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N.O.R.E.: I love this community. I love everything I did in the past. But this is truly a community that I feel comfortable in. It's truly a community that understands me and I understand them back. And again, that's the most beautiful part about running, is it doesn't matter who you are, you can have all the money in the world, or you could be the brokest person on earth, and when y'all start that finish line, y'all on the same level.

00:00:31

Rob Simmelkjaer: Hey everybody, and welcome to Set the Pace, the official podcast of New York Roadrunners, presented by Peloton. I'm Rob Simmelkjaer, the CEO of New York Roadrunners, joined in the flesh this week by my co-host and Peloton instructor, Becs Gentry. And Becs, this is a special version of Set the Pace because-

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Becs Gentry: Sure is.

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Rob Simmelkjaer: ... For those of you listening out there, you got to go to YouTube and check out the fact that Becs and I are sitting together right here at the Peloton Studios for the first ever video version of Set the Pace. And Becs, what an amazing place to do this first video podcast.

00:01:08

Becs Gentry: I know, isn't it? We are so lucky to be here. We are actually in our beautiful yoga and meditation studio right now, which is why we're really calm and using our indoor voices for now. It is awesome to be here doing this. I feel very like the worlds have come together today. Perfect.

00:01:25

Rob Simmelkjaer: It's amazing. You look great.

00:01:26

Becs Gentry: Thank you.

00:01:26

Rob Simmelkjaer: It's great to see you in person.

00:01:28

Becs Gentry: You too.

00:01:29

Rob Simmelkjaer: I'm wearing pants, which I don't always do

during the podcast.

00:01:32

Becs Gentry: I don't think I needed to know that.

00:01:34

Rob Simmelkjaer: I'm oftentimes sitting at home wearing shorts or whatever.

00:01:38

Becs Gentry: Glad you said that.

00:01:38

Rob Simmelkjaer: We really dressed up. We really dressed up for the podcast. And, let me tell you, not only is it special to be on YouTube this week, but we also have an incredibly special guest coming up in just a second.

00:01:50

Becs Gentry: Yeah.

00:01:50

Rob Simmelkjaer: You can't see him yet, but you might remember, not long ago at the Citizens of Queens Tanque in June, we had a huge moment at the finish line of that race, because if you're a music fan, certainly of my age, pretty much of any age, you know N. O. R.E., you know the Queens born rap star, started out as part of Capone-N-Noreaga, now he's gone solo. He's a huge star. He's also a huge runner. And at the finish line, he and his crew announced he's going to be running the 2025 TCS New York City Marathon. We're going to be talking to N. O. R.E. about running and how this all happened.

00:02:27

Becs Gentry: Yeah, absolutely. I'll tell you, my Instagram feed was just him that day.

00:02:31

Rob Simmelkjaer: Yes.

00:02:31

Becs Gentry: So I'm so pumped to talk about running and music, because that's what I do every single day. So I'm selfishly really, really excited.

00:02:41

Rob Simmelkjaer: So excited. We got a lot to do when we get to N. O. R. E., but I want to call out a little bit about what's going on at Roadrunners. And we had another big race this

past weekend here in New York City. It was the RBC Race for the Kids on a very humid Saturday morning in New York City.

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Becs Gentry: But I'm so thankful it happened, because the weather was looking like it was going to be torrential rain and storms. And I was like, "No, not the kids race. No."

00:03:04

Rob Simmelkjaer: It cleared out.

00:03:05

Becs Gentry: But it did.

00:03:05

Rob Simmelkjaer: And we had a pretty nice day. I got out there and ran, Becs.

00:03:08

Becs Gentry: You did?

00:03:10

Rob Simmelkjaer: Which we'll talk about what I'm doing running a little while. But, it was a warm day, and we had a great turnout, and we had some pretty fast winners. The non-binary winner was Pierce Lydon at a time of 24: 21. (inaudible) from Riz. The women's winner was Victoria Kingham with 23: 14 from Central Park Track Club Tracksmith. And on the men's side it was Ethan Koreth, 20 minutes and 39 seconds from 212 Athletic and Saucony. So yeah, it was warm, but it was a great day, and it was a really fun day in Central Park.

00:03:40

Becs Gentry: Congrats everyone.

00:03:41

Rob Simmelkjaer: Absolutely. And you know what? We got N.O.R.E coming up. After we talked to N.O.R.E., what happens when a friendly rivalry with a buddy who's in training for the Chicago Marathon takes on a life of its own? Find out later in the show when our man, Meb, interviews New York Roadrunner's member Noah Perez. So that's coming up a little bit later. And as N. O. R.E. knows well, the only thing better than running is getting your friends into running. So Meb's going to be here to give us some tips on the best ways to encourage your friends and family to take up the sport of running. So stay tuned for today's Meb Minute coming up a little bit later in the show.

00:04:15

Becs Gentry: Try the Peloton app for free and access classes for every type of runner. Whether you're training for your first race or you're a seasoned pro. From outdoor runs and intervals, to strength, yoga, and stretching, you'll find the perfect fit for every part of your routine. Whether it's a long run day, or you just need a quick five-minute reset, the Peloton app meets you where you are and helps you become a stronger, faster runner, because it's designed for someone like you. Try the app free for 30 days and download it now from the App Store or Google Play, terms apply. Peloton, the official digital fitness partner for New York Roadrunners.

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Rob Simmelkjaer: All right. So Becs.

00:04:57

Becs Gentry: Yes.

00:04:57

Rob Simmelkjaer: If you were running the Citizens Queens 10K, you might've noticed a group of 18 guys all wearing the same white Queens T-shirt with the name Run Champs across the front. It looked like a baseball jersey. Well, if the name reminds you of a certain podcast, some of us might follow, called Drink Champs, that's because at the center of that run crew was also the host of Drink Champs and the Queens born rapper N. O. R.E. That's N-O-R-E, pronounced N.O.R.E. N. O. R. E. burst onto the scene in the late 1990s as half of the hip hop duo Capone-N-Noreaga, went on to a successful solo career with hits like Super Thug, and Nothin, and more recently became the host of that podcast, Drink Champs. And he interviews rap legends over a few drinks. And we got a few drinks here actually-

00:05:48

N.O.R.E.: Good drinks, good drinks.

00:05:49

Rob Simmelkjaer: ... Of a slightly more healthy variety. And so, N. O. R.E., we are so thrilled to have you here on Set the Pace. Welcome.

00:05:58

Becs Gentry: Yay. Woo- hoo.

00:05:59

N.O.R.E.: By the way, I'm thrilled to be here. Running has been a part of my life. And, I realize that I can't explain

running to anybody else who doesn't run. They think you're a maniac, and we are. If you're up at four o'clock in the morning, running seven miles, something is wrong.

00:06:22

Becs Gentry: In a beautiful way.

00:06:23

N.O.R.E.: In a beautiful way. And so, I've been running and I didn't see competing in races. I didn't know that. I didn't realize... I got a platinum plaque, so I didn't realize this little medal means just as much to me, if not more, because I did this on my own. And, I can't describe the runner's high. You know what I'm saying? When you set out a goal and you say, "I'm going to do 10 miles." And you go out there and you do 10 miles and you come back home, I wish I could bottle that feeling and sell it, because no one really gets it, unless you run. I know I said this before, but I was in Naples and the guy just comes up to me and he's like, "So why are you guys out here?" Because it was a lot of us. We traveled. And I was like, "I'm here to run." And he's like, "So you come here to run?" And I'm like, "Yeah.

00:07:23

Becs Gentry: Wait, Naples, Florida?

00:07:24

N.O.R.E.: Yes. Naples, Florida.

00:07:25

Becs Gentry: Okay.

00:07:26

N.O.R.E.: So I realized I made no sense to this guy. And I'm trying my best. I'm like, "Yo, I come here, my family, I got my kids with me." And, he's just looking at me. And I realized, it's not really him. It's that runner's feeling like when you accomplish that goal on your own, it's just a certain feeling. And, I'm addicted to that feeling, man. I'm addicted to that feeling.

00:07:55

Becs Gentry: Love to hear it.

00:07:55

N.O.R.E.: And, I'm glad that I'm doing it "professional" now. I'm joining races. I flew to Maui just to run. I know that sounds crazy again.

00:08:06

Rob Simmelkjaer: Not to us.

00:08:07

N.O.R.E.: But, that's why I'm comfortable in this. This is going to trust.

00:08:13

Rob Simmelkjaer: These are your people. You're talking your people.

00:08:13

N.O.R.E.: Yeah, yeah. Exactly. So we went to Maui, we went to Naples, we went to Tampa, we went to Puerto Rico, we are going to Orlando, we're doing a wellness retreat. We're going to box, we're going to weight train. A whole wellness retreat for three days. And then, where else we went?

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Speaker 1: We went to Puerto Rico.

00:08:34

Speaker 2: Jersey.

00:08:34

Rob Simmelkjaer: He's got his crew here in the studio. Absolutely.

00:08:39

N.O.R.E.: Yes. So it's something that I'm really, really proud of and it's something that another time I spoke to my friend, Busta Rhymes.

00:08:48

Becs Gentry: Just casual. Friend, Busta Rhymes.

00:08:52

Rob Simmelkjaer: My friend.

00:08:53

N.O.R.E.: Busta Rhymes goes—

00:08:54

Rob Simmelkjaer: Your friend's my friend.

00:08:54

N.O.R.E.: ... He goes, "So what do you do this for?" So I'm like, "To be the better version of me." And he's like, "But there's no goal at the end. There's no money." And I'm like, "Not really. I'm actually spending money to go there." And then, I realized again, it's not going to make... It makes sense to people who love you. Busta loves me, that's

my homie. So he sees that it's a better version of me. So he's with it.

00:09:19

Becs Gentry: Talking about Buster rhymes, just as you casually mentioned, he's your homie.

00:09:24

N.O.R.E.: Yeah, yeah.

