



Jason Newport wins the Hagerstown Jubilee Days 5K



Jason cruises just under the speed limit in Glen Miller Park during the Frostbite 5K

Our next featured runner is 2010 WCC Male Champion Jason Newport. Jason is well respected as one of the elite runners in western/southwestern Ohio and accumulated a WCC record 1288 points in 2010 while running 7 of the 8 WCC races. Jason competes in many of the larger events throughout the area, traveling to Cincinnati, Indianapolis, or anywhere nearby that offers some challenging competition. Jason applied his talent to the WCC series this past year and set a standard that will be tough to beat.

He graciously took a few moments out of his busy schedule to share his thoughts & ideas as a runner.

When did you become a runner? Do you remember your first race?

My first race I ran was the 10K Derby Days run in Lewisburg in 1982.

When did you first realize that you had potential as a runner?

When I was 15, I qualified for State running a 16:52. At the time I was pretty clueless about training.

What has been your favorite (or most memorable) race in your career thus far?

My most memorable race was winning the 1992 five mile Miamisburg Turkey Trot in 25:11.

What has been your favorite (or most memorable) WCC race?

Definitely the 7K Turkey Chase this past year. Running with Zach Burns and Todd Hewitt the whole race was great.

What motivates you to run?

I like to race about once a month.

As far as training.....what type of mileage goals do you try to maintain?

I run about 25 miles a week.

Do you have specific workouts that provide more benefit than others?

I typically run two workouts per week. 8 X 400s and 3 X miles.

The WCC has seen some of its events switch from pavement to grass or trails in recent years. What are your thoughts on off-road running?

The cross country and trail runs make the WCC special. The three off-road courses are each unique and are in nice settings.

What are your long-term & short-term goals as a runner?

I would like to again break 2:00 for the half mile and also run a 4:25 mile.

What's the best & worst thing about running for you?

The best is running with friends and the worst is treadmill training in the winter.

What advice would you offer to a beginning runner?

Running offers the ability to make progression over time. Follow your school's coaches' training plan or find a mentor with experience. Taking 2 to 3 easy days each week to allow the body to recover from harder workouts is critical. Also, being part of a team or running group will give you support and consistency you need to make steady improvement.

Congratulations, Jason, on your success in the record breaking 2010 WCC season. We look forward to your continued success for many years to come.