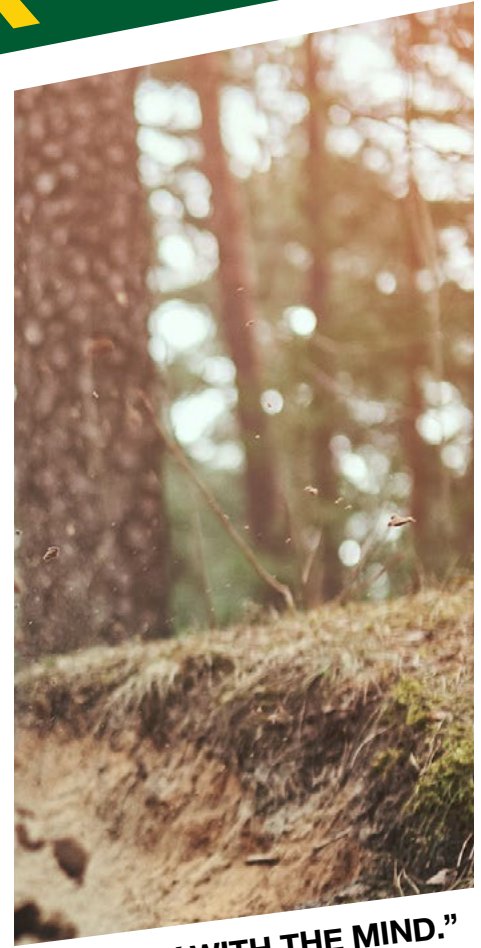


GTC NEWSLETTER



"THE FIRST FIFTY MILES ARE RUN WITH THE LEGS, THE SECOND FIFTY WITH THE MIND."
ANONYMOUS IN 1,000 PEARLS OF RUNNERS' WISDOM, SKYHORSE PUBLISHING,
BILL KATOVSKY, ED., PAGE 310

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HIGHLIGHTS



This issue highlights Ultra Running with the following articles:

- An Overview
- Runner Intros
- Training for an Ultra Race
- Running an Ultra Race

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UPCOMING RUNS

- April 19 – UCB Reed River Run 5K & 10K**
 - May 10 – ZF Get in Gear* **
 - May 26 – GTC Memorial Day Mile**
 - June 14 - Sunrise 8k* **
 - July 4 – Red White & Blue Shoes 5k* **
 - August 16 – Edouard Michelin Memorial 5k* **
 - Sept. 19 – BMW Performance Classic*
 - Oct. 11 – GE Cross Country 6k*
 - Nov. 15 – Zoom through the Zoo*
 - Dec. TBD – GTC Paris Mountain Road Races 10K & 20K**
 - Dec. TBD – Santa Run 5K**
- * Corporate Shield Race
** GTC Running Series

FOLLOW US ON:



CO-PRESIDENT'S LETTER

Bill Keesling, *Co-President*; Michael Burchett, *Co-President*

Welcome one and all to a new year with GTC

With the Run Downtown we are off and running into 2025! Whether you are one of the 1500+ members who are runners/joggers/walkers or volunteers we hope 2025 will be banner year for you and for the GTC! There is lots to do in the coming months. As usual our race calendar is full with everything from 1 mile, 5K, 10K, to Half-Marathon and Marathon with monthly meetings sprinkled in along with a growing GTC Rabbits program for youngsters. And what about our 3 Trail races and our summer All-Comers track meets!! All these events and activities do not happen on their own but are ably directed and guided by loyal and committed members of our club and great volunteers as well! We appreciate their dedication and expertise immensely.

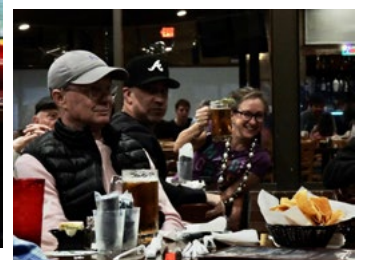
One new emphasis that we are starting this year is a Master's program for anyone 35+. This is a program that will be coordinated by Joe Hammond, one of our long-time members both as a runner and as a former president. We feel that it is past time to get more of our Master's members involved in competing beyond our local scene and, even, perhaps at the regional and National level in both road and track and field. So, if you're a Master's age member and want to join in please contact Joe at gojoehammond@gmail.com.

We will continue our monthly meetings on the first Tuesday of each month. Note this is a change from years past. Meetings will be held at Coronitas Mexican Restaurant at 2119 Wade Hampton Blvd. We hope to have some interesting presentations that will be beneficial to everyone. If you have a topic or a speaker you would like to have us add to our schedule please let us know.

We are very lucky that the GTC has survived these many years, over 52 now, with so many willing volunteers. As we move into 2025 we are hoping to add someone to help us as a Social Media Coordinator and someone to help us as a Marketing Director. If you have these skills and would like to explore one of these two opportunities with our club please reach out to us. Until next time, keep running!

MEMBER MEETINGS

Our next Members Meeting is on Tuesday, April 1st, at Coronitas, 2119 Wade Hampton Boulevard in Greenville. We look forward to seeing you there!





MEET A MEMBER: JASON WEITZEL

By Jason Weitzel and Bill Blask

B: I've never run cross country by choice, but I knew there was a tremendous difference in the training between track and cross country. Did you feel that there was a significant difference for you in the way you prepared for a race?

Yes, definitely. During track season, we are focusing a lot more on speed, getting a little quicker turnover, because the races were going to be a little bit quicker, being on the faster surface. Usually, mileage would be a little bit lower during track season compared to cross country season. Another thing, we would do a lot of our workouts actually on our cross country course to prepare for what a cross country course would be more like, whereas during track season, we'd be on the track for a lot of our workouts. So definitely some different preparation there.

B: As you developed as a runner, what were the improvements that you saw in your own running?

I started running in middle school in sixth grade. My first cross country season was there as well. At that point, I was just going out for fun. My brother had run also. I didn't really know what I was doing, but joined the team to see what I could do. Coming in, I had a little bit of natural talent, but after I had gotten into it for a couple years, knowing how to train a little bit better, running a few more miles, doing proper workouts, those were probably the biggest things that helped me improve.

As I got through high school, I was just slowly progressing, avoiding injuries and being consistent. Intensity in mileage was always what brought improvement. Every level I've moved up has just gotten more intense.

B: Where does that intensity come from?

When I was saying intensity, I was referring to the workouts themselves, more intense, faster. But in terms of myself, as I got older, I grew a passion for running. And even within a race, I would be more intense too.

