

## Q&A with NES ELITE Athlete Tyler Jermann

(Flagstaff, AZ) NES ELITE Athlete Tyler Jermann (Flagstaff, AZ), recently finished 3<sup>rd</sup> overall, and top-American at the 2016 Dick's Sporting Goods Pittsburgh Marathon. Jermann has now raced four marathons since debuting at the 2015 Chicago Marathon, including top-American at the 2016 Chevron Houston Marathon and at the 2016 USA Olympic Marathon Trials in Los Angeles, CA.

Fellow NES ELITE athlete and teammate, Kiya Dandena, sat down with Tyler this week to discuss some of Tyler's recent accomplishments. Both are teammates on the elite Team Run Flagstaff (TRF) Pro squad.

**Kiya/NES: First and foremost, Congratulations in your race at the Pittsburgh Marathon!**

*Tyler Jermann:* Thank you! I appreciate it; the support has been amazing from everyone I know since the race.

**Kiya/NES: How long have you been running, and what got you into the sport? What is your earliest running-related memory?**

*Tyler Jermann:* I started running seriously in high school. We had a really strong cross country program at my high school (Naperville North), and I was able to learn a lot about running at a young age from teammates who were competing at a very high level. Like most other runners, I got in to the sport because I was good at it. While I enjoy running now, nobody enjoys it when they are just getting started, but I did enjoy winning.

**Kiya/NES: Upon graduation, you moved to Flagstaff, AZ and have been located there since. How has the transition to life in the mountains been treating you?**

*Tyler Jermann:* Flagstaff is a magical place, unlike anything I've ever experienced living in the Midwest my whole life up until now. I came out here with some teammates the summer before my senior year of college at Iowa State and I knew I wanted to come back after graduation. It's been everything I had imagined so far and I know I wouldn't be able to compete on the level I have anywhere else. The air is clearer and the sun is stronger, and I couldn't ask for more. I love that the sun is always shining there, and I'm very fortunate to be able to wear my amazing Rudy Project Sunglasses every day, which was a big change coming from the cloudy Midwest.

**Kiya/NES: What's your favorite place to run in Flagstaff?**

*Tyler Jermann:* A1 mountain road, hilly 21 mile loop all on dirt trails. The best place in the world to do a long run. For workouts, I usually head to Lake Mary Road. It's paved with rolling hills that goes for longer than I could ever run, with every 400 meter marked for 16 miles.

**Kiya/NES: Who are some of the most interesting and/or famous runners you have met? Who have been some of your biggest influences or role models since the move?**

*Tyler Jermann:* The list is endless of famous runners who have been through Flagstaff on training camps or living out here permanently like myself. It's amazing running with Olympians and 2:10 marathon runners every single day. One of those runners who has really helped guide me in my training and racing is a teammate of mine on Team Run Flagstaff Pro, Nick Arciniaga. While he can beat me by almost 8 minutes in a marathon, he always offers advice or will join me for a hard workout. He has been where I am right now and he knows exactly how to get from where I am now, to where he is and continues to go. We also affectionately refer to him as the Grandfather around town. He's only 32 but it seems like he has been on the marathon scene forever.

**Kiya/NES: What was the expectation going into the Pittsburgh Marathon? Was there a point in the race where you knew you got a great chance to finish top American and third overall?**

*Tyler Jermann:* I actually took almost a month off from running after the Olympic trials in February so I didn't have my normal buildup going into Pittsburgh. Long-term, I had my sights set on Grandma's marathon so I was more viewing Pittsburgh as a stepping stone along on the buildup for Grandma's. I went into the race with no real expectations. I felt it out for the first half going out in about 72 minutes (2:24 pace) sitting in about 10th place. At that point we started to see runners up ahead falling off of the first group and I started to get aggressive chasing them down. I think I was still sitting in 7th or 8th place at 22 miles and I was really able to close it down after that.



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**(Continued)** Looking back, I may have able to shave a couple minutes off my time going out quicker, but with Grandma's on the horizon that was the perfect race that I could have run to not beat my legs up too bad and be able to continue training afterwards without too much time off.

**Kiya/NES: How was your training in preparation to Pittsburgh Marathon? What was your weekly mileage?**

*Tyler Jermann:* Like I said, I only had a real 5-6 week build-up for this one. I hovered around 100-110 miles/week for most of that build-up, and had one week up to 122 miles. A normal buildup for me will consist of 10-12 weeks, building up to 120+ miles and maintaining that for 6-8 weeks before tapering back for the last 2 weeks before the race. Each week for me revolves around a hard marathon-specific session on Wednesday and a hard long run on Sunday. Otherwise, I like to keep the easy days high on quality with long singles (12-18 miles) or big doubles (10/10) and hill sprints a couple days a week after the run. My workouts were really starting to come along in the couple weeks leading up to the race. Ten days out from the race I had a great workout on Lake Mary Road, 4x2mile with a mile float in between. The 2 mile repeats started around 10:30 and got down to 10:00 with the mile floats at 6 min pace. A workout like that up at 7000 ft. altitude always gives me a little confidence in my fitness.

