



GREENVILLE TRACK CLUB TURNS 50

PRESIDENT'S LETTER



By Robin Walter, GTC President

Exciting news! The Greenville Track Club turns 50! And as our new logo says, "The Tradition Runs On!"

Fifty years of encouraging and supporting running, fitness, and the wellness of the Upstate community, as well as providing outlets for everyone who feels led to participate in these activities in the manner of their choice.

This mission of participation, service, and encouragement is what has kept the Greenville Track Club going year after year, as this year we celebrate an amazing milestone!

We encourage every GTC member to be a part of our celebration. Make this the year you join us in walking or running in GTC Running Series or Corporate Shield events, perhaps one of those with a long and storied history such as the Red, White, and Blue Shoes 5k or BMW Performance Classic 2 Mile, or perhaps a state and national level event such as the Reedy River Run, or the comprehensive collection of 'choose your challenge' events in the Spinx Run Fest.

- Bring the family — and anyone at any age who might be interested in running — to one of our unique summer All-Comers Meets to try their hand at any one of a full series of track distances from 50 yard dash to 800 meters on a local quarter mile track. This activity has a history going back to the beginning our our club.
- Volunteer at any event and feel the satisfaction of helping others run their best.
- Spend an interesting and informative hour at our monthly member meetings to hear qualified speakers suggest ways to increase the enjoyment and safety of our members' walking and running activities.

As part of our celebration, for all of our events this year every participant will receive an extra giveaway, a memorabilia in honor of our 50th year. In addition, GTC members and volunteers will receive a special giveaway "Thank You!" (if you aren't a member, sign up [here](#)).

Since the GTC was established in April 1972, April of 2022 will be a special month for us. Keep your eyes open to our Facebook and Instagram pages to see what we have planned for during that month. Additionally, you will notice signs of us and our logo pop up in media throughout the year. When you do, please take a moment to resolve to participate in or contribute to an activity or two this year. And please send a positive thought our way as we prepare for success in the coming years.

Bill Keesling and an amazing group of individuals began the work that has lead to our vibrant, active group of members in this, our 50th year. For all of us there have been highs and lows along the way, but we focus on the good, and look forward with high expectations. Our mission of service and encouragement is still our focus. Thank you, members, for all your help along the way, and in the future.

Lace Up, Greenville Track Club! "The Tradition Runs On!" Happy 50th Birthday!!



IN MEMORIUM: MIKE SULLIVAN

(1957-2021)

On Monday, November 15, 2021 the Greenville Track Club said good bye to a valued member and good friend. Mike ran the Boston Marathon three times. When not racing he was an invaluable volunteer including time on the GTC Board of Directors and serving as Paris Mountain Road Race Director. He will be greatly missed.

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MEET A MEMBER: LEE COOK (PART 2)



Lee Cook often appears in the race results listings as not only the top male in his age category, but among the top “age percentage” performance ranking of all runners in the event. He has been running since he was 40. He is a 76 year old twice-retired Army veteran, and lives in Greer.

2022 GTC RACES

JANUARY

Run Downtown 5K* – January 15

FEBRUARY

Green Valley Road Race – February 19

MARCH

Milliken Earth Run 5K* – March 19

APRIL

Reedy River Run – April 23

MAY

Zoom Through the Zoo 5K* – May 7

Freedom Flyer 5K – May 30

JUNE

Sunrise Run 8K* – June 11

GTC SC Open & Masters Track & Field Classic – TBD

JULY

Red, White & Blue Shoes 5K* – July 4

AUGUST

Edouard Michelin 5K Memorial Race* – August 20

SEPTEMBER

BMW Performance Classic 2 Mile* – September 16

OCTOBER

GE Cross-Country 6K* – October 15

Spinx Runfest – October 29

DECEMBER

Paris Mountain Road Race – December 3

Santa Run – TBD

*Corporate Shield Race.

B: When you talked about having injured your hamstrings, that’s a little bit of a warning that you carry with you in your head all the time.

You just said it right there because the hamstrings have been my biggest issue with running. I’m very conscious about those kinds of issues and patterns that have a lot to do with strides – that’s why I try to be careful about not over striding.

B: May I ask you a little bit about your warm up? There’s been a lot of talk in the literature and online about the value or the dangers in warming up in different ways and at certain places in our routines. May I ask what your take is on warmup?

Yes, it’s rather simple. I do a warm-up before I do any kind of run. My normal warm-up would be about 12 squats, just plain air squats. I also do high knees, just walking, picking my knees up as high as I can. And I do side swings where I pick up the knee and swing it out and go forward and backward. And another important one, I think, that I don’t see too many people doing is leg swings, and that’s just a matter of standing on one leg and swinging the other leg back and forth. I do about 20 of those on each leg. That’s pretty much it as far as warming up.