B: It sounds like you developed a greater capacity to make those workouts more productive by putting more energy into them.

Something I've always been good at is being very committed, both to the craft, and to running. No matter what I have going on that day, I'm going to get my workout. I'm going to get my run in, whether it's way later than I want to be, or I have to get up super early, or I have to squeeze it in at some point in the middle of the day. I feel like I'm very intentional and very strict with making sure I

don't miss it, miss a day, unless it's an injury, or something that is a mandatory thing.

B: That regularity significantly adds to the the results from the practice.

I think that consistency is the most important thing when it comes to long term running improvement.

B: There is discomfort for any runner in practice, if they're they're serious about it. They have to endure that discomfort up to some kind of an edge. But no one wants to injure themselves either. How do you avoid or, how do you recognize a practice threshold beyond which the likelihood of injury is more than you want to risk?

Yeah, that's a good question. It's always a fine line. Even for an experienced runner or inexperienced runner, I feel like you're never going to be 100% sure that you're not crossing the line. I do think that experience does help. I think knowing what I've done in the past, and still stayed healthy, gives me a good baseline, but at the same time, you're always going to be pushing the limits. There's always going to be a risk for sure, but I think it's going on the field and listening to your body and making sure you're doing all the proper recovery steps. That might be like stretching or foam rolling, or getting enough sleep or eating a healthy diet, all goes into it. Listening to the body is another way of saying it.

B: What types of training at this stage of your career produce the best results for you?

Earlier in my career, I was getting a variety of everything, not focusing too much on one specific category. It's very complicated. It depends on the race that you're doing, or any of many other things. But I would say hitting all the different systems - the speed, hitting the endurance, the anaerobic strength, all kinds of different systems, and making sure that you're not neglecting any of those - has always been successful for me.

What I like the most, or what I feel the best after is the longer tempo or threshold run. That might be like 20 minutes at a half marathon pace. But I don't think that's necessarily what makes me improve the most; I think improvement comes from a combination of everything.

B: You raced a variety of distances, from 5K to marathon. Do you have a favorite distance, or one that comes more naturally to you?

In terms of how much fun I have, it was actually the 3k steeplechase on the track

B: You appear to have done very well academically in college.

I was a pretty good student; I put a lot of effort into it.

B: When did you finished at Concord, was that 2018 or or later?

Well, I finished my undergrad. I think it was 2018 if I'm not mistaken. But then I also did my Master's there, which finished in 2020 I believe.

B: You were Runner of the Year for Atlantic Regional while at Concord.

I was. Runner of the year was given to the individual who won the regional. So I was fortunate enough to win the regional my senior year.

B: You did a lot of work in cross country.

Yes, I ran cross country and track, but in cross country, I guess I would say I did better, as I'm on the national level in cross country. I think I was second team All American as a senior.

B: What drew you to the cross country side of running?

I gravitated more towards cross country in terms of putting more effort into it. I think that was just naturally what I was better at. Running on grass and in the mud, you know, kind of suited me more. I had some history in sports in high school, playing basketball, soccer, and other sports. I felt like that gave me an edge in cross country in terms of athleticism and agility, to be able to maneuver a course more efficiently. But I wouldn't say I tried to focus more on cross country. I think it was just naturally what I was a little bit better at.

MEET A MEMBER: JASON WEITZEL, CONT.

that I always thought was the most fun. That's just basically a mid-distance kind of race with hurdles. It's almost like bringing cross country to the track!

They have a water pit that you have to go through, and then you're jumping over a bunch of hurdles each lap. So it throws off your rhythm, like cross country does. You have to jump and you have to go through the water. In terms of what my favorite race is, in terms of being successful at, I would probably say the marathon was my favorite in that category.

B: It appears to me that there might be a larger risk of injury in steeplechase.

Definitely, A lot more impact, and a lot more risk.

B: You've had some marvelous performances in the marathon and recently in the half marathon. It looks as though you've focused your preparation and the skills on those distances. What is drawing you to those longer distances?

I think my skill set matches it more. And I feel like that's just the natural progression that most runners go through as they advance in their careers.; generally start off running shorter races, and then as you get older and stronger and more efficient, you move up and perform a little bit better at the longer distances. In this stage of my career that just makes sense to move to the marathon and the half marathon to be most successful.

B: While you've been with GTC Elite and Coach Caldwell, you've recently been named the 2024 Runner of the Year for the state of South Carolina. Coach Caldwell is pretty skillful at making his runners more efficient. Has that benefitted you?

Yes, I would agree! Ever since I joined, Mike's definitely been very helpful with all his knowledge that he brings to the table. He obviously has great workouts and a great running mind. We worked on my form throughout the years, different tactics, different stuff that we've talked through. Seeing everything that he's seen is always going to be very beneficial for me. I can learn from all of that. I've always responded well to his workouts. He's been very important for my development in terms of getting to those longer distances and being more efficient at them.

B: You've got what appears to be a partner in Jack Mastandrea. Do you practice together? Do you run together? Is there any sense of helping each other as well as competing with each other?

Oh, yeah, definitely. Jack and I actually go back even further than being on the team here. The two of us were rivals in college. We were in the same conference, and ran against each other a lot there. But when he joined the

ELITE team, it was a natural fit, because we both were training for similar distances, and had similar race times, so our workouts were going to be similar. So all that works out really well.

To answer your question, we do almost all of our runs and our workouts together. It obviously helps having a training partner to push you and keep you accountable. We do that for each other. I would say it's not just Jack, but also Eddie Garcia, who's on the team too. He also runs very similar times to me and Jack. Unfortunately, he's had recent surgery, and I think has another surgery coming up, and has had his first born child as well. So he's got a lot going on at this current moment, but, you know, before that happened recently, he was very a big part of our training group. So I would give Eddie a lot of credit to go with Jack too. We all make a great team. And our shorter distance guys that are on the team, Ryan and Davonte, even though they're training for very different distances, there's still a lot of our workouts that we can cross over and help push each other in different ways too.

B: Do you and Jack have different strategies during a particular race? Do you lose sight of each other, or try to keep each other in sight? Is that part of your approach to a particular race when you race together?

I would say it can depend on the race. Sometimes we'll have different plans, but for the most part, we plan to run the races together and help each other. It always helps having a teammate who you've been training with. So if you're running together in a race, and say, one of us is having a bad patch or not feeling so good for a minute, seeing your teammate there with you just reinforces your willingness to fight through those tougher moments.

