



Florida Track Club December Newsletter 2018!



CLUB WITH THE ORANGE ON THE SINGLET

CELEBRATING 50+ YEARS AS A CLUB!

4th Annual Frank Shorter Mile Returns on 1/1/19! Westside Park, 12noon

Join us for your first mile of 2019! Deadline to sign up online is Monday!
<https://runsignup.com/Race/FL/Gainesville/FloridaTrackClubpresentsShorter1MileRace>

If you would like to help out and volunteer on race morning, please contact Betsy at thefloridatrackclub@gmail.com.

And Mustache Dash Free Kids Run! (800m)

Flat, Fast Road Mile!

January 1st, 2019 12PM

Course Starts and Ends at Westside Park, Gainesville FL
Two Loops, Spectator friendly,
USATF Certified

Cash Prizes for 1st, 2nd, 3rd Male and Female (\$200, \$100, \$50)
Bottle of Sparkling Wine for age group winners!
Start your year off with the FTC!

The Florida Track Club Presents: 4th Annual



The Frank Shorter Mile



Save the dates!

February 15-17, 2019

5 Points of Life Race Weekend

Sneak Peek to Race Weekend!

February 15-17, 2019

FRIDAY

Jeff Galloway Public Reception and Welcome

SATURDAY

5 Points and Team Building 5K
SE Regional Elementary and Middle School 5K
Kids Marathon
Participant and Fan Festival in Celebration Zone
Jeff Galloway Running School
Pasta Dinner

SUNDAY

Half Marathon
Full Marathon
Marathon Relay
Jeff Galloway Public Engagement
Participant and Fan Festival in Celebration Zone



FIVE POINTS OF LIFE
RACE WEEKEND
FEBRUARY 15-17, 2019
LIFESOUTH

Running Group Opportunities in Gainesville

We are very lucky that on any given day during the week, you can find a reliable running group with whom to train. These groups are free and mostly run by volunteers. They offer great opportunities to network with other runners, learn about upcoming races and events, and they help share the burden of logging miles by yourself. Many groups have designated leaders that would be happy to answer your specific questions about each group. You can also email the club at thefloridatrackclub@gmail.com for more info.



Saturday FTC Morning Long Run & Breakfast @ (Varies weekly) - 6:00 AM (spring/summer) 6:30 AM (fall/winter)

Long run (8 to 14 miles) various locations in Northwest and Southwest Gainesville
Contact Diane Miller (386-462-2384, dvmiller1@msn.com) since the location changes. Join the Gainesville Running Google Group above to get the weekly emails Diane sends out announcing the meeting location and route. The time changes according to daylight savings time (7 am in Fall/Winter) and (6 am in Spring/Summer). Between 6 and 15 runners do 8-14 miles at various paces and over different courses. This group of mostly FTC members does long runs each weekend in preparation for upcoming marathons. But you don't have to be a marathoner to enjoy their company. After running, the group goes out for breakfast.

Sunday @ San Felasco Trail Run - 7:30 AM

Sunday Trail meets at 7:30AM for a 7:45 AM cool run under the trees. Several marked nature trails allow for name-your-own distance between 2 and 20 miles, the large group means you never have to run alone (unless you want!). All paces

encouraged. San Felasco south entrance, 11101 Millhopper Road, Gainesville. Questions, contact Richard rjgarand@gmail.com



Mondays @ UF Stadium Fit2Run & Salty Dog Fun Run – 6:30 PM

The Salty Dog run on Monday Nights is about a 3.5 mile run (give or take; 3-4 miles), that goes through some cool parts of campus. It starts at Gate 6 of the Ben Hill Griffin Football Stadium, 6:30 PM. Runners get a free beer from Salty Dog afterwards. Contact Chase Chaser@fit2run.com or Natalie Nataliec@fit2run.com for details.

Mondays Lloyd Clarke Sports run from Cyprus & Grove – 6:30PM (Meet at 6:15PM)



Tuesdays & Thursdays with TriGators at UF Percy Beard Track – 6:30AM



Tuesdays & Thursdays
@ Kirkwood Running Group SW
13th St. and SW 25th Pl - 6:30 PM
(fall/winter) 6:45 PM
(spring/summer)

Meets at 6:30 pm in Fall and Winter and 6:45 pm in Spring and Summer. We meet in the parking lot on the corner of SW 13th St. and SW 25th Place and run the 3 mile course of the former Literacy Run. Some of us run it twice or add other variations for more miles. The course is shady with low traffic. The group consists of runners of all abilities and all ages and is open to anyone. Contact Rick Swenson: phone 352.336.7798 or email raswenson53@hotmail.com

Tuesday @ Tioga Town Center -
6:30 PM

Contact Kevin Love if you're coming for the first time.
imnotthatkevinlove@gmail.com

Tuesday @ UF Stadium Steps and
Ramps – 5:00 PM

5:00 PM 1/2 hour of cardio at the UF Football Stadium. Contact Stadium Stompers a.k.a. Barry Murphy (352-672-0756). This is a half-hour cardio workout of stadium steps! Our group meets at Gate Four of the stadium and walkers, joggers, and runners are encouraged to come.

