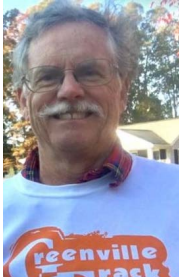


# GTC NEWSLETTER

*“Running turns any open place into my chapel. The hour I spend each day as an ascetic, short of water and feeling the slight discomfort of genuine effort, provides me with the strength to know that I can live with less than the world would have me believe.”*

Dean Ottati, *The Runner and the Path*, quoted on page 208, *The Quotable Runner*, Mark Will Weber, Breakaway Books, 2001

## PRESIDENT’S LETTER



By Jim Roberts, GTC President

Fellow Greenville Track Club Members:

There’s been a lot of activity within the club since the last newsletter: 3 club monthly meetings, GTC Green Valley Road Race, the 5K Milliken Earth Run (Corporate Shield), United Community Bank Reedy River Run 10K & 5K and seventeen GTC Wednesday Workouts at Greenville High School.

May, June and July will be full of GTC events.

The GTC is always looking for volunteers so please consider it. You can do this in a couple of ways by going to <https://greenvilletrackclub.com/board-of-directors.html> and contacting race directors directly or you can go to the specific Run Signup race website and selecting “Volunteer” in the race menu (either along top or on left) or you can scroll to the bottom of the race page and select “Volunteer”.

The club is in particularly in need of race directors and program directors – especially GTC Corporate Shield.

### Looking Ahead

July 20-23 USATF Masters Outdoor Track & Field Championships will be held in Greensboro, NC. <https://www.usatf.org/events/2023/2023-usatf-masters-outdoor-championships>

Participants must be USATFSC members. If you’re not already a member, you can join by going to <https://www.usatfsc.org/>. Please make sure to designate the Greenville Track Club as your club. Otherwise, any points you might earn would not count for the GTC team. If you represent the GTC at this national meet, you will be compensated a nominal amount to help offset your costs.

Visit us at <https://greenvilletrackclub.com> to see all of our ongoing events. We are looking forward to seeing you out there.

## CONGRATULATIONS, LEE!

Lee Cook Won 1st Place in Boston Marathon 75-79 Age Group

Our member Lee Cook, running only his third marathon, placed first in the 75-79 age group of 49 runners at this year’s Boston Marathon. His time was 03:55:55, with a half time of 01:52:09 and a finish gun time of 04:00:13. Lee’s place overall was 18,545 out of approximately 30,000 entrants.



## 2023 GTC RACES

### MAY

- ZF Get in Gear 5K\* – May 13
- Paris Mountain Trial Run 12K – May 27
- Freedom Flyer 2M\*\* – May 29

### JUNE

- GTC All Comers Meets – June 6-25
- Sunrise Run 8K\* \*\* – June 10
- GTC SC Open & Masters Track & Field Classic – June 24

### JULY

- Red, White & Blue Shoes 5K\* \*\* – July 4
- GTC All Comers Meets – July 11-25

### AUGUST

- Paris Mountain Trail Run 7K – August 12
- Edouard Michelin Memorial 5K\* \*\* – August 19

### SEPTEMBER

- BMW Performance Classic 2M\* – September 15

### OCTOBER

- GE Cross-Country 6K\* – TBD
- Sphinx Run Fest – October 28

### NOVEMBER

- Paris Mountain Trail Run 16K – November 4
- Zoom Through the Zoo\* – November 18

### DECEMBER

- Paris Mountain Road Races – December 2
- Santa Run 5K\*\* – December 16

\*Corporate Shield Race

\*\* GTC Running Series

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- GTC SC OPEN MASTERS & TRACK & FIELD CLASSIC
- SPLITS: HONESTY



# GTC MEMBERS MEETINGS: SPEAKER RECAPS

By Harry Stathakis

Each first Monday of the month, the Greenville Track Club hosts monthly meetings at World Piece Pizza at 6 pm. It is a time full of camaraderie, fellowship, food, and a great speaker. The GTC encourages you to come out and join our community and get to know the club. The meetings this year have featured the following speakers:

## JANUARY

Coach Kevin Eagle of Anderson University Men's and Women's XC and T+F joined the club to discuss the ins and outs of the program. On the heels of an historic season for both the men's and women's cross country programs, Coach Eagle detailed the multi-year approach to building a competitive team. Everything from recruiting to training to injury prevention was covered. The club enjoyed having the NCAA Southeast Region Coach of the Year for the 2022 cross country season join us to provide stories and insight into what it's like overseeing a collegiate program.

## FEBRUARY

February was our annual awards banquet hosted generously by John Lehman and Hampton Park Baptist Church. As always, it was a great night recognizing the accomplishments of both our Running Series award recipients and Corporate Shield champions. The Running Series awards were special wooden coasters made by fellow GTC Member and GVRP Race Director, Michael Caputo. Congratulations to all of the award recipients!

## MARCH

John Olson spoke at our March meeting, giving the club an inside look at the evolution of covering cross country and track in South Carolina. John started SCRrunners which is the go-to website for high school and collegiate cross country and track race reporting in the state. From the beginnings of the site in the early 2000s to now, John discussed how covering the sport has changed and how his website has grown over the years. A former Eastside Eagle runner and a current GTC member, John provided the club with wonderful stories about how his website has impacted the community and brings accessible coverage of the sport.

We look forward to seeing you at our next meetings. Please reach out to Harry Stathakis — that's me! — ([vicepresident@greenvilletrackclub.com](mailto:vicepresident@greenvilletrackclub.com)) with any questions on upcoming meetings.



## GTC MONDAY NIGHT MEETING SCHEDULE

Meetings take place at 6 pm at World Piece (109 W. Stone Avenue,)

- Monday May 1
- Monday June 5
- No club meeting in July
- Monday August 7

# FREEDOM FLYER 2M: MAY 29

By Chuck Baker, Race Director

On the morning of Monday, 29 May, 2023, we will again run the Freedom Flyer 2 Miler. Start time will be at 8:30AM. The time of this race is early so that all runners, walkers, people pushing strollers, dog walkers, and all others can get some exercise early in the day and then enjoy this day that celebrates those that have died for our freedom.

November 11th [also] celebrates all those veterans that have served in the Armed Forces. Memorial Day began as a way to honor those who died in our country's Civil War, and has become a day to honor all American veterans who gave their lives in sacrifice for our nation. Memorial Day was originally called Decoration Day. The US lost over 620,000 military deaths in the Civil War, which was two percent of the entire population of the US at that time. To put that in perspective, If we lost two percent of our population in 2023, that would be 6.6 million citizens.

We now celebrate not only those in the service of our country but we also honor those that are police officers, First Responders, and firemen this day. That is the reason why veterans, police officers, First Responders, and firemen are permitted to run this race for free.

I had a student in grade school once tell me that he didn't want to be in the military because "they kill people". Those who were and are members of our country's military service are likely to view their service in another way. The military is here to protect our nation against all enemies both foreign and domestic. That's the oath that all military members take upon entering the Armed Forces. We don't take that oath lightly. Can you imagine this country without the military to protect its citizens?

Come out and honor those that have died in service to this wonderful country. They gave the ultimate sacrifice. They died for their brothers and sisters so that others will live. As we have heard many times before, freedom is not free.



