

GTC NEWSLETTER

“Remember, as much of an incentive as competition is, you’re really not competing with anyone but yourself. The other [person] isn’t running or swimming or whatever with your body. You are, and it’s up to you — not [them] — to get your body into condition, step by step.”

Aerobics, by Kenneth H. Cooper, Bantam Books, New York, 1968, page 158.

PRESIDENT’S LETTER



Wow! What a year! It has been so amazing celebrating our 50th with all of you. As I stated in my first letter of the year, “The Tradition Runs On! Fifty years of encouraging and supporting running, fitness, and the wellness of the Upstate community, as well as providing outlets for everyone who feels led to participate in these activities in the manner of their choice. This mission of participation, service, and encouragement is what has kept the Greenville Track Club going year after year, as this year we celebrate an amazing milestone!”

We feel that we have stepped up and exceeded the expectations that even we had for ourselves. Our experienced and new race directors have brought new life to these events in ways that will build success for many years to come. We have more and more participants and volunteers coming out to each event wanting to keep the momentum of growing and building community and camaraderie throughout Greenville.

To be the President of such an amazing club, with such amazing people, during such a monumental year has been such an honor!

I continue to learn something new every day and enjoy seeing where new ideas and energy are taking us. No stopping us now! Two more months of 2022 and endless possibilities of 2023 right around the corner!

Visit us at greenvilletrackclub.com to see all of our ongoing events. Looking forward to seeing you out there.

Robin Walter
President



(L to R) Bev Parlier, John Thompson, Bobby Chandler, Jim Roberts, Ian Whatley (new member) Bill Keesling, Lola Amcher, Mickey McCauley, Ed Boehmke. Not pictured Stewart Spinks (new member)

GTC HALL OF FAME INDUCTION

By Bill Keesling

The 6th class of the GTC Hall of Fame was inducted at the October monthly meeting. This class was unique in a number of ways, including the fact that only two members were inducted.

The selection committee felt that the two inductees met the criteria exceptionally well. The criteria for selection focuses on the following:

- Athletic performance as a member of GTC
- Club Leadership
- Volunteerism for GTC
- Community Relations for GTC
- Ambassadorship and/or Club Promotion.

Stewart Spinks, Chairman of the Board and Founder of Spinx Company, was the first inductee. Stewart is a native South Carolinian, born in Charleston. After military service during the Vietnam War he attended the University of Tennessee in Knoxville, played football for the Vols and graduated in 1968.

He started the Spinx Company in 1972 with home heating oil delivery and one gas station. Since then the company has grown exponentially throughout Greenville, the upstate and beyond.

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GTC HALL OF FAME INDUCTION (CONTINUED)



He has generously supported a number of worthy causes in Greenville and in 2005 the company began its title sponsorship of the Spinx Run Fest. The Run Fest with 4 different races to choose from has become a fixture at the end of October every year on the GTC Racing calendar.

The other inductee was *Ian Whatley*. Ian has been involved as an international athlete, coach, official and advisor to World Athletics for many years. He was born in Birmingham, England, competed for Loughborough University along with Seb Coe, Tim Hutchings and Wendy Sly. His degree in bioengineering brought him to the U.S. and eventually to Greenville.

He quickly became involved in GTC track and road races as a walker. Over his 32 years as a member of GTC he has had some stellar athletic accomplishments. He qualified and competed in 8 U.S. Olympic Track and Field Trials, finishing in the top 10 nine out of ten times with a best finish of 5th in the 1996 Atlanta Olympic 50Km Trials. He competed in 5 U.S. Olympic Festivals and was selected to many US International teams. In 2018 he became the oldest man or woman to win a US National Track and Field title when he won the USATF 40Km Racewalk Championship in Oswego, N.Y. He proudly wore a GTC singlet for this event as did his twin daughters, Jesi and Tori, who raced in the 20Km event.

Ian credits his summers of training in Greenville as essential preparation for the extreme weather conditions he has faced in many competitions and acknowledges GTC's local events and the support of GTC stalwarts Ed Boehmke and Adrian Craven as big factors in his success as a racewalker.

We are proud to welcome these two gentlemen as our newest members of the GTC Hall of Fame.

HONORING 50TH ANNUAL GREENVILLE COUNTY XC CHAMPIONSHIPS

By Ed Boehmke

Come to the Greenville Track Club Meeting in November and meet Greenville County's 2022 cross country champions! With this special celebration we will honor an event, like our club's own, that was also 50 years in the making — the 50th running of the Greenville County Cross Country Championships.

Our club will recognize the top 10 finishers in this year's event (held Saturday October 29 at Greer High School starting at 9:00 a.m.). We will also have the opportunity to congratulate the winning team coaches.

Ed Boehmke, former Eastside High Cross Country Coach and long time member of the GTC, will recount some of the meet history highlights and statistics, as well as explain the dominance of Greenville County cross country teams in the SC State Championships (see article in the last GTC newsletter).

Ed urges every member who can make it to this meeting to attend, especially the "old timers" that helped get the running boom started in the Upstate, not only through membership in the Greenville Track Club but in their participation at all of our local high schools. Let's recognize and congratulate some of these special young people, and their coaches, who are picking up the torch of our sport for the years to come.

6:00 PM, November 7, 2022 at World Piece Pizza, 109 W. Stone Avenue, Greenville, SC, GTC will honor the champions and their coaches at the November GTC Members' Meeting.



Winner Knox Young of Greenville followed by runner-up Ty Jones of Riverside during the race.

Winner Ava Lindsey of the Greenville Hurricanes followed closely by 2nd place finisher Caroline Lyerly of Greenville High and 4th place finisher Miah Johnson of Riverside.

GTC MEMBERS MEETINGS: SPEAKER RECAPS

By Kerrie Sijon

For the 50th anniversary of GTC the Members Meeting speakers have been former presidents of our endeared club. The month of September brought us none other the the famous **John Johnson**. John was the reason I joined the club. I had slowly started meeting more long distance runners and I met John in early 2000 through a mutual friend and past president, Ron Chappell.

John was heavy into training for marathons and I had caught the bug as well. We became fast friends and longtime running buddies. He became president in the early 2000's and I thought I would support him by joining the club, a club for which I didn't think I was good enough or fast enough. John was the president when the Spinx Run Fest was born (2005). The rest is history!

