

Sept 2021

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



HOF nominees are announced - pg 7

KT Tape: real news or fake news? - pg 17

October CHKM almost upon us - pg 9

Race writeups from KTC races - pp 28-34



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. Our current sponsors include Eddie's Health Shoppe, The Long Run, and Knoxville Endurance.

This year's selection committee included 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 formal with jackets required. 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>.

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 SEP/OCT 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
Scott Schmidt, RunKNOX.	11
Michael deLisle, Treadin' Trodden Trails	12
Dr Matt Campbell, Achilles Tendinopathy	17
Larry Brede, Tri-Bal Knowledge	19
Whitney Heins, The Mother Runner	20
Bob Godwin, Biking With Bob	23

Other Features

KTC Hall of Fame Induction Banquet	2
List of Officers and Board Members	4
Membership	10, 40
Board of Directors Meeting Minutes	24-25

Race Writeups

Pilot Fireball Moonlight Classic 5k	28
Haw Ridge Trail Race	29
Springbrook Splash 10k	30
Pigeon Forge Midnight 8k	31
The Trails That Can't Be Concord	32
Pilot CrossKnox 15k/30k	34

Event Calendar	41
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FOOTNOTES

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888-217-5635

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865-548-4718

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888-217-5635

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www.ktc.org

ON THE COVER

The Pilot CrossKnox 15k drew a very strong field, including Anthony Jackson, who represented Knoxville Distance Project with a top ten finish.

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

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



15 tips from the RRCA

RUNNING SAFETY

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

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

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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SOCIAL CHAIR
Patty Thewes



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * September / October 2021 edition



A Message from our Club President

Tim Monroe, KTC President



It's Okay Not to be Okay

Just so you know, this edition of the President's message is a bit different than what I normally write. It's part personal story, part public service announcement. I didn't write this looking for sympathy or pity. I wrote it because I think someone out there might need to hear it.

The COVID-19. No, not the virus that has impacted each of us in so many terrible and unspeakable ways. Yes, the cynical expression I use to describe those pesky extra pounds that I've put on over the last several months. There are lots of reasons I could use to assign blame. The nagging foot/ankle injury, a crazy busy work schedule, being mentally drained from various other commitments, etc. And a ton more excuses if I thought hard enough. But, the fact of the matter is, it didn't "just happen". I allowed it to happen. Sure, a couple of those excuses (like the nagging injury) are pretty good reasons to not to get as much exercise as normal, but the rest are just excuses I use to justify my laziness. Or was it actually laziness? As I look back and take a full examination of the last several months, I wasn't taking care of the mental aspects of my life. I wasn't in a deep dark depression, nor did I have a mental condition requiring treatment. But I was struggling to maintain a healthy mental state.

As we've seen in recent weeks and months with Simone Biles and Naomi Osaka, there is a real limit on humans' capacity to deal with mental pressure. I realize this isn't a groundbreaking rev-

elation based on years and years of research worthy of being published in some esteemed medical journal. But sometimes we need to witness genuine courage while facing unknown outcomes to really wake us up to reality. I don't think anyone will argue that either of these young ladies are one of—if not THE best—in the world in their respective sports. I also don't think any sympathetic person would argue that their response to mental stress was inappropriate, given the multitude of pressures that come along with the level of notoriety they've both obtained. They both showed real moxie admitting that the stress was getting to them. Either of them could have claimed an undisclosed injury that kept them from competing and no one would have thought any less of them. Just the opposite would have probably happened. A majority of responses from the media and fans alike would have gone some like: "Oh shoot, injuries happen. We hate that they can't compete. They must be heartbroken. What a shame for both them and us who love to watch them. I hope it's not something career ending and they bounce back quickly."

I know it's a bit of a stretch here, but Biles' and Osaka's actions remind me of a John F. Kennedy quote. If you recall, President Kennedy was speaking to NASA in September 1962 about going to the moon. The most memorable part of the speech implores Americans to do things "not because they are easy, but because they are hard." But

Kennedy goes on to explain why we should do the hard things: "because that goal will serve to organize and measure the best of our energies and skills, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win." Most likely, neither Biles or Osaka were being inspired by a former U.S. President's speech, but they definitely did the hard thing for a larger reason. I believe they were unwilling to postpone accepting the challenge of publicly admitting their mental challenges, with the intention of raising awareness that "It's okay not to be okay." Regardless of the outcome on the field of competition, I consider their actions and the discussions that ensued afterward as a win for all of us. Their willingness to point out mental struggles gave me the courage to write this message.