00:09:25

Becs Gentry: I thought I was super cool once, because he reposted something I did in class. Long story. A mystical song where the lyrics got confusing over and I did a hand gesture that wasn't cool. I'll show you off after.

00:09:38

N.O.R.E.: Okay, okay.

00:09:39

Becs Gentry: But I love how you phrase that of the people who love you understand it, even if they don't run themselves, they see that running is making you a better version of you.

00:09:51

N.O.R.E.: Yeah, yeah.

00:09:53

Becs Gentry: And so, let's talk about that, because your life has been one hell of a journey.

00:10:00

N.O.R.E.: I'll tell you this, I've traveled the world, and I'm so sorry, but running the world is better.

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Becs Gentry: Yay.

00:10:11

N.O.R.E.: I'm so sorry. You know what I mean?

00:10:13

Becs Gentry: Yeah.

00:10:14

N.O.R.E.: All my rap friends, it was Cannes going on, the movie festival in Cannes, and I seen all my rap friends out there. And then, I went to Cannes the next week, and it just so happens, my wife, she wanted to do that for her

birthday. And I ran in Cannes.

00:10:33

Becs Gentry: Mm- hmm.

00:10:33

N.O.R.E.: You know what I'm saying? So I felt so different, because like I said, I traveled the world, I performed, I didn't enjoy the world. You know what I mean? Because, you're there working, you know what I mean? And, now when I go to a place and if I jog in that place, I feel like it's mines now. Not own it, but I feel like you conquer something and it's one of the... Again, Maui's one of my favorite places on earth.

00:11:09

Rob Simmelkjaer: Yep.

00:11:12

N.O.R.E.: I didn't even realize there's deers in Maui. I didn't even realize it. And we woke up early in the morning. We had two different sessions. So we did one run in the morning, we came home, we ate breakfast, whatever, whatever. And we did another run right after that.

00:11:24

Becs Gentry: Wow.

00:11:25

N.O.R.E.: And, I got to really see the place. I got to see, okay, you stay in the Four Seasons, you stay in the St. Regis or whatever, but you pretty much stay in a hotel. But I'm jogging the land. I'm getting to see the chickens that's outside. I'm smelling the cut grass. You know what I'm saying? I'm smelling the brewing coffee. It's just a certain euphoria that my whole section changed, because I realized that I'm so addicted to running. This morning, we had to wake up this morning, not had to, I wanted to, I wanted to wake up this morning and I didn't realize how close we was to Central Park. But when I got to Central Park, it was like a light flash, because I seen all the other maniacs. It was so many people.

00:12:07

Rob Simmelkjaer: That's where they all live.

00:12:07

N.O.R.E.: I was like, "Oh, I'm home."

00:12:09



Becs Gentry: Yes.

00:12:10

N.O.R.E.: I didn't even realize it. I was like, "Yo." And when you see other runners, there's three things that I actually do when I see another runner. One, I say, "You're late." Because I'm an early in the morning runner. Or two, I say, "I'm jealous."

00:12:24

Becs Gentry: Yes, same.

00:12:25

N.O.R.E.: Or three, I say, "What mile are you on?"

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Becs Gentry: Mm- hmm.

00:12:27

N.O.R.E.: You know what I'm saying? So I even drive different now. If I drive and I see a jogger, I'm like, "Hey, a minute, minute, minute. Go ahead."

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Rob Simmelkjaer: Let go.

00:12:35

Becs Gentry: Oh my God.

00:12:36

Rob Simmelkjaer: Let it go. Let it go.

00:12:37

N.O.R.E.: I let bikers go through, joggers go through. This is a different part of my life that's given back to me. You know what I'm saying? It's just something I love. And this is the biggest challenge of my life.

00:12:52

Rob Simmelkjaer: We're going to talk about that in a second. But I'm just dying to know, how did this start, right? Because I look at your life story and it doesn't look like a guy who's about to become a runner and run the New York City Marathon. You grew up in-

00:13:04

Becs Gentry: Growing up in Queens.

00:13:07

Rob Simmelkjaer: ... In Queens. That was a good part. But you

grew up, had tough childhood, right? Had some tough times as a teenager, had some challenges, some legal stuff along the way that you got into. Right? And then, you meet your partner, Capone. You guys create this unbelievable rap duo in the '90s. Y'all hit it big. That's amazing, right? But, okay, rap star, now you're a music star, now all this stuff's happening and nowhere in there do I see, " Oh, this guy's going to start running." Right? Become a health duck.

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N.O.R.E.: You're correct.

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Rob Simmelkjaer: Yeah. So where was the turn? How did that happen?

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N.O.R.E.: First, to tell you the truth, my first jog I ever did was in Timberlands. That's how unexperienced I was. It was snowing, and I just looked at myself, and I was overweight. I didn't want to start next month. You know how everybody say, " Start next month." I started right then and there. So whatever I had on, I had bought a house in West Orange, and I had jogged to Verona.

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Rob Simmelkjaer: What made you do it? Why'd you start running?

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N.O.R.E.: I just looked at myself, I didn't like how I was. And then, when I did that, I caught the high, because what I forgot to say is I had my friend Stig with me, and my friend Stig was more overweight than me. And, we struggled that five miles. We really, really-

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Rob Simmelkjaer: And you were wearing Timberlands?

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Becs Gentry: You ran five miles?

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N.O.R.E.: ... Five miles in Timberlands, in the snow.

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Becs Gentry: Okay. Multiple things there blowing my brain here.

00:14:27

N.O.R.E.: I did everything wrong.

00:14:27

Becs Gentry: Timberland, snow, five miles first run.

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N.O.R.E.: Yes, first run. Yep.

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Becs Gentry: But you struggled through it?

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N.O.R.E.: I struggled through it. But it was something that hit me that I'm not a loser. I don't want to say it like that, but I'm not a person... I have to win.

00:14:43

Becs Gentry: You're not going to give up.

00:14:44

N.O.R.E.: I'm that guy. I'm that guy that even if I'm losing the fight, we're going to fight for 12 long rounds.

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Becs Gentry: Yes, you're going to take it all that way.

00:14:52

N.O.R.E.: Even when you beat me, you're going to not want to fight me again. That's who I am. Right? So I wanted to conquer that. But then, kept doing it, kept doing it, and I got good and I started to become a little better. Right now, when I jog, I really feel like Rocky, because people be coming, "Yo, N. O. R.E." I eat it up. It's the one place in my life that I'd never say, "No pictures." Sometimes people you eating, I'm like, "Chill."

00:15:19

Becs Gentry: Yeah, you're with your family.

00:15:19

N.O.R.E.: When I'm jogging, somebody asks me for a picture. I'm like, "Take three." I want the world to know. I want everybody to know, because, like you said, it was something that I was doing that I wasn't promoting. You know what I mean? My whole career. And then, my father was a boxer, so my father used to jog. So I seen it when my father got green eyes like you too. So rest in peace.

00:15:43

Rob Simmelkjaer: Rest in peace.

00:15:44

N.O.R.E.: But yeah, so then, what I started to do was I started to understand the run life. And, what you don't know is when you see a runner, and he has on different sneakers every day, and he has... The thing is, this is my assumption, we buy new equipment because we have to use it.

00:16:09

Becs Gentry: Yeah.

00:16:09

N.O.R.E.: So if you're sitting around, and this is the reason why I looked and my wife told me the other day, she was like, "You got to throw away some of these sneakers." So I got real sneakers. And then, I got my run sneakers. And I won't throw them away. The older ones, I just can't. I'm not a hoarder or nothing. I just can't. I just look at them and they have stories.

00:16:29

Becs Gentry: They do.

00:16:30

N.O.R.E.: They have stories. This is a different level of my life. And then, here's another level of my life. And then, here's the level I'm at now.

00:16:37

Becs Gentry: For me, I'm the same as you. I hate throwing away training shoes, because they've got a story of what they helped me train for. Race shoes, hell no. They all have their place in the closet.

00:16:49

N.O.R.E.: Mm- hmm.

00:16:49

Becs Gentry: And, I have a little tag underneath of NYC Marathon 2019, or whatever, whatever, because these are my shoes. So that brings me on, because I want to talk about that Queen's run.

00:16:59

N.O.R.E.: Let's go. Hell yeah.

00:17:00

Becs Gentry: Because I'm sure you've got training shoes for that, race shoes for that. But most importantly, you described it as homecoming for you, because it is, it was.

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N.O.R.E.: Yeah, where I grew up from was seven minutes away. So I stopped there first. I stopped at where I grew up.

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Becs Gentry: On the way?

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Rob Simmelkjaer: LeFrak City?

00:17:15

N.O.R.E.: LeFrak City.

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Rob Simmelkjaer: Absolutely.

00:17:18

N.O.R.E.: I filmed it. I did it. It was a moment for me. You know what I mean? And, the Queen's was my toughest run. Now, you say, "What? What do you mean? You ran more." Rain is my Achilles heel. Look, what's crazy, rain is my favorite weather. I can stay on my balcony and just watch the rain all day. But me running in rain, it's not so much because I'm a huge sweater. I sweat thinking about sweat. You know what I'm saying? I might be sweating right now.

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Becs Gentry: Which is wild, because everywhere you listed that you've been running is so humid.

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N.O.R.E.: Yes, yes, yes. But-

00:17:51

Becs Gentry: Challenging.

00:17:51

N.O.R.E.: ... The crazy thing about Hawaii, Maui, we trained for it with hills.

00:17:57

Becs Gentry: Yeah.

00:17:58

N.O.R.E.: So we thought that it was going to be hills and we get to the race and there's no hills at all.

00:18:01

Becs Gentry: Really?

