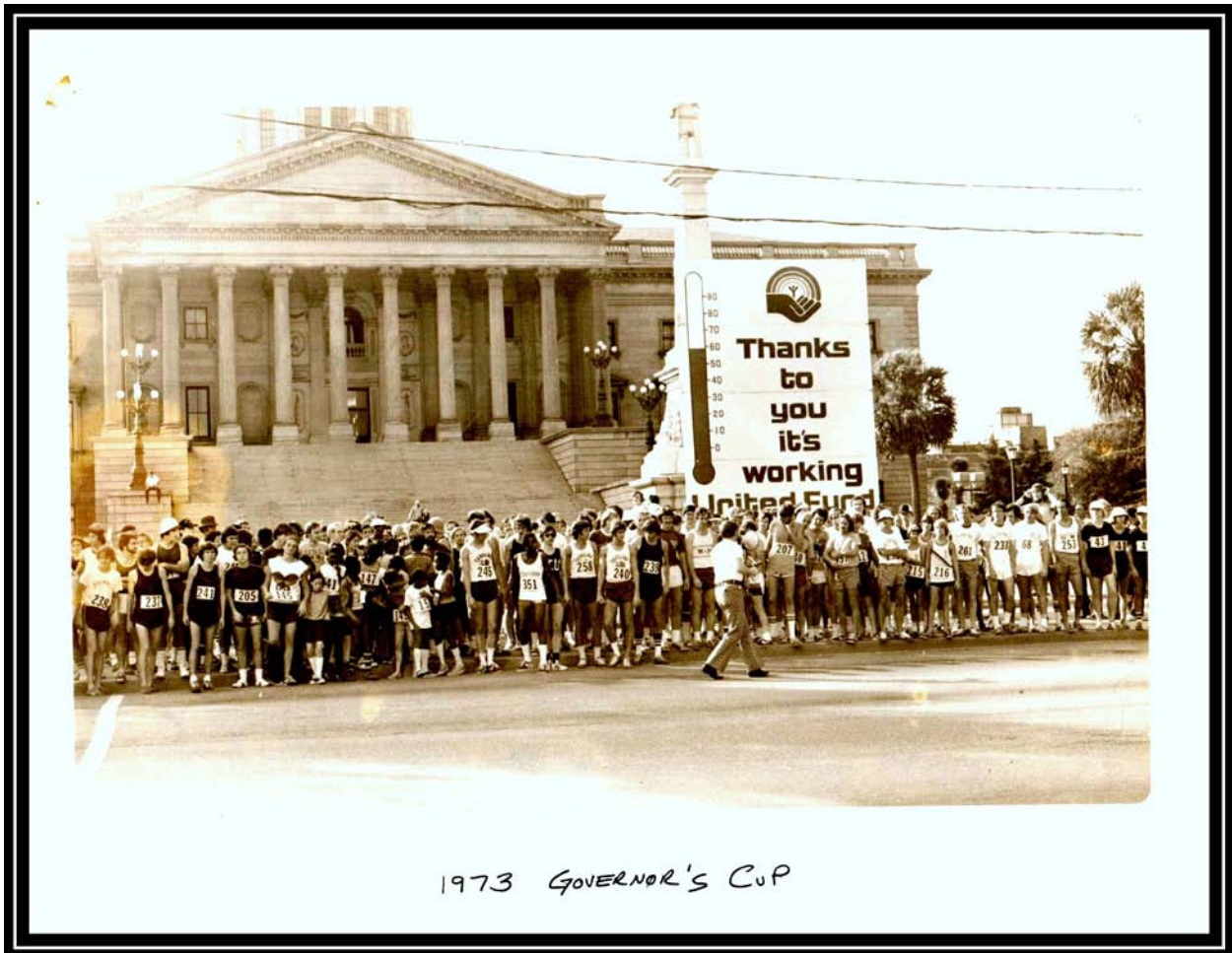


# A History of the South Carolina Governor's Cup Road Race

by Larry Hamilton



1973 GOVERNOR'S CUP

## Introduction

It is with great pride that the Carolina Marathon Association presents this history of the Governor's Cup Road Race. The Governor's Cup, as carefully and thoroughly recorded here, has a long and proud history. Since 1973 this event has served two important purposes. First, it has provided the opportunity for South Carolina's and the Southeast region's top distance runners to compete in a race that meets the highest standards for competition and event management. Second, the Governor's Cup has attracted thousands of participants who have used the event as a means for improving their health and fitness.

This history was written by Larry Hamilton, Ph.D., the gentleman who is clearly the best qualified person for the job! Larry joined the Columbia Running Club in 1976, and at the time of this publication was in the 70+ age category and still running 5K races – slowly and carefully, he notes. He served as Director of the Governor's Cup Road Race for a four-year period (1986-89) and also as Editor of the Columbia Running Club's Newsletter. He has written a regular column on running for The State newspaper since 1987. Larry is a veteran of 32 marathons, including 12 finishes at the Grandfather Mountain Marathon.



On behalf of the Carolina Marathon Association, which has managed the Governor's Cup Road Race since the mid-1990's, and on behalf of the thousands of runners who have taken part in the Governor's Cup, I express sincerest thanks to Larry for taking on the demanding task of producing this history. He has approached the job with the skill of an experienced journalist and the persistence of a committed distance runner!

Russ Pate  
President, Carolina Marathon Association

**1973** Governor John C. West asked Columbia Running and Jogging Club President Bill Crockett to host a race around the State House in honor of World Wide Running and Jogging Day. Richard Harris, a long-time distance runner and activist Running Club member, delighted the Governor by organizing an event that included a 15-mile run, 5-mile run and 2-mile “fitness jog,” a first for Columbia. USC Professor Steve Blair, who with his wife Jane was active in the running community, laid out the first courses. They began at the State House, looped through the city, and returned to the finish line at the State House. The 15-mile event had 68 male finishers, but no females. The 5-mile race had 108 finishers, including Jane Blair, who was one of 4 female finishers. Records were not kept for the “jog,” but the total number of finishers was just under 200. Columbian Marjorie Loewer was the first female in the 5-mile race in 33:02, and Jim Schaper was first male finisher in 23:11. The winners of the 15-mile race were 3 young men from the USC Track Team who had agreed that, if they were leading, they would cross the finish line together. Gary Hill still lives and runs in Columbia. He and teammates Bob Day and Halston Taylor recently celebrated their 1973 “team” win in 1:22:40.

The event, which was known as the S.C. Governor’s Cup Road Race (GCRR), was the first race of its kind in Columbia, and it stirred a lot of interest. The prestige of being associated with the Governor’s Office opened the door to continuity - as long as knowledgeable volunteers were available to keep that door open. The Columbia Running Club (CRC), perhaps unknowingly, had accepted an annual challenge that would turn out at times to be a mixed blessing.



Richard Harris’s handwritten records of the expenses for the first GCRR show a total of \$382.88. The bulk of the cost was \$306.40 paid for 15 Dozen T-shirts. Blank shells for the starting pistol cost \$5.05.

