

GTC NEWSLETTER

“RUNNERS LIKE TO TRAIN 100 MILES PER WEEK BECAUSE IT’S A ROUND NUMBER. BUT I THINK 88 IS A LOT ROUNDER.” *Don Kardong*



(@porter_photo)

PRESIDENT’S LETTER By Jim Roberts, GTC President

Fellow Greenville Track Club Members:

Our founder, Bill Keesling, is amazed that the club he founded in 1972 is running wild. As of this writing, the GTC has 1,322 members. That number can fluctuate by 10-15 at any given time, but we are comfortably over 1,300. Bill believes we can achieve 2,000 members in the next 1-2 years. Amazing when you consider that he started the club with just a handful of Furman University professors and a few others.

The iconic GTC logo was created by Dennis Zeiger about 45 years ago and shows no signs of wear. Dennis had been a member of Bill’s Furman University Track & Field team and was presented with a “Life Member” plaque in 2015 to recognize extraordinary contribution to the GTC.

That was years ago, but more recent members have also been generous with their time and talents. Many of you will recognize our 50th anniversary logo. That was created by a member of our Board, our own Lydia Thomas. The club has always been full of talent.

The best example, though, of unselfishness help given to the GTC begins with its volunteers. Many of you have heard about the 20/80 or 80/20 rule where 20% of an organization’s members do 80% of the work. Unfortunately, that is not true of our club. Much less than 20% of club members do 95% of the work.

If you are a GTC member who has never volunteered to help in a race, or rarely does so, please step up and help out! Races don’t put on themselves.

Disregarding the above lamenting, to our tremendous volunteers who are responsible for helping - THANK YOU! THANK YOU! THANK YOU! I refrained from exclaiming this 5 times, à la Taylor Swift.

There are 5 events coming up in the next few months: GTC Paris Mtn. Trail 16K, Zoom Through the Zoo 5K, Paris Mtn. 20K and 10K, Santa Run 5K, GTC Run Downtown. Hopefully, you can run or walk some or all of those, but if not, please volunteer.

If you’re unsure of your membership status or need to add family members, please go to the menu at runsignup.com/Club/SC/Greenville/GreenvilleTrackClub.

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

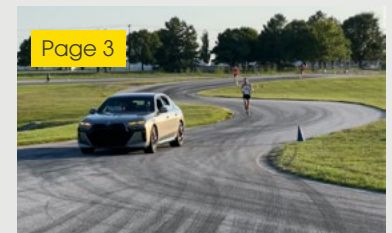
NOTE: GTC singlets are free to members. If you do not have a singlet there is a plastic container with different sizes on the porch of the GTC building at 1619 E North St. (Feel free to exchange a singlet you have, but please wash it first!)

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GTC MEMBERS MEETING: SPEAKER RECAP

By Harry Stathakis

We look forward to seeing you at our next meetings. Please reach out to Harry Stathakis – that’s me! – (vicepresident@greenvilletrackclub.com) with any questions on upcoming meetings.

The Greenville Track Club hosts monthly meetings on the first of every month at 6 pm. It is a time full of camaraderie, fellowship, food, and a great speaker.

The November 6th meeting will be at The Goat GVL located at 1021 South Main Street. There is street parking and also a paid parking lot just across the street.

The GTC encourages you to come out and join our community and get to know the club. The recent meetings have featured the following speakers:

AUGUST

Jeff Milliman from the Greenville Running Company shared his expansive expertise around the history of the running shoe. With a multitude of historic shoes, Jeff’s stories and knowledge captivated the club as we marveled how running and the shoes have changed throughout the years.

SEPTEMBER

Mike Caldwell and the GTC Elite joined us as we met the athletes and learned about their training and upcoming races. It was great to get an in depth look at what it takes to be an elite runner and the camaraderie they have built so far. We look forward to watching the elite runners represent GTC and meet their goals!

OCTOBER

Steve Heller from Tri and Like It spoke at our October meeting. He shared the mission of their organization and how to get involved whether you are a novice or seasoned veteran. Steve provided a comprehensive overview around triathlons and best tips for getting started. Triathlons are great ways for runners to cross train and expand their athletic range.

GTC Monday Night Meeting Schedule

The Goat GVL (1021 South Main Street, Greenville) at 6:00 pm

- Monday November 6th – Honoring the top 10 male and female finishers from the Greenville Cross Country Championships
- Monday December 4th – Christmas Party



A SPECIAL THANK YOU

By Cherie McCain, GTC Corporate Shield Director

For the first time in countless years, Todd Edwards is not a Corporate Shield Team Captain or even member of a GTC CS team. Todd has been a great recruiter, motivator, and competitor who was himself a great runner for all of the teams he has been involved in. As a formidable competitor, Todd was Captain of a powerhouse GE team, then started the teams from ProTerra and then a strong Division 1 ZF team, each time his leadership ensured his team was very active and usually very fast. He also further developed the Corporate Shield program during his tenure as Corporate Shield Director as a proponent of good low-cost races that would be accessible to everyone.

This summer Todd changed jobs to a company in NC, allowing the other CS Team Captains to breathe a sigh of relief.

On behalf of the GTC and all the Corporate Shield Teams, I would like to Thank TODD EDWARDS for his many years of support of Corporate Shield. Best of luck on your future endeavors, though we do hope to see you back with a Corporate Shield Team again in the future – after all, iron sharpens iron.

GREENVILLE TRACK CLUB-ELITE



Greenville Track Club-ELITE was established in 2012 and is in its second decade as a post-collegiate, Olympic-development program. The program produced four qualifiers for the 2016 USA Olympic Trials Marathon in Los Angeles, one qualifier/participant for the 2019 Pan American Games Marathon in Lima, Peru, three qualifiers/two participants for the 2020 USA Olympic Trials Marathon in Atlanta, GA and one qualifier and participant in the 2021 USATF Olympic Track & Field Trials in the 3000m Steeplechase. The program's runners set four South Carolina State road race records in 2020 (5K, 15K and Half Marathon--twice) and three (15K, 10-Mile and 20K) in 2021. GTC-ELITE also produced the South Carolina Men's 2020 Long Distance Runner of the Year.

