

May/June 2022

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



***A few Presidential
CHKM stories - pg 5***

***Running with knee
pain revisited - pg 17***

***A welcome return to
spring for CHKM - pg 9***

***All about six legged
running - pg 19***



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



INSIDE THE MAY/JUNE ISSUE

The Starting Line

Brian Huskey, A Message from our Club President	5
David Black, KTC Executive Director	6
Michael deLisle, Musings from the Editor's Desk	7

Feature Columns

Jason Altman, Marathon Update	9
Kathy Nash, Your KTC Membership	10
Scott Schmidt, RunKNOX.	11
Michael deLisle, Treadin' Trodden Trails	12
Whitney Heins, The Mother Runner	14
Dr Connor Sharp, Running with Lower Back Pain	17
Larry Brede, Tri-Bal Knowledge	19

Guest Column

Don Madgett, Volunteer Track Classic	29
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Other Features

List of Officers and Board Members	4
2022 Treadin' Trodden Trails Trail Race Schedule	13
Trail Series Grand Prix Standings	18
KTC Road Race Grand Prix Standings	18
Board of Directors Meeting Minutes	21, 23
Membership	10, 13

Race Writeups

Covenant Health Knoxville Marathon, Half, 5k	9
Dark Hollow Wallow and Kids Trail Mile	25
North Boundary Traverse	26
Hard Knox Pizza Dogwood Classic 5k	27

Event Calendar	30
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FOOTNOTES

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ON THE COVER

An absolutely perfect spring day greeted a big crowd in Sequoyah Hills as KTC's Dogwood Classic 5k toured Cherokee Boulevard again.

cover photo © Michael deLisle
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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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, Alex Walker

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SOCIAL CHAIR
Position Vacant



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * May/June 2022 edition



A Message from our Club President

Brian Huskey, KTC President



Marathon Stories

I have been a part of the Knoxville Track Club's RunKnox training program since 2015. Over the years, I've been at countless training sessions - tempo runs, intervals, fartleks, hills, and long runs. We've met at 5:00am and 6:00pm. We've run in the blistering heat, snow, and monsoons. We've trained for the local KTC races as you would expect, but RunKnoxers have also traveled across the United States and the world to participate in events. However, I think looking back at the last three Covenant Health Knoxville Marathons and the stories I have from each of them really shows why I love the RunKnox community so much.

You might think that in 2020, when the CHKM had to go virtual, that there wouldn't be much to tell. However, five of us (Coach Scott, Josh, Patrick, Sam, and I) decided we'd run the virtual marathon together at a common pace that was realistic for all of us. We agreed to make it as close to the actual event as possible - no pausing of watches, running the exact course (safety permitting), etc. We did call an audible and run it on Saturday morning as the weather looked to be much better. At the start line, one of our RunKnox friends, Juraj, produced an American flag and played the national anthem on

his phone. He then followed us through the first half - being a mobile water stop and cheering section. His choice of Slovakian techno music was especially motivating. His help culminated in running the back half with us. Wives and friends (many of whom are also RunKnoxers) also set up water stops along the way to support and cheer us on - including a party at the finish line. We ran most of the race together with only some slight gaps at the very end. Josh even earned a PR that day!

In 2021, the race was back in person! One of the RunKnoxers, Patrick, is a CHKM staker having completed the race every year since its beginning, so he wanted to run Knoxville despite plans to run Kiawah in December. Like Patrick, I was hoping for a BQ at Kiawah, so we decided to complete the Knoxville marathon as a long training run. Our target pace happened to match up with RunKnoxer Chris's goal, so the three of us ran together. I've always "raced" marathons before, so running one easy was a new experience for me. My typical CHKM never included jogging backwards down Gay Street or special fueling on Sevier Avenue.

We maintained Patrick's streak and helped Chris to a PR!

I'm still riding high from the 2022 CHKM. After an unlucky attempt in record heat at Kiawah, Patrick and I decided to try for a BQ at the Knoxville marathon. Coach Scott ran with us. We had fantastic weather and the early miles were clicking off. We were running well - joking and retelling stories like we always do. RunKnox's Coach Sarah, traveling by bike, managed to enthusiastically cheer us on at multiple spots along the course. When it started getting hard, Scott kept us going with words of encouragement and a bit of tough love. We ended up having a great day - PRs and BQs for both of us. Look out Boston 2023!

These few paragraphs don't really do justice to these experiences. I'll remember each of these races for the rest of my life. I'll probably remember the finishing times, but I can imagine, years down the road, telling these stories to my grandchildren or any other captive audience for that matter. But these are just my stories... A dozen or so ladies of RunKnox recently traveled to Savannah for a race. I have no doubt that they have great stories of their own. I'm confident that other RunKnoxers have stories from their CHKM relay and half races. So sign-up for RunKnox for the PR's or fitness, but I bet you'll stay for the friends and the stories!

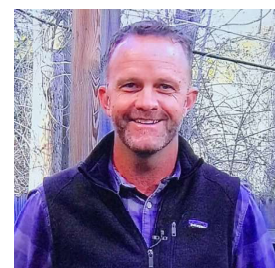


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Sixty Years of KTC

*David Black, Executive Director
Knoxville Track Club*



For sixty years the Knoxville Track Club has been leading the way in the Knoxville area for all things running. What started with eight founding members has grown to nearly 2,000, impacting thousands of additional people every year. Six decades of people running their way in Knoxville and the surrounding communities.

Two years after starting the club, the inaugural Volunteer Track Classic was held. Recently this event returned after two years off and was an amazing event. Nearly 1,500 athletes from at least ten states came to Knoxville to compete on the beautiful Tom Black Track at LaPorte Stadium. This was a top notch meet that did not disappoint. Multiple meet records were broken, one of which had stood since the early 1970s. We expect the level of competition to be very good again in 2023. We hope you can join us next year in cheering on the athletes, volunteering, or even officiating. We are looking for new officials to work in the mix. If you would like to get training, please reach out to us. We will post more information in the future about this.

Watching athletes at all of our events serves as a great reminder to run your way. Generally speaking, we have a competitive nature inside of us. I often tell people the best competition is yourself. For many of the athletes competing in the Steeplechase at the Volunteer Track Classic, this was their first time ever doing the event. Seeing them

approach the obstacles and run their pace was so fun. We see this at many road and trail races with people doing their first race.

It is easy to get caught up in how the people around us are performing and comparing ourselves to them. I love the spirit of competition and support it 100%, but I love to see it start with

yourself. Your goal may be to finish, break a certain pace per mile, set a personal record for the distance, or place either in an age group or overall.

We are entering into a busy season for races. We have multiple distances over the next few months, both on road and trail. I encourage you to challenge yourself with a goal. Try a new distance, aim for a new pace, or even help someone else out by running with them.

One of the most gratifying things for a runner may be helping another person. The mental benefits to running and walking have been proven time and time again. A great way to see this is to help someone else reach a goal. You will find yourself enjoying a new kind of runners high and sense of accom-

plishment which often leads to the same for you on a future run.

I can remember plenty of times that

I dreaded a run before taking that first step but I can't remember a time that I had the same dread after it was over. I always find myself thankful for taking the time to put one foot in front of the other. That isn't to say that physically every run is a good

one, but mentally it's a different story. Sure, I sometimes wonder if I could have done better, wish I had hit a different pace or gone a little farther. But at the end of it all, I'm thankful to be able to get out there.

There are many articles about the mental health benefits of running. There are so many public and private stories about how

beneficial running and walking are in this regard. Running is known to reduce depression, stress and anxiety.

A few years ago, a young participant in the KTC Youth Athletics program came to his coach after the weekend very excited. He told his coach that he has to take medicine to keep calm, but he realized that when he runs, he

REACH OUT TO KTC!

