

GTC NEWSLETTER

"If exercise were a controlled medication, it would be the most heavily prescribed on record." — Jeff Galloway



PRESIDENT'S LETTER

NEW YEAR, NEW HOPE

As the New Year is upon us, my wish is that we are all feeling the sense of hope, renewal, and repair. That we can really see how we are able to handle all challenges, big and small. We are all so resilient!

I'm Robin, the new GTC President. It is an honor to hold this position that has been in existence since 1972. This club, as with life, has seen its ups and down. It's a "living club", constantly changing. This is one of the main reasons it still exist today in 2021. With this New Year upon us, I want all of you to be a part of keeping the positive energy going which in turn will be fed into the community through all GTC does, which in turn, comes back to you, and the circle continues.

Through members like you, new ideas and conversations are coming in. They range from advertising through different avenues, new fun races/events to hold, and mainly how to use all of our member's talents. GTC has worked very hard to safely keep the momentum going throughout the pandemic and we want to keep that going. What else do you want to see? What other ideas do you have? What talents do you want to share?

"Now is the time to visualize and say out loud what GTC's next steps should be instead of where we are not. All things are possible!"

Please visit greenvilletrackclub.com online and Greenville Track Club and Greenville Track Club History pages on Facebook.

Please email me at president@greenvilletrackclub.com. I would love to hear from you and hope to meet you soon personally at one of our many events.

Thanks for all you do!!

Robin Walter
GTC President



EDUARDO GARCIA

MEN'S OVERALL USATF SOUTH CAROLINA LONG DISTANCE RUNNER OF THE YEAR

By Bill Marable, USATF State Record Keeper

Competing in the state's toughest events, Eduardo "Eddie" Garcia won 3 of 6 races he participated in with major wins coming at The Long Run 15K in 46:32, the Lowcountry Elite Invitational 5K in 14:17 and the Governor's Cup Half Marathon in a state record of 1:05:25.

He lowered that record at the Mortgage Network Half Marathon to 1:04:32 finishing eight in the state's most competitive event. On the track he ran 10,000 meters in 29:48.56 placing runner-up at the Under 30 and outside of South Carolina at the Music City Festival he ran 5000 meters in 14:20.37.

A native of Jacksonville, FL Garcia has dual citizenship with the United States Virgin Islands. Competing at the University of Florida his top accomplishment was winning the Southeastern Conference Championship in 10,000 meters in 2015. He graduated in 2016 with a degree in in sports management.

In 2019 he represented the Virgin Islands at the Pan-American Games in Lima, Peru placing 12th in the marathon in 2:19:12. He ran 2:18:50 that same year in Houston which is one of a total 10 national records he holds.

In March of 2018 Garcia joined the ASICS Greenville Track Club Elite and works as a sales associate at Fleet Feet Sports. He is coached by the club's director Mike Caldwell who is a former Furman athlete and has an extensive background in the running industry. Their goal is for him to compete it to the Tokyo Olympics this summer.

The 28 year old athlete is currently engaged to Sydney Sibner. Other contenders for this award were Chris Bailey, Jonathan McGinnis, Brett Morley and James Quattlebaum.

Also SC Runners of the Year are:

- Victoria Hammersmith, Female Overall
- Orinthal Striggles, Male Masters
- Shawanna White, Female Masters.

CORPORATE SHIELD RUNNING

CORPORATE SHIELD ANNUAL MEETING HIGHLIGHTS

Notes by Sarah Schoonover

This past December, the GTC hosted its annual Corporate Shield meeting, led by the CS director Sarah Schoonover. Instead of gathering at our cozy clubhouse on North Street, our 21 attendees met virtually, representing a mix of both race directors and team captains. We reviewed the final team standings and decided to make winning trophy distribution virtual this year, as the GTC awards banquet will not take place in person. We discussed participant feedback in our various race formats, as we pivoted to a mix of full and hybrid virtual races.

