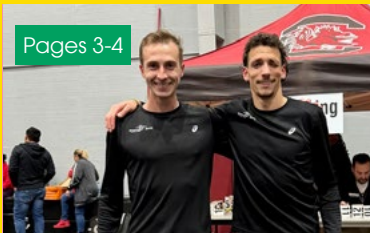


GTC NEWSLETTER

“IF YOU WANT TO GET SOMEWHERE ELSE, YOU MUST RUN AT LEAST TWICE AS FAST AS THAT.” *Lewis Carroll, Through the Looking Glass*

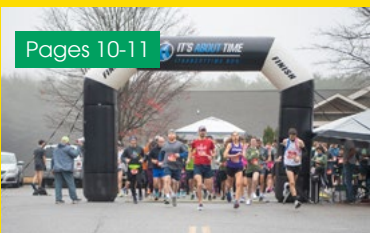


HIGHLIGHTS INSIDE



Pages 3-4

Greenville Track Club Elite



Pages 10-11

Race Recaps



Page 12

GTC Youth Rabbits

IN THIS ISSUE

- GTC MEMBERS MEETING: PAGE 2
- RUNNING SERIES & CORPORATE SHIELD AWARDS: PAGE 2
- GREENVILLE TRACK CLUB ELITE: PAGES 3-4
- CORPORATE SHIELD RUNNING: PAGES 5-6
- MILLIKEN EARTH RUN 5K: PAGE 6
- RUNNING SERIES ANALYSIS: PAGES 7-8
- PARIS MOUNTAIN TRAILS 16K: PAGE 9
- ZOOM THROUGH THE ZOO: PAGE 9
- SANTA RUN 5K: PAGE 9
- PARIS MOUNTAIN ROAD RACES: PAGE 10
- GTC RUN DOWNTOWN 5K: PAGE 11
- GREEN VALLEY 5M/10M : PAGE 11
- UCB 46TH REEDY RIVER RUN: PAGE 12
- GTC RABBIT YOUTH: PAGE 12
- SPLITS: BREAKING UP: PAGE 13

PRESIDENT'S LETTER

By Jim Roberts, GTC President

Fellow Greenville Track Club Members:

Not surprisingly, there has been a lot going on in the last three months with six different races: 16K Paris Mtn Trail Run, Zoom Through The Zoo 5K (a corporate shield race), the legendary Paris Mountain Road Race 20K and 10K, Santa Run 5K, and GTC Run Downtown 5K. See Race Recaps for summaries of those races.

We had three outstanding monthly meetings. In November, Ed Boehmke was the emcee for the top 10 Greenville County girls and boys cross-country runners; December was intended to be our usual non-program Christmas party but turned into a 90th birthday celebration for our favorite nonagenarian and GTC Hall-Of-Famer, John Thompson; and in January, Ashley Lavelle did a great job telling us about our GTC Rabbits youth program, assisted by Alison Parris and some of the youth athletes. Thanks to our past VP, Harry Stathakis, for setting up the meetings up in 2023.

We congratulate and thank the following for taking on new roles in 2024:

- Vice President – Michael Caputo
- Treasurer – Jim Fortner
- Secretary – Joy Bailey
- At Large Director 1 – Ashley Lavelle
- At Large Director 3 – Ellen Abarotin
- At Large Director 5 – Harry Stathakis
- At Large Director 8 – Sandi Hardaway

New Race Directors:

- John Hart – GTC Run Downtown 5K
- Rich and Mary Lee Tierney – GTC Santa Run

Here's to 2024 being a great year for accomplishing your running and walking goal, but please make sure to volunteer. The success of our races is directly proportional to the number of volunteers.

Memberships are very reasonable at \$15 Individual, \$25 Family, \$10 for students and \$10 for Supporting Members (those who haven't raced for over 5 years or who live out of state).

There are many running clubs in the state. Your fellow members and I are thankful that you have chosen to join us in addition to any other clubs to which you may belong. If you're unsure of your membership status, go to <https://runsignup.com/Club/SC/Greenville/GreenvilleTrackClub>

Thank you for all you do for the club and especially to those who represent the club by wearing GTC singlets or other apparel. If you would like other apparel, go to the above link, and select GTC Store from the menu. There are choices for our store for Queensboro Shirt Company and Champion Team Wear. The club receives no profit from anything purchased.



GTC MEMBERS MEETING: SPEAKER RECAP

On the first Monday of the month we have our monthly dinner at The Goat Bar & Grill, 1021 S Main St, Greenville, SC 29601. Drinks and ordering start at 6 and the discussion starts at 6:30. We hope you'll come on out for good food, an engaging presentation, and enjoyable conversation. See you there!

In November, Ed Boehmke hosted club members and the top 10 boys and girls finishers from the recent Greenville County Cross Country meet. Ed added historical depth to emphasize the significant achievements given our Upstate and by these SC cross country running programs in general. We were glad to honor and recognize these amazing young athletes.

In December we hosted our members Christmas party and get-together. It was a time of good conversation and celebration, special Christmas cookies and a celebration of member John Thompson's 90th birthday. John is also a member of the GTC Hall of Fame, and a workout buff extraordinaire!

In January, our speakers were Ashley Lavelle, Alison Parris, and several of their young GTC Rabbits program participants. They shared about their experiences in the program, which has grown dramatically both in size and energy under the coaching leadership of Ashley, Alison, and John Hatfield. If you have children in the 7-14 age range, we encourage you to take advantage of this program!



IN MEMORIAM

Sadly, within the past year we've lost the following long-time members or member spouses – Ron Ferrill, Bruce Strong, Bob Cavado and Mary Roberts. We will fondly remember them.

THE 2024 RUNNING SERIES & CORPORATE SHIELD AWARDS CELEBRATION

On February 5th, starting at 6:00 PM, the 2024 Running Series and Corporate Shield Awards Celebration will be held at the Hampton Park Baptist Church, 875 State Park Rd, Greenville, SC 29609. Those who have earned one of the top three places in their age group in the Running Series and Corporate Shield divisions for 2023 will be honored.

Running Series award winners will

receive a custom engraved coaster / plaque and Corporate Shield teams will receive custom engraved clear acrylic trophies. We have some special awards for other exceptional efforts and long time GTC exceptional people.

Please join us for good food, fellowship, and fun as we celebrate fast people.

Register [here](#) to attend the Celebration.