Towards the end of a race, maybe Jack was feeling better than me on that day. But we'll usually want to help each other and run together.

B: Would you would feel comfortable talking a bit about how you handle a bad patch? Do you have a particular approach that works for you?.

One valuable thing that Mike told me to do, or taught me to do, was that when you are going through a bad patch and not feeling good, to have some kind of mantra, some kind of phrase or word that helps get you through that patch. That could be like, "I'm strong and fast!", or whatever means something to you. Mike says to try to think about your mantra instead of thinking about the pain or not feeling good at that point in the race. At first I thought, I don't know if that's going to help, but after actually using it, it's definitely helped me in many of my races!



B: In any race, are there sections which require more of your attention than others, and you go into the race thinking that in this particular part of the race, I'm probably going to have to give more attention to something or other as part of the race. Does that occur?

Oh, that definitely occurs. Just to give an example, in the half marathon I just did recently, the Aramco Houston half marathon, it was pretty windy. I think the wind was like 15-miles-an-hour consistently, and later gusting to about 25-30 miles-an-hour! The temperature was in the low 30s too, but temperature doesn't bother me as much as some people, but it was definitely cold and windy.

With that, I was looking at the course profile at Houston the day before. I saw the wind forecast, and I could see where the wind, the direction of the wind, where it was going to hit us on the course. I think it was around mile eight, I could tell that it was going to be the spot where it was a direct headwind. I had that spot circled in my mind going into the race, so that when I get to that point, that's going to be the hard part of the race. That helped me focus on that spot and stay tucked in there - drafting behind someone and not being the front runner.

B: That worked, because you had a great time for that race: 1:02:28!!

Yes, it was maybe my best race I've had, at least, in my opinion.

B: Jason, thanks again, and the best of luck. You've got a great career. Let's keep it going.



TRAINING TIPS FROM GTC-ELITE

By Mike Caldwell

In our first article on Training Tips from GTC-ELITE, we outlined the four pillars of a successful training program: Frequency, Duration, Intensity and Recovery. In subsequent articles, we've discussed some attributes of those pillars and what elements each contain. In this iteration, we'll delve more into the Intensity pillar.

Intensity is the rate of stress applied in the training session. We often refer to these sessions as "workouts" to indirectly separate them from normal running at more comfortable efforts. Different types of workouts include Threshold effort, Intervals, Repetitions, Strides and Sprints. Each of these elicit adaptations from a primary source of energy or bioenergetics (how cells transform energy).

It should be noted that some training types activate more than one of the energy sources including phosphorus, glycolysis and oxidative processes. For example, a sustained burst of power lasting under two seconds is largely powered by ATP stores, between two and ten seconds we are relying on phosphogen stores to keep us going, from ten seconds to two minutes the glycolytic system takes over, and then anything over two minutes is oxidative or commonly referred to as 'aerobic'. However, in reality, the last three processes are activated during "threshold" "interval" and "repetition" training session.

While our training formula includes all three of the aforementioned training methods, we prefer to include "hills" in each mesocycle (two or more macrocycles) under the Intensity pillar. We believe running

uphill incorporates multiple energy systems while requiring more powerful strides.

We focus on our running form and cadence during our shorter hill sessions--usually 200 meters uphill with a 200m jog back down for recovery. The incline is also important as we prefer a moderate incline so that our running form is almost optimal versus a slower "climbing" stride. We usually run between five and ten hills at the end of one of our track (threshold or interval) sessions.

In addition, we like to include our traditional GTC-ELITE 800-meter hill workout in every macrocycle (seasonal cycle consisting of multiple mesocycles and microcycles). We have our athletes run 6 to 8 sets of 800-meters uphill, with a 200m jog recovery, then a faster 200m segment, followed by a 400m jog recovery. Thus, each set is 1600 meters total with 1000 meters of hard effort included. Such a session utilizes each of the three energy systems and also provides the catalyst for "lactate buffering" to occur during the recovery running.

Besides becoming stronger and optimizing running form, our hill sessions also prepare our athletes for "hilly" and challenging road race courses. So, we like to include two types of "hill training" in our training plans: 200-meter and 800-meter sessions. We would encourage you to explore adding some hill work into your training and reap the positive results.



47th Edition - Saturday, April 19, 2025

<https://runsignup.com/Race/SC/Greenville/ReedyRiverRun>

ULTRA RUNNING

AN OVERVIEW

By Bill Blask

Let's define what we are talking about here: "ultras", or "ultra running races" are races that exceed the marathon standard of 26.2 miles. Ultras cover distances from 31 miles to as long as 240 miles, and can last as long as six days.

It's been going on for awhile. At least, longer than you might have thought. Here are a few historical dates and names of importance:

- 1867, Edward Payson Weston ("The Pedestrian")
- First, Weston claimed he could walk to Abraham Lincoln's inauguration in 10 days, from Boston to Washington, D. C. He was a half day late, but Lincoln offered to pay for his trip back. Weston declined, and walked the return distance.
- "By the year 1867, Weston was a professional long-distance walker, and he even managed to develop a recognizable personal brand: he was mostly known for his black velvet knee breeches, a blue sash, gloves and a lavish white hat, made of silk, which truly defined his public image and became instantly recognized by fans throughout the country, who followed his endeavors."
- "This legendary character was up and running, even in his winter of life. When he was 72, he planned to walk from Santa Monica to New York, with a 90 days deadline: however, he surprised everybody when he managed to get there in just about 76 days." [Quoted from The History of Ultra Running]
- 1888, James Albert Cathcart, 6-day race, 621.7 miles (a US record never broken)
- 1921, Comrades Marathon (South Africa), covered a distance of 56 miles

between the cities of Durban and Pietermaritzburg, commemorating WWI's fallen soldiers.

- 1977, Western States Endurance Run (the start of serious competition in the US)
- 1980's, Stu Mittleman and others [American Ultrarunning Hall of Fame]

The ultra running hall of fame's first inductee was Ted Corbitt (2004), and the most recent were Scott Jurek (2023) and Gary Cantrell (2023).