After compiling results of a post-meeting survey, it was found that the preferred COVID-friendly format for CS races is a hybrid virtual (static course, no mass start) with chip timing or RaceJoy. Concern was expressed over a drop in participation numbers in 2021, but suggestions were put on the table to keep safety our number 1 priority, while maintaining the spirit of competition in race format. The Rona hit us hard. On average, we saw a 59% decline in CS participation after Greenville started to implement safety precautions and gathering in groups began to be discouraged by medical experts nationwide.

We looked ahead to 2021 at our published race calendar, to be greeted with some familiar fan favorites already on the agenda like the Run Downtown 5K and Zoom Through the Zoo. Full calendar can be found here – greenvilletrackclub.com/corporate-shield.html.

We showed off our new “Captains Highlight” section of the GTC quarterly newsletter, and solicited additional submissions. Captains sharing best practices with all on how to raise company participation/wellness is a big reason why this program continues to thrive after over 40 years (yes I said 40).

The annual meeting ended with a plug of encouragement to the entire CS community for considering membership in the GTC. Membership in our local track club brings with it select race registration discounts and invitation to monthly club events.

Thank-you, Captains, for all that you do!

IF YOUR COMPANY OR ORGANIZATION IS INTERESTED IN FORMING A TEAM, PLEASE REACH OUT TO SARAH AT CORPORATESHIELD@GREENVILLETRACKCLUB.COM FOR DETAILS.



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

KEMET CS PROGRAM

By Richard Turner
CS Captain for KEMET



I am Richard Turner, the current CS captain for KEMET Electronics. We are headquartered in Simpsonville, and make small electrical components called capacitors. At one time we employed several thousand people in the area but now have around 400 employees. I have been with various facilities within the area for 30 years.

About 10 years ago a few of us decided to reopen the KEMET Track Club as interest in running and wellness was growing in our facility. Due to my interest in fitness I agreed to lead the club, and 10 years later I am still doing it. I would like to point out that we have a tremendous team that share in the work load in the club. That really makes things much easier.

In addition, KEMET has provided us several things to support wellness in the facility. We have a gym with weights, exercise equipment, and locker rooms. We also have a ¼ mile track located on the grounds. This allows for small groups to organize for running or other types of training. All of this creates an atmosphere of accountability and physical improvement which helps encourage participation in the Corporate Shield Events.

To further encourage participation we also publish monthly updates on what races are coming up, provide KEMET Track Club shirts to all participants, and try to reimburse race fees when possible. I truly believe that I have created friendships with others in our facility and among other Corporate Shield teams that would not have happened without the Corporate Shield organization.

2020 FINAL CORPORATE TEAM STANDINGS

DIVISION I

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

DIVISION II

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

SPLITS: THE INFLUENCE OF INTENTION

By Bill Blask



Good intentions. We “intend” to... something. What does that mean? We “intend” to be taller? Nope, probably not happening. We “intend” to run faster? Well, maybe, yeah. But when is it not just wishful thinking?

When it’s a race, and we intended to improve our performance, and at the end we learn we’ve actually achieved a Personal Record (PR), maybe then.

Here’s an example of how it happened to me.

I ran a PR during the GTC Greenville News Run Downtown 5k Virtual Plus this year. Dropped a minute off my usual mile time. Unless I slipped in a younger and speedier stand-in for me wearing my backpack and bib, I think my intentions helped me do that.

First, as you might imagine, I looked at my splits: 11:18, 11:20, 11:36 on my watch¹, 34:44 total time captured a few seconds after I crossed the finish line. That consistency, keeping that pace – fast for me – was the reality of my PR.

WHAT MADE THAT REALITY POSSIBLE?

I had done some prep work.

I had looked at the topography, using the Footpath app and the GPX file provided for this course by race director Ed Hughes. Mostly a mild downhill after the first climb to the half mile mark, then one more brief slog uphill coming back from the Falls downtown. So, a generally downhill course. That favored the energy I had to give. I was no “assault the hill and give no quarter” runner.

Also, I had run the course twice in the previous week. I knew and was comfortable with the terrain and its challenges. Another plus.

SO WHERE DID “INTENTION” CONTRIBUTE?