John spoke of his origins in the running world and how he became a member in the 50 states club, a requirement of having run at least 10 certified marathons in 10 different states. He went on to achieve all 50 states, the last one being in Hawaii with all his family members present. I had the privilege of running several of those states with him and others from the upstate. We had a great group of friends by then who were passionate about that distance and were willing to travel.

John shared some great memories of his running and his time with the GTC. John has continued to be involved with GTC, running and volunteering for most events. He works part time at Fleet Feet and also "delivering body parts" — as he says!

The October meeting speaker was **Bev Parlier**. Bev was president in the early 90's- one of the first female presidents in GTC. She spoke about all the GTC races in the schedule for a typical year. It was very interesting to hear about the club relays and how the women and men would travel to different states to compete. She named a lot of women who were fast runners in their day — very impressive. She also spoke of many races taking place in Cleveland Park. I can't even imagine the thought of being able to pull that off today.

One of the biggest responsibilities Bev had in her years with the club was being race director of Paris Mountain Road— a race that still is popular today. She held that position for over 20 years and she showed us past race shirts she designed as well as beautiful ceramic awards that were given out. I still have shirts and awards from those days! Anyone that has attempted Paris Mountain knows that those shirts are not likely to ever be given away as they were truly earned!!

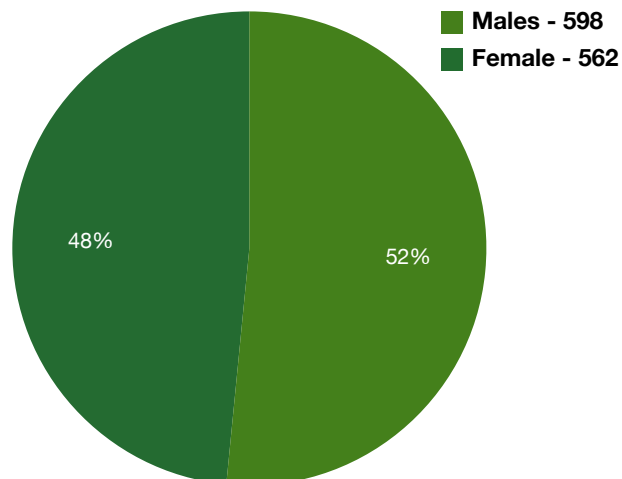
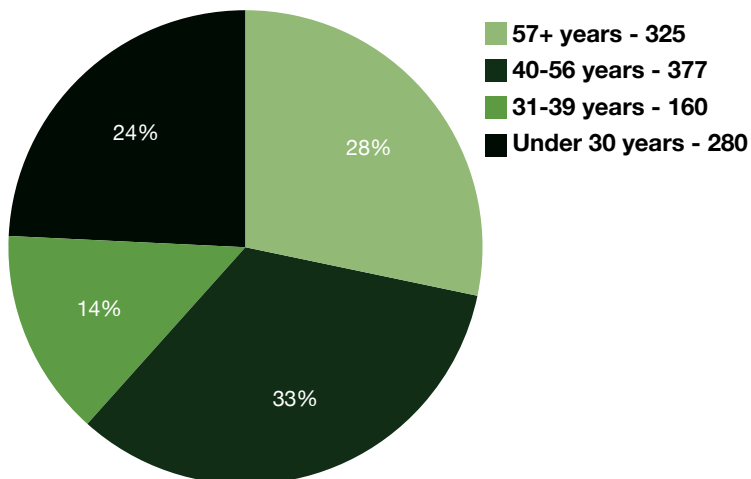
Bev told us she is no longer running but is halfway through hiking the Appalachian Trail- a truly impressive feat.

I really enjoyed her stories of GTC days gone by and how she still gets after it even though she's not running anymore.



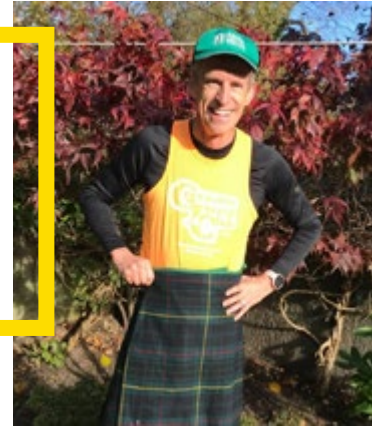
GTC MEMBERS BY THE NUMBERS

By Mark Sejman



MEET A LEADER: JOHN LEHMAN

John has been a member of the Greenville Track Club for many years. His contributions as a race director established notable venues still a valuable part of our annual race schedule. John reprised his journey with GTC in a memorable Members' Meeting talk this August. A few of the many stories he could tell were shared and enjoyed. His speaking notes were the basis for this article.



It is certainly a privilege to speak here to the Greenville track club and you attendees! My running story begins in 1976 when I had a track coach who coached our soccer team. I found that I could stay with him when it was long distance, as we would run about a 5K before practice every Monday. But the shorter the distance, such as an 800, I could not quite stay with him. I played center half on our team, and the running really came in handy! Our varsity basketball team that year went to Hong Kong to play at an international tournament. To go we had to raise money and one of the ways we did was to have a lap-a-thon. Basically, we asked people to contribute money for every lap we would run and we set a limit of 40 laps or 10 miles.

At the beginning, all of us started slowly just so that we could make it all the way to the end. However, the longer I went the worse I felt until I started just jogging at my pace and I found later that I had lapped my friends and was the only one to finish the 10 miles. Then when I was in grad school I was getting up at five in the morning and going to bed at 11 at night and after a couple weeks of that was just very weary but not tired. The next thing I knew I just decided to get out of the study lounge and went out for a run and literally ran into another graduate student who at one time in his life had run 10 miles in 60 minutes. So I began running with him every morning at 5:30 and then on Saturdays at six. I then began running 20 miles a week and tried to run a thousand miles a year plus my age throughout the next time frame.

We moved to Greenville South Carolina in 1994 and it was that December that I was running over Paris Mountain on the 20K and while striding, like we all know, I met a fellow named Paul, who by the time we descended Paris Mountain and were running past Hampton Park, needed to use the restroom badly. My wife Susie and our four children were driving in the van, and were just passing by just at that time to see the finish of the race, and so I got her attention and she stopped and used our key is to let Paul into the restroom there at the church.