# 44TH ANNUAL SUNRISE RUN 8K: JUNE 10

By Tim Stewart, Race Director

On June 10, GTC will continue the long-standing tradition of greeting the sunrise by running through the streets of downtown Simpsonville. I am honored to be taking over as race director for this race from John Lehman, who has done a fantastic job for 20+ years. I am very familiar with the course, though, having run it many times going back to the early 1980's.

SRR traditionally draws many of the top local runners, as it is one of the few certified 8 km courses during the summer and is a tune-up race for the Peachtree Road Race in Atlanta and other large regional races.

The best part of SRR (other than the fellowship and competition of a bunch of your fellow runners) is that it beats the June heat by running in the coolest part of the day. I have always enjoyed running in the early morning, watching God's creation come to life with the sunrise. SRR offers a great chance to get your daily run in early on a fast course, and have the rest of the day free for whatever needs to be done.

I have many fond memories of SRR, even before it was sponsored by GTC. The 1983 race was particularly memorable, as the legendary Dave Geer of Clemson went under 24 minutes. To my knowledge, this is the fastest known time (FKT) for this race. If anyone knows the exact course records for men and women at SRR, please let me know.

I hope to see you all out there in the early morning of June 10. If you're not running, please consider volunteering or just cheering the runners on!

# MEET A MEMBER: HARRY STATHAKIS



**B: You've got a very interesting background. You're a graduate of USC and you moved up to the "enemy's camp" (Clemson) up here in the Upstate.**

That's correct. I grew up in Spartanburg and I guess I've been used to being surrounded by Tiger fans so it's nothing different here, but there are quite a lot of Carolina fans in Greenville.

**B: You graduated from the University of South Carolina. One activity comes to mind relating to the annual football game between the two schools.**

Yes, It's called the Game Ball Run, and it started as a tradition between the Sigma Nu fraternities at South Carolina and Clemson. Before the rivalry game, the away team's fraternity will run the ball from the stadium to a midway point, typically in Greenwood. There, they will hand off the game ball to the other fraternity who runs it to their stadium. Each fraternity chooses a nonprofit to donate to for the event. It has been a great tradition over the years.

**B: I would say that's a bit of running.**

Yes, everybody takes turns but it is quite a bit of running.

**B: You are currently working for Wells Fargo.**

Yes, I'm a commercial banker for Wells Fargo. I graduated in 2020 in the midst of COVID. For the first few years, my career was working from home. I loved working from home while I had to, but now that we're fully back in the office and in person, it's been even better. I've certainly enjoyed working at Wells Fargo.

**B: That's quite a transition after the pandemic, going from home back to the office.**

It is but I was ready for it. I like being around people. It was nice at home for the first few months, but then I started missing other people working physically nearby. I like to talk to people, so coming back to the office environment was a welcome transition.

**B: Your name appeared on a list of the top 5,000 meter runners at James Byrnes high school. You are number eight on that list, if I'm not mistaken.**

I'm not sure that I am quite that high on that list as we have had some great runners come through Byrnes, especially since I graduated. However, I did enjoy my time there and the team successes we had.

**B: What has kept you running since then?**

I would say there are two reasons. The first one is to maintain a healthy lifestyle. It's something that whether it's physical health or mental health, running has always been a constant for me. I've loved the clarity you get after a great run, and how your body feels afterward. Aside from fostering physical and mental health, the other reason is the "community" aspect of running. We have a great running community here in Greenville, augmented by the Greenville Track Club. They make the health aspect and the running community go hand in hand.

*Remember, anybody can be a runner. It doesn't matter how fast or how long you go. It's all about putting one foot in front of the other. And at the end of the day you are part of a wonderful community that's going to support you no matter what.*

**B: Is there a person in your running past that has been a memorable influence on you, or left you with approaches that you use today?**

I would say the first person who really opened my eyes is my assistant cross country coach in high school, Tim Thigpen. I always understood what running was. But competition and racing are just different from running. He put a big emphasis on competing and putting your best foot forward every race. He taught us how to give your all each and every race. He also taught us how to take care of our body correctly during our time as a high school athlete. You can imagine our teenage diet might not be the best. He taught us how to fuel our body properly with the right nutrients, and how to get the correct amount of rest. That opened my mind to the overall care of your body especially as a runner. How well you take care of your body determines how well you run and how well you recover.

Another person who was memorable was someone two years older than me, Connor Kinzie, the captain of our high school cross country team. He taught me the "team" aspect of the sport. Connor taught us how to rally around as a team to battle through whatever adversity we had. We ended up qualifying for state, and got top 10 at

the state meet! He was just a wonderful, wonderful leader. So he really taught me a lot about competing, but mainly leading, and the team aspect of the sport.

**B: How is your own running coming these days? Have you had the time to do any racing?**

It's been coming along great. I am running my first marathon in March and I am very excited. I will turn 25 the day after the race, so I thought it'd be a good way to start the 25th birthday. For the past couple years I have talked about doing a marathon, so finally I decided to go ahead, sign up for it, and complete it especially on the eve of a milestone birthday. So that's been my main focus over the past few months - just preparing for the marathon. I also ran the Green Valley Road Race as that's always been one of my favorite races that GTC puts on. The other race I did was the Spinx half marathon last year.

**B: How did you prepare for that marathon?**

I have taken some advice from different people, but mainly I try to make sure my body is healthy. I get in about five to six runs a week if I can while typically bumping up my long runs by two additional miles each week. I've added a little bit of speed here and there. But because this is my first time experiencing that distance, I really just want to make sure my body is healthy. Each week's training is a little different, but the main consistency is listening to how I'm feeling and making sure I complete those long runs.

**B: Have there been running events that remain memorable for you?**

I'll say in general the Spinx Run Fest is probably my favorite each year. It's a great course and very challenging. A lot of people show up [for those events] and it's a wonderful way to see where you are, fitness wise. That was actually my first introduction to the Greenville Track Club. My first Spinx was in 2021 during COVID and Spinx was run on your own time during certain weekends in October. You just signed up and ran your race on the course but were still officially timed. That was my first half marathon, actually. I had not really prepared correctly but I finished in about an hour and 45 minutes. That was also the same day that a hurricane was coming through! So, it was very tough

## MEET A MEMBER: HARRY STATHAKIS (CONTINUED)

and challenging, but I felt I had accomplished something regardless. There were a lot of members of the track club there that I hadn't even met yet that were cheering me on. Each year since then I've run the Spinx Half. I feel I've gotten stronger and better and learned how to run a Half, so it's been a memorable event that I love to come back to each year.

**B: When you say you found how to run a Half, can you explain what that means to you?**

Yes. Before that I had not really raced anything longer than a 10k. I didn't understand the mindset needed for running the Half. I learned to "level" my energy across the whole race. Training is a part of that too. I didn't really train properly. I didn't get the long runs like I needed in the months leading up to the actual race. That first Half, I think I just was winging it. I got in a couple of long runs here and there, but when it came to actually racing it, I didn't realize how to conserve that energy and ensure that I had a level perceived effort for the entire 13.1 miles.

**B: You had mentioned earlier that your high school team set a school record for the four by eight relay race, and you were part of that record. Is that correct?**

We did set a record for the four by eight. That record has been broken since then, but that was a big deal for us at the time.