Forgive me for sounding a bit self-centered, but, now back to me for just a moment. The weight gain was just a symptom that couldn't be addressed simply with diet and exercise. Luckily, I have a great support system that continues to help me navigate the specifics of my situation. I'm not an expert, just a guy that is working through a rough spot in life. I wrote this message in hopes that it encourages others who are struggling with mental health to seek help. The last 18 months has really taken a toll on individuals and our society. Just remember, it is okay to not be okay. But it's not okay to just ignore

**** continued on page 27 ****



Running From Summer

**David Black, Executive Director
Knoxville Track Club**



The Knoxville Track Club had a very busy summer having staged six races in eight weeks. Pilot Fireball 5k and Pigeon Forge Midnight 8k were both on the traditional road courses. Both events also had mild weather compared to history. The Haw Ridge and Concord Trail races both proved to be great events of the Treadin' Trodden Trails series.

Springbrook Splash 10K was a new event for the Knoxville Track Club. In 1986 the club started a summer race in the Carter Mill community. In recent years the event grew to as many as 316 people, which was a strain on the parking and roads of the community. During 2020 the 10K was moved to Townsend to allow for a longer range of rolling start times and more social distancing.

With the hope being to continue the growth trend, we decided to make the move to the Springbrook Pool in Alcoa. The course was an out and back on the new Blount Greenway, which is absolutely beautiful. This was a success with the event having more registered than at the 2019 Carter Mill 10k. A kids road mile was added to the event, and plans are underway to add a 5k to the 2022 edition.

With the 2021 Covenant Health Knoxville Marathon moving to Octo-

ber, the Pilot CrossKnox 15k had to reschedule. To align with training, we decided to add a 30K option to the event. It was exciting for staff and race organizers to have two races starting at the same time on opposite ends of the course. Participants in the 15K ran the traditional course, starting in Morningside Park

running the greenway system to Bearden. Participants in the 30K started in Bearden, ran to Morningside Park and back.

On the world stage, the 2020 Olympics being held provided for amazing athletic competition. One thing that is always great about the Olympic games is the personal stories that are shared. This year was no different and we learned about struggles and triumphs of so many people. More than a dozen Olympic records were set during the track and field events with five being world record or world bests. For the United States, Sydney McLaughlin set a World Record in the 400m hurdles. Ryan Crouser set an Olympic Record for Shot Put.

In addition to these and so many

exciting moments, the Women's Olympic Marathon turned out to be one of the most memorable events of the 2020 games. Twenty-seven year old Molly Seidel won the bronze medal finishing third among the best in the world. This was only her third marathon. In February of 2020 I was in Atlanta watching three of our local athletes racing in the Olympic trials marathon. This was Molly's first marathon and she came in second place. She had a great running career prior, but no experience at this distance. Seeing her do so well in Tokyo and hearing her story won the hearts of so many people. Molly became the third American woman to win an Olympic marathon medal joining Joan Benoit, gold 1984, and Deanna Kastor, bronze 2004. It will be fun to see what other accolades she adds in future years.

Summer 2021 has truly been a great one. As expected, we have experienced some very hot and humid temperatures, but have been fortunate to have great weather for many events. As we all know, summer training makes for great fall racing. Fall of 2021 is full of events, including six of the World Major Marathons within six weeks.

As we are entering the final stretch of 2021, there are still some great races

REACH OUT TO KTC!

**DAVID BLACK,
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UPCOMING KTC EVENTS

- 9/12:** *Townsend 15k*
- 9/25:** *Big South Fork Trail Races*
- 10/2:** *Covenant Health Kids Run*
- 10/2:** *Covenant Health Knoxville 5k*
- 10/3:** *Covenant Health Marathon*
- 10/3:** *Covenant Health Half Marathon*

AAA continued on page 13 AAA

MUSINGS FROM THE EDITOR'S DESK

Michael deLisle, FOOTNOTES Editor



Presenting the Class of 2021

Once again the Knoxville Track Club is proud to introduce a new class of vaunted inductees into the KTC Hall of Fame. Every two and a half years we do this in an effort to salute both those who have excelled in athletic endeavors while representing the club and those who have shined in efforts that are more behind the scenes in service of the club. Without further adieu, here is the KTC Class of 2021.