The Greenville Track Club is grateful to Incite for sponsoring our Running Series. More information about the secure, scalable data & analytics services that Incite can provide for your business can be found at incitecg.com

GREENVILLE TRACK CLUB-ELITE

JANUARY 2024 HIGHLIGHTS

By Mike Caldwell

GreenvilleTrack Club-ELITE athletes competed in the following locations during January, 2024: Clemson, SC; Houston, TX; Greenville, SC; Columbia, SC. Below are the results:



Davonte Jett-Reynolds and **Ryan Drew** both clocked 8:10.59 to place second and third, respectively, in the 3000-meter event at the Clemson Invitational on Saturday. It was their first competitions since joining the post-collegiate, Olympic-development program in August 2023. After a slow start in a bunched field of runners, 66.7 for first 400 meters, Jett-Reynolds made his way to the front and led at 1600 meters in 4:24.63. He continued to lead through 2000m (5:31.29) and 2400m (6:37.72). His teammate Drew then took over the lead and passed 2600m in 7:09.79 with only two 200m laps remaining. However, the University of Georgia's Ryan Olree passed both Drew and Jett-Reynolds by 2800m (7:40.46). Those three sprinted the final 200 with Jett-Reynolds taking the lead going into the final turn, followed closely by Drew. Both he and Drew were passed in the final 15 meters by the University of Georgia's Ryan Olree, who finished in 8:10.3. Drew's 29.81 was the fastest final 200, with Olree running 29.84 and Jett-Reynolds (29.9). Jett-Reynolds's kilometer splits were 2:46.25, 2:45.04 and 2:39.33, while Drew's were 2:46.0, 2:45.52 and 2:39.08.



Eddie Garcia and **Karl Thiessen** ran huge personal bests of 1:03:57 and 1:04:00, respectively, in Sunday's Aramco Houston Half Marathon. Garcia placed 26th and Thiessen 28th overall in a field of 13,873. Garcia's time is also a new United States Virgin Islands national record, breaking his previous PB of 1:04:32 by 35 seconds. It was Thiessen's third half marathon since joining GTC-ELITE in July of 2023 and his time broke his previous PB by a whopping two minutes and five seconds (2:05). Both runners bested the GTC-ELITE program half marathon record of 1:04:27 set in 2016 by Mark Leininger.



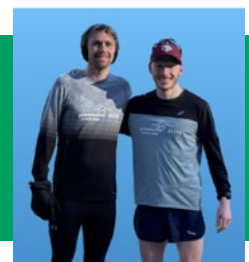
Jason Weitzel ran to a new course & event record in the Greenville Track Club's Run Downtown 5K on a very cold January morning. With temperatures below 20 degrees Weitzel, who won this race in 2022 and was runner-up in 2023, pulled away from his teammate and training partner **Jack Mastandrea** to clock an impressive 14:12. His performance bested the 14:14 run by former GTC-ELITE athlete Austin Steagall back in 2017 (on a different course) and 2023 winner James Quattlebaum's 14:14 on the current course. The time is also the fastest road 5K in GTC-ELITE history, besting Steagall's 14:14 and Weitzel's 14:14 from the 2023 Michelin Memorial 5K. Mastandrea finished second in a quick 14:27, which is the fourth fastest in this historic event's history.



Davonte Jett-Reynolds ran 8:03.76 to win the men's 3000-meter event in the Carolina Challenge at the University of South Carolina in Columbia. Davonte took the lead from the starter's gun and alternated in the front with teammate and training partner **Ryan Drew**. Jett-Reynolds passed 1,000m in 2:40.5 with Drew at 2:40.77. Then Drew led at 1600m in 4:18.7 with Jett-Reynolds at 4:18.9. Davonte was leading at 2000m (5:24.26 to 5:24.56). Drew then took his turn at the front, passing 2400m in 6:30.41 with Jett-Reynolds close behind (6:30.65). DJR then closed well over the final 600 and put 3 seconds on his teammate over the last 200m lap. Drew finished second in a season's best of 8:07.87. Jett-Reynolds' performance is the fastest in GTC-ELITE history, besting Austin Steagall's 8:04.45 from 2017. Drew's time is number four in GTC-ELITE's all-time performance list for 3000-meters Indoors.

CONGRATULATIONS TO JASON WEITZEL AND JACK MASTANDREA ON MAKING IT TO THE OLYMPIC TRIALS!

The U.S. Olympic Team Trials Marathon will be held in Orlando, Florida on February 3, 2024. Follow their progress on the [Greenville Track Club-ELITE's](#) blog.



GREENVILLE TRACK CLUB-ELITE



Eddie Garcia, James Quattlebaum and Jason Weitzel placed 3rd, 1st and 2nd at GTC Run Downtown 5K

TRAINING TIPS FROM GTC-ELITE

By Mike Caldwell

As we stated in the November issue, “almost every training microcycle should include a Long Run, an interval and/or Fartlek workout and a Tempo session. Most highly successful coaches incorporate these components in their training plans.” In this issue, we’ll explore the Long Run.

Coach Billy Squires of the historic Greater Boston Track Club famously stated, “It’s the long run that puts the tiger in the cat.”

Many training programs include a weekly long run. But what specifically is a “long run”? We believe the long run is different than your regular training runs in that it fits into a percentage range of your weekly volume (mileage/duration). ***If your weekly volume is 40 miles, then your long run might equate to 25% of your weekly volume or 10 miles.*** And, it is usually at least 50% longer than your regular run.

The percentage is not a mandate, but more of a rule of thumb. In our experience, the long run should be between 18% and 25% of the weekly volume, but not more than 30%. If it is greater than 25% the probability of incurring an injury is increased. This is due to the increased stress on the musculature and skeletal systems that have not endured significant stress on a frequent basis to experience proper adaptation. However, it should be noted that this is not an absolute, as some runners can do a high percentage of

their weekly volume during their long run, but it is definitely not the norm nor recommended.

It is our point-of-view that ***the most important portion of the long run is the final 10 minutes.*** Why? Because that is when the cumulative stress should be the greatest and therefore elicits greater adaptation following adequate recovery. However, this adaptation may not continue if you only maintain the same duration of your long run each week. It would then become more of a maintenance proposition than a developing adaptation process.

At Greenville Track Club-ELITE, we use a variety of long runs. Our staple is a “comfortable continuous” effort totalling 120 minutes or 2 hours in duration. During a rebuild from a post-cycle break, this type of effort is used to develop all of the physical and mental systems. After a few microcycles (usually 2-3 weeks) the redevelopment adapts into a maintenance mode. At that juncture, we usually gradually increase the duration (usually in 5 to 10 minute increments) or increase the overall pace of the run.

