

GTC NEWSLETTER

“We recommend that runners of all ages include some high-intensity efforts in their training.”

Bill Pierce, Scott Murr. Runner's Train Smart, Run Forever: How to Become a Fit and Healthy Lifelong Runner by Following the Innovative 7-Hour Workout Week (Kindle Locations 237-238). Rodale. Kindle Edition.



PRESIDENT'S LETTER

By Jim Roberts, President

Fellow Greenville Track Club Members:

I am privileged to be the 2023 GTC President. Fortunately, I have been in the club long enough to have observed the many accomplishments of previous club presidents and others.

The 50th Anniversary year of 2022 will be a tough act to follow. Our founder, Bill Keesling, is still incredibly active in the club and as a USATF Track & Field athlete.

Obviously, we are all very grateful to the race directors, officers, volunteers and other program directors. However, the club would not exist without its runners, walkers and supporters. Whether you are a long time or recent member you are part of the GTC history and just as valuable.

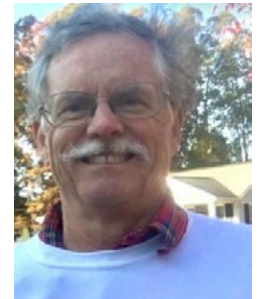
Memberships are still very reasonable at \$15 Individual, \$25 Family, \$10 for students and \$10 for Supporting Members (those who want haven't raced for over 5 years or who live out of state).

There are many running clubs in the state. We are thankful that you have chosen to join us in addition to any other clubs to which you may belong.

I became a GTC member at the age of 24. I had moved here from Charlotte for a field assignment and was looking for a club to satisfy my competitive itch. Since then the club has grown incredibly with 1260 members prior to the pandemic. Despite the stresses of the COVID pandemic, we are pleased to be growing once again.

I hope that your running, walking and health activities meet your hopes and expectations during 2023.

Jim Roberts



2023 GTC RACES

JANUARY	Run Downtown 5K* – January 21
FEBRUARY	Green Valley Road Race** – February 11
MARCH	Milliken Earth Run 5K* – March 11
APRIL	United Community Bank 45th Reedy River Run* ** – April 22
MAY	ZF Get in Gear 5K* – May 13 Freedom Flyer 2M** – May 29
JUNE	Sunrise Run 8K* ** – June 10 GTC SC Open & Masters Track & Field Classic – TBD
JULY	Red, White & Blue Shoes 5K* ** – July 4
AUGUST	Paris Mountain Trail Run 7K/16K – Aug. 12 Edouard Michelin Memorial 5K* ** – Aug. 19
SEPTEMBER	BMW Performance Classic 2M* – Sept. 15
OCTOBER	GE Cross-Country 6K* – TBD Spinx Runfest – October 28
NOVEMBER	Zoom Through the Zoo* – Nov. 18
DECEMBER	Paris Mountain Road Races – TBD Santa Run 5K** – Dec. 16

*Corporate Shield Race

** GTC Running Series

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UPCOMING RACES

GREEN VALLEY 5M/10M RACE FEBRUARY 11

By Michael Caputo, Race Director

Let's start 9 months from now. It's the first cold morning of October, 2023. At 5AM, with your pre-run coffee in hand, you rummage in the closet for your cold weather gear. A knowing smile spreads across your face as you touch the knit and your sleepy eyes focus on the GVRR logo on your cozy gloves. Your shoulders lift higher and broaden a bit as you release your GVRR fleece vest from its five month summer slumber. You exhale as you set out to enjoy the merciful first cold snap, breaking the extended summer humid heat. You are GVRR proud. It's time to run!!

Will that runner be you? Only if you join the hundreds of other runners who will return to Green Valley this year. This year we are back in Green Valley with both courses running from Trailblazer Park in Travelers Rest. Whether you choose the 5 mile or 10 mile option you'll enjoy the beauty and challenge of Green Valley on this rolling terrain. There are no mountains to climb, just lots of shorter hills.

Green Valley is that special combination of winter weather unpredictability, continuous elevation change, and beautiful neighborhood running that is hard to equal.

When you arrive back at Trailblazer Park after 10 or 5 miles of rolling hills through beautiful Green Valley, you'll know you have accomplished something. USATF knows it. *They've designated our GVRR 10 mile as the state championship.* In addition to bragging rights for age groupers, this means prize money for overall and masters winners (3 deep) who are USATF members.

Our giveaways this year include an awesome embroidered Columbia fleece vest in both women's and men's sizes and our traditional knit gloves. Both feature our new hexagonal logo. So, in addition to that feeling of "Heck yeah, I did that!" you'll have an awesome vest and gloves to remind you of that feeling for years to come.

We say: "GVRR: a 46 year tradition of beauty, exertion, fellowship, and fun." But it will only be that with you joining in. I encourage you to sign up and be a part of GVRR 2023! Cheers!!

UNITED COMMUNITY BANK REEDY RIVER 5K/10K APRIL 22

By Mike Caldwell, Race Director

During the mid-1970s, many young leaders in Greenville began looking for ways to bring some fun and energy back to downtown Greenville. Cleveland Park had just been revitalized, complete with more than three miles of paved trails. And one of several public-private efforts had successfully created Heritage Green by re-landscaping the area surrounding the County Library (now home of our Children's Museum), the Greenville County Art Museum, and the Little Theatre.

Gally Gallivan, one of those up-and-coming Greenville leaders, was both a South Carolina National banking executive and a Greenville Track Club runner. Gally and his SCN colleagues approached Adrian Craven about the idea of starting a 10K race that would run along the Reedy River through Cleveland Park. With SCN's generous financial backing, Adrian quickly won approval from the five-year-old Greenville Track Club to produce and manage the first Reedy River Run in the spring of 1978.

Fast forward to April 2023 and United Community Bank is the event's title sponsor as the race is conducted for the 45th time. It has been an annual affair, except for 2020 when COVID-19 caused its postponement and then cancellation. United Community Bank is building its new headquarters next to the Reedy River which may open in 2023.

