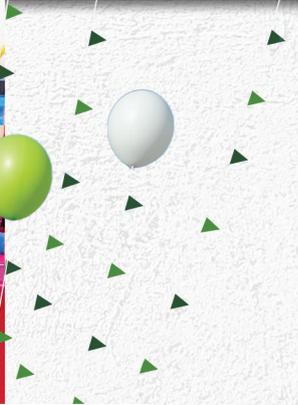


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APRIL 2020



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Photos: Dan McCauley, Paul Ward; Cover photos: Joaquin Lara, Dan McCauley, Vidah Sailer





Connect with other women of Atlanta in a new way!

HERE'S HOW

1. Run or walk 5K on your own or with an immediate family member (strollers and pets welcome!) between 5 a.m. Saturday April 11 and 5 p.m. Sunday, April 12.
2. Following your run or walk, post on social media using the hashtag #AW5K. We'll use the content to create a recap video to be sent to all participants on Tuesday, April 14.

PAID OPTION: Receive this shirt and medal, virtual bib, communications and be a part of our virtual community.

FREE OPTION: Receive virtual bib and join the community from a safe social distance.

DELAYED BUT STILL COMING, GET READY FOR BASEBALL SEASON



Cross the finish line on the field of the back-to-back NL East Division Champs. All participants receive the shirt pictured here.

June 6 | Truist Park | 5K & Dash

Register at atlantatrackclub.org





Word from the Director

We asked our staff: What was your favorite moment of America's Marathon Weekend?



Eric Heintz
Director of High Performance

I really enjoyed seeing countless Trials participants out on Sunday morning cheering during the "citizens race."



Lisa Tanner
Director of Events

My favorite moment was seeing the pride, excitement and honor in the faces of staff and volunteers as they realized they were a part of the biggest thing the Club has ever been a part of.



Rob Mullett
Event Manager

The high school relay was one of my favorite things. The crowds and cheering were great for those races! A little unexpected, I think.

On the second Tuesday of February in 2018, the staff at Atlanta Track Club spent its afternoon strategizing about a new brand campaign to replace its "We Are Atlanta Track Club" theme. The consensus was that we needed to focus on the impact of running and walking on all of Atlanta and not just on the current, loyal members of the Club. We all bought into the need to further our mission through an aspirational vision for the city. So, after a very long afternoon of white board conversations and too much pizza, Running City USA was born.

We never could have predicted the ways in which Running City USA would unite us during the first half of 2020.

The appeal of this sport is that the highs are special, fulfilling and even life-changing. The downside is that the lows are frustrating, crushing and yes, even demoralizing. To fully embrace the uniqueness of the gift of running, one needs to celebrate all that it gives us on those good days, remembering those highs when the lows inevitably appear. A lot like life.

I can say without hesitation that, through the efforts of so many in this community, America's Marathon Weekend was the single best weekend of running this country has ever seen. From preschoolers to octogenarians, from first-timers to Olympic hopefuls, from hard-charging marathon veterans to slower and steadier 5K walkers, from Downtown to Summerhill to Midtown, from Grant Park to Piedmont Park and from Georgia State to Georgia Tech to the city's Historically Black Colleges and Universities – Running City USA showed up, inspired and delivered. It was a running high, literally and metaphorically.

That runner's high has been short-lived as unimagined uncertainty faces the world, this nation, this city and Atlanta Track Club. But together, we are prepared to ride out this low. As headlines deliver grim statistics and tell the tragic stories of those lost to and affected by COVID-19, I am heartened to see Atlantans stepping out into neighborhoods, sidewalks, streets and trails at socially safe distances and in startlingly high numbers.

My hope and expectation is that just as Atlanta set a new standard for the country just a month ago at the U.S Olympic Team Trials – Marathon and Publix Atlanta Marathon, Running City USA will show the nation how to use running and walking during this time of crisis. Yes, we need to remain diligent in our social distancing efforts, but we can also be the model for how to use running to remain physically, mentally and emotionally healthy.

Be safe, everyone, and be well.

Rich Kenah

Executive Director of Atlanta Track Club





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Get Social

This month:

Atlanta, the runners of America's Marathon Weekend loved you, and they weren't shy about saying so on Instagram.



bygolly.molly • Follow
Atlanta, Georgia

bygolly.molly So, that happened us #olympicdream

I can't put into words the happiness, gratitude, and sheer shock I'm feeling right now but I'll try...

Thank you @atlantatrackclub + @usatf for putting on an incredible race. Logistically managing that was a feat and you somehow pulled it off

Thank you to all the amazing women competing yesterday. It was an honor to race in the deepest field in marathon OTs history; many of these women are the heroes I grew up cheering for, and I'm continually inspired by the greatness of the



_clayton_young_ • Follow
Atlanta, Georgia

_clayton_young_ It's been one week since my debut marathon at the USA Marathon Olympic Trials. As expected, it sure wasn't the prettiest, but it sure was an absolute blast!

I couldn't help but smile as the massive Atlanta crowds yelled the name on my bib. I loved throwing up my hands and hearing them go wild! In the last several miles, I couldn't stop grinning as the odd sensation of undertrained-rubber-legs, but familiar-calm-breathing settled in, and I challenged myself just to keep running.

Big thanks to my training partners @jwardy21, @milly_mcmillan, @danielscarnev, @connermantz, and



travel.run.repeat • Follow
Downtown Atlanta

travel.run.repeat Oh Atlanta • They warned me it would be hilly & it was But it was so much fun! And so worth it. What a fabulous course. Thank you @atlantatrackclub for such a fun event & weekend. Now for coffee & legs up the wall • #publixatlantahalfmarathon #atlantahalfmarathon #runat #americasmarathonweekend #runningcityusa #atlantatrackclub #halfmarathon #run #runner #ohmyhills #travelrunrepeat #oisellevlée



mollyfabulous • Follow
Atlanta, Georgia

mollyfabulous Such an awesome few days in Atlanta for #AmericasMarathonWeekend - volunteering at the US Olympic Trials and running the Publix Atlanta Half Marathon. Thanks to the @atlantatrackclub for a truly outstanding event.

4w

lexmatsui 🍌🍌🍌
4w Reply



ca_marmolejo • Follow
Centennial Olympic Park

ca_marmolejo At Mile 10 of today's race, a man walking alongside the course yelled, "Fres-Yes!" as I ran by. I pointed back at him and said, "Hell yes!" "Hell yes" not only describes the joy of someone recognizing my hometown, but also how well this race went. The course was hilly, but the weather was perfect, and the miles just flew by. I couldn't have asked for a better training run in anticipation of @runmodo later this month. Between this race and the Paris Marathon last year, I'm starting to think that I perform better on tired feet. Thank you, @atlantatrackclub, for putting on such a fantastic weekend of running. I'm so humbled to have been a witness to Saturday's



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FROM START TO THE FINISHES, "A CELEBRATION IN EVERY WAY"

By Barbara Huebner

Deborah Lazaroff has run 188 marathons. She's done a marathon in all 50 states – in under four hours – and owns a six-star medal for running all the World Marathon Majors races. But even to this 64-year-old road race veteran, America's Marathon Weekend was something special.

"I still have goosebumps," she wrote in an email a month later. "And I hope they don't fade too quickly."

Once she reached all of her marathon goals, the Jackson, Michigan, woman decided that it was time to stress less during her races and give back more afterward. So when a couple of Publix Atlanta Marathon volunteers were especially helpful in giving directions on how to exit Centennial Olympic Park after the race, Lazaroff not only thanked them but also praised the training they and their cohorts had received and the overall organization of both the U.S. Olympic Team Trials – Marathon, at which she spectated, and the marathon in which she had just won her age group, finishing in 3:50:13.

You can thank the race director yourself if you want, they said, pointing to Rich Kenah, Atlanta Track Club executive director. He's right over there.

So she did. Kenah called it the highlight of his weekend.

"She said she'd never seen anything like this," he recalled.



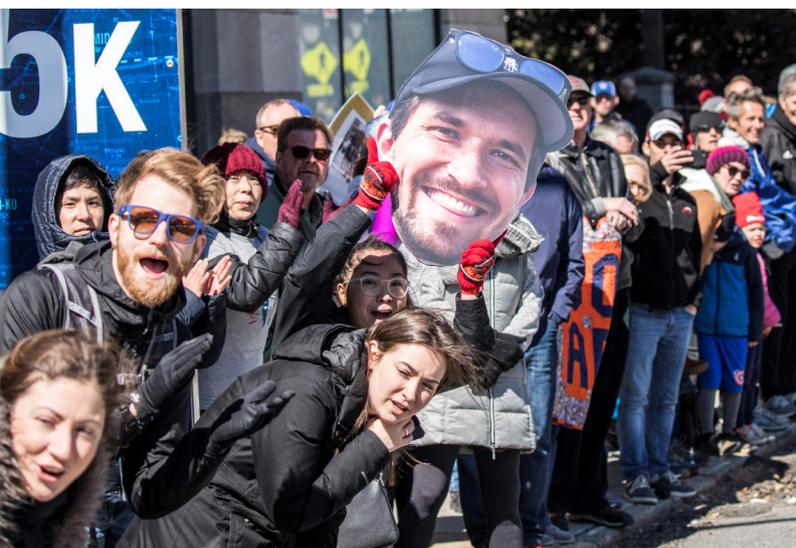
MARATHON
FEBRUARY 29, 2020
ATLANTA, GA

AMERICA'S MARATHON WEEKEND

In fact, there has never been anything like it.

“From the beginning, we at Atlanta Track Club said that it only makes sense to host the Trials if we can create a one-of-a-kind celebration for the sport,” said Kenah. “It’s not often in the event business that you find the final product is exactly what the initial concept looked like. America’s Marathon Weekend was a celebration in every way.”

