

Jan/Feb 2022

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



***Quick turnaround for
2022 CHKM - pg 9***

***Class of '21 inducted
to KTC HOF - pg 14***

***A guided tour of
Sharps Ridge - pg 12***

***Running with lower
back pain - pg 17***

EVERY SEASON STARTS AT



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FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL
RUNNING COMMUNITY

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FOOTNOTES

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ROAD RACE INFO

888-217-5635

TRAIL RACE INFO

865-548-4718

YOUTH ATHLETICS

888-217-5635

WEBSITE

www.ktc.org

ON THE COVER

Nearly 2400 participants crowded downtown streets as KTC's 37th annual Turkey Trot reigned supreme on Thanksgiving morning 2021.

cover photo by Michael deLisle
entire contents © 2021 Knoxville Track Club

Awarded Best RRCA Large Club Newsletter 1988, 1994, 2001, 2005
Best Large Club Electronic Newsletter 2008
Southern Region 1988, 1992, 1993, 1994, 1997, 2001, 2005



15 tips from the RRCA

RUNNING SAFETY

- ◆ Don't wear headsets! Use your ears to be aware of your surroundings.
- ◆ Consider carrying your phone.
- ◆ Write down or leave word of the direction of your run. Tell friends of your favorite running routes.
- ◆ Run with a partner.
- ◆ Run in familiar areas. In unfamiliar areas, contact a local RRCA club or running store. Know where telephones, open businesses and stores are located. Alter your route pattern.
- ◆ Always stay alert. The more aware you are, the less vulnerable you are.
- ◆ Avoid unpopulated areas, deserted streets and overgrown trails. Especially avoid unlit areas at night. Run clear of parked cars or bushes.
- ◆ Carry identification or write your name, phone number and blood type on the inside sole of your running shoe. Include any medical information. Don't wear jewelry.
- ◆ Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- ◆ Run against traffic so you can observe approaching automobiles.
- ◆ Wear reflective material if you must run before dawn or after dark.
- ◆ Use your intuition about a person or an area. React to your intuition; avoid an area or person if you feel unsure.
- ◆ Practice memorizing license tags or identifying characteristics of strangers.
- ◆ Carry a whistle or noisemaker.
- ◆ CALL THE POLICE IMMEDIATELY if something happens to you or someone else, or if you notice anything out of the ordinary.

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MARATHON ADVISORY COMMITTEE: David Black (chair), Jason Altman, Bobby Glenn, Zane Hagy, Keith Jackson, Tim Monroe, Troy Rebert, Glenn Richters, and Alicia Teubert.

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Position Vacant

SOCIAL CHAIR
Position Vacant



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * January/February 2022 edition



A Message from our New Club President

Brian Huskey, KTC President

Run the Club



Runners take your mark. Go! And just like that we've started 2022. The Knoxville Track Club will be putting on races, supporting local athletes, volunteering, and doing all the other things that support our mission to encourage life-long physical well-being through running and walking as we try to realize our vision of "Healthy living, healthy community – one step at a time."

Towards those ends, I will be challenging the staff, the board of directors, and you, the members, to help us achieve those goals. One way to think about an organization is by dividing its activities into three areas: Run the Business, Grow the Business, and Transform the Business. For us, we'll tweak those labels, but the principles apply.

Run the Club

Running the Club is about the core activities and all the things that come to mind when you think of the KTC. We'll put on road and trail races - including our premier event the Covenant Health Knoxville Marathon. RunKNOX training will help runners achieve their goals throughout the year. We'll support local athletes like those at the Tennessee School for the Deaf or those running team relays. We'll provide operational and timing services to non-KTC races. We'll do all the behind the scenes work to maintain our status as a non-profit organization. Running the Club is all about executing well.

Grow the Club

Growing the Club is just that - adding members to the roll, increasing the number of participants at races, growing the RunKNOX training group, signing-up more volunteers to support the other activities, etc. These are the incremental changes that will allow the Knoxville Track Club to have a greater impact in the community.

And here is the first call to action...

◆ Invite a friend to join you at a race.

◆ If you are a member, think about including your entire family when you renew your membership.

◆ Want to run more or faster? Sign-up for a RunKNOX training cycle and get coaching expertise, group accountability, and a great support community.

◆ If your organization doesn't participate in the Covenant Health Knoxville Marathon's Fittest Company or School Challenges, reach out and let's get connected.

◆ Spread the word about KTC activities - like, share, retweet on social media.

◆ Did you have a great experience at another race or receive cool swag? Let us know what things get you excited about participating.

◆ Are you a student or someone who needs volunteer hours? Sign-up to be a course monitor or to work a water stop.

Transform the Club

Transforming the Club is the most exciting area, but also potentially the most difficult. These are the activities where the Knoxville Track Club tries something new. For us, we are still trying to figure out what this might be. Is it developing a deep partnership with another organization that has similar goals? Is it a capital project like building a community track? Or working with the University of Tennessee to support the Track and Field team? What can we do to fulfill our mission of encouraging life-long physical well-being through running and walking? How do we enable our vision of "Healthy living, healthy community – one step at a time?" How do we give back to the community?

The second call to action...

◆ Let us know your thoughts on a big goal for the Knoxville Track Club.

◆ Think your organization would be a good fit as a partner? Reach out!

With an amazing 60 year history, the Knoxville Track Club has a tremendous foundation to build upon. I'm excited to see how it grows and transforms in the future!



Continuing to Rise

*David Black, Executive Director
Knoxville Track Club*



As we entered 2021, we had lots of talk of rising from the ashes, images of 2020 dumpster fires, and a strong desire to move past. A time in general of looking forward and hoping to settle into the new norm, whatever that might be.

Many things were still uncertain regarding the pandemic and its long-term effects. The year started with KTC staging races using a rolling start, even capping the always popular Strawberry Plains Half Marathon/10k, which resulted in a sell-out. As the year progressed, we were able to transition to traditional starts for races with fewer Covid restrictions.

Our Treadin' Trodden Trails races offered a mixture of RunAnytime and in-person races, formats carrying over from 2020. This meant that the volunteer race directors, committee members, and others spent lots of time checking course markings daily for a week or so around the race date. Some participants ran the route as a course preview, some for a self-reported time. The TTT series continued to grow in popularity through these efforts. Starting with the first race of the year, the Lakeshore Trail Trek, nine of the twelve trail races set registration records.

Road races for KTC started in the 50–75% range of what might have been expected pre-Covid. For the most part, numbers continued to rise throughout

the year with healthy raceday turnouts.

With the Covenant Health Knoxville Marathon being postponed until Fall, KTC decided to do a new Spring event. The Sweetwater Valley Marathon, Half-Marathon and Relays drew more than 550 people registering for this event, including participants from twenty states. The early morning set up

took place with tremendous support from the town of Sweetwater and a myriad of volunteers during a torrential downpour. And after one weather delay, the race took off, and for the first time in two years, the Knoxville Track Club held a road marathon.

After a substitute 2020 summer 10k in Townsend, the decision was made to move the former Carter Mill July date to the Springbrook Pool in Alcoa. This move allowed the addition of a kids' run and will allow for the race to grow both in participants and variety of events, with a 5k planned for 2022. The spacious pool has plenty of parking and the course makes use of the beautiful Alcoa Greenway system. This past year's event saw a 23% increase over the 2019 event at the Carter Mill pool. Please join us mid-July for the Second Annual Springbrook Splash.

For the 45th year, we had an event in the Townsend area. The Townsend 15k/10k set a record high for participation. The 10k was added to the event in 2020 to offer a shorter distance option and has been well received. Plans are underway for a new 10k course in 2022.

In the final quarter of the year, we saw the Regal Turkey Trot come within 40 people of setting an all-time record number. This holiday race is a growing tradition for so many people.

Rounding out the year, the Pigeon Forge Half Marathon, Relay, and 5k proved icing on the cake. Starting and finishing at The Island in Pigeon Forge, this event has an almost magical feeling. The sunrise on race day made for some of the most spectacular race photos we have ever seen. And barely fifteen minutes after the race equipment was packed up, torrential rains descended. The prerace videos from Sweetwater and postrace from Pigeon Forge seem like they could have been from the same storm.

This year also included a new class of inductees to the KTC Hall of Fame. The 2021 KTC Holiday party was a fun gathering of volunteers, club members and staff. Each year we celebrate people through the annual awards. Key awards were presented to The Bischoff Family, Karla Gander, Christina Adkins, and Chris

AAA continued on page 7 AAA

REACH OUT TO KTC!

**DAVID BLACK,
EXECUTIVE DIRECTOR:**
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**STEPHANIE BAILEY
EVENT MANAGER:**
knoxtrackevents@gmail.com

UPCOMING KTC EVENTS

1/1: TN Sports Med New Year's Day 5k

1/15: Oak Ridge Ten Miler

1/16: Wanderers Trail Race and Kids Mile

1/29: Straw Plains Half Marathon/10k



MUSINGS FROM THE EDITOR'S DESK

Michael deLisle, FOOTNOTES Editor



Those Pesky Calendar Pages

In this space over the past 29 (!) years, I've often used the image of calendar pages falling to the floor as the months and years pass us by. These days the calendars we use are far more often of the digital variety from the likes of Google rather than an actual piece of paper covered with numbers and various graphics.



But it doesn't change the fact that these months and years incessantly do fly by, too fast to count and far too final for my liking. And most folks who consider themselves "grownups" are aware of the odd, non-

scientific yet inarguable sense that time keeps speeding up and these calendar pages keep piling up, annotating the detritus of our lives, faster and faster.

Yet I've noticed a few facets of this acceleration that I find reassuring at times. Clearly there are episodes in our lives that we want to go by as quickly as possible. Facing weeks or even months

spent recovering from an injury or a surgery seems interminably impossible. Yet the time does pass—especially as we age—and bodies do heal, more or less—less so as we age, sadly. And when that time seems to go faster, these unpleasant chapters of our lives feel a bit less grueling.

