakers go up to the front of the pack for photos, as usual, but instead of the Streakers slinking back into the depths of the pack, they not only stay up front but start running 30-seconds before the race cannon blasts. Once introduced, the Streakers can wave to the adoring crowd, maybe even blow a few kisses and drink in the adoration that is coming to them, then it is down to business.

The Streakers can move over to one side of the road to get out of the way (and to avoid being trampled!). This will provide our noble Streakers the distinction that they truly deserve.

There is a ground swell, an international movement to make this 'Streaker's Dream' a reality. You can help out, make your voice heard. Log onto; [letthestreakersgo@slowoldslugs.org](mailto:letthestreakersgo@slowoldslugs.org).

People, this is something that must happen for Gate River Run 2013 and for every future GRR (or, for as long as there is a Streaker, which ever comes first).

One of our members asked that I mention a fund-raising event that he is involved in and so here goes. It is a 5k and 2.5k in aid of Seabreeze Elementary School PTA that takes place on January 19, 2013 at 9:30 AM. The event is called the Running of the Seahorses and it takes place on the sands of Jacksonville Beach. It is a worth cause so please go out and support it. For more information, log onto; [runningoftheseahorses@gmail.com](mailto:runningoftheseahorses@gmail.com).

I have self-proclaimed December to be our club's Running Safety Month. That's partly because we missed the National Running Safety Month that was November. As I write this, a lady runner, visiting from Charleston, SC, was hit by a truck last week on Ponte Vedra Blvd. and is in critical condition in Shands Hospital. It is not safe out there, be careful.

To all track club members I wish a merry Christmas and a Happy New Year. May you have health and happiness now and throughout the coming year. Many thanks to everyone who has contributed to our newsletter-you guys and gals are great!

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## PRESIDENT'S MESSAGE:

Greetings!

I'm afraid this issue's president's message will be a bit short. I am writing the day after my column's due date sitting in my room at the wonderful Shangri-La hotel in New Delhi, India. Judy and I arrived last night, two days late due to flight cancelations at Newark due to the winter storm that followed a week after Hurricane Sandy heavily damaged the region. Ask me sometime how far south we had to go to find a hotel room that Wednesday night...but I digress.

By the time you are reading this we are back in Jax after visiting seven cities in India, north to south, east to west on a wonderful return visit to one of the most diverse and interesting countries on the planet.

In the realm of JTC Running I'd like you to keep in mind three things as the holidays approach. First is the Club's winter social at First Place Sports San Marco store the evening of December 8. It is a wonderful evening for the whole family. The Square is closed off for vehicle traffic and filled with festive events around the Festival of Lights 5k. We'd like to see you there. Second is the Club's night to prepare and serve dinner at the Sulzbacher shelter for the homeless December 22. There may be a few slots still open as you read this. See details elsewhere in the

newsletter or on our website or Facebook page. Get into the true Christmas spirit by joining us in helping some of the most needy. Third, the running year ends with the Club's traditional Last Gasp cross country race on Saturday, December 29 at 2:00 pm. If you haven't seen JU's progress in revamping their river front property you are missing out. That soggy ex-golf course is a beautiful green space suitable for many outdoor events and we are lucky to have the venue for our race. Come out and join us!



# JTCRunning Board of Directors

## **President**

Larry Roberts  
Phone ..... (904) 731-4852  
Cell ..... (904) 703-5451  
lawhar17@comcast.net

## **Vice President**

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

## **Treasurer**

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

## **Secretary**

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

## **Doug Alred**

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

## **Jane Alred**

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

## **Margaret Barton**

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

## **Colleen Clarson**

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

## **Richard Fannin**

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

## **Bob Fernee**

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

## **Carol Fitzsimmons**

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

## **Mac Kelly**

Phone ..... (904) 537-9197  
berniesmack@gmail.com

## **Franz Lerch**

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

## **Stan Lambert**

Phone ..... (904) 608-7660  
seminolestan@yahoo.com

## **David Moritz**

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

## **Amanda Napolitano**

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

## **Mark Ryan**

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

## **Lamar Strother**

Phone ..... (904) 388-7860

## **Stuart Toomey**

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

## **Jim VanCleave**

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

Let My People Go!  
Let Streakers Start First  
Join the Worldwide Petition  
Streakersfirst@slowoldslugs.org



# New/Renewing Members - Sept/Oct

Ruth Augenstein	Alice Eng	Quang Pham
Bridget & Ed Booth	Debbie Estanislaio	Jay Robinson
Larry Branz	Jim & Claire Fawcett	Mark Ryan
Karen Brown	Billy Fehrs	Eric Sanford
Kelly & Rodney Brown	Claudia French	Derrick Schimcek
Kristelle Bautista	Fred & Pat Gaudios	Scott Seibler
Rushton Callaghan	Gary Harlow	Ryan Shores
Lamar Campbell	Jack Harper	Dee Sittig
Robert & Mike Carr	Ernie Heishman	P. Jeremy Smith
Giselle & Jeff Carson	JoAnn Holland	Regina Taylor
Gary & Stephanie Castner	Kevin & Kathleen Jenkins	Ronda Thompson
Greg Causseaux	Charles & Kathy Lechner	Richard van Brederode
Michael & Sheila DelCharco	Sharon & Steve Lucie	Robert & Patti Welch
Dianne & Christy DeLay	James Marsh	Thomas Wylie
Lauren Diaz	Mauri Mizrahi	Tracy Yates
Thomas Dominy	Scott & Becky Motley	Robert Young
Glenn & Sheri Dowdy	David & Marilyn Ohnsman	Terence Youngblood
Chris & Joyce Durden		

## **The Gala Event of the Holiday Season**

JTC Running's Christmas Party

Saturday, December 8, 6:30 PM

1st Place Sports store, 2016 San Marco Blvd.

Free! Food, Booze, Prizes! Free!



# John TenBroeck Memorial Winter Beach Run

Presented by:



## 10 Mile & 5 Mile 2:30 PM

### January 13, 2013

### Jacksonville Beach Seawalk Pavilion

## LONG SLEEVE TECHNICAL SHIRTS TO ALL ENTRANTS

### ENTRY FEES

	5M & 10M
Until January 5th .....	\$25.00
January 6th - January 12th .....	\$30.00
Race Day .....	\$35.00

- » Children under 13 and Adults 65+ pay \$15.00 until raceday!
- » \$2.00 discount for **JTC Running** members until January 5th
- » 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](http://www.1stplacesports.com)

### PACKET PICK UP

Be sure and check the box on the entry form where you plan to pick up your packet. Packets will be available at the following 1st Place Sports locations on **Friday, January 11th** and **Saturday, January 12th** from 10:00 AM-6:00 PM.

- 3931 Baymeadows Rd., Jacksonville, (904) 731-3676
- 2016 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 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, 70-74, 75-79, 80+.
- » **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 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.

