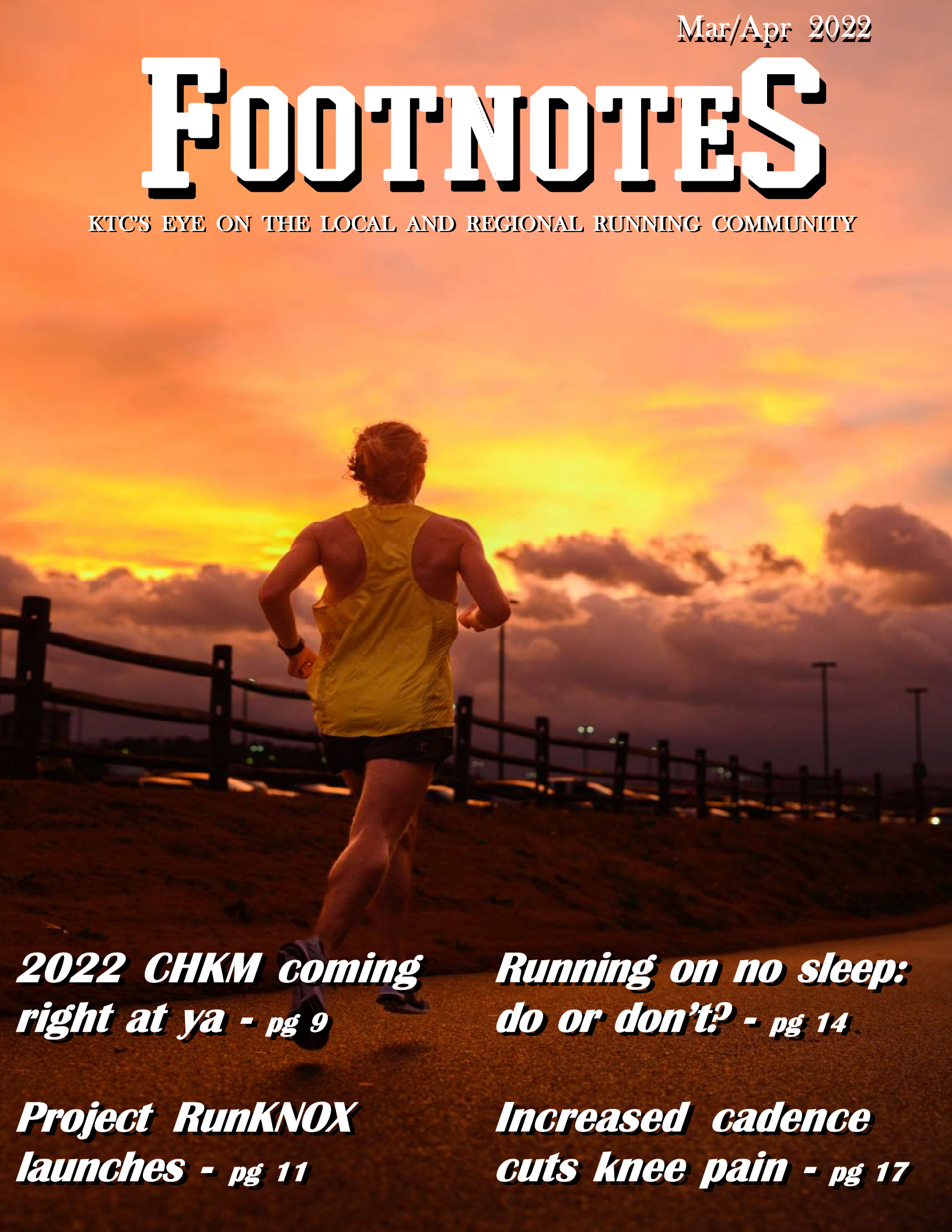


Mar/Apr 2022

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



2022 CHKM coming right at ya - pg 9

Running on no sleep: do or don't? - pg 14

Project RunKNOX launches - pg 11

Increased cadence cuts knee pain - pg 17



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 Raymond 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



FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL
RUNNING COMMUNITY



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FOOTNOTES

Footnotes volume 122 issue 2. A bimonthly publication of the Knoxville Track and Field Club, PO Box 52266, Knoxville TN 37950-2266. The views, information, or opinions expressed in Footnotes Magazine are solely those of the individual authors, have not been independently verified, and do not necessarily represent those of the Knoxville Track and Field Club, Inc. or its Board of Directors. Anyone wishing to write or submit photos pertinent to the running community are invited to send copy, photos, and letters by email to mdelisle@comcast.net to the editor, Michael deLisle. Copy and art deadlines are the 15th day of each even numbered month. Publication is bimonthly, beginning with the January issue. Contents © 2022 Knoxville Track Club.

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888-217-5635

TRAIL RACE INFO
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WEBSITE
www.ktc.org

ON THE COVER

An ethereal sunrise greets a runner early in KTC's Pigeon Forge Half Marathon in the shadows of the Great Smoky Mountains National Park.

cover photo © Nick Morgan Photography
entire contents © 2022 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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ROAD RACE COMMITTEE: David Black—chair, Jason Altman, Stephanie Bailey, Justin Emert, Hannah Foust, Pam Haggard, Andy Jones, Amy Lambert, Angi Lanciano, Muna Rodriguez, Dana Rohloff, José Salas, Angie Schmidt, Scott Schmidt

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

TRAIL COMMITTEE: Michael deLisle—chair, Joy Barber, Steve Barber, Pete Crowley, Chris George, Bobby Glenn, Tim Hill, Doug Holder, Rebecca Holder, Stephanie Johnson, Ken Lonseth, Alondra Moody, Tony Owens, Kathy Smith, John Storey

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Pam Haggard, Vice President
Keith Jackson, Treasurer
Christina Adkins, Secretary
John Chavis, Jr.
Gabrielle Cline
Bobby Glenn
Tim Gregory
Zane Hagy
Tim Hill
David Hinkle
Jennifer Moore
Suzanne Oliver
Matt Stegall
Eric Weatherbee
Jason Wise

Volunteer Coordinators

MEMBERSHIP
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VOLUNTEERS
Teresa Williams
865-640-5667

SOCIAL CHAIR
Position Vacant



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * March/April 2022 edition



A Message from our Club President

Brian Huskey, KTC President



Cultivating KTC's Deep Roots

It's still February as I write this, but signs of spring are beginning to appear. Soon flowers will be blooming and trees will regain their leaves. I hope this will also be a season of growth for the Knoxville Track Club, its members, and the community.

As you may have seen, this year marks the 60th anniversary of KTC. In the spring of 1962, Ben Plotnicki, Charlie Durham, Hal Canfield, Jerry Wrinkle, Sam Venable, Charles Lobetti, Coppley Vickers, and B. E. Sharp met to establish a team to compete at the AAU track competition.

Growth came quickly as the Knoxville Track Club held its first open track meet the following year in East Knoxville. The inaugural Volunteer Track Classic was held in 1964. And the Knoxville Track and Field Club, Inc. was officially registered as a Tennessee nonprofit corporation in 1965.

Clearly our roots run deep. I think those deep roots helped us weather the storms of 2020 and 2021, but now is the time for new growth. And that's where we need your help. We'd love

for our members to branch out and cultivate this growth:

◆ Call your friends and sign up as relay team for the Covenant Health Knoxville Marathon

◆ Volunteer at a race to cheer on running buddies and strangers alike

◆ Take that first, maybe difficult step and sign up for the RunKnox training group

◆ Join us on a social run followed by food and fellowship

◆ Recruit a team to participate in the Fittest Company or School Challenge at the Covenant Health Knoxville Marathon

◆ Go beast mode (as the kids would say) and run the Norris Ultra Dam Hard Trail Race later this year

◆ Sign up for a KTC family membership and encourage friends to.

Speaking of KTC memberships, I feel compelled to point out what a great deal it is. If you sign up for a race or two and shop at some of our wonderful sponsors, you'll get your money back and then some. You get a \$20 voucher for use at any KTC race (except the CHKM). You get \$5 off KTC road races and a \$10 discount on the CHKM. You also become a member of the Road Runners Club of America. Other KTC benefits include discounts at many local shops; being eligible for awards in the Grand Prix series; access to the club's award winning Footnotes Magazine; and, starting this year, a special member's only t-shirt. This year the shirt will include a 2022 logo as well as the special 60th anniversary logo making it truly a collectible.

I may be preaching to the choir about the great value a KTC membership provides, but I hope you will encourage your friends and family to sign up. So whether you help grow our club membership or work on your own personal growth, I hope this spring is fruitful for us all!



REACH OUT TO KTC!