And not just about the genetically gifted 1/10th of 1 percent, but about all of Running City USA. From the America’s Marathon Weekend Experience, where Publix Atlanta Marathon, Half Marathon & 5K runners picked up their race numbers and local high school athletes teamed up with champion high jumpers and shot putters, to the Publix Atlanta Kids Marathon and high school 4x1-Mile Relay, to a Trials course lined with twice as many spectators as expected, to the men in their 80s participating in Sunday’s Publix races, “everyone seemed to recognize that it was a weekend of inclusion, and not just the crowning of an Olympic team.”



The crowning of that Olympic team, however, came with plenty of excitement and more than a few surprises.

The men’s race took off first, at 12:08 p.m., under sunny skies and a temperature of 46 degrees. Despite the 16-19 mph wind, Brian Shrader (marathon PB 2:13:27) broke away in Mile 5; he hit halfway in 1:04:53 with a 32-second lead on Dan Nestor and 48 seconds in front of the 40-plus chase pack.

That’s when Galen Rupp, the defending Trials champion and 2016 Olympic bronze medalist, decided to start pushing the pace. He caught Shrader at about Mile 16, accompanied by Abdi Abdirahman, Leonard Korir, Augustus Maiyo and Atlanta Track Club’s Matt McDonald; by Mile 20 he was in the lead by himself and would go on to win in 2:09:20 – the third-fastest winning time in Trials history, and making him only the second man, after Frank Shorter (1972, 1976) to win the Trials twice.

“It was magic,” Rupp said. “I never saw the course. I didn’t study it. I just ran it.”

TRIALS BY THE NUMBERS

Women

511*

Qualifiers

444*

Starters

390*

Finishers

12.2%*

Percentage of DNFs

16*

Youngest Finisher:
Tierney Wolfgram

48 (3:11:08)

Oldest Finisher:
Perry Shoemaker

8*

Number of Sub-2:30
Finishers

43*

Number of Sub 2:40
Finishers

\$240,000

Prize Purse

Also:

At 43, Abdi Abdirahman is oldest male to make a U.S. Olympic Marathon team

Bernard Lagat’s 2:14:23 shattered the previous U.S. 45-49 age group record of 2:16:58

* = Trials Record

Men

261

Qualifiers

228*

Starters

175*

Finishers

23.2%

Percentage of DNFs

22

Youngest Finisher:
Sean O’Connor

45* (2:14:23)

Oldest Finisher:
Bernard Lagat

\$240,000

Prize Purse

AMERICA'S MARATHON WEEKEND

Behind Rupp, a fierce battle was being waged for the next two spots. When Rupp took off, Maiyo and McDonald were in second and third, with Abdirahman four seconds back and Korir another three seconds behind him. By Mile 21 McDonald had faded. Soon, Korir was moving up, but not as fast as Jake Riley behind him, who at 21 miles was still 31 seconds behind Abdirahman.

By Mile 24, Riley would catch up to the group, and Maiyo soon fell back. That left three men – Riley, Abdirahman and Korir – fighting for the last two spots. On paper, Korir's powerful kick gave him the advantage, but



“I WANTED TO MAKE THEM PROUD”

When Atlanta Track Club bid to host the 2020 Olympic Team Trials – Marathon, one of its key themes was to use the event as inspiration for the next generation. As part of that vow, the Club paired more than 40 Trials athletes with track and field and cross country programs from metro Atlanta high schools. The teams spent the month leading up to the Trials interacting with the athletes via social media. Some teams, like Hillgrove High School, were even able to connect with their athlete – Roberta Groner – on Skype. On race day, the teams served as personal cheer squads for their athletes.

“Thank you @atlantatrackclub for giving us the opportunity to interact and share our love and passion for the sport!” Groner posted on Instagram. “Bonus is my cheering squad got even bigger and louder!!”

Kelsey Bruce, who was paired with Milton High School, said: “It made Atlanta and the Trials feel even more welcoming. It was definitely motivating to have people rooting for me and following me. I didn't know them but wanted to make them proud.” Bruce finished 21st in 2:36:51.

Audrey Nichols, a senior at Milton, said she was a fan of the sport before the Trials but that getting to know Bruce gave her a “personal connection to pro running and the marathon.”

- Jay Holder

wasn't until the 20th mile that Aliphine Tuliamuk and Molly Seidel powered up a tough hill on the third and final loop to break away, with Sally Kipyego the only woman nearby, seven seconds back, by Mile 22.

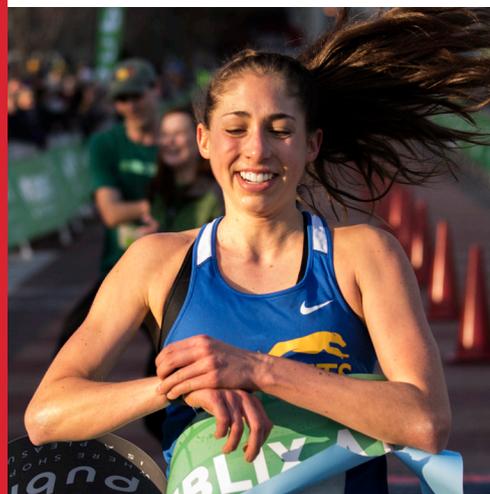
Tuliamuk would pull away from Seidel just before Mile 25, going on to win in 2:27:23 to earn her 10th U.S. title, while Seidel – the first woman in Trials history to make the team in her debut at the distance – came in just eight seconds behind, for the closest 1-2 women's finish ever.

“Aliphine needs to take a lot of credit for this,” said Seidel. “I feel like I wouldn't have been as calm in that breakaway



neither Riley nor Abdirahman had read the script and would go 2-3 in 2:10:02 and 2:10:03, with Korir following in 2:10:06. The four-second gap between 2nd and 4th places was the smallest in Trials history.

Although they ran the same course, starting 12 minutes after the men, the women's field – the largest and deepest ever – followed a distinctly different path, staying tightly bunched in the early going. At the half (1:14:38), 11 women were still in the lead pack. It



Ellyn Atkinson, 5K winner

with anyone else. Aliphine is someone I look up to so much.”

Kipyego, the 2012 Olympic silver medalist at 10,000 meters who was coming back from childbirth and injury, finished third in 2:28:52.

Although Des Linden reeled in Laura Thweatt in the late going, the veteran marathoner – she was running her 20th – fell short in her bid to become the first U.S. woman to make three Olympic marathon teams, finishing 11 seconds behind Kipyego.



Several weeks after the race, Tuliemuk recalled: “What stood out to me was the crowd. It was incredible. From the start, I felt my ears were ringing. It was like we were in an enclosed building. I told myself, ‘I’m going to forget running and just go with the crowd.’”

Every runner behind her had a story, too, including Atlanta native Allie Schaich. The 27-year-old management consultant was cheered on not only by students from Cambridge High School in Milton, with whom she was paired by Atlanta Track Club, but also by dozens of friends and family – including her brother Noah, and sister Mackenzie, who would be running the Publix Atlanta Marathon and half marathon, respectively, the next day.

After finishing 69th in 2:42:22, Schaich was up at 6 a.m. the next day to return the favor.

“My parents were probably the most exhausted,” she said of her folks, who put up a half dozen of her friends and hosted a post-Trials dinner for 20-30 people in addition to their own spectating.



Also doing double duty were the new Olympians, who arose early – if they got to bed at all – to serve as official starters on Sunday.

“I always run well in Atlanta,” Abdirahman, who has run the AJC Peachtree Road Race at least eight times and set his 10K personal best here, told the runners as they gathered to start their races. “It’s a great running city. I love you guys!”

Tuliemuk, who won the 2017 AJC Peachtree Road Race, added later: “These people were feeling exactly the same as we did, nervous and excited. A runner is a runner; we all have our own goals. It was the least I could do to repay the support they gave me the day before. It was an honor.”

Among the 13,000 participants in the Publix Atlanta Marathon, Half Marathon & 5K was one who had planned to be running the Tokyo Marathon that weekend, before

“THIS IS UNREAL!”

Seven or eight years ago, Maggie Menard-Mueller’s daughter got her into running – first a Thanksgiving Day walk, then Milwaukee’s Santa Hustle 5K (“It was nine degrees; I loved it!”) and, eventually, four marathons.

Which led them both to Atlanta for America’s Marathon Weekend. When they learned they could run the Publix Half Marathon on Sunday and watch the U.S. Olympic Team Trials – Marathon the day before, mother and daughter thought the opportunity was too good to pass up.

Saturday found the 67-year-old Menard-Mueller, a retired teacher from Oak Creek, Wisconsin, near the 2-mile mark of the Trials course, where she, daughter Laura Rose and friend joined up with a large and lively crowd of women from Oiselle Volée, of which Laura is a member. Cowbells at the ready, they eagerly awaited the women runners to approach on their first lap.

“Seeing the women come down the hill all packed up, running in synch, there was just this roar” from the spectators, she said. In return, “the runners were making little heart signs with their hands and tapping their chests. I thought, ‘this is unreal!’ Oh my god, just being so close. I’ve never done that in my life. I didn’t know you could watch these races and be so close; I never get to see the elites. They’re done long before I am!”

An added treat? Getting a photo of Molly Seidel, who was raised in a small town about 40 miles from Oak Creek. “And to have a Wisconsin runner finish so well was amazing!” she wrote on Facebook.

The energy of the Trials, said Menard-Mueller, definitely carried over to her own race.

“It put the spring into my step for the next morning,” she said.

- Barbara Huebner



organizers decided at the last minute to make the field elite-only in light of the COVID-19 crisis that was already hitting Japan.

Helenn Lemaistre of Cambridge, Massachusetts, snagged one of last open spots in the marathon when she registered at 3:58 p.m. the Monday prior. The race reached capacity at 10:37 that night.

“With the Trials there, it was a great opportunity,” she said of choosing Atlanta for the switch instead of the six other marathons she found on the world schedule that weekend. “Plus, my brother-in-law lives there, and I could bring my family. Trying to refocus after a disappointment is something every runner should be able to do. It was a great weekend.”