00:18:02

N.O.R.E.: Yeah, we threw away our whole training. So the Queens was scary for me, because it rained, and it kept raining, and it kept raining. And I got one of the bags and it didn't help out. But I'm a believer in energy, so I didn't want to put out bad energy for my crew. So I just kept it to myself. But I was scared the whole time. I was like, "Yo, because what if I slip? Someone's going to film me. I can't tell them not to film me. I'm N. O. R.E." So I thought everything was going to happen. And you know what? It didn't.

00:18:36

Becs Gentry: It didn't.

00:18:36

N.O.R.E.: It didn't.

00:18:38

Becs Gentry: And you had a truly monumental day.

00:18:41

N.O.R.E.: That's one of the best days of my life. You know what I'm saying?

00:18:43

Rob Simmelkjaer: That's amazing.

00:18:43

Becs Gentry: And, I mean, it was pouring. It was—

00:18:47

Rob Simmelkjaer: Yeah, it poured at the beginning. It lightened up after a while. It wasn't the worst day.

00:18:50

Becs Gentry: ... All the finishing photos were stunning.

00:18:52

Rob Simmelkjaer: Oh, absolutely. And so, I remember I ran that race too. And, it wasn't until later that I got on the social and saw you with the Run Champs there at the finish line, that video, I loved it so much.

00:19:05

N.O.R.E.: Yeah, I loved it.

00:19:06

Rob Simmelkjaer: If you haven't seen it, go check it out on N. O. R.E.'s Instagram where you got your whole crew with you. And, you say, and I'll never forget the words you said, you

said, " Running makes me happy."

00:19:17

N.O.R.E.: It does.

00:19:17

Rob Simmelkjaer: "Running makes me happy. And so, I'm here to announce I am running the TCS New York City Marathon."

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N.O.R.E.: Yeah, it really does. And, again, I learned that it's only 1% of the world that runs. So now, I know that I can't describe this to everybody. Now, I know this is a losing battle. I know that. But if you're running, I automatically identify with you.

00:19:40

Rob Simmelkjaer: If you know, you know, right?

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N.O.R.E.: I could look at a person and be like... And then, I could feel like they could feel me too. Like, " Oh, okay, you about that life." We was in Central Park just now and 12... No, no, no. Maybe 15 years ago, I used to work out with a trainer named Mark Jenkins in Central Park. And there used to be a guy that used to be in Central Park. And I see him today, I see him, he walks up behind me, and he taps me on the shoulder. He was like, " Keep working." Or something. I forget what he said, something like that. And I be like, " Yo, I know this guy from 15 years ago." So I just love this community.

Like I said, this morning, I know this is recent, but this morning, just seeing other runners in Central Park and seeing crews, because at first, I'm going to be totally honest. At first, I thought running with a crew was corny. I was like, " Why do they need help?" And then, I ran, Los, he's going to get my son, but I ran it. And so, was asking me for years, " Come to my running club. Come to my running club." And they have something called Medal Monday. And I didn't want to go to Medal Monday because I didn't have a medal. So I'm like, " No." So then, I went there one time, and I promise you, it was every race, color, creed, it didn't matter if you was a billionaire, it didn't matter if you were broke, we were all on the same level of euphoria. This is something I was fighting.

And then, I sat there and I was like, because I need a different level of life, I look at DJ Khaled, he's playing golf. And I'm like, " I need a hobby." And I'm like, " I already got one. This is it." So I ran with this one club. And, me and Mitch, we probably shouldn't say this, but there

was this white girl and she was leading the pack. We called it her the Tasmanian devil. We probably shouldn't have said.

00:21:44

Rob Simmelkjaer: She Australian?

00:21:45

N.O.R.E.: I don't even know. But, she was so much of a leader. And, you could tell, this is a person, we probably wouldn't have anything else in common.

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Rob Simmelkjaer: Mm- hmm.

00:21:55

N.O.R.E.: But, I'm looking and I'm looking to follow her. I've never met this woman. I'm like, "Where's she at? Hi, cool." And, that's when I really caught the runners- high. I was like, "Wow." And then, run clubs. And, I used to be like, "Yo, run clubs, whatever." And now, I'm the biggest run club member. I want to go to all the beer nights. I want to go to every night... Everything a run club is doing, I participate. I just don't want to never take away. Because, some people can't get over the fact, "Oh, this is N.O.R.E. running with me. And, I'm going to ask questions and ask... But, back to that New York City Marathon footage, I look up to Nas. Nas is my friend. It's the only time he's ever sent me footage. And he sent that footage.

00:22:43

Becs Gentry: No.

00:22:44

N.O.R.E.: Yes, he sent me that footage. I always sent it to him. And he either co- signs or not. That's our relationship. You know what I mean? But, that's the first time. That's why I know that footage was so remarkable.

00:22:57

Rob Simmelkjaer: It was.

00:22:57

N.O.R.E.: But, I lived in it in real- time, so I actually didn't see it until I saw it.

00:23:02

Rob Simmelkjaer: Wow.

00:23:02

Becs Gentry: Oh, yeah, yeah.



00:23:02

N.O.R.E.: Because I'm going to be honest, they gave my wife the medal. And I was so much in the zone, I jogged past my wife. I couldn't stop. And, I mean, that whole day, I left the Queens, I went and it was just a high that I can't describe. You guys know it, but I can't describe. And, by the way, I gave up trying to explain to people who don't want the explanation.

00:23:36

Rob Simmelkjaer: But you know what? You talking about it, right? You're bringing people in. There's no doubt, because think about how many people must have seen your announcement, your video, all this stuff you're doing with Run Champs, people who are like, "What? Running?" Or people who are like you, maybe they run but they think running with other people's corny or whatever. Now, they're seeing you do it and they're like, "Oh, this actually is cool. I'm going to give this a try." Right? So you are actually bringing a huge amount of people into the sport. What does that mean to you?

00:24:02

N.O.R.E.: Something that I regret, I know I'm answering your question, but one thing that I regret was a friend of mine was Big Pun, right? And Big Pun passed away. And he passed away from health reasons. Something that we could have helped. That's one of my things was, I want to help, you know what I'm saying? Because, to tell you the truth, and I know this is going to sound crazy, but running is fun.

00:24:27

Becs Gentry: Hell yeah.

00:24:30

N.O.R.E.: After you get over the pain, after you get over... It's actually something.

00:24:34

Becs Gentry: Just shock in your voice. It's still there.

00:24:35

N.O.R.E.: Because I know how crazy I sound. If you're not a runner, but if you're a N. O. R. E. fan, you're probably watching this interview like, "What?" You see the happiness in my face and you see it's truly saving my life too. You know what I'm saying? I live life as if, "You know what? Maybe I'm not going out to that club tonight. I'm going to wake up in the morning and I'm going to do miles." Don't get it twisted. I'm not an angel. I do not want to describe as

angel. This is not what you're going to-

00:25:04

Becs Gentry: It's not every night.

00:25:04

N.O.R.E.: ... I'm not a pastor. I'm not a preacher. I'm not an Iman. I'm not none of that. I'm a human. But, I do enjoy this part of my life. This part of my life has changed me. And then, like I said, Los wasn't here, but I said it, the run clubs throughout the world for rappers or for anybody, that means you have a crew every single where you go.

00:25:34

Rob Simmelkjaer: Yeah.

00:25:35

N.O.R.E.: Everywhere you go. There is no place on the planet that doesn't have a run club.

00:25:39

Becs Gentry: Yep.

00:25:40

N.O.R.E.: I promise.

00:25:41

Becs Gentry: Yep.

00:25:42

N.O.R.E.: I've tested it out.

00:25:43

Becs Gentry: Yeah. Yep.

00:25:44

N.O.R.E.: I mean, maybe I didn't get with every run club, but I've searched it. Every town that we went, "Is there a run club?"

00:25:49

Becs Gentry: Yeah.

00:25:49

N.O.R.E.: And, not only that, here's the crazy thing about it, they're willing to run. They're like, "Yes. Oh, I'll be there-"

00:25:55

Becs Gentry: "5: 00 a. m. Let's go."

00:25:57

N.O.R.E.: ... And that's why I love this community. I love everything I did in the past, but this is truly a community that I feel comfortable in. It's truly a community that understands me, and I understand them back. And, again, that's the most beautiful part about running, is it doesn't matter who you are, you can have all the money in the world or you could be the brokest person on earth, and when y'all start that finish line, y'all on the same level. Same level. So I thank you run club.

00:26:36

Becs Gentry: Yay. All right. You're a family guy.

00:26:37

N.O.R.E.: Yes.

00:26:38

Becs Gentry: You've got a big beautiful family, immediate family. Obviously, you have your extended family with Carlos, and Mitch, and the team here. But, when you're talking to the kids, the adults out there who know you as N.O.R.E. the rapper who may be struggling with mental health, do you feel like that by telling them, if you travel the world as a rap artist, yes, you get the cars, the money, the whatever. But if you travel the world as a runner, you've always got somebody there. Do you feel like that is helping your mental health and those kids and adults out there by spreading that word of you can show up... You can be, as you said, the richest person in the world, but you can be the loneliest person in the world with all that money. But you go to Seoul on the other side of the planet. And, you could hop on Instagram and just be like, "Yo, anyone I know here want to go for a run?" Hundreds of people.

00:27:41

N.O.R.E.: Yep. It's a power that I'm going to abuse.

00:27:42

Becs Gentry: It helps up here, doesn't it? But we can all do it. Whether you're N.O.R.E., whether you're Becs. Whether you're a singular person out there who doesn't know anybody, it helps with mental health, and awareness, and welcoming, and belonging, right?

00:28:00

N.O.R.E.: Yes. To me, that's the clearest you could ever think is after a run doing it just clears your mind. I recommend it for everybody. You know what I mean? Even bigger people or whatever. It's a certain thing that you get from

testing... And this is no weights. And the thing about running is what I love so much. I mean, I know you could grab a weight and be like this, "Ugh." And you can see muscles and all that. So you get gas. Running is all mental. Running is like, "Yo, I finished this and I got better." And, for mental health reasons, I recommend it for everybody. I recommend challenging yourself. I recommend exercising, period. You know what I mean?

