



Greenville Track Club

President Beth Grumbles
Vice President Laurens Flanagan
Treasurer Sandi Hardaway
Secretary Mark Sejman
Administrator Kerrie Sijon



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QUARTERLY NEWSLETTER • OCTOBER 2017

Paris Mountain Road Race to serve as RRCA championship

The Paris Mountain Road Race Fueled by Jersey Mike's on Nov. 18 features something for everyone with a 5K, a 10K and a 20K.

With over 2,500 vertical feet of elevation gain, 89 curves, and some hills at 15-percent grade, the Paris Mountain Road Race 20K lives up to its billing as the TOUGHEST RACE IN THE SOUTH.

The race starts at Furman, ascends the north side of Paris Mountain, descends on the south side, and uses the hilly back roads at the base of the mountain to return to Furman. The 2017 edition of the race will serve as the Road Runners Club of America South Carolina 20K Championship and will see \$1,700 in prize money awarded. Race and registration information can be found at parismountainroadrace.com.



Spinx Run Fest returns with new marathon

The Spinx Run Fest returns to downtown Greenville and Fluor Field on Saturday, Oct. 28.

The Half Marathon and 10K courses are essentially the same as last year, guaranteeing lots of fan support and enthusiasm.

The Big Punkin 5K has a new course incorporating the new bridge at the Cancer Survivors Park. The big news has to do with the marathon! The Swamp Rabbit Marathon (formerly the Carolina Marathon) is a new point-to-point race from Furman to Fluor Field. The finishing stretch of the net downhill course incorporates the entire northern section of the SRT from Travelers Rest to downtown Greenville, which prompted us to rename it.

Marathon finishers get more bling than we have ever handed out and special perks including a post race VIP refreshment zone and beer garden sponsored by Michelob ULTRA. Don't miss Greenville's Fall Running Festival and the city's biggest day of racing!

Visit spinxrunfest.com for more information.



PARIS MOUNTAIN TRAILS 16K SET FOR NOV. 4!

Upcoming events

Wednesdays (recurring)

GTC weekly track workout • 6 p.m.
Location: Greenville High School track

Oct. 28, Saturday

Spinx Run Fest Races. Marathon, Marathon Relay, Half Marathon, 10K, 5K & Kids run
Location: Fluor Field, Greenville
Info: spinxrunfest.com

Nov. 1, Wednesday

Registration Opens for 41st Annual TD Bank Reedy River Run (scheduled for April 21, 2018)
Note: the 10K sold out in 2017 and will add a multiple wave start in 2018.

Nov. 4, Saturday

Paris Mountain Trail Run 16K
Info: www.itsabouttime.run

Nov. 6, Monday

GTC Monthly Club Meeting • 6:30 p.m. Social; 7 p.m. Program
Location: Chuy's Tex-Mex, 1034 Woodruff Rd.

Nov. 16, Thursday

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

Nov. 18, Saturday

Paris Mountain Road Races. 20K, 10K & 5K
Info: parismountainroadrace.com

Dec. 2, Saturday

Greenville Poinsettia Christmas Parade

Dec. 3, Sunday

GTC Holiday Drop-In • 2-5 p.m.
Location: GTC Office, 1619 E. North St.