A sample of significant as well as lesser known ultras held nowadays might include:

- Western States 100-mile Endurance run (the "Super Bowl")
- Badwater Ultramarathon
- Ultra-Trail du Mont-Blanc (France): UTMB 176K, 9900 M altitude gain
- Barkley Marathons
- Bighorn 100
- Tahoe Rim Trail 100
- Leadville Trail 100
- Lookout Mountain 50-miler
- Georgia Jewell 100
- Sadlers Creek State Park 36-hour
- Pinhoti 100
- Catalyst Creek 100-miler
- Camp Croft State Park 50K, 50-miler, 100-miler

There are three common types of ultra event:

- **Point to point:** in this type of race you have to make plans for weather changes and the need to change clothes, as well as treating physical problems such as blisters
- **Out and back:** this type places a high load on organizers for a long period, and

the need for aid stations and emergency personnel

- **Loops (most popular):** a looped course often uses a track (400 meters); you can change clothes easily during the race. I have run two such ultra races in Anderson, South Carolina. A runner changes direction every so many loops. Everyone wears an ankle band that keeps track automatically in a closed loop event.

There are three common running surfaces:

- **Trails:** very technical running; you have to walk and look down to prevent trips or mis-steps
- **Roads:** this surface offers most often relatively easy terrain and few obstacles; runners use high cadence and short stride
- **Track:** on this specialized surface pace and energy management, and avoiding injury, all become focus areas

What keeps an ultra runner going?

Stu Mittleman, the well-known ultra runner in the 1980s, was quoted as explaining it this way: "People who run ultramarathons are real sensitive to each other. They reach out to each other. It's something very unusual that they each have in common. It is the runners that take the longest to finish that should be congratulated." [Mittleman liked to hang out at the finish line until the last runner completed a race.] "They have more courage. Their only reason for running is to find out something about themselves." [From Stu Mittleman - The Ultrarunning Professor] In the same article, talking about the 1983 New York Six-Day Race, Stu is quoted as saying, "The race became not a matter of individual will, but of community effort."



NATE



BERNARD



SHANNON



DEANNE

ULTRA RUNNERS

Four ultra runners agreed to share their stories.

NATE

I've been trail/ultra running off and on since 2014. The number of races I do on a yearly basis really depends on how my yearly schedule pans out, because of my multi-sport schedule. Having been selected for eight US national triathlon/duathlon teams it's hard to train for Ultras full time, like I would want to. Ultra running is definitely a full time activity: meaning if you want to run them you have to be committed to them 100% because a majority of the race journey is your training.

BERNARD

When I arrived in the US, I observed ultra runners running at Table Rock, and I was "hooked"? I have already run 63 ultras run altogether from which 8 from the 41 races this year. My next ultras are the Pinhoti 100 in Alabama this weekend and Charleston 100 in December. I began with a 50K race, then progressed to 50 mile, 100K and finally 100 mile races.

SHANNON

I eventually got used to being by myself on the trails and in the mountains. I got very comfortable there. It ended up being what I most enjoyed. I believe that if you're going to be a runner, you should do what excites you, and be where you naturally see yourself. To play the long game, I wanted to stick with what made me happy and excited me in the long run.

DEANNE

Many things drew me to ultra running: first it is being on non-road terrain—trails, whether they are in the mountains, woods, meadows, etc. Also, usually, trails are in beautiful locations, have beautiful views, rock formations, waterfalls, etc. As far as the distance, there is the challenge of the length of ultras, with the type of trail/terrain ... it is always a challenge! I love the feeling of accomplishment when I complete an ultra, knowing that I completed something that was very hard to do.

TRAINING FOR AN ULTRA RUN

NATE

- I try to focus on nutrition first and foremost now, especially for my ultra Duathlon distance national championships. So now that I've got an idea about what works for my body, and we can take it what I can't take and the conditions I can take everything in, like, grams per hour, grams of carbs per hour. Yeah, when we bounce ideas off each other, I think she uses calories. I don't think she goes on carbs, calories, you're right, and so and which might be something I'll look into in the next couple months, you know, as I get ready to go, maybe I look at calories, not carbs, but I know for what I do on the bike, carbs is key. I will be focused on, on nutrition, and then let everything else be what it may and then just take what my body gives me.
- ***I look forward to the pain, as sadistic as that probably sounds. But I also look forward to the challenge of not knowing what's going to happen.*** I tell my brothers all the time, if you give me the choice between running a road marathon and running an ultra marathon on trail, I'm going to choose the 50K.

BERNARD

- I wear a vest and also pick up nutrition and fluids at aid stations. While running, it is hard to eat actual food - I feel that I should, but it is hard
- I usually don't train differently for different events. However, some ultras like the Pinhoti 100 in Alabama, have lots of elevation gain, so I will run hills when training beforehand
- ***I don't see myself as a "professional" runner: I don't "train" for a particular race, I just show up and run races!***

TRAINING FOR AN ULTRA RUN, CONT.

SHANNON

- I think I'm very privileged in that I am able to carve out time to train specifically for certain races. When I get five or six weeks out, I focus on terrain specificity, while practicing my nutrition strategies. I take into account what is specific to the race I'm going to run. If a race averages 300 feet of gain per mile, you bet I'm going to get out and try to get in a whole lot of climbing to prepare well. It's a lot of work.
- ***I enjoy the preparation: my kit, footwear, gear, fuel, running locations. I love putting it all together and seeing how it all works.***
- I sometimes train with a group, and we might all have very different goals for ourselves. A group of friends and I ran an ultra in Arizona in February. We were able to train together at times, but each put together entirely different race plans from one another. We each had different A, B, and C goals. There's a whole spectrum of expectations in an ultra.
- It is difficult to adequately prepare for a high effort at added altitude, even for people who live at altitude. Thankfully, there are tips and tricks in training that help add to fitness going in to races with that as a variable.
- Speaking of variables ... you can't predict what they will be. I can be ready to crush a race on race day, but I also need to ready myself for the unexpected things like rain and sudden temperature changes.

DEANNA

- I have a "base," and use races as training for future races. I will also run back to back harder trail runs on weekends, if we don't have any ultra races. For example, we ran a few 50Ks over the last few months and ran a very tough half marathon at Jones Gap race last week, and in a few weeks, we will have a Paris Mountain half marathon race, and then a week later will be a 36-hour race at Sadlers Creek State Park. Bernard and I will be running the Pinhoti 100 the first weekend in November, so I will be running a 50K instead of 36 hours the week before, but I might run with some people during the night! I do run some miles during each week, but usually it is on the SWT for maybe 15 miles total for the week (occasionally, I run 4-6 miles on Tuesdays at Paris Mountain. The week before our 100, I will try to get a lot of sleep and drink a lot of water!
- I just use the base that I have for the normal 50Ks-50 miles. For loop 30-36 hour, I just usually plan to run until I decide to stop—that is my downfall—there is no DNF for those. You can just stop! Now, for the Pinhoti in November, I plan to get on the "climbing" machine at the gym more, and we plan to run back to back trail runs at Paris Mountain. I also plan to get good sleep and hydrate well the week before.