**1974** Over the next few years, a core group of CRC members – Wendell Anthony, Jerry and Anne Funderburk, and Jack and Alice Martin – rallied around Richard Harris to do the things necessary to make the Governor’s Cup race safe, well managed, popular in the local community, and generally successful. Monthly CRC breakfast meetings continued. The August meeting was typical; it featured a presentation by local optometrist Dr. Jeff Magun explaining the relationships between eye pressure, blood pressure and running. The GCRR also attracted new members this year. One was Bob Armstrong, Dean of the USC upper division School of Business Administration. Another was Jack Martin, who is still a member, as is his wife Alice. Steve Blair again supervised the course layout for the GCRR, which was unchanged from the previous year. As was the case in 1973, no women finished the 15-mile race. Dennis Spencer took first place

in 1:13:58. Columbian Leon Cook was first in the 5-mile in 23:36, and Kathy Taylor was the first female in 29:38. The number and names of other finishers are not available.

Changes in the meeting places for the Running Club signaled soon-to-come fitness-driven changes for the Club and for society in general. The Club had met for a long time at Drake's Restaurant - a venerated local institution. One of the early members described it as follows: "The Drake was the original breakfast place. The waitresses had their stockings rolled down below their knees, with cigarettes hanging out of their mouths. You always hoped the ashes wouldn't fall and land in your grits or on the pancakes." When the Drake closed soon after, it would still be decades before non-smokers began to prevail in restaurants. The slow, steady growth of running for fitness eventually helped fuel a significant positive change in public attitudes about tobacco.

**1975 - 1976** Beyond the race results for the top finishers in the 1975 Governor's Cup, no other club information is available for the year. The 1975 top finishers in the 15-mile were USC Professor Russ Pate (a new USC faculty member) in 1:16:17 and Becky Ryer in 1:48:41. Becky was the first female first-place finisher in the GCRR. No record of the other finishers is available for 1975. The 5-mile winner was Russ's friend and competitor from Atlanta, Lee Fidler, who won in 23:27. The female winner was Columbian Marge Loewer, with a 31:49 finish.

In a 1983 interview about the CRC's growth, Richard Harris noted Russ Pate's creation of the Columbia Track Club in 1975. Its role was to promote and organize track events. It also sponsored the Carolina Marathon and the Shandon Turkey Trot. The Track Club dissolved around 1980, but the CRC membership continued to grow. Sunday fun runs with picnics became a ritual. A noticeable change was more husbands bringing their wives to CRC meetings, which consistently had 40-50 and often more attendees. Women also were becoming club officers. Visitors, persuaded by the sounds of near constant laughter, were quick to become CRC members. Saturdays typically found CRC members working at races if they were not running in them.

Lee Fidler returned again for the 1976 Governor's Cup and repeated his 5-mile win with a slightly faster 23:16. Wake Forest's highly-visible runner Kitty Consolo was the first female in the 5K in 29:25. Jane Blair was the first female in the 15-mile race in 1:55:34 and placed 103rd among 132 finishers. Olympian Scott Eden, also from Atlanta, set a course record in the 15-mile race with a 1:13:42 finish. There were 348 finishers in the 5-miler. The jog races were well attended, as there were no limits on how much fun participants could have running on Main St. for 2 miles.

**1977** By joining the Road Runners Club of America (RRCA) this year, the Columbia Running Club (CRC) and GCRR gained significant visibility, size, and technical sophistication, which included adopting national and international standards for course measurement and race management. A post-race interview with Race Director Richard Harris, published in *The State*, revealed some of the CRC's "new level" in race management. "We had almost 150 persons acting as monitors and scorers, and the city police were very cooperative in helping with traffic control. We've been planning this

event since July.” Doing his part to promote visibility for the GCRR, Russ Pate won the 15-mile 1977 GCRR in 1:20:18. Kitty Consolo was the women’s winner in 1:37:38 among the 220 finishers. Jim Carey won the 5-mile in 24:40 and Libby Benz was first female overall in 33:01. The number of 5-mile finishers is not known.

Another indicator of growth and increasing sophistication in the Columbia road race community is that top runners this year were affiliated with local track clubs. Pate’s affiliation for this race was the Columbia Track Club. Other affiliations included Kevin McDonald - Greenville Track Club, Ian Davidson - Asheville Track Club, Kitty Consolo - Twin City Track Club of Winston-Salem, Jane Blair - Columbia Track Club, and Scott Moise, USC Women’s Track Club.

The continued success of the growing, highly-competitive 5-mile and a 15-mile races inevitably opened the door for adding a marathon to Columbia’s racing calendar. The events reinforced each other in appeal and growth. Russ Pate was still a nationally-ranked marathoner and was familiar with the requirements for organizing a marathon, which happened to be his favorite event. Many SC runners already had gained experience as ultra-runners, triathletes, and/or marathoners, and were ready to have a marathon in Columbia. The first Carolina Marathon in 1977 attracted a lot of attention. The CRC was delighted to have a marathon on its front door steps, especially if someone else - The Carolina Marathon Association (CMA) - was volunteering to put it on. Because so many Midlands runners were formal members, or de facto members or “involved” fans, of both organizations, there was plenty of experience to go around. Even the timing was helpful, in that the fall GCRR was good preparation for the early spring Marathon. The 1977 Carolina Marathon set a benchmark for quality in race management, being the first S.C. Midlands marathon to be measured and certified in accordance with TAC & USATF standards. Available records note that C.P. Thomas and Professor Steve Blair laid out and measured the course.

A total of 173 runners, including 7 women, finished the marathon - a very promising start for a first-time marathon in a relatively small city. Benji Durden, 25, won first overall in 2:19:03. Lisa Lorrain, 21, was first female, 20th overall, in 2:51:13. Not all of the attention garnered by the first marathon, however, was positive. Controversy arose around high school teacher and ultra-runner Ray “the K” Krolewicz, who helped train two boys for the Marathon. He ran the course with 10-year old Joey Johnson and 12-year-old Joseph Brucoli. They finished together, tired but jubilant, in 5:35:00. They had received some TV coverage before and during the race that prompted many letters from people who disapproved and were critical of making the boys run that far....as if someone “made them do it.” It took a while for the noise to calm down, and Ray and the boys enjoyed the limelight. It was no secret that purchases of running shoes in the Midlands experienced an “uptick” during this period.

**1978** In its sixth year, the GCRR attracted more than 2,000 runners, including some of the finest runners in the region and the nation. Rock Hill native Ian Davidson, running for the Asheville Track Club, came in first (among 659 runners) in the 15-mile race, winning decisively in 1:13:35. Wake Forest senior Kitty Consolo was first female overall

in 1:37:32 - 6 seconds faster than her previous year's win. Clemson runner Dave Geer was first overall in the 5-mile by a wide margin with his 23:29 finish. The finish line photo shows Geer celebrating with raised hands at the finish line while invited luminary Olympic champion Billy Mills applauds in the background. NC high school student Jennifer Briscoe was first female in the 5-mile race in 29:54. Lancaster resident Patty Sinclair, age 12, won her 15th race of the year, in the women's under-age-17 division in her first try at the 15-mile distance. Her time was not available.

