

GTC NEWSLETTER

"In running, it doesn't matter whether you come in first, in the middle of the pack or last. You can say, 'I have finished.' There is a lot of satisfaction in that."

Fred Lebow, Founder of the New York City Marathon

2023 GTC RACES

AUGUST

Paris Mountain Trail Run 7K/16K – August 12
 Edouard Michelin Memorial 5K* ** – August 19

SEPTEMBER

BMW Performance Classic 2M* – September 15

OCTOBER

GE Cross-Country 6K* – October 14
 Spinx Run Fest – October 28

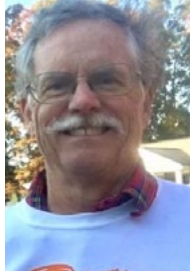
NOVEMBER

Paris Mountain Trails 16K – November 4
 Zoom Through the Zoo* – November 18

DECEMBER

Paris Mountain Road Races – December 2
 Santa Run 5K** – December 16

*Corporate Shield Race
 ** GTC Running Series



PRESIDENT'S LETTER

By Jim Roberts, GTC President

Fellow Greenville Track Club Members:

It's been a busy couple of months since Bill Blask sent out the last newsletter.

Since the beginning of May there were 5 events – ZF Get-In-Gear 5K, Freedom Flyer 2-miler, 8K Sunrise Run, SC Open & Masters Track & Field Classic and Red, White and Blue Shoes 5K. The Open & Masters had over 400 entries, which was the second highest; RWBS exceed 1000 participants for the first time in several years.

Susan and Ian Whatley did an outstanding job on the June All-Comers meets at Eastside High School. Gabe Unger is the July director for the meets at Greenville High School.

Upcoming events in the next 3 months will include the Paris Mountain Trail 7K, Edouard Michelin 5k, BMW 2-miler, GE 6K Cross Country Race and 20th Annual Spinx® Run Fest.

Membership is at an all-time high at 1280. Thanks to all, who have chosen the GTC to be one of your clubs.

If you're unsure of your membership status or need to add family members, please go to <https://runsignup.com/Club/SC/Greenville/GreenvilleTrackClub>

Most importantly, be safe, and keep running.

Jim Roberts



LAURA CALDWELL FELLOWSHIP

Mike Caldwell, Coach of GTC-Elite, announced the establishment of the Coach Laura Caldwell post-collegiate, Olympic-development Fellowship. To honor the memory of Coach Laura, the Fellowship will provide a unique opportunity for a deserving post-collegiate female distance athlete who aspires to continue their development.

The applicant should be a citizen of the USA. The athlete that is selected for this Fellowship will become a member of the Greenville Track Club-ELITE program. The Fellowship provides: professional coaching, housing in one of our athlete residences, travel assistance to approved competitions, ASICS footwear & apparel, access to mobility, flexibility and strength training resources and Active Release Therapy, etc. The Fellowship is in the vibrant city of Greenville, SC, which is continually cited on lists of best cities, and is in the Upstate of South Carolina near the Blue Ridge mountains.

Applicants should have met at least one of the standards below within the past 18-months.

- 1500m - 4:20
- 3000m SC - 9:55
- 10000m - 34:50
- Marathon - 2:40:00
- 3000m - 9:15
- 5000m - 16:15
- Half Marathon (21.1K) - 1:16:00

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GTC MEMBERS MEETINGS: SPEAKER RECAPS

By Harry Stathakis

Each first Monday of the month, the Greenville Track Club hosts monthly meetings at World Piece Pizza at 6 pm. It is a time full of camaraderie, fellowship, food, and a great speaker. The GTC encourages you to come out and join our community and get to know the club. The meetings this year have featured the following speakers:

APRIL

GTC Hall of Famer Anne Williams presented the history and advancement of women’s running in the state and across the country. Anne was instrumental in driving this advancement and provided the club with a firsthand account of the progress and accomplishments she helped achieve through races such as “Run Jane Run” and “Women’s Race Week”. Anne’s successes in race directing in Greenville led to the utilization of her race directing blueprint in 11 cities across the U.S. Thank you Anne for your time and inspiring discussion!

MAY

Mike Caldwell discussed the history of the Reedy River Run and highlights of the 2023 race. From permits to porta-potties, Mike walked the audience through all of the behind the scenes efforts that go into executing a race. We appreciate Mike presenting and opening our eyes to the hard work and hands that put together the Reedy River Run!

JUNE

Kaycee Vargo and Paige Pizzuto of PT Solutions led an educational discussion around running while aging and best practices to maintain health and mobility throughout life. Hitting on a variety of health factors from sleep to nutrition to injury prevention, Kaycee and Paige helped the club understand what steps we could take to feel most healthy in our body. They are happy to serve GTC members and we are thankful for their time and expertise in assisting our community!

We look forward to seeing you at our next meetings. Please reach out to Harry Stathakis – that’s me! – (vicepresident@greenvilletrackclub.com) with any questions on upcoming meetings.

GTC MONDAY NIGHT MEETING SCHEDULE

Meetings take place at 6 pm at World Piece (109 W. Stone Avenue,)

Monday August 7

Monday September 11 (moved to the second Monday of the month due to LaborDay)

Monday October 9

Monday November 6

“The talk test’ was the greatest news I’d heard since I found out it was OK to eat pasta: If you’re out of breath, slow down. What a great deal!”

George “Norm from Cheers” Wendt, actor

MEET A MEMBER: CHERIE MCCAIN

B: Do you see yourself as a fairly athletic person?

No, I’d say I’m athletic adjacent. For example, I started doing triathlons in my mid-40s. You know, I’ve never been a swimmer. Never been a cyclist. Never been a runner. So, let’s become a triathlete – ha-ha! I was usually in the stats at the very end. You’ll find me very easily by starting at the bottom and working your way up in the results, because most everybody else who does triathlons has at least one of the three sports that they were really good at. So, in my combined three I was always near the bottom, my goal was always not to be the last in any category. I’m like the Eveready Bunny - I just keep going. I’ve completed two half-Ironman races. It was funny because the first time I did a half-Ironman, the guy who finished first place in the race did the entire 1.25-mile swim, 56-mile bike ride, and 13.1-mile run in only about 40 minutes more than my run time! I joked that he was at the bar for like three or four hours while I was still out there swimming, biking, or running, that’s true endurance.