WEITZEL & GARCIA QUALIFY FOR USA OLYMPIC TRIALS MARATHON

Greenville Track Club-ELITE's Jason Weitzel and Eduardo "Eddie" Garcia ran personal bests of 2:15:55 and 2:17:09, respectively to run under the USA Olympic Trials Marathon standard of 2:18:00 on Saturday morning. The Bakline McKirdy Micro Marathon was set-up for athletes to have an opportunity to achieve the USA Olympic Trials Qualifying time and featured a limited field (sub-2:25 for men and sub-2:45 for women) of runners who had previous performances within range of the standard (2:18:00 for men & 2:37:00 for women). The course was billed as flat and fast and was conducted on a 2.946 mile loop around the lake in Rockland Lake State Park, Valley Cottage, NY.

One of the featured aspects of this unique event was that race organizer James McKirdy provided bottle service for every accepted athlete and there were over 39 tables set up along the route (in the pre-dawn darkness). Each athlete could have up to eight bottles (one per lap after the first loop). The weather conditions were almost perfect with the temperature at 50 degrees and very little wind, although a light rain appeared in the later stages of the race. Another positive was the excellent work of the pacers, who made major contributions to the outstanding performances and results.

Weitzel and Garcia ran in a large pack of runners following a pacer with sub-2:18:00 as their primary target. They remained in that pack for seven of the nine loops of the course, before Jason increased his tempo to move ahead. He then covered the final loop at 4:58 per mile pace to knock a whopping 8:36 from his previous and only marathon performance. It also was a new program record for GTC-ELITE, supplanting the 2:17:18 by Joe Niemiec at the 2020 Chevron Houston Marathon.

Garcia's time of 2:17:09 (gun time/2:17:06 chip time) was also under Niemiec's program record and was a new national record for the US Virgin Islands. Eddie has dual citizenship and already held the record at 2:17:45.

TRAINING TIPS FROM GTC-ELITE

By Mike Caldwell

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. However, the term "Tempo Run" is many times misunderstood.

It is not uncommon to hear an athlete remark "I did a 15-mile tempo run." We will attempt to explain why that is probably incorrect.

"A true tempo run – a threshold run – is at a pace that's about 25-30 seconds per mile slower than your current 5K race pace," explains world-reknown running coach Jack Daniels, who popularized the tempo run in his book Daniels' Running Formula. Such a pace is approximately your Threshold Pace, which is the hardest effort at which your body is able to clear as much lactate as it is producing, while working comfortably hard. Lactate is a by-product of carbohydrate metabolism, but is also a source of energy. However, at paces faster than Threshold, lactate cannot be shuttled from the blood to other tissues or buffered to remain non-acidic. The increased number of hydrogen ions associated with the production of lactate are actually the true culprit.

The key difference between a race effort and a tempo run is that lactate can be cleared in the latter. In an all-out session, your body passes this limit – i.e. your body produces more lactate and hydrogen ions than you can process – and so fatigue develops rapidly. A Threshold pace is usually defined as a pace that you can maintain for an hour when racing. Think 20K for many elite runners or 15K for those not quite as talented. Threshold or Tempo efforts should be conducted at a "steady" pace throughout the elapsed time or duration of the run.

Dr. Daniels initially espoused Tempo workouts of about 20 minutes at Threshold pace, but also stated that in well-trained athletes the effort could be longer.

It has been postulated that "Threshold" pace is that which can be maintained for a one hour (60 mins) race. Depending on the runner, that race could be a distance ranging from 8K (12:00 mins per mile) to Half Marathon (4:34 mins per mile). So theoretically, given that time limit, if an athlete can run at that "Threshold race pace" for only an hour, it would seem unlikely to expect that the athlete running at "Threshold" (or "tempo") pace could continue well past one hour to run 15 miles maintaining that pace. Therefore, running 15 miles at "Threshold" pace would not be possible.

An example of approximately Threshold pace (and thus a "tempo" effort) for a 20 minute 5K (6:26 per mile) runner, would be running the "tempo" session at 6:51 to 6:56 per mile.

With our GTC-ELITE athletes we usually calculate our "tempo" pace from our current 5K race pace and use 400-meter (1 lap on a standard running track) splits about 5-6 seconds slower. For example, if our athlete's current 5K time is 14:00, which is 67 seconds per 400 meters, then we set our "tempo" pace at 72-73 seconds per lap.

Tempo training not only improves your physical fitness but also boosts your mental strength. 'I believe in tempo running because it helps the athlete feel that sense of toughness they experience when they compete,' says veteran coach Bob Williams. 'It's a process of adaptation, psychological as well as physiological.'

In summary, Tempo workouts should be a vital component of every runner's training program, if they are planning to improve their performances. It is not just a "hard run," but a pre-calculated (planned) pace to be achieved. And, one that meets the criteria of "Tempo", which is approximately 20 or more minutes in duration and approximately 25-30 seconds per mile slower than the current 5K pace.

GREENVILLE TRACK CLUB-ELITE RESULTS

By Mike Caldwell

MICHELIN MEMORIAL 5K GREENVILLE, SC - AUGUST 19, 2023

On a beautiful mid-August Saturday morning Greenville Track Club-ELITE's Jason Weitzel and Eddie Garcia both broke the course record at the Michelin Memorial 5K. Weitzel defended his title from 2022 and cut a whopping 29 seconds from that winning time (14:44) with his 14:15 clocking over the hilly route through the countryside near the Michelin Conference Center. His time broke the course record of 14:42, set by GTC-ELITE's Austin Steagall back in 2016. After running together for much of the race, Garcia followed Weitzel across the finish line with a time of 14:20 (some 22 seconds under the previous course record). Their times were outstanding for this long-standing event. Garcia had won the 2018 race in 14:48. The teammates will compete next in the USATF 20K Championships in New Haven, CT on Labor Day (September 4).

