

Nature of Running

IDH 3931, 1 credit hr

Spring 2017

Primary Instructors

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Office Hours

By appointment, otherwise open-door policy. If our doors are open and we are not meeting with someone else, please feel free to drop in. We also check email frequently.

Lectures

Friday Periods 7 and 8 (1:55pm – 3:50pm). The first week we will meet in the assigned classroom, Newins-Ziegler 112. Thereafter we will typically meet in the Newins-Ziegler Hall breezeway. Typically 15-20 minutes of lecture material will be delivered each week to stimulate thinking and discussion, followed by a group run to visit a natural area that illustrates or reinforces the theme of the lecture.

Dress for the run and the weather conditions. At a minimum you should wear *running shoes* and clothes that would be comfortable to wear on a run. Be sure to account for cold, hot or rainy weather, and dress accordingly. *We will run every class session unless there is lightning*, and we may get muddy. For those who need to change into running gear before class, bathrooms are available in NZH. The vans and a room in NZH will be locked for personal items (backpacks, laptops, etc.) during the run.

Learning Objectives

- To understand why and how people exercise in natural settings
- To understand the value of nature-based fitness to society
- To participate in group runs with others as part of a healthy lifestyle
- To document and reflect on one's own motivations to run

Grades

Grades are based on class attendance and a personal journal and, weighted equally. You will upload your journal entries each week to Canvas (lss.at.ufl.edu). Your entries may be personal reflections on the course material, or your thoughts on training goals, or your views on the supplemental text material. Be sure to submit journal entries each week to the course management system, because any weeks missed will reduce your grade proportionally. Be sure to attend class each week, because any weeks missed will reduce your grade proportionally. The only absences excused with advance notice are for religious holidays, as a policy of the Office of the University Registrar.

Each week there are a total of 2 points to be earned (1 for journal entry, 1 for attendance), excluding the first day of class, for a total of 28 points. The grading scale is 26-28=A; 24-25=A-; 22-23=B+; 20-21=B; 18-19=C+; 16-17=C; 14-15=D; <14=E).

There are two opportunities to make up points. First, there will be an optional additional journal entry worth 1 point. Second, you may volunteer at the Flatwoods 5k put on by the School of Forestry on Oct 29 which will be worth 2 points.

Supplemental Readings (not required, but recommended)

Epstein, David. 2013. *The Sports Gene – Inside the Science of Extraordinary Athletic Performance*. This New York Times bestseller addresses questions of whether elite athleticism is innate or learned.

McDougall, Christopher. 2011. *Born to Run – A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen*. This New York Times bestseller reminds runners why they run and will inspire non-runners to hit the trails.

Parker, John L., Jr. 1978. *Once a Runner*. With a cult-like following in the running community, this book references many local routes, as they were used for training by Olympians who founded Gainesville's own Florida Track Club.

Course Schedule

Jan 6 (Week 1). Overview, survey and safety (Instructors)

Natural Areas Teaching Lab – A small network of trails at the NATL on the UF campus (just south of the performing arts center and natural history museum). The trails lead through areas that include upland pine, hardwood hammock, old-field succession, and a wetland fed by UF's stormwater ecological enhancement project (SEEP). natl.ifas.ufl.edu/naturetrails/.

Jan 13 (Week 2). Motivations and goals (Students).

Tobacco Road – A 2.5 mile (each way) unpaved stretch of road that recalls a bygone era in Florida, as you run under the crowns of majestic oaks and alongside old homesteads and pastures. Begins and ends at Squirrel Ridge Park, former site of one of the area's original plantations.

Jan 20 (Week 3). Born To run (Bobby)

Loblolly Woods with optional Ring Park Extension – Part of the Hogtown Creek Greenway managed by the City of Gainesville. To make it longer, add on the limerock trails through Westside Park or use the boardwalk to cut north to 16th Ave. and link up with Ring Park for more trail running along Hogtown Creek.

Link to all City of Gainesville nature parks: <http://www.cityofgainesville.org/ParksRecreationCulturalAffairs/NaturalResourcesandPrograms/NatureParks.aspx>

Jan 27 (Week 4). Training principles (Bobby)

Devils Millhopper Geological State Park – A short run, but one of the most unique you'll find in Gainesville. 4.00/vehicle or \$2.00/pedestrian entry fee. A ½ mile trail circles the sinkhole, or run up and down the 232 steps to the bottom. floridastateparks.org/devilsmilhopper/.