I’ve got resistance bands and foam rollers, but I usually use those after the race. You know there’s this thing about static and dynamic stretching. I try to keep it more of a dynamic stretching before and then the static stretching afterwards. A couple hours after I finish a run, for example, I just get the foam roller and roll my hamstrings, calves, and quads, and that’s it. I tried to do rolling of the IT band and my glutes but I’ve never seen any benefit from it so I just don’t do that anymore. My pre-run warm up also includes a couple of quick sprints back and forth in my driveway. That’s the last thing I do before I take off on a run, just to get loosened up. I have a short driveway so I don’t go very far but it just helps to get the legs warmed up.

B: That tells me that if I were to do that, I would have a sense in that brief time of what my lower body is telling me. And that sounds like that’s what you’re picking up when you do that.

That’s exactly right. If I’ve got any little niggles or some sort of little tweaking injury, usually I can figure that out right there before I take off on my run, whether it’s going to be a problem or not.

B: Let’s say you find something that you become aware of during that short warm up, you’ll still start your training run, your jog, whatever it might be, to see what’s what can happen. You’ll still start your run.

Yes, and when I do start my run that first mile is always the slowest. If I’m doing five miles, or eight miles, or whatever, that first mile is always the slowest and I’m just doing that to make sure that everything is in order, and I can make it through the rest of my run.

B: That’s your window of opportunity, your ‘safety mile’, isn’t it.

Right, exactly.

B: Have you ever entertained the ideas of starting with any other sports besides running?

Oh yes! When I was a kid, I played a lot of baseball. I just lived and breathed baseball. I started with little league when I was nine years old. I played on

MEET A MEMBER: LEE COOK (CONTINUED)

multiple baseball teams through high school, and then after high school I played on our town team back in Missouri. I played right up until I was drafted. I always dreamed of being drafted by a major league baseball team, but I was drafted by the Army instead. I also played basketball all four years in High School. Unfortunately, in my high school there were only two sports available: baseball and basketball, and I played both. I've also played a lot of golf, won a club championship in the 1970s. And I've been in bowling leagues, played on volleyball teams. If it's a sport, I'm all in! In fact, when the Greenville Growl hockey team first came to Greenville several years ago, I bought season tickets for the first year that they were in town!

B: So now you're doing mostly running and cross training.

Yes, maintaining my health, that's the one thing that I look at now. Plus, running isn't a real expensive sport. The shoes and a running watch are probably the most expensive things that runners need to buy. And I look at running like golf and bowling: it's something you can do about as long as you want to do it. There's not an age limit as in football or basketball or even baseball. So you can do it for as long as you want. Probably the main reason I do it is just because I know it's a healthy activity. I cross train at the gym, and I'm pretty good about getting my money's worth at the gym. I work hard when I go to the gym just because, again, it's all about the healthy part. I call it my wet T-shirt workout, meaning if my shirt's not wet with sweat when I leave the gym, I didn't put enough effort into the workout.

I enjoy competition. You know I'm pretty laid back, normally, but I'm also a rather competitive person. The thing about running is, in the races, you compete against others in your age group. There are two things that I focus on for races. One is, I don't really try to compete against others in my age group. I don't see that as being necessary at my age. Instead, what I try to do is to finish in the top 20% overall. I also pay attention to the age graded percentage. I try to keep that age graded percentage at 80% or higher. Those are two goals that I aim for. Whether I finish first in my age group isn't that big a deal anymore.

B: Do you have any goals and running at this stage of life, overall?

Yes, I need to run a marathon! When I started running in the 1980s, there weren't many marathons in my area in Alabama or Virginia. I have signed up for marathons in the past, but always somehow, during training, something comes up, mostly an injury. So I've never run a marathon but I've signed up for the marathon in Myrtle Beach for next year. I was signed up for the race this year but was allowed to defer to next year due to COVID protocols. That's probably my main goal: to run at least one marathon. My friends tell me that unless you run a marathon, you're not a real runner. So I have to do that!

Another, kind of elusive, goal is just to keep running as long as I can. I don't have a calendar I look at and say, "Okay, this is where I stop running!" I'm just going to keep running as long as I can. So one of my other goals is to just 'Don't stop!'

B: Are there any training tips preparation tips running tips that you would share with other runners?

This is because of my age more than anything, but I hardly ever run two days in a row. I never run more than three days a week and then I cross train three days a week. Usually before a race I take two days off to rest. Some people do a shakeout run the day before. I just don't do that. If I'm this close to the race, I will make sure that I'm healthy when I get to the starting line, so I rest those two days.