Winning the marathon were Benjamin Kopecky of St. Louis (2:29:49) and Abigail Cember of Philadelphia (3:00:00), crossing the same finish line that saw the six marathoners earn



their way to the 2020 Olympic Games – which will retain that designation despite since being postponed to 2021.

In the half marathon, 2016 Olympian Zimbabwean Pardon Ndhlovu triumphed in 1:07:17. Nina Zarina, of Arlington, Virginia, took the women's race in 1:16:14; winning the 5K were Craig Lutz of Santa Barbara, California (15:09) and Ellyn Atkinson of New York City (17:52). Lutz, a retired pro, was in town to watch the Trials.

Ndhlovu wasn't the only Olympian in the half marathon. Meb Keflezighi, the 2004 Olympic silver medalist in the marathon, paced the 1:40 group to a time of 1:39:37; John Godina, a two-time Olympic medalist in the shot put, finished his half marathon debut in 2:02:03; and three-time Olympic gold medalist Gail Devers – who trained with Atlanta Track Club's In-Training program – completed her first-ever half marathon in 1:53:54.



HARRISON, BLESSED TRINITY WIN 4x1 RELAYS ON GAME-CHANGER DAY

Galen Rupp, the 2020 Olympic Team Trials – Marathon champion, was not the first athlete to cross the finish line in Centennial Olympic Park on race day: He was beaten to the punch by runners in both the Publix Atlanta Kids Marathon and a high school 4x1-Mile Relay.

The boys' relay, with 30 teams participating, was won by Harrison Track Club in 18:55.8, with Blessed Trinity Track Club winning the girls' relay in 22:27.3. In the girls' race, 29 teams took part.

But the results, said Matt McMurray, go far beyond what can be seen on paper.

McMurray, head coach of the girls' runner-up Marist team, later took his young runners to several spots on the course to watch the Trials. He recalled that one of them begged to get closer to the athletes near the end of the race “because she wanted to see their eyes when they crossed the finish line, when they were about to have that moment when their dreams came true. I thought that was really cool.”

The quantity, as well as the quality, of athletes competing in the Trials likely had an impact of its own on the next generation.

“To see that many people pursuing the sport, you see that there's an opportunity for you in it,” said McMurray. “That's a game changer.”





Both Devers and Godina were returning to the city in which they won medals at the 1996 Olympic Games: Devers gold at 100 meters and in the 4x100-meter relay, and Godina silver in the shot.

“Check it out,” said Godina in a post-race social Twitter video, hoisting his Publix Half Marathon finisher’s medal.

“Silver in Atlanta again. Doesn’t mean I got second, but at least I finished. Great experience ... I’m going to get a massage, I’m going to eat some waffles, I might drink some beer.”

It was a fitting celebration at the end of a milestone weekend in which Atlanta toasted both its Olympic legacy and its Olympic future.

“What a gift to the city,” said Dina Gerson, director of Olympic marketing at Coca-Cola and chairwoman of the board for the Atlanta Sports Council. Atlanta Track Club “aimed high and over-delivered. They really deserve a gold medal.”

Coca-Cola, the longest continuous sponsor of the Olympic Games, going back to 1928, played a part in the event, celebrating all the Olympic hopefuls by hosting a welcome reception for Trials qualifiers to kick off America’s Marathon Weekend powered by Powerade.

“I believe that we really furthered the city’s Olympic legacy, in such a special way, to a whole new generation of fans, the community, sponsors and volunteers,” said Gerson.

“Now more than ever ... nothing truly brings us together like an Olympic event.”

Registration is already open for [next year’s Publix Atlanta Marathon Weekend](#), which will take place on February 27 and 28, 2021.

PRO-AM HIGH JUMP, SHOT PUT A NEW EXPERIENCE

What were 2016 Olympic gold medalist shot putter Ryan Crouser and 2016 Olympic high jumper Inika McPherson doing at America’s Marathon Weekend?

Competing in the Tracktown Meets Running City USA Pro-Am Shot Put and High Jump – but it was a high schooler who stole the show.

An enthusiastic crowd at the America’s Marathon Weekend Experience cheered the competition, in which local high school athletes got the rare opportunity to compete with and against some of the biggest stars in the sport. With NBC track and field commentator Lewis Johnson announcing, the Experience became a once-in-a-lifetime experience.

“This was the best track meet ever,” said Kaylen “KK” Madrey, from Newnan High School.

Madrey joined forces with McPherson to win the high jump, with Madrey clearing a personal record 1.71 meters (5 feet, 7.5 inches) and giving her pro-am partner credit for the personal best: “The reason I was able to jump so well is that Inika told me I had to keep accelerating into the bar.”

McPherson called the pro-am format with high schoolers “a beautiful thing.”

As the shot put began, Johnson pumped up the crowd with a world-record alert, given that Crouser launched the second-longest throw in history (22.60m/74 feet, 1.75 inches) at the USATF Indoor Championships the week before.



Crouser started slowly, throwing 20.83m on his first effort. And Crouser’s partner, Mason Robinson, fouled on three of his first five throws. This was unusual for the senior from Alexander High School in Douglasville.

On his fourth attempt, Crouser launched a long, high throw that, at 21.94m, would be the longest of the afternoon, but his team was still mired in third as Robinson entered the ring for his last throw. Pressure? You better believe it. But Robinson came through with a legal toss of 15.62m to catapult his team to the win.

“What a great kid I had as a teammate,” said Crouser, “the way he came through in the sixth round.”

“I figured I’m never going to get another chance to throw with an Olympic champ, so I might as well enjoy it,” said Robinson. “Ryan was the one who helped me succeed with that last throw. He said, ‘Keep it slow in the back, and then give it all you’ve got.’”

- Amby Burfoot



FINISH LINES TO CROSS IN 2020

Are you signed up for the AJC Peachtree Road Race? Now register for the Triple Peach Race Series presented by Mizuno and receive discounted entry into the PNC Atlanta 10 Miler and Invesco QQQ Thanksgiving Day Half Marathon.

Register at atlantatrackclub.org



"I WAS FEELING FANTASTIC: I BELONGED IN THIS GROUP"

By Matt McDonald

Matt McDonald, a 26-year-old member of Atlanta Track Club Elite, finished an impressive 10th in the 2020 U.S. Olympic Team Trials – Marathon. Here, he shares the story of his race.

My coaches, Amy and Andrew Begley, did a phenomenal job of getting me to believe that I would be a contender. We discussed how the race was likely to play out, envisioning two scenarios: the more-likely case that other runners would be conservative knowing the course had twice as much climbing as hilly Boston, and the unlikely alternative that a small group of top contenders would break away early. Most importantly we discussed making sure that when it looked like a clear Top 3 had broken away, I was right with them, because the odds of making an Olympic team without ever being in the Top 3 are precisely zero. By the night before the race I had internalized what needed to be done to make the team, and I was confident that I had trained as hard as anyone else in the field – something I still believe.

Saturday morning was different because the race would start at noon; most marathons start before 8 a.m., leaving no time to think, only time to wake up and start the pre-race routine. That morning, from my ninth-floor room in the Omni, I had time to ponder what was about to happen. Sharing the start line with some of the best runners in the world would have been incredible except that I could see them only as people standing between me and Tokyo.

First Loop

When the race started, the first thing I noticed was the crowds, both on the road and on the sidewalk, where spectators filled every available space. The large field definitely made for a bumpy start; the first mile was slow and you had to run at the same pace as the guys to your left and right. That would have made me nervous if the guys to my left and right hadn't been Olympians, who I figured knew what they were doing. After the first water stop it was time to turn off the brain and let the training take care of the running. However, the crowd noise was so intense, this proved impossible. Especially as a local, I had people I knew cheering me on all through Midtown and people I have never met cheering me on along every inch of the course. By the time the spectators had thinned out along Edgewood I already knew from the huge changes in pace that this was going to be a racer's race, not a time trial. Climbing Edgewood back into downtown, I was hoping the hill would thin the pack. It did not.

Second Loop

I remember thinking "there are still way too many people here." I was angry that people I felt had no business being in the lead pack were still hanging around, but that's what the fatigue of long distance running does: It makes even the most innocent offense seem like the biggest aggravation possible. Again I had to fight to get to the water stop, because the pace had slowed and the pack was, to my frustration, growing larger. Coming back up Peachtree into Midtown from the High Museum, the crowd once again got me





going. As I passed by a dozen or so of my closest friends and family on the corner of Fourth and Peachtree, I briefly took the lead out of sheer excitement. I immediately fell back into the pack when my brain took control back from my heart; leading now would surely end poorly. By the time we were climbing Edgewood for the second time, Galen Rupp had taken to the front and was pushing the pace up the hill and I couldn't have been happier. I've always considered myself a strong hill runner, so a hard push uphill would thin the field without exhausting me too much.

Third Loop

Between the bottom and top of Edgewood the pack went from dozens to just eight. And I was feeling fantastic: I belonged in this group. The group continued to shed runners, and by the time I was passing through Midtown the hometown-crowd noise was drowning out any pain! There were only four of us now. I was certain that three of those four would be going to Tokyo; there were only (only, eyeroll) eight miles left.

At Mile 19 I felt the first muscle cramp, in my bicep of all places. At that point the first bit of doubt crept in, but it seemed like Abdi was also falling behind us up the hill past 14th Street and I was still confident I could make the team. The crowd through Midtown drowned out the pain of the cramps, now in both calves. Flying by the last water stop, I was in 4th, with Leonard Korir hot on my heels, but Amy and Andrew were at this water stop and the excitement on their faces kept me going up and over the Jackson Street bridge – a massive hill after 22 miles of running – despite the doubts.

Olympic Rings

The third loop had an extra out-and-back to the Olympic rings and cauldron. On the way out, Jake Riley, who was obviously feeling amazing, flew by me. That was the nail in the coffin for my 2020 Olympic dreams. I knew it, the field knew it, the spectators knew it. The final two miles were brutal rolling hills into the wind, and at this point all I cared about was finishing. A blister on my heel was also making it impossible to run. By the last quarter mile I was defeated, but knew that in a minute it would all be over. And then it was, just like that: Over. It felt so surreal.