Wednesday @ Oaks Mall Fit2Run
- 6:30 PM

Come run with us at an "All Welcome" FunRun at Fit2Run

conveniently located in the Oaks Mall. Every Wednesday evening @ 6:30pm. 6:15 early birds get to get that stretch in and hydration and nutrition beforehand. Enjoy your choice of pace and selected routes to run!! Distance varies and feel free to choose which distance is best for you. Contact our event coordinator at events@gainesville@fit2run.com



Wednesday @ First Magnitude
Brewery - 6:30 PM

Contact Kevin Love if you're coming for the first time.
imnotthatkevinlove@gmail.com



Thursday @ Tipples - 6:00 PM
 Meets at Tipples on the corner of SW Tower Rd and 24th Ave. 4 mile route with paces ranging from 8-12 minute miles. Come join us for plenty of conversation and camaraderie. Stick around to grab a beer at Tipples afterwards. Currently meeting at 6:00 and heading out on run at 6:15. The pace ranges from 8:00 to 12:00/mile.
<http://www.mapmyrun.com/run/unit-ed->

states/fl/gainesville/6001279908664
 14223

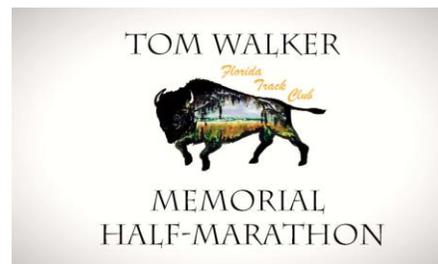
Group time may change so touch base with Kevin if you're coming for the first time.

imnotthatkevinlove@gmail.com

Tom Walker Memorial Half- Marathon and Keith Brantly 5k Photo Recap

Photos by Bester Photo

<https://www.facebook.com/besterphoto/>



11/11/18

Results:

<https://results.rmraces.live/Start-2-Finish-Race-Management/events/2018/2018-Tom-Walker-Memorial-Half-Marathon/results>





Above photo by Justin Keefe









2019 Board of Directors



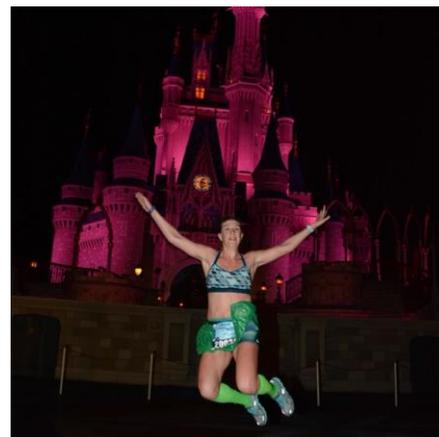
Michael Carrillo, President



FTC Hats and Visors back in stock!
\$20 each and available for purchase at
The Frank Shorter Mile and at FTC
monthly meetings. Next meeting is
2/5/19.



Richard Garand, Immediate Past President



Gretchen Loyd, Vice President



Marie Dennis, Treasurer

Nicolas Armfield, Director



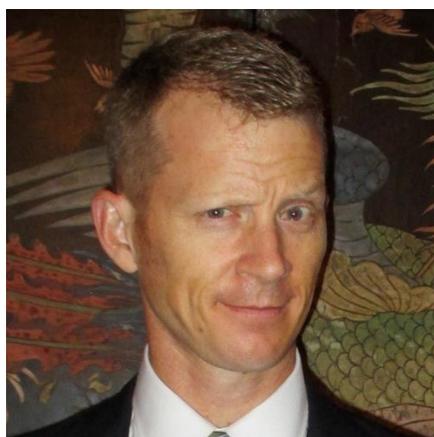
Courtney Rouse, Director



Dan Stoner, Director



Robin Politowicz, Secretary



Andrew Ragsdale, Director



Betsy Suda, Executive Director

**Thank you to our outgoing board members!
We appreciate your years of service!**



Soren Brockdorf, Director



Enoch Nadler, Director



Konstantin Matchev, Director



Patrick Gallagher, Director



Matthew Carrillo, Director



Elizabeth Hanselman, Director

Steven Detweiler Racing Scholarship Recipients

Race Reports

Cedric Torres



Dietz & Watson Philadelphia Half Marathon

My choice to run the Philadelphia Half Marathon through a Steven Detweiler Scholarship was influenced by what got me into running a few years ago. In 2013, I found running as just a way to stay in shape for basketball, but caught the running bug when I realized that running was not only an outlet through which I could improve myself, but also support others. The tragedies at the 2013 Boston Marathon inspired me to run for those who can't and participate in races for causes. I ran recreationally in college and decided to join Florida Track Club and Team FTC to start training competitively in 2018 after moving to Gainesville to study nutrition and dietetics at UF. The first FTC meeting I attended included a race scholarship report that got me interested in applying for the scholarship myself. I chose the Philadelphia Half Marathon, because of the race weekend's affiliation with the American Association for Cancer Research, which ties together my interests in research and in running for a cause.