The excitement that builds as race day approaches soon became a marketable asset. Corporate sponsors began noticing the large charged-up crowds of participants and observers of all colors, shapes, sizes and ages. Bankers Trust of SC was an early supporter of both the CRC and the GCRR. On race day the company sponsored both the first and last water stations on the courses and remained loud and helpful to the very last runner. At some point, Bankers Trust ended its sponsorship, and hometown company Colonial Life and Accident Insurance Company became a corporate sponsor for the GCRR. Working with a new major sponsor was quite an adventure into the "unknown" for the CRC. It was probably similar for Colonial. Very advanced in its thinking about how to create and maintain a happy, healthy, motivated, loyal work force, Colonial, under its founder Gayle Averyt, evolved into a "just right" working relationship with the CRC. Because many of the employees were already involved in and familiar with the CRC, there was a lot of immediate positive overlap. When Colonial eventually withdrew from its sponsor role in the 80s, a number of businesses were waiting to make their own contributions. At this point in the organization's history, the CRC had to recognize the GCRR as a "business" component of the club. Fortunately, working with major sponsors and breaking even on race entry fees helped secure both the CRC's and GCRR's financial stability.

**1979** In 1979 the GCRR was stressed to near overflow, in spite of even larger scale preparations than in the previous year. The enthusiasm was contagious. Newcomers kept lining up to sign up. It became common knowledge that the fun found in running could be addictive. The GCRR attracted 579 runners for the 15-mile race, and an estimated 1,500 for the 5-mile race. Ian Davidson was a repeat winner in the 15-mile GCRR in 1:15:02, about two minutes slower than last year's time. Patty Sinclair (later Pennegar), now 13 years old, competed as an open division runner and was first female finisher among 57 women in 1:44:41.

The 5-mile winner was Wayne Coley in 23:38, and the women's winner was Diane Swick, 17, in 28:33. Theresa Rau and Jean Sumter, both 17, were 2nd and 3rd female finishers, respectively. Jeff Moody, 22, and Lee Fidler, 30, were 2nd and 3rd in times of 23:52 and 23:57, respectively. The number of finishers is an estimate due to the loss of the men's finish times for the 5-mile race after the first 50 males crossed the finish line.

**1980** As the new decade opened, the 1980 GCRR experienced a modest decline in race participant numbers. The noticeable growth in the number of Saturday races around the state was part of the reason. Some loss in numbers of GCRR runners was likely due to the CRC taking a collective "deep breath." Managing such a large event



with an all-volunteer staff guarantees a lot of “wear and tear” on the volunteers and their managers. Even with a slightly smaller field, the race continued to draw wide public attention because the top competitors enjoyed competing with the “best,” and the fans enjoyed being part of the action. Also shoring up support for the GCRR this year was the fact that the Midlands community and the City of Columbia were beginning to “adopt” the race. For non-runners, just the crowd and the competitive air that was part of the build-up to the race gave it an appeal similar to news that the circus was on its way. Although some people just “didn’t get it,” most neighborhoods in Columbia deemed it a mark of “respect” when their neighborhood was selected as part of the route. The positive messages that were sent to the children watching the race from their own yards - especially those that had set up lemonade and water stands - had to leave positive memories.

Regardless of the competing growth of other races, being associated with the Governor’s Office and becoming part of the state’s history, as well as being located in the center of the state, made the GCRR desirable and convenient for the new and growing running clubs around the state to gather in Columbia for “team” races. Some teams were formed to compete competitively, but others were formed for fun, as teams wore garish outfits and competed wearing “glo-worm” costumes and won prizes for the “most outrageous.” The Greenville Slugs thrived memorably at races around the state for several seasons. The GCRR team competitions simply involved keeping records for each self-identifying team member, and “braggin’ rights” awards were distributed informally and gleefully among the running clubs after the “clean-up” from the Big Race and the official results were posted.

The October 4, 1980 eighth running of the Governor’s Cup 15-mile race again saw Russ Pate, 33, take the lead and keep it to win in a time of 1:16:50, leading a field of 439. This indeed was a competitive event because Russ’s friend Lee Fidler from Atlanta, age 31, finished in second place in 1:18:18. A much younger runner, Mark Koenig, 24, pushed them very hard with a 1:22:26 finish. Also threatening was Charleston’s Bob Schlau, age 33, who at age 40 became the eldest qualifier ever for the U.S.A. Olympic Marathon Team!

Sixty five women finished the 15-mile race, in which Charleston’s Eileen McGrath, 32, was first female overall in 1:39:59. Now 14, Patty Sinclair was second overall in 1:42:52. Columbian Anne Reed was third in 1:44:08. From Greenville, Garthedon Embler, 50, the most senior runner in the women’s field, was 37th overall in 2:08:39. We don’t know how many competitive runners she birthed, but at least one of them, Mark Embler, is still winning SC races in the Grand Masters Division with his wife, Ruth Marie Embler. Garthedon’s involvement over the years surely encouraged large numbers of other women to get involved in the sport.

The 5-mile race had an estimated 800 male and female runners. Times were captured only for age group winners. There were no water stations on the 5-mile course, which would be addressed for future races. Dave Geer took first overall in 23:40, and Sallie Driggers was first female finisher. Age group awards were made in 10-year increments,

e.g., 18-29; 30-39, etc. Records for the overall finish order for the 5-mile race are not available. However, the top 3 finishers were obvious. Lennie Krichko (18-29 age group - along with Geer) was second in 23:44 and Marc Embler was 3rd overall in 24:07. The top women finishers were eligible for trophies both for "overall" place and for placing in the top 3 within their age group. Sallie Driggers, (30-39) was both first in her age group and first female finisher overall in 31:50. Rachel Hoover, (18-29) was 2nd overall and first in her age group. Barbie Flastroehler, (18-29) was 3rd overall in 33:17 and 2nd in her age group.

As races grew in size, a debate grew about "fairness" and "equity" in awards distribution. It revolved around the "same old fast folks" getting two trophies - 1st overall & 1st in age group. The next batch of not-quite-as-fast folks could only get 2nd place trophies or, more likely, none at all. The success of the GCR and other races statewide had begun to attract so many "elite" runners that the hometown runners seldom won a trophy. The awards system seemed somehow "rigged" against them. Clubs, and emerging small businesses that managed large races for a fee, began to take notice of the "fairness" issue. The concept of trophies for all age groups and for smaller age groups was slowly emerging as a way to open up opportunities for a wider range of runners to collect a "runner on a stick" award for the trophy shelf at home.

The CRC responded and adapted its race awards so as to ensure that no "double-dipping" occurred. Top finishers received an award for being the "top," but were excluded from age group awards. As the quality and numbers of competitors increased, and the number of women participants increased, the CRC and other clubs were quick to begin practicing equality in awards and recognition for women. There was, of course, a lot of humor about which came first - as more women showed up for races, the number of males seemed to keep increasing. The CRC did not keep a formal record of Midlands nuptials that began from meetings at the CRC, but there were many. Running together as an enjoyable experience seemed to be a reliable test of whether a couple could live together successfully. CRC birth announcements became a near-regular feature.