For the next few years, after I had joined the [Greenville track] club, I continued to enjoy the discount provided as well as the camaraderie offered. A few years later, I wanted to qualify for Boston and so began

running with some folks intentionally to prepare for that. However, two weeks before our qualifying event, I pulled my hamstring, and that's what led me to meet Jeff Milliman as he had something to help alleviate that muscle pull. That led me to running with the group that was called the Mount Vista Bare Naked Runners. They got that name because they would try to start their morning run as early in the spring without a shirt and then run as late in the fall without a shirt. I could never join them in that because I'm such a wimp, I can't even go to bed at night without a shirt on!!!

Through that group I met Sam Inman, who was at the time president of the Greenville track club. He needed someone to assist in race directing the Green Valley that year. He had someone that would do the course monitoring but needed someone to do the administrative side. I volunteered and everything seemed to go well until the awards were handed out. The folks we had handing out awards had a difficulty — we did not have any awards to hand out that year, or at least at that time. I went home feeling badly, and I told my ninth-grade daughter at the time, Candace, that we needed to do something so that that never happened again. Mark Sejman put me onto a CD-ROM called racetrack and we downloaded that and I paid her \$10 an hour every time she would work on that so that she could prepare and learn how to time the race. Mark then suggested that we began timing since we were the cheapest in time and capable of doing that and thus started It's About Time. We began timing our GTC events, and before long there were others who were in our races that would ask us who is timing our race because they wanted to start a race and that just led us to timing more. That first race was in 2002.

Since then, we had to move from Furman since they were removing trees and changing out the landscape of their Mall area, so we moved our race to Trailblazer Park. We were there in Feb 2020, and had a great turnout and run. In fact, 20 minutes after the awards were handed out that year, it actually snowed!

Once Covid hit in March of that year, we had to find another location for Green Valley in 2021. I was thankful that when I presented

it to our folks there at Hampton Park, they were very open to the idea of welcoming the runners into our facility. Actually, for quite a few years now, we've been having our awards program in our activity center so it just seemed like the perfect segue to have the race here as well. We had the race at Hampton Park in 2021 and also this past year in 2022 because we were still having difficulties finding venues to house races.

Another enjoyable part of our running community occurred in 2003, which was when the first Furman FIRST program started and they extended an invitation for folks to apply to be able to be in their inaugural class. I applied and was grateful to be invited to participate. That really helped me to learn about pacing and training. I don't know if I have ever had so many concentrated difficult yet effective workouts. When I came back for my six-month review to see how effective the program had been for me I remember they were working on my VO2 max and lactate threshold and while I was on the treadmill they kept making it go faster and faster and Scott Murr was shouting out: John I'm right behind you you're going to beat me if you keep up that pace, or something to that effect! Well, that was the only time I was ahead of him in any race, although it was on a treadmill, but it at least it motivated me to go faster!

For the next several years the race grew and our family and their significant others, at the time, all helped us both with the race and in timing. In 2012, our daughter Cassie came to our house at 4:30 in the morning to tell me that she was not going to be able help that year because she was having our first grandchild. I was already at Walmart getting some of those kiddie pools to put water in, so she called me and I of course assured her that we were very happy for her to go. My wife Susie worked the Time Machine until an hour and 53 minutes after the race started. Then she handed it over to our son Cody who began the download for the results while she took off to go to the birthing center. She arrived in time to be part of the birth of Elida Marie. That was an eventful day and that was the year we gave out those very



MEET A LEADER: JOHN LEHMAN (CONTINUED)

lime green Sunrise shirts. The whole family went to the birthing center and we have many pictures of bright shirts with Em!

Sunrise for years was run there in the Simpsonville city Park. After one of our races, about 2010, one of their folks asked if they could meet with me, and they offered to begin housing the race in their facility. They paid to have the course recertified so it started and ended right in front of their church, and also offered us their facilities as well as to purchase the food for us. That was a great boost and helped us a lot!

I mentioned earlier that I had pulled a hamstring but that allowed me to meet the group of runners that met at Mountain Vista at 6 o'clock each day. Periodically I would invite them to our house, which was very close to the Paris mountain trails, and we would run the trails and then we would conclude the run and I would serve them waffles. Well after one of those runs they mentioned that I should start a race in Paris mountain and serve waffles after the race. Well we didn't quite do waffles but I did start the process of applying with the SC Parks Commission, getting Bill Pierce and Scott Murr to vouch for me, and then running in Paris Mountain was approved. I spoke to Nick Stathakis, from Stacks, and that's how it evolved that we have pancakes at the end of the race.

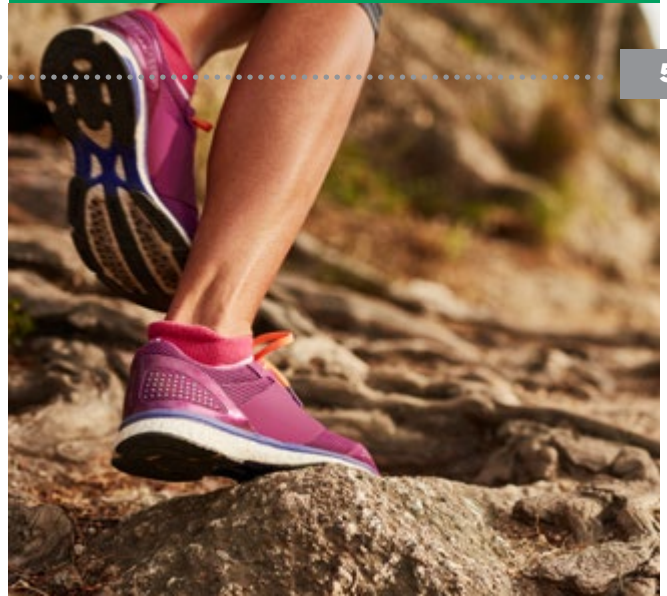
It was also during that time, 2004, that I began coaching with Team in Training. One of the folks who ran Sunrise was asked who might be a good coach. He mentioned my name and I was contacted and asked to help them. In our discussion I was asking all about the time commitment and how everything went together and Bayne Dangerfield, who at the time was Bayne Brassel, was the team and training coordinator for the upstate. She said if I would begin coaching they would send me to Maui for my first marathon. That ended up working out well for a lot of reasons. One I enjoyed coaching with them for 12 years. Two, as a result, I was able to take our children to different marathons with me.