"The guys looked strong this morning and their times definitely indicate their current fitness as this is a somewhat challenging course," stated GTC-ELITE coach Mike Caldwell. "They ran much faster than some of our past team members had in previous years, which is saying quite a lot."

USATF 20K CHAMPIONSHIPS NEW HAVEN, CT - SEPTEMBER 4, 2023

On a sunny and warm Labor Day morning, Greenville Track Club-ELITE's Eduardo (Eddie) Garcia ran to a 12th place finish in the USATF 20K Road Championships in New Haven, CT. With a temperature of 72 degrees and 90% humidity at the 8:30 am race start, the conditions continued to become warmer as the mercury rose to 80 degrees by the time the elite runners crossed the finish line. It was the 46th edition of the Faxon Law New Haven Road Race, which has become the home for the USATF 20K Championships over the past years.

Eddie and teammate Jason Weitzel started out at the back of the lead group of elite men and passed the first mile in a quick 4:38. Defending champion Connor Mantz (4:35) forced the pace from the front, but that early pace was not sustainable under the weather conditions. Mantz eventually placed a very close second to former BYU teammate and current training partner Clayton Young as both crossed the finish virtually together (59:15).

Garcia averaged 3:07 per kilometer (5:01 per mile) while his training partner Weitzel experienced a difficult race and finished in 22nd place with a time of 1:03:55.

USATF 10K CHAMPIONSHIPS NORTHPORT, NY - SEPTEMBER 23, 2023

Running in his first race as a professional, Karl Thiessen ran 29:42 to place 11th in the 2023 Great Cow Harbor Run which was the USATF 10K Road Championships for the second consecutive year. The University of Tennessee graduate finished only one second shy of the tenth place finisher and four seconds ahead of his Greenville Track Club-ELITE teammate Jason Weitzel. Weitzel repeated his 12th place finish from the 2022 10K Championships with a time of 29:46. He had run 29:40 last year in somewhat better weather conditions. Their teammate Eddie Garcia ran his best time on this hilly and challenging course, clocking 29:57 for 15th overall.

The 46th running of his iconic Long Island race in the Village of Northport, NY was conducted under windy and wet conditions, although fortunately the predicted amount of rain did not occur. The race once again sold out its limit of 5,000 participants.

The three GTC-ELITE teammates passed the halfway point (5K) with Garcia 10th (14:51), Thiessen 11th (14:51) and Weitzel 13th (14:56). Karl ran perfectly even 5K splits as he covered the second half in another 14:51, while Weitzel ran 14:50 for the final 5K.

Their times now rank 2nd, 3rd and 5th on the Cow Harbor 10K course for GTC-ELITE.



Photo by Cloe Poisson/
Special to the Courant



Mike Caldwell is the Director/Coach of GTC-ELITE, a post-collegiate, Olympic-development program established in 2012. During his coaching career he has developed multiple Olympic Trials Qualifiers, World Championship and USA national championship participants. A Furman University graduate, he furthered his educational status at the University of Florida and Florida State University for post-grad degrees. His non-coaching career included many years in leadership positions at ASICS and NIKE.

CORPORATE SHIELD TEAM CAPTAINS: BRYAN OGG & ARUN KAARTHIC

By Cherie McCain

With the departure of ZF Team Captain & Race Director (& long time Corporate Shield fixture) Todd Edwards, ZF had huge shoes to fill, and thus have set up a Team/Committee approach to address the Team Captain duties. Bryan Ogg and Arun Kaarthic are now the two main contacts in the committee. Bryan is taking the lead as RunSignup contact, and Arun has the lead for internal Team communications. The two will work together with the ZF committee regarding recruiting, team promotion and other special activities. A committee member will manage their Team ZF Singlets inventory & handling. They are currently looking for a Race Director for their planned host race in May of next year.

Let's get to know Bryan and Arun.

How did you get into running?

Bryan: In the mid 2000's when the auto industry was booming I found myself frequently invited out to lunch by vendors. I rarely said no and most of the local places had lunch buffet on weekdays. It was not long before I chose to buy a gym membership instead of new clothes! I began with weight lifting, but was going to the gym between lifting days to get 30 minutes of cardio. Eventually I was running 3 miles at a time and thought maybe I'd try one of those 5k races I'd heard about. I signed up and never stopped pushing; eventually running took over as my primary fitness activity.

Arun: I got into running right after I graduated university and was looking for a job. It was expensive to get a gym membership but at the same time I wanted to do some physical activity. It was then I started running with a few buddies, and it was really fun and became quite addictive. After that I just continued running whenever I had time. It is my go-to physical activity, and always something I enjoy doing.

How is your own running going now?

Bryan: I stopped focusing on distance and decided to try to go faster. Upon reaching my 40s I felt like my PR times were slow compared to how well I was doing running ultra marathons and trail races. I knew the clock was ticking as far as my ability to be fast, so I cut back on distance and trails to focus on speed on the road for shorter distances. I eventually hired a coach and have been having a blast knocking out PRs from the mile up to marathon distance. I'm going to ride this wave as far as it will take me.

Arun: I have started focusing more on strength training, so my cardio workout has taken a backseat for the time being. But I do the corporate events and a few others when I get a chance just so I can keep pursuing my running journey. The ZF CS team is really motivating me

to keep improving. I have some really inspiring running buddies who like to keep me on my toes.

Do you have a most memorable event?

Bryan: My most memorable even has to be the Smokey Mountain Relay this year. This is a 200 mile relay mostly on roads that wind through the Smokey Mountains. I joined as a substitute on a mixed ultra team (6 people on the team including male and female runners, regular teams are 12 people). The team was all people I knew fairly well and have trained and raced quite a few miles with. We definitely had some all-stars of the local running community! While the running was tough, the scenery was beautiful and I was sharing it all with a fantastic group of people. It was one of those amazing events where everything went right for all of us. Temperatures were ideal. Everyone one of us ran great. No one got grumpy and unpleasant in the middle of the night when none of us had any sleep. All of our gear held up well and we all stayed relatively fueled up and hydrated. It ended at a big festival with food and drinks. We missed first place in Mixed Ultra by 66 SECONDS over the 200 mile difference!