We also use “Progressive & Fueling Long Runs” when training for the marathon. In these types of long runs, we gradually increase the pace over the duration of the run and also provide fueling in the form of energy drinks and gels. This is somewhat different than what we do during our weekly

“comfortable continuous” long runs, in that we usually do not partake of energy drinks or gels, so that we optimize our fat utilization processes.

Many experienced runners like to insert faster segments into their long runs. But this is usually for those who have a fairly high weekly duration volume.

One of the main tenets of our philosophy regarding long runs, is that we usually follow them with very easy “recovery” days, so that the adaptation occurs. For example, if our athletes complete a 120 minute run on Sunday, then Monday might be just an easy 30 minute run. We usually also take another recovery day (Tuesday) following a “Progressive & Fueling Long Run”, since those efforts are very taxing.

To summarize:

- include a longer run in your weekly training cycle
- the longer run should equal between 18 and 25% of the weekly volume
- follow with one or two recovery days.

CORPORATE SHIELD RUNNING 2023 IN REVIEW

By Cherie McCain, GTC Corporate Shield Director

It was a fantastic year 2023 for GTC Corporate Shield! We had a record number of Corporate Shield participants registered in our 9 Corporate Shield Events – over 3100 from 57 active teams and some very intense competition in both our Divisions when podiums were decided in the final race of the year.

Congrats to Michelin-Division 1 and JTEKT-Division II; both teams swept all categories in their respective 1st place victories. Below is a summary of the Podium finishes including points scored for each Division.

Extra congrats & thanks to all of our Corporate Shield finishers and our race directors/volunteers who made this year such a great one!

CS Awards will be presented at the 2024 Running Series & Corporate Shield Awards Celebration on 5 February.

Division I	Overall	Open	Female	Masters	Grandmasters
First Place	Michelin-2084	Michelin-759	Michelin-446	Michelin-470	Michelin-407
Second Place	BMW-1911	BMW-691	BMW-394	BMW-452	BMW-365
Third Place	ZF-1113	ZF-471	Milliken-283	ZF-281	Milliken-168

Division II	Overall	Open	Female	Masters	Grandmasters
First Place	JTEKT - 698	JTEKT - 231	JTEKT - 98	JTEKT - 226	JTEKT - 143
Second Place	TTI - 393	TTI - 149	PL Development - 79	TTI -107	TTI - 95
Third Place	Kemet - 358	Kemet - 128	TTI - 63	Bausch + Lomb 102	Kemet - 82

As we kickoff 2024, we are making a few changes. First to further promote competition we will be adding a 3rd CS Division. Assignment to a Division is based on the size of the company and level of competitiveness. Division classifications are re-evaluated at the end of each Corporate Shield year for the upcoming year.

Additionally we are working with the dozen CS teams with a Team Captain which have been dormant to help them restart their teams. We are also working with some new CS teams. If you have a company/organization that would like to join, please contact corporateshield@greenvilletrackclub.com. There is no charge to join/setup a team, just a Team Captain needs to be named and they need to be a GTC Member. Updates to the CS By-Laws are being published in February and will be available on the GTC Website.

Looking forward to seeing all CS walkers, joggers and runners at our 2024 Corporate Shield events!

Division I	Division II	Division III		
BMW	Bausch + Lomb	3M	Draexlmaier	MC_Studio_GRC
GE	Century 3	Adidas	Elliott Davis	Mcmillan Pazdan Smith
Michelin	Champion Aerospace	Advoco	Ferguson Enterprises	Metlife
Milliken	CU MBA/ICAR	Aesolutions	Ford Motor Credit Company	Multi-Pack Solutions
ScanSource	Flour	AFL	Foster Law Firm, Llc	Mycoworks
ZF	JTEKT NA	Alfmeire Friedrichs & Rath	Fuji Film	Proterra
	Kemet	Aran Usa	Furman	Quest
	PL Development	Arthrex	Global Lending Services	Rieter
	Prisma Health	Bmsvision	Glytec	Rochling Automotive
	TTI	Bob Jones University	Greenville Co. Recreation Dept.	Sealed Air
		Bosch	Greenville County Schools	Site Design
		Burns & Mcdonnell	Greenville News	Srhs
		Caldwell Construction	Greenville Tech	Synterra
		City Of Greenville	Current Lighting	T&S Brass
		CRS	Jacobs	Think Up Consulting
		Darrohn Engineering	Joy Real Estate	Total Aspect Design
		Day & Zimmermann	Kyocera Avx	UPS
		Dority & Manning	MAU	YMCA Of Greenville

CORPORATE SHIELD TEAM CAPTAIN FOR MICHELIN: CHLOE LEOPARDO



My name is Chloé Leopardo, I'm 25 years old and I arrived in the United States from France in March 2023 to work for Michelin in Spartanburg.

I discovered running thanks to my father, who is an ultra-trail athlete. For a long time, running seemed to me to be a difficult and individualistic sport, but I finally got into it 2 years ago because it's a sport that can be practiced anywhere, with no equipment other than running shoes.

When I started at Michelin almost a year ago, I was immediately invited to the "Fun Run", our monthly team training session. I was new to Greenville and being part of a team helped me make friends and motivated me to run regularly.

I recently participated in my first trail race, and my next challenge is a marathon! I'm proud to be in a company that promotes health and sport for all, so when the former captain asked me if I'd like to take over the team for him, I said yes!

Many colleagues and friends tell me they want to start running or get back into it. That's exactly what the corporate team offers: exercise at your own pace and make friends! To be honest, none of us are professional runners, and we're happy for all styles of runners, walkers, and crawlers to join in the Fun Runs and Corporate Races.

My wish for 2024 is to include more and more children and spouses of employees in the team, so that we all live longer, happier, and healthier lives together! This goal, which is part of the Michelin Dream, can be achieved by practicing sport regularly, while keeping it fun.



MILLIKEN EARTH RUN 5K:

The annual Milliken Earth Run cross country 5K will again be hosted on the beautiful campus of the Roger Milliken Research and Customer Center (RMC) in Spartanburg, SC On Saturday 9 March at 9:00AM. Milliken & Company encourages environmental stewardship with the event, while runners experience the mostly grass cross country course within the Milliken Arboretum.

The race is capped at 600 participants with all participants and volunteers needing to register on RunSignUp. No dogs allowed in race. Please note this is a cross-country course so it will be difficult for strollers. Strollers are allowed, but the rider(s) should not be registered as a race participant. Event will take place rain or shine. There will be no water stations on the course. The participants registered by end of day February 26, 2024 are guaranteed an event shirt. Packet Pickup is on the campus prior to race start.

