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Speaker 1: I feel like all the pain that we go through in life, with time, it gets better. And after that pain you get to celebrate and you get to enjoy, and it makes things a lot better.

00:00:17

Speaker 2: Thank you, New York. Today, we're reminded of the power of community and the power of coming together. Athletes, on your mark.

The first woman to finish for the second straight year here in the New York City Marathon is Miki Gorman, a smiling Miki Gorman. And why not?

2:29: 30 time for (inaudible) .

Look at the emotion of Shalane Flanagan as she comes to the line.

Pointing to his chest, pointing to the USA he so proudly wears across his chest. A great day for Matt McClusky.

00:00:57

Speaker 3: Hey, everybody, and welcome to another edition of Set the Pace, the official podcast of New York Road Runners. We are presented by Peloton. I'm your host and the CEO of New York Road Runners, Rob Simmelkjaer. And with me from Peloton, it's Becs Gentry. Hello. Hello. How are you today?

00:01:15

Speaker 4: Hi.

00:01:15

Speaker 3: Nice to see you.

00:01:16

Speaker 4: I mean, I'm good. I'm boring. How are you? How are you? You are hours away from stepping on the flight to Tokyo.

00:01:24

Speaker 3: I'm so excited. We're recording this on Tuesday, and on Wednesday I will board my flight over to Tokyo to take on the Tokyo Marathon. So excited. Now, first thing I want to say Becs is, I am, just like I did for Berlin, running this marathon in support of Team for Kids. For those who don't know, Team for Kids is our charity program that supports New York Road Runners and all of the incredible youth and community programs that we have at New York Road Runners, from Rising New York Road Runners, which is helping over 100,000 kids in New York City learn how to run and get active, to our open run free running program, our Striders, older adult walking program.

So many amazing programs we've got here at New York Road Runners and I'm running to support all that. So I hope folks will think about donating to help support my run. I need all the positive vibes I can get. We're going to put a link to donate in the show notes. Thank you to everybody who's already donated, and I really appreciate all of the support. Beccs, yeah, listen, I'm really feeling great.

00:02:33

Speaker 4: Good.

00:02:34

Speaker 3: My legs feel good, everything feels good. My training runs have all been good. I will say this, I did go skiing for four days last week-

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Speaker 4: I saw that, yeah.

00:02:42

Speaker 3: ... which is not what I would say is your ideal run training, but what am I going to do? It's winter, skiing is what I do in the winter, sometimes with my kids. I had a great time with Julia and some friends skiing, but I felt a little bit of that in my legs on my short-ish long run on Saturday. My run this morning felt a little bit better. But we'll see if that comes back to haunt me at some point during the run in Tokyo.

00:03:10

Speaker 4: You'll be fine. Keep the recovery on, get the recovery boots, compression socks on, flush it all out, drink a lot of water, and you'll be great. You'll be great. If anything, it's just the flight that's going to be the one thing.

00:03:22

Speaker 3: You've given me some advice on this run since you have already conquered Tokyo. You've talked about the course, you've talked about the out and backs, some of what people call the quiet element of Tokyo and being ready for that, which I am.

00:03:37

Speaker 4: Comparatively to the other five, yes.

00:03:39

Speaker 3: Yes, exactly. Any last minute tips in terms of travel? Should I run my first day? I feel like when I land and I get myself sorted over there, it'll be Thursday, I

feel like I should just try to get something in that day even just to help get me on the time zone.

00:03:54

Speaker 4: Go to see the palace in the middle. It's the finish line destination of the marathon, so it's great to go and see it. You'll see everybody from New York doing laps around it. It's beautiful. It's a huge sightseeing point, so you can tick it off as well. Yeah, go and shake the legs out and then get in an onsen. Get your feet on the ground, naked feet on earth or water, a natural element, as soon as you can as well. It might be a little too cold to just go and put your feet on the grass, but for me, that's what I do when I travel, especially long distances before I run, is the connection with Mother Earth.

00:04:30

Speaker 3: Love that.

00:04:32

Speaker 4: Piece to piece, body to body, not through shoes should ground you as close as you can. If not, get that melatonin. Eat the melatonin.

00:04:45

Speaker 3: Yeah, I'm bringing some of that, absolutely.

00:04:45

Speaker 4: Go ground yourself.

00:04:45

Speaker 3: ... just to try to get my sleep sorted.

00:04:47

Speaker 4: Get into the onsen, get into the bath as well. Those amazing onsens they have in Japan, they're stunning and great for relaxation and really great for the body. So that should set you up. Thursday... Wait, you leave on Thursday? No, you arrive on Thursday.

00:05:00

Speaker 3: I leave Wednesday, get there Thursday, exactly-

00:05:03

Speaker 4: That's exactly what we did.

00:05:04

Speaker 3: ... so those will be Thursday moves. Okay.

00:05:05

Speaker 4: Yes. The expo is, as you would expect, incredibly organized. It was so quick in and out, but it is a travel to get there from the center of Tokyo, so make sure you do understand that you could be getting some miles in.

00:05:21

Speaker 3: I'm thinking maybe Friday for that trip, yeah.

00:05:24

Speaker 4: Yeah, we did that Friday and we ended up walking 18 miles that day, which wasn't the greatest idea.

00:05:28

Speaker 3: Wow, okay. I'm not hoping to do that. Yeah, that's a lot of walking two days before a marathon. Well, I can't wait, Beccs, to see folks over there. We've got a lot of New York Road Runners members, we've got a Team for Kids team running as well, so can't wait to see folks over there. By the way, if you're a New York Road Runners member, we are going to have a member gathering in Tokyo on Friday, so if you're interested in attending that, there should be something in email or you can actually send a message to runner services and you'll get the information about how to hook up with our team in Tokyo. We'd love to see everybody over there. I'll be there, other senior members of our staff will be there to give all of our Road Runners members a high five and good luck as we all get ready to take on the Tokyo Marathon. So thanks everybody for the support, I can't wait. And I'll report for sure on how that goes as soon as I can, hopefully from Japan.

00:06:26

Speaker 4: Wow.

00:06:27

Speaker 3: All right, well, we just had a race here in New York City this past weekend, the 2025 New York Road Runners Al Gordon 4 Miler, honoring Al Gordon, one of the great figures in the history of New York Road Runners, an incredible guy who started running marathons in his 80s.