After a breakout Spring season, during which I improved my race finish times in the 5K and 10K thanks to training with Coach Enoch and Team FTC, I had my eyes set on a big Summer of base building in prep for this Fall Half Marathon with a goal of breaking 1 hour and 30 minutes. Summer did not go as planned. I started experiencing lower hamstring tendonitis and decided to take a week off from running, which was extended to two weeks after I was involved in a serious car accident in which I was fortunate to survive with only some scrapes. I visited Physical Therapy to

determine that my hamstring injury was caused by weakness in my hips and once the pain was gone, I started strength exercises to correct it while maintaining aerobic fitness through biking and aqua jogging. I also continued to focus on adequate nutrition through eating mostly whole food plant-based to support my recovery. After a total of about 2 months off from running and 2 months left before the race, I was cleared to start gradually adding runs back into my training. A few weeks out from the race, I ran my highest weekly mileage ever (40mi) and was able to include some faster runs back in as well.

When race weekend came, I had the opportunity to take over the Florida Track Club Instagram page stories to share my trip and the race scene. After a connecting flight through Atlanta, we arrived in cold Philadelphia and stopped by the race expo. For its 25th anniversary, the Philadelphia Marathon expo featured talks by Bill Rodgers, Meb Keflezighi and Des Linden, tons of expo booths and the history of the race. Besides hotel accommodation, our stay in Philly was mostly unplanned as we relied on shuttles and UBER to get around the city and coincidentally found a food market right across from the expo convention center.



The night before the race, I had everything prepped, except for my race plan. When coach texted me for any last minute questions, I let him know that I doubted I could maintain the pace I needed for my finish time goal, but he assured me that I was fit enough. I then believed in the possibility again, but decided that my main focus going into the race would be to simply

enjoy it and challenge myself rather than set expectations and be hard on myself.

On race morning, the weather could not have been any better for racing with temperatures in the the 40°Fs, no ice on the roads and just a few patches of snow on the ground. After an active warmup, I got to the start line with a throw away hoodie that I tossed to the side too soon before the start as I started slightly shivering. Once the race started though, my focus in the first few miles was to gradually warm up and find my pace. The race started on Benjamin Franklin Parkway, across from the Philadelphia Art Museum and the steps from the Rocky movie and winded through part of the city before running along a highway and the Delaware River. During a sharp turn at mile 2, which ended up being my fastest mile in the race, I accidentally kicked down the calf sleeve on my right leg to the point it was scrunched at my ankle, but I never stopped to adjust it during the rest of the race. The course passed by historic buildings and monuments, including the Liberty Bell and some universities.

For the next couple miles, which winded into neighborhoods outside of the city, I stayed within sight behind the 1hr 30min pacers. I took my only gel of the race at around mile 6, taking water at stops before and after and carrying the gel for about a mile while taking it in small amounts as I was trying to maintain my breathing rhythm. At around mile 8, when the course went onto a few bridges over the Schuylkill River and had the biggest elevation changes in the race up through mile 11, I started to develop painful side stitches, which caused me to slow down, lose sight of the pace group ahead and another college runner I was strategically latching onto. After mile 10, I started focusing on my breathing and it helped the side stitches go away.



At this point, for motivation to overcome any pain to finish the race strong, I thought again of "running for those who can't" as I usually do towards the end of each race. I thought of the cause of the race, everyone who has or is undergoing a health condition with worse pain that what you may feel in a race and which sidelines them from running and I ran stronger for them. I picked up the pace in the final miles to the point that I caught site of the 1hr28min pacers again with less than a mile to go, passed them and ran as hard as I could with everything I had left. As I approached the finish line, a huge relief came upon me when I spotted the time clock showing 1hr28min and something sec. After crossing the finish line, I was greeted by my mom whom I traveled with and was overwhelmed with emotion to the point that I cried tears of joy for overcoming everything I faced to make it to the race and accomplishing the goal that I thought I could not. My official finish time was 1:28:52, which in my 3rd half marathon is a 15min PR from my last half marathon at Tom Walker Memorial in 2017.

Thank you to Florida Track Club for the race scholarship that gave me the opportunity to travel to and run this race and to Team FTC and Coach Enoch for an amazing supportive running group to be a part of. If you are considering a race on your bucket list or of your dreams, I recommend applying for a Steven Detweiler scholarship. Perhaps my next application will be towards a trip to the NYC or Boston Marathon after qualifying.



Cailin Lewis

SpaceCoast Half Marathon



On Sunday, November 25th, I ran the Space Coast Half Marathon in Cocoa, Florida. I have wanted to run this race since I started running in 2014 and it did not disappoint! The communication, packet pickup, course, race support, crowds, swag, post-race festivities and medal were all extremely well done. I could not think of a single suggestion to pass along to the race director. This is Florida's oldest marathon (47 years this year) so they really have it figured out! The organization of this race rivaled major races like Disney and Marine Corps Marathon. As a middle of the pack runner, I really appreciate when a race has all of the bells and whistles. The race is always

the Sunday after Thanksgiving (you're carb loading anyway!) and the medal is always HUGE. Seriously, my dad also ran the race and his only complaint when we got to the car was that his neck hurt from the medal!