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UPCOMING KTC EVENTS

- 5/8:** I.C. King Trail Race and Kids Trail Mile
- 5/28:** Expo Half Marathon 10k and 5k
- 6/11:** Sharps Ridge Runner and Kids Mile
- 6/16:** Hal Canfield Memorial Milefest

**** continued on page 25 ****



MUSINGS FROM THE EDITOR'S DESK

Michael deLisle, FOOTNOTES Editor



A Farewell to Old Tom

I lost a friend today. Actually, a couple days ago, but I just found out today. One of my oldest friends. Old Tom. Don't know what he died from but I was assured by the bearer of the bad news that he was spry and chipper just ten days ago, so at least he didn't linger and fail like some do.

Old Tom is gone. I remember the day he showed up in the doorway of my dorm room, lean and scrappy, long hair dangling. Over the course of that first conversation, he proffered that little white lie that lasted - at least in name - 54 years, telling me he was older. Turned out I was the first one to discover that he wasn't, that he was born on Bastille Day 1950, a full six months after I'd made the scene. Soon after, when we'd met another Tom, who was a couple years younger, the monikers Old Tom and Young Tom were bestowed.

Old Tom was a character, a Renaissance Hippie. While my band practiced in a dormitory cafeteria, he scrawled Dylan lyrics on the tables, covering several tables in the process. I was amazed he'd memorized so many lyrics, words of depth and allegory that contrasted starkly with lyrics I was learning about Sloopy hanging on and Mustang Sally driving.

We found our first off-campus, soon to be demolished, communal house soon thereafter, he and I, along with eight other wild looking hippie types. We lived there for about a year, then moved a few blocks away to a tall, buggy old place near the IC railroad tracks. That abode, too, lasted us about a year before we decided to move to the rural countryside north of town.

All the while we were living life to the fullest, burning the candles at both ends (pardon the cliches), trying to keep up with school while living lives of expanded consciousness as folks were wont to do in those halcyon psychedelic days of the late 60s.

The school thing didn't work for me, even with the threat of Vietnam dangling overhead like a veritable sword of Damocles, but Tom managed to keep going awhile. Even when we moved out to the country, he stuck with his studies longer than most. Then, with school behind him, he nurtured an urgent thirst for knowledge and political awareness.

Old Tom's taste for political involvement took many shapes. At its earliest, he took to the streets, as almost everyone did in those days. One night a huge antiwar demonstration broke out on campus that lasted three nights. Among confused fifty-year old images from that night, I think I recall Old Tom grabbing the collar of the belligerent and bellicose mayor of Champaign and flinging him effortlessly to the curb.

Our involvement hardening as the war in Vietnam dragged on and young men continued falling, Old Tom and I joined six others and piled into a decrepit pickup truck headed for Miami Beach in 1972 to protest the coronation of Richard Nixon at the Republican Convention. When the truck broke down in south Georgia, we paired off

and hitchhiked the rest of the way. We spent several days camped with the Vietnam Veteran Against the War, marching in the street, and skirmishing with the National Guard as sirens wailed and tear gas drifted into the night.

Upon our return home, Old Tom led us as we delved into local politics. We formed a political collective called Spark, urging students and townies alike to become involved in local issues. We published a magazine called Prairie Fire that we distributed throughout the city that was home to the university.

Old Tom's keen bent for politics matured in the mid 1970s and veered toward the mainstream when, as a city-dwelling laborer (with, by then, somewhat shorter hair and beard), he ran for Urbana City Council. Several of us pitched in and worked on the campaign, and to the astonishment of everyone except Old Tom, when the votes were counted, he'd won.

But he wasn't all hard work, not at all. I remember camping trips to Southern Illinois. One in particular involved two of us going off with our dogs, no particular destination in mind, and becoming lost in the deep wooded hollers. We wandered awhile before hearing another hiker strolling through the creekbottom below. Sure enough, it was Old Tom. As it turned out, he didn't know he was lost yet, and we stumbled through the woods for hours, in the rain and gathering darkness, before finding a house where a little old man offered

*** continued on page 15***



Covenant Health Knoxville Marathon



THANK YOU TO OUR SPONSORS AND PARTICIPANTS!



CITY OF KNOXVILLE – RUNNERS MARKET – FIRSTBANK – HOMELIGHT
ASSOCIATED SCAFFOLDING – IMAGE MATTERS – HARD KNOX PIZZERIA
ALL OCCASIONS PARTY RENTALS – TENNESSEE SCHOOL OF BEAUTY
21ST MORTGAGE CORPORATION – LIVE IV WELLNESS FROM WITHIN - 99.1 WNML
KELLOGG'S – NEWSTALK 98.7 – MAYFIELD DAIRY – T2 GRAPHIC DESIGN

COVENANT HEALTH KNOXVILLE MARATHON

EXCITING RETURN FOR FIRST SPRINGTIME CHKM SINCE 2019

Jason Altman, Director, Covenant Health Knoxville Marathon

As you will recall, KTC held the 2021 Covenant Health Knoxville Marathon weekend on October 2-3. While it was great to be able to host the event again for the first time in two-and-a-half years, the long-term goal of the event is to keep it in its place in the spring. We were excited to host the 2022 Covenant Health Knoxville Marathon the weekend of March 26-27, the first spring-time edition of the event since 2019!



Saturday night kicked off with our Covenant Kids Run at 5:30 pm, followed by the Covenant Health 5K, scheduled for 7 pm.

Windy but sunny weather greeted the kids and 5K participants on Saturday. Former University of Tennessee Quarterback turned marathon runner Sterling “Sterl the Pearl” Henton got the Saturday crowd fired up and the 5K participants began their journey through the streets of Knoxville. Fifteen minutes later, a crowd of nearly 1,000 5K participants began pouring into the finish chute at World’s Fair Park.

Scott Greeves won his second Covenant Health 5K in a row, this time shattering the course record in 15:10. Seth Kolosso of Lenoir City followed shortly behind as the second place male in a time of 15:30. Third place honors went to Wil Cantrell of Knoxville, in a time of 17:20. The Masters competition also featured a returning winner. The

first Masters finisher was Ron Hees, his second Master title in row, this time in 19:59. Matthew Fabian took second masters in 21:31. J.J. Thomas was not far off in 22:35, good enough for third place for Masters. Grandmasters Winner Randy Gibson (22:53) and Senior Grandmasters winner Chris Knight (26:02), rounded out the male superlative award winners.

Our women’s champion in the 5K was Rachel McGovern, who also set a course record in 18:12. Second female honors went to Maria Zolkowski in 23:07. Third female was Savannah Duke, who crossed the line in 24:46. Annie Stiles took home first place in the female Masters division in 25:32. Amy Farr (26:18) and Kate Vandergriff (26:26), earned second and third place Masters titles for their efforts. Top female Grandmasters winner was Angelina Borisov (28:30) and female Senior Grandmasters champion was Terry Shell (35:03).

By Sunday morning, the winds had died down and a perfect morning for racing was upon us. A few minutes before the race started, David Brace, Chief Operating Officer of the City of Knoxville, welcomed the crowd to Knoxville and wished them well on their endeavors. Rising superstar Jennifer Brown sang our national anthem. When the clock turned to 7:30 am sharp, Jim VanderSteeg shot the starter’s pistol and the full marathon, half marathon, two-person marathon relay, and four-

person marathon relay runners began their journey through the streets of Knoxville.

The men’s half marathon was a battle for many miles, but eventually Alan Carreno of Las Vegas pulled away to win in a time of 1:11:40. Joshua Mower (1:12:58) of Knoxville, was able to hold on to second place, and was followed by Will Shaffer (1:14:34), from Knoxville. Defending Champion Stewart Ellington of Knoxville dominated the competition to win the Masters division with his half marathon time of 1:17:10. Christopher Malloy (1:21:27) was second Masters and Hal Bibee of Knoxville was third in 1:21:35. Top Grandmasters went to Matt Stegall (1:24:39) of Knoxville and Brent Bueche of Maryville (1:28:43) won top Senior Grandmasters for the gentlemen.