### FOR MORE RACE INFORMATION

- » Visit [www.1stplacesports.com](http://www.1stplacesports.com)
- » Call our Race Hotline: (904) 731-1900

### JACKSONVILLE GRAND PRIX EVENT



## SPONSORS



### JOIN JTC RUNNING! MEMBER BENEFITS INCLUDE:

- » \$2.00 entry fee discounts on your entry in the Gate River Run, Winter Beach Run, Summer Beach Run, and Last Gasp
  - » Discount on your purchases at local stores
- » A monthly newsletter with race schedule, training tips and lots more
  - » Group Runs & Social Meetings
- » Sign up using the form below and deduct \$2.00 on this entry!



Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_

Zipcode \_\_\_\_\_

Phone Number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Email Address: \_\_\_\_\_

Membership Status: \_\_\_\_\_ New \_\_\_\_\_ Renewing

Membership Type: \_\_\_\_\_ \$20 Annual Individual \_\_\_\_\_ \$25 Annual Family  
 \_\_\_\_\_ \$50 3-year Individual \_\_\_\_\_ \$65 3-year Family

List Family Members and Ages (Family Memberships Only):

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

### WINTER BEACH RUN

**Official Entry Form January 13, 2013**

Please indicate where you plan to pickup your race packet:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baymeadows	Jax Beach	Orange Park	San Marco	Town Center	Day of Race

Official Use Only

	M	F
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		M	F
First Name	Last Name	Age on Race Day	Sex

Street Address	Apt. #	ChampionChip Number	

City	State	Zipcode	Please Mark One: <input type="checkbox"/> 10 Mile <input type="checkbox"/> 5 Mile

YL	S	M	L	X

Technical Shirt Size: Circle One

Cell Phone Number	Email Address

If you are a CURRENT JTC Running Member, fill in to receive discount:

JTC Running Club Card Number

\_\_\_\_\_

Entry Fee	\$ _____
Chip Owner	\$ _____
Deduct \$2.00	\$ _____
JTC Member	\$ _____
Deduct \$2.00	\$ _____
TOTAL AMOUNT:	\$ _____

Method of Payment:  Cash  Check  Credit

Make Checks Payable to Winter Beach Run and mail to: 3931 Baymeadows Rd., Jacksonville, FL 32217

I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race. I also understand that I must return the ChampionChip transponder, if requested or I will be billed \$30.00 as replacement cost. I also understand that if this event is canceled or rescheduled for any reason beyond the control of race management that my entry fee will not be refunded. I grant permission for this event's organizers to take pictures of me during this event and agree for this event to use any photos of me that may be taken during my participation. I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Organizers of this event and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Please sign here. (Parent must sign if participant is under 18 years of age)

Date Signed \_\_\_\_\_



# Benefits of Running Camp: Feedback from JTC Running Scholarship Recipients

Written by: Margaret Barton

JTC Running Board members voted unanimously to increase the number of running camp scholarships this year. Nineteen scholarships were awarded to students from local area high schools to attend running camps in North Carolina and Georgia over the summer. Students reported many benefits including first-rate training, teambuilding opportunities, motivational speakers, nutritional advice and many other opportunities for physical, social, and emotional growth.

Below is a sampling of their feedback. Thanks to the students for sharing their experiences with us...

"...I was immersed in an environment that allowed me to hone my skills and further develop a greater passion for this sport... We participated in many challenge games that forced us to be more unified as a team and forced us to communicate more to accomplish a goal...As the team and I come back to Jacksonville and into a brand new cross country season, we are left with a greater insight on running and a week of intense training that will follow us into a successful season...the memories that were made will not be forgotten. Thank you JTC Running...! -Jeremy

Brevard Distance Running Camp was definitely the best week of my summer by far. Every day at Brevard was an unforgettable moment. In the mornings we had the option of a jog, yoga, pilates, zumba and much more. In the afternoons we had our trail runs which were quite challenging. We made every run hard to challenge ourselves to become better runners and to be prepared for the cross country season. My favorite trail was Hooker Falls because we got to jump into the water at the end and John's rock because we all dress up to run it. The view of John's rock was amazing! It looked like the clouds were right in front of us because we were so up high. Thank you to JTC Running for making this experience extraordinary!! -Isabella

[After an injury last year resulting from lack of preparation], "I was determined to never feel that same sense of indignation and humiliation associated with not giving it my all. This year was a different story...I was in the best share of my life and ready for anything and everything. The two years were almost exact opposites, yet both were rewarding in their own way. In the words of Greek philosopher Heraclitus: "No man ever steps in the same river twice, for it's not the same river and he's not the same man." I can think of no better way to epitomize my experience. Thanks to the scholarship generously granted to me, I grew as a runner, a leader, and a person. I want to thank

JTC Running, my coaches, and my teammates for one of the best experiences of my life. -Aza

The 2012 Brevard Distance Runners Camp was one of the best experiences I have ever had. I would say that making it up Art Loeb was the best accomplishment I had at Brevard. The team bonding in the creek was also amusing. I gained mental toughness from this experience because I was pushed not only from my teammates but also people that I didn't know from other schools to keep on running. I also believe that our whole team bonded and this camp brought us closer together. I think with all the challenge courses and different events we definitely became more of a team. I am very thankful of this experience... -Alessandra

I attended Brevard Distance Runners Camp in North Carolina with my team in late July and it really was an amazing experience for all of us. I learned a lot from the college and professional runners that spoke with us and enjoyed all the time I spent bonding with my teammates. The rigorous trail runs we ran everyday were challenging, but I feel like completing those runs gave my teammates and myself a positive, confident attitude that we brought back with us to benefit our training and other teammates at school. I cannot thank the Jacksonville Track Club enough for the scholarship opportunity you provide... -Karli

I made many new friends who shared the same passion for running. The camp taught me many new things about cross country and left me feeling very prepared for this upcoming season. When we weren't on a run, the camp provided many activities like a dance, tubing, bowling, a very intense dodgeball tournament, and free rec time to hang out and play sports. We had afternoon breakout sessions that taught us things like nutrition and race tactics, or workouts in the pool and yoga, so we could train to the best of our ability. The trails were breathtaking and the hills we had to conquer created a fun yet challenging thrill. I came home feeling like a stronger runner... Thank you for providing me with an unforgettable camp experience. -Luke

I have just returned from the Brevard Distance Runners Camp. It was a trip to remember. The camp really helped me out a lot both mentally and physically... it was nonstop activity from running in the morning and afternoons to tons of team building activities. I felt that I got to know my teammates a lot better during this trip and I believe that our team will benefit greatly from this time together. Some of the runs were really challenging and after conquering them, I knew that pushing through the pain always paid off. I gained a lot of confidence





