

# Rocket City Marathon Race Weekend

PODCAST ALLEY — FEATURED PODCASTERS

Six incredible podcasters are joining us at **Rocket City Marathon Race Weekend**. Each has created two special episodes just for our runners — tune in before, during, and after race weekend!



## The Run, Shattered Podcast Episode 1 airs: Aug. 6 Episode 2 airs: Sept. 24

*Hosted by Sierra Morris · Tuscaloosa, Alabama*

Sierra Morris has spent her career studying, training, and testing the mental side of human performance. After her semi-professional rugby career, she started running to continue pushing herself physically and mentally. Since 2021 she has run eight marathons — including two Majors (Chicago and Boston, where she earned a 3:05) — and recently started racing trails and ultra distance. With a master's degree in sport and performance psychology, she launched *The Run, Shattered Podcast* to bring mental skills training to marathon and ultra runners, with a special commitment to helping women get to the start line mentally ready to shatter their goals.

EP 1

### Mental Skills Training Foundation

Most runners train their body really well and hope their mind keeps up on race day. Learn what mental skills are, how to deliberately practice them throughout the training block, and how to utilize them on race day. Covers self-talk, focus zones, energy management, cues, and more.

EP 2

### Mental Prep for Race Weekend

The mental prep doesn't stop when your training does! Learn how to mentally prepare for race weekend, where you should focus and spend your energy, how to keep your confidence high, and get hyped to cross the finish line. Covers race day logistics with a mental skills twist.

*Listen on Apple Podcasts and Spotify*



## Behind the Bib Episode 1 airs: July 16 Episode 2 airs: Oct. 1

*Hosted by Lisa Watkins*

Behind the Bib is a podcast for every runner. Hosted by Lisa Watkins, it features inspiring stories, race experiences, expert advice, and honest conversations that celebrate the people behind the miles. Whether you're first, last, or somewhere in between, you'll find a place here.

EP 1

### The Journey to the Start Line

Every runner has a starting line. This episode captures the local and gritty journeys behind marathon and half marathon training. Ryan Donovan will bring the humor, the lessons, and the big moments that happen between deciding to do a marathon/half marathon and the medal at the end.

EP 2

### The Big Lessons - Even for the Shorter Distances

Racing reveals character. Tune in for an in-depth conversation about training for your first 5k or 10k. Learn the grit behind every training program and discover YOU TO CAN DO A RACE!

*Listen on Spotify, Apple Podcasts, iHeartRadio, or wherever you get your podcasts.*

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## PODCAST ALLEY — FEATURED PODCATERS



### Mealvana Episode 1 airs: June 25 Episode 2 airs: Nov. 5

*Hosted by Xuan Huang*

*Mealvana is a Birmingham, Alabama based podcast and nutrition app preparing every athlete for race day. Discover how nutrition plays an essential role in your success on and off the race course. Mealvana has the tools to deliver the best version of you.*

Podcaster, Xuan Huang, is an avid runner, cyclist and triathlete - making her personal experience relevant to the endurance athlete.

EP 1

#### Be Your Best On and Off the Race Course

Every Prep work is essential. Hear from Huntsville native ultra runner, Landon Bruski, as he unveils his preparations for whats ahead. This episode will get you ready for any endurance event and has a BIG ANNOUNCEMENT being revealed.

EP 2

#### The Big Lesson — What Racing Teaches Us

Racing reveals character. Tune in for an honest conversation about what the race experience teaches us about ourselves, our grit, and the community of runners who show up and keep showing up.

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### Back of the Pack Podcast Episode 1 airs: June 11 Episode 2 airs: Oct. 15

*Hosted by Kyle Walker- Kansas City*

*Kyle Walker is a hometown guy with a lifelong love for the Kansas City Chiefs and a passion for running that has earned millions of views across his online ventures. A graduate of MidAmerica Nazarene University and based in Olathe, KS, Kyle brings energy, humor, and heart to every episode. He's equally comfortable grabbing his favorite headband, lacing up his sneakers, and signaling the start of something great — because he knows running looks cool and builds character.*

EP 1

#### Destination Huntsville: The Rocket City Marathon Preview

The Back of the Pack Podcast, heads south to learn all about the Rocket City Marathon Weekend coming up this December in Huntsville, Alabama. Joining the conversation is Eric Fritz and Rhonda Hayden, organizers of the RCM.

EP 2

#### Countdown to Rocket City Marathon Race Weekend

Behind the scenes of the Rocket City Marathon. The Back of the Pack Podcast, does a deep dive into all things Rocket City Marathon. Listeners will get exclusive details and an insiders look on what to expect on race day.

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PODCAST ALLEY — FEATURED PODCASTERS



## Run Your Story Episode 1 airs: July 23 Episode 2 airs: Oct. 22

*Hosted by Allison Gaillard - South Alabama*

Running is a family affair. Every gathering, reunion, and weekend is surrounded by cousins, uncles, grandparents, moms, dads, and siblings all on the same journey. Run Your Story celebrates the runners who aren't chasing PRs — they're chasing life. Hosted by Allison Gaillard, this podcast is for the runners who show up, share the road, and make every chapter count.

EP 1

### Every Story Needs to Be Hear

5 decades in the making - THE ROCKET CITY MARATHON- has a story that deserves an audience. This episode unpacks the past 50 years of RCM and where it is heading for the next 5 decades.

EP 2

### Face to Face with the GOAT

Anyone who is running in Huntsville knows the GOAT. Tune in for a captivating inside look at what motivates the GOAT and keeps him giving back to his community.

*Listen on Spotify, Apple Podcasts, iHeartRadio, or wherever you get your podcasts.*



## Endurance State of Mind Episode 1 airs: Aug. 20 Episode 2 airs: Oct. 15

*Hosted by Zach Vogt and Anthony Herrington - Mississippi*

Hosted by Zach Vogt and Anthony Herrington, *Endurance State of Mind* takes a deep dive into the world of endurance sports — running, racing, and everything in between. The show is available on YouTube, Spotify, iHeartRadio, and more, and it's built around one core belief: we go further together. Whether you're a first-timer or a seasoned racer, this podcast will fuel your engine for the Rocket City Marathon.

EP 1

### The Rocket City Preview — What to Expect at the Front of the Pack

Joshua Moore breaks down the Rocket City Marathon course, conditions, and culture at the front of the pack. Whether you're running to score your next PR or BQ, this episode gives you the inside knowledge to race smart and enjoy every mile.

EP 2

### The Endurance Mindset — Going Deep with Huntsville's Local Running Legend

What separates runners who finish strong from those who struggle in the final miles? Huntsville's local running legend explores the Rocket City Marathon race course allowing athletes to rise to their biggest challenges on race day.

*Listen on Spotify, Apple Podcasts, iHeartRadio, or wherever you get your podcasts.*

## Podcast Calendar

*See below*

# Rocket City Marathon Race Weekend

PODCAST ALLEY — EPISODE CALENDAR

## Podcast Calendar

Tune in to each episode on the dates below — perfect listening for every stage of your training!

| Podcast                 | Episode 1 Air Date | Episode 2 Air Date |
|-------------------------|--------------------|--------------------|
| Behind the Bib          | July 16            | Oct. 1             |
| Mealvana                | June 25            | Nov. 5             |
| Run Your Story          | July 23            | Oct. 22            |
| Back of the Pack        | June 11            | Oct. 15            |
| The Run, Shattered      | Aug. 6             | Sept. 24           |
| Endurance State of Mind | Aug. 20            | Oct. 15            |