On a much larger scale, consider the hastening pace of time as relates to the public health crisis that we've been enduring for, dare I say it, almost two years now. At its onset, most folks accepted grudgingly that we'd have to deal with Covid-19 for a matter of weeks or, god forbid, a couple of months. Even that concept was nearly unimaginable, and yet now, as we approach the beginning of our third year with the dastardly virus, with the end yet to come into focus, we've somehow made it (at least most of us) this far. Without delving much into the politics of the global crisis and how we could be much further along in solving the crisis if only people everywhere—including those in very high offices—had taken this with the seriousness it requires and taken the actions needed to move beyond what has become the public health crisis of our lifetimes with far fewer of the tragic consequences that continue to

plague us here and around the globe.

But those calendar pages? They've kept falling regardless. The Google calendar on our devices keeps moving to the right, leaving a digital footprint of our lives off to the left in a cyber-archive that, incidentally, does indeed prove helpful to those of us whose graying hair resides atop gray matter that from time to time has difficulty remembering what we did last winter. Or last Wednesday.

So through the magic of time passing, 2020, a year many people will consider as the worst of their lives, has gone. So, too, has 2021, a year of relentless recovery and maddening relapse. Somehow, twenty two months have evaporated since the onset of Covid upturned our lives. We shake our heads in disbelief and move on.

We move on by living our lives. We still watch in fascination as the sun rises and sets, grin with delight as children play and animals frolic. We lace up our shoes and set out daily to see what we can do to enhance our lives and the lives of those we love. And with those shoes laced tightly, we play, we run, we walk, we hike, we ride bikes. (Thought this little essay was never gonna get around to running, didn't you?) We move.

Because the day we stop moving is the day we start dying. And none of us is in any hurry for that eventuality. That time will come, implacably and irresistibly, dismissive of calendar pages, at a pace unknown to us. In the meantime, we'll run, we'll live, we'll love, as the passage of time and the demise of calendar pages runs its course. May time be kind to you and your loved ones in 2022.

Continuing to Rise

*** continued from page 6 ***

George. The Mill and Mine served as the venue for this year's event.

Throughout each year the Knoxville Track Club gives back to many regional nonprofits, offers adult run training, after school youth training, a scholarship program, more than 100 social runs and many other things. We have a small staff but are supported by a board of directors and great volunteers and are most thankful for this.

As we start this new year, we encourage you to look for areas to get involved. Reach out to us anytime and find out how you can use your talents to help us grow what is potentially the greatest running club in the nation.

Hope to see you soon on the roads and on the trails !!!



Covenant Health Knoxville Marathon

JOIN US FOR THE 18TH COVENANT HEALTH
KNOXVILLE MARATHON - MARCH 26-27, 2022

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HOTELS

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TEAMHealth

FANATIC

SMOOTHIE
KING

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CITY OF KNOXVILLE – RUNNERS MARKET – FIRSTBANK – HARDKNOX PIZZERIA
ASSOCIATED SCAFFOLDING – IMAGE MATTERS – DURBIN RACE MANAGEMENT
ALL OCCASIONS PARTY RENTALS – KNOXVILLE CHAMBER
MOUNTAIN VALLEY SPRING WATER – YOGASIX - HOMELIGHT
KELLOGG'S – NEWSTALK 98.7 – MAYFIELD DAIRY – T2 GRAPHIC DESIGN
99.1 WNML – YOGA SIX BEARDEN – HARD KNOX PIZZERIA

COVENANT HEALTH KNOXVILLE MARATHON

KTC GEARING UP FOR 18th ANNUAL COVENANT HEALTH KNOXVILLE MARATHON

Jason Altman, Director, Covenant Health Knoxville Marathon

As 2021 wraps up and 2022 begins, the days until the Covenant Health Knoxville Marathon quickly approach. Folks who plan to do the full marathon should be training by now. We started our Saturday group runs December 4th and have had a great turnout thus far. Sponsored by Eddie's Health Shoppe, Knoxville Performance Lab, and ZenEvo Chocolate, the group training runs are offered at no charge to participants who attend. We provide water on the course along with post-run refreshments and snacks. Our half marathon trainees will join us starting on January 8th. For a listing of dates and locations where we will meet in the new year, visit knoxvillemarathon.com.



participate in the CHKM and its events. If you or someone from your company is interested, please contact me for more information.

Come February 5th, our annual Covenant Kids Run "Marathon" program will kickoff at Zoo Knoxville. Registration will open at 10 am and the run/walk will start at 12 pm. Children 8th grade and younger can participate in the Cov-

enant Kids Run. Admission to the zoo is free for each child who registers and one accompanying guest. All other admissions are half-price. The registration fee is \$20 and this also covers the child's registration for the official Covenant Kids Run on March 26th. By participating, kids can run a "marathon". Each child receives a mileage log to start tracking his or her miles and exercise between the Zoo run and the official CKR on March 26th. Kids can finish the last mile of the marathon at the World's Fair Park Finish Line – just like the adults!

We are excited to announce that we are offering \$5,600 in prize money to area schools through our 2022 Fittest School Challenge. We are offering this incentive to area schools in nine counties. (Anderson, Blount, Hamblen, Jefferson, Knox, Loudon, Roane, Sevier, and Union). Winning schools are based upon the highest percentage of student population participating in the March 26th Covenant

Kids Run. (Fast or slow, all kids count the same in the challenge. We are encouraging participation!) To be counted toward their school's total, a child needs to participate in the March 26th Covenant Kids Run and identify their school during registration. Prize money and plaques will be awarded to the winning schools after the race. Back this year, we will have two categories for the schools. Schools with more than 300 students enrolled will compete in the large category; the schools with 300 or less students will compete in the small division.

Registration numbers for our 18th CHKM are going strong! After our price increase on December 1, we are on pace for a fantastic turnout in 2022.

Looking to volunteer? I am still in need of some key volunteers to serve on the 2022 Marathon Organizing Committee. If interested, please contact me at knoxvillemarathon@gmail.com for more information. Happy New Year!



YOUR KTC MEMBERSHIP

Kathy Nash, KTC Membership Chairperson

Since December 2018, I have taken on the volunteer role as the KTC membership chair. I have sent thousands of letters out to new and renewing members. I enjoy getting to know more members of the club, BUT I am also one of KTC's track officials.

Please consider volunteering to help out at track meets. Steve Luper at stevluper74@gmail.com is the local official's coordinator, and he always needs folks to assist. If you are interested in learning to be a "real" official, Brent Smith at kyacoachbrent@gmail.com is the USATF - TN Association Officials Certification Chair. He will guide you through the series of steps you need to take in order to become an official.

There are benefits to becoming an official. You usually get a shirt, provided meals, and are given a special parking spot for the track meet. Sometimes, you may even receive a small stipend. The most important benefit is the satisfaction of helping young athletes to compete in a safe and fair environment, so please consider helping at track meets.

Back to membership chair stuff — if you need a new membership card, or have problems using your \$20 voucher, please do not hesitate to contact me.

Your KTC Membership entitles you to discounts at merchants and services listed at right. Also, if you lost your membership card and/or need a new decal, please email knoxtrackmembership@gmail.com

There has been an issue with some of you NOT getting the automatic membership reminders. I have been in contact with RunSignup. They are aware of the issue and hope to have a fix in place as the new year unfolds. If any of you are having any problems, please do not hesitate to contact me.

**Any additional businesses
offering KTC discounts?
Please contact us**



Eddie's Health Shoppe
<https://eddieshealthshoppe.com>
Knoxville Acupuncture LLC
<https://knoxvilleacupuncture.com>
Holly's Gourmets Market
<https://gourmetsmarketandcafe.com>
Knoxville Track Club Road Races
<http://www.ktc.org/Events.html>
M6 Strength and Conditioning
<https://www.m6knoxville.com>
The Long Run
<https://thelongrun865.com>
Personal Best Racing
<https://personalbesttracing.com>
(use **ktc10** for 10% discount)
RunKNOX
<http://www.ktc.org/RunKNOX.html>
Runners Market
<http://www.runnersmarket.com>
Swim and Tri
<https://www.swimandtri.com>
This Little Scissor
<https://thislittlescissor.com>
New Balance Knoxville
<http://stores.newbalance.com/knoxvildefault.aspx>
Endurance Sports Management
<https://www.endurancesportsmanagement.com>



Have you changed your email address or mailing address?

Have you registered for a family KTC membership,
but forgot to add your family members?

Please send your updates to knoxtrackmembership@gmail.com so that revisions can be made to the KTC Membership List



Scott Schmidt, RunKNOX director

2021 was an up and down kind of year for us. While vaccine availability gave comfort to many folks to return to races and to group training, the emerging covid variants

<https://runknox.trainingtiltapp.com>

seem to still be holding some back. We understand. As things evolve, we continue to be cognizant of current events, but we also have a commitment to get to work supporting you in reaching your potential. I can say this, I've been really proud of how our group has handled the controversial political quagmire. RunKNOX is a diverse group of members with different backgrounds and beliefs, but we've always come together with a common interest in running. We respect each other as individuals and reaffirm weekly that we're dedicated to supporting each other in this sport.

I know it's cliché, but many of us need a fresh start in 2022. Whether you've taken an extended break, been training like a madman, or just stepped into the sport, we'd like a chance to work with you this year. We have options. You can download one of our programs and complete it on your own. You can participate virtually from a distance. You can request personal coaching. However, the greatest value in this program is in-person group training. Showing up gives you super-powers. Come to all the workouts. Grab a coffee with the team after a Saturday morning run. Grab a burger or beer with us after a

Tuesday night run. Race or volunteer in your RunKNOX shirts and cheer for each other like maniacs. I can't do it justice on paper, but it's awesome to be a part of RunKNOX.

Family. Team. Tribe. Fraternity. Sorority. Squad. Whatever you want to call it, it works when we're together.

This is a commercial to those on the fence: give it a shot. Your experience or ability is irrelevant. You can find your people here. We want to share this sport with you.



This is an all-call to current and former RunKNOXers: we need to see you. Do you remember how you felt when you first started running with us? Pour into the new folks like others did to you. As RunKNOX celebrates its 10th birthday in 2022, invest in building each other up for the next decade.