Right here. Running the course the week before the race, I gradually became aware of paces occurring naturally for me during the run. Awareness came not as words but feelings: what felt good, and what I thought could be maintained.

Intention told me *how* I was going to use what the course and I had to give, and how I was going to run that race.

The first mile I resolved to not run too slow. I resolved not to put myself in a deficit from the get-go. But also honor the common adage: don’t leave it all in that first mile. I would endure a little higher perceived effort than I might like. It would come back to me as my stride and breathing settled down in mile two.

And that’s what I did.

That second mile, with its gradual downhill terrain, would be where I established my own do-able pace, my own stride and breathing. Two/two, or two/three, or three/ three.² Not pressing but not slacking either, still reserving energy for the final mile.

And that’s what I did.

The final mile. My final miles were often no fun. Using my energy reserve, this time I intended to finish as near to my two mile average as possible. Tack a sprint on the end for flash. (Ego never goes away.)

And – I did!

You might say my intentions were incidental. Wishful thinking. I say this time they were key.

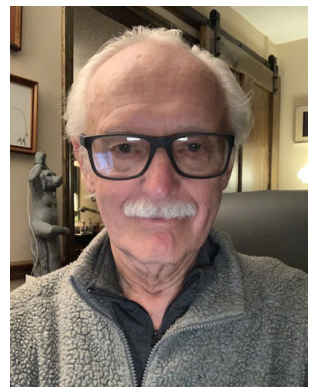
My overall intentions for each mile were an underlayment supporting all else. A little whisper in my ear: when you’re here ... and now when you’re here ...

We all have our favorite running authors. Mine are Jeff Galloway, Dr. Jack Daniels, and John “The Penguin” Bingham. All extoll the benefit of intention in running races. They also suggest vivid imagery, repeated self-encouragement, and other methods and rewards to clarify, establish, and sustain our goals.

That day, for me, this underlayment of conscious intention seems to have made the difference. It might for you as well.

See you on the road.

“Your Newsletter editor intended to be taller. When that didn’t work, he intended to be faster. One out of two ain’t bad.”



¹ Note that my watch differed from the Virtual Plus camera/ clock total time because I delayed stopping the two apps - Apple Watch Workout and Footpath - until sometime after I ran through the start/stop gate and walked away.

² Two/two: one breath in every two steps, then one breath out every two steps. Two/three: one breath in every two steps, then one breath out every three steps. Three/three: one breath in every three steps, then one breath out every three steps.

INTERVIEWS: MEMBERS' VOICES

From interviews conducted by the GTC Newsletter editor

WHAT GOES THROUGH YOUR HEAD WHILE YOU ARE RUNNING?

Your Newsletter editor interviewed runners at some of the virtual events sponsored by GTC in the past months. Among his questions was this one: *"What goes through your head while you are running?"* He was fascinated with the answers!

Below are some of the responses we thought you would enjoy.

"There's a lot of noise in life, so for the first mile that I run I do it in silence. And I love that! Then I get into some song I've heard on the radio either on the way in, or Christmas music right now, I always have some song rolling around in my head. When I'm on the more challenging parts I come out of the music and talk to myself: 'C'mon, Cheryl, we can do this!'"

— Cheryl Hicks, Simpsonville

"I used to listen to music more. Today, I thought about how I was about 3 seconds below my pace time - I started a little too fast - and I knew I wasn't going to get it. I decided to enjoy the run. I still had a good run. I only finished 13 seconds off my time."

"Today, it was just about finishing, surviving. Usually my day is about thinking about the problems of the day, and coming up with solutions. Most of the time when I run, it's getting away from that, almost like a meditation, though that's not quite the right word. It's a way to think through and come up with creative solutions. My race was all about finishing, about surviving."

"Now this is the interesting part. On a day to day basis, I have a lot going through my mind, whether it be at work, personal life, when I run. I intentionally go out thinking 'Oh I'm going to think about this, focus on this'. And I get out to run, and my mind is clear... I have no thoughts. Which is actually very healing for me. And I didn't realize that until after I started running for several months; then I realized: I'm not thinking of anything. My mind's clear."