00:28:50

Becs Gentry: Yeah.

00:28:51

N.O.R.E.: But, running is mine. You know what I mean? Running is something that I absolutely fell in love with and it fell in love with me back. You know what I'm saying? So it's not a one-way street. But, running is really, really, really, really crazy, because I can run for three months. If I take off, I got to start all over. Oh my God.

00:29:15

Rob Simmelkjaer: Yeah, that reset.

00:29:16

N.O.R.E.: So you don't want to take off.

00:29:16

Rob Simmelkjaer: Get that fitness back. Yep, yep.

00:29:16

N.O.R.E.: But, like you said, I recommend it for people... And a lot of people just think they'll go on my gram and see seven miles or see nine miles. You don't got to do that. Go do one mile. You know what I mean? Go something. But, for me, personally, I know this made my brain sharper. I know this made body aware. I noticed it was just like... And crossing that finish line, for a person... I've been platinum, I've traveled the world. And, do you see how happy I was in that?

00:29:55

Rob Simmelkjaer: Yeah. The happiness.

00:29:55

N.O.R.E.: And it's like, you can't fake that. You know what I mean? And the thing was, I had said that I was doing the marathon, but this was the official announcement. This was the official announcement. In Queens, five minutes from where I grew up. And, it was just so dope, because everyone came up to me and they get to meet running N.O.R.E., right?

00:30:20

Becs Gentry: Yeah.

00:30:21

N.O.R.E.: There's rapper N. O. R. E., there's podcast N. O. R. E., there's whatever. But running N. O. R. E. is a more personable, you get to actually know the person. It's not Victor, it's not Poppy, but it's still N. O. R. E. But he's a different dude. My conversations is different. We're sitting there saying, "Well, what are we doing at six o'clock in the morning tomorrow? What are we going to eat? Are we carving up? Are we not? You know what I mean?" It's a different person.

And, I think it's a better version. I think it's the better version of me. But, running these races has really... I'm just telling you guys, if you have never done it, my DJ done it. And then, my DJ, he's joining races without me. He doesn't even call me. I'm like, "Yo, what the hell? How am I going to get you on? And you..." Yeah.

00:31:09

Rob Simmelkjaer: "You didn't even give me a heads-up?"

00:31:13

N.O.R.E.: He ran in Queens again in Flushing Meadow. And he didn't even tell me. I had to look on his Instagram. I was like, "This is not cool. You're not allowed to join without me."

00:31:21

Rob Simmelkjaer: You got it. You got it.

00:31:23

N.O.R.E.: So if you've never done this, go out there, run a 3K. What is it? 3K. Oh, 5K. Run a 5K. And, get that medal at the end.

00:31:34

Becs Gentry: Mm- hmm.

00:31:35

N.O.R.E.: I guarantee you. It doesn't matter what pace you is, because we have real fast runners. My son, Nakai is running the marathon with me.

00:31:44

Rob Simmelkjaer: Nice.

00:31:47

N.O.R.E.: That's my other son right there and my grandson.

00:31:48

Rob Simmelkjaer: First one? First one?

00:31:50

N.O.R.E.: My son's ran with me. He's my first. But my sons, Noah and Nakai ran with me all of the races that I've joined.

00:31:57

Rob Simmelkjaer: Okay, okay.

00:31:58

N.O.R.E.: Nakai's the only one that's joined in the marathon.

00:31:59

Rob Simmelkjaer: Okay, okay.

00:32:00

N.O.R.E.: But we got fast runners that's with us. And we got a slow runner that's with us. So we say, it's not to compete, you just got to complete.

00:32:10

Rob Simmelkjaer: Oh, I love it.

00:32:11

N.O.R.E.: You know what I'm saying? We're not here to compete, we're here to complete. That's a no-no.

00:32:15

Becs Gentry: Trademark that. That is so good.

00:32:15

Rob Simmelkjaer: That's good. Can we use that? I love that.

00:32:20

Becs Gentry: Quote it. Bye.

00:32:23

N.O.R.E.: It's the truth. We have 18 of us, like you said. You wasn't exaggerated. It was 18 of us.

00:32:30

Becs Gentry: Yeah, it was a big group.

00:32:30

N.O.R.E.: And, I seen this one guy, he was like, "Does N. O. R. E. crew even want to run? Or is it just him?" And I was offended by that, because nobody wants to force run.

00:32:41

Becs Gentry: No.

00:32:41

N.O.R.E.: You can't force nobody to run.

00:32:44

Becs Gentry: Yeah, you can't force running.

00:32:45

N.O.R.E.: You can't force nobody to run.

00:32:46

Becs Gentry: It's impossible.

00:32:46

N.O.R.E.: So I heard that comment and I didn't like it, because again, 18 of us. Some of us are strong. Some of us, I don't want to say weak, but some of us are less strong.

00:32:59

Becs Gentry: They're working on it.

00:33:00

N.O.R.E.: Yeah, less strong. But, all of us complete it. Every last one of us, we complete it. And, I'm building something that is going last for a long time. I don't think hip hop has ever had this. I don't think hip hop has ever had a person saying, "Yo, listen guys, I'm getting up in the morning. I'm doing this." And, it's a balance. I still do Drink Champs. I'm still there. I'm both. But, in the morning I'm N- O- R- E.

00:33:31

Rob Simmelkjaer: Wait, I got questions about Drink Champs and running the marathon.

00:33:35

N.O.R.E.: Let's go, let's go, let's go.

00:33:35

Rob Simmelkjaer: How are these things going to coexist? Is this a plan? You're going to-

00:33:38

Becs Gentry: He's going to be doing shots of-

00:33:38

Rob Simmelkjaer: ... No, those who haven't watched Drink Champs, they're not drinking Gatorade on Drink Champs. They're drinking something a little stronger than Gatorade. Is the plan, you'll keep going with the Drink Champs or dial it back.

00:33:53

N.O.R.E.: No, no, no. I'm still doing Drink Champs. We do it every week, we drop... I switched up the alcohol. I only drink sake. And people would say sake. Well, sake is-

00:34:06

Rob Simmelkjaer: It's clean.

00:34:06

N.O.R.E.: ... It's clean.

00:34:06

Rob Simmelkjaer: Yes.

00:34:07

N.O.R.E.: It's clean. And it's an opera, and it doesn't give me a hangover. So that's my little trick until November.

00:34:14

Becs Gentry: ... Wow.

00:34:15

Rob Simmelkjaer: That's a good trick.

00:34:15

N.O.R.E.: Until November.

00:34:17

Rob Simmelkjaer: I love sake, by the way.

00:34:18

N.O.R.E.: Yes, I love sake.

00:34:19

Rob Simmelkjaer: I ran the Tokyo Marathon this past March.

00:34:21

N.O.R.E.: Get out of here.

00:34:22

Rob Simmelkjaer: Yeah. And one of the best parts of that whole trip was the sake.

00:34:27



Becs Gentry: Yes. Agreed.

00:34:27

Rob Simmelkjaer: It's amazing. Absolutely.

00:34:28

N.O.R.E.: So what we do is, we say, my boy, Mitch, he says, our slogan is, "No matter what, run first." So no matter what we do, and we have to hold each other accountable, that's the good thing about having a crew and having a crew that's on the same level as you. You know what I'm saying? It's like, "Yo, you didn't run yesterday."

00:34:52

Becs Gentry: Yeah.

00:34:52

N.O.R.E.: And I want you to be a snob about it. IF you think you're being annoying, you're doing good.

00:34:58

Rob Simmelkjaer: But that's accountability, right? That's accountability.

00:35:00

N.O.R.E.: Because I personally told him, I was like, "Yo, listen, I can't take two days off. I got a day. Day and a half maybe. Two is my limit. But, three, no, no, no, no." I can't do it, because I have to reset so much. When I ran the Maui, what was it? The Maui... No, no, no, excuse me. Not the Maui. This was the Miami. For Miami, half-marathon.

00:35:32

Rob Simmelkjaer: Half-marathon.

00:35:32

N.O.R.E.: I did a half-marathon. And I trained for nine miles. And boy, was that a mistake.

00:35:39

Becs Gentry: Those last four-

00:35:41

N.O.R.E.: Because as soon as I hit that ninth mile, my body was like, "This is what you did."

00:35:44

Becs Gentry: ... Yeah, "We're done."

00:35:45

N.O.R.E.: I should have trained for 14. Everybody says never go above. But, I'm my own doctor. I know my own body. I should have been above. My body was telling me, "You could go more." But, for two months, I did nine miles. So when I hit that ninth mile. And then, at that, no one told me that it was hills. So I hit the ninth mile on a hill, and I'm like this, "I want to give up." And I got three maniacs running with me, looking at me like, "Let's go."

00:36:11

Becs Gentry: Yeah.

00:36:12

N.O.R.E.: And I start walking for a little bit. So you learn. You learn. But, this is my thing.

00:36:19

Becs Gentry: I love that, in your mind though, you've got the, "You will complete though, no matter what."

00:36:26

N.O.R.E.: Yeah.

00:36:27

Becs Gentry: Okay, let's talk about your support network. I've heard your wife is incredibly, incredibly, A, entrepreneurial, because she runs Juicy Juice Bar.

00:36:36

N.O.R.E.: Two juice bars.

00:36:37

Becs Gentry: Two juice bars. Okay. In Florida. Is she going to be like, "Hello, darling, here's your green juice today for your nutrition"?

00:36:45

N.O.R.E.: Oh, yeah, yeah, yeah. Always. She's not going to run though.

00:36:49

Becs Gentry: That's fine. That's fine.

00:36:50

N.O.R.E.: But she'll be there. She's been at every race supporting. I'm glad for that. Because the thing is, one thing about this is family-orientated.

00:37:02

Becs Gentry: Great.