I'm excited for a clean calendar. I want to see you do incredible things in 2022.

If you'll take the first step (go to this link to join the RunKNOX team: <https://runknox.trainingtiltapp.com/>), we'll be with you for every step after that.

IF YOU AREN'T A REGULAR VISITOR TO THE KNOXVILLE TRACK CLUB WEBSITE - www.ktc.org - YOU'RE MISSING OUT ON THE MOST COMPLETE AND UP TO DATE RUNNING INFORMATION AVAILABLE.



Complete race results, usually within 24 hours
Group training runs, trail runs, social events
Links to running web sites nationwide
Race schedules, photo galleries, you name it!

Treadin' Trodden Trails

Michael deLisle
KTC Trail Series Director

Sharp Dressed Man

One of the best places to tread trails is Sharps Ridge Memorial Park in North Knoxville. Tens of thousands of people travel daily within a long golf shot of the park's many trails. And though the park and its oldest trail have been there for decades, it remains one of East Tennessee's hidden trail running gems.

Sharps Ridge, tucked between Broadway and Central in North Knoxville, offers some of the best views of the Knoxville skyline. Currently, there are more than six miles of well-draining singletrack trail, ranging from flowy to black-diamond mountain bike specific downhill. The park's only shortcoming is a lack of trailhead parking, a problem overcome by parking on nearby residential streets if beginning at the Hanover Street trailhead. Other trailheads have more limited options that have long restricted our TTT trail race choices, but for a solo or small group run, bike, or hike, any of Sharps' seven jumpoff points suffice nicely for a great day in the woods.

On the south side of the ridge, which borders the Happy Hollow part of Knoxville, three distinct trails snake their way east-west along its face. I mentioned Lincoln, a machine cut trail that is the lowest and easiest to traverse. From the Hanover spur that accesses the trail, trailgoers choose east or west within moments of beginning the trail. Either way, the trail follows the contour of the

ridge, working its way over outthrust rock bluffs and around inside winding defiles. To the west, the trail goes roughly a mile, junctioning partway with Sharp Shin, the middle trail spanning the face of the ridge and paralleling the other two. Staying with Lincoln westward or detouring onto Sharp Shin westward, trekkers run into the Push Line Trail, a steep connector that cuts sharply up the face of the ridge (and for mountain bikers is recommended for uphill travel only).

On Lincoln, two choices exist at the junction with Push Line. A sharp right turn presents a relatively arduous climb, junctioning soon with Sharp Shin, which crosses it, or further up with Firebreak, which for years was the only trail in the system. If Push Line is bypassed, however, Lincoln curves downhill to a point that formerly ended the excursion with a short, eroded spur out to a small parking lot that could bear serious re-vamping.

Happily, there's a new option just before that spur, as recent trail expansion by the energetic and talented crew of the Appalachian Mountain Bike Club

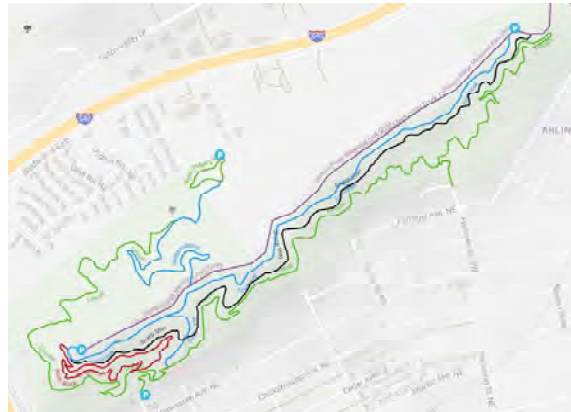
has yielded a brand new trail that climbs back uphill and curves all the way around the western edge of Sharps Ridge. This new trail, bearing the name Lincoln on some maps but called North Ridge on others, travels more than a mile farther and intersects with an interesting group of Adaptive trails (aMTB). These trails circle around near the base of the ridge and offer safe travel and dedicated accessible trailhead parking for those with disabilities.

But just above the aMTB loops, another singletrack trail, the Independence Trail, branches off upward and ascends to the top of the ridge, where it intersects the road. A right turn at that point leads to the westernmost point of Firebreak/Sharp Shin, while a left turn runs roughly half a mile along the road to the eastern trailhead of Firebreak, and just below it, to Sharp Shin.

So while there's only 6-7 miles of distinct trail in the park, a carefree trail runner could piece together loops of higher mileage by simply ignoring the map and just turning wherever and whenever. It's a fine and fun place to trail run, hike, and mountain bike. And I haven't even discussed the marvelous Downhill Only mountain bike trails. If you've got a hankering for speed and a bit of danger, go for it.

If you've never been there, go now. No reason to wait. These excellent trails run and ride well even after rain. And for a guided tour, Treadin' Trodden Trails will hit these routes on June 11. A new race director is ambitiously planning an expanded race, with four and seven mile options to go with a terrific Kids Trail Mile.

We hope to see y'all there!



2022 TRAIL RACE SCHEDULE

WANDERERS TRAIL RACE — Sunday, January 16, 2022, 2:00 pm. Maryville College. 5k PLUS Kids Trail Mile*. Maryville College, Maryville

WHITESTONE TRIPLE TRAIL 30k — Sunday, February 20, 2022, 7:30 am. 30k, 30k Trail Relay.* Whitestone Inn, Paint Rock.

DARK HOLLOW WALLOW — Sunday, March 13, 2022, 2:00 pm. 11 miles and 5 miles PLUS Kids Trail Mile *. Big Ridge State Park, Maynardville.

NORTH BOUNDARY TRAVERSE — Saturday, April 16, 2022, 9:00 am. 15 miles and 10k PLUS Kids Trail Mile*. North Boundary Greenway, Oak Ridge.

I.C. KING OF TRAILS RACE — Sunday, May 8, 2022, 9:00 am. 6 miles and 5k PLUS Kids Trail Mile. I.C. King Park, Maryville Pike, Knoxville

SHARPS RIDGE RUNNER — Saturday, June 11, 2022 8:00 am. 7 miles and 5k, PLUS Kids Trail Mile. Sharps Ridge Memorial Park, Knoxville.

HAW RIDGE TRAIL RACE — Saturday, July 9, 2022, 8:00 am. 7+ miles PLUS Kids Trail Mile*. Haw Ridge Life Development Center, Oak Ridge.

THE TRAILS THAT CAN'T BE CONCORD — Sunday, August 14, 2022, 8:00 am. 5½ miles PLUS Kids Trail Mile*. Concord Park near The Cove, Farragut

BIG SOUTH FORK TRAIL RACE — Saturday, September 24, 2022, 8:30 am. 17.5 mile and 10k. Bandy Creek Campground, Big South Fork NRRA, Oneida.

FORT DICKERSON FRANTIC FROLIC — Saturday, October 15, 2022, 9:00 am. 5-7 miles PLUS Kids Trail Mile*. Fort Dickerson Park, Knoxville.

NORRIS ULTRA DAM HARD TRAIL RACE — Saturday, November 5, 2022, 7:00 am. 50k or 25k. Norris Dam State Park, Norris.

DIRTY SOUTH TRAIL HALF MARATHON — Sunday, December 4, 2022, 9:00 am. Half Marathon and 10k PLUS Kids Trail Mile*. Mead's Quarry, Ijams Nature Center, Knoxville.

**Kids Race start time 30 minutes prior to adult race*



who attended the induction dinner from his Washington home via Zoom. We were pleased to be joined by brand new sponsor to the club, Dr. Joe's Chiro, who is breaking out as a local sponsor to running events in the area.

Guests enjoyed a buffet-style meal and drinks as Russell Biven opened the night with laughs and jeers as he introduced the night's keynote speaker and inductees. The keynote speaker for the night was Donnie Graham from the class of 2011. Highlights from Donnie's speech included his boombox which encouraged guests to get up and dance along with his signs of favorite quotes from Coach Rohe. One of my personal quotes from the night was "All things cometh to him who waiteth, if he worketh like Helleth!"

One of the main complaints from some of the founding members was the loss of the track and field aspect of the club. They hope that through the club's involvement, the community will see an indoor track facility on the University of Tennessee Knoxville campus in the near future.

Nick Morgan was our photographer for the evening. His pictures from the evening, as well as others, can be seen at nickmorganphotos.com. Thanks also to Michael deLisle for design and layout of the banquet program.

KTC HALL OF FAME CLASS OF 2021 INDUCTION BANQUET

Christina Adkins, Banquet Chair

The 6th Knoxville Track Club Hall of Fame Induction Banquet took place on Thursday, November 4th at 6:00 pm with a new location at the Hilton Knoxville Airport in Alcoa. This was the most attended event in recent years hosting 106 registered guests along with several founding members of KTC who have not attended in over a decade. Registration was up from 67 registered guests who attended in 2019, but did not match the attendance from 2016 which boasted 123 guests. The first three Hall of Fame events were held at the Bearden Banquet Hall, followed by two at Club LeConte in downtown Knoxville until its closure led to the venue change for this year's event.

This year's selection committee was

chaired by Bobby Glenn (Hall of Fame Class of 2016), and consisted of Alan Horton (Hall of Fame Class of 2019), Gina Rouse (Hall of Fame Class of 2019), Pam Haggard (KTC Vice President), and David Black (KTC Executive Director). The 2021 inductees included Larry Brede, Brent Bueche, Wilbur Hawkins, Bill Kabasenche, Kevin and Samantha Pack, and Andee Swann, nominated and chosen for their athleticism, volunteerism, sponsorship, and dedication to the Greater Knoxville running community.

New this year was a slideshow presentation looping in the background with pictures of all inductees from 2009 to the present. We also were able to interact with inductee Bill Kabasenche



Biking With Bob

by Bob Godwin

A Series of Bicycles

My first bike was a sturdy, steel, single gear, pedal brake, “boy’s bike”, which I bought for \$25 from a female 4th grade classmate. She had won it at the Bugs Bunny Club which was held each Saturday at the Tennessee Theater. I rode it for pleasure, errands, and delivering the morning paper.

