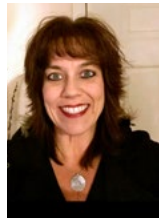


# GTC NEWSLETTER



## PRESIDENT'S LETTER

By Robin Walter, GTC President

On Tuesday, April 5, our club celebrated its 50<sup>th</sup> anniversary! There was a lot to celebrate.

Yes, we've been a part of the upstate running and track & field community for all those years. We've seen a lot of changes, but our goal has not changed. We've involved a lot of folks of all ages and persuasions in getting out and getting going on roads, fields, and trails, and celebrated their success. The hopes of our founders have been realized in many ways worth celebrating.

It feels good to know, from what folks have told us during our celebration, that we've been appreciated. It was fun to celebrate with our members and friends.

But we're not done. Not by a long shot.

Change in our lives is a dependable constant. Change isn't always good, but it can be. In a sea of change a simple sport such as ours not only endures, but is a reliable framework around which and within which change can not only be tolerated, but welcomed.

Your Greenville Track Club actively explores changes for the good such as the new two mile format for the Freedom Flyer race on May 30th, Memorial Day. It will join the other GTC traditional two mile race on the BMW test track for the BMW Performance Classic 2M this Fall. Two potentially fast, PR-ready venues.

We also look forward to other events of long-standing that have not changed since their beginning, have a unique value, and

still draw a healthy share of participants. One example is our summer All-Comers Meets every Tuesday evening in June and July. These open meets provide a track experience for hundreds of runners literally of all ages, five to eighty five. Many families participate where both children and parents compete. All runners come to try their hand at a wide variety of timed distances, from 50-yard dashes to 1500 meters, often for the first time.

Your club Newsletter is evolving. Since its rebirth we've added new graphics and color to improve its readability. In this issue we included space for you to be recognized for your PR achievements; we expect to continue to do this for you on a regular basis, either annually or in each issue. We continued our interviews highlighting the experiences of individual GTC members.

These are but a few examples.

All of the organizations in our upstate that are devoted to getting folks outside and physically active are enablers in the best sense. We are all coping with change on a regular basis, with no end in sight. We are all here to facilitate, each in our own way, the pleasure and benefit of a healthy, satisfying life for you, our members.

Your Greenville Track Club looks forward to celebrating in another fifty years our success together.

Best regards,

Robin Walter

President, Greenville Track Club  
[president@greenvilletrackclub.com](mailto:president@greenvilletrackclub.com)

*“Almost anyone can stay happy and injury-free simply by jogging a couple of miles a day. Fine. But these same runners would be even happier if they could run faster. That’s simply human nature. We want to get better.”*

Dr. Jeff Daniels, as quoted in *Run Fast*, Hal Higdon, page 31, Rodale Books, 2016 , 3rd Edition.

## UPCOMING RACES

- May 28 | Paris Mountain Trails 12K
- May 30 | Freedom Flyer 2 Mile
- June 11 | Sunrise Run 8k
- June 25 | GTC SC Open & Masters Track & Field Classic
- June-July | All comers meets
- July 4 | Red White & Blue Shoes 5k
- Aug 13 | Paris Mountain Trails 7k
- Aug 20 | Edouard Michelin 5k
- Sept 16 | BMW Performance Classic 2M
- Oct 15 | GE Cross-Country 6k
- Oct 29 | Spinx Runfest
- Nov 5 | Paris Mountain Trails 16k
- Nov 19 | Zoom through the Zoo 5k
- Dec 3 | Paris Mountain Road Race
- Dec 17 | Santa Run

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# 50TH ANNIVERSARY CELEBRATION

A good crowd of GTC-ers gathered at the Pangaea Brewing Company (115 Welborn Street, Greenville) to 'officially' celebrate our 50th anniversary and cut the birthday cake! The craft beer was good, the venue excellent, and the attendees compatible!





# GTC HISTORY FLASHBACK: A 30TH ANNIVERSARY RETROSPECTIVE

By Adrian Craven

*This article appeared in the 2002 GTC Newsletter on the 30th anniversary of GTC. The following was the preface to Adrian's article.*

Believe it or not, the Track Club celebrates its 30th anniversary this year [2002]. Adrian Craven, one of the Founding Fathers of GTC, has graciously written his thoughts and reflections on the birth and early years of the Club.

## ADRIAN CRAVEN REFLECTS...

One evening in May, 1971, several Furman professors and track coach Bill Keesling met in a campus classroom. They had a common interest — running — a fringe sport attracting few participants outside schools with few races (who'd ever heard of Boston except the real hard-core) and zero publicity. Furman had a fine reputation as a track-and-field and cross-country power, that routinely thrashed Clemson and USC among others. In keeping with Furman's desire to build a more visible profile in community affairs, they wondered if the time was ripe to form a running club on and off campus.

How long have there been "thin-clads" as the paper termed them for years, in this area? Certainly since the early 60's. One Curt Hollifield, whom some of you may know (today an occasional runner and insurance broker in Greer), was a 4:15 miler at Furman. He enjoyed a run from Greenville to Spartanburg.

The driving force behind the early running days was Bill Keesling, the Furman coach. Dynamic, hard-driving Bill, a decathlete himself, loved and still does love every aspect of the sport.

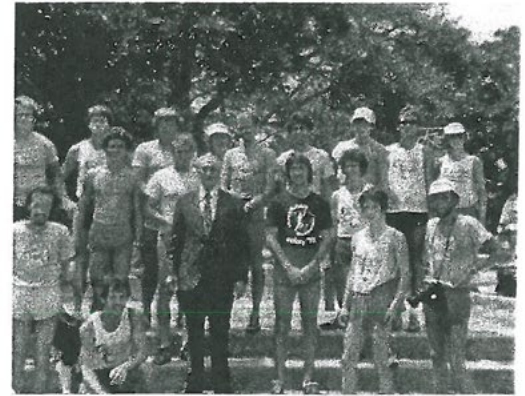
The Greenville News mentioned the meeting. Bylaws were quickly drafted and the first public meeting organized. I remember 12 or so showed up at Furman. The fledgling club was named Greenville Track Club since it was assumed track-and-field would play a big role into the club's activities. Bill Keesling was elected president, and Furman professors filled the remaining offices.

For several years all activities were staged at Furman. Races started and finished on campus. The only ongoing event was Paris Mountain, informally held in the summer by Furman runners. The first recorded mountain race (1971) saw a memorable tussle between Jeff Galloway (1976 Olympian, famous for later books, running programs, and his Phidippides store in Atlanta) and Lee Fidler of Furman, subsequently a 2:16 marathoner and 3 time Olympic trialist.

Early going was slow! There were 16 entrants in the 1972 Paris Mountain race. One race in 1972 attracted 2 participants! They split the award: 50 cent entry with no t-shirts.

