

Nov/Dec 2021

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY

***2022 CHKM slated
for March 27 - pg 9***

***Dr. Bert discusses
shin splints - pg 17***

***Foods to help heal
running injury - pg 20***

***First timer's look at
Big South Fork - pg 32***





KTC HALL OF FAME CLASS OF 2021 INDUCTION BANQUET

This year's biannual Hall of Fame Induction Dinner will be held on **November 4th, 2021** at the Hilton Hotel Knoxville Airport in Alcoa, Tennessee. The Knoxville Track Club is eminently proud of the group of individuals whose boundless time and energy has contributed to the success of the KTC. In accordance, the club established in 2009 The Knoxville Track Club Hall of Fame to honor those individuals whose efforts have been paramount to the creation and growth of our club.

The purpose of the KTC Hall of Fame is to recognize and honor current and former members for their long-term and significant contributions to the club, to recognize distinction in athletic endeavors, and to acknowledge related accomplishments enhancing the image of the club.

This year's selection committee included Bobby Glenn, committee chair (Class of 2016), Alan Horton (Class of 2019), Gina Rouse (Class of 2019), Pam Haggard, and David Black. The Hall of Fame Class of 2021 includes Larry Brede, Kevin and Samantha Pack, Andee Swann, Brent Bueche, Bill Kabasenche, and Wilbur Hawkins.

The night will include our Master of Ceremonies, Russell Biven, who will introduce the newest class of the KTC Hall of Fame in honor of their significant contributions to the club and distinctions in athletic endeavors. We'll also have a special presentation by Keynote Speaker Donnie Graham (Class of 2011). Limited tickets are available for this red-carpet event. Dress is business casual with jackets required and ties optional. The cost is \$50. This cost will include one seat, dinner, and a cash bar. Tickets are available for purchase on our Runsignup page.

Dinner will be buffet style with a menu that includes the following items:

Choice of Salads — Penne Pasta with Sun-Dried Tomato and Fresh Herbs or freshly tossed salad with assorted salad toppings

Choice of Meats — Seared Tilapia Filet with Lemon Caper Buttercream sauce or Chicken Marsala

Choice of Vegetables — Vegetable Bouquetiere and Buttered Corn

Starch — Yukon Gold Roasted Garlic Mashed Potatoes, Rolls and Butter, and Assorted Desserts

Beverages — Iced tea, water, coffee, and a cash bar

Program will proceed as follows: 6:00 pm doors open, 6:30 Welcome and Special Recognition, 6:40 pm Invocation and dinner, 7:35 Introduction of Emcee, 7:50 pm Keynote Speaker Introduction, 7:55-8:15 Keynote Speech, 8:15 pm Hall of Fame Induction, 8:55 Closing and Adjournment.

Complimentary parking is available in the hotel lot. Once that lot is full, paid parking is available in Airport long-term lots A and B.

For tickets, go to <https://runsignup.com/Race/TN/Alcoa/KnoxvilleTrackClubHallofFameInductionDinner>.

We'd like to thank our current sponsors--Dr. Joe Chiro--Dr. Joe Hutchison; Covenant Health Knoxville Marathon--Jason Altman, Race Director; The Long Run--Ethan Coffey & Dr. Julia Conner, Proprietors; Eddie's Health Shoppe--Bridgette & Eddie Reymond, Proprietors; Knoxville Endurance--Bobby Holcombe, Owner; RunKNOX-- Scott Schmidt, Head Coach; Runners Market--Samantha & Kevin Pack, Proprietors; Jacobs Technology; Nick Morgan Photography; and Hilton Airport Knoxville.

Sponsorship Tables are still available. Please contact Christina Adkins 865running@gmail.com or Suzanne Oliver dandsoliver@comcast.net for more details.

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL
RUNNING COMMUNITY



INSIDE THE NOV/DEC ISSUE

The Starting Line

Tim Monroe, 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
Bob Godwin, Biking With Bob	15
Dr Bert Solomon, Running and Shin Splints	17
Larry Brede, Tri-Bal Knowledge	19
Whitney Heins, The Mother Runner	20

Guest Columns

Meredith Hale, Parkrun Reaches Milestone	23
Tom Siankowski, First Timer's Look at BSF	32

Other Features

KTC Hall of Fame Induction Banquet	2
List of Officers and Board Members	4
2022 Treadin' Trodden Trails Trail Race Schedule	13
Board of Directors Meeting Minutes	25, 27
Trail Series Grand Prix Standings	34
Membership	36

Race Writeups

Townsend 10k/15k	30
Big South Fork Trail Race	31
Fort Dickerson Frantic Frolic	33

Event Calendar

FOOTNOTES

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ROAD RACE INFO

888-217-5635

TRAIL RACE INFO

865-548-4718

YOUTH ATHLETICS

888-217-5635

WEBSITE

www.ktc.org

ON THE COVER

Trail running as a family affair evidenced by a happy three-some nearing the end of the 28th Annual Big South Fork Trail Race on September 25.

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

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



15 tips from the RRCA

RUNNING SAFETY

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

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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
Gabrielle Cline, Secretary
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VOLUNTEERS
Position Vacant

SOCIAL CHAIR
Position Vacant



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * November / December 2021 edition



A Message from our Club President

Tim Monroe, KTC President

A Few Final Words



The fall race season is upon us. Congrats to all the club members who toed the line and competed in their goal races over the last couple of months. I've seen the usual array of race reports that range anywhere from "DNF for me" to "I crushed it". Regardless of the race day result, a consistent theme is gratitude for the ability to participate and overwhelming appreciation for the race organizers, staff, volunteers, support crews, random strangers, and other competitors that made the day better. The attitude of gratitude within our club and the fitness community at large is one of my favorite things. Over my running career I've had that same range of results, but I've never regretted the camaraderie and experiences of the training process and race day.

After 900 plus days of planning, rescheduling, replanning, eventually going virtual, the best day for running in Knoxville finally happened again with the 17th edition of the Covenant Health Knoxville Marathon weekend. My first race as an adult was the CHMK 5K over a decade ago. I returned to my humble beginnings and ran the 5k again this year. One of these days I might attempt the full again but for now, I'm content with where I am. While this year's participation wasn't nearly as big as past years, the rainy weather couldn't dampen the weekend's enthusiastic atmosphere. Despite a rainy Sunday, the finish line area at World's Fair Park was buzzing with finishers, friends, and family. Local athletes took top honors in both the marathon and half marathon. Ethan Coffey returned to the top of the podium as the overall winner and Eden Slater took the women's top spot in the

26.2 miler. Amanda Martin made history becoming the first female to garner the title of half marathon overall winner. The stalwart Stewart Ellington took top honors on the men's side of the ledger. Congrats to all the winners and finishers alike. Start making your plans now to join us again in just a few months as the 18th annual event is scheduled for March 27, 2022.

I am quickly approaching the end of my second three-year term as a director and two-year term as President of the board. This will be the last of my messages to the club. I consider it an honor to have been asked to serve. And while the last two years have had their challenges, it has been a privilege to have served. Without sounding too sappy, I would like to thank everyone who has given me wise council over the last couple of years. Out of fear of missing someone, I'll refrain from trying to name everyone. You know who you are. Your sage advice has been, and continues to be, greatly appreciated. As my time in leadership is ending, I'm reminded of a poignant section in George Washington's farewell speech. Most of his speech was dedicated to warning the young country of various divisions within the country and encouraging unity. He closes with "...in reviewing the incidents of my administration, I am unconscious of intentional error, I am nevertheless too sensible of my defects not to think it probable that I may have committed many errors. Whatever they may be, I fervently beseech the Almighty to avert or mitigate the evils to which they may tend. I shall also carry with me the hope that my country will never cease to view them with indulgence; and that,

after forty five years of my life dedicated to its service with an upright zeal, the faults of incompetent abilities will be consigned to oblivion, as myself must soon be to the mansions of rest." While I'm self-aware enough that I have no right to compare myself to Washington in any way, shape, or form, I do have one thing in common with him. I, too, am sure I've made many errors, but none that were intentional. Hopefully, the staff, my fellow board members, and the entire club will look upon my mistakes with indulgence. Despite the last couple of challenging years, I am confident that the club has a bright future. There are so many exciting things happening in the Knoxville fitness community and the club is a big part of that. I encourage each of you to support all the great people in Knoxville that are doing good things for our fitness community.

Lots of opportunities to participate in local events are coming up to close out 2021 and the first half of 2022. Check out the KTC events page (<http://www.ktc.org/Events.html>) for more information on upcoming events. Our social media accounts (Facebook—Knoxville Track & Field Club, Knoxville Track Club Socialites, KTC Treadin' Trodden Trails, CHKM and Twitter - @KnoxvilleTrack, @CHKM, and @RunKNOX) are kept up to date with all the happenings. Give them a follow and a share/like/love/thumbs up.

Farewell for now. I hope to see each of you soon at an event, a race, or a greenway. Until then, take care, stay safe, and continue your journey to be healthier, one step at a time.



Celebrating

*David Black, Executive Director
Knoxville Track Club*



Even though the Knoxville Track Club only had four months with no races in 2020, it had been 30 months since we had hosted the Covenant Health Knoxville Marathon. With each passing week, the level of excitement was growing. Marathon week 2021 was naturally busy but also came with a sense of relief. For the staff, volunteers, participants, and all involved there was a special feeling about the return of the event. It was truly a celebration for all involved.

The podium was a showcase for East Tennessee running talent, with four local overall winners at the CHKM half and full. The full marathon winners included three men and two women from Knoxville. Half marathon winners included two men and two women from Knoxville, as well as one male from Kodak and one female from Maryville. The 5k included two men from Knoxville and one from Maryville along with two women from Knoxville and one from Corryton. It was very special to see Knoxville and the surrounding counties represented so well.

The scene for the weekend was truly spectacular. Saturday brought us near perfect weather for the festivities, and it showed. The festival lawn at World's Fair Park was vibrant and full of activities. Friends and families who either participated in the event or were on

hand to spectate utilized this great space to watch the UT game, listen to music, and celebrate the Covenant Kid's run and 5k. To see so many people playing and enjoying time together was a blessing and something we dream of for this grand venue.

Sunday morning brought light to moderate rain showers after the runners left the start line, but this

didn't dampen the pulse of the event. The participants wore smiling faces as they interacted with the crowds who showed up to support. I went out to a few places along the course and was impressed with the people who were there to volunteer or cheer, even noticing people who stepped out of their businesses to take part. We look forward to the return of this event in spring 2022.

The evening of November 4, 2021 marks another big celebration for the Knoxville Track Club, as we induct the sixth class of members into the Knoxville Track Club Hall of Fame. The current class of inductees join 46 individuals who have excelled in athletic achievement, service, and in many cases, both. The 2022 class is naturally very special, as they all are. One thing I love about the KTC Hall of Fame is that in many cases the inductees are still

doing great things. We have members who are still working track meets and road and trail races or coaching kids. Others still compete, and often times set state age group records, win events, and represent Knoxville in many areas. Others serve the running community in various ways, including advising and supplying runners needed supplies and accessories. Members of the KTC Hall of Fame can be seen in so many aspects of the running community. I encourage you to join us for this wonderful celebration as we honor these people who are so very special to our club. Tickets are still available. Info can be found on KTC.org or <https://runsignup.com/halloffame>.

