



Greenville Track Club

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



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INSTAGRAM!**



QUARTERLY NEWSLETTER • APRIL 2017

TD Bank Reedy River Run set for April 22



The TD Bank Reedy River Run 10K is one of the oldest road races in the south and will be celebrating its 40th year in 2017.

After crossing the finish line, you will be directed into Falls Park to enjoy the food and refreshments provided by our generous sponsors. To commemorate our 40th anniversary, we will be awarding 10K finishers medals this year. There will also be music to help you enjoy spring in Greenville, while many door prizes will be randomly presented according to the race bib numbers selected. You will be able to observe and appreciate the top 10 overall men and women and top three Masters and Grand Masters finishers as they receive their awards.

The TD Bank Reedy River Run has been selected as the 2017 Road Runners Club of America South Carolina State 10K Championship.

TD Bank Reedy River Run

When: Saturday, April 22, 2017
5K: 7:20 a.m.
The Youth Mile: 7:25 a.m.
10K: 7:55 a.m.

Where: TD Bank at corner of South Main Street and McBee Avenue; Downtown Greenville

Registration: Online registration closes at 6 p.m. Wednesday, April 19. Registration available at packet pickup. No race-day registration.

Packet pickup: April 20-21, 11 a.m.-6 p.m. at Fleet Feet (635 Augusta St., Greenville)

More info/sign-up: tdbankreedyriverrun.com

Upcoming events

Wednesdays (recurring)
GTC weekly track workout • 6 p.m.
Location: Greenville High School track

April 13, Thursday*
GTC Board of Directors meeting • 6:30 p.m.
Location: GTC Office, 1619 E. North St.
* One week earlier than usual due to TD Bank Reedy River Run.

April 22, Saturday
40th Annual TD Bank Reedy River Run. 10K, 5K & Kids Mile
Info: www.tdbankreedyriverrun.com
Also includes the Darrell Jennewine Corporate Cup Challenge for area companies and the FIT'S COOL School Challenge for elementary and middle schools.
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.

April 29, Saturday
GTC Monthly Club Meeting 6:30 p.m. Social; 7 p.m. Program
Location: Carolina Triathlon, Welborn Street

May 18, Thursday
GTC Board of Directors meeting • 6:30 p.m.
Location: GTC Office, 1619 E. North St.

May 27, Saturday
Paris Mountain Trail Run 12K
Info: www.eventsignup.org

May 29, Monday
Freedom Flyer 2-Mile.
Location: DOWNTOWN GREENVILLE
Info: www.freedom-flyer.com

June 3, Saturday
GTC South Carolina Masters and Open Track & Field Classic
Location: Furman University Track & Field Complex
Info: <https://runsignup.com/Race/SC/Greenville/SCMastersOpenTrackandFieldClassic>

June 5, Monday
GTC Monthly Club Meeting 6:30 p.m. Social; 7 p.m. Program
Location: TBD

June 10, Saturday
Sunrise 8K.
Location: Simpsonville, S.C.
www.eventsignup.org

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
Location: Furman University campus
Info: rwbsrun.com

Aug. 12, Saturday
Paris Mountain Trail Run 7K
www.eventsignup.org

Oct. 28, Saturday
SpinXRunFest Races. Marathon, Marathon Relay, Half Marathon, 10K, 5K & Kids run
Location: Fluor Field, Greenville
Info: spinxrunfest.com

Nov. 4, Saturday
Paris Mountain Trail Run 16K
www.eventsignup.org

Dec. 16, Saturday
The Santa Run. 5K
Info: greenvillesantarun.com

GTC Board of Directors

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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 DirectorSarah Schoonover
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 DirectorMickey McCauley
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
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 Run-In Running Series (performance point-based scoring system).

Corporate Shield events.

Summer Track Meet Series (June and July).

ASICS GTC-ELITE

GTC-ELITE.ORG



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

The first quarter of 2017 proved successful for some of the members of our ASICS Greenville Track Club-ELITE program.

In January, Austin Steagall led a sweep of the top three places for the team as he shattered the course record in the popular Greenville News Run Downtown 5K. His time of 14:14 bested former ASICS GTC-ELITE Adam Freudenthal's course record of 14:42 by 28 seconds, which was run in the 2013 edition of this event. Steagall was followed by teammates Ryan Root (15:04) and Frank DeVar (15:17) in the fastest single-year top-three finishes in the race's 38-year history. Last year's winning time was 15:28.