My second bike was a Schwinn “English Bike” with three gears inside the rear hub, slender wheels and tires, and hand brakes. I added generator-powered head and tail lights, and streamers from the handlebars. I used it in the same way as Bike 1, plus daily trips in the summer to Whittle Springs Swimming Pool where Northgate Senior Tower is today.

First bad wreck in my riding career occurred on Bike 2, on Broadway (Ftn. City) at Hotel Ave when my front wheel fell through a homemade grate which lacked cross bars. It catapulted me face first into the pavement knocking me unconscious and doing considerable damage to my face. A Good Samaritan saw it and got my ID from a friend who was riding with me. The man contacted my mother by phone, took bloody me and my bike in his car to our family doctor just a few blocks away. He then left me in the doctor’s care, drove to our home where he dropped off the bike, picked up my mother and brought her to the doctor’s office. He waited while my wounds were cleansed and Doc sewed up the hole in my cheek where my teeth had punched through, and then took us home. That evening I was taken to the hospital as signs of a concussion became apparent. I had headaches from the

concussion for many years.

None of us had gotten my Good Samaritan’s name. Not until years later, I discovered his name and was able properly to thank him.

Daddy was able to hammer the front fork of the bike back into proper angle and alignment, an astonishing feat which gave me years of use, until I aged up to a driver’s license.

After high school, college, law school, and the US Army I took up running, which I dearly loved. Eventually upon learning of this new race, this “triathlon”, composed of a swim, bike and run I felt the urge to try the tri! A close running friend was also an avid bicyclist and introduced me to the mysteries of the 10 speed bike with racing tires quite prone to flat.

I could swim but took a class at UT thinking to increase my speed, which laboriously yielded a brisk—not fast—pace.

My first tri bike was a 10 speed Nishiki. My strength in running helped me to a fast bike ride, but once bitten by the bug, I lusted after lighter, faster, rides crafted out of exotic materials, such as aluminum, carbon, and titanium. All had exotic prices as well.

Well into my triathlon career, I entered the Tullahoma Tri, riding my brand new Giant Carbon fiber bike. After my so-so swim, I leaped on my

new steed and gleefully began passing male and female racers who had so easily left me behind in the water.

Alas, pride goeth before a fall, and midway through the ride, a racer swerved into my front wheel and once again I cartwheeled high into the air, landing on my left shoulder and head. This time I was wearing a helmet which possibly saved my life. It was shattered, my left shoulder was shattered, and I had road rash all on my left side. All I was wearing was a damp swimming suit, the helmet and my bike shoes.

My left clavicle was fractured at the point it met the shoulder and a pin was inserted surgically to fixate it. In due time Doc was going to remove the pin. I urged him to use a local, like Novocain, versus a general anesthetic. After all, I argued, there was just a bit of skin over it. Indeed, even the car seatbelt was uncomfortable.

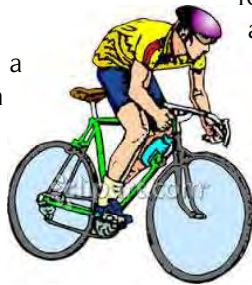
It took a while for him to quit laughing. A patient had talked him in to that very thing some years back and the result was that the man moaned, turned green, threw up, and then passed out. I said, “Let’s use lots of anesthetic!”

Several bikes and many years later, at the venerable age of 80, I ride my “mountain” bike around the neighborhood. I have seen babies grow into children’s bikes and ride a block with me.

Close up I see the seasons come and go, and have no hesitation to stop and literally smell the roses.

I am on a first name basis with many neighbors and with their dogs, and the traffic is almost always kindly, although I suspect that a good number of the drivers think to themselves, “Oh, gosh! There’s that old codger out on his bike again. I hope he doesn’t fall off or get run over.”

PS Hope you are well, happy and vaccinated and boosted.



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Running With Lower Back Pain

by Dr. Conner Sharp

Sports Chiropractor — Knoxville Spine and Sports

Running, as we all know, is an excellent form of exercise with many health benefits. However, many individuals experience complications, such as pain and dysfunction. Low back pain is one of the common complications that affect a large number of runners. So, what are some of the most common pain generating tissues associated with low back pain and running?

Sacroiliac Joint Dysfunction

The sacroiliac joints, often referred to as the SI joints, are located at the base of your spine. They are located just outside of midline where your spine meets your buttock, and many individuals have dimples located just above them. The SI joints are where forces from the lower extremity are distributed into the spine, making it susceptible to several common dysfunction patterns. The most common patterns of dysfunction include joint restrictions, aberrant movement patterns, or repeated overload of the joint tissue.

Facet Joint Inflammation

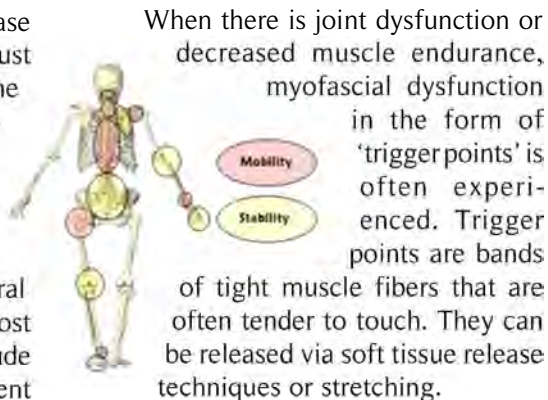
The spine is formed by small box shaped bones called vertebrae. These vertebrae are connected via the facet joints. Without proper core stability or endurance, these joints can become irritated and restricted, especially with the repeated jarring that occurs with every stride while running. The repeated irritation can lead to local inflammation and discomfort.

Intervertebral Disc Irritation

In between the box shaped bones are soft tissue structures called inter-

tebral discs. These discs are constructed of two parts: A jelly like center, known as the nucleus pulposus, surrounded by layers of strong fibrocartilaginous tissue, called the annulus fibrosus. Much like the facet joints, without proper core stability or endurance these tissues become irritated or inflamed, especially with repetitive and jarring motions like that of your stride.

Myofascial Dysfunction or Pain Syndrome



There are several issues or injuries that can cause low back pain while running, therefore it's important to consult a healthcare professional for answers. However, there are things we can do to prevent or work through these issues, such as a proper warm

up and cool down period, stretches, and exercises. When warming up before a run, you always want to ease into the activity.

Start with a walk and some dynamic stretching, then slowly pick up speed until you reach your normal running pace. You can also engage in other aerobic activities such as squats, lunges, burpees, or jumping rope to help get you loosened up and ready for your run. Another thing to try is increasing your cadence. Increasing

your cadence can decrease the forces distributed through the joints of the lower extremities and spine. Cooling down is similar, however you want to reverse the order by slowly decreasing the intensity or speed of your run until you are down to a comfortable walking pace for a couple of minutes. Once again, engage in dynamic stretching when you get to that walking pace to ensure you give your body a proper cool down period.

Sacroiliac Joint Exercise

A good exercise cluster to work on strength and endurance of the muscles surrounding the sacroiliac joint is donkey kicks, glute bridges, single leg deadlift, the clam shell exercise, and planks. All of these will help bring stability and improve functionality of the sacroiliac joints.

Facet Joint Exercise

The best exercises that can be performed for facet joint inflammation include planks, deadbugs and McKenzie press ups. Low back stretches such as side bend stretches and the child's pose stretch also help target and open the facet joints

Intervertebral Disc Exercise

Many of the exercises that will help with facet joint inflammation will also be beneficial for the intervertebral disc tissue. The most beneficial exercise to help decrease inflammation of the intervertebral discs is the McKenzie press up exercise.

Myofascial Dysfunction Exercise

Stretches and self-soft tissue mobilization will be the best intervention for this dysfunction. Cat-cow, child's pose, knee to chest stretch, and piriformis stretch are all good options to try if you are experiencing this type of discomfort. In terms of soft tissue mobilization, you can use either a massage gun, foam roller, or lacrosse ball to work out any knots or trigger points that you may find in the muscle belly.





Have you heard that Eddie's Health Shoppe has opened a second location in the heart of downtown Knoxville? After serving West Knoxville for over 20 years, Knoxville Track Club hall of fame member Eddie Reymond decided it was time to expand to downtown to make healthy living more accessible to those who work and live in the city.

At this location you can expect to find our same friendly, knowledgeable staff, all of our best selling items, and some fun new twists, like featured meal prep companies, our SECA body fat scanner, and our very own ZenEvo Chocolate museum.



Eddie also hopes for this to be a new meeting grounds for KTC training runs, where everyone can get together and enjoy the views and activities our city has to offer.

BUSINESS HOURS

Monday - Thursday 10am - 8pm

Friday - Saturday 10 am - 9 pm

Sunday 12:30 pm - 6 pm





TRI-BAL KNOWLEDGE

What the KTC Means to Me

by *Larry Brede*



Recently I was honored to be one of the current class inducted into the Knoxville Track Club Hall of Fame. As I prepared for the ceremony, I thought of all that the club has done for my family and me over the past 20+ years. While the KTC is a run-centric organization, I've met nearly all of my multisport friends there so I'm taking the liberty of sharing some thoughts in this article.

My family first participated in a KTC race at the 1999 Turkey Trot, then an 8k held on the UT campus. It was a cold, rainy day, but there were hundreds of other runners out there. Everyone was encouraging and having a good time, and we immediately recognized the community that is the KTC. At that point I'd been running for 19 years, but always as an individual sport.

The Brede clan jumped into KTC activities big time. We entered all kinds of races and as my daughters got older participated in the KTC youth summer track program. We volunteered, met a lot of runners who ran our same pace, and began training with them on a regular basis. It wasn't long before I started running for Eddie's Health Shoppe team (still do as it's currently evolved into the ZenEvo/Long Run team). About four years into our KTC journey Allan Morgan asked if I'd direct the Summer Solstice 8k. From that day forward my relationship with the KTC has grown exponentially. I've been blessed to serve on the Board of Directors, including stints as the President and Secretary, spent time on the Road Race, Trail, Marathon, and Executive Committees, and led searches for the Executive Director and Event Director.



