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Hey everybody, and welcome to Set the Pace, the official podcast of New York Roadrunners, presented by peloton. I'm your host, Robb Animal Care, the CEO of New York Roadrunners. And back with me this week. We missed her so much for our live episode at the Run Center last week. My co-host, peloton instructor Dax Gentry, backs. Hi. How are you doing?

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Oh, she's on the mend. She is up and almost running. Oh, that is a relief to hear. We were worried about you last week. Couldn't? Yeah. Couldn't basically couldn't leave your. I guess you had your foot elevated, right. You were kind of waiting for it to get better. It was just sitting was weirdly very painful that I think it was just like having a foot hanging down.

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After a few minutes, I just had to have it up. So if I was in environments where I could do that, I would, you should see me at the hair salon with my foot up, literally on like three people's, like, I just look like I was probably at the gynecologist office more than the hair salon. But yeah, but now we're through it.

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This is now two weeks since. And, I'm about to head into my first walking and running class combined, so I'm very positive that we're through through the bad day. All right, well, listen, those rolled ankles, can be rough. They can take a while to heal. I've been through a couple of those, so it's just time now.

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You know, like, you know, they're going to get better. It's just. You just need time, you know? And as a impatient Aries female, not something I'm very good at. Yeah, I get it, I can relate. Well, we're glad you're on your way back, and I know your students will be psyched to see you back on the tread at peloton.

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Backs. We had a packed weekend this past weekend. We're into it now. We're getting into the real season here at New York Road Runners. Absolutely. And we started it with, a big day on Saturday, member Week, we had 7890 New York Roadrunners members, and only members running the 2025 Greta's Great Gallop, ten K on a beautiful Central Park morning.

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And it was a it was a terrific day. Big, big day. We had, a few winners, which I had Al Jazeera, it was 30, 46. That was his time from the Garden State Track Club to win it. The non-binary winner was Jacob Caswell, 3614, from front runners New York. And on the women's side, Felicia Poseidon, 3257 from 212 athletic Saucony.

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And it was, it was a great day back. I wasn't at the Greta's great gallop for a change because I was at another event we had going on simultaneously out in Brooklyn. We had our second ever New York Roadrunners start line series, and we talked about this. This is, A5K that's using the close streets of the The Great Summer streets initiative that, the city and the Department of Transportation have put on.

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This one was out in Crown Heights, Brooklyn. I went out there, made it kind of a speed workout for myself, you know, got a little speed work done on the streets out there in Crown Heights. And it was really cool to see we had over 500 folks out there, a totally free event, and it was so awesome. There were so many first time runners there.

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I spoke to so many inspiring people. There was a church group that I spoke to, backs that the pastor of this church in Brooklyn is a runner, and he got a number of his members to come out. And these were like, you know, 70 and 80 year old women, a lot of them. I met a woman named Fern who ran her first ever five K at like 70 years old.

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And I also met a woman named Rocio who I watched crossed the finish line, and she just started tearing up. She was crying, you know, she was so emotional. And she went over and gave her son this big hug. And it was such a beautiful moment. And I spoke to her afterwards. And it was the first time she'd ever run A5K in her life.

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She was going through a tough time in her life, going through a divorce, and she said that she did this just to show, you know, her son that you could do a hard thing at a tough time. It was, I have to say, it was one of the most inspiring days I've had at New York Roadrunners. And I'm on my Instagram, actually, if you, follow me on

Instagram.

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I posted an interview. It was on my story. So it's gone now. With, with her. So I'll go back and post it as a, as a post because it was worth, keeping it was just a great day. Backs. And it reminds me so much of why we do what we do it. New York Roadrunners is the impact that yeah, 500 runners is not as big as the 8000 we had in Central Park.

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But the impact we had arguably just as big. Yeah, absolutely. I love hearing those stories. It just does remind us all. That doesn't matter how fast we move. It's the movement that counts. And I it just warms my heart to hear people like we're out there proving it to herself to to to use that five K as a way to elevate her.

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So for her primarily and also her son of course as a, as a bit of a lesson for him. It's beautiful. Oh my gosh, what a weekend. It was great. It was really great backs. And then I, I turned around Sunday and got in my long run by myself. I mean give me that update. You had your 18.

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I did 17 on, on a Sunday I'm saving. I saved one. I saved one for you. But I'm going to go 19, this next one. So I'm I'm I'm working my way up. I why did I stop after 17? Oh, you know why I was exhausted? I was completely beat to change it. I'll change it in the spreadsheet right now.

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Yes. There we go. You got to take down a mile for last weekend 19. You know, first of all, I have to say backs. I feel it's going pretty well. You know, I really feel I feel fantastic. Yes. I was tired at the end of that long run. But the speed work that you've been giving me and I, and I kind of like do your workouts.

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I also look at the run a workout some times and take a little from this, a little from that. But I think the speed work has really helped me. I feel good, and the biggest change from what I would have be, you know, have been doing on my own to training with you backs is the way I'm pushing myself in these long runs.

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And, you know, I've done, you know, two weeks ago, a half marathon all at my marathon pace and then, you know, the rest of it a little bit slower this week. And I didn't go quite the whole 17 at marathon pace. But I picked up, you know, a number of tempo efforts throughout that. And this coming week when I do 19, I'm actually going to work in another half marathon.