I'm just going to keep running as long as I can... one of my other goals is to just 'Don't stop!'

I also have a ritual before every race, and it doesn't matter whether it's a 5k or a half marathon. At least two hours before the race, I have a cup of coffee, a pretzel rod, and a Clif energy bar. That's been my pre-race standard for several years now, and I don't stray from that because it works for me.

B: Do you eat anything like a power cube or gel or something during the race?

That's a good question. My personal rule of thumb is: up to 10 miles, I don't take any energy gels or chews or anything like that. But if it's more than 10 miles, I always have a couple of gels with me that I can take maybe at the halfway point or every 45 minutes. My lesson learned: Have a plan for taking the gels and follow it – don't wait until up bonk!

B: And you don't drink liquids during the race for 10 miles or less either.

That's right. A lot of people will have water or an electrolyte drink, which is fine because everybody's a little different, but for a race of 10 miles or less, I usually just run.

B: What about before you race? Do you hydrate a lot before the race?

I do. I try to hydrate the afternoon or evening before a race with electrolyte drinks. And while I drink coffee, I don't drink a lot of other fluids like energy drinks or even water before a race; that coffee usually sustains me. I just don't want to get over hydrated before a race. I only started to do that sort of as a test, years ago, not knowing what would be best. It worked pretty well for me so I just didn't want to change.

B: Let's go ahead and finish up with one more question if you have time. Thinking back over your running history, I would imagine there are some events, some races, some circumstances in running that you remember more vividly than others. That's bound to happen. This morning, can you think of any events or races that are particularly important or have a very strong memory for you?

Yes, there is. There is one race and that was the 2016 Governor's Cup Half Marathon in Columbia. The race was scheduled for two months after my wife had passed away. I had already signed up for it. I didn't know anything about the course, but I was looking at their website one day and saw a profile of the course. It was a very hilly course. I ran the race and had a very good time. It was a fun course, lots of activity with people coming out and cheering in groups; they gave awards for people who put on the best show during the race.

As it turned out, my time was good enough for a state record for my age group which was at that time age 70 to 74. Not only that but it was also the RRCA Southeast Regional race. I was 71 years old at the time, and when they announced the winners of the Road Runners Club of America awards, I won the senior grandmasters award which is the 60 and over age group! That was another surprise!

That's why I remember that race because it's when I won my age group and the RRCA award shortly after my wife had passed away. I wasn't sure I wanted to even run it at that time, but she was always my biggest cheerleader, so I was sure that if she were here she would say, "Oh yeah! He's got to go run that race!" So I ran the race and it turned out fine.

B: What a wonderful memory. Thank you so much for for sharing with our readers.

CORPORATE SHIELD RUNNING

If your company or organization is interested in forming a team, please reach out to Sarah at corporateshield@greenvilletrackclub.com for details.



Corporate Shield Awards

2021 FINAL CORPORATE TEAM STANDINGS

DIVISION I

OPEN	FEMALE	MASTERS	GMASTERS	OVERALL
ZF	ZF	ZF	BMW	ZF
BMW	BMW	GE	GE	BMW
GE	MICHELIN	BMW	MICHELIN	GE

DIVISION II

OPEN	FEMALE	MASTERS	GMASTERS	OVERALL
JKEKT	PLD	JKEKT	JKEKT	JKEKT
KEMET	JKEKT	BJU	BJU	PLD
TTI	CENTURY 3	KEMET	KEMET	KEMET

PL DEVELOPMENTS CS PROGRAM

By Terry Chermak, CS Captain

My name is Terry Chermak, CS Captain for PL Developments (pictured below in Boston Red Sox cap). PLD has 5 different facilities in the upstate of SC and we manufacture and distribute over-the-counter pharmaceuticals. I am the Human Resources Manager for the Clinton and Duncan facilities. PL Developments was founded in 1988. In 2013 PLD acquired Aaron Industries and thus began their presence in the Upstate. PLD joined Corporate Shield in 2021. For our first year, we have not done too shabby. We placed in a couple of categories which we found very exciting! We are hoping to keep up the momentum for 2022!

To motivate others, we do many things. We have a well-rounded variety of people who do it for different reasons. The PLD team enjoys the camaraderie, sometimes taking the opportunity to have breakfast together after the races. We put up posters, so people are aware when and where races are taking place. We send out email reminders.

I'm that individual who is constantly reminding and encouraging others to participate. Part of the reason is because I am competitive. I'm not a fast runner, so I enjoy the idea of being competitive collectively. The other part of the reason is I enjoy getting to know and spending time with my co-workers on a more personal level.