Register at <https://runsignup.com/Race/SC/Spartanburg/EarthRun>



2024 CS RACE CALENDAR

March 9 | Milliken Earth Run 5K

May 11 | ZF Get in Gear Road Race

June 8 | Sunrise Run 8K

July 4 | Red, White & Blue Shoes 5K

August 17 | Edouard Michelin Memorial 5K

September 20 | BMW Performance Classic 2 miler

October 5 | GE Cross Country Race 6K

November 16 | Zoom Through the Zoo 5K

GTC RUNNING SERIES ANALYSIS

By Bobby Richmond; Sponsored by Incite Consulting Group

2023 was a huge year for the GTC Running Series. A record 748 club members (+16%) accumulated a total of 39,240 points (+11%). The most competitive point group this year was the Male 45-49 with a record breaking 50 participants scoring 2,460 points, followed by Female 40-44 (48 participants, 1,820 points), and Female 55-59 (46 participants, 2,140 points). In all, 7 point groups had more than 40 runners, and 12 had more than 30. Winning these age groups takes a lot of dedication.

Gabriele Harris and Alfred Canteruccio ran in ALL TEN SERIES RACES. And... Alfred actually ran the most possible running series miles (74.17) by finishing the longest event in every race!!! No one has pulled this off in the last 5 years, if ever. Nice work Gabriele & Alfred!

“Congrats” and “Thank you” to all of our participants for the best season yet!

FEMALE POINTGROUP HIGHLIGHTS

Female 01-18

- 1st Madie Hazan 150pts - New to the running series. Three 50pt finishes led to a strong 70pt buffer over 2nd
- 2nd Savannah Pack 80pts - A 70pt finish in the half secured the repeat 2nd place finish spot for Savannah
- 3rd Hannah Boylan 70pts - A 50pt finish at Reedy River highlights Hannah's path to the 3rd

Female 19-24

- 1st Rachael Frady 100pts - Dropped the mic after 50pt finishes at Run Downtown and Michelin
- 2nd Marie Yarbrough 70pts - A solid 70pt finish in the half put this newcomer in 2nd
- 3rd Katherine Dickson 60pts - And a single 60pt finish in the half put Katherine on the podium

Female 25-29

- 1st Rebecca Scamardo 150pts - Strong finishes in 4 races gave this newcomer the win
- 2nd Mary Iris Abernathy 120pts - Used a 70pt finish in the half and a 50pt finish at Sunrise to secure 2nd
- 3rd Valentina Velasquez 110pts - 60pts in the half and 50pts at Reedy River was all the newcomer needed to reach the podium

Female 30-34

- 1st Regina Ibanga 270pts - The female total race distance leader. Regina finished 7 races, became the youngest member of the 250pt club this year, and improved on an 8th place series finish last year
- 2nd Karen Guillen Cuevas 130pts - Newcomer lays down three 40+ pt finishes to take 2nd place by tiebreak (Race Count)
- 3rd Madeline Blizzard 130pts - Distance specialist had strong showings in Paris Mountain 20K and the Marathon

Female 35-39

- 1st Beth Trenor 180pts - Ran twice as many races this year to move up from a 3rd place finish in last year's series
- 2nd Nathalie Baulain 130pts - Last year's winner finished strong again this year
- 3rd Sunday Davis 110pts - Also finished more races this year to improve on a 7th place finish in '22. Took 3rd by tiebreak (Racecount)

Female 40-44

- 1st Jaclyn Williams 150pts - Finished 5 races to improve from a 13th place finish last year
- 2nd Cheryl Hicks 140pts - Last year's winner finished strong again this year as expected
- 3rd Catherine McQuaid 100pts - Finished 6 races (breaking a 3 way tie) after finishing just 28th last year

Female 45-49

- 1st Nube Cowan 120pts - Distance specialist took 1st with 60pt finishes in the Paris Mountain 20K and Spinx Half. Finished 9th in '22
- 2nd Susan Dupont 110pts - Missed 1st place by only 10pts after

finishing in a tie for 9th last year

- 3rd Miki Nada 100pts - Jumped onto the podium with a last minute 50pt finish at the Santa Run. Miki ended last year's series in 4th

Female 50-54

- 1st Amy Austin 200pts - Finished 6 races this year to finish in the 200pt club and take 1st place honors after a 2nd place finish last year
- 2nd Debby Tindall-Combs 190pts - Last year's winner finished strong again this year, missing 1st by just 10 points
- 3rd Angelika Impeduglia-Gielow 130pts - Made it to the podium after finishing 4th in '22

Female 55-59

- 1st Tracey Cook 150pts - Series newcomer finished strong in 5 races this year
- 2nd Karen Dieminger 140pts - Snuck in with a 50pt finish at Santa to take 2nd by tiebreak (Race Count). Karen finished 8 series races, and improved on her 4th place finish in '22
- 3rd Ellen Abarotin 140pts - Returns from her GTC sabbatical and posts 2 strong finishes and 3 volunteer contributions

Female 60-64

- 1st Jane Godwin 260pts - Finished 6 races this year to join the 250pt club and improve on a 5th place finish in '22
- 2nd Gabriele Harris 220pts - One of 2 club members to run in all 10 series races!!!
- 3rd Bonnie Milks 140pts - Strong showings in 6 races and 20 volunteer points secured the podium

Female 65-69

- 1st Helen Reetz 260pts - The only female to repeat as Point Group Winner! One of 6 only women in the 250pt club.
- 2nd Debra Robinson 140pts - New to the running series, Debra finished strong in 4 races and volunteered in 1
- 3rd Barbara Blanton 80pts - Ran fewer races this year, but chipped in with volunteer efforts that gave her the 10pts needed to take 3rd

Female 70-74

- 1st Patti Hunnicutt 210pts - Ran more races this year (5) to move up from a 3rd place finish last year
- 2nd Rosie Jordan 130pts - Doubled her participation and moved up from 6th in '22
- 3rd Mary Koppenheffer 120pts - Our most senior female finisher in the half marathon used her 70 pt finish to stay on the podium this year!

Female 75-79

- 1st Joyce Rasberry 340pts - The only woman to make it to the 300pt club this year! Joyce finished 7 races this year, and volunteered at 3.
- 2nd Joan Mulvihill 250pts - As expected, last year's winner finished strong again this year!
- 3rd Joy Bailey 210pts - Our club-wide top volunteer contributor this year! Joy ran in 5 races, and volunteered in 6

Female 80-99

- 1st Anne Brooks 270pts - Finished an amazing 7 races and volunteered in 4 to join the elite 250pt club!

GTC RUNNING SERIES ANALYSIS, CONT.