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Speaker 4: I mean, the whole story behind that is I think... Sorry to cut you off, but I just have such a strong love of this race and the distance of just him starting running in his 80s and running four miles, they're two highly unusual things in the running world that come together. And I think it is one of the most welcoming races that New York Road Runners put on, which is absurd to say because they're all so welcoming and so wonderful. But from having seen it

last year, I think there's such a vast range of people who do it and that's just testament to his story. Yeah, I love it. It really makes me be like, "Everyone should go and run this," because it's like 5K is a common thing. You say four miles and even new runners are like, "Hmm, that's weird. Maybe I'll try it because that dude did it in his 80s."

00:07:42

Speaker 3: It's true. It's a funny distance. We have a number of those races in Prospect Park or Central Park. Partly just because of the way the parks are laid out, Becs, it kind of is a relatively easy distance for us to create a course for. This one was in Prospect Park on a chilly day. We had a great turnout, over 4,500 runners, and it was a home game for Andy Kent from the Brooklyn Track Club and he was the men's winner at 19:55 over four miles. Very impressive. On the women's side, it was Grace Richardson coming in first at 21:57 and the non-binary winner was Elijah Taylor at 22:46. Thanks to everybody, including the volunteers, for coming out and making that a great day.

And Becs, speaking of inspirational things, of course everybody all over the world, especially the country here in the United States, has been paying so much attention this year to the tragic fires in Los Angeles. We've been thinking about ways here at New York Road Runners to support LA and everything going on out there. We're so excited to announce that we are supporting an initiative called Together LA, which uniting the running community all around the United States and beyond to help support LA wildfire relief efforts.

So you can purchase limited edition co-branded Together LA merchandise, and 100% of the net proceeds to that is going to go to CORE, C-O-R-E, which is an organization helping to provide relief, as well as the California Fire Foundation. That's going to aid people directly impacted by these fires. So if you want to buy one of these shirts, New York Road Runners, our logo's on it, we're a part of that, you can shop now or just make a donation by looking at the link, it's in our show notes. It's [togetherla.lamarathon.com](https://togetherla.lamarathon.com), [togetherla.lamarathon.com](https://togetherla.lamarathon.com). Becs, the LA Marathon happens on the same day as the United Airlines NYC Half, so it's coming right up. We just want to support everybody in LA to have a great, great day and obviously to make a big impact on supporting relief efforts.

00:10:00

Speaker 4: So cool. So, so cool. I'm wishing everybody luck for both races.

00:10:03

Speaker 3: Absolutely. So thrilled to be a part of that.

Well, Becs, speaking of great races, of course we mentioned the UA NYC half coming up, and we have such a great pro field this year.

00:10:15

Speaker 4: Oh my gosh.

00:10:15

Speaker 3: And today we get to speak to one of the headline names from that pro field. And Becs, you may not know this, but this woman is also my daughter's favorite pro runner.

00:10:29

Speaker 4: She's up there for me too.

00:10:30

Speaker 3: Yes, Sharon Lokedi, and I'll explain why when she comes on. But Sharon Lokedi, who is my daughter's and also her best friend's favorite pro, will join us here today. She's running the United Airlines NYC Half. Obviously, a top contender to potentially win that race.

00:10:49

Speaker 4: Yeah, unreal.

00:10:49

Speaker 3: This will be her second time running the race. Her first time was in a warmup to run the New York City Marathon in 2022, which, of course, she won in her debut. So we're so excited to have her come talk to us about getting ready for our half and obviously her incredible story and her journey from Kenya, to the University of Kansas, to being one of the greats in the women's pro game right now. Then, Meb will be here a little later on to talk to today's featured member, Evan McKiernan, who is training for the United Airlines NYC Virtual Half Love of Running. And then in today's Meb Minute, Meb is going to give us his best training advice for when you're three weeks out from a challenging but beautiful half-marathon. So stay tuned for that.

00:11:37

Speaker 4: So many things, it's so exciting.

00:11:40

Speaker 3: Ready to hit your stride? Whether you're training for your next race or just lacing up for a run, no matter your level, the Peloton app has everything you need to keep you moving. Track your progress with real-time metrics and celebrate those streaks and personal bests along the way.

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The last time today's guest, Sharon Lokedi, ran the United Airlines NYC Half, it was as part of her training for an upcoming marathon. Well, her debut in that marathon was the 2022 TCS New York City Marathon, and Sharon went on to win that race, becoming only the eighth athlete ever to win the TCS New York City Marathon in their 26.2 mile debut. Born in Burnt Forest, Kenya, Sharon Lokedi made a name for herself as a dominant force in collegiate running. She was a 10-time all-American at the University of Kansas and won the 10,000 meter NCAA title in 2018. Other notable finishes for Sharon since her '22 marathon win are second place in the 2024 Boston Marathon and fourth place at this past summer's Paris Olympic Marathon.

Sharon splits her time between Flagstaff, Arizona with the Under Armour Mission Run Dark Sky Distance team and her native Kenya. Sharon Lokedi will be towing the line at the 2025 United Airlines NYC Half on March 16th. And Sharon, we are so excited to have you coming back to New York where you clearly are comfortable because you do so well when you come run with us here. And Becs and I are thrilled to have you here on Set the Pace. Welcome.

00:13:39

Speaker 1: Thank you so much, Rob. As you said in the introduction, the first time I ran the New York City Half, I went ahead and won the New York City Marathon that fall. So part of it, just the athlete that I am, I think has just been so big and being part of NYC running and I'm really looking forward to coming back for the second time. I know it's going to be a blast, so I'm really, really excited for it.

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Speaker 4: Oh my gosh, we can't wait to have you. It is super close to your birthday as well, the race, right?

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Speaker 1: Yes. I know, you guys should change it to the week before.

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Speaker 3: We'll get on that. We'll get on that, Sharon. Let's move it up a week.

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Speaker 4: We'll rename it as a celebration of you. But that

is so exciting as well to be doing the things you love, training, and doing the celebrations and all of that in New York in a place where the streets are lined with people who absolutely adore you, as I'm sure is everywhere you go. But can you share with us any expectations or any hopes that you've got?

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Speaker 1: Honestly, I mean, my training has been going so well. I'm just ready to know to get in a race and compete and see where I am. Honestly, I wouldn't go any other place where I know I wouldn't know or what shape or what fitness I'm in. So I'm really excited to showcase it in New York, and hopefully it's a really good competition. I'm really excited that we go in and we get to compete and hopefully come with a win or anything. But I'm really looking forward, as you said, it's a long week celebrations. I'm really looking forward to that.

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Speaker 4: Wow.

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Speaker 3: What better birthday present-

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Speaker 4: What better...

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Speaker 3: ... to yourself.

