

# CLUB SPOTLIGHT

*Isaac Bickerstaff recently caught up with the founder of the Austin Duathletes, Phil “Panther” Carmical (RRCA CRC), also a running coach for Team Riff Raff and Rogue Training Systems in Austin, TX, for a few questions about their unique club event, the “Pub Run.”*

**Isaac:** So, what, exactly, is the “Pub Run,” and how did it start?

**Panther:** The Pub Run started about 5 years ago, when we founded the AD and decided that we needed to distinguish ourselves from other running and multi-sport clubs around town by having a unique event, and we love the Hashers, so we thought that we’d do a “hash run,” of sorts, and run from bar to bar. It’s been a great success, and now almost every training group, running store, and athletic club in town does their own version.

**Isaac:** You RUN from bar to bar? Meaning you drink, then run, then drink, then run?

**Panther:** That’s right! But we never run more than about 5 miles, total, and a lot of people don’t even run anymore. A lot of people ride bikes, cab it to each bar, or drive.

**Isaac:** Don’t the runners get sick?

**Panther:** Nope. In the 5 or 6 years we’ve been doing this—and keep in mind we’ve had more than 40 of these events—only one person that I know of has ever hurled...and he was doing something other than running and drinking. Running and drinking go together! Haven’t you read *Born to Run*? We think of ourselves as goofy, slower versions of the Tarahumara.

**Isaac:** You’re a running coach, too, right?

**Panther:** Yes. I coach running, duathlon, triathlon, and cycling with Rogue Training Systems.

**Isaac:** Do you recommend the pub run to people you’re coaching?

**Panther:** Of course! I let them count it as part of their weekly mileage.

**Isaac:** Is that normal?

**Panther:** We’re not normal.

**Isaac:** Does it hurt their running?

**Panther:** No....at least, we’ve never done a study on it or anything. I’d never recommend that they do it right before a big race, but my philosophy is that running is fun. It’s supposed to be fun, it’s meant to be fun, and, if you’re NOT having fun, and you’re running, it’s time to find a new sport.

**Isaac:** Sounds like a fun group! I wish we could do that here.

**Panther:** It IS fun, but my training group, Team Riff Raff, is all about working hard, too. We have some elite athletes in this group, as well as beginners. I love variety, and it seems to enrich the group. “We work hard, we party hard.” That’s our motto.

**Isaac:** When’s the next pub run?

**Panther:** May 20, 2010! It’s a “redneck” theme, for Hog Day. We have a whole series of 3 this summer, and the next one is in July. Come down and run with us!

**Isaac:** I wish I could! Thanks for your time.

**Panther:** It’s been a pleasure.