Meetings were held at the now defunct Oxford Boss cafeteria on Poinsett Highway down the road a bit to Furman from today's Cherrydale Shopping Center. Oxford's epicurean meat and 3 soon attracted a dozen enthusiasts, then twenty.

Early members still involved one way or another in the local running scene include Doug Nelson (Furman steeplechaser and partner in Sam Wyche Sportsworld — Greenville's first running store), Dave Wamer (University of Tennessee starter for years and subsequently at the Olympics), Tom Malik (who starts Furman and area high-school meets and still holds the Furman high-hurdles record with a sterling



CROSS STATE RELAY 1978

14 flat). Eddie Boehmke coaches at Eastside High, and is involved in every major track and cross-country meet around and masterminds the Masters track meet held at Furman each June. Art Williams still runs in spite of operations that would fell a lesser mortal.

By 1975, there was a race practically every month. Several new concepts were introduced, mostly by the Brit members:

- January: a 6 mile handicap race
- February: Green Valley 5 and 10 mile
- March/April: 10Ks which evolved into Reedy River and Greenville News/Piedmont races
- May through July: All-comers track-and-field
- September: Cleveland Park 5 and 10 mile
- October: 25 mile road relay
- November: Dog City/Saluda River 10 mile
- December: Paris Mountain

The handicap race each January was a lot of fun. You confessed an honest time for 6 miles. A minute per mile was the maximum handicap; the slowest started first with scratch runners last. A desperate finish one year had +6, +4, and +2 runners fighting to hold off scratch runners down the finishing straight.

Similarly, the road relay — named the Great Road Relay — blossomed into a yearly event attracting as many as 80 teams of runners (5 per team), mainly from the Southeast, but often from further afield. A

couple of years we had teams from the Cayman Islands. The relay started at Furman. The first year, coach Roy Benson brought his Florida TC team by DC3 [ed: a two-engined passenger aircraft whose first flight was in 1935, and which was last manufactured in 1950.]. We had arrived! Each year saw a mighty tussle between Atlanta TC and GTC — the latter rapidly becoming a power-house.

The relay was split into age groups: open, 30-39, 40-49, both sexes. No-one was over 50 then! It was fiercely contested and cost \$2 to enter. There were fine awards, still no t-shirts, with beer, spaghetti, fruits frisbees, etc. after. A highlight of the club's year, it fostered team camaraderie while attracting some outstanding athletes. The most memorable year, 1981, saw a team from East Tennessee State average 24 minutes 3 seconds for each (wheel measured) leg. Ray Flynn of Ireland, who subsequently ran the mile in 3:49, ran 23:11 for the fourth leg. We'd never seen such running as he handed the baton to Adrian Leek of Wales. Adrian was a 3 time runner-up at Peachtree, each time recording a sub 28:15. He blistered the Cleveland Park course in 23:10, edging Ray by a second and earning a fine cut-glass vase for his effort.

A major objective of GTC in the early days was to promote club

*Running has  
changed a great  
deal in the 30  
years of GTC.  
Or has it?*

## GTC HISTORY FLASHBACK (CONTINUED)

running. Most European runners belonged to a club. Even stars such as Sebastian Coe, Steve Ovett, and marathoner Ron Hill ran for their clubs and wore their singlet proudly. In this country the club tradition took hold primarily in the Northeast with clubs such as Greater Boston, and New York Road Runners, and Atlanta in the South. GTC was afraid shoe companies would cream off the talent. They would offer money and equipment, but couldn't buy loyalty. As soon as a runner faded, the shoe company dropped him/her. The club concept flourished briefly, then withered. Today there are fewer clubs, there's scant inter club competition or even people running for a club. In the 1970s, GTC ran against teams from Asheville, Athens, Florida, Atlanta, Charlotte, Charleston, Columbia, and Knoxville, to name a few. Several road races and cross-country meets were held at Furman. Today not many relays are left. Best know perhaps is Oregon's Mt. Hood to the Sea. For awhile, the "Georgia Lake to Lake Relay" flourished. The tough 164 mile course stretched from Altoona Lake to Lake Lanier. Several times GTC fielded teams of 8 runners in the open and masters divisions.

By the mid-1970s, the number of running participants had increased dramatically. This was fueled by Frank Shorter's win in the 1972 Olympic marathon, followed by the rise of Bill Rodgers (3-time Boston winner), Alberto Salazar, and women such as Nina Kucsic and Kathy Switzer, who forced the hidebound Boston authorities to open their race to women. They were followed by the incomparable Joan Benoit-Samuelson. Who can forget her winning the LA Olympic marathon, destroying the best in the world? US running was on the map.

In 1975, 750 started the Peachtree Road Race in Atlanta. We couldn't believe the crowd! Maybe road racing had peaked. (What about 50,000 today plus thousands of bandits?)

By 1977, Greenville was ready for its first t-shirt race! The "Lung" run for the American Cancer Society, a 15K from Furman, attracted 180 entrants. We felt we'd arrived on the world stage. Reedy river was the next development and attracted our first major sponsor, the SCN bank, through GTC member Gally Gallivan. Art Williams directed the first race, in which latter stages were held in a hailstorm (almost as bad as this year). Benji Durden (2:10 marathoner, 1980 US Olympian in the marathon) and Bob Varsha (Atlanta TC and 1976 US Olympic marathon alternate), tied for the win in 30:25. Today you can see and hear silky-smooth Bob on ESPN and OLN doing Formula 1 Grand Prix and the Tour-de-France coverage. Bob's brilliant and about 100 pounds heavier.

Reedy took off, and became one of the first and longest-running races on the Running Journal Grand Prix series. Participation and sponsorship grew. The race was televised three times in the 70s and 80s - twice live.

Women's running took off, too. RUN-JANE-RUN, sponsored by Liberty Life, attracted hundreds of women. The concept of health and fitness through running was boosted by Stone Mfg., a Greenville-based apparel sportswear manufacturer. They took over from Liberty Life with WOMEN-ON-THE-RUN, directed for years with great success by Anne Williams. Held in Cleveland Park, WOTR soon attracted over 1000 participants. These were the forerunners of races exclusively for women which have enjoyed continuous and ongoing success. Indeed, Anne Williams became a guru in the sport. She was hired as consultant and speaker at women's races across the country.

And so it goes. Running has changed a great deal in the 30 years of GTC. Or has it? As John Disney, Brit Olympic steeplechase champ famously observed, "The only interesting thing about running is if you forget to alternate feet." The benefits of health and fitness are now widely known to be true. We thought it might be perceived as a fad and die off like the hula hoop, to be periodically revived. But it hasn't. The numbers are there. There seems to be more occasional runners, call them what you will: people who run a bit on occasions to feel better about themselves. There are fewer racers and fewer club enthusiasts. More are doing their own thing, often for laudable reasons such as raising money for medical research.