During the past two decades, the race has started and finished on S. Main Street in the heart of downtown Greenville. The recent routes have changed a little due to the evolving growth of the area fronting the race's namesake Reedy River. The 10K remains the signature race and starts and finishes on the S. Main Street Bridge above the race's namesake Reedy River. The route crosses the river multiple times and runs along the river as it meanders through Cleveland, Cancer Survivors', and Falls Parks. The route provides an excellent view of many beautiful areas of Greenville and the inspiring blooming plants and flowers of spring.

Due to some narrow areas on the routes on



the Swamp Rabbit Trail and through the parks, the 10K uses a staggered "wave" start and is limited to 1500 runners. However, there is also a 5K for those not quite ready to run 10K or who just want to participate and enjoy the occasion. Before the COVID-19 pandemic, the 10K previously "sold out" and reached the 1500 runner limit.

All 10K finishers receive a unique finisher's medal with each year highlighting an iconic place or item of Greenville. Those habitual finishers have a collection of RRR finisher medals representing GVL. The past six years medals have featured:

2017 – GVL's iconic Liberty Bridge

2018 – the Falls on the Reedy River between the Main Street Bridge and the Liberty Bridge in Falls Park

2019 – The Medusa Tree (aka the Roots Tree) in Falls Park, just below the Governor's School

2020 – Race canceled due to COVID-19

2021 – Court Square's Joel Poinsett Statue

2022 – Cancer Survivors Park

2023 – To be announced

This event has always featured some of the fastest runners in the state and last year was no exception. The men's winner was Greenville's James Quattlebaum, who won for the third consecutive year. He was followed by Jason Weitzel and Ricky Flynn, both of Greenville. Those three are ranked first, second and third in the South Carolina Road Race Rankings. The women's winner was Victoria Hammersmith, who also won the SC Female Runner of the Year award.

One of the unique aspects of road racing is that participants can line up with and run (behind) top athletes on the same course—something that doesn't happen in most sports.

There is something special about starting and finishing on the S. Main Street Bridge in the center of ever-growing Greenville. Greenville's Main Street has become famous nationally for its small-town charm and such a variety of dining options and walkability. Participants, along with families and friends, can celebrate their achievement overlooking beautiful Falls Park on a mid-April morning.

We hope you will join us on April 22, 2023 for our 45th running of this historic event.

GTC MEMBERS MEETING: NOVEMBER & DECEMBER SPEAKER RECAPS

By Kerrie Sijon, Administrator

Looking back on the last 2 months of the 50th anniversary of Greenville Track Club meetings, we celebrated the high school athletes in Greenville County in November, and held our annual Christmas Party in December.

It was very refreshing to see so many wonderful young athletes at the November GTC meeting and get to know them. Ed Boehmke has a rich history with many aspects of Greenville County athletics as coach and race event director. He did a great job of describing the history of High School cross country in the Greenville area, and honored the achievements of those who placed highly in the 2022 Greenville County Cross Country Championships, many of whom were in attendance. As a club we were happy to embrace these student athletes and hope they will give back to their community as adults.

In December we had the annual Christmas party at World Piece Pizza where GTC picked up the tab for all those who attended. It was a enjoyable and very welcome time of fun and fellowship among our members and their guests. I didn't see anyone who missed enjoying the luscious Christmas brownies!

As always, in January we start with new leadership within the club. Harry Stathakis is our new club Vice President, and will plan our 2023 Member Meetings. We look forward to seeing his selection of our next speakers for 2023.

See you there!



UPCOMING MEMBERS MEETING ANNUAL AWARDS BANQUET – FEBRUARY 6

By Harry Stathakis, Vice President

GTC is in the midst of preparing for the annual awards banquet held on February 6th, at ??, at Hampton Park Baptist Church. We cannot wait to celebrate all of the wonderful accomplishments for the members of the club ranging from corporate shield champions, individual age group winners, to service awards. It will be a night full of fellowship, celebration, and feasting as we reflect on the successes of 2022 and look forward to reaching new heights in 2023.

Be sure to bring a friend and a big appetite. We are excited to see you at our awards banquet!

GTC would like to extend our thanks and gratitude John Lehman for all of his behind the scenes work in preparing for the banquet allowing GTC to use the Hampton Park Baptist Church gym.

MEET A MEMBER: KATIE MORGAN

Interview by Bill Blask

B: What brought you to running at the beginning?

I remember thinking as a younger child: “Running a marathon, that would be awesome!” I just couldn’t imagine doing that kind of long distance. But then I started doing the longer distances and I just decided I really wanted to make that goal happen.

I originally started running when I was in high school, maybe my junior year. I started doing cross country and track. That’s when I realized I preferred distance. I remember racing one of my teammates for a sprint, and I realized immediately that that wasn’t for me. I would run the mile and two-mile events at track meets. Then I joined cross country.

In college I ran for fun occasionally, but never official races. Then one of my best friends in college, during one of our last years there, said she was signing up for this long relay race with her coworkers: the Ville2Ville from Asheville to Greenville. That was the first year the race was ever held. I believe it was 2018. They needed another runner. So, I said I would do it. That was my first time really getting into the longer distances. I found that I love that distance! We’ve done the Ville2Ville race with the same team every year since. That’s what really got me going.

My running has helped me maintain the discipline I needed to do to get where I am now. I ran my first marathon at the Spinx Run Fest in October 2021 in 3:53, but this year (2022) I was injured. I hurt one of my knees, but at the same time I was happy about my changing circumstances. I recovered enough to be able to still run; I ran in about 4:30 in the 2022 Spinx marathon.

B: How was that injured knee feeling?

It was good. I have a friend who works in a physical therapy office who gave me some exercises. That’s often the hard part, being consistent with recovery exercises.

B: What convinced you to sign up for that first marathon?

I realized through running that if I wanted to, I could do a lot of things I hadn’t considered before. I worked out (and continue to work out) at Shred415 here in Greenville. This place gave me the confidence to sign up. I’ve gotten to be really close with the owners, Brad and Joy. Joy is a marathon runner. She has run six marathons, I think, and I was talking to her about it. She said, “Well, the Spinx marathon is in four months. Why don’t you just sign up to do that one?” And I said, “Do you think I could?” She said, “Without a doubt!” She had no doubt I could do it.

