

Enoch Nadler selected 2013 Male Runner of the Year



Note: Even though Enoch Nadler already had been racing and showing his great running talent after he moved to Richardson in early 2012, I hadn't met him until he won the Lions Club XSIGHTment 5K in Colleyville on June 1, 2013. He blazed to a 15:10.8 and won by 26.5 seconds over another one of the top area runners, Andrew Cook. He had previously stamped his arrival in the area by beating Logan Sherman, the 2013 Cowtown Ultra winner, by 17 seconds at the Hot Chocolate 15K after both had passed the 10K mark, along with Agustin Hernandez, at 32:42. Enoch and Agustin, who train together, had dueled before at the Hotcake Hustle 10K with Enoch winning with a 15:32 and Agustin at 16:09. Enoch, who had been training to qualify for the Olympic Trials in the marathon won at least seven overall titles in the DFW area and did qualify for the Trials at Houston in 2014 with a PR 1:03:55 at the USA Half Marathon Championships. Besides his own training, Enoch is gracious enough to help others. Boo Bryant credits Enoch's help with his impressive victory at the Dash Down Greenville 5K in 15:32, and Enoch also has helped Barnabas Kirui, who won, among other races, the DRC Half. Taking all that into consideration was more than enough for Enoch to be selected as the 2013 Male Runner of the Year.

Enoch Nadler's running history

Enoch Nadler grew up in Florida in the small country town of Keystone Heights, located outside of Jacksonville. He attended KHHS, class of 2004, where he participated on the varsity track and cross country squad. During his high school career, he posted personal bests of 4:27 in the 1,600 meters, 9:27 for the 3,200, and 15:37 in the cross country 5K. After high school, Enoch went to the University of Florida where he competed at the varsity level all four years.

While at UF Enoch posted bests of 4:09 in the mile, 8:15 in the 3,000, 8:54 in the 3K steeplechase, 14:24 in the 5,000, and 23:46 in the 8K (XC). Enoch made the all-region and conference teams on several occasions and competed in multiple SEC and NCAA championship meets. After a successful career at Florida, Enoch took a 4-year hiatus from the sport, not knowing if he would ever return to competitive running. Then early in 2012, Enoch moved to Dallas and began to feel that he was ready to return to the sport he had loved for so many years. That March at the age of 26, Enoch made his return to competition and hasn't looked back since. Enoch credits his wife Angela for giving him the passion and fire to return to the sport. Without Angela's love, support, and encouragement, he wouldn't have been able to make the long tough road back to running.



Since his return, Enoch has set his sights on achieving one of the greatest accomplishments for a distance runner, qualifying for the Olympic Marathon Team. Since his return, Enoch has been able to accomplish the following bests 5K: 14:26, 10K: 30:22, Half Marathon: 1:04:37. Enoch has won numerous races around Texas and the Southeast. With several years before the 2016 games, Enoch is excited to see how far and fast he can push himself and if he can reach his goal of making the Olympic Marathon Trials and possibly the Olympic Team.

By Enoch Nadler

For me, 2013 was a year filled with some amazing life events and some incredible trips to new places. Like any runner I experienced the thrill of the great race and new PRs along with the disappointment of defeat. The focus for my running in 2013 was working toward my ultimate goal of qualifying for the Olympic Marathon Trials. With the trials still a few years out, I wanted to take a long term approach and not rush the process.

I started the year out fast by running a road 5K PR and winning the Mantanzas 5K in 14:26 in the process. This was just the confidence booster I needed heading into my first half marathon. If my first half, I far exceeded my expectations by running 1:05:22 to finish in 6th place in a very strong field at the Woodlands. This was a big moment for me because I knew after this race that I had what it took to make my goal of reaching the Olympic Trials a reality.

Just three weeks after the Woodlands, I ran the Rock 'N Roll Dallas Half. It was a very intense race with less than ideal conditions and I ended up finishing in 2nd place in 1:06:01. While it was tough losing a close race, I knew it was a great experience that would benefit me down the road.

On April 25th the most important event of my 2013 took place. I married my best friend Angela on a beach in Maui, HI. It was a dream come true and we spent an amazing 10 days honeymooning in Hawaii.

Mixed in with the relaxing and time on the beach, I also got in some great training for the fast approaching USA Half Marathon Champs. In late June and training through the early summer heat, Angela and I made the trip up to Duluth Minnesota for the final race of my spring season. This was by far my biggest race since my return to running, so I was very excited and nervous. After a very fast early pace, I settled into the race and ran 1:04:37 to finish in 30th place and set a new PR. I couldn't believe that I had just ran 4:56 pace for 13 miles and it was a great feeling to run a time that would be fast enough to qualify for the Olympic Trials if it was within the qualifying window. After the race, I got to meet my childhood idol Meb Keflezighi, which was awesome!