## GTC MONTHLY MEMBER MEETINGS

By Beth Grumbles, Vice President, GTC

**MEETINGS TAKE PLACE AT 6 PM  
AT WORLD PIECE (109 W. STONE  
AVENUE, GVL)**

### → MAY 2 – SAM INMAN

Sam has been a long time member of the GTC and is a member of the GTC Hall of Fame. Sam has directed the Reedy River Run and is the long time announcer for the Spinx Runs! You may not recognize Sam unless he is wearing his big sombrero at local races!

### → JUNE 6 – JIM ROBERTS

Jim has been a long time member of the GTC and has held several Board positions. Jim is the Race Director for the Master's Meet held each summer in Greenville. Jim will be speaking on the history of Master's Meets in S. C. and in Greenville and the upcoming Master's Meet in June.

### → JULY – NO GTC MEETING

### → AUGUST 1 – RON CHAPEL AND KERRIE SIJON

- Ron is a Past President of the GTC and has also been the Race Director of the Spinx Races.
- Kerrie is a Past President of the GTC and is currently the GTC Administrator.

Both Ron and Kerri will be speaking about the Spinx Races weekend, past and present!

### → SEPTEMBER 12 – JOHN JOHNSON

John is a Past President of the GTC and is a 50 States Marathoner.

### → OCTOBER 3 – BEV PARLIER

Bev was GTC President in 1995-1996 and was the Race Director for Paris Mountain Road Races for many years.

### → NOVEMBER 7 – ED BOEHMKE

Ed has been a long time member of the GTC and a GTC Board Member. Ed is a re-tired Cross Country and Track and Field Coach from Eastside High School. The track at EHS is named in Ed's honor. Ed continues to be involved in high school track and cross country with the GTC sponsored Invitational Meets at Eastside High School.

### → DECEMBER 5 CHRISTMAS PARTY: FOOD AND SOCIALIZING!



# REEDY RIVER RUN RECAP

By Mike Caldwell

The 44th edition of the United Community Bank Reedy River Run produced one of the fastest times for the 10K event as Greenville’s James Quattlebaum won for the third time. Since the first race back in 1978, there have only been just a few multi-time champions. Irishman Marty Flynn, of Clemson, won three consecutive years from 1988 to 1990. Quattlebaum joins Flynn as the only 3-time champion. And while winning the 2022 race he equaled the third fastest time in race history, which was Jim Cooper’s 29:20 in 1985. The actual event record is the 29:04 by Wales’ Adrian Leek back in 1982. And Travelers Rest, SC’s David Branch ran 29:11 in 1983. Those performances were on different courses since this race has used multiple routes over the years due to Greenville’s evolving landscape and growth. Due to improved course measuring methodologies, the previous “recognized” event record was Bobby Mack’s 29:33, which was run using current certification processes.

Quattlebaum pushed the pace from the sound of the starter’s airhorn and was closely followed by ASICS Greenville Track Club-ELITE’s Jason Weitzel for almost half the race distance. Weitzel finished as the runner-up, just like in the 2021 event, but ran 35 seconds faster this year. James and Jason currently are ranked first and second in the South Carolina Road Race Rankings and today’s performances should reinforce those rankings. Greenville’s Ricky Flynn replicated his third place finish from 2021, this time running 30:45.



Quattlebaum earned \$500 for the victory, \$500 for event record and \$100 for first South Carolina finisher for a total of \$1,100. Weitzel won a total of \$650 (\$400 for 2nd, \$50 for 2nd SC and \$200 for a time bonus), while Flynn takes home \$325 for his third place overall and third SC finisher. Weitzel’s time would have won this race the past six editions.

Victoria Hammersmith bests Mackenzie Lowe by four seconds to win United Community Bank 44th Reedy River Run.

The race for the women’s title was fairly close as Mauldin, SC’s Victoria Hammersmith finished only four seconds ahead of ASICS Greenville Track Club-ELITE’s Mackenzie Lowe. Their times were 36:12 and 36:16. Hammersmith’s victory earned her \$525. She receives \$425 for first (since the required minimum time for 100% award money for winning was running under 35:30). She added \$100 to that as first SC finisher. Lowe earned a total of \$450, combining her overall and SC winnings. Greenville’s Shelby Jaramillo placed third, running a huge personal best with a time of 36:47 for a total of \$325.

Other notable 10K performances included Men’s Grand Masters (50+) top two placers Eddie Posey (50) with a time of 36:26 and Philippe Giguere (52) at 36:35. Simpsonville’s Matt Koppenheffer won the Men’s Masters (40+) title with a time of 36:06, which placed him 7th overall. George Sykes (65) won the Senior Grand Masters (60+) with a time of 46:13 and 82-year-old George Luke ran an amazing 51:36.

Ale Sabio-Kennedy of Clemson, SC won the Women’s Masters with a time of 43:59, while Laura Cook of Taylors, SC took the Women’s Grand Masters title in 48:37. Myrtle Beach’s Judy Phelps won the Women’s Senior Grand Masters award with a time of 50:52.

The 5K race was won by Simpsonville’s Pablo Lozano (18:09) and Greenville’s Juliee Mackin (21:11).

Results can be viewed at [runsignup.com/Race/Results/32178](https://runsignup.com/Race/Results/32178). Due to using starting waves these results were determined from “chip times” instead of the actual “gun time.”



# SANDI MORRIS HONORED AT GREENVILLE COUNTY TRACK & FIELD CHAMPIONSHIPS

By Bill Blask

Our Greenville Track Club recognized Sandi Morris' accomplishment in winning the women's pole vault at the World Indoor Championships recently. A plaque was presented to Sandi by Ed Boehmke at this year's County Championships, and the Championships women's pole vault winner's award will be named for Sandi.

Morris won 2009 and 2010 South Carolina High School League 3A state pole vault titles. Morris is a graduate of Greenville High School where she was a record-setting pole vaulter and all-state volleyball player. Morris was inducted into the Greenville County, SC Schools Hall of Fame in 2021.

She won the silver medal in the pole vault event at the 2016 Summer Olympics. She also won silver at the pole vault event at the 2017 World Championships in Athletics and another silver at the 2019 World Championships in Athletics. In 2018 she won gold at the World Indoor Championships. Morris has a personal best vault of 4.95 m (16 ft. 3 in.) indoor, set on March 12, 2016 in Portland, Oregon. She matched this height at the 2018 World Indoor Championships when setting a new championship record. July 23, 2016, Morris cleared 4.93 m (16 ft. 2 in.) at American Track League in Houston at Rice University breaking Jennifer Suhr's American outdoor record in the pole vault. Morris cleared 5.00 m (16 ft. 5 in.) at 2016 IAAF Diamond League Memorial Van Damme in Brussels on September 9, 2016 to set the U.S. women's outdoor pole vault record.

