



Greenville Track Club

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



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GreenvilleTrackClub

QUARTERLY NEWSLETTER • JULY 2017



Celebrate Independence Day at Red White and Blue Shoes

Now in its seventh year, the Red White and Blue Shoes continues to attract a huge field from all over the Upstate. The 5K course is super fast and finishes at the 50-yard line inside Furman University's Paladin Stadium.

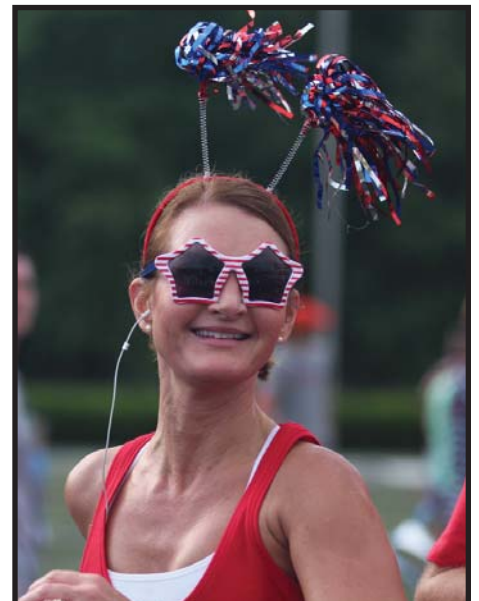
Post-race activities include the kids' steeplechase, challenge course, team tug-of-war and a pie-eating contest, all of which are free!

Furman and the Greenville Track Club have deep ties, going back to the day in 1972 when a group of Furman alumni got together and started the GTC. Red White and Blue Shoes helps promote that partnership and the race proceeds contribute to the Blue Shoes scholarship fund and go toward improving Furman's track program.



Red White and Blue Shoes 5K

When: Tuesday, July 4, 2017
5K: 8 a.m. • **Kids' steeplechase:** 9 a.m. • **Activities:** 9:15 a.m. • **Awards:** 10 a.m.
Where: Furman University campus
Registration: \$35 from July 1-3; \$40 race day
Packet pickup: July 1-3, 1-6 p.m. at Fleet Feet (635 Augusta St., Greenville)
More info/sign-up: rwbsrun.com



Upcoming events

Wednesdays (recurring)

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

July 4, Tuesday

Red, White & Blue Shoes. 5K, Kids Run
Location: Furman University campus
Info: rwbsrun.com

July 11, Tuesday

GTC All Comers Summer Track Meet
Location: Furman University Track • 6 p.m.
Info: GTC-AllComers.com

July 18, Tuesday

GTC All Comers Summer Track Meet
Location: Furman University Track • 6 p.m.
Info: GTC-AllComers.com

July 20, Thursday

GTC Twilight Series 5K • 7:15 p.m.
Info: twilight-5k.com

July 25, Tuesday

GTC All Comers Summer Track Meet
Location: Furman University Track • 6 p.m.
Info: GTC-AllComers.com

Aug. 7, Monday

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

Aug. 10, Thursday

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

Aug. 12, Saturday

Paris Mountain Trail Run 7K
Info: www.eventsignup.org

Aug. 17, Thursday

GTC Twilight Series 5K, 7:15 pm
Info: twilight-5k.com

Aug. 19, Saturday

Michelin Run 5K
Info: coming soon

Oct. 28, Saturday

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

Nov. 4, Saturday

Paris Mountain Trail Run 16K
www.eventsignup.org

Nov. 18, Saturday

Paris Mountain Road Races. 20K, 10K & 5K
Info: coming soon

Dec. 16, Saturday

The Santa Run. 5K
Info: greenillesantarun.com

GTC Board of Directors

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Beth Grumbles

Vice President

Laurens Flanagan

Treasurer

Sandi Hardaway

Secretary

Mark Sejman

Administrator (Non-Voting)