Dec. 16, Saturday

The Santa Run. 5K
Info: greenvillesantarun.com

2018

January 20, 2018

Greenville News Run Downtown. 5K
Info: http://rundowntown5k.com

April 21, Saturday

41st Annual TD Bank Reedy River Run. 10K, 5K & Youth Run
Registration opens Nov. 1, 2017, at www.tdbankreedyriverrun.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 Coordinator Ron Chappell
Equipment Coordinator Mark Sejman
Membership Coordinator Mark Sejman
Running Series Director Vince Herran
Volunteers Coordinator Beth Grumbles
At Large Director 1 Jane Godwin
At Large Director 2 Phil Perry
At Large Director 3 Gene Ruck
At Large Director 4 Dane Pierce
At Large Director 5 Mike Burchette
At Large Director 6 James Horne
At Large Director 7 Dane A. Simmons
At Large Director 8 John Hatfield
All Comers Track Meet Director TBD
Corporate Shield Director Sarah Schoonover
Green Valley Road Race Director John D. Lehman
Greer Earth Day Run Race Director Ed L. Hughes
Paris Mountain Road Race Director Laurens Flanagan
Paris Mountain Trail Run Race Director John D. Lehman
Red White & Blue Shoes 5k Race Director Mickey McCauley
TD Bank Reedy River Race Director Mike Caldwell
Run Downtown Race Director TBD
SC Masters & Open Meet Director Jim Roberts
Spinx Run Fest Race Director Ed L. Hughes
Sunrise Run Race Director John D. Lehman
Santa Run Race Director Ed L. Hughes
USA Track & Field Rep (Non-Voting) Mickey McCauley
Webmaster Mike Caldwell
Race Operations Ed L. Hughes
Add Event to Event Calendar Mark 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
Freedom Flyer
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 GTC Running Series (performance point-based scoring system).

Corporate Shield events.

Summer Track Meet Series (June and July).

ASICS GTC-ELITE

GTC-ELITE.ORG

Oct. 23

• ASICS Greenville Track Club-ELITE's Tyler Morse won the Great GO! St. Louis Halloween 10K on a wet and windy Sunday morning. The former Illinois State University runner traveled to the Missouri city to test his fitness and ran 31:11 for the victory. After passing 5K in 15:15 he pulled away from his closest competition to earn \$750 for his efforts.

Oct. 12

• ASICS Greenville Track Club-ELITE athletes lead the South Carolina Road Race Rankings, which include performances through Oct. 7, 2017.

Austin Steagall continues to be ranked first among overall men. His former teammate Ryan Root, who recently moved to Tulsa, Oklahoma, in August, is still ranked second. Former ASICS GTC-ELITE runners Adam Freudenthal, Ricky Flynn and Mark Leininger are now ranked third, fourth and eighth, respectively. Leininger moved back to New Jersey in July after two successful years in the Greenville post-collegiate, Olympic development program. The team's Frank DeVar made his first appearance in the state road race rankings, in 10th position.

The overall women's rankings are headed by ASICS GTC-ELITE teammates Kimberly Ruck and Alison Parris.

For a runner to be included in the rankings they must have run at least two S.C. races on certified courses in the past year with one being the last six months. Times are used to judge performances with course difficulty taken into consideration. Head-to-head match-ups are also considered. The most emphasis is placed on races in the past six months.

Oct. 9

• Kimberly Ruck returned to Boston for her fourth appearance in the Tuft's Health Plan Women's 10K on Monday. With less than optimal conditions, she toed the line in the 41st edition of one of the nation's largest women's 10K road races. The typical October weather

er brought a temperature of 74 degrees and 92% humidity for the noon time start near the Boston Commons. Despite the conditions, which resulted in the slowest winning time in years, Ruck ran 36:04 to place 11th overall and as the tenth American. Although the time was far off what her fitness warranted, the 11th place was her best finish in this event.

Oct. 6

• ASICS Greenville Track Club-ELITE is proud to announce the addition of Craig Bailey to our Board of Directors.

"We are very happy to have someone with Craig's varied leadership experiences join our board," stated GTC-ELITE president Bill Keesling. "He loves running and is an active member in the Greenville Track Club. Craig has provided mentorship for one of our athletes since 2015, which has greatly assisted us in reaching an integral part of our mission."

A business leader, Bailey is the Managing Broker for JOY Real Estate, where he is responsible for the Residential Sales Force, the Property Management Division, the New Homes Division, the Commercial Division, the JOY Elite Division, the Expansion Team, and the administrative staff.

Sept. 16

• Kimberly Ruck placed sixth in the 40th edition of the Great Cow Harbor 10K in Northport, NY on a very humid and muggy Saturday morning. Starting under cloudy skies with 97% humidity and 70-degree temperatures, Ruck passed the first 5K on the very hilly course in 17:54. That segment included the infamous James Street hill. She finished with a final time of 35:38 to earn \$600 in prize money.

It was Ruck's fourth top ten, and best, finish in her four visits to Long Island's popular race, which attracted over 5,500 runners this year. She first ran here in 2013, placing 10th with a time of 35:45. In 2014 she placed 8th in 35:34. After missing the 2015 event, she



Will Brewster



Frank DeVar



Kate Dodds



Tyler Morse



Alison Parris



Kimberly Ruck



Austin Steagall



Carolyn Watson

returned in 2016 to place tenth in 35:37.