While the pandemic of 2020 and its carryover into this year has been difficult in so many ways, it is important to focus on the positives any time we can. 2021 has certainly been a year with many things to celebrate for the Knoxville Track Club. As we enter the final couple of months of the year, I encourage you to think about what you have to celebrate. Count your

blessings. Cherish those around you. Also remember, the year isn't over yet. Make more reasons to celebrate as we round out the year. Celebrate with us at the Hall of Fame dinner, Norris Dam Hard Trail race, Regal Turkey Trot and Dirty South Half Marathon. Join us as we put one foot in front of the other and work to achieve our vision of Healthy living, healthy community – one step at a time.

REACH OUT TO KTC!

**DAVID BLACK,
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EVENT MANAGER:**
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UPCOMING KTC EVENTS

11/6: Norris Ultra Dam Hard Trail Race

11/25: Regal Knoxville Turkey Trot

12/5: Dirty South Trail Half Marathon/10k

12/12: Pigeon Forge Half Marathon/5k



MUSINGS FROM THE EDITOR'S DESK

Michael deLisle, FOOTNOTES Editor



Things I Miss

One of the presumed prerogatives of being an old curmudgeon is complaining about how much better everything was in the old days. And while I know for a fact that not everything was better, in our world of running, there are a number of things of which I bemoan the passing.

Easily the first is running itself. Though I ran in school, I didn't resume till I was 40 and had an ephemeral career, peaking quickly and flaming out almost as fast. Sometimes I wonder if I'd been slower or been unable for some reason to run as often or as far as I usually did, I might still be running. But other than an occasional quarter mile (at best) on a soft, safe trail, my running days have been over for a while. And I damn well miss it.

I'm sure I'll get no argument on that one. Those who've been forced to quit know exactly what I'm talking about and those of you who are still running, while your days are numbered whether you realize it or not, can certainly imagine how tough it would be to never run another step.

Other things I miss? There are some easy ones. How about ten dollar races? Yes, in 1990 most races were ten bucks or less, including our flagship race of that era, EXPO, which was ten bucks to preregister (\$12 day of race). KTC's Springfest 5k, Artfast 5k, Fireball, and Autumnfest were all \$8.00 (ten bucks late). The Mill House (with its fabulous pancake breakfast) was only five bucks! And it wasn't just KTC. Maryville/Alcoa's Spring Sprint and Scholars Run were both eight bucks, as well. Considering inflation since 1990, a buck back then would be worth about \$2.10 today.

So the old curmudgeon has a tough time reconciling today's \$35/40 short races and much higher rates for longer races.

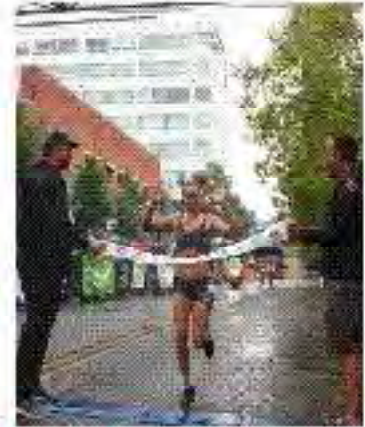
Shoes. Some time ago I came across an old issue of *Runners World* from the late 1980s. Almost no models from back then still exist today but the prices were stunning nevertheless. The one that jumped out at me was an Asics, er, I mean Tiger, er, I mean Onitsuka. The description said, "This appears to be a fabulous new design but we don't think the public will go for it at the exorbitant price of \$35." Hmmm. How much did you pay for your last pair of trainers?

This one will really date me, I'm sure. I miss training logs. The actual little books in which you wrote (by hand with a pen!) details about your daily workout. A few years ago, I came across a stash of training logs from those early halcyon days and got lost reading what I'd written. Rather than eyeballing a few million generic pixels onscreen, I read about runs in the country that I can remember to this day. About races in which I'd gone out too fast or somehow managed to best my rival of the day. Country roads with loose dogs that I'd befriended (and a few that I did not). And though I usually ran alone, I enjoyed passing references to old training buddies with whom I've lost touch over the ensuing decades. Yes, I understand that Strava and Garmin allow you to immediately share your run worldwide, but I vastly prefer the handwritten testimonials to those long miles I logged in the waning days of the last century.

I realize that last paragraph might make me sound like a techno-hater, something I'm clearly not. I've embraced the computer in several roles

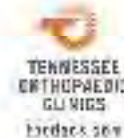
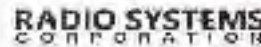
with KTC, first when assuming the editorship of this magazine in 1992. The leaps and bounds with which technology advanced made the job easier and faster, allowing me to improve the magazine's quality to become the award-winning publication it became. And I remember sitting with Jesse's mom putting together the very first KTC website in 1997. Primitive by today's standards, it offered a rapidly expanding wealth of information that I stewarded through the first two decades of the 21st century. I realize and appreciate all the thought and analysis of analytics that went into the redesign of the current site, but I truly miss the old one, regardless of who tapped the keystrokes guiding its content. I miss being able to access the archive of old race schedules, I miss the individual road race pages replete with past results, photo galleries, and course maps. I miss the page detailing the trail series, with its colorful descriptions of each race in the series, the archive of old trail series seasons, current and past race maps, old Grand Prix standings. I miss being able to peruse the pages rich with photos and bios from the first few Hall of Fame classes. And I truly hope that as time passes, these valuable features are reintroduced into our club website.

I guess since nearly half my seventy plus years has involved running and the KTC, it makes sense that I inevitably morphed into "The Old Guy." Old guys do tend to reminisce about things, especially things they love. And though the old ways were not always the best way, I must confess I feel a certain fondness and regret at their passing nevertheless, while at the same time hoping and trusting that current and future KTCers keep the club moving in the right direction.



Covenant Health Knoxville Marathon

THANK YOU PARTICIPANTS, VOLUNTEERS, AND SPONSORS!



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

COVENANT HEALTH KNOXVILLE MARATHON

LOCAL ATHLETES DOMINATE 2021 COVENANT HEALTH KNOXVILLE MARATHON WEEKEND

Jason Altman, Director, Covenant Health Knoxville Marathon

After a 2½-year hiatus, KTC was finally able to host the Covenant Health Knoxville Marathon weekend on October 2-3, 2021. Saturday night kicked off with our Covenant Kids Run at 4:30 pm, followed by the Covenant Health 5k at 6:00.

Beautiful weather greeted the kids and 5K participants on Saturday. Two-time Olympic Marathon Medalist

Frank Shorter shot the starter's pistol and the 5k participants began their journey through downtown and UT neighborhoods. Sixteen minutes later, a crowd of nearly 1,000 5k participants began pouring into the finish chute at World's Fair Park.

Scott Greeves crossed the line first to win the 2021 Covenant Health 5k. His time was 16:19, one of the faster winning times in the history of the race. Cole Buckner of Maryville followed several minutes later on as the second place male with a time of 19:11. Third place honors went to David Sturchio of Knoxville, who ran 20:09. The Masters competition also featured a runaway winner, with Ron Hees claiming the title with a clocking of 20:28. Brendan McConville took second masters (24:01), while Mischa Goldman was not far back in 24:19 to earn third place Masters. Grandmasters Winner Scott Brooks (25:10) and Senior Grandmasters winner Chris Knight (26:17), rounded out the male superlative award winners.

Our women's 5k champion was Jessica Jones, who finished in 21:00. Second female honors went to Liz Ford in 21:20,

and in third place was Becky Grindstaff, who crossed the line in 23:40. Kelly Arwood took home first place in the female Masters division in 25:38. Annie Stiles (26:31) and Stephanie Jenkins (26:44), earned second and third place Masters titles for their efforts. Top female

Grandmasters winner was Tammy Kreger (27:36) and female Senior Grandmasters champion was Patsy McCoy (29:41).

On Sunday morning, the clear skies had abandoned us, and an overnight rain front gave us a damp start and occasional downpours throughout the rest of the marathon's events. A few minutes before the race started, Knoxville Mayor Indya Kincannon 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 marathon, half marathon, two-person marathon relay, and four-person marathon relay runners all began their journey through the streets of Knoxville.

Amanda Martin of Knoxville entered World's Fair Park first and broke the tape for the half marathon in a time of 1:19:06. This was the first time in the history of the event that we have had a woman finish before any of the men. Continuing with the women's results, Elizabeth Herndon claimed second place with her time of 1:24:05, and third place finisher Rebecca Weinand of Maryville clocked 1:32:41. Female Masters competition was claimed by KTC's Lindsay Parks, who ran 1:35:03

to best Amy Hudson (1:45:32) and Tommi Buford (1:45:52), both of Knoxville. Female Grandmasters champion Marsha Morton (1:50:21) joined us from LaFollette, and Jennifer Singh of Knoxville took home Senior Grandmasters honors for her 2:02:00 half marathon.

The men's half marathon was closer than the women's. Two-time Covenant marathon winner Stewart Ellington claimed his first CHKM half marathon victory in Knoxville with a 1:23:07 timing. A battle for second ensued as Knoxville Jay Johns (1:24:06) was able to pull away from Kodak's Austin Warehime (1:24:59). Matt Stegall of Knoxville dominated the Masters division, running 1:25:06 for the top spot, while Brent Bueche (1:29:40) and Oscar Martinez of Knoxville (1:32:28) finished second and third. Top Grandmasters honors went to Ron Watzke (1:32:45) of Knoxville, while Richard Eldridge of Knoxville (1:46:24) won top Senior Grandmasters for the gentlemen.

We had two participants in the marathon handcycle division. Dane Pilon completed the full marathon in his handcycle to win in 1:25:13, while Cecil Williams of Chattanooga was runner up, finishing in 3:13:26. In the pushrim wheelchair competition, Matthew Porterfield broke the half marathon tape in 1:13:38 with Chad Johnson just inches away in 1:13:39. Paul Erway of Shelbyville, KY was a distant third in 2:16:17.

The full marathon saw a decisive victory by 2015 CHKM Champion Ethan

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

YOUR KTC MEMBERSHIP

Kathy Nash, KTC Membership Chairperson

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

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

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

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

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

Any additional businesses offering KTC discounts? Please contact us



Eddie's Health Shoppe
<https://eddieshealthshoppe.com>
Knoxville Acupuncture
<https://knoxvilleacupuncture.com>
Holly's Gourmets Market
<https://gourmetsmarketandcafe.com>
Knoxville Track Club Road Races
<http://www.ktc.org/Events.html>
M6 Strength and Conditioning
<https://www.m6knoxville.com>
The Long Run
<https://thelongrun865.com>
Personal Best Racing
<https://personalbesttracing.com>
(use **ktc10** for 10% discount)
RunKNOX
<http://www.ktc.org/RunKNOX.html>
Runners Market
<http://www.runnersmarket.com>
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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

At the writing of this article, we just finished an epic nine-day, three marathon bender. We had RunKNOXers tearing up the roads in Knoxville, Chicago, and Boston. At one point I thought, “man, we should have goal races like this every weekend.” The excitement shared through our group running, cheering, and tracking each other was electric.