**1981** In its 9th year, Dave Branch and Dave Geer began dominating the GCR and other SC races. David Branch won the 15-mile race every year from 1981-1984. His 1981 time was 1:14:28. Dave Geer's name appeared as the 5-mile winner several times. Geer was first in the 5-miler in 23:28 (a 4:41 mph pace). Jean Gunter was first female in the 15-mile race among 350 finishers in 1:38:05. Sallie Driggers improved her time over the previous year with a 29:46 win among an estimated 1,300 5-mile runners.

**1982** The gap in missing CRC newsletters containing GCR data is particularly noticeable for 1981 through 1983. However, all of the top finishers of each GCR have been identified and are cited. We have listed below the best sample we could of those "missing" years, which we believe provides a sense of the history of the GCR as it matured, and as some of its participants inevitably aged from "First Overall" to "First in Age Group".



**1983** Only the top finishers are available from this year's event due to some kind of error in the system used to capture results. No comments about the club meetings for this year were found either.

15M	1:15:31	David Branch	1:33:23	Kay Overcash Jenkins	500 runners (est.)
5M	23:38	Dave Geer	28:44	Kay Campbell	1,300 runners (est.)

**1984** At the January 1984 CRC meeting, held at the Pizza Inn in Five Points, appropriate "Thank You's" were made to outgoing CRC officers Kevin McDonald, President; Vic Englert, VP; Kristin McDonald, Secretary (and Newsletter Editor); and Alice Martin, Treasurer. The slate of "The Five" new officers for the CRC included Larry Frederick, Larry Hamilton, Marcia McCoy, Fred Milling and Mary Milling. Hamilton was chosen to be "first among equals," or chairperson. The transition of the new officers was considered a roaring success, as out-going President McDonald sprang for all the beer consumed! Kristin McDonald graciously agreed to continue as Editor of the Newsletter if she had plenty of volunteer support. Unfortunately, the McDonalds with their firstborn infant departed two months later, returning to their hometown up North. This was a big loss to the CRC and the South Carolina running community. The Editor's job was pushed off onto Larry Hamilton, who became "Temporary Acting Editor" for way too long.

After the McDonalds moved, newcomers to Columbia, Larry Frederick, Patty Altieri and her brother David opened a local running store and became CRC officers. Frederick was already a low-key veteran of about 100 marathons. They were the first to host Sunday All-comers Fun Runs at their home. It became a monthly tradition that various people would host a Sunday Fun Run and runners would bring snacks, drinks, etc. The Sunday runs often were a "recovery" run from a race on the previous day. Next door neighbors in Shandon, Bill Hollaway and Larry Hamilton (who were both single males at the time), promptly offered to host Sunday afternoon fun runs from their homes. This grew into a comfortable tradition involving out-of-town runners, post-race Carolina Marathon runners and others, until marriages and children caused major lifestyle changes. The Fun Run tradition continued to boost the CRC membership growth and allowed serious planning time for the annual GCRR.

The emergence of Hash House Harriers in Columbia and their participation in the CRC furthered the growth of the CRC and gave it a little panache, due to the "naughtiness" sometimes associated with Hashing. Of course, a number of CRC members chose to add "Hasher" to their resume.

On a smaller but quite positive scale, merging the CRC Newsletter with the newsletter of the fledgling Columbia Triathlon organization expanded visibility and growth for both organizations. As happened with the Hash House Harriers, a number of CRC members began exploring the triathlon. And a number of long-time triathletes added the CRC meetings to their social agenda. The Triathlon Club piggy-backed its news onto the CRC Newsletter for a couple of years, until it was strong enough to stand on its own. Some Columbia area triathletes, including Janet Ballenger, her sister Julie Thiel,

Thomas Huggins and Bill Linder, had achieved national and international recognition for their pursuit of the Ironman Triathlon in Hawaii and elsewhere. Their personal achievements helped expand the visibility of the CRC's role in running and bi- and tri-sports at regional and international levels. Columbians Charles and Rosemary Sanford served simultaneously for a period as officers in both the CRC and the Triathlon Club.

We cannot conclude 1984 without paying tribute to the runners in the first Olympic Marathon for Women. The names included Joan Benoit (Samuelson), first overall, then Grete Waitz, Rosa Mota, Ingrid Kristiansen, Julie Brown, Gabrielle Anderson-Schiess and many others. The CRC membership agreed with Joan's suggestion in her first post-marathon interview that there should be a 5K and 10K for women in the Olympics! This had to be one of the most empowering moments for women's sports worldwide. Then Joan came to Columbia as an invited guest of Russ Pate to say "Howdy" at the Carolina Marathon. She set a course record in the 10K. Nothing else to say but "WOW!"

**1985** In 1984, 1985 and 1986 the CRC discussed whether to continue to put on the 15-mile race. Although the race was extremely successful, it had a painful "downside." With the 5-mile race, the GCRR had grown to monster size. The issue revolved around having enough experienced CRC personnel to train and manage the hundreds of volunteers needed on race day. It was not a matter of "willingness to do the work," but was simply a matter of numbers. And it was more than just "numbers" - the workers had to be trained in order for a fun and safe event to be conducted.



The era of the 1980's saw Bankers Trust slide honorably away from its traditional financial and personnel support. The CRC was on "thin ice" when Gayle Averyt brought Colonial Life into a very important support role with a commitment of about 4 years. Many Colonial employees were CRC members, and they quickly began training their Colonial colleagues to help out with the races. For the first time, the CRC had a rather well-trained, sizable work force as a partner, available both to work at the race and to train and supervise other volunteers. Many Colonial Life employees, as fans and family of club members, became highly valued and experienced GCRR race-day workers. This continuity in the GCRR volunteer work force would prove to be very valuable. With the advantage of hindsight, the period of the 1980s would prove to be the most challenging for the survival of the GCRR and, indeed, the CRC itself.

**1986** The CRC's success helped breed good ideas about improving fitness in SC. Jim Testor and Jim LaBonte of the Governor's Council on Physical Fitness expanded the CRC's visibility by gaining the club's support for the first Palmetto State Games in 1985. The second event, in 1986, added agendas for handicapped participants in track and field. CRC members served as volunteers and participants and loaded up on trophies. Masters running competition was just starting in SC, so competition among Masters runners was nearly a secret. With the advent of the State Games, and much focus on Masters divisions, fast folks were quickly identified, and they began creating opportunities to compete club vs. club and across all age groups.

In spite of the "growing pains" of the GCRR, growth continued and the CRC struggled mightily to manage the growth as best it could. By 1987, media interest in running had grown to the point that *The State Record's* Managing Editor, Bobby Hitt, and Sports Director, Doug Nye, agreed to a trial series of articles about running. The "trial" was acceptable to them and the weekly "Running" column began on March 5, 1987. Hitt's only guidance was "cover the state and use many names." Local attorney Bill Bauer took over management of the advertising in the monthly CRC Newsletter, which had grown to an average of 15 ads monthly, which usually balanced the cost of printing.

(Ed. Note: *The State* newspaper "Running" column continues today, in 2014, as a monthly article in *The State* newspaper focused on Midlands races and a statewide calendar of upcoming races. The CRC also publishes online an informative, fun, newsletter in color with photographs.)