# Benefits of Running Camp: Feedback from JTC Running Scholarship Recipients

and am excited about starting my first year on the varsity team. Thank you to JTC Running...Without your support, I would not have been able to gain the confidence and experience to become a better runner. -Wayne

I would like to thank you for the opportunity your scholarship gave me in going to North Georgia Distance Runners Camp. I benefited a lot at this camp as runner. I became much stronger and learned a lot too. The week I was at camp, I ran just under

50 miles. I learned many new strength exercises and worked a lot of muscles I don't usually work... We attended breakout sessions and different coaches talked to us about nutrition, training, prerace routines, and commitment which were very interesting and beneficial to the whole team and camp. This camp was also beneficial in bringing the team together. I am very thankful for the opportunity I was given to go to this camp. I am very excited about this upcoming cross country season and can't wait to race. -Christina



## COMMON PAINS AND POTENTIAL REMEDIES QUICK-VIEW

To be used as a general guide, following is a bullet list of some of the most common running complaints. And, the listed "potential remedies" seem to be some the more common "first response" aids to help alleviate these issues. Your local running store can also help recommend products based on their footwear/footcare expertise. If your pain persists, you may find additional help from a Massage Therapist, Physical Therapist, Podiatrist or Pedorthist.

COMMON PAINS	POTENTIAL REMEDIES (Shaded Areas)						
	More Support	Less Support	More Flex	Wider Width	Larger Size	Padded Sock	Cushion Orthotic
Heel Bottom							
Arch							
Forefoot Under							
Toe Nails							
Outside Foot							
General Foot							
Blisters Bottom							
Blisters Inside							
Blisters Outside							
Inside Ankle							
Outside Ankle							
Achilles							
Heel Perimeter							
Calf General							
Calf Outside							
Shin Inside							
Shin Outside							
Knee Inside							
Knee Outside							
Back of Knee							
Knee General							
Hip Outside							
Psoas							
Piriformis							
Low Back							
Hamstring							

# The Kindred Spirit

Written by: Bob Fernee

It was a dark mid-winter's night in January 2000. Charlie Powell had already locked the door of the 1st Place Sports store on Baymeadows Road. As he was closing out the cash register a tapping sound caught his attention. It was a lady knocking on the store's glass front door.

She was an attractive woman, probably in her 40's, she said through the glass: "Will you let me in? I just want to sign up for the Gate River Run."

Powell was well known around Jacksonville as a good runner and the nicest guy you could ever meet. He lived in St. Augustine, still does, and his reputation followed him there too. Signs leading to the city read:

St. Augustine  
America's Oldest City  
Home of Charlie Powell World's Nicest Guy

Whenever his name came up in conversation, and there were women around, you could be sure that they would all smile and at least one of them would say, "ah, Charlie, he's so sweet!" Then sadness would envelope them as they all realized that he did not belong to any of them, and probably never would. Perhaps his perfection was so perfect that it was totally unattainable.

He had every right not to let her in, it was after hours and he could have simply said "no." But could the nicest fellow in all of running do that? Besides, she was a woman and an attractive one at that. He let her in.

"She was from Russia and she was very exuberant," Powell remembered. "Her English was good but, of course, her accent was thick and sometimes she could be hard to understand."

Charlie Powell continued: "She talked a lot and she was really happy and excited to sign up for the River Run."

He got the impression she was single and lived in the Russian enclave near the store, along Old Kings Road. She affected him, but despite everything, there was no exchange of phone numbers or even names and the

woman said goodbye and disappeared into the night just as quietly as she had come out of it.

The next morning, a Saturday, the woman, whom I shall call Sasha, awakened, put on her running shoes and clothes, just as she had done so many times before, and ran out of her front door in the direction of San Jose Blvd.

As Charlie Powell arrived at work that morning he was still thinking about the woman. Her looks and her accent enchanted him. Her warmth and friendliness captivated him. Her mysterious background, a Russian! intrigued him. Would he ever see her again? And if he did, how would he act, what would he say? He drove into the parking lot at the corner of Baymeadows Rd. and San Jose Blvd.

It was a nice morning in Jacksonville. The sort of day few parts of the world can enjoy during that time of year. A morning when one says to oneself, "this is why I live in Jacksonville."

Sasha was enjoying her run as she turned onto San Jose Blvd. and continued north in the direction of the Bolles School. Across the street ran two Jacksonville Track Club members, Paul Hibel and Jeff Marks. Hibel and Marks were running along San Jose's sidewalk, Sasha was running in the road.

When San Jose Blvd. is about to meet St. Augustine Rd., alongside of San Jose Country Club, a right hand turning lane begins, pushing the cycling lane further out into the street, making it a very dangerous spot for anyone in the intersection. For a cyclist or a pedestrian in the road, it is a highly treacherous place to be.

When Hibel and Marks heard the ominous thud and the screeching of brakes they feared the worst and had a terrible feeling. One glance confirmed everything. They saw Sasha going down hitting the street. They rushed across the road to help, if possible. Both knew the outcome was going to be awful.

The police were called; an ambulance arrived and carried away the runner, still alive.

Police questioned everyone present, including the driver of the car, a woman, and Hibel and Marks. Who was the



# The Kindred Spirit

runner; did anyone know her; had anyone seen her before? They left with no information.

Charlie Powell went about his business in the store, oblivious to what had happened, still haunted by the woman.

By mid-day, the police, still trying to determine the woman's identity, called the home of Doug and Jane Alred, thinking that the owners of the local running store might be able to shed some light on the mystery. They spoke to Jane Alred, who admitted that while she knew nothing and couldn't help, there was a chance that one of the employees, who knew a lot of people and had a memory like a steel trap, might be able to help. His name, she said, was Charlie Powell ... little did she know.

Later, still shaken by what he had seen and by what had happened, Jeff Marks needed someone to talk to. When a runner sees a fellow runner, a kindred spirit, hit by a car he needs to talk to other runners.

Marks went to 1st Place Sports and began relating the terrible, tragic story. Powell, an extraordinarily sensitive man, listened sympathetically ... little did either of them know.

The store's phone rang, it was Jane Alred; the police had called, she said, and would Charlie be willing to go to Shand's University Hospital to try and identify the woman, unconscious but still clinging to life? Reluctantly, he said he would, however, there was a problem: he did not know where the hospital was. However, Jeff Marks was still in the store, he knew where it was and offered to drive him there.

Charlie Powell spent the trip to the hospital immersed in fear and trepidation. Why was he asked to do this? What had he to do with any of this? Why should he be involved?

He was led to the emergency room where Sasha lay in bed. Powell was sickened and disturbed by the sight, who ever she was she looked grotesque: "Her face, her whole head was so huge, so swollen, that you couldn't even tell that it was a person. I didn't know who it was; really, it could have been anyone," he said.