I signed up for this race hoping to run a strong sub-2 hour half marathon. Earlier this year, I ran a 1:59:58 half marathon and that was way too close for comfort. I didn't know that I had reached my goal until the official results were posted! Unfortunately, I had my gallbladder unexpectedly removed on September 14th. I lost about six weeks of training – two weeks taking it easy once the symptoms started, two of absolutely no running after the surgery, and two more easing back into running. This was a huge disappointment and I knew I wasn't where I needed to be to accomplish my strong sub-2 goal. My bigger goal race right now is the full Disney Marathon in January so I decided to focus on that, continue to get healthy and use Space Coast as a training run.

Spoiler alert: when you use a half marathon as a "training run" for a marathon, Coach Enoch will make you run 17 miles that day! I tried to simulate as many factors of the Disney Marathon as possible, including my pre-race meal, fueling and even my running partner. Jessie Thompson and I are running Disney together and we happened to both sign up for Space Coast. We found each other on race morning and started out conservatively, just chatting and enjoying the beautiful sunrise over the water along the course. The weather on race morning was hot (65 at the 6 AM start) so my only goals were to have a strong 17 mile run, practice fueling and enjoy the event. As each mile went by, Jessie and I kept saying we should slow down so we don't crash and burn. The half marathon course is an out and back and they had two route options this year (North or South). It was really energizing to cheer for other runners along the course and to see all the space themed costumes. Around mile 9, I told Jessie I wanted to walk for a minute. When she didn't immediately respond, I told her to keep going and she shot off like a rocket! Jessie ran a PR at Space Coast and I am so excited for her! I kept trucking along the course, taking in the scenery, experiencing discomfort in my hips, and cursing Coach Enoch's 17 mile plan. This race was a great reminder that I need to get back into the mental training of a race. I had not really raced since March so I wasn't mentally prepared to push through the discomfort. I know I have work to do before the marathon!

I finished the race and collected the huge medal that I have had my sights set on for years! Then Jessie and I ran back out to finish my 17 miles and find my dad. We found my dad with less than 1.5 miles left and he was ahead of his goal. We ran with my dad until the barricades of the finish chute and I cried like a baby the entire way! He ran a 29 minute PR at Space Coast! I know this is my race report but I love when people work hard to accomplish their goals!

I am so grateful for the support of the Steven Detweiler Racing Scholarship to participate in the Space Coast Half Marathon! I highly recommend this race if you need a quick beach getaway, a purpose for your Thanksgiving mashed potatoes or a massive medal for your medal rack.

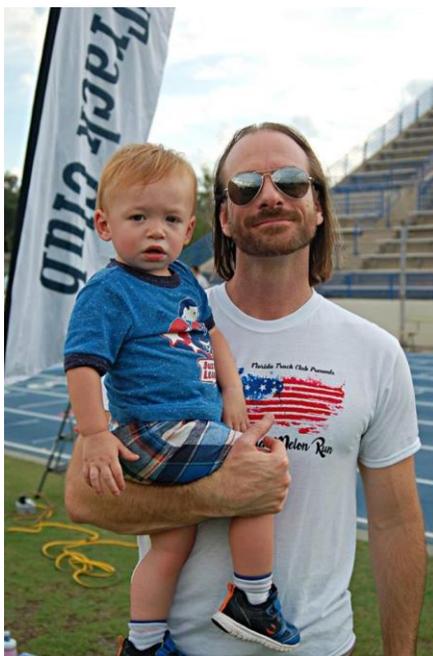
Thank you Florida Track Club!



Year in Review: 2018

Memories from the last twelve months with the Florida Track Club! Thank you all for being an important part of the

Gainesville running community!







History of the Florida Track Club



Jack Bachelier (back row, center) enjoying the company of Frank Shorter (shirtless) and their Florida Track Club teammates



By Felicia Lee

felicialeewrites@gmail.com

Florida Track Club

The Florida Track Club (FTC) is the oldest continuously operating track club in the U.S.^[6] It is known not only as the home and training base for prominent runners such as Olympic gold medalist Frank Shorter, Jack Bachelier, and Jeff Galloway,^[6] but also for setting important precedents for modern track clubs: FTC was the first track club in the U.S. to be granted tax-exempt status, and the first in which competitive athletes had the majority vote on who would go to meets and where they would go.^[2] FTC was also largely responsible for establishing its hometown, Gainesville, Florida, as a mecca for serious competitive runners.^[6]

The Beginning

FTC was founded in 1965 by University of Florida and Olympic track coach Jimmy

Carnes and Jack Gamble in Gainesville, Florida. Upon moving to Gainesville in 1965 for his career in environmental engineering, Gamble, a former college track and field athlete who wanted to stay involved in the sport, reached out to Carnes and volunteered to officiate and otherwise help out at events. The two started an informal group in which Gamble would recruit prominent runners to give talks.^[1]