Arun: Every race is unique and I quite enjoy them all.

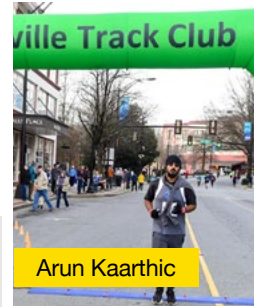
Is there a person who has influenced your passion for running?

Bryan: There's no one person that I would say has been a big influence, but when I moved to the upstate from Indiana I found there to be a much larger and varied running community. Seeing all the amazing things some of the people around me were doing definitely inspired me to work harder and try new things along the way.

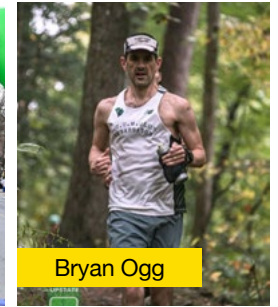
Arun: I wouldn't say there is anyone in particular. But right now there are quite a few people in the CS team who inspire me and keep me going.

How did you become the ZF Team Captain?

Bryan: Todd started the program at ZF and took



Arun Kaarthic



Bryan Ogg

care of everything. When he left, I volunteered to help carry the load because I believe the program is a good thing and I didn't want to see our team die.

Arun: Pretty much the same as Bryan. When Todd left I did not want the program to die out and realized if we wanted it to carry on maybe we need to take the reins and keep it going forward.

How do you motivate first time runners or what advice do you give them?

Bryan: Running means different things to different people. Find your thing and go with it. Don't get caught comparing yourself to others or worried what other's think. I've found runners to be an extremely accepting group and we'll support anyone who's out there trying!

Arun: Like Bryan said, running is a unique experience for each of us. You shouldn't be comparing it with other people but just with yourself. Find your own path and enjoy it.

What do you hope to bring to the Greenville Track Club/Corporate Shield as a new Team Captain?

Bryan: To be honest I'm just trying to make sure the ZF Team and the ZF race survives.

Arun: For the time being it is all about getting familiar with the procedures and making sure we are able to keep the ZF CS team afloat. But I would eventually like to grow the team into a community of people who help each other improve - organize friendly runs, share tips and tricks and motivate more people to join the community.

What are your most important habits when you are working to improve your own running?

Bryan: Consistency. Not every run is going to be a great run. Sometimes it's hard, sometimes it's easy, but I always make sure I get out there. Some of my best runs have been on days I almost turned off the alarm and went back to sleep. I also do my best when following a plan. Having a plan saves me from myself and my bad decisions.

Arun: Consistency. You got to keep going at it at a steady pace while also making sure you are giving your body enough recovery time.

Thanks to Bryan and Arun for their support of GTC and Corporate Shield and for their leadership of the ZF Corporate Shield Team!

2024 CS RACE CALENDAR

January 20 | Greenville News Run Downtown 5K

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

CORPORATE SHIELD RUNNING

BMW PERFORMANCE CLASSIC 2M RACE



Top 3 finishers – Adam Chase, Kyle McFoy, Kyle Hosting

By Robert Morse

Participants at the 24th BMW Performance Classic on Friday, September 15 enjoyed beautiful weather and another great event hosted by the BMW Performance Center. 388 runners and walkers completed the 2-mile race.

A new course record for Senior Grandmasters men was set by Tim Stewart. The 62-year-old ran 12:10—a shocking 28 seconds faster than the previous record set last year by Pierre Yves Page, and even won the second place Masters (40-and-over) age group award.

The host BMW team dominated the Division 1 team scoring, sweeping the top three spots in the open category, two of the top three teams in the Female and Masters categories and First place in Grandmasters. Milliken and Michelin also took home team awards, and ZF scored the second highest point total to remain in third place for the season. Michelin still holds the first place spot in Division 1, but BMW has closed the gap with two races left.

In Division 2, JTEKT North America solidified their lead, with TTI finishing a strong second in the event as well as season standings. Greenville Tech and Century 3 also had very strong performances.

Thanks to the BMW Performance Center, and sponsors BMW, CPM, Fleet Feet and the many volunteers for the continuing success of the BMW Performance Classic.



EDOUARD MICHELIN MEMORIAL 5K

By Brian Ilcheson

Michelin Memorial Race Director

On Saturday, August 19, Michelin hosted its annual Edouard Michelin Memorial 5K on an unseasonably mild, beautiful morning in the rolling hills of Moonville, SC, at Michelin’s Donaldson Center campus. The “out and back” course held 664 participants who ran/walked and crossed the finish line. This attendance was a huge jump from last year’s first “live” event from the virtual races we hosted during the pandemic. Each year, we aim to perfect our race and make it memorable for all. This year was a roaring success!

Michelin prides itself in first class products and service and our upstate SC Corporate Shield race is no different. We know the raffle for the free set of Michelin tires is mighty attractive and seeing Mr. Bibb makes the kids and adults alike smile from ear to ear, but we hope that all of the hard work we put in shows the same quality in the entire CS event, as well.

Our starting line “pump up” was a blast as our DJ played all the right tunes to

caffeinate our blood and bust out a move before the official “Go” time. The turnaround waterstop volunteers were ready with water, gatorade and cheers to help boost the last mile or more of the race. The volunteers are the backbone of the race. Volunteers do more than show up on race morning. They give hours to planning, meetings, setting up cones, buying nutritious snacks, filling up water containers, brainstorming new ideas, coordinating minute details that the runners aren’t thinking about during the race. They do more than hold out cups of water and gatorade at mile 1.5 and yell out “Good job!” at the turn. They are there before the sun comes up on race day and leave long after the last runner has crossed the finish line. Our people are what makes this race different. And we couldn’t do it without them.

