



Greenville Track Club

President
Vice President
Treasurer
Secretary
Administrator

Beth Grumbles
Laurens Flanagan
Sandi Hardaway
Mark Sejman
Kerrie Sijon



GreenvilleTrackClub

QUARTERLY NEWSLETTER • JANUARY 2017

RUN DOWNTOWN 5K RETURNS JAN. 21



Sign up now for Greenville News Run Downtown 5K

One of the largest and most popular 5K runs in the state, the 38th annual Run Downtown run/walk is presented by The Greenville News and Greenville Track Club. It is a corporate shield event and is a part of the Greenville Track Club racing series.

The certified race course will begin in front of Soby's Restaurant, head down South Main Street, wrap back toward North Main Street and end with a finish line in front of The Greenville News building.

Greenville's Brett Morley won his second straight Run Downtown title in 2016, finishing in 15:28 to shave five seconds off his 2015 time. A pair of ASICS GTC-ELITE runners took the top two spots on the women's side, with Chelsi Woodruff finishing in 17:41, 10 seconds ahead of teammate Alison Parris, who was runner-up for the second straight year. ASICS GTC-ELITE runners have won the last three Run Downtown titles on the women's side, as Kimberly Ruck won in 2014 and 2015.

The Greenville News Run Downtown 5K

When: Saturday, Jan. 21, 2017

Late registration/packet pick-up: 7:30 a.m.

Race: 9 a.m.

Post-race event: 10 a.m.

Where: The Greenville News, 305 S. Main Street

Info/sign-up: rundowntown5k.com

Price: \$35 through Jan. 19; \$40 at packet pickup; \$45 on race day



President's Corner

A challenge to volunteer

By Beth Grumbles, GTC President

Hello, Greenville Track Club members, and welcome to 2017! Every new year brings exciting challenges and fresh beginnings. This year I have a challenge for each of you – become a volunteer with the GTC in 2017! If each member could give two hours of his time to a GTC event, what a difference that would make in 2017. Volunteering is a fun time to get to know fellow GTC members, see a race from a different perspective and give back to a sport you enjoy. Volunteers can give time and run the race, volunteers can bring their children and non-running spouses, volunteers can get race swag! I will be volunteering at Green Valley Road Races by going to the local Bi-Lo to pick up and bring the post-race food to the race. I will do all this before the race and still have time to participate in the Green Valley Road Races; my point is that you can volunteer and run the race! So, my challenge to you is to choose a GTC event, dedicate two hours of your time and enjoy being a GTC volunteer! Contact a race director or myself and we can help you find an event and a volunteer activity that fits your schedule.



Beth Grumbles

As I was reading over the January edition of Running Journal, I came across an article on 'Good Ole' races in South Carolina. The article focused on races that are 30 years running and older. So, what race did I see at the top of the list at 46 years old? Paris Mountain 20K! What an honor to have this long-standing race right here in Greenville, S.C., and presented by the Greenville Track Club! In 1970, there were 14 finishers; in 2016, there were 101. Good things last a long time, and I think we can all agree that while the Paris Mountain 20K is not the easiest thing to accomplish, it is still a good thing to accomplish! Here's to Paris Mountain 20K 2017!

Happy New Year to all of you, take the GTC 2017 Volunteer Challenge and see you at the races!

Upcoming events

January 19, Thursday

GTC Board of Directors meeting • 6:30 p.m.
Location: GTC Office, 1619 E. North St.

January 21, Saturday

Greenville News Run Downtown. 5K
Info: <http://rundowntown5k.com>
GTC member discount code: "GTC-RUN"

February 6, Monday

GTC Monthly Club Meeting • 6:30 p.m. Social; 7 p.m. Program
Location: Hampton Park Baptist Church

February 11, Saturday

Green Valley Road Races. 8K & 10 Mile.
Info: eventsignup.org/greenvalley

February 16, Thursday

GTC Board of Directors meeting • 6:30 p.m.
Location: GTC Office, 1619 E. North St.