We provide fee reimbursement for those that show up and participate in the races. We have an individual who has made t-shirts with our logos to hand out to those that participate.

I complete many orientations/on-boardings, so it makes it the opportune time to talk about Corporate Shield. This is when I get to know our new people and encourage participation for future races, whether it is to walk or run.

The PLD team are big picture takers, so we take a lot of photos before and after the races. We place the pictures in our Monday morning shoutouts (goes out companywide to all locations in and out of SC). I also cut and post them in my Clinton and Duncan offices so others can see how fun these races can be!



Sarah Schoonover, your GTC Corporate Shield Race Director, manages our GTC Corporate Shield races and corporate sponsorship participation.

MEET A MEMBER: STEVE HARRISON



Steve Harrison is a 70+ year-young runner, one of 14 siblings, who started running later in life. He is a Duke Energy employee about to retire and expand his running horizons into Ultra distances.

B: When did you start running in earnest?

I started running in 2012. I still have my first race t-shirt, as a reminder of when I started.

B: What prompted you to start running?

Really, two of my co-workers talked me into it, as they had decided to run. I had never done any organized running, nor worked out at a gym. The three of us had a free invitation to the 5K Run sponsored by AdMed of Anderson, South Carolina.

B: Did you have a particular approach to running that you began with?

Not really. I didn't even know the basics for running, but I started reading articles, and learning about running techniques. I didn't even know about how to get fitted for a good pair of running shoes.

To prepare, I initially started doing some running and some exercises. I did not use many weights. I did squats and used my bodyweight. That was ten years ago. Later, about four years ago, I joined a gym and I'm learning to be as active as I should be.

B: How did you react to that change in your physical activity?

I found I had muscles in my body that I didn't know I had! I'd lay down at night and my legs would just throb. I had two simple goals: I wanted always to finish a race, and I didn't want to be last! I used the run - walk approach to build up my endurance. I knew that part of the process was learning to breathe correctly. I had a lot of pain and a lot of learning that I had to go through.

B: That takes persistence. Where did that come from?

Well, I was raised on a farm with my brother's and sisters. We grew cotton and raised hogs and cows. So I've always been used to hard work. My Dad didn't give us time to do a lot of playing, because he felt that if we had the energy to play, we had the energy to work.

B: You have 14 siblings in the family including you?

Yes, and they are all still alive. We are grateful for that.

B: Do others in the family walk or run regularly?

I have one brother who goes to the YMCA every day, religiously. He is in his late seventies, and in great shape. He said to me: besides your salvation, staying physically fit is the second most important achievement for a person.

B: What kind of races did you run when you started running?

I started out running 5Ks. I fell in love with running and then I wanted to do more. I set a goal of how many races I wanted to do in a year. I'd do 5Ks and then 10Ks. In my first year, I did a half marathon. I would run a 12-to-13-minute per mile pace. It just felt good to run and be outside.



2022 GREEN VALLEY ROAD RACE 5M/10M FEBRUARY 19

Come One! Come All!

The 45th running of the Greenville Track Club's Green Valley Road Race will be held on Saturday, February 19 at Hampton Park Baptist Church, 875 State Park Road, Greenville, SC 29609.

Through these last several years of venues being closed or restricted, thanks to the Hampton Park Baptist Church we have been pleased to enjoy this unique venue with its challenging hills and valleys and interesting neighborhoods.

We had a large crowd last year despite the extremely cold and wet day, and saw some spirited team competition. We are bound to have a much better day this year (but that has never held us back!) so come join us as we give our best on either of the annual 5 and 10 mile courses — this could be the year for your PR!

Our giveaway this year is a pair of jogger pants you'll want to have, and additionally for all Greenville Track Club members, a commemorative pair of 50th anniversary socks!

For more information, and to register, "run" us over to runsignup.com/Race/SC/Greenville/GreenValleyRoadRace

Looking forward to seeing you all on the 19th!



John Lehman
Green Valley Road Race Director
864-322-5545

MEET A MEMBER: STEVE HARRISON (CONTINUED)

Then I slacked off a little bit, because I was pleased with my accomplishment. I started having minor health issues, with blood pressure, cholesterol and I started putting on a few pounds. I had to change my diet, then I got more serious about running and realized how much I missed running. I went in a different phase in my life, where I wanted to be healthier and more alert. Now that I'm back running, I can move around easily and I can still outwork most of my peers because of the increased mobility.

B: Let's talk for a moment about how you run, perhaps in a race. Do you find that you change your running during the race?