**B: As a runner now, what kind of advice would you give to another runner to keep themselves injury free, or to make running more enjoyable for them at any age ?**

One, listen to your body. Make sure that you're staying healthy and not pushing past those pain points that will harm you in the long run. Number two — Remember, anybody can be a runner. It doesn't matter how fast or how

long you go. It's all about putting one foot in front of the other. And at the end of the day you are part of a wonderful community that's going to support you no matter what.

**B: When you're preparing for a run, do you warm up beforehand?**

I definitely warm up, and most of that consists of a mile warm up run at a slow pace. After that I'll do some dynamic stretching, and then I'll just continue to stay loose prior to the gun. Typically I start warming up about 40 minutes before the race starts.

**B: Do you have any routine for cooling down after the race?**

I'll do another half mile to a mile after the race, depending on the length of the race and how I'm feeling. I always have my foam roller. Last, I get a big glass of chocolate milk. So that's my recovery.

**B: How do you as a runner manage your breathing under a variety of running circumstances?**

It definitely depends on the level of exertion. But that's one area of focus I think is essential during any run. Your breathing determines how your body reacts. I always try to take deep breaths, and make sure that I'm on a level pace and not breathing too heavily. If I realize that my breathing is getting pretty rapid and heavy, that's when I know I'm using a high level of my energy and should level it out for the rest of the race.

Make sure that you are taking even, deep breaths. Our cross country coach Tim Thigpen always talked about making sure you're bringing that oxygen into your lungs while trying to even out your breathing.

**B: At any point running a race, how do you know when you are running as fast as you can?**

For me, it's when my legs literally become like jello, and I feel like I can't put them forward anymore. I've had an experience where I literally felt like I could not exert any more energy than I had up to then. That's more on a physical level, but for me, the limiting factor has always been my legs. I felt it in my quads: no matter what I did, I felt like I couldn't turn my legs over any more quickly than I wanted. When I experienced that during a race, it was not fun.

**B: What do you do after that happens?**

At that point it's a mind game. I think we all have that little voice in the back of our head saying Stop, stop, stop. At that point it's just being stronger and saying No! — we're finishing this to the end. It's having that mental strength and pushing through and tricking the brain into continuing when you want to stop.

**B: You've just been elected GTC's Vice President. How's that going for you?**

I've enjoyed it. It's been great getting to meet so many different people after joining the club. I've met even more people being in this position. I've really enjoyed seeing the inner workings of the organization, and getting to know some of the different volunteers and race directors. It's given me a new perspective on the club and a greater appreciation for all the behind the scenes work done by those people.

The first couple months it's been a learning curve, but so far I feel comfortable with the job and I'm enjoying it.

**I enjoy this conversation immensely. Harry, thank you for your time.**

*Transcribed by <https://otter.ai>*



## ZF GET IT IN GEAR 5K: MAY 13

By Todd Edwards

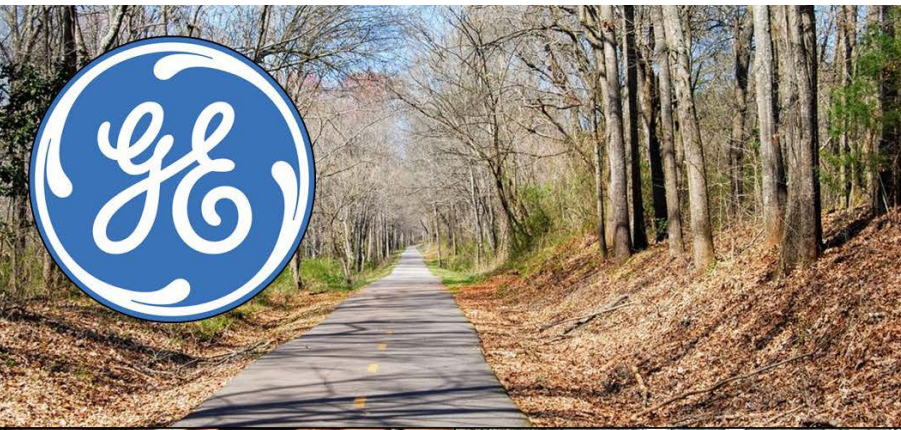
The Greenville Track Club's "Corporate Shield" grand prix racing series resumes on May 13th after a two-month reprieve, with the 3rd Annual ZF Get In Gear Road Race. Like previous editions, this event will be contested on a five-kilometer race course. Terrain will be partially road, partially off-road. Registration is now open at <https://runsignup.com/Race/SC/GrayCourt/GetInGearRoadRace>, featuring a benchmark \$10 entry fee making it affordable for the whole family.

ZF Gray Court is a state-of-the-art manufacturing facility producing transmissions for passenger and commercial vehicles. The facility is approximately 1.7 million square feet, employs nearly 3,000 associates and has the capacity to produce 1600 transmissions per day. Gray Court's customers are some of the leading brands in the automotive industry.

Enjoy perambulating along the rural roads and pathways of Laurens County, while representing your own corporate team or running the race on your own.

We look forward to seeing you there!

# CORPORATE SHIELD RUNNING



## CORPORATE SHIELD TEAM GE HIGHLIGHTS

By Emily Heardly

Philippe Giguère, who has had numerous Corporate Shield open, masters, and grandmasters wins, retired from GE at the end of 2022, ran 105 CS races for GE most of which being top 5 overall, will be sadly missed.

Haiping Wang and Manuel Cardenas have both run almost every single CS event every year. Haiping has run 82 races for GE, and Manuel has run 116. Both consistently score numerous points for our masters and grandmasters divisions.

I, Emily Heardly, used to run XC and T&F for Clemson, and started working for GE Renewables in Greenville in 2021. I became the GE run club captain in 2022 and I'm absolutely loving being involved in this community! I also compete for the GE corporate division; I ran Hood to Coast for GE in 2022 (3rd in the mixed corporate division) and Cowtown 5k/Half/Marathon in Feb 2023, where GE podiumed in all 3 events. I love how the corporate shield division and GE in particular prioritizes health and wellness and a great work-life balance. I regularly run and race with colleagues turned good running friends.



To find out more about Corporate Shield running, visit <https://www.greenvilletrackclub.com/corporate-shield.html>.