In the women’s race, 4-time winner of the Covenant Health Knoxville Marathon Gina Rouse opted for the half marathon this year. She entered World’s Fair Park first and broke the tape for the half marathon in a time of 1:20:01. Elizabeth Herndon claimed second place for the second consecutive year with her time of 1:22:19. Finishing third was Jennifer Weston of Oak Ridge in a time of 1:23:27. The female Masters competition was claimed by 3-time winner of the full marathon, Kathy Wolski. She ran a 1:30:15 to best Jill O’Grady (1:32:43) of Augusta, GA, and Tammy Slusser (1:35:46) of Monroeville, PA.

**** continued on page 15 ****

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 went into effect March 1, 2022. This allowed for some renewals at the old 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 2022 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)
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New Balance Knoxville
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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! I hope this edition of Footnotes finds you still reveling in the glory of a fantastic CHKM performance. What an awesome weekend! As usual, RunKNOXers were out in full force. We had volunteers at the Expo and at the races. We had cheer squads on the roads all over town. We had teammates participating in every event: Kids Run, 5k, 4-person relay, 2-person relay, 13.1, and 26.2. We're as proud of the effort of our "support" team as we are of the effort of our "race" team. Thank you all for making CHKM such an incredible event for our community!

<https://runknox.trainingtiltapp.com>

Let's talk about PRs. I feel like Oprah handing out *Project RunKNOX* bling. You get a PR! And

you get a PR! Everybody gets a PR!

Those PRs don't come easy, though. They are hard earned. If there is one takeaway tip that I could share from this training session it would be CONSISTENCY. As Olympic marathoner Des Linden says, "keep showing up". We see a direct correlation between consistency and success. Rain, wind, snow, heat, humidity, tired, hungover; we train through it. The PRs clocked this training cycle were scored by folks who kept showing up (even on the days when coach wanted to mail it in).

I'll never guarantee a particular result, but I will guarantee that if you do the work that we prescribe, you will be in a position to succeed.

I encourage you to get off the fence and sign up for that big race. Get off the fence and sign up for a training group. Get out of bed and show up to the early workouts. Get out of work and show up to the evening workouts. Trust me, it is significantly easier when you know that teammates are out there. They need you as much as you need them. You push them and they push you.

We offer both group and personal training, in in-person, online, and/or hybrid formats. 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.trainingtiltapp.com/>

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.

Treadin' Trodden Trails

Michael deLisle
KTC Trail Series Director

An East Tennessee Newbie

Forty years ago, when I'd just moved to East Tennessee to escape the barren flatlands of Central Illinois (and to get away from a particularly auspicious woman, but that's another story for another time), I took up residence on a hilltop in Loudon County. The cabin was tiny, just one main room with a woodstove, an oil lamp, a two-burner propane camp stove, an austere table and chair, bookshelf, and an overhead sleeping loft. Privy outside. No electricity or running water. When I needed to replenish my five-gallon water container, I walked about a quarter mile each way to a friendly neighbor's house, lugging forty pounds of water back to the cabin. I shake my head in wonderment at how easy, how routine that chore seemed to me back then.

I rented the cabin from two friends I'd known back up north. They'd moved south seven years before I did (making seven years worth of wonderful friends for me in the process), bought forty acres of land and built a wonderful house in a broad meadow backed up against Black Oak Ridge. A few trails existed before they bought the land and they added more, some that climbed up and down the ridge, some that snaked across its face, and some that led to the top and beyond.

It was these trails that I walked every morning, no matter the weather, with my big dog Levi by my side. He'd moved south with me as a youngster and spent much of his life there in Loudon

County. A hundred and ten pounds of cornfed canine, he could handle any trail he came across (including ascending the ladders at Big South Fork - try to imagine a St. Bernard climbing a ladder!)

So we were most content there, trails to wander, water to carry, wood to chop and split, garden to tend to, songs to write. Pretty much everything we needed. It was a good life, one I remember with eminent fondness.

My friends loved trekking trails every bit as much as we did, although they preferred treading trails on horseback. Being self-employed, they had ample time to show us around. And they'd had seven years to learn the ropes and discover the absolute best parks and wilderness areas to explore.

Thus it was, in April 1982, we made our first foray to Frozen Head State Park near Wartburg in Morgan County. Less than an hour away on pleasant, pastoral two-lane roads, the flat entrance to the park followed a small cheerful creek that splashed through a narrow meadow surrounded by rugged mountains. Verdant greenery exploded everywhere we looked, meadow grasses waving in the breeze, dogwoods, red-buds, and other flowering trees I didn't yet recognize gracing the roadside, and eye-popping stands of wildflowers lurk-

ing in the shadows of the evergreens and hardwoods.

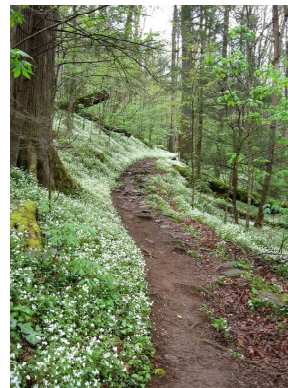
It was these wildflowers that captured my imagination and remained in my mind's eye for days, weeks, years, after that first visit to Frozen Head. The South Mac Mountain Trail showed off what seemed like trillions of trillium, white, yellow, pink, crimson. Flocks of white and purple phlox. Broad stands of May Apple. Spring beauties, masses of wild geranium, Fire Pink, Solomon's Seal (both false and genuine), violets of every size and hue, and even a pink Lady Slipper orchid or two. And more.

Of course I didn't know the names of most of these, but my friends happily provided them as the procession made its way across the face of the hillside, man on horseback, woman on horseback, starry-eyed newbie with backpack, and a happy St. Bernard trotting along at the rear.

That evening we stopped along the Boundary Trail at the base of an immense Shagbark Hickory, tying up the horses and making camp in a pleasant grassy area. Soon after dark, the moon rose over the ridge, the Pink Moon, it was explained to me, so named after the plethora of pink wildflowers that appear in spring. As I lay there, trail induced weariness seep-

ing through my bones, I did my best to resist falling asleep; it was far too beautiful an evening to sleep just yet. The old shagbark creaked and groaned as night breezes blew through the tips of its branches far above. A few nocturnal songbirds serenaded us, and the moon slowly sailed across the heavens.

Thinking back: best day ever? Maybe. But maybe I've been lucky enough, semantics aside, to have a whole slew of best days ever. And many—maybe most—have come since I made my way south back in 1982. Best year ever? Very possibly. Best decision ever? Without a doubt.



2022 TRAIL RACE SCHEDULE

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

SHARPS RIDGE RUNNER — Saturday, June 11, 2022 8:00 am. 7 miles and 4 miles, PLUS Kids Trail Mile. Sharps Ridge Memorial Park, Knoxville.