Well, that's what I'm working on. I've got some age on me. I don't like to get hurt, so I start off a little slow. Sometimes I do warm ups to loosen up. In a 5K or 8K, when I've gone about a couple of miles or so and my body is really loose I speed up. I don't have to gauge myself quite as much as in a longer race like a 10K or a Half Marathon. In the 10K or a Half Marathon, I would have to really watch my speed and how I'm feeling during the race. In longer runs, I am always mindful of how fast or how slow I am running.

B: Do you find that you do some walking or jogging as well as running during the race?

I do both. It's not real important that I win. I like to finish knowing I have done my all. But I want to be running for years, so if there's something you need to do, even walking, you do it. Sometimes I may take a walk and when I start back up I run better. It's as though I reset my body.

B: What advice would you give somebody starting out as a runner?

Well, I would say take it easy, don't overdo it. I would tell them to listen to their body. I would also say that you need to be committed to a schedule and stick with it. We get together for a race and we call it a 'race'. But it's really not just a race to me, it's more than that to me. We run, we fellowship, we compete, and we enhance our skills. I know some people are really competitive and some people take it real serious, but once you find out what running does for you, then you hold on to that, and you'll be running for long time. Winning is not always the ultimate goal; often the self-gratification of completing the race is a personal win for me. If you don't take care of your body — listen to your body — when you run, you'll be hurting to the point where you can't run anymore. Running is a blessed thing. I think running is a total body exercise. I like the younger generation and I like to see them running. I have friends who can run 7 or 8 minute miles. Some can even run six minute miles. However, I would say to myself: that guy who is out there running in his late 60s, 70s, and 80s — those are the people that I take my hat off to. That tells me one thing: you've been doing something right.

Running is like the Scripture, which says Victory is not given to the swift, but to those who endure to the end.

Running to me is an individual sport. I'm not always competing with others, but I am competitive with myself. When I'm running it just gives me freedom, it just makes me feel good, and it clears my mind. When I get finished, I feel like I've really accomplished my goals. You find out what you are made of.

B: Are there any races in your experience that were memorable for you or that you remember for some reason or another?

Oh, well, I can tell you one of them which I guess was a make or break race for me. That's when I did my first Half Marathon. I had done a 5K and a 10K races but nothing that long. I didn't have a really good plan and the question was, in my mind, would I be able to run a complete 13 plus miles? Could I do it and make sure I don't twist an ankle or hurt a knee? So, I started running the race and I had no moments during the race that made me feel I may not be able to complete it. And I did finish with great joy!

Every year since then, I've always signed up for the Spinx October Run Fest Half Marathon. This became one of my favorite races to run. Others might go to Savannah or another town for a race. I live in Greenville, and I think Greenville is a beautiful place and running is a good way to see it.

Yesterday I was running through woods on a trail run, and it was muddy. When I came out of the woods, I had to go up a hill to the top of the dam. At the top of the dam, there was a large lake. On the backside of the lake the sun was rising and I said to myself, "This is the day that the Lord has made, I will rejoice and be glad in it". The feeling

put a smile on my face. I put my head down and I just kept on going.

B: What's next?

Next year, I am planning to do a 50k and a lot of running. The only thing I'm gonna do, my main objective when I retire, is to do more running. I've been working for Duke Energy for 40 plus years. I will retire next year and that's what I want to do more of. I did my first 25K race, the Prisoner of War, in Spartanburg in December, which was my first longest race.

B: What are the most important benefits of the Greenville Track Club to you?

I will say meeting people and gaining a wealth of knowledge from people who have been running for a while. We also get the discount rate for race registration. But it's just the fact that I'm thankful to the Greenville Track Club to sponsor races where people can go and race and have a good time.

B: Any last words?

Running is like the Scripture, which says Victory is not given to the swift, but to those who endure to the end.



2021 SPINX RUN FEST

By Kerrie Sijon

This year's Spinx Run Fest was a great success — as I think every year is! Last year we had to go virtual plus so no mass crowds, no stadium, no fan fare. But, we were able to keep the tradition alive.

This year it was a beautiful day with a lot of energy at Fluor Field. Our marathon started in the dark (6:30AM) and the other events started in increments beginning at 7:30. This year we used the SRT for every event to keep runners off the main roads. As a runner it was easy to navigate as there were few turns.

We had a large group of **Wade Hampton High School** students at Hampton Station who volunteered as monitors, water station helpers and great cheerleaders. Further up the SRT in and around Travelers Rest we had another group of student volunteers from **TR Beta Club**. They cheered on the marathon participants, helped at water stops, and were monitors at intersections. These two groups have been exceptional over several years at Spinx Run Fest.