In the GCRR's 14th year the CRC stepped up efforts to make the race even more visible. Greater involvement with the business community became a very careful courtship. The organization began to take on new challenges. This reflected constant input from new members, who had new ideas and the know-how to make things work. The motto, "we can do more" prevailed. As membership grew, the CRC leadership committed to achieving excellence with all of its races, especially the GCRR. The board of officers was expanded, and it established a dozen or so committees for specific areas of each race. The board also developed and published instructions for recruiting and training volunteers. As things were looking up in 1986, the CRC posted a sad memorial in the February Newsletter.

"As runners and fitness enthusiasts, each of us must have identified in some small way with the astronauts aboard the space Shuttle "Challenger," who had dedicated their minds, bodies, and lives to exploring the upper limits and new frontiers, and by doing so had dedicated their lives to all of us. We applaud that spirit of seeking. We smile, albeit sadly, for life lost that, if it must be lost, is done so in a moment of supreme achievement in efforts to advance the cause of humankind. We weep in sharing the sadness of and loss of the loved ones they left earthbound in body, but not in spirit."

In 1986 Debby Sullivan moved from Georgia to Columbia. She joined the CRC and began recruiting new members, literally dozens at a time, including whole families.

And she made the new members feel very welcome and comfortable. She competed as a Masters runner with the same fervor and success she used in recruiting.

CRC members were cited in the local media for partnering with handicapped SC athletes in international Track and Field meets held in Asia and Europe. The CRC was growing accustomed to operating in the "Big Time." The CRC Editor boldly talked about setting a goal to compete in size with the famous Peach Tree Road Race 10K in Atlanta (50,000+ finishers).

The growth of running did not reduce the quality of the CRC's small homespun events, like the annual V.A. Day 5K held on the beautiful grounds of Columbia's V.A. Hospital. Well known in SC engineering circles, Alan Jones Jr.'s white mane of hair helped him stand out in a crowd, because he was a very large, tall man. To his surprise, on his 70th birthday, CRC members and fellow veterans Jim Hammond and Larry Hamilton paced Alan to the finish line of the V.A. Day 5K, and he was pleased to finish in 31:30, youngest, eldest and first in his age group, finally! At that time Alan was the most senior runner in the CRC. With a little champagne and birthday cake afterward, he talked a little about his 21st birthday on a ship sailing into a port in N. Africa, wondering if he would return.

**1987** Big names at big races in SC became a standard. The 1987 GCRR brought another visit from Joan Benoit-Samuels, who also appeared on fitness panels around the state. The Cooper River Bridge Run 10K habitually featured the annual newest crop of fleet male and female Ethiopians and Kenyans, who always astonished those watching on TV. Russian women distance runners trained in Florida, raced in Europe, and came to the Bridge Run in the Spring. Mary Decker-Slaney came to win Charleston's King St. Mile, among a group of elites that required a prior sub-4 minute mile on their resume. The running community began to joke that as the crowds got bigger, Charleston's bridges got bigger, and that improving shipping traffic had nothing to do with it!

The most exciting CRC news in 1987 was a proposal from NCNB to CRC Officers Jim Hammond and Penny Parker to sponsor the GCRR beginning in 1988 for three years, with the race to be called the NCNB GCRR. Their cash commitment was \$75,000. Another "big news" event was the success of President Don Player with the Palmetto State Triathlon Association putting on the First Annual Palmetto State Triathlon at Ft. Jackson. It was a rip-roaring, highly competitive event that generated a little over \$10,000 for the American Lung Association. Several CRC members were among the top winners.

As CRC growth continued, some of the long-time members became Masters Runners. The same was happening in other clubs, and the Masters Runners in their 40s and 50s, male and female, around the state were highly visible role models for younger runners. USC Coach Jeff Wentworth was voted 1987 SC RRCA Road Runner of the Year and Columbian Nancy Grayson was voted 1987 Women's Runner of the Year. The CRC (monthly) Newsletter was voted 2nd Best Newsletter behind the Greenville Track Club's

(quarterly) Newsletter. The June 1987 monthly CRC Newsletter had 28 pages and 13 paid advertisements. Prepping for the CRC's races had become nearly a fine art. The CRC Team Leaders for the GCRR represented 35 different functions to cover all aspects of the races the CRC sponsored.

**1988** The first CRC meeting with new President Dick Clarke started off with his comment that "1988 got off to a very encouraging start, with 90 members and guests braving weather more in line with my native England than South Carolina to attend the January meeting." The race courses had been changed and re-certified so that the finish line was located at Autumn Fest in downtown Columbia. Approximately 200 CRC members took on pre-race chores in exchange for running the race "guilt-free." Race day saw 700 volunteers on the course and doing post race clean-up.

In 1988, retired U.S. Army Special Forces Sgt. Major Dean McBride moved to Ft. Jackson with his active duty wife, Colonel McBride, R.N., and their two sons Paul, age 7, and Mike, age 5. The boys caused a stir with their running prowess, which was reported in an article in *The State* newspaper. Paul finished the Harbison 5-mile race in 42:24 and Mike ran the 2-mile in 24:00. The McBrides moved to CO after their mom's retirement, but Paul's state age-group records linger in the SC record books. Seeing him run was memorable.

Frank Shorter was the invited luminary guest for the 1988 Carolina Marathon, 10K and 5K. However, it was an awkward surprise to attendees that Shorter chose to focus on criticizing problems in worldwide racing related to blood "doping," illegal drugs, etc. The disappointment from the sponsors was not Shorter's choice of topic, but that the audience was looking forward to getting "primed" for the next morning's racing. History has shown, however, that Shorter's point was prescient and needed to be heard.

**1989** May 1989 was a "breakthrough" month for the CRC. The new club officers re-named the monthly newsletter "Grits and Splits." It sported a creative new cover, designed by Shawn Buckland, daughter of the late Tom Buckland. The May 3rd meeting generated a lot of excitement around the guest speaker, Larry Greene - the head Cross Country Coach and Assistant Track and Field Coach at USC. Larry was 1988 Metro Conference Women's Coach of the Year in his first year. But the real excitement centered around Greene's 1984 achievement in running the world's fastest time in the half marathon in 1:01:27 at the Citrus Bowl in Orlando. His PR's at that time were 5K - 13:54; 10K - 28:43; 10 Mi - 46:53.

The new slate of CRC officers for 1989 included: President, Wendel Cribb; Vice President, Ray Davis; Secretary, Pat Kennedy; and Treasurer, Beth Spigner. The Board of Directors included: Membership, Renee Bergeron; Newsletter, Ed Prythreich; and Publicity, Jim Rigdon. In addition, the CRC partnered with the Columbia Autumn Fest Committee to locate the race Start and Finish lines next to the festival grounds. The GCRR 8K made its first appearance on the Racing South Grand Prix Circuit. The 25K race was placed on the Converse Palmetto State Grand Prix and selected as the Southern Region RRCA 25K Championship.