"I listen to a lot of podcasts, so I'm super focused on that. A lot of true crime podcasts, so it's all like the murders coming in! It keeps me motivated."

— Hayley Bucklin, Greenville

What's going through your head while you run? Let us know at newsletter@gmail.com.



Spinx Run Fest 2020



Bill Keesling



Jim Roberts

GTC HALL OF FAME 2021

By Bill Keesling

In 2012 as part of our 50th anniversary celebration the club established the GTC Hall of Fame. Every two years since then a new class has been presented as part of the yearly awards meeting.

As of 2018 the following are members of the Hall: Lola Amcher, Ed Boehmke, David Branch, Bobby Chandler, Adrian Craven, Dave Geer, Joe Hammond, Ed Hughes, Sam Inman, Bill Keesling, John Lehman, Kevin McDonald, Bev Parlier, Jim Roberts, Susi Smith, Tim Stewart, John Thompson, David Wamer, Anne Williams, Art Williams. Due to COVID-19 and personal matters we were not able to solicit and consider potential new members for the Hall in 2020. **Beginning on March 1 we will be accepting nominations from our membership for the 5th Class of the GTC Hall of Fame.** A nomination form will be posted on the GTC website at that time and nominations will be accepted until April 30, 2021.

Criteria for selection is from 5 categories:

- Athletic Performance
- Club Leadership
- Volunteerism for GTC
- Community Relations for GTC
- Ambassadorship and/or Club Promotion, locally and beyond.

Members of the Hall of Fame committee are Jane Godwin, Adrian Craven, Jim Roberts, Joe Hammond and Bill Keesling. We look forward to selecting new members to the Hall of Fame this year.



2021 CALENDAR

JANUARY

Greenville News Run Downtown 5K (Virtual Plus)

FEBRUARY

Green Valley Road Race 10-Mile

MAY

Freedom Flyer 5K

JUNE

Sunrise Run 8K

JULY

Red, White & Blue Shoes 5K

AUGUST

Edouard Michelin Memorial 5k

SEPTEMBER

43rd GTC Reedy River Run 10K

OCTOBER

Spinx Runfest

Full Marathon/Half Marathon will be scored
70/60/50/40/30

Half Marathon will be scored 60/50/40/30/20
10K and 5k finishers earn 10 points.

NOVEMBER

Paris Mtn. Road Races. 20K, 10K and 5K

The 20K will be scored 60/50/40/30/20
10K and 5k finishers earn 10 points

DECEMBER

Santa Run 5k

THE GTC RUNNING SERIES

By Mike Burchett

Running Series Director

The GTC Running Series is back in full swing for 2021. Established in the mid-2000s, the series consists solely of races presented by the GTC and our Corporate Shield partners. All active GTC members are automatically entered in the competition.

Runners accumulate participation points for finishing each race on the calendar or volunteering at the race for a minimum of 4 hours, and can earn more points for placing in the top four of their age-group categories (50 points for first place, 40 for second, 30 for third, and 20 for fourth).

Some races offer higher points totals for those who place. In typical years, runners who finish the series in the top three in their age-group categories are recognized at our annual awards banquet; however, we will be recognizing our 2020 winners virtually.

“Our Running Series calendar reflects the diversity of events that the GTC offers, consisting of various distances from 5k to marathon held in a variety of locations.”

The Running Series provides a means for our members to compete with each other, and with themselves, year-round under a variety of conditions. Success in the series requires adaptability, consistency, and persistence, which is one of the things that drew me to it as a new club member. I give it a great deal of credit for helping me grow as a runner and encouraging me to become more involved in the club. The final Running Series standings for 2020 and the 2021 standings to date can be found on our website, greenvilletrackclub.com. If you placed in your age group in 2020, check our website and social media for information about awards as well as some other exciting news about the

series that we hope to roll out soon! If you have any questions regarding the series, e-mail me at pastpresident@greenvilletrackclub.com.