I realized I might as well just try it. The worst thing that might happen is it doesn’t work for

me, but at least I would have tried.

B: How was that first marathon?

The first one was great. I was really pleasantly surprised with how well I did, and I am very proud to have finished in under 4 hours. Of course, it was very difficult — I can’t even explain the pain. But it felt amazing to finish it!

B: It worked out beautifully for you, it seems.

Yes, I loved it! Now I want to keep doing them. Immediately after the race I was thinking: I can’t do this anymore. It was so hard. But as soon as the pain goes away, I want to sign up for another one.

B: Did you find out that there was a pattern as to how you ran certain parts of a marathon?

Well, my roommate, who has also run a marathon, introduced me to the method of running where you run for five minutes and then walk for one minute and repeat this pattern throughout the entire distance. I tried it and loved it. Now that’s what I do for these long distances.

B: It does give you a sense of pacing, doesn’t it?

Yes. It improves my time.

I was trying to see if I could experiment with the time I ran versus walked using that method. I tried a nine-minute running, one minute walking, pace. I was wanting to try to improve my time. But I realized that that new pace was slowing me down because I felt more tired the whole time. So, the five and one pace suits me.

B: So that run/walk pacing did give you a chance to evaluate what works best for you.

Yes. It’s a good mental break too because you know you always have a break coming up. Shred415 is a HITT workout class, and the treadmill portion is very similar to that run/walk pace.

It’s so helpful to have the Swamp Rabbit Trail here too. I live right next to the trail and run to Shred which is just a mile away. So just another bonus.

B: Sometimes people that fall into running have other members of a family who also run. Is that true for you?

No, not really. I’m the only one that’s done any serious running. I’ve gotten my brother to do some 5K’s with me since I’ve started running more, so that’s been fun. My mom told me that my grandfather used to run. He is one of my inspirations for my recent career change too. He was a physician in the army.

Today there are so many more people who are wanting to run marathons and ultras. That’s a huge difference from just a few decades ago.



Katie and her friend Joy

Long distance racing wasn’t as common when my grandfather was running, but he did enjoy longer distances for fun.

B: Do you have family here in the Greenville area?

No, they’re in Aiken, South Carolina. That’s where I’m from. My sister and most of my extended family live in the Philadelphia and New Jersey areas. My parents are Philly natives. I moved to Greenville after I graduated from Clemson because I loved this area. I was working near here, so I decided to stay. Now I am a graduate student at Furman.

I started a master’s program when I decided I wanted to shoot for medical school because I still needed some prerequisites. I found a great program at Furman.

B: What goes through your mind when you’re running?

I think a lot about the running form I’m using as I try to be efficient with my movements, especially if I’m going for a long run. Thinking about my form just makes the rest of the run easier.

One example is “fast feet”. When I don’t constantly think about these things, it’s so easy to get lazy and stop doing them. Another example is leaning slightly forward to let gravity help, and other things like that. I learned these tips from Joy at Shred.

I also think about my breathing.

B: Talk to our readers about that.

Say I’m taking a step with my right foot. I’ll breathe in for three steps, so I breathe in on my right step, left step, and right step. Then on my next left step, I’ll breathe out for two steps. Breathe out, left step, right step. And do that same thing again, but the next time I’ll be starting on my left foot. So, it’s an odd count — five steps — and that’s important. That balances a person’s breathing on each side of their body, and that helps avoid cramps on one side. We also step heavier when we breathe out, so I want to keep that alternating breathing pattern to stay physically balanced throughout the run.

B: Do you keep that same pattern going up a hill or downhill?

Yes, and if I get winded, I can shorten that breathing pattern so I breathe in for one step then out for two or three steps. You can also make that pattern longer or shorter just depending on how tired or not tired you are. So, the more tired I am the shorter the pattern.

MEET A MEMBER (CONTINUED)

That type of breathing awareness has been very helpful.

I use my watch to keep track of the time for my running pattern and that helps distract me and I'm not thinking about how long I'm running. I'm just thinking about what I'm doing in that moment. Or I'm thinking about the walk break that's coming up in however many minutes. Sometimes I just listen to music when I wish. Or silence if I wish.

I've tried podcasts and audiobooks. But another thing I learned that's interesting is that the more that you're thinking, the more your brain is using your glucose and your energy in your body. I found that if I'm listening and trying to concentrate on something, I'm getting more tired, so that's why I prefer music or silence.

B: I've heard of some people having imaginary conversations with people they know or people they invent as they think while running.

Overall, I'm not thinking too hard about anything in particular. I'm just focusing on my running pattern and movement.

B: You have recently decided to make another change in your life.

Things in my life were changing at the time I joined the Greenville Track Club. I signed up at the same time I signed up for that first marathon because there's so many great opportunities for races through the club. The races helped me maintain my motivation to train.

At the beginning of that year (2021), I decided to make a career change. That first marathon run helped me push through that process. At the time I was working in automotive manufacturing, but I was inspired by one of my best friends from Clemson to get a medical degree. In fact, I just found out at the time of this interview that I was accepted into an MD program!

B: Tell me about how and why medical school resulted from the change of your life direction.

I just realized I wasn't happy with what I was doing in my career. At that time, I was putting my mind into the career I had, and I felt I needed to change. I'm happy and grateful to have had that job, but I was learning a lot of things that only mattered in that one job and didn't really matter anywhere else. And I just wasn't very passionate about it. I'd rather use my brain space for stuff that I'm really interested in.

I was inspired by my friend, and I thought everything that she was doing was very cool. She graduated from medical school in 2022. She's doing it through a Navy program that includes a scholarship. Her sister has done the same thing, and I thought well, that's awesome. I wish I could do something like that. Then I realized that I could try. So, I'm

following the same path.

B: You said you are a member of the Greenville Track Club. What's your impression of the Club?

There are so many great opportunities for races through the club. At every event that I've been to, everybody's so kind to each other and I just enjoy being there. Everybody obviously has a common interest and love for running, so I really enjoy that aspect of it. The Club also does an impressive job of organizing races. Greenville is a great community in general to have all these races, and it's so beautiful around here. So having that incentive is a great aspect of the club as well.