The first people I saw were Amy and Andrew. They were incredibly proud because I had stuck with the race plan: I put myself in the race to be a contender. Their pride meant everything at that point. When I got ushered in front of the press, it hit me that everything I had been working for – for months, if not years – was over. A reporter asked if I regretted my race plan, seeing as Jake Riley had taken it easier through those middle miles (16-20) and had a great finish and made the team. That question really broke me, and I choked up. Based on where I was, I felt I made the best decisions possible, but obviously I would have done a million things differently now knowing how it would turn out. Next I saw my teammate Yolanda Ngarambe and teammate and roommate Brandon Lasater. Only they could know how I felt, that it's hard to cope with putting everything you can toward something and still coming up short.

Now, I look back with fondness. Despite not making the team, I grew a lot that day. And I am excited to see where my career will go from here.



300,000,000

Customers Per Year

45,000

Associates

1,950

Locations

64

Years

25

States

1

Family

Waffle House

COURTNEY STOSNIDER, VOLUNTEER: **"I FELT LIKE I WAS ON THEIR TEAM"**

By Jay Holder



Stosnider cheers the Trials leaders on Saturday; with her GSU crew on Sunday.

“We have to be perfect.”

That’s what kept going through Courtney Stosnider’s mind as she prepared to serve her customers: the fastest distance runners in the U.S., at the U.S. Olympic Team Trials – Marathon. “If we mess up,” she told herself, “that’s somebody’s race.”

As the volunteer crew chief for one of the personal hydration and fuel stations for the women’s race, Stosnider was one of more than 2,500 people who served as volunteers for America’s Marathon Weekend, making sure that athletes were taken care of during every inch, much less mile, of their Running City USA journey.

Stosnider and her team of 70 volunteers were tasked with ensuring that the runners’ personalized water bottles were in the right spots and ready for the taking as the women approached their line of 36 tables at Miles 2, 10 and 18. With the women running as fast as 5:30 per mile and with an Olympic berth on the line, there was no room for error.

Stosnider, who describes herself as a “big fan” of both America and distance running, admits that she wasn’t fully aware of what she was signing up for when she committed nearly nine months ago to volunteer at the Trials. She just knew she had to be there, applying for four volunteer positions and crossing her fingers in hopes of a spot. When she got the assignment, she considered it a “dream come true.”

But first, there was much work to be done. Stosnider and her team started training in the fall of 2019, starting with pictures and charts and evolving into hands-on training with volunteers playing the roles of the runners, trying to create every possible scenario they might face on race day. “With each meeting, I realized more and more how much we were responsible for,” Stosnider said.

The first thing she was responsible for on race weekend was to help collect all the athletes’ bottles. Stosnider spent all

day Friday in the Omni Hotel collecting six bottles from each athlete, ensuring they were properly labeled and stored. “It was very entertaining,” she said of the arts-and-crafts choices made by athletes so that they could quickly identify their bottles. “Some athletes used tons of decorations to make theirs flashy; others, like Des Linden, had very simple bottles without any decorations. Many mothers had their children decorate their bottles, a couple of athletes used ketchup bottles and many wrote their mantras on the top of the bottles.”

As the race began, Atlanta Track Club’s volunteer services coordinator, Caryn Lamphier, shouted across Peachtree Street: “Courtney, we’re doing this. It’s happening.”

“They’re coming!” Stosnider yelled back.

As the women grabbed their first bottles, disaster nearly struck: A gust of wind blew an empty cardboard box onto the course. Somehow, the projectile missed the feet of every runner and a volunteer was able to retrieve it before the next pack came through.

About an hour into the event, volunteers started to get thirsty. Although surrounded by thousands of other people’s drinks, Stosnider realized that she didn’t know where to find the water set aside for her crew. That’s when she spotted her husband and a family friend walking down Peachtree Street, and sent them to a nearby CVS. “The next thing I know, they are walking back down Peachtree handing every volunteer a bottle of water.” A hardly noticeable hiccup, she said, in an otherwise flawless day.

“I’ve been following these women for years,” Stosnider said. “That day, I felt like I was on their team.”

“To overcome this huge challenge with her, and with the other chiefs, changes you as a person,” said Lamphier. “It was amazing to watch her lead, and she helped motivate me to do my best, as well.”

AMERICA'S MARATHON WEEKEND

Strosnider didn't take the next day to kick back and reflect on her success. Instead, she was back on the job, this time as the crew chief for the hydration and fuel station at Mile 21 of the Publix Atlanta Marathon. For the third consecutive year, Strosnider – a clinical instructor in the kinesiology and health department at Georgia State University – volunteered with a team of her students to provide crucial aid and motivation to runners in the final miles of their race. She said the excitement from the Trials had carried over. “It was bigger and louder,” she said of the crowd. Everyone’s heads were held up just a little bit higher.”

After the weekend was over, the marathon runner admitted that inspiration from the Trials and the Publix Atlanta Marathon made her go a little faster on her daily runs. More than a month later, the memories from America’s Marathon Weekend are still vivid.

“It was one of the best weekends I ever had,” said Strosnider. “I really wish we had one more lap. I want it to happen again.”

VOLUNTEERS, BY THE NUMBERS

3,638

shifts covered

1,007

volunteers attended
volunteer training

2,565

unique volunteers

12.5

hours of volunteer
training

37

states represented

Compiled by Tina Sjogren

RUNNERS SAY “THANK YOU!”

“Picking my bottles up, it felt like a factory. I thought, ‘this is incredible; I’ve never seen anything like it.’ It blew my mind the way [the volunteers] were swapping the bottles around.”

Aliphine Tuliamuk

“I was blown away by the volunteers. There were so many, and everyone I interacted with was so pleasant and eager to help. Anytime I was even a little lost, I would be approached by someone ready to help me find where I should be going.”

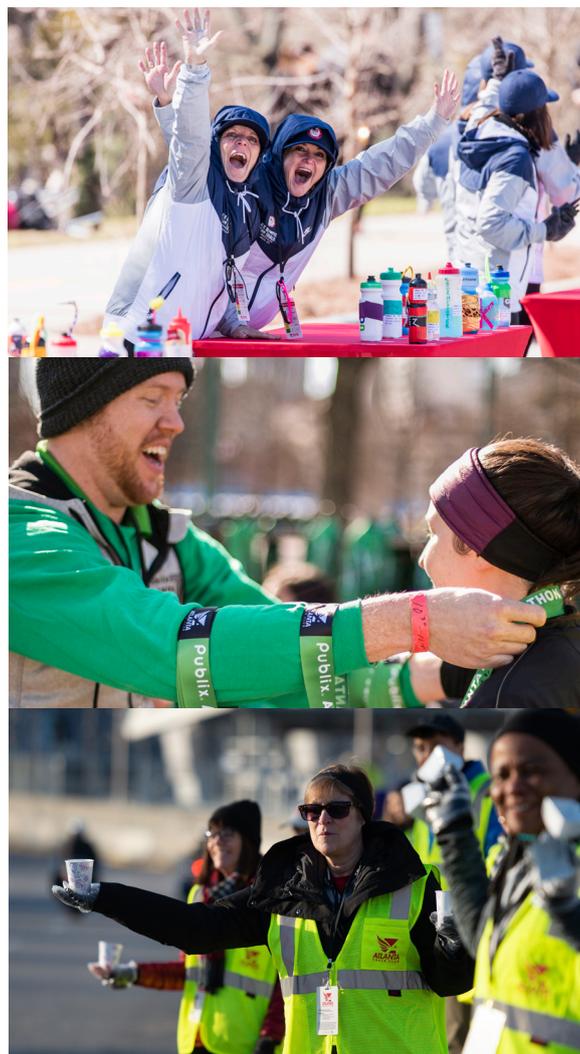
Kelsey Hodges

“The volunteers were amazing from start to finish. They were easy to find and sought us out to be helpful and direct us to where we needed to be before we knew we needed to look. So kind, friendly and supportive! Amazing. You guys went above and beyond. Even my family was impressed by all the little arrows all the way from the airport!”

Autumn Ray

“I had a rough day, finishing way back in 2:42 after having to walk and stretch out cramps multiple times. You never expect it to happen to you, and jokingly the night before I thought that if I were to be so far back that I would be sent to the separate finish line that I might as well throw it in and drop out. The volunteers along the course, specifically at the aid stations, were incredibly supportive. What I thought might have been a “pity clap” turned into the energy and motivation I needed to see it all the way through to the finish line. Thank you, volunteers, Atlanta Track Club, [and] the people of Atlanta.”

James Wilson



WOMEN'S TOP

10

WAS FASTEST IN HISTORY OF TRIALS

By Holly Ortlund and Barbara Huebner

The hills of Atlanta, combined with a day of 16-20 mph winds, offered a tough challenge to the 2020 US Olympic Team Trials – Marathon qualifiers. The average finish time for women was 8:03 slower than the average qualifying time, while the men's average finish time slowed by 8:07.