RUNNING AN ULTRA RUN

NATE

- One year, the first year I ran the Lookout Mountain 100-miler I was focused on pace. I got to the 20 mile marker at three hours and 12 minutes. Wow! I was in the top five. I was doing really good. Then I got to the marathon mile marker, 26 miles, in middle of the woods. And I DNFed at the 32 mile marker aid station. I was just completely exhausted, had used all my resources, and didn't stay on top of nutrition like I probably should have.
- Then the next year, I put a little bit emphasis on nutrition. That second time in 2019 I DNFed again. Different training plan, different nutrition plan, same mile marker and aid station! I was only eight minutes faster.

BERNARD

- Ultra running is mainly a mental challenge: dealing with and accepting stomach aches, feeling tired, not being prepared. We are supported by talking with and getting help from other runners, the "community".
- ***The overall goal: at least to finish - everyone struggles to accomplish that.***
- I have been lost, hallucinating, with moments of disorientation. Factors included: tired, hungry, the trail is not easy to follow. Runners in trouble can go and stop at an aid station; they are also helped by other runners.
- While running I am just focused on the trail, my thoughts going in all directions, I also am talking with other runners.
- Often the weather during day can be a concern. I slow down at night due to less visual acuity despite using a headlamp. Over the length and time of an ultra race, the running and effort gets harder, due mostly, for me, from the lack of energy. Also, I don't want to disappoint. The last miles are nearly always are the hardest. Overall, the hardest work involves mostly mental effort, with sometimes a physical problems such as blisters.
- We need to watch the time for cut-off; beforehand I set certain time goals to achieve at certain miles so I can finish before the cut-off. I have finished one ultra with 25 minutes to go, another with just 3 minutes to go!
- One race strategy is to be more aggressive - running faster - at the beginning to build a cushion for later when I am tired.
- I recover fairly quickly, usually in one week. For example, I will run a 100-miler, then next week a 50K, without a lengthy recovery.



RUNNING AN ULTRA RUN, CONT.

SHANNON

- I think that's one of the differences between road running and trail running. In trail running, you just expect that something's going to go wrong at some point, or at least a little wrong. ***In road running, there's this expectation that if it goes wrong, well, then I can just go back home and I'm going to be a little mad about it and try again tomorrow.*** An ultra trail runner has a different mindset from the person running a road race, for sure, because in trail running and ultra running, you just expect unexpected challenges once you start.
- There are definitely both mental and physical aspects. The mental aspect plays a really big role in whether or not you want to continue on a route that you've chosen, for example. So if I'm out for, say, a 20 to 23 or 25 mile training run, somebody will usually map it out. Sometimes there is this mental component of, Do I even want to continue today? Your mind is active before the event: did you do everything right in the days coming up to the event? Have you gotten enough sleep? Have you eaten enough? Did you take everything with you?
- The location where you're going to be always has the upper hand, and you are waiting to see in what way it gives you unexpected things. I love that. The mindset is different. I began to cultivate this interesting mindset and have learned to enjoy the unexpected things. Sometimes it's yellow jacket stings, sometimes it's ripping my hydration pack, losing a bite valve on one of my bottles. There's just always something unexpected, and you never know exactly what it's going to be. But there's something really cool about that.
- I have cut runs short because of those considerations. I have thought about, well, if I don't finish for two more hours, then that puts me home at this time, and then people are going to need me at a certain place at this time and so on. The time management part of it is a big joke in the ultra running community. You never tell someone you're going to be back at a certain time, you always want to add a couple hours to that, just so it doesn't become a big issue.



DEANNA



- I believe the distance and terrain determine my pace and stride. I will have a slower pace and smaller stride, the longer the distance.
 - To me, "every step matters" means run in the moment ... the current step gets you to the next one, so think about the step you are making at the moment! ***As long as you can take a step, you can keep going!***
 - I have wanted to quit so many times, thinking I am not going to be able to finish, but I talk myself into going a little further and have never DNF'd a race. I have hurt myself at times, falling, but just got back up and kept running. I have run injured, where my hip or knee was hurting, but was able to finish. It is solely mental in getting through those tough times ... just taking that one more step each time. I have had some very high highs while running ultras, where I felt so strong and it was just the perfect moment—whether it was a view or I was just feeling great, almost at the verge of happy tears—where I just felt so grateful to be doing what I was doing at the moment!
 - My thoughts vary—from just getting everything out of my head (such as work, other problems, etc.) or thinking about solving some of those problems, or mostly it is just enjoying being outdoors and running ... looking around me and enjoying the current situation! When the weather is bad or I'm hiking a tough section, I'm thinking about just making sure I keep going, whatever it takes!
 - Sometimes I struggle at the beginning of a race...I might just not be feeling great to start with, so it may take about 5 miles or so before I get in my "rhythm." Other times, it is about 50K, where I've been running for a while and I may have a long way to go, and I start thinking about how much further I have to go vs. the current moment!
- I try to be more aggressive at the end. I may not be faster, though.
 - I have never been DFL or DNF'd. I have DNS ... when I was injured or when I had just run a tough race and another tough race was on the day after, I DNS'd. But, I've always finished a race I started, and a couple of them I barely finished! The last two Longest Day and Reaper races were in the heat of the Summer, and I believe I was overheated ... I felt lightheaded and was overly exhausted the last couple of laps, but the loops were short, so I persevered and finished both!
 - It's a good idea to make sure you meet cutoffs! During the Georgia Jewell, the aid station personnel always made sure you knew where you were well before the cutoff as you were leaving [their tent], so most often you will be told.
 - I walk up and down very technical trails, but I do think I am better at traversing technical trails than some. I try not to walk them if they are short spurts...I call it foot work! Yes, you have to look where you are running at all times!
 - I do like running some road after running technical trails for a long time - easy terrain, few obstacles, high cadence and short stride - you don't have to watch your feet!

CORPORATE SHIELD RUNNING



CORPORATE SHIELD AWARDS

The 2024 Corporate Shield Season was filled with tight competition and a record competitor participation — over 3000 Corporate Shield entrants – despite the unfortunate cancellation of our GE Cross Country due to Helene. Many of the 2024 CS Awards were determined by the results of the final race of the season: the Zoom Through the Zoo 5K.