I don’t think I’ve ever in my life broken a 10-minute mile. I’ve come close, just under 11 minutes per mile one time when I was doing a lot of triathlons and was in PT. So, I’ve never been fast at all.

Right now, I have too many other things going on to train. But if I commit to something, I will finish it. When I took over the team captaincy from Robert, my whole thing was not just to recruit fast runners, but to recruit all the team members that I could, and to treat running as part of a healthy lifestyle. You don’t have to be fast to get there. I have significantly increased the number of our over 50 walkers or joggers. I’m sort of the poster child: if I can do a 5k or an 8k or whatever, then anybody else can do it too.

B: Your goal as GTC’s new Corporate Shield Director is to support what the corporate wellness programs aim to accomplish.

Yes. It’s not JUST for the elite. I’m a firm believer in that. It’s all about getting people out there and getting them active. That’s why the running joke for Team BMW is that we always try to do a before a race and after a race team photo. And if our team running went as it usually did, we would take the photo after I finally crossed the finish line because I was often the last person on the

team to finish, and everybody was there waiting for me.

B: What do you think brings most people to running in the first place, and what keeps them doing it?

I think for most people it’s just a matter of the accomplishment of something that they don’t think they can do. That’s why I’ll send out an email blast a couple of times a year to set up a Couch to 5k Training Program, perhaps with a certain race in mind. And just to get them out there and get them active, I will suggest they bring a colleague. It’s letting them know that it’s possible.

As an example, one of the women who I apparently talked into joining our team few years ago, was Podium Finisher in the Greenville Track Club Running Series for her age group last year. She made a comment to me: You talked me into this! I never thought I could run a 5k! She’s currently in third place in her age group in the Running Series this year!

Everybody has a different pace. Just getting out there is what it’s all about. What drives me crazy is losing my formerly competitive runners, because as they age they’re not as fast as they used to be. I have a hard time getting them back out there. It drives me up the wall.

B: That raises the whole question of what causes people to stop this type of activity.

I have seen several runners abandon the sport simply because, for lack of a better word, “ego” - because they weren’t as fast as they used to be. Though they are still twice as fast as I am. (Just my humble opinion.)

My focus is being able to motivate the team. My favorite races are usually the ones such as recent ZF 5K race where there’s an out and back overlap, with people ahead of you coming back at you using the same route. I haven’t even finished my first mile and the front runners have finished the whole 5k! But I love being able to cheer on the people that are coming at me, especially my teammates and anybody else who I know from other teams as well. Cheering them on and supporting their sense of accomplishment.

I do sometimes set little mini goals for myself to try to beat a certain time or whatnot. But it’s not like I trained enough to be unrealistic about it.

B: It sounds as though your main goal



Cherie McCain is the newly-elected Corporate Shield Director for the Greenville Track Club. She is the Team Leader of the BMW CS team.

as BMW team leader is to use your native skills as a manager to encourage individual participation.

Have you ever heard of Clifton Strengths Finder?

B: No, I have not.

The Strengths Finder identified 34 personal characteristics they call “strengths”. If you take this test, it tells you what your top strengths are. Instead of focusing on improving somebody’s weaknesses, where you’ll get a marginal increase, you focus on improving somebody’s strengths, and the improvement will be much more significant. As example, when they taught speed reading in school, I was just an OK reader; speed reading really didn’t help me much. My sister, on the other hand, was and is an avid reader. She loves to read and so she was able to improve massively compared to me from that training.

I mention this because I was a certified Strengths Finder coach at BMW. One of my top five strengths is “Developer”. I do enjoy helping people achieve something even if I can’t, I can help to develop others. I love seeing people accomplish things, something that they didn’t think they could, you know.

B: So, one of your challenges is to encourage those people who are not “native” or naturally gifted runners. What alternatives would you suggest?

MEET A MEMBER: CHERIE MCCAIN (CONTINUED)

Walk! Start! One of my favorites is a mix between jogging and walking at my normal pace. Earlier this year I did the Run Downtown 5K. I had been in Germany during the last three years. I had not done a race except for the BMW two mile and that's always sort of crazy as I am co-race director. So, I had not really run a legitimate race in a couple of years. To make matters worse, my mom had come into town that weekend, and somehow we finished off a bit too much wine the night before. The day of the race she decided it was too cold, though she was supposed to walk with me. I went, and my time was 44 minutes, and I was like: Well, how the heck did I do that? I was jogging much more than I planned to, where I expected it to be mostly walking. I was about 10 minutes faster than I expected.

B: In your opinion, what is the most important goal for the person who wants to sustain their commitment to this activity?

Right now, for me, the most important thing is finishing, and finishing at their own pace. The only person you're racing against is yourself.

The colleagues that I work with that are in 40 or 50 and above age group are fine with these limited goals. The 20–30-year-old runners have to be fast to get extra points; we older runners get extra points just for crossing the finish line! For example, I just have to cross the finish line and I add four points to our GTC Corporate Shield team total.

B: Speaking of the team and your new leadership responsibilities with GTC, what might be done that's not being done for our Corporate Shield program?

I want to try to engage the team captains a little bit more to see what they're doing, and to get more people out there. We have some companies paying for the race registration. It's great that they do it. I'm not convinced that paying for somebody's registration is necessarily going to be the right motivator. But I really do want to work with the other team captains and offer them tips of what had been successful in getting groups of people to just going out and walk, jog, run.

For example, as part of our benefits BMW awards flex credits on your insurance, based

on your demonstrated attempts to sustain your health. For example, if you get your annual physical you get so many points; if you get your eyes checked, or visit your dentist, all add to your flex credits total, which translates into dollars in your pocket. You can also get points when you participate in a Corporate Shield race. In effect, you are "paid" to be proactively healthy.

Granted, we at BMW still haven't managed to take overall first place yet in the Corporate Shield team standings. We made really good progress on our team performance at this year's Sunrise Run 8K. I hated to miss that race, but I was very proud of the team. We had a great showing.

B: So, the GTC Corporate Shield race competition is one of the ways that you stimulate participation.

Yes. Publishing the team photo on our corporate television network helps. We also have a private Facebook group that's for any team member that wants to join. That allows people to train on the side or talk about their running or walking. When we did our last Couch to 5k promotion, it was also promoted there. When we host a race ourselves, that will be posted there. When BMW sponsors an internal health fair, we're usually out there promoting the Corporate Shield BMW running club as a resource for the corporation.

