Nature of Running
FOR4934 / FOR6934, 1 credit hr
Spring 2019

Instructors
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Office Hours
By appointment, otherwise open-door policy. For all issues regarding grading please contact Dr. Hensley.

Meeting Time
Friday Periods 7 and 8 (1:55pm – 3:50pm). Typically 15 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 hot, cold or rainy weather, and dress accordingly. **We will run every class session unless there is lightning.** 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 nature and how it affects our physical and mental well-being.
- To understand the multiple services provided by conservation areas and their ecological, environmental, financial and societal benefits.

Grades
Grades are based on participation, a journal entry.
- Journal Entry – There are two components to your journal.
  - First, briefly discuss the information discussed the prior week. List two interesting things you learned or two questions you have related to that subject. This can be short and concise, but it must show us that you learned something from that discussion.
  - Second, write a personal reflection on the lecture material, run location, fitness goals, or some other topic related to the class. You will upload your journal entries each week to Canvas (lss.at.ufl.edu).
- Participation – This is a participation based class, and there are no excused absences for routine illness, travel, etc. (exceptions may be made for extreme circumstances such as serious illness requiring hospitalization, bereavement, etc., on a case by case basis). Generally, the only excused absence is for religious holidays, as a policy of the Office of the University Registrar. This is done out of fairness such that there is no subjectivity as to what constitutes an excused absence.
We do not grade you on running. However, we want you to keep track of your running (or walking) progress throughout the semester. Each week you will sign in before we depart to the running location. You will sign in again after the run and you will record your mileage and pace (minutes per mile). To record your mileage and pace, it would be helpful to download an app for your phone. Mapmyrun or Strava are some of our favorites, but you are free to pick one of your choosing. Again, we will not grade you on your progress. This is just to help you keep track of your progress for your own benefit.

Each week there are a total of 2 points to be earned (1 for journal entry, 1 for attendance) for a total of 28 points. 25-28=A; 23-24=A−; 21-22=B+; 19-20=B; 17-18=C+; 15-19=C; 13-15=D; <13=E).

The grading rubric is structured to allow up to 3 absences or missed journal assignments for whatever reason as necessary; however it is advised to reserve these for unforeseen circumstances. There also will be an opportunity to make up points through bonus assignments.

**Supplemental Readings (recommended, not required)**


**Course Schedule**

**January 11 (Week 1).** Course overview and safety briefing (Instructors)

*Loblolly Woods* – Part of the Hogtown Creek Greenway managed by the City of Gainesville. Also 1.5 mile limerock jogging path in Westside park and the 1 mile scale model of the solar system along NW 8th Ave. [http://www.cityofgainesville.org/ParksRecreationCulturalAffairs/NaturalResourcesandPrograms/Nature Parks](http://www.cityofgainesville.org/ParksRecreationCulturalAffairs/NaturalResourcesandPrograms/Nature Parks)

**January 18 (Week 2).** Motivations and goals (Students).

*Morningside Nature Center* – A city-managed nature park in east Gainesville. Several miles of trails. Much of the park has been restored to longleaf pine, and it has a circa 1870 rural Florida homestead educational exhibit. [http://visitgainesville.com/attractions/morningside-nature-center/](http://visitgainesville.com/attractions/morningside-nature-center/)

**January 25 (Week 3).** Why do we run? (John Davis guest lecture)


**February 1 (Week 4).** Health benefits of running (Damian)
Devils Millhopper Geological State Park – One of the most unique runs 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. [http://floridastateparks.org/devilsmillhopper/](http://floridastateparks.org/devilsmillhopper/)

February 8 (Week 5). Born to Run (Bobby)
San Felasco State Park – THE place to trail run in Gainesville. $4.00/vehicle or $2.00/pedestrian entry fee. 40+ miles of trails. There is a 50 km trail ultra-marathon run here in the Fall and a 100 km mountain bike event in the winter. [http://floridastateparks.org/park/San-Felasco-Hammock](http://floridastateparks.org/park/San-Felasco-Hammock)

February 15 (Week 6). Training principles (Bobby).
Jungle Trail – Trail atop a levee overlooking Sugarfoot swamp. A favorite of the UF cross-country team because of its proximity to campus.

February 22 (Week 7). Trail Design (Taylor)
Sweetwater Preserve – This trail networks managed by Alachua County winds through the hardwood forest west of Sweetwater Creek. Some of the most topography you’ll find in Florida. [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 Preserve)

March 1 (Week 8). Ecosystem services (Bobby)
Sweetwater Wetlands Park – $5.00/vehicle or $2.00/pedestrian entry fee. Gravel and boardwalk 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/](http://www.sweetwaterwetlands.org/)

March 8 Spring break – No class

March 15 (Week 9). Societal benefits of running (Damian)
Tobacco Road – An 2.5 mile unpaved stretch of road locally famous as a popular running spot (see recommended text *Once a Runner*). Oak trees provide great shade for summer running.

March 22 (Week 10). Running events (Bobby)
Austin Cary Forest – 3.1 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 host events at the Learning Center. [http://sfrc.ufl.edu/forestcampus/](http://sfrc.ufl.edu/forestcampus/)

March 29 (Week 11). Marathons (Bobby)
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. Boulware Springs (next to parking area) served as city’s original water supply. [http://floridastateparks.org/trail/Gainesville-Hawthorne](http://floridastateparks.org/trail/Gainesville-Hawthorne)

April 5 (Week 12). Triathlons (Bobby)
Santa Fe Trail – Connects NW39th Ave with Millhopper Rd. Future site of NW 83rd St.

April 12 (Week 13). Course wrap-up
Students Choice – We will poll the class, and today’s run will return to the class’s favorite destination.
April 19 (Week 14). Land Conservation (ACT guest lecture)
Prairie Creek Preserve – Conservation lands managed by Alachua County Trust. 
http://alachuaconservationtrust.org/index.php?alachua_v2/Prairie_Creek

April 26 Reading day – No class (Don’t forget to submit your final journal)
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.