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So I signed up for a half marathon in New Haven, Connecticut, on Labor Day. And I'm going to go out and I'm going to run that half that probably I'm going to try to go marathon pace for a little bit better. To really push myself to get comfortable at that pace for a long time. And I've run the pace before because, you know, I ran the time I'm going for last year in Berlin.

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But yeah, the training at this level of intensity, I don't know, I feel like I'm going to hopefully be able to truly race this marathon in Chicago and not just try to get to the finish line. I love this, I love this. You're doing so well. I'm very, very proud of you and very proud to be along along for the journey.

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Well, you've been so helpful. What's your take for folks listening out their backs on racing during these blocks? You know, I, I've seen a lot of the pros. They'll put in halves and you know compete in those. How do you think I should approach a half marathon. So I'm going to probably try to run if I can six before the half and then run the final 13.

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What do you think a good way to approach a race within your training block is? I think it's not going to be your all out race. It's not going to be your, really if let's caveat this with if you're training for longer distance than the race you're running. Yeah, it's probably not going to be the, the PR of that race distance.

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But if you can get a strong effort in there, great. I think there's two things you have to be very aware of. One is how much mileage you do before and after. So for you, you're doing you the six before. And you'll take that at a very steady, easy to marathon pace six miles.

You you take it a gradual progression run up to marathon pace.

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Perhaps you don't even have to because if you're going to race the final 13, you are going to be probably standing still for a little bit at the start there. So you have to be very aware that you don't get yourself too warm in that first six before you try and push, so keeping as active as you can.

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And then when you start that race, not everyone else is on the same page as you. So there's going to be people going out slow. And the worst thing you're going to do is trip, stumble, and be around other people who are just coming out of the gates for the first time that day. So bear all of those things in mind if you can get yourself towards the front.

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Fantastic. Some races are very big and very strict on their corrals, rightly so, because people are in corrals for a reason to get their PR times in races. So do what you can to get to the front of the corral you're supposed to be in, to alleviate the potential of other people holding you up so you don't have to zigzag through crowds to get.

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Yeah. Great. Great thing to think about. There was such a fantastic opportunity to practice fueling and almost over fueling, because if you are going to want to run fast on this half marathon, you're probably going to need a bit more fuel than you would need at your marathon pace by 19 miles. So getting that gut used to the gastric distress that it goes through running, everyone goes through it.

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Some of us handle it better than others, i.e. some of us have to poop. Others don't, just for rush. But there's people listening. That's just the long and short of it. But the more you can put your gut, your your, your internal digestive system through gastric distress when training, the more used to it it gets. And then on race day, it's like, cool.

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Let me just take from this what I need to power you up instead of take from it and go, this is awful. Let me get it out. So great place to practice that because it's a race scenario. There's going to be

bathroom stops. There's going to be extra fuel and hydration should you need it. There's also going to be, you know, worst case scenario, medical professionals right there.

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So really, really great. Chance to practice situation I love it. It's, it's really something I've been focusing on. And I'm running the six before because I want to get that feeling of trying to run fast on tired legs. You know, that's a huge part of what you've got to do. And I have not done well with that in my previous marathons running it, you know, running at that mile, 22 2324 you know, recently has been a struggle for me.

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So, anyway, great advice from you as always backs. And remember, folks, I'm running to support team for kids. Just kind of starting to focus on my fundraising. So we'll put the link to my page in the show notes and would love your support as I take on the Bank of America Chicago Marathon October 12th to support all of our amazing youth and community programs, including, by the way, that great Summer streets race I talked about earlier, a free race.

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So you can donate to support that in the show notes. Find me, on Instagram. It's all in my bio as well. All right. That's coming up on today's show, Broadway and Dancing with the stars, Jordan Fisher and his partner Ellie Fisher. We'll talk about Broadway parenting and of course, running. They are both running races this fall of slightly different distances.

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Jordan taking on the Fifth Avenue Mile alley, taking on her first ever TCS New York City Marathon. That's coming up in just a moment. And for today's remember a moment that caught up with golf pro Lizzie Blom Green to talk about how she balances endurance running and type one diabetes. And then Maddie will be back for today's best minute to talk about TCS New York City Marathon miles ten through 12.

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That's going through Queens. Just about to head up that ramp on the Borough Bridge. 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.

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Because sometimes the moments that never happen matter. The most. Visit [Volvo cars.com slash us](http://Volvo.cars.com/slash-us) to learn more about the fully electric ex90 proudly assembled in South Carolina. We are so thrilled to have a Broadway power couple that is now becoming a running power couple this fall here in New York. Jordan Fisher is a triple threat performer. You've seen him in Hamilton, Dear Evan Hansen and Moulin Rouge, and he even won dancing With the stars.

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His wife, Ellie Fisher, graduated from the University of Alabama with a degree in clinical dietetics and has taken on the challenge of training for her first marathon this fall. Jordan's going to line up for the inaugural Broadway Mile at the New Balance Fifth Avenue Mile. While Ellie is preparing for the TCS New York City Marathon, they are both raising you raise using these races to raise money for Broadway Cares Equity Fights, Aids, an organization they are deeply committed to, and we are so thrilled to have this incredible Broadway power couple.

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And the talent just doesn't stop with you guys now you're turning it into running. Welcome to set the pace. Oh man, oh man. We really feel like superheroes. Just as parents. I think that that's like the biggest that's the biggest thing for us. Like, you know, we, we're just really thrilled that we get to live in the city.