# CORPORATE SHIELD RUNNING: MILLIKEN EARTH DAY 5K RESULTS

Courtesy of Patrick Petri, Milliken

| Place | Team          | Points | Score | Rank | Bib  | Name                | Time     | M/F | AGE | Late Change | Points |
|-------|---------------|--------|-------|------|------|---------------------|----------|-----|-----|-------------|--------|
| 1     | ZF #1         | 15     | 31    | 4    | 2641 | Bryan Ogg           | 00:19:51 | M   | 42  |             | 3.75   |
|       |               |        |       | 8    | 2435 | Todd Edwards        | 00:21:08 | M   | 48  | 3.75        |        |
|       |               |        |       | 9    | 2434 | Logan Edwards       | 00:21:21 | M   | 12  | 3.75        |        |
|       |               |        |       | 10   | 2645 | Rodrigo Rodriguez   | 00:21:35 | M   | 28  | 3.75        |        |
| 2     | Michelin #1   | 14     | 44    | 2    | 1818 | Nate Herda          | 00:19:33 | M   | 33  |             | 3.50   |
|       |               |        |       | 5    | 1841 | Bob Seedlock        | 00:20:06 | M   | 55  | 3.50        |        |
|       |               |        |       | 12   | 1806 | Onix Brugueras-Leon | 00:21:46 | M   | 33  | 3.50        |        |
|       |               |        |       | 25   | 1830 | Stephen Mills       | 00:23:29 | M   | 67  | 3.50        |        |
| 3     | Milliken #1   | 13     | 54    | 3    | 1914 | Luke Kochanowicz    | 00:19:40 | M   | 18  |             | 3.25   |
|       |               |        |       | 15   | 1867 | David Caro          | 00:22:02 | M   | 29  | 3.25        |        |
|       |               |        |       | 16   | 1963 | Beth Trenor         | 00:22:13 | F   | 38  | 3.25        |        |
|       |               |        |       | 20   | 1957 | George Sykes        | 00:22:54 | M   | 66  | 3.25        |        |
| 4     | BMW #1        | 12     | 62    | 11   | 488  | Wolfgang Dieminger  | 00:21:44 | M   | 53  |             | 3.00   |
|       |               |        |       | 14   | 1739 | Markus Wimmer       | 00:22:00 | M   | 58  | 3.00        |        |
|       |               |        |       | 18   | 1732 | Paul Sebastian      | 00:22:50 | M   | 27  | 3.00        |        |
|       |               |        |       | 19   | 1736 | Amadou Sow          | 00:22:51 | M   | 21  | 3.00        |        |
| 5     | ScanSource #1 | 11     | 93    | 7    | 2405 | Hunter Hughes       | 00:21:00 | M   | 30  |             | 2.75   |
|       |               |        |       | 17   | 1993 | Michael Buff        | 00:22:23 | M   | 46  | 2.75        |        |
|       |               |        |       | 24   | 2403 | Liz Holcomb         | 00:23:27 | F   | 27  | 2.75        |        |
|       |               |        |       | 45   | 2401 | Scott Demuth        | 00:24:55 | M   | 49  | 2.75        |        |

| TEAM          | YTD | Open | Female | Masters | GrandMasters | Volunteers | Total |
|---------------|-----|------|--------|---------|--------------|------------|-------|
| Milliken      | 391 | 105  | 83     | 63      | 49           | 7          | 307   |
| Michelin      | 341 | 59   | 35     | 50      | 42           |            | 186   |
| BMW           | 318 | 56   | 28     | 42      | 38           |            | 164   |
| ZF            | 248 | 49   | 20     | 26      | 4            |            | 99    |
| ScanSource    | 173 | 27   | 16     | 15      | 5            |            | 63    |
| GE            | 105 | 15   | 6      | 7       | 12           |            | 40    |
| Prisma Health | 57  | 1    | 1      | 1       | 1            |            | 4     |
| Furman        | 31  | 1    |        | 1       | 1            |            | 3     |
| Fluor         | 27  | 3    | 1      | 3       | 3            |            | 10    |
| Sealed Air    | 8   | 1    |        | 1       | 1            |            | 3     |

## DIVISION 1

## DIVISION 2



| TEAM                      | YTD | Open | Female | Masters | GrandM... | Total |
|---------------------------|-----|------|--------|---------|-----------|-------|
| JTEKT North America       | 166 | 29   | 20     | 18      | 19        | 86    |
| TTI                       | 142 | 16   |        | 15      | 12        | 43    |
| Rieter                    | 110 | 14   | 7      | 21      | 23        | 65    |
| Kemet                     | 103 | 16   | 13     | 6       | 6         | 41    |
| Century 3                 | 99  | 14   | 8      | 11      | 13        | 46    |
| Joy Real Estate           | 71  | 8    | 19     | 9       | 11        | 47    |
| Bausch & Lomb             | 69  | 7    |        | 13      | 8         | 28    |
| Multi-Pack Solutions      | 62  | 10   | 7      | 10      | 10        | 37    |
| PL Developments           | 28  | 6    | 10     | 8       | 1         | 25    |
| Day & Zimmermann          | 26  | 1    | 6      |         |           | 7     |
| BMSVision                 | 22  | 2    |        | 5       | 7         | 14    |
| Bosch                     | 11  |      |        |         |           |       |
| Dority & Manning          | 9   |      |        |         |           |       |
| SynTerra                  | 9   | 1    | 8      |         |           | 9     |
| Global Lending Services   | 7   |      |        |         |           |       |
| Office of Rep. Trey Gowdy | 7   | 1    |        | 1       | 5         | 7     |
| Elliott Davis             | 6   |      |        |         |           |       |
| Site Design               | 6   |      |        |         |           |       |
| AFL                       | 4   | 2    |        |         |           | 2     |

# GTC 2023 RUNNING SERIES

Sponsored by Incite Consulting Group

## HIGHLIGHTS FROM UNITED COMMUNITY BANK REEDY RIVER RUN

Despite wet conditions, total turnout for both events was more than 20% higher than last year. Unfortunately for your Running Series director, middle-aged men apparently love running in the rain.

- The Male 45-49 and 50-54 age groups each had 17 GTC members finishing the 10K, and the 40-somethings averaged a full 2 minutes faster than last year at (50:27).

### IN GENERAL, TIMES WERE SLOWER THIS YEAR:

- The average male finished in 34:32 (1:47 slower) and 56:43 (0:12 slower) than last year in the 5K & 10K respectively, and
- The average female finished in 39:37 (0:16 slower) and 1:07:57 (2:51 slower) than last year.

### BUT SOME RUNNERS WERE FASTER:

- Bonnie Milks (F60-64) ran 2:31 faster than last year in the 5K!
- Brian Potter ran 3:34 faster than last year in the 10K to become award eligible in the M55-59 pointgroup
- Doug Stout (M50-54) and John Johnson (M75-79) cut their 10K and 5K times by 3:34 and 6:19 respectively
- Allen Pellett ran 16:38 faster (19.4%) than his '22 10K time for the biggest year-over-year improvement. Nice work, Allen!

### POINT GROUP HIGHLIGHTS:

#### Female 30-34

- Karen Guillen Cuevas took over 1st with a strong 50:05 finish in the 10K

#### Female 35-39

- Sunday Davis ran a 40:01 10K (2 seconds! ouch!!!) to re-take 1st place in the series

#### Female 40-44

- Cheryl Hicks strengthened her 1st place lead (+40) with a 50 point finish, and moved into the 100pt club

#### Female 50-54 (2 runners with 80 points, 2 with 60 points)

- Amy Austin and Lisa Rourk are neck and neck with 80 points each, but Amy holds 1st by tiebreak (Race Count)

#### Female 55-59 (32 participants so far this year)

- Helen Cox is now in 1st (and the 100pt club) after taking first overall in Female Grand Masters

#### Female 60-64

- Jane Godwin is just short of 1st place due to tie break (Race Count) thanks to her 50pt finish and volunteer work at RDT

#### Female 65-69

- Helen Reetz is back on top, and joined the 100pt club with her 50pt finish. Helen was last season's winner.