Sandi lives in Downers Grove, Illinois.



## FREEDOM FLYER 2M RACE

By Chuck Baker

The Freedom Flyer 2 Miler will start on the Kroc Center soccer field at 8:30AM on Monday, Memorial Day, 30 May, 2022.

*All active military, veterans and First Responders will run for free. They will also receive shirts BUT they must sign up no later than May 15, 2022 to be guaranteed a shirt.*

*All other runners signing up by May 15 will be guaranteed a shirt. Sign up by 15 May and it will cost \$15. After May 15, it will cost \$20 and no guarantee of the shirt.*

Voluntary contributions will go to Upstate Warrior Solution. This will be noted on the website.

Children six and under can run but will not be given a number or charged for running/walking. They will not receive a shirt.

The race will take place on the Swamp Rabbit Trail. We will go from the Kroc Center towards downtown Greenville, turn around near the Linky Stone Park / Children's Garden and then run back on the SRT to Willard Street but not cross it, and then run back to the Kroc Center.

Memorial Day is a day to remember those that gave their lives for our country or have sacrificed their lives for their fellow countrymen. Our police officers put their life on the line every day. Our firefighters and First Responders do the same. Many men and women have died to help others. This is the day that is set aside so we, as Americans, remember those that have given the Full Measure of Devotion to our fellow man.

# MEET A MEMBER: STEFANIE MCKINNEY-HOLLIDAY

By Bill Blask

**B: Just for the record, Stefanie, give me your name, your age, and whether you're a member of the Greenville Track Club.**

Yes. My name is Stefanie McKinney-Holiday. It's hyphenated since I keep my father's name whom I lost. I am 52 and yes, I'm a part of the Greenville Track Club.

**B: When did you start running in earnest?**

I didn't start running until I was 45. I'm not a lifelong runner. I've never had professional training. I sometimes joke that I'm just Forrest Gump when he said, "I just started running."

**B: So that begs the question: what triggered that activity? What started you running?**

Well, I had lost my beautiful father to lung cancer. Within a couple of years from his death, I was diagnosed for a second time with spinal cancer. At that time, I was working in a hotel as a sales manager. I was a single Mom, still had teenagers, still working, still just trying to make ends meet. My co-workers there knew that I was very sick from chemo and had made me some blankets to help me deal with this major illness. One of the girls I worked with said to me one day, "There's this 5k that the town's having for cancer research, and I would like you to do it with me." I looked at her said, "I don't run!" I had five children — that's how I ran! I was a busy mom raising the children mostly on my own, I was never out of shape. I was one who made excuses in high school, made up sicknesses to not have to run. My colleague said, "Well, I'm doing this for you. Could you at least walk it with me? We can make it fun!"

Well, I crossed that 5k finish line, and something was triggered within me. It was a very spiritual thing. I was already very much involved in fighting my cancer. For some reason, I was no longer focused on cancer. I became focused on crossing finish lines, including the battle with cancer.

Within the next two years, I went into remission. The things that weren't supposed to happen to me were happening. Every time I got good news I started 'training' again. I started training in my way, not having any expertise. I wanted to run a half marathon.

That half marathon the summer of 2013 became three half marathons within a month, and I was running in different states. I'm from the Colorado area, and I ran Colorado, New Mexico, and Utah half marathons. I wondered if I could ever build that 13.1

miles into a full marathon. I ran the Dallas Marathon in 2014, and that began a series of races I never could imagine would happen for me. I am now currently at 83 endurance races and ultramarathons at age 52.

Because I still have pain in my spine, I run more on a walk/run pace. I'll never be that 3-hour marathon individual, and I do not lose pride in saying this...I have accomplished more than what was ever anticipated for me. I would love to learn how to run faster, but what I gain from races are friendships and the beauty of God's World. In that, I feel very accomplished.

After I ran my first 10 marathons, I became known as the woman that said, 'I want to run 50 marathons in five years by the age of 50'. My tagline that people knew me by was "Wander Woman" as I was a world-traveler as well as running in many states. I finished my 50 races with the 60k I ran in Arizona at the Whiskey Basin trail race.

I lost count a while back on how many half-marathons I have run as I started running those as "training" races and time to get to know other runners. I am a Double Agent with Marathon Maniacs/Half Fanatics.

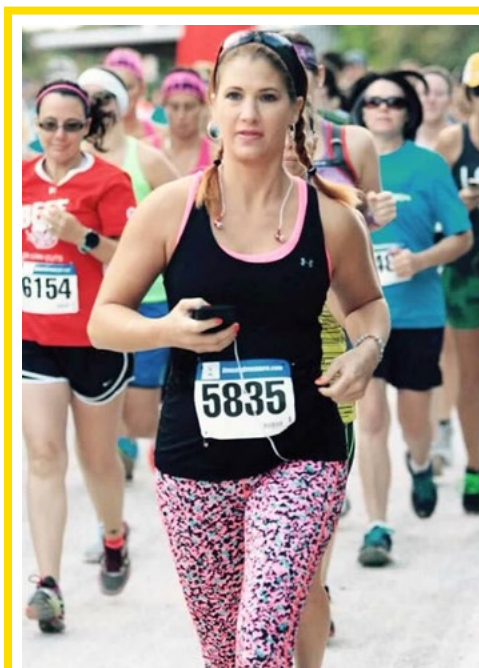
For me, running is crossing the finish line and achieving something, much like so much of my life. I was a single mom. I survived domestic violence with an alcoholic spouse before I said "no more" and moved out to raise my children on my own. I struggled a lot. If people see me now, they don't know what it took to get where I am now. Those challenges triggered my running, not just as coping mechanism, but to prove to myself there is something that I never thought I could do ... and I did it!

**B: Each runner has their own description of their experience of running. What is your description of how you feel when you're running?**

When I'm running a marathon, I view it as life. We all have our our 'hard' miles. For me it's always mile 22. I don't know why but it is mile 22 in a marathon that triggers that realization of 'I don't want to do this anymore. I hurt, my spine is not happy with me!'

My husband laughs when I'll say "This is stupid! Why am I doing this?"

There have been other times in my life during which I thought, 'I don't know if I can make it through this.' But I did, and it's not just the power in me, but I know God got me through



Stefanie is married to James Holliday, mother of five grown children (Genevieve, Alec, Madison, Noah, Emilie) and grandmother to 8 grandchildren (Aurora, Evangeline, Brianna, Jensen, Ivory, Kiera, Rosalie, Kason). She has been a regional revenue manager for various hotel chains, and has recently semi-retired to pursue various dreams! Besides running, Stefanie creates needle arts of all kinds including sewing, quilting and embroidering.

a lot of things in my life. When I'm at a race, I love talking to different people. Besides the accomplishment of having raced, it's also that I've made more friendships along the way, and that I'm about to cross that finish line, and that it's another life moment that I was able to 'survive.'