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That lets us do all of the things that we love to do. You know, our city allows us to to all really thrive and be the best versions of ourselves. So, you know, I think it's really full circle for us to be here, for Ellie to have made the decision what seemed like an overnight decision. And I think that there's like a lot of stories that runners have like this where it's just like, you know what?

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I just kind of started running, you know, and I'm like, okay, my. And it's just incredible to see, you know, we were talking about it the other day. It's just like it's a mount Everest. You know, the idea of running the New York Marathon, that it's so many miles, I'm running a mile a mile. I can't, I can't wait, I'm going to be at the end.

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Unknown

I yeah, yeah. He's also so competitive. So he's like, I'm going to be chill about it. I know the day that we get there he's going to be like blinders on I'm winning this game. Oh yeah I don't know man I don't know I just you know I'm not a marathon. I don't need the PR but I am excited to get these little legs moving for a really good cause.

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And that's that's always, that's really what it comes back to. Is, is Broadway Cares. Yes. For, you know, for so many years, for so many different reasons. And we've seen Broadway Cares truly change lives. And they have saved people in my life. They have, helped, you know, navigate through treacherous waters and, and, you know, overcome things that seem impossible to overcome.

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Broadway Cares has stepped in and, ensured livelihood for people that I love, like, in my life. And I think that that that truly was the first time for me personally, that I saw an organization, you know, because we go to the benefits and the galleries and the dinners and the dance and the brazen paddle, if you want a trip to Cancun and also blah, blah, blah.

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Unknown

And it's like, we can do that and get the write off and know that we're doing a thing that's good and it's making a difference. Yes. When you see it and you experience it firsthand, I think that that for me personally that shifted so much. And Broadway Cares ensures whatever it is that they are getting goes directly to the people that need it the most.

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Unknown

Yes. That our. Yeah. You know what I'm saying. Yes. And and it's, and it's that kind of experience and that kind of consistency that just means so much. Yes it is. Yeah, absolutely. And I'm guessing not just because it hits home so closely to you both. I'm guessing you've already said early that Jordan's competitive. What do you think that your Broadway colleagues are thinking as you're all gearing up for this?

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Because we've heard that there's going to be a pretty big lineup of, you know, Kelli O'Hara, patina miller, who we've had on the show. Yeah. What do you what what is the feeling amongst you all? And this



is just so everybody knows, Jordan this for listeners who don't know, this is the first ever Broadway mile. So this is something that our team at New York Road Runners has put together.

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We're really excited about it. It's going to be a really fun part of the New Balance Fifth Avenue Mile. And we've got people, performers and producers, directors, you know, executives, people from all over Broadway coming together to participate in this to raise money for great causes. And it's really going to be great to see all these stars of Broadway uptown a little bit, you know, running down Fifth Avenue.

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So, yeah. What's the vibe like among the Broadway scene when it comes to this model? When was the last time you saw, like, two really good friends of yours run the fastest they can? Yeah, for me, it's very often, you know, I think more than anything, I love all of my colleagues so much. I'm like, I want to see what it looks like when you run fast.

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Like I want to see. See? They want to see. Oh, that that's honestly, I mean, that's that's one of the things I'm most excited about is just like, I love Kelli O'Hare has so much. Yeah. We talked to Patrick, who's on her team for Moulin Rouge as well. He is super excited about it. Yeah, he runs a mile every day on the treadmill.

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He's like, we're gonna show up. That's right, that's right. It's going to be great. I'm like, I want to. Five is on top of all of your training and all of the dancing that you do as your, your day job. I mean, that is such cardio prowess just in itself. So to be doing the training for the mile on top of that, I mean, we might see some new pros here.

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Unknown

Rob I don't know, I'll be possibly. Hey, hey, hey, I'm not working right now. I'm not on I'm not in the show right now. So I don't I don't I'm not doing that eight show schedule. So Jordan I'm saying there's got to be no excuses. We expect to see you. Lays down fifth Avenue I I'm looking at I'm looking at it next week.

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Unknown

And I'm like yeah I should probably hop on that treadmill. Let me just

stretch a little bit, do, do a couple of squats and see. Yes. With ourselves on a mile. Well, this is, this is actually funny because I don't think we ever talked to a couple where you had, you know, one, one person training for a mile and the other training for a marathon like that.

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Unknown

Those are extremely different regimes when it comes to training me. The support, though, is the same on both sides. You know, whether a mile or a marathon, we are there for each other, right? We're going to be cheering each other on. Well, the marathon runner needs a lot more support because the marathoner, you know, is spending a lot more hours out there pounding the pavement.

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Whether it's on the treadmill or out on the streets. You finished your first half marathon in April. Right. And and and where did the idea come from to run a marathon? The TCS New York City Marathon, to be exact. Yeah. So it like Jordan said, it did feel probably to most people very out of the blue. I myself am not an athlete, so I wouldn't consider myself in that category of somebody that you are.

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Now take this on. You are now. That's very sweet, honey. I feel it now. Now that I'm in the train. But I started, I really was doing it mostly for mental health purposes, so I this was April of last year, 2024, and we had just found out that we had a miscarriage. And so that event in our life was very heavy, very all consuming.