#### Female 75-79

- Joyce Rasberry won her age group UHHHGEN. She now leads all club members with 160pts

#### Female 80+

- Anne Brooks also joined the 100pt club. She finished the series in 3rd last year, but now has an 80pt lead!

#### Male 01-18

- Henry Bacon (100pts) holds on to 1st place with another 50pt finish
- Meanwhile, last year's winner Logan Edwards got on the board with his 40pt finish to put him in 3rd place



#### Male 30-34

- Jeb Maloney (120pts) retained his 1st place position with a 30pt finish, and joined the 100pt club, but
- Eric Bohac (2nd w/ 90pts) cut into Jeb's lead with a 40pt finish

#### Male 40-44

- Andy Anderson (50pts) moved into 3rd with his 20pt finish. 10 seconds slower and he'd be in 6th place!

#### Male 45-49 (34 participants so far this year)

- Dan Stoner is bringing the heat this year with 50pt finishes at RDT and now Reedy River, he becomes the first 45-59 to join the 100pt club
- Dan ran a 38:49 10K, finishing 12th for male overall (6:16 mile pace!).

#### Male 50-54

- Philippe Giguere (1st) joins the 100pt club with his 50pt finish. He ran a 35:54 (5:47 mile pace) and beat his time from last year by 41 seconds!
- Wolfgang Bieminger moved into 2nd with his 40pt finish

#### Male 55-59 (3 award eligible runners already!)

- Markus Wimmer (130pts) strengthened his 1st place lead with a 40pt finish
- Brian Potter moved into 3rd and became award eligible with his 30pt finish

#### Male 60-64

- Scott Murr's 50pt finish strengthened his lead to 70pts

#### Male 65-69 (4 award eligible runners already!)

- George Sykes (140pts) grew his lead to 70pts with his 50pt finished. George ran 40 seconds faster than last year.
- Pete Nevins moves into 2nd thanks to his 40pt finish plus volunteer points.

#### Male 70-74

- Kip Connor (90pts) leapfrogged into 1st with his 50pt finish. Kip shaved 19 seconds from last year's time

#### Male 75-79

- Michael Kasha took over 1st and became award eligible with his 40pt finish
- James Horne moved into 2nd by tiebreak (Distance) with his 50pt finish in the 10K

#### Male 80-99

- George Luke tookover 1st place and became award eligible

Remember your GTC Membership must be current the day of the race to accumulate points. See the full list of rules at <http://greenvilletrackclub.com/running-series>.



# GTC-ELITE RUNNING TEAM

By Mike Caldwell with Laura Caldwell, GTC-Elite Program (Interview published previously on 4/19/2020 on Mike's Elite Blog site, <https://www.gtc-elite.org>, with editing by Bill Blask); Photos credit Mike's Elite Blog site: <https://www.gtc-elite.org>.

Laura passed on September 20 due to complications from a brain aneurysm. She was an active member of the Greenville Track Club since 2010 and also one of the coaches for our ASICS GTC-ELITE program.

## ACHIEVEMENTS

To date the Elite Running Team has developed:

- 4 Qualifiers for 2016 USA Olympic Trials Marathon
- 3 Qualifiers for 2020 USA Olympic Trails Marathon
- 1 Qualifier & Participant for 2019 Pan American Games Marathon
- 1 Qualifier/Participant for 2021 Olympic Track & Field Trials 3000m Steeplechase
- 2020 South Carolina Long Distance Runner of the Year
- 7 South Carolina State Road Records: 4 in 2020 & 3 in 2021
- Men's and Women's Top South Carolina Road Performances in 2020
- 3 RRCA South Carolina State 10K champions (2 x 2017 & 1 x 2021)

### Q: What was the origin of GTC-ELITE?

Mike Caldwell (MC): When Laura and I relocated to Greenville from Portland, OR, we coached at Furman University for a few years. We learned that there were a some collegiate athletes who had the talent and desire to continue pursuing their running dreams following graduation. However, there were very few options for them to do so: they had to be employed full time and running more as a hobby. At that time ZAP Fitness up in Blowing Rock, NC, was the only post-collegiate Olympic-development program in the Southeast. However, they had very stringent qualifying times and only spots for about ten athletes.

We remembered that the Greenville Track Club had been a force in road racing in the late 1970s and through the '80s. They had runners such as the Daves brothers (Branch, Geer, & Cushman), to name just a few of their top performers, and Masters standouts such as Art Williams and Adrian Craven. Runners in the GTC singlets were always near the front of the pack in major events in Atlanta, Mobile, AL, Charleston, SC, Charlotte, NC etc. Their efforts were an integral part of the evolution of the GTC.

Together with my former college coach and the founder of the GTC, Bill Keesling, we decided to develop a resource and environment for qualifying post-collegians in conjunction with the Greenville Track Club.

We consulted with other programs around the country including Pete Rea of ZAP (now ON ZAP Endurance) and developed a mission statement and business plan to present to the GTC Executive Committee. We established our own Board of Directors including some of the GTC originals such as Adrian Craven, Art Williams and Mical Embler, plus key club leaders such as Kerrie Sijion and Sam Inman. Over the years we have added a few local business leaders to the board, such as Tim Briles and Craig Bailey, and former coaches Bill Utsey and Jackie Borowicz. Dr. Dane Pierce has also joined our board.

Right after the 2012 USA Olympic Track & Field Trials in Eugene, OR, we announced the formation of Greenville Track Club-ELITE.

The early days: Adam Freudenthal, Josh Cashman, Chris Caldwell, Chass Armstrong & Ricky Flynn.

### Q: How do you choose athletes for the program?

We researched what some of the other post-collegiate groups were doing and developed a two-tiered standard for qualifying. The performance standards are fairly hard, but not quite as fast as ON ZAP Endurance. Our mission is "development" so we wanted to make our program accessible to as many post-collegians as possible.

We don't recruit like some of the other programs do. We want potential athletes to apply because we are offering something they really want to be a part of. However, once a potential candidate contacts us, we do our best to sell the positive aspects of the Greenville community. Fortunately, Greenville and its surrounding area is an attractive commodity!

If the candidate seems like a good fit, we'll have them visit for a couple of days to see what we have to offer. That initial visit allows our coaches to get a better understanding of the athlete's running and career goals and how they might fit into our program.

### Q: How many athletes are in the program?

In our initial business plan, we estimated that we could probably coach and support about twelve athletes. Being idealists at the time, we thought six men and six women would be optimal. However, realism prevailed and our roster varies from year to year. At one time we had eleven athletes, but at other



Coaches Mike and Laura Caldwell at Atlanta's 2020 USA Olympic Team Trials Marathon

times we have only had a few. It depends on when the athlete graduates from college and their goals.

### Q: What have been some of the program's successes?

I think you have to define "success" first. A dictionary might define "success" as the accomplishment of an aim or a purpose.

In those terms, I believe we've had quite a few success stories. Since our inception we have experienced two Olympic cycles, with Tokyo 2020 having been postponed to 2021. So there have been two USA Olympic Team Trials Marathons: Los Angeles in 2016 and Atlanta in February of 2021. We have been fortunate to have developed seven athletes who qualified for one of those events, while training under our program. So we accomplished those goals, which signifies the definition of success given earlier.