While all these are great, it's truly the individual members of this club that make it so special to me and the community. There are some great things I've learned being part of the KTC.

◆ Lifetime friendships are possible at any run. My wife met her best friend, Sandra McLeod, at the beer keg after a race in 2002.

◆ My daughter met her best friend Katie at the KTC summer youth program that same year. Those two are now 24 and 25 years old, and married brothers! That second wedding wouldn't have happened if those two girls hadn't met through the KTC.

◆ The club encourages its members to pursue out-of-the box vision. Eddie Reymond's drive directly led to our Knoxville Marathon, Bob Barber's desire to put mile markers on greenways is visible everywhere we run, and I was able to partner with Xterra to bring their races to town. If you have a desire and the work ethic to support our club mission, the KTC will support you with resources.

◆ Speaking of supporting with resources, the KTC actively supports our "Healthy Community" mission across multiple venues. I've seen KTC support Tennessee School for the Deaf athletes travel to nationals, relay teams all over the country, local triathlons, and even swimming events. We belong to a club that definitely supports the community on multiple levels.



◆ If you want your 9-year old daughter to learn poker, go to a Christmas party with Bobby Holcombe and Ray Wilson. She'll have it wired by the time she leaves.

◆ Need some spare cash? Run through the Old City with Greg Johnson on a Saturday morning. He's guaranteed to find at least \$10 someone dropped the night before.

◆ As Keith Gemeinhart will tell you, a certified course isn't accurate unless your Garmin confirms it. You might have to run a lap around the parking lot when you're done to take credit for a full race.

◆ If you're with Andy Jones, you can run or bike for hours and just laugh.

◆ Throw out a recommendation to do something stupid, like run the Grand Canyon rim-to-rim-to-rim and KTC members will leap at the chance to join in (Bill Beecher, Michael Faulk, Jonathan Johnson, Andy Jones, Jon Lawler, Andy Broome, Aaron Wise, and Daniel Bryant). What other club has that kind of membership?

◆ Finally, because this is a multisport article, I'd be remiss to say that I've been able to fill out a team of the regions best triathletes through relationships built in the KTC.

I hope that the KTC is as wonderful for you as it's been for me!



Knoxville Track Club thanks

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Knoxville 37932
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Eight Steps to Stay Motivated for Winter Running

by Whitney Heins

I LOVE running. BUT, admittedly, my love wanes in the wintertime. It can be SO hard to get motivated to run in the cold and dark when my bed is so warm and cozy. *So, how do you stay motivated to run in the winter?* Here are eight expert tips:

Find the Why

You'll never have a problem with being motivated if you have a reason to be motivated.

This is the time for you to reconnect with WHY you run. *Do you run to stay healthy for you and your family? Do you want to reveal your potential? Does it make you feel good inside and out? Does it make you more productive?* Think about your reasons and write them down.

When you have your WILL then you will find your WAY.

Set a Goal

Now that you have your WHY, it's time to set a goal that connects to it.

Some people may need an ambitious goal like a spring marathon. Other people may need to take the pressure off and focus on easy running and building their base.

Whatever the goal, set it and *don't forget it.*

Just Do It

Many people psych themselves out before even attempting to run in the cold. Instead of imagining how miserable running in the cold will be, just do it. Take baby steps—commit to just ten minutes and then see the momentum mount.

Make it Social

Sometimes having a goal isn't enough. That's when it's time to phone a friend. Running with a friend will make running in the winter more fun, safer, and hold you accountable.

Change Things Up

Variety is a powerful way to spur motivation. It can come in different kinds of runs varying from easy to hard, different locations, different people, different podcasts or music, or even the time you run.

Warm Up Indoors

A huge reason why people don't like running in the cold is because it can be pretty unpleasant. So, take time to warm up indoors before you hit the pavement. Do dynamic stretching, mobility, and drills in your home.

Dress the Part

Make sure you layer appropriately and wear sweat-wicking material. Get your clothes out the night before, prep the coffee. Some people even sleep in their clothes. The standard advice is to dress as if it is 20 degrees warmer. Personally, I like to wear an extra layer and shed it after I warm up—and pick it up on the way home.

Remember How Good You'll Feel

I do a cost/benefit analysis when that alarm goes off. Honestly, what gets me out of bed and motivated to run in the winter is when I flashforward to how I will feel if I DON'T RUN versus how I will feel if I DO. You almost always never regret a run!

www.ktc.org

Complete race results

Event photo galleries

Race calendar

Online registration links

Trail series information

Grand Prix standings

Social events and parties

Links to running sites

Marathon updates

...And much, much more!



KTC VOLUNTEERS NEEDED

Jan 1	Tennessee Sports Medicine Group New Year's Day 5k
Jan 15	KTC Oak Ridge 10-Miler
Jan 16	Wanderers Trail Race 5k and Kids Trail Mile
Jan 29	Strawberry Plains Half Marathon and 10k
Feb 20	Whitestone 30k and 30k Road Relay
Feb 20	Whitestone 30k Triple Trail Trek and Trail Relay
Mar 13	Dark Hollow Wallow 11M, 5M, and Kids Trail Mile

PLEASE CHECK UPDATED RACE INFO ON KTC WEBSITE



new balance

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KTC BOARD OF DIRECTORS

Minutes of October 2021 Meeting

OCTOBER 25, 2021

The meeting was called to order by Tim Monroe at 6:00pm. In attendance were: Christina Adkins, Gabrielle Cline, Bobby Glenn, Tim Gregory, Pam Haggard, Zane Hagy, Tim Hill, David Hinkle, Brian Huskey, Keith Jackson, P. Mark Taylor, Alicia Teubert, and Jason Wise. David Black, Jason Altman, Stephanie Bailey, and Michael deLisle attended as guests.

Minutes – No changes or modification were made to the September minutes. P. Mark moved to approve, Brian provided a second. Board approved unanimously.

Regular Reports (Consent Agenda)

Executive Director Report
Treasurer's Report
Marathon Director's Report
Event Manager Report
Trail Committee/Footnotes

Tim M. asked for specific questions. David made correction on his report – Big South Fork was a good year, but not a record as noted in the report. Jason noted that he sent an updated financial comparison. Alicia asked if Jason has gotten any pushback from sponsors regarding the short turnaround to the 2022 race. Jason noted that this will be included in the proposed budget for the race and that he will have a better idea by next month. Tim M. requested that if there are any additions to Footnotes, please get them to Michael.

Hall of Fame Update

Christina has been working on seat-

ing. Attendees are confirmed for many tables, but Christina is still needing a few tables to confirm. We are at 30+ for total confirmed attendees but will have 60-70 by the actual event. Christina needs help working the table the day of the event. She is also getting two gift bags together. Brian offered to help with coordination of the slide show and Zoom.



Board Nominating Committee Update

The slate of candidates has been submitted. Christina Adkins, John Chavis, Jennifer Moore, Matt Stegall, and Eric Weatherbee are proposed. Alicia moved to approve this slate and P. Mark seconded. The board approved unanimously.

By-Laws Discussion

Tim M. was alerted to some phrasing in the by-laws regarding board member attendance. The language has been updated to read "Failure of a Director to perform the duties of the office includes, but is not limited to, missing three or more consecutive Board of Directors meetings or missing four regular Board of Directors meetings during any one calendar year period." This change in language does not change our actual practice. Zane moved to approve, Christina seconded. Board approved unanimously. Brian moved to take this change in language to the full membership in December. Tim Hill seconded. Board approved unanimously.

Budget Presentation

David presented the initial proposed budget for 2022 and discussed some specific line items such as how

to include NIL funding and the potential return of the Beer Series. 2022 budget is based on races being at 85% of 2019 numbers. This is tied to changes in the current economy. Alicia asked if inflation prices have been included. David noted he'll need to explore that with our vendors. Brian noted that this might be an opportunity to promote a "Trees instead of Tees" option for races. Keith noted that in the discussion of inflation in general, we might need to consider raising the price of races overall. It was also discussed that we often have unclaimed age group awards, so that is another area where we might be able to adjust the budget. It was decided to ask the RRC to discuss ideas for adjusting race awards. Board was asked to think about any ideas for items that need to be included or adjusted in the budget.

Roundtable

Tim M. - Will hold off on names for service awards until next month.

Brian asked Zane about the reports from the website. The goal is to establish our baseline so that we can look at ways to drive engagement. Zane noted that we will need 4-5 months to see how people are actually using the website and what they are looking for.

Alicia had a question about the Grand Prix. Information hasn't been updated, but David is working on getting this up-to-date on the website.

P. Mark moved to adjourn, Christina seconded. Meeting adjourned at 7:20

The next meeting of the Knoxville Track and Field Club Board of Directors will take place on Monday, November 22, 2021.

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03 POTASSIUM

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KTC BOARD OF DIRECTORS

Minutes of November 2021 Meeting

NOVEMBER 22, 2021

The meeting was called to order by Tim Monroe at 6:00pm. In attendance were: Christina Adkins, Gabrielle Cline, Bobby Glenn, Tim Gregory, Pam Haggard, Tim Hill, Brian Huskey, Keith Jackson, Suzanne Oliver, Alicia Teubert, and Jason Wise. David Black, Stephanie Bailey, and Michael deLisle attended as guests.

Minutes – Tim presented October minutes. There were no changes; Christina moved to approve, Bobby provided a second. Minutes approved unanimously.

Regular Reports (Consent Agenda)

Executive Director Report
Treasurer's Report
Marathon Director's Report
Event Manager Report
Trail Committee/Footnotes

Tim presented the regular reports as a consent agenda. There were no questions or discussion. Brian moved to approve, Keith provided a second. Reports were approved unanimously.

Hall of Fame Summary

Christina noted that we actually made money on the event because the Hilton was so generous with things they comped. Attendance at the event was great. Three original founding members are still not inducted, Christina noted that we'd like to consider them for the next HOF. Inductees and attendees really enjoyed the event. Michael deLisle noted that it would be nice to comp the ticket price for HOF members

and inductees in the future.