DAVID BLACK,
EXECUTIVE DIRECTOR:
knoxvilletrackclub@gmail.com

STEPHANIE BAILEY
EVENT MANAGER:
knoxtrackevents@gmail.com

UPCOMING KTC EVENTS

3/13: TTT Dark Hollow Wallow

3/26: Covenant Kids Mile and 5k

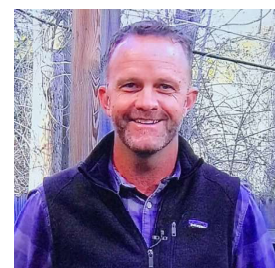
3/27: Covenant Knoxville Marathon/Half

4/16: TTT North Boundary Traverse



On the Brink of Spring

*David Black, Executive Director
Knoxville Track Club*



We have officially hit the time of year when we get teased with hints of spring amidst the reminders of winter. Throughout the year, the Tennessee Valley experiences some crazy weather swings. These can be tricky to deal with, especially in Spring and Fall. Temperatures ranging from the twenties and thirties to the fifties and sixties make running and walking interesting, to say the least.

Dressing in layers is very important during these swings. Many factors like sunshine and wind will come into play. You will be able to remove and add layers as needed. A great rule of thumb is to dress as if it is twenty degrees warmer, since your body will heat up as the intensity of your workout does. Protecting your head and hands is important, especially on the bitter cold days, as body heat escapes readily through these extremities.

We often talk about proper hydration during the summer, but it is equally important year-round. Fluids are lost through sweating, breathing out water vapor, etc. Remember that proper hydration occurs before, during and after your run. There are many resources available to help you figure out how much is needed.

Spring is also an exciting time for the Knoxville Track Club as we make final preparations for the Covenant Health Knoxville Marathon. Traditionally being the end of March, the

average temperatures are 40s/60s. Keeping this in mind during your training runs and practicing some of the above temperatures will help make for a good experience on race day.

While we are excited about the 18th annual running of this event, 2022 is also a special year for the club. This marks the 60th anniversary for the Knoxville Track Club. In 1962 eight founding members of the club met to establish a team to compete at the AAU track competition. Two years later the club held the inaugural Volunteer Track Classic. This event returns April 15-16, 2022, after two years off due to the pandemic.



In 1978 the club held the inaugural EXPO 10,000 to celebrate the 1982 World's Fair, Knoxville International Energy Exposition. This is Knoxville's longest running road race celebrating 45 years this May. To celebrate the 40th anniversary of the World's Fair, we are teaming up with local partners to add some special features to this year's event, which is rapidly approaching on May 28. More details to come soon.

This year, we will see our first increase in member dues since 2015. We are, however, adding an exciting new member perk that will coincide with the celebration of our 60th anniversary. We're launching a member's only T-shirt, the first edition of which includes a 2022 logo as well as a 60th anniversary KTC logo. The shirt will

change each year, making it a club collectible to be worn with pride.

We also hope to offer some additional member discounts with area businesses. If you have or know of a business that might be a good fit, please let us know. We love our community partners.

Membership Chair Kathy Nash will be sending out a card in your membership letter regarding the member shirt, which will be available for pickup at KTC events. The KTC Board approved the \$10 member increase, which will go into effect March 1, 2022. If a person would like to opt out of the member shirt, there will be a \$5 discount at checkout.

We are excited about the member shirts as a method for marketing for our great running club. Thank you for your support!

With this being the 60th anniversary for the Knoxville Track Club, we would love to hear some stories about you. We are blessed to have the support of so many members from all walks of life. We would love to hear some stories about you. How long have you been a member? What is your favorite thing about KTC? What made you initially join? We would love to have you send us pictures that reflect 60 years of KTC. Feel free to send an email to our energetic KTC membership chair, Kathy Nash, at KnoxTrackMembership@gmail.com or Event Manager Stephanie Bailey at KnoxTrackEvents@gmail.com to share your story.



MUSINGS FROM THE EDITOR'S DESK

Michael deLisle, FOOTNOTES Editor



A Different Kind of Track Workout

Off in the wooded hills of South Knoxville stands a tall, unusual looking building housing The Arbor recording studio. I've been spending time there the past few weeks working on a project so enjoyable and rewarding that I'm wondering why I've not done it before. Belatedly realizing that if I don't embark on this project now, I may never, I've gathered together several of my old musician friends to record what's referred to as an EP (extended play record, although it won't be a record in the traditional sense of the word, i.e., no copies pressed in vinyl). But I will jump through all the various hoops necessary to place it on Spotify and other social media platforms, hoping that a few folks will notice yet another East Tennessee musician with good tunes to offer.



So why did I refer to a track workout in the title? Well, it bears more than a little resemblance to those speed sessions I vaguely remember from those halcyon years nearly thirty years ago when Dave Nelson, Bobby Glenn, John Cobb and other speedsters led some amazing workouts on UT's Tom Black Track. We hammered out blazing fast 200s, lung burning 400s, ladders of various distances up and down, even heartbreaking sessions of a dozen or more mile repeats in advance of looming marathon race efforts.



Repeats? Indeed. In the studio we've embarked optimistically, then endured stoically, as song after song required take after take, sometimes to iron out mistakes by me, sometimes confusion by others. And while we never approached MHR (max heart rate), by the time each session drew to a close, a few of us (me, especially) were physically spent, to the extent last Monday night that I simply had no energy left with which to participate in my favorite open mic singer songwriter session at Scruffy City. Instead I was home and in bed well before my usual crash time.

But track? Well, the five tracks on the upcoming release span the gamut from East Tennessee mountain music to country folk to an intriguing blend of rock that at times evokes fleeting glimpses of bands like Dire Straits and Fleetwood Mac. You might wonder how a simple acoustic guitar strumming singer songwriter like myself could hope to accomplish that. I owe it to the musical efforts and talents of half a dozen local studs, mostly notably superb guitarists Michael Jordan and Steve Novelli, along with blues harp extraordinaire Michael Crawley and his oft time bandmates



Don Cassell and Danny Gammon, whose work on dobro, mandolin, and fiddle contribute mightily to the laid back country sounds on two of the tracks. My contributions include all the songwriting and singing, along with tracking a number of acoustic guitar and electric bass parts. Drums and percussion are played by Gray Comer, who also performed stellar work at the control panel recording some of these tunes, in close conjunction with John Baker, owner of The Arbor, who is a fine recording engineer and contributing musician himself.

So that's how I'm spending my time these days when not hanging out with son Jesse, or jamming with friends, or directing the KTC's Treadin' Trodden Trails race series, or shooting road race photos, or working on this august publication we call Footnotes. Or some mixed-up combination of those elements that make semi-retirement so incredibly enjoyable for me thus far.

Anyway, it's off to the studio later today in hopes of putting the finishing touches on one or more of these tracks. Aha. You didn't think I'd come back around to track references again, eh? Well, a guy's got to do something challenging and rewarding when the frailties of being a septuagenarian prohibit hitting a real track for another speed workout. I'm hoping that the upcoming release of these five tracks herald a bit of fun and allow me to do another down the road. Stay tuned. More to come on this long running non-running project.



Covenant Health Knoxville Marathon



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



CITY OF KNOXVILLE – RUNNERS MARKET – FIRSTBANK – HARPER AUTO SQUARE
ASSOCIATED SCAFFOLDING – IMAGE MATTERS – HARD KNOX PIZZERIA
ALL OCCASIONS PARTY RENTALS – KNOXVILLE CHAMBER
MOUNTAIN VALLEY SPRING WATER – HOMELIGHT - 99.1 WNML
KELLOGG'S – NEWSTALK 98.7 – MAYFIELD DAIRY – T2 GRAPHIC DESIGN

COVENANT HEALTH KNOXVILLE MARATHON

SPRINGTIME COVENANT HEALTH KNOXVILLE MARATHON IS BACK !

Jason Altman, Director, Covenant Health Knoxville Marathon

For the first time since March 2019, the Covenant Health Knoxville Marathon will be held in the spring! The 18th annual Covenant Health Knoxville Marathon race weekend will take place March 26-27.

The Kids Run and 5k are scheduled for the evening of Saturday, March 26, at 5:30 and 7 p.m., respectively. The marathon, half marathon, and relay events are set for Sunday, March 27, starting at 7:30 a.m. Online registration for all races is open at www.knoxvillemarathon.com but will close on March 21.

The 2022 event will feature in-person races starting at the iconic SunSphere on the Clinch Avenue Viaduct and ending in World's Fair Park, with various routes featuring downtown Knoxville, its beautiful surrounding neighborhoods, and the University of Tennessee campus. Virtual options are also available for those who wish to participate remotely.

Sponsored by Eddie's Health Shoppe and ZenEvo Chocolate, this year's group training run program has been rocking and rolling since early December. Over the course of the winter, we have met at several locations in town including Runners Market, New Balance Knoxville, Fleet Feet Knoxville, and The Long Run. We also incorporated several other

KTC races into the program; the New Year's Day 5k, the Oak Ridge 10-Miler, and the Whitestone 30k and Relay. We also had the Strawberry Plains Half Marathon and 10k on the docket, but Mother Nature had other ideas. Hopefully our trainees were able to run a virtual Strawberry Plains sometime that weekend! It's not too late to join us for the last several group runs. For a full list of dates and locations, click the Training tab on the marathon website.