**B: If you were speaking to another runner who is preparing to run a marathon, what kind of advice would you give them? What methods of preparation worked for you?**

That worked for me? I would watch other runners on social media and I'd say, 'I want to be able to accomplish that.' I would love to run a marathon in 3:30. But what I had to do one day is say "That is NOT me. I have my own special story in running. Sharing my story, I can make a difference to those who never think they can run."



## MEET A MEMBER: STEFANIE MCKINNEY-HOLLIDAY (CONTINUED)

My special story is that I'm a spinal cancer survivor, and a runner. I have degenerative disc disease; none of my vertebrae are healthy. However, I once had a doctor tell me not to run, but when he saw what running was doing for me, he said, 'Knock yourself out! What race are you running next?'

I can also counsel them on the importance of keeping everything in perspective. Because of my determination to overcome my condition, and being an 'all or nothing' person, at one point I had become a bit over-committed to my running. I had to remember what was most important...God and family. COVID was actually a break for me. It was a much-needed rest that I didn't get during those five years running all those races. I realized that I was tired and needed the rest.

As I told my husband this morning, it hurts me to run in cold, like super cold — anything under 32 degrees — it really hurts. I was debating — am I going to run today? No. I'm going to wait 'till it's 50 tomorrow and get out on the trail and enjoy it!

In other words, you've got to listen to your own body. It's better to have an off day of running and get that rest that you need — you will be stronger for that next run.

Unfortunately, some runners make other runners feel less a real runner if you don't brave that blizzard. No, you're brave because you're just out there, period. You are out there! You're doing something that other people aren't doing. You've got to know your body, your health, where you are at, and train from there.

**B: When you look back at the various races that you've run over the years, were there any races that you remember more than others?**

Yes. First, I will tell you something about myself. I have run some of the biggies, you could say. I was blessed. I was sponsored by Michelob Ultra to be part of the first year of Team Ultra where they selected 95 runners, based on our written applications telling why we run. Well, Michelob did select me, and I ran New York City Marathon in 2017 with Team ULTRA.

However, I do not consider this race my favorite. The Avenue of the Giants Marathon in Northern California in the redwoods stands out for me. I was amongst these "giants" and I felt so small. It made me think, you know, just in the scheme of things, it's not about ourselves and our running. We're small when you look at just yourself. Looking at the runners around you, you realize you are there for them too. That marathon made me realize

how I was to serve others while running.

Also, running Belize. I ran Belize with my Mom not long after my Dad died, and got her out of the country. Out of her normal. That was the one marathon that she's been at the finish line for. That was when my Mom told me my Dad was with her to watch me finish. That was a big deal.

Not long after this race, my little brother Seth died — he was my best friend, and was 40 when he passed away from a rare heart condition. In his memory I decided to



challenge myself to do five marathons and a 50k within 80 days in his memory. Other people who knew about my brother's story put up signs: "We're putting our heart in this for Seth". I finished that commitment with my first 50K: Cowtown in Fort Worth. Those races also stand out for me.

I've run a lot of my races in memory of or to honor other people.

**B: You run "ultras". 50K and longer. What makes those longer distances different from a marathon and the shorter races?**

It is the way you hydrate and the way you make sure that you provide yourself the calories along the way.

I learned something valuable in my 50th race in the 60k in Prescott, Arizona. It was a mountainous race; I was running at 8000 feet and climbing. It was a difficult run. In mile 17 I fell, and I broke part of my wrist

and was bleeding significantly. I was on the side of a steep cliff. That just really messed with my mind as I'm afraid of heights. The combination of where I was and what I had just done to injure myself focused me exclusively on just wanting to finish. But I didn't realize I wasn't drinking from my water bladder. I was not getting enough hydration.

The aid stations were 9 miles apart. When I got to the marathon distance aid station at mile 26, they said, 'Are you okay? You don't look well.' I said, 'I'm not feeling well but I'm going to keep going.' They tried to help me doctor my wounds just a little bit. But I knew something was wrong. And when I got to mile 30, I told them 'I'm done. I can't go anymore. Something is wrong with me.' I still had almost eight miles to go to the finish. They said, 'You've already done 30 — you can do the other eight. You can do it!' They were trying to encourage me, and rightly so.

I texted my husband, already waiting for me at the finish: "I'm not well." He found a mountain biker who had already finished and sent him out to find me. He told him, 'See if you see my wife along the way.' That man found me and told me, 'Your husband is on his way.'

All I remember is that at two miles out I was hallucinating. My husband, who by this time had found me, heard me saying, 'My Dad's gonna be at the finish line.' Remember, my Dad passed a few years back. But in that state of hallucination my Dad was there. I was talking to my Dad during the race.

When I got to the finish line, I collapsed. Paramedics could not even find my veins for IV fluids and I ended up in the hospital with kidney issues and CPK levels so very high. After this incident, I told my husband I would never run the long races again...only to run a 50k in the Georgia Blue Ridge Mountains 6 months after.

My ultimate recommendation for ultra-marathons: listen to your body, hydrate it, and give it fuel all along the way.

**B: Stefanie, one thing you didn't talk about yet is the toll on your body you've experienced during those long races.**

People asked me, 'How are your knees holding up?' My knees are perfectly fine. My issue is my spine because of the discs that I have issues with. I've tried to avoid surgery as much as possible. I will get those sciatic issues. I have to slow down to a walk or stretch that sciatic nerve just to keep going. I'm not saying I won't someday have to deal with this, but I don't currently have leg



## MEET A MEMBER: STEFANIE MCKINNEY-HOLLIDAY (CONTINUED)

issues. If I don't stretch after a race, that's when I have more pain. But for me the key is to keep moving after the race. Keep walking if I have to.

**B: You're a member of the Greenville Track Club. Every club has its focus and ours is walking and running, and encouraging others to join in those activities. What are the major benefits to you of the Greenville Track Club?**

I like seeing the youth involved. There are so many youth involved in this sport, and I believe the culture of the Greenville Track Club is for me a bit more wholesome, if that makes sense, and the club's encouragement of runners. It's not all about the alcohol at the finish line. It's about encouraging other runners no matter what your stage of development as a runner, no matter if you're going to walk the entire half marathon, encouraging everyone to develop a relationship with each other, and it's positive.

On the races that I've done with GTC, everyone encourages each other. It's not constantly competing; even though the competition is healthy. I've seen some of the kids, listened to them talk, and you know the competition's healthy. Overall it's a healthy group — the whole track club is a healthy group.

I like the GTC culture where it's more 'How much better can we get because we take care of ourselves?' I'm 52. At my age it's much different, but watching the young runners, I think, 'I hope you develop this for the rest of your life. That you keep this mindset going.' I didn't start until later in my life. I'm glad to see them starting now, and hope they continue.