Finally, the marathon in Maui was actually Susie's and my 23rd wedding anniversary year. I thought since we were going to Maui that we would celebrate our 25th wedding anniversary that year and so we went 3 days early. Then, of course, on our 25th anniversary, we celebrated our 23rd in a race in San Diego for team and training.

One other aspect of my involvement with the running community has been my involvement with PACE magazine. For years, now, I've been the contributing editor for their Spiritual Corner. One favorite memory of mine was when my wife and I were boarding a plane in on one of our mission trips, actually on the tarmac, and I received an email from Dave Milliman, asking if I could contribute an article by the next day. Either I had missed a deadline, or they needed an article. Either way, I said I'd do so. I wrote it while on the plane, and then sent it when we landed. He didn't know the difference, then!

I've been a long-time member of the GTC. In fact, a while back, I was kindly included in the Life-time membership of GTC. My daughter told me this morning that the legacy lives on, as she just signed our 9-year-old grandson, JD, to be in the GTC membership for this coming year.

This is my last year as race Director. I've thoroughly enjoyed my time serving you, the running community, and have figured out I've directed 98 races for the GTC since 2002. Adding in the Turkey Trot and Daddy Dash, I've enjoyed directing over 100 races here Greenville. Greenville track club has really been a fabulous second family for me! I've met so many of you, whether it be running beside you on the road, or seeing you at the finish line, or meeting you at various events like this. I've even been privileged to officiate many runner's weddings!



GTC RACE RECAP: PARIS MOUNTAIN TRAILS 7K

By John Lehman

August 13 found 118 registered trail runners for our traditional PMTR 7K! It was an exciting day, as the temps were cooler than normal, which allowed the conditions to be just perfect for summer running! And, of course, post-race refreshments were delicious pancakes from Stax Original. Top three male and female runners were: first place, Erick Martinez in a time of 27:14.80, second place, Steve Croucher in a close 27:18.78, and third place to Masters Runner Jonathan Fenske in a time of 29:55.56 Overall Females were first place Christine Ridgeway in a time of 35:34.83 followed closely by second place Mollie Brewer in a time of 35:37.10 and third was Deidre Martin in a time of 18 38:08.94.

Our last trail race of the year, PMTR 16K, will be held on Saturday, November 5, with another start time of 8 am. This is the toughest of the races, and will also feature a special commemorative giveaway!

UPCOMING RACES

Nov 5 | Paris Mountain Trails 16k

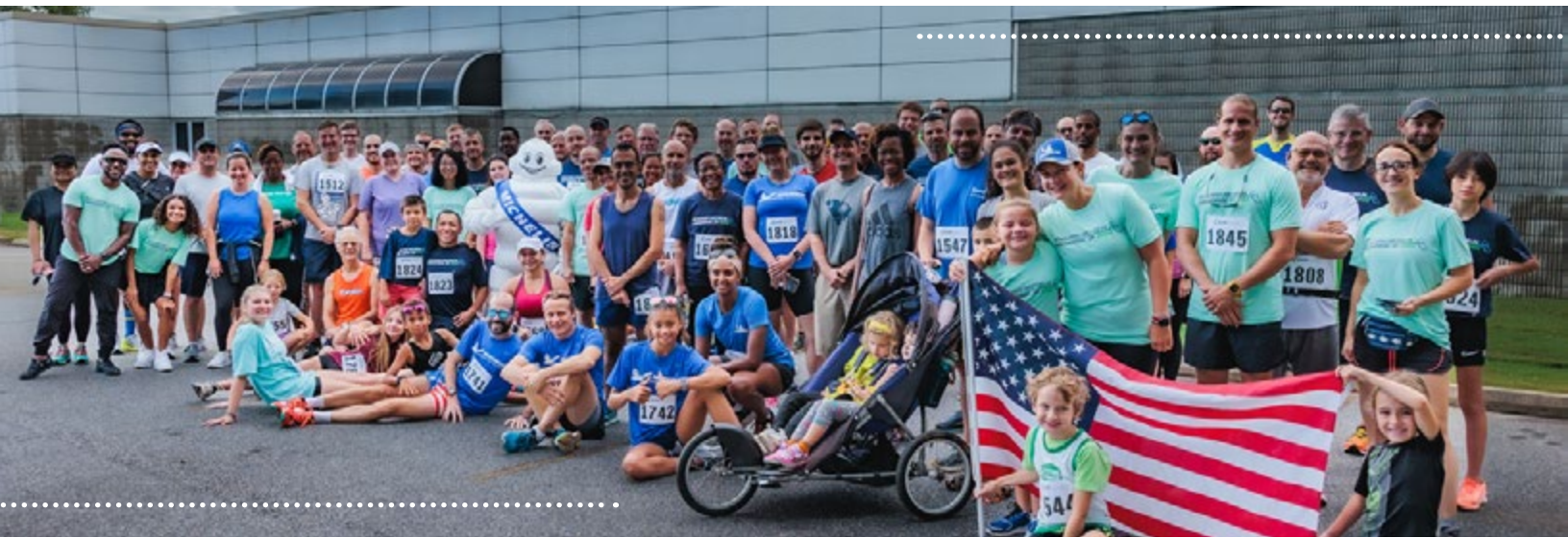
Nov 19 | Zoom Through the Zoo 5k

Dec 3 | Paris Mountain Road Race

Dec 17 | Santa Run

Jan 21 | Run Downtown 5K

Feb 11 | Green Valley Road Race



CORPORATE SHIELD RUNNING EDOUARD MICHELIN MEMORIAL 5K

By Brian Ilcheson, *Michelin 5K Race Director*

On Saturday, August 20, Michelin was happy to go live in 2022 after two years running “virtually” in the rolling hills of Michelin’s Donaldson Center campus. It was a warm, sunny day for the Edouard Michelin Memorial 5K race. The “out and back” course held 413 participants who ran/walked and crossed the finish line.

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 Bibendum (Mr. Bib for short) make the kids and adults alike smile from ear to ear is great. We also hope that all of the hard work we put in shows throughout the entire CS event.

