

Maniac questionnaire

Name Jeff Matlock

Maniac # 1268

State you live in TN

How many marathons / ultra marathons have you run? 8 Marathons

What was the first race you ever ran? (Any distance) Sango Scamper 5K

What was the first marathon you ever ran? What year did you run it? Did you have fun that day?
1997 Marine Corp Marathon. Awesome feeling to know I had completed a marathon.

How long have you been a runner and why did you start running? Since 1997. I started because my wife was a runner and I did not want her being in better shape than me.

Why did you decide to become a Maniac? Or what inspired you? I was inspired by other runners to step out and accomplish more than just running one or two marathons a year and to get a little crazy and strive to go out beyond what I think is possible for me to accomplish.

Of all the races out there in this world, which one would you most like to run? It would be awesome to qualify for Boston...maybe one day!

If you could run a marathon / ultra accompanied by anyone either living or deceased, who would you choose and why? Since I have run a marathon with my wife I would enjoy running one with my three sons. They do not run now but maybe in the future?

What was your most memorable marathon and why? 08 Harpeth Hills Flying Monkey Marathon. A very challenging course and very well organized from top to bottom. Race director Trent Rosenbloom puts on the best marathon I have ever participated in. When I signed up it seemed out of reach for me to do but I trained hard and it was a very fun and rewarding experience.

If someone asked you to pick a race for him or her that they could run a PR at, which race would you suggest? Huntsville Rocket City Marathon

What was the furthest you've ever traveled for a race? Washington D.C.

Do any of your non-running friends or family members think that you're crazy for running as much as you do? What are some of their comments to you? Of course. Most think I am doing more harm than good to my body i.e.: destroying my knees.

If personal obligations or finances were not an issue, how many marathons would you run in one year? One per month, each in a different state.

From what race did you receive your favorite finisher's medal? Harpeth Hills Flying Monkey Marathon

Where do you keep your finisher medals? In a shoe box.

Do you wear your race t-shirts? What do you do with the ones you don't wear? I wear certain ones and others are kept in a large box for wear at a later date.

If you could put on a marathon anywhere in the world, where would you have it? Any place with cool temps and rolling terrain...sounds like somewhere in Tennessee during late fall or early spring.

Maniac Yellow, or Maniac Black? Black

What is your favorite pre race meal? Post race meal? Pre-race any pasta dish/Post race a juicy hamburger

What is your energy gel of choice? Sport drink of choice? Crank/Gatorade

Which race would you never run again and why? They have all been good!

What was the most challenging race or combination of races you've ever done and why? 08 Louisville because I set certain expectations and did not want to fail at accomplishing them. I prevailed and a huge load was lifted.

What is a typical training week like for you? How many miles do you run? Any cross training? 40 to 50 miles of running. I'm trying to gradually raise my mileage. I do some biking.

Do you have a training partner? If so, who is it? Most runs are done solo or with my wife . I also enjoy running with fellow Monkeys in Percy Warner Park in Nashville.

What kind of shoes do you train in? Do you race in a different shoe? Asics Gel Kayano. Train and race in them.

What are your short-term running goals? Slowly raise my mileage while remaining injury free. I would like to qualify for Boston within the next 12-24 months.

What are your long-term running goals? Run a marathon in all 50 states.

Assuming you have time, what do you do for fun other than run marathons? Work and spend time with my family.

Who is your favorite Super Hero? Superman, Wonder Woman, Main Maniac (with cat on head), non Maniac Beauty? John "The King of Beasts" Ramsay a local super hero in the Nashville area.