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Yared Nuguse: The whole thing, it feels like a general fog over it, but it's like there's these moments. And there's another moment where I'm just like, "Oh, I can do more." And I think I have another surge where I almost get to silver, but I didn't quite make it. But I still felt like that was a race where I left everything out there and was really happy about that.

00:00:21

Rob Simmelkjaer: Hey everybody, and welcome to Set the Pace, the official podcast of New York Roadrunners, presented by Peloton. I'm your host and the CEO of New York Roadrunners, Rob Simmelkjaer. And I am pleased to be joined in person with a live studio audience here at the New York Roadrunners Run Center featuring the New Balance Run Hub. And so that means I get to be in the same room as my amazing, talented and lovely co-host, Becs Gentry from Peloton. Hello Becs.

00:00:55

Becs Gentry: Hi. Hi everyone. It is so wonderful to be here. I love these in-person events. I missed one. I missed almost previous one-

00:01:03

Rob Simmelkjaer: Yes.

00:01:04

Becs Gentry: as well.

00:01:04

Rob Simmelkjaer: You were laid up, but you feeling better now, right?

00:01:07

Becs Gentry: She's out of the boot.

00:01:07

Rob Simmelkjaer: You're moving great. You look great. So, things are going well?

00:01:10

Becs Gentry: Running around again, yes.

00:01:11

Rob Simmelkjaer: Oh, we like that.

00:01:12

Becs Gentry: Feet you, anyone who's had an injury knows what I mean. Frustrated.

00:01:16

Rob Simmelkjaer: It's kind of important for you, because if I get an injury, that stinks from me. I'm running races and trying to run, as you know, Chicago Marathon, but I'm doing that for fun. I mean, I work in running, but running isn't actually my job, thank God, by the way, that it's not my actual job. But in your case, you have to be able to run. So, this is no joke when you get an injury.

00:01:39

Becs Gentry: Yeah, yeah. It was tough. And I'm also a stubborn Aries, so anyone who's an Aries, you know, we do not take advice well. So, being told to sit on my behind and do nothing, it's not something I do ever. But I did, I did. I binge- watched a lot of TV shows.

00:01:56

Rob Simmelkjaer: That's a good excuse-

00:01:59

Becs Gentry: And I read a book.

00:01:59

Rob Simmelkjaer: ... to binge-watch. You read a book.

00:01:59

Becs Gentry: I read a book that wasn't like a ... I was going to go straight in with a self- help book. You know what I mean? Like a growth book.

00:02:05

Rob Simmelkjaer: Was it a novel? Was it fiction? What did you read?

00:02:08

Becs Gentry: Pure fiction.

00:02:10

Rob Simmelkjaer: Was it like a romance kind of book? Was it something like that?

00:02:14

Becs Gentry: Marian Keyes. It was Marian Keyes.

00:02:14

Rob Simmelkjaer: Okay, okay.

00:02:16

Becs Gentry: I was so, I loved it. I literally was like, "

This is amazing." I read it in a second. I wish I could read the growth educational self- help books that quickly.

00:02:24

Rob Simmelkjaer: Sometimes you just need a little brain candy.

00:02:27

Becs Gentry: You do.

00:02:27

Rob Simmelkjaer: I get it. I totally get it.

00:02:28

Becs Gentry: Brain candy. That's such a good way of saying it. Brain candy.

00:02:31

Rob Simmelkjaer: Well, I'm glad you had a little break. I'm glad you're back at it. And by the way, we want to thank everybody listening to the show this week on 710 WOR Radio here in New York. We've loved being on WOR over the last couple of months, and stay tuned, because directly after the show we're going to be going to live coverage of the 2025 New Balance 5th Avenue Mile. Who's running the 5th Avenue Mile here? Anybody? Make some noise. Make some noise.

00:03:00

Becs Gentry: Amazing.

00:03:00

Rob Simmelkjaer: All right, we got some people, as we record this podcast, just to set the scene for you, if you're listening, we got people walking in and out of the run center getting their bibs for either the 5th Avenue Mile or the Bronx 10 Miler, which is next week. We got a lot of big races coming up and it's a very exciting time at New York Roadrunners. So, we're excited for what's to come.

00:03:22

Becs Gentry: I get to interview you on Sunday. I'm part of the broadcast team for the 5th Avenue Mile on Sunday at night.

00:03:27

Rob Simmelkjaer: Which we're so excited about.

00:03:28

Becs Gentry: So excited. But I get to interview him, actually, actually interview him, not just chat. I actually get to ask the questions.

00:03:37

Rob Simmelkjaer: Take it easy on me. I hope you'll take it easy on me. No hard questions. The broadcast, by the way, in case you're not able to be there live on Fifth Avenue, we're going to be live on Channel 7 in New York, WABC, as well as nationally on ESPN+. So, you can check out that broadcast anywhere. And it should be an incredible 5th Avenue Mile, which we'll talk about in a second. But Becs, we have to do our little annual check-in on my Chicago Marathon training.

00:04:07

Becs Gentry: Quickly. Let's not make this annual, otherwise I'm a really (inaudible) .

00:04:10

Rob Simmelkjaer: Oh, did I say weekly? Exactly. I want to give you an update on how things are going. First of all, I feel good.

00:04:17

Becs Gentry: Good.

00:04:17

Rob Simmelkjaer: Things are going well. I texted Becs on Monday. I ran a new race on Monday. It was in New Haven, Connecticut. There's a very pretty famous 20K. It's actually the National Championship 20K race up in New Haven. They added a little bit on to make a half-marathon for folks like me who want to run the 13.1. So, I ran the New Haven half Marathon on Labor Day.

00:04:40

Becs Gentry: Congratulations.

00:04:41

Rob Simmelkjaer: It was a beautiful day, beautiful course too. It was pretty flat. Like you're going all through downtown New Haven, Connecticut, past Yale and all this historic stuff. It was a very nice course.

00:04:54

Becs Gentry: Fancy.

00:04:54

Rob Simmelkjaer: It was. It was fancy, and I really enjoyed it and had a good time. I mean, one thing that really has happened this year with my training, Becs, is you have pushed me to really push myself during the long runs in a way

that I really never had before. I had always looked at a long run as just cover the distance and you'll be fine. And that is fine and that's how most people approach long runs. But I've really started pushing myself to run the marathon pace or better in a lot of these long runs. And I have to say, I feel like it is paying dividends for me, because I ran a 1.37 in the half in New Haven and that was miles five through 17 or 18 of my long run, so I had some tired legs. And it felt pretty good. I feel like things are going okay.

00:05:43

Becs Gentry: That is music to my ears. And it is slightly controversial, but every coach is different, and that's why everybody has different coaches. I do push people a little harder, and if you take my personal classes, I guess you know that. But I do subscribe to the belief that most long runs should be marathon pace. If you have a goal, if you have a goal. If you don't have a goal, feel free. Run at whatever pace you want to run at, forward is a pace, I say that. But marathon pace, you're crushing it, dude, you're going to be amazing.

00:06:13

Rob Simmelkjaer: I think I'll feel more confident showing up at the starting line knowing that I've run this pace for some long stretches of time, instead of trying to do it the key for the first time on race day.

00:06:21

Becs Gentry: That's the key. I feel so bad, because it happened to me. I showed up on race day, and I had no idea how my race pace should feel. And that is miserable, because it can suck. It can really suck. So, you should know how your race pace feels.

