

GTC NEWSLETTER

“Often the best approach is to learn to read your body based on your own perceived exertion scale and to train within the constraints that you monitor by using a device you have with you at all times – the built-in computer in your head.”

Dr. Jack Daniels, Daniels’ Running Formula, 2005, Human Kinetics, page 63.



Greenville Track Club Masters | 1985

Left to right - Former GTC member Bill Yost; John Houser; Dane Freeman; Art Williams – Past President and GTC HOF; Adrian Craven, one of the GTC founders, Past President and HOF

PRESIDENT’S LETTER GTC’S 50TH ANNIVERSARY

By Robin Walter, GTC President

GTC members,

A big thank you to all of you for all you do for the Greenville Track Club. The history of the GTC stems back to amazing people like yourself that keeps this club going. For those of you who don't know, Bill Kiesling founded the GTC in 1972. It is the second oldest running club in South Carolina.

As a reminder of a club member whose name was easily recognized 'back in the day', we've included Lee Fidler's 1984 Racing South Magazine story, "It sounded Like a Good Idea.", of one memorable 1970's Paris Mountain race. We still accept that same challenge, little changed, in that same race, today.

As we move into 2022, the 50th year anniversary of GTC, we'll share more of those stories to celebrate our history and the people who many of us remember and know as friends and fellow runners today.

Speaking of remembering, come meet fellow members and build friendships and memories during our monthly member meetings. They are back! Speakers with knowledge and experience to share will hold court. MCs like Ed Hughes with "team puzzles" and their own brands of background music will keep us in the mood.

In addition, volunteers are always part of our life blood as an organization. Come help with GTC-sponsored races, and other events when scheduled. Let that be part of your personal history and good memories of your running past. One hour, one race, one event – it all counts.

Not the least, come walk or run with us! Let's share our love for and enjoyment of our sport. Your participation in races and special events like the Reedy River Run, Corporate Shield races, and any of the GTC Race Series, can help keep us strong for another 50 years!

We'd love to hear from you and know how we can help you be a part of the Greenville Track Club.

Have any questions or ideas?
Please let me know at president@greenvilletrackclub.com



IN THIS ISSUE:

- [→ MEET A MEMBER: SUNDAY DAVIS](#)
- [→ CORPORATE SHIELD RUNNING](#)
- [→ SC OPEN & MASTERS TRACK](#)
- [→ THE GTC HALL OF FAME](#)
- [→ GTC MEMBERS MEETING](#)
- [→ GTC 50TH ANNIVERSARY ARTICLE](#)
- [→ 43RD REEDY RIVER RUN](#)
- [→ GTC RACE RECAPS](#)
- [→ SPLITS: CADENCE](#)

MEET A MEMBER: SUNDAY DAVIS (PART TWO)

By Bill Blask

MOTIVATION

B: Sunday, you've been running for a while, both with your family growing up and as an adult. Now that you are the torchbearer for your family in running, what is it now that keeps you training and running?

Personally, it gives me time to clear my mind. I'm a teacher. There are things that can drain you mentally and emotionally as a teacher. I think it helps me clear my mind, helps me focus on myself and on my general fitness and well being. I also still have that competitive urge, where I always want to be better, I always want to have a goal for certain races to shoot for. A lot of times it's my prayer time where I just clear my mind and turn everything over to God and it just kind of helps me stay focused on what's important. Then too I want my own children to see that hard work pays off and see, no matter what they're working towards, whether in academics or sports, that hard work pays off, and to be focused and determined and dedicated.

B: What grade or level do you teach?

I teach special education resource at the elementary level.

B: So you've been doing this since you left college?

Yes, I got my undergrad in elementary, and then did a one year master's program. And then I started working. The master's program was a federal grant for special education. I completed it in a year and I got hired at Liberty Elementary and Liberty Middle. I split time between the two. And then after the first year, they moved me to my current school, Forest Acres Elementary School.

Liberty was a wonderful school, but Forest Acres is closer to home. It's also easier to be at one school, and it was easier to get to know people.

WHAT RACES DO YOU RUN?

B: You said you like to run 5K's and 10 K's, a distance that you feel comfortable running, and you've been successful racing, is that correct? You are ranked in the top 10 among women runners in South Carolina this year.

Yes. Let's see. I've done five marathons. Savannah, Boston, Myrtle Beach, New York, and then Myrtle Beach again. I'm currently building up for the Chicago Marathon this

fall. I like 5K and 10K training better, but the marathon is one of those ... it's just an odd event while you're running it. As soon as you finish, you think, "I'm never going to do this again!" But it keeps pulling you back.

TRAINING

B: Let's talk about your training. How do you approach that effort, using a 5k to train?