Feb 3 (Week 5). Health benefits of running (Damian).

Jungle Trail – 1.5 miles (each way) along old railroad berm overlooking Sugarfoot Prairie and Clear Lake. A favorite of the UF cross-country team because of its proximity to campus. gmap-pedometer.com/?r=6508415

Feb 10 (Week 6). Benefits to Society (Damian)

Santa Fe-Millhopper Trail – 1.3 mile (each way) dirt trail through hardwood forest. Site of future NW 83rd St, connecting 39th Ave and Millhopper Road. gmap-pedometer.com/?r=6508406

Feb 17 (Week 7). Trail design (Taylor)

Sweetwater Preserve – This 3 mile trail networks managed by Alachua County winds through the hardwood forest west of Sweetwater Creek. Some of the most topography you'll find in the area. Watch out for bikes! [http://www.alachuacounty.us/Depts/PW/ParksAndRecreation/Pages/Details.aspx?park=Sweetwater Preserve](http://www.alachuacounty.us/Depts/PW/ParksAndRecreation/Pages/Details.aspx?park=Sweetwater%20Preserve).

Feb 24 (Week 8). Ecosystem services (Bobby and Damian)

Sweetwater Wetlands Park – Approximately 3 miles of crushed rock trail through a restored wetland that improves water quality before it enters Alachua Sink, travels to the Floridan Aquifer, and becomes our drinking water. The park has attracted a tremendous amount of wildlife – mostly birds and alligators. <http://www.sweetwaterwetlands.org/>

Mar 3 (Week 9). Environmental impacts of running materials (Jenny)

Split Rock Park – Approximately 4 miles of trails managed by the city. Location of Hogtown Creek sink. Note parking is currently not available to the public.

Mar 17 (Week 10). Running events (Bobby and Andres)

Austin Cary Forest – 3.0 mile scenic loop run on a packed limerock road surface. The Forest is **NOT** open to the general public for running, but you can make arrangements with School of Forest Resources and Conservation faculty and staff to go on group runs, or events at the new Learning Center near the start/finish area for the Flatwoods 5K on Oct 29. <http://sfrc.ufl.edu/forestcampus/>

Mar 24 (Week 11). Women's running (Amy)

Morningside Nature Center – 2.4 mile dirt trail surrounding a city-managed nature park in east Gainesville. Much of the park has been restored to longleaf pine, and it has a circa 1870 rural Florida homestead educational exhibit. visitgainesville.com/attractions/morningside-nature-center/.

Mar 31 (Week 12). Goal setting and dealing with failure (Betsy)

San Felasco – THE place to trail run in Gainesville. 4.00/vehicle or \$2.00/pedestrian entry fee. 40+ miles of trails. North side is also a premier mountain biking spot. There is a 50 km trail ultra-marathon here on Oct 22. floridastateparks.org/park/San-Felasco-Hammock

April 7 (Week 13). Marathons (Anne Elise)

Gainesville-Hawthorne rail-trail – 15 mile paved former rail-road line running all the way to Hawthorne. Connected to UF campus and the airport via an extension. Also a great place for cycling without having to worry about cars. floridastateparks.org/trail/Gainesville-Hawthorne

Apr 14 (Week 14). Ironman Triathlon (Jenny)

Students Choice – At the end of every semester, most students have a running venue they enjoyed the most. We will poll the class on Nov 16, and today's run will return to the class's favorite destination.

University of Florida Policies

ACADEMIC HONESTY: As a result of completing the registration form at the University of Florida, every student has signed the following statement: I understand that the University of Florida expects its students to be honest in all their academic work. I agree to adhere to this commitment to academic honesty and understand that my failure to comply with this commitment may result in disciplinary action up to and including expulsion from the University.

UNIVERSITY SUPPORT SERVICES: Resources are available on-campus for students having personal problems or lacking clear career and academic goals which interfere with their academic performance. These resources include:

1. University Counseling Center, 301 Peabody Hall, 392-1575, personal and career counseling
2. Student Mental Health, Student Health Care Center, 392-1171, personal counseling
3. Sexual Assault Recovery Services (SARS), Student Health Care Center, 392-1161, sexual counseling
4. Career Resource Center, Reitz Union, 392-1601, career development assistance and counseling

SOFTWARE USE: All faculty, staff and students of the University are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against the University policies and rules, disciplinary action will be taken as appropriate.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES: Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation.