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Ali Feller: Hello, hello. Welcome to the New York Roadrunners Run Center featuring the New Balance Run Hub. If you have been here before, you might notice it looks a little different. Redesigned, refurbished, so much excitement. We are going to be spending a lot of time here over the coming weeks, months, and years. So thank you to everyone who's here with us in person today. I am Ali Feller. I am the host of the Ali on the Run Show. Thrilled to be joined by Carrie Tollefson, Olympian supermodel, incredible legend. Also was on the broadcast today for the New Balance 5th Avenue Mile. Carrie, how are you doing today?

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Carrie Tollefson: I'm doing great, Ali. This is so much fun. I mean, you and I both have our podcasts, but we're good friends off the mic. And coming back to New York, I used to race this as a pro and it was always the end of the season for me, and it was just such an honor to be here. And now, that I've been a part of the broadcast team, it's so fun to see these younger athletes get out there, hammer for 20 blocks. They get to go and party now afterwards. They get to let loose, be human beings without being superhuman beings, right? And it's just a blast. So I love being a part of the team with you on the broadcast.

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Ali Feller: What are your memories of running 5th Ave when you were a pro?

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Carrie Tollefson: I mean, getting fourth twice. I only ran it twice. I was fourth both times. And we didn't really talk about podium. That word wasn't really ... obviously at the Olympics with the world champs, but they talk about the podium all the time now. We didn't really talk about that. But I do remember just getting kind of ticked off the second time I ran. I'm like, "Come on, the same place two years in a row?" And I mean, Jemma's won three times. We're going to get to talk to her.

That would've been really cool just to break the tape. But I loved it. I mean, coming together with the world's best to be able to sprint down 5th Avenue, they shut down 5th Avenue. That is something as a Minnesota girl, it was just a dream come true for me. So it's still a dream come true every time I come here to New York and be able to sit in the studio and talk about being a runner and what these athletes go through.

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Ali Feller: I get it. I get that when you're a pro, fourth is a rough place to be. You're just off the podium. Similarly, all the times that I ran this, I got like 6, 000th.

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Carrie Tollefson: My gosh, stop it.

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Ali Feller: We're the same.

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Carrie Tollefson: It's so fun to watch you. And little Annie, your daughter ran it one year.

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Ali Feller: Yes, my daughter did run this two years ago. So yeah, I think so many people have fond memories of this race. It's also ... we talked about this earlier today, it's such an attainable distance. Anyone can race a mile and it looks different for everyone. It might be the first mile someone's ever run or the absolute hardest. People yesterday were like, "Well, it's just a mile." I was like, "No, no, no, no, no. If you're running it right, it will hurt in ways the marathon could never."

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Carrie Tollefson: It really does. The downhill start, everyone gets off, right? They want to get off the line and they also want to get into position. And then they have to climb that second quarter and that ... it doesn't look that high of a climb or a steep of a climb, but when you're racing it and you have lactic acid and you're thinking about the second half of the race, it hurts. And then, you have that downhill in the third quarter and then, that straight flat finish where we all get to see the finish line from way out.

It is a crazy course, but it's so fun. And I loved seeing the toddlers running today, but then we saw the 90-year-old woman that ran today. It just brings out so many great people in the city, but also from around the world.

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Ali Feller: I know we're going to talk about some of our ... before we bring our guests out, some of our personal highlights and great memories from today. Before we do that, can you talk a little bit about your role today and what it was?

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Carrie Tollefson: Yeah. So super, super thrilled to be one of the ... I guess you call us the running experts. I was doing color for the broadcast. I was alongside Ryan Field and Sam. And Sam was so great. She's the host. And then Ryan does the play by play. And then Aisha Praught-Leer was there for the first time on a broadcast. She's a two-time Olympian for Jamaica. Her husband is from Minnesota, was a former pro athlete, Will Leer. But that was my role with Aisha. We were trying to just portray what the athletes were going through.

And talk about what it's like to be here as an athlete, but also what they're doing to prep for it, what they've done, what their resumes are like, all the things.

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Ali Feller: This woman has Google Docs. She has binders. Carrie Tollefson's notes are an art to be studied.

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Carrie Tollefson: But tell us what you did too-

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Ali Feller: Yes.

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Carrie Tollefson: I mean, love the job that you get to do.

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Ali Feller: I have the most fun job in the world. So today, also as part of the broadcast team, I was at the finish line, so I was set up there for the entire day and I got to interview a couple of key people. So I interviewed the usual host of Set the Pace Podcast, New York Road Runners CEO, Rob Simmelkjaer. I got to interview Nikki M. James, who's a Tony Award winner.

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Carrie Tollefson: So cool.

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Ali Feller: And it was really cool my ... one of my friends who I met when I was training for my very first half-marathon here in New York City, he was the stage manager for Book of Mormon when it opened. He just left the show this week. He's been there forever. So I got to go to opening night of Book of Mormon, which was star-studded and so cool. And this was back in what, 2009 or something when it opened. So anyway, I got to have a minute with Nikki M. James where I was like, I was actually at opening night of Book of Mormon and we got to chat for a little bit.

I'm a lifelong Broadway lover, so that was a very fun moment. And so I got to interview people like her. I got to interview Jemma Reekie, who we're going to talk to and went on to win the race. I got to chat with her before. I got to interview Drew Hunter before. And then, I am the first person who gets to talk to the winners after they cross the finish line. They bring them right to me. And as they're catching their breath, I am that annoying person that sticks a microphone in their faces.

They're always very gracious about it and I always feel bad and I'm like, "I'm so sorry that I'm interviewing you right now." But it's always really fun because you get to hear what is going through their mind right when they win that race. And so it's such a privilege to get to have that job. And I am nosy by nature and so I get ... today I got paid to be nosy. It was very fun.

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Carrie Tollefson: You do such a great job. Sam Ryan, we were prepping before we were doing our rehearsal and we look behind and I mean Pierce. Pierce Brosnan.

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Ali Feller: Pierce Brosnan. Okay. So these are our highlights from the day.

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Carrie Tollefson: Yes.

00:06:34

Ali Feller: Such an only in New York moment. So who that's here in person with us, who ran 5th Avenue Mile today? Okay. Was anyone out cheering in the rain, which we thank you. We appreciate you. We appreciate you. Thank you for your service. So the finish line is Grand Army Plaza, the Manhattan version, and there's a lot going on there, right? There's the actual finish, there's the broadcast setup, there's all the people cheering, there's the VIP area, but it's not completely roped off.

People can walk through there and it's New York City. And this morning, as they're prepping for the broadcast, Pierce Brosnan walks by and so, there's a picture of all of our reporters sitting at the desk prepping and Pierce Brosnan is in the background just looking and standing there.

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Carrie Tollefson: Yeah, Sam Ryan is looking at the camera and then he's watching her and the rest of us had no clue. I mean—

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Ali Feller: That he was right behind you.

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Carrie Tollefson: That is a legendary actor of our time. And it was so cool to see him trying to figure out what we were doing.

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Ali Feller: Well, and all of you were like, "Oh my gosh, James Bond." And I was like, "Oh my gosh, Mama Mia."

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Carrie Tollefson: Yes.

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Ali Feller: "Oh my gosh, Mrs. Doubtfire." We have different cinematic preferences perhaps, but that was cool. And then they were whispering that there were claims that Harry Styles walked through.

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Carrie Tollefson: Yep.

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Ali Feller: I personally-

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Carrie Tollefson: And where did you go?

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Ali Feller: I went to his show last night.

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Carrie Tollefson: Yep.

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Ali Feller: You did too? My gosh. Me, you and Jalen Brunson. Huge night. So good.

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Carrie Tollefson: Yeah, another Villanova star in the house. Sorry.

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Ali Feller: So apparently someone said that they saw Harry Styles walking through and I'm like, he came looking for me, obviously. He was like, "I heard you were at my show."

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Carrie Tollefson: Didn't get to see you last night come in to see you today. He's assessed.

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Ali Feller: So anyway, those are rumors. Pierce Brosnan confirmed, but it was so only in New York where that happens and also where no one bothers them. They're just like, okay, Pierce Brosnan is there. Another highlight of the day, Aisha Praught-Leer joining the broadcast.

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Carrie Tollefson: Aisha was so good and we get to hear her every week on her podcast, but she was so calm. She was just so smart and brilliant and beautiful and I loved it. I just hope we get to see her much more on air.

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Ali Feller: Well, we are going to bring out our guests in just a few minutes, but anything else as we are recapping today? And actually, do you want to give us the results from the day?

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Carrie Tollefson: Yes, let's do that. Okay. So exciting, as I said, three time winner now. Jemma Reekie won today in 413.8. And not only did she run fast, she broke the record faster than anyone has ever run in 5th Avenue Mile history. And we're going to get to talk to her shortly.

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Ali Feller: Yeah. Well, we'll ask when you come out here.

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Carrie Tollefson: Yeah, save it.

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Ali Feller: Okay. So many questions.

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Carrie Tollefson: Second was Josette Andrews from America, and she was super surprised with her race. She's been injured and she said we did not plan to run the 5th Ave until a little bit later in the summer. And she just went for it and she was so happy. I mean, anyone who knows Josette, she has just this beautiful big smile, but you could just feel that weight lifted from being so nervous about being injured and getting back. And it was just a thrill to see her run so well.

And then again in third, another American, Rachel McArthur, who was fourth at USA's outdoors this year in the 1500. I

feel like she just is getting better and better every single year. She won the US championship on the roads in the mile two years ago in 2024, and she just keeps kind of coming back. No matter if she gets knocked down, she keeps coming back. She's got a new coach in a new location this year and really excited to see her.

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Ali Feller: Yeah, and her boyfriend Cooper Teare was in the men's field and he finished where was he?

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Carrie Tollefson: Sixth.

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Ali Feller: Yeah, always, always a factor. I can bring anything back to being a love story.

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Carrie Tollefson: It is such a cute love story, those two.

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Ali Feller: Yeah.

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Carrie Tollefson: They really are nice. So then on the men's side, we have Marco Langon in the house, Villanova. Sorry guys, I'm a Villanova gal, so I put my Vs up all the time, talking about all the Villanova people, but he ran superfast. He's new to the pro field, so we're going to get to talk to him about being in the pro world now. And then Jake Heyward, he's back. So Jake ran here in 2022 and has had six years of injuries. Four years. I want to do my math. Four years of injuries.

He's had two Achilles injuries, he's had two surgeries, and he was so thrilled to be back. And so, we're just thrilled to have him back because he's doing great. And then Adam Spencer from Australia was third. Very tight race on the men's side and really exciting stuff.

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Ali Feller: Well, yay. We are super excited to get to chat with our men's and women's champion. We are going to take a quick break and when we return, we will welcome our now three time 5th Avenue Mile Champion, Jemma Reekie.

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Speaker 3: Volvo Cars is proud to be the official car of the TCS New York City Marathon. We are excited to have our all new electric Volvo EX60 as the official pace car of the

race. Run powerfully, finish safely.

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Ali Feller: All right. We are back with our three-time 5th Avenue Mile Champion, Jemma Reekie. Jemma, congratulations. In this moment, how are you feeling?

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Jemma Reekie: I'm just so pleased. I came here to hopefully win and I executed that race today and I just find this race so special. They took a chance on me when I was young in 2021 and yeah, it's meant a lot to me to come back here.

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Ali Feller: You won in 2021 though.

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Jemma Reekie: Yeah, I know, but I wasn't really expecting to win.

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Ali Feller: They took a really good chance on her.

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Jemma Reekie: They took a big chance at her.

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Ali Feller: I mean, we have some good recruiters here, but-

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Jemma Reekie: Yeah, they seen something.

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Ali Feller: Yeah. So tell us a little bit about ... okay, we want to hear your journey, but this summer has been a heck of a journey for you. Give us a little bit ... you got sick, then you got injured, you had five weeks off. So I want to hear it in your words.

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Jemma Reekie: Yeah, it was really tough. I had the best winter I've ever had, no disruptions. I went out to South Africa as my usual camping, came off the camp a bit unwell. And then, I just was finding my feet. Then didn't find my feet and fell over in a race and got concussion. And it probably took, I'd say five weeks to feel normal again and probably two months just to be back to where I wanted to be. It was a huge mental challenge to keep going throughout that and show up because I still wanted to race.

I still wanted to have a good season. And yeah, I

started ... I'd say, Europeans showed that I was like, okay, I'm getting there. And then, I wanted to really come out to these road races and run the way I knew I could.

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Ali Feller: I want to give some background because you are too humble to tell what's going on. So you fell in Poland in May and got a concussion, had five weeks of no running or interrupted training.

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Jemma Reekie: Yeah.

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Ali Feller: Then went to Europeans fifth.

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Jemma Reekie: Yeah.

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Ali Feller: Runs really well. I'll be honest, looking at her results, I kind of thought, I was like, I wonder how this ... this was before you ran last weekend in Germany. I was wondering if the 800 was going to be your best event this year because you got down to 158, you were clipping along. And then, she goes to Germany last week, you guys. She runs a road mile, runs a European record in that road mile. Surprising to you or no?

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Jemma Reekie: Not surprising to me. I was actually aiming for the world records out there. I knew what I was capable of doing. I really believed in myself all season. Even though I was running 150, I run 155. I don't want to be running 158.

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Ali Feller: Right.

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Jemma Reekie: But I just believed so much in myself that I knew what I was capable of doing. Yeah, so I was really pleased to run that European record, but I also had my eye on the world record.

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Ali Feller: So that fueled you coming into this weekend.

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Jemma Reekie: Yeah.

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Ali Feller: That piece there where you said you really believed in yourself, have you always had that innate belief in yourself or did something have to happen for you to get to that point?

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Jemma Reekie: I definitely grew up with that belief and it got lost a little bit in the past few years, I would say. But I've been working with a great performance psychologist, Maya, who's been unbelievable and I think things are just clicking together and I think we're seeing that and it's so exciting.

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Ali Feller: So fourth in the Olympic Games in the 800 in 2021. That's an awesome position, but it is a heartbreaking position. It's kind of like my fourth year, my two fourths here. But no, being fourth at the Olympic Games, how does that fuel you for 2024 and then beyond?

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Jemma Reekie: Yeah, I think coming fourth in Tokyo, it was really tough at the time, but it was a blessing in disguise. It taught me a lot about myself. It taught me what I wanted to do with my career. And then going into Paris as the second quickest in the world that year, it was really tough to walk away without even making the final. But again, I believe every single thing happens for a reason. And I want to have a really long career. I still want to run for many years. So I think all these things I'm learning is taking me to where I need to be.

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Ali Feller: Yeah. Where do you want to go with your career? You've done so well. I mean, obviously you're thinking world records and you're thinking of those kind of things. So tell us your goals. Yeah.

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Jemma Reekie: I mean, I want to be Olympic champion.

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Ali Feller: Yes.

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Jemma Reekie: I just think if you shoot for the stars, or you shoot for the men, you're following the stars. And then, I believe I can do it. And obviously, there's always ... it's really tough. This athletics, everyone is upping their

game all the time, but I believe in myself. And yeah, I just want to have these goals because I believe I'm capable of doing them.

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Ali Feller: All right. Well, let's talk about today's race. When you woke up this morning, how were you feeling? Did it feel like, okay, I'm going to break some tape today. And where were you at?

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Jemma Reekie: Yeah, I definitely came into these road races with a bit of a different frame of mind of actually how can I run the best race for me? Doesn't matter who's on the start line. And then, I wrote out what I wanted to do and what I thought was the best race for me, and I executed that. And yeah, both weekends it's worked. And today, I was really pleased this start list was stacked. We have loads of different athletes with different capabilities, some really strong 15, 5K runners, some really good eight runners with good kicks.

And yeah, it was really tough. I mean, we had the British champion for the 1500 there, Sarah, who's really strong as well. So yeah, I respect every single person on that start line, but I knew if I could put together the race, I knew I was capable of doing, I would win.

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Ali Feller: But then something terrible happened on the start line.

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Jemma Reekie: I broke my nails.

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Ali Feller: Did stop you. Okay. But we can giggle and we can laugh, but also, when you are standing on a start line and any little thing goes wrong, goes awry, doesn't go according to plan, a lot of people would get completely thrown by that. So I hope it doesn't sound like a frivolous question, but can you tell us about breaking your nail on the start line? Does stuff like that rattle you at all?

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Jemma Reekie: I definitely thought, "Oh no, not my nails." But also, I think it's like, okay, be where your feet are in this moment and yeah, just do your job.

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Ali Feller: Yeah, just do your job. I love it. So walk us

through the race.

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Jemma Reekie: It went out hard and there was girls pushing it, which I was really pleased about. And I think 5th Avenue-

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Ali Feller: Always goes out hard, like 61, I think.

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Jemma Reekie: Yeah, it was good. So I was really happy that it went out so hard and I just kind of was like, "Relax, relax." And then off of that halfway, I was like, "Okay, I actually feel really good. Let's see if I can get my legs rolling." And I can't actually remember when I took it on from, but it was further out than what I'd planned. But I had so much trust in my body. It felt really good. And I just felt, let's go for it.

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Ali Feller: There was one moment on air where we saw a grimace. I mean, we talk about how far away that finish line is. I mean, it looks closer than it actually is, but there was a grimace. Was there a moment where it was like you had to go to a different spot mentally and really dig in to win this race?

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Jemma Reekie: Yeah, I really dug in. 200 to go, I was like, "Okay." But I could see the finish line. I was like, "Just keep going." And it was hard, but that's what I like doing. I like running hard and I love pushing to see how fast I can go. And I do that in training a lot and yeah, I think it's bringing that into racing. And there was one thing in my head, I was like, "It's the last race of the season. Doesn't matter how hard it is, how sore you are, get to the tape first."

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Ali Feller: And we want to hear about what you're going to do after, but when you go back and watch that, will you go back and watch it?

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Jemma Reekie: Yeah, I will.

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Ali Feller: It is amazing how strong you are over that final hundred meters. It was just all grit and you could feel that passion that you had to get there. Did you know you

were going to be able to break that record? Did you look at the clock at all?

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Jemma Reekie: Coming into this week, I'd watched a few of 5th Avenue back just to refresh my memory. And I actually ran 419, I think was the quickest I'd run here. And I knew the record was 414 because Laura was my training partner at the time. And I thought, "Oh, it'd be really cool to break records." But also today as in about ... it wasn't about running a record for me. It was about just enjoying the race and being competitive and also just finding that fight in me again.

I think, it was lost when your confidence is down, you lose a little bit of that fight, and I've definitely found that.

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Ali Feller: So not only did you break the record, but you were the first international female to win three in a row, or three overall, yes.

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Jemma Reekie: I've got a long way to go to catch up to Jenny though.

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Carrie Tollefson: Jenny, I know.

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Ali Feller: I mean, truly, and all of our love to Jenny Simpson, who of course is forever the legend of the 5th Avenue Mile.

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Carrie Tollefson: Seven in a row, eight overall.

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Ali Feller: Yeah.

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Jemma Reekie: Crazy.

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Carrie Tollefson: And is coming back from a pretty significant setback right now, but in true Jenny fashion is coming back and it's incredible to watch. So what are some key ... as you head into the off season, what are some key learnings, takeaways? How will you reflect on a race like today?

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Jemma Reekie: I think it is ... I said to my coach on the phone when I was cooling down, I've really found to trust myself and trust the team of people around me. And that's something really special that I can take to the indoor season and then onto outdoors. And Ali, 2020 is going to be on our doorstep before we know it. So yeah, I'm really happy that I could come to these road races and learn something about myself.

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Carrie Tollefson: Well, you run well in the states that's for sure.

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Ali Feller: My exact thoughts. You also you had ... at the finish line, I loved, you were styling up, you had two flags. Can you tell us about the significance of having the two flags that you were representing at the finish today?

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Jemma Reekie: Yeah, it's so special. Even this year, Commonwealth Games, I got to run in a Scotland vest and we are in a British vest a lot and I'm so proud to be British, but also so proud to be Scottish. And the Scotts love 5th Avenue. They show up for it, and I was really happy to get handed a Scottish flag because I was trying to balance it both, keep everyone happy.

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Ali Feller: I don't know if you know this, but here in the States, we are obsessed with the Scotts ever since the World Cup this summer. Thank you for all that you did here in America because it was truly an incredible, incredible summer with some really great Scotts. So we love you. We hope you know you're always welcome here.

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Carrie Tollefson: And you brought a fellow Scott with you.

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Jemma Reekie: Yeah, I brought Emma, my best friend from Scotland. And yeah, we're so happy to be here in New York.

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Carrie Tollefson: Jemma and Emma are taking the streets of New York tonight, people. What are you going to do?

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Jemma Reekie: We're going to head to the Three Monkeys with

the team and yeah, just have a good night. Let my hair down.

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Ali Feller: Love it. Well, you got a good head of hair. Jemma, congratulations on three 5th Avenue Mile victories. We love having you here in New York. Enjoy tonight.

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Jemma Reekie: Thank you.

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Ali Feller: Enjoy the off season and we cannot wait to see what's ahead for you. Thank you so much.

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Jemma Reekie: Thank you.

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Carrie Tollefson: Fastest ever on this course.

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Jemma Reekie: I know I need to come back and break it again.

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Ali Feller: We'll see you next year.

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Carrie Tollefson: Thank you.

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Ali Feller: Thanks, Jemma. And after this brief break, we will be back with our men's champion. Marco Langon is here.

00:23:02

Speaker 5: Every marathon runner has a reason, a promise, a person, a finish line to reach. And at Culligan, your reason to run is their reason to serve. That means certified Culligan filtration for cleaner, safer, better tasting water, ready for every mile, every refill, and every finish line. Because when you are putting in the work to go farther, Culligan is doing the work to serve water you can trust. Culligan is the official water solutions partner of the TCS New York City Marathon.

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Ali Feller: Hey everybody. Well, we are back. We are here with Marco Langon, but you know what, Marco? Real quick, I want to give another shout out to a gentleman that won the Open Division. I though it'd be fun for Marco to give you

a little shout-out as well. Braden Nicholson. Hey, congratulations. Tell us your time today, Braden.

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Brandon Nicholson: I think it was like 3: 58.

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Ali Feller: 3: 58. Flew in for the race and big shout out to our open division and to anyone who ran the race today watching or hearing the crowd, congratulations again. Okay, Marco. I mean, this has been a huge season already, but this is a big win. Do you feel like this is one of your biggest yet?

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Marco Langon: No, probably Penn Relays.

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Carrie Tollefson: Penn Relays. I mean, totally a Philadelphia guy who went to Villanova. So yeah, we are super proud of you though. It was really fun. The way you ran today was awesome. Maybe we should have you walk us through your race.

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Marco Langon: Yeah. No, I forgot I could speak to this. No, yeah, it was good ... yeah, no, it was good. Yeah, I got on the line and when they put me in the front row, I was like, "All right, I could definitely win this." I didn't realize I was going to get boxed in the first 500 meters. I didn't even realize you could get boxed-in in a road race. But yeah, all I did was just be patient. And then at 500, I didn't know if I was going to win. And then once we got up the hill at 800, I just knew I had it at that point.

And then at 1500, I saw Heyward and we call him the chosen one because he's the chosen one, he's got it. And at 1500, I was like, "Oh, I got to get him. I need this 5K." So yeah, just five mans for that. So it was good.

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Carrie Tollefson: So coming into the race though, really, did you not really think you could win this one until you got put to the front or were you-

00:25:13

Marco Langon: No, no, no. I knew I would win it. I knew he'd say that. No, I knew I would win it. I heard like, "Oh, there's three rows." And I was like, "Bro, if I'm in the third row, that's one, disrespectful." And two, I would've been like, "Damn, I'll find my way to win." But yeah, it

would've definitely been a bit rougher. So yeah.

00:25:34

Ali Feller: It's so fun. Okay. So what did you know about this race? This was your first 5th Avenue mile, but as you told us at the finish, you met your girlfriend here or you asked her out?

00:25:44

Marco Langon: Tell us that story. I asked her to be my girlfriend here. Well, yeah, so I met her at NCAAs in Virginia at the after party for the first time. Which are always fun. At Virginia Beach. Yeah, at Virginia Beach. And then, we were talking and everything for the next few months. And then yeah, there was a point in April or May, right after Penn Relays, we stopped talking. I don't think she liked me too much. And then, we saw each other again at NCAAs in Oregon, saw each other in Europe when we were in Ireland, and we were still talking after Morton Games.

And then I went to go watch her race at 5th Ave. I just took off school and then, yeah, I spent the night here and went to the after party and we were together. I was like, yeah, with my girlfriend and all that shit, yeah. Yeah.

00:26:36

Carrie Tollefson: And she's a professional runner as well?

00:26:38

Marco Langon: Yeah. She runs for New Balance, Alex Miller. So yeah, it's cool that she was able to come out and watch. And she's going to be training for Eurocross, so that'll be exciting. Yeah.

00:26:47

Carrie Tollefson: Well, you've had a phenomenal year. You just wrapped up your NCAA career at Villanova.

00:26:51

Marco Langon: Yeah.

00:26:52

Carrie Tollefson: Signed your professional contract.

00:26:54

Marco Langon: Yeah.

00:26:55

Carrie Tollefson: Went over to Europe and raced a road mile there last weekend. The one that Jemma won, you won as well.

00:27:00

Marco Langon: Yeah.

00:27:01

Carrie Tollefson: Talk a little bit about that and the confidence you got and you raced some of the guys in the field today as well.

00:27:05

Marco Langon: Well, no, it's actually funny. When I heard she won, I was like ... now I got to double back and Dusseldorf's, I got to win again. But I was like, "Oh my goodness, it's crazy. So yeah, but I knew I would be able to win it." Dusseldorf was fun though. I actually though will say I loved 5th Ave and the straight road mile with the uphill because it feels like a cross country course. But what I liked about Dusseldorf was how there were turns.

And I was like, if I just get to the lead on the last turn and put it in a surge while everyone else is making the turn ... because you slow down on the turn, so when you make the surge, you could put a gap and then slow down a bit, conserve energy, and then you have to work hard to get back up to you and you just surge again. It's just common knowledge. So I was like, "Damn, I'm going to just do that." And I was like, "Yeah, no, I got it."

00:27:48

Carrie Tollefson: Definitely a different course though today, point to point, straight line.

00:27:51

Marco Langon: Yeah, I knew I would win though, so it was fine. Yeah.

00:27:53

Carrie Tollefson: Yeah. When you race against these guys, I mean, we saw Jake Heyward run so well in that world record race where Josh Kerr, who's won this race before, set the world record, and then, you just beat Adam Spencer who ended up being third today. I mean, you are in a whole new ballgame, but we know that you want to be the world's best. You even said it with Ali, you want to be the best 5K athlete in the world.

00:28:15

Marco Langon: Yeah.

00:28:16

Carrie Tollefson: What goes on in your brain, Marco? I want to

hear it because everybody just loves hearing from you, the drive, the determination, and even just the ability to tell everyone what you want to do. I mean, that's kind of a trait not all of us have.

00:28:30

Marco Langon: Yeah, no, I mean, you just got to believe it. At the end of the day, gaming based on sympathy, so you got to just be brutal with it. You got to be aggressive with your mentality and anything, not even just running or anything like that, but you got to be aggressive in, I feel like everything you do, because at the end of the day, unless it's your family member or anything, even for some people, not their family members, people don't really care about you, so you just got to attack everything, everything you do.

So yeah, that's the way I always looked at everything is at the end of the day, it's just you. It's just you and your loved ones, and those are the only people that matter. No one else really matters. So for me, that's that, but I'm not really scared going up against these guys. Obviously, we called Jake the chosen one because you could take two years off and go pop a 346 and break some records. I was like damn, and I had beaten him in April when I ... I ran 332, so that was my PB at the time.

And he was 334, and I was like, "Damn, that's pretty crazy coming back from that, second race back." And then I see he runs 331, and I was like, "What the ... what?" And then he runs 346 and I'm like, "Yo, what the hell?" And I'm like, "All right, well, I could definitely run 346." And it's funny, me and my high school coach had this workout, and it was two sets of 200, 400, 600, 400, and it's all 45 seconds between reps and five minutes between the sets, and it's just two of them, but it's all at mile pace.

And it's like, you don't know what pace it is, but it's just go out and run. And whatever you average ... the set averages for a 1600 and a 1600. And I average 343, and for a mile, that's like 345 to 346. So I'm like, "All right, well I could definitely do that." And then yeah, this obviously doesn't count as a track time, but I'm definitely in that area where I think I can run 345, 346 right now. So yeah.

00:30:22

Carrie Tollefson: Tell us a little bit about your situation because you mentioned your high school coach and then you have the assistant coach from Villanova, Matt is helping you, but also Marcus O'Sullivan is in your back pocket if you need it. And those of you who know Marcus O'Sullivan, ran over a hundred sub four-minute miles, four-time Olympian. I mean, we can go on and on and on multiple times.

00:30:40

Marco Langon: Never got a win at 5th Ave though.

00:30:47

Carrie Tollefson: Marcus. Marco.

00:30:47

Marco Langon: He only got second but yeah.

00:30:47

Carrie Tollefson: Yeah. I love the guy though. But you have this tight-knit team around you. You're from Jersey, went to Villanova, going to live on the East Coast now in Boston. I don't know. What is it about having that tight team because you really stick with your peeps?

00:31:04

Marco Langon: Yeah, no, just mud is thicker than blood. You got to be able to find people around you that want to starve with you because those are the people that are going to drive you to perform and drive you to get even better when you're hurting in a race. The only thing I'm thinking about is my family, my mom and my sister. Those are who I'm thinking about when I'm ... when it gets rough because it's like you can't give up. You may not win, but you still can't give up.

You can't do any of that. So I remember my college coach, Matt. So Marcus is more like a mentor. He's like ... what's his name? Mr. Miyagi.

00:31:39

Carrie Tollefson: Mr. Miyagi, yeah.

00:31:40

Marco Langon: Yeah, Mr. Miyagi. He's like a Mr. Miyagi type of character.

00:31:44

Carrie Tollefson: Yeah, he was standing over on the sideline with the drum.

00:31:46

Marco Langon: Yeah, yeah, yeah.

00:31:47

Carrie Tollefson: Yeah, exactly.

00:31:50

Marco Langon: No, he's tough. So he's good to have because

he's done it all. He literally told me, he said, " Before you run the course, go to it or before you race, go to the course and figure out where 200 meters left is." And I know it says it on the sign.

00:32:05

Carrie Tollefson: But you got a feeling.

00:32:06

Marco Langon: But you want to have a feeling like you have another little spot that you know. So it was the spot that I started to go was this little fire hydrant between 63rd and 62nd Street. It was closer to 63rd. Yeah, so I was just like, " All right, cool." So I had that. And then Matt, he's the one training me, making my training program. And then Rob is kind of the one, my high school coach, the one driving the ship. And then my agent, JT, he's just getting me the bag and then, getting me into good races.

I mean, he's managed the best. He's managed like Lagat, Rudisha, Gout Gout ... Misoi, Choge all these crack guys. So yeah, no, I mean, I have a lot of confidence going into every race because I know I got the best team around me.

00:32:47

Carrie Tollefson: Love it.

00:32:48

Marco Langon: Yeah, I'm really happy.

00:32:49

Carrie Tollefson: Well, now that you got the bag, where are you going?

00:32:54

Marco Langon: Well, I was thinking going to the casino, put it all on black and see if I could double it. But then my girlfriend talked me out of that. And so, I'll probably just go to the Diamond District or something with my friend, with Abel Teffra. He just raced today. He was like eighth or 10th or something like that. And we'll probably just go get a bracelet or something.

00:33:11

Ali Feller: For your girlfriend?

00:33:12

Marco Langon: No, for me, but I'll get her earrings or some shit. Yeah.

00:33:16

Ali Feller: My gosh.

00:33:18

Marco Langon: Yeah. But no, it was fun. Literally the entire day yesterday, we just kept going downstairs to the front of the hotel and there's people selling the fake Louis bags and everything. We were just bargaining trying to get this down. So I'm going to try to do the same thing with these bracelets.

00:33:34

Ali Feller: All right. You got this. The day is going well so far. So we believe that you will be successful in the Diamond District today.

00:33:41

Marco Langon: Let's hope.

00:33:42

Ali Feller: An absolutely amazing race. And the men's race today had the number two through number seven fastest times in race history. That's insane. So you know what you got to do next year.

00:33:54

Marco Langon: Win worlds.

00:33:55

Ali Feller: Well, yeah. I'm thinking 5th Ave. If today we had two through seven, that's one spot that's open. So let's see what you can come back and do-

00:34:03

Carrie Tollefson: We break Josh Kerr's record.

00:34:04

Marco Langon: Yeah. Yeah, I probably could.

00:34:08

Ali Feller: I probably could. You heard it here, folks. Marco, congratulations. Do you have more questions?

00:34:13

Carrie Tollefson: Well, I do have one more.

00:34:14

Ali Feller: I know you do. I can see in your face.

00:34:14

Carrie Tollefson: I think the diehard track and road racing

fans want to know, you are getting ready to go over and you train a little bit with Cam Myers.

00:34:22

Marco Langon: Yeah.

00:34:22

Carrie Tollefson: He just won the Diamond League, young athlete from ... So you're going to go over there and train with him in November?

00:34:27

Marco Langon: Yeah. I'm going to Peresher, which is the mountain. I don't even know if I'm saying it right. Sorry if you're Australian listening, but there's a mountain range that's like 6, 500 or something like that. I've never been to altitude or nothing like that, so it'll be good. I might do the 5K in New York just to get a gauge of where I'm at, fitness wise and then-

00:34:46

Carrie Tollefson: Yeah, Dorian. Did you hear that? Okay.

00:34:49

Marco Langon: I would go down to Australia, train for five weeks and may do Zadipac or something like that and just get a little ... just see where I am fitness wise and see how I respond to altitude, which would be pretty important. So yeah, I definitely got a good plan going into next year and-

00:35:03

Carrie Tollefson: Isn't it fun having Dorian Kale and Sam Groatwell hold your hand basically through this weekend and have that kind of treatment?

00:35:12

Marco Langon: Well, yeah. Well, I'm sure they were scared when I didn't check into the hotel. It's probably a nightmare. Yeah. Because the people at the hotel, they were like, "You got to wait till four to check in." And I'm like, "It's 3:35. Just put me to-"

00:35:26

Ali Feller: I was in that line too. That happened to me too.

00:35:29

Marco Langon: They're like, "Wait and just go back in line." And I'm like, "No. No." And then I was like, "Yeah, absolutely not." So I had already ... my friend Abel, he had

a free room. No one was rooming with him. I think the person I pulled out or something, and I was like, "Yo, I'm just going to stay with you." And then, I wake up the next morning and I have eight missed calls from my agent, five missed calls from my coach, two missed calls from my mom. Everyone saying, "Where are you?" And I call Rob. I'm like, "I'm in the hotel, bro. What?" And then he was like, "Yeah, just don't scare us next time." And I'm like, "All right. Yeah."

00:36:04

Carrie Tollefson: What is up with Villanova in this city? The Nova Knicks, now Marco. What's going on here? Sorry people, but we are giving Villanova, all times a lot.

00:36:12

Marco Langon: Well, speaking of that, me and Jalen Brunson or Jalen Brunson and I, we have the same birthday.

00:36:18

Carrie Tollefson: You do?

00:36:18

Marco Langon: Yeah.

00:36:18

Ali Feller: Do you celebrate together?

00:36:19

Marco Langon: No.

00:36:20

Ali Feller: We need to get him to 5th Ave.

00:36:21

Marco Langon: Well, we had the same athletic advisor too, Allison Vanilla, and she was like, "You and Jalen got the same birthday." And it was early last week, August 31st. So yeah, I was like, that's pretty tough.

00:36:34

Ali Feller: We need to call him out.

00:36:35

Carrie Tollefson: Happy belated.

00:36:37

Marco Langon: Thank you. Yeah.

00:36:38

Ali Feller: What'd you do?

00:36:40

Marco Langon: Drink. Yeah.

00:36:41

Ali Feller: Okay. What's your drink of choice?

00:36:44

Marco Langon: Corona.

00:36:45

Ali Feller: How did I not know this?

00:36:48

Marco Langon: Or PBR, one of them.

00:36:50

Ali Feller: All right.

00:36:51

Marco Langon: Yeah.

00:36:51

Ali Feller: All right.

00:36:51

Marco Langon: Yeah, probably PBR. But yeah, we were in Berlin, so I actually got to see one of my cousins. He lives in Berlin. That's pretty cool. But yeah, we just spent the night in the hotel bar and just chilled and got to hang out with the other athletes that had raced in Berlin at ISTAF, which is a great meet. That stadium is unbelievable. So yeah, I honestly had a really great time. It was cool being on the road in Europe and people still actually celebrating your birthday with you. I was like, "That's sick." So yeah.

00:37:19

Carrie Tollefson: Well, congratulations today.

00:37:19

Marco Langon: Yeah. Thank you, ma'am. Appreciate it.

00:37:19

Carrie Tollefson: It was awesome.

00:37:21

Marco Langon: Thank you.

00:37:23

Ali Feller: Congratulations. Thank you so much. We will take one last quick break and then we will wrap up with some final thoughts on 5th Ave. Marco, thank you so much. Congratulations.

00:37:34

Speaker 5: Peloton has got something for whatever running mood you're in. Try instructor-led runs and walks that are built to fit into your routine with classes that help you stay consistent, build speed, and be in the moment. Track your metrics, see your progress, and train smarter. We've got it all to help you reach your goals and stay on track. Peloton, the official digital fitness partner of New York Road Runners.

00:37:58

Ali Feller: All right. Thank you so much for joining us for this special edition of the Set the Pace podcast, guest hosted by Carrie Tollefson, Olympian and host of the C Tolle Run Podcast. And I am Ali Feller, host of the Ali on the Run Show, and also two women who are very happy to be on the 5th Avenue Mile broadcast today. I think I speak for both of us when I say that despite the rain and my gosh was there rain, my feet are still soaked. We had an amazing, awesome day.

The vibes are always incredible. So to all of the runners, congratulations to all of the fans and spectators. Thank you so much for coming out. And of course, to the teams at, gosh, New York Road Runners at New Balance and beyond, thank you for all that you do to make these days so magical for the running community. Love New York. That's all I got to say. There's nothing like it and we'll be back soon. I know a lot of you are local, so you're not going anywhere, but for Carrie and I who are not local, we will be back because there is a big, big day coming up on November 1st and there is nowhere else in the world to be on that day.

So we will see you at the TCS New York City Marathon. And until then, thank you so much for joining us for this special edition of Set the Pace recorded live at the New York Road Runners Run Center, featuring the New Balance Run Hub.

00:39:13

Carrie Tollefson: Get after it.