So, typically for training for 5Ks and 10Ks, I would have one track session per week, and then a longer run. And then, depending on the week and how busy I am, maybe a tempo run. And then, easy running on the other days. For my marathon training now, I have a coach named Andrew Dorn. A friend of mine put me in touch with him. I haven't quite figured out the marathon training. I am excited to have some coaching and some guidance. I've kind of figured out how to run the marathon until about mile 20 to 22. I think a lot of people share that same experience. But I'm excited to have some coaching and hopefully run a PR for that event in the fall.

B: When you train, Sunday, are there times of the day that you prefer?

On the days when I go to work during the school year, it would be very hard to train in the mornings. So I prefer afternoons. Then on the weekend, I like to run in the morning. I'm not really a morning person! But I do. I enjoy meeting friends for long runs. I have a few friends in the Upstate that I meet regularly: Victoria Hammersmith and Alyssa Bloomquist. I enjoy our weekend longer runs in the morning.

B: You mentioned some track training: do you have access to a track?

I meet Alyssa and Victoria at the Fisher middle school track. Right now, Fisher has soccer practice on certain nights of the week, so we haven't been able to use the track lately, but it's actually worked out with my training right now. If I'm doing a track workout on my own, I also have access to the Wren high school track.

MEMORABLE RACES

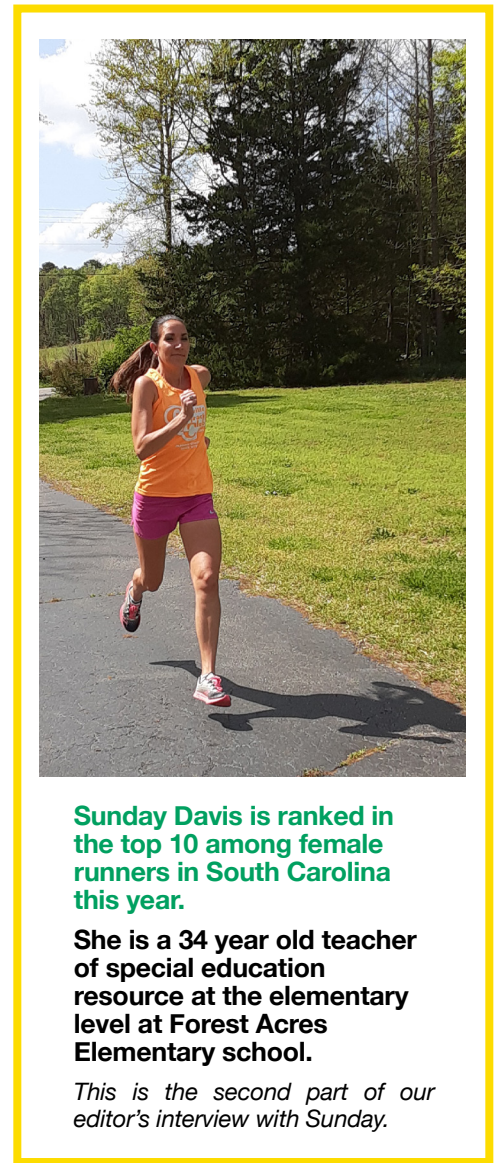
B: You've been running for a while. So going back in memory, are there any races that come to mind, one or two that you remember more clearly?

My 10K PR is at The Great Race in Pittsburgh. My sister lives in Pittsburgh, and she has twins and their birthday is the end of September, which just happened to work out

to be the date of that race. It was two years ago. It was just one of those days where the first half mile, it's kind of an uphill. And I get through that and I'm really tired, thinking 'I shouldn't be this tired yet'. And then I kind of reset my mind and went, and it turned out to be a really good day.

And then, when I ran Boston. I just had given birth to my daughter, Jade, on January 23, 2014. When Jade was almost three months old, I ran Boston on April 21, 2014. Originally I had wanted to qualify in time to run in 2013, but I couldn't find a qualifying marathon early enough. When I ran Savannah and qualified, Boston was already full. So then I had to wait till 2014. My husband and I also knew that we were ready to start our family, so we just decided that I would figure out a way to run a marathon while we were doing that!

When I asked the doctor if it would be safe



Sunday Davis is ranked in the top 10 among female runners in South Carolina this year.

She is a 34 year old teacher of special education resource at the elementary level at Forest Acres Elementary school.

This is the second part of our editor's interview with Sunday.

MEET A MEMBER: SUNDAY DAVIS (CONTINUED)

for me to run a marathon that soon after having a baby, he said, “Yes, but you know it can be really hard to do and you’re not going to be getting a lot of sleep and you’re going to be nursing ... “ And I just said, “Yeah, I know, but I’m going to do it.” And I did. I had a lot of support though, a very supportive family.

After I qualified, my Mother qualified as well at Myrtle Beach that spring. We didn’t really plan to run together during the race because I thought that I would hold her back, and then she thought that she would hold me back! But once we started running we just ran together the whole race, and finished together. That was really special. And I had my daughter there at the finish.