00:06:38

Rob Simmelkjaer: Well, the two highlights of the New Haven race for me were first of all, at about mile seven I look up and I see a familiar face, a guy standing on the sideline of the race. And I'm getting closer and closer and I'm like, "Is that who I think it is?"

And it's Jack Fleming, the CEO of the Boston Marathon happened to be in New Haven and he had a little bit of a, he got a little confused. He mentioned to run the half-marathon. He accidentally ran the 5K. It's actually kind of a funny story. He probably would not like me telling this story, but he accidentally ran the 5K. So he was done and he knew I was running, because he follows me on Strava. So, he went to find me, found me on the course, and we ran the second half of the half-marathon together, which was

really awesome. Jack is a very fast man, so he pushed me pretty hard in that race.

And then the second highlight for me was, does anyone know about New Haven Pizza? Because New Haven, I mean, we've got great pizza in New York. Of course, Chicago's got their deep dish, New Haven, Connecticut is famous for pizza.

00:07:36

Becs Gentry: Really?

00:07:37

Rob Simmelkjaer: And they have a style of pizza in New Haven, which I call, it's written Apizza, like A-P-I-Z-Z- A.

00:07:44

Becs Gentry: Oh, that's why you went after.

00:07:45

Rob Simmelkjaer: Yes. I don't think it's pronounced Apizza. There's some better way to pronounce it, but there are a few really famous places. And I went to a place called Sally's, which is one of the OG. I see some people giving thumbs up in the audience. It's one of the OG pizza places in New Haven, and it was an hour wait, and half the people there had just run the half.

00:08:04

Becs Gentry: I was going to say-

00:08:05

Rob Simmelkjaer: So, they were all kind of waiting for this pizza, but oh my God, Becs, this was worth every minute of that wait. It is this brick oven-

00:08:12

Becs Gentry: You're not just saying that because you have 19 miles in you.

00:08:12

Rob Simmelkjaer: Oh, and there's nothing better after a long run than pizza, let's be honest. Pizza and beer. But it was just an incredible pie. It was amazing pizza. That made it an incredible Labor Day for me in New Haven, Connecticut.

00:08:28

Becs Gentry: That sounds so nice, and it sounds like I really should get myself to Connecticut.

00:08:32

Rob Simmelkjaer: I recommend this race for anybody who wants

to run a fun race, the Labor Day race in New Haven, Connecticut, the half of the 20K or whatever. By the way, Conner Mantz ran the 20K and won up in New Haven, so they had some real pros running this race, and our friend Conner Mantz was the men's winner of the 20K.

00:08:48

Becs Gentry: This year?

00:08:49

Rob Simmelkjaer: Yeah, on Monday. He was there. He was in New Haven and he won this thing. So, it's a big race. It was a lot of fun. All right, well, we've talked enough about me and my running, but it was a good day in New Haven. Let's talk about some actual fast runners for a second. We've got the New Balance 5th Avenue Mile coming up and Becs, we have a loaded professional field in this year's 5th Avenue Mile, which is not easy, because the world championships are coming up in Tokyo very soon. So, there's a lot of people obviously who are keeping their powder dry for Tokyo, but our incredible pro athletes team, Sam Grotewold and Dorian Kail and Christine Burke have assembled an amazing team, including 11 Olympians and many of the fastest athletes in the world. On the women's side, defending champion Karissa Schweizer will return to defend her title. We're excited to see her. You might remember Carissa tied the event record and winning in her debut last year.

00:09:46

Becs Gentry: Yeah last year.

00:09:46

Rob Simmelkjaer: And she says she's coming back to take another crack at breaking the record in that race. She's a 5,000-meter specialist. She will have some pretty stiff competition, 800 meter standout. Raevyn Rogers, who is the 2020 Olympic bronze medalist. Olympic steeplechaser, Courtney Wayment and Olympian Heather MacLean, who is the American Indoor 1,500 meter record holder. So that's going to be a great race on the women's side.

00:10:12

Becs Gentry: I remember last year, because it was following the Olympics last year, so I feel like we've always got something where people are either warmed up or warming up in between this race. Oh, it's going to be so fantastic. And the weather's looking good.

00:10:24

Rob Simmelkjaer: It looks good, so hopefully the rain stays

away. We've had some rainy days in the past for this race, but it's looking good, so fingers crossed.

00:10:32

Becs Gentry: I mean, obviously for spectators, a little bit of rain, not great, but for the people at home spectating a bit of rain is exciting. Like Formula 1, when it rains, you're like, "Yes."

00:10:42

Rob Simmelkjaer: A little rain. A little rain is fine, not a monsoon. We've had some monsoons at race. We don't like that.

00:10:42

Becs Gentry: I feel like it adds some current.

00:10:49

Rob Simmelkjaer: Yes, I agree with you on that. Well, on the men's side, we're very excited to announce our guest today on Set the Pace is the current North American indoor and outdoor mile record holder and Olympic 1,500 meter bronze medalist Yared Nuguse, who is going to join us here on Set the Pace, and we are so excited to have Yared leading an incredible field in the 5th Avenue Mile. It's also going to include last year's runner up, Josh Hoey, plus Hobbs Kessler, Sam Praker. It's going to be a great field. And how cool is it to have Yared coming in to run the 5th Avenue Mile? He's first time ever running any New York Road Runners race.

00:11:33

Becs Gentry: What?

00:11:33

Rob Simmelkjaer: For real.

00:11:34

Becs Gentry: That just stopped me in my tracks.

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Rob Simmelkjaer: I know.

00:11:36

Becs Gentry: Like, wow, okay, we just had a really interesting conversation in the green room there. I feel like I learned a lot about Yared in the past five minutes or 10 minutes I had to chat, so I'm really excited to keep this conversation going. He is amazing.

00:11:50

Rob Simmelkjaer: Yes, Yared is an incredible guy, a great story.

So he's going to be out here in a second.

00:11:52

Becs Gentry: He's going to come on in a second, but we have so much other stuff going on this weekend, especially if you listened to the podcast last week.

00:11:59

Rob Simmelkjaer: It's true. It's true. We've got some celebrities who are running the mile. We've got the first ever Broadway mile happening on Sunday.

00:12:07

Becs Gentry: Do we have any Broadway fans in here? Yeah-

00:12:07

Rob Simmelkjaer: Musical fans, of course, it's New York, you've got to have some Broadway fans. So this is a Broadway mile. We're going to have stars of the stage from all kinds of shows all up and down Broadway, some off-Broadway folks as well who are going to be running down Fifth Avenue from theaters and productions all over the city, which we're very excited about. And we've also got a number of other kind of showdown races as part of the 5th Avenue Mile. We've got the NYPD and the FTNY. They will face off as they love to do and so many of our races and of course we've got another eight-five-hundred or so runners from ages two to 90 because we've got kids races as well.

00:12:47

Becs Gentry: I need to sign Talula up. This should be her first race.

00:12:49

Rob Simmelkjaer: I actually thought this was going to be Talula's first race.

00:12:52

Becs Gentry: It was supposed to be.

00:12:52

Rob Simmelkjaer: But what happened?

00:12:53

Becs Gentry: Mom hasn't signed her up yet. Can I get her in?

00:12:55

Rob Simmelkjaer: Oh mom, what happened? I think we can, can we get Talula signed up for this race? We're going to see. You may have to-

00:13:03

Becs Gentry: She's real fast.

00:13:03

Rob Simmelkjaer: ... pull some strings, but I think we can get your daughter in, because she's-

00:13:08

Becs Gentry: She pull the elbows though. We may have to ... She's a bit of a Jostle runner.

00:13:11

Rob Simmelkjaer: She's going to throw some elbows in the race, knock some kids over just to get to that finish line. I like the competition, I like that competitive spirit. But let's get this done. We got to have Talula's debut at the 5th Avenue Mile. So again, come on out to check it out. It's a great thing to watch in-person if you come out. I like to hang out on the lower end of the course. If you come out around the plaza a little bit north of that, you can see the finishes, you can see these great runners and if you can't make it there again, you can watch it live on WABC channel seven or ESPN+ coverage is from noon to one Eastern time and also new this year. Our friends at iHeartRadio will have live race day radio coverage as we just talked about on 710 WOR a.m.

So, it's going to be awesome if you're training for a race or just trying to stay motivated, Peloton is the perfect Running companion. Their instructor-led runs and walks are built to fit into your training routine with classes that help you stay consistent, build speed, and enjoy the experience. Take your metrics, see your progress, and train smarter with pace targets, hit runs, and so much more. They've got it all to help you reach your goals and stay on track. Ready to take your race training up a notch?

Learn more at onepeloton.com/race-training. Peloton, an official partner of the 2025 TCS New York City Marathon. Bring out Yared Nuguse. All right, we are so excited to have this incredible runner join us. Yared is a native of Louisville, Kentucky and he once dreamed of being an orthodontist. Which you don't hear every day. He is a Notre Dame graduate, a biochemistry major. This is a guy who can do more than just run a mile.

00:15:02

Becs Gentry: Yeah, a lot more. Yeah.

00:15:03

Rob Simmelkjaer: And not only does he run but off the track,

he makes art on Instagram, and he's obviously one of the world's best milers. He took the Olympic bronze medal in the 1500 meters in Paris and opened this year by setting the indoor mile world record of 3:46:63 right here in New York City at the Middle Rose games up at the Armory, and that was his third straight New York Roadrunners Wanamaker Mile title after a packed spring and summer competing in both Grand Slam track event and the Diamond League. He's making his debut at the fifth... The New Balance 5th Avenue Mile this Sunday. So let's give it up for Yared Nuguse. Welcome to Set the Pace. This is a treat.

00:15:54

Yared Nuguse: Oh yeah, no, thank you guys for having me on.

00:15:56

Becs Gentry: We are so honored to have you here. I just got stopped in my tracks, because I realized that it was your first New York Roadrunners race ever.

00:16:03

Yared Nuguse: Yeah, that's right. I think I've always seen Fifth Avenue and always kind the idea of coming out and doing it, but never really worked out with my last two seasons, so glad it could work out.

00:16:12

Becs Gentry: You've had a pretty busy past two seasons, which we're definitely going to get into, but we are so happy that you are here to do it this year.

00:16:19

Yared Nuguse: Yeah, thank you guys.

00:16:19

Rob Simmelkjaer: Yared, I have been very lucky to be right there in the flesh for some incredible moments recently in your career. I was in Paris in the stadium at the Stade de France for that incredible 1,500 meter race that you obviously finished third. Of course, your teammate Mr. Hawker had that incredible day winning gold. You won bronze, so that was obviously a day that you'll never forget. I want to talk about that for a minute before we get on to what's been happening more recently and that race. And for those who haven't seen it, I recommend everybody go back, find it on YouTube or NBC Olympics or whatever it is. It is one of the most thrilling moments that you'll ever see. And the Mile to me Yared is after maybe the 100 meters and the 200 meters, which are those incredible surges of adrenaline that you get as a fan. You just seeing those

runners out of the block, the mile is so exciting, especially as you see them come around that final lap. Walk me through that race just a little bit from your, I'm sure you've done this only a couple of thousand times. But I want to just from this distance now over a year away, how shocking or fulfilling is it still for you, the way that race ended up playing out?

00:17:42

Yared Nuguse: Yeah, no, it was really crazy, honestly, I think coming into Paris, I hadn't really had an outdoor world medal at that point. And I think with the competition that was there, I felt a little intimidated, but also strong enough that I definitely could get one if the race was right. Coming into it, I definitely was more anxious than I felt for any race I've ever done, which makes sense, Olympic finals. But I think even just every race, every heat I had in that stadium was just so much fun and so exciting. And getting to that last one I remember I was obviously a little nervous but trying to calm my nerves and stuff. And they have us doing intros, which they hadn't done for any of the other races and I've never done an actual intro where it's like you stand there for a minute and then go and I was just like, "Oh God, what am I going to do?" And then I spent the whole pre-intro period thinking I got to think of something to do for this intro right now, otherwise I'm going to look stupid.

00:18:43

Rob Simmelkjaer: That's so interesting that that's the kind of thing that ends up in your head when you're on a stage that's bigger than any stage you've ever been on.

00:18:52

Yared Nuguse: Honestly, I think it was a distraction. I was just latching onto anything to make me not think about the race for a moment. We do our introductions, we get out there and we're on the track and it kind of feels like a "I'm ready for it," sort of moment. And the gun goes off and it's hot right from the start. I think Jakob really just wanted to run that race-

00:19:10

Rob Simmelkjaer: Jakob Ingebrigtsen of course.

00:19:13

Yared Nuguse: And I think a lot of it just kind of felt like, "Okay, just stay in it." And a race that fast, all you can really do is just stick where you are and then wait until that last lap to kind of do something. And then

that last lap comes and it's just like, I feel really good. I think you kind of know how your race is going to go by that last lap. And I think in that race I felt like, okay, I'm feeling really good. I can do this. 300 to go kind of Cole starts passing me around and I try to hold that off a little bit, but he gets around me and then we both get around Timothy Cheruiyot and then it's the four of us, Jakob and Josh who been obviously hyped up the entire year, and then Cole and me. And I think at that moment I just was like that 200 to go moment, that's where it really felt like, okay, we're really here.

That's when the tension builds and everything just kind of locks into place and I feel like I'm more in the zone than anything. But I definitely remember that last 100 meters. I go really wide just like I need the space and it looks crazy crowded in there and I remember everyone's passing Jakob and I get into that bronze position and I'm just like, there's a moment where it's just like, "Oh my God, I'm here." And they're still a race to go, so I'm still just like, "Okay, we got to hold him off." I don't know if he's going to have another kick or something, but there was another moment. This is very obviously quick.

00:20:40

Rob Simmelkjaer: I love it. I love this. Yeah, they're brief moments, but there are moments we're never going to forget.

00:20:44

Yared Nuguse: But they're very clearly I can remember, although the whole thing, it feels like a general fog over it, but it's kind of like there's these moments. And there was another moment where I'm just like, "Oh, I can do more." And I think I had another surge where I almost get to silver, but I don't quite make it. But I still felt like that was a race where I left everything out there and was really happy about that.

00:21:06

Becs Gentry: Oh my gosh, I can't even imagine that feeling of going from the nerves of the intro moment to going ... I can see you making that move. I can still see it in my mind watching you do that that day. And just being like, "Oh my goodness, this is actually happening. There we go." Massive congratulations.

00:21:27

Yared Nuguse: Thank you.

00:21:27

Becs Gentry: Forever. Let's take it back to how running

started for you. Because you weren't always super into running as a child. And it was only apparently your PE teacher who noticed that your mile time was pretty quick. How old were you when they noticed that?

00:21:47

Yared Nuguse: Yeah, so it was my freshman year of high school, so I was 14. Yeah, 14. And I think at the time I wasn't even a sporty person in general, very nerdy, still am.

00:22:00

Becs Gentry: We love the mix though.

00:22:02

Yared Nuguse: Yes. But yeah, in PE we had these required miles that we would run for a grade, and I'm not going to get a B in PE, so it was just like. But more than that, it was pretty easy to get an A. But I was still just was like, "If I'm going to run a mile, I'm just going to run it as fast as I can, who cares?" And then get to this McDonald's that we'd go to before everyone else did.

00:22:29

Becs Gentry: The rewards.

00:22:29

Yared Nuguse: And so yeah, I'd run 5:40 or something, which is pretty fast for someone who doesn't run at all.

00:22:36

Rob Simmelkjaer: Was that the first time you'd ever really run a mile or run for speed?

00:22:40

Yared Nuguse: Yeah, I think that was the first time I'd been timed at least. And so, I do it and I just go about my day after that and just be like, "Cool. Totally dusted everyone, nailed it." And then my PE teacher sees this and he tells the cross country and track coach, who approaches me in the middle of my AP human Geography class I remember. And he just takes me outside and he's just like, "Hey, I heard you run really fast in the mile on PE, you should join the track team." And I was like, "No, that sounds hard and I don't want to do that." And he's like, "No, but really, you should really." He was really persuasive. And I was kind of just like, "Okay, I'll give it a try just to see what happens."

00:23:28

Rob Simmelkjaer: Had anybody, I'm curious, in your family been a runner? Did you have any of this in your world?

00:23:34

Yared Nuguse: No. No, no. One in my family did running and my brother did a little basketball, but he didn't really ... None of us were really athletes. And so, it felt weird to go out and do that, but I remember just how quickly I fell in love with it. My first race, I remember I didn't know what spikes were or any kind of fancy shoe thing, so I ran it in my worn down tennis shoes that I wear every day to class.

00:24:00

Becs Gentry: Even more impressive.

00:24:02

Yared Nuguse: I ended up running, it was a two-mile indoors, I remember, because I ran 11 something minutes and one of my shoes fell off halfway through, because someone with spikes stepped on the back of it, it just slipped off. And then I drank too much water at the end, because no one told me that if you drink a lot of water right after your race, you're going to throw up, so I threw up.

00:24:23

Rob Simmelkjaer: All the rookie mistakes.

00:24:27

Yared Nuguse: But I kind of loved it. I think it just felt so different from everything else I did. There's just this moment of just competition and just putting it into a small moment of 11 minutes in this case, and just racing as fast as you could felt really, really good. And I think I got really good really quickly, made a lot of friends really quickly, and then decided to keep on doing it.

00:24:50

Rob Simmelkjaer: And all of that success in high school puts you on a path for Notre Dame, a pretty good place in sports I've heard. From time to time they've had a good team here and there. And you ran there as well. And talk about the experience of running at Notre Dame. Obviously, it's a school known for football and other sports, but what was it like being a running star there? And I want to talk about your academic side as well.

00:25:14

Yared Nuguse: Yeah, no, I loved it. I think I didn't even know what Notre Dame was before they contacted me, fun fact.

They had contacted me the fall of my senior year in high school and the coach was just like, he had just become coach last year, so he was just recruiting everyone he could. But I went on my visit and I fell in love with it really, really quickly. And I feel like throughout my time there just felt like there was just a lot of really good team camaraderie, which I think was what I wanted the most. And my coach was just really focused on building this really great, in his case, cross country team. But have good track athletes too.

But I think it was really fun, because we were really bad at first. My first year, my freshman year we didn't even make it to nationals. But over the course of it we would end up, our highest finish would be second place at NAAs, which I think was just a really huge moment for our team. And I think there was just so much at Notre Dame that I think I really appreciate and I felt like I really came into my own person as well. So really, really grateful for that, and just everything Notre Dame gave to me.

00:26:31

Becs Gentry: Wow. I still struggle. I've been here eight years from the UK originally, and I still struggle to understand how Americans seem to excel at two things when they're at University College. Because in the UK it's very much like you pick academia or sport. And here it's like you did, and I'm going to read this to get it right, okay, you had a degree in biochemistry whilst you were doing this incredible rise to excellence on the Notre Dame track team. That to me is like, "How? Are you Beyonce? Do you have that many hours in the day?" It's unreal, but-

00:27:14

Rob Simmelkjaer: I bet that's the first time someone's asked you if you're Beyonce.

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Yared Nuguse: That's a crazy comparison, but I love it.

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Becs Gentry: I'm taking that with me.

00:27:25

Yared Nuguse: But yeah, no, I think one of the reasons I chose Notre Dame was because I wanted this academic-athletic balance, that I didn't really see at a lot of other schools I was looking at. And because academics was the most important thing in my head anyway. And making sure I go to a good college and do really well so I can go to dental school and do really well and yada, yada, yada. I had this

plan.

00:27:47

Becs Gentry: You were still on the dental school path at this point? Running was just a bit of fun.

00:27:51

Yared Nuguse: No, yeah, running was just a great extracurricular. It's going to look great on my applications, I'm sure, especially if I'm really good at it. So, I remember I had a couple of conversations with my coach Carlson. He was just like, "There's easier ways, there's easier majors. You don't have to do biochemistry," which I actually only started doing because I thought that was the only way you could take biology and chemistry, which is not true. But no one told me that, so I majored in biochemistry. But I ended up really loving it. I think biochemistry and chemistry in general, I feel like I was just, I don't know, I just loved it, honestly.

It was hard and it was annoying and obviously also hard to juggle it with running, but it was kind of easy for me to separate the two. I always saw running as more of like, oh, my enjoyment and break between all this hard studying I did, versus stressing out about school and then stressing out about running. I didn't need more stressors in my life obviously. And it was tough, I think, especially my freshman year, but I think I found a good rhythm for my sophomore year and the rest of the time I had there.

00:28:58

Becs Gentry: Absolutely.

00:28:59

Rob Simmelkjaer: And you mentioned the dental interest and that wasn't just a college thing, we were talking before the show, you are still on the dental track, you are still focused on becoming an orthodontist when your running career is over. Where did that come from? Where was the, no one in your family's an orthodontist. Where did this interest come from?

00:29:18

Yared Nuguse: So yeah, I think really I attribute it all to my orthodontist when I was a kid. Dr. Woods, shout out.

00:29:26

Rob Simmelkjaer: You all know Dr. Woods, I'm sure we all know Dr. Woods out there. You guys mentioned running podcasts all the time.

00:29:31

Yared Nuguse: But I had a terrible mouth situation. It was scary. I feel like I didn't care. I thought it looked cool, but I think to everyone, it was like my lateral incisors are just the side front teeth behind my front teeth and everything else was crooked and I just looked like a shark basically. But through Dr. Woods and my braces treatment, I eventually got really straight teeth over a long time. But I always loved, loved, loved, love coming in to do our monthly checkups and whatnot. And just having the chance to talk to him, and he was just so much fun to talk to me. I was just like, just this grown man who's just like, I don't know, I don't know why he's so much more fun to talk up to than most adults are at that age.

And I feel like, I remember specifically I had this one conversation with him where I'm just like, I know I want to be in some kind of science thing, maybe a doctor, but there's so many different doctor paths that you can do and I don't know which one's for me. And he's like, "You should just be an orthodontist." And I was like, "You're so right." And then-

00:30:43

Rob Simmelkjaer: Sign me up.

00:30:43

Yared Nuguse: And I would eventually look more into it, and I saw a lot of things that I really enjoyed about it that kind of drew me to it. I think I really like the idea of working with younger children or the teenager age and whatnot. I really like the idea of just doing something that kind of sticks. I think in dentistry you're kind of just always fixing people and whatnot, but orthodontics, you do something in it should stick if they're doing their retainers and whatnot. I think I want to have a permanent lasting impact on the people who come to see me. And I also didn't want to have anyone's lives in my hand. I don't think I would be okay if I was a surgeon or something and someone died. But yeah, I think the orthodontist encapsulates all of that really well, and I think that's what I want to do.

00:31:35

Rob Simmelkjaer: It makes sense. And we talked about the Invisalign. You've got Invisalign right now, so you're still a patient I guess as well, which is great. Well, you know what backs, I've never met an out-of-work orthodontist in my life, so I think it's a good career. There's always business for an orthodontist, right?

00:31:54

Yared Nuguse: Oh yeah. I think people say as long as people have teeth there's going to be dentists and orthodontists and whatnot.

00:32:00

Becs Gentry: And it's very cool now for grown-ups to get braces and all sorts. So okay. You said something when we were talking about you changing from studying, being more on the academia side, to running. That kind of just pinged in my head competition side. As you were, your words, very nerdy, very geeky, very good at it, very, very clever. And then running came along. Was that, do you think the start of your passion to want to build your competitive side on the running alongside obviously what you were doing in the classroom? You were the best at your in sciences and you were on track to be very, very good there, but then running came along and was like, ooh, this is a new competition to be the best at whatever distance you wanted to be.

00:32:58

Yared Nuguse: Yeah, I think running just provided another more clear outlet for my competitiveness. Because I think I've always been very competitive. I grew up with five siblings, so it's just obviously-

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Becs Gentry: And you're pretty much in the middle, right?

00:33:14

Yared Nuguse: Yeah. I'm like four. And so, for me it was, in school it was just like, "Oh, I got to be the best in school so I can get a better report card than all my siblings or something." Or even whether it was beating everyone in my class or doing everything I could, just be at the top. I think that I always had that in me and that's why I worked so hard in those things. And then running comes along and it's like, oh, well now it's a very more clearly a competition because it's just like, it's literally you're competing. But it was different. You're not doing competition of your mind. Well, part mind I would say. But you're just having just a pressurized moment of just adrenaline, just leaving it all out on the track.

00:34:01

Becs Gentry: Yeah, yeah in that stage.

00:34:02

Rob Simmelkjaer: Yeah. I mean, I'm curious, you mentioned no one else was really athletic in your family as you've gone on to have all this success as an athlete, which we're going

to talk more about in a little bit. But how has your family reacted to that? I don't know if your siblings or your parents, are they into this, or are they like, "What is he doing again? He's in the Olympics, he's doing this, he's doing that." What is it like being really the only athlete in a family and doing it at the level that you're doing it?

00:34:32

Yared Nuguse: Yeah, I mean, they're definitely supportive, but it's not like their knowledge of running has grown exponentially since I've been competing. I think they know what they know and they'll watch the races, but they are not going to watch the entire track meet. They don't care about what's going on. They just care about me and what I'm doing and that's it. And I've kind of enjoyed that. I think the idea of parents who knew a lot about track and being a little overbearing, I think that would've kind of pushed me away a little bit. But it is just kind of nice. They support in their own weird way. I will say they're kind of just like, "Oh wow, you killed it, as expected. That's what you should be doing."

00:35:16

Becs Gentry: Always expecting you to be at the top.

00:35:17

Yared Nuguse: Or just like, "Oh, you lost, loser. What?" So, they can be grounded.

00:35:22

Becs Gentry: Okay. Talking of not losing, but after the games you had, it was a quad injury right?

00:35:32

Rob Simmelkjaer: This is back in '21, you qualified-

00:35:34

Becs Gentry: You started the Olympic trial.

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Rob Simmelkjaer: This was when you were in college, right?

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Yared Nuguse: It was.

00:35:37

Rob Simmelkjaer: You qualified for those Olympic trials.

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Becs Gentry: That was a 1, 500.

00:35:41

Yared Nuguse: Yes.

00:35:42

Becs Gentry: What was it like for you? You coping with missing out on Tokyo and being you qualify, you were at the trials, it was there for the taking to be the leader of the classroom.

00:35:54

Yared Nuguse: Oh yeah. I mean, that was always a really tough moment for me, because I think coming into those trials, I wasn't expecting to make the team. I was kind of just like, I'm going to go out here and try my best, but I don't know if I'm good enough to be top three in the USA right now. And then that race happens and I do end up coming in third and obviously I'm super excited and very shocked and then very nervous. Because I was like, how am I going to compete on the world stage? I was definitely very, very nervous going into that race. And then I got a quad injury right after I got there to Tokyo, and I think that was really hard because I'd just never really been actually injured before.

And so just trying to get better as fast as I could and just make it so that I could at least get to the line was really hard. And I think it just sat in the back of my head, I feel until Paris happened, where it was just like I didn't really compete at the Olympics. I was there, I'm Olympian, but I didn't even get to race on that track even once, because I actually just could not run fast at all. And I wasn't just going to go out there and run five minutes for 1, 500.

00:37:03

Becs Gentry: Yeah, no one qualify a 3: 36?

00:37:06

Yared Nuguse: Yeah.

00:37:06

Becs Gentry: Mm-hmm, okay.

00:37:09

Yared Nuguse: So, that was really hard, but I feel like in a lot of ways I feel like Paris released me from that race, and just what happened there. I think I was able to be like, all right, not only, I probably would not have medaled in Tokyo, realistically, I was not at that point in my career where I am now. But now it's like, " Oh, I've done

it. I've made it there at that stage."

00:37:33

Becs Gentry: Yeah. Oh my gosh.

00:37:34

Rob Simmelkjaer: How has the medal in Paris changed your life? Do you feel you're seen differently? I'm sure when you show up to track meets it's very different, right? I mean, what is it like now for you and how different is it for you day-to-day as an Olympic medalist?

00:37:52

Yared Nuguse: I mean, the day-to-day is honestly more similar than you'd expect. I just kind of go about my normal life as normal. It's just I will get recognized more often than I used to before the medal, especially here in New York. I've been on a couple runs at Central Park and it's like I'm 100% chance going to get recognized by someone.

00:38:12

Becs Gentry: We're pretty into running here in New York.

00:38:13

Yared Nuguse: Yes.

00:38:13

Rob Simmelkjaer: In Central Park there are a lot of hardcore running fans, so that's the place to get recognized.

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Yared Nuguse: But no, I think for me personally, just kind of instill a lot of confidence. I think you come out of a race like that where it's just like everyone's so good and everyone's at their best and coming away with a bronze medal there just feels like you are one of those people and you're always going to belong in that kind of group. And so, it gives you a lot of confidence into your race. It's just how you want to perform there.

00:38:45

Rob Simmelkjaer: Have you and Cole Hocker talked about the race since Paris? Have you sat down and walked through it from each of your perspectives, I'm curious?

00:38:54

Yared Nuguse: After the race we did when we were kind of set around for press conferences and meet medal, actually getting the medal and all that crap. But not really after that. No, I think, yeah, no, we just haven't really had a moment.

We're just like, " Let's just talk about this race from over a year ago now."

00:39:15

Becs Gentry: Had enough time to just both debrief in your own way and now come together.

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Yared Nuguse: I'm sure the POV is very similar. The race was fast to hanging on and then, I mean for him it just opened up on the inside, which I'm sure felt a relief to him just after being blocked in. But no, yeah, I haven't really sat down and talked about it. So yeah.

00:39:38

Becs Gentry: Keep us posted on that one. Okay, so let's move to indoor. Well, I mean they're kind of both. I mean, Paris is indoor. outdoor.

00:39:46

Rob Simmelkjaer: It was outdoor, but it was kind of a roof.

00:39:49

Becs Gentry: Outdoor kind of feel. Yeah, it's like the tennis, it's indoor outdoor. Anyway, I digress. In February you ran a 3: 46:63 indoors at the Millrose Games to set the World Mile record.

00:40:02

Rob Simmelkjaer: And that was the other place that I was close to your achievement because-

00:40:07

Becs Gentry: Basically he's trying to say that he's your good luck charm.

00:40:08

Rob Simmelkjaer: I would like to think so, which means you should have a good day on Sunday, because I'm going to be there. But no, I was actually, I'm sure you remember this like it was yesterday, holding the tape when you broke that record at the Millrose Games. Nnenna Lynch, our chair and I were holding that tape, and it was an incredible experience just to see you come down that stretch and hit that tape in time to break that indoor record on that brand new Millrose Games track up at the Armory.

00:40:37

Becs Gentry: Yeah.

00:40:37

Yared Nuguse: Oh yeah. Honestly, that race was, it was like my first race of the season too, I think. And I think just, I had always come so close to that mile record and it just felt like, "Oh, come on. Third time's got to be a charm at this point." And just to see it finally come together and finally get my first world record was just such a crazy great experience for me. I think there, I had a lot of people there too, and so it was just really fun celebrating that afterwards. But yeah, no, I think that race also just feels like a blur, honestly. It's just kind of like was run, run, run, run, run. And then, okay, we're at the finish line. Great. That was it.

00:41:16

Becs Gentry: We were just talking about indoor versus outdoor distances back in the green room and I was like, what do you prefer? Laps or a point to point? And his first question was like, "What pace?" I'm like, "Oh, okay, here we go." But the countdown of the laps is something that we were talking about. And when you are running that fast, how do you keep, A, calm, and, B, consistency to just stick with it and keep going?

00:41:49

Yared Nuguse: Yeah, I think the 1,500 is really interesting because there's not a ton of time to think or do other things. But there's still enough time to just at least make a couple moves. And I feel like a lot of the 800 is just stay relaxed, stay in it, and just find a comfortable but fast position for the first 800 meters. And then just making sure you're where you need to be for that last lap or that last 200. And I think I've run so many 1,500s at this point that it all just kind of becomes second nature of just where I'm at and what I want to do at certain phases. I know every time I hear that bell, there's just a moment of just like, go, now we're doing it.

00:42:37

Becs Gentry: This is it.

00:42:39

Yared Nuguse: Yeah, so it's always been really exciting I think just to, I don't know, especially that last 200, it's just, it's always great when I get there.

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Becs Gentry: Do you feel the nerves bubble up when you got that last 200 of like, oh?

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Yared Nuguse: No. I think after the race starts there's no more nerves. It's just like it's happening, we're in it. And I think the excitement bubbles up, and getting to really go all out basically at that last 200 is always just a really great experience.

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Rob Simmelkjaer: Yeah, it is-

00:43:08

Becs Gentry: I think that mentality is happening. It's happening. Just go with it.

00:43:12

Rob Simmelkjaer: There's just a certain Built-in drama to the last 200 of a mile or a 1,500. Not every marathon gets that. We don't typically get a lot of scintillating, super close finishes at marathons obviously, but at that distance there's just something really dramatic about it. Having run a few when I was in high school myself, it just felt dramatic. Right. Do you love that moment of like, okay, now it's on, you get to that bell lap, there's last 200 meters. Do you have a sense in most of your races of what everybody on the track might have left or is it really focused more on what you think you've got left?

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Yared Nuguse: Oh yeah. It's definitely just what I'm doing and what I can do. I've always been good just focusing on myself in general, but I think you get to the end of those races and it's just like, it doesn't matter what everyone else is doing. I need to just sprint as fast as I can. And I think we all love competing. I think all professional runners in general and all runners, period. But there's something, I don't know, something about finishing a fast race that I just really love doing.

00:44:27

Rob Simmelkjaer: Were you bummed when Jakob Ingebrigtsen broke your record like five days later? I mean you didn't get to hold that indoor record for very long. I remember thinking, oh man, what a bummer. I saw that record and now it's already been broken. What was it like when you got the news from Europe that he'd broken the record?

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Yared Nuguse: No, I remember watching it. I was kind of just like, honestly, we were like, "What are the odds?" And I feel like we were probably pretty high. I don't know.

Knowing him if he's fit, he probably could. I wasn't that bummed. I was a little bummed. I was kind of just like, I had it, I got it. And I always be like, "No, I was always first, so."

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Becs Gentry: You set the record, he just broke it, that's different.

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Yared Nuguse: But no, I had good fun about it. And I think I've never really liked the idea of record really, really old records. I think I never would want a record that lasted for 30, 40, 50 years or whatever because then it feels like, what is track doing right now? Why aren't people running fast? But these days it feels like everyone's getting faster and it's really, really good.

00:45:35

Becs Gentry: Yeah, absolutely they are. All right, let's talk about the Bauman. Bauman, spectacular. The Bauman Mile. Okay, so you were out leaned by Neil. I always say Larios, that's a whole different runner, right? Okay, but you lost by one 100th of a second. I don't even know what that is. Obviously, we look on our watches, but how do finishes like that teach you to finish differently? We all think of, most of us here are kind of more long distance runners. We don't have to think about really how we come over the finish line, other than hopefully standing up. But on the track, and for you, there's tactics to how far you lean. How did that change your trajectory of how you finish a race?

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Yared Nuguse: Yeah, no, I think from that race specifically, it's a unique race because also I was just going after a record essentially and just seeing how fast I could run, and just dive really, really hard. But I think a lot of times when you're finishing a race and you feel good finishing a race, like I did in like Paris or most of my races. Then there is more of that lean factor. And I think I've always been, I've just, I usually do have a good lean. It was really just that race where I didn't. But honestly, I think I still ran the race I wanted to run and still had a really good race. That I've beaten people by a hundredth of a second before, less than a hundredth of a second before. And it's always crazy. It's always like, "Oh my God, did I actually get that?" But I think it still doesn't take away. When they're both that close, you both kind of know it feels like a fractional thing on any other day. It could have been totally different. But yeah.

00:47:37

Rob Simmelkjaer: So we're so thrilled to have you in New York this weekend. It's going to be a great moment for the New Balance 5th Avenue Mile to have you as a part of this race. I know Yared, that this was probably not where you planned to be this part of your season. Obviously, we've got a world championships happening in Tokyo. You didn't end up getting through in Eugene, Oregon to qualify for the world championships. And then I know you had a shot in Zurich to qualify and things didn't quite work out for you. I know you had some health issues there. So, can you reflect a little bit on, you've had such an incredible last year and a half, so it'd be hard for you to be disappointed about much in the way that your last year and a half has gone. But how do you feel about not going to Tokyo, and how are you going to take that and hopefully turn it into something great in New York this weekend?

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Yared Nuguse: Yeah, no, it's definitely tough, because I think I've expected a certain amount from myself, and at the very least, making it to Tokyo, if not hopefully meddling there again. And it was hard. I feel like mostly after, I think after USA is, it was really hard, because I didn't really know about the whole Zurich thing until, I don't know, an hour later. But it felt like at the point where I was and it was just like I still ran the best race I could at USA's and if I didn't make it, then it's like I hope that the guys that we're sending are going to really kill it there when they get there. But it's definitely hard. I feel like we're going to have these moments in your career at least if you have a decently long one where you're not going to perform as well as you want to, where you're not going to get to where you want to get to.

But it's not like I was doing that all year. I think I took it all into perspective and I was just like, I'm not really going to let one or two bad races define my whole season. And even though I really wanted to be there and I'm really jealous everyone was going, I also just love Tokyo as a place. I'm still just going to keep my head up and I feel like just really lock in for next year. There's no worlds next year, so there's less you got to do for that, but I still really want to have a good 2026. And I feel like I'm going to do everything I can to make that happen.

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Rob Simmelkjaer: We talk about how fast these miles go by. And that can be a positive when you have a day, the one you had in Paris. And it can also go by really quickly on

the negative side. When you think about what happened in the race in Eugene, was it, you didn't run the race that you think you could have run? Or did a few other guys just have incredible days and they were just better than you that day?

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Yared Nuguse: Kind of felt like a little bit of both. I feel like seeing that many guys run that fast at USAs was really crazy and surprising. But also I think just with, I thought I'd have a little stronger of a kick. I know leading races is very hard, obviously, and so maybe I shouldn't have led the entire thing or just 800 of it or something. But I talked to my coach about it and I think we just kind of agree that it's just the circumstances of what was happening around me, but also just could tweak some things like race strategy wise to make sure that you secure that top three position. But yeah, no, I think USA's at a really good spot right now. I think after Paris, that was very evident. And I think it's really, really exciting to be in an era where not just the world is good, but also like USA is really, really good. So I'm really, really excited for those guys. They better kill it there, I must say, but.

00:51:30

Rob Simmelkjaer: Well, Tokyo's loss is our gain here in New York.

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Becs Gentry: Exactly. When we get you here in New York. We have a couple of things I think a lot of people want to talk about that is not necessarily running related. My favorite one being your amazing pet.

00:51:46

Yared Nuguse: Yes.

00:51:47

Rob Simmelkjaer: Tyrone.

00:51:47

Becs Gentry: It's Tyrone.

00:51:47

Rob Simmelkjaer: Tyrone, the turtle.

00:51:48

Becs Gentry: I was like, "Can Tyrone come as well, please?" That was my request. But you seem to just have, earlier this year you announced that you're in a relationship with your

partner, Julian, and there seems like there's a lot of wonderful things going on for you outside of running, as your heart's getting full in those other things. Is that setting you up you think for even more success as you said, for a great 2026 and whatever may come thereafter?

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Yared Nuguse: No, 100%. I mean, I think just this year I felt it's been just more okay to just be myself in a lot of ways. And just do things that I might have been worried about doing before. And I think that's just really important. You want to have a really strong base behind your running. Running is obviously just a lot of training and putting in the work and all that stuff. But I think especially now where it's like I might not have the year that I've wanted to have. You want to have people that you can trust and fall back on. And having Julian to help me through it has been amazing. I still haven't gone to see my tortoise yet since I've been out way in Europe, but I will see him again soon after this.

00:53:13

Becs Gentry: Is he hibernating? No, not yet.

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Yared Nuguse: No, not yet. Not yet. He'll be in Thanksgiving or something like that.

00:53:18

Becs Gentry: Okay, so you've got some time?

00:53:18

Yared Nuguse: Yes. Yeah, we'll get some time together, but he just kind of winds down in the fall, so it's like, but.

00:53:24

Rob Simmelkjaer: I just have to ask, why? Why a tortoise?

00:53:28

Becs Gentry: Why not?

00:53:29

Rob Simmelkjaer: I see irony in this. Is this meant to be ironic? You're kind of the hare in this relationship. Is that how this goes, or what drove you to get the slowest animal on earth as your pet?

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Yared Nuguse: Okay, surely the snail is slower, because—

00:53:46

Becs Gentry: My brain won that too. So, thank you for correcting him. Snails are actually slower.

00:53:52

Rob Simmelkjaer: Fine. Fair enough. Fair enough.

00:53:54

Becs Gentry: Took me to a closest owner of someone who has a tattoo on their arm. Come on.

00:53:55

Yared Nuguse: No. Yeah, so I got him in COVID during 2020 as a lot of people got pets. And originally my plan was, "Oh, I'll have this pet and he'll be a team pet and I'll just pass him on to generations of senior teams, cross-country teams at Notre Dame." But then I ended up doing a fifth year and then I got really, really attached. So, I was just like, also I just didn't trust anyone to take care of him. So, I was kind of just like, "Actually I'm just going to go to Boulder and take him with me."

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Becs Gentry: Did he have to acclimatize to altitude?

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Yared Nuguse: No, but he did have to fly, which was probably his worst experience, probably second to him flying over to get to me in the first place. But I did, because he was sort of hibernating already at that point when I moved. So it was-

00:54:51

Becs Gentry: Go get on the plane.

00:54:51

Yared Nuguse: ... mostly easy, but I think he kind of woke up. I was just like, "What is going on?"

00:54:57

Rob Simmelkjaer: Can the turtle fly in the cabin with you?

00:54:59

Yared Nuguse: Yes.

00:54:59

Rob Simmelkjaer: Like you can bring it with you, right?

00:55:01

Yared Nuguse: I literally just brought him through security and

I was like, " This is my tortoise." And they just swabbed him and then let him pass through.

00:55:09

Becs Gentry: Oh, my gosh. My daughter is getting a tortoise.

00:55:11

Yared Nuguse: Yeah.

00:55:11

Rob Simmelkjaer: And how do you know it was a bad experience for him? Was he in his shell the whole flight? How did you get the emotional temperature there?

00:55:20

Yared Nuguse: He just peed himself twice. That's usually how you know, if they're defecating or urinating, then they're not having a good time.

00:55:28

Rob Simmelkjaer: Yeah.

00:55:30

Yared Nuguse: But no, yes-

00:55:32

Rob Simmelkjaer: That would be a tell, yes. That would definitely be a tell.