By Bobby Richmond; Sponsored by Incite Consulting Group

MALE POINTGROUP HIGHLIGHTS

Male 01-18

- 1st Henry Bacon 240pts - The only 200pt club member under 30, Henry killed it in 6 races this year
- 2nd Logan Edwards 110pts - Last year's winner finished strong again as usual
- 3rd Bruce Phillips 70pts - Literally went the extra mile this year finishing 3rd by tiebreak (Race Distance) after running only 1 more race mile than 4th

Male 19-24

- 1st Alex Thaller 120pts - Series newcomer finished strong in 3 races this year
- 2nd Mason Salb 100pts - Newcomer finished 2nd with 50pt finishes at Red White & Blue Shoes and the Sunrise Run
- 3rd Harry Stathakis 70pts - Last year's winner made the podium thanks to 2 strong finishes and the most volunteer points (20) for a male under 50

Male 25-29

- 1st Blake Smith 170pts - Newcomer eaked out a win by tiebreak (distance), in large part due to his 70pt win in the full marathon
- 2nd Josh Ferguson 170pts - Last year's winner finished strong again this year with top point awards in 3 races
- 3rd Arun Kaarthic Lnv 90pts - Jumped 8 spots this year from an 11th place finish last year

Male 30-34

- 1st Justen Brewster 230pts - The club's youngest repeat winner, Justin killed it this year finishing strong in 5 races
- 2nd Jeb Maloney 160pts - Last year's co-winner made the podium again thanks to 4 strong finishes in the first half of the year
- 3rd Eric Bohac 140pts - Jumped 5 spots to better an 8th place finish in '22

Male 35-39

- 1st Nolan Winters 250pts - Another repeat winner, Nolan finished 6 races and joined the 250pt club
- 2nd Andy Nourse 160pts - Newcomer finished strong in 4 races including a 60pt finish in the 20K and a 50pt finish at Reedy River
- 3rd Sean Flynn 100pts - A 50pt finish at Michelin highlighted this newcomer's path to the podium

Male 40-44

- 1st Eric Guth 230pts - Jumped 12 spots to take 1st this year, spurred on by top point finishes in the half and 20K
- 2nd Nicolas Monnier 180pts - Jumped 11 spots to take 2nd this year by accumulating 40pt & 50pt finishes in 4 races
- 3rd Cliff Holsonback 110pts - Narrowly reached 3rd place by tiebreak (Race Distance), thanks heavily to his 70pt finish in the full marathon

Male 45-49

- 1st Dan Stoner 310pts - One of 8 club members in the 300pt club, and did it in the series' most competitive division
- 2nd Chris Daniells 260pts - Snagged points in 7 races to repeat his 2nd place finish from last year
- 3rd Joshua Smith 220pts - A point group winner last year, one of 5 runners to finish 9 series races

Male 50-54

- 1st Wolfgang Dieminger 270pts - Jumped from a 7th place finish last year by snagging points in 8 races
- 2nd Philippe Giguere 200pts - 50pt finishes in 4 races. Nuff' said
- 3rd Michael Caputo 150pts - Narrowly reached 3rd place by tiebreak (Race Count), thanks in part to upping his race count this year

Male 55-59

- 1st Markus Wimmer 320pts - Another repeat winner, Markus ran 7 races and volunteered twice to make sure he stayed on top
- 2nd Robert Morse 250pts - Last year's 3rd place finisher, nabbed points in 9 races, volunteered 3 times, and took 2nd by tiebreak (Race Count)
- 3rd Bernard Vermeersch 250pts - One of last year's 2nd place finishers, Bernard's last minute 50pt finish at the Santa Run secured the podium over 4th place

Male 60-64

- 1st Scott Murr 360pts - One of two 350pt club members, moved up 1 spot from his 2nd place finish last year
- 2nd Alfred Canteruccio 320pts - The first club member in at least 5 years to run the most running series miles possible (74.17) having completing the longest distance event at every race!!!!
- 3rd Kevin Goehring 160pts - Doubled his participation to 4 races this year, and crushed his 12th place finish in '22

Male 65-69

- 1st Pete Nevins 300pts - Tied for 1st last year. Ran 6 races this year (up from 4 in '22), volunteered 3 times, and secured the solo first
- 2nd George Sykes 230pts - Strong 40pt+ finishes in 5 races kept George on the podium where he's very familiar
- 3rd Kaarel Hamersky 190pts - Newcomer scored well in 6 races and made the podium!

Male 70-74

- 1st Vince Herran 270pts - Finished 7 races scoring 50pt finishes in 5 of them to better his 2nd place finish from last year
- 2nd Kip Connor 240pts - Finished 7 races (up from 5 in '22) to better his 3rd place finish from '22
- 3rd Thomas Brundage 200pts - Scrappy finishes across 5 races put Tom on the podium this year after a 4th place finish in '22

Male 75-79

- 1st Lee Cook 370pts - One of two 350pt club members, and a repeat 1st place series winner
- 2nd John Johnson 240pts - After tying for 3rd last year, one of 5 to finish 9 or more races (+4 races vs '22)
- 3rd Weldon Humphreys 190pts - Retained 3rd place thanks in part to note-worthy 60pt finishes in the half and 20K

Male 80-99

- 1st Bill Blask 310pts - Finished 8 races (+4 vs '22) including four 50pt finishes, and volunteered at 4 events to repeat his point group win
- 2nd Guenter Full 170pts - Solid showings in 5 races helped Guenter repeat 2nd
- 3rd George Luke 100pts - Repeat's 3rd with the same recipe as last year: 50pt finishes at Reedy River and Run Downtown, then rest up for next year



Remember your GTC Membership must be current the day of the race to accumulate points. See the full list of rules at greenvilletrackclub.com/running-series. Running Series Standings are updated [here](#) in case you haven't checked them out yet.

GTC RACE RECAPS



PARIS MOUNTAIN TRAILS 16K

By Mike Burchett

The Paris Mountain 16k, the last and toughest event of our annual Trail Series, took place this past November 4. Because it is our toughest race, it is also our smallest; but due to the beautiful weather and popping fall colors, we had several race-day registrations to add to the 55 or so who had pre-registered. The race was also the SC-USATF state 16k trail championship for the second straight year, and this year we had enough USATF runners to give away a full prize purse. We hope to continue that relationship and to keep growing our coterie of USATF competitors in this event.