ADVICE FOR OTHERS

B: Now I want you to use your imagination. If you were talking to three different groups of people, what would you share with them about running? Let’s begin with you talking to a group of young runners. If you had this chance to motivate them or share with them what you thought they might find useful or valuable, what would that be? What would you tell them?

I think I would tell them about the friends that I’ve made along the way. Running has helped me in so many aspects of my life. One of the most important parts of running is the friends that I’ve made. And so a lot of my closest friends I have met through running. One of my friends ran for T. L. Hannah, and I ran for Wren. And when I was 14 and she was 13 we did AAU track together. We went our separate ways in college. Recently she contacted me on Facebook and said ‘Hey I’ve moved back to South Carolina. You want to meet to run?’ So we’ve reconnected and we stay in touch and we every now and then run. Alyssa Bloomquist and I were teammates at Clemson. I am three years older, so we were only there one year together. She went to grad school and we lost touch. Then she moves back to the Upstate and we reconnect. So, you know, I’d tell them that there’s a lot of really good people you can meet and a lot of friendships that you can gain from from running and be part of a

team or a group.

B: That’s great advice. Okay. Group number two: suppose you were in the same position and talking to a group of older runners, let’s say, 50, 60, 70 and up in years, and they’re runners and they’re looking for some words of wisdom to help them keep running and yet run safely as long as they can. What would you tell them?

I’d tell them to keep it fun and figure out what works for you. There are lots of different ways to train, lots of different types of running plans or running training. My Mother and my Aunt are getting older, you know. They’re in that group of 60 year-olds. So now I see them adjusting because they’re not going to run PRs now. They are adjusting to different goals and keeping it fun and figuring out what works for them.

B: And then the last group. It would be a group of people who are considering beginning running. They’ve had a little athletic background or maybe no athletic background. Let’s say they’re in their 30s and 40s, and beginning to realize that they need to become more active just to stay healthy. What would you tell them?

I would probably say, find a group if you’re just starting out. I was really young when I started seriously running and training. So of course I was part of a team, and also continued to stay in touch with friends and training with friends who are not part of a team. I still have my, I guess you would say, support system. So, I definitely like the balance of running by myself and running with others. There are days running by myself where I can just – everything’s quiet and I can just clear my head. Then there are days when I can have friends pace me or we can pace each other or we can just go for a fun long run. I also think being part of a group makes it really fun to single out specific races and work towards those. It definitely helps to have specific goals.

B: Thanks so much for your time.

GTC HALL OF FAME SELECTION COMPLETE

By Bill Keesling

The GTC Hall of Fame selection is an annual event that recognizes those who have made exceptional contributions both to the running community and to the Greenville Track Club over the years.

The GTC Hall of Fame committee has completed the selection process for the 2020 class. Five worthy individuals were selected in a two month long evaluation of 13 candidates.

The inductees are:

- Mickey McCauley
- Rudy Nimmons
- Dian Ford
- Dick Lyons.
- Judy Walls

The induction ceremony will take place at the GTC October member meeting.

Bill Keesling, committee chair, thanks the committee members, Jane Godwin, Adrian Craven, Jim Roberts, Joe Hammond and Club Administrator, Kerrie Sijon for their hard work. Don’t miss the Induction ceremony on October 4!!

UNITED COMMUNITY BANK 43RD REEDY RIVER RUN

Editor's Note: GTC's Mike Caldwell, Race Director for this event, was kind enough to answer questions about this special race.



DATE, STARTING TIMES, AND START AND FINISH LOCATIONS OF THE 5K AND 10K RACES

The United Community Bank 43rd Reedy River Run is on Monday, September 6, 2021—which is the Labor Day holiday.

5K

Start time: 8:00 am

Start location: On S. Main Street, between Falls Park Way and River Street

Finish location: at south end of the Thomas C. Gower bridge on S. Main Street (near Spill the Beans and Starbucks)

Time Limit for Finishing: 1:30:00 (approximately 29 minutes per mile pace). Roads will become open to traffic @ 9:45 am

10K

Start time: 7:15 am (staggered wave starts with Social/Physical Distancing protocols).

Start location: On S. Main St. adjacent to the Peace Center.

Finish location: at south end of the Thomas C. Gower bridge on S. Main Street (near Spill the Beans and Starbucks)

Time Limit for Finishing: 2:00:00 hours (approximately 19:20 per mile pace). Road will become open to traffic @ 9:10 am.

OTHER DETAILS

How can a runner register? Where and when will they need to pick up their registration-related stuff?

Registration details and information are at ucbireedyriverrun.com

Packet pickup (bib numbers, race shirt, etc.) will be on Saturday and Sunday (Sept. 4 & 5) at United Community Bank on Washington Street. NOTE: there will not be packet pickup on Monday – race day.

How long has GTC been sponsoring this race?

Since 1978. 2020 would have been the 43rd continuous running until we cancelled due to COVID-19.

Who is the title sponsor this year?