The GTC is a positive light. Every person I've met when I go to packet pick up for my races, I see so many generations coming together for the love of running or walking.

**B: Is there anything that the Greenville Track Club could do for its members that it's not doing now?**

Maybe there is one: have a trail race. I love trails runs.. Also, do a little something for beginning trail runners. Let them know what it's like to be on a trail. Start with shorter distances, then a 10k or something like that. Then perhaps build to a half marathon or marathon. I've learned that a lot of people who haven't done trail decide, "Oh, whoa, this is amazing!"

**B: What draws you to trail running?**

Well, I grew up in the West and was never an indoor girl. I was the rough and tumble tomboy with my brothers. We always could find any trail to hike or go climb the trees. I love being outdoors. I love camping. I think you see more of the world by running trails than you ever do on a road race. I like the nature aspect of it. I've seen the most beautiful things: I've run into all sorts of wildlife; it's just that communion with nature.

**B: You've mentioned the support you've received over the year from your husband.**

Yes! His name is James Holliday. And he's my biggest cheerleader. And when I say the biggest cheerleader, that's because he often makes such a big celebration when I cross the finish line that I won't look at him because I'm a little embarrassed! He is not just there for me, but every runner on that course!

**B: Stefanie, what is next for you?**

I'm really excited about some runs this year. I am beginning a serious aspect of my training because I'm running the BMW Berlin Marathon (My 3rd World Major), a marathon in Ireland and the JFK 50-Mile. However, my favorites are still local races, like the Reedy River, just to be with others in our community.

**B: Thanks so much for your time. It's been a pleasure talking with you.**



## GREENVILLE TRACK CLUB HALL OF FAME

By Bill Keesling

In 2012 five individuals were chosen as the first class in the Club's Hall of Fame. Since that date 20 additional members have been inducted. Nominations are now open for the 6<sup>th</sup> class. Criteria for nomination are as follows:

1. Athletic Performance as a member of GTC
2. Club Leadership
3. Volunteerism for GTC
4. Community Relations for GTC
5. Ambassadorship and/or Club Promotion

Current members of the Hall are Adrian Craven, Anne Williams, Jim Roberts, Ed Boehmke, Bev Parlier, Susi Smith, Joe Hammond, David Branch, Lola Amcher, Ed Hughes, Sam Inman, John Lehman, Bill Keesling, John Thompson, Art Williams, Bobby Chandler, Dave Geer, Kevin McDonald, David Wamer, Tim Stewart, Dian Ford, Judy Walls, Mickey McCauley, Rudy Nimmons and Dick Lyons.

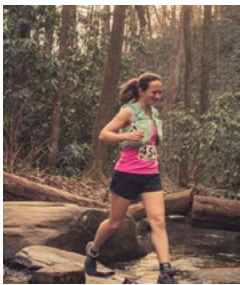
To nominate someone simply go to [www.greenvilletrackclub.com](http://www.greenvilletrackclub.com). and look for the Hall of Fame link. Nominations close June 30, 2022. For more information contact Bill Keesling at [billk4058@gmail.com](mailto:billk4058@gmail.com).

# CORPORATE SHIELD RUNNING



## CORPORATE SHIELD TEAM CAPTAIN: ANNELIES VAN HECKE

By Annelies Van Hecke, Michelin



My name is Annelies Van Hecke and I have been the Captain of the Michelin Team since 2018. Michelin North America employs more than 22,500 people, operates 34 plants in the US and Canada and since 1985 has been headquartered in Greenville, SC. Dedicated to the improvement of sustainable mobility, Michelin designs, manufactures and sells tires for every type of vehicle including cars, trucks, earthmovers, farm equipment and airplanes, but also for on and off-road

bicycles and motorcycles. Additionally, Michelin creates unique mobility experiences, by publishing travel guides, hotel and restaurant guides, maps and road atlases.

Michelin was one of the original organizations who supported the Corporate Shields idea, introduced by very enthusiastic runners at the Greenville Track Club. The first Michelin Team captains, Tom Carter from MARC and Sam Hopper from US3, used to communicate with the runners through the Michelin Plant Mail System. All race reminders and race results were received by each Michelin Team member in 'hard copy' at the time. Many employees have been helping with the endeavor since then, like Paul Bever, David Wage (MARC), Jim Fortner, Debbie Heaton and Chuck Baker to name a few.

The original name of the Michelin race was the "Michelin 5000." In 2006, the name changed to the "Edouard Michelin Memorial 5000" to honor Edouard Michelin, who died at age 42 earlier that year. Our Corporate Shield team has enjoyed many first-place finishes in the Overall Annual Awards. We hope to get that excitement back for this great series of races.

To me, running is finding a better version of myself. It's a way to find inner peace by just spending 20 or more minutes outside. I first discovered the Corporate Shield Series through my husband, who works at Milliken. I loved the social aspect, meeting colleagues and their family members outside the usual work context. Something about suffering together brings people together. Everyone makes an effort to wake up early, wearing their company colors, bringing their children, and do their best. When I joined Michelin initially, I was excited to join the team and surprised not to see any communication about it. It takes a village to spread the word.

My initial problem as Team Captain was not knowing the people. There might have been a few Michelin runners at the races I attended in the beginning, but I didn't recognize them. My first effort was to try and develop team T-shirts, but it took a lot of time and effort. I still hope that while we are growing our team, we will develop a more unified Michelin look.

As other team captains are aware, Covid and the virtual runs made it quite hard to motivate people to get out. I quickly noticed that the more motivated I was myself, the more motivated I could get other people. Once you start to know your fast and regular runners, you get a feel of who might be able and willing to help with communication. We received an amazing message from our chairman and president of Michelin North America, Alexis Garcin, at the end of last year. He congratulated the team, which really gave a boost to the members.

I hope to keep the village growing. My dream would be to organize a weekly Michelin run, but being a mom of three kind of limits our time. I hope we'll be able to find more volunteers who are willing to work on a team shirt and a weekly run! I would like to end with a huge thank you to the volunteers of the GTC. The GTC Wednesday Workouts, organized by Michael Burchett and Jennifer, have turned me into a whole different kind of runner! You learn to find your limits by running with others. No pressure, no obligation. And thank you, Sarah Schoonover, for being our beloved CS Director for the last years!

## CORPORATE SHIELD RACES

**June 11** | Sunrise Run 8k

**July 4** | Red, White & Blue Shoes 5K

**Aug 20** | Edouard Michelin 5k

**Sept 16** | BMW Performance Classic 2 Mile

**Oct 15** | GE Cross-Country 6k

**Nov 19** | Zoom through the Zoo 5k





# ZF GET IN GEAR ROAD RACE

By Todd Edwards

The morning of April 9th was unseasonably cold but with favorable racing conditions for the teams competing in this GTC Corporate Shield grand prix race. The 2022 ZF Get In Gear Road Race was the sequel to our debut version from 2021, which we had held in COVID-time-trial format. We were very thankful this year to be able to host an authentic competitive footrace! We've overtaken Sunrise Run as the southernmost CS event in the series and (to my knowledge) the first CS race to be held in Laurens County.