In 2016, we had one young man who had previously placed 12th in the 2012 Trials marathon so we thought he had a good shot at placing in the top ten in 2016. He actually qualified on three separate occasions with half marathon performances under the standard of 1:05:00. In addition we had one male athlete and two female athletes qualify with half marathon efforts (sub-1:15:00 for women). And both women qualified in their first half marathon.

Unfortunately, the LA Olympic Trials marathon was conducted under oppressive conditions. Our top athlete didn't start due to a lower leg issue and the other three completed their first

## GTC-ELITE RUNNING TEAM (CONTINUED)

marathons with heat-slowed performances. We believe those performances were a success since the goal was to qualify for and compete in the Trials.

For the 2021 Trials in Atlanta, we had three athletes qualify (sub-2:19:00 for men and sub-2:45:00 for women). One of our men qualified in January of 2019 at the Chevron Houston Marathon, which also qualified him to represent the US Virgin Islands in the 2019 Pan American Games in Lima, Peru. He chose to compete there and relinquished his eligibility to compete in Atlanta OTs. And he placed 12th in the international field in Lima.

Our other male athlete ran his first marathon in October of 2019 at Chicago and struggled over the final miles to finish in 2:25. However, he was able to run a huge personal best three months later by placing 11th in the 2020 Chevron Houston Marathon with a time of 2:17:23. Our female qualifier only joined our program in March 2019, but ran 2:40:42 in her debut attempt (Sacramento's California International Marathon) nine months later in December. This was an outstanding effort since she had only run a 1:18:05 half marathon the previous January before joining the program.

She went on to place 49th in Atlanta in a field of over 440 women qualifiers with a personal best of 2:40:29 on an undulating course in very windy conditions. Our male athlete struggled, but finished in 2:26, which was okay considering the short turn around time following Houston (six weeks).

In 2021 we had a young women qualify for and compete in the USA Olympic Team Track and Field Trials in the 3,000 meter Steeplechase. We definitely considered these successes as our athletes experienced outstanding development in order to qualify. However, we want to continue to develop athletes and improve on our future performances at the 2024 USA Olympic Trials Marathon.

### Q: Are the program's successes primarily at the marathon distance?

While we consider having seven athletes qualify for a USA Olympic Trials marathon, we have seen success at other distances on both the roads and the track. Our athletes have competed and placed well in such major events as the USA Club Cross Country Championships, the Peachtree Road Race (Atlanta), Chevron Houston Marathon, Bloomsday (Spokane), California International Marathon (Sacramento), the Great Cow Harbor 10K (NY), Tufts Healthplan 10K (Boston), USA 25K Championships (Michigan), and Cooper River Bridge Run

(SC), to name a few.

In 2020, two of our athletes set South Carolina State Records--one for the women's 15K and the other being the men's half marathon.

Almost every athlete that has completed at least two training macrocycles (approximately a 12-month period) has produced personal bests. One athlete dropped over two minutes in the half marathon, while another over seven minutes in the marathon. Our athletes have run personal bests in distances ranging from 1500 meters through the marathon. Our program records are fairly good from 3,000 meters up to the marathon for both men and women and continue to get better.

### Q: Has everyone been successful?

With full disclosure, we have had a few athletes that their fit with the Elite program just didn't work and they departed before their first year--and some even before completing one training cycle.

What do you mean by "the fit didn't work?"

Post-collegiate running can be an interesting challenge. If you are really, really good and maybe placed top five at the NCAA DI championships, you have an outside shot at being accepted to one of the top training groups (NIKE's Bowerman Track Club, Hansons-Brooks Original Distance Project, HOKA's Northern Arizona Elite, ON ZAP Endurance . . .). When we established our program, we targeted the next tier below that level. Although in the past we attempted to recruit a few graduating collegiate athletes, we later decided to let the athlete contact us if they want to prolong their competitive running career. That change leads to having athletes that really want to postpone their full-time working career and apply. We know they are probably more focused.

So, to attempt to answer the question--some athletes like the concept, but not the reality. It sounds good to "go pro" as some like to

say, but the reality is that running is really not much of a "professional" sport. Sure, the very top athletes can make some real money, but most have to find various ways to support their habit. Not too many runners earn enough to be considered "professional", which would represent earning a living wage. Our athletes all have part-time employment.

If an athlete doesn't have the focus to make sacrifices, including lack of money and social time, they probably won't fit in our program. And they need to believe and trust in our coaching philosophies. That is extremely difficult in the "internet" environment. Athletes are sometimes influenced by what others are doing in their training. As the old adage goes, "the grass is always greener on the other side of the fence."

### Q: What percentage of athletes don't fit?

First, let's look at the positives. We've had a lot of athlete's complete their 24-month contract agreement. One woman was with our program for four-and-half years before departing to marry and relocate to where her husband works. She recently qualified and competed in the USA Olympic Trials Marathon with her new training group. So, that was a success.

At this juncture, about 44% of our athletes have completed their initial contract agreements before either staying or moving on with their life. However, about 25% didn't stay for an entire year, before deciding to move on. And about four athletes never ran a race for us as they arrived injured.

That being said, quite a few have remained in Greenville. That was one of our objectives when we established the program: to attract young, smart people to our city and hopefully have them become part of our community. I believe we have ten former members of our program living and/or working in GVL now. That's over 35%.



The early days. Adam Freudenthal, Josh Cashman, Chris Caldwell, Chass Armstrong & Ricky Flynn.

## GTC-ELITE RUNNING TEAM (CONTINUED)



Eduardo Garcia and Victor Pataky

There is actually constant turnover with many of the other post-collegiate programs, though news about athletes departing from such programs is not broadcast widely.

So basically, it is like sports radio host Colin Coherd has stated, “It’s all about fit.”

**Q: What are some of the reasons that athletes depart?**

Sometimes an athlete realizes that they aren’t going to reach the level of performance that they dreamed they would. Dreams don’t always come true, but it is better to dream big than not.

Sometimes it is more about lifestyle or desired lifestyle. We’ve had a few that desired to marry and that life change required either moving or more financial support, such as a full-time job.

At least one of our women athletes made a huge performance drop (16:35 to 15:35 @ 5,000 meters) and was able to join one of the top training groups—the Boston Athletic Association.

Other times, the athlete doesn’t “buy into” our training methods. That’s always a disappointment as we do our best to explain how we train during our early phone conversations and especially during their interview process when visiting us in GVL. As author and high performance coach Steve Magness has stated, “One of the most important factors determining whether a training program will work or not is belief. If you don’t have buy-in, even if the training is perfect, it’s not going to work.”

We’re not a high mileage program, so some believe that they need more mileage. We actually don’t count mileage per se, as we base our training on bioenergetics (energy systems) and the appropriate time needed for each stimulus to produce the desired

adaptation. That being said, we’re not a low-mileage, high intensity program either. We believe in optimizing the appropriate amount of volume + intensity to meet each individual’s athlete profile, while still operating in a group environment as much as possible. There is “power in the group.”

That is one of our program’s Maxims: The Power is in the Group - No one has ever accomplished anything on his or her own. There is no such thing as individual performance.

We all need some help to become great.

