

[Home](#) [Forum](#) [blogs](#) [What's New?](#) [Colorado Running Calendar](#)

[Colorado Race Results](#) [Contact Us](#) [Email Sign Up](#) [Forum](#) [Today's Posts](#) [FAQ](#) [Calendar](#) [Community](#) [Forum Actions](#) [Quick Links](#)

[Home](#) [Interview with Kenyon Neuman](#)

**GET
SERIOUS™**

about Your Business

15% OFF

Get Started

use code **GET15OFF**



Interview with Kenyon Neuman

[Like](#)

Be the first of your friends to like this.

by **ESCO**

Published on 09-21-2012 09:15 AM

Number of Views: 326

2 Comments

Kenyon Neuman has had an impressive 2012 in which he has won the Pearl Street Mile, West End 3K, East End 2K, Heart and Sole Half Marathon, Four on the Fourth 4K, Superior Downhill Mile.

The 25 year old ran from Bend, Oregon attended CU where he was an All American runner for the Buffs. He currently lives in Boulder and is sponsored by Nike and is coached by Brad Hudson.

[HTML](#) Justin's Nut Butter

Just

[HTML](#) Without Limits

**WITHOUT
LIMITS
PRODUCTS
COLORADO'S TOP**



Congrats on pulling off the sweep at the Boulder Race Series, did you have any doubts that you might not win one of the races?

I never doubted that I could win any of those races. I didn't go into any of them thinking that winning would be easy though. I figured each race would be a challenge. I was worried in the mile when I fell off of the lead but I experienced more doubt in the 2K than any other race. I had quite a few competitors sitting on me in the wind and that just wears on your mind. You get worried someone will blow your doors off with 100 meters to go. Fortunately I still had enough of a kick to stay out front.

Growing up in Bend, Oregon did you have dreams of competing for the U of Oregon? How did you end up at CU?

I never really dreamed of competing for Oregon. When I was in high school Oregon's distance program wasn't very good. Stanford and CU were the "gold standard" in distance running and I wanted to train and race with the best. I really felt that Mark Wetmore was the best coach in the country. That was fairly obvious as the best American distance runners were CU grads who lived and trained in Boulder. Stanford's head coach left, I ended up on the wait list and eventually wasn't accepted. That made my decision easy. I was enamored by the academic opportunity at Stanford but I knew I wanted to run for Coach Wetmore in Boulder.

You are currently sponsored by Nike, but used to work for Newton Running Company. Was it hard moving from Newton shoes to a more traditional Nike shoe?

HTML RunColo

Faster
storage

SOFTLA

HTML Greenlayer Sports



I ran in Nikes at CU and I've always had success with their footwear and apparel. I think the transition from Newton to Nike was very easy relative to my earlier transition from Nike to Newton. I've been very fortunate over the last 7 years as I've always been supported by some of the best shoe manufacturers out there. Nike's products are second to none and the innovation occurring at Newton has produced some really amazing products that are changing the way we think about running footwear. I've had success with both Nike and Newton and I've been proud to represent companies that are always on the cutting edge.

Is your training partner James Carney okay with you sporting the headband while running? He hasn't patented that look yet has he?

Ha. I've been wearing the headband for a long time. I don't think Carney can patent that. I'm pretty sure Bjorn Borg owns that patent. If Bjorn wants me to pay him every time I race that's fine, so long as I can discuss it with him over lunch.

I'm assuming you have had your Vo2 and lactate threshold tested, can you tell us your numbers? How often do you get tested and how does Brad Hudson incorporate that data into his training?

I only had my VO2 Max and Lactate Threshold tested once. I was a freshman in high school and had just finished my first cross-country season. I hadn't done any real training at that point as I played soccer that fall while running races for the cross-country team. My VO2 was 75.6 and I can't remember what my lactate threshold was.

We don't necessarily use those numbers at HTS. We gauge our efforts with sensory data to achieve the purpose that Brad sets out for us. I've never trained in a way that relies heavily on specific numbers for heart rate zones, VO2 Max or Lactate Threshold. I think sensory data is the best gauge for your training efforts.

I feel like 2011 was the year of Mario Macias and that 2012 is the year of Kenyon Neuman in terms of dominating the Colorado racing scene. Is the BolderBoulder the only race that you have run in Colorado this year that you have not won?

No. I injured myself in January while snowboarding and had to take about 3 weeks off. It took me a little while to get back into shape and I know I lost a 1500m race at Potts Field just after I got back to running. I also ran the Stadium Stampede 5K on the first day back from my "post-track" break. I went out hard, slowed a bit and my old CU teammate Christian Thompson got me at the very end.

The Denver M1le is a new race mile race, happening on October 13th in downtown Denver with a prize purse of \$75,000. Can we expect you to be on the line?

It's on my race calendar. It's exciting that there could be a legitimate road mile right in our backyard. It'll be interesting to see who shows up and what kind of times can be produced.

Your marathon PR is a 2:22:33, is it fair to say that the shorter distances are your bread and butter? Do you have plans to focus more on the marathon or wait a few more years?

I don't ever want to be a one-dimensional athlete. I believe in a balanced training

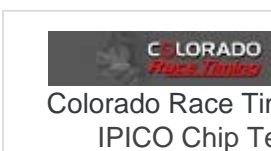
HTML Colorado Race Tir



HTML Featured Colorad



HTML Colorado Race Tir



program. The strength work I do complements the speed work I do and vice-versa. I have to have a big engine and a lot of speed to compete at the mile distance or the marathon distance. The best runners in the world have the ability to run fast, change gears, deal with surging and kick. The shorter races and workouts are great for honing these skills. You have to cover the same types of moves in the marathon and you'll get dropped if you can't run FAST. The marathon work I do builds my engine and makes me a better miler. I don't want to pigeonhole myself. I believe I can be competitive anywhere from the mile to the marathon. I will be racing at a wide range of distances from now until I'm done. That includes the marathon and next time I run one I don't think I'll finish anywhere near 2:22.

What races do you have lined up to finish off the 2012-racing year?

I have the following on my race calendar:

9/22/2012 - Rock 'n' Roll Denver Half-Marathon

10/7/2012 – USATF 10-Mile Championships

10/20/2012 – “The Other Half” in Moab, UT

After these races I'm looking for a marathon. I haven't been accepted at NYC so I'm looking for a marathon where I can post a fast time.

[Share](#)

2 Comments



DCOTM - 09-21-2012, 01:56 PM

 [Reply](#)


Better change your plans for Oct 13; no M1LE this year, as it has been postponed to an undetermined date in the Spring.



ESCO - 09-21-2012, 04:47 PM

 [Reply](#)

Where did you hear that?

 Leave Comment
Your Username: <input type="text" value="Unregistered"/> Click here to log in
Random Question: Last name of number 18 on the Broncos? <input type="text"/>

Add Comment

Go Advanced

Powered by **vBulletin®** Version 4.2.0

Copyright © 2012 vBulletin Solutions, Inc. All rights reserved.

Search Engine Optimization by **vBSEO** 3.6.0

vBulletin Skin By: **ForumThemes.com**

[Contact Us](#) www.runcolo.com [Archive](#) [Top](#)