B: It sounds as though you are promoting persistence as well as performance.

It's all about promoting "healthy", just getting out there, getting a little bit of fresh air, feeling a sense of accomplishment regardless of performance. Finish beats did not finish, and certainly beats did not show up! That means you have to put your shoes on and get outside or do something to move the body. Yes, I think there needs to be an increase of support for persistence/participation, not only for the serious running performance. We're seeing that in other companies as well, at least from the feedback I've seen so far. That is the essence of GTC's Corporate Shield program.

I mention the race podium winners in my monthly communication as well as remind people of the next race. Bobby Richardson's

monthly summary of the GTC Running Series showed that our success wasn't just our BMW podium winners. One of our guys had the most improved time over last year's Sunrise race – a 10% improvement. That's an accomplishment! So, a shout out to him for being the most improved. Also, another teammate had an 8% improvement and finished on the top in her age group. Just get out and go!

B: Are those Running Series stats that Bobby Richardson's putting out interesting and useful?

Yes, especially since it gave me a chance to give an extra shout out. We've got our fast guys that always get recognized and are already competitive. For example, the top three grandmasters were only 16 seconds apart at Sunrise. There were only two seconds between my BMW colleagues who were 2nd & 3rd place finishers.

B: Is there someone who helped you in starting or continuing your running activity?

My grandfather unfortunately passed away in 2021. He was very active. He was 99 years young, but most people assumed he was in his 70s. He still rode his bike to get his coffee and paper most every morning. He bowled (170-180 in leagues), he danced, played darts. He still golfed occasionally, though he was annoyed that now golfing at or below his age was no longer as good as it used to be. Basically, he went into hospital and as soon as they wouldn't let him out of bed for a couple of days, he was like okay, I'm done.

I know that to stay young you need to stay active. It doesn't need to be a six-minute mile, a 15–20-minute mile can be fine. For most people that is more than enough to keep them active.

B: Let's hope it runs in the family.

Well, my mom is also following suit already. She's still extremely active and gets on her Peloton in the morning to stay active. I'll be walking with her on the boardwalk in Jersey this weekend. We'll probably walk a few miles each day at least.

B: Thanks so much for your time.

Thank you! My pleasure!

UPCOMING CORPORATE SHIELD RACES

Edouard Michelin Memorial 5K – August 19

BMW Performance Classic 2M – September 15

GE Cross-Country 6K – October 14

Zoom Through the Zoo – November 18

CORPORATE SHIELD RUNNING



ZF GET IT IN GEAR 5K RECAP

By Todd Edwards

Due to property development arising from Gray Court's booming economy, the ZF Corporate Shield team had to get creative to find a revised & palatable race course for the 3rd Annual ZF Get In Gear Road Race. We accomplished this by taking a portion of the course off-road (with surprisingly pain-free agreement from attorneys representing both ZF and Laurens County) which seemed like a great idea during the many dry days leading up to the event on Saturday May 13th. As late as Friday morning the course was in great shape and hazard-free. The inevitable day-long deluge that followed of course prompted the organizing team to engage in heavy course-marking activity and e-mail disclaimers disavowing any responsibility for muddy shoes and stroller wheels. The course was indeed quite muddy by race morning, but the overwhelming preponderance of post-race feedback was unreservedly positive. Considering zero casualties and 257 finishers (our largest showing yet!), the ZF team was happy to show off our world-class transmission manufacturing factory and to welcome many friendly rivals from other Upstate SC employers.

Corporate Shield showings were strong from Division I competitors ZF, Michelin and BMW. Leading the pack for Division II on race day were Kemet, TTI, and Bausch + Lomb. Michelin's Florian Lassalle (18:34) and Scansource's Casey Huffling (20:07) were the individual champions, each taking home a \$50 Amazon gift card.



To find out more about Corporate Shield running, visit <http://www.greenvilletrackclub.com/corporate-shield.html>

TRAINING TIPS

FROM THE GTC-ELITE



By Mike Caldwell

THE FOUR PILLARS FOR EFFECTIVE TRAINING

There are multiple philosophies regarding training for runners. Almost every coach has their “system,” which they believe is correct. And there are so many coaches, so so many. A wise veteran coach once said, “everyone who has run a 5K road race, thinks they can coach.” While probably not 100% accurate, it does present a stereotype. However, any coaching system worth its salt should incorporate the following four pillars: Frequency; Duration; Intensity; Recovery. Let’s do a deeper dive into each.

FREQUENCY

This is a fairly simple term to understand as it refers to how many times did training occur during the training microcycle. We usually use a 7-day microcycle due to our athletes planning their real-life work responsibilities. If you are able to run once every day of the week, the training frequency would be seven. We adhere to running twice on most of our harder days to enhance the recovery process (increase blood flow & hormonal stimulus), so our frequency is usually 9- 10 sessions per microcycle (week).

Since most recreational athletes have to work their training around busy life schedules, many do not run seven days per week. However, experience has shown that the minimal frequency to ensure progress is most likely 3-4 running sessions per week. There have been highly successful athletes who train 6 days per week, so there is not a mandate regarding frequency.

DURATION

Duration is literally the amount of time spent running. It is usually measured for each individual training session. We usually record the daily duration and add the total for the microcycle (week or whatever number of days that determine your microcycle). Most coaches use the number of miles or kilometers covered during the cycle to monitor the volume. We run most of our training by time so we total the number of minutes run during the cycle: 9 hours 30 minutes for the 7-day cycle is a good example.

Duration is an excellent tool for monitoring the consistency and progression of training. Most runners know how many miles or kilometers they ran each week. An old-wives-tale recommended that you should not increase your weekly volume by more than 10% week to week. While that is probably good advice, there is no valid research that supports the guideline. And there is definitely a point of diminishing returns on increasing duration—both in single sessions

and in weekly (or microcycle) totals.

INTENSITY

This is where it becomes very interesting. How hard or fast do you run?

Most recreational runners seem to train too hard day to day. One of our GTC-ELITE Maxims is “Just because you can, doesn’t mean you should.” Every run should have a purpose, and intensity helps determine the outcome.

Intensity is basically the pace or effort of the training bout. We usually measure intensity by pace per 400 meters, kilometer or mile. Most of our sessions on the track use 400 meter pace, while kilometer or mile “splits” are common when training off the track.