Kerrie Sijon

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Club Meetings CoordinatorRon Chappell
Equipment CoordinatorMark Sejman
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At Large Director 2Phil Perry
At Large Director 3Gene Ruck
At Large Director 4Dane Pierce
At Large Director 5Mike Burchette
At Large Director 6James Horne
At Large Director 7Dane A. Simmons
At Large Director 8John Hatfield
All Comers Track Meet DirectorTBD
Corporate Shield DirectorSarah Schoonover
Green Valley Road Race DirectorJohn D. Lehman
Greer Earth Day Run Race DirectorEd L. Hughes
Paris Mountain Road Race DirectorLaurens Flanagan
Paris Mountain Trail Run Race DirectorJohn D. Lehman
Red White & Blue Shoes 5k Race DirectorMickey McCauley
TD Bank Reedy River Race DirectorMike Caldwell
Run Downtown Race DirectorTBD
SC Masters & Open Meet DirectorJim Roberts
SpinX Run Fest Race DirectorEd L. Hughes
Sunrise Run Race DirectorJohn D. Lehman
Santa Run Race DirectorEd L. Hughes
USA Track & Field Rep (Non-Voting)Mickey McCauley
WebmasterMike Caldwell
Race OperationsEd L. Hughes
Add Event to Event CalendarMark Sejman

GTC MEMBERSHIP

The Greenville Track Club, established in 1972, is the second-oldest running club in South Carolina and the fastest-growing running club in the Southeast. The GTC will celebrate its 45th anniversary in 2017.

Membership benefits include:

Discounts on the following GTC events:

Greenville News Downtown Run 5K
Green Valley Road Races
TD Bank Reedy River Run
Earth Day Run
Freedom Flyer
Sunrise Run
Red, White and Blue Shoes 5K
SpinX RunFest
Paris Mountain Road Races
Santa Run

Race entry discounts for current members will be automatically applied via Run Sign Up for specific GTC events.

Members may participate in The Run-In Running Series (performance point-based scoring system).

Corporate Shield events.

Summer Track Meet Series (June and July).

ASICS GTC-ELITE

GTC-ELITE.ORG

The ASICS Greenville Track Club-ELITE turned in several impressive showings in the second quarter of the year, including a dominant effort at the TD Bank Reedy River Run.

Upstate natives Austin Steagall and Kimberly Ruck, who won the Greenville News Run Downtown 5K in January, repeated the sweep in April, claiming the TD Bank Reedy River Run 10K and RRCA South Carolina 10K crowns.

Steagall finished the downtown Greenville course in 30:31, 17 seconds ahead of runner-up and GTC-ELITE teammate Ryan Root.

On the women's side, Ruck led a dominant showing by the GTC-ELITE, which claimed four of the top five women's slots. Ruck, who also boasts a pair of third-place finishes and a fifth-place showing in her hometown race, ran 35:11 to finally break through for first. 2016 winner Dylan Hassett, who was running her first race since December because of a nagging foot injury, was third in 35:39. Alison Parriss was fourth in 36:17 and Kate Dodds finished fifth in 37:06.

The TD Bank Reedy River Run came on the heels of some exceptional showings at the Tennessee Relays in Knoxville the second weekend in April. Running the event for just the fourth time, Steagall won the 3,000-meter steeplechase, cruising to an eight-second victory in 9:09.39.

Mark Leininger came up just short of a win in the 5,000 meters, as his time of 14:23.31 was just 0.63 seconds shy of victory. Root finished 21st in the event in 14:49.13.

Ruck and Parriss also competed in the 5,000 meters, taking turns leading the pack. Ruck held the lead until the 12th lap but was out-kicked over the final 300 meters and settled for second in 16:49.18. Parriss finished fourth in 16:51.34.

Steagall and Ruck, coming off their wins in Greenville, competed at the Riker Danzig Newport 10,000 in Jersey City, New Jersey, in May, with Ruck claiming ninth in 35:59 and Steagall 10th in 31:12.

In between the TD Bank Reedy River Run and the Newport 10K, Leininger placed 15th at the USATF Half Marathon Championships, held in conjunction with the Ohio-Health Capital City Half Marathon in Columbus, Ohio, in late April. Leininger clocked 1:07:13, nearly three minutes slower than his PR, in an impressive field that also featured 2016 Olympian Leonard Korir and former NCAA cross country champion Sam Chelanga, who finished 1-2.

"After seeing the weather conditions, we decided to run more for place than time since it is a USA Championship," GTC-ELITE director/coach Mike Caldwell said. "Although Mark is disappointed with the time, it was his best finish at a USA road championship."