00:37:05

N.O.R.E.: If you're down with us, you have to bring your wife around. You know what I'm saying? We're a family-orientated group, because this is a family-orientated thing. You know what I'm saying? And, like I said, for the wellness retreat, we're inviting everybody, and their spouses, and their children. We're going to have a chef. We're going to cook. And, I think that's important. I think that everyone has to have their support group with them, not just me. You know what I'm saying?

Because this is a family thing, but this is hard. Because I keep saying I'm happy, and I'm sore too. Don't get it twisted. I know that I'm putting my body through the illest condition. I've only ran 14 miles. I don't want to ever describe that, that's about the longest I've ever done is 14 miles. So the month of August is going to be a whole... Because that's my long... That's when I start really. So I'm going to do 20s and all this. My friend, JB Smooth... JB Active, excuse me. He does 33 miles just on a Saturday.

00:38:15

Becs Gentry: Yeah.

00:38:16

N.O.R.E.: What he did? 35?

00:38:17

Rob Simmelkjaer: Ultra. Does Ultra.

00:38:18

Becs Gentry: My kind of guy.

00:38:18

N.O.R.E.: Yeah. And then, he comes right outside after that. He's not sore.

00:38:28

Becs Gentry: Does it scare you?

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N.O.R.E.: Yeah. Yeah. I'm scared to death.

00:38:31

Becs Gentry: But in an enticing way like, "I'm going to do it."

00:38:36

N.O.R.E.: Yeah, it scares me in a good way, but I'm scared. Let's be clear. I was going to say... Didn't I say that, Los? I

said, " I'm going to announce it right here." Because I don't want to describe it as it is not scary. This is some hard thing to do. If you're a runner, that first 12 seconds, your knees, your heels buck up, your knees say, " Yo, you ain't got it." Your heart... That first 12 seconds of just running, you got to beat yourself.

00:39:05

Becs Gentry: Oh, yeah.

00:39:05

N.O.R.E.: And then, once you start getting into it, you start feeling it. But, I don't think I've ever had an easy run.

00:39:11

Rob Simmelkjaer: What's the longest you've run to date?

00:39:13

N.O.R.E.: 14 miles.

00:39:14

Becs Gentry: 14.

00:39:15

Rob Simmelkjaer: Okay. That's it. That's your longest run so far. All right. So you just got another 12 to go. You got that. You got that.

00:39:19

Becs Gentry: But when you put it like that, only another 12, that's less than what you've already run.

00:39:24

N.O.R.E.: That's right.

00:39:25

Becs Gentry: So you know you can already do that. So when you break it down, I always tell people, if you break your runs down into bite- sized chunks, you can eat it all up. You really can.

00:39:36

N.O.R.E.: And you know what I love too, is not only my friends being beside me, but when I see somebody else and I see them, they have the same face on as me. And you could tell they're struggling, but you could tell they don't want to give up. It's just like, anybody who's ever ran a half-marathon, a marathon, I know I could go to war with. I know this. I know they're not going to fold on me. I will go with you through the... I could just meet you. And if I know

you ran a marathon, I'm like, " Let's go, let's go, let's go."

00:40:10

Becs Gentry: "You're on team."

00:40:10

N.O.R.E.: "I know you won't leave me."

00:40:10

Rob Simmelkjaer: N. O. R. E., whose idea was it for you to run the New York City Marathon? Was it your idea? Where did this come from?

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N.O.R.E.: I got these maniacs, Los and Mitch. Because I was going to do it next year. I was going to do it next year in 2026, right?

00:40:24

Rob Simmelkjaer: Okay. Yep.

00:40:26

N.O.R.E.: But I felt like that was me slacking and pushing it off a little.

00:40:30

Becs Gentry: You're procrastinating. "I'll get to it. I'll get to it."

00:40:32

N.O.R.E.: And then, when they gave it to me, they was like, " Yo, I mean, boom, boom, boom, boom." And I was like, " Oh, okay." I said, " This year?" And they were like, " Yeah." And I was like, " Damn, I got no excuse." I was like-

00:40:45

Becs Gentry: " It's on a plate. Here you go."

00:40:46

N.O.R.E.: ... I tried to think of one. And I was just sitting there, I remember I was just shaking my head, and I was like, " Oh shit. I have nothing to say no to about." And I was going to say next year. And I was like, " Next year? You could do it all this year."

00:40:59

Becs Gentry: Yeah, get it done.

00:41:01

N.O.R.E.: But again, I want to let y'all know, this is very

scary. And then, when we signed up, we did an interview, and it was like, "Yo, would you like to run the Queens?" And I was like, "This is so beautiful." I know it's me. So I'm going to sound a little crazy. But this is a fairy tale. This is exactly how it's supposed to be if this is where my life is going.

00:41:29

Rob Simmelkjaer: Yeah.

00:41:30

N.O.R.E.: And, that was one of the best days of my life.

00:41:33

Rob Simmelkjaer: Your life's like a fairy tale, man. So it fit in. And, I actually want to talk about the rap side of things with you a little bit. And, coming up, what was it like for you getting to that point where you reconnected with Noreaga. And you and Noreaga-

00:41:49

N.O.R.E.: I'm Noreaga. Capone who you talking about.

00:41:52

Rob Simmelkjaer: ... Sorry, Capone. Sorry about that. You guys knew each other from a young age. You and Capone, right? And how did that all come together, where you and Capone were like, "All right, let's do this rap thing." And then, not only did you do it, which ended up doing it in a big way.

00:42:06

N.O.R.E.: Well, Capone came to the Queens run too. He came to support. But, I mean, me and Capone, we got together and we made a classic album, the War Report, which I recently just now could listen to. I couldn't listen to it at all, at all, because every time I listened to it, it reminded me of the pain that I was going through at that time.

00:42:30

Rob Simmelkjaer: What time was that about?

00:42:31

N.O.R.E.: When we recorded the War Report.

00:42:33

Rob Simmelkjaer: In the '90s, right?

00:42:33

N.O.R.E.: Yeah, '97.

00:42:33

Rob Simmelkjaer: Yeah.

00:42:36

N.O.R.E.: So I would hear it and I would hear the pain in my voice. I would hear that young version of N. O. R.E. So I couldn't hear the album. Now, I could separate the music from the actual pain, but in the '90s it was really, really, really hard to get on the rap scene. But, not unfortunately, we fortunately made an album that went on and sold gold.

00:43:05

Rob Simmelkjaer: These are the days you had Notorious B. I. G, you had Tupac. This was the-

00:43:10

N.O.R.E.: I'll tell you a funny story. Biggie wanted to sign Capone before we came out. So if Biggie would've signed Capone, there might've not been a Noreaga.

00:43:17

Rob Simmelkjaer: ... Wow.

00:43:20

N.O.R.E.: I couldn't say nothing. Biggie looked at Capone, Capone rhymed for him. And Big was like, "I'm going to sign you." And I was shy. I didn't rhyme. So just think about how life would've went. You know what I mean? But yeah, so we're still friends to this day. He's my friend. And like I said, he came out for the Queen's. I would've left. Once it started raining, I would've be like, "Bro, peace."

00:43:44

Rob Simmelkjaer: He hung out waiting for you.

00:43:45

N.O.R.E.: He's still there in the rain. I'm like, "Damn, man."

00:43:48

Rob Simmelkjaer: That's amazing.

00:43:48

N.O.R.E.: Yeah.

00:43:50

Rob Simmelkjaer: And then, from there, you go solo, right? And so, what was it like for you to then go out on your own? And you also changed genres a little bit, right? You went from hip hop to some reggaeton, right? So I would listen to your stuff since you announced. And it's cool, it's amazing, but

it's a lot of different vibes.

00:44:06

N.O.R.E.: Right. Reggaeton was also a great time of my life. But you asked about the solo. So what happened was, I always want to do something innovative, I want to do something that's different. The War Report comes out with Capone. And, I meet these two kids from Virginia. And one kid said to me, "If you listen to me, you're going to go number one." And I was just like, "I believe you." And this kid happened to be Pharrell Williams.

00:44:40

Rob Simmelkjaer: Wow.

00:44:41

N.O.R.E.: You know what I'm saying? And he told me if I listened to him, he was cocky back then, he acts like he's not cocky now. He still is. So he told me that. And he was right. He was correct. And now, he's head of Louis Vuitton. I haven't got a free Louis Vuitton nothing. But, you know what? I was going to save my favor to ask Louis Vuitton to dress me for the marathon, which they probably won't.

00:45:10

Becs Gentry: Well, the after party with the medal-

00:45:13

N.O.R.E.: Okay. Oh yeah. Yeah.

00:45:15

Becs Gentry: ... There you go.

00:45:15

N.O.R.E.: We got to have Medal Monday. Medal Monday-

00:45:18

Becs Gentry: And you need to have the Louis Vuitton bag with all your running kit in it.

00:45:21

N.O.R.E.: ... With the running kit in there. Look at that. I didn't even mean now at this point. But, yeah, so we did that. And then, I don't know if that was the question with Reggaeton.

00:45:33

Rob Simmelkjaer: Yeah.

00:45:33



N.O.R.E.: And, I just fell in love with the genre of music. Me, I'm not afraid. So I take risks. But I'm well aware that the first person that does it always looks a little stupid, right? Always looks a little... When I introduced everybody to Pharrell, everyone was like, well, Neptune, everybody was like, "Oh, whatever. These guys got tight shirts on." And you know what I mean? "They got chokers." And then, two years later, Pharrell's the hottest producer in the world.

00:46:01

Becs Gentry: Mm- hmm.

00:46:04

N.O.R.E.: I did the same thing with Swiss B, Same thing with Scott Storch. Then Reggaeton, everyone laughed at me when I did Reggaeton. They was like, "Oh, now you want to be fully Puerto Rican." I've always been Puerto Rican

00:46:19

Becs Gentry: That's my heritage. Thank you.