Their teammate Kimberly Ruck also was victorious, as she ran 17:01 to win the event for the fourth time in the past five years. She did not compete last year but holds the course record of 16:32 set in 2015. Her teammate and training partner Alison Parris was third with a time of 17:34 after being runner-up in both 2015 and 2016.



Kimberly Ruck won the Greenville News Run Downtown 5K in January and the 3,000-meter run at the Tiger Tune Up in February before finishing third in the 1,500-meter run at the 49er Classic in March.

One week later, Steagall smashed the facility record for 3,000 meters during the Bob Pollock Invitational at the Clemson University Indoor Track & Field complex. Steagall crossed the finish line with a time of 8:04.45, more than 10 seconds faster than the previous record of 8:15.2. It was a personal best of over 14 seconds for Steagall.

Mark Leininger also improved his personal best while placing eighth with a time of 8:16.02.

In February, Root and DeVar had good performances in Columbia, S.C. Root ran 47:32 to take second place in the featured 15-kilometer (9.3-mile) event and bested two-time South Carolina Road Runner of the Year (2015 & '16) Brett Morley (4th/48:29) by almost a minute.

DeVar ran the accompanying 5K race and won with a time of 15:14.

A week later, Steagall returned to Clemson for the second time in two weeks and moved up to the 5,000-meter distance with familiar results, winning the event at the Tiger Paw Invitational in a personal-best time of 14:08.68. Leininger finished with a time of 14:27.89.

Earlier in the evening, Ruck placed second in the women's 5,000 with time of 16:30.9. It was a homecoming of sorts for the former Clemson All-American.

GTC-ELITE added another good performance the next afternoon as Parris won the women's 3,000 meters in 9:46.12.

On Feb. 17, Ruck returned to Clemson and ran to victory in the women's 3,000-meter run at the Tiger Tune Up. She led a 1-2-3 sweep for GTC-ELITE as Parris was second in a seasonal best of 9:44.17 and Kate Dodds placed third at 9:56.93.

In the meet's previous event, Steagall took a rare opportunity to race at the one-mile distance and produced a huge personal best of 4:05.9 to place third.

The next week, Root ran a personal best of 1:07:03 to place second in the Greenville Health System Half Marathon.

Ricky Flynn, a former member of ASICS GTC-ELITE and a two-time USA Olympic Trials qualifier in the marathon, ran 1:06:57 to best Root by six seconds



Austin Steagall (right), Ryan Root (middle) and Frank DeVar finished 1-2-3 at the Greenville News Run Downtown 5K.

over the 13.1 mile route. Local standout and course record-holder Morley was third in 1:08:09. Both Flynn and Root smashed the course record of 1:07:52, set in 2016.

In March, Ruck and Root both ran to third-place finishes in their respective events at the 49er Classic hosted by UNC Charlotte. Ruck stepped down in distance to run the 1,500 meters and clocked 4:30.7 to finish behind three-time NCAA 800-meter champion Natoya Goule's 4:26.89 and Clemson's Ursula Farrow (4:29.91).

Later in the evening, Root also stepped down in distance and off the roads and onto the track to take third in the men's 5,000 meters in 14:37.62.

That same day, Steagall returned home to his alma mater to place second in the 1,500 at the inaugural Trojan Invitational hosted by North Carolina's Mt. Olive University. After a brisk first 1,000 meters, he finished with a time of 3:52.57.

On March 24, Steagall and Leininger traveled to Raleigh, N.C., in search of new personal bests in their respective events. Steagall cut 10 seconds from his previous best to run 13:58.14 for 5,000 meters on the Paul Kerr track at NC State. Steagall placed eighth in one of the fastest 5,000-meter races in the long and storied history of the Raleigh Relays, as eight men broke 14:00.

Not long after Steagall had finished, Leininger ran twice that distance, as he placed 14th in the 10,000 meters. He also reduced his personal best by 10 seconds, as he covered the 25 laps in 29:18.46.

Earlier in the evening, Ruck placed 10th in the women's 5,000 with a time of 16:24.98 in her first outdoor meet since 2015.

With some very good efforts during the first three months of 2017, ASICS GTC-ELITE heads into April with the Tennessee Relays and the TD Bank Reedy River Run 10K highlighting their competitive schedules.

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.