Leininger previously had placed 16th at the USA 10-Mile Championships last October.

Root turned in a 19th-place showing at the USATF 25K National Championships, held in conjunction with the Fifth Third Bank River Run in Grand Rapids, Michigan, on May 13. Despite some abdominal cramping over miles 7-12, Root averaged 5:21 per mile over the 15.53-mile distance, finishing in 1:23:08.

Just over a month later, Root would finish 22nd out of 6,437 finishers at Grandma's Marathon in Duluth, Minnesota. In just his second attempt at the distance, Root knocked three minutes off his PR with a time of 2:23:32.

Steagall and Parriss both ran well at the Governor's Cup Main Street Mile on May 19. Steagall took the lead after the turnaround on the out-and-back course but was passed in the final 20 meters by James Dwyer of Atlanta Track



Will Brewster



Frank DeVar



Kate Dodds



Dylan Hassett



Mark Leininger



Tyler Morse



Alison Parriss



Ryan Root



Kimberly Ruck



Austin Steagall



Carolyn Watson

Club Elite to settle for second, officially one second back in 4:12. Parriss finished fifth in 4:57.

A pair of ASICS GTC-ELITE runners claimed top-three finishes at the Jail-break 5K in Lexington, South Carolina, on May 27, with Parriss taking second in 17:22 and Leininger finishing third in 14:38.

Steagall finished his first season with ASICS GTC-ELITE in fine fashion in Portland, Oregon, running the 3,000-meter steeplechase in both the Portland Track Festival and the Stumptown Twilight meet.

Trying to qualify for the USATF Championships later in June, Steagall held the lead through the first mile at the Portland Track Festival but faded over the final kilometer and finished 19th in 9:02.89.

"I now realize that getting the USA qualifying time is a lot tougher than expected," he said. "I went for it and was on pace through the first mile, but then

I fell off pace quickly. Good to have another shot at a personal best on Friday."

Five days later, Steagall knocked 12 seconds off his time and did indeed achieve a PR in 8:50.58, finishing third. This time, he ran a more conservative race, moving from fifth to third over the final two laps.

Leininger also ran a PR in Portland, shaving 12.3 seconds from his previous best time for a 29:06.16 in the 10,000 meters at the Portland Track Festival. He finished 19th in the event, which was won by three-time Olympian Galen Rupp of Portland.

ASICS GTC-ELITE also welcomed two new members in recent college graduates and Illinois natives Tyler Morse and Will Brewster. Mapleton native Morse just wrapped up his collegiate career at Illinois State University, while Brewster, from Grayslake, just graduated from Davidson College after opening his career at the University of Illinois.



Austin Steagall and Kimberly Ruck continue to lead the way for ASICS GTC-ELITE. The pair swept the titles at the TD Bank Reedy River Run 10K in April and posted several other top finishes throughout the rest of the spring and early summer.

It is Our Mission:

To develop and maintain an "elite" post-collegiate team for USA citizens in partnership with the Greenville Track Club, which will challenge for national championships, qualification for the US Olympic Trials and top performances in regional and local running competitions, while living and working in the Greenville community and providing inspiration and leadership for the GTC and the local running community.

Forget PRs – run for fun!

By Beth Grumbles, GTC president

Summer is here and days are hot, humid and sticky! Summer in the South! Time to forget about PRs for a few months, enjoy some training down time and just run for fun.



Beth Grumbles

Some runners reduce their training mileage, do more bike riding, hit the pool for swim workouts or just run for fun.

Run for fun – is that really possible? Well, there are several opportunities to run for fun this summer! Red White and Blue Shoes 5K on July 4th, GTC All Comer's Summer Track Meets on Tuesdays at Furman, GTC/Carolina Triathlon/ULTRA Twilight 5K Series (second race on July 20, third race on Aug. 17), Michelin 5K in August. All low-cost, family-friendly events that you can run for fun!

Come on, pick an event and Run for Fun! I will see you there!

GTC Running Series

Since 2006, the Greenville Track Club Running Series has allowed GTC members to accumulate points within their standard five-year age/gender group from racing events currently conducted by the club (determined by your age for the first RS race you enter this year). You will remain in this age group for the year.