Volunteer Awards Selection

Tim presented the nominees list for volunteer awards. The trail committee is still finalizing the Kerry Trammell award and will provide that name to David. Tim and David were both nominated but removed their names from consideration. Christina Adkins was nominated for all three categories and she left the room during the discussion and voting. After much discussion of the contributions of all who were nominated the following individuals were named:

- ◆ **Ginny Canfield Award** – Karla Gander
- ◆ **Allan Morgan Award** – Christina Adkins
- ◆ **KTC Family Award** – Brian and Dawn Bischoff

Alicia made a motion to approve these nominees, Brian provided a second. Board approved unanimously.

Budget Presentation

David presented the 2022 budget for consideration. We are budgeting for 75% participation from 2019 for CHKM. This led to the need to adjust other budget items. The current budget does include cost of living increase for staff. Races other than the marathon are projected at 85% of 2019 participation at the start of the year with participation increasing as the year continues. The presented budget is conservative; if races early in the year perform better than budgeted, we will be able to increase things like athlete assistance. Brian moved to approve the budget as presented, Pam seconded. Board approved unanimously. This is the first of two

required votes. The board will vote on the finalized budget in December.

Election of 2022-2023 Officers

With board terms coming to an end, there is need for change in leadership. Tim Monroe presented the slate of nominees:

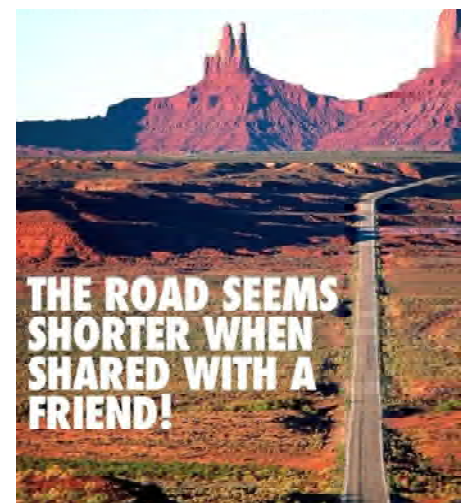
- ◆ President – Brian Huskey
- ◆ Vice-President – Pam Haggard
- ◆ Secretary – Christina Adkins

There were no nominations from the floor. Alicia moved to approve the slate, Keith seconded. Nominees abstained. The remaining board approved unanimously.

Roundtable

Alicia noted that we have a 15-day notice requirement for the December meeting, so we should decide soon. David noted that possible dates are 12/9 or 12/16.

Motion to adjourn made by Monroe at 7:04pm, with seconds from Christina and Pam. Next Board Meeting will take place in conjunction with the annual meeting.





Trail Series Grand Prix Standings Final 2021 Point Totals



Chris George, keeper of the points

OPEN MALE		OPEN FEMALE		MASTERS MALE		MASTERS FEMALE	
Gideon Wilson	790	Marah Barnhart	440	Scott Schmidt	850	Sonja Hurt	375
Wesley Crane	740	Kaelin Porter	355	David McLennan	750	Laura Rollins	350
Michael Morrell	710	Rebecca Price	340	Sam Plemons	470	Kelli Stone	350
Ryan Kulke	690	Jessica Sheah	325	Marcus Steward	430	Malinda Honkus	280
Jeremy Donahue	340	Sarah Hopkins	315	Jamie McCart	375	Angelina Borisov	280
Dana Rust	240	Caitlin Duggan	290	Chip Keim	365	Kyra Donnell	260
Eric Cannon	230	Grace Weber	280	Jim Bishop	330	Betsy Swartzentruber	240
Justin Weinmeister	200	Jessica Tucker	270	Jason Cathey	230	Rae Olinsky	235
Nathan Helton	175	Kenda Hurt	270	Jason Brannon	220	Julie Jones	220
Giulio Rancadore	170	Taylor Hall	260	Mike Parton	210	Chris Keim	210
Peyton Gupton	140	Christina Adkins	235	Matt Stegall	200	Stephanie Johnson	190
Jacob Price	125	Natasha Lawrence	235	Scott Larrick	190	Jill McNeal	185
Matt Entler	120	Laura Morse	215	Michael Grindstaff	190	Estella Nelson	180
Robert Taylor Jr.	120	Megan Kleeschulte	200	Jason Oberhaus	190	Kelly Novarro	175
Colton Thomas	120	Alice Jones	170	Jim Hall	180	Beverly Brower	170
Matthew Brahlek	115	Sarah Crowley	170	J Miller	160	Leah Jones	160
David Kesterson	110	Jodi Anderson	140	Brian Huskey	130	Alondra Moody	160

PROMOTIONAL OPPORTUNITIES WITH THE KNOXVILLE TRACK CLUB

The Knoxville track Club has three advertising options that may make sense for your business or organization:

- * Advertising in our award-winning bi-monthly magazine, "Footnotes" that goes to each of our 1,450 member households and nearly 2000 members.
- * Sponsoring or co-sponsoring one of our official KTC race events.
- * A general sponsorship of the Knoxville Track Club, East Tennessee's premier running organization.

KTC AD OPPORTUNITIES AND RATES

Footnotes ads are available as follows:

- * Inside Front Cover \$200
- * Full Page Ad \$125
- * ½ Page Ad \$ 75

Multi-issue packages at volume discount rates are available

KTC SPONSORSHIP OPPORTUNITIES

* Race Sponsorships

Most KTC sponsorship packages are race specific. Race sponsorship and co-sponsorship packages are typically negotiated on a case-by-case basis and may include the sponsor's logo on the race t-shirt, annual KTC race calendar, KTC sponsors logo page in "Footnotes" Magazine, the race entry form and all race advertising and correspondence as well as complimentary ads in "Footnotes" magazine. Race sponsorship packages generally range from \$1,000 to \$10,000 depending upon the size and prominence of the race in question. Co-sponsorship packages generally range from \$500 to \$5,000.

* General KTC Sponsorships

A limited number of general Knoxville Track Club sponsorship opportunities are available and would include a customized package of KTC benefits commensurate with the sponsorship value. General sponsorship packages normally range from \$5,000 to \$25,000 and may consist of any combination of cash, product and/or in-kind services.

For more information on these or other KTC promotional opportunities, please contact Stephanie Bailey, KTC Operations Manager, at 888.217.5635.



NORRIS ULTRA DAM HARD AS EVER

Doug and Rebecca Holder, co-race directors

The first Saturday in November saw the latest installment of Knoxville Track Club's longest distance event and its only Ultra. This year was a bit of a break from the normal second Saturday in November date that the Norris Dam Hard Ultra has held for the past several years. With Covid finding its way into every detail of our lives the past couple of years, including race schedules, the Norris Dam Hard 5k/25k/50k was moved up a week to make room for Knoxville Track Club's premier road event, the Covenant Health Knoxville Marathon, which had been rescheduled from its normal Spring date.

In our mind, the new date didn't change anything as far as race planning. At least that's what we thought until a few days before the race. As everything began falling into place during race week, we received an email from a runner asking if they needed to bring a headlamp because the race would be starting in the dark? I thought it an odd question because as long as we've directed the Norris Dam Hard 25k/50k, it's always had a 7:00am start and it's always been daylight at start time. That's when it began to sink in that moving a week earlier put us a day before the return to Standard Time, meaning it would still be dark at 7:00am. After a frantic volley of emails to runners, staff and volunteers, the race start was moved to 8:00 am and everything went off without issue.

It's always great each year to see so many folks from around the area and around the region who have become regulars to the trails of Norris Dam State Park and the Norris Watershed. The trails are always in extremely good

condition and offer runners everything they could ask for in a Trail Ultra. Climbs, views, long runnable sections, and just a touch of technical running make the Norris Dam Hard Ultra a great event every year.



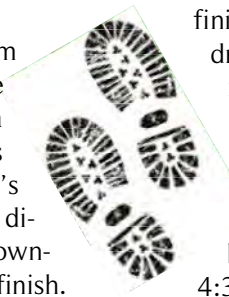
The weather was once again in our favor for 2021. A cool start warmed into the 50's by noon, making for perfect running weather! Volunteers David McClennan and Stephanie Johnson got runners checked in while Pete Crowley got the fire started! After my annual prerace pep talk, runners were ready to get started.

The course for the Norris Dam Hard 5k/25k/50k is a loop course with 25k runners completing a single loop while 50k runners complete two loops. This year's race was run in the clockwise direction, providing runners a downhill start as well as a downhill finish. Next year's event will change directions, guiding 25k and 50k runners in a counterclockwise direction. If you've run this race before, you realize this means an uphill finish for both distances, including finishing with a climb up "Kerry's Revenge". 50k runners will get to do that twice!

After runners started they entered the woods behind the historic Norris Tea Room and quickly made their way down to Lakeside Trail, which meanders along the shore of Norris Lake for approximately five miles, giving runners great views of Norris Lake while traversing rolling singletrack. At around mile six, runners come to the first aid station, nicknamed the "Buttslide" aid station. While a course change no longer requires runners to "Buttslide"

down a steep embankment, the name remains! Volunteers Pete Crowley and the Mabe Family took care of runners there and got them back on their way. A special thanks always needs to go out to the "Buttslide" Volunteers for sticking it out all day.

After leaving "Buttslide", runners are treated to a three mile flat and fast section leading to the Water Tower aid station where Brian Gajus and Doug Lindaur directed runners past the Norris Mill Ponds toward the Historic Rice Grist Mill and the first big climb of the day, Cliff Trail, which climbs to the best view on the entire course, Observation Point, overlooking Norris Dam below. After completing the short loop runners head back down for a second stop at the Water Tower aid station and then begin the second climb of the day up over High Point by way of Ridgecrest trail. After two big climbs over those five miles, runners get a fast technical descent down into the historic CCC cabin area for a short dash on asphalt to the finish line. There, 25k runners gratefully draw to a halt, while the 50k runners check in at the finish line, refuel, and head back out again.