In **Division I**, BMW led the leaderboard for their first ever Overall win, but Michelin did prevent the sweep of all the categories by taking back 1st place in the Grandmasters category in the final race of the season, as well as 2nd place in the remaining categories. ZF and Milliken also finished strong splitting the 3rd place in the category awards and went into the final race of the season with only a 2 point difference for the Overall 3rd place podium. Milliken's strong finish flipped the 2023 result giving them the 3rd place podium.

In **Division II**, JTEKT NA dominated 1st Place for Overall and all categories, but next year that podium position will be up for grabs in

Division II as their increased participation bumped them up to Division I for 2025. TTI took 2nd Place Overall and both Masters & Grand Masters categories, as well as 3rd place in Open and Female Categories. Kemet completed the podium by taking 3rd Place Overall and both Masters & Grandmasters categories, plus a 2nd Place finish in Open. Prisma Health took the 2nd Place Female award.

Division II should be quite competitive in 2025, in addition to the departure of JTEKT NA, Furman and Scansource will join Division II.

2024 was the first year for **Division III** (smaller teams averaging less than 4 participants per race), and the podiums were determined by the final race. Furman (Overall 1st), Rieter (Overall 2nd) and Bob Jones University (Overall 3rd) rotated the Open, Masters and Grandmasters categories, but none of them were able to take a podium in the Female category, which went to 3 other CS Teams: Joy Real Estate, Dority & Manning, and Greenville County Schools.

We presented the 2024 Corporate Shield Awards to these 14 teams at our 2024 GTC Awards Dinner on 3 February at Hampton Park Baptist Church.



MILLIKEN EARTH DAY RUN

The Milliken Earth Day Run took place on Saturday, March 8, 2025.

- Overall Male: Connor Johnson, 17:51/5:45
- Overall Female: Casey Huffling, 19:57/6:26
- Masters Male: Tom Cull, 19:46/6:22
- Masters Female: Angela Heck, 22:11/7:09
- Grandmasters Male: Bob Seedlock, 20:33/6:37
- Grandmaster Female: Anne Green, 24:29/7:53
- Senior Grandmasters Male: Jeff Petty, 22:43/7:19
- Senior Grandmasters Female: Helen Reetz, 29:23/9:29

RUNNING SERIES STANDINGS

Sponsored by Incite

Final 2024 Running Series Standings after GTC Santa Run.

Important Upcoming Dates:

- 02/01 - Greenville Running Co Green Valley (Running Series)
- 03/08 - Milliken Earth Run (Corporate Shield)
- 04/19 - United Community Bank Reedy River (Running Series)

Highlights from the Santa Run 5K...

Race registrations and race finishes were up slightly this year (+1 and +2 respectively), but race finishes by club members were up 31%! The average finish time was better by 1:44 (33 s/mi) this year to 30:40!

One MAJOR improvement this year was Nicolas Monnier (M45-49, 50pts) who ran 11:03 faster (37.6%, 3:34/mi) this year and finished in 18:20 which was also the club's fastest Male (non-pro) finish time at (5:55/mi)

Other Season Highlights include:

Ellen Aboratin (F55-59, 340pts) had the most volunteer contributions with 9!

John Johnson (M75-79, 360pts) had a perfect attendance record this season having finished events in all 10 races. He also volunteered 6 times!

David Smith (M65-69, 390pts) had the most points for male point groups in the club!

Cedric Potel (M45-49, 200pts) had the highest distance raced this year with 69.07 Miles from 8 races!

Dawn Ferguson (F55-59, 430pts) had the most points in the club, AND the most race miles finished for female point groups with 50.77 Miles!

Season Stats to know for 2024:

The most competitive male point groups by total points were:

- M55-59 -> 2500pts
- M40-44 -> 2350pts
- M60-64 -> 2340pts
- M65-69 -> 2180pts
- M45-49 -> 2100pts

The most competitive female point groups by total points were:

- F55-59 -> 2410pts
- F35-39 -> 2040pts
- F40-44 -> 1840pts
- F50-54 -> 1480pts
- F45-49 -> 1410pts

The number of runners who made it into each Point Club:

- 00pt Club -> 109
- 150pt Club -> 60
- 200pt Club -> 37
- 250pt Club -> 25
- 300pt Club -> 17
- 350pt Club -> 8
- 400pt Club -> 2

And the point group highlights from Santa Run...

Female 5-29

Rebecca Scamardo (360pts) would have fallen to 2nd place if she had skipped Santa run, but her 50pt finish secured top honors for the season

Sally Hill (320pts) picked up 40pts to finish the year in a really strong 2nd place (200pts over 3rd), and join the 300pt Club. Sally also tied for the 3rd most Series Races on the female side by finishing 8 races!

Katie Bridges (70pts) finished the year in 4th place by tiebreak (Run Count) after finishing just her 3rd race of the year. Hopefully she will run more races in 2025!

Female 35-39

Bonnie Bommelje (220pts) snuck into 1st place for the season thanks to her 50pt finish! She was in 2nd by tiebreak prior to her impressive Santa Run performance

Kayla Rector (200pts) finishes in 2nd for the year and reached the 200pt Club thanks to her volunteer contribution

Ashley Lavelle (170pts) made it to the podium with a 3rd place season finish by tiebreak (Run Count) after her 40pt finish

Amy Wang (70pts) collected 30pts to move into the top 10 for the season! Nice work Amy!

Female 40-44

Nicole Estevez (200pts) cemented 1st place for the season with a 50pt finish, she was also the club's fastest Female (non-pro) finishing in just 24:23 (7:52/mi). Nicole finished last year at 5th!, so a nice year over year improvement!

Female 45-49

Veronica Torres (70pts) finished the year in 9th place by tiebreak (Volunteer Count) after a 50pt finish in her first running race of the year. She was a mere 10 points short of 3rd place!

Female 50-54

Trisha Furrie (150pts) snagged a podium seat, finishing in 3rd for the year thanks to her 50pt finish. A massive improvement over her 30th place finish last year!

Female 55-59

Sylvia Bassoco (210pts) was sure to secure 2nd with a 60pt haul, 50 for running and 10 for her volunteer contribution

Karen Dieminger (100pts) scored 30 points to join the 100pt Club and finish up 2 spots to 7th for the season!

Female 60-64

Jennifer Adams (90pts) picked up 50pts and improved 4 spots to close the year in the top 5!