New GTC events set to debut this year

By Kerrie Sijon, GTC administrator

The Greenville Track Club had a beautiful weekend for Greer Earth Day! Thanks to all the runners who participated, volunteered or cheered! We can't put these races on without each of you. We were especially pleased with the turnout because of the Cooper River Bridge Run competition. It is our hope that this date and location will be permanent moving forward.



Kerrie Sijon

We are excited to announce some new events in the coming months! Com-

ing up at the end of April, we will introduce Spring Fling, a family friendly event located at the new Carolina Triathlon on Welborn St. We will have a fun run, games and a cookout along with beverages for children and adults. Please join the fun.

On Memorial Day, we will have the Freedom Flyer, a 2-mile race through downtown Greenville. We consider this a very patriotic event, so bring your flags! We welcome all of our military, police and first responders to register at a discounted price. This event will also be a part of GTC Running Series, replacing BMW 2 mile.

During the summer, we will begin a new series known as the Summer Sprint Series. There will be three 5k races starting and finishing at Caro-

lina Triathlon on three separate days during the summer. Points will be tallied and prizes awarded at end of series. We will have adult beverages after each of these races.

Please check our website for these exciting new events!

Because of your membership and your participation in GTC events, we have been able to donate thousands of dollars to our community. Did you know we purchased public art on the Swamp Rabbit Trail? How about our contributions to the Cancer Survivor Park, Meals on Wheels, Greenville County schools and GTC Elite? The list goes on and on! Thank you for being a loyal member of this longstanding club. Without you, GTC would not exist.

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, replacing the BMW 2-miler.

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 (Greer) 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).

Next Corporate Shield race:

GHS Swamp Rabbit 5K
May 5, 2017
Gateway Park, Travelers Rest
<https://www.ghs.org/events/swampabbit5k/>

WHAT ARE YOU WAITING FOR?!

SIGN UP NOW!

FREEDOM FLYER



May 29

Downtown Greenville

Freedom-Flyer.com

Registration now open!

New Running Series race!

RED, WHITE & BLUE SHOES



July 4

Furman

University

RWBSRun.com

Registration open soon!



WEDNESDAY WORKOUTS

Wednesday workouts are presented by the Greenville Track Club and are held each Wednesday at 6 p.m. at the Greenville High School track, 1 Vardry St., Greenville.

SUMMER TRACK MEET SERIES

The GTC conducts a summer track meet series. 2017 meets to be conducted at Eastside High School (June) and Furman University (July).



BY THE NUMBERS

8

CORPORATE SHIELD EVENTS

There are eight races annually in the GTC's Corporate Shield series.

45

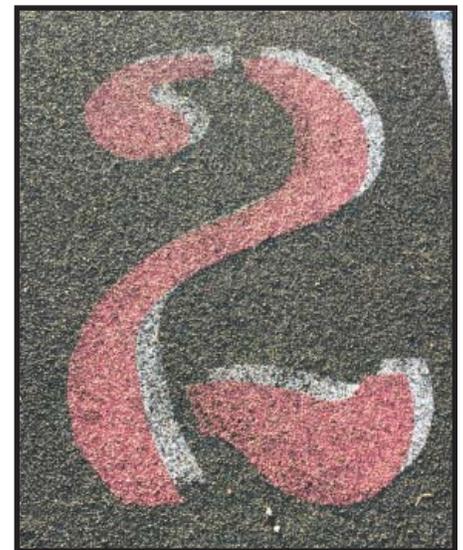
THE GTC TURNS 45 THIS YEAR

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.

2,500

ENTRIES IN THE TD BANK REEDY RIVER RUN 10K

The 2016 edition of the TD Bank Reedy River 10K boasted more than 2,500 entries.



MILES IN THE FREEDOM FLYER

The GTC's newest race is the Freedom Flyer, set for Memorial Day, May 29. The race is a 2-mile run through downtown Greenville.

GTC MEMBER PROFILE:

DENNIS FUNK

Five, sometimes six days a week, 61-year-old Dennis Funk sets aside some time for Classical Stretch, a full-body fitness program that combines strength and flexibility training.

"The person that created it wrote a book called 'Aging Backwards,' and that got my attention," he said. "I bought the book, read the book, and everything in it made a lot of sense to me, from what I've experienced in fitness and health."

The person that wrote the book is Miranda Esmonde-White, and her book spawned the infomercial that grabbed Funk's attention late in 2015. Since then, he's been a faithful devotee, watching Esmonde-White's 30-minute fitness show on PBS and incorporating the exercises into his daily routine – and the results are hard to ignore.