Michelin is known as an employer who takes care of their people. The Michelin 5K race is just another aspect of this commitment to the community and health and wellness of their employees. This race benefits all who participate from exercise to camaraderie to giving back to our community.

Michelin thanks everyone for coming out and running with us this year at our Donaldson Center campus.



GE CROSS-COUNTRY 6K

By Emily Headley

The 2023 GE Cross-Country 6k on September 15 was a huge success! 245 runners lined up on an overcast and slightly chilly Saturday morning to race on the beautiful trails of Hartness Nature Preserve. The top two male runners battled it out with GE’s very own Kyle McFoy taking the win in 22:09, and Kyle Hosting from Champion Aerospace following only 4 seconds behind. The first female, Jodi Ann Cruz, came in an impressive time of 24:53 coming in 6th overall. Special congratulations to two GE runners, Haiping Wang and Manuel Cardenas, for making it to every Corporate Shield race every year for the past ~10 years! What a huge accomplishment, and way to represent GE and GTC’s Corporate Shield division so well!

Next year’s GE 6k will be held on the GE Vernova main campus off of Woodruff Road. We are looking forward to bringing the race on campus and showing other Corporate Shield teams our stomping grounds!

GTC RUNNING SERIES ANALYSIS

By Bobby Richmond
Sponsored by Incite Consulting Group

There were some notable year over year improvements in the half marathon:

- **Robert Morse (M55-59)** ran 5% faster, smashing the 2 hr barrier by more than 5 minutes
- **Savannah Pack (F01-18)** shaved 13 minutes to finish under 2:15
- **Weldon Humphreys (M75-79)** cut 1 HOUR and 7 MINUTES from his '22 time to finish under 2:38. Nice work, Weldon!!

POINTGROUP HIGHLIGHTS

Female 01-18

- Savannah Pack jumped from 9th to 2nd and became award eligible with her 70pt finish

Female 25-29

- Congrats to Katie Morgan for finishing the Full Marathon!
- Mary Iris Abernathy (120pts) and Valentina Velasquez (110pts) moved into 2nd & 3rd place and became award eligible thanks to their 70 & 60 point finishes in the half

Female 30-34

- Regina Ibanga (270pts) secured 1st place for the season. Her 60pt marathon finish put her into the 250 point club and 140 points over 2nd place
- Congrats to Madeline Blizzard for joining the running series with a strong 70pt marathon finish! She finished in 3:23:02 making her the fastest among female GTC members.
- Shelby Jaramillo's 1:22:44 made her the fastest among female GTC members at the half.

Female 45-49

- The largest point group and 2nd most competitive with 1,690 points accumulated this year
- Susan Dupont (110pts) jumped 13 places into 1st with a 70pt finish in the half
 - Carolyn Shanesy moved into 3rd and became award eligible by finishing the 5K

Female 50-54

- Debby Tindall-Combs (180pts) needed her 70pt finish in the half to stay on top of this highly competitive group
- Amy Austin (140pts) and Angelika Impeduglia-Gielow (130pts) moved into 2nd & 3rd with 40 & 30 point finishes in the half
- Caz Collins (120pts and '22 RS winner) scored 50 points in the half to put her only 10 points out of 3rd place

Female 55-59

- The 2nd largest female point group with 45 participants, and the most competitive with 1,960 points accumulated this year
- Congrats to Mary Ann Randall for finishing

IMPORTANT UPCOMING DATES

As we close out the 2023 season, there are still up to 110 running series points up for grabs.

- 11/18 - Greenville Zoo Zoom Through the Zoo (Corporate Shield)
- 12/01 - GTC Paris Mountain Road Race (Running Series)
- 12/16 - GTC Santa 5K Run (Running Series)

HIGHLIGHTS FROM SPINX RUN FEST

In total 2,158 runners (+12%) finished one of the 4 events at Spinx Run Fest this year with turnout for the marathon (304), half marathon (817), and 10K (469) up 105 (+53%), 145 (+22%) and 71 (+18%) finishers respectively. We had a 56% in-crease in female marathon finishers this year!

Across total participants, average finish times were roughly similar to last year. But the average male GTC member cut 4 minutes and 40 seconds (~4%) from his half marathon finish time, and the average female GTC member finished 3 minutes and 38 seconds faster (~10%) in the 5K.

the Full Marathon!

- Ellen Abarotin (120pts) moved up 11 spots and into 2nd place by adding 70pts in the half and 10pts for volunteering

Female 60-64

- Congrats to Susan Labadorf for finishing the Full Marathon!
- Bonnie Milks (140pts) moved up 1 into 3rd place with a 50pt finish in the half

Female 65-69

- Helen Reetz (260pts) secured 1st place for the season as her finish in the 10K put her 170 points ahead of 2nd place

Female 70-74

- Mary Koppenheffer (120pts) used a 70pt finish in the half to move into 3rd and become award eligible

Female 80+

- Anne Brooks (270pts) secured 1st place for the season as her finish in the 10K put her a whopping 220 points ahead of 2nd place

Male 19-24

- Congrats to Kevin Gaber for finishing the Full Marathon! That single 70pt finish puts him in striking distance of 1st place

Male 25-29

- Congrats to Blake Smith, Sam Clayton, Matthew Lewis, and Ryan McMurrer for finishing the Full Marathon!
- Blake Smith (170pts) took over 1st place by tiebreak (Distance) with his 70pt finish in the Marathon! His time of 3:08:50 was the fastest among GTC members!
- Josh Ferguson (170pts) fell to 2nd place despite his 70pt finish in the Half!