HAWRIDGETRAIL 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

Adkins Family	Dusty Elliott	Jane Holly	Greg McMullen	Robert Smalley
Victor Hugo Agreda	Kate Evans	Mark Hudspeth	Monroe Family	Amanda Staggs
Yousef Al-Khelaifi	Steve Ferguson	Vicky Hughes	Tim Morse	Stewart Family
Chelsie Atchley	Peter Flanagan	Huskey Family	Myers Family	Tarr Family
Emily Bailey	Andrew Frazier	Kensuke Ishii	Kathy Nash	Joe Thomas
Baker Family	Kendall Freeman	Johnson Family	Sherri Ottinger	Kevin Tippens
Cheryl Ball	Lucas Gardner	Ross Jones	Palmer Family	Ryan Tomlinson
Bean Family	Stefanie Garvin	Amy Jones	Carly Pearson	Patty Tracy-Thewes
Brian Bischoff	Julia Gause	Paul Karakashian	Amanda Ping	Kaye Walker
Myranda Bishop	Glass Family	Tomoko Kim	Daniel Pope	Ernest Waller
Michele Brackett	Bobby Glenn	Kimball Family	Josh Poston	Pamela Washington
Aaron Bradner	Max Godbee	Indya Kincannon	Pracheil Family	Weber Family
Jack Carlson	Lisa Greenwood	Bernadette Kitzke	Paul Rasmussen	Patrick Welsh
Carroll Family	Grindstaff Family	Daniel Klingensmith	Ron Rayho	Bekah White
Alexandria Carter	Susan Groenke	Nick Lavrik	Reneau Family	Bradley Wilkinson
Ashley Chambers	Stephanie Grubbs	J. Amy Lawhorne	Rhoton Family	Julie Willenborg
Chandler Family	Terra Haggard	Rob Levering	Hannah Rosen	Sandra Willis
Kenneth Childs	Jennifer Heppert	Levko Family	Saulnier Family	Lori Wilson
Martin Cordell	Joseph Hicks	Dolynn Loy	Scalf Family	Winstead Family
Megan Dannel	Luther Hill	Kitty McClanahan	Scofield Family	John Witherspoon
Wade Davies	Debi Hinson	John McCusker, Jr.	Matthew Seddon	Wolf Family
Rachel L. Debuty	Mandy Hipshire	Jennifer McKelvey	Justin Shelton	Jimmy Wooten
Paul Duncan	Dan Holbrook		Lori Lynn Short	John Young



Should I See a Pelvic Floor Specialist?

by Whitney Heins

In the past several years, a lot has been learned and shared about pelvic floor health postpartum. Even as more information comes out, questions still loom about the pelvic floor, when to safely return to running after having a baby, and when (or if) you should see a pelvic floor specialist.

What is the pelvic floor?

Your pelvic floor is the group of muscles that form a sling at the bottom of your pelvic bowl, explains Dr. Hannah Poe, Atlanta-based pelvic floor physical therapist at Exhale Pelvic Floor. The

pelvic floor is a very important part of your core and works in collaboration with your abdominal muscles. They hold up all the contents of your pelvis!

Pelvic floor muscles that are too weak or too tight can lead to running injuries in the hip, knee, groin, hamstring, and back. This is because having a pelvic floor that is weak OR too tight will change the way your body moves.

How do you know if you need pelvic floor therapy?

The most common sign of pelvic

floor dysfunction is incontinence, or leaking urine.

“ANY incontinence is not normal!” says Poe. If you experience any leaking, you should see a pelvic floor specialist.

Below are signs of a weak pelvic floor or pelvic floor dysfunction. If you experience any of these symptoms, you should see a pelvic floor specialist:

- ◆ Urinary or fecal incontinence (leaking)
- ◆ Pain with sex
- ◆ Pelvic pain
- ◆ Pelvic pressure or heaviness
- ◆ Constipation
- ◆ Tampons that dislodge or fall out
- ◆ Urinating more often
- ◆ Reduced sensation in the vagina
- ◆ Pain when urinating or when it’s full
- ◆ A strong urge to urinate but not being able to empty the bladder
- ◆ Pressure/bulging in the vagina
- ◆ Diastasis recti, or separation of the ab muscles (which often goes hand in hand with pelvic floor dysfunction).

Even if you don’t have these symptoms, it’s never a bad idea to get the health of your pelvic floor assessed. In the meantime, do the following:

Five Ways to Prevent Pelvic Floor Issues

Unclench your jaw

If you’re walking around holding tension in your jaw, you may be holding tension in your pelvic floor.

**** continued on page 15 ****

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>



Pelvic Floor

AAA continued from page 14 AAA

Don't hold your breath

Avoid holding your breath with straining, and practice breathing when you do something difficult like moving your body or lifting.

Exhale as you move

Take a deep breath in and EXHALE as you move or lift. For example, exhale as you roll to get out of bed after birth, or exhale as you lift your baby from the crib.

Stop doing Kegels

Signs of a weak or overactive pelvic floor can present the same. Doing Kegels if your pelvic floor muscles are already contracted is not helpful.

Wait to run

Yup, I saved the worst for last...While you may be cleared at your OB/gyn appointment at 6 weeks to run, your doctor does not assess your pelvic floor health like a pelvic PT can. The latest research suggests waiting 12 weeks before resuming running. This is when your soft tissues and pelvis have returned more to its pre-pregnancy state.

COVENANT MARATHON

AAA continued from page 9 AAA

Jill and Tammy still earned second and third place Masters, respectfully, for their great efforts. Female Grandmasters champion Constance Dickey (1:42:47) joined us from Friendsville, and Susan Sheridan-Statz of Lincoln, NE, took home Senior Grandmasters honors for her 1:52:47 half marathon.

We had two participants in the marathon handcycle division. Dane Pilon completed the full marathon in his handcycle to win in 1:25:59. Carly Pearson of Knoxville took top female honors in 2:41:22. In the pushrim wheelchair division, Chad Johnson broke the half marathon tape in 1:15:02. Matthew Porterfield was close behind in 1:15:54.

The full marathon saw a victory by 2015 and 2021 CHKM Champion Ethan Coffey, as he won once again, this year in a time of 2:31:12. Austin Whitelaw pushed Ethan for most of the race and he crossed the line second in 2:33:54. Justin Weinmeister took home third place with a time of 2:38:21. The men's Masters competition saw a good battle as Steven Campbell (2:56:40) of Sevierville, Chris Davis (2:59:09) of Knoxville, and Brian Huskey (3:16:22) of Knoxville, took first through third respectively. Steve Hibbs of Minne-

apolis (3:22:57) won the Grandmasters title for males, and David Gallant (3:31:29) of Kodak, was the Senior Grandmasters Champion.

The battle between the ladies was more decisive than the men's competition. Caroline Kimble of Nashville led wire to wire and crossed the line first in 3:07:39. After Caroline, Megan Kleeschulte of Knoxville, finished in 3:11:12. Audrey Carter from Whitesburg, TN, was third female in 3:16:08. Morristown resident Andee Swann (3:20:03) won the Masters Division and she was followed in second by Angela Sellers (3:40:32) of Knoxville, and in third by Nicole Krewson (3:42:46), also of Knoxville. Grandmasters female champion was Marquel Clark (4:02:26) of Charlotte, NC, and Senior Grandmasters winner Becky Tener (5:02:37) of Louisville, TN rounded out our superlatives.

Over the course of the next several hours, thousands of happy and exhausted faces partied at World's Fair Park with friends and family members as they celebrated their accomplishments. When the dust had settled, only a few finisher medals were left over, race results were posted online, and equipment was being placed back into storage. We hope to see you April 1-2, 2023, for the 19th Edition of Covenant Health Knoxville Marathon Weekend!

Old Tom

AAA continued from page 7 AAA

us a ride back to the campground, but not before brandishing a pistol and promising that if trouble arose, he'd be the one to finish it.

Along with several other moral barbarians, we put together a softball team that at first consisted of what appeared to be just a ragtag bunch of hippies. As years passed, those ragtag hippies (who could always play a little ball) devel-

oped into a championship team that won trophies as league and city champions and served as a summertime social anchor for our large group of friends. Old Tom? A hard-hitting stalwart third baseman and catcher on those teams.

Though another fifty (!) years passed, the adventures we embarked on paled in contrast with those first ten wild years of shared youth. After I moved away and settled down here in East Tennessee, I saw Old Tom only on my return visits to Illinois, which happened less often as years passed and my life here grew more complicated.

