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Chris Chavez: Welcome to a special edition of the Set the Pace podcast. I am not Rob Simmelkjaer, and this is not Becca Gentry. We're taking over the set. I'm Chris Chavez with Olympian Carrie Tollefson, and we just wrapped up watching some epic races at the Abbott Dash to the Finish Line 5K. Carrie, what were your impressions of both those races?

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Carrie Tollefson: Oh my gosh, Amon Kemboi is so good. He is so fun to watch, and I love watching him run in New York. He just gets excited about being here, and to see him touch the lead and then to come back and touch the lead again, and then to make that final push with 200 meters, that was so cool.

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Chris Chavez: And then Annie Rodenfels just executed this race perfectly to get her third victory in this race.

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Carrie Tollefson: She really did. To see her in fourth position with a mile to go, just sort of lurking and watching, and she even said, watching the tangents. I really like watching her race, but what a phenomenal women's race as well.

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Chris Chavez: All right, so we had a chance to chat with both of our champions, and so enjoy our quick post-race interviews with both Amon Kemboi and Annie Rodenfels.

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Speaker 3: Peloton's Cross Training Series is designed to be the ultimate marathon training partner. Now powered by Peloton IQ, their products deliver personalized cardio and strength training with adaptive plans, progress tracking and real-time insights, plus a variety of strength classes to build endurance, as well as human coaching that keeps motivation high and form on point. Whether you're aiming for a first finish or a personal best, Peloton makes every step smarter, stronger, and more connected. Ready to elevate your race game with Peloton? Head to onpeloton.com to learn more. Peloton, an official partner of the 2025 TCS New York City Marathon.

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Chris Chavez: And now we are joined by the one and only Amon Kemboi, fresh off of that victory. Amon, how did that feel out there?

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Amon Kemboi: It felt good. Coming up from last a month and a half ago came, ran here in fifth (inaudible) miles, so pretty nice, comfortable. That was the pace that I roughly what I paced in Chicago two weeks ago, so felt comfortable. When I saw two miles, I was like, " Oh, this comfortable." And right on the fast mile I was like, " Oh, no one wants to go with me." And I was right there. I was like, " Let me try to maybe just kick it in the fast mile and see who's responding." And then I settled back in, and then that's when the pace kind of went along with the guys on me.

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Carrie Tollefson: Cole Sprout came up on your shoulder there in the last 200 meters. You felt that and just then took off. Tell me how you kept your composure out there.

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Amon Kemboi: Right after turning, I saw the 800- meter mark, and Adam Fogg came by and then pushed a little bit, stayed behind his shoulder. And then the last bit, the last stretch here, the last 400, Cole Sprout came by, and I was like, " Still feel comfortable." And I was like, " Let me try my knees a little bit and see," and then I was breaking off from the guys, and I was like, "Oh, I got this." So, just pushed on towards the finish, and that's all of it.

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Chris Chavez: You're crushing it on the roads.

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Amon Kemboi: It's starting out well. Still some discussion maybe some point going to the roads, but next year maybe still now the track. I'm mixing it up with the roads, and maybe 2027 we see what comes around, and we'll decide it from there.

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Carrie Tollefson: What's your favorite distance? You're so good at the mile, the 5, 000, the longer races, what's your favorite?

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Amon Kemboi: We've had that discussion for since I joined the team with (inaudible) Elite. And at least Amy has been telling me, " We got to figure out what we going to focus on." But 5K, my favorite since I was in college. And then it's just see what comes around, but eventually I will run a marathon maybe. Maybe we'll start in New York with this. We'll see.

00:04:01

Chris Chavez: Yeah. You've had some good luck here so far.

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Carrie Tollefson: I'd say.

00:04:03

Amon Kemboi: Yeah, for sure. Yeah, so that's the plan along the road. And see, I've been comfortable running the mile, which I never really focused on when I was in college. And I'll probably focus on the five and the 10 this coming year, and maybe move up to the marathons eventually, maybe the end of the next year.

00:04:20

Carrie Tollefson: What do you do to celebrate this win? This is a big win.

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Amon Kemboi: I know. It's amazing, coming out here and we're coming up with a win. It's a good field of all those guys. It's everyone's race at that point, but come out with a win. I'm grateful for sure.

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Chris Chavez: You have some training partners that are competing tomorrow in the full marathon. What are your hopes and expectations for them?

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Amon Kemboi: You never know. They're feeling good, and I'm not surprised if they're in the mix, basically. So, we'll see, and be happy to cheer them on tomorrow, see who comes out with a victory, but eventually cheer my team all the way.

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Chris Chavez: Amazing.

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Carrie Tollefson: Thank you so much. Congratulations.

00:05:00

Amon Kemboi: Thank you.

00:05:00

Chris Chavez: Amon, thank you so much for joining us. Congratulations, and keep the celebration going.