A good example of using pace to monitor training effort is Dr. Jack Daniels’ methodology pertaining to a “tempo” workout. While the majority of runners think “tempo” is just a hard effort, Dr. Daniels recommends that a “tempo” effort is 5-6 seconds per 400 meters slower than your current 5K race pace. An example would be if your current 5K pace is 6:00 per mile, which is just slightly over 90 seconds per 400 meters, then your “tempo” pace would be 95-96 seconds per 400 meter lap (on the track) or about 6:20 to 6:24 per mile.

Many coaches use Rate of Perceived Effort to monitor intensity. At its simplest, RPE is a scale of 1 to 10, measuring the intensity of your effort – 1 being extremely light activity like a slow stroll, 10 being an all-out sprint which you can only maintain for a short period of time. Using RPE is a great way to keep tabs on the intensity of your workouts and stay in tune with your body without relying on technology (GPS) or tracking your metrics too closely.

Perhaps the most compelling argument for adopting RPE is recognizing that no two runs are identical: a myriad of factors affect the amount of effort required for a workout, both external and internal – both physical and physiological factors affect RPE.

Intensity and duration also go hand-in-hand as most workout sessions are broken down into more achievable segments. Depending on the length and pace of the more intense effort, these are called “intervals” or “repetitions.” A much misunderstood concept is that the “interval” is actually the duration of the rest or recovery between the higher intensity segments of the session. An example might be a workout of 6-8 x 1,000 meters with 90 seconds recovery between each. The intensity segments are the 1,000 meter runs and the intervals are the 90- second recovery periods.

Most elite coaches consider the total volume of the intense segments as the “volume” of the workout session. In the example above, (6-8 x 1K) the workout volume would be 6-8K of work. Obviously, this does not include the warmup or cooldown portions of the total session.

For data recording purposes, we use the combined total of all the running for our duration: 20 mins warmup + 8K of volume (24 minutes) + 20 mins cooldown = 64 mins of duration for that session.

In general we target a specific percentage of the weekly duration for the intensity sessions. An example would be that intensity work is 12-15% of the weekly duration total. This differs from coach to coach, but more often than not, too much intensity work may result in overtraining or injury.

RECOVERY

Stress + Rest + Growth

Canadian physician Hans Seyle is credited with proposing the theory of the General Adaptation Syndrome in 1936 to describe the process for how an organism adapts to various stress. GAS, as it is now commonly referred, consists of three stages: 1. Alarm Reaction, 2. Resistance Development and 3. Exhaustion. For the purpose of this

TRAINING TIPS FROM GTC-ELITE (CONTINUED)

article, we will surmise that the training response involves these stages in various forms.

A training stimulus will produce an initial reaction to the stressor, which if applied correctly, will progress to the resistance development stage which is also referred to as “adaptation.” By applying a progressive overload (consistent and progressive training) during a time-based cycle the athlete should continue to improve their fitness and subsequent performances.

The major takeaway from GAS for runners is to avoid the exhaustion stage by allowing the body to adapt to the stressor through recovery, which may include rest.

We have adhered to the Hard/Easy training philosophy of famous Oregon coach Bill Bowerman. Each of our high duration or intensity sessions are followed by a “recovery” period to allow the adaptation to occur. We usually take a recovery day after each harder session. Our recovery is somewhat different than most programs in that we limit our running to approximately 45 minutes on our recovery days— which is less than 50% of the duration of the previous day’s workout session.

We have seen many other programs consider an “easy or recovery” day as just running at a slower pace, but still with a higher duration. An example, “I just ran 12 miles easy on my recovery day.” Without going into much detail, we question that reasoning as the physiological parameters may not support that it was “easy” and definitely did not allow the proper recovery period for the quickest adaptation, including hormonal stimulus and muscular regeneration.

With that being stated, RECOVERY is a vital requirement in conjunction with FREQUENCY, DURATION and INTENSITY in the training philosophy and approach. However, as each individual responds differently to each of those components, a good training plan must be specific to the athlete.

In summary: there are four components to a training program and each is vital and cannot be undervalued.

Mike Caldwell is the Director/Coach of Greenville Track Club-ELITE, a post-collegiate, Olympic-development program established in 2012. During his coaching career he has developed multiple Olympic Trials Qualifiers, World Championship and USA national championship participants. A Furman University graduate, he furthered his educational status at the University of Florida and Florida State University for post-grad degrees. His non-coaching career included many years in leadership positions at ASICS and NIKE.



EDDIE GARCIA SETS A NEW SUNRISE RUN 8K RECORD AND WINS THE RED, WHITE, AND BLUE SHOES 5K

Greenville Track Club-ELITE’s Eddie Garcia ran a solo 24:07 to easily win the 44th edition of the Sunrise 8K in Simpsonville, SC on a very early Saturday morning. Garcia took the lead from the starter’s horn at sunrise (6:18 am) and covered the 8K distance at 4:51 per mile pace which is a new course record. Coming into the race he was ranked third in the South Carolina Road Race Rankings.

At July 4th’s Red, White, and GTC Blue Shoes 5K on Furman University’s beautiful campus, Greenville Track Club-ELITE teammates Eddie Garcia and Jason Weitzel took the lead from the start and covered the 5K route in quick times of 14:38 and 14:45, respectively, to place first and second in the field of just over 1000. The annual race, celebrating our nation’s birthday, was conducted in warm and very humid conditions and is a fund raiser for the Blue Shoes Scholarship for Furman’s Cross Country/Track program.

Garcia led Weitzel by a small margin for the entire race and finished with one of the fastest times in the event’s history. He is currently ranked third in the South Carolina Road Race Rankings, behind only James Quattlebaum and Weitzel. It was Eddie’s second consecutive victory as he recently won the Sunrise Run 8K in a course record 24:07. Both he and Jason are scheduled to compete at the USATF 20K Championships on Labor Day in New Haven, CT.

SC OPEN & MASTERS TRACK & FIELD CLASSIC RECAP

By Jim Roberts

There were 403 entries this year from 9 states in the June 24 GTC SC Open & Masters Track and Field Classic/2023 USATFSC Association Open & Masters Track & Field Championships.

Temperatures were in the mid 80's F, but low humidity made the meet pleasant. The meet directors were Jim Roberts and Tom Johnson; the volunteer coordinator was John Hart.

Women broke 30 meet age-group records; men broke 8 age group records. Linda Harper and Alissa Noguez each broke 5 meet records. Surprisingly, no men broke multiple records.