Larry Brede

Larry's service to the club has been outstanding. He is a long-time volunteer in many capacities.

◆ He has directed many KTC races both on the roads and on the trails. He was the Summer Solstice 8k RD for five years, the Whitestone 30k RD for five years, and directed trail races for Xterra and the trail committee.

◆ He served on the KTC board of directors for many years, in the mid-2000s and again from 2014 – 2019. His experience on the board includes service as the Secretary and President, and his efforts and focus helped move the KTC from a fiscal loss to getting the club back in the black about three years ago. He was part of two search committees that resulted in hiring Kristy Altman and David Black as Executive Directors.

◆ Representing KTC, Larry worked with the Xterra organization and brought their trail series to Knoxville. He first helped orchestrate independent events, and then worked with Michael deLisle to consolidate the Mayor's Cup and

Xterra into a single series affiliated with the KTC.

◆ While Larry was on the Board he received approval for and started the Trail Committee, serving as the committee's first chair.

◆ Larry may be the only person in the KTC's history who has served on the Road Race Committee (when it was the long-distance committee – 5 years), Trail Committee (2 years), and Marathon Committee (2 years). He also served on the Executive Committee (4 years) and a variety of special committees, including the KTC Hall of Fame nominating committee twice and Hall of Fame dinner chair once.

◆ He is a long-time contributor to the KTC's Footnotes magazine, including the past few years writing a regularly appearing triathlon article.



Outside of the club, Larry is a great representative of Knoxville and the KTC in a variety of other endurance events that represent the

KTC's "Healthy Living, Healthy Community" logo.

◆ He is one of the best triathletes in his age group in the country, representing the United States at national and world championship events.

◆ He formed and is the captain of the KPL ZenEvo triathlon team.

◆ He worked with Ignite and Personal Best Racing to bring the SwimRun race

format to Knoxville.

◆ He is an active member of the Knoxville Open Water Swimmers and was the Safety Director for their 10k swim in the Tennessee River.

Finally, Larry is an accomplished KTC athlete and volunteer.



◆ Larry has raced countless KTC races over the years with many age group, Clydesdale, masters, and grandmasters podium finishes.

◆ He spent 20 years regularly winning the Clydesdale category racing, including a 7-year span where he won every Clydesdale race he entered. He has the fastest KTC event Clydesdale times at nearly every distance the club races:

- 5k – 18:01 (Fireball)
- 8k – 29:37 (Autumfest)
- 10k – 38:01 (Expo)
- 15k – 58:46 (Wears Valley)
- 10 mile – 1:02:44 (Calhouns)
- Half Marathon – 1:21:39 (Straw)
- 30k – 2:04:10 (Whitestone)

◆ He's likely the only Clydesdale to have an overall KTC race win (Whitestone 30k) and hold a State of Tennessee age race record (50k).

◆ He is one of the few remaining CHKM streakers with a 2:57:39 personal best on the course.

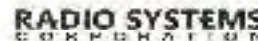
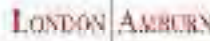
◆ Larry and his family volunteered at KTC races for years, for which he's been recognized as a past recipient of

AAA continued on page 14 AAA



Covenant Health Knoxville Marathon

The Covenant Health Knoxville Marathon IS BACK! October 2-3, 2021



CITY OF KNOXVILLE – RUNNERS MARKET - FIRSTBANK
ASSOCIATED SCAFFOLDING – IMAGE MATTERS – DURBIN RACE MANAGEMENT
ALL OCCASIONS PARTY RENTALS – KNOXVILLE CHAMBER
MOUNTAIN VALLEY SPRING WATER – Y-12 FCU - HOMELIGHT
KELLOGG'S – NEWSTALK 98.7 – MAYFIELD DAIRY – T2 GRAPHIC DESIGN

COVENANT HEALTH KNOXVILLE MARATHON

OCTOBER COVENANT HEALTH MARATHON JUST AROUND THE CORNER

Jason Altman, Director, Covenant Health Knoxville Marathon

The 17th annual Covenant Health Knoxville Marathon race week end will take place Oct. 2-3, 2021. Due to the COVID-19 pandemic and potential restrictions on public gatherings in Knoxville, all 2021 races and supporting events were shifted from March to October.