00:05:04

Amon Kemboi: Yeah, thank you for having me. Yes, thank you.

00:05:06

Speaker 3: This episode of Set the Pace is brought to you by Volvo Cars, including the fully electric Volvo EX90 SUV, the official vehicle of the TCS New York City Marathon. The Volvo EX90 SUV is designed to be the safest Volvo ever made, with safe space technology, cutting edge radars and cameras that help you detect potential risks inside and outside the car, even in the dark, helping to protect you and those around you. Because sometimes the moments that never happen matter the most. Visit volvocars.com/us to learn more about the fully electric EX90, proudly assembled in South Carolina,

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Chris Chavez: And now we're joined by the champ, three-time champ-

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Carrie Tollefson: Three times.

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Chris Chavez: ... Annie Rodenfels.

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Annie Rodenfels: Yeah.

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Chris Chavez: Congratulations.

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Annie Rodenfels: Thank you.

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Chris Chavez: How did that feel out there today?

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Annie Rodenfels: I was great. Yeah. I was expecting to have a little bit of a faster race, so I feel like I was kind of prepped for everything, and everyone kind of slowly just let me lead, and I was like, "Okay. Fine."

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Carrie Tollefson: It was amazing. It was so cool.

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Annie Rodenfels: Yeah, thank you.

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Carrie Tollefson: I think then in the last mile, you were in fourth and you were there, and there was a little bit of space-

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Annie Rodenfels: A little bit, yeah.

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Carrie Tollefson: ... but you just kind of kept coming back.

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Annie Rodenfels: Yeah, I just kept trying to think positively and like, "Okay, I am not out. I'm so close. I've been further behind and still been able to kick." I just wanted to maybe kick a little earlier because I was aware of who was kicking with me. I will never underestimate Ellie Pierre's kick. So, yeah, I wanted to start a little bit, and then felt still really good, so, I was like, "Okay, this feels like a good time to go." And kind of was expecting people to come with me, and I don't know if they did, but I just kept pushing.

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Carrie Tollefson: What was it like when you guys kind of all embraced afterwards? That was my favorite part. I love watching you crack the tape, but then to see you all just congratulate each other.

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Annie Rodenfels: Yeah, yeah, yeah. It happens on the track too, but that's really why I love the roads. I just feel like you spend so much time around your competitors in the morning because you're on the same hotel, you take the bus together. And I just feel like there's a lot of just encouragement and stuff on the road, so that's why I enjoy it so much.

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Chris Chavez: You've found success at this race now three times. What is it that keeps you coming back and that you love about it?

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Annie Rodenfels: Yeah. Oh, you get to be here in New York City on Marathon Weekend. Just the feeling is amazing. And also they bring you in, they take so good care of you. You get to stay a day later, which never happens in races. And they treat you royalty, and it's just like... It's so fun to be here and to be part of something bigger where so much of the running community is. A lot of the track races,

it doesn't connect as much to the public because they're not going out to a track and racing, but Marathon Weekend in a big city is like everyone's there and everyone's excited, so...

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Carrie Tollefson: You've had some big changes this year. And I got a text from your coach as you finished, "OMGGGGG." So, tell us about being with Julie Benson now, moving to Boulder, all of that.

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Annie Rodenfels: Yeah, the move to Boulder has been good. It took a long time to adjust to altitude. And working with Julie has been amazing. I've known her since I was actually a freshman in college when I couldn't even break 20 in the 5K, so it just feels very serendipitous to be working with her. And she's so encouraging and just such a fresh of breath air as a coach, just completely encouraging and supportive.

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Carrie Tollefson: Been there, done that too as a professional and an Olympian herself.

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Annie Rodenfels: Yes. Exactly.

00:08:17

Chris Chavez: So, what's next after this? It's a weird point where you could take it cross country, indoor season. What's on your mind?

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Annie Rodenfels: Yeah, I don't know if I can quite say yet-

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Carrie Tollefson: Oh, come on.

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Chris Chavez: Ooh.

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Annie Rodenfels: ... but I'll be moving up in distance a little bit.

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Chris Chavez: Ooh.

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Carrie Tollefson: Really?

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Annie Rodenfels: Mm-hmm. So, keep an eye out.

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Carrie Tollefson: Maybe 13.1?

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Annie Rodenfels: Yeah.

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Chris Chavez: Awesome. Keeping us on our toes. On pins and needles, we'll be waiting for the big announcement. Annie, congratulations on an amazing day.

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Annie Rodenfels: Thank you so much.

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Carrie Tollefson: Such an awesome race.

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Annie Rodenfels: Thank you so much. Yeah.

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Chris Chavez: Awesome. And that does it for the 2025 Abbott Dash to the Finish Line 5K. I've been Chris Chavez with Carrie Tollefson. Thanks for watching, and enjoy Marathon Sunday.