We did our best to show hospitality as well as showcase some ZF product. We had a cutaway 8HP transmission available for viewing and interaction, as well as four performance test cars highlighting some of our customers' vehicles.

This year 216 finishers crossed the line in the third of nine scheduled CS races. Adhering to custom, host team ZF brought out the largest contingent with 70 finishers, many of whom happily walked the rural out-and-back 5K course.

Seventeen of our competitor teams also made the drive down to Gray Court for the contest, with notable successes by Michelin, BMW, GE, Century 3, JTEKT, TTI, Bausch + Lomb, and Bob Jones University.

In the individual race, our champions were noteworthy for winning the overall event as well as the Grandmasters category! Where are the youngsters? Congratulations to Philippe Giguere of GE and Susan Jones-Morgan of Michelin.

ZF has a very multinational workforce. Arising from a suggestion from a Brazilian colleague, we took steps to clearly mark each kilometer of the course (in addition to mile markers). While this may seem unremarkable to many in our local community, I've never before seen K markers in my 33 years of road racing.

Over the years I've directed a number of races, and this one had the most "issues" to overcome. Most stressfully, despite our advance labors to gain permission for road closure, the law enforcement assets we had contracted to execute the closure had an internal communication breakdown. Never fear, we had grabbed about 40 orange GTC cones without having a clear purpose for them – these immediately got plunked down on N. Old Laurens Road and we parked trucks across both lanes to prevent vehicular traffic ingress. Not orthodox, but effective!

Despite some of the organizational hiccups we experienced, the venue and the race itself were quite appealing and I enjoyed racing it myself.

With plenty of "lessons-learned" and improvement ideas already recorded, we appreciate all the runners who joined us for this year's event and look forward to hosting again in 2023.



**IF YOUR COMPANY OR ORGANIZATION IS INTERESTED IN FORMING A TEAM, PLEASE REACH OUT TO SARAH AT [CORPORATESHIELD@GREENVILLETRACKCLUB.COM](mailto:CORPORATESHIELD@GREENVILLETRACKCLUB.COM) FOR DETAILS.**



# 2021 GTC RUNNING SERIES AWARDS BANQUET

By Sarah Schoonover

On February 7, 2022 at the GTC Running Series Awards Banquet, awards were given to the top three places in each age category for the 2021 GTC Running Series races. Congratulations to all 2021 Running Series winners! We were excited to have been able to bring this series back to full speed last year and to continue this tradition that we began in the mid-2000s. As usual, there was good competition in the age groups as evidenced by the numerous ties for placings and the insane amounts of points that some of you accumulated. This is a series that rewards consistency, and many of you displayed impressive consistency in the number of races you ran as well as your overall points totals.

If you have not yet picked up your award certificate, you can do so at Fleet Feet, located at 635 Augusta Street in Greenville. If you are an award winner OR you accumulated 60 or more points in the series, you can also pick up a complimentary tote bag with our 50th anniversary logo on the front. As an award winner, you also receive a discount to one of our 2022 races. First place receives a \$30 discount to a race of your choice, second place a \$20 discount, and third place a \$10 discount. Just enter code RS30 for first place, RS20 for second place, or RS10 for third place. We are doing these on the honor system, so please enter only the code for which you are eligible and do not distribute the codes to others.

Thank you for being a GTC member and for running our races, and again, congratulations on your achievement!

**Congratulations, everyone!**



AWARDS AND FINAL STANDINGS CAN BE SEEN AT [GREENVILLETRACKCLUB.COM/RUNNING-SERIES.HTML](https://www.greenvilletrackclub.com/running-series.html).  
MEET RESULTS AND RECORDS ARE AVAILABLE AT [RUNSIGNUP.COM/RACE/SC/TAYLORS/  
SCHMASTERSOPENTRACKANDFIELDCLASSIC](https://runsignup.com/race/sc/taylor/schmastersopentrackandfieldclassic). CLICK ON RESULTS AND SELECT YEAR



# 2021 GTC PR SURVEY

We wanted to recognize and celebrate the personal record (PR) you achieved in 2021 at any race event anywhere by publishing it in this issue of the GTC Newsletter! In order to verify your achievement, we've asked GTC members via email for the details. We promised to do the legwork to verify this data, using the link you provided to your online race data.

Below are the results!

NAME	EVENT	WHERE	WHEN	PR TIME	COMMENT
Bill Blask	Spinx Run Fest 5K	Greenville, SC	10/29/2021	10:59/M	I did my best to keep in sight a runner who was faster than I was! It was a smart move.
Bill Blask	GTC Sunrise Run 8K	Simpsonville, SC	6/12/2021	11:33/M	I had run the race in practice earlier that month. Knowing the route helped my pacing. The crowd at the finish was a treat!
Bill Blask	Mountains to Mainstreet Half	Greenville, SC	5/15/2021	13:05/M	We got lost during the first few miles of the race in Travelers Rest - and that was the uphill portion! After that, it was a mostly downhill on picturesque Swamp Rabbit Trail. During the last few miles I got lost - again! - around Unity Park. Great finish venue in downtown Greenville.
Bill Blask	UCB Reedy River Run 10K	Greenville, SC	9/6/2021	12:14/M	
Carol Waddell	Alabama State Games	Enterprise, AL	6/12/2021	15.57 meters (Javelin Throw)	Tremendous satisfaction in achieving my Pr at [all] these events. I do put in a lot of work into my training, and I have travelled to AL, FL, MS, GA, and VA to compete in the Senior Games, the State Games, and in USATF events. Thank you to all who make this possible for me.
Carol Waddell	GTC South Carolina Open & Masters Classic	Taylors, SC	7/17/2021	8.20 meters (5.45 kg Weight Throw)	(See my comments for Javelin throw PR.)
Carol Waddell	Georgia Golden Olympics	Warner Robbins, GA	11/12/2021	7.21 meters (Shot Put)	(See my comments for Javelin throw PR.)
Carol Waddell	Octoberfest Emerging Elite Athlete	Oxford, AL	10/16/2021	6.08 meters (20 lb. Super Weight)	(See my comments for Javelin throw PR.)
Chris Starker	Spinx Run Fest Half	Greenville, SC	10/30/2021	6:54/M	This was a training run for a full marathon and I felt great!
Daniel Newman	GTC Santa Run 5K	Greenville, SC	12/18/2021	12:11/M	I started running a 5K a month in 2021 once I moved to Greenville. I started at 43:00, made it to under 38:00 by December, and I just broke under 36:00 at the 2022 Greenville Marathon. Just aiming to get better! Happened in the pouring rain, too.
Dawn Ferguson	GTC Zoom through the Zoo & Greenville News 5K (tie)	Greenville, SC	5/8/2021	25:16/5K	It's kind of crazy that I had the exact time on two 5Ks in 2021
Dawn Ferguson	Greenville News Run Downtown 5K	Greenville, SC	1/9/2021	8:08/M	It's kind of crazy that I had the exact time on two 5Ks in 2021
Gregory Tempel	Spinx Run Fest Half	Greenville, SC	10/30/2021	6:19/M	Felt great for it all to come together with an almost perfect race and achieving the stretch goal of sub 1:23 :)
Harry Stathakis	Spinx Run Fest Half	Greenville, SC	10/31/2021	1:31:28/HALF	
Joan Mulvihill	Cooper River Bridge Run	Charleston, SC	9/25/2021	1:11/10K	Covid still a problem. Needed vac proof to pick up #. 6000 did not pick up. Weather nice.
Josh Ferguson	GTC Santa Run 5K	Greenville, SC	12/18/2021	6:09/M	Super Rainy
Kadin Nance (son)	Starlight Run	Greer SC	10/16/2021	18:12/XC	1st year cross country athlete , 8th grade
Miki Nada	Spinx Run Fest 10K	Greenville, SC	10/30/2021	8:43/M	
Robert Nettles	United Airlines NYC Half	New York City, NY	3/20/2022	1:46:00/HALF	
Robert Nettles	UCB Reedy River Run 10K	Greenville, SC	9/6/2021	47:05/10K	
Scott Zannini / Foothills Property Group	Edisto Team Triathlon (I was the runner)	Edisto Beach, SC	10/30/2021	7:23/M	
Sue Glasgow	GTC Sunrise Run 8K	Simpsonville, SC	6/12/2021	8:08/M	