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Speaker 4: True, right. True-

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Speaker 3: ... than a win at a half-marathon. Absolutely. So there you go. Sharon, I want to go back to that 2022 marathon. What an incredible story for you to win at your debut in the distance in New York. To me, it's one of the great stories of the TCS New York City Marathon and certainly obviously a great story in your career. Take us back to that, what your expectations were coming into that day and how the day unfolded so that you find yourself crossing that finish line first, how unexpected it was, and also Sharon, just how that's changed your life since then.

00:16:26

Speaker 1: When I decided to do the marathon, I was like, "We'll, just go to New York." It's hard. You don't have as much expectation. You just go run and compete and get the

feel of the marathon. And so during training, all I ever thought about is like, "Oh, this is going to be my first marathon. Just train, just get the mileage in, and just start to feel the distance of how it goes."

Honestly, it was just coming around and the training and the workouts. And you know how long they're and very tiring there, and I was like, "Jesus, am I going to be able to do all this in the buildup?" I mean, we came to the race and I'm in there and we're running through the halfway point and I'm like, "This is the longest I've done." At that point, I had only done maybe two or three half-marathons, so I'd never done anything... It wasn't like I'd done a lot.

So as we go through the halfway point of the full marathon, I was like, "Oh God, am I going to be able to finish this?" We just kept going and I think at 25 or 30 then they made a move and I was like, "Well, this is where things happen." I just started counting people. I'm like, "If I'm till five, I'm fine. I don't have to worry about anything." And we just kept going. I stayed with one of the girls and we just kept pushing. And all of a sudden we could see the leaders ahead of us. We just started walking. At this point I'm like, "Oh no, you got it." I had had so many people say, "Once you get to 35, you start to hit the wall and maybe that's where things are." And we get there, and I was like, "Oh no, this is where it's happening. This is where it's happening.:"

But then I also had this confidence in me. I knew that I had done enough training and I was strong enough. Once we got up to the leaders and I was like, "We came back. Nothing is done until it's done." At that point I was like, "Keep going." I have this thing that when I'm running or when I'm competing and I see people ahead of me, I start to chase them. And this was the thing, we just started chasing them. We caught up to them and we just went. It was like it happened. We just kept going and we kept going, and then we started to get close to the park and it was only three of us. And I was like, "Oh, oh no." We started going, and then one of the other girls who a little bit was dropped, and then I was like, "Oh, so now it's two of us."

I honestly cannot tell you, but there was something that just I felt so strong and I just wanted to go. I made a move and immediately I made the move, I was like, "Oh no. I did it too soon. This is a bad idea. This is a bad idea." But I just kept fighting and it was like at the time where I'm like, "You got this. You can do this. Just come on. It's like the thing they've never done and you're just doing it so well." I just kept fighting. I had never longed for that finish line in my life as I did that point. You're not supposed to look back, and I do that all the time, I don't know why. Because I'm like... I have to be confident, but also I

don't trust that I'm that strong to get to the finish line before anyone gets up to me. So I kept looking back. I think at this point is I'm tired, I'm just trying to get to the finish line.

I think once with 200 to go and I was like, "Oh no, we hit that hill..." I just didn't know why, Rob, can you change that?

00:20:06

Speaker 3: The hill? Yeah, not the first time I've been asked.

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Speaker 4: Please, Rob. Please.

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Speaker 1: But it's like the thing that you think you're done and then you hit that and you're like, "Oh." But again, at that point it's like when you just by yourself and you have enough left, then you're like, "Okay, we can see the finish line so just get through it." And just crossing the finish line and winning in my first marathon, honestly, it's still like happening. It's still in my head. I just honestly think that it's always, always going to be a memory I'll never forget.

Honestly, I feel like after that things just started changing and things just started happening. They're all really good things. To be honest, it's like you can never accept something to happen without putting in the hard work. I think it's like I had had so many years where I was doing things and I was just average and average and average. And just having that breakthrough I think opened so many things for me personally and even my running career and everything. So I just became so confident and I believed in myself so much. I think even from there it's just opened up so many things. It's like I get to the race now, it's like I just don't see myself as... I think I belong there. I put myself in there and I just do my best and give my best.

Even in training, every time things happen I'm like, "Oh no, you can do it. Come on. It's just something that you can go through." I feel like all the pain that we go through in life with time it gets better. And after that pain you get to celebrate and you get to enjoy and it makes things a lot better.

00:22:02

Speaker 4: Oh my gosh. That's such an important message as well. Thank you for sharing that with the listeners to just hard work. You've got to work for it if you want something. It's kind of crazy for me, and I'm sure our listeners, to think of you not being confident or not feeling that you

should be there on these start lines is just... We see you as mere mortal runners. See you as you're an inspiration. You're an absolute goddess out there when you run. To me, I watch you with awe and just-

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Speaker 1: Thank you.

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Speaker 4: You can see the hard work. I'm not saying it comes to you without hard work. It's clear how hard you work, but it's lovely to hear somebody of your level just that you still have to learn it and remind yourself. It's very real. But I mean, you touched on it, the hard work pays off, things start changing. You take the win at the TCS New York City Marathon in '22. Fast forward, you keep working super, super hard and Peres, Peres comes, the Olympics are here, and you stepped up. I saw this in the show notes and was like, "No, that's got to be a typo." Nope, your fourth marathon ever was the 2024 Paris Olympic Marathon. So I just want to know more about that. What was your training like for that huge event?

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Speaker 1: Honestly, I feel like for that win, it was very short. Very short and very... I think I had maybe two long runs and maybe three big workouts. I came to the mini, I ran the mini, and then after that I was getting ready for BA 10K because at that point they had already announced the field, so I was done. I was like, "I'm just going to enjoy my time and just compete and get some time off and then come back for New York in the fall." I think the second week when I went back after the mini, they sent me an email and they're like, "Oh, you have to come to Kenya." And that I think mid June, I think June 15, 16 somewhere. And at that point they're like, "Yeah, you need to come to Kenya."

I was like, "Well, if I'm coming to just be there, then I'm not doing it because I have to compete. I need to figure out things here and compete." They're like, "Yeah, no, we need you to come," and I was like, "Okay, I'll come." And then I get to Kenya and they had the trials that weekend, and so I stayed in Nairobi for that day. And then they announced the team and I was still a sub. So then I was like, "Okay, it's still like I have come all the way here." It was just a lot of mind games, I feel like." Sometimes it's like I thank God because He gave me such a strong mind somehow that I just kept hoping. I never gave up hope. I just kept thinking, "It will work out. It will work out."