But every time we got together, we had a jolly old time. We found that we'd developed a mutual love for native plants, trees, and wildflowers, and each took pride in bragging about what we had growing around our homes. We'd talk politics and sports and music. And of course, we regaled each other with tales of the old days, made all the richer by the embellishment of things that may or may not have happened.

Old Tom is gone. Damn. And it sure is true what they say, that dying is far harder on the ones left behind. Sure is. Gonna miss you, brother.

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Proud Sponsor of Knoxville Track Club

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At Knoxville Spine and Sports we are as strong, individually as the sum of our parts. We firmly believe in a network of care where multiple practitioners contribute to your care plan. We understand that individually we may not always be able to solve all your problems but we strive to always have an answer that will

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Running With Knee Pain Revisited

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

Piggy backing off the topic in the last Footnotes, we are discussing other causes of knee pain and ways to help if experiencing it. Whether you are an ultramarathoner or a weekend warrior, you've most likely dealt with knee related pain. Knee pain is one of the most common running related injuries and is estimated to affect about 55% of recreational runners. There are many different causes of knee pain or knee related injuries, but some of the most common knee injuries include patellar tendonitis, patellofemoral pain, iliotibial band pain, and strains/sprains.

We talked a lot about patellofemoral pain previously since it is the most common knee pain associated with runners. To recap, we discussed increasing cadence by 10% to help alleviate pain. Other pain relief options also include therapeutic exercises and self-soft tissue mobilizations. Typically, with patellofemoral pain, there is either a weakness in one or more of the quadriceps muscles, excess tension in one or more of the quadriceps muscles, or the muscles aren't being activated fully through the gait cycle. Performing isometric contractions is one way to address the concerns presenting in the quadriceps muscles. With your leg stretched out, place your hand across the top of your thigh and try to flex your quad muscles. You should



feel an even contraction of all the muscles in the thigh. If not, you can perform sustained holds of the contractions in this position, focusing on activating those muscles that aren't contracting as optimally. Another way we can help decrease tension and overall function of the quadriceps muscles is by eccentric loading. An eccentric contraction (or negative rep) is a sustained contraction while the muscle is lengthening. Ways to eccentrically load the quads include a negative squat rep, "sissy" squats, or the kneeling eccentric quadriceps exercise. If none of these options work, you can always resort to foam rolling, stretching, or using a massage gun to reduce muscle tension.

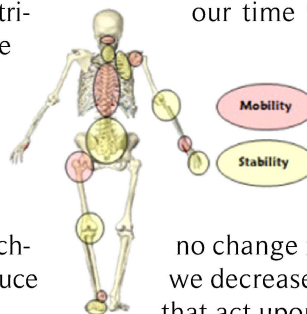
Patellar tendonitis is an overuse injury that is defined by pain in the tendon that connects the kneecap to the tibia (the shin bone). Many of the causes of patellofemoral pain can also lead to patellar tendonitis. The first thing to do when this pain presents is to rest, decrease mileage, or modify your activities to those that decrease the strain on the patellar tendon. Treatment options include everything we previously mentioned, alongside therapeutic exercise, ice, Class 4 laser therapy, dry needling, ultrasound therapy, and many more. A few exercises you can try if you start

experiencing this type of pain include wall sits, slow squats, or "sissy" squats. General quad stretches or foam rolling will help decrease the tension on the patellar tendon, thus relieving some of the symptoms.

Iliotibial band pain is also commonly seen in runners. The iliotibial band is an extremely strong piece of connective tissue that provides attachment for the gluteus maximus and tensor fascia lata. Many of us spend our time trying to foam roll the outer thigh only to discover no change in the discomfort or tension we are experiencing. However, there will be no change in our symptoms unless we decrease tension in the muscles that act upon the connective tissue.

The areas you want to focus on massaging or foam rolling are the glutes and the TFL muscles. The pigeon stretch is great for loosening the glute muscles and the lying abductor stretch is great for loosening the TFL muscle. If the foam roller doesn't seem to be cutting it on these muscles, you can always use a lacrosse ball to dig in for a more intense muscle release.

As stated previously, there are many causes of knee pain associated with running. If you find yourself experiencing any of these symptoms, try adding in the exercises or exercise modifications. If the symptoms persist, consider reaching out to a health care professional.



2022 Trail Series Grand Prix Standings Point Totals - through North Boundary

Chris George, keeper of the points

OPEN MALE		OPEN FEMALE		MASTERS MALE		MASTERS FEMALE	
Eric Cannon	160	Jaclyn Noshay	190	David McLennan	275	Malinda Honkus	200
Nathan Helton	150	Olivia Pfeifer	120	Matt Stegall	270	Jill McNeal	130
Kevin Ellison	120	Minttu Hukka	100	Scott Schmidt	170	Kyra Donnell	120
Joshua Melton	120	Meredith Hale	100	Marcus Steward	130	Mary Patterson	120
Matthew Williams	110	Elizabeth Neely	95	Jared Lawrence	120	Amy Jones	100
Brandon McCloy	100	Morgan Howe	90	Jason Cathey	110	Kimberly Donnelly	90
Peyton Gupton	100	Josie Calhoon	90	Mark Hall	105	Kyli Wooten	90
Wesley Crane	100	Jessica Sheah	90	Ron Wireman	100	Kelly Novarro	90
Carter Hall	100	Kelly Fox	80	Adam Kolatorowicz	100	Meg Guy	90
Tim Hill	100	Megan Von Bergen	80	Jacob Prater	90	Carrie Hastings	80
Lance Cundy	90	Maci Brede	70	Joshua Scott	90	Melina Pahigianis	80
Austin Turner	80	Bekah Ruckart	70	Michael Morrell	90	Connie McCormick	80
Brian Vermillion	80	Monica Chapman	70	Mark Douglass	80	Virginia-Bibb Golden	70
Jacob Dean	70	Megan Daniel	70	Henry Howard	70	Kelli Stone	70
Chandler Campbell	70	Trinity Douglass	60	Richard Ibberson	70	Rebecca Evans	60
David Compton	70	Macie Gaines/Nikki Kur	60	Mike Mann	65	Alahna Jansen	60

2022 KTC Grand Prix Point Totals through CHMK

Jerry Schohl, keeper of the points

MALE	TEAMS	FEMALE
Darren Driscoll	Team Runners Market	Elizabeth Herndon
Brent Bueche	Zen Evo / Long Run	Stacy Clower
Matt Stegall	Team Really	Jennifer Weston
David Johnson	RunKNOX	Shirley Sirois
Ethan Coffey	UT-Battelle-ORNL	Kathy Wolski
Hal Bibee	Carter Sports	Peighton Meske
Chris Davis	Scruffy City Endurance	Gina Rouse
Paul Horton	KTC Socialites	Angela Sellers
Ken Sirois	Back of the Pack Elite	Connie Dickey
Chase Givens	Fleet Feet Knoxville	Marian Schmidt
Brian Huskey		Constance Bailey
Joshua Mower		Becky Tener
Jeff Colfer		Megan Kleeschulte
Will Shaffer		Doris Windsand
Cameron Cook		Jennifer Moore
Sam Plemons		Marsha Morton
4 men tied with		5 women tied with



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



TRI-BAL KNOWLEDGE

Six-Legged Running?

by Larry Brede



Over the past few years I've written about quite a few different multisport formats. They involve the typical running, biking, and swimming, with occasional variations for other human-powered motion. Maybe some off-road biking or running, ocean swimming, or even non-typical multisport disciplines such as kayaking or skiing. However, my daughter Maci recently started competing in something very different: Equathon.



What is Equathon? It's a sport that involves one person first riding a horse over a specific course, then running a different course. As in a typical race, fastest time wins. However, Equathon has many nuances that differentiate it from most other race formats.