Female 70-74

Donna Smith (410pts) had had 1st place locked in since Spinx Run Fest, but she added another 50 points to make her only the 2nd member of the 400pt Club this year! She also ran the 2nd most race miles on the Female side, completing 46.97 miles across 8 races (also 2nd among female runners)!

Fran Villa (50pts) finishes in the top 6, up 6 spots, with her 40pt finishes. Fran competed in just 2 series races this year, so hopefully she will run more in 2025!

Male 25-29

Artem Bykanov (220pts) secured his 2nd place end of season award and joined the 200pt Club by snagging 50pts

Male 30-34

Onix Brugueras-Leon (190pts) grabbed 50pts, moving him up 2 spots and onto the podium in 3rd place for the season!

Male 35-39

Sean Flynn (310pts) put a nail in 1st place for the season with his 50pt finish. He also joined the 300pt Club in a very fast pointgroup!

Andy Nourse (130pts) picked up 40pts to finish in a very respectable 5th place for the season in a VERY FAST pointgroup. Andy started the season with the Sunrise 8K, so hopefully he'll be able to start earlier in 2025!

Male 40-44

Bryan Ogg (310pts) was not going to lose 1st place for 2024. He picked up 50pts on the run, and added a volunteer contribution to land him in the 300pt Club

Peter Kadlac (230pts) moved from 3rd to 2nd for the year thanks to a 40pt run and used 10 volunteer points just to ensure he didn't take 2nd by tiebreak... which he would have otherwise! Peter finished in 8th last year, so a very nice improvement this year!

Male 45-49

Chris Daniells (190pts) had a solid 40pt finish, and just missed the podium by 10pts. Very impressive finish in a very competitive point group

RUNNING SERIES STANDINGS, CONT.

Male 50-54

Wolfgang Dieminger (160pts) snagged 50pts to finish the year in 4th place in one of the most competitive age groups.

Jose Villa (80pts) put him into the top 10 for the year!

Male 55-59

The most competitive pointgroup in the club with a total of 2,500 points scored!

Markus Wimmer (360pts) secured 1st place for the season and joined the 350pt Club thanks to his 40pt finish

Bob Seedlock (310pts) snagged 50pts, joined the 300pt Club, and most importantly moved into 2nd place for the year!

Robert Morse (100pts) picked up 30 points and improved 2 slots to 6th place and made the 100pt Club

Male 60-64

Tapp Skinner (380pts) added 50 points to join the 350pt Club and ensure a 1st place season finish even if we had changed the rules! He finished with a 120 point lead over 2nd!

Bruce Richardson (100pts) moved up 3 spots to 7th place thanks to his 40pt finish. Very impressive in the 3rd most competitive male pointgroup!

Male 65-69

David Smith (390pts) crushed it this year. He picked up 50 points at Santa Run and finished in 1st place for the season with a 160pt lead over 2nd. He finished last year at 14th, so an impressive 2024 for David!

Stephen Mills (230pts) snuck into 2nd place with his 40pt finish!

And Jim Fortner (120pts) moved into 7th place and joined the 100pt Club with a 30pt finish

Male 70-74

Vince Herran (270pts) was already locked in to 2nd for the season, but picked up another 50 points to join the 250pt Club

Thomas Brundage (200pts) was also locked into 3rd place for the season, but picked up another 40 points to join the 200pt Club

Male 75-79

John Johnson (360pts) successfully protected his 1st place standing with a 50pt finish and 10 points for volunteering! He also joined the elusive 350pt Club!

Lee Cook (340pts) finished a mere 20pts behind 1st thanks to his 40pt finish!

Male 80-99

Bill Blask (310pts) posted 50 points to move into 1st place for the season and join the 300pt Club

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

Remember your GTC Membership must be current the day of the race to accumulate points. See the full list of rules at [greenvilletrackclub.com/running-series](http://www.greenvilletrackclub.com/running-series). Running Series Standings are updated [here](#) in case you haven't checked them out yet.



RACE RECAPS



SANTA RUN 5K

By Bill Blask, Race Director

Bill Blask reported it ran well with 158 entries with 145 finishers, and many young runners (and their dogs!) decked out in antlers, wrist-bells, and Christmas costumes! The weather was cold with blue skies and a bright sunny day - good running weather.

Top male finishers:

Jayden Phillips, 16:22.45/5:16

Nick Lister, 18:22.22/5:55

Fate Hall, 18:38.24/6:00

Top female finishers:

Ruby Cain, 20:22.41/6:33

Regina Soules, 22:02.85/7:06

Abigail Bridges, 22:13.76/7:09

PARIS MOUNTAIN ROAD RACE

By Matt Thomas, Race Director

The Paris Mountain Road race took place on Saturday, December 7, 2024. The race had 193 registrants overall with 91 finishers in the 20K and 65 finishers in the 10K.

Top 20K Male Finishers:

Desi Ferreira, 1:21:35.1/6:34

Connor Johnston,
1:23:23.4/6.43

Ryan Nicholson,
1:23:35.1/6:44

Top 20K Female Finishers:

Chelsea Harp, 1:28:21.5/7:07

Madeline Blizzard,
1:37:55.6/7:53

Jada Makis, 1:42:26.4/8:15

Top 10K Male Finishers:

Ben Petty, 40:30.1

Alex Ball, 43:24.2

Chris Strub, 45:21.6

Top 10K Female Finishers:

Katie Rudins, 45:42.1

Taylor Shelton, 47:18.5

Julia Roary, 50:10.2

RACE RECAPS

GREEN VALLEY ROAD RACE

By Mike Caputo, Race Director

On February 1, 2025 the Greenville Track Club presented its 48th running of the Green Valley Road Race. 231 runners braved the hills of Travelers Rest and Green Valley. A saw-tooth elevation profile and the gorgeous foothill surroundings, both major features of Green Valley - what's not to like!

In a small departure from tradition, the 5 mile option was changed to a 5K, a more familiar and accessible distance. Both routes are hilly and challenging with the 10 mile coming in at 900 feet of climbing.