Top 8 events count towards your total. We hope this will provide an opportunity for members to increase fellowship and fun, and improve member turnout at our races. (One more reason to join the GTC today!) The Freedom Flyer is the newest addition to the Running Series, replacing the BMW 2-miler.

The GTC counts your points automatically - you don't have to do anything special other than be a GTC member!

Rules include:

- Runners stay in the same age group they start their first race for the whole year

- Runners qualify for a T-shirt with 60 points

- Runners who volunteer and can't participate in the race for this reason get 10 points (race director has to provide a list)

- Runners participating in designated races which are part of the Running Series other than marathon and HM get 50-40-30-20-10 points

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

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

- Runners participating in associated races which are not designated Running Series races (SRF, PMRR, Greer) get all 10 points

GTC Corporate Shield

The Corporate Shield program was established by the Greenville Track Club in 1979 to promote teamwork, running and walking, and competition among area companies, civic organizations, religious and educational institution employees. The schedule includes events for runners and walkers of all ability levels. Team points are earned for performance and participation (including volunteering) in four (4) categories: Open, Female, Masters (40 and older) and GrandMasters (50 and older).

Next Corporate Shield races:

Red White and Blue Shoes 5K
July 4, 2017
Furman University, Greenville
rwbsrun.com

Edouard Michelin 5K Memorial Race
Aug. 19, 2017
Michelin campus - Donaldson Center

WHAT ARE YOU WAITING FOR?!

SIGN UP NOW!

TWILIGHT 5K RUNNING SERIES

Twilight 5K

July 20 and Aug. 17
Carolina Triathlon
(Welborn Street)

Twilight-5K.com

SPINX RUN FEST



Oct. 28

All races finish at Fluor Field

SpinxFest.com

THE SANTA RUN



Dec. 16

Bon Secours
Wellness
Arena

GreenvilleSantaRun.com
Registration now open!



WEDNESDAY WORKOUTS

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

SUMMER TRACK MEET SERIES

The GTC All-Comers summer track meet series continues in July on the campus of Furman University. Dates are July 11, 18 and 25.



BY THE NUMBERS

11

NUMBER OF GTC-ELITE RUNNERS

The additions of recent college graduates Will Brewster and Tyler Morse brings the GTC-ELITE roster to 11.

45

THE GTC TURNS 45 THIS YEAR

Founded in 1972, the Greenville Track Club is the second-oldest track club in South Carolina. The GTC will celebrate its 45th anniversary in 2017.

1,400

ENTRIES IN THE RED WHITE AND BLUE SHOES 5K

We're on pace for 1,400 entries in our annual July 4 Red White and Blue Shoes 5K!

1,043

GE'S LEAD IN CS STANDINGS

Through the Sunrise Run 8K, GE has accumulated 1,826 points in the overall Corporate Shield standings, 1,043 ahead of second-place BMW (783) so far. GHS is third with 602, while the battle for fourth sees Michelin with 405 and Milliken with 423.

GTC MEMBER PROFILE:

TRACEY ASHALL

If you're a female master's runner in the Upstate, chances are good you know exactly who Tracey Ashall is. She's the one racking up all the wins.

Since moving to Greenville a little more than a year ago, Ashall has made her presence known in a big way, picking up overall female wins at the BMW Performance Classic 2-Mile Race and the Sunrise Run 8K and master's wins at the Greenville News Run Downtown, the Green Valley Road Race 10-Mile and the GHS Half Marathon. She also boasts a third-place overall female finish at the Mountains to Main Street Half Marathon, a fifth-place finish at the Edouard Michelin Memorial 5K and a ninth-place showing at the TD Bank Reedy River Run 10K.

That's an impressive introduction to the area for the well-traveled 44-year-old, who races with Performance Therapy Racing Team. A native of Stoke-on-Trent, England, Ashall came to the Upstate from the Atlanta area, following stops in Mississippi and Bahrain, the Persian Gulf country with about a quarter of the population of Metro Atlanta.