We recently announced that United Community Bank and the GTC have agreed to a three-year partnership with UCBI as the title sponsor. UCBI has recently announced that they are building their new corporate office in Greenville.

What draws runners to this particular venue? Why is it so special? What about Reedy River could be said to be unique, or offer unique combinations of running environments to a runner?

The initial Reedy River Run 10K was to feature the trails in Cleveland Park and downtown Greenville's access to the Reedy River. That aspect has become tradition.

How would you describe the various parts or sections of the course?

The course has evolved over the years as Greenville continues to grow. This year's course will cross the Reedy River six times. One characteristic of the RRR is that it can be described as "hilly". The course starts near and finishes on the S. Main Street Bridge in the heart of Greenville.

What runner "aids" potty stops, hydration and nutrition, medical help will there be?

There will be portable toilets near the starting area. Due to COVID-19 precautions hydration stations will provide sealed bottled water at two points on the 10K course and once on the 5K route. St. Francis Sports Medicine is a race-partner and will be located in the finish area.

Will COVID-related safety measures be in place before and during the race, and which of these will be required of runners, and what different challenges would they offer?

Our objective is to conduct the "safest" event as possible. Therefore, we will adopt the most current COVID-19 protocols at the time of the event. We will also conduct a segmented, wave start to provide some semblance of social/physical distancing. At the time of this writing, we do not plan on having our usual post-race festival. However, we do plan on having Jersey Mike's subs just after the finish line.

Where do Reedy River runners come from? Is this mainly a South Carolina crowd?

The majority of our participants are from the South Carolina Upstate, although we had runners from 28 different states in 2019.

UNITED COMMUNITY BANK 43RD REEDY RIVER RUN (CONTINUED)

Have there been well-known athletes that have competed in the race?

It depends on how you define “well-known.” RRR has always attracted elite-level runners and has numerous USA Olympic Trials Qualifiers in past years. The race has also had a few Olympians such as Benji Durden (USA) and Hans Koeleman (The Netherlands) run the streets of Greenville. Neely (Spence) Gracey holds the women’s record at 33:04.

Will there be T-shirts, medals, etc.?

Yes, each registrant will receive a tri-blend race shirt in the race packet. They will also receive a set of unique bib fasteners as we attempt to eliminate safety pin usage. And our 10K finishers will be rewarded with our traditional medal—honoring a specific Greenville icon. This year’s medal will honor the Joel Poinsett statue in Court Square. Since the 10K is the original and historic distance for Reedy, we do not provide medals for the 5K. Our hope is that runners can train to run and complete the 10K.

Are there teams of runners that compete together? If so, who do they represent, or are they mostly family members or friends?

In past years we have had team competition in the Daryl Jennewine Corporate Cup Competition. However, due to limitations imposed by COVID-19, we will not have team competition in 2021. The same for our FIT’s COOL school competition.

Thinking of the types of potential runners of this race, how would you suggest they consider preparing?

- Inexperienced younger runners: We have a less-competitive 5K for younger and inexperienced runners.
- Elite runners: Our elite athletes know how to prepare and should include some hill training and heat adaptation.

- Teams of runners: Due to COVID-19 protocols, we would encourage runners to not run too close together, but that would be their decision.
- Average runners who like to compete occasionally: Get used to the 3 H’s: hills, heat and humidity!
- Runners who are after a PR: We have had many personal bests at Reedy due to the competitiveness of the race. If you are a decent hill runner you can run a personal best if your summer training has been good.
- Runners who just want a nice day jogging a beautiful venue: Prepare for possible heat and humidity (and of course, some hills).

Will there be an awards ceremony? If not, what will be the alternative?

Depending on the current (September 6) COVID-19 protocols, we may have an awards presentation for our top ten overall (both genders) finishers and the top three Masters and Grand Masters. We only have Age-Group awards for the 10K and those will be available at Fleet Feet Greenville once the results are official.

In 2012, Mike along with his college coach Bill Keesling and Laura Caldwell established ASICS Greenville Track Club-ELITE. The post-collegiate, Olympic development program produced four qualifiers for the 2016 USA Olympic Trials Marathon, three qualifiers for the 2020 USA Olympic Trials Marathon and one qualifier/participant in the 2019 Pan American Games Marathon in Lima, Peru.

This year one of Mike and Laura’s runners qualified and competed in the 2021 US Olympic Track and Field Trials in Oregon.



(L-R): GTC President Robin Walter, Race Director Mike Caldwell, United Community Bank's Michelle Seaver and Moryah Jackson.

UNITED COMMUNITY BANK AND THE GTC HAVE AGREED TO A THREE-YEAR PARTNERSHIP WITH UCBI AS THE TITLE SPONSOR.