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And I was having a hard time like getting not passed it in the sense of like, you know, forgetting or anything, but like mourning and letting it be and continuing on. And I found through actually a work trip I was on with Jordan to Vancouver, which is beautiful. I've never been to Vancouver. It's a runner's Paradise, I mean, and she would have on her face.

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Coming home from a run in Vancouver was I mean, it's it's hard to quantify like the. Yeah, the nature in the familial aspect of it is really sweet. Yeah. Just at that point I felt like I just needed to get outside and clear my air. Let's go for a ten minute jog. Okay, that felt good. Let's go for a 20 minute jog.

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Okay. That felt good. Let's go for a four mile run for the first time. Like that's where it started picking up for me, where I was like, I could be out here all day, I love I felt peace for the first time in a while, like the quiet that happens when you're running and just the sense of you, whether it's working on yourself, mentally, physically, it's you for however long you're out there.

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And so from that point on, I was pretty hooked. I was like, this is mommy time, and you guys go play, have fun. I'm going to get some time to myself and work on myself. And living in New York, being able to see the marathon happen from that perspective is, I mean, I don't know how anybody can watch the New York City Marathon and not feel inspired to go and do something, whether it's run a marathon or not.

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You have got to feel that when you see those people. I mean, all of the spectators, how long they worked for it. And so I got to see that from somebody that just lived here. And a friend had invited me to apply for the marathon with him. He ended up dropping out because he and his wife got pregnant.

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And so I was like, you know what will, I'm going to do it, and I'm going to I'm going to do it with, with a lot of joy and excitement and wishing you were running along with me. But like, what a goal to have. And, I just I'm not putting pressure on myself in a lot of ways that I feel like I could be.

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Unknown

I'm just going to enjoy it and have fun and try to, like, soak up every moment. And then, who knows, I might really be addicted and want to keep training and doing more marathons. And I'm hoping that's the case at least. So that's where the love came from. Short short love affair so far, but not playing any time soon.

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Unknown

You never know. And I, I, I feel you on the the pregnancy loss. I also have gone through that in the past and it's definitely so cathartic when you find something that allows you to sit with your feelings, but by yourself, but almost not by yourself, because you know you're in amongst this other community of runners who have the hands on your back, wherever they are, wherever they are, you can go and talk to somebody about it.

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Unknown

So I really I feel you on that, and it's so wonderful that you have continued it and your passion is flourishing and you're friend is going to miss out. Well, you're missing Will. Well, who will? He's like, I might be really supportive to you though. So yeah, I'm sure he's actually really envious as well. But let's talk about I mean, you're in the public eye.

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You're both in the public eye, and you're doing these very public, very well known races. Both, both of them a huge what's it like for you training whilst you're kind of in the public eye? Has it increase in the anxiety or pressure? For sure. I think it's definitely I had made the choice to document a lot of my training as a way to stay accountable.

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I think was what it intended to what I intended it to be, but then it turned into a community of people that are like, well, when's your next run? I'll see them out and about now, like, we're keeping up with you online. When's your next run? And that's cool because I really didn't think anybody cared. I was really doing it for myself.

00:25:04:05 – 00:25:24:23

Unknown

So to know that there are people that are keeping up with it and supporting all over the place is really incredible and definitely inspiring. Yeah, yeah it is. It's a beautiful community. It truly is. I'm very biased, but also I fully believe it with my heart. And I know Rob does too, because he's grinning like a cat with the cream over that.

00:25:25:01 – 00:25:45:04

Unknown

Well it's funny Alex. See, like, people love to follow other people's training. How's it going? You know, I don't know if you're on Strava, but like, people love to see how other people are doing on Strava, you know, relate to the struggles and all of that. So it's it's really yeah, the community aspect of it is a huge part of it.

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And, I am so excited for you to experience, what it's going to be like on November 2nd. There is absolutely nothing like it. It's going to be incredible. Jordan, I'm just so curious for you, you know, what has the journey been like, obviously, in your performing career? To, to to

get to this point, you've done some incredible things, you know, as a performer.

00:26:09:09 – 00:26:26:15

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Hamilton. You know, dear Evan Hansen, dancing with the stars, we've had a couple of dancing with the stars stars, you know, here on this show, you know, how does running kind of relate to that for you? Is running become a big part of your life, or is this more of kind of a, hey, I want to have this experience on the Fifth Avenue Mile?

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Unknown

Do you think maybe it's going to go somewhere from there that, that. Yeah. Yeah, yeah. No no, no, a lover and a fan by proxy, obviously. You know, when your partner decides to do something and it's a new world for you. It I just have done everything I can to figure out how I can be as supportive as I can.

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Unknown

Obviously not. It's a it's a very solo thing. And as a former gymnast, like, I can very much relate in that there's little that other people can do to actually better you as an athlete. There's a lot of coaching that can happen around it, and support and advice that you can get from other people that are knowledgeable about it.

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Unknown

I'm not knowledgeable for running, but I do know about like body therapy and, physio and how to kind of like give her something that might be able to, help with a muscle group that she's dealing with, you know, like a, a deep stretch or an exercise or something along those lines like that. Those are ways that I can be helpful and supportive.

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Unknown

But in terms of all the other stuff, like just making sure like, hey, do you think, do you have your gels? Do you have your. Yeah, he's really humble. He is currently like what he's been calling it is producing the marathon day. Basically. He's like, I'm going to have everybody that's going to be there, placed all over the race route, and we're going to have them checked in at a certain spot.