He had no way of knowing that it was the lively, engaging Russian from the night before.

Sasha, as it turned out, was unmarried but was not alone. She had a teen-aged daughter, whom I shall call Veronica. Veronica had spent the weekend with friends. When she arrived home on Sunday evening, she thought it strange that her mother was not at home to greet her, especially since her mother's car was there. As the hours went by, there was not even a phone call from her mother. Veronica continued to wait for her mother to appear. But soon she began to worry.

Finally, her despair and fear took over; she could wait no longer and called the police. Then, her worry turned to anguish as she learned that an unidentified woman had been hit by a car on San Jose Blvd. the day before and had been taken to Shand's Hospital where she later died.

The mystery was finally over, unfortunately for Veronica. She learned that her mother was dead. Killed while trying to become fit for the Gate River Run.

A couple of days later, Charlie Powell learned that the hapless victim was the same woman for whom he had opened the door on Friday evening.

"I remember that when I found out who the lady was, it kind of hit me hard," Powell recalled.

"I have always wondered if I was the last person that she ever talked to," he said.

The driver of the car was on her cell phone when the accident occurred but was never charged because Sasha was running in the road.

----- Nearly 13-years later -----

I discover on my desk at work a typed piece of paper written by club member, Paul Hibel. It is for inclusion in the newsletter. Apparently, he stopped by while I was out and left it. It is mostly about his grand daughter and the great times that he is having running with her. Towards the end though, he suddenly changes direction and starts writing about running safety and staying on the sidewalk. Then he relates the story of the lady who was hit and killed by a car on San Jose Blvd. many years before.



# The Kindred Spirit

Terrible and sad, but I don't think all that much of it, and after all, it was a long time ago.

The next day, I am working with Charlie Powell at the 1st Place Store in Jacksonville Beach and as we are talking he suddenly starts telling a story about a woman killed on San Jose Blvd. Not sure why he remembered it or how it came up. He tells me about going to the hospital, how awful it was and how she looked. He appears quite shaken, but I do not make the connection that the two incidences are the same.

By a strange coincidence, two people have suddenly brought up a gruesome story that occurred almost 13 years earlier, though I do not realize it.

Less than an hour later, the door opens and in walks none other than Jeff Marks. Charlie points at him and says, "and this is the guy who drove me to the hospital that day!"

Then I understand; Hibel, Marks and Powell and it is all the same terrible accident involving the same woman.

Suddenly it felt very eerie; all three people who were in some way connected to the incident all remembering it and bringing it up within 24-hours. The coincidence seemed too odd. How could this happen? These three men brought back together, the only one missing was the doomed runner.

Or was she?

I am not one to put a lot of stock in "the other side" or things of that nature. But, I have to admit, this has gotten to me; is the mysterious Russian runner lady trying to say something? Why were all of these three men, after such a long time, pulled back together at the same time to relive the same tale?

I have no answer. Do you?

----- Don't forget -----

December is JTC Running's Running Safety Month.  
Be careful.

# Stop This run, I Want to Go Out

Written by: Gary Ledman

Unless you run the same distance at the same pace at the same time every time, you learn that your body responds to the exertion better at certain times of the day. For this runner, that would be during the last vestiges of daylight, between 5 and 7 p.m., depending on the time of the year.

But for someone who works evenings, that's possible only once or twice a week and less than that if you want to do any socializing outside of running. This past summer, I decided maybe it was time to spare myself a few of those outings in the midday sun and hop on the treadmill.

OK, I tried it. Suffice to say, there is still no danger of becoming an indoor runner.

Maybe it works for some people. Maybe some can only

run when it's dark outside and they don't feel secure in that environment. Maybe some runners would never have started if not for a treadmill. Good for them, but it doesn't always have to be that way.

It may be cooler on a treadmill at the YMCA and you can watch TV (if only there were something worth watching), but without atmospheric resistance to wick away any of the moisture, I'm a sweatier blob when I finish 3 miles on the treadmill than if I'd slogged through the heat and humidity in the Great Outdoors.

Besides, running's supposed to be refuge from going around and around and getting nowhere, not more of it.

Familiar lament: A handful of old-timers gather after a race and readily agree ... "We don't know anybody out here anymore."

True, it's sad to ponder that so many people we used to



# Stop This run, I Want to Go Out

see almost every Saturday morning at a race or a group run have retired from the sport and that a few have even passed away. But an infusion of new blood is everything good about our sport.

Running may have seemed like our little secret among runners 30 years ago, even as we were part of the growth. But it's even better to know that the secret is out for good. And the influx of runners in their 20s and 30s ensures the longevity of long distance.

Those of us who've been at it for a long time may feel as if we're strangers in our own land sometimes, but there are too many opportunities to meet new people to whine and pine for the good old days. If I hadn't continued to make friends in running over the years, then I truly wouldn't know anybody anymore.

An intervention may be necessary here. At a time of year when we're supposed to be bolstering our giving spirit, I

am in a hoarding state of mind about old T-shirts.

During inventory of a storage box of shirts a few weeks ago, I forced myself to admit: These things aren't serving any useful purpose sitting in a box taking up space in a closet. Just as quickly I realized why they were still there: Even if I can't wear some of them anymore or don't have a need for all of them, they have far more meaning to me than they would to someone else. So they sit.

Turning them into a quilt would be useful, although I already have two and they were both gifts and so I didn't realize how much it would cost for someone to make the quilt even if I provided the T-shirts.

So the shirts sit until all the bills have been paid and more urgent needs have been addressed. There, I've admitted it. I'll have to find somewhere else to give.

JTC Running's Annual Christmas Party  
Saturday, December 8, 6:00 PM  
1st Place Sports, 2016 San Marco Blvd.  
Free To Members and Friends

# Don't Be Sorry, Run Safely

Written by: Bob Fernee

I was asked to write a piece about running safety and it could be a good idea to do so because many of us let our guards down and tend to forget about all the dangers that lurk out there on the streets. Additionally, this might have been because at this time of year we runners find ourselves running in darkness a good deal of the time, which can be treacherous for a variety of reasons.

It may also be due to the fact that three times within a couple of days the awful story of the runner lady who was hit and killed by a car on San Jose Blvd. has come up. Paul Hibel wrote of it in his story in this issue and it is indeed an horrific one that also reminds us that we must always be careful and vigilant. I hate to say it, but it is something that

could happen to any of us at any time.

You may not be aware of it but November is National Running Safety Month. Or perhaps I should say November was National Running Safety Month, for by the time you read this there is a strong chance that November will be over. In any case, it doesn't matter much because every month should really be Safety Month. How about we say that December is JTC Running Safety Month? That way, if we missed it we can now catch up. Anyway, they say that the south is always a little bit behind, so we might as well continue that habit, or insult, what ever it is.