March 6, Monday

GTC Monthly Club Meeting 6:30 p.m. Social; 7 p.m. Program
Location: TBD

March 16, Thursday

GTC Board of Directors meeting • 6:30 p.m.
Location: GTC Office, 1619 E. North St.

April 1, Saturday

Greer Earth Day Running Festival. 10 Mile, 10K, 5K & Kids Run
Info: greerearthdayrun.com

April 3, Monday

GTC Monthly Club Meeting • 6:30 p.m. Social; 7:00 p.m. Program
Location: TBD

April 20, Thursday

GTC Board of Directors meeting • 6:30 p.m.
Location: GTC Office, 1619 E. North St.

April 22, Saturday

40th Annual TD Bank Reedy River Run. 10K, 5K & Kids Mile
Info: www.tdbankreedyriverrun.com
GTC members do not need a code for their discount, as discount will be applied automatically if you have updated your membership info to RunSignUp.

May 1, Monday

GTC Monthly Club Meeting 6:30 p.m. Social; 7 p.m. Program
Location: TBD

May 18, Thursday

GTC Board of Directors meeting • 6:30 p.m.
Location: GTC Office, 1619 E. North St.

June 5, Monday

GTC Monthly Club Meeting 6:30 p.m. Social; 7 p.m. Program
Location: TBD

June 15, Thursday

GTC Board of Directors meeting • 6:30 p.m.
Location: GTC Office, 1619 E. North St.

July 4, Tuesday

Red, White & Blue Shoes. 5K, Kids Run
Info: rwbsrun.com

Oct. 28, Saturday

SpinXRunFest Races. Marathon, Marathon Relay, Half Marathon, 10K, 5K & Kids run
Info: spinxrunfest.com

Dec. 16, Saturday

The Santa Run. 5K
Info: greenvillesantarun.com

GTC Board of Directors

President

Beth Grumbles

Vice President

Laurens Flanagan

Treasurer

Sandi Hardaway

Secretary

Mark Sejman

Administrator (Non-Voting)

Kerrie Sijon

Past President

Ron Chappell

Club Meetings CoordinatorRon Chappell
Equipment CoordinatorMark Sejman
Membership CoordinatorMark Sejman
Running Series DirectorVince Herran
Volunteers CoordinatorBeth Grumbles
At Large Director 1Jane Godwin
At Large Director 2Phil Perry
At Large Director 3Gene Ruck
At Large Director 4Dane Pierce
At Large Director 5Mike Burchette
At Large Director 6James Horne
At Large Director 7Dane A. Simmons
At Large Director 8John Hatfield
All Comers Track Meet DirectorTBD
Corporate Shield DirectorMegan J. Fresia
Green Valley Road Race DirectorJohn D. Lehman
Greer Earth Day Run Race DirectorEd L. Hughes
Paris Mountain Road Race DirectorLaurens Flanagan
Paris Mountain Trail Run Race DirectorJohn D. Lehman
Red White & Blue Shoes 5k Race DirectorEd L. Hughes
TD Bank Reedy River Race DirectorMike Caldwell
Run Downtown Race DirectorTBD
SC Masters & Open Meet DirectorJim Roberts
SpinX Run Fest Race DirectorEd L. Hughes
Sunrise Run Race DirectorJohn D. Lehman
Santa Run Race DirectorEd L. Hughes
USA Track & Field Rep (Non-Voting)Mickey McCauley
WebmasterMike Caldwell
Race OperationsEd L. Hughes
Add Event to Event CalendarMark Sejman

GTC MEMBERSHIP

The Greenville Track Club, established in 1972, is the second-oldest running club in South Carolina and the fastest-growing running club in the Southeast. The GTC will celebrate its 45th anniversary in 2017.

Membership benefits include:

Discounts on the following GTC events:

Greenville News Downtown Run 5K
Green Valley Road Races
TD Bank Reedy River Run
Earth Day Run
Sunrise Run
Red, White and Blue Shoes 5K
SpinX RunFest
Paris Mountain Road Races
Santa Run

Race entry discounts for current members will be automatically applied via Run Sign Up for specific GTC events.