People make the difference at Michelin. Past long-time Michelin Race Director, Chuck Baker, was our honorary starter this year. His baton passing after the race in 2019 was overlooked as we were virtual for racing years 2020 and 2021. It was good to hear his voice start the race again postretirement!

Volunteers are the backbone of the race. Annalies Van Hecke is Michelin’s Corporate Shield Team Captain as well as the Michelin 5k Race Volunteer Team Captain. Her love of running shows and flows into her leadership of the volunteers. 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, and 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.

For all of this, Michelin wanted to give a small thank-you for the people that make the race happen. On Thursday, September 22, Michelin invited all race volunteers for a leisure run together downtown on the Swamp Rabbit Trail and fellowship afterward at Southernside. From the smile on their faces photo, a run and reward from time well spent can go a long way. Michelin thanks everyone for coming out and running with us at our Donaldson Center campus. It feels good to put on a live race again and rub shoulders with fellow runners.



LAST CS RACE THIS SEASON!

CORPORATE SHIELD RACES

NOVEMBER 19
Zoom Through the Zoo 5k



CORPORATE SHIELD TEAM CAPTAIN: TRIBUTE TO TERRY CHERMAK



By Abesita Gonnot
Friend, colleague, and running partner of Terry

If you ever met Terry Chermak, you would know her love of running within the first few minutes of meeting her. It was evident in her way of talking about it and in her everyday life. Terry was a long-time member of the Greenville Track Club, an avid runner who would wake up and lace up no matter what was going on in her life. She lived for that “runners high” and was committed to push herself to improve her times while encouraging others to join her on her runs.

Terry shared her love of running with everyone she met and was one of the reasons many people became involved with the GTC and Corporate Shield events. At her former and current employer, she led the Company’s team as their captain and fearless leader, she would personally encourage everyone to join and become involved. She would post team stats, team pictures, create Team shirts and assist with planning after race events. Terry would cheer you on every step of the way and would be there at the finish line waiting for you when you finished, ready to snap your picture. She was fiercely competitive but grateful and always made sure everyone felt appreciated.

Terry’s passion to help others was also present in her work. As a Human Resources Manager she helped everyone who came to her and even those who didn’t. She would help raise funds for someone who needed a new jacket in the winter, and bought shoes for another who was in need. She would be the first person to volunteer to take in a rescued abused animal and take them in because “every animal deserved more joy”. Her latest rescue she named “MOJO” (MOre JOy). Terry never complained and wouldn’t ask for help because she was always so focused on helping others.

Terry’s life wasn’t the easiest one, yet she had overcome so much. She raised two boys mostly as a single parent and a proud loving grandmother, sister, daughter, and friend. She always strived to be better and build those up around her. She was truly one of a kind. Terry will be missed by many and will be lovingly remembered for her sunny disposition and great smile, for her love of animals and helping others, and certainly for her love of running!

INCITE TO HOST GTC RUNNING SERIES ONLINE RACE RESULTS

By Bobby Richmond

The Greenville Track Club and the GTC Running Series were part of the reason I wanted to move to Greenville back in 2011. Greenville is a great place to be a runner, and the strength of the running community here is outstanding for a city this size.

My Incite Consulting Group has recently been selected by GTC to provide a new online platform to host the results data for the GTC Running Series starting this year. The Running Series standings can be viewed at incitecg.com/gtcrs/standings.html.

I launched Incite Consulting Group to help satisfy the ever-growing demand for data management expertise. We help organizations connect their systems and data sources so they can get actionable (or “inciteful”) insights.

Sponsoring and managing the Running Series is a fun opportunity for us. As track club membership and race participation has grown, managing the running series has become more challenging. For example, hours of spreadsheet work was required to determine whether GTC member William Johnson, born in ‘75, was the same person as 46 year old Spinx 5K finisher Bill Johnson, who also happened to move from Spartanburg to Greer this year and changed his email address. Incite wrote an algorithm to match track club members to race participants and volunteers; now we can solve these problems with 99.9864% accuracy in milliseconds.

Having first simplified the data issues, Incite is now negotiating with Business Intelligence (BI) software vendors to change how we report the running series standings. In the past GTC has used an Excel spreadsheet to publish series standings. The old Excel pdf was cumbersome to read, and not very exciting. Starting with the 2022 Spinx RunFest, we’ll introduce an interactive dashboard for publishing the standings, and soon afterward we’ll introduce some ‘gamification’ to make the Running Series a lot more interesting. Stay tuned!



A personal note: I’ve been participating in the Running Series for almost 10 years now, and I love it. The scoring system is great because it rewards participation nearly as much as it rewards race performance, and the mix of race distances means there’s something for everybody. I actually won the Running Series in 2018 - thanks primarily to participation more than talent. My hope is that the Incite partnership with GTC will ‘incite’ enough enthusiasm and participation that I’ll never be able to win my age group again.





MEET A MEMBER: MIKE PEDIGO

By Bill Blask

Mike relocated 7 years ago to SC from Dublin, VA. He is a semi-retired Mechanical Design Engineer specializing in press machines for the building industry. He enjoys running, biking, and backpacking with Susan, his bride of 32 years.

B: First of all, for the record. Give me your name, your age if you don't mind, and your home city.

Well, I consider Greenville my home now but I am from the mountains of Virginia. And when my wife retires, we may move back there and we may keep the house we've got here in Greenville. I'll be 71 years old on my birthday, which is May 21.

B: Congratulations.

What we always do on my birthday is spend a week hiking the Appalachian Trail.

B: You've been doing this hiking with your wife for a while.

Yeah, started hiking in VA and continued ever since we've been in Greenville. Probably ten years.

B: What do you think about the Swamp Rabbit trail?

Oh, I love it. In the mountains of Virginia they have what they call New River Trail. It's really similar [to the SRT] but many times longer and it's not paved. It's just dirt and gravel.

B: What gets you out on any given day for a run?

Ah, well, I love exercising whether it be running, walking, hiking, biking. Often I exercise, including running and bike work, 4 or more hours a day. When the Corona Virus hit, my business dried up. There was no work. I'm a self employed mechanical design engineer, so I put all my spare time into exercising.

B: When you say exercising, Mike, I'm guessing that includes more than just running.

Yes, it does include strength training. I'm trying to do those two to three times a week. I've got an exercise bike in my home gym. I'm on that a lot. My wife and I ride bicycles outside.