00:46:19

N.O.R.E.: Now, you can't turn on the radio without Reggaeton. And I'm not saying I invented Reggaeton. I did not. I just brought it to the Americans. But everyone laughed. And then, when I started this "little show" called Drink Champ podcast, the rap game also said, "Oh, he must be going through something." And then now, you can't even open your phone. You notice a podcast app on your phone? You can't even delete that.

00:46:47

Rob Simmelkjaer: Nope. It's there.

00:46:48

N.O.R.E.: I did podcasts before that was on your phone. It's true. And now, it's on your phone. And you don't think that I want to claim that?

00:46:57

Rob Simmelkjaer: Mm- hmm.

00:46:58

N.O.R.E.: You don't think that I want to say I got something to do with that? You don't think Steve's Jobs, little man said, "Hey, I watched Drink Champs. Let me make everybody else watch Drink Champs and put a podcast app on your phone." But I looked at it... And now, I get a phone call every week, "Yo, I want to start a podcast. I want to

start a podcast." " You're 10 years too late, but it's okay. I might still sign it."

00:47:24

Becs Gentry: Give it a go.

00:47:24

N.O.R.E.: Yeah, I might still sign it. And, I'm proud to announce that we did start our own, it's called Healthy High. It's Run Champs. Our first episode will be out next week with Angela Simmons. We're doing it... And, again, I know this is going to sound a little crazy, but we're just promoting it to the runners. I'm going to give it to everybody, but it's a phrase I say, " I'm going to put the balloons in the air and I'm going to let you pop whichever one you want to pop." You know what I'm saying?

00:47:56

Rob Simmelkjaer: All right. So you're joining the running podcast game.

00:47:59

N.O.R.E.: Yes, yes.

00:47:59

Rob Simmelkjaer: I love it. Welcome.

00:48:00

N.O.R.E.: This is my first running show I've ever done.

00:48:03

Rob Simmelkjaer: Now, you're sitting right here on Set the Pace.

00:48:08

N.O.R.E.: Yes, yes, yes.

00:48:08

Rob Simmelkjaer: I love it.

00:48:08

Becs Gentry: That is so exciting.

00:48:08

N.O.R.E.: Yes. And, again, I know I might sound redundant, but I owe the running world this. You know what I mean? I owe back because of what it gave to me.

00:48:21

Becs Gentry: Yeah.

00:48:21

N.O.R.E.: You know what I'm saying? And I sincerely believe that. I sincerely believe every runner owes the running world. It's dedication, it's loyalty, and it's sacrifice. You what I'm saying?

00:48:31

Becs Gentry: Yeah.

00:48:31

Rob Simmelkjaer: All right, so on your podcast, you have a little thing you do called-

00:48:35

N.O.R.E.: Quick Thomas line.

00:48:36

Rob Simmelkjaer: ... This or that?

00:48:37

N.O.R.E.: Yeah. Okay. Yeah. Quick Thomas Line.

00:48:38

Rob Simmelkjaer: You guys do this or that, right? So we're going to do... We got a guy at Roadrunners, by the way. I got to call him out. Stephen Rosenbaum, who's a huge fan of yours, he's a director in our email market.

00:48:47

N.O.R.E.: All right, let's go. I'm ready.

00:48:48

Rob Simmelkjaer: He came up with some this or that.

00:48:49

N.O.R.E.: Okay, let's go.

00:48:50

Rob Simmelkjaer: So here we go. You ready?

00:48:51

N.O.R.E.: Yeah, let's go.

00:48:51

Rob Simmelkjaer: All right. We're going to start with some Queens-related. This or that? LaGuardia or JFK?

00:48:55

N.O.R.E.: Neither.

00:48:57

Rob Simmelkjaer: Neither? You got another airport you like to go out of?

00:48:59

N.O.R.E.: Newark.

00:48:59

Rob Simmelkjaer: Newark? Oh.

00:49:00

N.O.R.E.: Even though, Newark, y'all putting me do something. Newark, what y'all doing right now to me? I've been way too loyal. Y'all got to get your stuff together.

00:49:10

Becs Gentry: Yes, they do.

00:49:10

N.O.R.E.: I was in the airport for five hours yesterday. Yo, Newark, you got to get it together. But, I'm still picking Newark over... And I'm five minutes from LaGuardia.

00:49:17

Becs Gentry: I was going to say.

00:49:18

Rob Simmelkjaer: Yeah.

00:49:21

N.O.R.E.: LaGuardia and JFK, what they did to me as a child, I have never got over.

00:49:25

Becs Gentry: But LaGuardia is so nice now.

00:49:27

N.O.R.E.: Everyone tells me that. Everyone tells me that.

00:49:29

Becs Gentry: Oh, it's so, so slick.

00:49:31

N.O.R.E.: I don't think I was flying first class when I was riding out LaGuardia and Kennedy.

00:49:37

Rob Simmelkjaer: Maybe not.

00:49:37

N.O.R.E.: So I think those memories just-

00:49:39

Rob Simmelkjaer: They're still there. They're still there. It was rough back in the day at LaGuardia.

00:49:42

N.O.R.E.: ... I would literally miss a flight if they fly me into LaGuardia, I'd be like, "No, I'm not going."

00:49:47

Rob Simmelkjaer: All right. That was a twist. That was a surprise answer. I did not expect Newark to come out of the Queen's. All right, here we go. Shea Stadium or Citi Field?

00:49:58

N.O.R.E.: Damn, you got me on that one.

00:50:00

Rob Simmelkjaer: I'm a big Mets fan.

00:50:02

N.O.R.E.: I'm going to say Shea Stadium.

00:50:04

Rob Simmelkjaer: Mm- hmm. Love it. Love it.

00:50:05

N.O.R.E.: Because it's old school. Citi Field is very technology. It is very up-to-date. They have iPads everywhere, as opposed to Shea Stadium, where I had to come with cash. You know what I mean?

00:50:18

Becs Gentry: Oh nice, Yeah.

00:50:19

N.O.R.E.: Yeah. Now, you can do Apple Pay. But, Shea Stadium, for my childhood memories, I have to go to Shea Stadium.

00:50:25

Rob Simmelkjaer: Yeah, I'm with you on that. Listen, until the Mets win a World series at Citi Field, I'm going with Shea Stadium. Although the food at Citi Field is not even close. It is so much better.

00:50:35

N.O.R.E.: But they just got Carbone in Citi Field. So Carbone is going there.

00:50:39

Rob Simmelkjaer: Even better.

00:50:39

N.O.R.E.: And, Sonny Anderson is opening up something in the Citi Field. And Nas has something in Citi Field.

00:50:44

Rob Simmelkjaer: Oh, the food's incredible at Citi Field.

00:50:46

N.O.R.E.: Yeah.

00:50:46

Rob Simmelkjaer: All right, we're going to do a little music.

00:50:48

N.O.R.E.: Let's go. Go for it.

00:50:50

Becs Gentry: Yeah. All right. Music. NAS or Cool G- Rap?

00:50:53

N.O.R.E.: Nas.

00:50:53

Becs Gentry: Yes.

00:50:55

N.O.R.E.: Nas over everybody.

00:50:55

Rob Simmelkjaer: It's all about Nas.

00:50:55

Becs Gentry: Same.

00:50:56

Rob Simmelkjaer: It's all about Nas.

00:50:57

Becs Gentry: Mali Mar or Large Professor?

00:51:00

N.O.R.E.: Large Professor.

00:51:01

Becs Gentry: All right. Running. Okay. Can I stick with this one?

00:51:06

Rob Simmelkjaer: Yeah, go for it.

00:51:06

Becs Gentry: All right. I think I know the answer to this one already.

00:51:09

N.O.R.E.: I'm a little nervous now.

00:51:10

Becs Gentry: Solo run or group run with the Run Champs crew?

00:51:15

N.O.R.E.: Group run with the Run Champs.

00:51:15

Becs Gentry: Obviously.

00:51:16

Rob Simmelkjaer: But that changed for you. You were a solo guy and then it changed. And that's true for a lot of people in the world of running. People run alone and it's great running alone. And then, they get that first taste of running with other people and they're like, "Wait a second, this is a different thing."

00:51:30

N.O.R.E.: Yeah, especially if they're on your level.

00:51:31

Rob Simmelkjaer: Yeah.

00:51:33

Becs Gentry: Yeah. Okay. Early morning or evening run?

00:51:36

N.O.R.E.: Early morning.

00:51:37

Becs Gentry: Yeah.

00:51:38

N.O.R.E.: Hands down, no equivocation.

00:51:39

Rob Simmelkjaer: Hey, I got one for you. I say this all the time, maybe you can use this. "Win the morning, win the day."

00:51:44

N.O.R.E.: Oh, wow.

00:51:45

Rob Simmelkjaer: That's what I say.

00:51:45

N.O.R.E.: Fire. Fire.

00:51:45

Rob Simmelkjaer: Right? Right? You get that morning run in, it's never a bad day.

00:51:50

Becs Gentry: Never a bad day.

00:51:50

Rob Simmelkjaer: You never regret that morning run, right?

00:51:53

N.O.R.E.: Correct.

00:51:54

Becs Gentry: Okay. Music or no music when you run?

00:51:59

N.O.R.E.: Damn, that's a different question. If I'm running with the crew, sometimes our conversation is the music.

00:52:05

Becs Gentry: Yes.

00:52:06

N.O.R.E.: But if I'm running solo, I have to have music.

00:52:09

Becs Gentry: You have to?

00:52:09

N.O.R.E.: But, let me also say this. And I know this is going to sound crazy, sometimes we run and we just listen to our feet.

00:52:21

Becs Gentry: Yeah.

00:52:24

N.O.R.E.: It's a beat to us.

00:52:25



Becs Gentry: It's a beautiful rhythm.

00:52:26

N.O.R.E.: So one time we were running, and we was listening to it, and I pulled out my keys, and I literally made a beat. I was like, "Shh, shh, shh." And I was like, "Yo, no one would ever get this." And, only other runners.