Male 30-34

- Justin Brewster (170pts) moved into 1st from 3rd with a 50pt finish in the half
- Gregory Tempel (120pts) is now in striking distance of 1st place with his 70pt finish in the half

Male 35-39

- Congrats to Ryan Risdon and Tim Sterr for finishing the Full Marathon!
- Ricky Flynn's 1:07:15 made him the fastest GTC member in the half

Male 40-44

Points were hardest to earn in this group with 10 finishers at the full and half marathon

distances

- Congrats to Martin Gilchrist, Cliff Holsonback, and Johnathon Wheatly for finishing the Full Marathon!
- Eric Guth (170pts) moved into 1st with 70pts in the half
- Cliff Holsonback (110pts) moved into 3rd and became award eligible with his 60pt finish in the full marathon

Male 45-49

The most competitive point group in running series history with 49 participants and 2,140pts accumulated so far!

- Congrats to Trigg Bowlin, Cedric Potel, and Jeffrey Poston for finishing the Full Marathon!
- Dan Stoner (310pts) secured 1st place for the season with a 70pt finish in the half, putting him into the 300pt club, and 130 points ahead of 2nd
- Chris Daniells (160pts) moved into 3rd with a 2nd point finish in the half..
- Markus Wimmer (260pts) took over 1st place with a 60pt finish in the half
- Robert Morse (190pts) moved into 3rd thanks to a 50pt finish in the half and 10 volunteer points!

Male 60-64

- Congrats to Alfred Canteruccio for finishing the Full Marathon. His 70pts moved him into 2nd with 230 points
- Scott Murr (310pts) held on to 1st with a 70pt finish in the half

Male 65-69

- Congrats to James Smith for joining the running series with his Full Marathon finish!
- Pete Nevins (200pts) moved back into 2nd and joined the 200 point club with his 70pt finish in the half

Male 75-79

- Lee Cook (310pts) secured 1st place for the season with a 70pt finish in the half, putting him into the 300pt club, and 130 points ahead of 2nd
- Weldon Humphreys (130pts) is now in striking distance (50pts) of 2nd place in the series thanks to his 60pt finish in the half

Running Series Standings through Spinx Run Fest are updated here in case you haven't checked them out yet.

UPCOMING RACES




zoom
THROUGH THE
ZOO

Greenville's only race through the Greenville Zoo!

SATURDAY, NOVEMBER 18
5K RACE & KIDS FUN RUN

Register at zoomthroughthetoo.com



SANTA RUN 5K

Bill, Rich and Mary Lee Tierney are codirectors for the Santa Run 5K.

The race this year will be on **December 16th at 8:30 AM**. It's hard to believe this will be the 14th annual version of this GTC classic.

The Santa Run is arguably the most low-key race on the GTC calendar. Maybe it's because of the zany costumes that some people wear, the run through the beautiful Sugar Creek neighborhoods, or the general silliness of the holiday season.

This holiday-themed event traditionally sees a host of young runners. We welcome their attendance and encourage, if appropriate, their participation in running, or walking, the race when accompanied by an adult. It is a most heart-warming sight to see a parent and young person running or walking together in their Christmas get-up of choice!

Please remember: if you have dogs and/or strollers, please start in the back of the crowd for safety reasons. It's also important to know that we do have an RRCA policy covering race participants; this policy, however, doesn't cover situations caused by or involving dogs and strollers, so the parents/guardians are liable.

It's impossible to predict the weather so be prepared for it all. We've had rain, that perennial favorite — freezing rain, and of course the kids' favorite, snow, as well as unseasonably high temperatures. Braving the uncertain circumstances is part of the Santa Run experience!

Last year there were over 300 registrants, but there is no reason to expect that number won't be higher this year.

We hope you can make it. Come have fun!

PARIS MOUNTAIN ROAD RACES

By Dane Pierce and Bill Blask

The Paris Mountain Road Races 20K and 10K will be held on **December 2, 2023**. The 20K, first organized by Bill Keesling, long time track coach at Furman University and founder of the Greenville Track Club, was first run in 1971. It is the oldest and toughest road race in SC.

Over the years, there were races with stories. One of the best sources of those stories was the first PM challenge Bill organized between several well-known local and regional runners. What follows describes the contributions and "finish" of one of the Furman runners named Bobbie Robinson.

"Meanwhile, Bill Keesling began to worry when Bobbie Robinson did not finish. The coach called the state patrol and asked them to begin searching for this missing runner. Finally, that evening Keesling received a call from Robinson. The missing person had stopped at some friends' home atop the mountain and terminated his race in favor of drinking cold beers."

For years the race started and ended at Furman, which required crossing Hwy 276. Both races now start and end across 276 on Old Buncombe Road at Redeemer Presbyterian Church. The



20K goes over the top of Paris Mountain and then winds through the rolling hills at the base of the mountain. Prizes are given to the first male and female to get to the top of the mountain as well as to the overall and age group winners.

The 10K is also a very challenging hilly course, as most runners will testify. As does the 20K race, the 10K starts and ends at Redeemer Presbyterian.

Prizes are given to the first male and female and age group winners.

Packet pickup will

be on Friday December 1, and will be at the Greenville Running Company store this year, with race day pickup at the church. Please make every effort to pick up packets on Friday.

We look forward to seeing you there!

BOTH RACES NOW START AND END ACROSS 276 ON OLD BUNCOMBE ROAD AT REDEEMER PRESBYTERIAN CHURCH.

PARIS MOUNTAIN ROAD RACES (CONT.)

Bill Blask interviewed some of the finishers of the 20K race in 2020. Without attribution, here is a sample of those interviews.



“I ran it 20 years ago, and found it challenging then. I think it was challenging now! The easiest part of the course? The start!” (This finisher established a state record for her age during this race.)



“It was a good course, hilly, but it was fun.”



“That was a tough course! The first three miles, all uphill, very tough. If you keep the right pace, control your heart rate, and don’t push too hard on the uphill, it’s better.”