Michael Scholtz (55-59) broke a 36 year old meet record in the 800 meters. In the high jump, Jim Sauers broke the meet record for 75-79 and a national record is pending.

The event with the most records broken was the mile at five (5). The field events with most records broken were the discus and hammer at three (3) each.

WOMEN

- Susan Aderhold (75-79) (1) 400 meters,
- Ann Carter (80-84) (4) 50 meters, triple jump, long jump, discus
- Josephine Farmer (75-79) (1) Hammer
- Chelsea Hancock (30-34) (1) Pole vault
- Linda Harper (70-74) (5) Javelin, shot put, weight throw, discus, hammer
- Christina Henderson (40-44) (1) Super weight throw
- Kylie Howson (Open) (1) Super weight throw
- Nonie Hudnall (70-74) (1) 800 meters,
- Shelby Jaramillo (30-34) (2) Mile, 5000 meter
- Joan Mulvihill (75-79) (2) 800 meters, mile
- Alissa Noguez (60-64) (5) Shot Put, weight throw, super weight throw, hammer, discus
- Ann Sluder (50-54) (4) 80 meter hurdles, 300 meter hurdles, high Jump, long jump
- Loretta Turner (65-69) (2) 50 meters, 100 meters

MEN

- Lee Cook (75-79) Mile
- Frank DeVar (35-39) Mile
- Eric Guith (40-44) Mile
- John Knox (80-84) Pole Vault
- Jesse Mayes (65-69) 800 meters
- Stephen Ridley (60-64) Mile
- Jim Sauers (75-79) High Jump (pending national record)
- Michael Scholtz (55-59) 800 meters

Thanks to the following volunteers, who gave of their time: Ruth Albright, Lola Amcher, Chuck Baker, Michael Burchett, Mike Caldwell, Ronald Geohaghan, Philippe Giguere, Charles Gill, Annie Groom, John Gullick, John Hart, John Hatfield, Steven Heller, Justin Hoffman, Tom Johnson, Joan Mulvihill, Scott Murr, Chris Starker, Tim Stewart, Susie and John Thompson, Susan and Ian Whatley.

Results and meet records can be seen by going to <https://www.usatfsc.com/track-and-field/2023-usatfsc-association-open-and-masters-track-and-field-championships>

USATF NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS: AGE GROUP AWARDS

Greensboro, NC July 20 – July 23

- Chris Hopkins: 3000 m Steeple Chase, Gold Medal/ 8 pts
- Lee Cook (75-79): 10K, 48:19, Silver Medal/ 6 pts; 5K, 23:03, Silver Medal/ 6 pts
- Bob Burch (70-74): 1500 m, 6:04, Bronze Medal /4 pts; 800 m, 2:58, 5th place/2 pts
- Bill Keesling (80-84): Shot Put, 27'6", Silver Medal/ 6 pts; Javelin, 49'3", 4th/3 pts
- Jim Roberts (70-74): 800 m, 3:24, 11th; 1500 m, 7:02, 8th

Overall - 35th of 135 teams

Men's division - 24th of 101 teams



FREEDOM FLYER 2M RECAP

By Chuck Baker

Sunshine and blue skies greeted us as we started out on the Freedom Flyer 2 Miler. 150 US flags surrounded the Kroc Center soccer field.

Of the 261 that signed up, 241 ran the race. It was a great turnout. Charlie Hall, the president of Upstate Warrior Solution, was the honorary chairman of the race. He talked about the reason for Memorial Day and the difference between Memorial Day and Veterans Day. On Memorial Day, we honor those that have died for our freedom.

Taps was played by Stephen Goshorn, a Palmetto Pathfinder cohort. Lonny Tolbert was our DJ for the day. His chosen music was fantastic for the runners. The last song that he played was God Bless the USA by Lee Greenwood. That song brought tears to some of us.

The volunteers that cleared the field of all the flags were very much appreciated. It takes two hours to plant all the flags but it only took 10 minutes to have the field cleaned up and have all flags put into a van. Thank you for all the support from GTC members as well as the veterans and runners that make this day so special.

GTC RABBITS YOUTH RUNNING PROGRAM

Ashley Lavelle is a member of the Greenville Track Club and Director of the club's Youth Running Program, called the "GTC Rabbits". Interview by Bill Blask.



B: What got you involved in the Rabbits program?

The Greenville Track Club asked me if I would be willing to coach the Rabbit's Program, and I was so excited to help! It's probably been around 9 or 10 years since I last coached; I had the incredible opportunity to help coach Greenville High School Cross Country for a few years, and then I transitioned to North Greenville University where I initially helped coach cross country, but was later assigned to the Women's Sprint Team. I eventually had to step away from coaching as I pursued a career in nursing and physical therapy, got married, and then had a baby. Over the years, I've really missed coaching, and had been looking for a way to reconnect and give back to the community. This was the perfect opportunity, and I was happy to help!

B: How would you describe what drew you back into that aspect of the sport?

A big part of what drew me back to the sport was being a Mom and having my own child. Now that I'm a little bit older, having my own child has given me a lot of perspective, and a lot more life experience that I hope to pass on to the younger generation. I think of how important it is to have good people in our kids' lives and solid role models. This is my way of giving back to the community and hoping to instill in children a love for running at a very young age, and to help them develop those healthy habits.

B: When I visited the Rabbits practice this week, you seemed to naturally have instincts that both motivated and managed that age group.

Yes! This age group is a lot of fun, and really challenges me to think outside of the box when it comes to activities. My goal is to make running fun and inclusive to all ability levels, so we've done water balloon relays, obstacle courses, trail running, track races/relays, and hill sprinting games, just to name a few. Their excitement and energy is really contagious and makes coaching this age group very rewarding!

B: You talked about giving back to the community, which to me is a great reason for spending the time that I know you do on this program. What do you think should be the overall goals of a program like this? And perhaps especially because it's sponsored by and is part of the Greenville Track Club?

I want to structure the program as a way of introducing the youth to a basic knowledge of running; teaching them how to warmup properly, complete drills, how to complete different types of workouts (relays, trail running, hill running, track running, tempo runs, obstacle courses/body weight exercises, etc), and then the importance of cooling down and stretching. Many of the kids have had exposure to running-they have run a 5k, for example, or they've run a race in school. There are a few who don't have a background in running, and this program is also structured to include them as well.