CORPORATE SHIELD RUNNING



CORPORATE SHIELD TEAM CAPTAIN: ANDY MARTIN

By CS Team Captain: Andy Martin, *Bob Jones University*

I am Andy Martin, (on the left in the photo), CS captain for Bob Jones University. Bob Jones University was founded in 1927 and came to Greenville in 1947. BJU is a Christian Liberal Arts University with over 2500 students. BJU has participated in the CS Program since the early 1990s with a few years of non-participation before returning to the fun and miles in 2016. BJU has done pretty well over the years, placing in a few areas. The CS program is such a great way to meet runners in the Greenville area and those in your own organization. I have been the BJU CS captain since 2016 and my goal for the past five years has been rebuilding our team and promoting/motivating participation. Thankfully, I am seeing some progress.

So, what do I do to motivate participation? First of all, I watch around campus for runners. My job requires traveling around campus often throughout a given day which fortunately allows me to see many runners throughout the day. If I see you running and I know you work for BJU, you will hear from me most likely through email or I may just speak to you about our CS team while you are running. This method has been very beneficial to get more runners involved in the CS competitions. Some of our runners have said things like, “*Andy keeps emailing me or he saw me out running and talked to me and so here I am at a race.*” I also use email to inform all team members of the upcoming races and how we are doing in the standings. I try to add a little flavor some time so that the emails are not just academic but are perhaps filled with a “taste of cheerleading.”

A second motivator that has been quite successful is simply striking up conversations with other CS BJU runners as our paths cross mainly on campus but other places as well. A simple, “How are

*I love
motivating
runners and that
motivates me.*

– Andy Martin

2021 CORPORATE SHIELD RACES

JANUARY 9-17:
Run Downtown 5K

APRIL 17:
ZF Get In Gear Road Race

MAY 8:
Zoom through the Zoo 5K

JUNE 12:
Sunrise Run 8K

JULY 3:
Red, White & Blue Shoes 5K

AUGUST 21:
Edouard Michelin 5K Memorial Race

SEPTEMBER 10:
BMW Performance Classic 2 mile

OCTOBER 9:
GE Cross-Country Race 6K

you doing?” typically leads into a running thought or two. Another thought shared with me has been, “I really am not very fast and so I am not very motivated to enter the races.” At that point, I go into ‘convince’ mode. I assure the runner at that point that GTC’s intent for the CS program is to promote fitness and participation. I always tell them every participant scores at least one point for the team and possibly more. Again, I try to be a cheerleader and hope to push the fun and delight of participating in the CS events. I find these conversations better than an impersonal email and often find myself motivated and encouraged as well.

A third way that I motivate the CS team is through a run group that I lead on Thursday evenings. I simply send an email weekly to remind the run group of our run and if we are adding a day (usually Saturday mornings) that week. On occasion, I invite the CS Team to join us and many of them have come out. Our conversations often go to upcoming races and that often includes the CS schedule. This group gives us the opportunity to get to know runners outside of our team and also even talk to some who are our competitors. Run group is a great way to motivate fellow runners, keep others accountable, and share knowledge often experientially learned. The run group camaraderie has been a great motivator for a good number of our CS team members.

Obviously, I would love to see more participation. I spend a lot of time thinking about ways to get more people involved. I love motivating runners and that motivates me. Right now, I am contemplating team t-shirts and/or singlets. I think our members would like that. I just try to keep things simple and keep in touch through email and a personal touch. I often remind teammates of upcoming CS events and always include the most recent standings and what we need to do to stay competitive.

(Editor’s note: BJU placed 1st in Grandmasters, and 3rd both in Masters and Overall for Division II in GTC Race Series annual awards in 2020.)

GTC MEMBERS MEETING

It was exciting to have the the first GTC meeting of 2021 on Monday, June 14 at Lake Conestee.

Guest speakers were: GTC ELITE Coach and member of Women's Running Coaching Collective organization, Laura Caldwell, plus the very talented GTC ELITE athletes.

The next GTC Member Meeting is on August 2 at Lake Conestee. Bring your families and friends whether they are members or not. Learn what the Greenville Track Club is all about and how dedicated they are to the wellness of Greenville County and the surrounding areas of Upstate South Carolina.



ZOOM THROUGH THE ZOO: MAY 8

By Lydia Thomas

Zoom Through the Zoo 5K, a fundraiser for the Greenville Zoo sponsored by the Greenville Zoo Foundation, was held on Saturday, May 8, with WILD success. The race was the second Greenville Track Club Corporate Shield event of the year and boasted **over 600 runners!** The Zoom Through the Zoo race course begins in Cleveland Park and ends with a final loop through the Greenville Zoo. Runners said the course was easy to navigate, but you should save some energy for the final hill leading into the Zoo. The Zoo includes the last .8 mile of the race and participants can get a glimpse at vultures, lions, giraffes, leopards and other Zoo animals, as they run past their exhibits. All runners received a ticket to the Zoo in addition to their race shirt and packet. Some exciting prizes for the winners included gift cards to Fleet Feet, a Swamp Rabbit hockey ticket, Greenville Triumph ticket and gift card to Dave & Busters.