00:55:35

Yared Nuguse: But yeah, I just love the idea. I wanted an easy pet. I feel like I didn't think I had, especially with my pro career and stuff, I couldn't. At least some people manage it well, but I couldn't really handle a dog or a cat. And a tortoise just seemed so cool too. I was just like, "It's just so sick." He just hangs out there and does his own thing, which is what I do most of the time. Because I'm just keep to myself too. So I think I just related a lot with him just and then the irony of the slow tortoise fast person, but he's awfully fast when he's motivated, I will say. He will move, especially if he's just like, if he's on carpet or something, I feel like if he's outside he'll be pretty chill. But when he's inside and I just let him have some living room time or whatever, he just goes crazy. He's like, " Oh my god, a toe, I'm going to go bite this." And I'm just like, " Stop." He just basically tries to eat everything that isn't food, so yeah.

00:56:31

Becs Gentry: This is all the content we need. We need more

Tyrone.

00:56:34

Yared Nuguse: Yeah.

00:56:34

Becs Gentry: Tyrone running around your carpet content.

00:56:37

Yared Nuguse: No, people always want more Tyrone content. And it's like if I was more into social media, I'd probably give it to them. But I maintain some at least.

00:56:45

Becs Gentry: And the professional runner element as well. Can we talk New York food while you're here? Are you a foodie? Are you interested in?

00:56:55

Yared Nuguse: I love food. Don't know if I'm a foodie. I think I just love eating, honestly.

00:57:01

Becs Gentry: Well, let's not talk pre-race, because I know you probably have your specifics for your pre-race, but is there anything that you have come to New York and you're here for this race that you're like, "I cannot wait to go and eat that?"

00:57:14

Yared Nuguse: Honestly, it feels like just generally New York pizza. I've had a lot of really good New York pizza after races. But I'm just like, I've had so many honestly different places right after my races. I haven't had one specific place that we go to, but there's just so many good ones. I just love pizza generally.

00:57:35

Becs Gentry: There we go.

00:57:35

Yared Nuguse: I think just having a really, especially if it's really greasy or something. I'm just psyche about that.

00:57:42

Becs Gentry: All right. Okay. Rob will be dragging you to Connecticut.

00:57:45

Rob Simmelkjaer: Yeah, there's good pizza up there, but you

can't go wrong in New York City, it's everywhere. All right, so you've fed yourself, you've fueled up, you're towing this starting line of the New Balance 5th Avenue Mile this Sunday. How do you approach this kind of a race? I don't know how many road miles you've done. Do you have a lot of experience doing road miles?

00:58:06

Becs Gentry: No. Can we play the game?

00:58:06

Yared Nuguse: Two.

00:58:06

Rob Simmelkjaer: Two.

00:58:08

Becs Gentry: Can we ask him the question that I asked you?

00:58:09

Rob Simmelkjaer: Yeah.

00:58:11

Becs Gentry: How far do you think Jared's long runs are?

00:58:15

Rob Simmelkjaer: Oh, that's a good question. To get ready for a mile?

00:58:19

Yared Nuguse: Throughout the season. Oh gosh, two miles?

00:58:22

Becs Gentry: Insulting.

00:58:23

Rob Simmelkjaer: You go long, you go really long getting ready for miles. I guess it would make sense. I don't even know. How far do you go?

00:58:32

Yared Nuguse: Like 17.

00:58:34

Rob Simmelkjaer: You go 17 miles?

00:58:36

Yared Nuguse: I have done 17 miles.

00:58:37

Becs Gentry: Who else sounds like they go (inaudible) . I'm like, " So should for a marathon, should we be running like 50 miles?"

00:58:46

Rob Simmelkjaer: That's fascinating to me. I mean, I assume most milers do that. What is that doing? It's just an endurance game. It's just simply building the V0 two max.

00:58:55

Becs Gentry: His pace was like 6: 10.

00:58:56

Yared Nuguse: I think a lot of people, it's coach dependent for sure. And I think my coach just is very distance heavy and strength is speed sort of guy. And so to do that it's like we all got to go on these long runs and just hammer sometimes we don't always hammer the long runs, but-

00:59:14

Becs Gentry: But you can.

00:59:15

Yared Nuguse: We could. I usually get dropped on almost all of these long runs. Also, I think I'm going fast and they're just going way faster because they're just way more distance-y than I am. But yeah, no.

00:59:28

Rob Simmelkjaer: So you're used to running obviously on the track. You said you've done two road miles before. What's the mentality? How do you approach a point-to-point straight line mile, like you're going to get out on Fifth Avenue Sunday?

00:59:41

Yared Nuguse: I mean, I've heard that it can be very deceiving how close the finish line is, so I will be watching out for that. But I think road miles are a little weird. Because you kind of just go at a certain point, I'm assuming, and that's what I've done in my road miles in the past. Whereas in the track you kind of know where you are. In the road mile, I'm sure there'll be quarter mile markers or something, but I'm not really going to know. I don't know when 200 meters to go is. I'm just going to have to guess and be like, all right, this seems like a good enough place to really put in a good kick and hopefully I don't die by the time I get there. So yeah, there's a few little different things, but I think I've heard it's very downhill too, so I think that'll be nice.

01:00:23

Rob Simmelkjaer: There's a bit of an up and there's a bit of a down. Yeah, so you get a little undulation. This may be the only time I'm ever able to give someone as fast as you any kind of a tip when it comes to running. But this is my moment right now. You're running down Fifth Avenue. What you should do is go out there tomorrow or Saturday and look at the street signs and you'll be able to see what street you're on as you go down Fifth Avenue. And as the street numbers go down, you'll know how close you are to the finish line.

01:00:51

Becs Gentry: It's a good one.

01:00:51

Rob Simmelkjaer: So, that is a pretty good way to demark it. And I've run this once or twice, and that's what I do is just count down the blocks. That's a little pro-tip from a non-pro on running the New Balance 5th Avenue Mile.

01:01:08

Yared Nuguse: That's good to know. I'll check them out. I think that at least I can get an idea of where I am versus just running blindly.

01:01:15

Becs Gentry: And the potholes.

01:01:16

Yared Nuguse: And the potholes. There are potholes. I didn't know that.

01:01:18

Becs Gentry: No, no-

01:01:20

Rob Simmelkjaer: There are no potholes on New York City streets. Absolutely not. Never.

01:01:23

Yared Nuguse: Never.

01:01:24

Rob Simmelkjaer: There's never been a single pothole. Our friends in the Department of Transportation ask me to say that, absolutely. No, I'm sure it'll be in great shape on Sunday. And we're thrilled to have you as a part of this race. Can't wait to see what you do. We know it's going to

be great. It's going to be special for us, for all of our runners. The 8, 500 runners coming behind you on Sunday as well at the New Balance 5th Avenue Mile. So, have a great couple of days getting ready for it, and we will see you on Fifth Avenue.

01:01:55

Yared Nuguse: Thank you guys, I can't wait.

01:01:56

Rob Simmelkjaer: Yared Nuguse, the one and only. New York Roadrunners is a non-profit organization with a vision to build healthier lives and stronger communities through the transformative power of running. The support of members and donors like you helps us achieve our mission to transform the health and wellbeing of our communities through inclusive and accessible running experiences, empowering all to achieve their potential. Learn more and contribute at nyrr.org/donate.

All right, and that does it for a really fun episode of Set the Pace. Bees, it was great to see you. Thanks to all of you for coming out here to the Run Center, and we'll see so many of you out there this weekend. If you're out there listening to the podcast, make sure you rate it, send us a question, we'll answer it live, and give us five stars out there. And good luck to everybody training, whether it's for Fifth Avenue or the Bronx. Enjoy the miles. We'll see you next week.