We officially kicked off our Covenant Kids "Marathon" program with the Covenant Kids Run Kickoff at Zoo Knoxville in early February! We hosted the annual "first mile" of the kids' marathon on Saturday, February 5. With the return to winter, we started our first wave at the Zoo Kickoff Run at noon (as opposed to 8 am start time last summer). Over the course of the next hour, we saw hundreds of smiling faces as children ran or walked through the Zoo. We hope you and your family were able to join us for this annual tradition!

Speaking of the kids, we are proud to award \$5,600 to area schools through our 2022 Fittest School Challenge, thanks to Dollywood! The Fittest

School Challenge is a competition between area schools that awards winners based upon the percentage of participation. Each child that participates in the Covenant Kids Run on March 26 will earn one point for their school. We will tally each school's respective points and divide that number by the total enrollment of that school to determine their participation percentage. We will award prize money to the top schools in a ten-county radius. More than one school in each county is eligible to win prize money. We offer two categories for the schools based upon their enrollment. The two categories are Small (300 or fewer students) and Large (301+ Students). We will present each school with a plaque and a check in the spring after tallying the results. Thanks again to Dollywood for sponsoring the Fittest School Challenge!

Finally, with our return to the spring and live events, we will need volunteer support like never before. Visit the Volunteer page on the marathon's website to sign up to volunteer this spring. In addition, I'll have a need for key volunteers to serve on the Marathon Organizing Committee. If interested, reach out to me at knoxvillemarathon@gmail.com for more information.



YOUR KTC MEMBERSHIP

Kathy Nash, KTC Membership Chairperson



This year, we will see our first increase in member dues since 2015. We are, however, adding an exciting new member perk that will coincide with the celebration of our 60th anniversary. We're launching a member's only t-shirt, and the first edition includes a 2022 logo as well as a 60th anniversary KTC logo. The shirt will change each year, making it a club collectible to be worn with pride. We hope to gain some additional member discounts with area businesses. If you have or know of a business that might be a good fit, please let us know. We love our community partners.

I will be sending out a card in your membership letter regarding the member shirt, which will be available to be picked up at KTC events.

The KTC Board approved the \$10 member increase, which will go into effect March 1, 2022. This will allow for some renewals at the current rate. If a person would like to opt out of the member shirt, there will be a \$5 discount at checkout. We are excited about the member shirts as a method of marketing for our great running club. Thank you for your support.

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://personalbestracing.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

Hey KTCers! We're going full speed over here with a calendar covered with training and racing. We hope your year has kicked off as well as ours and that you're focused on chasing bold goals in 2022.

<https://runknox.trainingiltapp.com>

We've officially shifted out of maintenance mode through the pandemic and have launched *Project RunKNOX* as races become common again. We want to see our members achieve both new distances and personal record performances at familiar distances. For many, it's been a minute since they were truly motivated to push hard, so it's been fun seeing those competitive fires stoked again. Give us a follow on social media and help us celebrate all the awesome achievements to come!

We've made one notable program modification that we want you to be

aware of. Our traditional Tuesday night 6pm run has morphed into a 5-7pm "workout window". We realized through the pandemic that folks appreciate flexibility. Sometimes you might prefer to run early and some days you may need to run late.

We now have that covered! A coach is available during this 2-hour window, so show up at your convenience to get your workout completed.

For those unfamiliar with our schedule, here's our typical week:

- ◆ **Monday 5am Tempo Run**
- ◆ **Monday 6pm Functional Mobility Class through Physio Lab**
- ◆ **Tuesday 5-7pm Speed Work**



- ◆ **Wednesday 5am Speed Work**
- ◆ **Thursday 6pm Functional Mobility Class through PhysioLab**
- ◆ **Saturday 8am Long Run (currently meeting at the CHKM Group locations)**

In addition to in-person training, we are still doing a lot of virtual and/or hybrid training. Feel free to send a note to runknox@gmail.com if you have questions about how we could make it work for you. We'd be happy to let you come out for a free trial week sometime too. Give it a test drive to see if you think it'd be a fit for you! You can also hit this link to learn more about what we do: <https://runknox.trainingiltapp.com/>.

Cheers, Coach Scott



Treadin' Trodden Trails

Michael deLisle
KTC Trail Series Director

A Village of Trail Dawgs

From time to time I've done a brief overview of current Treadin' Trodden Trails committee membership, highlighting the qualities and talents that make each member such a value to the team and to the trail running community at large. Today, however, I want to salute some past contributors, who, if we ever create a KTC Trail Hall of Fame, would be right there at the forefront of inductees.

At the top is a man who really isn't a trail runner, but who sat down with me at the Old College Inn back in late 2003 after a board meeting and laid out his impressions of a KTC trail running series, KTC Hall of Fame member Marty Sonnenfeldt. From its inception, the series has grown by leaps and bounds, but it never would have started without the creativity and imagination of the former UT star runner.

Although I directed all the races those first few years, one key participant quickly became my right hand man. Jack Kilislian, who has since moved back to his native Canada, may be best remembered for his quasi-sadistic portrayal of a monster at the top of V Trail at Haw Ridge, scaring the bejeezus out of weary trail runners who'd just completed a very tough climb.

When I tired of working so hard directing the series solo and gave up the leadership role, another KTC Hall of Fame member stepped in at the helm. Larry Brede's idea of affiliating with

XTerra breathed new life into the struggling series and carried it forward with new energy.

By the late 2000s I had rejoined the ranks, refreshed by

the break, and ready to lead on. And yet another eventual KTC Hall of Fame member, award-winning coach Bobby Holcombe joined the crew and birthed the idea of a trail series Grand Prix that awarded points for placement at each race and awarded neat prizes at the conclusion of the season, an idea that met with great approval and carries on to this day.

Another man who injected life and spirit into the trail series was a veritable beast of a trail runner himself, and would clearly be the front runner should a TTT HOF ever be created. The late Kerry Trammell joined forces with us, also in the late 2000s, and breathed authenticity and imagination

borne of his experience as an ultrarunner into the series. It was his idea and follow through that changed the Norris Dam Hard Trail Race from a relatively pedestrian 15k (although running 9.3 miles at Norris should hardly be called pedestrian!) into a true Ultramarathon. It grew into a 25k/50k and became a staple highlight of the Treadin' Trodden Trails Series. It is most tragic, however, that Kerry's untimely passing prevented him from seeing the enthusiastic acceptance and growth of

an Ultra on the KTC race calendar.

So many others have played a part in the ongoing saga of this group and have come and gone over the years, especially those whose creativity and sticktoitiveness (sp?) in race directing made each one a reflection of the directors personality and drive.

Jerry Monroe directed several different TTT races and still helps out annually printing posters we use to publicize the series at trailheads throughout the region.

The multitalented Beth MacDonald always brought great energy and fun to the races she headed up, as did multisport athlete Andrea Ludwig, the "Queen of Darkness".

Former State Park superintendent John LeCroy from up at Panther Creek brought his entire staff into play for the several years we raced there. His good cheer and easygoing leadership always made for a good time.

Ultrarunner Leah Jones directed a number of TTT events, blending fun-loving organization skills with her experience in long distance trail running.

Scott Gibson joined forces with us for a few years and did a bangup job directing Forks of the River and maybe another TTT race or two.

And I can't forget DK Stanford, whose inclusion in our trail series brought his inimitable style of both serious trail sensibility and good humor, resulting in fun races whenever he headed up the crew.

All these faces and more I remember fondly and very much enjoy running into them to this day. It brings back great memories of working and playing together with them and the current crew of stalwart trail dawgs that have teamed up to make KTC's Treadin' Trodden Trails Series the most imaginative and consistently excellent yearround series of trail races in the eastern US. Proud to know ya, y'all !!!