As one of the first few Greenville races to be held in-person since the COVID-19 pandemic began, many challenges were faced. Guidelines and restrictions had to be met and followed for the event to be permitted, such as requiring masks when not running and a rolling start time. Changes from previous years were necessary, including cancelling the ever-popular Kids Fun Run, not allowing vendors onsite and forgoing the post-race awards ceremony. However, even with the adjustments, the event was well-attended and enjoyed.

The Greenville Zoo Foundation is excited to sponsor the race again in 2022 at full capacity.



GTC ALL-COMERS TRACK MEETS: JUNE 3 – JULY 31

By Kelli Jo Lowe

Summer is here, and the track is calling us back! After all that we endured this past year, we were excited to be able to get together for some Greenville Track Club summer fun. So we laced-up our shoes, and joined each other every Tuesday evening in June and July at 6:00 p.m. on the Eastside and Greenville High School tracks. Often the whole family came to run and cheer on everyone as they competed. We had distances and heats for all ages and paces, walkers, runners, and racers alike. Our meets started with the 5-year-old and under 50-meter dash and concluded with the 3200 meter each evening. This summer, our All-Comer events were free for every-one, and true to the name, we invite anyone to come out to run.

So you say that you have never been to a GTC All-Comer Meet? This is my third summer leading the event, and I could hardly wait to see old friends, meet new friends, and see how much the children have grown. Last month, our meets were held at Eastside High in beautiful weather with runners from all over the Upstate. From the start of the season, our meets grew quickly, from approximately 50 runners to more than 150 in attendance. It became obvious how many of us felt the need to get back together as a running community.

As we look to celebrate the 50th Anniversary of the Greenville Track Club next year, we look forward to hearing from you, and more importantly, to have you run with us.

Join us each Tuesday evening, 6:00 PM until we're done, in June and July 2022 for the All-Comer's Meets.

See you there!



2021 GTC SOUTH CAROLINA OPEN & MASTERS TRACK CLASSIC: JULY 17

By Jim Roberts

It was a relief to finally hold the GTC South Carolina Open & Masters Track and Field Classic back after 3 years. The meet was held at the Eastside High School, Ed Boehmke Track & Field facility. This year at the request of USATF SC, our meet was a USATF SC Association Masters Championship.

The 338 entries was not as high as 2018 at 424, but we were up against the Georgia Games on 7/18, which unfortunately couldn't be avoided due to delayed approvals by the Greenville County School District for any groups using school facilities. There were also some masters athletes, who were preparing for the USATF Masters Outdoor Championships, which were held in Ames, Iowa July 22-25.

Participants came from 12 states, which is a compliment to the GTC, who have held this meet for most of the last 42 years. 23 Men's records and 14 Women's were set or equaled including the club's Ian Whatley (60-64) 16:16.42 in the 3000 m Race Walk and Lee Cook (75-79) with 23:24.96 in the 5000 m run.

Several records were over or near 30 years old, but the oldest record broken was 39 years by Jim Hodges (75-79) in the pole vault.

Perhaps, the most impressive performance was by Tom Bowden, who at age 78 ran the 400m in 30.88 secs. Age graded that was 86.72%.

WOMEN

- Patricia Clemons – High Jump
- Marcel Hale Hall – 200 meters
- Patricia Clemmons – High Jump
- Marcel Hale Hall – 200 meters
- Nonie Hurricane – 1 mile
- Linda Kelly – Shot
- Nicole Kelly – Shot
- Linda Lowery – Triple and High Jumps
- Alissa Noguez – Hammer, Discus
- Anne Sluder – High Jump, Pole Vault
- Carol Waddell – Discus, Hammer
- Melanie Walker – 100 meters
- Becky Vaughn – Shot

MEN

- Tom Bowden – 200 m, 400 m (86.2% Age Grade highest in meet)
- Lee Cook – 5000 m
- Jim Hodges – 50 m, Triple Jump and Pole Vault (broke 39 year record)
- David Hostetler – Hammer, Weight and Super Weight
- Gaither Jenkins – 100 m hurdles
- Tom Johnson – 200 m (broke 30 yr record)
- Mike Jones – 100m hurdles and 300 m hurdles
- Rod Lorick – Long Jump
- Scott Lucking – Mile
- Bob Rockwell – Triple Jump
- Kenneth Ruebush – Shot Put, Discus
- Andrew Smith – 3000 Race Walk
- Mike Valley – Shot Put, Weight,
- Ian Whatley – 3000 Race Walk

We could have used a few more, but there were 27 GTC volunteers and 15 SC USATF officials including: Lola Amcher, Chuck Baker, Russell Beach, Bill Blask, Michael Burchett, Michael Caputo, Jonathon Clanton, Adrian Craven, Lillian and Chuck Dam-man, Gregory Day, Jeremy Elliott, Trisha Furrie, Charles Gill, Alexander Griego, Sylvia Griego, Annie Groom, Jennifer James, Katie Morgan, Chris Starker, Tim Stewart, John Thompson, Susie Thompson, Robin Walter, Ian and Susan Whatley and Dick Wood-worth.