The thing I love most about RunKNOX is the team mentality. Running can be a lone sport, but if you get plugged in with the right group, it can become an incredibly rewarding social experience. If you’ve ever been a part of a strong team, you’ll understand. Maybe you’ve experienced that feeling on a sports squad, in the military, in a fraternity/sorority, or church group. You may recall that you probably would have been okay on your own but realize that your experience was much better because you were part of something bigger. The same holds true here. This sport is so much more rewarding when the focus is less on “me” and more on “we.”

We had a group of longtime RunKNOXers decide to pace a new teammate at CHKM. They could have all run their own race and potentially finished faster, but they were more excited to see the new guy succeed. They had a blast seeing him reach his goal. We had text and messenger groups buzzing and dinging as splits

were being updated in Chicago and Boston. The amount of virtual high fives and love being sent back and forth was awesome. Folks were thrilled for each other’s achievements more than their own.

We’ll always encourage individuals to set bold personal goals, but deep down the true spirit of RunKNOX is a team effort. We is better than me. We want to help you get better. We want to help you reach your epic goals. We want to be a part of your journey. We want to celebrate your success. And then, if

the RunKNOX brainwashing has worked, you’ll want to pay it forward. You’ll turn and help the next new member. You’ll push, guide, encourage, and celebrate them the same way that was done for you.

That’s our mission: *To develop a bonded community of runners who achieve balanced, healthy lifestyles and reach individual potential through the support of group training and the guidance of experienced coaches.*

<https://runknox.trainingiltapp.com>

If you have questions on how you can get involved, send a note to runknox@gmail.com, hit us up through social media channels, or through ktc.org

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



Complete race results, usually within 24 hours
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Race schedules, photo galleries, you name it!

Treadin' Trodden Trails

Michael deLisle
KTC Trail Series Director

2022 Already?

Well, no, not exactly, but the nature of existing in the 21st century requires we plan ahead. And thus the baker's dozen-ish members of KTC's trail crew have assembled next year's schedule for your trail running pleasure. Dates and times are included in the schedule on page 13.

Our beloved Wanderers Trail Race is returning to its rightful spot as leadoff hitter, runners toeing the line midafternoon, preceded by a rompin' stompin' Kids Trail Mile. Gotta be there! Kathy Smith always puts on a great race, and this will be no exception.

For the fourth time, we're holding forth at the Whitestone Inn near Paint Rock TN for a February jaunt over the river and through the woods. A challenging six-mile loop awaits as runners either run it as a relay or tackle all three loops by themselves. The Thane of Timing, Tony Owens is in charge once again.

March 2022 finds this crazy crew heading once again for Big Ridge State Park and the 11th Annual Dark Hollow Wallow, a chance to truck through the woods for five or eleven miles in celebration of the return of Daylight Savings Time. The kids' course crests a big hill and races down the other side, then turns around and does it in reverse. It's only a mile, but a doozy of one. Veteran race director Bobby Glenn again holds the reins for this great race.

As spring continues to take hold in East Tennessee, we'll send our trail dawgs out onto the North Boundary greenway outside Oak Ridge for their choice of 15 miles or 10k on the Saturday before Easter. RD John Storey will offer delightful singletrack trail blended with a bit of well pummelled gravel to yield a lot of solid off road running for all concerned. A great Kids Trail Mile, too. You don't want to miss this one!

The fifth month of 2022 holds a bit of intrigue, as we plan to hold a big trail race for the first time at the new Maryville Pike entrance to I.C. King Park. Parking will be a bit of a challenge but our intrepid band of parking banditos will work hard to fit everyone in. Plans are for both a 5k and 10k, in addition to another fast and furious Kids Trail Mile. Long tall Tim Hill will be trail boss for this grand adventure.

Treadin' Trodden Trails series director Michael deLisle will be at the helm this year for an expanded version of the Sharps Ridge Runner on June 11. Utilizing the new trails on the north side of the ridge combined with existing pathways make for a strong seven mile course that challenges and rewards those choosing the longer distance. Others can run the four-mile option that keeps the singletrack fun coming the entire time. And everyone gets to enjoy that lightning fast downhill quarter mile paved finish. All this fun is predated by a terrific little Kids Trail Mile, as well.

The second half of the year gets underway at Haw Ridge, as RD Pete Crowley will send three hundred crazed trail trekkers into the woods for our annual seven mile trail trek. Always a great time and one of the biggest races of the year, this isn't one to miss. And the kids course is a whiz bang dandy.

Race director Stephanie Johnson will simplify things at Concord for 2022. Just one distance, 5½ miles of great trails, punctuated by large mossy boulders, huge hardwoods, and lake vistas throughout. The kiddos will have fun with this one, too. How could they not?

Of course September wouldn't be complete without the Big South Fork Trail Race under the able tutelage of twenty-six year veteran Bobby Glenn. Don't expect any changes here. Why mess with excellence? It ain't broke.

Fresh off his superb substitute showing as Fort Dickerson race director, Pete Crowley has agreed to once again steer the ship next October. The revised 5k/10k loop course was extremely well received, as was the Kids Trail Mile, so by all means, let's do it again !!!

The Norris Ultra Dam Hard Trail Race is not only the longest race KTC stages, but one of the very best. Doug and Rebecca Holder don't miss a trick as they put on a truly outstanding ultra. If you haven't run at Norris, you're definitely missing some of the best trail running around. Here's your chance.

And we'll round out 2022 with another tour of Knoxville's fabulous Urban Wilderness, exploring the loop with the Dirty South Trail Half Marathon or a shorter but satisfying trail 10k. Either way, RD Tim Hill will present an outstanding race at Mead's Quarry near Ijams Nature Center. Bring the whole fam family to celebrate the oncoming holiday season as our Kids Trail Mile is a hoot, too.

I'm outa room just in time to be done with 2022 races. The nineteenth year of TTT. What'll we do in 2023 to celebrate our twentieth? Just wait and see !!!



2021-22 TRAIL RACE SCHEDULE

NORRIS ULTRA DAM HARD TRAIL RACE — Saturday, November 6, 2021, 7:00 am. 50k, 25k, and 5k. Norris Dam State Park, Norris.

DIRTY SOUTH TRAIL HALF MARATHON — Sunday, December 5, 2021, 9:00 am. Half Marathon and 10k PLUS Kids Trail Mile*. Mead's Quarry, Ijams Nature Center, Knoxville.

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

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

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

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

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

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

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

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

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


FORT DICKERSON FRANTIC FROLIC — Sunday, October 16, 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*



 **Kimberly-Clark Presents**



**MARATHON, 1/2 MARATHON, 5K
DECEMBER 4TH 2021**

SAM LOUDON, TENNESSEE

Facebook & Instagram: @runlocotn

Website: www.runlo-co.net

Biking With Bob

by Bob Godwin

Annual Florida Update 2021

Karen is still recovering from her stroke of a year and a half ago, and I am almost recovered from my broken ankle suffered when I turned it on a rock in my own driveway! Reasoning that life wasn't getting any longer, we decided to take TWO weeks vacation; one in Treasure Island, and the other in Indian Rocks Beach, 14 miles north of TI.

One of the joys of TI is that I can sit on my fourth story balcony with coffee in hand and watch the dawn come followed by sunrise itself. Turning 80 degrees or so, I can view the Gulf, usually placid at that time of the morning, and perhaps spot a distant fishing boat headed toward shore.

The play of light on the bottom of clouds as the day is born never fails to entrance. Each dawn is different and completely absorbing.

This year I noticed that a distant warning light changed from red overnight to white when the dawn brightened to a point. I would have thought the colors would have been reversed.

Something new this year: electric bikes. From my lofty perch, I can monitor early morning traffic below. Delivery trucks are many, serving the shoulder-to-shoulder stores, restaurants and motels. Bicyclists are very present, all with head and tail lights, and this year many were electric. I had a chance to inspect one during the day and found it sturdy, fat-tired, and frequently equipped with a luggage rack. I concluded that most were owned by the clerks, waiters, and hotel workers—not the sport riders or tourists.

I did see a couple of tourists riding them, but the greater number were riding "city" or typical bikes suited for flat terrain. All too few wore helmets. The

weekend sport riders were all helmet clad.

I rode daily in the surrounding residential areas and was delighted at the variety and inventiveness of the Halloween decorations. I had read that Halloween was much more celebrated up North than in the South, and the majority of residents are retirees from those chilly climes. Male and female skeletons abounded, as did those of dogs and cats. There was one elaborate "Ghost Busters" display, and lots of gravestones, giant spiders, webs and the like. A favorite were the two skeletons on a park bench hoisting glasses to passers-by.

Our lodging at IRB was ground level with a little porch near a side street. We made friends with many folks walking dogs. Most of the dogs were well behaved and eager for a pat or a belly rub. Everybody was careful to pick up after their animals. No dogs allowed on the beach!

A disappointment was the presence of the Red Tide. Warning signs were omnipresent cautioning contact with polluted water, and even urging a mask if you were strolling alongside the really bad areas. The offensive algae drift moved with the tides and currents to different areas, but we steered clear of the surf, contenting ourselves with catching a few rays and being totally lazy. This plague is a result of human activity and disrespect for the water. The algae is always present in the water (just like germs in our environment) but a "bloom" occurs when our effluent pollutes the waters.

I would be remiss not to compliment the respect and concern shown to bicyclists by the coastal towns and townspeople. Even where there are no marked bike lanes vehicular traffic almost invariably exercises caution. I always felt safe on my bike.

MARATHON

AAA continued from page 9 AAA

Coffey, who earned the crown once again, this year with a winning time of 2:47:41. Wil Cantrell crossed the line second in 2:57:16, while Ben Fitzpatrick took home third place with a time of 2:59:38. The men's Masters competition saw a good battle as Knoxvilleians Lanny Stokes (3:29:16), Nick Lavrik (3:31:25), and Brian Huskey (3:42:01), went 1-2-3. Raymond Aldridge of Knoxville (3:47:50) was top men's Grandmaster, and Maryvillian Steve Bleuze (4:10:06) was Senior Grandmasters champ.

The battle between the ladies was just as decisive as the men's competition. Eden Slater of Knoxville led wire to wire and crossed the line first in 3:16:50. After Eden, Stacy Clower of Knoxville, finished in 3:25:14, while Hannah Baer of Roebuck, SC, was third (3:29:59). Alpharetta, GA resident Erin Boys (3:45:02) won the Masters Division, followed in second by Andrea Guilder (3:48:32) of Knoxville, and in third by Courtney Courtney (4:00:57) of Powell. Grandmasters female champion was Christa Buenting (4:07:23) of Columbus, OH, and Senior Grandmasters winner Marie Tedesco (5:19:31) of Jonesborough, 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 went back into storage. We hope to see you March 26-27, 2022, for the 18th Edition of Covenant Health Knoxville Marathon Weekend!