What I'd also like to do during the course of the program is to have key figures in the community come and speak to the group about running. As an example, Alison Parris Leonard came and spoke

to the kids about her experience running for Greenville Track Club ASICS Elite team, and what a wonderful experience that was for her. She encouraged the kids to follow their dreams and never give up. I believe that by involving the community and educating our young people, we can increase interest in running and instill a love of healthy living at a young age.

Finally, I am encouraging the youth to attend the GTC All-Comer's Track Meets this summer and the GTC races throughout the year. It is very important to involve our youth, so that they can also benefit from these great running activities and races year around, and be our next generation of passionate GTC runners!

B: Do you have all the help you need for this program?

Right now, we have some great volunteers, but as the program grows, I know that I will be in need of others to come and help! If interested I would be happy to speak with anyone who would like to come and run with the kids, or be an educator to the kids, on different aspects of running.

B: How long is this program going to last this year? Will there be sessions planned that take place later this year after this one, or next year?

For the summer, this segment of the program will end July 31. Our vision is to have a year-round youth running group. Following our summer running, I would like to also offer a fall session that would run September-November. Dates/locations will be TBD.

B: Will you be able to use Cleveland Park all year long as the venue for the program?

Cleveland Park and Unity Park have proven to be great locations for our running group, and I would like to continue to utilize these areas for as long as possible. We may have to make some modifications during the winter months when it gets darker earlier, but for now, those are the main locations for our runs.

B: One more question and it's more about you. You have been successful in this sport. Now you have a new family and you're also working professionally. What is next for you as a runner? Are you still going to compete and race, for example, or are there some races that you might target during the year?

I really love the half marathon, but haven't competed in that distance for quite a long time. I've been focusing recently on the 5k, and then hope to build my distance from there. I had competed in the GTC Master's Track Meet in June and the Red, White, and Blue Shoes in July, and I think in October I'd like to run one of the Spinx races - I will most likely add additional races along the way! My ultimate bucket-list goal is to qualify for and run the Boston Marathon. I have quite a ways to go before I meet that goal, but I'm confident that I can get there with the great encouragement from my husband Patrick and my baby son Liam, who I push in the stroller for the majority of my runs/workouts - He keeps me accountable, and makes sure that I don't slack on the workouts!

B: It has been a pleasure talking with you. I wish you success with the Rabbits Youth Running Program.



Come One, Come All! Come join us for a great experience! The Greenville Track Club Rabbits Youth Program workouts meet each week, Mondays and Thursdays, from 5:00 - 5:45 pm at various Greenville-area parks. Our Youth Running Program Director, Ashley Lavelle, will email parents each week with the location for a given day.

Parents or responsible caregivers are requested to accompany each child. Contact Ashley at ashley.lavelle@greenvilletrackclub.com for further information.

2023 RUNNING SERIES:

HIGHLIGHTS FROM GTC RED WHITE & BLUE SHOES 5K

“We wondered if there would be paddy wagons along the way to pick us up – like pooper-scoopers.”

Judy Driggers, back-of-the-pack finisher in the Charleston Bridge Run 10-K, 1994

Sponsored by Incite

Participation was HUGE this year with over 942 finishers (+17.9%), making it the 2nd biggest race this year after the United Community Bank Reedy River 10K. GTC member participation spiked by 30% to 235 finishers. [As if there is one,] the average GTC member was 2 minutes and 22 seconds faster this year and more than 90 seconds faster than the average non-member! To see all running series standings, visit <https://incitecg.com/gtcrs/standings.html>.

- The Male 50-54 point group had 20 GTC members in it this year (+11), and the Male 1-18 age group had 19 (+6) which was the largest turnout for either group at any race in running series history
- 40 runners have scored in the Female 55-59 and Male 45-49 divisions this year. The full year point group participation record is 42, set last year by Female 40-44 which is at 38 so far this year.
- Male 75-79 was most the most improved group, averaging 11:40 (26% faster) over last year despite growing to 6 runners
- Bruce Phillips (1-18) easily broke 20 minutes this year, a 48% improvement vs his time last year. Someone found running!
- Angela Willis (45-49) won her division with a blazing 26:12, which was more than twice as fast as her time last year!
- Bruce and Angela are clearly running a lot, but appear to only run this running series race each year
- It's still possible to score another 230 points this season

FEMALE 1-18

- Maddie Hazan (100pts) joined the 100pt club with her 2nd RS win this year
- Hanna Boylan (70pts) became award eligible in 2nd place

FEMALE 25-29

- Rebecca Scamardo (90pts) took a strong 1st place lead (40pts) and became award eligible

FEMALE 30-34

- Regina Ibanga (180pts) protected her lead with a 20pt finish, but...
- Karen Guillen Cuevas (130pts) joined the 100pt club and narrowed the gap, and...
- Savanna Albuquerque (90pts) became award eligible with her 50pt finish
- Regina's also tied for most RS miles run by a female this season (26.27 of 29.37)

FEMALE 40-44

- Jaclyn Williams (150pts) stretched her 1st place lead slightly with her 20pt finish. She's run 5 races this year vs 2 last year when she ended the season in 13th overall

FEMALE 45-49

- Lisa Reeves (70pts) took over 1st place (by tie-break distance) and became award eligible

FEMALE 50-54

- Lisa Rourk (120pts) jumped into 1st and joined the 100pt club

FEMALE 55-59 40 participants so far this year. The full year record is 42

- Tracey Cook (120pts) is in 1st by race count for a 2nd straight race.
- Dawn Ferguson (120pts) (last years series winner) is turning on the heat, moving into 2nd with her 2nd 40pt finish in a row
- Deanne Blas (100pts) joined the 100pt club with her 50pt finish. That lands her in 4th but close striking distance in this hyper competitive division

FEMALE 60-64

- Jane Godwin (240pts) stretched her 1st place lead to 110pts and joined the 200pt club with another 50pt finish. Jane is also in a tie for most RS miles run by a female this season (26.27 of 29.37)
- Gabriele Harris (130pts) joined the 100pt club and moved into 2nd with her 40pt finish. Last year's RS winner, Gabriele is 1 of the 4 run count leaders (and only Female) who have finished all 6 races this year. She's also tied for most RS miles run by a female this season (26.27 of 29.37)

FEMALE 65-69

- Helen Reetz (250pts) is now 180pts in front with her 5th 50pt finish
- Debra Robinson (70pts) jumped into 2nd and became award eligible with her 30pt finish

FEMALE 70-74

- Patti Hunnicutt (200pts) joined the 200pt club and stretched her lead slightly with her 50pt finish
- Rosie Jordan (120pts) joined the 100pt club and stretched her hold on 2nd slightly with her 40pt finish
- Chris Stanfield (80pts) moved into 3rd and became award eligible. Chris finish 11th last year.