00:27:53:16 – 00:28:26:11

Unknown

We're all going to be on a group message. He's going to have meetup spots. I'm like, great. It's like a collection day. I wasn't even my brain wasn't even going to attempt to go there. So yeah, sure. You,

you you've got you've got 26.2. You're a very big part of of that for sure. I think that just like in to answer your question, Rob, but the way that what I do relates to, to running is that the only way to get there is to do it right.

00:28:26:11 – 00:28:59:06

Unknown

And it is the quiet times outside of what you see on stage or what you see on the screen or what you hear on the radio. It's the quiet times that build that. It's the quiet times that make that successful, when no one else is around, when it's late at night, when, you know, it's it's it's the afternoon and I'm exhausted and I should take a nap, but I've got this thing to like.

00:28:59:06 – 00:29:27:02

Unknown

It's it's all of that, running I think is very, very synonymous in the determination that it takes, obviously. But it's the, the execution aspect of putting that that real grit in that blood and sweat and tears when no one else is watching you do it. Yeah, that makes all of it not only like something for you to be able to hold that's tangible at the end of it.

00:29:27:02 – 00:29:58:00

Unknown

And you can be like, yeah, whether it's a medal or, a drink or that's toasted with friends at a wrap party for a project that you just fit. Like what? No matter what, it's all it's all the same. It's that. But it's what you get. On the other side of it is the knowing that you can, said has been so sexy, to watch and, and and constantly inspiring.

00:29:58:00 – 00:30:19:15

Unknown

I think that, you know what shouldn't be unsaid is, is the training and all of the stuff that it takes, the mental willpower, etc., etc. on top of being a mom of a three year old. Oh yeah, that's that's the feed backs can relate, I can relate. My my little girl is about to turn three in a few weeks, so I feel you.

00:30:19:17 – 00:30:43:21

Unknown

It's happy early. Yeah. Thank you. It is a absolutely gigantic task because you feel exhausted from that role running around after them, you know, especially if you have any childcare during the week. But then the weekend, it's just you, you three, and you're just like, I've got to go and run a 20 mile training run and then I've got to be mum.

00:30:43:23 – 00:31:05:18

Unknown

Yeah, I have to pretend to be a mom for the rest because they don't care. They they have no care at all. The minute you get in, you may be as white as the wall and drenched with sweat, but they're just like, mommy, mommy, mommy, come do this. You're like totally, But as you say, that is the unseen element to it that other people don't see.

00:31:05:18 – 00:31:34:14

Unknown

But when you get to that finish line, you have that inside going, oh my gosh, I did that. I did that. And, but I also want to know, Jordan, obviously you're the the support crew here for for Ellie's long distance marathon, but Ellie has your background in nutrition and self-care on the food and diet front. Has that helped the both of you when it comes to performance at work?

00:31:34:14 – 00:31:59:21

Unknown

And now on this epic new 26.2 journey? Yeah, I definitely would say so. I, I'm really grateful that I chose to study dietetics and nutrition because it is something that I'm going to take with me for the rest of my life. I get to teach Riley how to eat properly and healthfully and what makes them feel good. And I get to cook good, good food here at the house for, the family.

00:31:59:23 – 00:32:29:14

Unknown

I think I took really quickly to counting macros when I started doing the training, because I understood very quickly how important the fueling process for it is, and getting used to gels and electrolytes and all of the different aspects of prepping yourself to be the strongest on that day. So when you say, I've been practicing with all those things, and he's been forced to eat lots of carb, protein heavy meals, which I haven't heard any complaints from now.

00:32:29:16 – 00:32:55:10

Unknown

Right? So yeah, I love that running is a sport that you have to eat for. Like there's no way around it. It's going to make you stronger and better. And yeah, it makes it enjoyable to I get home from a long run and I'm like, I'm starving. What are we eating? Ellie? What's your approach? I'm like, yeah, as you say, knowing what to grab instead of just reaching for, I don't know, pack a goldfish or something to tide you over.

00:32:55:12 – 00:33:14:12

Unknown

But before you crawl upstairs to have a shower. Right. You know what nutrients you need to replace your body in order to put your hat on, to be mom, to be wife, to be performer or whatever it is. It's it's so lucky, so, so lucky. And, what a great skill set to pass on to, to

your family as well.

00:33:14:12 - 00:33:40:05

Unknown

Ellie, I'm really curious about your your approach on the nutrition realm. I think we got cut off there. Okay. Keep going. Yeah, keep. Oh, yeah. I think we may have lost the value. Okay. Don't worry, I got you, I got you. Okay. So. Well, we're talking about family. I'm intrigued by this. My mom is also one of my reasons why I, I, I run I've never run a race with her.

00:33:40:07 - 00:34:04:04

Unknown

I have had her into a peloton class, though. But you, your mom and your brother are running the. Is it the Hamptons half marathon coming up? Yes. Next month. Okay. Yeah. How how did you convince your mom to run a half marathon with you? Hamptons. It was so easy. Oh, okay. I didn't lead with the half marathon.

00:34:04:06 - 00:34:29:03

Unknown

I can't in the Hamptons. Mom. You know, the woods and anything like that, you're like, hey, it's the other Hampton. You there? She's also a body pump instructor, and she teaches cycle there. Oh, damn. She's a beast. So I was not really worried about her not being able to like her age is not a factor whatsoever. Know is aging backwards, I'm sure.