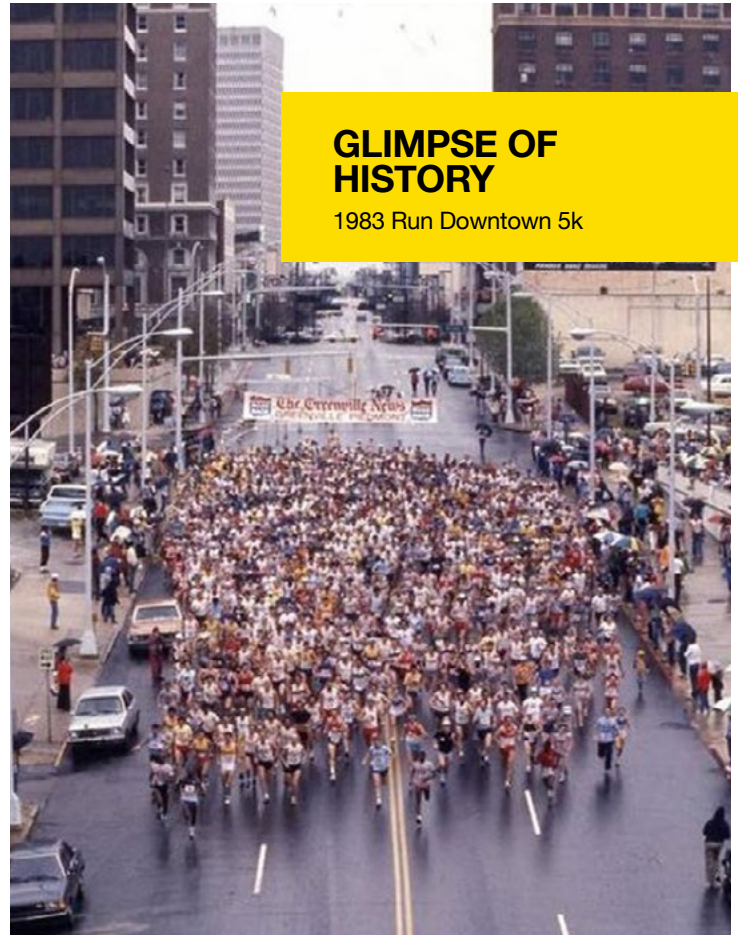


“A unique combination of running environments. To me, going uphill — I come from the Alps — it’s OK, But then the last half of the race, it is hill ... downhill ... hill ... downhill - it’s breaking the pace, and [that presents its own type of challenge].”



“When we got to the top of the mountain, you can see in all directions, and that was quite a sight!”

“IF SOMEONE SAYS, ‘HEY, I RAN 100 MILES THIS WEEK. HOW FAR DID YOU RUN?’, IGNORE [THEM]. WHAT THE HELL DIFFERENCE DOES IT MAKE? ... THE MAGIC IS IN THE [PERSON], NOT THE 100 MILES.” *Bill Bowerman*



GLIMPSE OF HISTORY

1983 Run Downtown 5k

GTC RUN DOWNTOWN 5K

By John Hart

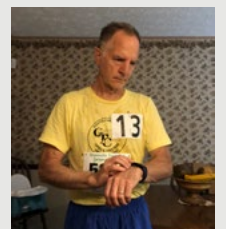
Get ready for one of the oldest 5K races in the state - the GTC Run Downtown 5K (RDT5K)! Formerly known as The Greenville News Downtown 5K, the 2023 race was the first year for the new name. My name is John Hart and am honored to be the new RDT5K Race Director.

The next RDT5K race will be held Saturday, January 20, 2024 in downtown Greenville. The race begins on South Main Street at the Peace Center, goes out to the SRT, and returns to the downtown area, finishing on South Main Street. It is a great way to experience downtown Greenville!

Prior to becoming a 5K event it was a 10K race, up to the early 2000’s. Under the leadership of then-race director Gordon Seay, in consultation with the GTC Board, it was changed to a 5K event in response to growing interest for that race distance.

Presented by the Club, the race is also a GTC Corporate Shield event, and a part of the Greenville Track Club Running series, and sponsored by Incite Consulting Group (<https://incitecg.com/>).

Results on the current RunSignup site go back to 2018, where the top three finishers that year were well-known then, and still today: James Quattlebaum, Jason Weitzel, and Eduardo Garcia.



John Hart
Run Downtown Director

GTC RABBITS YOUTH RUNNING PROGRAM FALL SERIES

By Ashley Lavelle

The GTC Rabbits are “hopping” back into action this fall, with a brand new training session that will “run” from September 11-November 16.

There are currently 24 kids signed up for the running group, with ages ranging from 7-14.

The Rabbits’ practices are Mondays and Thursdays at 5PM. The group meets in a variety of locations to include: Cleveland Park, Unity Park, and Holland Park. The Rabbits are currently coached by Ashley Lavelle, Alison Parris Leonard, and John Hatfield.

The goal of this youth running group is to instill a love of running into the next generation, while also teaching them the fundamentals of running. There is a broad spectrum of running abilities within the group, which makes coaching the youth such an enjoyable experience - the coaches strive to coach each child at their current running level, so that they feel included, and are able to enjoy the workouts.

Another goal is to keep the workouts fun, so that the kids won’t get bored or burned out. Workouts might include an obstacle course, a water balloon relay, or a continuous run while completing a scavenger hunt. There is never a dull moment with this group!

A focus of the Rabbits’ group is to educate the youth on the community resources that are available to them. So far the guest speakers have included several very talented collegiate and post collegiate runners, as well as an exercise physiologist. The Rabbits’ coaches will continue this “special speaker” rotation, as the kids love the opportunity to meet new people, and learn how to best improve their running performance.

The Rabbits have a goal race they are preparing for: Zoom Through the Zoo on November 18, and the kids are excited to take on this new challenge!

The Rabbits program depends on and is grateful for the support of the Greenville Track Club, and looks forward to developing this team into a group of young, passionate runners.

The Rabbits are still accepting new runners — please contact Ashley Lavelle at youthrunning@greenvilletrackclub.com with any questions regarding the program.