**1990** The durability of SC distance runners, especially among the Masters, helped the GCRR maintain its visibility in the Southeast. Morris College Professor and Grand Masters runner John Harwick dug through the 1988 cumulative long-distance records book. His search showed 18 SC runners owned 36 top ten marks on the national 1988 road ranking list. Charleston's Bob Schlau had 10. Margaret Wright, Folly Beach, had six, including age groups 60-64 and 65-69. Columbian Nancy Grayson has the single #1 national ranking at the 1987 GCRR 25K. Other Carolina runners in the 1988 records included Marty Flynn, James Haughey, Billie Veber, Catherine Lempesis, Benita Schlau, Diana Stafford, Max Lemons, Mike Popelars, Roy Kulikowski, Russ Pate, Dave Mellard (65-69) and Carl Jenkins (70-74).

By 1990, after many years of success with the GCRR and as a highly experienced support group for the Carolina Marathon (CM), the survival challenge and the reciprocity of mutual success between the two events were well defined. The challenge for the 90s for the CRC was to maintain the success of the GCRR and keep it growing without burning out experienced club members. The CM's challenge was similar - learn how to "handle" its success and maintain its well-earned momentum into the future. Richard Harris and several of his older colleagues were still active in the CRC and helpful with the GCRR. In addition, Richard had taken a liking to race management and had his second foot firmly planted in planning and management of the Carolina Marathon.

Setting inspiring examples, Nancy Grayson had been running competitively, winning many trophies for a couple of years and focusing on becoming a sub-40 minute 10K runner before she turned 40. She had an unlikely breakthrough at Atlanta's crowded Peachtree 10K, finishing in 34:47 two weeks before her 40th birthday. She was just getting started.....

Bill Linder is another lesson in SC durable athletes. A proud West Pointer who had served a full career, in 1990, at age 56, he was Richland County Treasurer and a math teacher at USC. That year, he ran the Boston Marathon wearing an honorary West Point Marathon Team T-shirt. He finished about 34 minutes behind his son William. William's 2:52:00 finish placed him second on the 15-member West Point Team, which included 2 women. Bill Linder's 3:34:00 beat the qualifying time for the 1991 Boston Marathon in age group 55-59. Fifty-six was a special number for Bill that year - West Point Class of 1956, 56 years old and had completed a total of 56 marathons and triathlons. (In 2014, he's still riding hills at Ft. Jackson training for another Ironman Triathlon.)

1990 saw noticeable increases in both male and female participants in the 60-64 and 65-69 age groups. Soon, men and women in their 70s began complaining about races that cut off award categories at "60 and Over." Simultaneously, another sport was emerging. Racewalking is often defined as that "funny-looking" walk where you are allowed only 3 "fouls" - which mostly involve breaking contact with the ground, or stepping without completely straightening the knee. As some runners found that their bodies simply could not absorb any more high mileage due to risk of permanent and

possibly disabling damage to joints, racewalking offered a fairly safe alternative, but still with all the heated physical competition of running. It is an Olympic sport hotly contested in most countries, but not in the U.S. Local CRC members and marathoners Bill and Brenda Bauer began a vigorous campaign to promote racewalking. They were quite successful, considering the stodginess of their opposition - which mostly was based on not understanding the sport. Bill became a certified racewalk judge in preparation for the Atlanta Olympics, where he won selection to be a judge. Ian Whatley and David Waddle were long-time acquaintances because of their frequent appearance at racewalk competitions. The Scottish-born Whatley, who lived in Greenville, became a U.S. citizen in part so he could earn a slot on the U.S. Olympic Racewalk team. Atlantan Dave Waddle already had competed internationally on the U.S. Olympic team.

The CRC helped support the fledgling interest in the sport of racewalking by holding race walks as part of whatever race event was coming up next. There were only a few participants when the Bauers managed to host a race including Waddle and Whatley in an 8K racewalk in Shandon on a certified course. Bill managed to finish 3rd behind two Olympic-class racewalkers.

Part of the explanation of the continuing growth and success of the CRC and the GCRR is summarized in a quote from Bruce Morrison, founder and publisher of *Running Journal*, in the November 1990 issue - "South Carolina has a higher percentage of running club members than any other state."

**1991** When the Easley Foothills Track and Fitness Club joined the RRCA, it brought the SC RRCA membership to 23 clubs. The last SC race of 1990 was the brand-new Upstate Marathon & 5K. It was very well managed, well received, and well attended, and included Norway's Grete Waitz as an invited guest. Runners of a certain age remembered Grete at the Cooper River Bridge Run 10K in 1989 where she finished as first female in a new course record of 33:29. Competing with this kind of stardom kept the CRC and GCRR on their toes. Another "first" that started a Columbia habit was the first "5 Points Mile Road Race." The first event began near Benedict College and finished near the front door into Yesterday's Restaurant. The 1-mile continues in various forms today as various organizations promote themselves and "fitness" by hosting a 1-mile race through, into, or out of the 5 Points area. The CRC had learned very well the importance of cultivating experienced race management. As the year opened the CRC had four running/fitness business partners – Strictly Running, The Extra Mile, Howard's Sports, and Athletic Attic.

A harbinger of fast things to come was that new USC graduate student Eric Ashton became involved in the Columbia running community. He managed to finish 74th overall in 31:04 ahead of hundreds of the nation's best in the 1991 USA National Cross Country Championships in Boston on November 30, 1991.

**1992** Runners who had competed for years found new ways to be competitive as their footsteps got a little slower. Age-group competitions are enticing and challenging. If a 64-year old finishes ahead of a 60-year old, it opens a lot of ground for bragging rights



and laughter. A 3-day age group difference can be just as much fun. In SC some women and men seemed to keep on hitting the top 3 no matter what age group they moved into. A few names in particular that had become near “institutions” include Nancy Grayson and Catherine Lempesis among the women, and Bob Schlau and Franklin Mason among the men. Nancy Grayson, in particular, moved to Michigan and began competing on the national circuits. She continued to blossom to the point that she was ranked by TACTIMES as 2nd best Masters runner in the U.S. in 1992. Priscilla Welch was ranked first. Nancy and Catherine both appeared frequently on covers of national running publications. Not bad advertising for races like the GCRR - “Want to run with the best, run with us!”

In 1992 a new Masters-age Columbian named Becky Sox had started running and winning trophies. She ran the Chicago Marathon, her first, and when she called about her time - she was delighted to find her 3:11:10 finish won her first place among female Masters runners - 29th out of 1,225 women. The “Beck” quickly became well known as she reveled in her discovery of speed. In 2000 she won the Masters Women’s GCRR title in the Half Marathon in 1:33:27.

In 1991, the rumblings already had begun about promoting South Carolina’s visibility in preparation for the 1996 Olympic Games to be held in Atlanta. The competition would be fierce. Soon, planning of all sorts would be feverishly underway - all designed to ensure that communities were selected for important support roles for some portion of the Olympics. The excitement was further stirred because 1992 was the state’s 500th birthday - called Palmetto Discovery 92.