Back at the stadium, GTC members along with TR Beta Club volunteers and **Meals on Wheels** volunteers were busy with several duties. From handing out medals to gear check to helping with cleanup, all bases were covered. **Greer All Stars**, an AAU youth track and field team, has volunteered for Spinx for several years. They have handled so many different duties but this year we gave them the clean up position. They are hard workers and NEVER complain!

Yes, Spinx Run Fest needs runners to participate, but without Stewart Spinks and the volunteers we couldn't take on an event of this size.

Spinx Run Fest started in 2005. Since then we've had several race directors, routes and many, many different runners. But one thing that remains the same is the generous sponsorship of Spinx Corporation. Stewart and Martha have been so kind to us and we are continuously grateful for their support.

We are now preparing to open Spinx registration for 2022 — here's to many more successful years for GTC and Spinx Run Fest!

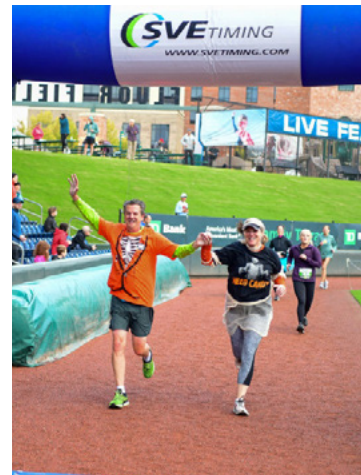


Photo credit: Pace Magazine and Stephen Moore.

To see more photos of Spinx Run Fest, see runsignup.com/Race/Photos/SC/Greenville/SpinxRunFest?raceEventDaysId=191923.

For Spinx Run Fest race results go to results.svetiming.com/SVE-Timing-East/events/2021/2021-Spinx-Runfest/results.

52ND PARIS MOUNTAIN ROAD RACE

By Jim Roberts

December 4th, 2021 was the 51st Anniversary/52nd Running of the Paris Mountain Road Race.

The 20K is considered by many to be the toughest road race in South Carolina. In 2020, the start and finishes were moved from the Furman University campus across Hwy. 276 (Poinsett Hwy) to Redeemer Presbyterian Church on Old Buncombe Rd. which actually made the 20K course even tougher.

The 10K event is arguably now the toughest 10K road race in the state – definitely not a PR (personal record) course.

This year's 20K was also the RRCA 20K State Championship with separate awards in the Open, 40+, 50+ and 60+ categories for both Female and Male divisions.

The total number of entries for this past race was 195 combined for the 10K and 20K. The 10K entries at 107 and 20K at 88 were above the averages of previous years (excluding 2020) of 106 and 79, respectively. *Note: Due to the COVID pandemic and few other in-person race choices, 2020 was extraordinary at 127 for the 10K and 138 for the 20K.*

For full results go to runsignup.com/Race/SC/Greenville/ParisMountainRoadRace.

To visit more photos of the winners, see greenvilletrackclub.com/photos-paris-mt-road-races.html.



THE TOP THREE 10K FINISHERS

- Female: Megan Bade (47:25), Debby Tindall-Combs (49:37) and Stephanie Knouse (50:51)
- Male: James Tooil (41:20), Stephen Smith (41:22) and Luke Kochanowicz (44:20).
- Debby and Stephen were the first GTC members in the 10K.

THE TOP THREE 20K FINISHERS

- Female: Porter Grant (1:27:16), Alexis Atkins (1:29:56) and Erin Michelle (1:33:35)
- Male: Glenn Burkhardt (1:14:07), Oliver Klotheshoff (1:23:17) and David Barton (1:26:33).
- Carol Caspary was the first GTC finisher in 5th place with 1:53:48. Scott Murr, running under the alias Cactus Fernandez (!) was the first male GTC finisher with 1:30:52.

THE 20K RRCA SC CHAMPIONSHIP WINNERS

- Open: Megan Bade and Glen Burkhardt
- 40+: Shannon Howell and Cactus Fernandez
- 50+: Deanne Blas and Tim Stewart
- 60+: Carol Caspary and Bill Carry





GTC HISTORY FLASHBACK: TAYLORS COUPLE QUALIFY TO RUN IN THE PRESTIGIOUS BOSTON MARATHON

(Facebook/GTC History) *This is another 'blast from the past', a story from the first 50 years of GTC's history. With our 50th anniversary this year, we thought our readers would appreciate this retrospective. Jim and Mary Roberts laid the foundation of their many years running early. Here's only one of their many accomplishments. This story was originally published in the Green Citizen, Greer, SC Wed., April 4, 1979*

By Ken Sheffner

Jim and Mary Roberts of Taylors, together run in excess of 225 miles a week. She at least 125 and he a hundred.