And we love hiking. We've been practicing hiking for the Appalachian Trail. We've been going to Paris Mountain Park with a full pack, 20-some pounds. The weekend before last we hiked about nine miles with the full pack.

B: When you run, what distances do you favor?

I did a trail half marathon at Paris Mountain. I have done a road marathon in Richmond, Virginia, but I decided a marathon's too long. The last 5 - 10 miles it felt like I was doing more harm than good to my body. So the half marathon is really my favorite distance.

I'm very sensitive to how my body feels. And if I do a half marathon as fast as I can, I feel good when I finish. But this marathon distance, at that last little bit it was like my body was saying, 'Why don't you just pull off and take a break.'

Currently I'm trying to build myself up to the half marathon distance. I had a bilateral hip replacement September 2020. At my age I've had a couple of little minor injuries, running type injuries; a car accident also set me back. I've started over again now and I'm only running about three miles at a time. I'm gonna build that up and try to get up to a half marathon. I ran the Reedy River 10K this year and that was a lot of fun. I wasn't quite ready for that distance yet. I knew I couldn't race so I just had fun.

B: You dealt with it by adjusting to how you felt. You sound as though you have good body awareness.

Absolutely. About 30 years ago, I found out I was a type two diabetic. The doctors who specialize in this disease have medication as their first line of defense, instead of talking about diet and exercise, which is what a diabetic should do. Without changing my diet, without knowing anything, the sugar kept creeping up. The doctor wanted to put me on insulin. I said, I tell you what, give me a month and I'll know what to do. I've been researching it. After that month I'll come in and you can check me and see if you still believe I have that need for medication.

I brought my sugar down to a safe range in one month. I've been maintaining a safe range ever since. I think that's why I'm such an exercise fanatic. Every time I eat, I exercise. So I exercise three or four times a day. Even if it's just a short exercise, 15 minutes will knock down that initial rush of sugar. It really keeps your sugar level even throughout the day; you don't have these huge peaks. Of course what you eat plays a huge part as well.

My diet is a low net carb. I'll do that for a few months where I keep my carb level really low, and then I'll loosen up and let it out. I'll eat more for a few months and kind of alternate back and forth.

B: How intensive is that exercise right after you eat?

It gets pretty intense. I get on my exercise bike,

and I go basically as fast as I can. My heart rate gets up there. It's different on an exercise bike, rather than, say, running. I wouldn't want to go out and run right after I ate!

B: You're in the process of getting back into shape after your surgery and other events that have happened to you recently. Why include running at this early stage?

Well, to me running is like an extreme exercise. And since I love exercising, extreme exercise is even more attractive. I get my heart rate up beyond probably what I should at my age, but when I go to the doctor and they listen to my heart, they're totally amazed. I think running has really made my heart strong.

Benefits of running also include not only my heart but my lungs. Running to me is a full body exercise. So your legs, your arms, everything gets a workout.

B: Are there objectives that you have for particular run or training techniques?

Before the car accident, on Mondays I would do speed work, then on Wednesdays, I would do hill work. I'm from the mountains. So I love hill work! Many people in this area of the country don't seem to much care for hills.

But when you run a race, there are always hills. If you don't do your hill work, you're not going to perform as well as you could on the race course.

And then on Saturdays, I do a long distance run.

B: Over five miles?

Yeah. If there's no injury or anything going on, it's definitely over five miles. I would love for it to be more like a half marathon distance. I just haven't reached that distance yet.

B: Do you walk during a race or do you run from start to finish?

I run from start to finish unless I hit the wall. And I've raced enough to avoid that, though sometimes I get excited and it still happens. Then I have to walk anywhere from a few steps to a few dozen steps. After that I'm fine.

B: What are you feeling or thinking about as you run?

Breathing gets very intense. I tend to look at my Garmin and see whether my heart rate is way too high for the first mile of the race. I don't want to go to a maximum heart rate in the first mile. Right after the after the first mile I can push it. Normally I save my maximum heart rate for the last mile.

No matter the distance - even a one mile race - you can't run as fast as you can from start to

MEET A MEMBER: MIKE PEDIGO (CONTINUED)

finish. And that is absolutely true. As far as I'm concerned, you've got to pace yourself. The longer the distance, the more aware you've got to pace yourself; if it's going to be a long race, it's going to be a slower pace.

B: How do you regulate the effort you give during a race?

Well, it's very exhilarating. I'll start the race, then maybe a mile out, I'll pick up my pace. And I'll keep picking it up. And then when I near the finish line, or see the finish line perhaps a quarter mile away, I start giving it everything I've got. When I cross the finish line I'm panting.

I enjoy it actually. It's just feels good for my body and it's kind of a rush, a kind of natural high.

B: When you were running, you mentioned pacing, and at one point you mentioned hitting the wall?

Yes.

B: Can you tell me more about what that means for you?

Well, let me tell you about my first experience and then we'll get into it. It was probably my second race. It was a cross country High School race, but the public was invited. I'm the oldest guy [in the race] but I didn't know how to run a race. I just run for fun. So I'm thinking, we're in the starting group there and wondering, what should I do? Should I have some strategy? I decide, just run as fast as you can!

So that's what I did. I tried to keep up with these kids. I ran as fast as I could. And boy, I hit the wall. I mean, I hit the wall harder than than I've ever experienced since then. My legs felt like they would fall off! But the worst thing was, my lungs felt like they had collapsed. I was having breathing issues. I had to walk the rest of the race, except at the finish, where I was able to jog a little bit. I was actually concerned that there was something very wrong with my lungs

B: You are past that first mile. Now you're running more easily and I would say more steadily. Is that correct?

Yes. And depending on the distance and the severity of the hills, I just run steady for a while, a nice pace. And just check things out, but I'm good to go.

B: What tells you that you can stay at that pace?