Top finishers for the 10 mile:

Male

- Michael Donahue, 17, 58:15.2
- Blake Pratt, 33, 58:25.0
- Kyle Kugler, 38, 59:15.7

Female

- Shelby Adair, 26, 1:06:33.7
- Madeline Bilzard, 34, 1:13:59.7
- Karen Becker, 50, 1:15:50.0

Top finishers for the 5K:

Male

- Guillermo Martinez-Lage, 20, 15:58.1
- Wilson Fisher, 21, 16:57.1
- Pierre Barroso, 24, 17:13.6

Female

- Phoebe Ellison, 21, 24:46.9
- Sarah Felber, 42, 26:05.4
- Janet Mathavich, 59, 27:56.1

While all finishers of this challenging event are to be congratulated, Michael Donahue's first place finish among the 10 mile men at age 17, Karen Becker's third place finish among 10 mile women at age 50, and Janet Mathavich's third place among 5K finishers at age 59 are noteworthy achievements in this year's race. Also worth noting are both the wide age ranges among the top three female runners in the 5K, the competitive times among the top 10 mile male finishers, and three 80-99 year olds finished and finished first in their age categories.

This year's race was particularly gratifying for me (Michael Caputo - RD) as I was recovering from a significant health hiccup this past Fall. It was wonderful to still be able to plan and direct the race and see so many runners enjoy the race. Thank you to all who volunteered and participated!

I was also pleased to make the race awards for the overall and master's categories. And I was very thankful for the donations from our participants to the Arthritis Foundation. Combined with the match from my woodworking business, Michael Caputo's Studio, we donated \$1,732 to help those for whom the movement we cherish as runners is much more of a challenge.

Finally I'd like to thank our primary sponsor, Greenville Running Company, for their continued port of the Green Valley Road Race and our secondary sponsors: Run Slower, way cool hat maker; Under the Carolina Moon, our race shirt plier and retailer of awesome apparel and gifts in Easley; and Michael Caputo's Studio, a fairly creative bespoke furniture, race awards, and charcuterie and cutting board maker in Greer.

Thank you and see you for GVRR 2026 next February!!



SPLITS: STROLLING WITH STU MITTLEMAN

By Bill Blask; Photo credit @ UltraRunning History



Stu Mittleman was well known in his time. For 20 years he excelled in ultra running back in the 20th century. He raced internationally to broaden the competition, and still won regularly. At 70, he still runs and competes. He wrote a book: *Slow Burn*, that outlines what he learned.

Along the way he learned a different way to define and recognize perceived effort

(PE), and how to use that knowledge in improving our enjoyment and exploration of running.

I'd like to share a little of what he learned.

First, something about Stu. When he trained he was a stroller. "Strolling" is defined as something done in a leisurely, sustainable way. Later in his career he saw our sport as something that, barring injury, anyone could enjoy for a lifetime.

As an instructor, he introduced running to the novice as an exploration done at a maintainable, enjoyable pace. Stu figured that one of the keys to a student's progress was how they perceived and managed their effort. He looked for a sign on the student's face that meant "maintainable", "enjoyable."

A smile.

That's right, Stu's criterion for the PE he desired for a beginner was a smile. Well, one of them.

The other was breathing. Stu suggested the runner listen for how much noise their breathing made! A lot of noise meant an unsustainable effort counterproductive for a beginner.

Quiet breathing and a smile. PE management made simple.

Of course there is more to our sport. Hair-on-fire racing, for example.

So Stu didn't stop there. He thought about the whole potential range of an individual's effort - strolling, training, racing - and decided to deal with how a runner could develop their running ability using these two simple signals which would be obvious to someone and their coach while they ran. When they varied, he wanted there to be a good reason for it. That reason was performance.

Stu matched these two signals with three levels of running effort.

Stu described these three levels of running effort by explaining each simply and clearly for anyone to understand and practice. The lowest effort level he called MAP (Mostly Aerobic Pace). Beginner level. Building technique and endurance. When you were exerting this first level of effort you didn't make a lot of noise breathing. Pretty simple. You could run at this aerobic level for quite a while.

Stu had two other levels of a runner's PE: MEP (Most Efficient Pace), and SAP (Speedy Anaerobic Pace). All three levels, MAP, MEP, and SAP, were clearly defined by the sound of our breath and our facial expression.

In addition all three were related to the source of energy in the body. MAP and MEP were aerobic and fat-fueled, SAP was anaerobic and sugar-fueled. MAP was endurance and training, MEP efficiency and racing, and SAP is short-term and intense.

Imagine you are a student of Stu's. Stu begins your workout by walking. Nothing new there, except he wants you to walk for fifteen minutes, both before and after a run. Fifteen minutes is a long time, relative to a short run. He must have wanted to get your body into its normal rhythm of moving down the road, all the pieces and parts getting in sync, moving as a well-coordinated, efficient unit, long enough so it would become a natural movement unique to you. He wanted you to just let it happen.

From there, it would be easy for you to move to a jog or run, whatever he felt you were ready for. Again, running along side you, Stu looked for the smile, listened to your breathing.

It would be time then, perhaps, for Stu to offer advice. He could judge the worth of the advice to anyone by whether it kept a smile as the runner adopted it that day. I imagine Stu would keep the novice runner on that level of activity while the smile lasted. Then the 15 minute cool-down walk. And the chance to talk about the experience.

Once Stu established this pattern, I imagine he and the beginner had also established enough mutual trust to continue this exploration.

Now let's say you are ready to move on. Stu's second running level is the one he called MEP (Most Efficient Pace). MEP running must be sustainable, but just on the edge of comfort. A race pace. It is what we strive for and work to improve when we train for a running event, or explore what we are capable of. It demands moment-to-moment attention to the "now", making adjustments so that we can ride that edge. A smile may become a look of concentration. Breathing may become more forceful.

SAP (Speedy Anaerobic Pace) running, Stu's level three, is sustainable only for relatively short running periods. It is fully anaerobic. It is not running flat-out, empty-the-tank, nothing left at the end but exhaustion. It is purposely controlled. Think interval training. It can be the latter stages of a well-rounded training program, a preparation for unexpected demands, or specific goals, during a race. Heavy, noisy breathing. A look of total concentration, of effort perhaps, but not likely a smile!

Well, that's my summary of Stu Mittleman's system of thinking about levels of running effort, and the clues that let you manage it. He found this approach valuable in practice. Mind you, his abilities and achievements were remarkable by any standard. He proved that over many years.

So, breathe easy, and smile. Not a bad prescription for a life-long activity. Perhaps there is something here for the rest of us mortals.

See you on the road.

"I think I'll stroll over to the bench and rest."





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The Greenville Track Club was founded in 1972 to serve the needs of Greenville area running enthusiasts, including producing running events, monthly club meetings, formal and informal training groups and as a resource for all things running. The club is a long-standing member of the Road Runners Club of America and is also a USA Track & Field sanctioned organization. It is a 501 (c) 3, non-profit, organization and is managed by a Board of Directors and an Executive Committee.