Members may participate in The Run-In Running Series (performance point-based scoring system).

Corporate Shield events.

Summer Track Meet Series (June and July).

ASICS GTC-ELITE



Frank DeVar



Kate Dodds



Dylan Hassett



Mark Leininger



Alison Parris



Ryan Root



Kimberly Ruck



Austin Steagall



Carolyn Watson

By Mike Caldwell Director/Coach, GTC-ELITE

Soon after the Greenville Track Club was founded in 1972, Furman graduate Lee Fidler represented the GTC logo as he competed in the USA Olympic Team Marathon Trials in Eugene, Oregon. Then, early members Art Williams and Adrian Craven were joined by former Furman standouts Dave Cushman and David Branch, Clemson's Dave Geer and others as they accumulated top honors at races around the South, including Atlanta, Birmingham, Mobile, Columbia, etc. Not only were those young men running enthusiasts, but they were very fast, too. The GTC singlet became synonymous with elite distance runners. Forty years after Fidler competed against the nation's best marathoners in Eugene, our Greenville Track Club-ELITE program was established. In 2012, some of the GTC founders established the GTC-ELITE project, which is focused on providing an optimal training environment for selected post-collegiate runners to enable them to reach their running goals, including qualifying and competing in USATF national championships and the Olympic Trials.

Four years since the program's birth, the program has produced some outstanding results and is anticipating even more future success. Last January, four of the nine (at that juncture) ASICS GTC-ELITE athletes qualified for the USATF Olympic Team Trials in the marathon, which was conducted in Los Angeles last February. In 2015, the women's team finished eighth at the USATF Club Cross Championships in San Francisco, California. They were led by Dylan Hassett's fine 15th-place finish in a race with over 350 competitors. And last October, the women's team placed fourth in the USA Women's 10K Championships in Boston, Massachusetts.

In keeping consistent with the program's mission, ASICS GTC-ELITE athletes have competed in multiple USATF national championships including: 10K, 10-Mile, 20K, Half-Marathon and Marathon. They have also completed in many venues around the nation including: Portland, Oregon; San Francisco, California; Des Moines, Iowa; Northport, New York; Boston, Massachusetts; Minneapolis-St. Paul, Minnesota; Duluth, Minnesota; Houston, Texas; Las Vegas, Nevada; Richmond, Virginia; Philadelphia, Pennsylvania; Jacksonville, Florida; and Tallahassee, Florida.

It is Our Mission:

To develop and maintain an "elite" post-collegiate team for USA citizens in partnership with the Greenville Track Club, which will challenge for national championships, qualification for the US Olympic Trials and top performances in regional and local running competitions, while living and working in the Greenville community and providing inspiration and leadership for the GTC and the local running community.

The athletes also regularly compete locally and have won GTC events such as the Greenville News Run Downtown (five times), TD Bank Reedy River Run, Green Valley 10-Mile, Michelin 5K (seven times), BMW Classic, Sunrise 8K, and the Spinx RunFest 5K (five times).

In the past four years, GTC-ELITE has attracted and supported multiple NCAA All-Americans, including Kimberly Ruck, Ricky Flynn, Shawnee Carnett, Dylan Doss, Kate Dodds and Austin Steagall, with both Flynn and Carnett having previously won NCAA national championships.

Part of the mission, "while living and working in the Greenville community and providing inspiration and leadership for the GTC and the local running community," has been developing with the assistance of local businesses. ScanSource stepped forward very early in the program and adopted Alison Parris as part of the "Adopt an Athlete" program. With excellent support from their senior management, they have provided Alison with part-time employment and also made corporate financial contributions to the program. Greenville Health System also contributed from the early days and adopted two GTC athletes, providing both employment and financial contributions. Joy Real Estate came on board last year and adopted Mark Leininger. In addition, the TD Bank Foundation also provided funding, and local running specialty shops Run In and Fleet Feet provided employment to various GTC-ELITE athletes.