Of course, a horse is required. Not a standard household pet. Maci is the proud owner of a mule (Ferris Mueller) that she trail rides regularly. While most entrants

ride Arabian horses that are much better suited for speed and distance, Maci and Ferris are a great team who ride all over trail systems in the southeast. Ferris may not be the fastest guy on the course, but he's steady. The race starts with all riders on their mounts heading out onto the trails at the same time. Maci's last few races have been at the Big South Fork, with the race organizers marking trails with ribbons. The riding portion of the races Maci has entered have been in the ten to twelve mile range.



checked to ensure they're healthy and their heart rates must come down to a

predetermined level (based on pre-race vet-check levels) to demonstrate they're recovered. Only at that time can the person begin the run course. Fortunately, athletes are allowed outside assistance for the vet-check, so family can help get the horse cooled down and resting while the athlete changes into running gear.



Once the horse passes the vet-check, race organizers let the athletes head out on the run course.

Like almost every trail race, distance is a function of what the trail system gives them, not on a specific distance. Maci's races have included six to eight mile run routes. If you know the Big South Fork, you know there is a lot of elevation, and recently a whole bunch of mud. There isn't any support out on the course, so each athlete carries whatever fluid and nutrition they'll need on the course. Maci happens to be a little stronger runner than Ferris, so she's typically one of the top runners and catches a few athletes who may have started ahead of her.

All in all, it's a great format for the few, the proud, the horseback riding runners. Add in family camping time, and it's hard to spend a better weekend together!

Knoxville Track Club thanks

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

10847 Hardin Valley Rd
Knoxville 37932
865-896-3760



Monday	11AM-9PM
Tuesday	11AM-9PM
Wednesday	11AM-9PM
Thursday	11AM-9PM
Friday	11AM-10PM
Saturday	11AM-10PM
Sunday	11AM-9PM

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The Dogwood Classic 5k**

<https://hardknoxpizza.com>

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**Monday-Friday 10-6
Saturday 10-5**





KTC BOARD OF DIRECTORS

Minutes of February 2022 Meeting

FEBRUARY 28, 2022

The meeting was called to order by Brian Huskey at 6:04pm. In attendance were Christina Adkins, Brian Huskey, Gabrielle Cline, Bobby Glenn, Pam Haggard, Tim Hill, Keith Jackson, Jennifer Moore, Suzanne Oliver, Matt Stegall, Eric Weatherbee, Stephanie Bailey, Jason Altman, and David Black attended as guests.

The Running Club at UTK Presentation/Sponsorship Request— \$2000-3000 sponsorship request to cover entry fees and travel (van rental + gas) in exchange for volunteering, social media marketing, and KTC branding on race singlets. Discussion and vote were scheduled towards the end of the meeting.

Minutes – The January minutes were presented. There were no questions or amendments. Pam Haggard moved to approve; Gabe Cline provided a second. The minutes were approved unanimously.

Regular Reports Consent Agenda

Executive Director Report— Visit Knoxville would like to help promote the Expo race by adding a half marathon distance to celebrate 40th anniversary of 1982 World’s Fair, with the start and finish being at World’s Fair Park. Bobby Glenn made a motion to approve the addition of the half given we don’t see any negative financial risks. Suzanne provided a second. Motion passed unanimously. New Volunteer Coordinator role has been filled by Teresa Williams to help promote volunteerism within the club and push Volunteer Grand Prix. David brought up Whitestone Inn’s desire for runners to bring their family along for

the race to make an entire weekend event and possibly moving race date from Sunday to Saturday. Pam asked how many runners reserved hotel rooms for the Whitestone Sunday event. Further discussion needed.

Treasurer’s Report— Christina asked if we’ve scheduled meeting with Trust company to discuss current financial holdings. Meeting is still in the works. Finance committee is in development with upcoming meeting planned.

Marathon Director’s Report— Registration numbers are trending up. Clayton signed on to be Title sponsor of the Health & Fitness Expo for 3 consecutive years. High need for 5k course monitors and Expo registration volunteers. March 21 is the scheduled CHKM press conference where Covenant will announce another three-year agreement to be the Title sponsor for the 2023-2025 events. Christina asked how much marketing was done at other marathon expos to bring in more out of state/country runners. Jason mentioned 0 for the 2020-2022 events due to the 2020 cancellation and quick turnaround of fall and spring CHKM events for 2021 and 2022.

Event Manager Report (Youth Development)—No further discussion

Trail Committee/Footnotes Report—No further discussion

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

Website/Marketing/Social Me-

dia/Survey—Executive committee will vote to determine if KTC needs to hire an intern to assist with web transfer of old KTC website to new site. Membership survey will be going out soon in exchange for a free race entry.



Partnerships/Giving Back/Community— Committee still in development.

The Running Club at UTK Discussion/Vote—Suzanne made motion to approve a one-time donation of \$2500. Keith seconded. Motion passed unanimously.

Roundtable

Suzanne suggested expo layout request with Jason.

Bobby announced that a few members recently passed away: Doug Mooney (KTC President from 1988-89) and Tom Chilton (Hall of Fame Class of 2014).

Jason shared that Don Holt (long-time member of KTC) passed away in January.

Pam—the 54th Volunteer Track Classic is live on TN Milesplit and scheduled for Easter weekend. They’ll need several volunteers to help out race director Don Madgett. Volunteer sign-ups will be on Runsignup.com.

David—There is a fun run at Alcoa High School this Friday night (3/4/22).

At 7:43pm, Pam moved to adjourn the board meeting. Keith provided a second. The board adjourned. Next KTC Board meeting March 28, 2022.

KTC VOLUNTEERS NEEDED

- May 8 I.C. King of Trails Race and Kids Trail Mile
- May 28 KTC Expo Half Marathon, 10k, and 5k
- Jun 11 Sharps Ridge Runner and Kids Trail Mile
- Jun 16 Hal Canfield Memorial Milefest
- Jul 3 Pilot Fireball Moonlight Classic 5k and Little Firecrackers Run
- Jul 9 Haw Ridge Trail Race and Kids Trail Mile
- Jul 16 Springbrook Splash 10k / 5k

PLEASE CHECK UPDATED RACE INFO ON KTC WEBSITE



new balance

8027 Kingston Pike
Suburban Plaza
Knoxville TN
865.539.1100

Knoxville

VOLUNTEERS!

**SIGN UP TO HELP
WITH CLUB EVENTS**



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



KTC BOARD OF DIRECTORS

Minutes of March 2022 Meeting

MARCH 28, 2022

The meeting was called to order by Brian Huskey at 6:05pm. In attendance were Christina Adkins, Brian Huskey, Gabrielle Cline, Pam Haggard, Tim Hill, David Hinkle, Jennifer Moore, Eric Weatherbee, and Jason Wise. David Black attended as a guest.

Minutes – The February minutes were presented. There were no questions or amendments. Eric moved to approve; Gabe provided a second. The minutes were approved unanimously.

Regular Reports Consent Agenda

Executive Director Report— Brian asked if the numbers are starting to rebound. Pam noted how calendar is becoming saturated with other races. David H is interested in making CHKM a destination race. CHKM discussion will be presented to MAC. Our upcoming 45th Expo is combining with 40th World's Fair Anniversary for a special half marathon distance that will occur once every five or ten years.

Treasurer's Report—no further

discussion was initiated.

Marathon Director's Report—no further discussion.

Event Manager Report (Youth Development)—no further discussion.

**Trail Committee/
Footnotes Report**—no further discussion.

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

Volunteerism/Participation

Board members were encouraged to volunteer at road, trail, and youth events.

Roundtable

Christina said Volunteer Track Classic needs volunteers for race weekend April 15-16th and will email out the sign-up link.

David H: wants running community connecting with tri-club to create mutual relationship for race participation.