The couple will be running in the prestigious Boston Marathon on April 16. The event, 26 miles, 385 yards, commemorates the historic ride of Paul Revere.

Revere and William Dawes on the night of April 18, 1775, on horseback, alerted Samuel Adams and John Hancock at Lexington and others that 700 British troops were on their way to Concord to destroy arms.

Roberts, commenting on the marathon not being held on the 18th of April said, "You know how they've changed the various holidays around for the sake of long weekends."

At times jogging can be dangerous. On Thursday, March 29, Mrs. Roberts was jogging along Highway 29 at the intersection of Highway 101 when a driver, according to her deliberately ran her off the road.

I saw him coming for me and tried to jump up on the curb, but when he got too close I slipped and landed on my knees and hands in the gravel and dirt along the side of the road."

"It was either he or a passenger in his car, but they rolled down the window and jeered at me," she said, adding that another individual in a car also jeered at her as she lay face down on the pavement.

"Some people did stop and help me, though," she said.

After being treated for her injuries she was given a tetanus shot to which she had a reaction.

Jim began running when he was in high school, but his wife did not begin until six years ago.

Jim, an engineer for Industrial Risk Insurers, does not have the free time to run as much as Mary, who is a sixth grade teacher at Reidville Elementary School, does.

RUNS 125 MILES A WEEK

"Mary runs at least 125 miles or more a week, but about all I can get in is about 100," he said.

The couple reside at Greentree Apartments and are familiar sights along area roadways and high school tracks.

"I began using jogging as a warmup for tennis and swimming," said Mary. Jim runs for the pleasure of running.

This year marks Jim's 7th marathon and Mary's first. In 1976, Jim finished 117th in the Boston Marathon, which is excellent time considering the thousands of people who annually enter the event.

According to Jim his high school coach at Haverhill, Mass. apparently didn't want his track people entering marathons.

"I got kicked off the track team because I had run a marathon," he said.

"The only way the coach would let me back on the team was if I could run the five minute mile the day after the marathon. I ran it in 4:59.9, a record I had only recently set then."

FIRST TO QUALIFY

Mary was the first woman in the Greenville-Spartanburg area to run the 1978 Columbia Marathon and is thought to be the only woman in the area to qualify for the Boston Marathon.

Three thousand meters, a little less than two miles, is the maximum a woman can enter in the Olympics, so for those women who complete the Boston Marathon, it is quite an honor.

The "triple crown" of marathons is Boston, the New York Marathon, and the Fukuoka Marathon in Japan, the latter of which is by invitation only.

Mary holds the Greenville Track Club record for women with a 3:30:43.

"Seventeen seconds slower and I wouldn't have qualified for the Boston Marathon," said Mary.

SPLITS: GETTING BREATHING RIGHT

By Bill Blask

I'm an asthmatic. Allergic to a lot of things that make it hard to breathe. I was diagnosed when I was three years old. They had no medications at that time except getting out of town to an island surrounded by water.

So during the summers of WWII my Dad borrowed some tires and drove me and my Mother to a town that sticks out into Lake Michigan on the 'thumb' of Wisconsin, and left us there. He went back to work manufacturing radiators for tanks for the war.

Later, growing up, the only effective medicine was direct inhalation of adrenaline vapor.

I have to tell you, as a seven year-old, the first hit was always quite a buzz. My feet had wings while the adrenaline was in my bloodstream! I was skinny and quick-footed anyway, but Wow! It helped that with the rush I could also take a full breath without gasping.

Fast forward a lot of years. I'm still hyper-aware of my breathing. But I no longer take asthma drugs because I no longer seem to have asthma attacks.

Last week I wondered whether my breathing — how I breathed while running, and why I did it the way I did it — was right. I breathe by coordinating each breath with a certain number of steps - like 'inhale for two steps, exhale for two steps'.

Maybe I could improve that experience. By linking each breath to counting steps, was I forcing myself to take in more breath than I had to? When I ran, was I working too hard? What are the signs? How to find out?

I ran the other day on the Swamp Rabbit Trail (SRT) and decided to 'unhook' my breathing from my steps. Forget counting steps. I would just breathe when I needed to.

I parked at the SRT Mayberry Street/Delano Drive parking lot near Unity Park. I warmed up as usual: side leg swings and front leg swings — 20 of those, and 8 squats, butt on heels. Then I started down the trail.