**Kiya/NES: You have now raced 4 marathons since debuting in 2:22 at the 2015 Chicago Marathon, with your fastest being 2:18:33 in Houston and your slowest being 2:24 at the Olympic Trials 5 weeks later in quite difficult conditions. What aspects of your training and racing strategies do you feel have most contributed to your consistency?**

*Tyler Jermann:* The biggest thing that has helped me maximize my performance in each marathon is strategy and pacing. In all four of my marathons I've been able to move up through the field substantially in the second half of the race, and especially in the last 6 miles. Pacing a marathon is a bit of a trap, because you can be going out too fast and still feel effortless for half, or even 3/4th of the race but end up paying for the fast pace in the end— a fact I found out all too well in my first marathon in Chicago last fall. My approach is that I just don't panic about much over the first half. I just hit my splits, read my body, and take my fluids and gels, not giving any worry too what place I am in the field. And then the race really begins with 10 miles to go or even just the last 10k, when everyone else begins to falter.

**Kiya/NES: How have you managed to recover from each of these performances and deliver again in relatively short time?**

*Tyler Jermann:* The days after a marathon are painful. You have the constant lingering feeling in your thighs that your muscles are throbbing and torn to bits. Walking up a staircase without a railing is nearly impossible, and somehow, getting down the stairs is even worse. I don't know why anybody does these things... But given that I do, I've learned a couple tricks to help me come off of these races faster and faster each time. The first one, and maybe the most important, is nutrition. It's easy to finish a race, have some time off, and pig out on fast food for the entire week. But it makes it hard on your body when it's trying to recover from the sorest state you've ever been in, when all you are eating is hamburgers and ice cream for a week. For me, I'll have those cheat meals after the race, but I'm also sure to get some nutrition in. Some high quality protein, some vegetables, just my normal training diet routine. My favorite recovery foods (which I've had probably 3 times each day since Pittsburgh) are my Garden of Life smoothies. I take a frozen banana, almond milk, and some chocolate Garden of Life Raw Protein Plus Greens and blend it all up. It also is important to keep the legs moving and the blood flowing for recovery. Massage has been a huge help to clear all the junk out and get the muscles working again. I use the Roll Recovery R3 and R8 to really dig into my muscles better than any other self-massage tool, to alleviate the soreness and clear out that heavy, sore feeling.

**Kiya/NES: What's next for you?**

*Tyler Jermann:* Like I mentioned my next marathon will be Grandma's marathon up in Duluth Minnesota. Two weeks before that I will be running Dam to Dam half marathon in Des Moines Iowa as another little tune-up race.

**Kiya/NES: Finally, we can't finish this interview without asking you, how do you keep your hair so perfectly styled, even during a marathon?**

*Tyler Jermann:* I'll tell you all you want to hear about my training and strategy, but I gotta keep my secrets to success in the hair department. The only thing I'll tell you is, the flow only gets better as the race goes on and the wind blows through it— most of the reason why I choose to run the marathon.

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**Media Links:**

- **"Gorman: Americans carry flag for Pittsburgh."** TribLive: <http://triblive.com/sports/kevingorman/10391256-74/marathon-jermann-pittsburgh>
- **"Pittsburgh Marathon - Congrat's Top American, Tyler Jermann."** LetsRun.com: [http://www.letsrun.com/forum/flat\\_read.php?thread=7254107#ixzz47v14UHID](http://www.letsrun.com/forum/flat_read.php?thread=7254107#ixzz47v14UHID)
- **"Kenyan wins Pittsburgh Marathon; Americans place third."** Pittsburgh Post-Gazette: <http://www.post-gazette.com/sports/pittsburgh-marathon/2016/05/01/Kenyan-runners-sweep-in-men-s-half-marathon/stories/201605010220>
- **"Ruto, Dakebo win 2016 Pittsburgh Marathon."** WTAE Pittsburgh: <http://www.wtae.com/news/Ruto-Dakebo-win-2016-Pittsburgh-Marathon/39309604>
- **"Pittsburgh Marathon 2016: Men's and Women's Top Finishers."** Bleacher Report: <http://bleacherreport.com/articles/2637166-pittsburgh-marathon-2016-mens-and-womens-top-finishers>