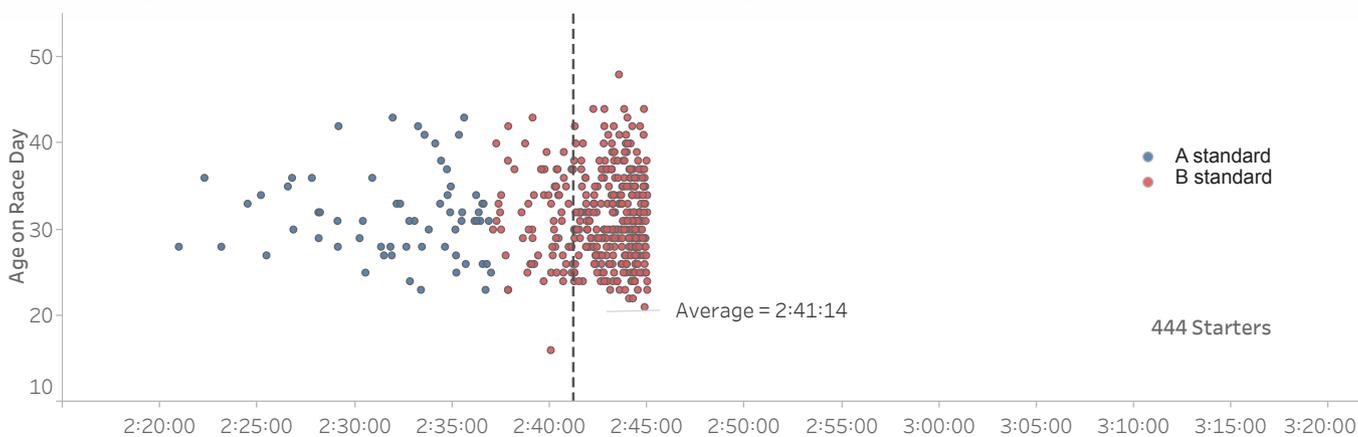
“Most qualifiers had their best possible race when they qualified,” said Eric Heintz, director of high performance for Atlanta Track Club. “It’s difficult for the stars to align twice.

Plus, some athletes were injured, pregnant or otherwise not at the top of their game but ran the Trials to enjoy the experience – a right they earned.”

However, even with the hilly terrain and blustery weather and despite pre-race predictions, the average finish time of the Top 10 women (2:29:11) was the fastest in the history of the women's U.S. Olympic Team Trials – Marathon, which began in 1984. The previous fastest was 2:29:24 from the 2012 Trials in Houston.

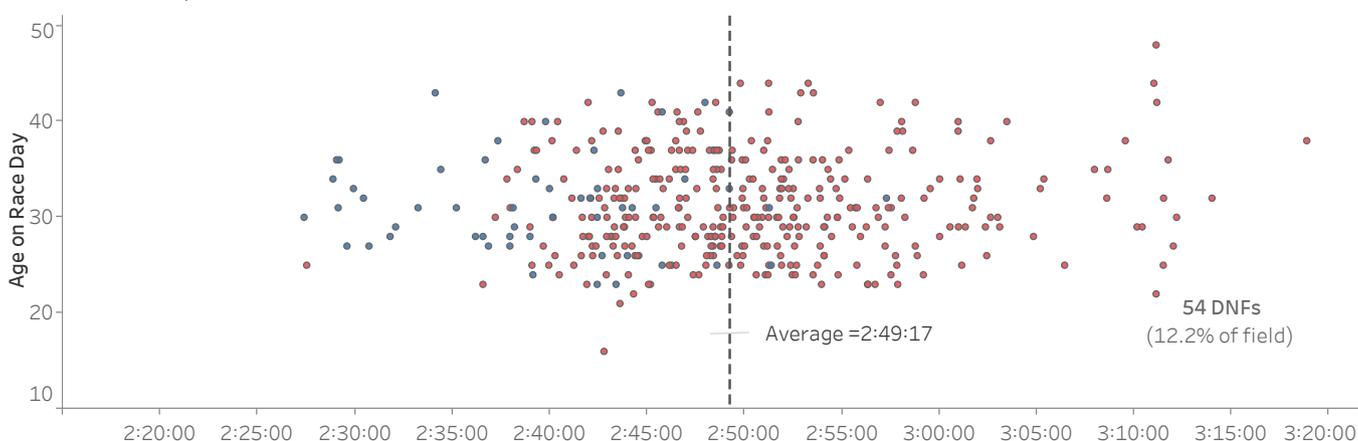
How The Women Started ...

2020 Qualifying Time Spread - Women Starters (*Includes marathon qualifying times only)



How The Women Finished ...

2020 Finish Time Spread - Women Finishers



HIGH PERFORMANCE

The women's race produced the fifth-, sixth- and ninth-fastest times in Trials history, by Top 3 finishers Aliphine Tuliamuk, Molly Seidel and Sally Kipyego. Perhaps even-more impressive, the times for 5th place (2:29:08) through 15th (2:34:24) were the fastest ever in any Trials for those positions. Eight women ran sub-2:30, three more than the previous record from 2012.

The Top 10 men crossing the line in Atlanta produced the second-fastest average (2:11:02), second only to 2012's average time of 2:10:57 in Houston, which had a notably flat and fast course. The Top 4 – Galen Rupp, Jake Riley, Abdi Abdirahman and Leonard Korir – recorded the third-, seventh-, eighth- and ninth-fastest times in Trials history, with the 5th, 7th, and 9th-12th place finishers all running the fastest Trials times ever for those positions.

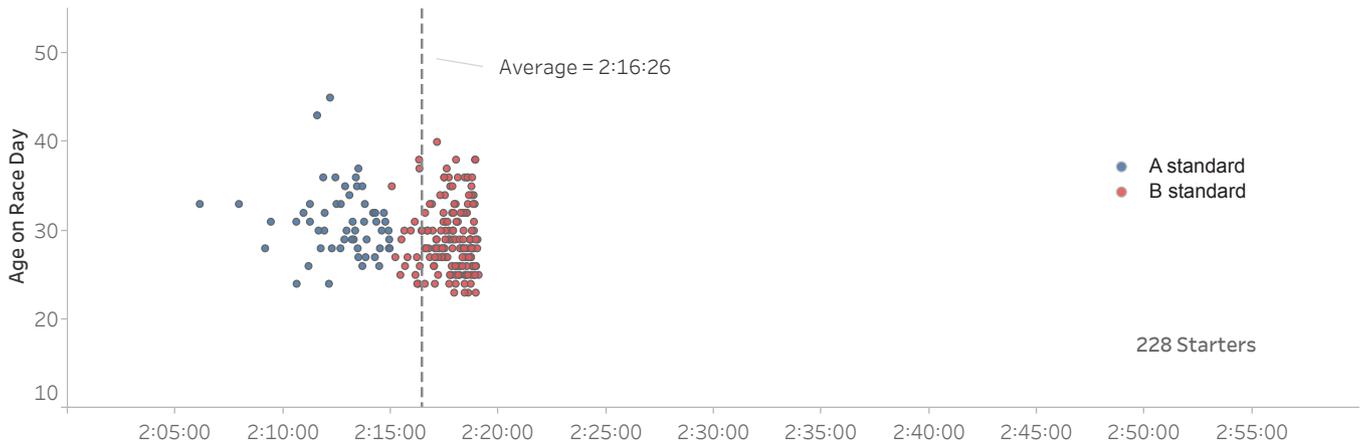
Why the faster-than-expected times? “Both races were at honest paces from a pretty early stage,” said Heintz. “While many predicted a tactical race with a late surge, the men's race saw an aggressive pace and the women's a reasonable one early



on, followed by an extended push from a long distance. Plus, overall, marathoning in the U.S. has grown faster and deeper.”

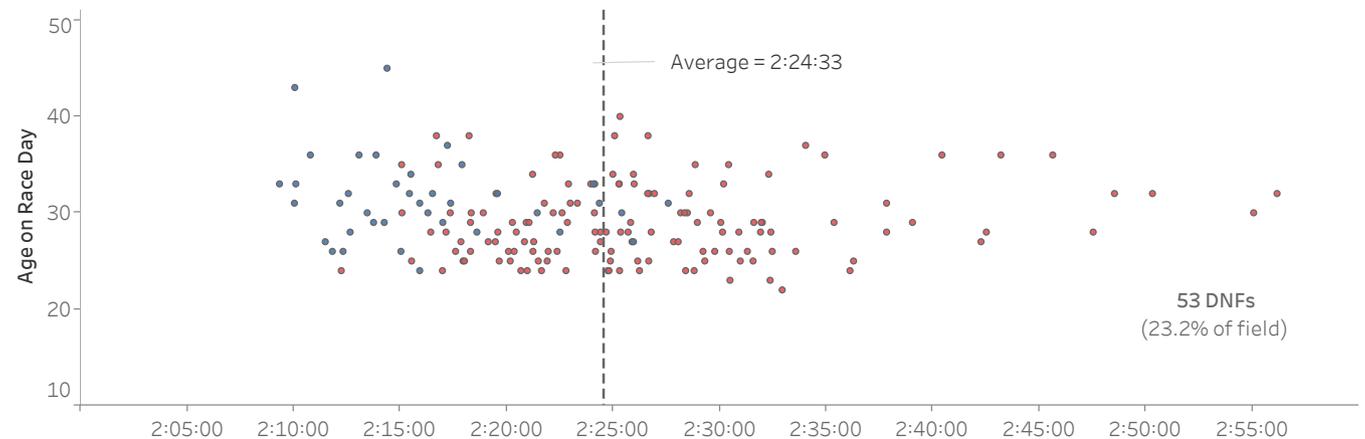
How The Men Started ...

2020 Qualifying Time Spread - Men Starters (*Includes marathon qualifying times only)



How The Men Finished ...

2020 Finish Time Spread - Men Finishers



“LATINAS RUNNING”

A VIRTUAL COMMUNITY OF SUPPORT

By Natalie Cabanas



Latinas Running and supporters at 2019 Mercedes-Benz Stadium 5K/Walk Like MADD



Rodriguez, left, and Gabriela Juarez-Rodriguez at 2019 PNC Atlanta 10 Miler & 5K

“If you can't find a group for you, make your own.”

These words, spoken by ultrarunner and plus-sized running advocate Mirna Valeria at Women's Trailfest in Clayton, Georgia, last June, stuck with Kim Rodriguez and inspired her to launch Latinas Running just a month later.

“I went home and did research, but I couldn't find a local running group solely for Latinas,” said Rodriguez, whose family is originally from Guatemala. “I felt there was a need and so I just started working.”

She picked a name, made a logo, formed social media handles and started posting.

The immediate feedback and support astonished her. “I was getting messages from women all over the country,” said Rodriguez. “They all wanted to wear the logo just to represent their culture.”