There was not much bike traffic and only a few runners. The day was cool, about 45 degrees, the sky was clear and blue and the sun felt warm on my face. A great day to be outside.

I let my body establish an easy, short stride at about 150 steps per minute (SPM). I focussed on the feeling of my feet hitting the asphalt on the trail. I watched the morning scenery move on by. Steady progress with modest effort.

I switched my attention to my breathing.

At first I just observed. Yep, there it was. Breathing in, breathing out. Pretty much in time with my steps. Like always.

Then I made my run more complicated. I consciously overrode that syncopation. Keeping my pace, I deliberately slowed my breathing down, relaxed my belly and let my inhale stop on its own. I did the



same to my exhale. Take as much time as it wanted. Let everything just ... happen.

I kept my even pace, and tried not to count.

Rats. I could't help myself. I focussed on my inhale and counted steps. One, two, three steps — and my lungs said "OK!". Then my exhale. One, two, three, four steps. OK, next breath.

You probably know that, for asthmatics, our exhale determines whether or not we are about to panic. If you can't empty the old breath, there's no room for the new breath. That's what asthma does. As a child, during an 'attack' (that's what the doctors called it), I became good at forcing the last molecule of breath OUT, just to get enough breath IN. All the way down into the Residual Volume of the lungs, the last of the last air the lungs can physically hold.

So now I forced my exhale on the next breath to take five steps. Just a little more out.

Hey. My lungs were happy with that longer exhale. More room for incoming. My next breath in happened just like before, but maybe a tad deeper. OK.

Experiments also have value when they don't work. With the very next breath I tried to extend my exhale for one more step - six steps. I pushed past my Expiratory Reserve lung volume (used when panting) and into my Residual Volume.

Panic! All the signals of my asthmatic past rushed in — I needed air! I gasped in the next breath, and dealt with the emotional aftermath of that mistake.

For a few strides I just regained my composure. The panic retreated. Another reminder of breathing's place in the list of Things-One-Has-To-Do-No-Matter-What.

Meanwhile, now back to cruising along, my breathing was fine. Inhale, three steps, check. Exhale, four, maybe five steps. Ditto.

I let things work like that for awhile. Just moving' along. Mile one done.

Then here come some hills.

Hills change the game, don't they. But I'm still wanting to work on my breathing today. I'm not going to lock myself into 2/2 breathing going up a hill. I still want to find out if this hill needs that 2/2 kind of breathing to support the extra work my legs are going to have to do.



SPLITS: GETTING BREATHING RIGHT (CONTINUED)

Up I chugged. This hill was not a soul-tester. I reminded myself to let my breathing relax as before and just do its thing as needed. My belly stayed soft, my inhales un-heroic, my exhales deep. I kept my pace steady. I kept my perceived effort (PE) modest. I shortened my stride as needed to feel a sense of balance between all my pieces and parts.

It turned out on this moderate SRT hill that 2/2 breathing was overkill. I ended using 3/3 breathing mostly.

In summary, in less than two miles I had answered a couple of questions about my breathing.

Why did my inhale decide three steps was enough? The best I can tell you, it was a feeling of the right amount of fullness. A kind of breathing “satisfaction”, a threshold of “that’ll do”.

Why did my exhale decide four or five steps was enough? Because it gave enough ‘space’ for my inhale to be happy. Emptying my lungs enough that some ‘threshold of need’ — anxiety, panic — wouldn’t be felt before the next breath.

BTW, I had the impression my breathing muscles could have brought in more air if needed. Going uphill I often needed that extra air. Until now, I got it by working a little harder just at the top of the inhale. Today, experimenting, I got it with a longer exhale. Emptying a little more of my lungs. I had found another option.

Now more aware of my options, with my breathing balanced, I could relax and just run.

There were more miles and other hills that morning. But throughout the eight miles I ran that day I mostly maintained that longer, deeper, more relaxed 3/4-5 breathing rhythm. Sometimes my exhale just meandered out, like a sigh.

When I was done, my 13:57 average mile time was consistent with my easy pace. I had let my Apple watch run as I walked occasionally, stopped to rearrange clothing, drink from my CamelBak fanny pack and eat a caffeine-supplement gel, or sometimes just to vary the pace and let my still-healing left LCL get a welcome rest. All these slower moments were part of the workout. My minutes per mile time was inconsequential.

It won’t be as relaxed in a race for sure. And pace won’t be inconsequential. We’ll see.

But that day I learned something new, and for me useful. I breathed better.

I became more aware of that part of my running. It was a better experience.

Perhaps in finding your own way to get your breathing right, you will learn something too.

See you on the road.

“Breathing? Seemed like a good idea at the time.”



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