00:34:29:09 - 00:34:48:14

Unknown

Yeah. I think for her, seeing me and my brother sign up for it was almost like a challenge, like, Oh, well, I can do it. Yeah. So she's been really training hard. She has been having a she's had a couple of injuries here and there. So we're really hoping that like she can stick it out and make it through.

00:34:48:14 - 00:35:05:23

Unknown

I know she's going to feel so proud of herself when she does, but if not the five K, she was like, I'm for sure going to do the five K. So she's running with us that day. Oh my goodness, that is that is so much fun. And I'm guessing they'll be there to cheer you on on November 2nd as well.

00:35:06:01 - 00:35:30:17

Unknown

Oh yes they will. And my brother is going to be running the Charlotte Marathon a week after the New York City Marathon. I wish I could get down there to support him, but I will be cheering him on over the phone and, hopefully getting some good videos. Yeah. Race. It's his first marathon ever too, so we really we both got bit by the bug very



quickly and decided to take on some fun challenges.

00:35:30:22 – 00:35:50:22

Unknown

You did, you did. I'm very proud of you already. I just I'm in awe. Okay, so we've touched on it lightly. Earlier on, but obviously it's something that you both are very, very passionate and very, very caring about. And that is the why behind these races. And you're running and and judging you. You said it's saved people around you.

00:35:50:22 – 00:36:18:15

Unknown

It's really shone a light onto the struggles and the the sadness that happens on Broadway. And to people very close to you. So what have you been doing, individually to rally awareness and get donations and to, to promote this incredible call, I will just say, you know, million ticket, this is this this scope of Broadway Cares go so, so far beyond Broadway in the in the Broadway community.

00:36:18:15 – 00:36:51:14

Unknown

Broadway Cares is, a resource for all artists everywhere. Broadway Cares has a center in all 50 states, including Puerto Rico, in Puerto Rico and DC. That's correct. They, you know, the Broadway Cares works with the Phyllis Newman Women's Health Initiative as well to provide, financial aid and support to to women all over the country of all ages, shapes, sizes, genders, creeds, orientations, no matter what.

00:36:52:17 – 00:37:13:17

Unknown

To provide support for a myriad of health issues. It's, medical research for the Phyllis Newman Women's Initiative, which is huge. So this is they're helping, you know, ensure that women can get whatever medication that they can get. I mean, like, this is this this is also the Actors Fund. This helps, actors stay in their homes.

00:37:13:17 – 00:37:47:03

Unknown

This they they keep homes from foreclosure. They make sure that people have food in their, refrigerators. You know, this is this is everywhere. All over the US. And, that's just something that I'm so proud to emphasize when talking about Broadway Cares. Right? Because this is something that, I think you we can put Broadway in New York so quickly and so easily, but, I think that it really is just about like the greater artist community and LGBTQ plus community as well, ensuring visibility and support.

00:37:47:22 – 00:38:11:02

Unknown

And yeah, I mean, in terms of rallying, Carly, we we we do collections

on Broadway after after shows twice a year. And, we, we do a lot of fun stuff around that and different events and stuff as well. Like there's the Broadway Flea market that's going to be happening here pretty soon. And, you know, we have a, like a burlesque variety show that we do every year.

00:38:11:02 – 00:38:50:20

Unknown

We've got, like, almost like a it's like a concert with all different Broadway stars that sing, songs from shows that they would otherwise never be in or roles that they would never play. It's got Broadway backwards. I mean, in all of these events, we have been fortunate enough to rally and raise incredible money, but we know that where we are now, today, in 2025, especially in the United States of America, things are just, volatile and shaky and, constantly vibrating and fluid and there's a lot of unknown right now.

00:38:50:22 – 00:39:35:14

Unknown

And one thing that can be known, but one thing that is consistent is that regardless of the storm, Broadway Cares, Broadway Cares is there. They are the shelter in the Storm and Beacon and that will that will be timeless and priceless to us, as a family, as a unit and where I just couldn't be more proud of Ellie, not only for running the New York City Marathon, but specifically and intentionally making it about, Broadway Cares, specifically Women's Health.

00:39:35:16 – 00:40:05:15

Unknown

And to watch that has just been. Yeah, I've known for a while that I've wanted to have my hand in this community. Somehow. I just didn't know what that was going to look like. So when it unfolded to being a part of the marathon team, very organically. Yeah. Like happened, I, I took to the fundraising part of it quickly, just knowing how much Broadway Cares does for people across our country for organ and other organizations across our country.

00:40:05:15 – 00:40:50:12

Unknown

There they support so many other nonprofits. Providing food, providing medical care. And so what we do on, you know, day to day basis as far as rallying and raising money, as we just speak to people that may or may not know about Broadway Cares and remind them all of the good they do, and how just \$10 a day at \$10 can, get somebody an HIV test, \$25 can provide, I think, a week of food like it's it's really what they do is so it's clear, that it's important to our, our society right now to do what we can and be a part of these kinds of organizations to help other people that

00:40:50:12 – 00:41:19:06

Unknown

really don't know what's next. Like we all say that we don't know what's next in this country, but there are people that are really frightened, and I can only do what I can, and that's help. And be a voice and try to run 26.2 miles for a good cause and bring some awareness. Yeah. That's beautiful. So beautiful. Well, Ali and Jordan, you guys are training for very different distances, but you are you are doing it as a clear team.