Let's get down to it; here are the ten golden rules to safe running. (I resisted the temptation to call them the ten commandments of safe running because they were not



# Don't be Sorry, Run Safely

handed to me by any sort of God or even God-like Running Guru.)

1. Let someone know where you are going. Then if you don't show up on time, they will know where to start looking.
2. Wear lights and reflectors. Use a light so that you can see and other lights and reflectors so that you can be seen.
3. Carry identification. Include your name, address, phone number, contact info and allergy info.
4. Carry a cell phone. Rather annoying, but it could be a lifesaver in an emergency.
5. Listen. Keep your senses about you and do away with the distraction of loud music. Even more important if you are a woman.
6. Power, and safety, in numbers. To a motorist, seeing a pack of runners is easier than just one person.
7. Change your route. Runners tend to get complacent on the same path and complacency is the first step to danger.

8. Look both ways. Something you tell your kids but forget yourself. Stop signs are dangerous; drivers will pull out in front of a stop sign in order to look for other cars, but often miss seeing a runner. Be careful; and make eye contact with motorists before stepping off the curb.

9. Run facing traffic. Running with the traffic behind you is like giving up your sight. Remember; keep all of your senses about you.

10. Use the sidewalk whenever you can. Don't push your luck, stay out of their way; keep off the street. The lady killed on San Jose was running in the road.

Doug Alred adds a good piece of advice. He says to use a Sharpie and write your phone number on the midsole of your running shoes. It will never come off and just in case you are running without an ID at least they will find a phone number.

So there you go; don't become a tragic, sad running statistic. Observe JTC Running's December Running Safety Month and keep it going all year long.

**Coming Soon, Mark Your Calendars!**  
The Winter Beach Run 10 & 5-Mile Races  
Sunday, January 13, 2013 2:30 PM  
Entry Form In This Issue

# Ultra Update

Written by: Mark Ryan  
JTCRunning Board Member and Ultra Runner

THE GUANA 50K AND 12K – YOU SHOULD BEEN THERE

Was it a trail run or a mud run?

The recently completed Guana 50k and 12k trail races, run on Sunday, October 21st turned out to be a spectacular JTC Running event. A total of 109 people competed that day on the beautiful trails of the Guana Preserve; more on the conditions later. There were three categories of





competition; the 50k individual, which had 30 participants, the 50k relay (2 x 25k) which had a total of 28 participants, and the newly added 12k, which had 51 entrants.

The 50k individual and relay races started at 8am sharp. Jay Birmingham, a globally famous ultra runner and Jacksonville resident was our official starter and he got the event off right on time. The day of these events was perhaps the nicest day in Jacksonville since last April, sunny, clear and cool, with a top temperature that day of 68 degrees and low humidity. It was the kind of day every runner hopes for on race day. The Guana trails were a different story. All the rain this past spring and summer took its toll on our race course. Most of the trail was dry, but there was a section from the 5 to 6 mile mark, the area closest to the Intracoastal, that was about 40 percent flooded. There were eight places in that section that had anywhere from 2 to 12 inches of standing water and there was no going around. Hence, our sub title above.

I was surprised nobody complained about that, in fact, several runners came up to me during and after their race and said they liked it and it made the race tougher. One of my trail running buddies always says to me; "if you don't get dirty, it's not a true trail run". Well everybody got dirty and they all had a great time.

Paul McCrea, a well known local runner won the individual event in a time of 3:53:07. Paul showed up about 10 minutes prior to the start time and signed up for the race. He was the last entrant in the event, but once the race began he took the lead and increased it on every lap and won by over 7 minutes. The first master male to finish was Garth Peterson, with a time of 4:21:22. Garth came all the way from South Carolina to compete. Jennifer Joy won the women's division for the second year in a row. Her time was 4:47:48. The first master woman finishing was Stacy Ferner, with a time of 5:33:00.

The relay division was won by the team of Jak Krumholtz and Ben Joslin, with a total time of 3:32:07. Both of these runners ran cross country for Flagler College. The 12k event went off at 1pm and the winner was Chris deVries in 55:47. Sean Black was right behind him in 55:51 and won the men's masters division. Katherine McCombs won the women's division with a time of 1:09:05.

Many people came up to me after their race and asked me if we were going to do this again next year and the answer is yes. We will move these events back to December 1st in 2013, a Sunday. We feel the course will be dryer, with less or no bugs and even a bit cooler. Don't miss this next year.

---

**Next Board of Directors Meeting**  
Tuesday, December 4th, 6:30 PM  
Mediterranea Restaurant  
All Interested Members May Attend

## ***Bike/Fitters*** ***Endurance/Athlete***

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[Drew@BikeFitters.com](mailto:Drew@BikeFitters.com), 904.993.0604  
to be better in 2013  
[www.BikeFitters.com](http://www.BikeFitters.com)



# "Back to Nature" and Back Again

Written by: Bob Fernee

For those who were there, this is a real easy one: What race gives you the cheapest double whammy of them all, a trail race and a mud run combined?

Hint: Think of those muddy running shoes in your garage.

Why it's the 'Back To Nature' Trail Races, of course.

The races, hosted by JTC Running, took place on Sunday, October 21, at the Guana Tolomato Matanzas Estuarian Research Reserve (a Florida State Park and



a real mouthful) in South Ponte Vedra Beach. Most people call it "Guana Park" and really, that'll do. Board member, Mark Ryan, an avid Ultra runner, and myself, were co-race directors and, somehow, the event survived us.

It would be nice to report that the event was our own brainchild but that would be a lie.

Some ten years or so ago the event was started by club member, David Hatton. After him, club member, Frank Sutman, took over and finally another club member, Bill Dunn, organized it for two or three years. Sorry for the sketchiness of my historical factoids, but not much is accurately recorded.

Or, as any good politician would say: "I don't want to confuse the issue with real facts."

We'd like to think that although we didn't event it, we tweaked it.

In a phone call to Dunn about 18 months ago I sheepishly inquired if he was going to organize the event in 2012, especially since he had gone so quiet about the

whole thing. If he didn't want to do it, I said, some of us in the club would like to keep it alive.

The conversation went something like this:

Him-"Why are you asking me, it's YOUR race?"

Me-"No, it isn't it's your race."

Him-"It has never been my race. It has always been a track club event."

Me-"Oh, that's news. Well, anyway ... are you intending to do it? If not, we have someone who will."

Him-"I can't, my new job is too much. If you want to do it, please do."

And that was it. From that moment, it seems that Mark and I talked ourselves into a race directorship.

Race directing, of all things! It's one of the most thankless jobs in the world even at the best of times-the painstaking planning, the meticulous details, the physical agony and the people. Oh, the people!

The tweaking involved adding a 12k race to the existing 50k Ultra and 2x25k Relay.