Congratulations to this year's 50k winner, Gideon Wilson, who blazed through the double loop in 4:38, while top 50k female was Alondra Moody, who was timed in 5:04. The 25k winner was Michael Morrell, with a clocking of 2:10, with Cassidy Gupton as fastest female, finishing in 2:40. The second ever Norris Dam Hard 5k was won by Kizer Meek (29:38), and female 5k champ was Nora Hassell (36:16).

Thanks to all the volunteers and committee members who show up and help make this a great event every year. My wife Rebecca and I love being able to direct a race that brings runners in from states all over to enjoy one of our favorite parks here in east Tennessee!

See everyone on November 5th, 2022 for the next edition of the Norris Dam Hard 5k/25k/50k!



FABULOUS TURNOUT FOR 2021 REGAL ENTERTAINMENT TURKEY TROT

David Black, race director

Wow, what an amazing event this was. Steeped in tradition, 2021 marked the 37th year for the Knoxville Track Club to host a Thanksgiving Day Race. Over the years this race has had a few locations and different distances, but one thing remains the same. Participants starting the Thanksgiving holiday with smiles on their faces while running or walking with friends and family through the streets of Knoxville. This event includes a fantastic mix of highly competitive runners, families, business groups, friend groups, teams, and so much more, all with a common goal.

There were 2,369 participants signed up for this event, falling just forty people short of the record set in 2019. The atmosphere was truly electric for the race, which starts and finishes on West Depot near the beautiful Mill and Mine event venue, where pre- and post-race activities were held. Ranging in age

from infants to 86 years old, participants came from 35 states and Canada. Nearly 200 kids participated in the kid's run.

Sterling Henton, local personality and Vol For Life Sterl the Pearl, energized the crowd with music and words of encouragement. This is potentially the most scenic course in downtown Knoxville, incorporating both the Henley and Gay Street bridges as part of the route.

The 2021 edition had a slight detour as a construction project involving a large crane made a block of Gay Street unpassable. The alternate route was well received, however, and added to the scenery. A special thank you to the City of Knoxville and Knoxville Police Department in helping us determine a safe alternate route for this year's Turkey Trot participants.



For years the Knoxville Track Club has chosen Variety of Eastern Tennessee, the children's charity, as a partner. The Knoxville Track Club presented \$3,000 to this exemplary local charity.

Special thank you to our sponsors: Regal Cinemas, Pilot Company, Tennessee Sports Medicine Group, The Mill and Mine, Zen Evo Dark Chocolate, BK Graphics, New Balance Knoxville, VERAWELLA, Eddie's Health Shoppe, Sterl The Pearl, Knoxville Performance Lab, and WBIR TV.

This is a very special Thanksgiving Day tradition for the Knoxville Track Club and the many participants, serving as a reminder that we have so much for which to be thankful. We are blessed with many great members, sponsors, participants and supporting organizations throughout East Tennessee. Thank you to everyone who assisted or participated in this event.

Registration is open for the 2022 event. Make plans now to join us November 24, 2022 by signing up today.





RED SKY IN MORNING, PIGEON FORGE RUNNERS TAKE WARNING

Stephanie Bailey, race director

The KTC faithful returned on December 11 to The Island for a fan favorite, The Pigeon Forge Half Marathon/Relay/5k. The day started out with one of the most amazing sunrises over the mountain peaks. However, with the same line that produced deadly tornados on the western end of the state headed our way, we were watching the timeline and radar closely, and saying a prayer or two. Luckily, we were able to successfully complete the entirety of the race, albeit with high wind and unseasonably warm temperatures.



We had 500 runners registered for this event, which included virtual options for all in-person distances. Seventeen states were represented, and the father of Quentin Diboundje (freshman basketball player at the University of Tennessee) who was in town visiting from Paris, France, joined our race as well. Bienvenue au, Tennessee!

Our overall winners of the half marathon were David Johnson, who completed the 13.1 mile course in 1:18:03 and Elizabeth Herndon, who ran it in 1:29:03. The 5k overall winners were Josh Mower (16:34) and Kelly Arwood (25:02.) The top winners for the Two-Person Relay Teams were Finn's Friends in the co-ed division, Happy Sole Runners in the female division, and Pinks in the male division. Winners took home a flask, and age group winners took home a bottle opener.

This was not an easy course to say the least. To accommodate the City of Pigeon Forge's request to keep runners off the roads and on greenways as much

as possible, we this year, which involved more than one trip up Ripken Hill. Though this added no more elevation gain from previous years, with the second trek half-way up the hill, it felt tougher. Add in the wind, heat, and humidity, it was a challenge, but those that persevered were re-

warded at the finish line. Congratulations to all our finishers!

Our KTC team would like to thank the City of Pigeon Forge, Yeehaw Brewing, The Island, Cal Ripken Experience, Ole Smoky Moonshine, and New Balance for sponsoring this event and working with our team to make this race so successful. We would also like to thank our volunteers who donated their time to this event. We appreciate your support so much!



Our biggest hit of the race was our amazing finishers' medals! In keeping with tradition, the medal once again featured the wheel that is iconic to The

Island. Using a Christmas theme this year, Rudolph was added to the logo, with his nose serving as the wheel. Per the song, we designed his nose to be "so bright" and added actual lights to the wheel/nose. Everyone loved this idea! We certainly set the bar high for next year! And speaking of next year, be sure and join us next December in Pigeon Forge for this fun and festive race!

Our prayers are with those in western Tennessee and Kentucky impacted by the line of tornados that came through on Saturday, December 11th. Please join us in praying for those who lost loved ones and, if possible, donate to the American Red Cross at redcross.org.





ANOTHER FUN, FINE HALF MARATHON/10k AT DIRTY SOUTH

Tim Hill, race director



The event date for the Dirty South trail races has shifted over the years. I believe it was in March for a few years (including the first year I ran the half in 2014.) Later it moved to February (in 2018 I tackled the Dirty Double). Looking way back to its inaugural year of 2011, I think it may have been in November. For the past three years, the races found their home the first week of December, where I hope it stays. There seems to be something special in that liminal time between the holidays. For the rational of us, we are just starting to get into the Christmas spirit (the season which officially starts after Thanksgiving, NOT Halloween... nor Labor Day). The short days and colder weather are still novel. The last of the leaves are gone and the forest views freshly open.

Also over the past three years, the Trail Committee has decided to shelf the full marathon distance and replace it with a 10k. There was some reservation over the decision since the size and scope of the Urban Wilderness and trail running community in Knoxville appears to warrant a trail marathon. However, one of the primary goals of the TTT series is to introduce people to trail running and make it approachable. The concentric circles of "All Runners" down to the "Trail-

Marathoners-in-Winter" get a bit small. Plus with a full slate of races throughout the year, the time and effort in staging a full marathon is taxing on the crew. But I think it has worked out for the

best. We've replaced the average thirty-forty marathoners with 10k participation of 120 in 2019 and 88 in 2021 (2020 was an outlier). Half

marathon numbers have also grown. This not only brings more people to the party but means higher revenues, which TTT turns directly back to Ijams, AMBC and the variety of partners with whom we share all these wonderful trails.

The 2021 race was a success with a huge number of registrants and a nice race

day turnout. We had what might be a record 24 kids for the rocky and winding Kids Trail Mile. The half marathon and 10k started shortly afterward along the same course as last year: a hilly two miles around the nature center followed by a mix of technical and flowing singletrack through Meads Quarry and

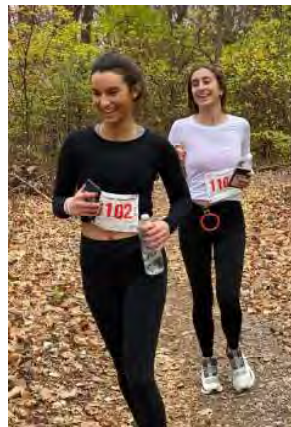
the remainder of the Knoxville's amazing Urban Wilderness trail system.

Minttu Hukka absolutely dominated the 10k with a time of 45:47 to claim the overall victory. A little curiosity led to the discovery that she may have run for Boise State. Carter Hall took the overall male race in 50:13 and finished second overall.

There was a close race up front in the mens half, with Wes Crane (1:38) pulling ahead in the last couple miles as Gideon Wilson (1:41) took a bad misstep on a rock.

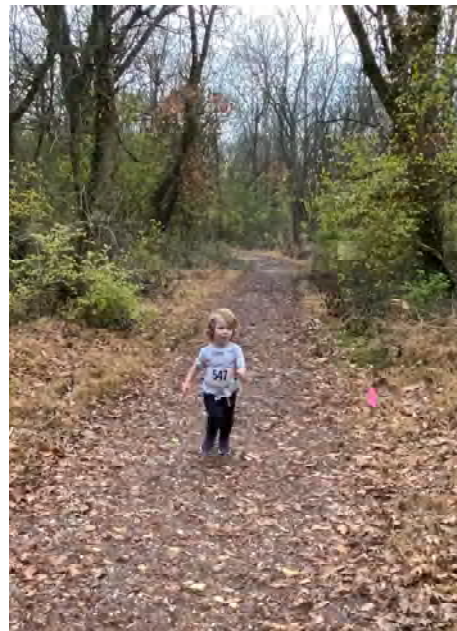
All the volunteers and sponsors require a huge thanks for helping make the event a success. This year in particular, our partners at Runners Market provided some sweet custom hats, while TTT series regular, Nate Helton did a herculean job sweeping the half marathon with a 3-year old on his back! (Did I mention it rained, too? And that they were both smiling at the end?)

Look for us again on the first Sunday of December 2022. Maybe one day we will resurrect the full again, but until then, I will leave a note here that says the course will be fully marked by Saturday night. Race starts Sunday at 9am, and the Kiddos hit the trail at 8:30.