2022 TRAIL RACE SCHEDULE

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 NRR, 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*

WELCOME KTC MEMBERS

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

Emily Faye Abbott	Brian Cartledge	Stewart Ellington	Katherine Higgins	Steve Luper	Cindy Pack	Andrew Sauter	Swanson Family
Carol Abrew	Coleen Castle	Ellis Family	Tim Hill	Lindsay Luttrell	Zachary Pancoast	Tony Sax	James Szybist
Lola Alapo	Alan Cheatham	Shannon Evanche	Hill Family	Misty Manire	Suzanne Parker	Debbie Sayers	P Mark Taylor
Dave Alderman	Rebecca Clabough	Sherie Fairchild-Keys	Joyanna Hirst	Mike Mann	Laura Parkison	Martha Scarbrough	Shannon Taylor
Rochelle Arritt	Clark Family	Fenstermaker Family	Scott Holladay	Marshall Family	Samantha Payne	Schmidt Family	Cheryl Tedford
Bacon Family	Rhonnda Cloinger	Cynthia Fleenor	Paul Holloway	Martinez De Diaz Family	Phillips Family	Bill Schmitt	Austin Turner
Patti Barnes	Ethan Coffey	Cherlyn Foster	Rachel Hunneke	Julie Maxwell	Patrick Pickard	Andy Searles	Robin Turner
Barnes Family	Chad Collins	Linda French	Ryan Hulse	Connie McCormick	Natalie Pinzon	Will Shaffer	Van Deventer Family
Baskerville Family	David Colquitt	Kim Gage	David Huntsinger	McDonnell Family	Sam Plemons	Jessica Sheah	Mandi Walker
Bennett Family	Tiffany Conway	Karla Gander	Josh Jarratt	Meadows Family	David Price	Ken Shelton	Ward Family
Melody Berrong	Nathan Cope	Luca Giori	Janet Jentilet	Daidre Mendenhall	Price Family	Sharon Shumaker	Jena Warren
Bibee Family	Kris Corbitt	Goade Family	Emily Johnson	Millan Family	Radtke Family	Steve Smalling	Brad Watson
Bilbrey Family	Gayla Cutler	Greear Family	Jessica Johnson	Dennis Miller	Read Family	Mark Smith	Melissa Weiss
Jennifer Billingsley	Davis Family	Rachael Guarnieri	Sally Joines	Morrison Family	Reagan Family	Chad Smock	Jessica Welch
Black Family	deLisle Family	Guerinot Family	Jolley Family	Joshua Mower	Steve Reddick	Sparer Family	Korey Wheatley
Robert Bonamarte	Brent Dickenson	Nick Hagan	William Kane	Mullins Family	Sarah Reynolds	Rob Speas	Elizabeth Whelpley
Bryan Branch	Kyra Donnell	Christopher Hagler	Keller Family	Marl Murphy	Chris Riley	Stanko Family	White Family
Emily Brandel	Philip Dortch	Hamrick Jr Family	Amanda Kennedy	Chris Muzyn	Rodriguez Family	Carlene Steenkamp	Marisa Whitley
Jonah Brown	Gina Dotson	Helton Family	Kirk Family	Kellen O'Connor	Whit Ross	Lori Sukek	Wills Family
Laura Bryant	Peggy Duffy	Nathan Helton	Chris Koboldt	Peter Osickey	Doug Ross	Shawn Sussmane	Travis Wilson
Sylvia Buchanan	Carri Duke	Steve Henson	Coby Lancaster	Katie Ostrouchov	Lisa Rottmann	Gail Sussmane	Chandler Wilson
Ashley Burnette	Duncanson Family	Corey Henson	Jennifer Lively	Amy Owens	Cecilee Rowlette	AJ Swann	Wolski Family
John Byrd	Jim Eaton				Ryerson Family	Andee Swann	Wray Family



Running on No Sleep: Do or Don't?

by Whitney Heins

One of the biggest obstacles for mother runners is getting enough sleep and having time to run. Most of us wake up early before the rest of our families to run, which means we get less sleep. And often, our night's sleep is interrupted. So, running on no sleep? Should we do it?

Honestly, running on no sleep is dangerous. Doing it every once and a while is okay. But working out on no sleep regularly, like if you have a newborn or your toddlers are in the "getting sick every week" stage, risks wearing you down and getting you injured or sick as well.

Do runners need more sleep?

Yes, runners need more sleep. It is recommended that people get 7 to 8 hours of sleep a night. But, if you're running, your body needs more sleep than that to repair itself from your training stress.

Thus, most runners need to sleep more than 8 hours a night. Some sleep experts recommend getting an extra minute a night for miles you run a week. So, if you typically sleep 7 hours a night and run 60 miles a week, you aim to sleep 8 hours a night.

Most elite runners, like mother runners Shalane Flanagan and Deena Kastor, reportedly sleep up to 10 hours a night. Many elites also take long naps.

The more you run, the more you sleep. So, if you're training for a marathon or ultra-marathon, it's important to factor into your training schedule how much sleep you will get. That should

really be a determining factor of your mileage and race goals. (More on that later).

Why do runners need more sleep?

Sleep is when the body repairs itself. Running puts stress on the body, in effect damaging it. During sleep is when your body builds back up to a stronger version of itself.



Specifically, during deep sleep, your body releases Human Growth Hormone which aids in repairing muscles, strengthening bones, and converting fat to fuel.

When you work out harder, your smart body secretes more HGH into the bloodstream to help you repair damaged tissues.

Risks of running on no sleep?

The risks of running on no sleep are injury, illness, poor performance, and overtraining syndrome.

This is because not getting enough sleep as a runner doesn't allow time for your body to do what it needs to repair itself and it doesn't have as much fuel or energy.

Should I run on no sleep?

Yes, you can run on no sleep...if it is just one time. But running on no sleep repeatedly is not advised. In fact, it is a really bad idea that will likely end with injury, illness, and/or poor performance.

Five Tips to Sleep Better and Run Better

◆ **Look at your training schedule.** Make getting enough sleep a priority. If you can't get the kids to bed until 9 p.m., do not consistently get up at 4 a.m. to run. In the long term, this will end with injury, illness, or poor performance. Some questions to ask:

1. Can you run on your lunch break?
2. Can your partner put the kids to bed ahead of mornings you need to wake up early to do a hard workout?
3. Can you optimize your training on the weekends when you can sleep in more (do a tempo as part of your long run, for example)?
4. Can you hire a sitter for you to run?
5. Can you run in the evening?
6. Can you do a stroller run?
7. Would investing in a treadmill so you can run at nap time make your life easier?
8. Can you alter your child's bedtime so you can get to bed earlier?

Think through all the possibilities to maximize your sleep. And make getting at least 7 to 8 hours of sleep a night nonnegotiable.

For me personally, getting the kids to bed earlier didn't work for us. So, I had to think of other times I could get my workouts in. This meant asking for help—something that took me a while to get comfortable with.



◆ **Take a nap.** Sure, getting a solid 8 hours would be amazing but can be impossible for most mother runners. If it's not the baby or toddler getting you up, it's the dog, or a freak alarm going

*** continued on page 15 ***

No Sleep?

*** continued from page 14 ***

off, or anxiety, etc.

If you have an opportunity to lie down, do it! Even if it means closing your office door, giving you kids iPads, or making the laundry wait. Try to do it before 3 p.m. so it does not interfere with your night's sleep and try not to nap longer than an hour.

Napping isn't as productive for recovery as nighttime sleep where you enter deep sleep, but it still helps and may make you feel better!

Caution: Do not use this as a permanent solution. Still, aim to optimize your bedtime.

◆ **Journal, meditate, and use a happy light.** For those of you who have brains that never stop thinking, I'm with you. My husband calls it my noodle-brain.

Give it an outlet. Try journaling for a couple of minutes a day to quiet your mind. Meditating where you focus on your breath for one to ten minutes a day can also calm those spiraling thoughts. Finally, I started using a

"Happy Light" this winter and have found it to energize me while lifting my mood. (Again, stopping the negative thought spiral). Studies show it helps regulate your *circadian rhythms*, as can sunlight.

All of these results will help you sleep better—and just feel better as a person.

◆ **Maximize your rest days.** Sleep more whenever you can. If Sundays are your rest days, sleep as late as you can—even if that means going to church late, or enlisting your partner to take the kids to soccer. (You can pick up his slack on a different occasion during the week).

You can't catch up on sleep, but getting a few nights of solid rest a week will work wonders for your recovery and your training.

◆ **Do the little things.** If you Google how to sleep better, a gazillion results will show up with tips. These little things add up. Here are some quick suggestions:

1. Keep your room dark, cool (60 to 67 degrees), and decluttered.
2. Stop looking at your phone an hour before bedtime.

3. Try not to nap, drink caffeine, or exercise close to bedtime.

4. Take melatonin. Studies show it helps you fall asleep faster.

5. Don't drink alcohol or eat a large meal before bed. It interferes with sleep. My whoop has proven this for me.

6. Stick to a routine. Go to bed and wake up around the same time.

7. Wear an eye mask and ear plugs (if you can while still being able to hear your kiddos if needed).

8. Get a WHOOP. I overestimated how much sleep I got. My WHOOP tells me how much I got, how well I recovered, and how hard I should work the next day.

You may find it odd that a running coach who is supposed to get you motivated to run is telling you to skip running in favor of sleeping. That's because I have learned the hard way. And, studies support that sleep is the bedrock of successful training.

You can't train or run well if you aren't getting enough sleep. So, I like to start with prioritizing sleep and then building training into that.



DON'T FORGET...

Sunday, March 27 - 7:30 a.m.
**COVENANT HEALTH
KNOXVILLE MARATHON /
HALF-MARATHON.** Online
registration available on KTC
website or [Runsignup.com](https://www.runsignup.com)

Illustration of a runner crossing a finish line banner that says "FINISH".