Tim H would like to see more KTC aid stations set up at local endurance events and more KTC members volunteering.

David B would like to see our KTC shirts at non-KTC events.

Eric would like to see membership database to help boost membership and volunteer numbers by reaching folks in his inner circle who aren't currently members.

Pam wants Hal Canfield scholarship advertised more because this year we only had one applicant. There is a lack of transparency regarding the scholarship. She'd like to see more KTC scholarships offered.

At 7:14pm, Pam moved to adjourn the board meeting. David H provided a second. The board adjourned.

Next Board Meeting April 25, 2022 at the office of Legacy Parks .



KTC Group Runs

MONDAY 5:00 am - Oak Ridge Civic Center, 1403 Oak Ridge Turnpike - text 865-384-8564 for info

MONDAY 6:30 pm - Barrelhouse by Gypsy Circus, 621 Lamar St, downtown Knoxville - 3, 5 mile runs

WEDNESDAY 5:00 am - Oak Ridge Civic Center, 1403 Oak Ridge Turnpike - text 865-384-8564 for info

WEDNESDAY 6:00 pm - Runners Market, 4443 Kingston Pike, Western Plaza. Postrun fun at Hard Knox Pizza

Seasonal get-togethers also occur in the runup to CHKM and Pigeon Forge Half Club members also meet occasionally to run the Cades Cove Loop



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TWO SWEET DAYS AT BIG RIDGE (AND ONE NOT SO MUCH)

Bobby Glenn, race director

What a difference a week (or even a day) makes. I went out to mark the course the

Friday before the original date and enjoyed a great 65 degree day in the woods. The next day it looked quite a bit different (photos courtesy of Kristy Berry who braved the course on the original date along with a few others). Legend has it that snow was knee deep on the north facing ridges.

So, we elected to push it out a week (which messed with more than a few folks' plans) and were rewarded with an absolutely beautiful afternoon, with temperatures in the 60s on March 20.

The trails were in great shape. As usual, Ranger Keith Montgomery and his crew did a great job clearing blowdowns, making way for everybody to enjoy a day on the trails.

We had a small but effective crew of volunteers who got it done. Thank you Alondra Moody, Stephanie Johnson, Michael deLisle, Rebecca Holder, David McLennan,

John Storey, Derek Willis and Matt Stegall (our kids run rabbit) and Chris George (water hauler boss man).

Alondra, John and Derek also pitched in to sweep the course so that a) nobody was left in the woods and b) all the course markings were picked up.

As always, big thanks go out to our marvelous sponsors, including Knoxville Spine and Sports, SoKno Taco, Flats and Taps, Cool Beans, Tailwind, Pilot, Runners Market, REI, Verawella, and Black Horse Brewery. Without their support, it'd be much tougher to put on such a fun, safe, and rewarding series of trail races.

If you're one of those folks who hasn't checked out the trail system at Big Ridge State Park, put it on your list, as these are some of the best trails around (they are planning to further expand the trail network, so stay tuned).

Big thanks to Keith Montgomery and the staff there for hosting us again. See you next year at Big Ridge !!!



Sixty Years of KTC

AA continued from page 7 AA

didn't need it. So over the previous weekend when he felt himself getting jittery, he got his brother to go on a run with him. Your own walking or running may have a similar influence on someone around you.

Look at our calendar and make plans to join us as a participant or volunteer. Both reap great benefits for mental and physical health. Up next is the I.C. King of Trails race on May 8. This five-mile trail race is located just minutes from downtown Knoxville. This is followed three weeks later by the 45th running of the EXPO to celebrate the 40th anniversary of the World's Fair. We offer a half-marathon, 10k, and 5k. For this special edition of the EXPO, all participants will receive a commemorative medal. Both the road and trail races have kids mile options, as well, so be sure and bring out the kiddos.

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 email KTC membership chair Kathy Nash at knoxtrackmembership@gmail.com Or else reach out to Event Manager Stephanie Bailey at knoxtrackevents@gmail.com to share your story. Hope to see you soon on the road or on the trails.



WIREMAN, HALL DUEL ON NORTH BOUNDARY TRAILS



John Storey, race director

On April 16th, Knoxville Track Club's Treadin' Trodden Trails Committee continued their live (and virtual) 2022 series with the North Boundary Traverse and weeklong virtual Traverse on trails of the participant's choice. The North Boundary Trail encompasses part of the old "patrol" road on the Department of Energy's Oak Ridge Reservation and was actually patrolled on horseback for many years when Oak Ridge was the Secret City. The trail became an official greenway in the 90s and is much used, particularly since 2020 as folks looked for outdoors activities. This past year has seen many more people out enjoying the trail. Although the North Boundary Trail itself is gravel, the late Kerry Trammel and now the Clinch Valley Trail Alliance (CVTA) have added some terrific single track over the years, which we again featured in this year's races.



side, Cirabella McLennan led the way, followed by Kavannah Addington and Aletta Wirtz.

The 10k Plus and Half Marathon courses covered roughly the same ground until the Half'ers started their second loop. The course ran across the large field to the gravel road, around the quarry, and up Sinkhole trail to the top. Steve and Joy Barber hosted an aid station at their gate on the top part of the North Boundary Trail, after a little over four miles. Then the runners had a fast downhill on Gallaher trail to the quarry, with 10k'ers finishing up (with some bonus distance) while the Half'ers continuing back around. The second loop featured Boulder trail with its large boulders and a very solid climb midway up the trail. After hitting the Barber Aid Station again, the Half'ers were treated to big climb around mile 11 and a fast downhill finish via Hunley Rd.



Nathan Helton of Knoxville and Yauri Martinez of Morristown crushed the 10k Plus (actually 7.4 miles) in under an hour, with Jackson Slagle close behind. Local speedster Kristin Mitchell ran a solid race to place 9th overall, with Elizabeth Neely and Betsy Swartzentruber of Knoxville in 2nd and 3rd behind her. Sixty-seven runners finished the in-person 10k Plus race.

Unlike in previous years (before 2021), the half marathon was actually under 14 miles (13.5-13.9). In the Half, Knoxville ultramarathoner Ron Wireman turned in a great performance

to win in 1:35:07, followed less than ten seconds later by Carter Hall for the day's most exciting finish. Evidently not too exhausted from leading the kid's mile, Treadin' Trodden Trails' own Tim Hill came in third. In the women's race, Meredith Hale came across in 1:53:45 but had taken a wrong turn due to confusing signage on the second loop, so first place was awarded to Malinda Honkus of Knoxville in 1:58:19, followed by Meg Guy of Benton, TN and Josie Calhoun of Louisville. The RD has taken note and will employ course monitors and/or better signage for next year!

Our generous sponsors included Blackhorse Brewing who provide more than ample postrace refreshments, Tailwind, who provided hydration during the race, Runners Market, who presented gift cards and a cool hat to award winners, and Bryan "Howie" Howington of Cool Beans, SoKno Taco, and Flat & Taps, who provided a case of ripe bananas and tasty oranges for everyone to enjoy during and after the races.

Volunteers included Race Director John Storey, Steve and Joy Barber and the Barber Family, Rebecca and Doug Holder, Tony Owens, Kathy Smith, Pete Crowley, Alex Walker, Tim Hill, Nate Helton, David McLennan, and Christina Adkins.

It was another great day in the woods for the East Tennessee trail running community. We look forward to seeing everyone at I.C. King for our next TTT event, and back at North Boundary in 2023 for another great North Boundary Traverse. See you on the trails !!!

The NoBo Traverse started at the Horizon Center because of parking needs. While it rained hard in the early morning hours, by the time the TTT crew arrived at 6:30 it had stopped raining. It was a cool morning, but the humidity would soon become a factor. The trails in the North Boundary system drain remarkably well with the exception of the dirt road through the Horizon Center field at the start and finish.