00:41:19:06 – 00:41:36:15

Unknown

It is it is really fun to see. It's fun to to listen and watch the two of you. You're adorable, by the way. You guys are absolutely adorable couple and we are just so excited for both of you. Ellie, do you have a goal? Do you have any sort of time goal for the marathon or is your goal just to finish?

00:41:36:17 – 00:41:54:13

Unknown

My goal is to finish. My goal is to be out there and be one of those women that can say that they completed the New York City Marathon and feel that and not let anybody else try to, you know, change the way I feel about it. I don't care what time it is as long as I pass the finish line.

00:41:54:13 – 00:42:13:19

Unknown

Yeah, I love it. And I love the fact that Jordan is producing the day for you. And it's a pretty good guy to produce your day, by the way. I would I would take a day produced by Jordan any time. But we've got it down. It's going to be a beautiful day. I can't wait, can't wait to see you, Ellie, at the finish line.

00:42:13:19 – 00:42:44:01

Unknown

Because that's where I will see you. And I wish you luck. And, Jordan, I can't wait to see you on Fifth Avenue in a couple of weeks, and we'll see you soon. I'll see both their amazing time. Ellie and Jordan Fisher try the peloton app for free and access classes for every type of runner. Whether you're training for your first race or you're a seasoned pro, from outdoor runs and intervals to strength yoga and stretching, you will find the perfect fit for every part of your routine.

00:42:44:03 – 00:43:14:23

Unknown

Whether it's a long run day or you just need a quick five minute reset, the peloton app meets you where you are and helps you become a stronger, faster runner. Because it's designed for someone like you. Try the app free for 30 days and download it now from the App Store or

Google Play. Terms apply. Peloton, the official digital fitness partner for New York Road Runners, Lizzie Blom Green is a professional golfer who has spent years teaching and competing in the sport she loves.

00:43:15:01 – 00:43:43:04

Unknown

Diagnosed with type one diabetes at age ten, she's long balanced her athletic career with the daily demands of managing that condition. Endurance running was never part of her plan until diabetes training camp shifted her mindset, showing her that she could adapt, push harder and that she'd found a community that understood every challenge she faced. Emboldened, Lizzie joined a local run club, and soon she found herself taking on the United Airlines NYC Half Marathon this past March.

00:43:43:05 – 00:44:03:01

Unknown

And then on race day, a pivotal moment at mile six would test everything she learned about perseverance. Lizzie, welcome to Set the Pace podcast. How's it going today? Thank you so much. I'm so happy to be here with you guys. It's going great. Are delighted you are here. You are a PGA golf professional and you competed in college.

00:44:03:01 – 00:44:27:04

Unknown

And when did the idea of running a half marathon first click for you. And why was that so meaningful? Yeah. So I've always kind of had this idea like, I want to run a half marathon, I want to run a half marathon. But with type one diabetes, any endurance activities can be extremely challenging because there's a lot of factors that I'm dealing with that maybe a typical runner is not.

00:44:27:17 – 00:44:47:10

Unknown

So it kind of would come and go from my mind. I would tell people this in college, and then finally, I went to an awesome program and I was like, you know what? I can do this. And I signed up to run with a charity called breakthrough, which does a lot for the type one diabetes community.

00:44:47:10 – 00:45:14:03

Unknown

And that's how I kind of got started. Awesome work. Can you take us when you running back to the mile six of the your NYC half, when your sensor failed and you experienced a severe glucose drop? How did you just stay calm and keep running? Yeah. So, as a type one diabetic, I wear an insulin pump, and I also wear something that reads my blood sugar monitor.

00:45:14:04 – 00:45:41:03

Unknown

So in the middle of the race, I had my Dexcom on, which reads my monitor, and that's how my insulin pump, they all connect together. And it stopped reading my glucose levels. And I was actually getting false readings before that. So I wasn't fueling properly for where my blood sugar actually was. And then it fails. And then I'm in a medical tent and my blood sugar is 40, which is very, very low.

00:45:41:03 – 00:46:02:15

Unknown

It's a very severe low for a type one diabetic. So kind of being able to wait, allow my blood sugar to raise and then keep going is incredibly difficult because all the glycogen from your muscles is just gone. It's funny because that was the reason that I had never wanted to pursue long distance running in the first place, right?

00:46:02:17 – 00:46:25:05

Unknown

And I went to this incredible program last summer called Diabetes Training Camp, where I worked with a lot of individuals with type one and trainers. We had I had a lot of experience with the disease, and they helped me kind of start learning how to fuel and prevent this, right. And then it happened in the middle of the race, despite everything I had learned.

00:46:26:01 – 00:46:45:14

Unknown

Like, my biggest fear happened. And I realized, you know what? I'm going to trust my fueling. I just eat something. I know I'll be okay. No, I'll get through the finish line. Maybe it's not the time I wanted, but it's okay. It's my first half marathon. So I was able to kind of talk myself through it and be like, I got this.

00:46:45:19 – 00:47:11:13

Unknown

And now I know I can kind of do anything because, again, I accomplished my biggest fear happening during the race. Yeah, I accomplished big 13.1 miles. And that's a personal for you. So even though you had some struggle, you did a great job. Thank you. I was running with a local club different from solo training. What does that oh my gosh, what did you offer you now?