The racecourse, a single non-repeating 7.5-mile loop, in some of the most extraordinary, beautiful scenery in North Florida, lended itself perfectly to our new 12k race. As expected, the 12k drew the most runners and was a great addition to the program. No regrets on that move.

One decision that would have, in retrospect, been a bad one, was our original idea to stage two events: the 12k in May and the Ultra and Relay in October. That would have been a total waste of time, money and effort and would have only resulted in two smaller events. No, doing them



# "Back to Nature" and Back Again

all together was the right thing.



Mark and I had very good help on race day. Herb Taskett brought along his finish line clock and timing equipment. Chris Twiggs lent his Ultra running experience to our finish line and club Board Member, Franz Lerch, was indispensable. JTC Running President, Larry Roberts, was on hand with his lovely wife, Judy, to

oversee the registration of the 12k later in the day and the highly talented, Trib LaPrade, also showed up to photograph the event for posterity.

We were also aided by a luminary, our star attraction and official starter of the race, Jay Birmingham, who delighted and charmed the crowd as only Jay can. After ringing his bell to begin the race, the charismatic 67-year old Birmingham jumped in and ran three laps (38k) of the race, quite an achievement by anyone's estimation.

Afterwards, during our post-race extravaganza at the surprisingly wonderful restaurant, Cap's on the Water, Jay said that he would be back next year to complete the entire Ultra. For him, that should be a cinch; after all, he did, in 1980, run unassisted across the entire United States from Los Angeles to New York setting a record along the way.

Guana is wild and has it all. Animals? Plenty; including deer, wild pigs, turkeys, alligators, bobcats, armadillos, opossums and a plethora of everybody's favorite: snakes. That's why it also has hunters. Yes, hunters, i.e. rednecks with guns (jeez, give me the snakes any day). But fortunately, they do their thing way up on the northern section, about a mile away, leaving the southern end to the runners, hikers and cyclists. Nary a bullet flew past our ear lobes.

But because Guana is raw and wild it is unique and exciting. Sometimes, in a few spots, the trail becomes flooded by heavy rains. The mud can get pretty thick. We found that out on all of our exploratory runs while deciding on the race's course. Even during a dry spell, after a very wet couple of months, we were horrified to discover deep water and heavy mud just the day before the race was set to run.

I lost sleep that night, thinking that surely the runners would throw us to the gators when they were forced to run through such a swamp. But it was not the case by any means (much to my surprise and delight!); those trail runners plowed through it without complaint. In fact, many said it felt good, almost therapeutic.

A tough, hardy stock are Trail and Ultra runners, I came to realize. They don't gripe about anything. They deal with it and keep on going. I came to admire them and felt compelled to become one of them. Well ... the trail running bit I have no problem with, it is the Ultra part that just seems so extreme. So, maybe in the next life.

"It's about doing the distance, not worrying about the pace," Mark Ryan would say.

However, my cowardly mind would say: "Yes, but it is an awfully long time to be on your feet."

We were lucky with the weather. The morning was bright and clear with a nice cool temperature.

At eight o'clock, the 50k and 50k Relay started promptly. A little too promptly for me, I was still on the course setting out the water, Gu, Gu Chomps and Gu Brew when the race began.

Sadly I realized that the speech that I had prepared, in which I thanked our sponsors, Vibram, Gu and 1st Place Sports, as well as our hosts, JTC Running, would never be heard. It included my eloquent Shakespearean





# "Back to Nature" and Back Again



Dexter Carter (lying) and Dave Patton recover and discuss strategy following their finish in the 2025K Relay.

introduction of Jay Birmingham that was absolutely Churchillian, or at the least, Lincolnly. But alas, my unforgettable speech would never find ears.

The Ultra and Relay were proceeding very well and as 1:00 PM approached so did the runners about to contest the new 12k event. The temperature had risen noticeably but the humidity was nice and low, not even a factor. The Guana trail is a near-perfect canopy trail; the whole thing is nothing but shadows and shade, making it cooler than the actual temperature.

At 1:00 PM, the 12k started: One full loop of the trail, intentionally started late so that all runners would finish virtually at the same time. The timing worked out pretty well.

Timing worked out well for 29-year old Paul McRae, though not perfectly. He won the 50k Ultra in 3-hours and 53-minutes, but missed the course record of 3:38.30, set by Owen Shott in 2010. Still, not bad for a man unsure if he even wanted to run the race to begin with.

"I ran the relay race of the event once before, but wasn't sure that I wanted to take on the whole thing," McRae said. "It was Bruce Choi who talked me into it."

"The last lap of the race was brutal. I had a 15-minute lead over the guy in second going into the final lap but when it was over I only beat him by seven minutes," he said.

The course record was way out of sight. Without

complaining or making excuses McRae said: "When Owen ran the record the trail was dry, this time there was a lot of standing water."

True, and that must have slowed things down considerably.

McRae is the founder of Personal Running Solutions (PRS), now four years old. There is a club side of PRS and a personal training section. The club has about 85 members and his client base is about twice that. He runs the show, and runs and runs and runs.

"I do 80 to 100-miles of my own running, that doesn't include the running I do with my clients, which adds about another 90-miles," he said.

"I start my training at three in the morning and usually meet one of my clients at 5 AM. I work my regular job from 8 AM to 4 PM," he said.

"But what about sleep?" I asked incredulously.

"I don't need much sleep," he said, "four or five hours is enough."

Better him than me.



# The Runner's New Year's Resolution: 13, 13.1's in 2013

Written by: Bob Fernee

Think thirteen is an unlucky number? Baloney; smash through the bad reputation of the much maligned 13 by running 13 13.1 half-marathons in the year 2013.

Ironman? Try To Be Tough? 'Set To Be Steel', 'Meant To Be Mean', '13 in 13'; well, you get the picture.

Given the popularity of the half-marathon these days it wouldn't be difficult to do most of them right on your own doorstep, or, at least, near it. In fact, the selection these days borders on the ridiculous; a person could practically half marathon himself half to death.

In October, we start if off with the Marine Corps Half-Marathon. Then November produces the ever-popular Subaru Half (formerly the Outback Half). Also during that month there is the Disney Wine and Dine in Orlando, the St. Augustine Half and one in Pensacola.

December is a popular time to schedule a half-marathon it seems. We have the Palm Beach Half, the Jacksonville Bank Half, the Reindeer Run Half in Fernandina Beach, and the Tom Walker Memorial Half in Gainesville, to say the least.

In January, once again, they come at us thick and fast. The huge Disney Half that accompanies the Disney Marathon, which is now the fifth largest marathon in the USA. The Miami Half, the Naples Half, the Key West Half and a quiet little half marathon that has a growing legion of fans, the Ocala Half, all take place in January.

February presents one of Florida's oldest and most respected running events, the Gasparilla Distance Events, part of Tampa's Gasparilla Pirate Festival. It began as one of America's foremost 15k races and later became a lot more. A couple of years ago its marathon was discontinued but the well attended half-marathon went forward.