The primary objective of these trail runs (besides safety, which always comes first) is to put on fun, family-oriented events and make sure that everyone has a good time and leaves with something useful. On that note, our sincere gratitude goes out to Stax Original for providing the ingredients for our post-race pancakes, and to Tailwind for giving us a sweet deal on the individual packets given to each runner. Many thanks also to John Lehman and It's About Time, Paris Mountain State Park, Hampton Park Baptist Church, Greenville County School District, and all our excellent volunteers for making this event and the others in our Trail Series successful. And thank you to all runners who participated for choosing our races and for being patient with me in my first year as race director. I hope to make the races an even better experience in 2024.

For full results, visit <https://runsignup.com/Race/Results/84449>

SANTA RUN 5K

By Jim Roberts

December 16, 2023

As usual this race was just another great way to end the year - a low key 5K in the Sugar Creek subdivision in Greer. It also gave members a chance to earn additional GTC Running Series points.

Many thanks to Rich and Mary Lee Tierney, who agreed to be race directors for the first time and did an outstanding job. They live in Sugar Creek and have for many years reserved the clubhouse for this race. We had over 150 participants, not including doggies or tots in strollers.

As usual, the swag was impressive with Santa hats, reindeer antler headbands, jingle wrists bands, scarves for participants and their dogs.

The male and female winners received elf tunics, which they enthusiastically showed family and friends.

The female winner was Callie Rickman with 21:33. Drum roll please – she is 11 years old! The male winner was Bruce Phillips, age 17 with 17:50. The five top male finishers were all teenagers except for 11 year old Henry Bacon with an outstanding time of 19:23.

For full results, visit <https://runsignup.com/Race/SC/Greer/GreenvilleSANTARUN>



Former GTC Elite Athlete, Alison Parris modeling her favorite attire



ZOOM THROUGH THE ZOO 5K

By Lydia Thomas

Zoom Through the Zoo 5K took place on Saturday, November 18, attracting a turnout of over 800 enthusiastic runners in Greenville. This event marked the final Corporate Shield race of the year, featuring runners from numerous Corporate Shield Teams.

In addition to the 5K, more than 100 individuals joined the Zoom Through the Kids Fun Run, covering approximately half a mile within the Greenville Zoo. Children of various ages tackled the hilly terrain, completing the run and receiving medals amid cheers and applause.

Many participants would agree that, despite the challenging hills, Zoom Through the Zoo stands out as one of the most fun races in Greenville. Although a lot of Zoo animals are not active and outdoors this early in the day, each runner received a Zoo admission ticket, allowing them to return and explore all the Zoo has to offer.

Top winners were rewarded with prizes such as a Greenville Zoo membership, gift cards from Fleet Feet and Dave & Busters, tickets to a Greenville Triumph game, gloves, free coffee, and more.

For race results, visit <https://runsignup.com/Race/Results/56972#resultSetId-424342;perpage:100>

Make sure to mark your calendar for Saturday, November 16, 2024, and don't miss out on this year's exciting race!

GTC RACE RECAPS



PARIS MOUNTAIN ROAD RACES 20K/10K

By Dane Pierce

The Paris Mountain Road Race 20K and 10K were held on 12/2/23. The 20K is the oldest and toughest road race in SC, having been first run in 1973. The race currently starts at Redeemer Presbyterian

Church on Old Buncombe Rd, ascends the back side of Paris Mountain, descends the front side of the mountain, and then returns on the rolling hills at the bottom of the mountain to the church.

Though half the distance, the 10K is also felt to be the toughest 10K in SC, taking place on taking place on a very hilly course at the base on the mountain starting and ending at the church.

This year there were 195 entrants for the races, pretty evenly divided for both races.

After rain right up to the time of the races, we were blessed with some fog but no rain and milder temperatures than in some years.

There were 76 finishers of the 20K, ranging in age from 15 to 80. The overall male winner was Eric Guth from Travelers Rest with a time of 1:22:22 (6:38 per mile). Second was Michael Gerber from Atlanta in 1:24:14, and third was Stephen Borisuk from Greenville in 1:28:24.

The overall female winner was Madeline Blizzard from Travelers Rest in a time of 1:38:54 (7:58 per mile) who was also 11th overall. Second was Allison Pennell from Greenville in 1:39:36, and third was Cullen Covington-Hicks from Asheville in 1:54:27.

The first male to the top of the mountain (King of the mountain) was Eric Guth, and the first female was Allison Pennell (Queen of the mountain). Both overall winners and the king and queen of the mountain received gift certificates from Greenville Running Company.

Male Masters Runners finished 5th, 6th, and 8th overall, Samuel Shusterman (Greenville) in 1:29:25, Randolph Hutchison (Greenville) in 1:30:06, and Daniel Fetterolf (Taylors) in 1:34:43. Female Masters Runners were Lydia Dunn (Greenville) in 2:01:40, Angela Lorraine (Greenville) in 2:04:46, and Sarah Phelps (Greenville) in 2:05:56.

Male Grand Masters Runners finished 9th, 14th, and 15th overall. Steve Robbins (Easley) finished in 1:37:08, Michael Beeson (Clemson) in 1:44:54, and Chris Starker (Greer) in 1:45:09. Female Grand Masters were Isabelle Cabanal-Duvillard (Verrieres-Le-Buisson, France) in 2:06:28, Amy Austin (Belton) in 2:31:21, and Kris Swick (Simpsonville) in 2:48:04.

The president of GTC, Jim Roberts, and the vice-president, Mike Caputo both finished first in their age groups.

There were 74 finishers of the 10K. 4 of the top 6 were female. Overall male winner was Jeremy Page (Greenville) in 43:20, followed by Jonathan Sauls (Greenville) in 46:09 and Will Henderson (Greenville) in 51:59. Overall female winner was Aubry Schweiner (Greenville) in 45:19 (also second overall), followed by Keatley Sack (Simpsonville) in 45:29 (also third overall), and Katie Rudins (Greenville) in 45:55 (also 4th overall). The overall male and female winners received gift certificates from Greenville Running Company.

Top male masters were Eric Arbe (Greenville) in 53:23 (also tenth overall), Andy Rudins (Fletcher, NC) in 55:22, and Klaus Pritschet (Belton) in 55:35. Top female masters were Debby Tindall-Combs (Easley) in 50:48 (also sixth overall), Laurie Rudins (Fletcher, NC) in 55:22, and Celine Faure (Greer) in 1:01:31.

Top male grand masters were David Suarez (Greenville) in 57:08, Larry Bernard (Easley) in 59:01, and Jim Day (Simpsonville) in 1:00:32. Top female grand masters were Gabriele Harris (Simpsonville) in 1:08:36, Maureen White (Greenville) in 1:11:53, and Donna Pusty (Simpsonville) in 1:11:53.