One day, Carnes asked Gamble if he could help raise money to send a team to a relay race at Madison Square Garden in New York—he'd been expecting a check, but it hadn't yet arrived. Gamble immediately started fundraising among other runners at the University of Florida and brought the money he'd acquired back to Carnes.^[1] However, by that time, the check Carnes had been expecting had arrived. Since most of the donations Gamble had solicited were in cash, and he hadn't kept track of who had donated what, he couldn't return the money. Carnes and Gamble felt obligated to put the funds to good use for the running community.^[1]

Gamble consulted with Ed Singley, a colleague from work who had experience setting up organizations and handling finances. By the end of the day, the Florida Track Club had come into being, with Carnes as its executive director, Gamble as its president, and a bank balance of around \$800.^[2]

Soon after, Carnes and Gamble met with a number of other local runners at Gamble's house to develop a plan and a vision for the club. Besides being accomplished runners, many of those attending this first meeting brought useful professional skills to the club's founding.^[2]

One of them, John L. Parker, Jr., had a law degree and used his legal skills to draft an official charter for the club. (Parker's novel *Once a Runner*, a cult favorite among runners, is a lightly fictionalized account of the early years of the club.)^[4] Another, Olympic distance runner Jack Bachelier, designed the club's logo, an image of a Florida orange, making a point of ensuring the image in the logo was botanically accurate.^[2]

An innovative feature of the club was that it was organized so that a majority of the board would be competitive runners, and these runners would decide who got club support to attend meets and which races they'd attend. This strategy was designed to ensure the best athletes for each event would get support and avoid the political favoritism that occurred in other clubs. This policy was unique among track clubs of the time.^[2]

Gamble stayed president for about 3 years, after which time the club instituted regular elections.^[1]

The Early Years

During Carnes' years coaching the club, he noticed his runners tended to be in better condition during indoors winter meets than runners from northeastern schools. He attributed this to Florida's weather, which allowed for long outdoors workouts during the winter.^[3]

But Florida's punishingly hot and humid summers also proved a useful training tool. In the 1968 Summer Olympics in Mexico City, Jack Bachelier, an early club member and top-ranked two-miler, was the only U.S. runner able to run strongly enough at Mexico City's high altitude to qualify for the finals in the 10,000 meters.^[3] Unfortunately, he was selected for random drug testing after the qualifying race and when unable to produce a urine sample, was coaxed to drink some local water offered by race officials. The unpurified water gave him such severe digestive distress he was unable to compete in the finals.^[3]

Nevertheless, serious runners took note of Bachelier's success in the preliminary races, which Carnes attributed to Bachelier's training regime of two or three daily runs in Gainesville's summer heat—this apparently gave him the conditioning he needed to run efficiently at high altitude. Other serious competitive runners, wanting to replicate his success, soon began moving to Gainesville and training with the FTC.^[1]

By the 1970s, the FTC had become the training home to such prominent runners as Jeff Galloway, Frank Shorter, and Barry Brown. In 1970, the year Shorter joined the FTC, the club won its first national championship at the Track and Field Federation meet. In 1971, FTC won its first AAU cross-country championship and retook the title twice, in 1972 and 1973.^[5]

After Shorter took the gold medal in the marathon in the 1972 Summer Olympics in Munich, the club's popularity exploded—as did serious interest in long-distance running. It was during this era that Gainesville became known as a mecca for elite competitive runners.^[1]

At this time, competitive running adhered to a code of strict amateurism—runners could not receive any compensation for their running apart from payment of their expenses. The mere suggestion of an improper gift or excessive reimbursement of expenses was sometimes enough to get a runner banned from competition. To help FTC runners support themselves while adhering to this standard, Gamble arranged

part-time landscaping maintenance jobs for them with UF's Plant and Grounds Department. He also arranged for local hotels to let runners stay in unoccupied rooms. Carnes, who owned some investment properties in Gainesville, opened some of them to runners as well. In addition, Gamble even had some runners stay with him in his own home when first arriving in Gainesville.^[1]

On top of his running achievements, Shorter also changed track and field history by forcing a change in the longstanding policy of strict amateurism for runners. After becoming a household name, he began manufacturing and selling running gear and pushed back when told he couldn't wear one of his own branded shirts.^[1] Realizing the absurdity of this constraint, officials relented, and the policy of strict amateurism soon ended, paving the way for today's professional running circuit.^[1]

Women in the Early FTC

While the initial group of runners in the club were men, a few serious female runners were also active members of the club in its early years. The most prominent of these was Margaret Tolbert, who, along with her sister, Jane, had been tennis players UF, but also had an interest in running. Opportunities for women to run competitively at the college level were limited at the time, and the longest race available to them was 1 mile, which put Tolbert, whose aptitude was for distance running, at a disadvantage.^[1] Moreover, track training for women was constrained by the small number of women interested in running as well as conventional standards of femininity.^[6]