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Can Increasing Cadence Decrease Knee Pain?

by Dr. Conner Sharp
Sports Chiropractor — Knoxville Spine and Sports

A more recent article in the American Journal of Sports Medicine looks at the correlation of cadence/step rate and its effect on those with knee pain, specifically those with patellofemoral pain (PFP). Patellofemoral pain is defined as pain in the front of the knee and around the kneecap due to cartilage damage in the area. It is typically an overuse injury and there's usually more than one cause, with atypical running mechanics being one of the major risk factors. Patellofemoral pain is one of the most common running related knee injuries affecting 20-22 percent of runners. In runners with PFP, there are several functional deficits present, including, increased hip adduction (knee falls more toward midline), hip internal rotation (the leg is typically rotated inward to a degree), and contralateral pelvic drop (the side of the pelvis opposite the stance leg drops). Though there are many causes and ways to treat patellofemoral pain, this paper aims to find a simple yet effective way for runners to help decrease this discomfort independently through their training programs. There have been studies that look at this same concept that were successful, however this paper looks at more long-term results of increasing running cadence and its effect on patellofemoral pain.

The Study

Researchers gathered a group of

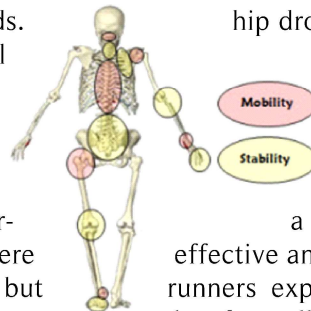
33 runners, and they were put through a series of tests to determine whether they were experiencing patellofemoral pain. The primary test to diagnose PFP is knee pain upon squatting. Several other tests were used, and only 18 participants met the criteria of patellofemoral pain. All 18 participants were set up with sensors to collect biomechanical data while they ran. Each participant would run at 3.2 m/s and data would be collected for 30 seconds.



The retraining protocol was a single 10-minute retraining session conducted immediately after the initial 3D gait analysis mentioned above. During this session, participants were asked to run the same speed, but increase their step rate by 10 percent. Step rate is defined by the number of foot contacts per minute.

During the first 5 minutes of the session, participants were instructed to match their steps with a metronome set to the 10 percent increase in step rate. During the last 5 minutes, the metronome was removed, and participants were instructed to keep the same step rate. They were then instructed to run as much as they like if they used a metronome to keep the 10 percent increased step rate or tracked their step rate via GPS watches. The participants were then reexamined at 4 weeks and 3 months after the initial training period. Surprisingly, all participants experienced a reduc-

tion in pain and improved biomechanical function while running. The average pain rating of the participants at the beginning of the study was 6.2 on a scale of 0-10, with 0 being no pain and 10 being the worst pain. At 4 weeks that average dropped to 1 out of 10 and at 3 months the average pain had decreased to .3 out of 10. All participants displayed statistically significant improvements in the three functional deficits listed earlier (increased hip adduction, hip internal rotation and contralateral hip drop).



So, what does all of this mean and why is it important?

This paper reveals a potentially extremely effective and easy intervention for runners experiencing varying levels of patellofemoral pain. If you find yourself experiencing patellofemoral pain, simply track your current step rate, increase it by 10 percent, and see if it helps ease the discomfort. You can make sure to use either a metronome, fitness watch, or if you like to listen to music while running you can usually find playlists containing songs for specific beats per minute. If the pain persists, reach out to a healthcare provider for an exam and more answers moving forward.

Reference:

Bramah, C., Preece, S. J., Gill, N., & Herrington, L. (2019). A 10% increase in step rate improves running kinematics and clinical outcomes in runners with patellofemoral pain at 4 weeks and 3 months. *The American Journal of Sports Medicine*, 47(14), 3406-3413. <https://doi.org/10.1177/0363546519879693>



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Get a little muddy to do a lot of good! Complete the mud run as an individual or a team, then enjoy post-race activities!



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Camp Montvale is an integral part of Harmony Family Center, with 364 acres in Maryville offering opportunities to learn, heal, and connect. Programs at Montvale include animal-assisted therapy, therapeutic camps, and educational trainings throughout the year. Montvale also offers space for business retreats, special events, and weddings.



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TRI-BAL KNOWLEDGE

Parlay Injury Recovery into a New Sport

by Larry Brede



Like many other KTC members, I've recently joined the "injured and can't run" club. While on an easy jog in November I experienced a meniscus root tear in the right knee. Surgical repair (drilling a hole in the bone, pulling the meniscus through, and waiting for the bone to grow over that stub) went down on December 17th. Proper healing required 6 weeks non-weight bearing, plus another 2 weeks slowly weight bearing on crutches, before being able to weight bear and walk. As I write this article, it's been 9 weeks since surgery, so I've been walking for one week. I can't run for another 3 weeks (not that I'm counting, but it should be March 10th). As with thousands of other runners, I've gone a little stir crazy with all the restrictions.



However, as someone who loves to participate in other sports, I've been able to maintain some semblance of sanity by doing other things. I've never had to stop lifting weights, and I've been able to swim this entire time (though without being able to push off the wall during turns). Once that first 6 weeks was over, I was able to get back on the bike and spend lots and lots of

time spinning on the trainer. In fact, my physical therapist noted that getting on a bike is one of the best ways to help post-surgery recovery for a wide variety of hip and knee problems.

That got me thinking. How many KTC athletes suffer an injury and spend weeks or months adding bicycling to their exercise routine to aid recovery? I'm guessing a lot of you suffered through this cycle. You know what? It's a perfect segue into giving your first triathlon a try! As you add bicycling to your recovery process, then begin running, consider keeping it up and add a short summer sprint triathlon to your calendar. Many involve short pool swims, modest bike distances, followed with a 5k(ish) run. With the basics already under your belt, you'll find it easy to get into this new sport where people are super friendly and encouraging.

If you're considering parlaying your freshly discovered muscles into triathlon, consider one of these sprint distance events hosted locally in East Tennessee. All swims are in a pool, and hosted by local companies who

regularly partner with the KTC.

Personal Best Racing (<https://personalbest racing.com>)

- ◆ 4/10/22 North Knoxville Sprint Triathlon (Halls) – 150 yd swim, 10 mile bike, 5k run
- ◆ 6/18/22 Secret City Triathlon (Oak Ridge) – 500 m swim, 15 mile bike, 5k run
- ◆ 7/23/22 Sweetwater Sprint (Sweetwater) – 150 yd swim, 12 mile bike, 5k run
- ◆ 7/30/22 Wild Rose Woman's Tri (Loudon) – 150 yd swim, 5 mile bike, 4k run (my daughters love this all-woman event)
- ◆ 9/3/22 Tomahawk Sprint (Loudon) – 150 yd swim, 10 mile bike, 4k run

Race Day Events

- (<https://racedayevents.net>)
- ◆ 7/20/22 Lazy Crazy Triathlon (Kingsport) – 300 yd swim, 5.5 mile bike, 5k run (this is a Wednesday night race and always a lot of fun)

Give one of these races a try, and you might find yourself turning injury-recovery into a passion for a brand new sport!

Knoxville Track Club thanks

4437 Kingston Pike
Western Plaza
Knoxville 37919
865-602-2114

10847 Hardin Valley Rd
Knoxville 37932
865-896-3760



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Friday	11AM-10PM
Saturday	11AM-10PM
Sunday	11AM-9PM

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Thank you for shopping local and supporting us!



Monday-Friday 10-6
Saturday 10-5



12th ANNUAL



FORGET ME NOT

race for Alzheimer's

Saturday, April 16, 2022

Start/Finish at Planet Fitness, Farragut

- 7:30 am Forget Me Not 10k
- 8:00 am: Forget Me Not 5k
- 9am-12pm: After Party/Baffle/Giveaways

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KTC VOLUNTEERS NEEDED

- Mar 13 Dark Hollow Wallow 11M, 5M, and Kids Trail Mile
- Mar 26 Covenant Kids Run
- Mar 26 Covenant Knoxville 5k
- Mar 27 Covenant Health Knoxville Marathon and Half Marathon
- Apr 16 North Boundary Traverse 13.1, 10k+, and Kids Trail Mile
- Apr 23 Hard Knox Pizza Dogwood Classic 5k
- May 8 I.C. King of Trails Race and Kids Trail Mile

PLEASE CHECK UPDATED RACE INFO ON KTC WEBSITE



new balance

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Knoxville

VOLUNTEERS!

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WITH CLUB EVENTS**



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[Runsignup.com](https://www.runsignup.com)**

KTC BOARD OF DIRECTORS

Minutes of December 2021 Meeting

DECEMBER 16, 2021

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

Minutes – The November minutes were presented. There were no questions or amendments. P. Mark moved to approve; Tim Gregory provided a second. The minutes were approved unanimously.

Regular Reports Consent Agenda

- ◆ Executive Director Report
- ◆ Treasurer's Report
- ◆ Marathon Director's Report
- ◆ Event Manager Report (Youth Development)

◆ Trail Committee/Footnotes/Website Report

These reports were presented as a consent agenda. There were no questions. David commented that Pigeon Forge was larger than last year. Turkey Trot was almost a club record. There are already over 300 signed up for next year's Turkey Trot. Christina moved to approve the reports as presented; Jason Wise provided a second. Reports were approved unanimously.



adult track meet.