Rodriguez set out with a mission to help women who have never run before, while promoting diversity and body positivity. She uses Latinas Running as a forum to document her own journey and encourages the community to take part in numerous fitness challenges.

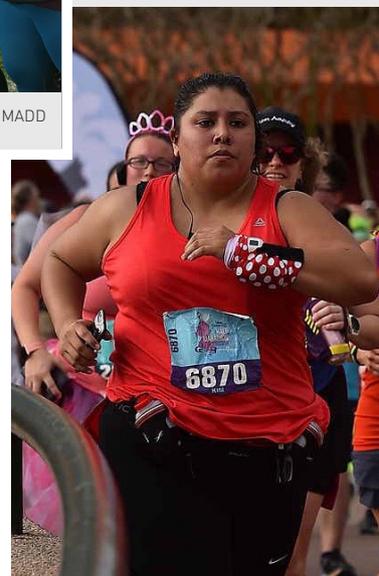
“We're primarily an online-based community at the moment, encouraging each other through social media channels,” said Rodriguez. “Strangers have always been my biggest supporters. Social media has been very positive for me and these strangers have become my friends.”

Rodriguez's running journey started back in 2012, when her first race was a 10K with sorority sisters at Virginia Commonwealth University. “I had no idea what I was doing, but everyone at VCU was into it,” she said. “It was brutal but afterwards I was hooked.”

When she was diagnosed a year later with polycystic ovary syndrome (PCOS), a hormonal disorder, running became part



LATINAS RUNNING



HERE'S HOW TO PARTICIPATE:

- Register until Friday, April 10, at 11:59 p.m., and join the community from a safe distance
- Run or walk 5K between 5 a.m., Saturday April 11 and 5 p.m. Sunday, April 12
- Paid option: Receive shirt and medal, virtual bib, exclusive Northside Hospital Atlanta Women's 5K music mix, pre-race stretch routine
- FREE option: Receive virtual bib, exclusive Northside Hospital Atlanta Women's 5K mix, pre-race stretch routine
- After your run or walk, post on social media using the hashtag #AW5K
- Atlanta Track Club will use the content to create a recap video to be sent to all participants on Tuesday, April 14
- Stay updated via the Facebook event page [HERE](#)

IMPACT OF COVID-19 ON OUR EVENTS AND PROGRAMS

With the spread of COVID-19 forcing everyone to practice social distancing, Atlanta Track Club is encouraging participants in the 2020 Northside Hospital Atlanta Women's 5K to practice socially distant distance running. The event has been moved to a virtual 5K, marking the Club's first-ever virtual race.

Additional Changes to Scheduled Activities

Atlanta Track Club has suspended all in-person activities for the month of April. Atlanta Track Club Youth activities, including Kilometer Kids, will follow the guidance of participating school districts.

The following events have been cancelled:

- Tribble Mill Midweek Mile & Dash - March 25
- CPR Training - March 29
- Blackburn Park Midweek Mile & Dash - April 15
- Jim R. Miller Park Midweek Mile & Dash - April 28

The following events have been postponed:

- Atlanta Hawks Fast Break 5K presented by Sharecare
- Singleton 4 Miler

New dates for postponed events have not yet been determined. Details will be posted as soon as they are available.

In-Training for Peachtree

- In-Training for Peachtree has been changed to a virtual-only program for 2020. Anyone who registered for the in-person option will receive a refund.

AJC Peachtree Road Race

- The race is scheduled for Saturday, July 4, 2020

- Atlanta Track Club is and always has been an organization that focuses on health and wellness. As we plan for the 51st Running of the Peachtree, that focus will not change. We continue to monitor the local impact of COVID-19 and will remain in touch with local leaders and emergency management officials as the event is planned and evaluated.
- While the Club's no-refund policy remains in place for all of its events, it will NOT retain entry fees for the AJC Peachtree Road Race without offering participants consideration and options if the Peachtree is not held in calendar year 2020 as a result of COVID-19. One of these options will include a full refund of registration fees (less the nominal service fee incurred through Chronotrack, our registration company.)

Contacting Atlanta Track Club

Atlanta Track Club's offices at 201 Armour Drive are closed, but all Atlanta Track Club staff are working remotely. At this time, we are not able to offer opportunities to pick up or exchange items including shirts, medals or awards.

- If you have questions about AJC Peachtree Road Race registration, please email peachtree@atlantatrackclub.org.
- If you have any other questions, please email questions@atlantatrackclub.org.
- You can also send us a message on [Facebook](#).

We are currently receiving a high volume of messages, but please know that Atlanta Track Club staff members are monitoring these accounts daily and will return your message as soon as possible.

NORTHSIDE HOSPITAL ATLANTA WOMEN'S 5K

Continued from Page 20

of her healing process. "It was a point in my life when I hit rock bottom," Rodriguez said. Frustrated with her diagnosis, she turned to running as her outlet.

"People thought I was crazy for running," she said. "No one really supported me and I kept being told 'You don't run. You're not a runner.'" But Rodriguez didn't let that stop her. She found a training program online and prepared for the Marine Corps Historic Half, her first 13.1-miler.

Right after signing up for the race, she was accepted into Life University, one of the country's leading chiropractic schools. "Between discovering my love for chiropractic and pursuing my passion for running, I ended up not having to get surgery [for my condition]," she said.

Now a member of Atlanta Track Club, Rodriguez had recruited a group of about 30 members of Latinas Running to participate in the Northside Hospital Atlanta Women's 5K on April 11.

She was looking forward to the race as the first time the group would have more than two runners at the same event, but because of COVID-19 the Club has decided to make the 5K a virtual one. Rodriguez said she will be urging all those women to still participate in the race.

The Club has encouraged women to run or walk 5K on their own or with an immediate family member between 5 a.m., Saturday April 11 and 5 p.m. Sunday, April 12.

The next event on Rodriguez's calendar? She hopes to be back at Women's Trailfest in June, this time with a group of four Latinas Running women. "It's crazy because I went from sitting in the audience to now being invited to speak on a panel," Rodriguez said. Mirna Valerio, now a friend and mentor, will be right next to her.

To learn more about Latinas Running, visit their Facebook page or follow them on Instagram @latinasmrunning.



Today, we
acknowledge all
the work you
put in to get
here.



In running and in life, there's only one day you're in control of: today. We're proud to support Atlanta Track Club as they work to make it one to remember.

pnc.com



Make today the day.®



IN-TRAINING FOR PEACHTREE: ONLINE, AT HOME, FOR ALL

By Natalie Cabanas

This year, In-Training for Peachtree is going virtual. An 11-week program, which begins on April 25, combines structured long runs with additional midweek workouts to help participants reach their goals while training at home.

“Right now, it is more important than ever to keep moving and stay healthy,” said Amy Begley, who is coaching the program. “Running and walking can boost your mood and give structure to your routine.”

Many Peachtree veterans are familiar with In-Training through its previous Saturday morning group runs hosted by metro Atlanta specialty running stores and conducted by Atlanta Track Club run leads, as well as midweek workouts in various parks to work on speed and agility. In 2020, Atlanta Track Club had planned to offer a premium experience to a smaller group of participants as well as a virtual option, but the outbreak of COVID-19 – which brought social distancing guidelines and limits on the size of gatherings – prompted the move to all-virtual.

“We’ve wanted to have a meaningful impact on our participants’ lives by giving them a high-quality experience that includes the education they deserve,” said Eric Heintz, director of high performance. “Safety is always our number one priority, so we cancelled the in-person option and moved entirely to virtual training.”

With Virtual In-Training, participants even get a daily text or email to remind them about the next day’s workout, and the program will offer support and community through a Facebook group.

“We hope that people find accountability and can get

IN-TRAINING FOR PEACHTREE

- Begins April 25
- 11-week program combines structured long runs with additional midweek workouts
- USATF or USTFCCA certified coaches
- Digital learning opportunities on Tuesdays at 8 p.m.
- Additional customized training levels
- Deals and discounts from running specialty stores and sponsors
- Daily text/email reminders of workouts powered by Final Surge
- Online platforms to build community and camaraderie
- Online registration closes April 24 at 11:59 p.m.

connected online to others during this time of uncertainty,” said Begley, a 2008 Olympian. “We are committed to connecting with the participants and helping them to achieve their race or fitness goal even if it is virtually.”

An online training log will track progress, and online opportunities every Tuesday at 8 p.m. will give participants the chance to learn from experts on topics such as footwear, apparel, nutrition, goal-setting, injury prevention and recovery. Training levels are geared to meet various levels of fitness and experience.

“Since we have no physical space limitations with the virtual program, our goal is to impact as many lives as possible,” said Heintz.

In-Training for Peachtree registration is going on now, until April 24. Training begins on April 25. Learn more at atlantatrackclub.org.





TRAIN ANYTIME, ANYWHERE

VIRTUAL IN-TRAINING

Features:

- USATF or USTFCCCA Certified coaches to guide you and keep you accountable
- Digital learning led by Atlanta's running & walking experts
- Additional customized training levels to meet your experience and more

Training starts April 25.

Learn more and register at
atlantatrackclub.org



LANDMARK COLLECTION



REP THE ATL

Shop the Landmark Collection before this year's Peachtree and rep ATL from head to toe.

MINDSET MATTERS DURING COVID-19

By Abby Keenan, MS, CMPC



As we continue to navigate the uncertainty surrounding the coronavirus pandemic, it's not uncommon to feel a little lost, down or unlike ourselves. It's clearer now, perhaps more than ever, that our mindset matters. Here are a few mental strategies to help you sift through the chaos to find calm, composure and clarity.