The FTC runners, however, were welcoming and supportive of her efforts, and she made a point of keeping up with them in their workouts.^[6] This was initially a challenge, since she started running with them in her teens and most of the other runners were men in their mid-20s. In addition, she participated in an informal group of noon runners that included FTC members and non-members and both men and women.^[6] This experience offered her access to cutting-edge training as well as the financial support to compete in prominent races. Because of her rigorous training and mentoring from other FTC members, she won most races she entered, including several national titles. Among her victories were the SEC 880 and mile, a women's half-marathon, and the Stone Mountain Road Race two years in a row. She also was the first woman to serve on the board of the FTC.^[6]

The FTC, Robert Cade, and the Development of Gatorade

Another early contributor the club was UF medical researcher Robert Cade, who led the team that invented Gatorade. While developing the still-unnamed sports drink, which was intended to promote better endurance and prevent dehydration in athletes, he tested it on UF and FTC runners.^[7] At one relay marathon, he set up tents at set points along the course, where his researchers took blood samples from runners, comparing those from runners who had consumed his formula to those from a control group. These findings contributed to the refinement of his formula.^[7]

Cade was active in the FTC and in Gainesville's running community in general. A former competitive runner,^[7] he believed strongly in the health benefits of running, and was often seen running with his six children, with whom he formed an informal "track club", complete with matching t-shirts, he dubbed "Plumbous Pedis" ("lead foot" in Latin).^[6] Cade was instrumental in the development of several local running programs, including the Great Gainesville Road Race, a prominent 5K in the 1980s and 1990s, as well as FTC's Junior Champ program, an age-grouped youth program that introduces boys and girls to track and field events.^[6] Cade has been called "the quiet, unassuming guardian angel of the Florida Track Club...He has also been the silent benefactor to more than several developing runners who needed a little extra assistance to go from good to great."^[9] In 1990, the FTC inaugurated an annual Cade Prize, to be awarded to a club member who had rendered extraordinary service to the club in the previous year.^[9]

The 1970s Running Boom and the Transformation of the FTC

After Shorter's victory in the 1972 Olympics, distance running captured the public imagination and running became a popular mainstream activity. During this time, recreational runners, most new to running, began joining the FTC. This changed the profile of the club from one populated purely by elite competitors to one serving both serious competitors and novices.^[8]

This led to some tension between the two groups. While FTC continued its original mission of training and supporting elite runners, some of the recreational runners felt their interests weren't being properly addressed by the club—they wanted to club to organize more road races and other activities for the community at large rather than focus the club's resources on competitive training and track meets. Moreover, as the club's superstar runners of the early 1970s started to retire, some

questioned the club's heavy investment in the less-storied competitors who followed.^[8]

To support the elite runners, sports broadcaster, Gainesville entrepreneur, and former Olympic runner Marty Liquori began sponsoring a team affiliated with the FTC through Athletic Attic, a chain of running shoe shops that he had co-founded in 1973. (While Liquori lived in Gainesville and trained with FTC runners, he remained sponsored by—and under contract to—the New York Athletic Club, so was never an official member of the FTC).^[1,10] The Athletic Attic/FTC team, as it was first known, was the first athletic team to be named after a corporate sponsor.^[10] Athletic Attic provided its runners part-time jobs at its local branch, as well as financial support for travel to races.^[1,10]

Some FTC members, however, were uncomfortable with what they perceived as the commercialization of the club. The Athletic Attic team then disassociated itself from FTC and became an independent team.^[10]

In 1978, a group of recreational runners decided to form a separate organization, the Florida Road Runners, which would focus on road races and other activities for recreational runners. True to its name, the FRR organized numerous road races, which attracted large numbers of local runners.^[8]

Within a few years, however, the FTC had independently chosen to shift more of its focus onto the growing population of recreational runners and started organizing road races of its own. By 1980, both groups were regularly hosting weekend races and even found themselves hosting overlapping races.^[8]

David Mathia, one of the leaders of the FRR, realized the groups had come to share the same mission and constituencies and thus were duplicating many of their efforts. For this reason, he reached out to Len Ryan, the president of the FTC at the time, and proposed a merger of the clubs.^[8] Ryan agreed, and by 1981, the clubs had merged memberships and the FRR had been reabsorbed into the FTC. Following the merger, Mathia became FTC's race coordinator.^[8]

The Rise of Road Racing

Throughout the 1980s, the FTC grew increasingly active in organizing road races. As both a community service and a fundraising effort, the club started organizing races for local charities and community groups. The club would be paid a stipend by these groups, and in return, would take charge of both planning the races and recruiting race sponsors.^[8,10]

By the late 1980s, running had become a high-profile sport, and most major cities sponsored high-profile road races. Wanting to draw more attention to Gainesville's running community, in 1990, Marty Liquori and University of Florida track coach Hal Rothman organized the Great Gainesville Road Race (GGRR), which they envisioned as an annual 5K for both elite competitors and recreational runners.^[1,10] Liquori asked Gatorade inventor Robert Cade, who was active in the running community, to provide seed money. To build buzz around the event, Liquori also asked the FTC not to schedule any races in the month before and two weeks following the GGRR.^[1,10]