# SPLITS: PERSONAL RECORDS

By Bill Blask



Last month your GTC Newsletter conducted a survey of GTC members. The Survey offered an opportunity for any member to share one or more of their 2021 PRs (Personal Records). Members ages 15 - 85 responded.

The results are in this issue. Hey, we could do this again for 2022! What do you think? Once annually or per issue (quarterly)? Click [here](#) to give your opinion.

A few special runners make a career of setting PRs. Alberto Salazar, Deena Kastor, and Bill Rogers come to mind. I'm not there yet, are you? (If you are, please tell me — I want to write something about you!)

So, why do more than a few of us celebrate setting a PR? Even work toward that goal over weeks and months. Is there something 'universally rewarding' in doing that? I think so. Allow me to share my own motivation.

Let's start at zero.

Perhaps you never have had the interest in or urge to improve anything specific about your running or walking. Perhaps like many others you've been content to enjoy being outdoors with no other goal than slowing your busy life while you mosey down the trail or path on a lovely day. Just being in the moment while you use your body comfortably.

The truth is, most of my running I do for the mere feeling of physical exertion. No thought of PRs. Being out and moving triggers a whole range of emotions and sensations that are satisfying. That has been my motivation ever since I began running as a boy.

And then there's this.

I must confess to another truth. I'm constantly seeking improvements in my running. A better motion. A faster time. For the latter, just a few seconds faster gives me pleasure. Yes, I did put in effort on the road or in cross-training, of testing myself, running Tempo Runs, or Gliders, or intervals — or any of many training methods I've used. The stimulus of a race plus the training effort sometimes brings a PR.

Sometimes, however, a PR just happens. An unexpected gift. Some condition — how I felt physically that day, a perfect blue sky weather day, a course that somehow favored

me, a friend running with me who provided extra motivation, joy in my heart (don't laugh) — may have favored what I had to give on that day.

Either way, jogging aimlessly along or racing to the finish, I'm pleased to be moving.

I'll also confess that I've depended for improvement on the advice from others. Authors with serious creds like Hal Higdon, for example.

Yes, I saw the title, visually shouting from the cover, "**RUN FAST**", and Zip! Amazon had more of my money. It's 283 pages, including index, all about that topic. I remember when I first got it, I thought — 283 pages — how much of this can I digest?

Surprise. On page 31, we read that Hal's not 100% gung-ho about our heated pursuit of PRs.

Page 31 talked to me.

Everything before page 31 was **why**, everything after it was **how-to**. Page 31 was about **if**. A big STOP HERE.

Coach Higdon's warning: 'There is a downside to constantly chasing PRs, however. As you become more involved in improving your performance, setting new PRs may not always be easy — or advisable.'

Of course Coach Higdon's book is all about setting new PRs. But training sometimes gets us to a PR, and sometimes — a lot of times — it doesn't.

What gets in the way?

Page 31 again: Coach Higdon. "... are they training too little, or too much? ... To improve, runners gradually increase their training mileage, the quality of their sessions, or both."<sup>2</sup>

Then the caveat: Dr. Daniels. "How can you train hard enough to improve, but not so hard that you get burned out and/or injured?"<sup>2</sup>

Yep. And sometimes we get slower.

On page 31 Coach Higdon doesn't dodge the 'third rails' of decreased performance: age, and interest. "Often, aging is the most important factor when it comes to declining performances, but motivation also can fade."<sup>3</sup>

Here we have it. Age and interest become factors in achieving a PR at some point in our lives. We recognize and accept our own mortality, and we care about other things besides speed. As a young runner, I remember the sheer thrill of running fast. As a mature runner, competition with my peers was instinctive and strongly motivating. As an older runner, declining performance was one answer to the question: 'Have I reached a point where I need to take pleasure in the other aspects of running?'

As a helper at the summer GTC All-Comers meets I literally cheer on — loudly — those who strive to run as fast as they can, for as long as they can, regardless of age. I'm as uplifted by witnessing their effort as I am when in a crowd of other runners at any footrace. Please, the presence of each of us is saying, I want to move and feel the joy of being alive, of consciously expending effort, of flying on my feet. Quantifying can come later, if at all.

Our sport is simple, specific, and demonstrable. It's primarily about moving our feet, moving this body of ours. We seek out pleasurable and rewarding circumstances. If we're interested, in terms of performance, we may improve. But we don't have to reach that goal, or even try, to enjoy the many rewards and pleasures of our sport.

In many ways our Club also celebrates those for whom a PR is not a goal, but who enjoy the sport and its venues just for itself. Please, we try to say, move and feel the joy. Your Greenville Track Club has been on your side for fifty years, promoting and supporting that joy. Fifty years. Let's keep it going!

I'll see you on the road.

<sup>1</sup>Run Fast, Hal Higdon, 2016, Rodale Books, page 31.

<sup>2</sup>Run Fast, Ibid.

<sup>3</sup>Run Fast, Ibid.

**PRs?  
Who cares?  
Wait — it's  
mine.  
How cool!**