- **Recognize how you feel.** This pandemic will continue to take a toll on each of us in a unique way. Know that however you are feeling, it is normal and valid. Common feelings are anxiety, confusion, exhaustion, fear, sadness and anger. Continue to monitor your thoughts, emotions and behaviors and talk about them with people you trust. By gaining awareness and trying to understand yourself, you will be more likely to make changes as needed.
- **Pause and reevaluate.** Your world has changed, which means your motivation may have, too. Rather than trying to remain steadfast to your pre-pandemic running (or other) goals, it's OK to recognize that other things may be more important right now. Adjust your goals or set new ones as you are ready. Ensure that goals are challenging but ultimately realistic, that you're motivated to take action and that the newfound focus is helpful for you.
- **Establish a daily routine.** Let's face it, your "under control" barometer may be running low. One way to create a sense of control while positively impacting our health and well-being is to purposefully make decisions about our time and behaviors. This could mean establishing a morning or evening routine, prioritizing healthy habits (i.e., sleep, nutrition, and hydration) and practicing self-care (e.g., spending time outdoors, journaling or practicing deep-breathing exercises).

- **Stay connected and creative.** Adhering to social distancing guidelines doesn't mean we should emotionally isolate. Now is the time to leverage technology and creativity to satisfy our fundamental human need for connection. Whether it means connecting virtually with family, friends or colleagues on a regular basis or joining hundreds of new training partners in Atlanta Track Club's Virtual In-Training for Peachtree program, your soul will thank you for it.
- **Move with meaning.** When you decide to run, or exercise in general, make it meaningful. Beforehand, try setting an intention (e.g., improve form, smile every mile, or stick with a run-walk interval). During exercise, do your best to be in the moment, focusing on the intention you set and what you enjoy about what you're doing. Afterward, take a moment to reflect: What did I do well? What could have been better? How will I continue to improve? By writing down your answers, you allow yourself to celebrate accomplishments, identify ways to make progress and build motivation to keep moving forward.

For more COVID-19 tips and resources for those in the sport community, visit the Association for Applied Sport Psychology at www.appliedsportpsych.org.

Running City USA, we will get through this together.

Writing this new feature is Abby Keenan, a Mental Performance Consultant with Intrepid Performance Consulting, where she helps athletes master adversity, improve performance and achieve their version of success through mental skills training. For more COVID-19 resources, information about mental skills training or to schedule a free consultation, visit www.intrepidperformance.com.



MAKE YOUR KIDS PART OF PEACHTREE



Register now for Peachtree Junior
July 3 | Piedmont Park | Mile & Dash





By Alissa Palladino
MS, RDN, LD, ACSM-CPT

WHAT THE ELITES ATE, AND WHY IT WORKED

Nutrition is a vital part of successful marathon training and racing. This is especially true at the elite level. Here, we take a look at what the top finishers of the U.S. Olympic Team Trials – Marathon and Publix Atlanta Marathon ate the night before and morning of their races, and how these choices may have contributed to their stellar performances.

Benjamin Kopecky, winner, Publix Atlanta Marathon

Dinner: Dinner roll and vegan mac and cheese, asparagus, carrots, potato wedges and chicken, plus half a croissant.

Breakfast: Blueberry Pop-Tarts and half a banana. Pre-race, Maurten 360 hydration mix and one gel.

Why this works: With the roll, pasta, potatoes and croissant, Benjamin's dinner contains multiple sources of complex carbs, which boosts muscle glycogen (the body's storage form of carbohydrate) and improves endurance on race day. The vegetables offer vitamins and antioxidants, increasing the meal's nutrient density, while the chicken provides lean protein for satiety and muscle strength. His race day breakfast of Pop-Tarts and fruit is packed with quick-digesting carbs (starch and sugar), the ideal fuel during distance running. His choice of drink mix and gel provides additional sugar for immediate energy, and sodium for optimal hydration.

Abigail Cember, winner, Publix Atlanta Marathon

Dinner: Amy's Vegetable Korma, a frozen meal; grapefruit; 1% fat chocolate milk; "a lot" of Reese's cups. While watching Trials earlier in the day, ate a bag of fresh spinach and drank beet juice.

Breakfast: Coffee, four whole grain Eggo waffles. Pre-race: "fruit" snacks and endurance gel

Why this works: Abigail's pre-race dinner provides a balance of complex and simple carbs to boost glycogen – Amy's Vegetable Korma contains 46 grams of complex carbs from rice, peas, lentils and potatoes, while the grapefruit, chocolate milk and Reese's cups are high in the simplest form of carbohydrate, aka sugar. Dairy, for those who aren't lactose intolerant, is an excellent choice for hydration due to its protein content and high levels of runner-friendly minerals such as potassium for blood pressure regulation and muscle contraction, and calcium and vitamin D for bone health. The spinach and beets are rich in antioxidants and nitrates, which can improve blood flow and decrease inflammation. Her race-morning coffee provides a caffeine boost, which has known benefits for energy and endurance. Waffles are an excellent source of complex carbs, while the sugar from the fruit snacks and endurance gel are the perfect way to top off energy stores pre-race and fuel muscles for the long haul.



Galen Rupp, winner, U.S. Olympic Team Trials – Marathon

Dinner: Pasta and grilled salmon

Breakfast: A bagel and a half with butter and a small cup of black tea.

Why this works: High in complex carbs and relatively low in fiber, pasta is an easy way to boost glycogen without risking GI distress. Salmon is an excellent source of muscle-building protein as well as anti-inflammatory omega-3s, and grilling as a preparation method is lower in fat, making it a great choice for sensitive stomachs. Given that the typical bagel is the equivalent of four slices of bread, this is an easy way to consume large quantities of energy-providing carbohydrates in a dense format. The black tea added hydration, caffeine and antioxidants.

Jake Riley, runner-up, U.S. Olympic Team Trials – Marathon

Dinner: Salad, pasta with meat sauce and chicken, some rice and potatoes, a couple of rolls, a couple of cookies.

Breakfast: Oatmeal with peanut butter, yogurt, berries, and banana mixed in, and a little toast with scrambled eggs on top. Coffee.

Why this works: With multiple sources of complex carbs, including pasta, rice, potatoes, rolls and cookies, Jake's dinner is an ideal example of a carb-loading meal. The salad adds important micronutrients, while the meat sauce and chicken provide protein to keep him satisfied and support muscle repair. His pre-race breakfast also strikes the ideal macronutrient balance for distance running: high-carb, moderate protein and low fat. Oats, berries, banana and toast provide complex and simple carbs for quick energy and endurance, while protein from yogurt and eggs and healthy fat from the peanut butter support lasting energy. Coffee, for those accustomed to drinking it before running, can lower perceived effort and improve endurance.

Aliphine Tuliamuk, winner, U.S. Olympic Team Trials – Marathon

Dinner: Pasta, chicken, ground beef

Breakfast: Four slices of toast with jam and some coffee

Why this works: Aliphine is yet another runner lending support to pasta as an effective carbohydrate-rich dinner choice. She balances this with protein from chicken and beef, and notably skips vegetables. Though veggies are typically an essential part of a balanced meal, due to their high fiber content, limiting them the night before a big race may be beneficial, particularly for runners with sensitive GI systems. Her breakfast contains both complex carbs (toast) and simple carbs (jam) – quick, easy energy.

Molly Seidel, runner-up, U.S. Olympic Team Trials – Marathon

Dinner: Sweet potatoes, zucchini and salmon.

Breakfast: Coffee, a piece of toast and two hard-boiled eggs, then a Picky Bar an hour before the race.

Why this works: Molly keeps it simple and balanced with sweet potatoes (carbs for energy), salmon (protein for satiety and omega-3 fats for inflammation) and zucchini (vitamins and antioxidants). Her race-morning breakfast is similarly balanced with carbs (toast) and eggs (protein/healthy fats) providing a combination of quick and longer lasting energy. Topping off her fuel stores closer to race time with the Picky Bar, which provides a combo of carbs, protein and fat, seals the deal.

Sally Kipyego, third, U.S. Olympic Team Trials – Marathon

Breakfast: Oatmeal, a waffle and coffee

Why this works: Sally's breakfast is packed with energy-rich carbs from the oatmeal and waffle.

Fueling smart is important for runners of all levels, especially at longer distances. Here's what you can take away from these elite runners' preferred foods to plan your own pre-race meals.

- **No new foods:** Most of these athletes chose common foods the night before and morning of their races, suggesting these were staples during training. You, too, should stick to what's familiar and has worked for you in the past.
- **Complex carbs:** Whether it's pasta, rice, bread, potatoes or oats, carbohydrates are the preferred fuel for working muscles, providing energy and increasing endurance.
- **Moderate protein:** Lean protein sources such as chicken, turkey, fish, eggs and dairy are digested more slowly than carbs, helping you stay satisfied and energized longer and supporting muscle repair.
- **Go easy on fat and fiber:** Too much can cause GI distress during high-intensity exercise. Save high-fat foods, such as fried foods, pizza, cheese and cream, and high-fiber foods, such as beans and raw vegetables, until after your race.
- **Coffee can help, if you're used to drinking it:** Don't try it on race day if you haven't trained with it!
- **Sugar is your friend:** Immediately before and during long distance running, sugar provides quick, readily accessible energy to fuel your muscles and brain. Gels, blocks, candy, fruit, applesauce, fruit purees, Powerade and other sport beverages are all good sources.



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NEW ROUTINES, NO EQUIPMENT NEEDED

By Justin Gaymon and Marcus Budline

The COVID-19 pandemic presents many challenges to maintaining an active and healthy lifestyle, for young people as well as adults. With schools shut down, teams suspending play and gyms closed, it's hard for a high school athlete to keep up the motivation to continue training. But these days at home actually can be a valuable time to introduce a few new exercises to your routine and get the blood flowing to prevent going stir crazy.