10K finishers ranged in age from 12 to 76. The 12 year old male, N. Crosby (Simpsonville) was 19th overall in 56:09. Isaiah Ishikawa, 13, (Inman) was 48th overall in 1:08:19. Abigail Unger, also 13 (Simpsonville) was 31st overall in 1:01:41.

Next PMRR will be on Saturday, December 7 2024.

For full results, visit <https://runsignup.com/Race/Results/5292#resultSetId-427954;perpage:100>

Photo credit: Stephen Moore- Moore Gems of You Photography



GTC RUN DOWNTOWN 5K

By John Hart

It was a cold one! 19°F at start time. We took measures though to bring some warmth to our runners before the race: Outdoor propane heaters at the start area and a rented room at the Courtyard hotel where they allowed us to spill over into the lobby area. We also rented an indoor room at the finish line area, at Spill the Beans.

The sun was bright at the finish line so we held awards outside on Main Street instead of the plan for holding the ceremony inside.

We had 882 registrations this year compared to 807 last year. Turn out was a little less this year, likely due to the cold with a wind chill factor this year of 13°F versus 29°F wind chill factor last year.

Here is an example of heartwarming feedback, from competitor Noelle:

“Great race today! Thanks for keeping us informed and warm!! So glad I didn’t back out!”

For full results, visit <https://runsignup.com/Race/Results/52475#resultSetId-434475;perpage:100>

UPCOMING RACES



GREEN VALLEY 10M/5M

By Michael Caputo

The Greenville Track Club will present the 47th running of the Green Valley Road Race on February 10th. We are so excited about this year's event. Greenville Running Company returns as a race sponsor, this year climbing into the title sponsor role! We have a new sponsor, Coach Stephanie Tiwari, who will present our new aid station on Valley Oaks Drive. Runner and running author Dr. Jason Karp who will be signing copies of two of his books at packet pickup and running with us on Saturday, and great giveaways.

Green Valley is a lovely piece of country just west of Travelers Rest. The Green Valley Road Race is one of the early races launched by the 52 year old Greenville Track Club. Originally, the 5 mile runners would be carted out in a hay trailer to the mid-point of the 10 mile route and set free to run back. (This has similarities to how I was taught to swim, but more about that another time.)

While we won't be providing hay trailer Uber rides on February 10th, we will have beautiful courses that pass farms, ranches, and the Green Valley golf course. And we will have an awesome Adidas 3-stripe 1/4 zip pullover as one of our giveaways.

If you know that area, you know these courses are not pancake flat. They have climbs, though there is just about the same amount of descending as there is ascending. (That's supposed to be "good news".) So there's that. I actually have my personal 10 mile PR on this course. During that race, dialing in a threshold pace on a hill was an awesome feeling. Yes, it is a challenge for most of us. Yet arriving at an achievable pace on variable terrain can be an accomplishment only such terrain can offer. Part of the "runners high" we sometimes experience. We invite you to welcome the challenge!

We are delighted to welcome Greenville Running Company as our title sponsor this year. Jeff Milliman and Karen Becker have been helping runners achieve their personal bests for decades here in Greenville. So it fits that they've chosen to sponsor a challenging race like our Green Valley Road Race. Thank you Greenville Running Company!! I'm grateful to Stephanie Tiwari for sponsoring our new aid station on Valley Oaks Drive. Some of the people helping to enable you to have a great race are planning team members Trisha Furrie and John Hatfield; I'm grateful to them for their help and guidance. And I'm super grateful to all the Greenville Track Club

2024 GTC RACES

- JANUARY** Run Downtown 5K* ** – January 20
- FEBRUARY** Green Valley Road Race** – February 10
- MARCH** Milliken Earth Run 5K* – March 9
- APRIL** United Community Bank 46th Reedy River Run 10K and 5K* ** – April 20
- MAY** ZF Get in Gear 5K* – May 11
GTC Paris Mountain Trail 12K – May 25
Freedom Flyer** – May 27
- JUNE** Sunrise Run 8K* ** – June 8
GTC SC Open & Masters Track & Field Classic – June 22
- JULY** Red, White & Blue Shoes 5K* ** – July 4
- AUGUST** Paris Mountain Trail Run 7K – Aug. 10
Edouard Michelin Memorial 5K* ** – Aug. 17
- SEPTEMBER** BMW Performance Classic 2M* – Sept. 20
- OCTOBER** GE Cross-Country 6K* – October 6
Spinx Runfest** – October 28
- NOVEMBER** GTC Paris Mountain Trail 16K – TBD
Zoom Through the Zoo* – Nov. 16
- DECEMBER** Paris Mountain Road Races** – December 7
Santa Run 5K** – Dec. 14

*Corporate Shield Race

** GTC Running Series

volunteers, without whom our races would not be possible.

Green Valley Road Race is a great and growing race and the larger running community is noticing. This year our race attracted professor, author, and running industry leader, Dr. Jason Karp. Dr. Karp will be signing his books at packet pick-up on Friday and racing the 5 mile with you on Saturday. We'll have copies of "The Inner Runner" (my fave) and "The Endurance of Speed" for sale at packet pickup, or bring your own copy of one of Dr. Karp's 15 titles.

There are many other benefits to running GVRR, including: USATF SC 10 mile open championship with prize money, custom wood race awards, finishers' medals for the 10 milers, traditional Green Valley gloves, a covered pavilion for before the race and an amphitheater for the awards ceremony, and prize money from Greenville Running Company. Those add to the experience. But our wish for you IS the whole experience. We hope to enable you to create a running experience that you'll remember with pride and a feeling of accomplishment for years to come.

See you on race day!

Register at <https://runsignup.com/Race/SC/TravelersRest/GreenValleyRoadRace>



JUMP INTO SPRING WITH THE GTC YOUTH RABBITS!

By Ashley Lavelle

Watch out Greenville! The GTC Rabbits Youth Running Group is “jumping” into action this spring for a brand new training session! *The spring training session will begin Monday, March 25th at 5pm (Location TBD), and will “run” until Thursday, April 18th.* We will then take a short break, and resume our summer session May 9th.

For the spring and summer sessions, we hope to bring new and exciting workouts to the youth in a variety of locations to include Cleveland Park, Holland Park, and Unity Park. Our hope is to also add more youth-specific races and fun events for the kids to enjoy in our community — Stay tuned!



The Rabbits ultimate goal is to teach running fundamentals, while also making the workouts fun for ages 7-14 years old. Along with training runs, the youth will have the opportunity to train for two goal races during the spring/summer sessions: The Reedy River 5k and The Red, White and Blue Shoes 5k. Both are excellent races and will be both challenging and fun for our young runners. The Rabbits will also continue its “special speaker program,” educating the youth on all aspects of running from nutrition, to proper footwear, to race strategy. We love getting our community involved to educate our youth, and enjoy seeing how these connections can better equip our young runners!