I knew that the girls that were already in, they were very strong and I just kept praying for them. I want the best

for them, and I was there supporting them and everything, but I just wanted to be sure if I'm in it or if I'm not. Then I had to switch things and start training. And so then I went back home that weekend after they announced the team and that same Monday they were like, "Okay, we want you to come to training." And so I started training and then I think two weeks later they're like, "Oh, you're in." And that was end of June. So I only had just July. I just had to change everything so quick and just the way I think. It was like I had been training, but I had not been doing marathon training. I was doing 70 miles to 80 miles a week.

And so my coach and I just started figuring out, okay, we need to get you from maybe at least to 100 miles and maybe just stay there and maybe not overdo it. We just focused on the workouts, and after that we just worked on the workouts and then worked on just being mentally there, just thinking about the training and not thinking about the competition and everything. And as we kept going, I mean, my body was responding well to the workout and the long runs. I think at this point I was just so excited. I'm like, "I'm just going to be an Olympian. This is happening." And then at the same time I was like, "You have to think about the training. Don't think too far ahead of everything."

I have a very good support with my family, and my mom, she just kept saying, "Sharon, it was the opportunity from this side, so just stay there and just believe in yourself. You can do it." And so yeah, I kept training, I kept training and then time to go to Paris came. We traveled, we get there, and the first night everybody's like, "Oh, we're in the village, we're in the village." Peres and I, we were roommates. And so all the night, Peres is just like-

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Speaker 3: Peres Jepchirchir, yeah.

00:27:33

Speaker 1: Yes. And like, "Sharon, we're here. Let's compete." Obiri, I think we met Obiri there because she was in the US. So all of us met and we are just trying to figure out and everyone is like, "Yeah, the training has been going on this." I just deep down in my head I'm like, "Oh no, I have done half of what they've done already." But then we get to the race and we get to the start line and I can tell you, it was hot, but even before in the bus, I'm like sweating. I'm like, "I'm just going to do this." There was so much expectation. When you get to the competition, nobody cares if you had a full block of training or a short block of training, they just expect you to compete.

I just didn't want to give myself a lot of doubts and stuff. I just wanted to just be there, be present and just

be confident. I knew, I was like, "Well, I had a really good block in Boston," and I was like, "I'm just going to use that." It was only just a few sharpening here. And then we get to the village, the tents, and we're sitting there and I can't even tie my shoe. I was shaking. This point it's like, okay, we have to go to the start line and all that. We're warming up and you're seeing everyone.

I kept looking at people, I'm like, "Wow, they look so fit. Oh, geez." (inaudible). After the cool down, we went back and people are changing and we had to move quick and everything was just going so fast. I'm like, "Okay, I get everything. I get everything." We get to the start line and they couldn't let us straight. I was just getting worried and everything. It's like when you cannot do anything, that's how bad I was. I was like I couldn't just figure out anything. Peres was there just trying to help me with a few things. I'm just grateful that I had good teammates. And we get to the start line and we start running and everything and it's like once you start running, then things just start to come down and you're like, "Okay. Okay."

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Speaker 4: (inaudible) to doing what you know you can do.

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Speaker 1: Yes. Yes. And the point was just follow your teammates, just stay with them, work as a group. We kept going and we kept going. Honestly, every time I'm like, "I can do this. Everyone here is strong. Everyone here is the fastest in their country. Everyone here, they all earned the position to be there." I was like, "Even me, I did. I couldn't be here if they didn't believe in me and if I didn't believe in myself." So I put myself in it and I started competing and I just was present. I tried to make as many moves as I could and I tried to stay with them. If the move was made, I was in it. Then we get to the hill and I was like, "Wow, I'm moving." You know when you get to do things and you're like, "Oh." I was feeling so good and we kept going and I just wanted to keep fighting as much as I could.

We get to the point where you're like, "I did everything I could. I gave my absolute best." And honestly, I'm very proud of that performance and I would never take anything from that. I would always, always appreciate the opportunity that I'm given and just whatever it is, whatever I get, whatever it is, I'm always like, "I'll take it with grace and fight for it." Not everybody gets that opportunity, and I got it. I was there and I gave my best. And fourth is still a big, big, big performance. So I'm really looking forward to what's come next. I hope I can do well. I feel

like I'm still growing. I'm only 30.9, so I still have a couple more years.

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Speaker 3: 30.9, that's your age. I've never heard anybody put it in point something, but yeah-

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Speaker 4: It's so close.

00:32:00

Speaker 3: It's so close. So yeah, so I think there's still more to be achieved and I believe that I still have a lot more to show and a lot more to prove to myself that do not limit yourself, anything is possible. And to think that five years ago I almost was like, "Maybe I'll just put this running to the side." Here we are now.

00:32:26

Speaker 4: I'm glad you didn't.

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Speaker 3: Good idea that you did not do that. Exactly.

00:32:35

Speaker 4: (inaudible) .

00:32:35

Speaker 1: Never give up hope.

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Speaker 3: So glad you didn't do that. We're all so glad you didn't do that. Sharon, when I look at your results, and your, again, still pretty short marathon career and what you're doing on these courses that are known for hills. I mean New York win, Boston, second, Paris, a hilly course that people went faster on than I think most people expected, fourth place just out of the medals, but a tremendous result for you there. Are you a hill runner? Is this what you look for? Do you look for hilly courses? How do you see yourself in terms of where you think you have the best chance to win when it comes to marathons or even in shorter distances like a half?

00:33:22

Speaker 1: Honestly, I feel like for these courses, I feel like I just get the best training that I know is best for that. And to be honest, I've never tried any other course. I've only been able to do this. And honestly, I think we're all different. I think we are all different in the way we

view things. And for me, I always think, if you choose something, you really want to do it. I feel like every time I go to these races and to these courses, it's like I can do it and I try to do the workouts that I know are going to help me in those courses and everything.

I think part of it is more mental for me than anything. I'm always like, 'I know it's going to be hard, so I have to be prepared and be there and do the things that I know are going to help me.' But I also think that I just have strong muscles. I don't know, I usually just try to figure out things. I think I just have a way of trying to figure out... Anything that comes hard for me I feel like I just try to make... It gives me this fight that I always want to fight for. Maybe it might be different when I start running on a flat course or a faster course, but for now, I honestly think I'm just fine where I am. I just want to maybe keep doing it. I'll try in a few years or maybe a year depending.