00:52:40

Rob Simmelkjaer: N. O. R.E., let me tell you, you're going to love the Queensboro Bridge.

00:52:47

Becs Gentry: I was just about to say.

00:52:47

Rob Simmelkjaer: Because when you cross the 59th Street bridge, during the marathon, you're going to remember this conversation.

00:52:50

Becs Gentry: You are.

00:52:50

Rob Simmelkjaer: Because if you like the sound of just feet hitting the ground, when you're on that bridge, it is unbelievable.

00:53:02

N.O.R.E.: That's where there's no people cheering, right?

00:53:02

Rob Simmelkjaer: No people cheering.

00:53:02

Becs Gentry: It feels like you're going to war. You feel like you are suddenly with your comrades and you are going to come down that bridge. All you hear is feet. And then, you hear—

00:53:12

N.O.R.E.: See their faces. I can relate to y'all faces so much. You're not even looking at each other and making the same damn face.

00:53:15

Rob Simmelkjaer: You're going to remember we talked about this. And I want you to remember this one thing. N. O. R. E., you're going to come off the 59th Street Bridge, you're going to come down onto 1st Avenue, and it's going to be like you just went to the plate at Yankee Stadium.

00:53:32

N.O.R.E.: Wow.

00:53:33

Rob Simmelkjaer: Crowds are going to be huge. The music, the roar, you're going to get caught up in that. You got to hold back-

00:53:39

Becs Gentry: ... Because it's a hill.

00:53:41

N.O.R.E.: You got four more miles, right?

00:53:41

Rob Simmelkjaer: ... No, no, no, no, no. It's still over 10 miles. You're going up 1st Avenue, you're still at mile 14, 15.

00:53:48

Becs Gentry: Five miles uphill.

00:53:49

Rob Simmelkjaer: So you're going to be going up 1st Avenue. You got to hold back, because then, if you don't, you're going to die in the Bronx. You're going to die in Harlem. You got a long way to go. So chill out on 1st Avenue. That's my number one-

00:54:01

Becs Gentry: You will, because it gets really wide and quite daunting.

00:54:02

N.O.R.E.: Because Kevin Hart told me... He found out I was doing it and he texted me. And then, I go, "Yeah." And he goes, "Yeah, because mile 22 is going to get you." And I'm like, "Damn, why are you so mean? Wow." But, everyone tells me. So you know what's crazy? I'm looking forward to it.

00:54:22

Becs Gentry: Yeah.

00:54:22

N.O.R.E.: I'm looking forward to putting myself through super pain. I'm looking forward to training and I'm looking forward to being around other maniacs. That's what I call runners. I think, everybody who runs is a maniac.

00:54:33

Becs Gentry: 55,000 of them.

00:54:34

N.O.R.E.: It's 55, 000 this year, right? Or is that every year?

00:54:37

Rob Simmelkjaer: ... Last year was 55. This year we'll see, maybe a little bit more.

00:54:40

N.O.R.E.: Okay. Wow.

00:54:40

Rob Simmelkjaer: Absolutely.

00:54:41

Becs Gentry: And that's just the runners. Then you've got all of the other maniacs who are out there all day cheering for you.

00:54:45

Rob Simmelkjaer: That's millions. That's millions.

00:54:46

N.O.R.E.: You know what I've noticed about the Queens run? Even the people giving out the waters was happy.

00:54:52

Becs Gentry: Oh, yeah.

00:54:52

N.O.R.E.: I would look like, I was like, " Yo, you in the rain handing out water. What a smile?"

00:55:00

Becs Gentry: And that's why we thank them, because the races wouldn't be there without the volunteers.

00:55:04

N.O.R.E.: The people who give out the waters, are they marathon runners as well?

00:55:07

Becs Gentry: A lot of them?

00:55:07

Rob Simmelkjaer: They're volunteers and a lot of them are volunteering because that gets them into the marathon. Exactly.

They're doing the 9+ 1 program, so that's their + 1 that gets them into the marathon. So they are happy.

00:55:16

Becs Gentry: They still have all day in the rain sometimes.

00:55:19

N.O.R.E.: Can you please explain the 9+1?

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Rob Simmelkjaer: Yeah. 9+ 1 is basically if you run 9 of our races in the course of a year and volunteer at 1-

00:55:28

N.O.R.E.: Marathons?

00:55:28

Rob Simmelkjaer: ... Not marathons. The Queen's 10K, races like that.

00:55:31

N.O.R.E.: Okay.

00:55:32

Rob Simmelkjaer: 4 mile races, 5K races. You run 9 of those plus volunteer at 1 in a calendar year, and you get guaranteed entry into the next year's marathon.

00:55:41

Becs Gentry: Isn't that cool?

00:55:42

Rob Simmelkjaer: So over 10, 000 people a year get into the marathon doing that 9+ 1.

00:55:46

N.O.R.E.: Because, I noticed that in Miami, and I thought it was just people in Miami that was handing out waters and being happy. So I was like, "New York, we have the worst attitude in the world. I want these guys happy."

00:56:00

Rob Simmelkjaer: That's why.

00:56:00

N.O.R.E.: And I'm looking and I'm like, I wanted to do something like pour a cup out or something to see if they had... And everybody's like, "You got this." And, I said to myself, "They got to be runners too."

00:56:12

Rob Simmelkjaer: Yeah, they're runners. They were late. They were late and they're thrilled to be there. Okay, we should do a couple more. We'll do a couple more this or that. How about energy gels or energy chews while you're out there running?

00:56:23

N.O.R.E.: I'm a Block guy. What are they called?

00:56:26

Becs Gentry: The Box.

00:56:28

Rob Simmelkjaer: You like to chew it.

00:56:28

N.O.R.E.: I'm a block guy.

00:56:29

Becs Gentry: Okay.

00:56:29

Rob Simmelkjaer: I'm the same way. Because I feel like chewing, it makes me feel like I'm really getting some nutrition. The gels, I feel like they just slide right through. I don't feel like I get sometimes as much as chewing.

00:56:39

N.O.R.E.: I'm going to be honest with you, every time I have a gel, I lose it. I pull it out. And there's somebody always picking it up and trying to give it back to me like, "Hey, you dropped this bro." I'm like, "Hey man, I think I dropped it on purpose."

00:56:49

Becs Gentry: Yeah. "Don't want it."

00:56:50

N.O.R.E.: The blocks, I can put it right in there. Take it out. So I'm a block IV guy.

00:56:55

Becs Gentry: A little snack?

00:56:56

N.O.R.E.: Yep.

00:56:56

Becs Gentry: Okay. Beer or protein shake after your long run?

00:57:00

N.O.R.E.: Oh, that's beer, for sure. Yeah.

00:57:03

Becs Gentry: Totally fine. Totally fine. Chasing a time goal or just aiming to finish?

00:57:08

N.O.R.E.: Aiming to finish.

00:57:09

Rob Simmelkjaer: Yeah, yeah.

00:57:09

Becs Gentry: Beautiful.

00:57:10

N.O.R.E.: And let me just tell you about that beer thing. To me, when a runner drinks a beer, it's the ultimate flex. Because basically, I just threw out my workout. I don't even care about... So again, I used to think running clubs was crazy until I started to notice that they would run and they would run to a bar, and then to a bar. And then, they were celebrating. And I would look and I would be on a diet at the time. And I'd be like, "Why are they drinking beer?"

00:57:38

Becs Gentry: Yeah.

00:57:38

N.O.R.E.: "This is the worst thing you could actually drink." And then, I did it once. And I was like, "This is cool."

00:57:42

Becs Gentry: "This is great."

00:57:44

N.O.R.E.: I did it in Puerto Rico. I remember we ran for a beer, we joined a race, it was called Run for a Beer. And I thought they weren't being literal, they were being little.

00:57:51

Becs Gentry: Oh, yeah. Well now, it's the early morning runs where you meet friends and you run to a bakery and you find the best Pastry or whatever, and coffee and you're like, "Okay, this is great. I've just had fun and explored."

00:58:10

Rob Simmelkjaer: All right. Well, N.O.R.E., listen, we're so excited

to watch you on this journey, from now to the starting line of the TCS New York City Marathon. We can all follow your training-

00:58:17

Becs Gentry: To the finish line.

00:58:17

Rob Simmelkjaer: ... Well, I always say, and I say this to you right now, the hardest thing about running a marathon is getting to the starting line.

00:58:27

Becs Gentry: That's true.

00:58:28

Rob Simmelkjaer: Right? You got to put in the work, you got to train, you got to stay healthy, keep from getting injured. When you get to that starting line, I'm going to see you there.

00:58:35

N.O.R.E.: Okay. Yes.

00:58:36

Rob Simmelkjaer: And I will congratulate you at the starting line.

00:58:38

Becs Gentry: We'll be there.

00:58:39

Rob Simmelkjaer: Because that's the hardest part. From there to the finish line, that's the fun.

00:58:43

N.O.R.E.: Okay.

00:58:44

Rob Simmelkjaer: That's the war.

00:58:44

Becs Gentry: Very true.

00:58:44

Rob Simmelkjaer: You're going to have a good time.

00:58:46

N.O.R.E.: It's starting at Staten Island right?

00:58:47

Rob Simmelkjaer: That's where we're going to start. That's right. Make sure you're there, bright and early.

00:58:49

Becs Gentry: You're there only in Staten for two seconds.

00:58:51

N.O.R.E.: Okay.

00:58:52

Becs Gentry: It's really-

00:58:53

N.O.R.E.: Every now and then, we have this group chat and my friend Mitch, he just sends us the route of it going like this.

00:59:01

Becs Gentry: ... Yeah. Have you watched the animated version?

00:59:03

N.O.R.E.: Yeah.

00:59:03

Becs Gentry: Yeah. And you're like, "This is really long."