All of them gave of their time either foregoing their own competitions or helping before or after their events. One volunteer gave up his entire day of unpacking from a move!

Nearly all the USATF SC officials traveled from out of town to help.

Meet results and records are available at runsignup.com/Race/SC/Taylors/SCMastersOpenTrackandFieldClassic

IT SOUNDED LIKE A GOOD IDEA...

By Lee Fidler

With Greenville Track Club's 50th anniversary coming up, we thought our readers would appreciate this bit of our club's past, written amusingly and authoritatively by one of our better local runners in days gone by. The Paris Mountain Road Race continues to be a treasured event (others have additional descriptions for the race) in our Racing Series calendar. This story was originally published in Racing South, February 1984.

From my first visit to Furman University as a high school senior, Paris Mountain was regarded as a challenge which needed to be answered. The small mountain rises steeply above the campus and is a striking landmark. Coach John West required that the cross country team to run to the top, about four miles from the Furman gym. He would wait for us at the summit in his Saab and drive us down. Coach West also told us tales about a racer which once went to the top. Such an event sounded like a Herculean task to the freshmen distance runners.

In August of 1970, Bill Keesling West's replacement at Furman renewed the Paris Mountain road race. Keesling's event was more than a race to the top. The course would continue along the undulating ridge in State Park Road. This would be taken to Poinsett Highway near Stone Manufacturing company. The runners would follow the hilly four lane road, running along the gravelly shoulder until they exited for the front gates of the Furman campus. The finish was on a shaded mall between McAlister Auditorium and the present location of the school's Physical Activity Center. Coach Keesling has measured the circuit with his Volkswagen and called the distance "13 miles."

However, the distance we ran was shorter than today's Paris Mountain 20K. On the other hand, the adverse weather conditions of the initial rerunning of the Paris Mountain made the race seem like a half marathon.

On a hot, humid sunny Saturday afternoon, I reported to Furman with my team-mates, Mike Caldwell and Doug Nelson. As was the case with most races then, the field was small. There were twelve entrants. Since Paris Mountain was a regular part of our training during the school year, Mike and I considered ourselves the favorites. Rivalry among our team was very intense, but Mike and I usually worked as a team against the others. This race offered Mike an opportunity to beat Doug. Nelson usually trained very lightly during the summer, but this summer had been even lighter. He and I had spent most of our vacation at R. O. T. C. summer camp at Fort Bragg, NC, sweating, groveling in the sand, and running very infrequently.

About five or ten minutes before the start, Mike and I were deciding which merchandise prizes we would select for finishing first and second. The coach had acquired prizes from ten Greenville merchants. The items included cuff links, golf balls, an umbrella, and a watch band.

We were soon disappointed to see an ancient Volvo parked near the start. Out of the car sprang Jeff Galloway, winner of the "gigantic" Peachtree Road Race in which 110 people had raced down Peachtree Street in Atlanta on July 4th. He had recently been discharged from the Navy and was beginning to train and race seriously. With Jeff were Joel Majors, one of Georgia Tech's best runners, and Julian Dooley, a mediocre performer from West Georgia College.

Mike and I quickly planned our strategy. We thought that no one could run up the mountain as quickly as we could. Therefore if we reached its base first, we would win the race. Mike and I had devised what we thought was a foolproof plan to beat Galloway.

The gun fired at 6:00 P. M. and we quickly assumed the lead, disregarding the heat and humidity. Our race was going according to plan as my friend and I passed the mile marker in five minutes flat. Still leading by passing two miles in ten minutes, we had reached



the base of the mountain and begun the steep two-mile climb to the summit. Soon Mike and I began feeling the effects of the early pace, the extremely warm temperature, and the high relative humidity. Less than a quarter mile into the ascent, Mike began dropping back and Galloway pranced past me like a deer. I continued to feel worse and shortly Majors passed me, too.

Mike and I were suffering, and we still had over eight miles remaining in the race. Several times during the long climb, I can remember swerving toward oncoming cars hoping they would hit me and end my misery. However, all the cars missed me and I began feeling a little better after cresting the mountain.

Mike, on the other hand, was still suffering. My short friend was enduring mental anguish as well as physical torture. Doug was stalking him and Mike knew it. He had a terrible side stitch, however, and could not pull away from Nelson.

Meanwhile, Galloway won the race in 1:08:14 and Majors was second about two minutes later. Ken Lane had passed me late in the race. Although Lane was a very good runner, Mike and I had discounted his chances because he was from Charleston, SC. We figure since Charleston was flat, the Baptist College harrier could not possibly do well in the Paris Mountain event. We figured incorrectly as I finished fourth in 1:19:09, about 30 seconds behind Lane.