00:35:11

Speaker 3: Well, you said mental. Becs, one thing that's in common in addition to the hills on these courses that you're doing so well on is no pacers, right? So you're out there-

00:35:21

Speaker 4: Yeah, no formation.

00:35:21

Speaker 3: So you're out there on your own. I think just talking to you, listening to you, hopefully our listeners are getting this, you could see how the mind of Sharon Lokedi works and the positivity.

00:35:34

Speaker 4: I was going to say the joy, yeah.

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Speaker 3: That's got to come in handy when you're out there by yourself attacking Heartbreak Hill or those hills in Central Park or that hill in Paris that looked like it was straight up.

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Speaker 4: It was brutal.

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Speaker 1: I usually say, "Don't look at the end of it. Just look just below in front of your legs or your feet. Just don't look ahead. Just take it step by step." And just like everything, just take one goal at a time, and I think

that's usually how I try to view it and say it like, " Just deal with what you have now and then just keep going uphill and then with no time, you'll be over it."

00:36:18

Speaker 4: It might hurt, but you'll get through it.

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Speaker 1: Yeah. It's definitely it's going to be hard, so just take it just a little bit and you'll get through it. You'll get through it for sure.

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Speaker 4: Sharon, you already mentioned earlier that you train between Flagstaff and then Kenya as well.

00:36:40

Speaker 1: Yeah.

00:36:40

Speaker 4: I know a lot of our listeners are so intrigued to know the differences between the two. There's a fair few training camps that go on now that all runners can go to, which is unreal to be able to experience this legendary Kenyan way of training to be the fastest runners on the planet. So what are the biggest differences for you, in your opinion, between the two places?

00:37:05

Speaker 1: Well, I think Kenya, for me, I feel like it's very low-key. It's very humbling. It's very humbling. You get in there and you're in a training camp Monday through Saturday. You wake up in the morning, you go for a run, you come back, you eat, you sleep. You are asleep for a couple hours. You wake up, you eat, you rest a little bit, you go for your double work. That's the only thing that you do.

I mean, you have treatment like massage and physio in between and all that stuff, but there's just nothing out there. It's all just you and your training and your recovery. I guess there's also the part where you have a group of people to go with. You always have someone to go with. You are always not by yourself or anything like that. People are very supportive. They're always like... You can always have someone to run with. You can always have someone to do the workouts with. It just makes it so easy on your mind and you're so relaxed and you're so calm. And for you it's just to follow and just let other people do the work for you. I feel like it makes it so easy to just get in shape quicker and get to enjoy other things that comes with it.

00:38:32

Speaker 4: Wow, that sounds like an absolute dream. When can I go?

00:38:40

Speaker 1: Anytime you want to come, honestly, all of you are so welcome. I feel like that's the part of it that just makes it... It's just very down to earth. You just don't have anything else to do. Sundays are usually off and you can just go do whatever, but you're also out in the forest. As I said, it's very quiet, very calming. I know most people find that very helpful. For myself I do find that very helpful that I'm just there just to focus on that, nothing else. I just find it (inaudible). And I get to see my family too. That's a bonus.

00:39:21

Speaker 4: That's so cool.

00:39:21

Speaker 1: I think that, yeah, that makes sense. Sometimes I can't even, because I said I'm always there Monday through Sunday, so I only see them on the weekend, on Sundays, and then I go back. But it's just the closeness of them being close helps sometimes.

00:39:36

Speaker 3: Sharon, when you were growing up in Kenya, there was something, violence, when you were about 14 years old, some political violence that really caused displacement for you. And that was, I'm sure, a difficult time for you, for your family. What kind of impact did that have on you? And then how did you ultimately find your way from Kenya to an American college campus in Lawrence, Kansas?

00:40:10

Speaker 1: Yeah, I think that was post-election violence, the one that you were talking, I think it was around 2007. I think I was in eighth grade. It went on for two months and just two months of unsettlement, people were just all over the... You couldn't just stay in your home. I guess you'll come to your home during the day and then during the night you just had to go and sleep somewhere in some hidden place in the forest. It was just things that happened at that point where you're like, you're just a kid, you don't know anything. We just had to follow what our elders were doing and most like my grandma and everyone. Yeah, even after that, it just was so hard to go from...

We used to go to... My primary school was maybe four kilometers away, so every time we went to school it still

was very, very unsafe. And so we had to go in groups and stuff, and it wasn't good for anyone. I think for most kids it just was things that are like they'd never seen. Our parents, they had seen it before, so they just were telling us stories. And then for us to be in that, I think it affected us in a way that you just see life now in a different... Things happen and politics and everything just changes the way people are. It just affects people that you don't think would.

I feel like even in my mind I still think about that. Every time I go home to see my grandmother, you can still picture all that. It's been a long time, but it still is something that is affecting. And you never know, it might happen anytime. It's just the things that are always happening all the time around election time. And yeah, it's definitely not safe and not good for people that are growing up and seeing all that.

And then, yeah, after that, I graduated primary school, then I went to high school. I was running in high school a little bit, not as much, and then I stopped. And then after I graduated high school, I was home and my mom couldn't afford to pay for my college tuition, so I started training again.. I had had a few people that had come to the US through scholarships and everything. I knew I had in me still like a runner. I went back to training camp and started training again from zero because I had stopped three years because at that point I was like, "Yeah, I just want to grow up and go to college like everyone." And then after that, it was just hard for my mom to take care of all of us. So then yeah, I started training and within eight months I was ready to go. I got a scholarship and I came to Kansas.

I'd never been anywhere outside of Kenya. It was my first time traveling. I came to Kansas in January, which was not the best time of the year. Take shock to the system to go from Kenya to the winter. But honestly, I feel like when I got there, they were very helpful and they helped me cope with life in the US and everything and with running. And I'm very grateful because I think part of the person I am came from the training I got in Kansas and everything that I, when I was there, I grew up and I became a better person.

00:44:02

Speaker 3: Well, we have to say goodbye to Becs. She's got to go off and teach a Peloton class. Her runners are waiting for her on the treadmill. So Becs, thank you, and we will see you soon. Sharon, we're going to keep going with you. Yeah, I just picture young Sharon Lokedi in Lawrence, Kansas. I mean we say here The Wizard of Oz, "You're not in Kansas anymore." You weren't in Kenya anymore,

you were in Kansas, actually in Kansas and doing amazing things, an incredible college career, winning the 10,000 meters NCAA title in 2018. From a competitive point of view, did you come out of college thinking, "Okay, I'm a 10,000 kind of runner, I'm a track runner."? Where did you see your career going at that point?