00:59:04

N.O.R.E.: Yeah. Yeah, I'm scared.

00:59:04

Becs Gentry: From here to here. But you know what? Someone once said to me seven, eight years ago that running the New York City Marathon, this specifically, the TCS New York City Marathon, it is a love letter from the city to every single runner. And yeah, I pulled that face, I was like, "Sure. What do you think I'm a fool?" And on the day, I was like, "They are so right. This is unreal." From the runners, from the volunteers, from the people cheering, you are in pain, of course, we're not unicorns, we're real people, it hurts. But somehow, you're running, you're smiling, and you're like, "The city loves me today. And I'm going to take it." So enjoy it.

00:59:48

N.O.R.E.: As a child, I used to go to Queensbridge. And I used to just watch the marathon go through there, right? Never knew, years later, and then, I used to watch my father watch the marathon. My father used to watch the marathon. And I used to always be like, "They always showing the Kenyan



guy in the beginning. They always showing that. And then, they cut to the regular people, then they show the Kenyan guy again." And I would always repeat that. And I'm like, so years later, I'm like, "Holy shit." In my mind, I'm the Kenyan guy. But, that's just only in my mind. But, yes, to compete with this, this is the toughest thing of my life. And it's something I'm facing ahead on.

01:00:32

Rob Simmelkjaer: You got this. We're going to check back in with you. Okay? We'll check back in before the marathon, see how it's going. It's been such an honor and a pleasure to have you here on Set the Pace.

01:00:41

N.O.R.E.: And, anytime you need me back, I'll be here.

01:00:44

Rob Simmelkjaer: All right.

01:00:45

N.O.R.E.: I'm here.

01:00:47

Rob Simmelkjaer: N. O. R.E. taking on the marathon.

01:00:49

Rob Simmelkjaer: Looking to elevate your running routine? Check out Set the Pace, the official podcast of New York Roadrunners presented by Peloton. Each episode features exclusive interviews with inspiring runners, pro training tips, and the latest on big events like the TCS New York City Marathon. Whether you're preparing for a big race or just love running, Set the Pace is your go-to for motivation and advice. Tune in anywhere you listen to podcasts.

It's not just superstars who discover that running can change their body, their mind, and their life. A few weeks ago, the great Meb Keflezighi caught up with New York Roadrunners member, Noah Perez, a young runner who took up the sport when he was visiting a friend that was training for the Chicago Marathon. With no prior running experience at all, Noah dove in head first drawn by the challenge of competition. But, the further he went, the more running became something deeper, a way to unplug, to focus, and to reflect.

01:01:47

Meb : Noah, welcome to the Set the Pace podcast. How are you doing today?

01:01:51

Noah Perez: I'm doing great. How are you?

01:01:52

Meb : I'm good, thanks. Let's get to it. Can you tell us what got you started running in the first place?

01:01:58

Noah Perez: Yeah. So I think, I have a pretty standard journey. Or, like I said, I'd like to feel like of most young 20- year- olds. I was in a place where I didn't really have any direction. I started my career but I didn't really feel fulfilled. And pretty much just on a whim I went to go visit my buddy in Chicago who was training for the Chicago Marathon. And, I'm pretty competitive. I like to compete with my friends. I don't have any running experience, but I feel like I could also run a marathon. And that just transpired into my whole running passion basically.

01:02:29

Meb : Pretty awesome. Can you tell us how did your expectation about running change as you kept going?

01:02:36

Noah Perez: Yeah, for sure. So I first started, like I said, just on a pure competitive basis just wanting to compete with my friend. And it slowly transitioned from just going through the motions and logging the miles, the training that I saw online to a real passion. I really found myself enjoying running and it wasn't until I got a coach necessarily who prohibited the use of the headphones and just being in the moment. I think that key fact has really impacted my life in a profound way, just allowing a lot of time for self- reflection, disconnecting from social media, which I struggle with, and I'm sure a lot of people struggle with. Your attention's always everyone else's biggest asset. So just being able to run, disconnect, and really reflect on what's going on in my life has really impacted, not only myself, but those around me. And hopefully for the better I'd hope so is what I like to think.

01:03:29

Meb : No, I think, running takes you to be in the moment, to be aware of your surroundings and smell the roses almost. And, in what way has running changed your daily life or the way you see yourself?

01:03:44

Noah Perez: It has changed my daily life in many ways. I'd say, the biggest is just the mental health aspect, as well

as the cardio. Just, as I got older, growing up I swam competitively. But mainly, just as a sprinter. And then, I transitioned that into just body power building. And again, just fitting the trip of what I thought was a healthy lifestyle. But, as I got older, I realized just because you have functional muscles, or big muscles, or you can sprint doesn't necessarily correlate to a healthy living. And I just found that having a healthier heart is actually one of the most important things to prolong life. And not only prolong, but just functional and healthy life. So just having that incorporation to, again, just those blanket miles into an actual structured training, trying to work on my V02 max with interval work, long runs, the standard training has really impacted my health personally. And I think that translates to better sleep, better performance in the workplace, and just better social interactions overall.

01:04:46

Meb : Pretty awesome. Most people see me running. And then, they say, " You're going to be a beautiful swimmer." But there's two different things. Have you found some peril or some differences in that?

01:04:57

Noah Perez: I found a lot of differences. So growing up swimming... I've only been running for two years now, so I don't have too much of the technique. I'm always trying to strive for better form, more efficient form. But, one of the key things that I think has really attributed to my love and passion for running and the ability to really push myself to these great distance, like marathons, is just the ability to disconnect. Because, where I'm swimming, it's just you looking at the floor with a black line for hours on end. So I think that really helps me, again, just focus and just tune in on what my body's telling me, what's going around me and how I can really improve as a person and an athlete as a whole.

01:05:40

Meb : Even the pool, and you've been there for an hour or 45 minute, and you say you've been there. But, when you run seven miles, eight miles, it's like, " I can't believe I went there and back." And things like that. But, have your goals with running changed since you begun? Or what are you aiming for now?

01:05:56

Noah Perez: Yeah, so definitely when I first started it was just getting that one marathon out the way. And, I just caught the bug, just the community, the people in it, the

reasons why different people run. Even though I have my own story, there's a lot of different stories that I talk to from interactions in the community and just ever so welcoming. It's one community that I definitely want to be a part of for the proceeding future and just continue to improve. So just going from just wanting to complete a race to then wanting to do the six majors. And now, I just wanted to be a part of the community for as long as possible again. So just really focusing on my heart health, make sure I don't get injured, just prolonged training, and just really putting the time.

And, when I first started, I mentioned doing the big six. I was really just focused on getting the times as fast as possible. And, as I've really progressed and matured as an individual, I realized it's not so much about the results, it's just the time, and the sport, and the connections that you make. And, I'll get there eventually, whether through training or just I'll age into my time. Hopefully, I'll get the time first before I age into it. But, just the connections along the way just really shifted my mindset into just enjoying the moment, enjoying almost the training process of it, instead of just strictly results driven.

01:07:11

Meb : It's pretty awesome. I just interviewed someone named Udai who started his marathon at 75. It's great to see somebody like you fall in love with it to be able to do that. But, it's amazing. And, what does being part of the run community mean to you? And how has that unfolded your journey?

01:07:27

Noah Perez: To me, it's really taken a big hold in my life. Like I said, I was at a point in my life where I didn't have too much direction of what I wanted to do to feel fulfilled. For example, so I went to college out of Miami, which is the city I was born in, came back, and I was just going through the motions. And, it's really helped me create a community that I can feel a part of and welcome, and help grow as well, and interact with people I probably wouldn't normally interact with. Especially, I'm also doing the 9+1 program. I just met one of my friends, I like to consider a friend, I met him last week, but Stefan Oon. And we just interacted over just us both doing the 9+1 program, just diving into a bunch personal life issues and how I've taken away from running, how he's taken away, and just for that one interaction and just one race that we did, now we're almost lifelong friends and we're texting each other on our training, and goals, and when we might be able to train again.

It's just a community that is really welcoming. And, as

someone so young and I feel like social media just portrays this ideology of, "You need to have everything figured out." It's a nice feeling just feeling welcomed for almost like you're insecurities are like, not knowing where you are in terms of direction.

01:08:51

Meb : It's pretty awesome. The 9+ 1 is an (inaudible) runners. 9 races 1 volunteers get to the race. And yeah, the camaraderie of friendship and accountability with others, it's pretty amazing.

01:09:04

Noah Perez: Exactly.

01:09:05

Meb : So keep up the great work and I'm just delighted that you can love the sport as early age and keep doing what you're doing.

01:09:12

Noah Perez: Awesome, thank you so much.

01:09:13

Meb : Thanks for being on the podcast.

01:09:15

Rob Simmelkjaer: Thank you so much, Noah, for being a member of New York Roadners. Now, it's time for today's Med Minutes.

01:09:22

Meb : If you've got a friend or family member who's thinking about running, help them get started. Don't overwhelm them with gear or mileage. Keep it simple. 20 to 30 minutes, a few miles or a few days a week, encourage them to run, even if they have to walk if needed. Invite them to local races or just for a short loop around the neighborhood, let them know they're not alone. Community is a big part of what we make running so much special.

01:09:51

Rob Simmelkjaer: All right. Bees, that does it for another episode. I've set the pace. And what an episode it was. Thank you for hosting us here at Peloton.

01:09:56

Bees Gentry: You are so welcome. I am honored that we got to do it in my second home.

01:10:02

Rob Simmelkjaer: It's been phenomenal. And again, welcome to all of you out there watching us on YouTube for the first time. It's been great to have you. What a first episode on YouTube it was with the great N.O.R.E. We will see you on next week's episode. We'll be right back here. Not sure we'll be in such a fancy place. But you'll be able to see us. So thanks for joining us. Enjoy the miles. We'll see you next week.

01:10:21

Becs Gentry: Take care.