**Q: What is your training philosophy?**

Our training philosophies are time-proven, but we continue to evolve. For example, we added what we call “The Lactate Shuttle” workout, which is based off of Peter Thompson’s “New Interval Training” system. It has proved to be successful when used in the appropriate sequence of workouts and is now a “staple” in our program.

While Coach Laura repeatedly stated that “coaching running is not rocket science,” I like to add that “good coaching uses running science.”

And science informs us that recovery is an important tool in our toolbox. So instead of a three-legged stool of “intensity, duration and frequency,” we have more of a chair with four legs, with that fourth leg being appropriate recovery. We incorporate three “recovery” days per seven-day microcycle.

We also prescribe a good amount of ancillary work in the form of Dynamic Movement Drills, Dynamic Flex Drills plus three sessions per week in our F.I.T. Garage. The focus of this work is on the Biokinetic system, which expert coach and educator Peter John L. Thompson has labeled “The Fourth Energy System”, with the other three being Bioenergetics (Phosphagen, Glycolytic/non-oxygenated and Aerobic). The Biokinetic work includes movements promoting the leg/muscular stiffness and also balance of the kinetic chain.

While our initial expectations for the program included athletes developing for about four years or eight training macrocycles, we’ve found that two years is about the actual average. That seems to be a long time for young people just coming out of college who don’t attract a major footwear contract. That being said, the ones that do remain longer in our program seem to come much closer to reaching their goals.

**Q: How many of those that depart continue to run at a high performance level?**

We’ve had a few continue at a high level

and continue to improve after they left. We had four former ASICS GTC-ELITE athletes (alumni) qualify for the recent Atlanta OTs so those athletes have continued to develop and improve in their new environment. We are proud of their accomplishments and hope that their time in our program assisted somewhat in their continued development. Endurance running is about consistency and our program might have provided the coaching and resources that led to consistency.

One male athlete has become a very high-level triathlete at the national level and also continues to place well at local and regional road races.

There are others that just decided to move on with their lives and run for fitness. But, a few of our former athletes have continued to run and compete at the local level, which is good. One continues to use Coach Laura for her training advice.

The Elite program provides resources for its athletes

**Q: You mentioned resources. Can you explain?**

Sure. First, we provide coaching expertise. Laura, Bill and I have many years of running and coaching experience and provide such at no cost to our athletes. We’ve coached at the national, post-collegiate, Olympic-Development, collegiate and high school levels.

We have been fortunate to have an excellent partner in ASICS, which has provided footwear and apparel almost since our inception.

We also provide housing to those athletes who meet that qualifying standard and choose to live in our athlete residence. We have a workout facility that we call the



## GTC-ELITE RUNNING TEAM (CONTINUED)



F.I.T. Garage. F.I.T. actually is an acronym for Functional Innovative Technology. In the FG we have many types of equipment that we utilize for our ancillary training. We also have a treadmill and an ElliptiGO on an indoor trainer. (We have a couple of ElliptiGOs for outdoor use, too.) Our resource circle involves partnerships with Performance Therapy (Brad McKay and staff) for soft-tissue issues and maintenance and Carolina Spine & Rehab (Michael Shride) for structural alignment. and ATI's Running Academy (Kent Kurfmann) for gait analysis.

We also value our other partnerships with Final Surge (online training/scheduling platform), Cocoa Elite (recovery protein products), UCAN (Energy Drinks) Roll Recovery (recovery apparatus), NormaTec (recovery boots), Mobo Board (balance) and the DorsiFlex (lower leg and foot stretching device).

**Q: A program like this must cost quite a lot. Where does your funding come from?**

That's correct, a program like our's is dependent upon funding and our funding is totally from corporate, foundational and personal contributions.

We are very fortunate to be under the umbrella of the Greenville Track Club. Obviously, we couldn't have established the program without their support and financial contributions. As stated before, ASICS has been a wonderful partner. They have provided the high quality footwear and apparel that our athletes depend on.

Over the years, we have had generous individual contributors who made charitable donations to assist with our travel and training expenses. They have been vital to our organization. We were fortunate to have received a one-time grant from the Road Runners Club of America to assist us in preparing for the 2016 Olympic Trials. Corporate organizations such as Greenville Health System (now PRISMA), ScanSource and Joy Real Estate have provided funds and job opportunities for our athletes in the past. And recently we were honored that the Borch Foundation (Furman University graduate Chris and his wife Andrea) made a major contribution.

**Q: What does the future look like?**

That is an interesting question during this current period of uncertainty. We were extremely fortunate to have participated in and experienced the 2020 USA Olympic Trials Marathon on the final day of February, since the severity of the novel coronavirus COVID-19 had not induced "social distancing" just yet.

As "social distancing" and "shelter in place" guidelines became necessary, all competitive opportunities were either cancelled or postponed. That obviously has changed our future plans.

Our athletes are coping as well as can be expected, but some of our normal training venues have been restricted or closed. However, our athletes have continued to train—just not in groups. We hope that we will experience a positive change in our nation and globally soon, but expect that the "new normal" may be a bit different going forward for some time.

With that being said, the restricted travel and uncertainty has changed some of our plans. Plus, some of our athlete contract/agreements expire in July. A lot depends on what the future holds regarding competitive opportunities.

We fully expected one of our athletes to qualify for the USATF Olympic Track & Field Trials this coming June, but that event has been postponed and rescheduled for 2021 due to the current health situation and the postponement of the Tokyo Olympics until 2021. However, that will give us more time to build strength and continue to develop and improve.

Also, due to the expectation of the NCAA allowing this year's seniors to return in 2021 for the Outdoor Track & Field season, we do not anticipate having recent graduates join our program this year. However, we do have a few available slots for aspiring athletes who meet our qualifying standards and want to get to the next level.

Currently, we only have three active athletes (Jason Weitzel, Eddie Garcia and Mackenzie Lowe). Our fourth athlete unfortunately suffered a severe ankle injury near the end of his collegiate career which required major surgery. He is currently scheduled to undergo additional surgery so will not be able to run or join us for the near future.

Jason has been ranked second in the South Carolina Road Race Ranking since the end of 2021 and Eddie is currently ranked third.

Jason is targeting the Ottawa (Canada) Marathon for his debut at that distance, with the goal of running sub 2:18:00 and qualifying for the 2024 USA Olympic Team Marathon Trials in Orlando, FL>

With the unfortunate passing of Coach Laura in September, we did not focus on seeking new additions to our program. However, we do plan to focus on finding a few additional athletes in the coming months.