A large part of the program's past and future success is dependent upon other unique partnerships. Brad McKay's group at Performance Therapy has provided excellent physical therapy and Active Release Therapy and Michael Shride's chiropractic expertise at Carolina Spine and Rehab has been instrumental. Dr. Kent Kurfman's meticulous gait analysis and prescriptive recommendations, at the ATI Running Academy, complete this triangle of resources.

On the equipment side, international footwear and apparel leader ASICS has provided its excellent product that allows the athletes to train over multiple surfaces and in all types of weather conditions. Soleus running watches and Boston Bill Sunglasses have both supported the program from the initial days.

On the innovative side, during the past year, Roll Recovery assisted with its excellent recovery products and recently NormaTec has partnered with its recovery boots. And ElliptiGO's unique cycles have been extremely valuable in providing supplemental cross training that closely mimics actual running. GTC-ELITE is also sponsored by some of the members of the Bare Minimum Track Club and other very generous individual contributors in addition to the support provided by the parent Greenville Track Club. As the GTC approaches its 45th anniversary, the GTC-ELITE program has helped make the club visible throughout the USA.



GTC Running Series

Since 2006, the Greenville Track Club Running Series has allowed GTC members to accumulate points within their standard five-year age/gender group from racing events currently conducted by the club (determined by your age for the first RS race you enter this year). You will remain in this age group for the year.

Top 8 events count towards your total. We hope this will provide an opportunity for members to increase fellowship and fun, and improve member turnout at our races. (One more reason to join the GTC today!)

The GTC counts your points automatically - you don't have to do anything special other than be a GTC member!

Rules include:

- Runners stay in the same age group they start their first race for the whole year
- Runners participating in marathons (SRF) which are part of the Running Series get 70-60-50-40-30 points
- Runners qualify for a T-shirt with 60 points
- Runners participating in HM (Greer) and 20K PMRR which are part of the Running Series get 60-50-40-30-20 points
- Runners who volunteer and can't participate in the race for this reason get 10 points (race director has to provide a list)
- Runners participating in associated races which are not designated Running Series races (SRF, PMRR, Greer) get all 10 points
- Runners participating in designated races which are part of the Running Series other than marathon and HM get 50-40-30-20-10 points

GTC Corporate Shield

The Corporate Shield program was established by the Greenville Track Club in 1979 to promote teamwork, running and walking, and competition among area companies, civic organizations, religious and educational institution employees. The schedule includes events for runners and walkers of all ability levels. Team points are earned for performance and participation (including volunteering) in four (4) categories: Open, Female, Masters (40 and older) and GrandMasters (50 and older).

Next Corporate Shield race:

The Greenville News Run Downtown 5K
Jan. 21, 2017
rundowntown5k.com

WHAT ARE YOU WAITING FOR?!

**SIGN
UP
NOW!**

GREER EARTH DAY RUN



April 1

Greer City
Park

GreerEarthDayRun.com
Registration now open!

TD BANK REEDY RIVER RUN



April 22

Downtown
Greenville

TDBankReedyRiverRun.com
Registration now open!

RED, WHITE & BLUE SHOES



July 4

Furman
University

RWBSRun.com
Registration open soon!

BY THE NUMBERS

FACTS AND FIGURES ABOUT THE GREENVILLE TRACK CLUB

1

GTC HAD TOP-RANKED FLOAT

The GTC's float for The Santa Run won top float at Greenville's Poinsettia Christmas Parade! Congrats to race director and master float builder (and sometime Elvis impersonator) Ed Hughes!



45

THE GTC TURNS 45 THIS YEAR

Founded in 1972, the Greenville Track Club is the second-oldest track club in South Carolina. The GTC will celebrate its 45th anniversary in 2017.

1,000

LIKES ON THE GTC FACEBOOK PAGE

In less than a year, the GTC has garnered more than a thousand likes on its official Facebook page.

3



LIFE MEMBER AWARDS

Mickey McCauley, Al Rampey and Dennis Zeiger were named Life Members at the January monthly GTC meeting.

16

MEMBERS OF THE GTC HALL OF FAME

Starting with a six-member class in 2012, the GTC Hall of Fame, which inducts new members biennially, now boasts 16 members, including seven in 2016.