



CLUB WITH THE ORANGE ON THE SINGLET

Florida Track Club September Newsletter 2018!



CELEBRATING 50+ YEARS AS A CLUB!

August FTC Social Photo Recap

First Magnitude Brewing Company, 8/1/18

Thank you to all who came out to run and socialize, especially our guest speaker, elite runner Julie Stackhouse of Stackhouse Fitness of Jacksonville!



Nicholas Armfield welcoming runners and explaining running route.



Running Tabs hosts free weekly runs every Wednesday at 6:30PM from First Magnitude.



Natalie Carpenter of Fit2Run and Pace Team Organizer, Elizabeth Hanselman of Gainesville Galloway and FTC Board Member, FTC Executive Director Betsy Suda.



Betsy with Julie Stackhouse, our special guest runner.

Next FTC Monthly Meeting:

Strength Training for Runners Clinic with Fitz Koehler!



Monday, September 10th 2018

7PM
Orthopedic Sports Medicine Institute

We are very pleased to host local fitness expert, race announcer, and Morning Mile founder, Fitz Koehler! Fitz is excited to share her expertise on making runners stronger, more flexible, and more injury resistant!

Refreshments before and after the meeting. We will also have Zac Radke giving a Steven Detweiler Scholarship race report from a recent experience at the Chicago Triathlon!

FTC Monthly meetings are free and open to the public.

The FTC Board of Directors also meets prior to the monthly meeting at the same location at 6PM to discuss and vote on club business. These meetings are also open to the public and members are encouraged to attend and share thoughts and ideas. Email a board member or thefloridatrackclub@gmail.com for more information.



Above: Fitz announcing for the Big Sur Marathon this past April and with FTC members at the race expo.



Fitz and Gretchen Loyd and Jess Morey prior to Big Sur Marathon.



Fitz and Jenny Freeman at finish line at Big Sur Marathon.



Morning Mile Program



Photos from Jeff Galloway's visit to Gainesville

On Tuesday, August 28th, we had the honor of having Olympian and FTC founding member Jeff Galloway pay us a visit to kick off training for the 5Points of Life Marathon and Half Marathon taking place in Gainesville in February 2019.

Jeff presented on his run/walk/run training philosophy, mental preparation for long runs and races, as well as training in the heat and specific nutrition needs for marathons and half-marathons. The evening was sponsored by the Gainesville Galloway program and as well as LifeSouth, the title sponsor of the 5Points of Life race weekend.



Jeff and FTC and Team FTC member Cedric Torres. Cedric is also a recent Steven Detweiler Scholarship Award Winner. He will be looking to use his scholarship funds to compete in the Dietz & Watson Philadelphia Half Marathon on November 17th, 2018..

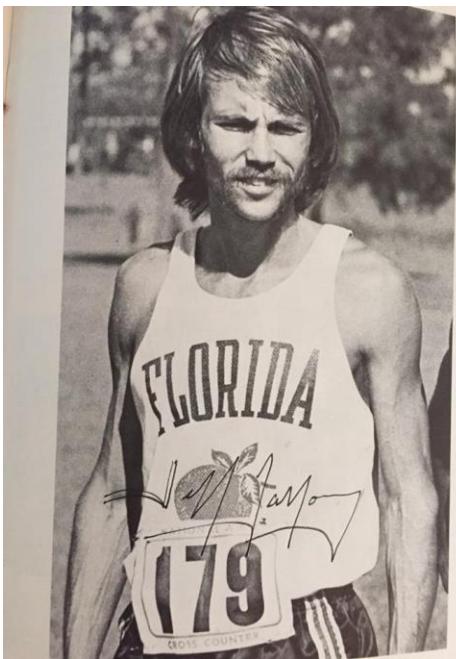


Jeff with FTC member Georganne Watson. Georganne is also a recent Steven Detweiler Racing Scholarship multiple award recipient as well as a previous FTC guest speaker.

Georganne has used the scholarship funds to represent the FTC at the Disney Princess 10k, USATF XC Club Cross-Country Championships, as well as the St. Pete Half Marathon.



The meeting was held in the conference room at the LifeSouth Building on NW 13th Ave. Refreshments and door prizes were donated by Gainesville Galloway and LifeSouth.