Also in February, the "Donna" Half-Marathon, that is part of the National Breast Cancer Marathon events in Jacksonville Beach. There is the St. Petersburg Rock & Roll Half, the Melbourne Half, the Tallahassee Half, the Fort Lauderdale Half, and the Daytona Beach Half.

How many halves make a whole? In Florida in February, a whole lot.

Trouble is, in Florida, as you know, we are always fighting, and trying to avoid, the heat. Runners' enemies number one and two: Heat and humidity. The only time you might be able to escape them is from mid-October to mid-March. After that, forget it. Running a half-marathon half way through the Florida summer would be suicidal.

March is an unpredictable month in our state. It could be nice and cool, or it could be no less than a prelude to the summer (and you know what that means). Despite that, some race directors take the chance. Will you? If so, there is one in Live Oak.

Running a long race, such as a half-marathon, in a place like Miami would seem like taking a chance at the best of times but, believe it or not, there is a half-marathon series that goes on there nearly all year round. It is called the Down 2 Earth Oleta Trail Half-Marathon (and 5 and 10k), and it takes place in North Miami Beach all the way from February to December.

Oh, how nice! Running 13.1-miles in Miami Beach in July, August and September; what sadist thought of this?! Must be some sort of hideous mass murderer. Or as I said before, suicidal, a death wish in a death march.

Funny how things change; I can remember when the half-marathon was considered the cast out, unwanted, bastard brother of the marathon. The marathon had it all and only half a man ran half a marathon.

Runners were told that the marathon was for everyone and nearly everyone tried it. But often the result was: "Ouch, this hurts too much." Or, "I'm injured again." And finally, "Why am I doing this?"

The half-marathon was far more doable and so more people started doing it. The half became the race du jour, and to this day it still is.

I have always felt that for distance runners the half was the perfect run. When you race it and have a bad run you at least have had a great training run. But when you race the full marathon and have a bad run you have a debilitating, draining bad experience. You might have even injured yourself.

So the half is now the It race and everyone it seems



# The Runner's New Year's Resolution: 13, 13.1's in 2013

wants to do it. Sexy ads on glossy paper advertise half marathons in exotic places. You know the sort of thing: "Come to the Galapagos Islands for a race you won't forget, just \$250."

Yes, prices for the most popular race of our time varies anywhere from \$30 to \$200. Whatever the market will bear, you know. Look at the IronMan Triathlon, now

up to \$700. I can see the normal half marathon price hitting \$100 before long. The only thing that might stop it is if people don't go. But, frankly, I don't foresee that happening. (And we are supposed to be in a recession.)

So there you have it. For this monumental year, 2013 run 13, 13.1-mile races. To help you schedule them, try this website, [HalfMarathons.Net](http://HalfMarathons.Net).

Leave Them Breathless  
Give The Gift of Health and Excitement  
Give An Entry Into The Last Gasp For Christmas  
The Price Is Low, The Enjoyment Is High  
Entry Form In This Issue

## Rue the Shoe

Written by: Bob Fernee

Today's runners might very well ask that question. They might just as well go on to ask, "Why would I need them?" These days, both valid questions.

In the "old days" training shoes were much heavier, harder and stiffer. I recall the old Puma Easy Rider. There was nothing easy about it; the thing was a blunderbuss. Obviously named after the classic cult movie, the thing weighed about as much as Peter Fonda's Harley Davidson "Hog". The Nike LD 1000; the LD stood for "long distance", and if you could run long distance in that clunk fest you were a better man than I. Nearly all of the adidas shoes felt like cement bricks. Maybe that's what happened to Jimmy Hoffa, they threw his body in a burlap bag with a pair of adidas trainers and he sank in the Hudson River like the Titanic.

But when race day arrived our intrepid runner threw off his millstones and laced up his "racing shoes".

What joy! The racers were everything the trainers weren't. They were sleek, nimble, light, flexible and

above all else they had the sensation of being fast. When you put them on that fast feeling took over and the shoes made you, well, run fast. How could they not? They felt about a pound a piece lighter than those lead-like, rooted-to-the-spot trainers.

You felt set free, you felt invincible; you felt that you could run like the wind.

"So look, you moron, if you felt so great in them, why didn't you just run in them all the time?"

Oh ... I never thought of that.

Fact is, we all believed in the "division of shoes." You had to run your training in Trainers and run your races in Racers, simple as that. Did anyone ever question it? No.

We also believed that, psychologically, you gave yourself an edge by training heavy and racing light.

Years later, things got blurry. Not so black or white nor so heavy or light. The training shoes became significantly lighter, nearly as light as the racing shoes, and people began to ask: "Why do I need both?"

Most people didn't, and soon they learned that. Sure,





# Rue the Shoe

the men and women who were out to win races or excel to another personal record (PR) still wanted that old fashioned lightweight edge but most people were happy to lace up their 12-ounce trainers to complete next Saturday's 5k.

The Smithsonian Institute started to clear a spot for racing flats right next to the dinosaur exhibit. Racing shoes were doomed.

I dare say that today many "running specialty" stores do not carry racing flats (flats, yes, we old timers call them flats because they are so flat and flat on the ground) and surely all the "big box" stores are devoid of them.

But some people still demand racing flats, the go-fast shoes, and the best running specialty stores still offer them. And there are some truly fine racing flats on the market today.

When Haille Gebrasellaise was burning up the roads a few years back he ran all of his marathon world records in the adidas Adizero Adios. The Adios tips the scales at about seven ounces, the average weight for a "racer." It sells for \$110; cheap for a world record or two.

The Nike Lunar Racer has certainly etched its place amongst the racing elite—both shoes and people. It is a sub-seven-ounce racer that is so well cushioned that some even use it as a training shoe. A biomechanically efficient runner could race marathons in the Adios or the Lunar Racer.

Nike's new shoe, the Lunar Speed Lite, is a bit like the Lunar Racer but with a more support. It was designed for the Japanese market and did so well there that Nike decided to bring it to America. It has done well here too.

Asics built a popular, low-cost racer, the Hyper Speed. Unfortunately, the company has decided to discontinue it in 2013. If you are a lover of the Hyper Speed, stockpile them now.

Of course, all the major running shoe brands still make racing shoes, Saucony, Brooks, Newton, Mizuno, to name but a few. I have a pair of one of New Balance's

newest racing shoes, the 1400, and it is a great one. It features the company's latest midsole material, RevLite, which makes it super light and yet gives it a good deal of cushioning and responsiveness. Now New Balance has released the 1600, an even lighter racing flat. Check it out if you want to give Meb a run for his money in next year's Gate River Run.