B: The club is continually asking themselves on a board level how can we do things better.

Well, one thing may be for the club to sponsor a "just show up and run" kind of event on a regular schedule. Once a week or once a month, have a fun run where everybody can participate as much as they want. Whoever shows up goes out for a run or a walk or something at their own pace and their own distance with others who feel like coming out on that day.

B: I understand that you've volunteered pretty frequently for the club.

To be honest, I haven't volunteered as much as I wish I could have because I've been so busy. I volunteered at the track meet when I first joined, but I haven't done as much volunteering as I would have originally imagined when I signed up. It's been a hard last couple of years working toward everything that I've been doing.

B: What advice would you give to anyone who's considering running for the first time?

Well, the first thing is it doesn't matter how fast or how far a person runs. Just getting out there and moving is the hardest part — just getting started. But it's important to also find joy in it. There are so many people who physically or for whatever reason cannot just go out and have a run for fun. That's what I think about, especially during those long distances, I realize: I get to do this! It's also good to have a little "mantra" in your head: "I love this!", or "I get to do this!" You just repeat that in your head as you're going along, especially when it's difficult. Another tidbit from Joy!

But I just enjoy being outside, too, and having that experience that not everybody gets to have.

B: That's great advice.

This past year, I've had a ton of time to reflect on my life. I've had to answer these types of questions for myself.

B: It's been a pleasure talking with you, Katie.

CROSS COUNTRY CHAMPIONSHIPS

By Ed Boehmke

County Cross Country Teams Again Dominate State Championships

The South Carolina State Cross Country Championships were held on November 5 in Columbia. The teams from Greenville County won five of the ten contested races.

Brashier Middle College, under head coach Jeremy Heinold, won their first ever State Championship in the Boys 1A division. Greenville High, under new head coaches Bob Collins and Jenna Bates, won their 3rd championship in the 4A Boys competition. This was Greenville's second consecutive State Championship. Coach David Smith and Greer Middle College won their fifth ever and fourth in a row in the boys 2A classification. Christ Church and coach John Mark Elliott won the girls 1A State Championship. This was Christ Church's fifth State Championship. Coach Bates and Collins pulled off a rare double by winning the 4A Girls Championship which is Greenville's first for the girls.

Greer Middle College (2A Girls), Southside Christian (1A Boys) and Eastside (4A Boys) were State Runner-ups.

The top 15 in each race are named SC Cross Country All-State Performers. Greenville County collected 54 of the 150 All-State Awards. The following shows the distribution by school:

1A BOYS

Brashier Middle College - 4
Southside Christian - 3
St. Joseph's - 3
Christ Church - 3

1A GIRLS

Christ Church - 3
St. Joseph's - 4
Southside Christian - 2
Brashier Middle College - 1

2A BOYS

Greer Middle College - 5

2A GIRLS

Greer Middle College - 4

3A BOYS

Travelers Rest - 2

4A BOYS

Greenville - 3
Eastside - 3
Riverside - 2
Wade Hampton - 1

4A GIRLS

Greenville - 4
Riverside - 1

5A BOYS

JL Mann - 1

5A GIRLS

JL Mann - 3
Mauldin - 2

RACE RECAPS

PARIS MOUNTAIN TRAIL RUN 16K

By Mike Burchett, Race Director

The Paris Mountain Trails 16k was held on November 5 at Paris Mountain State Park. We encountered some rain that morning, which kept away some of our pre-registrants, but we still had a field consistent in size with previous years' races. Thanks to our excellent team of volunteers, the event was well-managed and our runners well cared for. Much appreciation goes to them, our pancake sponsor Stax Original, and the staff of Paris Mountain State Park.

The 16k is part of the GTC Trail Racing Series, which also includes a 12k in April and a 7k in August. All of the races are held on the excellent trail system that the park offers. If you have not tried running one, I would highly recommend it. The races are small, laid-back, no-frills, and VERY affordable. AND you get pancakes at the finish!

The GTC began the Trail Racing Series in 2004 under the direction of John Lehman, who stepped down from the race director's role after this race (although he will still be serving as our timer). I will be taking over direction of the races in 2023, and hope to maintain the high standards that John has set for them. I have had the pleasure of volunteering for these events for several years, and my plan is to change very little about them. Why fix what is not broken?

I would like to thank John for his years of hard work building these events and keeping them relaxed and fun for so long. I only hope that I can come close to filling his shoes. Please consider joining us as you make out your racing calendar for 2023.



PARIS MOUNTAIN ROAD RACES 10K/20K

By Dane Pierce, Race Director

Unexpected rain made us all a little chilly but did not dampen the enthusiasm of all those present for the 53rd running of the Paris Mountain Road race, first held in 1970 when Coach Bill Keesling organized the race. That race started and ended at Furman University. For the last three years the races have begun and ended at Redeemer Presbyterian Church on Old Buncombe Road.

Jeff and Karen Milliman of Greenville Running Company graciously donated generous gift certificates to the male and female winners of both the 20K and the 10K as well as to the first male and female to reach the top of the mountain in the 20K (The king and queen of the mountain).

Yannick Fischbach was the overall winner of the 20K in a time of 1:14:45 and was also king of the mountain. Kornelia Kostka was the first female in the 20K and the 10th overall in a time of 1:32:50 and was also queen of the mountain. This year there were 73 finishers of the 20K!

Jeremy Page was first in the 10K out of 75 finishers with a time of 41:04.9. Elizabeth Poupore was the first female and 5th overall with a time of 46:06.9.

Thanks to all of those who donated their time for this event and to Redeemer Presbyterian Church for allowing us to use their facilities. Everyone agrees it is better not having to cross Highway 276!



SANTA RUN 5K

By Kelli Jo Lowe, Race Director

A jolly time was had by all at the 2022 GTC Santa Run in the Greer community of Sugar Creek. Runners and walkers from age 7 to 86 braved the chilly weather to don their boldest, brightest, and best attire.