The kid's mile ran up to an old graveyard and back, including a significant uphill on the way out and downhill on the way back. Emmet Daniels gave our rabbit Tim Hill a good warmup, finishing in a blazing 7:13, followed by Myers Slagle and Nolan Faugot. All three finished under 8:00! On the girls



SUN SHINES ON HARD KNOX PIZZA DOGWOOD CLASSIC 5k

Karla Gander, race director

The Hard Knox Pizza Dogwood Classic 5k is a springtime favorite in Knoxville, and it's so easy to see why that is.

The Boulevard comes to life with Dogwood Trees, Daffodils, Tulips, and Azaleas. Between the flowering everything and the views of the river, you can't find a much prettier race course in East Tennessee. And while there are a few hills, the climbs aren't too steep and the slight downhill after mile three makes you feel like you're flying across the finish line.

The weather in Knoxville can change by the minute. I spent the whole week leading up to the race not even glancing at the forecast for race day. After the rainy monsoon race of 2021, I didn't want to get my hopes up for a beautiful spring day. But Saturday, April 23 dawned clear and bright, with just a touch of coolness to balance out the humidity.

We had over twenty kids run the Kids Mile, with Solomon Rodgers coming in first with a time of 7:49! Then, in the 5k, there was a flat out race to the finish between Scott Greeves and Joshua Mower. Scott Greeves took 1st Overall in a time of 15:42, with Joshua Mower hot on his heels in second at 15:45. The overall female winner, Elizabeth

Herndon, came in at a lightning speed of 17:20!

Once again, Stanley's Greenhouse came through with some awesome looking tomato plants for our age group awards. They are the perfect award for a spring race when people are starting to plant gardens all across

Knoxville. I'm sure there will be plenty of tomatoes gracing runners' tables all summer long. Expert practitioners from Tennessee Sports Medicine Group were onsite post-race for injury assessment and post run stretching and lots of runners took advantage of having them there.

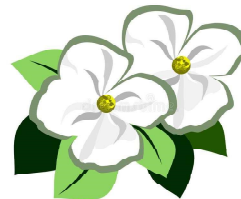
A huge thank you to all of the volunteers who showed up early,

stayed late, directed cars and then ran with soaking wet shoes, and cheered for runners with cowbells and joyful spirits. Races are possible because people like you show up to help. The Knoxville running community has an amazing volunteer spirit, and my Race Director heart could not be more proud of my volunteers.

A massive, cheesy shout out to our title sponsor, Hard Knox Pizza, for opening early and providing delicious breakfast pizzas and cinnamon knots for post-race eats! I was happy to see tables full of runners when I finally made my way over there after cleanup.

And thank you to the rest of our great sponsors: New Balance Knoxville, Pilot, Stanley's Greenhouse, Runners Market, ZenEvo Chocolates, Eddie's Health Shoppe, Tennessee Sports Medicine Group, Publix, RunKnox, Covenant Health Knoxville Marathon, and WBIR.

It's an honor to direct this race, and I look forward to seeing what next year brings! And don't forget about The Expo 5k and 10k coming up in May. This year, to celebrate the 40th Anniversary of the World's Fair, 45th running of Expo, and 60th anniversary of the Knoxville Track Club, there will also, for the first time, be a half marathon. Registration is open!



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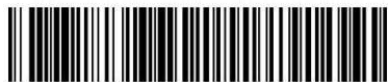


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VOLUNTEER TRACK CLASSIC

Don Madgett, Meet Director

Chris Allison, the head track coach at Farragut High School and co-director of the 54th Volunteer Track Classic kept telling me that Bullis School is coming and it's a big deal. Teams were also registered from New York, Pennsylvania, Wisconsin, and most of the southeast but the presence of Bullis from Maryland generated national exposure for the meet and they did not disappoint.

Milesplit's Tennessee affiliate was already covering the meet live but suddenly the meet was on Milesplit's national page. Milesplit is the online database of information for high school track and field and their coverage is meaningful to coaches and athletes alike. Teams were definitely looking for a meet of this caliber after a two year hiatus due to do the Covid-19 pandemic.

Bullis girls put on a real show, winning the girls' team title over hometown powerhouse Hardin Valley Academy, who took home the runner up trophy in

the girls' division. Hardin Valley was the only team to take home a boys and girls' trophy with their championship on the boys side, defeating another local power, Maryville, who came strong late in the meet to take the boys runner up trophy.



To put these team performances in perspective, there were 75 schools from ten states competing at Vol Classic this year including over 1400 student athletes who certainly turned in some remarkable performances, too. On Friday night, the first of several meet records to fall went to the Bullis girls in the 4x200 meter relay with a stunning 1:36.63 breaking the old record by almost four seconds.

Also on Friday night and hot off his national indoor freshman record in the mile, Keegan Smith of Knoxville Catholic broke the two-mile meet record with a time of 9:09.93.



Trinity Franklin of Bullis broke the shot put record by three feet with a throw of 48'08". She also won the discus by over twelve feet with a throw of 138'06".

Mateo Luna from Indian Rocks High School in Florida was the meet's only triple winner with victories in the 2000 meter steeplechase, the mile, and the two-mile. VTC is a rare opportunity for prep athletes to compete in the steeplechase and Mateo's coach told me this was his favorite meet of the year. Eli Penix of Daniel Boone High School was also a double winner, in the shot put and discus.

Feedback from coaches, athletes, media, officials, and parents was overwhelming positive and I cannot give enough thanks to Chris Allison, David Black, Stephanie Bailey and the KTC officials, as well as volunteers from KTC, 865running, and parents from South Doyle and Farragut High School. From the KTC officials group, Donnie Graham, who won the VTC 100 yard dash in 1965 while running for Powell High School, was the meet referee and Steve Luper was the head umpire. We could not have done this without any of you all. Thank you to the Knoxville Track Club.

Don Madgett has been head coach at South-Doyle HS for 25 years and competed in the Volunteer Track Classic for Powell HS in 1984. This was his third year as co-director of the meet.



Event Schedule

May - July 2022

MAY

- 7 Maryville - 9:00 am. Mudder's Day Madness
- 7 Norris - 9:00 am. Renaissance Run 5k
- 7 Loudon - 9:00 am. Be a Factor 5k
- 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
- 14 Knoxville - 9:00 am. Tillery's Hustle for Hope 5k
- 21 Alcoa - 8:30 am. Spring Sprint 5k
- 28 Knoxville - 7:30 am. **KTC EXPO 10k and 5k**

JUNE

- 4 Knoxville - 9:00 am. Run for Wishes 5k
- 11 Knoxville - 8:00 am. **SHARPS RIDGE RUNNER and KIDS TRAIL MILE**
- 11 Clinton - 8:30 am. Chamber 5k
- 16 Knoxville - 7:00 pm. **HAL CANFIELD MEMORIAL SOUTHSIDE MILEFEST**
- 18 Oak Ridge - 7:30 am. Secret City Sprint Triathlon
- 26 Knoxville - 7:30 am. PRB SwimRun Knox

JULY

- 3 Knoxville - 9:00 pm. **PILOT FIREBALL MOONLIGHT CLASSIC 5k & LITTLE FIRECRACKERS RUN**
- 9 Oak Ridge - 8:00 am. **HAW RIDGE TRAIL RACE and KIDS TRAIL MILE**
- 10 Paint Rock - 7:00 am. Heart of a Lion Triathlon
- 16 Alcoa - 7:30 am. **SPRINGBROOK SPLASH 10k and 5k**
- 23 Sweetwater - 7:30 am. Sweetwater Sprint Triathlon
- 30 Maryville - 8:00 am. Scholars Run 5k
- 30 Loudon - TBA. Wild Rose Women's Triathlon and 5k

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