KIDDOS HAD A BLAST HITTING THE TRAILS AT THE DIRTY SOUTH KIDS TRAIL MILE



KTC Membership

We want to welcome all new (and renewing) members to the Knoxville Track Club

Aaron Byl	Britton Elmore	Deb Ross	Gray Family	Joanna McFarlane	Marcus Smith	Patrick Davis	Southerland Family
Aaron Cowan-Banker	Brooklyn Sawyers Belk	Debbie Jenkins	Greg Bauer	Joe Mixon	Mari Khalsa	Pinzon Family	Stiles Family
Adams Family	Brown Family	DeVault Family	Haas Family	Joe Strickland	Mark Nipper	Rainey Fox	Susan Nelson
Alison Foster	Bruce Fox Family	Draine Family	Hannah Foust	John Connor	Martin Family	Ramona Frye	Susan Reichelt
Amy Hudson	Bryant Family	Driscoll Family	Happy Lee	John Fox Family	Martinez Family	Rebecca Benish	Sylena Harmon
Anders Family	Brynn Downing	Duke Family	Heather England	John Harris	Mary Bow	Rebecca Clabough	Sylvie LeVasseur
Andrea Uselton	Bussey Family	Ed Smith	Herbert Gengler, Jr	John Hassett	Masters Family	Rebecca Whitehead	Tara Reitz
Andrew Gordon	Caitlin Duggan	Elaine Walker	Hicks Family	Johns Family	Matthew Hudson	Richard Glenn	Thomas Lower
Angela Sellers	Carol Collett	Eliza Dickenson	Higgins Family	Justin Bornhoeft	Matthew Williams	Richard Ibberson	Thurston Family
Angelina Borisov	Carrie O'Rear	Elizabeth Kilbourne	Hilary Hunter	Kaitlyn Golding	Mattie Kate Fessenden	Ron Sandack	Tim Stovall
Angi Lanciano	Charles Kilbourne	Ellen Carnes	Hillard Family	Karnes Family	Megan Lyons	Ross West Family	Timothy Baker
Anthony Forster	Charlotte Tallent	Emily Summers	Hinten Family	Kathleen Uchman	Melissa Hill	Rucker Family	Todd Rechenbach
April Lowe	Cheryl Horn	Emmett Walker	Holder Family	Katie Morris Family	Melissa Keck	Ryan Kulke	Todd Temple
Ashley Hofer	Chris Emery	Eric Fox	Horton Family	Keith Hill	Melissa Whithorn	Saeed Ahmed	Tony Owens
Ashley Niemerg	Christina Ellis	Eric Weatherbee	Hurley Family	Kevin Delk	Melodie Summers	Saji Gopinathan	Ulla Carr
Audrey Carter	Christopher Wells	Erin Hatfield	J.J. Thomas	Kevin Hlava	Metz Family	Salas Family	Valero Family
Barrett Lemons	Cindy Williams	Fahd Chaudhry	Jacqueline Kerr	Kiki Lee	Michael Kenik	Sandridge Family	W Thompson
Beecher Family	Clay Causey	Fickey Family	James Morris Family	Killgore Family	Michele McKinley	Sandra Davis	Whitney Trujillo
Benjamin Dawson	Connie French	Fleming Family	Jameson Family	Kimberly Coward	Mike Townsend	Sara Bellah	Wil Cantrell
Berge Family	Cordy Family	Frank Damante	Jeff Colfer	Kimberly Turner	Milanovich Family	Sarah Dunsmore	Will Giebert
Berry Family	Council Family	Freddie Cox	Jeff Johnson	Landon Family	Monica Baldwin	Sarah Gleis	Willard Family
Birdwell Family	David Kesterson	Freshour Family	Jennifer Smith	Leahy Family	Moore Family	Scott Strader	William Ehrenclo
Bonnie Northrup	David Santoski	Fritts Family	Jeremy Miller	Lindsey Clark	Morgan Berg	Sharon Deane	Wilmoth Family
Brede Family	De Amorim Family	Garza Family	Jim Deck	Loss Family	Morgan Family	Sherry Dutkosky	Wilson Family
Brenda Adams	Deana Hibbert	Gideon Wilson	Jim Decker	Louise Evans	Oldham, III Family	Smith Family	Xiaosong Geng
					Owen Family	Snyder Family	Ziemnick Family

ARTICLES: Anyone who wishes to write or submit photos pertinent to the running community are invited to send copy, photos, and letters (preferably by e-mail to mdelisle@comcast.net) to the editor, Michael deLisle, 1633 Helmbolt Rd, Knoxville TN 37909, or call (865) 548-4718. Copy and art deadlines are the 15th day of each even numbered month (Feb, Apr, Jun, Aug, Oct, Dec). Publication is bimonthly, beginning with the January issue, and is usually distributed via email on or about 1st day of the month. Contents © 2022 Knoxville Track Club.

JOIN THE KNOXVILLE TRACK CLUB: The KTC meetings and races are open to anyone who is interested in physical fitness through running. Membership includes the award winning magazine FOOTNOTES, monthly business meetings, program meetings, KTC road trips, the annual picnic/awards banquet and the Christmas party. To join the KTC, fill out this application and send it with the appropriate fee to the membership chairperson at the address indicated, or sign up online at www.ktc.org.

Membership in the Knoxville Track Club has many benefits. Members receive a \$20 race voucher for each year of membership (one per membership), a car decal, the award-winning bimonthly Footnotes Magazine, the monthly e-newsletter (The Start Line), discounts at many local businesses, social events, and a \$5 discount during early registration for any KTC road race (including the Covenant Health Knoxville Marathon but not the Trail Series.)

Individual Membership
____ 1 Year - \$25
____ 2 Years - \$45
____ 3 Years - \$65

Family Membership (must live at same address)
____ 1 Year - \$35
____ 2 Years - \$60
____ 3 Years - \$85

Student Membership (12th grade and under)
____ 1 Year - \$15
____ 2 Years - \$25
____ 3 Years - \$35

Special Military Discount: Deduct \$5 from any membership type for active duty members of the Military.

Please provide Military Branch: _____

All memberships include bi-monthly Footnotes Magazine delivery through email.

**Please mail this application, along with your payment, to: Kathy Nash, KTC Membership, 1120 Ellsbörn Ridge Road
Maryville 37801-9330**

Primary Member Name: _____ Gender: Male Female Date of Birth: ____/____/____

Family Member #2 Name: _____ Gender: Male Female Date of Birth: ____/____/____

Family Member #3 Name: _____ Gender: Male Female Date of Birth: ____/____/____

Family Member #4 Name: _____ Gender: Male Female Date of Birth: ____/____/____

Family Member #5 Name: _____ Gender: Male Female Date of Birth: ____/____/____

Address: _____

City: _____ State: _____ Zip Code: _____

Email Address: _____ Phone: _____

(Necessary for email delivery of bi-monthly Footnotes and monthly newsletter.)

How did you hear about KTC? _____

Would you like to volunteer at KTC events? Yes ____ No ____

Member's Release: I know that running and volunteering to work in club races are potentially hazardous activities. I assume all risks associated with running and/or volunteering to work in the aforementioned, including but not limited to falls, contact with other participants, the effects of weather, including high heat or humidity, ice and snow, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read the waiver and knowing these facts, and in consideration of acceptance of my application, I for myself, and anyone entitled to act on my behalf, waive and release the Knoxville Track Club, RRCA, USATF, and any/all members thereof, and all further sponsors, their representatives, successors, from all claims or liability of any kind arising out of my participation in aforementioned events, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Signature (Parents, if under 18) _____ Date: _____

Event Schedule

Jan - Apr 2022

JANUARY

- 1 Knoxville - 9:00 am. **TENNESSEE SPORTS MEDICINE NEW YEAR'S DAY 5k**
- 8 Knoxville - 8:00 am. I Just Want to Be a Unicorn Half Marathon and 5k
- 15 Oak Ridge - 8:00 am. **OAK RIDGE TEN MILER**
- 16 Maryville - 2:00 pm. **WANDERERS TRAIL RACE 5k and KIDS TRAIL MILE**
- 29 Strawberry Plains - 8:00 am. **STRAWBERRY PLAINS HALF MARATHON and 10k**
- 29 Knoxville - 10:00 am. Run 4 Their Lives Knoxville 5k Walk and Run

FEBRUARY

- 12 Knoxville - 9:00 am. Zen Evo Hot for Chocolate 5k
- 20 Paint Rock - 7:50 am. **WHITESTONE 30k TRIPLE TRAIL TREK and TRAIL RELAY**
- 20 Paint Rock - 8:00 am. **WHITESTONE 30k and 30k RELAY**

MARCH

- 12 Knoxville - 7:45 am. Solid Rock 10k/5k/One Mile Fun Run
- 13 Maynardville - 2:00 pm. **DARK HOLLOW WALLOW 11M, 5M, and KIDS TRAIL MILE**
- 26 Knoxville - 5:30 pm. **COVENANT KIDS RUN**
- 26 Knoxville - 5:30 pm. **COVENANT HEALTH KNOXVILLE 5k**
- 27 Knoxville - 7:30 am. **COVENANT HEALTH KNOXVILLE MARATHON and HALF MARATHON**

APRIL

- 9 Alcoa - 8:30 am. Spring Sprint (Blount County Triple Crown of Running)
- 10 Knoxville - 8:00 am. North Knox Sprint Triathlon
- 16 Oak Ridge - 9:00 am. **NORTH BOUNDARY TRAVERSE 13.1**
- 23 Knoxville - 8:00 am. **HARD KNOX PIZZA DOGWOOD CLASSIC 5k**

DON'T FORGET...

Sunday, April 27, 2022 - 7:30 am. Eighteenth Annual **COVENANT HEALTH KNOXVILLE MARATHON and HALF-MARATHON**. Marathon weekend kicks off Saturday evening with the **COVENANT KIDS RUN** at 5:30 pm followed by the **COVENANT HEALTH KNOXVILLE 5k** at 7:00. Online registration available on the marathon website www.knoxvillemarathon.com

BE PART OF KNOXVILLE'S BIGGEST AND MOST EXCITING RUNNING EVENT!



ITEMS IN **BOLD CAPS** ARE KNOXVILLE TRACK CLUB EVENTS
INFORMATION ON ALL THESE RACES APPEARS ON KTC WEBSITE EVENT CALENDAR