Jeff autographed vintage photos of himself in his FTC racing gear.



Photos of Jeff Galloway (top) and Galloway and Frank Shorter (above) in their FTC singlets in races in 1973. The second photo was taken at the Florida Relays in the 6 mile race. Both photos were taken by Bob Kasper and appeared in the Runner's World 1973 Pictorial.



I first saw the Chicago Triathlon course 3 years when it served as the International Triathlon Unions' (ITU) World Championship Grand Final. The race would not only be the first time the Grand Final came to America but would also be the first opportunity for the Rio Olympics hopefuls to qualify for a slot on Team USA. The Women's race stands out in my mind since USA was already heavily favored for a possible 1-2-3 podium repeat. That day the dominant Gwen Jorgensen would win the race, finishing with a 32 minute 10K run-split and walked away with the Championship Gold, undefeated for the season. Sarah True, wife of pro-runner Ben True, would win Bronze in the Championship standings. After that, I added the Chicago Triathlon to my "list" of bucket-list races I had to do. The Chicago Triathlon is one of the oldest in the sport (36 years) and is the largest in the world, hosting nearly 10,000 athletes over the weekend. Just a few years ago the race organizers created a unique challenge for athletes interested in competing in all 3 races over 2 days. For less than 2% of entrants there are 175 slots for "Triple-Challenge" competitors that compete in a Super-Sprint on Saturday followed by an Olympic and Sprint race on Sunday.

Having recently moved up into the Ironman distances the last few years I felt it would be fun to return to the intensity of short course racing. The Triple-Challenge was an unusual paradigm in triathlon as it's normally impossible to compete in multiple races in a single day. It would also be a unique challenge as the cumulative distance of 59 miles is near that of the half Ironman (70.3 miles). The simple training ideologies I follow is that base training should be diverse and balanced and as you get closer to race day your training should more closely mimic race-day demands and specificity. Having done an early season half Ironman, it served as an excellent base to build from. While half Ironman training had been mostly long and steady workouts the short course would require shorter, more intense workouts. The wildcard would be the Sunday races of Olympic (~32 miles) and Sprint (~19 miles) being the same day, with about 1 hour's recovery.



CHICAGO TRIATHLON SUPER SPRINT **Chicago** WE RUN FOR CHILDREN **ATHLINKS**

This season I began with a new focus on nutrition and in hindsight it was a significant performance limiter in the past for both racing and training. The first major change I made came with the realization a coach gave me: foods are either carbohydrate or protein, simple as that. If it has eyes, it's a protein and if it doesn't it's a carbohydrate. I started focusing on more nutrient-rich carbs like vegetables, and quality proteins at night before bed to promote sleep and recovery like salmon and red meat. Florida Track Club speaker, Kelsey Beckmann (<https://www.facebook.com/meteornutrition>) provided a helpful chart that I still use today when planning race-day fueling for both carbs and hydration and this was key to my race performance. I discovered I wasn't taking on nearly enough water and carbs for races and workouts over 2 hours. Using her guidelines, I had to train to drink and eat enough during key sessions to ensure I consume enough and that my body could process it.



CHICAGO TRIATHLON SUPER SPRINT **Chicago** WE RUN FOR CHILDREN **ATHLINKS**

Steven Detweiler Scholarship Racing Report: Zac Radke



Once race weekend had arrived and I was excited; I felt confident in my training, race plan, and nutrition. The first race was the Super-Sprint and would be the most intense due to many factors. This would be first time getting a feel for the chilly waters of Lake Michigan. It was also a beach-start making positioning and water entry more difficult to start the race. The bike course (10K) was 3 loops of an already tight course so (bike) traffic would also be a factor. My plan was to try and get out in front of the swim knowing that it would be over quick, hold my positioning on the bike, then run through as many positions as I could. 37 minutes later I'd placed 10th overall out of 700 and 9th among Triple-Challenge Athletes. Sunday's race would be the big test to see if I could find the right balance of speed and endurance. It was tough to pace myself at a distance that normally takes very little strategy but I knew I'd have to save enough for the second race. I had finished the first race in 15th, much lower than I'd anticipated but I stuck to my race plan and paced myself on the bike and run. After finishing the Olympic race Sunday, I had about an hour to recover, refuel, rehydrate, and get ready to enter the water one last time. I had practiced this with consecutive bike/run workouts in training but had never tried swimming with such fatigued legs and arms. Needless to say the second swim was tough as my arms were fatigued from the prior swim-bike-run and my legs were not willing to contribute at all. As I exited the water for the last time I was relieved to start the bike. Both the bike and run were slower than I had expected but I also noticed at each turn-around that fewer "Triples" were ahead of me. At the last run turnaround, I knew I was near the Top 10 and that while my prior performance had fallen short of my expectations I was