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Dr. Bert Solomon, DC, CCS

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Running and Shin Splints

by Dr. Bert Solomon DC, CCSP
Sports Chiropractor — Knoxville Spine and Sports

Shin splints is a term often used to refer to anterior lower leg pain that generally increases with activity and is common in runners. This pain is usually a result of tight and weak muscles in the lower leg that become overstrained and cause inflammation and microtears in those muscles. It is important to differentiate between traditional shin splints, which is viewed as a muscle strain, versus other causes such as a stress fracture or stress reaction to the bones of the lower leg. A muscle strain generally causes pain during and after activity but may subside as the muscles warm up and become more flexible. There is also increased pain when pushing on the injured muscles. A stress fracture will continue to worsen the more you do or run and the pain will not subside during activity.



mileage too quickly and the muscles cannot handle the increased stress.

What can cause shin splints?

Faulty biomechanics of the lower leg, including overpronation and lack of eccentric control at the ankle, can increase stress through the lower leg muscles causing inflammation and pain in the muscles. Tight and weak muscles will contribute to shin splints because these muscles cannot handle the increased load that occurs during running. Also, if you wear the wrong shoes or worn out shoes during running this will often times accentuate the faulty biomechanics of the lower leg increasing your risk of developing shin splints.



How can you prevent shin splints?

A proper stretching and strengthening routine is important to decrease stress on any one specific area of the leg that may result in overuse and inflammation to that area resulting in pain. Wearing the right shoes is very important to decrease the risk of a lower leg injury. If you are unsure of the proper

footwear, a medical professional can do a gait analysis with you and suggest options for the best footwear or they may suggest custom-made insoles.

What are treatment options for shin splints?

Stretching and strengthening the lower leg muscles as well as the hip and core to help improve the biomechanics during running is vital in reducing the strain on the muscles that are causing the pain. Icing several times a day can help to reduce the inflammation and applying ice to the painful area is very important immediately after running. If a self treatment plan of stretching, strengthening and ice does not improve the condition, you should seek out a medical professional to help determine the main source causing the pain. A medical professional can diagnose the problem and develop a customized plan of care to correct the problem. These treatments can range from soft tissue mobilization, joint mobilization, dry needling, and a customized strengthening and stretching program specific to each individual. Also, a person may benefit from custom-made insoles to correct the faulty mechanics of the lower leg.



If you have shin splints or lower leg and foot pain, try the treatment options mentioned above. If you need any further information or treatment please don't hesitate to give us a call. We at Knoxville Spine and Sports are happy to help in any way we can. Until next time, happy running.

Wednesday KTC Group Run
Meet in the parking lot in Western Plaza in Bearden in front of Runners Market and Hard Knox Pizza at 6:00

Knoxville Track Club Community Giving

The KTC, a 501C3 organization, is committed to giving back to the community in a variety of ways.

These are some of the highlights:

- * Greenway Mile Marker Program—KTC has provided Knox County and the City of Knoxville mile markers for several greenways. The markers are located every .25 miles. A team of volunteers continuously maintain them and make repairs when needed.
- * Youth Development Program—Launched in 2015, KTC is working through the local Community Schools Program to provide a development program for underserved children. The program is provided at no cost to the children and KTC has also assisted in procuring shoes for children as well as paying for their participant fee to local track meets. Prior to the Covid 19 pandemic, this program started expanding into surrounding counties. As restrictions are lifted, we hope to see the program expanding in the spring of 2022.
- * Community Contributions Program—Each year the Covenant Health Knoxville Marathon brings together over 10,000 athletes, volunteers, and spectators to celebrate our area's largest long distance event. Proceeds from the Covenant Health Knoxville Marathon are used for the Community Contributions Grant Program where local nonprofit organizations submit proposals for physical activity programs. For the 2020 event, \$12,500 was donated to the Emerald Youth Foundation.
- * Total giving to the community via the Covenant Health Knoxville Marathon since 2005 is \$240,080.
- * Trail Friendly Support—The Treadin Trodden' Trail Series hosts over 12 trail events each year. All proceeds from the trail series are divided and donated to various organizations including Appalachian Mountain Bike Club, KTC Youth Athletics, Ijams Nature Center, Clinch Valley Trail Alliance, Friends of Big Ridge State Park, Big South Fork Bike Club. KTC distributed \$12,146 from 2020 event. Total donations from TTT since 2013 exceeded \$90,000.
- * Nonprofit organizations—Many of the KTC road races support local nonprofit organizations including Hal Canfield Memorial Scholarship Fund, Variety: A Children's Charity, Empty Stocking Fund, Pigeon Forge High School, Tennessee Running Club, Alcoa High School and other area non-profits through the Knoxville Track Club volunteer give back program.



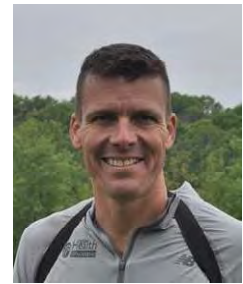
For more information on the Knoxville Track Club, please visit the website at ktc.org or contact us at knoxvilletrackclub@gmail.com.



TRI-BAL KNOWLEDGE

Half Ironman World Championships

by Larry Brede



The World Triathlon Corporation, owners of the Ironman brand, rotate the Half Ironman (IM70.3) World Championship around the globe each year. 2021 brought the race back to the United States for the first time since 2017, held this year in St. George, Utah.

I race with a local triathlon team, and six of us qualified and flew west to race this year: Bill Beecher, Jim Hall, Joseph Hicks, Nathan Mize, Doug Ross, and me. Though I used to live in western Colorado and worked in Moab, Utah on the southeast side of the state, I'd never been to St. George on the southwest side. It's absolutely beautiful!

We flew into Las Vegas, just a couple hours away, spent the night, and then drove to St. George on a Thursday morning prior to the Saturday event. Even though we didn't have time to check out the major national parks in the area (Zion and Bryce Canyon), the local topography is still a wonderland for exploration. Outside of Athlete Check-In and staging bikes and gear, we spent Thursday and Friday exploring slot canyons and a local reservoir. Very beautiful!

Race morning started sunny and clear in the low 70s. The weather had been 100 degrees the week prior, so the

cooler temperatures were much appreciated. We'd all rented a house near the swim location, so it was an easy walk to the start. The professionals went off at 7:00, with age group heats starting soon afterward. Start times staggered throughout the morning, with the six teammates getting started between 7:45 to 8:45. Doug and I are in the

same age group, so we were able to spend our preparation time together all the way until our 8:13 start. With exactly 200 athletes in our age group, it was a pretty big crowd and therefore really nice to have a buddy to wait with. My pre-race plan was to swim hard, bike moderately, and then run hard.

The lake was perfect - 78 degrees, calm, and the course setup so we never had to look into the sun. The staggered start kept the groups thinned out so there wasn't any traffic in the water to try and swim through. I felt great, swam hard, and was the second one out of the water in the age group.

For my age group, we got out of the water and on the bike while the weather was still sunny and cool. The course

itself is super challenging, eventful, beautiful, and FUN!!! Seriously the best race route I've ridden in 40 years of triathlon. Course really rolls, pretty much either up or down the entirety of the race without much flat to roll steady, and the first 20 miles went according to plan. I love going fast on a bike, and did get up to 48.6 mph on the longest downhill, which is so much fun! Roughly an hour into the bike a major thunderstorm blew through. Initially it brought huge wind, causing major dust clouds and literally blowing bikes around the road. Then there was a short burst of stinging rain that tapered off to a mild on-again, off-again sprinkle for the rest of the race. At mile 45ish there is one final long pull up Snow Creek Canyon, then a huge descent into town. All the hills and wind resulted in a harder effort on the bike than planned, but the challenges made it an

adventure to talk about for years in the future.

The run is two loops from town, up a ridge, across the top, back down, and repeat. I had some cramping issues on the downhills but felt great otherwise and had a pretty solid half marathon. All six of us on the team did really well, and I finished 18th in my age group. More importantly, we all had a great time exploring Utah, spending time with our friends and family, and enjoying a superior course representing East Tennessee!





Healing Foods: What Foods Help Heal Injuries

by *Whitney Heins*

Every time I have a running injury, I go through the same crisis: how on Earth should I eat when I'm not running? Should I eat less? More? Can eating help heal injuries?

Many athletes go into panic mode, watching what they eat and worrying about weight gain due to time off. But cutting calories is the last thing injured runners should be doing. Eating can help heal injuries, especially if you eat the right foods. If you skimp on calories, your body may not get the fuel it needs to heal, and you may be on the sidelines longer than you have to be.

If you struggle with listening to your body's cues for hunger when you aren't running—think of it this way—you will always run faster a couple of pounds heavier than if you are injured. Plus, it is natural for runners to have different seasons of weight. Even the pros don't stay at their "race weight" all year long.

So, how does eating help heal injuries? I spoke with three mother runners who are also sports nutritionists and I'm here to dish on what healing foods to eat and when.

Should you eat less when you're injured?

No, you should not eat significantly less when you are injured. In fact, following the days after your injury, you may need to eat more.

A 2015 Sports Medicine journal study finds "The single most important nutritional consideration during reduced muscle activity and/or immobility is to avoid nutrient deficiencies."

Why? Because it delays recovery

and can make you weaker:

"Cutting calories not only delays recovery but can facilitate further muscle breakdown because the body will use muscle for energy," explains Amy Stephens, a registered dietician to elite runners.

Overall, when you're injured and not running, your caloric intake may be less based on how much you ran before, says local nutritionist Kellie Cope. But you still need calories to repair your body.

"Feeding and fueling still play a critical role in the rehabilitation process. The goal is to manage inflammation, promote recovery, minimize muscle loss, and manage weight," she explains.

How much should you eat when injured?

An athlete who is injured should not eat much less than when they were training. Research shows the calorie needs of an injured athlete are not significantly lower than an active athlete, notes Jennifer Scott, a marathoner and registered dietician.

"Your caloric needs are less BUT your body still needs a good amount of calories to HEAL. So even though you're not doing as much on the outside, your body is being very active on the inside," she notes.

Athletes should listen to their hunger cues and pay attention to WHAT they are eating (more on that later). In general, Stephens says here is what you want to eat when injured:

◆ 1.7-2 grams of protein per pound of body weight or 25% of your calories

for the day (for muscle repair)

◆ 5-6 grams of carbohydrates per pound of body weight or 45-50% of your calories for the day (to avoid muscle wasting)

◆ ½ gram of healthy fats per pound of body weight or 25-30% of your calories for the day (to manage inflammation)

Please note these numbers are just general guidelines and no need to obsess over macros or count calories. Trust your body to tell you what it needs.

Does being injured make you hungrier?

When I was recovering from my hamstring tear in 2020, I remember feeling hungrier than when I was running 80+ miles a week. What gives?

Research shows that, depending on the severity of the injury, your metabolism can speed up 15 to 20 percent in the days following the trauma as it works to heal your injury. This number is even higher after surgery.

If you have an acute injury such as a muscle or tendon tear or broken bone, your body is using more energy to repair itself. Therefore, you may feel hungry when injured because you are burning calories to heal your injury.

What foods promote healing?

While athletes need to make sure they are eating enough calories to give their bodies the fuel they need to heal, they also need to make sure they are eating brightly colored fruits and veggies, protein, and other vitamins and minerals.

According to Cope and research studies on nutritional strategies to optimize recovery, your grocery list should include the following foods to heal your injury.

