

2015 Tussey mOUntaiNBACK Previews: Profiles in Hillage

Teams: The Perfect Storm, Sexy Mother Runners, and Worst Pace Scenario

Q: What made you decide to do the mOUntaiNBACK race? Have you done it before?

A: Our local multi-sport club (Lewisburg, PA) which supports running, cycling, and triathlon, participates in various events in the region each year. Tussey is the perfect place to bring a close to our season. Most folks still have great fitness and appreciate doing an event that allows them to use that fitness but in a less competitive fashion. In the past 3 years, we have had multiple teams from our club participate, which makes for some great friendly rivalry. The logistics of the day are well coordinated by the race organizers/volunteers and the course without a doubt is beautiful. The foliage, the semi-competitive environment, and the after party all make for a great day.

Q: Where are your teammates from – work, neighborhood, family, running community? What is the team size?

A: Our club is only in its second year formally, although many folks have been running and riding together for years. We have 34 members as of today, but interest continues to grow as we become more visible in the community. Our mission (as noted on our website) is "A REGIONAL MULTI-SPORT CLUB WITH A MISSION TO (1) TRAIN WITH A FOCUS OF HAVING FUN, (2) BUILD A SENSE OF COMMUNITY, AND (3) ENHANCE OUR LIVES THROUGH A HEALTHY LIFESTYLE." Our roster is made of folks ranging from their 30's to 60's and from Boston marathon qualifiers to those just starting to run. Most of our members live in the Susquehanna Valley and work in the region as well. Our goal is to create a welcoming atmosphere where everyone feels comfortable to participate regardless of current capabilities/goals. It's a challenge to have multiple pace group runs with a small group, but no one is left alone and we all support each other in our training/racing. See our Facebook for some of our accomplishments.



Q: How are you training for this race?

A: Our team "trains" year round, depending on individual goals and the team race schedule we establish for the year. Many times teammates gather simply to have a running/riding partner. Some training does get event specific, as we did for the Syracuse Half Ironman this year, where training became more disciplined as the event approached (we'll be tackling a full Ironman next year in Lake Placid).

As for Tussey, in the past some of us have come to do the Teasers/Discovery Series races, but most recently we have enacted weekly Tussey Prep training runs. We meet up and travel to RB Winter to run the forest roads there and then return to the Rusty Rail Brewery in Mifflinburg for post run hydration—we take race day simulation very seriously! Otherwise we live off the training done throughout the year and ignore the burning legs on Stairway to the Stars.