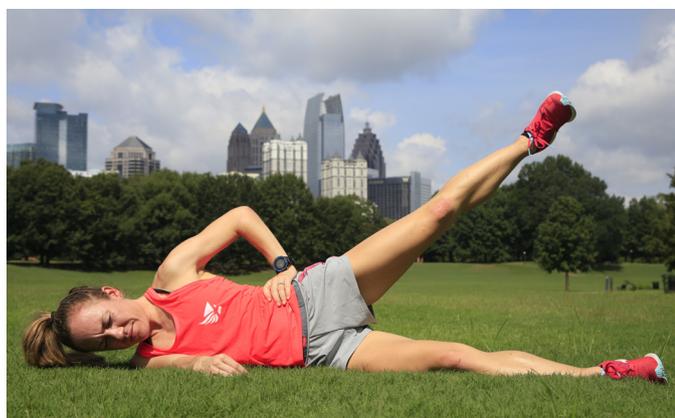
“Keeping a routine, albeit different from your regular one, definitely helps with keeping positive,” said Brandon Lasater, a member of Atlanta Track Club Elite. “I would recommend a core-strength regimen that focuses on body weight and whatever you have on hand. Also, making new [running] routes closer to your house can freshen up your training and keep your mind on your training.”

As you remain at home, here are a few exercises that can help you gain strength, move more efficiently and become less injury-prone by working the accessory muscles from your feet to your upper body.

Glutes

Jane Fondas

- Lay straight on your side with your legs together and in a straight line with your body. Slowly raise the upper leg up to a 45-degree angle, then back down to the lower leg while engaging your glutes and core.
- Reps and Sets: Try one set of 8-10 reps on each leg



Clock Lunge Steps

- Lunge in each direction as if you were the hour hand on a clock, hitting each hour mark. From a standing position, keep one foot planted while taking a big step with the other. As your weight shifts forward, be sure to keep the front knee directly above the front foot (don't let the front knee move past the toes). Come back up to a standing position and then lunge in the next direction (forward, sideways or backward) hitting each of the hours on the clock.



- Sets and Reps: Try one set of 10 lunges on each leg

Calves

Calf Raises

- With your feet shoulder-width apart, raise up on your toes with your feet pointed first inward, then forward and then outward.
- Sets and Reps: Try one set of 10 reps in each position or two sets of 30-second reps

Quadriceps

Runner Touches

- From a standing position, bring the right knee up as if doing a slow-motion A-skip. Then bend at the waist, bringing the raised right leg backward and the right arm forward to form a line between your right ankle, hip, shoulders and hand that is parallel to the ground.
- Sets and Reps: Try one set of 10-15 reps on each leg



Mountain Climbers

- Start in a push-up position with only your hands and feet on the ground. Bring one knee up toward the chest/elbow while keeping the corresponding foot off the ground. Come back to the starting position and switch legs

Core

V-Ups

- While lying on your back with your arms stretched out overhead, lift your shoulders and legs simultaneously. Try to touch your shins or toes at the top of the movement.
- Sets and Reps: Try two sets of 10-15 reps



Superman

- Start the exercise lying on the ground. In one motion, raise your feet and hands/shoulders off the ground using your lower back muscles before returning to the resting position. Hold the top position for 1-2 seconds
- Sets and Reps: Try one set of 30-40 reps

Scapula Crunch

- Start in the push-up position with your ankles, hips and shoulders all in a straight line. Raise and lower your shoulder blades while keeping the rest of your body still.
- Sets and Reps: Try two sets of 10-15 reps

Oblique Crunches

- Lie straight on your side and use the muscles in your side to raise your shoulders 1-2 inches off the ground
- Sets and Reps: Try one set of 15-20 reps on each side

L-Overs

- While lying straight on your back with your arms at your sides, keep both feet together and bring them up and over your head without bending the knees. Bring your feet back down to within a couple of inches off the ground.
- Sets and Reps: Try one set of 10 reps

Planks

- Forearm: Lie face down with legs extended and elbows bent and directly under shoulders. Your palms should be flat on the floor, with your feet hip-width apart and elbows shoulder-width apart. Tuck your toes to lift your body, keeping your forearms on the floor. Keep your ankles, hips, shoulder and head in a straight line. Hold for 30 seconds.
- Straight arm: Start on all fours, with wrists directly under shoulders and your toes on the floor. First step one foot back, then the other, to straighten your legs. Press the floor away with your hands as if you're doing a push-up. Hold for 30 seconds.
- Side: Lie on your right side. With your right hand on the floor, press it away from you and lift your hips toward the ceiling. Lift your left arm toward the ceiling, forming a T with your arms. Keep a straight line from heels to shoulders. Hold for 30 seconds, then switch sides.

CLUB IS AT WORK TO KEEP KIDS MOVING

Although its face-to-face programming has been suspended through the end of April, Atlanta Track Club is still offering ways to help Kilometer Kids and its youth teams stay active.

For Kilometer Kids and their families, the Club has begun emailing a weekly newsletter that suggests activities and games that can be done alone or with siblings, and provides a log to keep track of progress, with a prize offered at the end of the school year. Activities include a Tic Tac Toe relay and a Scavenger Run.

The Club is also virtually coaching its Youth Team by providing individualized workouts to keep them fit for the return of summer track and field, and has provided resources to Atlanta Public Schools coaches to assist while schools are closed.

RUNNING DURING COVID-19:

A NORTHSIDE HOSPITAL Q&A

By Dr. Vonda Wright

Is it safe to run outside?

Running is the perfect way to build a better body and release stress during these uncertain times. Social distancing requires us to run alone on trails, roads, tracks or parks, allowing 6-10 feet between ourselves and others. The key is not to be within breathing distance of others, and outdoors is the perfect place.

But ALONE is the operative word. The only buddies you should be running with are your dogs or someone who lives with you who is not quarantined.

Should I run if I have any symptoms of COVID-19, or flu?

Upper respiratory symptoms make running difficult regardless of the cause. In these times of extreme caution, being evaluated for illness or resting are the best options.

What should I do at crosswalks when I have to press the button? Or if I need to use the restroom on the route?

Use your elbow to push the crosswalk button. Be careful not to cluster at crosswalks with other runners who are also waiting. Remain 6-10 feet away and out of breathing distance! If you have to use a restroom and there is no soap or hand sanitizer but it is an emergency, be extremely careful not to touch your face, and wash your hands immediately upon reaching a sink.

If I see someone else running, what's the best procedure?

Stay 6-10 feet away and turn your back to them as they pass. You're not trying to be rude, you're trying to stay healthy. You can always wave to them before you turn.

Is the virus carried in perspiration?

Currently, CDC evidence details the transmission of the COVID-19 virus via respiratory droplets. That being said, this is not a time to share equipment or towels, or to be within "breathing/sweating distance" of another runner.

What should I do if have to blow my nose during a run?

Ahhhhh, the snot rocket. Under any circumstances, the runners' traditional method for dealing with respiratory secretions is uncleanly and frankly disgusting. During these pandemic times, the responsible and cleanly way to deal with



secretions during running (short of rocketing them directly into a vat of 60% alcohol) is to collect them via tissue carried in the little key pocket in your shorts or in the phone case strapped to your arm and dispose of them at home prior to washing your hands. Running is an individual sport, but this is the time to care for our whole community.

Is there anything different I should do to prepare to run?

There is nothing special you need to do in preparing for a run while we are under social distancing rules except to choose a route where you are least likely to encounter other runners. But, don't drink from public fountains en route.

Is there anything different I should do after returning?

Immediately upon return from a run, before you drink or go to the restroom, WASH YOUR HANDS.

Dr. Vonda Wright is a board-certified and fellowship-trained orthopedic sports medicine surgeon who serves as the chief of Northside Hospital Sports Medicine. Visit sportsmedicine.northside.com for more information.

Looking for Answers?

If you have a question for the doctors at Northside Hospital, email stories@atlantatrackclub.org. We could answer your question in an upcoming issue of *Wingfoot*.



GREETINGS FROM



By Marcus Budline

To realize her dream, Denise Piefke came home. Born in Atlanta long before it became Running City USA, and now living in Franklin, Tennessee, Piefke used the 2020 Publix Atlanta Marathon as the final race in her quest to join the 50 States Marathon Club. Starting in 2013, with 14 states already under her belt, Piefke ran 35 marathons in six years – including five in six days at the New England Series in 2017 – before her finale here. We caught up with Piefke to ask what her experience was like coming back to Atlanta and how she feels about completing the challenge.

How did you decide to embark on the 50 states challenge?

I grew up in Atlanta and went to Stone Mountain High School and was not athletic at all. In 1999, I moved to California and found myself 50 pounds overweight so I started running, and my brother told me, “You gotta run and you gotta run far.”

So I started little by little and my first marathon was the Disney in 2002. In 2013, I trained as hard as I could and I did the Indianapolis Monumental Marathon, and realized I wasn't really getting any faster. Thank god the 50 states club was something that gave me reason to run. At that point I had 14 states, and then I started ticking them off little by little.

Why did you decide to make Atlanta the home of your final marathon in the challenge?

I saved Atlanta because that's where I grew up – I used to run the AJC Peachtree Road Race and barely make the cutoff to get the T-shirt, so I had good memories. Also, my friends in Nashville



and my siblings from Florida and Alabama could come.

How was your experience coming back to Atlanta?

It was amazing. I was seeing places I haven't seen in so long – we were there during the Olympics so it was great to see Centennial Olympic Park again, and the Aquarium. And then to watch the Olympic Marathon Trials and see all those amazing runners – I just cried the whole weekend.

And how about your race?

It was a wonderful race, but I had no idea Atlanta was so hilly. I made a mistake and gunned it too hard at the front of the course and then when I got to the half I was like “Oh my God, am I going to finish?” But I got to see the church my husband and I were married in, and we went through Five Points where we would go every New Year's Eve. And then when I finished I had all my friends there and I realized that a skinny, very awkward, unathletic girl has, at age 60, run 53 marathons and a marathon in every state, and it was just overwhelming.

It was fabulous, I just couldn't have had a better experience. The volunteers were amazing, the peanut butter pretzels [at the finish] were

amazing, and I'm telling all my runner friends all over the country – don't be afraid of Atlanta because of the hills.

How are you feeling now that you're done?

You know what, I'm a little lost. I've been doing seven to eight marathons a year, and now I have no training program, really no reason to do any long runs, so I need to find another reason d'être – another reason to run.



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