Foods high in antioxidants & Omega

**** continued on page 21 ****

Healing Foods

AAA continued from page 20 AAA

3s to fight inflammation include:

- ◆ Berries and cherries
- ◆ Coffee & Dark Chocolate
- ◆ Tomatoes
- ◆ Beans
- ◆ Kale, Spinach, Broccoli
- ◆ Walnuts, Seeds (flaxseed oil),

Hemp Hearts

- ◆ Fatty fish, like Mackerel, Salmon,

Whitefish

- ◆ Ripple non-dairy milk (great for smoothies)!
- ◆ Ginger & Turmeric
- ◆ Lentils

Protein repairs broken bones, builds healthy blood cells, keeps your immune system strong, and supports muscle protein growth and strength.

Some research also suggests a higher protein intake in injured athletes can help preserve lean body mass.

Focus on high-quality protein foods (those that contain *all nine of the essential amino acids-EAAs*) and the branched-chain amino acid (BCAA), leucine, aids in muscle protein synthesis, which again needs to be included in an overall consumption of essential amino acids.

Foods dense in EAAs AND BCAAs include:

- ◆ Tuna
- ◆ Chicken
- ◆ Oats
- ◆ Edamame
- ◆ Salmon
- ◆ Eggs

Foods high in vitamin C, zinc, vitamin D, and calcium will help your body continue to heal. Vitamin C and zinc play key roles in healing. Vitamin C is needed to make collagen and for repairing tendons and ligaments (and other wounds). Citrus fruits are high in vitamin C, but here are a few others that pack the same or even more of a punch!

- ◆ Acerola cherries
- ◆ Strawberries
- ◆ Guava
- ◆ Parsley, Thyme, Rosehips
- ◆ Kiwifruit
- ◆ Baked potatoes
- ◆ Broccoli
- ◆ Bell peppers (yellow, red, orange)
- ◆ Cantaloupe
- ◆ Cauliflower
- ◆ Green Bell peppers (just lower amount than red, yellows, oranges)

Zinc is a mineral found mostly in animal foods such as:

- ◆ Meat
- ◆ Fish
- ◆ Poultry
- ◆ Dairy foods
- ◆ Whole-grain breads and cereals
- ◆ Wheat germ
- ◆ Legumes (dried beans and peas)
- ◆ Nuts (pecans and cashews)

Note: It is better to get zinc from foods than supplements. High-dose zinc supplements can cause nausea and vomiting.

Calcium and vitamin D are nutrients associated with healthy bones and immune regulation. Vitamin D helps the body absorb calcium, and regulate skeleton muscular function and the immune system.

Sources of Calcium (Other than dairy and fortified foods) are:

- ◆ Tahini
- ◆ Blackstrap molasses
- ◆ Bok choy
- ◆ Cooked collard greens
- ◆ Cooked kale
- ◆ Cooked turnip greens
- ◆ Cooked broccoli
- ◆ Soy nuts
- ◆ Some instant oatmeal
- ◆ Baked beans
- ◆ Tempeh
- ◆ Almonds
- ◆ Dried figs

The best sources of Vitamin D are:

- ◆ Fatty fish, like tuna, mackerel, and salmon
- ◆ Foods fortified with vitamin D,

like some dairy products, orange juice, soy milk, almond milks, and cereals

- ◆ Beef liver
- ◆ Cheese
- ◆ Egg yolks
- ◆ Some mushrooms

What foods slow healing?

Alcohol and refined sugars should be avoided if you are healing an injury. Studies show that alcohol consumption decreases protein synthesis in skeletal muscle. Runners recovering from a running injury should also avoid refined sugars. Research has found that people with higher sugar diets have more inflammatory markers in their blood.

When to eat healing foods to heal your running injury

Eating a well-balanced meal is always a good idea, injured or not. However, when injured it is of utmost importance to eat healthy foods and your basic macronutrients of healthy fats, complex carbs, and protein. When you eat these healing foods, it can speed up recovery.

The 3 stages of healing of running injuries

Inflammation: This happens within the first 4 days of your injury. This is when your immune system is activated and damage-control cells rush to the injured site. *Eat extra fruits and veggies to fight the inflammation.*

Proliferation: This happens after those first 4 days. It is your body that builds new tissue, restores blood vessels, and covers the surface of any exposed wounds. *Eat a lot of protein, complex carbs, and healthy fats.*

Remodeling: This period is when the injured area begins to build itself back up, regaining strength (and scarring). It lasts as long as your injury does. *Continue to eat a lot of protein, complex carbs, and healthy fats. Aim to sneak a variety of protein into every meal and snack.*

AAA continued on page 29 AAA



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

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



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

BUSINESS HOURS

Monday - Thursday 10am - 8pm

Friday - Saturday 10 am - 9 pm

Sunday 12:30 pm - 6 pm



Third Creek Greenway Parkrun Reaches a New Milestone

by Meredith Hale

Third Creek Greenway (TCG) parkrun celebrated its second anniversary this October! We wanted to take this opportunity to recognize the accomplishments of our parkrunners and give the Knoxville running community some updates about our local event. Since our initial launch on October 26, 2019, 159 unique runners have finished the TCG course and 39 individuals have volunteered. While we love having tourists visit from cities as close as Sewanee and as far away as Dublin, Ireland, this update highlights our local participants who come out regularly to parkrun.

For those that may not know, parkruns are free weekly timed 5ks that occur each and every Saturday. As the weekly nature suggests, parkrun aims to encourage consistent exercise. One way it does this is through awarding “milestone” T-shirts after participants complete a certain number of runs or volunteer instances. Currently parkrunners can receive a T-shirt after completing or volunteering at 25, 50, 100, 250, or 500 parkruns. Junior participants - those under eleven - are eligible for T-shirts after 10 participation or volunteer instances.

Since returning from our COVID-19 hiatus this past May, several TCG parkrunners have reached both running

and volunteer milestones. Junior runner Alex Steward completed his tenth parkrun in May to become our first parkrunner to earn a running milestone T-shirt. Siblings Thomas and Grace McConnell followed soon after and earned their 10 milestone shirts. New members of the 25 runs club include Nancy Henry, Caryn Hughes, and Alexandra Snyder. In addition, both Meredith Hale and David Talmy earned T-shirts for volunteering at parkrun at least 25 times. Having faced so many challenges during the pandemic, it's great to see so many of our participants succeeding at their goals and racking up the milestones. As Des Linden says, just “keep showing up.”

In addition to the consistency of our regular runners, in recent weeks we have also been wowed by the speed of two of our newcomers, Scott Greeves and Rachel McGovern.

Scott clocked a time of 16:23 on our 33rd event, bettering the previous course record by 46 seconds. Rachel set the women's course record of 20:59 at the same parkrun as well. A huge congratulations is due to them both! The

TCG parkrun website has a special page specifically to highlight speedsters. Men who run under 17 minutes and women who run under 20 are highlighted on this page.

While we are immensely proud of these parkrun accomplishments, we also acknowledge that neither regular attendance nor fast times may be the milestone that you are shooting for. At least two of our parkrunners underwent surgery during the pandemic and had lengthy recoveries to endure. For them and others, the act of walking the 5k is also a major accomplishment. As

parkrun absolutely encourages walkers, no one should feel apprehension about coming out to take their first steps towards their goals. There is a special volunteer role, the tail walker, who ensures that no one

comes last in a parkrun. This volunteer regularly takes more than an hour to complete the course and often chats with participants throughout the event. Along with physical health, parkrun is also about social health. We end each parkrun with a breakfast at Panera to share stories and cinnamon rolls.

Please reach out to us at thirdcreekgreenway@parkrun.com or you can follow us on Facebook (@ThirdCreekGreenwayparkrun) or Instagram (@TCGparkrun) to hear more about the accomplishments of our runners. We'd also love to be part of your journey and help you reach your next milestone, whatever it may be. We hope to see you out on the greenway at a future parkrun.



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

for its generous sponsorship of
The Dogwood Classic 5k

<https://hardknoxpizza.com>

We are open and doing everything we can to offer a safe and comfortable Runners Market experience for everyone! Come in for a shoe fitting or shop our clearance apparel

Thank you for shopping local and supporting us!



Monday-Friday 10-6
Saturday 10-5





KTC BOARD OF DIRECTORS

Minutes of August 2021 Meeting

AUGUST 23, 2021

The meeting was called to order by Tim Monroe at 6:02 pm. In attendance were: Christina Adkins, Gabrielle Cline, Tim Gregory, Pam Haggard, Tim Hill, Brian Huskey, Keith Jackson, Suzanne Oliver, P. Mark Taylor, Alicia Teubert, and Jason Wise. David Black, Jason Altman, Stephanie Bailey, and Michael deLisle attended as guests.

Minutes – The minutes were presented to the full board. Suzanne moved to approve with no amendments, P. Mark provided a second. Full board approved unanimously.

Consent Agenda

- ◆ Executive Director Report
- ◆ Treasurer's Report
- ◆ Marathon Director's Report
- ◆ Event Manager Report (Youth Development)
- ◆ Trail Committee/Footnotes/Website Report

Tim M. asked for any questions regarding the reports that were submitted. Jason noted that he has been assured by the City of Knoxville that our marathon will not be shut down. Jason has spoken to representatives of Covenant and there is support for the race to proceed as planned. He is confident that we will be moving forward with the event. Tim Hill asked if there were any concerns regarding the number of volunteers. There might be need to incentivize volunteers. Tim M. pointed out that Jason has done an excellent job of securing sponsors for the event.

Michael deLisle noted that he has stepped down from hosting the web site and asked if there were questions regarding his report. The board expressed thanks for Michael's hard work on the web site over the years.

Tim Hill asked if the road races have the same difference between registrations and actual runners as trail races do. Pam noted that it is not as extreme with road races, but there are usually about 10% of registrants who don't show. Part of the reason for lower actual turn out for runners in the trail races is that trails offer packages of races. Michael noted that they will be backing away from the run anytime option because it is labor intensive to keep the trails marked for a full week.

Hall of Fame Event Update

Christina and Suzanne reported. Russel Bivens will emcee the event. Photography has also been arranged. The event will take place November 4th at the Airport Hilton. All of the inductees have been contacted; they are: Larry Brede, Kevin & Samantha Pack, Andee Swann, Brent Bueche, Bill Kabasenche, and Wilbur Hawkins.

Roundtable

Jason Wise asked about a bridge program to encourage people to participate in the 2022 event (example: if a person does the 5K this year, could they get a training program for the half marathon and a coupon code for the 2022).

Jason Altman had mileage logs and

posters for the kids run. Jason noted that we bank with Regions, but they are no longer supporting the marathon and Jason noted that we might want to consider banking with a financial institution that supports the club.

Christina brought examples of the Crossknox shirts and age group awards.

Tim M. noted that it is time to start looking at nominees for the board. It is also time to think about KTC service award nominees. Tim noted that David Hinkle was called out of town on business unexpectedly. He has spoken with Carol Evans at Legacy Parks and has a meeting set with Randy Boyd. The full committee has not yet been able to meet. Tim noted that we had a request for a "Name, Image, and Likeness" sponsorship (new NCAA regulation that allow them to earn money). Tim noted that we need to understand the potential liability to the club of providing such a sponsorship. Brian wondered if UT athletics has any guidance. Jason Wise noted that examples around the country of ways NIL sponsorships could help the club are things such as "Run with a Vol" or social media posts where he wears KTC gear.