**1993** CRC President Tim Hamilton got serious about developing a “Tour de Columbia.” The number of races was increasing in the Midlands. Fledgling managers came to the CRC with questions about every aspect of putting on a race successfully - including how to pay for it. Tim did a fine job of teaching race management and saddling the newcomers with responsibility to pass on the teaching role. This was not a simple task. But it accounted for a rapid growth of quality road racing in the Midlands. The races paid a fee to the CRC for “membership” on the Tour de Columbia circuit. After years of tinkering, the Tour de Columbia Series was “officially” announced in *The State* newspaper on January 21, 1993. The first Series race was the 12th Annual Snowman 8K and fun run at Caughman Road Park, which had a record field of nearly 300 runners. Rob Devlin and Selwyn Blake, Strictly Running Team members from Columbia, finished first in a tie - 24:51. Columbian Maggie Kraft was first female in 27:52 and Kim Bird was 2nd female in 28:19.

An interesting insight into the nature of running clubs is that they don’t “age.” The club officers and members will age - some are active members for several decades. But, they will eventually “age out.” They will be replaced by a younger age group, assuming the club has been properly managed and appropriately focused on ensuring its durability. The new members likely will come with new energy, ideas, and experiences.

December 1993 saw a massive change in road race management that was a major improvement. At the Annual Meeting of The Athletics Congress (TAC), members changed the name from TAC to USAT&F for USA Track and Field. USAT&F became the national governing body for long-distance running and track and field sports, including race-walking. The change was well received.

After the not-so-new graduate student at USC, Eric Ashton, had gained some additional experience, he wanted to run his first marathon in his hometown of Cleveland - the REVCO Marathon. He was ready to explore his "upper limits." It is one of the larger national marathons, and its major prize money draws serious Kenyans and Ethiopians, as well as Masters legends like Bill Rodgers. Ashton methodically did everything "right." He finished, had no injuries, ran his race plan at a consistent pace and finished strong. His "plus" was finishing 9th overall, 2nd American, in a star-studded field. He earned a ranking of 10th among American Marathoners. Don Janicki ran a course record 2:11:39 to win. These kinds of performances draw competitors to community races. The logic follows a simple path - "Look at that kid Ashton, he's ranked 10th nationally in the Marathon. He's going to run the GCRR right here next week. Hell, he lives here. We can run against him every weekend, every distance! That's bound to help our training."

An interesting coincidence at REVCO 1993 was the presence of another newcomer to Columbia, who was intent on qualifying for the Boston Marathon. Columbia Attorney Margaret Seymour was 46 when she qualified and she did it at REVCO 1993 with a 3:45:14 finish. She finished nearly one hour faster than her previous best effort to qualify. She would go on to achieve much more before she retired as a senior member of the U.S. District Court.

**1994** The 1994 edition "Best of Road Race Rankings," compiled by Runner's World, noted Catherine Lempesis placed 9th among Masters women. Former Columbian Nancy Grayson moved from first to second, replaced by Carol Latchie, 42, of Texas.

Children who are very young runners had come to the attention of parents and race managers. Midlands parents asked for and received more children's runs added to the usual adult events. National running organizations also began promoting kids' running to help improve youth fitness nationally.

The July 1994 edition of the CRC newsletter includes a "flashback" to a phrase that still bothered many long-time CRC and GCRR fans. The President's message included the following sentence - "The 1994 Governor's Cup is scheduled for Oct. 22 and volunteers are desperately needed.....People are needed before race day as well as on race day."

The key word is "desperately." The race had become taken almost for granted by many. Somehow the icon would kind of "appear" and 1,000 - 2,000 or so fans would show up to party, spend money, run and celebrate. That phrase "desperately need" appeared with increasing frequency through the 1980s and then into the 90s.

The CRC managed to continue making it work, but several members were concerned about the continuing strain on volunteer and club membership resources. The growth of activities associated with the city and state preparing to host the Olympic Trials, plus the growth in competing road races in the Midlands and statewide, put the CRC in a difficult situation. The newest members joined the CRC to “run” rather than “train and supervise monitors.” At a point, when Jim Hammond was CRC President, the club leadership and membership addressed the question of how much longer the CRC could “comfortably,” as opposed to “desperately,” maintain support for the annual GCRR.

The Carolina Marathon Association had carefully built the Carolina Marathon into a similar kind of status as a local running “icon.” Many of the people who worked on the Marathon were also members of the CRC and worked on both races. The Carolina Marathon was built around a stable semi-permanent infrastructure, which provided stability that the CRC and the GCRR did not have. All the principal players in both CMA and the CRC looked carefully at a possible change in “ownership” to find flaws, carefully avoiding emotional issues of loyalty to an old and dear friend. After lengthy consideration, the CRC membership voted unanimously to transfer the GCRR to the control of the CMA. The CRC officers breathed a modest sigh of relief. The CRC had created a tiger too beautiful to let die, but too big and wild to maintain at its historic levels, given the limits on the CRC’s resources to feed and care for it as it deserved. The CRC and the CMA had worked well together since their beginnings. Everyone involved agreed that the transfer was good for both organizations and a very good move for the Midlands running community. Timing of the transfer was the last issue to be decided.

**1995** As it became known that Columbia was looking to win the competition to host the U.S. Olympic Women’s Marathon Trials qualifier races, even the least athletic-minded folks began to get excited. Olympics right in their front yard! The strains on the CRC had relaxed somewhat due to the transfer of the GCRR to the Carolina Marathon Association. However, the summer and fall issues of the CRC Newsletter were reduced to four pages and contained the following ad - “NEEDED: CRC Newsletter Editor. Individual to organize and see that articles, race applications, race results and fun stuff are received by CRC members on a timely basis.”

**1996** The CRC continued to survive with a very modest decline in total membership. Gearing up to host early arrivals who would want to familiarize themselves with the Women’s Olympic Trials’ course, the CRC members, like the CMA members, opened their homes to host the visitors. Similarly, with the GCRR under its new “ownership,” with only a few changes, most of the same people showed up to recruit and train volunteers for the GCRR. A measurement change helped broaden interest in the GCRR even more. The 13.1-mile Half Marathon replaced the 25K as the long run. The front page of Grits & Splits for October 1996 read: “24th Annual Governor’s Cup Road Race, 8K and Half Marathon” - Now Managed by the Carolina Marathon Association.”

Long time CRC member Bill Blume wrote two articles for the December CRC Newsletter. The first described his pleasure at being a runner. The second was titled

“High Blood Pressure, The Silent Killer.” He was describing his experience in his doctor’s office. His doctor said, “I can’t believe that someone as fit as you are is having this problem.” Just over 24 hours earlier, a close friend had listened to Bill describe his symptoms of constant headache and feeling very tired. She insisted on taking his blood pressure. She then forced him to go to the doctor, right then. His BP was 220/125. His doctor later said that, had he not been treated, he was likely only days away from a stroke. Two weeks later, Bill had a minor (if there is such a thing) heart attack. The point is that his heart rate was quite normal, but his BP was off the charts. His recovery was successful. He comfortably ran a Half Marathon two months after the attack, and two years later he was still running.

**1997** A Class Act! The Carolina Marathon Association announced on September 10, 1997 its selection by USA Track and Field to host the 1997 Women’s USA National Marathon Championship on February 8. Russ Pate, President of the Carolina Marathon Association, said, “It’s very rare that the same city is selected to host the national championship three years running. We’re thrilled to have this opportunity and at the confidence expressed in our organization by USATF. Our selection also reflects the great support that this event has found here in Columbia.”