00:44:52

Speaker 1: Oh yeah, exactly as you said, I came, I was like, "I can do this now. Five, 10K runner." Professional running, it's not fun. It's not easy.

00:45:08

Speaker 3: No.

00:45:10

Speaker 1: You come in from college and you're used to doing all these things, you're used to getting all these treatment, you're used to always the racing every other weekend. And then you get to professional running and you're only racing maybe two or three times in the indoors and then you go outdoors and only it's the same thing. It was just that shift. Now you have so much time and you're just trying to figure out what to do with all this time. You're training. I feel like with college you are racing all the time that you got fitter so quick, and professional running, you're not racing as much, you only have to have a few certain races and you have to be on your top shape.

I think just figuring how that works, it took me a while. I would go to the races and I'm running well, but I was just average. I expected to once I get to professional running I'll start running so fast because now I have all the time to recover and do all this stuff. But that wasn't the case. It just had to be a lot of learning and also just trying to get used to this new lifestyle and just trying to figure out. And then COVID hit, and because I graduated 2019 and then I had almost maybe two or three and then COVID, and then we didn't do anything for a while. And then after that, after COVID, like 2021, then I was like, "You know what? Maybe I'm just going to switch the roads". Then I started doing road races in the summer. I think that is when things were like, "Okay, maybe this is where I belong more than anything." I started focusing more on the road racing and yeah, I guess here we are now.

00:46:58

Speaker 3: I'm going to challenge your description of yourself as average in college with an NCAA title in the 10,000 meters. But-

00:47:11

Speaker 1: No, in college it was great, but you have to know, if I had to make teams, I had to be on a different level. And once you're professional runner, you have to be making teams. You're getting signs to be running these times and making teams and everything. And with Kenya, it never went anywhere.

00:47:33

Speaker 3: It's a hard team to make. I mean, how much of that is in your mind? I mean, you mentioned that you were an alternate for Peres. Obviously someone dropped out and you ended up getting in, but you're coming from the hardest country in the world to make a team. You do spend a lot of your time in the US, but how does that make you raise your game? I know this was your first Olympics, but is that in the back of your mind often like, "I'm not just competing against the field, but I'm competing against my country women," which in a way for you is the hardest competition? You've got women like Hellen Obiri and folks like that out there running alongside you.

00:48:16

Speaker 1: Yeah, it definitely is hard because there's always new athletes coming in and they're fast and they're ready to go. You always have to be on your A game. I would say that, you always have to be ready to go. I think for a long time I just was like, "I'm just every other run just trying to run." But now it's like I want to put myself in the mix. I want to be in the position where every time they get to select, they're like, "Okay, you have to think about..." I have to be with the people being named, and that has to come with how I perform or how I compete and all that stuff. And that's why it's like I always have to work extra hard.

00:49:07

Speaker 3: One of the reasons we're so excited to have you come back to New York for the United Airlines NYC Half is just your ability to engage with the fans I think is something that's really special and really so needed for the sport. I can tell you, I don't think you heard this in the intro before you came on, but you are my teenage daughter's favorite runner.

00:49:32

Speaker 1: Hi, Julia.

00:49:32

Speaker 3: Julia, exactly. Her friend, Priya, who's always

waiting for you at the finish line with a sign, they love you, you're interacting with them and others on social media. You just have a certain connection to people. What does it mean for you, Sharon, to play that role of inspiring young people to be fans of the sport, to run as well? You really have a special ability, I think, to bring that out of people, and not everybody in this sport has that. It's a sport that can be really hard to, let's face it, have a personality when you're spending so much of your time staring at that road, staring at that runner in front of you. Is it just natural for you?

00:50:26

Speaker 1: Thank you for all the sweet things that you said. I appreciate that. I just think that to be where I am, I was like them one time. The people that I used to look up to, they were very inspiring. They used to work so hard, and I just wanted to be like them. And now that I've gotten to this stage, I just want to also the way that I felt and the way that I was looking at people working hard and being so good is I just want to be as present and just show them that anything is possible. You can achieve anything. I think part of me is it makes me so happy when I see someone so excited for me. It's like, "Who's this person? They're just so happy for me." I just want to be with them and give them a hug and appreciate them and just tell them, "You can do it. Anything is possible. Just believe in yourself, put in the work, and anything is possible. Just don't count yourself out and just be you."

It's always like the person that you are is always going to help someone else out there. Never change who you are. We're all just be the person that you are. Just do the things that you love and still enjoy and still being you. Live life, you know?

00:52:05

Speaker 3: 100%.

00:52:05

Speaker 1: Yeah. Yeah. So I'm always so excited to see them and just tell them I'm really looking forward to see them soon. Everyone out there that's listening, life is what you picture and life is what you think of. If you make it hard, it's going to be hard. If you make it easy, it's going to be easy, but just take it day by day. Tomorrow's going to be different and yesterday is already passed, so just work on today and focus on how tomorrow is going to be like.

00:52:40

Speaker 3: Beautiful. Absolutely. I know that you have taken

that spirit and you're giving back. I know you have given back to your high school back in Kenya, the Kapkenda Girls High School. You've created a running foundation back there. I know you're also helping your family, of course, back in Kenya. Talk about that foundation and what it means for you to make that investment in these young girls who are just like you were and are going to be that next generation of great runners from Kenya.

00:53:15

Speaker 1: I always think that life changes. I never thought in my life I'll ever come to the US. I came to the US for school, and it was school and running. Also, this running has taken me so many places. It's gotten me here. It's gotten me to New York. It's gotten me to Paris. It's gotten me to all the places that I never thought I would be. And through running, things can happen and life changes. And as it changed for me, it changed for my family. I'm the oldest of three siblings, so they're all looking at me right now and they're just like, "If she did it, we can all do it." It's like I just see them working so hard now, and I'm like, "If I had not put myself out there and worked so hard, they would've just been like, "Oh, it's anything." But they work so hard now. That makes me so excited that if they can just get themselves out there and do the things that they love and they're enjoying, it makes a difference.

00:54:17

Speaker 3: I think about how fortunate you must feel to have this dual existence. You have a home in Flagstaff, Arizona. You are very much comfortable in America and do a lot of your training here in the United States, but then, as you mentioned, you also go back to Kenya. And of course, there's been a terrible thing happening in Kenya with female runners. Some of them have been facing some violence, intimate partners, boyfriends who have been abusive or worse. Young women have been killed after having success as a runner coming back and facing this violence, which really has become a terrible problem in the sport for women, especially from Kenya. What would you say to a young Kenyan female runner who is starting to have some success? Being targeted this way could be a threat for them, something that could be a problem for them. What would your advice be to a young woman like that?