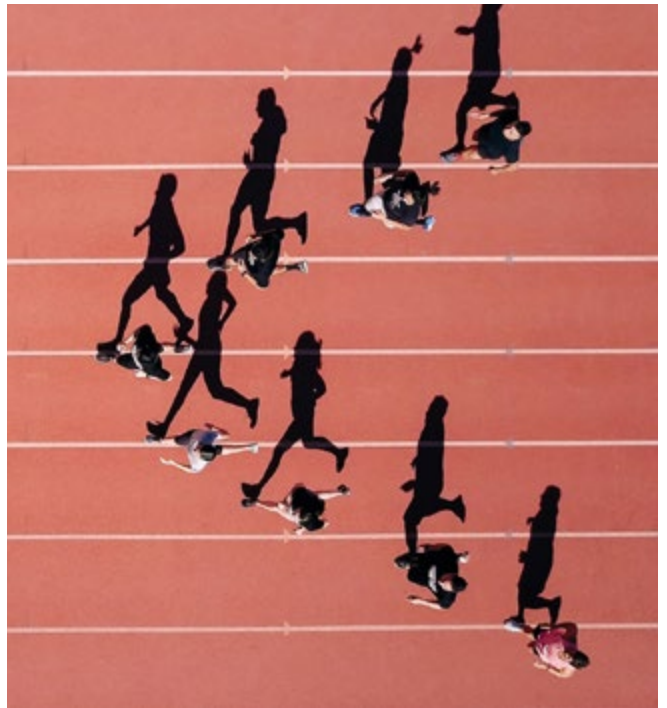
Well, I've run enough races that I know if I go too fast, I'm not going to be able to sprint at the finish line. So my whole philosophy is to run a pace where I know I can run full out when I see that finish line or know that it's coming soon. I like sprinting at the end of the race, just because it makes me feel so good.

B: When you're committed to that final acceleration, that final burst, what is it that you feel? What are you expending to get that speed? Where's it coming from?

It's weird, because the whole race I'm thinking logically. Okay, my heart rate is this. Okay, that's good. Keep it there. Or let's increase it a little bit. Or I feel so good. Let's increase it. You know, I'm having these thoughts. But once I push it at the finish line, there are no more thoughts.

It's like I stop thinking in a logical pattern. I don't think at all. It's like, Okay, there's the finish line. I'm gonna go as fast as I can. And the next thing I know I'm pumping my arms as hard and fast as I can, and my stride is increasing. Of course my pace is increasing. I just try to maintain that till I actually cross the finish line and pass as many people as I can, I hope!

B: It's been a pleasure talking with you, Mike. I appreciate your giving me your time.



GTC SPONSORS 2022-2023 GHS TRACK & FIELD PROGRAM

By Mike Burchett

Greenville Track Club announced in September that it will contribute its sponsorship of the 2022-2023 Greenville High School Track & Field program. GTC donated \$1000 to become a Legacy Sponsor for the year.

The program has had an exemplary 2021-2022 year:

- The GHS team made history May 21, 2022 by winning the Boys and the Girls Team State Championships. This was the Girls first Track and Field Team Championship in the 134-year history of the school, and back-to-back State Championships for the Boys Team.
- Girls team completed the year with the highest GPA in the Greenville County District among all girls Track and Field teams
- 5x athletes signed college scholarships
- 18x school records were set
- 9x 1st place individual finishes at State meet
- 7x 2nd place individual finishes at State meet
- 17x All State athletes
- Boys and Girls Region and Upper State Champions
- Boys Greenville County Champions

To build on this success, GHS sought local sponsorships for the 2022-2023 Track and Field Season.



Dave Geer, Dann Brown, Martin Maag, Scott Kidd

FLASHBACK: RUNNING HIGHLIGHTS OF GTC'S FIRST 30 YEARS

By Adrian Craven

In 1980 a GTC team won the Road Runners Club of America National 10K cross-country team event staged in Van Cortland Park, New York. The team consisted of Dave Branch (former GTC prez, Furman super runner, 29:08 10K, 2:17 marathon), Kevin McDonald (1979 Washington Marine Marathon Champ in 2:18), Dave Cushman (holder of Furman 3K steeple record still with a 9:05, 2:19:46 at Boston 1980), Coty Pinckney (2:19 marathon), and Dave Geer. Dave still competes in the 45-49 division at the national level. Winner of many local and regional races including Reedy River and Paris Mountain, Dave is a remarkably versatile runner who flourished (after leaving Clemson) with a 4:07 mile, 14:20 5K, and 29:20 10K. An interesting side-note on Coty Pinckney: Coty worked for the World Food Organization. On a tour of duty in Nairobi, Kenya, Coty decided to test his marathon skills against the Africans. He finished through the streets of downtown Nairobi to the welcoming cheer of “mizungu” (white man). Coty was the first white man, and was 6th overall.

Other stellar runners on the GTC team in the 70s and 80s included Royce Shaw (4 minute miler at Harvard), and Dann Brown. Royce trained six days a week, ran 90 miles, took one day off. His interval and hill workouts boggle the mind. Dann Brown was a gifted Furman runner. Dann, in one afternoon competing against Clemson, won the 880 in 1:54, mile in 4:09, and placed 3rd in the 3 mile.

The GTC A team was so tough that runners such as Joe Hammond (25:08 5 mile), Tim Stewart (25:12 5 mile), Rolf Craven (25:31 5 mile, 31:30 10K), Martin Maag, Scott Kidd, and others rarely made the top team. Then there were the feared Emblar brothers, Mical, Mark, and Mitch — fine runners all three. All incredibly versatile, Mical with a sub 1:50 880 at Baptist College and a 2:37 marathon. Mark ran sub 30 for 10K.

GTC women were tough, too. MaryKay Campbell ran 36 for 10K, Theresa Rau was the first SC high school girl to run a sub 5 minute mile, Julie Ross ran a 5:05 mile, Judy Melton ran a 3:07 marathon and 38 for 10K in her late 30s, and Anne Williams (3:12 at Boston, sub 40 10K at 40+).

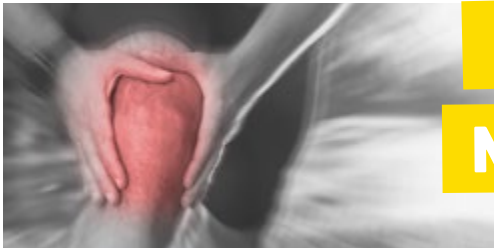
GTC twice fielded teams that ran across the state raising money for the American Cancer Society, in memory of Ben Foxworth. In 1978, \$12,000 was raised before and during the relay as people called in their pledges to radio stations across the state. 16 runners ran 5 or 6 legs of about 6 miles a leg in less than 40 hours from Caesar's Head to Charleston, in the heat of the summer. The sag wagons were nasty, and the beer flowed.