SPLITS: ENOUGH

By Bill Blask

What does “enough” mean?

It’s 7 AM. I am out running. Today it is on the Swamp Rabbit Trail, an old favorite. I am feeling “normal”, which for me means neither having dragged myself out of bed half asleep, resenting the early use of my body in an energetic way, nor full of energy and in some exalted superhuman state.

I just got out and got moving this morning.

In a typical day, I wake up each morning at 5 AM, uncertain of how I will feel physically, and what my state of perception is — how clearly I will comprehend my world.

As consciousness trickles in, trying not to disturb my wife, Paulette, I roll up, sit on the edge of my bed, and take a few breaths. I perform my usual set of exercises, stretching my sciatic nerves with leg extensions, and a few compressive seated torso twists to flood internal organs and upper body running stability muscles with a wake-up rush of blood.

Before my feet hit the floor I feel a nudge on the side of my leg. It’s Molly, our three year old Moyen Poodle. She’s telling me it’s time for her walk. I hear our other dog, a 15 year old Poodle-Schnauzer named Mia, showing signs of life at the foot of the bed.

I dress, then walk and feed the dogs.



SPLITS: ENOUGH (CONT.)

My coach Bill Boney had originally scheduled this morning's run as a 4-5 miler, with tempo pacing throughout. This past month I've not run what he and I originally scheduled, so we are reusing last month's plan. It's been stressful recently. During this month our daughter, Amanda, died of an accidental drug overdose. There was the shock, grief, and all the events that come with this tragedy. The reality of this national epidemic hit home.

After Amanda's memorial service, our lives continued, muted but inevitable. My friend Rolf and I had committed to race his sailboat in the 2023 San Juan 21 Eastern Nationals on Lake Norman in North Carolina. Paulette had helped her widowed sister relocate to South Carolina, and was now a part of her sister's support team. Finally, I had honored my passion for marshaling aircraft and had a long-standing commitment to 10 days of doing that with a seasoned ground ops team at a local airport's Fall fly-in.

Given all that, Coach and I decided to work last month's schedule again. Today's run on the SRT was a simple 5K, easy and exploratory. An assessment. Walk/rest if necessary. Stretch beforehand using Bill Pierce and Scott Murray's pre-run routine from their Train Smart, Run Forever book. Cool down with a long walk afterward before driving home.

Today's easy run gives me time to ask the question: what is "enough" in this run? What are the signs that tell you you can push, or need to dial it back, for any run? And by enough, I mean not too little, and not too much for the body you've got today.

Today, as always, my signs are, first, how my muscles feel. The Pierce/Murray dynamic stretches give me that first impression. Then I walk for five minutes. That gives me a more complete picture of head-to-toe muscle, joint, and ligament/tendon readiness. Finally, focussing on my breathing somehow sharpens those physical sensations. If there's a problem — tightness, a tweak during movement, an ache — it talks.

Next, I jog. Let's describe jogging as strides shorter than normal, and effort at a relaxed conversational level. I fall automatically into a 160-ish SPM cadence.

Finally, in this warm-up segment of today's run, I adjust the overall feeling of taking each step. For me that is a complex, nearly indescribable, process. I'll try by focussing on some of the details.

At my level of fitness and understanding of the whole experience of running, I focus on landing each stride right under my hips. For you it may be something else. I attempt each stride to finish with a push off and float forward. It is that float — time in the air — that provides speed for me at this stage of my running development. (The other two ingredients I consciously control and adjust are cadence and breathing.)

Now I'm warm. It's time to play! I strengthen my push-off, gliding a bit further with each stride. At first I keep my cadence. If all is well I quicken my cadence, feeling the involvement of many muscles to achieve that change. My perceived effort (PE) goes up to reflect that greater muscular effort. Breathing also changes in support.

Time passes. The effects of my effort build. Still I press, edging toward enough. The siren song of speed is in my ears.

When the requirements of breathing and/or PE approach a threshold

— and that is definitely a personal judgement — I have a choice. I can continue and push, or dial back and recover.

And here is the point where "enough" comes into play.

I am unable to continue describing in words for you how I decide what is enough. There are too many variables.

But, underneath those variables there is always, always a warning. I remind myself at some point of each workout to listen for that warning. A persistent tiredness. A muscle, tendon, ligament, joint that remains reluctant or tense or aches. Breathing that becomes more labored than usual for the amount of PE I am experiencing. Even an emotional overtone — a feeling — that translates as "enough".

I AM UNABLE TO CONTINUE DESCRIBING IN WORDS FOR YOU HOW I DECIDE WHAT IS ENOUGH. THERE ARE TOO MANY VARIABLES.... BUT THERE IS ALWAYS A WARNING.

Sidebar: as a glider pilot I rode a thermal one beautiful day up to 13,000 feet and felt what has become my personal warning of immanent danger: a feeling of dread, of impending disaster. The thin air was warning me of a coming hypoxia, and I had no supplemental oxygen. Wisps of cloud had begun to surround and enclose the aircraft outside my canopy as I continued to ascend.

The siren song of powerful lift pressed me upward, and even higher altitude beckoned.

The warning was too strong. I immediately deployed dive brakes, rolled inverted, gently pulled through the horizon, and dropped into a spiral-dive to seek a lower, breathable altitude.

Your warning of "enough" most likely will take another form. Something will have that meaning for you. Please don't ignore it. It will provide a means both to develop and protect your exploration of our sport.

Back on earth, that day on the SRT I slowed and reverted back to an easy jog. How easy? A woman jogging with a dog on a leash passed me. The dog was a toy with three inch legs. That's right. Motored right by me.

When she slowed to a walk, I caught and passed her. Some days you take what you can get.

Well, time to step off my soapbox for this issue. Do take all that I offer with a shaker-full of salt, won't you. Like us all, this is a work in progress.

See you on the road.

Enough? Why don't we slow down and think about it for a bit. Stop for a quick bite, maybe. Is it too early for lunch?