David noted that we are approaching the time that we will need to approve the budget. Tim noted that next month we will have beginning discussions about what we want to achieve with the budget in 2022

P. Mark moved to adjourn, Christina provided a second. Approval was unanimous. Meeting ended at 6:57 pm.

Next Board Meeting will be held September 27, 2021, at Legacy Parks.



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02 MAGNESIUM

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

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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.

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

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

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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 September 2021 Meeting

SEPTEMBER 27, 2021

The meeting was called to order by Tim Monroe at 6:02 pm. In attendance were: Christina Adkins, Gabrielle Cline, Tim Gregory, Pam Haggard, Tim Hill, David Hinkle, Brian Huskey, Keith Jackson, P. Mark Taylor, Alicia Teubert, and Jason Wise. David Black, Michael deLisle, and Kathy Nash attended as guests.

Minutes –The minutes were presented. P. Mark moved to approve, Alicia provided a second. Minutes approved unanimously.

Regular Reports

Executive Director Report – David asked for questions about his report. David is tracking the trends in Knoxville and nationwide. Currently races are getting canceled are due to lack of support (volunteers) rather than active COVID numbers. Berlin marathon happened, Cooper River Bridge will occur this weekend. The Marine Corp marathon canceled for non-COVID safety and security reasons. (All US Armed Forces races are being canceled right now).

Treasurer’s Report – Nothing to add to the written report. No questions.

Marathon Director’s Report – Tim M. noted that numbers are on track for what we anticipated. David noted that this year has highlighted how much our races rely on corporate participation.

Event Manager Report (Youth Development) – No additions to the written report; no questions. Still need volunteers for the water stops for the marathon



Trail Committee/Footnotes Report – No questions regarding the written report; new website has information about the Hall of Fame banquet. Big South Fork race was successful this weekend. The trails committee is distributing the revenue sharing checks over the next few weeks. Brian asked for recommendations from the trail committee for upcoming board members and the annual Kerry Trammel service award.

Hall of Fame Update – Up to twelve participants; several previous Hall of Fame inductees will be there. Social media push for Hall of Fame will happen after the marathon. Christina is requesting pictures of this year’s class so that she can create a slide show.

Board Nominating Committee Update – Brian reported that Tim M., Alicia, and P. Mark are rolling off the board. We are looking to replace those three. October 15 is the deadline for recommendations. Please share the post online and ask people to apply. David asked if there are any specific roles that need to be filled. Brian noted that we could use an attorney, but also need people who have background in marketing.

Name, Image, Likeness (NIL) Update – Jason Wise noted that there is a good contact at UT for NIL information. We need to figure out what our ROI is. Are we asking for them to promote the club like we do with teams that we sponsor or are we looking for additional benefits? We need to determine the market value of what we are asking of anyone we sponsor. Tim M. still has questions regarding what KTC’s liability might be and who we are making the contract with (just the athlete or the athlete and UT).

Budget Philosophy Discussion
There will be a preliminary vote on the budget in November with a final vote in December. Tim asked David to discuss how he plans to develop the budget. David thinks we will be between 90 and 100% of what we originally predicted for 2020 (based on 2019 numbers). We are currently seeing race participation grow. Athlete assistance will be included in the 2022 budget. David H. recommended looking at things like how many social media followers the athlete has when considering NIL agreements. RRC will evaluate the Sweetwater event and if we want to do this again and if so, it will be included in the budget. David H. asked if we expect costs to rise for support services such as police support. Tim M. recommended putting a line item for ED-directed bonuses to staff.

Roundtable

P. Mark – please keep recruiting volunteers for marathon weekend

Brian – “trees not tees” there is a group that will plant a tree in instead of taking a t-shirt. Garmin might be a good fit as a partner for us (their founder has a building named for him at UT)

David H. – met with Randy Boyd, discussed ways that KTC might get involved with the schools again. He and Randy discussed how to have a deeper impact in the community. David noted that KTC has a great reputation for races, but how might we expand what we do in the community.

David B. – we will do a holiday party, might do the train if restrictions allow. (Pam noted that it might make sense to reach out now about reserv-

AAA continued on page 29 AAA

KTC VOLUNTEERS NEEDED

- Nov 6 Norris Ultra Dam Hard Trail Races 50k, 25k, and 5k
- Nov 25 Regal Knoxville Turkey Trot 5k and Little Gobblers Run
- Dec 5 Dirty South Trail Half Marathon, 10k, and Kids Trail Mile
- Dec 12 Pigeon Forge Half Marathon, Relay, and 5k
- Jan 1 New Year's Day 5k
- Jan 15 KTC Oak Ridge 10-Miler
- Jan 16 Wanderers Trail Race 5k and Kids Trail Mile

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)**

Healing Foods

AAA continued from page 21 AAA

Research has also found that a dose of protein before bed can help promote muscle synthesis. So, feel good about that bedtime snack!

What should you eat based on your injury?

Injured runners can also tailor their diets to meet their injury recovery needs. Here's what to eat based on the type of injury you have.

- ◆ Stress fracture: Eat more foods rich in calcium, vitamin D, vitamin C, vitamin A, and magnesium
- ◆ Ligament or tendon tear: High-quality protein from milk, yogurt & eggs, Vitamin C, and Vitamin A
- ◆ Surgery: Eat more foods with protein, collagen, and zinc
- ◆ Runner's knee: Protein, Vitamin C, and Vitamin A

- ◆ Tendinitis: Focus on foods with antioxidants and healthy fats
- ◆ Arthritis: Focus on collagen and Vitamin C
- ◆ Muscle strain and tendinosis (tendon degradation): Get more branched-chain amino acids (BCAA)
- ◆ Muscle tear: protein, iron, Vitamin C, and Vitamin A

What supplements should runners take?

It's always best to get your vitamins and minerals from REAL food. However, sometimes that isn't possible or your body needs a more potent dose. (A blood test getting your levels is useful here).

Here are common supplements runners need, especially injured runners.

- ◆ Iron: This essential mineral helps transport oxygen from your lungs to your muscles. Female runners especially run low on iron, particularly in the summer.

- ◆ Leucine: This branched-chain amino acid stimulates muscle protein synthesis faster than other amino acids.
- ◆ Casein: This is a milk protein that contains all the amino acids your body needs to build and repair muscle.
- ◆ Creatine: Another amino acid that may help prevent muscle loss, especially while a limb is immobilized.
- ◆ Whey protein: This protein may boost ligament, tendon, and muscle healing when consumed within an hour after exercise or rehabilitation.
- ◆ Collagen: When taken before exercise with vitamin C may help with the recovery of ligament and tendon injuries.

As with most nutritional questions, there is no one-size-fits-all answer as to what supplements to take. A blood test can tell you where you are deficient.

Being an injured runner is a confusing time. But don't make it harder (or longer) than it has to be. Don't overthink your food. Eat! Eat healthy and well, and the miles and PRs will come.

KTC BOARD

AAA continued from page 27 AAA

ing). We will need to set the date soon. Still looking for Hill Helpers for the marathon.

Alicia asked if Troy is pulling back on races because she hasn't seen him. David noted that his job is preventing him from doing more. Pam noted that Danielle is doing a great job of timing cross country races.

Christina noted that there is a Loudon CC meet of almost 400 kids on Thursday. She needs volunteers (course monitors).

Tim - nominations for annual awards and board members are needed.

Brian moved to adjourn, Alicia seconded. Meeting ended at 7:08 pm. Next meeting October 25, 2021, at the Legacy Parks Office.

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>





FABULOUS WEATHER GRACES TOWNSEND 15k

Sally Joines, race director

The natural beauty of Townsend provides the perfect venue for a great event. This year, Mother Nature stepped in with fabulous weather that motivated participants to produce great finish times and amazing experiences.

In the 15k in person event, we had 165 registered participants, with our overall female, Gina Rouse finishing at 54:26.37 and overall male, Jack Hillenbrand, finishing in 49:37.32. In the 10k in person event, we had 77 registered participants, with our overall female, Erin McCorry finishing at 45:49.26 and overall male, Alex Widmer finishing in 36:20.51.

Even with Mother Nature's blessings and the beauty of Townsend, so many things happen behind the scenes that come together to make the event a success. Did you notice the large number of teenagers on the course helping you stay hydrated and on the right path? These student athletes from Alcoa High School got up early on a weekend morning just to support you! How cool is that? Have you ever tried to motivate a teenager out of bed at 6am on a weekend morning! Thank goodness for Pam Haggard (former awesome Townsend RD), who in her years as coach at Alcoa has clearly instilled the value of volunteering in them! I can't thank her enough for her continued support of this race. Additionally, there were many other great community volunteers adorning the course to help make the day a great experience for all participants.

Volunteers were there to help you before, during and after the race! Would

you believe there were even a few hooligan volunteers out in the middle of the night Saturday marking the course, fighting off bears and putting out signs so the course would be ready for you! As a volunteer Race Director, the simple words of "thank you" seem inadequate. It is such a beautiful thing when people come together to create a great race day!

Did you get to meet the fine folks from Tennessee Sports Management who were there to help address aches and pains pre/post race? If they didn't get you all fixed up that day, check out their website <https://tensportsmed.com>

for ways to reconnect with them. We appreciate their continued support of all our KTC races.

In the coming months, when tourism to Townsend slows down and businesses need our local support, I encourage you to stop by and visit the sponsors of our race, let them know you appreciate their support of our running community. What? You don't remember who all the sponsors were?? Next time you're not wearing your awesome shirt printed by the local printshop, Pokeys and Sports, look at all the great business listings. The Abbey, the Lilly Barn, Townsend Strategies, Little River Campground, B-Dry Towels and many more!

This was my first year at the reins of this great race, and I am already making plans to see you again in 2022. Will you be there? Tell me what you thought about this year's race? Tell me what you'd like to see next year, email me your thoughts townsend15k@gmail.com and then let's make plans to run!



28th BIG SOUTH FORK TRAIL RACE - BACK TO NORMAL



Bobby Glenn, race director

After all the disruption the previous couple of years, it was really nice to have a normal race again without any need for wave starts and the like.

We were treated to one of the most beautiful days in the history of the race and I believe most everybody had a good time.

We had an injury out on the course that required a pretty significant effort by the Park Service and EMS to get the runner out, but the team worked well together and all worked out OK in the end.

Turnout was a little down from

previous years but we still had a good crowd.

This year's shirt design was one of my personal favorites in all the years we've run the race so kudos to Jonas Holdeman and Russ Faulkner for producing this beauty.