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Speaker 1: I honestly say that just you have to... I think for me, I feel like I'm always like, I've traveled, I've seen things, I have learned a few things here and there. I think I just want to tell them that just before you involve

someone like your boyfriend or your lover, just at least have one of your family members, like your mother or your father. I feel like those are the people that are close to you and they always want the best for you, and they would never lie to you or anything like that. I always say start with your family, start with your mother or your dad, and they would help you going forward.

It's also just don't trust people as much. Not everyone wants the best for you. I feel like for most of us women, we see the best in most people and we think that when someone comes to you, you think that they're just doing it for you. Most of the time it's not like that. And as time goes, people changes and people change in ways that you're not going to believe that person was once the person that you thought was going to be there for you. I would say just trust in your parents first. Even the coaches this time, you cannot believe them as much. Just maintain a professional relationship. If it's coaching, then let's be coaching. Anything outside of that, just try to maintain it as just everybody else. Because even them, you might think they want the best for you, but you don't know what they have. And that's what's been happening for most of the people, is the women, even now every time I go to Kenya, it's like you talk to people and they're like, "Yeah, my coach tells me this. My coach tells me this." It's like the things that you hear are just...

I just hope there's more people that can teach and help those girls and tell them that you just at least have some education on how they can keep their money and how they can take care of themselves. Our culture is just so different that if you're married or you're something, your husband has to be the one taking care of everything. The world has changed, and I think it's different now. I hope there would be more people that are helping us and showing us the right ways and being like, "You need to do this. This is not the right way to do it." At least have something for yourself. Just don't give up everything. Just have a bank account or something somewhere that you can hide something for rainy days, because we shouldn't put things in one basket. And I think that's the one thing that's still is very not practiced as much.

00:58:37

Speaker 3: It's great advice. A lot of Americans may see the prize money and it's good money of course that runners get here in the United States, but it's not compared to what somebody in the NBA or the NFL gets. But when you go back to a place like Kenya with a six figure-

00:58:56

Speaker 1: It's a lot.

00:58:56

Speaker 3: ... check, that's a lot of money in a place like that. So that's one of the reasons that these young women are finding themselves targeted and vulnerable. I think your advice is really, really good advice, so hope it gets to some people out there.

00:59:11

Speaker 1: Yeah, I hope so too. I hope so too.

00:59:13

Speaker 3: All right, so before we let you go, I want to just get in your mind on Sunday, March 16th, here in New York City at the starting line of the United Airlines NYC Half out in Brooklyn. I'm going to see you there. I'll give you a wave, a high five. I'm sure we'll connect and say hi there, but I want to get in your mind, maybe you visualize this. What is your goal for this race? Do you feel like you're in the shape and the form right now to go out and win a race like this? How do you think you'll approach this? Because listening to you earlier about what it was like when you won the marathon here, it did seem like you liked to be in that chase position a little bit. Maybe not comfortable having people behind you, but you like something to look at out in front of you. Is that the approach you take to a 13.1 mile race like this?

01:00:06

Speaker 1: No.

01:00:06

Speaker 3: You're going to go for it. You're going. Catch me if you can.

01:00:06

Speaker 1: 13.1, I mean, for me right now it's such a short race. It's like you get in there and it's done. So I think it's just going to be getting in, be competitive, stay with the pack and as we go, just keep working on the speed and just trying to see where we are and towards the last few miles just start pushing. To be honest, I feel like at this point it's not about chasing. I think it's going to be like, "Okay, let's try and see who's stronger here." So yeah, I'm just going to come in. I don't know, my fitness is somewhere, and I think it'll just be a really good race to just be in it and compete and just see what we get at the end of it. But honestly, as you said, New York is a place where you never know what's going to happen. The crowd-

01:01:19

Speaker 3: Good things, Sharon. Good things seem to happen when you come to New York. We are so glad you're coming back. We wish you all the best in your next couple of weeks of training and getting ready for it. I'm going to Tokyo, I'm running the Tokyo Marathon on Sunday-

01:01:39

Speaker 1: You are?

01:01:40

Speaker 3: So that's where I'll be.

01:01:41

Speaker 1: Oh my God, let's go. So excited for you.

01:01:41

Speaker 3: Thank you.

01:01:41

Speaker 1: Let's get the PB, okay?

01:01:41

Speaker 3: I don't know.

01:01:49

Speaker 1: Don't come back without a PB. We need to get a PB.

01:01:49

Speaker 3: I don't know if that's going to happen. I just set one in Berlin last fall, but we'll see. We'll see if I can at least come close to that. This is my second marathon in six months.

01:02:03

Speaker 1: I mean, and then you'll have six months in New York.

01:02:05

Speaker 3: That's right. Yeah, I won't be running that, but I'll at least be... I'll try to keep in shape for the fall. We'll see what happens. But so amazing to have you on. Can't wait to see you in New York. Thank you for being such an awesome ambassador for the sport for us at New York Road Runners. We will see you at the starting line of the United Airlines NYC Half.

01:02:28

Speaker 1: Oh, thank you so much. Thank you for having me in

the podcast. I am so excited to see you guys soon. And thank you. You guys are amazing.

01:02:39

Speaker 3: If you'd like to have a chance to actually meet Sharon in person and you're running the United Airlines NYC Half, guess what, Sharon Lokedi will be joining us at the United Airlines NYC Half Experience presented by New Balance on Friday, March 14th. You'll find Sharon at the New York Road Runners membership booth at 11:00 A.M. signing bibs and taking pictures. And then she'll be talking with our coaches on the Running Lab stage. So make sure you come by the United Airlines NYC Half Experience presented by New Balance for a chance to meet Sharon in person.

New York Road Runners is a nonprofit organization with a vision to build healthier lives and stronger communities through the transformative power of running. The support of members and donors like you helps us achieve our mission to transform the health and well-being of our communities through inclusive and accessible running experiences, empowering all to achieve their potential. Learn more and contribute at [nyrr.org/donate](http://nyrr.org/donate).

Evan McKiernan has been a part of the New York Road Runners community for over a decade, running 70 races since 2012 and volunteering at many more. Evan grew up watching his father race in the New York City Marathon and now in a full circle moment, he's passed the tradition on having run alongside his daughter in her first full New York Road Runners race last August. Evan is both a member of the Garden State Track Club and the youth club coach for the Junior Highlanders Track Club. When he's not running, Evan is an oncology nurse practitioner. Evan is currently training for the 2025 Virtual United Airlines NYC Half Love of Running. And Meb caught up with him to talk about his training for today's Member Moments.