David B. went to the Metro Knox Cross Country banquet. This sparked an idea about sponsoring athletes during the summer and post season in a way that won't interfere with rules.

Alicia encouraged the club to look at the fact that we are a 501c3 and the ways that we contribute to the community.

Tim M. shared his thanks to the board.

2022 Budget

Tim M. asked for specific questions. There were no questions and no additional discussion. Pam moved to approve; Christina provided a second. The budget was approved unanimously.

At 6:16 P. Mark moved to adjourn the board meeting; Alicia provided a second. The board adjourned.

Staff members left and the board met for executive session.

Roundtable

Jason A. - Runners Market wants an

The next Board Meeting will take place on January 24, 2022.

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.

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01 VITAMIN D3

Vitamin D3 is to support your bones, and boost your immune system for fewer days off throughout the year.

02 MAGNESIUM

Magnesium was added to keep your body hydrated allowing you to stride longer distances, while also working to prevent cramps

03 POTASSIUM

Potassium was added to keep your body hydrated and focused while you run. While running you lose electrolytes through your sweat, mainly sodium and potassium.

04 TAURINE

**TAURINE WAS ADDED TO GIVE YOU
A BOOST OF ENERGY AND HELP
YOU GET OUT OF THE DOOR TO
TRAIN EACH DAY**

05 TURMERIC

Loaded with Turmeric to keep your joints feeling consistently good, and to counteract the pounding you put on your knees while training.

06 N-ACETYL L-CYSTEINE

NAC (N-Acetyl L- Cysteine) was added because it boosts an important antioxidant in our bodies called glutathione, which allows our lungs to function optimally.



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KTC BOARD OF DIRECTORS

Minutes of January 2022 Meeting

JANUARY 24, 2022

The meeting was called to order by Brian Huskey at 6:02pm. In attendance were: Christina Adkins, John Chavis, Gabrielle Cline, Bobby Glenn, Pam Haggard, Zane Hagy, Tim Hill, David Hinkle, Keith Jackson, Jennifer Moore, Suzanne Oliver, and Matt Stegall. David Black, Jason Altman, Stephanie Bailey, and Kathy Nash attended as guests.

Minutes – The December minutes were presented. There were no questions or amendments. Suzanne Oliver moved to approve; Pam Haggard provided a second. The minutes were approved unanimously.

Introductions of Board members and staff took place.

Electronic Communication Consent, KTC Conflict of Interest Policy — Brian and John explained importance of forms and Board Members signed the documents.

Regular Reports Consent Agenda

Executive Director Report — Several sponsors are returning. Membership price increase will go into effect February 1st and club will be notified on the website with updated applications available showing new pricing. Membership cost hasn't increased since 2016. Kathy added that she has membership cards for membership shirt pickup to avoid shipping costs. One card per family membership.

Treasurer's Report — Keith suggested the board re-evaluate allocations for club account. Consider having

another presentation with the Trust company for new board members. Questions to consider: What is our purpose for funds? Duration of savings? Current allocations are conservative rather than aggressive.

Marathon Director's Report

Brian asked if numbers will increase for spring event. Registration flow will look different in 2022 and might mirror 2021 due to multiple COVID variants. Lower numbers will impact KTC as a whole due to fixed costs accrued by the marathon (KPD, etc). Accommodations— masks won't be required for indoor expo event, but Expo will utilize a booth space between each vendor.

Event Manager Report (Youth Development) — Strawberry Plains is fully covered for volunteers.

Trail Committee/Footnotes/ Website Report

The reports were presented as a consent agenda. There were a few questions. Zane moved to approve the reports as presented; Gabe provided a second. Reports were approved unanimously.

Race Timing and Scoring

Team Captains and KTC Grand Prix Road point totals were compared and had discrepancies. Team captains met last Friday regarding points changes. Major issue with captains making sure their teams register for that team each race. Each team captain in charge of totaling points for their team. Need to promote the GP for teams and individuals. Grand Prix Totals should be announced this week for 2021 team points. Points are up to date for 2022.

◆ David Hinkle wants the Grand Prix to be owned by the club and kept up to date by the club. Moving forward, we need results and software controlled in house.

◆ Meeting with running stores to offer top male and female free shoes and free race entries for winning individual grand prix with most points.

◆ Separating paid/non-paid running teams.

◆ RRC revisit and redefine the GPP rules and consistent across races.

◆ Tim Monroe will assist Jerry on Grand Prix responsibility and software

◆ Moving forward, we won't wait to notify the club of the Grand Prix issue. Either communicate through the club newsletter, website, or Footnotes.

Website/Marketing/Social Media

Zane requested Footnotes Magazine be released through the website and shared on social media rather than through Runsignup.com to allow Google Analytics to track web traffic. This will allow sponsors to see KTC.org digital footprint

Partnership/Giving Back/ Community

David Hinkle met with Carol Evans (Legacy Parks) and Randy Boyd (President of UT, local entrepreneur) to research the bigger impact KTC can have on the outside of putting on races and making donations in our community

Roundtable

AAA continued on page 26 AAA





Trail Series Grand Prix Standings 2022 Point Totals - through Whitestone



Chris George, keeper of the points

OPEN MALE		OPEN FEMALE		MASTERS MALE		MASTERS FEMALE	
Matthew Williams	110	Minttu Hukka	100	Scott Schmidt	170	Amy Jones	100
Brandon McCloy	100	Jaclyn Noshay	100	David McLennan	160	Malinda Honkus	100
Eric Cannon	100	Morgan Howe	90	Matt Stegall	100	Kimberly Donnelly	90
Wesley Crane	100	Jessica Sheah	90	Jacob Prater	90	Kyli Wooten	90
Lance Cundy	90	Kelly Fox	80	Mark Hall	90	Mary Patterson	80
Nathan Helton	90	Megan Von Bergen	80	Mark Douglass	80	Kyra Donnell	80
Austin Turner	80	Maci Brede	70	Henry Howard	70	Jill McNeal	70
Kevin Ellison	70	Bekah Rickart	70	Joshua Scott	60	Kelli Stone	70
Jacob Dean	70	Trinity Douglass	60	Marcus Steward	60	Rebecca Evans	60
Joshua Melton	70	Macie Gaines	60	Brian Huskey	50	Tasha Boyd	50
Caleb Corson	60	Taylor Hall	50	Jared Lawrence	40	Leslie Kelch	40
Giulio Rancadore	40	Elizabeth Neely	50	Ian Reitz	40	Amy Owens	30
Gary Krivo	40	Olivia Pfeifer	40	Adam Kolatorowicz	40	Sarah Reynolds	20
Jonathan Garrett	40	Sarah Solovey	40	Kevin Brown	30	Jennifer Moore	20
Alex Zirakparvar	30	Monica Chapman	30	Jason Cathey	20	Stephanie Johnson	20
3 men tied with	20	Kristy Berry	30	Steve Holden	20	Rebecca Holder/Kathy Smith	20

KTC BOARD

AAA continued from page 25 AAA

Christina shared new restaurant wants to host group runs

David shared that all KTC race awards will have KTC logo, not race specific logo for 2022 race season

Stephanie hopes the fields behind Rush strong school don't get flooded for Straw Plains race

Kathy wants more race officials

Jason shared that KUB Neyland greenway is opened again

At 7:29pm, Zane moved to adjourn the board meeting; Gabe provide a second. The board adjourned.

Executive Session followed Board Members

Next Board Meeting will take place on February 28, 2022.

HEY KTCers! HAVING RUNSIGNUP PROBLEMS?

Have you registered for a variety of races -- not only KTC races, but races in other areas? You may have inadvertently created more than one Runsignup account. To consolidate your accounts, follow this link: <https://tinyurl.com/3l78q6v8>





KTC KICKS OFF 2022 WITH NEW YEARS DAY 5k



Robyn Smith and Suzanne Oliver, race directors

Our annual New Year's kickoff race was held on Saturday, January 1, 2022. It was an unseasonably hot and humid morning for our racers, temperatures climbing to almost 70 degrees by the end of the race.

Tennessee Sports Medicine Group, a longtime partner and supporter of Knoxville Track Club programs and events, continued as the sponsor for our New Year's Day 5k. We appreciate their support and thoroughly enjoyed the availability of parking and indoor bib/swag pickup space provided by them.

The course was the same as 2021, taking runners down Sutherland Avenue, turning left at West High School

to jump on the Third Creek Greenway, and finishing at the entrance of Safety City off Concord Street.



364 runners finished the 5k, with the first hundred males and females each receiving their annual glassware. We chose a can glass style this year, as it was not a champagne flute kind of 2021.

Our overall 5k winner was Will Jeter crossing the finish line at 16:04 (Note: Will finished third in 2021 with a time of 16:46!) The second and third place male finishers were Darren Driscoll (16:13) and Cian Bell (16:40). Our overall female winner was Amanda Martin, timed in 17:32. She was followed by Peighton Meske (18:39) and Elizabeth Hagler (19:21).