After a long hot summer of base training with my friends Matt Markert, Agustin Hernandez and Barnabas Kirui, I was ready for the fall season. It started out well with a fast 5K and then winning the Tour De Fleurs 10K. Then in mid-October, I had my last big win of the year by defeating a tough field at the Space City 10-miler in Houston. I ran a 50:25 in hot and humid conditions and felt strong and confident going into my final races of the fall.

Then like any runner, I experienced the disappointment of getting sick and missing a big race. I was unable to attend the Komen 5K and defend my title from 2012, and I came into the DRC Half feeling less than ideal. I hung tough for the first 10 miles before fading to 5th place. My disappointment was short lived after I finished and found out that my training partner Barnabas had won the race against some really strong competition.

I competed in the Turkey Trot 8-mile for fun and finished in 2nd place in 40:20 to top national talent Colby Lowe for my final race of the fall. To wrap up 2013, Angela and I took a winter vacation down to Cuenca, Ecuador. This was just the training boost I needed to end my 2013 on a strong note and get me ready for a big 2014. We spent two weeks at 8,000-foot elevation in the mountains, training with Ecuador's top Olympic runners. It was an incredible life experience and we made some awesome friends.

Overall, 2013 was a very successful year filled with great memories, new friends and big PRs. I am very proud of all the runners I train with in Dallas and what they have accomplished in 2013. I feel very blessed to be back running and to have the support of my loving wife, friends, family, and the Dallas running community.

Goals for 2014 (This was before he qualified at Houston)

With the window now open for the Olympic Marathon Trials, my primary goal for 2014 is to run under 1:05 to punch my ticket for the 2016 Trials. My first big race will be the USA Half Championships in Houston on January 19th, where I will begin the chase to qualify. After that, I hope to get back on the track later in the spring for the first time since my college days in 2008. I plan to attempt to break 14:00 in the 5K and I look forward to some fast speed work on the track. My final running related goal for 2014 is to build my mileage over the summer and to run my first marathon this fall. I ultimately hope to run under 2:15 to achieve the Olympic A standard. But that goal might have to wait till 2015. Another big goal of mine for 2014 is unifying the elite runners in Dallas. Over the past year, I have formed a group of guys that meet for long runs and some track workouts. While this has been a great experience.

I feel it is time to take this group to the next level. I have been working with the Dallas Running Club to form an elite team that would include both male and females training and working together to better the Dallas running scene. I am very excited for this opportunity and I can't wait to see what 2014 has in store. Even though I am a year older, I have no plans of slowing down anytime soon and I look forward to seeing my fellow Dallas runners out at race sometime soon! If you would like to continue to follow my Journey to the Olympic Trails, you can check out my blog at <http://runwithenoch.com/>

Personal Records: 1 Mile: 4:08; 2 Mile: 8:45; 3K Steeple: 8:54; 5K: 14:24; 8K XC: 23:46; Half-Marathon: 1:03:55; 10K (split in half marathon), 30:06; 8-mile (split in half marathon), 38:30; 15K (split in half marathon), 45:04; 10-mile (split in half marathon), 48:20. **2013 Highlights:** 1-26-13 -- 1st place Mantanzas 5K in 14:26; 2-09-13 -- 1st place Hot Chocolate 15K in 47:53; 3-02-13 -- 6th place The Woodlands Half, 1:05:23; 3-24-13 -- 2nd place Rock 'N Roll Half, 1:06:01; 5-27-13 -- 1st place Patriot Half, 1:13:37; 6-02-13 -- 1st place Lions Club xSIGHTment 5K, 15:10; 6-22-13 -- 30th place USA Half Marathon Championships 1:04:37; 9-21-13 -- 1st place Tour Des Fleurs 10K, 10-12-13 -- 1st place Space City 10 Miler, 50:25; 11-22-13 -- 2nd place Dallas Turkey Trot 40:20.

Special recognition for other male runners: Clint Bell of Dallas enjoyed another impressive year by winning at least 13 overall titles and challenging for several others. Two of his better efforts were at the WOKC Oktoberfest 5K in Addison, where he ran a 15:33 and at the Fireman's 5K in Fort Worth when he crossed the finish line at 15:20.8; and Kolin Styles of Burleson, who racked up six overall victories, including the Hot Chocolate 5K and the Mayfest 10K.