01:04:37

Speaker 5: Thanks, Rob. Evan, how are you doing today?

01:04:40

Speaker 6: I'm good, thank you for having me, Meb. Great to speak with you.

01:04:43

Speaker 5: Nice to have you. You grew up watching your dad run the New York City Marathon. What was it like to finally cross the same finish line yourself?

01:04:53

Speaker 6: Yeah, so my parents worked opposite schedules, so

growing up, while my dad was training, I would usually chase after him on a bike so he could get his miles in. We grew up next to Prospect Park in Brooklyn, so lots of weekend miles. I remember seeing him on First Avenue and again on Fifth. And then for me, once I started running, I just really wanted to carry on that tradition and really beat his time if I could.

01:05:25

Speaker 5: That's awesome. You were his designated pacer.

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Speaker 6: Exactly. Yeah, exactly.

01:05:33

Speaker 5: You had some pretty serious hip surgery at HSS. As a result, you went from struggling to walking to running marathons and triathlons. What was the toughest part of that journey?

01:05:45

Speaker 6: Yeah, so I'm also a nurse practitioner, so it was very frustrating at the time to not be able to do what I wanted to do and what I loved. I was having pain just walking and standing. But then after the surgery and rehab, I was able to get back to running and actually my first marathon, New York City, was after the surgery. I ran it pain-free. I ran my second, and this year I got into the marathon through 9+1 and I'll be running in 2025 as well.

01:06:24

Speaker 5: Incredible. Tell our audience about the struggle though. I've been there where you can't even mentally (inaudible), where you can't even walk. I was crawling like 10-month-old baby on my knees and elbows because I cannot put weight on my hip because of a hip fracture. But now you have come over the situation and ran 70 races for the NYRR races since 2012. But can you take us back what was it like the first time after the surgery?

01:06:52

Speaker 6: So getting into it, I did some training in the pool, some of the altered gravity running on the treadmill, and just each step forward to be pain-free was a little bit of a success. And just like running in general, not every run and not every race is going to be the best race, but you can learn something at the end of each one. And maybe you run smarter and you see something that you didn't have a chance to see on even a faster race, but the next one just gives you something new. That's what I like to

take from life in general. Just every minute and every passing experience is something that you can learn and grow from.

01:07:42

Speaker 5: Absolutely. It's not when or where you start but how strong you finish. So talking about finish, last year you ran with your daughter in her first NYR race. What does it mean to you to share this experience with her?

01:07:55

Speaker 6: Well, I think she and her younger sister came to watch me run my first marathon, and in the back of my mind I was thinking about seeing my dad run the course and maybe I'm planting that seed for them. She's now 13, she's running track, she's running cross country. She really likes distance, so maybe we'll see a marathon in the future. But she ran her first 10K. I paced her for that. She has a little bit more speed than I do now, so she sprinted to the finish and crossed that first. But yeah, no, it's great to see someone else getting something out of it and positivity through running that you want to see for other people based on what it's brought you.

01:08:53

Speaker 5: Well, talk about other people, you are a youth coach. How does that help you, what you have learned from your dad now to help her with your daughter and also impact on other youths? How's that?

01:09:05

Speaker 6: Yeah, so I have three daughters and a son. My three daughters are running now. The steps that kids can make in running and athletics in general, the confidence that they can take from the sport into their daily life and learn those little successes that they can build upon it's great to see. Not every kid starts at the same spot, but you can have those little steps and progresses throughout the season. And just to be supportive and be there for the kids is a great thing to do and to give back to the sport of running.

01:09:50

Speaker 5: Well, we're so glad to have you on Set the Pace podcast. You've done a great job not only overcoming your situation, but helping others. So how's your training going for the 2025 Virtual United Airlines NYC Half?

01:10:03

Speaker 6: Yeah, so just starting out, for me, this marathon

actually, I'm running with my wife. She did 9+ 1 also and it'll be her first marathon. So it's a little bit different. We're going through it together, trading off our training and long runs and working out. We're both nurses, four kids, so it's more of a balancing act than it was maybe 10 years ago. And actually, one of our first dates, I was living by the reservoir in New York City and I said, " Oh hey, do you want to go for a run? Are you a runner?" And she says, " Oh yeah, I'm a runner." So she came, we ran around the reservoir, and she told me months later that that was the first time she ever ran, that she told me she was a runner just to come because she wanted to see me.

But now we're full circle and we're both members of New York Road Runner and running her first marathon. So yeah, it's great. Starting out, COVID was kind of a crazy time for healthcare, but again, I had my wife through it and we both experienced that. So now that everybody's back running in person, looking forward to running in 2025.

01:11:32

Speaker 5: Sounds awesome. Well, thank you for your leadership with the youth and then also with your family, but also that early stage watching your dad run and kind of planted the seed and you have passed on to many other people. So looking forward to your results for the 2025 NYC Half. So keep up the great work and thanks for being with us.

01:11:51

Speaker 6: All right, thank you. Appreciate it.

01:11:53

Speaker 3: Thank you so much for joining us, Evan, and for being a member of New York Road Runners. Now it's time for today's Med Minute.

01:12:00

Speaker 5: Three weeks before the United Airline NYC Half, you will be tapering your mileage to allow your body to recover and prepare for race days. This doesn't mean slacking off though. Your workout should still include some race pace efforts to remind your body that what it feels like to push in that intensity. Focus on quality instead of quantity. Keep your runs sharp and purposeful, but reduce the overall value. Keep mentally sharp. Visualize race day and go over your pacing strategy. Three weeks out, it is time to just say, " Hey, I got this." This is where the tapering is going to start. Don't push the pace too much but be able to just say, " Hey, I am almost there." And visualization is important to be able to just see what your next race is. In this case, the United Airline New York City Half Marathon.

01:12:52

Speaker 3: All right, that does it for a great episode of Set the Pace. We want to thank our guests, the great Sharon Lokedi, and New York Road Runners member, Evan McKiernan. If you like this episode, and who wouldn't, please make sure you go ahead and rate, subscribe, leave a comment on the show notes. So we'll answer your questions if you have one for me or for Becs wherever you listen to your podcast. Great to have you with us. Enjoy the miles. Wish me luck in Tokyo. Again, you can donate to my run on our page or Team for Kids page. Just look in the show notes, would love to have your support. Wish me luck. I'll see you on the other side of Tokyo. Enjoy the miles.