positioned better for the final race. At the end of the day I felt amazingly accomplished: I'd finished all 3 races while 10% of the field had DNF'd or DNS'd at some point and while I'd just missed a stretch goal of 10th overall (11th), and I was 3rd among the 30-35 males in the division.



This destination/bucket-list race was everything I'd hoped for: It gave me new challenges, I learned more about the sport and training, and I'd accumulated amazing experiences in the process. The city has some amazing history and the Chicago Triathlon allows athletes to see the city in many unique ways. The race course highlights the Great Lake, the iconic skyline, and includes some unique access to the tunnel systems that are only open to athletes 1 day a year. The final run down Columbus Drive shares the same finish line as the Chicago Marathon and the energy from all the spectators gave me chills on a hot and humid day. I'd like to thank the Florida Track Club for the honor of receiving the Steven Detweiler Scholarship. Their support along with the added motivation of receiving the scholarship encouraged and inspired me throughout training and the race. I highly recommend others take advantage of the opportunity!



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 Cypress & 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

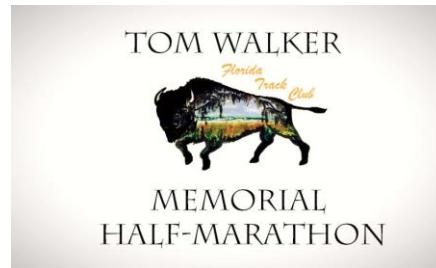


Thursday @ Tipples - 6:00 PM
Meets at Tipples on the corner of SW Tower Rd and 24th Ave. 4 mile route with paces ranging from 8-12 minute miles. Come join us for plenty of conversation and camaraderie. Stick around to grab a beer at Tipples afterwards. Currently meeting at 6:00 and heading out on run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

[states/fl/gainesville/6001279908664](https://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 only 9 weeks away!



**Sunday, November 11th
8AM Bouleware Springs Entrance
Hawthorne Trail**

Sign up today!

<https://runsignup.com/Race/FL/Gainesville/TomWalkerMemorialHalfMarathon?remMeAttempt=1>



Keith Brantly, far right, former FTC President and 1996 US Olympian road racing in the 1990s. We have named the 5k portion of our race weekend in his honor.

Last year at Tom Walker Races:



Day of Race Registration and Bib Pick up tables.



Two hour half-marathon group led by Tim Donovan



Zane Grabau and Joshua Starnes



Scott Gulbransen



Elizabeth Hanselman and Diane Miller

Georganne Watson, Daniela Urzua,
Tony Matchev, Mike Hensley

Olympian Brian Sell traveled to Gainesville from PA to speak to the FTC prior to the Tom Walker race. He then stayed and ran the course with friend and former US teammate and FTC member Luke Watson.



Enoch Nadler and Elizabeth Hanselman

Andy Knott, Rob Robbins, Matthew
Conner, Kate Egan

Courtney Rouse



Hali Lester



Laura Weston and Linda Bloom



Dan Stoner



Gretchen Loyd

Steven Raymond, Andy Merrill, Mike
Hensley



Stephanie McGrail

Stephanie McGrail, Courtney Rouse,
Betsy Suda

Victoria Pagan

The Florida Track Club hosts our annual Tom Walker Memorial Half Marathon Run and Keith Brantly 5k on the beautiful Gainesville-Hawthorne Trail.

This chip-timed USATF-certified course and is on a wide paved path with plenty of shade.

Florida Track Club members receive a discount (\$5 off half marathon, \$3 off 5k) at checkout. Kids 13 and under receive reduced pricing as well.

\$250 cash prize to Male and Female overall winner, \$100 cash prize to 2nd place Male and Female, \$50 cash prize for 3rd place Male and Female. All half marathon finishers will receive a custom finisher's medal.