The announcement included an explanation that the GCRR 8K & Half Marathon were now under the management of the CMA, and that the 24th running of the race was scheduled for October 26. A number of new programs were announced, due to the new and expanded interest and support for public fitness activities. The CMA volunteers would begin a year-round health promotion project. Working in collaboration with the Palmetto Health District and its parent organization, the SC Department of Health and Environmental Control, they would begin a health promotion effort designed to help children and youth develop physically active lifestyles.

The combined success of the CRC, GCRR and the CMA and their history of effective collaboration paid a generous reward in terms of national recognition. The awarding of three Olympic events reflected unprecedented respect and confidence for the Columbia running community and its leadership from the awarding committees.

**1998-2007** As this history goes to press, limited information is available on the event during this period. The intent is to fill this gap as soon as possible.

**2008** October 25 marked the 39th running of Columbia’s Governor’s Cup Road Race. A total of 313 people finished the 8K, and 510 finished the half marathon. Columbian Tim Jeffreys, 20, took first in the half marathon in 1:16:23. Union’s Caitlin Schier, 24, was first female finisher in 1:32:51. In the 8K, West Columbian Tanith Forrester, 26, was first female overall in 36:45. NC runner Charles Trakas, 26, led the field in 30:11.

**2009** In 2009 the GCRR was still attracting 1,000+ runners. Columbian Orinthal Striggles had a great race, finishing first in the half marathon in 1:15:13, leading 676 runners to the finish line. The first female was Sarah Powell finishing in 1:24:14. Kenny Standly was first Masters in 1:21:36, and Karen Manning was first Masters female

finisher in 1:36:38. The 8K race had 489 finishers, and Columbian John Charlton won first overall in 27:51. Sarah Stiner was first female in 32:17.

**2010** In 2010 the Governor's Cup awards categories were further expanded so as to be more inviting and to better recognize older runners. The categories of Grand Master and Senior Grand Master were added to the Masters category. These kinds of adjustments had broad appeal, and they helped to reaffirm the notion that running was indeed a sport for everyone. Mathew Whitis was the 2010 first place winner in the Half Marathon in 1:14:06. He led 931 finishers. Danielle Crockford was the first female finisher in 1:24:04.

In the Masters category, Kenneth Standley was first in 1:20:43 and Jennifer Conrick was first female in 1:37:50. The first Grand Masters finisher was Mark Houde in 1:24:33 and the first female Grand Master finisher was Julie Brenan in 1:41:28. The first Senior Grand Master finisher was Gerry Carner in 1:38:57. The first female Senior Grand Master finisher was Kathlyn Haddock in 2:04:19.

Columbian Eric Ashton dominated the 8K with a 26:13 finish, leading a field of 612. Susi Smith was the first female overall in 32:46. Coach Mark Bedenbaugh of Columbia was first overall Masters Runner in 30:21. Sally Williamson was first Masters female in 36:02. The first Grand Masters finishers were Danny West, 31:06 and Mary Howk, 37:24. The Senior Grand Master was Bill Rodgers, 40:07. Donna Fenchell was first female Senior Grand Master in 44:00.

**2011** In 2011 Eric Ashton moved up to the half marathon. He led the field of 691 to the finish with a 1:11:21 win. Amy McDonough led the women's field in 1:23:23. The first Masters finisher was Anton Bodurov in 1:21:19, and Laura Stepp was first Masters female in 1:41:58. The first place Grand Master was Andrew Dempsey in 1:36:41. Debbie Robertson was first Grand Master female in 1:46:45. The Senior Grand Master, Albert Anderson, finished in 1:37:39. Columbian Suzanne Lagina was the women's Senior Grand Master winner in 2:03:38.

In the 8K, Jud Brooker won in 29:15 in a field of 415. Sarah Allers was the first female finisher in 33:04. The first Masters finisher was Eric Allers in 31:05. The first Masters Female was Mary Howk in 38:48. The Grand Master male winner was Danny West in 32:21, and Rachel Caldwell was first female in 40:34. The Senior Grand Master winner, in 41:55, was Alex Ponomarev, and Teresa Hawkins was first female Senior Grand Master in 48:51.

**2012** The GCRR half marathon was won by Jesse Cherry in 1:06:11, leading a field of 711. Ashley Evens was the women's leader in 1:25:36. Larry Jourdain was the first Masters finisher in 1:27:32. Sarah Batt was first Masters female in 1:29:46. Robert Taylor was first Grand Master in 1:31:38, and Birgit Spann was first female Grand Master in 1:37:04. The Senior Grand Masters winners were Rob Kriegshaber in 1:39:18 and Lynn Grimes in 1:57:39. In the Veteran Senior Masters, Henry Holt finished first in 2:07:03. There were no women in that division.

The 8K race had 465 finishers, and they were led again by Jud Brooker, who finished in 27:02. Kathryn Ashton was first female in the 8K in 30:35. Columbian Mike Hedgecock was the first Masters finisher in 30:38, and Susan Rexrode was first Masters female in 39:23. The Grand Masters were led by Jim Cannon in 31:37, and the first among the Women was Rachel Caldwell in 40:22. The Senior Grand Masters winner was Wayne Powell in 41:46, and the women's Senior Grand Masters winner was Laura Griese in 52:28. Willis Ridenhour was Veteran Senior Grand Masters winner in 48:00. There were no women in that group.

**2103** Lexington Medical Center became heavily involved with the GCRR this year, much to the delight of the running community. This year's events include 681 runners in the half marathon and 490 in the 8K. The top finishers were Michael Banks in 1:06:26 and Joan Tangwar in 1:16:58 in the half marathon and Michael Hammond and Craig Forsys in 24:36 and Kenzie Riddle in 30:15 in the 8K.

**2014** A half marathon and an 8K again made up this year's Governor's Cup. The first two among 484 finishers in the half marathon were Chapel Hill's Kiprono Kurgat, 25, in 1:05:17 and Hillary Too, 35, in 1:05:36. Kurgat's time was a pending first place State All-Comers Finish Record - a 4:59 pace. Charleston's Michael Banks, 28, was third overall in 1:05:50 - a pending SC Open State Record. Columbian Eric Ashton, 46, was first Masters overall with a 4th place finish of 1:11:53. Clemson's Dave Geer, 60, was 19th in 1:24:39 - a pending Age Group State Record. Chapel Hill female runners Susan Jerotich, 27, and Zipporah Chebet, 26, placed 13th and 14th overall, and first and second among females, in 1:18:31 and 1:18:38, respectively. Columbian Alyssa Bloomquist, 24, was 15th overall and 3rd female in 1:21:25. In the 8K, Chapel Hill's Cleophas Ngetich, 25, dominated with a 23:47 finish. Greenville's Adam Freudenthal, 25, was 2nd in 24:03. Greenville's Trent Binford-Walsh, 25, was 3rd in 24:23. Greer's Kimberly Ruck, 25, claimed the first female place in 27:38, 9th overall. Charleston's Irv Batten, 51, finished tenth overall as first Grand Master in 27:50. Greenville's Allison Parish, 26, was 2nd female, 12th overall in 28:17. Greenville's Michelle Zeigler was 17th overall and third female in 29:40.