We celebrated the oldest male and female finishers with a bottle of champagne and the youngest male and female finishers with a bottle of sparkling cider. This year the oldest male and female finishers were Bill Woodrick and Shirley Sirois, while the youngest male and female (both 10 years old) were Phillip Patterson and Zandrea Wallen.

In addition to our 364 5k finishers, we had 15 kids' run finishers and 20 registered virtual 5k runners. Our swag was a vibrant fabric blanket highlighting our upcoming 2022 road and trail races.

Thanks so much to everyone who came out to start off the new year with us. We hope 2022 brings everyone good health and more KTC races!





OAK RIDGE TEN MILER RETURNING TO NORMAL

Dana Rohloff, race director

The Oak Ridge 10 miler was a huge success again this year! Mr. Shivers was thrilled to introduce you all to his new bride, Mrs. Shivers. The two of us have an even bigger surprise in store for all the runners next year! Wait and see. I was so happy that Calhoun's agreed to prepare a delicious breakfast for us again this year. I really missed the post-race awards ceremony and spending time with friends due to previous circumstances regarding the pandemic. Of all the things we lost temporarily during Covid, the socialization with my family and friends was what I missed the most. I understand that keeping us all safe and healthy was/is extremely important. However, I'm very happy things are finally changing for the better and beginning to feel a little more normal. Thank you all for your ability to adapt to change and keep a positive attitude when things get crazy! I know we all have different opinions about certain things in life, but I'm glad we can put those differences aside and focus on what we have in common, our love for running.

Results

In first place Darren Driscoll (54:07) followed by Josh Mower in second (56:04) and David Johnson in third (56:14). The ladies were led by Peighton Meske in first (59:37), Gina Rouse in second (1:00:43) and Eliza-

beth Herndon in third place (1:02:51). Stewart Ellington (59:16) and Jennifer Weston (1:04:02) took Masters honors while Matt Stegall (1:03:22) and Kathy Wolski (1:07:02) were awarded Grandmasters. The Senior Grandmasters titles were earned by Brent Bueche (1:07:42) and Jennifer Moore (1:31:58).

Congratulations to Harper Van Nes our overall winner of the Mr. Shivers' mile (7:43)!

I want to thank our sponsors for their incredible support: Runners Market, Tennessee Sports Medicine Group, Knoxville Endurance, Pilot, City of Oak Ridge, Run Knox, and the Covenant Health Knoxville Marathon. Events such as this could never take place without their devotion to the Knoxville Track Club and our running community. I also want to thank the Oak Ridge Police Department for coming out and making sure our runners were as safe as possible out there on the course. B.K. graphics did a fantastic job as always producing our shirts and beanies. Ken Lonseth did an excellent job bringing our logo life. Lastly, a HUGE thanks to all of our hardworking volunteers who make every KTC race possible. It takes a special kind of person to get up early on a Satur-

day and come out and spend their personal time taking care of our runners. I appreciate each and every one of you and I am so grateful for everyone's hard work. Hope to see everyone again next year!



"It was a beautiful January afternoon and I was running down Melton Lake greenway with my dog, Chills, when I saw the most amazing creature I had ever laid my coal eyes on! She glistened in the sunlight with the grace of falling snowflakes and lips as red as my cozy mittens. As she moved closer, I noticed a lovely ribbon upon her head and the sweetest smile on her face. I stopped running and just stood there in awe of her beauty, like I was frozen or something. Then she stopped as well and approached me with what appeared to be concern on her flawless flakey face. "Are you ok?" she asked. Chills greeted her happily as I fumbled to form words. "Oh YES!" I replied. "Its not everyday you run into your Snowmate."

And the rest is history.

~ Mister Shivers.



CHILLING FORECAST CAN'T DETER WANDERERS CROWD FROM WANDERING



Kathy Smith, race director

Cold, wet, muddy fun is how I would describe this year's Wanderers' 5k race and Kids Trail Mile. The weather forecast was very unpredictable up until the day of the race with some forecasts calling for up to six inches in Maryville. I woke up at 3:00 the morning of the race to hear rainfall coming down, and fell back to sleep thinking, "This year is going to be a wet one!"



It continued to rain all night and into the morning. The race was scheduled for 2:00pm so Tony and I set out to mark the course around 9am. It was cold and windy but the rain stopped for most of the hour and a half it took us to mark - and the sun even peeked out for a minute or two. After dashing back to the house to put on some dry clothes, we headed back to Maryville College to get the party started. The rain continued to fall, and even though we were somewhat protected by the McArthur Pavilion, everybody still got wet. Fortunately, during course checks earlier in the week we had set aside a stash of firewood - thanks to Head Firebug Pete Crowley and other committee members and volunteers, we quickly had a roaring fire to help keep us warm.



We had a total of 241 people pre-registered but I knew with the weather conditions we wouldn't have 241 people running. As the first race of the season, Wanderers usually draws a large crowd, so in the past few years we have chip timed the event. Of course with any-

thing technical, sometimes things go awry. We had a bit of a hiccup this year when the main timing computer's hard drive would not recognize the timing equipment. Many thanks to our excellent assistant race director and resident IT genius, Tony Owens, who stepped in and somehow got it working again. Problem solved.

As runners slowly started to arrive and check in, it continued to rain and rain and rain some more. Then at about 1:30 pm, just in time for the Kids Mile fun run, the rain turned into big, beautiful, fluffy snowflakes! It reminded me of a Charlie Brown cartoon. The kids lined up and they were so excited to run in the snow. Off they went! Thanks to Giulio Rancadore for being the "rabbit" that the kids were all chasing, and to Bobby Glenn for being the "turtle" who made sure we didn't lose any kiddos out there. Giulio and Bobby got all 21 kids back to the finish safely but just a little muddier than when they started.

It continued to snow for the 5k, which had 110 brave trail runners line up to start. Trail conditions were slippery with lots of mud, sloppy downhills and slick bridges. Somehow everyone returned without any serious injuries - though there were lots of muddy shoes

and shorts and occasional muddy knees and hands. Today's race goal was to simply stay upright, and most seemed to accomplish this.

The winners were speedy Minttu Hukka winning her second straight TTT race (20:32 — first female and first overall!) and Brandon McCloy (21:16) first male and second overall. In the Masters division, Matt Stegall is still running strong (22:14), finishing third overall and top male masters) with Amy Jones (27:42) fastest female masters and 35th overall, not far back. We saw some surprisingly quick times considering the sloppy trail conditions.



Once again Wanderers' was a great start to the 2022 Treadin' Trodden Trails series. Many thanks to all the volunteers and trail committee members for their help putting on this race, and gracious thanks to our generous sponsors for your continuing support. Next up in the series is Whitestone on February 20th and Dark Hollow Wallow three weeks later on March 13. Hope to see you there and throughout the 2022 trail racing season!



REPORTS FROM KTC ROAD RACES

THE STRAWBERRY PLAINS THAT WASN'T

Stephanie Bailey, race director

Oh Strawberry Plains, you have my heart, even when you break it. Last year, I stepped in midway through planning of this event to take over as race director. This year it was my baby, planning it from day one. As a Straw Plains local and KTC event manager, I felt the pressure to make it memorable. And it, with a bit of intervention from Mother Nature, it was one that won't be forgotten.



drove the course and quickly knew the course was not safe for our runners and volunteers. The course runs along backroads, which are very beautiful and scenic, but they were untreated, resulting in roads with a layer of slick snow and ice covering them.

I was reluctant to hit the send button on the cancellation email, even though we knew it was the right choice. Despite it being a tough course, runners love this race and I love the joy on race morning; I did not want to take that away from them. However, the response in general was one of gratitude and understanding. Thank you all for understanding and encouraging us.



For example, we had a couple that had already made the three hour drive from Kentucky. They obviously were bummed when they got to the race site but told us they would definitely be back next year.

We owe a big thank you to so many people, especially the volunteers that still showed up. Trey Murphy, Kathy Nash, and Teresa Williams stayed and helped us hand out shirts to the participants that had arrived prior to canceling. First Baptist Church Strawberry Plains was already set up with a warming tent and hot coffee and donuts before we had to cancel. Karla Gander picked up our preordered donuts and biscuits and delivered them to KARM. Our support staff, Danielle Quintaner and Justin Emert, who had put in hours of work leading up to this event, helped hand out shirts on Saturday morning as well. A huge thank you to our title sponsor, Eddie's Health Shoppe and Zen Evo Chocolate! As I mentioned to someone, it takes a village to not put on a race. Thank you for your love and support.

We will be back next year and the 2023 Strawberry Plains Half Marathon and 10k will be another special one!