While the majority of this festive group came from South Carolina, some hailed from North Carolina, Georgia, Florida, Texas, and Hawaii! With GTC celebrating its 50th year, a bright, cozy red scarf with pockets donning the Santa Run and GTC anniversary logos was given out as swag.

Though our photo honors the zany but modestly decked out volunteers for this race, we saw some amazing costumes including Rudolph, Frosty, Santa, elves, angels, and even Cousin Eddie made an appearance. And who can forget the Jingle Trot? Many runners brought their four-legged friends to participate in the festivities. This race has become a tradition for many families, and we look forward to what this year holds.



SPINX RUN FEST

By Kerrie Sijon, Race Director

Spinx Run Fest was another great success for the participants, spectators and volunteers. Greenville Track Club and Spinx Company were both celebrating their respective 50th anniversaries, so participants received specially designed shirts, medals and awards to commemorate this great accomplishment.

Lots of planning went in to make this event a great success, more than the casual observer might imagine. It was possible, as always, because of the many behind-the-scenes volunteers who worked tirelessly for an entire year to make sure it went as planned. From the St. Francis medical team to the race certifier (John Lehman) to the corace directors (Robin Walter, Beth Grumbles, Kelli Jo Lowe, Lydia Thomas, and Kerrie Sijon) to the timer (Scott Bagwell/SVE Timing) and all those amazing volunteers — we couldn't have done it without each and every one of you. Let's not forget those amazing runners who participated this year - so many smiling faces, and PRs! — for whom this effort was made: that was our reward!

The Greenville Track Club takes great pride in giving back to our community. The Spinx Fun Run was no exception. This year some of our proceeds went to Greer All Stars, Meals on Wheels, and Travelers Rest High School Beta Club.

Thanks to everyone who did something to contribute to another great year for Spinx Company and the Greenville Track Club. Keep up the good work!



GTC RUN DOWNTOWN 5K

By Kerrie Sijon, Race Director

The Greenville Track Club Run Downtown took place on a beautiful yet chilly morning, January 21, on Main Street in the heart of the city of Greenville. The course was new this year and from most participants I only heard positive feedback.

We had over 800 strong and enthusiastic runners take on this new course, GTC's first race of the year. We held packet pickup at Fleet Feet on Augusta Road and they couldn't have been more accommodating to us. Race morning we met at Peace Center Plaza for the remainder of the race bibs to be picked up. What a great outside venue!

The race started at the Peace Center Plaza area and finished on the Main Street bridge. Food, water, and awards were held right there on the bridge — what a unique and picturesque post race gathering place it was for everyone — both runners and spectators.

Thank you to all the runners. Your energy made the race the success it was. To our wonderful volunteers - we absolutely cannot put on an event without each and every one of you. The Greenville Track Club is lucky to have so many loyal and dedicated members who give back so generously to their community. Another benefit appeared from holding this event in the middle of our vibrant downtown area: we thank a number of Greenville's visitors for their stopping and anonymously lending a hand after the event to leave the area pristine!

Please join us for the [GTC Green Valley 5 and 10 mile race](#), sanctioned by USATF, coming up February 11. See you there!



2022 CORPORATE SHIELD RUNNING



2023 CORPORATE SHIELD RACES

JANUARY 21
Run Downtown 5K

MARCH 11
Milliken Earth Run 5K

APRIL 22
United Community Bank 45th
Reedy River Run

MAY 13
ZF Get in Gear 5K

JUNE 10
Sunrise Run 8K

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Red, White & Blue Shoes 5K

AUGUST 19
Edouard Michelin Memorial 5K

SEPTEMBER 15
BMW Performance Classic 2M

OCTOBER TBD
GE Cross-Country 6K

NOVEMBER 18
Zoom Through the Zoo

ZOOM THROUGH THE ZOO 5K

By Lydia Thomas, Race Director

Zoom Through the Zoo 5K was held on Saturday, November 19. Despite the chill, 900 runners came out to participate in the wildest race in Greenville. Typically held in May, the race was moved to November this year. The change did not, however, affect the turnout. Zoom Through the Zoo was the final Corporate Shield race of the year and saw runners from all Corporate Shield Teams.

In addition to the 5K, Zoom Through the Zoo's Kids Fun Run returned for the first time since 2019. Seventy kids participated in the run, which took them approximately .8 miles through the Greenville Zoo. Kids of all ages ran the hilly terrain, proudly finished and accepted a medal to a cacophony of cheers and applause.

Most participants would agree that despite the hills and the cold, Zoom Through the Zoo was not only the wildest but one of the most fun races of the season. While most animals were inside due to the cold weather, each runner received a Zoo admission ticket to ensure they could return and enjoy all the Zoo has to offer at a future date. Prizes were abundant, with the top winners receiving a Greenville Zoo membership, gift cards from Fleet Feet and Dave & Busters, free ice cream and coffee, and more.

Mark your calendar for Saturday, November 18, 2023 and don't miss this year's race!



GREAT START: 2023 GTC RUNNING SERIES

By Bobby Richmond, Incite Consulting Group

Running Series Standings to kickoff 2023 are now updated here for GTC Run Downtown 5K. Despite the weather being slightly chillier than last year, turnout at Run Downtown was up 20% and GTC Running Series participation was up 44%!!! Maybe it was the slightly flatter course or the extra competition, but something drove times down significantly (about 10%) in the highest growing point groups (see highlights below).