A rare occasion — unfortunately one of a kind — was the Furman/Textile City US Track and Field Federation Indoor Track Meet, in February 1975. Bill Keesling rented a 160 yard, 3/4 inch plywood, banked track from the Omni in Atlanta. It was shipped in three large trucks. The event was held at Textile Hall (now the Palmetto Expo Center). It was the first high school and open indoor track meet held in SC. Tony Waldrop of NC, the world indoor mile record-holder, won the mile in 4:05. Neil Cusack, 1974 Boston marathon champ, won the 2 mile. There were 80 entrants (not all in the same race!). Mickey McCauley, whom some of you know, showed a clean pair of heels to his competition, winning the high school 880 in 2:04.

There are so many stories, aren't there? Every runner has them, each group their laughs and memories. GTC is in good shape and good hands. Here's to the future!



Pictured: Rolf Craven; Adrian Craven and Art Williams; Susi Smith, Judy Melton, Lucy Foxworth



SPLITS:

MY INJURY PART 1

By Bill Blask

THE PROLOGUE

There is a degree of risk in any sport. Challenging ourselves can increase the risk, and a race is an opportunity to challenge ourselves. Yet many may never experience injury.

However, I did. I hurt myself in a recent road race.

THE RACE

It was an 8K. I was cruising right along. Mile after mile, giving what I had to offer that day. I was into the final mile, with another quarter mile to go.

I had been struggling, not feeling especially fast but making adjustments I thought would help.

I approached a corner and could see the Simpsonville cemetery. One final uphill before the finish. I turned the corner, took two more steps.

Ouch! My right knee!

I quickly hobbled to a stop. For perhaps ten seconds I just stood there, uncertain. That was more than a twinge!

Standing still, there was no pain. Other runners ignored me and ran past. What had just happened?

My head cleared. I held a conversation with myself.

"It's not hurting now." I took a few tentative steps.

"I'm walking OK. Can I walk faster?" I did. "That doesn't feel bad." OK, maybe jog? "No serious pain. Maybe it's one of those quick discomforts I've run through before."

I'm running now. Running on disbelief, actually. "I'm running! It can't be anything bad."

I turned the last corner. There was the finish! More self-talk.

"Can't stop now. There's the finish. I'm going to empty the tank!" I crossed the finish line in my usual rush, striding strong. Nothing to worry about.

And then, slowing to a walk, there was.

I started limping during my cool-down in spite of myself. Before the awards are all done, I am hurting. Favoring that right leg. Wincing, really, with each step.

Standing and talking with other runners, nobody notices. But my right knee aches. I

leave at the first opportunity to get to my car, get home, and treat the knee.

At home, it's now been two hours since the incident (we're not calling it an "injury" yet). The ice pack is on, the IBUs taken, and the leg is elevated. It's time to wonder what I am dealing with.

Few if any injuries happen in isolation, with no preliminary trauma. Earlier trauma can be momentary and go unnoticed, perhaps, but the effect is often cumulative. Then there is a final action, a "triggering insult".

THE POSSIBLE TRIGGERING INSULT

The triggering insult in this race, I decided, was most likely a decision I made during the race to really fly on the downhills. Yes, I know how to run hills safely. No, I didn't follow my own advice.

I remember feeling that I needed to make up time because I was struggling on my uphills more than usual. Once the idea came of gaining extra time downhill, every downhill seemed like another opportunity. Seconds saved. Maybe — I actually thought this — even a PR for this race. (It is a race, isn't it?) Every time one of those downhill strides landed, I put up to 12 times my body weight on the bones and joints of my leg. I had had my share of 'sore' knees, but nothing that rest and tender loving care hadn't dealt with.

But not this time. Not now.

Now I was home and had nothing to do but rest. Now it appeared I would pay for every second I might have saved that day.

Despite the IBU I slept fitfully that night. The next morning I still hurt. I knew I had to seek help. Luckily I got an appointment with my internist. He would see me in 24 hours.

The next day, after he had examined me, his expression was guarded. He arranged for an MRI in two days. Until then, RICE (rest, ice, compression, elevation), stand briefly every 30-60 minutes, lift no weight, take IBUs, rest.

I spent that day following his advice. Each wrong movement brought a reminder: a flash of pain. Normal movements became slow, thoughtful.

THE INJURY

Two days later the MRI showed a complex tear in my right medial meniscus, as well as minor tears in the right patellar tendon.

Otherwise, said my doctor, a very strong and

stable knee. 'Who was the idiot that risked it?' were the unspoken words in my head. However, he continued, you are likely done running for awhile. You'll see an orthopedist for a consult as soon as it can be arranged.

FIRST STEPS TO RECOVERY

My first step toward recovery, obviously, was to take a holiday from running. The initial realization was scary, wondering whether I would come back to my sport. For now it was an easy decision, because it hurt to move.

Next was rest, rest, and more rest. During the first few days I napped, because my body asked for it. (Some might say it's my natural state.) I iced and elevated for 20 minutes several times a day while the swelling went down.

My recovery changed with time into an acceptance of the event. I saw more clearly the true extent of the injury. I thought through the possible paths to my eventual recovery.

I found ways to minimize discomfort while walking "normally", so I didn't create other problems. For example, to avoid twinges of pain, I started swinging the injured right leg out to the side while stepping forward. To correct that unnatural movement, I forced myself to deliberately slow my walking motion until I avoided those twinges and allowed that leg to retain its usual walking pattern.

To keep the uninjured parts of my body healthy, I researched and practiced simple, low load exercises every second day while I waited to consult with my orthopedist. After the second week following the injury — I wouldn't see the ortho surgeon for a month — I resumed practice with my cross-training coach. We restricted our focus on my upper body, and selected lower body exercises such as low resistance leg presses. We reduced our practice to thirty minutes twice weekly.

NEXT STEPS

My orthopedist scheduled surgery to repair the damage to my meniscus. By the time you read this, I will have had that surgery, and the hard work will have begun. I'll share the rest of the story — what worked for me, and what didn't — in time. Each day will be an opportunity to take another step toward recovery. Left foot, right foot. C'mon, right foot!

I hope to see you on the road.

For some people, a "learning curve" is a kinda squiggly line.