FEMALE 75-79

- Joan Mulvihill (210pts) joined the 200pt club and closed the gap on 1st with her 50pt win. She also shaved nearly 5 minutes from her '22 RW&BS finishing time.

FEMALE 80+

- Anne Brooks (210pts) joined the 200pt club with another 50pt win

MALE 01-18

- Logan Edwards (110pts) closed the gap on 1st with his 30pt finish

MALE 19-24

- Alex Thaller (120pts) held on to 1st and joined the 100pt club with his 30pt finish
- Max Salb (100pts) also joined the 100pt club and leap-frogged into 2nd with his 2nd consecutive 50pt finish

MALE 25-29

- Newcomer Blake Smith (100pts) jumped from 4th to 1st, and joined the 100pt club with his 50pt finish + volunteer points!

MALE 30-34

- Jeb Maloney (160pts) held onto his 1st place lead with his 40pt finish, but
- Eric Bohac (140pts) edged closer to 1st with his 50pt win

MALE 35-39

- Nolan Winters (190pts) is now out-front by 100pt thanks to a 3rd consecutive 50pt finish
- Nick Gates (90pts) stretched his hold on 2nd after shaving nearly 4 minutes from his '22 time

MALE 40-44

- Nicolas Monnier (130pts) took over 1st place with his 40pt finish. Nick finished 13th in the RS last year

MALE 45-49

- Dan Stoner (190pts) stretched his lead with a 40pt finish
- Joshua Smith (130pts) is 1 of the 4 run count leaders who have run in all 6 races this year
- Todd Edwards (100pts) joined the 100pt club

MALE 50-54

- Philippe Giguere (150pts) got 40pts closer to 1st place with his 3rd 50pt win this season
- Jim Day (60pts) became award eligible in 3rd place by tie-break (run count)

MALE 55-59

- Bob Seedlock (160pts) jumped 2 places into 2nd, and cut Markus Wimmer's 1st place lead in half, with his 3rd consecutive 50pt win



2023 RUNNING SERIES (CONTINUED)

MALE 60-64

- Scott Murr (240pts) joined the 200pt club and expanded his lead to 120pts with his 50pt win
- Alfred Canteruccio (120pts) is in 2nd by tie-break (race count). Alfred has run all 6 races this year, and is also the lone GTC distance leader with 29.37 miles raced of 29.37 possible
- David Godwin Sr (120pts) is in 3rd by tie-break (race count)

MALE 65-69

- George Sykes (230pts) narrowly stretched his 1st place lead to 100pts and joined the 200pt club with a 40pt finish
- Stephen Mills (130pts) jumped into 2nd with his 30pt finish

MALE 70-74

- Kip Connor (200pts) joined the 200pt club with his 30pt finish + volunteer points! Kip is 1 of the 4 run count leaders who have run all 6 races this year
- Vince Herran (160pts) edged closer to 1st and 2nd with his 50pt win

MALE 75-79

- Linny Moore (180pts) held on to 1st place by tiebreak (race count) with his 40pt finish
- Lee Cook (180pts) is narrowed in on 1st with his 50pt win + volunteer points!

MALE 80-99

- Guenter Full (130pts) jumped into 2nd and the 100pt club, and cut Bill Blask's lead to 60pts from 90, with his 50pt win

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



PARIS MOUNTAIN TRAILS 7K

By Mike Burchett

The Paris Mountain 7k will be held August 12 at Paris Mountain State Park. Race-day registration starts at 7:00am and the race will begin at 8:00am. This is the second race in the GTC Trail Series and is the shortest of the three events. The final event, the 16k, will be held on November 4.

Finishers and award winners will receive commemorative patches and other goodies. The patches have arrived and will be available on race day. We are considering the possibility of bringing back the post-race awards ceremony for this one, but as of now that has not been finalized. There will be post-race pancakes again!

For those of you who ran the 12k, the patches have arrived and I will be announcing where they can be picked up soon.



BMW PERFORMANCE CLASSIC 2M

By Robert Morse

The 24th annual BMW Performance Classic 2-Mile will be held on Friday, September 15th at 6:30 PM at the BMW Performance Center. As in years past we expect a fast race followed by great post-race refreshments and snacks. Unfortunately we still haven't gotten a green light for the post-race hot laps, due to supply chain problems, but everything else should be the same. This is primarily a Corporate Shield event (not a GTC Running Series event), but anyone can enter as a "no team" participant. Registration will open in July.

We are staying with a 400-participant cap due to parking and facilities limitations, so there are a few important things to remember: 1) Carpool if at all possible. We will have a special door prize drawing for any car pooler. 2) Register early. We will most likely reach 400 participants days or weeks before the event. 3) If you register and find out you can't attend, please let your Corporate Shield team captain know so they can transfer your registration to someone on the wait list.



SPLITS:

A COURSE MONITOR'S ADVENTURE

By Bill Blask

I was a course monitor for one section of this year's July 4th Red, White, and Blue Shoes 5K at Furman University. 1,000+ runners, walkers, and stroller-pushers. Not to mention your shoulder-riders – kids on Dad's shoulders enjoying the ride and elevated view.

What a joyful experience!

I did this last year for the same race. Another joyful experience!

There's a pattern here, and I'll tell you why.

It's simple. I love encouraging runners to run. Walkers too, of course, though being among competitors in a race adds something special. Same for strollers and shoulder-riders. I can't help getting enthused for all of them being out and about with the undertone of personal challenge.

And many respond to my simple encouragement. Fist-bumps, recognition between those whose faces I know, young people with effortless strides, older runners with beautiful smiles, couples sharing a common investment in our demanding and perpetually testing sport, and those who happen to wear a race bib while out for a stroll on a lovely day in a lovely venue.

But that day being a course monitor was memorable in a different way. It found me sweating from exertion and performance anxiety as though I was running the race itself.

I'll try to share with you that experience, because I'm still scratching my head as I recall what took place. Maybe you'll help me figure it out. I'll speak in real time as things happened.