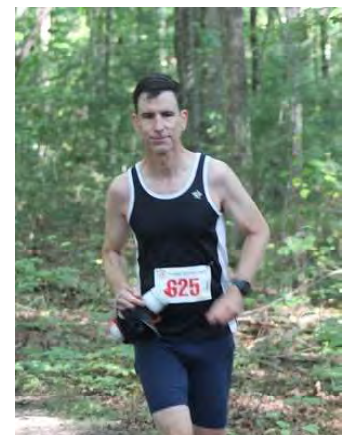
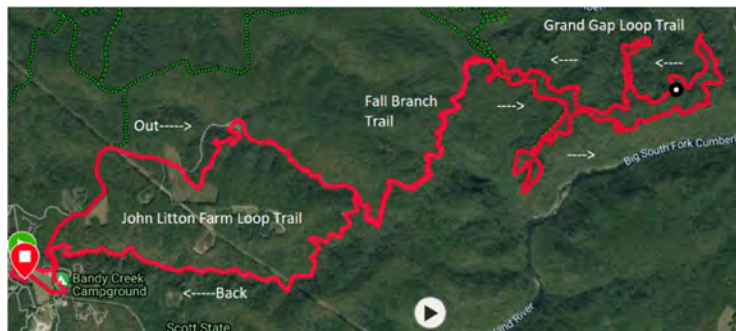


One of the greatest things about this race for me is the tremendous group of enthusiastic volunteers who help most every year. Many thanks to Mary Nelle Glenn, Liza Graves, Tracy Rafferty, Bobby and Pat Robbins, Susan Musser, David

McClennan, Jack Marshall, Charmaine Lingard, Tim Monroe, Bill Hardin, Michael deLisle, Rebecca Holder, Tony Owens, Pete Crowley, Libby Zell and Alex Walker (major kudos for sweeping the entire course), Chris George and Jonas Holdeman.

Rickard Ridge Barbecue was back providing a great barbecue lunch for the runners and their guests.

Many thanks to Big South Fork NRRRA for hosting us and to our sponsors Runners Market, Black Horse Brewery, Pilot, REI, Knoxville Spine & Sport, Flats and Taps, SoKno Taco, Cool Beans, and Tailwind.



A First Timer's Look at KTC's Big South Fork Trail Race

by *Tom Sionkowski*
Ferndale MI

The Big South Fork Trail Race is a small but well-regarded regional event in the Big South Fork National River and Recreation Area. Both a 17.5-mile and 10K race are offered. The race is organized by the Knoxville Track Club and was first run in 1994. The course is comprised of three trails, in a rough figure eight pattern. The trails are the John Litton Farm Loop, the Fall Branch and Grand Gap Loop.

The late September Tennessee weather was perfect. Cool and sunny. So, I crossed weather off of my mental excuse list.

The first mile and half of the course is paved and gravel road. While my feet did not appreciate the gravel, this section allows runners to spread out before hitting the trails.

The race director, Bobby Glenn, waved the runners onto the single track. It is my understanding that Bobby has been the director of the race since its inception. Thanks Bobby, for a well-organized and challenging race. Great job!!!

The course does not have any relentless grinds higher. Instead, it is mostly rolling hills. From three devices, I got three different answers to what the elevation gain of the course is. But averaging them out it's probably around 1,800'. The trail is mostly non-technical. Of course, as with any trail, there are always some small roots and/or rock nubs to trip on. Which I always seem to find. Fortunately, when I found one this time I managed to stay on my feet, barely. We'll just leave it as...it would not have been a good spot to go down.

Along the John Litton Farm Loop and Fall Branch the trail runs along some rock walls and overhangs. There is also a waterfall. Which I only caught from the trail. However, I think it's possible to maneuver down for a better view.

The crux of the course is the Grand Gap Loop Trail. On this 6.8-mile loop is the Angel Falls Overlook, with expansive views of the Big South Fork River.

There are also some caves. I took a short detour to check one out. It was possible to fully stand up once inside. Towards the back there was an opening at the top. I could totally imagine building a fire and living there a couple thousand years ago. But I don't think it came with Wi-Fi.

Once around the Grand Gap Loop there are about 5 miles back to the finish. Which was motivating to get back moving at a steady pace. The rhythm was broken, though, by a loud warning, "Copperhead on the Trail!" Up ahead were two hikers with a dog who were stopped in their tracks. Apparently, they had almost stepped on the snake. Copperheads, are generally

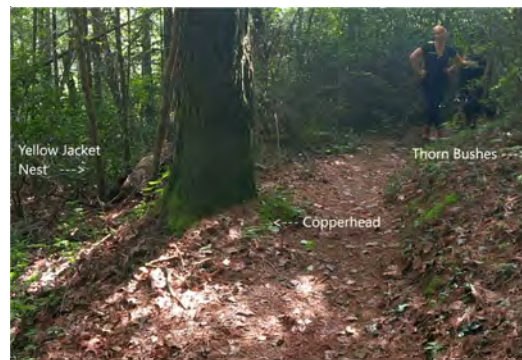
not deadly, except to the elderly and/or immunocompromised. But their poisonous venom can result in a very painful bite, not how I wanted to finish this race.

Surveying the situation, it seemed there were four choices. Wait for it to move, make a dash for it, go down left past a Yellow Jacket nest or up a hill to the right and through some thorn bushes. After hemming and hawing the choice was made to take the thorny route. Several scratches later it was back on the trail heading home.

With a little over a mile to the finish, the course has a unique feature. There's a 10-foot and a 5-foot ladder. This was the first time I had to climb a ladder as part of a race.

I ended up crossing the finish line with about seven minutes left on the clock. I did beat three runners who did not finish under the five-hour time limit and I placed in my three-person age group bracket – Ha-Ha. So we'll just ignore the 68th out of 68 overall finish. The most important thing is that it was a real trail adventure. Mud, blood, scenery and a wildlife encounter. It doesn't get much better than that.

Finally, I would like to thank a Tennessee trail racer named Jill. She had completed the course several previous times and was motivated more by the trail experience than achieving a fast time. A couple miles into the race she morphed into my quasi pacer. Her knowledge of the course and conversation really completed this special run.





FORT DICKERSON FROLIC GETS A LITTLE FRANTIC



Michael deLisle, assistant race director

As Director of KTC's Treadin' Trodden Trails series, I oversee general operations but often do not have to get my hands as dirty as the highly capable trail dawgs who direct our individual races. Back in the early days, I directed all of them, but as the series expanded and its mandate, committee membership, and race participation grew, other talented folks took the helm of each race.



tively, though, as my steps were severely limited by the bandages on my right foot and the crutches upon which I was forced to totter around. I'd had a bit of foot surgery ten days earlier and would be of no help marking the course, but I did know the trails and was able to prepare a rough map for the stellar marking crew of Tony Owens and Kathy Smith, assisted by the RD himself, who marked the kids' course.

Occasionally a race director is forced by circumstance to step back. Usually we have enough lead time to easily identify a volunteer to take over, but in the case of this year's 2nd annual Fort Dickerson Frolic, the change came a mere nine days prior to the event. To our great relief, veteran Haw Ridge and Loyston Point race director Pete Crowley was able and willing to take charge. With his great organizational skills, he immediately began making plans, confirming volunteers, and preparing to mark the race course the next day, even though he'd never been on those trails before.

course was eminently well marked, but very late in the 10k, a boy who looked to be about ten came chugging up the trail. We asked if he was doing okay and he nodded yes, but shortly thereafter, sweeper Bobby Glenn encountered the young man (and another runner) trotting merrily downhill in the wrong direction. All ended well, though, as Bobby redirected the pair and guided them to the finish.



Under Pete's able guidance, things fell into place (as they always seem to), volunteers came out of the woodwork, and a big crowd of trail runners descended on Fort Dickerson's overmatched parking lot as dawn broke over South Knoxville and provided a clear, chilly, bright sunny morning for the race.

As for race results, in the 10k, Wesley Crane edged Tim Forrester for the overall win, while Morgann King was top female. Ryan Kulke and Kyra Donnell were top male and female masters finishers.

The 5k was won by young Elijah Bower from North Carolina, who outran Erin Bankes and the rest of the men for the win. Emily Hall sped past daughters Kaitlyn and Aimee as the Hall Family claimed the top three spots in the women's 5k race. J Miller and Jaimie Blessinger were best men's and women's masters runners of the day.

Hugest of thanks go to Pete for a super job directing this great event. Other stalwart volunteers without whom we couldn't have put on such a fine event — in addition to those I've already mentioned — included Doug and Rebecca Holder, Stephanie Johnson, David Black, registrars extraordinaire Kathy Nash, David McLennan, and Christina Adkins, and Kids Trail Mile Rabbit Scott Schmidt, who blazed around a really fun kids course and managed to outrun even the fastest of the kiddos.

Thanks to everyone. As always, it was a great day in the woods. Hope to see everyone at Norris and Dirty South!

This is where I stepped in. Figura-

DON'T FORGET...

Saturday, November 6, 2021 - 7:00 a.m. Fourteenth Annual **NORRIS ULTRA DAM HARD TRAIL RACE**. 50k and 25k both start at 7:00, and our accompanying 5k begins at 7:30. Online registration available on the KTC website and Runsignup.com.



BE PART OF KNOXVILLE TRACK CLUB'S ONLY ULTRARUNNING EVENT



Trail Series Grand Prix Standings 2021 Point Totals - through Fort Dickerson



Chris George, keeper of the points

OPEN MALE		OPEN FEMALE		MASTERS MALE		MASTERS FEMALE	
Gideon Wilson	590	Kaelin Porter	355	Scott Schmidt	710	Sonja Hurt	375
Michael Morrell	590	Rebecca Price	340	David McLennan	660	Kelli Stone	290
Ryan Kulke	570	Jessica Sheah	280	Sam Plemons	410	Malinda Honkus	280
Wesley Crane	550	Grace Weber	280	Marcus Steward	350	Laura Rollins	280
Jeremy Donahue	340	Jessica Tucker	270	Jamie McCart	330	Kyra Donnell	260
Dana Rust	230	Marah Barnhart	250	Chip Keim	315	Betsy Swartzentruber	240
Justin Weinmeister	200	Kenda Hurt	245	Jim Bishop	300	Rae Olinsky	235
Giulio Rancadore	170	Christina Adkins	235	Jason Brannon	220	Julie Jones	220
Jacob Price	125	Natasha Lawrence	220	Mike Parton	210	Chris Keim	210
Nathan Helton	125	Taylor Hall	220	Scott Larrick	190	Angelina Borisov	190
Eric Cannon	125	Laura Morse	215	Michael Grindstaff	190	Jill McNeal	185
Matt Entler	120	Sarah Hopkins	210	Jason Cathey	190	Estella Nelson	180
Robert Taylor Jr.	120	Megan Kleeschulte	200	J Miller	160	Beverly Brower	170
Payton Gupton	120	Caitlin Duggan	190	Brian Huskey	130	Stephanie Johnson	170
David Kesterson	110	Sarah Crowley	170	Jason Oberhaus	130	Karen McNeany	150
Blake Wahlert	95	Jodi Anderson	140	Michael Spadafora	115	Emily Hall	150
3 men tied with	90	3 women tied with	130	Tim Rutherford	110	Kelly Novarro	135

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
- * 1/2 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.

KTC COMMUNITY OUTREACH

KTC Programming

The Knoxville Track Club's goal is to offer events and programming for runners and walkers of all levels to support our mission of "Healthy Living – Healthy Community – One Step at a Time." Most of our events offer the option to walk or run and are open to all ages. The standard for the road events is to maintain a 16:00 minute mile pace.