In its inaugural year, the GGRR included two races—an earlier race through downtown Gainesville for professional runners, and a later race through a nearby residential neighborhood for recreational runners.^[1,10] Race organizers recruited prominent runners to the race. Among these were members of the Norwegian national track team, who had been encouraged to participate by Norwegian marathoner Grete Waitz, a five-time world champion who trained part-time in Gainesville and participated regularly in FTC activities.^[10] (Waitz herself was unable to run with the elite competitors because of an injury, but along with Keith Brantly, another injured top-ranked runner, ran in the later race with the recreational runners.)^[11]

After the first few years of the GGRR, Rothman and Liquori were ready to move on to other ventures, and ceded control of the race to the FTC.^[10]

Over time, however, prize purses for professional runners grew, along with the number of high-profile opportunities for them to compete. The GGRR was eventually unable to offer either enough prize money or prestige to attract top runners, and moreover, the now-crowded professional race schedule meant it often conflicted with more popular events.^[10] The growth of recreational racing opportunities also meant the GGRR competed against other local races.^[10] Thus, the GGRR was discontinued in the early 2000s.

However, the FTC continued to sponsor a series of popular regular races, including the Newnans Lake 15K (which many runners used as a warm-up race for the 5 Points of Life Marathon and Half-Marathon typically held a few weeks later), a half-marathon, and the July 4 Melon Run, one of FTC's oldest traditions.^[1] While the FTC had a regular marathon training group and members regularly participated in out-of-town marathons. The Five Points of Life Marathon was first organized in 2006^[12]

While the majority of FTC members in this era were recreational runners, elite competitors as well as serious amateurs continued to compete in FTC races. Thus, race organizers took care to measure the courses accurately to ensure that participants could use their times to qualify for elite races such as the Boston Marathon.^[13]

The FTC Today

Today, the FTC continues to serve both recreational and elite runners, and currently boasts over 300 members.^[14] It has also expanded its mission to educating the community at large about running, and thus has expanded its activities to accommodate runners of all ages and abilities.^[14] Among its popular current activities are the annual 4th of July Melon Run (3 miler), the Tom Walker Memorial Half-Marathon and 5k (typically held around Veteran's Day, the June Twilight Track Meet held at the University of Florida, which includes track and field events for competitors of all ages, and the Frank Shorter Road Mile, a New Year's Day road race on a USATF certified course. In addition, FTC members regularly volunteer as pacers for the annual Five Points of Life Marathon in Gainesville.^[14] FTC also has a series of regularly scheduled group runs open to the public as well as monthly talks by prominent members of the running community.^[5]

In 2015, FTC began offering scholarships to help cover the travel expenses of members participating in out-of-town races.^[14] Unlike the funding provided to runners in the early days of the FTC, these scholarships are available to recreational as well as elite runners. (The only requirement is that recipients wear the FTC singlet when racing and report back on their experience at the FTC's monthly meeting.)^[5] As of 2017, over 20 scholarships have been awarded.^[14]

Prominent Runners Affiliated with the FTC

Over the years, a number of prominent competitive runners have trained with the FTC. While not all were official members of the club, all trained at least part time in Gainesville and participated in FTC activities.

- Jack Bachelor (National AAU champion, cross country and 10,000 meters 1969; national AAU champion, 6 miles, 1970)^[16]
- Barry Brown (first place, Price Chopperthon, 1983; first place, Adirondack Distance Run, 1983, 1984, 1987; first place, World Veterans Championship, 1984;

first place, TAC Masters Road Championships, 1985)^[17]

- Keith Brantly (first place, World University Games, 10,000 meters, 1981; first place, US 10,000 meter Road Championships, 1985, 1987, 1989, 1995; first place, first place, US 20 km Road Championships, 1993; US 25 km Road Championships, 1995; first place, US Marathon Championships, 1995, 1998)^[18]
- Byron Dyce (bronze medal, 800 meters, 1971 Pan-American Games)^[19]
- Jeff Galloway (member, US Olympic team, 1972; US record-holder, 10-miles, 1973)^[20]
- Marty Liquori (NCAA and AAU outdoor mile champion, 1969 and 1971; AAU outdoor mile champion, 1970; gold medalist, 1500 meters, Pan-American Games, 1971; world champion, 5000 meters, 1977)^[21]
- John L. Parker, Jr. (three-time Southeastern Conference champion, 1 mile; US Track and Field Federation champion, steeplechase)^[22]
- Frank Shorter (world champion, marathon, 1971, 1972, 1973; US champion, marathon, 1971, 1972, 1973, 1974, 1976)^[23]
- Grete Waitz (first place, IAAF World Cup, 3000 meters, 1977; first place, World Cross Country Championships, 1978, 1979, 1980, 1981, 1983; first place, New York City Marathon, 1978, 1979, 1980, 1982, 1983, 1984, 1985, 1986, 1988; first place, London Marathon, 1983, 1986)^[24]

Guest Speakers

The FTC holds monthly meetings in February, March, April, September, October, and November. During the other months, the club holds fun runs finishing at local eating establishments, where members are treated to refreshments. Some of the esteemed speakers the club has hosted include the following:

- Keith Brantly (1996 US Olympian Marathon) ^[25]
- Todd Williams (1992 & 1996 US Olympian

10,000 meters, founder of RunSafer)^[26]

- Brian Sell (2008 US Olympian Marathon)^[27]
- Kim Pawelek (1999 US Marathon Champion, multiple US Olympic Marathon Trials Qualifier)^[28]
- Mike Holloway (University of Florida Track and Field and Cross-Country Head Coach)^[29]
- Jeremy Foley (former University of Florida Athletic Director)^[30]
- Luke Watson (NCAA All-American from Notre Dame, multiple US Olympic Trials Qualifier: 3,000 meters steeplechase, 5,000

meters, and Marathon, member of Team USA World Cross-Country)^[31]

- Dr. Robert Cade (developer of Gatorade)^[32]
- John L. Parker Jr (Author of Once a Runner)^[33]
- Hal Higdon (Runner's World contributor, multiple Olympics Trials Qualifier, World Masters Champion, founder of Road Runners Club of America)^[34]
- Bart Yasso (Runner's World Chief Running Officer)^[35]
- Nicholas Romanov (developer of Pose Running Method)^[36]

- Mike and Debbie Cotton (US Champion Pole Vault)^[37]
- Matt Fitzgerald (Author, Coach)^[38]
- Dennis Mitchell (1992 & 1996 US Olympian, 100 meters, 4X100 meter relay)^[39]

References

1. Jack Gamble, p.c.
2. Florida Track Club newsletter, July 2015 (article by Jack Gamble)
3. Florida Track Club newsletter, August 2015 (article by Jack Gamble)
4. https://en.wikipedia.org/wiki/John_L._Parker_Jr.
5. FTC membership application brochure

6. Margaret Tolbert, p.c.
7. <http://www.nytimes.com/2007/11/28/business/28cade.html>
8. David Mathia, p.c.
9. Florida Track Club newsletter, May 1990
10. Marty Liquori, p.c.
11. Florida Track Club newsletter, March 1990
12. Florida Track Club newsletter, January 2006
13. David Greenberg, p.c.
14. Betsy Suda, p.c.
15. <http://teamfloridatrackclub.com/>
16. https://en.wikipedia.org/wiki/Jack_Bachelor
17. <http://more.arrs.net/runner/5675>
18. https://en.wikipedia.org/wiki/Keith_Brantly
19. https://en.wikipedia.org/wiki/Byron_Dyce
20. https://en.wikipedia.org/wiki/Jeff_Galloway
21. https://en.wikipedia.org/wiki/Marty_Liquori
22. Author bio, *Again to Carthage*, John L. Parker, Jr. 2007
23. https://en.wikipedia.org/wiki/Frank_Shorter
24. https://en.wikipedia.org/wiki/Grete_Waitz
25. FTC newsletter, December 1999
26. [https://en.wikipedia.org/wiki/Todd_Williams_\(athlete\)](https://en.wikipedia.org/wiki/Todd_Williams_(athlete))
27. https://en.wikipedia.org/wiki/Brian_Sell
28. <http://www.nydailynews.com/archives/sports/long-run-marathon-article-1.933994>
29. <http://floridagators.com/coaches.aspx?rc=133>
30. FTC newsletter, May 1995
31. https://en.wikipedia.org/wiki/Luke_Watson
32. https://en.wikipedia.org/wiki/Robert_Cade
33. FTC newsletter, April 1999
34. FTC newsletter, February 1996
35. <http://www.bartasso.com/>
36. FTC newsletter, January 1995
37. [https://en.wikipedia.org/wiki/Mike_Cotton_\(pole_vaulter\)](https://en.wikipedia.org/wiki/Mike_Cotton_(pole_vaulter))
38. <https://mattfitzgerald.org/>
39. https://en.wikipedia.org/wiki/Dennis_Mitchell



Back row (l-r): Matt Carrillo, Enoch Nadler, Nic Armfield, VP Gretchen Loyd, Konstantin Matchev, President Richard Garand

Front Row (l-r): Dan Stoner, Pat Gallagher, Past President Elizabeth Hanselman, Executive Director Betsy Suda

2018 FTC Board Members

President: Richard Garand,
rjgarand@gmail.com

Vice President: Gretchen Loyd,
gretchen.loyd@gmail.com

Past President: Elizabeth Hanselman
gainesvillerunwalkrun@gmail.com

Treasurer: Marie Dennis,
fsumarie@hotmail.com

Directors:
Patrick Gallagher el.gallagher@gmail.com
Nick Armfield narmfield@gmail.com
Dan Stoner danstoner@gmail.com
Matt Carrillo mattcarrillo@gmail.com
Enoch Nadler
teamfloridatrackclub@gmail.com
Konstantin Matchev
konstantin.matchev@gmail.com
Mark Ou, markieou@gmail.com

Executive Director: Betsy Suda
betsysuda820@gmail.com

Thank you to our generous club sponsor:



**ORTHOPAEDICS AND
SPORTS MEDICINE INSTITUTE**

<http://www.ortho.ufl.edu/>