# 2022 RUNNING SERIES AWARDS

Extracted from 2022 GTC Running Series Standings

Sponsored by Incite Consulting Group

## FEMALE 1-18

- Emma Villa
- Savannah Pack
- Hannah Cate Smith

## FEMALE 19-24

- Margaret Snyder
- Andrea J Gilmore
- Laura Sorensen (Tie for 2nd)

## FEMALE 25-29

- Katie Morgan
- Paige Bensen
- Hannah Luther

## FEMALE 30-34

- Grace Smith
- Annie Knight
- Heather Dixon
- Karen Guillen Cuevas (Tie for 3rd)

## FEMALE 35-39

- Nathalie Baulain
- Polly Kennedy
- Beth Trenor
- Kara Edwards Tie for 3rd)

## FEMALE 40-44

- Cheryl Hicks
- Bevin Berube
- Stephanie Tiwari (Tie for 2nd)

## FEMALE 45-49

- Caz Collins
- Debby Tindall-Combs (Tie for 1st)
- Terry Chermak (Tie for 1st)

## FEMALE 50-54

- Cherron Saad
- Amy Austin
- Tracy Beierlein (Tie for 2nd)

## FEMALE 55-59

- Dawn Ferguson
- Mary Ann Randall
- Camerone Trent

## FEMALE 60-64

- Gabriele Harris
- Bonnie Milks
- Laneita Brundage

## FEMALE 65-69

- Helen Reetz
- Debby Presnell
- Mary Biebel

## FEMALE 70-74

- Sandi Hardaway
- Mary Koppenheffer
- Patti Hunnicutt

## FEMALE 75-79

- Joan Mulvihill
- Joyce Rasberry
- Anne Brooks

## FEMALE 80-84

- Cecilia Sun
- Lola Amcher

## MALE 1-18

- Logan Edwards
- Kadin Nance
- Samuel Unger

## MALE 19-24

- Harry Stathakis
- Ian Liljestrand
- Will Henderson

## MALE 25-29

- Josh Ferguson
- Jason Weitzel
- Matthew Harris

## MALE 30-34

- Jeb Maloney
- Justen Brewster (Tie for 1st)
- Gregory Tempel

## MALE 35-39

- Nolan Winters
- Joel Harmon
- Antoine Baulain

## MALE 40-44

- Joshua Smith
- Blake Pratt
- Tyler Moore (Tie for 2nd)

## MALE 45-49

- Michael Budnik
- Chris Daniells
- Bobby Richmond

## MALE 50-54

- Chris Starker
- Bob Seedlock
- Philippe Giguere

## MALE 55-59

- Markus Wimmer
- Bernard Vermeersch
- Robert Morse

## MALE 60-64

- George Sykes
- Scott Murr
- Tim Stewart (Tie for 2nd)

## MALE 65-69

- Pete Nevins
- Patrick Clare
- John Hart

## MALE 70-74

- Jim Roberts
- Vince Herran
- Kip Connor

## MALE 75-79

- Lee Cook
- Ronald Ferrill
- John Johnson

## MALE 80-99

- Bill Blask
- Guenter Full
- George Luke

## GTC SC OPEN & MASTERS TRACK & FIELD CLASSIC: JUNE 24

By Jim Roberts, Meet Director

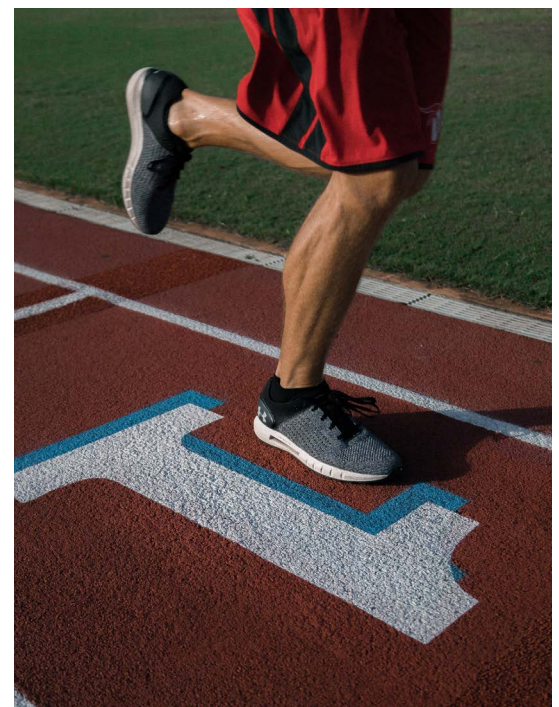
Over 25 different track and field events will be contested. Over the years this GTC meet has attracted athletes of all levels from beginners to Olympic trialists and medal winning Olympians.

This will be the 5th or 6th time that the USATF SC Association has asked the GTC if our meet could serve as the South Carolina Association Open & Masters Track & Field Championships. That is a testament to the quality of athletes, volunteers and officials.

2022 was a little bit of an off year with 341 entries, but there were still participants from 10 states.

Last year 24 age group meet records were broken or set – 12 women’s and 12 men’s. 12 of those records were in the field events.

Website <https://runsignup.com/Race/SC/Taylors/SCMastersOpenTrackandFieldClassic>



# SPLITS:

# HONESTY

By Bill Blask

I wish to take a moment and celebrate something with you. Something that has hovered in the back of my mind for awhile, like Tom Cruise's fighter pilot's "need for speed" in his Top Gun movies.

For us runners, or joggers, or walkers, but especially runners, it's not speed, it's what happens in our quest for speed. It's honesty.

Honesty. It comes to all of us. Every runner. And it comes about, I believe, in a certain way that relates directly to what we runners do.

You have probably discovered this for yourselves, but may not have put it into words.

And because this honesty is something worth celebrating — or at the very least recognizing and appreciating — today I wish to celebrate the honesty, and promise of self-discovery, that I believe is inherent in our sport.

As runners, we all share some expression of this honesty. We know that on a given day we have gone only so fast for so long on a certain course.

We may have wanted more. Planned and prepared for more. And we may have tried for more.

At the end of our effort, the name of my column says it all. In the purity of the numbers — splits — lies our honesty.

Now, there are those who can do more - go faster and longer. We recognize and admire them. We don't hold it against them. In fact, we use complementary terms when we observe superlative performances. We sometimes call these performances "a miracle", or "remarkable", and indeed they are, at least by the standards we apply to ourselves.

In all honesty, we acknowledge our own limitations whenever we put on our shoes and get out there. That does not stop us from working to do better, if that is what we want. We can hope! And dream! That possibility is part of the enjoyment we might take from running.

What truly matters, though, are our own personal experiences on the road, or the trail, or field of competition.

What truly matters is recognizing our real competition. When we say we "compete with ourselves" or "struggle against our own limitations", we recognize the real adversary.

And that is the person we all meet on the road — ourselves. That is also the starting place of whatever progress we make. That is the real source of our honesty. We choose to discover that capacity, and acknowledge both success and failure.



In running, we also choose the circumstance. Amidst the complexity of human life, each time we go out and run, we choose the now of place and time. In those moments we are that conscious expression of ourselves there and then.

If we have chosen to be a member of a team, still we stand alone. Within the overlay of the cooperative actions of others, the experience — the reward — for us is often wholly, intensely, personal. It belongs to no one else. It has been performed by no one else. It is what it is then and there. Our body, and not another's, made the contribution we were capable of at that moment.

If in a race with others, they may know of our performance, but only as part of their own circumstance. We were aware that we were "faster than" or "slower than", perhaps. Yes, we are exposed in those moments. Yet in the most intimate sense we are not subject to another's interpretation because, in all honesty, we already know. We ... *know*.

Running takes a degree of courage. There is a risk. In engaging in the activity of running we have to deal with what truth might come to us.

So today I celebrate us. In our effort we all paid the price to honestly see ourselves as we are. That I believe is worth celebrating.

See you on the road.

***"Running gives my fantasies some honest substance - if they're ever going to have any!"***