In recent years kid's mile races have been added to nearly every road and trail event. The youth are so important to our community and future, and they bring a great level of excitement to the events.

KTC's RunKnox program is a unique program that provides professional coaching and training programs for runners of all levels with a goal oriented approach customized based on each runner's needs.

Throughout the year the KTC Funnors host two social runs each week, as well as special edition runs. These social runs help people to become a part of the running community. Often people traveling to the area or relocating find this a means for meeting people and learning the city.

KTC Officials Organization

Through the years, KTC Officials have worked collegiate meets at UT, as well as high school track and field championships, the Volunteer Track Classic, outdoor and indoor meets, elementary school track & field, AAU association and regional meets, the Tennessee State High School Championships, NAIA Indoor Championships, local elementary and middle-school cross-country championships, the Knox County Middle School Track and Field Championships, and the State Middle School Cross Country Championships. KTC Officials Joyce and Hayes Hunter were selected to work the USOC Olympic Trials in 2000. Stanley Underwood and Brint Adams were invited to work the USOC Olympic Trials in 2000, 2004, and 2008. Both Stanley and Brint worked the USATF Senior Outdoor Championships many years. Hal Canfield and Bob Neff were awarded Emeritus status by the USATF, a level of achievement very few officials ever attain.

Special Assistance Grants

Knoxville Track Club's Post Collegiate Assistance Program was established to assist local athletes pursue professional careers in track and field. Applications are accepted and reviewed by the KTC Board of Directors each year and financial assistance is awarded based on qualifications and contributions to the KTC and Knoxville communities. Teams travelling to competitions like the Blue Ridge Relay, Hood to Coast, Ragnar Relays, etc., submit requests for event entry fee assistance. KTC funds teams that will be competitive and can place in the top echelon of their category.

Other Community Support

The Knoxville Track Club provides assistance to local community groups organizing and executing race events in the Knoxville area. Driven by Allan Morgan in 1986, the KTC began to provide technical assistance and personnel to make it possible for scores of East Tennessee non-profit organizations to stage their own events. Such assistance not only promoted KTC in the community at large but also greatly increased the variety of offerings for road and trail racing opportunities for all. KTC provides consultations, equipment, and timing services for these groups at a low cost to the group. KTC has assisted as many as 35 community events in one year.

The Hal Canfield Scholarship Endowment Fund was established to provide financial assistance to a local graduating high school senior. Although this is an academic scholarship, great consideration is given to former KTC Youth Athletic Program participants. This is an excellent opportunity for KTC to support our former program participants as they grow into young adults.

The club also supports the University of Tennessee Track & Field programs through donations each year for equipment.

The KTC staff stays very involved in the community serving on various boards, speaking at engagements and sometime providing assistance for companies registering for the KTC events.

Covenant Health Knoxville Marathon

The Covenant Health Knoxville Marathon was founded by the KTC in the spring of 2005. While the KTC had staged marathons in the past, this was a unique venture encompassing downtown and surrounding neighborhoods. Collaborating with the City of Knoxville, UT and the title sponsor Covenant Health, the inaugural event attracted more than 3,200 runners, and has grown substantially in size. The Covenant Kids Run, attracting 143 children in 2005, has seen more than 1,000 kids participate in the annual event designed to raise awareness of the importance of physical activity in children and to help fight childhood obesity. Every year the marathon designates significant contributions from the event to the Patricia Neal Foundation and other local charitable causes.

Destination Events & Other

From 2014 – 2018 the KTC operated the Farragut Half Marathon as a fall premier event for the area. In 2019 the fall race was moved to Pigeon Forge. This event features a half marathon, relay and 5k. During 2020 this event saw participants from 19 different states. This event is growing to a major destination event for people visiting the area.

When the 2021 Covenant Health Knoxville Marathon had to reschedule from spring to fall, the KTC staff worked with the city of Sweetwater TN to stage a spring marathon. The inaugural Sweetwater Valley Marathon had 554 registered participants from twenty states. The event featured a full marathon, half marathon, as well as two and four person relays. Registration didn't open till February 1st for the March 30 event, which shows a great testament to the hard work of the staff, volunteers, and community to organize such a successful event during a short time period.

KTC led the way through the pandemic of 2020 through a combination of virtual and RunAnytime events. Though we were unable to hold in-person races from March until mid-July, the KTC staff persevered to develop a plan to safely stage races, and by July 18 was able to return to in-person racing with the 350-person Townsend 10k, which hosted participants from ten other states. KTC was able to continue doing in person road and trail events, developing safety protocols as needed, while other cities and states were unable to host in-person running events for more than a year. The staff, board of directors, and volunteers went above and beyond to keep Knoxville and East Tennessee running.

KTC Membership

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

Evan AldAnna	Sebastien Crepieux	Goslee-Bogle Family	Cliff Jasper	Steven Moore	Maggie Riley	Tedsen Family
Demetra Arapakos	Cummings Family	Graham Family	Johnny Johnson	Michael Morrell	Rivero Family	Stephen Thomas
Evan Baker	Ryan Davis	Erica Green	Bill Jonee	Giannine Morris	Robertson Family	Emily Tirgrath
Jodie Birdwell	Laura Davis	Greeves Family	Bradford Jones	Chuck Morris	Kara Rogers	Toedte Family
Karisa Bitner	Heather Davis	Gretchen Grenz	Salem Karadsheh	Jennifer Morrissey	Rosenbalm Family	Tran Family
Boals Family	Dean Family	William Gribble	Ashley Keen	James Oakes	Dara Sarshuri	Tucker Family
Mamie Boling	Ward Digby	Debbie Gronstrom	Knight Family	Malcolm Oliver	Schleyer Family	Dagon Uselton
Ernie Brooks	Bonnie Dodge	Hannah Gump	David Kyle	Libby Overholt	Shelton Family	Alicia Van Tassell
Kevin Brown	Bradley Dunlap	Mary Hackett	Bailey Lane	Bryan Paschal	Lisa Sigler	Jason Walker
Richard Buckner	Sara Ettinger	Paul Hagemeyer	Dianne Lay	Brent Pendergast	Mark Skelton	Warriner Family
Chris Burris	Robert Fehr III	Elizabeth Hagler	LeGrand Family	Bruce Peters	Kathy Smith	Welsh Family
Amory Cannon	Andee Fitzgerald	Amy Hammontree	Lockhart Family	Tia Pewitt	John Snelling	Jessica White-Horton
Tony Cantrell	Elizabeth Foster	Ralph Harvey	Longmire Family	Rebekah Posadas	Lee Spence	Jeanne Williams
Lindy Clapp	Byron H Foust	Carrie Hastings	Claire Mayo	Powers Family	Shawna Spurgeon	Tony Willis
Andrew Cobb	Jamie Free	Holt Family	Mcconkey Family	Price Family	Sarah Starling	Beth Wilson
Megan Cosgrove	Abigail Fritts	James Horey	Diane McDaniel	Pumphrey Family	Steward Family	Felon Wilson
Virginia Couch	Stephanie Gnann	Sherith Hudson	Clare McDonald	Radice Family	Lanny Stokes	Russ Wilson
Davis Coulter	Goldberg Family	Julian Huffaker	Mead Family	Nancy D Raisigel	Candy Stooksbury	Patrick Wolf
Craft Family	Ryne Goodrich	Chuck Imboden	Kelvin Miller	Mike Reynolds	Emily Tatum	Sarah Zarczynski
			Jean Miller			

ARTICLES: Anyone who wishes to write or submit photos pertinent to the running community are invited to send copy, photos, and letters (preferably by e-mail to mdelisle@comcast.net) to the editor, Michael deLisle, 1633 Helmbolt Rd, Knoxville TN 37909, or call (865) 548-4718. Copy and art deadlines are the 15th day of each even numbered month (Feb, Apr, Jun, Aug, Oct, Dec). Publication is bimonthly, beginning with the January issue, and is usually distributed via email on or about 1st day of the month. Contents © 2021 Knoxville Track Club.

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

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

Individual Membership ____ 1 Year - \$25 ____ 2 Years - \$45 ____ 3 Years - \$65
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Family Membership (must live at same address) ____ 1 Year - \$35 ____ 2 Years - \$60 ____ 3 Years - \$85

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

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

Please provide Military Branch: _____

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

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

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

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

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

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

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

Address: _____

City: _____ State: _____ Zip Code: _____

Email Address: _____ Phone: _____

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

How did you hear about KTC? _____

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

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

Event Schedule

Nov '21 - Mar '22

NOVEMBER

- 6 Norris - 7:00 am. **NORRIS ULTRA DAM HARD TRAIL RACES 50k, 25k, 5k**
- 6 Knoxville - 8:00 am. Run with One Vision 5k
- 13 Townsend - 11:00 am. Little River Run 5k and Virtual Run
- 14 Knoxville - 4:00 pm. Starry Night Knoxville 8.5k and 5k
- 20 Oak Ridge - 9:00 am. Secret City Half Marathon and 5k
- 25 Knoxville - 8:00 am. **REGAL KNOXVILLE TURKEY TROT 5k and LITTLE GOBBLERS RUN**
- 25 Knoxville - 7:30 am. Hardin Valley Hawk Trot 5k
- 25 Maryville - 8:30 am. Goggled Gobbler 5k

DECEMBER

- 4 Loudon - 8:00 am. Run LoCo Marathon, Half Marathon, and 5k
- 5 Knoxville - 9:00 am. **DIRTY SOUTH TRAIL HALF MARATHON, 10k, and KIDS TRAIL MILE**
- 5 Maryville - 2:00 pm. Reindeer Run 5k
- 5 Oak Ridge - 6:30 am. Oak Ridge to Kingston Express Marathon and Half Marathon
- 11 Pigeon Forge - 7:00 am. **PIGEON FORGE HALF MARATHON, RELAY, 5k**
- 18 Knoxville - 9:00 am. 12ks of Christmas and 5k Elf Run

JANUARY

- 1 Knoxville - 9:00 am. **TENNESSEE SPORTS MEDICINE NEW YEAR'S DAY 5k**
- 15 Oak Ridge - 8:00 am. **OAK RIDGE TEN MILER**
- 16 Maryville - 2:00 pm. **WANDERERS TRAIL RACE 5k and KIDS TRAIL MILE**
- 29 Strawberry Plains - 8:00 am. **STRAWBERRY PLAINS HALF MARATHON and 10k**

FEBRUARY

- 20 Paint Rock - 7:50 am. **WHITESTONE 30k TRIPLE TRAIL TREK and TRAIL RELAY**
- 20 Paint Rock - 8:00 am. **WHITESTONE 30k and 30k RELAY**

MARCH

- 13 Maynardville - 2:00 pm. **DARK HOLLOW WALLOW 11M, 5M, and KIDS TRAIL MILE**
- 26 Knoxville - 5:30 pm. **COVENANT KIDS RUN**
- 26 Knoxville - 5:30 pm. **COVENANT HEALTH KNOXVILLE 5k**
- 27 Knoxville - 7:30 am. **COVENANT HEALTH KNOXVILLE MARATHON and HALF MARATHON**

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