IMPORTANT UPCOMING DATES:

- 02/06 – GTC Annual Awards Meeting (Running Series and Corporate Shield)
- 02/11 – Green Valley Road Races (10Mi & 5Mi)
- 04/22 – United Community Bank 45th Reedy River Run (10K & 5K)

SERIES STANDINGS

Female 35-39

- 18 GTC RS participants, up from 9 in last year's race (2nd largest point group)
- The top 4 finishers averaged a smoking hot 21:19 this year (vs 26:45 last year)
- The top 4 finishers in this point group were the 3rd fastest across ALL (F&M) point groups!!
- Grace Smith (2nd) finished in 19:11 (02:09 faster than her '22 time)
- Sunday Davis (1st) finished in 18:43 (01:04 faster than her '22 time)

Female 40-44

- 16 GTC RS participants, up from 10 in last year's race
- The top 4 finishers were 01:15 faster than the group in '22

Female 50-54

- Kimberly Mahaffey (1st) cut her Run Downtown time by 2:23 to this year, and went sub-30

Female 55-59

- 17 GTC RS participants, +12 since last year's race!!
- The top 4 finishers were 02:15 faster than last year, averaging 27:49

Female 60-64

- The top 4 finishers were a whopping

07:14 faster on average this year for an average time of 26:42

- Gabriele Harris was 01:06 faster than last year
- Victoria Michal (1st) shaved 02:19 from hers
- Robin Miller cut 05:55 from her time

Male 01-18

- The top 4 point earners were 02:18 faster this year, averaging 21:52
- Adam Villa improved his time by 03:41

Male 30-34

- Jeb Maloney (2nd) was 01:46 faster this year, went sub-20:00, and finished in 19:07

Male 40-44

- Brian Childs ran 40% faster this year, going sub-30, and finishing in 27:19

Male 45-49

- 20 GTC RS participants, more than any other point group, and +7 vs last year's RDT
- The top 4 finishers averaged 20:33 (2nd fastest "top 4" point group), down 01:42 from last year

Male 50-54

- The top 4 finishers were the fastest point group, averaging 19:26 - the only "top 4" averaging sub-20
- Jose Villa cut 03:41 off his '22 RDT time

- James Bellerjeau (4th) cut 1:01 from his time from last year to finish in 22:40
- Phillippe Giguere (1st) shaved nearly a minute to finish in 16:49!!

Male 55-59

- Allen Pellett carved 01:09 from his '22 RDT time
- Brian Potter (1st) cut 01:27 from his for a 21:24 finish
- Steven Heller dropped 04:24 from his '22 RDT time to finish in 26:18

Male 60-64

- +8 GTC RS participants to total 16 this year
- Tim Smallwood was 04:08 faster this year, finishing in 28:05

Male 65-69

- John Gullick finished 04:53 faster this year
- George Sykes (1st) finished in 21:28, 01:07 faster than '22

Male 70-74

- Vince Herran (1st) went sub-25 this year by running 02:17 faster

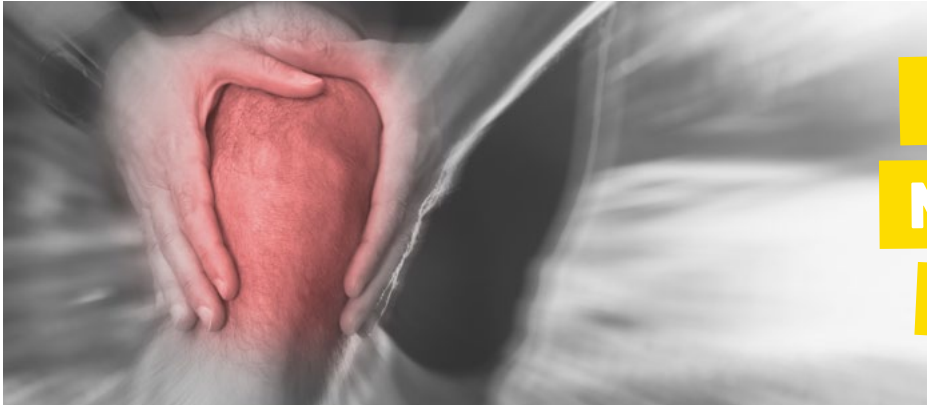
Remember your GTC Membership must be current the day of the race to accumulate points. See the full list of rules at greenvilletrackclub.com/running-series.

2022 GTC PR SURVEY

The GTC Board has authorized the GTC Newsletter to accept and publish any PR submitted anytime this year in the next Newsletter following submission! No need to wait - act while your achievement is fresh!

Please go to https://docs.google.com/forms/d/1Memx8KvozfhabV52u2JmUDamsh7wLwLNLd8WUJIIWQg/viewform?edit_requested=true to complete the form. You can also go to the GTC website <http://greenvilletrackclub.com/newsletter.html>. Below are the 2022 results!

NAME	EVENT	WHERE	WHEN	PR TIME	COMMENT
Bill Blask	GTC Freedom Flyer 2M	Greenville, SC	5/30/2022	10:38/Mile	Fast SRT course, beautiful Memorial Day venue. Thanks, GTC!
Onix Bruguera-Leon	Napa to Sonoma Rosé 5k	Sonoma, CA	7/16/2022	00:22:09	It was a vacation four university friends of mine from Puerto Rico and me took. This 5k was the day before the main event which was a half marathon. Funny thing about this race was that the first "water" stop was actually a rosé wine shot stop. I took the shot, kept going, and to this day it is my 5k PR.
Justen Brewster	Zoom Through the Zoo 5K	Greenville, SC	11/19/2022	00:20:53	
Robert (Bob) Burch	GTC SC Open & Masters Track Classic	Taylors SC	6/25/2022	8:09.71/Mile	First Competitive Track Meet in 54 years.
Alejandro Marquez	Spinks Run Fest	Greenville, SC	10/29/2022	8:43/Mile	This was my first competitive half marathon!
Gabriel Unger	PMRR	Greenville, SC	12/3/2022	1:42:43.3 Chip time / Pace 8:16/ Mile	rain
Samuel Unger	PMRR 20k	Greenville, SC	12/3/2022	1:57:51.7 Chip Time / Pace 9:29/ mile	rain
Abigail Unger	PMRR 10k	Greenville, SC	12/3/2022	1:02:45.2 chip time /	rain
Robert (Bob) Burch	2022 NC Senior Games	Durham, NC	9/21/2022	6:26.64 1500m	M70-74
Robert (Bob) Burch	South Carolina Senior Sports Classic	Florence, SC	10/22/2022	3:03.90 800m	M70-74
Scott Zannini (Team Zannini Pannini)	Edisto Triathlon (Team Event - I was Half Marathon runner)	Edisto Beach, SC	10/29/2022	1:29:54 Half	
Daniel Newman	Couve Clover Run	Vancouver, Washington	3/20/2022	32:07 5K time	Just got off a plane to visit family for spring break, somehow managed to beat my PR for a 5K by 3 minutes. Still not sure how it happened!
Holden Williams	Holiday Hustle 5k	Travelers Rest, SC	12/3/2022	23:04 for 5k	It was a hilly course but I pushed through it because I wanted a PR!
Markus Wimmer	Spinx Run Fest Half Marathon	Greenville, SC	10/29/2022	01:41:02	I only ran 2 or 3 Half Marathons privately in the last couple of years. This was my first Half Marathon I ever ran in a race. My goal was a time below 01:45:00. I was really surprised about my time - I guess since the course was flat and not hilly like in my neighborhood - and a little competition might have kicked in as well.
Richard Allen	Spinx Runfest 10k	Greenville SC	10/29/2022	1:00:45	
Richard Allen	Take Flight 5K	Greenville SC	5/28/2022	28:14	
Lee Cook	Myrtle Beach Marathon	Myrtle Beach, SC	3/5/2022	3:48:59 (Gun Time)	At 77 years of age, this was my first marathon, and my only goal was to finish in under four hours. The result was a Boston Marathon qualifying time as well as a state record for the 75-79 age group.
Bill Keesling	National USATF Masters (100 meter dash)	Lexington, KY	7/28/2022	18.37 sec- onds	M80-84
Bill Keesling	2022 National Senior Games (50 yard dash)	Pittsburg, PA	7/15/2022	10.13 sec- onds	M80-84
Bill Keesling	National Senior Games (Long Jump)	Pittsburg, PA	7/15/2022	2.58 meters	M80-84
Bill Keesling	SC Open and Masters Track and Field Classic (Shot Put)	Greenville, SC	6/25/2022	9.58 meters	M80-84