00:47:11:15 – 00:47:35:15

Unknown

It's the best. Truly, I run with Running Collective, which is in White Plains, New York. So it's a New York road Runner, running group. And it's incredible. The community I've experienced, I've met so many friends. I've actually met a couple other type ones through the group, but just a great group of people who are so encouraging and so many

different speeds.

00:47:35:17 – 00:47:57:17

Unknown

And I've I've gained so much knowledge from these group of people because, again, they're always willing to help me kind of learn how to train because I am a new runner. So, and they've provided me a lot of support and running with the community versus running alone, it just makes all the difference. Awesome. We're delighted to have you.

00:47:57:19 – 00:48:23:06

Unknown

How does one sport like golf teaches about running or vice versa? Yeah, I mean, golf in running, any sport you're doing is just a lot of kind of perseverance and, you know, training to improve, right. It's very similar. The mindset anytime you're doing a high level sport, you know there's ups and downs. You have good runs, you have bad runs.

00:48:23:06 – 00:48:44:02

Unknown

I have great days on the golf course. I certainly have bad days on the golf course, but remembering to trust your training and that it eventually will pay off, how does that know? Sometimes missing the golf ball into their hall and versus the last mile was. And that's not what I want to hit. How do you compare those or how are they similar or how are they different?

00:48:44:04 – 00:49:08:19

Unknown

Yeah, I think it's it's all similar. Right. Obviously two very different sports, but it's the idea of learning kind of how to stay cool even when things aren't going your way. Right. And golf has taught me so well to do that because, again, you're not moving quickly necessarily in golf, but you have it's such a mental challenge between a bad shot and going up and hitting your next one.

00:49:08:19 – 00:49:31:00

Unknown

Right. And the same thing with running. And when you're in those last few miles, it's like, okay, trust the training. This hurts, but I'm going to get through this. I worked for this. I'm ready for awesome. What's one thing you would tell another athlete with type one diabetes who thinks endurance races are off limits to them? They're not off limits.

00:49:31:01 – 00:49:54:18

Unknown

You just have to prepare differently, right? Again, it's the same thing. It's all about learning how to prepare and how to be ready and understanding what could happen with your blood sugar and being ready

for different outcomes. Yeah, skills, preparation and hope for the best and do the right thing on race day. Definitely. Since the race was new goal you set for yourself.

00:49:54:18 – 00:50:17:01

Unknown

And how does your mindset around diabetes shape shape it? Yeah, so I'm actually running the New York City Marathon in November. Hey my I know I, I ran another half marathon after, the New York City half just to see if I could get my blood sugar. Perfect. And I did. So that was such a big accomplishment for me.

00:50:17:01 – 00:50:39:17

Unknown

And I was like, you know what? I'm not done yet. So I'm fundraising again for breakthrough and I'm running in November. I'm so excited. I'm on week seven of my training. That's awesome. The TCS New York City Marathon is one of my favorite. So you're going to be in great hands. Get ready for 50,000 people, support you and cheering you on and them and the great crowd that comes to support so so special.

00:50:39:18 – 00:50:57:09

Unknown

I wish you all the best. Thank you so much I can't wait. New York City is my favorite city in the world and what a place to be able to do my first marathon! Pretty awesome and I'm so glad you got the bug. I do, I know it's hard not to, especially when you start running with friends in a community, right?

00:50:57:09 – 00:51:18:07

Unknown

It's such a beautiful group of people. It's like that second half marathon I did. I had someone pull a raft out of my shoe for me, like, stopped his race to help me. And I'm like, that's just the entire running community that I've been a part of. It's pretty special, is pretty incredible. So yeah, it is. You had a great experience and look forward to seeing you in November.

00:51:18:09 – 00:51:40:11

Unknown

Thank you. Nice to meet you. Thank you, Lizzie, so much for joining us and for being a member of New York Roadrunners. Now it's time for today's Meet Minute. Thanks, Rob. Welcome back to my Ma by my countdown to the 2025 TCS New York City Marathon on this week. We are counting down mile 10 to 12 Williamsburg, mile 10 to 12.

00:51:40:11 – 00:52:00:23

Unknown

Now going to the double digits. This is energy stretched through the Bedford Avenue type force. Vibrant people tell end to the course you

might be able to do in front for me personally and well I could engage if the person is in front of me or behind me. I know if I'm in the lead, that if there's a person crossing right behind me, I know I have enough space away from my competitors.

00:52:00:23 – 00:52:22:21

Unknown

This is a time where you kind of observe the community. Also, this is Sunday. Some people do go to church, so you might see people coming in from church or going to church. This is a time to kind of know the community a little bit. Williamsburg and Greenpoint chairs on site control feel right and consistently. You'll be fine.

00:52:22:23 – 00:52:42:04

Unknown

That does it for another episode of Set the Pace. We want to thank our guests, Jordan and Ellie Fisher and Lizzie Bloom. Great! If you liked the episode, please make sure you subscribed. Please leave us a rating. Leave us a comment. We'd love to hear from you. That helps other people find this show as well. Good luck for everybody running this weekend.

00:52:42:04 – 00:52:56:05

Unknown

Labor day weekend. Enjoy the long weekend. Hopefully you've got some time off. Enjoy those miles. We'll see you next week.