The group will be lead by Coach Ashley Lavelle, with Coaches Alison Parris and John Hatfield also returning this year! The Rabbits are also hoping to add two additional coaches to the staff, who will be able to challenge our faster runners looking to improve their racing speed and endurance.

The Rabbits Running Group encourages all youth between the ages of 7-14 years old to come and join our team of outstanding runners — everyone is welcome! Please email Coach Ashley at: youthrunning@greenvilletrackclub.com with any questions.



46TH ANNUAL UCB REEDY RIVER RUN 10K/5K

By Mike Caldwell

We are ramping up preparations for the the United Community 46th Reedy River Run, on April 20, 2024, starting in and going through downtown Greenville. To celebrate the opening of the United Community banking building on East Camperdown, it will feature a new finish line area this year: the finish line will be on Falls Street, with the post-race festival in United Community’s large parking area.

Our medals and race shirts for years have highlighted features of our beautiful downtown area. This year’s 10K Finisher’s medal will feature the iconic and historic Wyche Pavillion, which sits along the edge of the Reedy River. The race shirt will once again be a soft, blended model and also feature the Wyche Pavillion in the logo design.

Returning to pre-Covid times, there will be a post-race festival adjacent to the finish area. Once again complimentary Jersey Mike’s mini subs will be available for our finishers of both the 10K and 5K in addition to other exhibits.

Let’s make this major club event a special gathering of our 1300+ members. We look forward to seeing you either as a participant or a volunteer. And for everyone else who enjoys running or walking on a well-designed and historic road course, choose one of the two races, join the crowd, and ... C’mon down!

Register at <https://runsignup.com/Race/SC/Greenville/ReedyRiverRun>



SPLITS: BREAKING UP (IS NOT HARD TO DO)

By Bill Blask

We are not dealing with a relationship crisis here. Rather, this is about running in “segments”. Not running from start to finish without stopping. Pausing to play. Taking a break.

Breaking up the run.

I have some ideas about how to do that. My own feet have tried these ideas, experimented using them. I’d like to offer my experience to you, for what it’s worth.

Caveat. I try not to do this stuff in a race. During a race, not pausing — stopping or walking — is a challenge I give myself. Then I just keep my feet moving. Slowly, maybe, going up a hill for example. Faster going downhill maybe — Whoa, Bessy!

But just out for a run? Yes, usually I break up a run. And I find different ways to do that. Here are some ideas.

I get tired. Often I can’t predict when, it just feels like it’s time for a break. A walk usually does the job, and then a slow jog to get back up to a speed my body likes that day.

A more organized, consistent walk/run method of acquiring mileage also works for a lot of us. Amby Burfoot, the widely-known and read editor of Running magazine, once wrote that for long-distance running he uses a 15 minute run broken up by a five minute walk or jog. He’s gone some amazing distances using this technique.

For the rest of us mortals, we may work in single-digit walk/run sequences. I’ve been comfortable running for 2-3 minutes, and walking/jogging for 30-60 seconds.

I’ve also set a certain distance - a quarter mile, a mile, 6 blocks (in the city) — to run, followed by one or two minutes jog/walk. When I was really struggling, I’d count a certain number of two-step units - 30, or 60, for example — to run, and then walk that same number, this time counting each step.

Then there’s cadence. Magic numbers (so we’re told). 180 plus. My Apple watch app talks to my earbuds. (Don’t you love it! Well, I confess I do.) “Cadence 162 (she approves) ... cadence 190 (she really approves) ... below cadence range 159 (I sense polite disapproval) ... “ I run at my target range until my feet (a recurring plantar fascia irritation) or legs complain, and down I go to something less for a break.

When I was playing with breathing, counting breaths also works to break things up. This approach worked for running gliders or intervals — so many breaths at speed, then down to recover, either for a given number of breaths, or when my gasping stopped alarming passers-by. However, running tempo paces for 10-15 minutes, or longer? Get out your watch!

Running hills, here’s another approach: don’t keep going — go back down and do it again! No, really. Treat this particular hill as a one-of-a-kind experience. Maybe it is a “special” hill in some way that has meaning for you. In the middle of your run, do repeats going up and

down this one hill until you are done with it ... or it is done with you. Pause at the top and do the Rocky thing: prance, dance, and express the joy of achievement you’ve earned. Do the dance every time you do a repeat if the spirit moves. Or saunter-sashay down the hill after the next try: let yourself get all loosey-goosey so the breath you are catching has a place to go! Or jog or walk while contemplating the meaninglessness of the whole process if you aren’t a running tyro (and perhaps if you are). It’s also fun to use the literal down-time as you descend to feel the buzz of energy you’ve just generated!

Then get off the hill and back on your horse, and continue moving along.

Here’s the thing. Pauses in running of any kind, in my humble opinion, are — each one of them — opportunities. Recovery perhaps. Evaluations of how you are feeling at that moment, or in that part of your run. And how ready you are for the rest that remains.

A rule of thumb for each pause that I try to observe, however: keep moving in some fashion as you pause. Stop if needed, but no longer than a minute or so. Snack on something. Drink some fluid. Work a tight muscle. During the pause your body is moving easily in some fashion. Sauntering maybe. Zero in on how you feel, the state of your breathing, what you want to do or had planned to do next. And then, when you are ready ... do it.

For example, begin again what you set out to do in the first place.

Sidebar. A treadmill can be a whole new opportunity to break up a run. Working on speed, for example. Start out slow for the warm-up, do your first mile at target plus 30 seconds for each mile you intend to run, take a break, then subtract 30 seconds for the next mile, take a break, and drop down another 30 seconds for mile three, etc., until you’ve reached, or passed, your target. Continue at target pace for a distance you’ve set, or while your body agrees.

If the thought occurs and energy or time remains, a nice way to cool down is to reverse the process, adding extra time with each succeeding mile in your cool down. Shorten the process if needed or desired. You are “playing” with the experience, so you decide.

I find that there is playfulness in this approach to running. You become the observer, explorer, evaluator. On a given day it can extend what otherwise might be a short, memorably uncomfortable struggle. It can freshen a less than enjoyable experience. [Something to try on a long run.](#) It just might be fun!

Anyway, all this has worked for me. No money-back guarantees for anyone else. But whose body is this anyway. Go play!

See you on the road.

*“Yeah, I get it. We’re not talking relationships here. But now I can’t get Neil Sadaka’s *%\$@ song out of my #*\$& head!”*