SPLITS: MY RECOVERY

PART 2

By Bill Blask

It is January, 2023 as I am writing this. It has been six months since my meniscus repair surgery on July 22, 2022, and a month more since my injury. If you have a few minutes, I'm willing to talk about where I am, what worked to get me here, and what's next in my recovery.

WHAT HAPPENED

Running along nicely, I was nearly finished with the 2022 Sunrise Run 8K in Simpsonville. John Lehman and his helpers had as usual laid out an interesting and gently challenging course for us. The weather and large crowd of fellow runners were helping all of us enjoy the event.

I could see the graveyard and the final hill to the finish line. I wasn't to be first to finish, or last, but OK with my effort that day.

Then a flash of pain had shot through my right knee. The shock stopped me in my tracks. Echos of that shock remained as I stood unmoving while others ran around me. I wondered what had just happened.

Lying to myself, I finished the race. But afterward I was forced to accept that damage had occurred. A few days later my internist and an MRI confirmed this. I had torn my right knee's meniscus.

That was my last road race in 2022.

HERE'S WHERE I AM NOW

With credit to many caregivers, I'm back on my feet, and back in training.

Judging from my enthusiasm for physical movement, my head seems OK. My body is a work in progress. Surgery was expertly done, and I completed my rehab visits some time ago. I've been running on a treadmill at the Caine Halter YMCA in Greenville and have resumed my hour long, twice-weekly crosstraining sessions. I've signed up for a few 2023 races and by Newsletter publication date will have completed one, the GTC Run Downtown 5K. Longer races are on my calendar.

My right knee feels strong and is pain-free. It does not have quite the range of motion in flexion that my left knee has, though both

have had the same operation more than a decade apart.

WHAT I DID TO RECOVER

Yes, there is a large choice of things anyone might choose to do to recover from this kind of injury. You can, and should, do the research on what the more successful rehab centers and help providers have done. And then there are those things that mean more to you than the next person just because.

There is always the big picture: a comprehensive recovery program. Here's one good example. [Dr. Mia S. Hagen, University of Washington, Department of Orthopaedics & Sports Medicine](#), developed a full pre- and post-op program, with week-by-week range of motion and strength exercises. My recovery team at ATI in Greenville incorporated much of that excellent program.

Next, there's the short list of what worked for me day in and day out.

THE EARLY BASICS

Number one, while my body healed, I stopped running for awhile. Ours is a percussive activity. Early on, that is the last thing a healing knee and meniscus needs.

Number two, at its simplest, I slept, ate, and stood when I could. I gave my body what it seemed to want and need to rebuild its physical and emotional health. Self awareness never had a greater value than during that period of recovery.

FUNDAMENTAL EXERCISES AND THEIR JUSTIFICATION

I started careful use of the injured limb. For meniscus repair recovery, "careful use" involves the following, during which I was seated on a flat surface (I prefer the floor):

- Recovery of joint maximum ROM (Range of Motion): Heel slides¹
- Recovery of full leg extension: Back-of-the-knee press²
- Recovery of leg muscle engagement: Conscious quadriceps clench³ and Leg lift⁴

I did each exercise about 8-10 times at least three times each day, adding reps as I could tolerate. I didn't forget my other leg: I did "mirror" exercises to promote bilateral neuromuscular tone.

I HONORED MY INTEREST IN CROSS-TRAINING TECHNIQUES

Once I was cleared to return to the gym, I personally found these exercises helpful:

- Recovery of lower leg engagement/stride push-off: Standing Heel raises⁵
- Recovery of leg muscle engagement: Seated at leg extension machine⁶ and Leg press machine⁷
- Recovery of full leg syncopation: Exercise bicycle⁸

A reference point: I like having guidance from a coach when I begin any unfamiliar workout. Mine was and is at the Caine Halter YMCA in Greenville.

MY NEW BFF: THE DIGITAL TREADMILL

The modern treadmill is my friend!

I used the treadmill at the YMCA, both in inclement weather and as a research tool. Current treadmills provide much more than adjustment for incline (at least + 1 is necessary to better approximate actual road work). They also display pace, a necessary datum point for me, as well as distance, splits, time elapsed and time remaining toward a set-point I establish.