Due to popular demand we are continuing the 5k race that debuted in 2016 as well! This year, we will inaugurate the race as the Keith Brantly 5k in honor of our previous FTC president and US 10k Olympian. Awards (trophy or medal, TBD) to first place male, female, and masters male and female.

Early race number and shirt pickup dates and location are still TBD. Day of race pick up begins at 7 am at Boulware Springs. Race shirts will be available until they run out, so we encourage you to register early.

Contact Race Director Mark Ou with further questions:
markieou@gmail.com

Register today! FTC members get \$5/\$3 off at checkout!

<https://runsignup.com/Race/FL/Gainesville/TomWalkerMemorialHalfMarathon?remMeAttempt=1>



Pace team members: Christopher Reisch, Richard Smith, Timothy Donovan, Keith Singleton, Laurie Meyers, and Jenni Johnson

Congratulations to our most recent Steven Detweiler FTC Racing Scholarship Recipients!



Cailin Lewis: Space Coast Half Marathon, 11/25/18



Cedric Torres: Dietz & Watson Philadelphia Half Marathon, 11/17/18

Now accepting applications for scholarship awards for spring races! See page 14 of this newsletter for more information. Send completed applications (Word Document or PDF) to the scholarship committee at thefloridatrackclub@gmail.com.

If you would like to serve on the scholarship committee, send an email expressing your interest to the same email. Thank you!

History of the Florida Track Club



Jack Bacheler (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 Bacheler, 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 Bacheler, 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 indoor 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 Bacheler, 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 Bacheler's success in the preliminary races, which Carnes attributed to Bacheler'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 to 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 Bacheler (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 Vaulter)^[37]
 - Matt Fitzgerald (Author, Coach)^[38]
 - Dennis Mitchell (1992 & 1996 US Olympian, 100 meters, 4X100 meter relay)^[39]
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Steve Detweiler FTC Scholarship Applications – next round due November 1st!



The FTC has scholarship money available to all club members to use for travel/race registration/lodging, etc. If you have an upcoming race this spring for which you could use some financial support, please submit an application! The form for the Steven Detweiler Florida Track Club Racing Scholarship is below. Please email completed forms to: thefloridatrackclub@gmail.com. Deadline for submission is Nov 1st at 11:59PM.

Florida Track Club Race Scholarship

Goal: To financially support athletes within the Florida Track Club when representing the Club at races.

Moneys

Total Funds: \$500 allotted biannually (\$1000 per year)

Maximum allotment per individual per term: \$100-250
(Recipients per term: 2-5)
Maximum allotment per individual per year: \$250

Timeline Each applicant may submit one (1) application per bi-annual term. The application must be submitted by 11:59 pm on November 1st, for races in January through June and by 11:59 pm on April 1st for races in July through December. The application includes a Questionnaire Form and a Budget Form. The applicant will be notified approximately two weeks after each deadline.

Reimbursement The travel grant will be used to cover racing fees, transportation, and lodging. Other expenses, such as meals, souvenirs, etc. will not be reimbursed. The recipient of the award must keep all itemized receipts. After the event, they must fill out the reimbursement spreadsheet and submit all receipts through email to: thefloridatrackclub@gmail.com The awarded amount indicated prior to travel is the maximum amount the recipient will be reimbursed. If the individual doesn't submit receipts they will receive \$0.

Transportation Plane fare can be reimbursed as long as the total funds for the trip do not exceed the allotment per individual per term (\$100-250). Gas receipts from en route travel days and MapQuest/GoogleMap (etc.) directions to and from race will suffice for reimbursement.

Lodging Lodging expenses can be reimbursed as long as the total funds for the trip do not

exceed the allotment per individual per term (\$100-250).

Expectations

If receiving a sponsorship, the participant is required to:

- 1) Give an oral race report at a FTC meeting within 6 months of the event
- 2) Deliver a written race report submitted to the Executive Director, Betsy Suda (betsysuda820@gmail.com) for the FTC newsletter within 1 month of the event
- 3) Represent the Florida Track Club! Submit a photo wearing the Florida Track Club singlet at the race.