In the men's competition, ASICS GTC-ELITE's Tyler Morse placed 13th with a time of 31:15. Tyler was in 19th place when he passed the 5K marker in 15:37.6 and then ran the final 5K in another 15:37. It was the first post-collegiate 10K for the former Illinois State University runner.

His teammate, Austin Steagall, had a tough day as he placed 20th with a time of 32:46, after placing 9th in 2016.

Aug. 19

• Austin Steagall won his second consecutive Edouard Michelin Memorial 5K with a time of 15:03 over the out-and-back route with rolling hills. Following the "race plan" he ran with teammate Tyler Morse for the first two miles, before increasing the pace for the final kilometer. Morse easily placed second with a time of 15:22. Alison Parris won the women's title for the third time in four years as she clocked 18:18. It was the fifth consecutive year that both the men's and women's titles were won by ASICS GTC-ELITE athletes. The event was conducted at the Michelin Conference Center.

Meanwhile, up I-85 in Charlotte, NC, Kimberly Ruck was not only the women's leader, but the overall winner of the Orthocarolina 5K with a time of 17:19.

July 29

• Ryan Root has accepted a coaching position at the University of Tulsa and

will be leaving ASICS Greenville Track Club-ELITE. The graduate of North Central College in Illinois previously was a volunteer assistant coach at the University of Illinois before joining ASICS GTC-ELITE in July 2016.

July 8

• Austin Steagall returned to his hometown of Gaffney, South Carolina, and won the Peach Festival 5K for the fifth consecutive year.

Steagall ran 15:00 to win easily. The 4:50 per mile pace was well off his course record of 14:37, but a good "fun" effort. It was his sixth victory on the roads and track during 2017.

July 4

• Kimberly Ruck began the national holiday with a quick trip around the 5-kilometer course on the beautiful Furman University campus to win the women's title in the 7th annual Red, White and Blue Shoes road race. Her time of 16:29 shattered the previous record of 16:58, set by Asheville's Kate Schwartz in 2016. Ruck's time is the fastest women's road 5K time for 2017 in South Carolina.

Alison Parris traveled to Kernersville, North Carolina, for the holiday and competed in the 22nd annual Rotary Club of Kernersville's 4th of July 5K race. Parris placed 5th among a quality field of women runners with a time of 17:23 and earned \$100 for her efforts.



Kimberly Ruck finishing Great Cow Harbor 10K.

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.

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 Freedom Flyer is the newest addition to the Running Series.

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 qualify for a T-shirt with 60 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 designated races which are part of the Running Series other than marathon and HM get 50-40-30-20-10 points

- Runners participating in marathons (SRF) which are part of the Running Series get 70-60-50-40-30 points

- Runners participating in HM and 20K PMRR which are part of the Running Series get 60-50-40-30-20 points

- Runners participating in associated races which are not designated Running Series races (SRF, PMRR, Greer) get all 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).

Corporate Shield races:

Jan. 21: The Greenville News Run Downtown 5K
 March 25: Milliken Earth Run 5K
 May 5: GHS Swamp Rabbit 5K
 June 10: Sunrise Run 8K

July 4: Red, White & Blue Shoes 5K
 Aug. 19: Edouard Michelin 5K Memorial Race
 Sept. 15: BMW Performance Classic 2 mile
 Oct. 14: GE Cross-Country Race

WHAT ARE YOU WAITING FOR?!

SIGN UP NOW!

SPINX RUN FEST

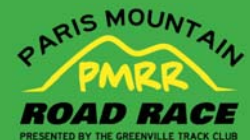


Oct. 28

All races finish at Fluor Field

SpinxRunFest.com

PARIS MOUNTAIN ROAD RACE
 FUELED BY JERSEY MIKE'S



Nov. 18

Starts and finishes on
 Furman campus

ParisMountainRoadRace.com

THE SANTA RUN



Dec. 16

Bon Secours
 Wellness
 Arena

GreenvilleSantaRun.com
 Registration now open!