Finally, they sync with my Apple Watch to display data such as heart rate on the treadmill display. Along with time, distance, pace, and splits, I can see a complete picture of my performance in front of me as I run.

Of equal value and convenience, I walk away with a complete set of workout data on my wrist at the end of my session. That data uploads automatically to all my own computing devices for ready analysis. There's plenty to chew on post-workout. (Did someone say "Splits"?!)

A sidebar: I elected to use Jeff Galloway's run/walk approach for my beginning runs.

SPLITS: MY RECOVERY – PART 2 CONTINUED

I mixed running with walking in a ratio that supported what I had to give each workout. For a pace of 13:30 – 14:59⁹, Coach Galloway suggests a 2:1 run/walk ratio – run 1 minute, walk 30 seconds. That suited what I wanted to achieve during my first road work sessions both on the road and in the gym. With practice, I expanded that to what for me became “research sessions”.

Here is a typical research session on a treadmill at Caine Halter:

Set the intended duration at 60 minutes. Pair my watch. Open my hydration bottle. Attach the safety line. Smile and apologize to any runners beside me for potential groaning, wheezing, and farting. Turn on the fan!

1. Walked 5 minutes at 25 MpM (Minutes per Mile) pace
2. Walked 5 minutes at 20 MpM pace
3. Jogged for remainder of mile 1 at 16 MpM pace
4. Walked 2 minutes at 20 MpM pace
5. Ran remainder of first half mile of mile 2 at 15 MpM pace
6. Walked 2 minutes at 20 MpM pace
7. Ran remainder of last half mile of mile 2 at 14 MpM pace
8. Walked 2 minutes at 20 MpM pace
9. Ran remainder of first half mile of mile 3 at 13 MpM pace
10. Walked 2 minutes at 20 MpM pace
11. Ran remainder of last half mile of mile 3 at 12 MpM pace
12. Walked 5 minutes at 20 MpM pace
13. Walked 5 minutes at 25 MpM pace

Total time: about 60 minutes. Total distance: 3 miles plus. You see that I’m testing my ability to maintain for a significant time each pace I use during the workout. Breathing, motion, stride are all awareness focus points. I went to faster MpM paces as my conditioning improved.

As my pace increased during the workout,

my heart rate and breathing pattern changed to reflect the greater effort. How far and how long I ran and walked at each pace was all displayed in front of me by the treadmill’s display screen as I rocked and rolled along. How cool!

MY RESEARCH: CAVEATS

My own online research and personal experience gave me information that was thought-provoking. For example:

#1: Surgery to correct this injury comes with a price, and it’s not just dollars¹⁰

- Major muscles of the leg whose knee was repaired will always be weaker in terms of maximum muscular strength
- The cause of this neuromuscular impairment is not fully understood

#2: Use compression socks soon after surgery

- Despite my having been clinically determined to have excellent circulation in the leg addressed surgically, that leg would remain swollen for weeks
- Applied soon after surgery, compression socks would have helped both that condition and my discomfort

#3: Note the use of a tourniquet

- During this surgery, a tourniquet may be applied to the leg above the knee to reduce circulation to the area addressed during this operation;
- Surgeons seem equally divided on the tourniquet’s benefit
- In my case it resulted in an impressive hematoma (bleeding) covering much of my inner thigh
- Similar surgery without using a tourniquet on my other (left) knee more than a decade earlier produced no hematoma, nor was there prolonged swelling

My rehab sessions also emphasized what research had established: stability and strength would be regained over months,

not weeks. Sub-maximal muscle capacity – walking, sitting/standing, etc - would be regained with patience and care. However, I should not expect the original degree of maximal strength in that leg to return.

Biggest post-surgical surprise: tell your quad muscles above the repaired knee to engage and straighten the leg ... *and watch as nothing happens!* I’ve experienced muscle paralysis when I had polio, but this was an unpleasant and totally unexpected *déjà vu*. Keep calm and fly on, it’ll come back with persistent effort.

WHAT’S NEXT

Thankfully, six months after surgery, I continue to recover. All my normal retirement activities - house chores and maintenance, sailing my 17 foot Com Pac catboat, driving, activities with family and friends, and just goofing off – I can do as I had before this injury and surgery.

On the other hand, one ought not to set unrealistic expectations. I couldn’t jump tall buildings before, and I can’t do it now. You don’t get any special “bionic goodies” from this operation. Most gains come from hard work.

So now it is down to what I can and will do. The Doodle Trail in Easley waits for me on this cool, sunny Winter day. We’ll see how far my body takes me, and how fast. As one of my daughters says, “It’s all good!” In this particular instance, I have to agree with her. My experience of injury and recovery brought me into contact with many competent and caring people. They helped me to be where I am now. The rest of the journey is up to me.

I look forward to seeing you on the road.

My new post-rehab T—shirt:
The bad news is
I’ve been quicker.
The best news is
I’m less sicker!
I’ll see you out there!”



1 Slide your heel from full leg extension as close as possible to your hip; use a strap gently to encourage and gently challenge
 2 Extend the leg, slightly elevate the heel, and use the thigh muscles to press the back of the knee strongly towards the surface you are sitting on
 3 While seated on table or floor, leg extended, consciously tighten your quads and hold
 4 While seated on table or floor, straighten leg and lift off floor while keeping it straight all the way back down (no cheating!)
 5 Raise both heels as high off the floor as possible, hold for a count of 5, and slowly lower; repeat x 10; repeat this movement with heels rotated in toward the centerline, and with heels rotated away from the centerline; add hand weights as permitted

6 Single leg extensions as permitted, over time adding load to maximum at very low repeats
 7 Double and single leg presses, working toward max load using minimum repetitions
 8 Continuous pedaling as permitted, 5-15 minutes, working to increase reps per minute and programs as permitted
 9 Jeff Galloway, *Running Until You Are 100*, Maidenhead: Meyer & Meyer Sport (UK), 2007, pages 34-35.
 10 This is what that same “neuromuscular impairment” information sounds like when stated in cold, clinical research terms: (<https://pubmed.ncbi.nlm.nih.gov/31694318/>) and (<https://pubmed.ncbi.nlm.nih.gov/19936857/>).