Review

The application will be reviewed based on the following characteristics:

- 1) Active membership in FTC
- 2) The applicant's prior service and involvement within the FTC and the Gainesville running community
- 3) The significance of this race to the individual
- 4) Competitive potential
- 5) Financial needs of participant

Questionnaire for Applicants:

Are you an active member of FTC? If so, how long have you been a member?

What other activities (especially fitness, running, and community service related) you are involved in, within the community and the state?

What are your running goals for this race, this season, and long term?

Please share why you would like to run this race and how the funds from FTC are important.

Are you able to do an oral (within 6 months of event) and written race report (1 month following event) and wear the FTC singlet for a photo at the

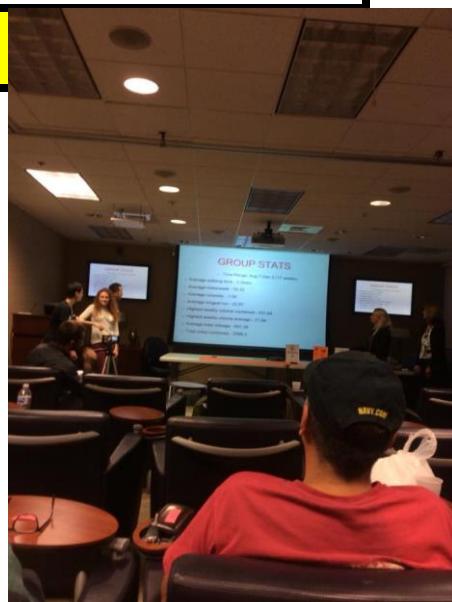
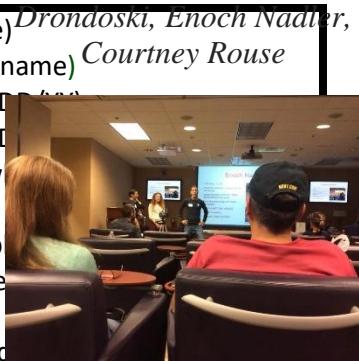
race? (A requirement to receive funds)

Budget Spreadsheet (Application)

Applicant Name	1 (name) Drondoski, Enoch Nadler,
Race Name	2 (Race name) Courtney Rouse
Date(s) of Race	3 (MM/DD/YY)
Dates(s) of Travel	4 (MM/DD/YY)
Location of Race	5 (Anywhere)
Race Entry Fee	6 \$
Mode of Transportation	7 (Car/paid) \$
Approximated Distance	8 (x miles)
Approximated Travel Cost	9 \$
Expected Accommodations	10 (Friends, Hotel, etc.)
Approximated Lodging Cost	11 \$
Notes	12
Total race cost	13

California International Marathon

Sharon Beckwith, Ravi Kumar, Stephanie McGrail, Lara



Recent Scholarship Recipients

Georganne Watson and Kelly Griffin, St. Pete Half-Marathon



History of the Scholarship

The FTC Board of Directors voted unanimously to rename our FTC Running Scholarship the Steven Detweiler Racing Scholarship. This program commenced this fall and is open to any Florida Track Club member in support of their racing goals. We have thus far awarded over \$3k to members to travel to compete in the following races: Chicago Marathon, Kiawah Marathon (of which Steve was a recipient and placed first in his age group with a 1:43 Half

Marathon!), and the Disney Princess 10k. Scholarship recipients reported back on their experiences to the club through this newsletter and by speaking at our meetings. If you would like to make a donation to the scholarship, checks can be made out to: The Florida Track Club, with Scholarship fund in the memo line, and sent to Betsy Suda, Executive Director at 4190 NW 50th Drive, #7305, Gainesville, FL, 32606.

We encourage all members to apply!

Details and the scholarship application can be found at:

<https://floridatrackclub.wildapricot.org/Blog/3526596>

Deadline for scholarship application submission is April 1st. Donations are welcomed at any time.



Steve with Jay Peacock after Tom Walker Half Marathon.



Stacy Voils, Alissa Voils, Ozzy Vidal, Steve Detweiler, Mark Ou at FTC social at First Magnitude.

Club Magnets!

\$5 Available at FTC Monthly Meetings

(for more info and for info on FTC singlets:
thefloridatrackclub@gmail.com)



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



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