It was there in 2009 that she met her eventual husband, Jonathan Fischer, who was stationed in the Middle East with the U.S. Navy. The two were married in 2011 and moved to Long Beach, Mississippi, where they lived for two years. When Fischer left the Navy, he got a job in Covington, Georgia, about 45 minutes outside of Atlanta. When the design engineer took a job with Fluor last year, the couple moved to Greenville.

Ashall, a National Academy of Sports Medicine certified personal trainer since 2012 and a Road Runners Club of America certified running coach since 2013, has been involved in the local running communities at each stop. She's been a member of the Greenville Track Club for about a year now and was a member of the Bahrain Road Runners, the Gulf Coast Running Club and the Atlanta Track Club,

Tracey Ashall, her husband, Jonathan Fischer, and their dog, Lily.

"They are my running buddies, too!" Ashall said, although that was apparently not always the case.

"When I met my husband in 2009, he did not run. But he started running because I think he was trying to impress me."

Ashall, who worked at a running store when they lived in Mississippi, helped Fischer work through several injuries and find the proper pair of shoes, and of course, has helped train him. Now, he runs marathons and 20-minute 5Ks.

"He's really, really become a good runner, and it's hard when you've got commitments of a full time job."



where she was part of the women's masters elite team.

"I'm a bit uncomfortable with saying 'elite,' because I'm not an elite athlete," Ashall said. "If I did, I would get paid for it, but I'm not. It was a competitive, team, though, and I really enjoyed that, and it really helped me to develop myself."

In Covington, she worked at the YMCA and set up a run training group for a 5K. That blossomed into training groups for more races, from 5Ks to 10Ks to half marathons.

"It was such a wonderful community I helped contribute towards," Ashall said. "Very happy to leave behind some other clients that have been now motivated to step up and coach, themselves."

Ashall, who now works as a fitness instructor at the Caine Halter YMCA in Greenville, is set to launch another training venture with a colleague of hers, registered dietitian Wendie Schneider, who operates the nutrition coaching company Pantry Doctor. The pair are working on "She Runs," a women-specific 5K training plan that will include run training as well as meal prep. The group will begin training in August for the Big Punkin 5K at the Spinx Run Fest on Oct. 28.

"I wanted it to be a GTC event, because I support local track clubs and local running events," Ashall said.

But even with the new venture focusing on the 5K, the short races are not her favorites.

"I kind of like the longer stuff. I'm not a fan of 5Ks," she said with a laugh. "They are their own beast. They really are their own beast. I love the marathon, but you only get to do one, maybe two a year. I'm not one of them people that go and do several marathons a year. If you want to focus on a good time and doing well in it, I think you need to let the body, one, recover, and two, train properly. I love the half. I mean, the half, you can do more of them and enjoy it."



Photo courtesy Pace Running Magazine
Tracey Ashall was the female master's winner at the Greenville News Run Downtown 5K in January.

Her favorite local race so far is the GHS Half Marathon on the Swamp Rabbit Trail. "It was a net downhill and I got my PR in under 1:30. 1:29:12. I was looking for a sub-1:30 for years in a half, and I got it right there."

After being away from competitive running for years, Ashall decided when she turned 30 that she wanted to run a marathon. So, in 2004, at the age of 31, she made her debut in the distance at the New York City Marathon, turning in a time of 3:54:01.

"No clue what I was doing, and I wasn't very prepared," Ashall said.

That would change. Eight years later, she ran her second, the Rock 'n' Roll New Orleans Marathon, and qualified for Boston in 3:32:26. She has since run six more marathons, including Boston (twice) and London. She set her PR of 3:15:08 at the Honolulu Marathon in December 2016, finishing third in her age group.

Ashall has never trained more than 50 miles in a week and says she doesn't run her marathon race pace every time she runs. It just doesn't work for her. Her roles as a fitness instructor and personal trainer supplement her endurance and strength training and are what she credits for helping her stay on her game.

"The way I look at training is, if you were rehearsing for a play, do you always do the dress rehearsal every time you do rehearsals? You don't, do you? So, you've got to look at the whole big picture. A lot of it is junk miles, literally, as they say. It's just getting out there, getting that endurance. And then you hone in with speed work."

She's got a couple of smaller races planned for the summer, but the next marathon up for Ashall is Chicago in October. She has eyes on a 3:13.

"I think I've got some more left in me to beat my PR in the marathon."