After several miles of torture, Mike stopped in the final mile and shouted at Doug to pass him. As Doug trotted past, Mike alternated cursing and have dry heaves. Doug was fifth in 1:22:31 and Mike ended his ordeal about 50 seconds later.

Eleven of the twelve starters finished the grueling contest. The final finisher, Kurt Hollifield, had graduated from Furman three years earlier. Although he had been a good mile and cross country runner in school, from his physique it appeared that Kurt had not run since graduation. As Coach Keesling saw Hollifield during the race, the former Paladin was beer red. "I thought he was going to explode," remembers Keesling. Kurt had seen a note about the race in the Greenville newspaper and had decided to run. His pre-race philosophy must have been similar to mine. Since he had run Paris Mountain so many times while at Furman, perhaps Kurt thought he could run it again on memory.

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 my merchandise award I selected a colorful golf umbrella. I was not a golfer, but I thought the prize could easily serve as a student umbrella. Also, the race director presented all finishers South Carolina Tricentennial medals. I never learned if the coins were valuable, but they looked impressive. Mike pick a set of matching Tricentennial glasses.

Every subsequent Paris Mountain race has been held in December, a time more suitable for long runs. The August heat in South Carolina is not the time for running up a mountain. For those steamy summer afternoons in Greenville, perhaps Bobbie Robinson had taken the right course.

SPLITS: CADENCE

By Bill Blask



I futz all the time with the pieces and parts of myself when I run.

Futzin' awhile back, I experimented with the only two things mechanically any runner can futz with to run faster: stride and cadence. I chose to lengthen my stride.

Right away I made two mistakes.

First, I ignored my coach. (Apologies again, Bill!) My coach Bill Boney warned me: if I try to use a longer stride than is natural for me, that over-striding will likely cause me to break momentum each time my foot strikes the ground. That means lost energy and more work.

Second, I thought that a longer stride meant reaching out further in front of my hips. Credit that approach to my training in martial arts as a young man. Being prepared at all times to instantly be somewhere else to counter an attack, I trained to reach forward as I walked and pull myself over that weight-bearing front foot.

I used that technique to lengthen my stride. Wup! In running's consistently forward-directed movement, my hamstrings rebelled. I started to get night cramps. You can understand how much fun that was.

So there remained cadence.

A quick recap. In running, cadence, also called "turnover", "step frequency", or "stride frequency", is the rate at which a runner's feet touch the ground in the process of running. It is expressed in Steps Per Minute, or SPM. Both feet are counted.

Could my body support a faster cadence?

THE MOTIVE:

I had been running a 'natural' cadence in the 150-160 SPM range — that's 150-160 steps, left + right, per minute — for most of my training runs and races in the past two years. My mile paces had been reliably in the 12-13 minute range during those years.

Researchers like Dr. Jack Daniels have determined that faster runners have higher rates of cadence or turnover than slower runners. By "higher", this means rates of 180 SPM and above.

So I had some room here, it seems. That gave me the motive for an experiment. It happened that I also had the means.

THE MEANS:

I ran the same course twice in two different races this year. One, the Big Kahuna 5K, and the other, the Freedom Flyer 5K, were both run by Ed Hughes and GTC. Same certified distance, same physical course, different months. The weather for both races was remarkably consistent: the same in temperature, rainfall (absence of), wind speed, and cloud cover.

In the first race, the Big Kahuna 5K, I ran with my normal 150-160 SPM cadence. In the second, the Freedom Flyer 5K, I'd increase my cadence to a hoped-for 170 or more. I had trained at that cadence between races.

THE RESULTS:

My time in race # 1 (The Big Kahuna 5K): 36:53:66/11:53 per mile. My time in race # 2 (The Freedom Flyer 5K): 34:17:77/11:02 per mile.

A PR.

What was the difference?

In race # 1 my cadence rate averaged 159 SPM; in race # 2 it averaged 170 SPM.

Did anything else change? Yes, my heart rate was higher in race # 2. It took more energy to support a faster cadence. My perceived effort (PE), my most reliable, most easily perceived measure of what I was giving to the race, was also up, but within reasonable and sustainable — not heroic — bounds.

My breathing patterns in race # 2 changed slightly: the times I used 3/3 breathing were fewer, and 2/3 breathing occurred more often. Again, higher energy requirements, more breathing. Uphill, 2/2 breathing was consciously used about the same amount in both races; I shortened stride uphill in combination with 2/2 breathing to keep perceived effort as consistent as I could throughout the race.

Bottom line, I was happy that my body was able, for this race, on this day, to support a faster cadence.

A FINAL NOTE:

I ran the Sunrise 8K in 2019 and 2020: 1:01:59.8/12:28, and 1:01:47/12:26. I applied the same increased cadence to the 2021 Sunrise Race 8K and also achieved a PR for that race: 57:24.8/11:33 per mile.

So that's my story this time around. If that nudges you to examine what cadence means for you ...

See you on the road.

"Faster? I tried two approaches. One worked. Still battling .500!"