Today we have the "minimalist" type of running shoes. They are very light, very close to the ground and feel so not there that they seem just like racing shoes. In fact, the Old Timers always ask; "what's the difference?"

"Splay."

"What???!?"

"Yes, sir, I am only telling you what the sales reps have told me. The answer is "splay."

"You're kiddin', that's nuts. I've never heard of it."

"No, sir, of course not. It means: the amount of space your forefoot has to spread out in. Or simply put: splay. Racing flats hug the foot rather tightly and do not allow for much, well, you know ... splay."

"I tell you, sir, these new minimalistic shoes have splay."

"Bull."

"Sir?"

"I said, bull."

"Well, yes, sir; oh by the way, sir, have you ever heard of this word - marketing?"

"I have; more bull."

Obviously this old boy is no slave to fashion.

Or to "bull."



# Joys of Running with Kids and Grandkids

Written by: Paul Hibel

My 11-year old granddaughter, Taylor, started running roughly 18 months ago and I've followed her progress with great interest. She has run several 5k's in the Port Orange area where she lives and has done well.

Her dad, my son, has instilled in her the same pure love of running that he inherited from me at an early age. His love of running paid off by providing him a college education through athletic scholarships and I'm hoping for the same for our granddaughter.

Even though I have a very competitive spirit, I knew my fast approaching 66-year old body couldn't keep up with her so I told her I would run the race but literally couldn't run with her. I thoroughly enjoyed the few training runs we had done together but I always lagged behind her.

The Pink Feet 5k/10k, a low key run, was held in Debarry, Florida on Sunday, October 14th at the very early time of 7:15 AM.

Although I was tired from watching late night football games and probably a little groggy from too many beers on Saturday, we made our way, roughly 30 plus miles, to Debarry on Sunday, the 14th.

We had very little time for a warm up and as the gun went off Taylor went out very quickly, as I tried to keep her in sight. We made our way through a non-descript course in a local neighborhood.

Although I lost sight of Taylor after a little more than a mile, I tried to push the pace as I made my way around the course. As I finished, roughly 90 seconds behind her, Taylor came up to me with a smile on her face saying she had done well and was pleased with her time and effort.

We stayed for the awards and I beamed as Taylor got the award for top female overall and was fifth place overall out of the 166 who completed the 5k. I came in first in my age group, and eighth overall, so I was also pleased with the results.

As we drove back to my son's home, I told him that some of my fondest memories over the past 43 years

of running were of the times that he and I would go out and run and also the races in which we both competed. I told him that while those memories won't be replaced, the memories I'll have of running with, and behind, my granddaughter would also be some of the best.

Several years ago, I wrote about a horrible accident that Jeff Marks and I witnessed as we ran down San Jose Blvd. on an early Saturday morning run. We were running with traffic along San Jose. We were on the sidewalk, heading toward town, and across the street we saw a female running. She was running in the street.

After running for several minutes, us on the sidewalk, and her in the street, the unthinkable happened. We heard a thud and saw the runner go down. She was hit by a car. We immediately made our way across the street as another driver stopped and called 911.

The horrible feeling stayed with us as the ambulance arrived and rushed her to the hospital. We learned later in the day that she didn't make it and died.

The reason I bring this incident up is because of the increasing number of people I see running in the street as I run, as well as travel around town, when there are perfectly good sidewalks to run on. In fact, on my run today I saw a couple of runners, running very quickly toward me as they were heading down Belfort Road. It was early in the morning and still dark. They were running in the street.

Yes, I know the streets may be less stressful on the legs and yes, we runners have the right to run in the bike paths or lands, but why increase the danger by running in the street?

How many times have you seen someone driving and texting, talking on the phone, applying makeup, or distracted in some other way? It's not worth it to run in the road. Yes, I know a car driven by a distracted driver can easily hit you as you run on the sidewalk but your chances are dramatically increased if you are running in the street.

Enough said. Please be careful and use good sense when you are out running.





# 36<sup>TH</sup> ANNUAL THE LAST GASP



3.1 MILE CROSS COUNTRY RACE

SAT., DEC. 29, 2012 - 2:00 P.M.

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 12/20/2012.

**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.

**WAIVER (please read carefully):** in consideration of the acceptance of this entry. I hereby, for myself, my heirs, executors, administrators, and assigns, and anyone entitled to act in my behalf, release and discharge the JTC RUNNING CLUB, JACKSONVILLE UNIVERSITY, plus sponsors, their representatives and successors, promoters, managers, directors, officials, agents, employees and volunteers of the road race named in the above entry form from any and all claims of injury or liabilities of any kind, illness or damages suffered by me, as a result of my participation in, or traveling to or from this event. I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely compete in the run.  
I assume all risk associated with running in this event, including, but not limited to, falls, contact with other participants, the effects of weather (including high heat or humidity), conditions of the course, all such risk being known and appreciated by me. I realize that this is a strenuous event which requires proper physical conditioning. I hereby certify that I am in such physical condition and good health. I also give permission for the free use of my name and picture in any written account, broadcast or telecast of this event for any legitimate purpose.

SIGNATURE (SIGNATURE OF PARENT OR GUARDIAN, IF UNDER 18)

DATE



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 Nov/Dec 2012 issue is November 10.  
No Exceptions!

Advertising Inquires: The Starting Line, PO Box 24667,  
Jacksonville, FL 32241 OR bobfernee@aol.com

Advertising Rates:

Full Page \$200 B&W/\$400 FC

Half Page \$100 B&W

Quarter Page \$50

The Starting Line is published bi-monthly  
by JTC Running, P.O. Box 24667,  
Jacksonville, Florida 32241-4667.  
JTC Running Hotline: 384-8725 (384-TRAK)



JTC Running  
P.O. Box 24667  
Jacksonville, Florida  
32241-4667

Nonprofit Org.  
U.S. Postage Paid  
Jacksonville, FL  
Permit No. 1191

# WEEKLY TRAINING RUNS

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

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

Monday, 6:30 pm, Tapestry Park Location: 9823 Tapestry Park Circle. Contact: Jacksonville Running Company at 379-7170.

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

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

Monday, 6:00 pm, Jacksonville Beach: 1st Place Sports, 3-6 miles, 1st Place Sports, 270-2221

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

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

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

Tuesday, 6:00 pm, San Marco: 1st Place Sports, 3-6 miles, 399-8880

Wednesday, 5:30 am, San Jose: The Bolles School (JTC Running members) track intervals (all abilities). Contact JC at 803-8758.

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

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

Wednesday, 7 pm, Jacksonville Beach: 20234 Av. South, 5+ miles (all abilities/social). Contact: Anita or Franz at 241-7199.

Wednesday, 6:30 pm, Jacksonville Running Company: 13760 Old St. Augustine Road. Contact: Jacksonville Running Company at 268-0608

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

Thursday, 6:30 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](http://JTCRunning.com) for more information.