I arrive at Furman's stadium early on Tuesday, July 4th. The registration table is busy. Though I was registered to run, I'm not (bum leg). I explain this to volunteer Sandi Hardaway behind the table, and ask for help confirming my monitor spot on the course. Next to her is someone in authority, who circles a spot on my course map. My Spot is near a wooden walkway, a shortcut across part of Swan Lake. Great! I say. I know where that is.

Of course, I only think I know where that spot is. The proof of my misplaced confidence is about to play out over the next increasingly frantic half hour.

After snatching a race promo hat, off I go, walking. Hobbling, actually (bum leg). Out of the stadium and down the walking path toward the boulevard commons fronting the Herman W. Lay Physical Activities

Center, or PAC. As I go, it occurs to me that my goal, the course on Furman's Swan Lake, is a long walk away. I could have driven and parked at the Furman Playhouse. Cut at least a mile off my journey.

Too late. Don't think, just go. Plenty of time. Good exercise. Nice day. Warm up and stretch out the bum leg.

Walking, I look at the course map that I've printed out. A red circle now marks my spot as a course monitor. It appears on the other side of the lake. I'll want to decide which way to get there walking around the lake. I've got a ways to go yet before I need to decide. It is further than I thought, walking. It's now twenty minutes before the race starts. Driving would have been better.

OK. I can see the lake. I'm at the campus bookstore. My spot on the course appears equidistant from where I am. Do I go right ... or left around the lake to get there? I look at the map. Going right, there appears to be a bridge near my spot. Beyond that is the walkway. I'm supposed to be at one end of that walkway. On the map it seems to have a street name. Is there a street there? That can't be right. It goes fuzzy when I try to zoom out on my phone. I can't tell looking at the miniature lake on the printed map. Better to get there and figure it out.

I turn right and walk on, more urgency in my steps. The day is warming up. I'm damp with perspiration. Fifteen minutes – the start of the race is getting closer.

Five minutes later and I'm still not at the bridge. I think I can see it in the distance, however. And here comes a golf cart and one of the Furman security officers doing his rounds. Oh Boy! I ask if I could get a ride, and I explain where I want to be. He scowls and says What do you think I am, your personal driver? And then he grins. Just messing with you, he says. Hop in!

But as we drive away, we are going in the opposite direction from where I want to go and need to be in ... in 10 minutes! I want to say Can we turn around? But we are still moving at a speed that is faster (bum leg) than the alternative. So on we go around the lake in the opposite direction.

And then we stop. We are back at the campus bookstore. In front of us are steps, with no way around them. And we both know we are not going any further. At least in his golf cart.

I get out, and express my thanks for his courtesy.

It's simple. I love encouraging runners to run... I can't help getting enthused for all of them being out and about with the undertone of personal challenge.

SPLITS: A COURSE MONITOR'S ADVENTURE (CONTINUED)

I look to where I think I want to be. And it is a lot longer from where I am now than it was before I bummed a ride on his golf cart. I am now back to the spot I occupied more than ten minutes earlier!

Emotionally, forward is my only option. I will now go left around the lake.

The start of the race is minutes away. I won't get there before the leaders will run by me. They will get to my course monitor spot ... and become hopelessly lost and off course! I and I alone will be solely responsible for royally screwing up the race!

I begin to run, map flapping in hand, thinking I've blown my simple job as a course monitor. I say "run". Actually, I jog. Bum leg.

I'm so distressed at my ineptitude that I focus on something totally meaningless. I'm wearing my bright orange Greenville Track Club pull-over. I try to smooth out my hobbling gait. I can't appear not to be a "runner" wearing that pull-over now, can I? For Pete's sake, I tell myself. The least you can do is look the part, Fella!

Actually, desperate now and sweating profusely, all official decorum a distant memory, my stride somehow smooths out as I focus entirely on getting in place before being lapped by the coming crowd of runners.

I pass a GTC fluid refreshment station. I weakly joke about this being the finish line. But for me it clearly is not. My goal is still several hundred yards ahead – the wooden "walkway" across the far end of the lake. Somehow I quicken my pace. I can almost hear the steps of the race leaders behind me. Are they supposed to go across the walkway, or around the last part of the lake before turning back to the campus? One direction will be the right direction, and only one! I grieve in advance of the inevitable decision. Which way will I point? Will I be too late for it to matter?

I glance at my watch. The race has already started.

Then, I'm there. Thank God! I'm breathing hard enough to actually have been in the race. I look desperately for a clue – any clue – to the right direction for the coming runners. I think the map says they go across the walkway, and immediately turn right. I glimpse the edge of a sign planted low on the grass verge of the paved trail. I run over. An arrow points right toward the walkway.

A clue! I look across the walkway to its end. Do I see another sign? I run – now hobble – across and there it is! Another arrow on its flimsy wire legs pointing right. My instructions and both visual indicators match. I hurry back across the walkway, and plant myself where I now know I am supposed to be. Sweat is running into my eyes. Emotionally, I'm wrung out. Physically I feel I've run the entire 5K.

And here they come.

The bike riders lead the front runners toward me. I recognize Eddie Garcia and Jason Weitzel, running for GTC-Elite, a few yards apart. The bikes ride past me, not turning onto the walkway but continuing on the trail. I point the race leaders energetically and without hesitation toward the walkway, and both runners turn and speed past me in the direction I point. I don't look at the cyclists. I'm either correct and the race will continue along its intended and professionally measured path, or not. I'll be gone before they come looking for me.

And here come the group of fast runners chasing the leaders. They also turn onto the walkway, and flow onward in a rush. They are earnest, straining as they near the two mile mark, their strides smooth and strong. Near the leaders, but not leading the race. They are fast runners, but today currently not equal to Eddie and Jason.

And then here come all the rest. The full spectrum of runners, run/walkers, walkers, stroller-pushers, and shoulder-riders. They have all shown up. They move in ways dictated or required both by mind and body, or simply by choice that day. They are all magnificent. They express the bipedal motion their bodies were build to perform. For my eyes it's a beautiful sight.

Almost endlessly it seems, they stream by. I relax and enjoy their energy. We interact, and I am pleased to be where I am, finally. These are memorable moments. Yes, the drama of just getting there likely sharpened my appreciation. Next time, however, maybe a little less anxiety, sweat, and elevated heart rate, please.

See you on the road.

"Relax. You'll be gone by the time they come looking for you."