2022 KTC Grand Prix Point Totals through Calhoun's

Jerry Schohl, keeper of the points

MALE

Darren Driscoll	17
Brent Bueche	12
David Johnson	12
Matt Stegall	12
Chris Davis	11
Jeff Colfer	10
Bruce Fox	10
Ryan Jandro	10
Ken Shelton	10
Cameron Cook	9
Chase Givens	9
Paul Horton	9
Will Jeter	9
Gideon Wilson	9
Joshua Mower	8
7 men tied with	7

TEAMS

Team Runners Market	228
Zen Evo / Long Run	186
Team Really	30
KTC Socialites	22
Carter Sports	20
RunKNOX	18
Scruffy City Endurance	15



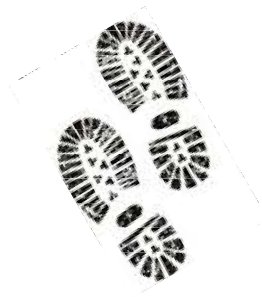
**note: Space limitations prevent us from printing all team scores. For those, please see www.ktc.org*

FEMALE

Peighton Meske	17
Jennifer Weston	13
Kathy Wolski	12
Connie Dickey	11
Jennifer Moore	11
Angelina Borisov	10
Stacy Clower	10
Elizabeth Hagler	10
Marian Schmidt	10
Shirley Sirois	10
Alicia Teubert	10
Maci Brede	9
Amanda Martin	9
Lauren Roach	9
5 women tied with	8

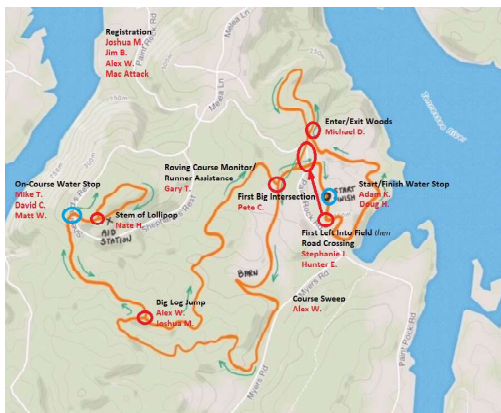


WHITESTONE TRAIL BOASTS BEST AID STATION IN HISTORY OF AID STATIONS



Tony Owens and Kathy Smith, race directors

That is the best aid station in the history of all aid stations!" Late in the morning as Kathy and I were cruising the course, thanking volunteers and runners alike, we were greeted with this bold proclamation. Not long after, we heard, then felt the thumping music growing louder as we approached the on-course aid station



of the Whitestone 30k Trail race. As you probably know, this is a three-loop race, 10k each loop, with an aid station at the start/finish of each loop and another out on course that runners hit twice. Manned by the enthusiastic team of Mike Taylor (with his indefatigable father Jimmy), David Compton, and Matthew Williams, the aid station was as much on-course party as runner aid. Almost indescribable (as in you had to be there!), but the vibe was super happy and supportive, with an ample supply of beverage of every variety, and the option of some combos as well. Have you ever done a Pickleback in the middle of a race? Not in the middle of the road race, that's for sure - hint hint roadies!

From course marking on Saturday, we already knew the trail conditions were great, but we wanted to get out and thank everybody and cheer people on - and it really was a perfect day for a race. Started out a little crisp and cool, but for runners

(both road and trail) the weather was ideal. A few years back we decided to add this trail race to the venerable

Whitestone 30k road race to allow more people to enjoy the beautiful property of the Whitestone Inn as well as the ample post-race breakfast buffet. I keep saying this, but it really is a great thing having road and trail runners mingling before and after the race, swapping stories and encouraging each other.

This year at packet pickup we resurrected the #Worstshirtever, of former director Larry Brede fame, and all but one person (you know who you are...) loved it. Just look at those smiles on Tanya



and Karla! Registration and packet pickup went smoothly thanks to our fantastic core group of volunteers - and speaking of volunteers, thank you again to all of you! Along with registration and aid stations, we had a great group of people who volunteered to stay in the woods all day at key intersections, attempting to keep runners on-course and having fun.

Thanks to all of y'all!

Speaking of runners, we had some quick ones as always. Wesley Crane

blazed the 30k trail course in 2:06 for the male win (a 6:48 pace!), with Lance Cundy and Scott Schmidt hot on his tail. Jaclyn Noshay came on strong in the final lap to claim the overall victory among female competitors at 2:39, with Morgan Howe and Megan Von Bergen rounding out the top three for the full 30k. We had some speedy relay teams as well: Treadin' For Beer took the overall (and coed!) win at 1:52, with the Quick Chicks taking the female team win, and Treelay taking the win for the male teams.

During our course tour Kathy and I also took the opportunity to deliver a can or two of Blackhorse beer to the course monitor vols - gotta' keep those hard working vols happy! Blackhorse has been a solid supporter of our trail races for the last several years and we want to once again thank them! BK Graphics supplied us with the #Worstshirtever this year - thank you Jonathan!



Conner Sharp was with us from Knoxville Spine & Sports, helping runners with postrace stretching and evaluation of any pain - thank you Dr. Conner (and Dr. Bert, thank you for sending him to us). We also need to thank Pilot Company, Runners Market, REI, SoKno, Flats & Taps, Cool Beans, Tailwind and the Whitestone Inn for their support.

And thank you to all of the runners, road and trail alike! Chris and Paula George, who directed the road race, along with Kathy and I (and the whole trail committee) enjoy putting this race on for you almost as much as you enjoy the hilly miles in the woods, and on the road. Maybe we need a new hashtag for this year: #BestWhitestoneEver!



COFFEY BLAZES TO ANOTHER WHITESTONE ROAD VICTORY

Chris George, race director

The Whitestone 30k and 30k Relay Road and Trail Race, presented by BK Graphics, was blessed with a perfect day for running the rolling, hilly roads and trails around the Whitestone Country Inn.

The near perfect running conditions were confirmed with Ethan Coffey taking 1st place in the road race with a time of 1:45:16. Ethan beat Steven Hensley's winning time from 2021 by over 10 minutes and beat his own 1st place times from 2017 (1:48:41) and 2018 (1:48:44). For the females, Elizabeth Herndon took first place with a time of 2:04:22, smashing the winning time from 2021 by over twenty (!) minutes and from 2020 by more than four minutes. Maci Brede (daughter of longtime Whitestone RD Larry Brede)

and her teammates, Davis Boals and Ryan Jandro, made up the winning road relay team, Quad Squad, completing the race in 2:02:26.



A big shout out to all the volunteers who withstood the cold early morning temperatures by coming out and performing a myriad of tasks, including manning aid stations, working as course monitors, staffing the registration tables, parking, and course clean up. Thank you all very much for your positive energy and willingness to serve and cheer on the runners. We can never say it enough: Events like this are not possible without you!

Another big shout out to the Whitestone Country Inn and their staff, as always, for hosting this event and making everybody comfortable and welcome. And finally, a big shout out to the Knoxville Track Club and Treadin' Trodden Trails staff and members for coordinating all the many tasks required to setting up this event and making it a grand success.



Even though the 2022 Whitestone 30k and 30k Relay Road/Trail Race is in the history books, the event will continue to be a delight for years to come for the many people who participate year after year either as a runner, volunteer, or spectator. We look forward to seeing you all again in 2023.

WELCOME TO ALL OUR NEW KTC MEMBERS!

Track and Field activities will be ramping up again in 2022. We can always use new volunteers to help at the meets.

Here are some of the benefits of becoming an official, taken from Stanley Underwood's 2006 *Footnotes* article.

By becoming a KTC Track and Field Official, you can

- ◆ Help make Knoxville and UT the premier track and field venue in the Southeast,
- ◆ Help ensure fair youth, college, open, and master competitions,
- ◆ Stand on the track looking important with flags in your hands,
- ◆ Eat free meals,
- ◆ Use large quantities of sunscreen while occasionally donning a raincoat,
- ◆ Learn more than you want to know about the rules of track and field, and
- ◆ Receive a lot of shirts.

In addition to running events, volunteers can be used at high jump, long jump, discus, javelin, shot put, and/or pole vault.

More info? Want to volunteer? Contact Steve Luper at stevluper74@gmail.com

Event Schedule

Mar - May 2022

MARCH

- 6 Knoxville - 4:30 pm. GLOW for Galactosemia 5k/10k
- 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**
- 19 Knoxville - 10:00 am. Step for Step 5k Fun Run
- 26 Gatlinburg - 9:00 am. Firefighter Fit for Duty 5k/10k
- 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, 10k, and KIDS TRAIL MILE**
- 16 Knoxville - 7:30 am. Forget Me Not Race for Alzheimer's
- 16 Maryville - 8:00 am. Resurrection Run 5k
- 23 Knoxville - 8:00 am. **HARD KNOX PIZZA DOGWOOD CLASSIC 5k**
- 23 Knoxville - 8:00 am. Warrior 5k and One Mile Fun Run

MAY

- 7 Maryville - 9:00 am. Mudder's Day Madness
- 8 Knoxville - 8:30 am. **I.C. KING OF TRAILS RACE and KIDS TRAIL MILE**
- 14 Lenoir City - 5:30 am. Spirit of Kona Triathlon
- 14 Maryville - 7:30 am. The Glow Trot
- 28 Knoxville - 7:30 am. **KTC EXPO 10k and 5k**

DON'T FORGET...

Sunday, March 26-27, 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