Funk, who lives in Greer, is about four months removed from setting a South Carolina state record in the marathon for men 60-64. His time of 2:59.45 at the Kiawah Island Marathon in December shaved more than five minutes off the previous mark and flirted with his PR of 2:58.36 – which he set in 1977, nearly 40 years prior. Aging backwards, indeed.

Funk's Kiawah time put him in the state record book, but it also served a higher purpose – it bettered his qualifying standard for the Boston Marathon.

On April 17, Funk will run Boston for the fourth time. He took sixth in his age group at the prestigious event last year, finishing in 3:05.48, his second-best time at Boston. This year, he's looking for more.

"I'm shooting for sub-3," Funk said. "My training has been pretty good. I've been training a lot between a 2:45 and 2:50-type pace work. Of course, Boston's a tough course. ... A little harder than Kiawah. It's going to take a good effort and a good day weather-wise."

If anyone's up to the task, it's Funk, but he admits his Boston experience might have been a one-off if not for the infamous bombing in 2013, his first Boston Marathon. Rather than deterring Funk from running the event again, the terrorist attack motivated him.



Funk (left) with race director Jason Bryant, also known as "The Mountain Goat," at one of the USA Track & Field 10K Trail Championships. Funk won his age group four times in six tries from 2009-14.

"No, it didn't bother me from that standpoint; matter of fact, it made me say I had to run it the next year, because I really hadn't intended to. But after that happened, I said I didn't have a choice, I had to go back."

True to his word, he's been back in two of the last three years.

Funk's come quite a long way as a runner, literally and figuratively. The Wolcottville, Indiana, native ran collegiately at Rose-Hulman Institute of Technology, an NCAA Division III school in Terre Haute, Indiana, known more for its status as the nation's top-ranked undergraduate engineering school than for its running programs.

"We weren't that strong of a team," Funk admits.

A chemical engineer by trade – one of many for the former house flipper and current stock trader – Funk came south when he embarked upon a 17-year career at Milliken, which eventually saw him promoted to plant manager and afforded him the opportunity to run in several GTC Corporate Shield events over the years before he left Milliken in 1996.

A member of the Greenville Track Club on and off for the last 15 years, Funk runs a variety

of races. Boston is his favorite and he'd like to run the Chicago Marathon someday, but his preferred distance is the half marathon.

"It's long enough to test you, but not so long to need extra fuel to finish."

His favorite local races are all GTC events.

"I like the Spinx Run Fest, both the marathon and half marathon there. Of course, I also like the Reedy River 10K."

With the TD Bank Reedy River Run slated for April 22, just five days after Boston, Funk's wisely going to sit the 2017 edition out.

He also likes the Greer Earth Day Run and had intended to run this year's event on April 1, but he spent the weekend in Indianapolis instead, meeting his fifth grandchild, a boy by oldest daughter Amber, a former women's soccer player at Clemson. That brings the total to five grandkids for Funk and his wife of nearly 39 years, Nancy, between their four children.

Funk's running credentials are impressive at any distance – he turned in a 19:00 finish at the Greenville News Run Downtown 5K in January, and he was a four-time age-group winner at the USA Track & Field 10K Trail Championship in Laurel Springs, North Carolina, from 2009-14. He's also run five 50K trail races, the most recent at Big Butte near Charlotte in 2013. He doesn't run them as much anymore because of his focus on Boston, but he intends to run Big Butte again in July.

He's also a world record holder, as he was a member of the GTC team that set a certified Guinness World Record in the 100 x 5K relay in May 2011.

Funk shows no sign of slowing down anytime soon, as he's made it a point to stay fit and hone his body to avoid the injuries that have plagued some runners as they age.

"As I progressed into the 40s and 50s and was running, I just kept hearing other runners talk about the knee problems, the hip problems, the plantar fasciitis, you name it. And I said, 'Man, OK, I want to figure out how to avoid all of that.' I figured, well, if I can outlast everyone, I can outrun 'em."

Funk is doing just that, perhaps due to a shift in his way of thinking over the years.

"One of my primary objectives for running was for fitness," he said of his former mindset. "Now, I do workouts that keep me fit so that I can keep running."



Funk ran the Paris Mountain Road Race Road Warrior 20K in November 2016. He finished "The Toughest Race in the South" in ninth place overall and first in his age group in 1:28.17.