The Kids Run and 5k are scheduled for the evening of Saturday, October 2, at 4:30 and 6:00pm, respectively. The marathon, half marathon, and relay events are set for Sunday, October 3, starting at 7:30am. Online registration for all races is open now at www.knoxvillemarathon.com.

The fall 2021 event will feature in-person races starting at the iconic Sunsphere on the Clinch Avenue Viaduct and ending in World's Fair Park, with various routes featuring downtown

Knoxville, its beautiful surrounding neighborhoods, and the University of Tennessee campus. Virtual options are also available for those who wish to participate remotely.

Everyone who deferred registration from 2020 to the 2021 Covenant Health Knoxville Marathon will be able to participate in the October events and are already registered. New participants are encouraged to register online at

www.knoxvillemarathon.com. We will close online registration on September 27, so secure your spot in this year's event by registering before then!

Sponsored by Eddie's Health Shoppe, Knoxville Performance Lab, and ZenEvo Chocolate, this year's group training run program has been rocking and rolling since early June. Over the course of the summer, we have met at several locations in town including Runners Market, New Balance Knoxville, Fleet Feet Knoxville, and The Long Run. We also incorporated four other KTC races into the program; the Pilot Fireball 5k Classic, the Springbrook Splash 10k, the Pilot CrossKnox 15k, and the Townsend 15k. It's not too late to join us for the last several group runs! For a full list of dates and locations, click the Training tab on the marathon website.

We officially kicked off our Covenant Kids "Marathon" program with the Covenant Kids Run Kickoff at Zoo Knoxville on August 28! We hosted the annual "first mile" of the kids' marathon on Saturday, August 28. In an effort to beat the summer heat, we started our first wave at the Zoo Kickoff Run at 8:00am (as opposed to the usual noon start in January). Over the course of the next hour, we saw hundreds of smiling faces as children ran or walked through the Zoo. We hope you and your family were able to join us for this annual tradition!

In case you missed it, Frank Shorter will join us as a special guest this October! The only two-time USA Olympic Medalist in the Marathon was scheduled to join us in 2020. Once we postponed the 2020 event, Frank rearranged his schedule so that he can join us this fall! Coming to Knoxville will be a homecoming of sorts for Frank; he first achieved running distinction by winning the 1969 NCAA six mile title at Tom Black Track right here in Knoxville.

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



YOUR KTC MEMBERSHIP

Kathy Nash, KTC Membership Chairperson

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

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>

Swim and Tri
<https://www.swimandtri.com>

This Little Scissors
<https://thislittlescissor.com>

New Balance Knoxville
<http://stores.newbalance.com/knoxville/default.aspx>

Endurance Sports Management
<https://www.endurancesportsmanagement.com>

Any additional businesses offering KTC discounts? Please contact us



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

Training for fall races is a hoot, isn't it? RunKNOX offers morning and evening workout options, so we let you pick your poison. Would you like to be cooked in a crock pot or a convection oven? It's almost comical how we grunt out the same complaints week in and week out. At 5am: "man it's sticky," "ugh, it's humid today," and "wow it's gross". At 6pm: "dude it's hot," "just brutal," "what the actual hell?"



Summer training in East Tennessee is incredibly tough and potentially dangerous if you aren't prepared. Below is a sample of the type of information we provide to RunKNOX Members as we transition from spring to summer weather.

When the weather warms up, we need to make adjustments to both our training and our expectations. Here's a quick primer on dealing with Heat and Humidity.

First, some physiology: As we exercise, muscles generate heat. That heat is shuttled out to the skin surface, sweat evaporates, and we maintain ideal body temperature. However, that process is hindered during hot and humid weather like we experience training in East Tennessee. When it gets too hot and too humid to dissipate the internal body heat, our heart rate will continue to rise and our pace will slow.

While we do our best to keep y'all safe during workouts, you need to be prepared. Here are tips to help avoid getting scorched.

◆ **Acclimate.** Slowly expose yourself to the conditions. It generally takes 1-2 weeks of to acclimate to warmer

temperatures. You should ease into it carefully. Step 1 may be going for some outdoor walks during the warm mid-day temperatures. Next could be to incorporate some EASY Pace running. You won't feel great, but in a few weeks, you'll find it tolerable.

◆ **Hydrate.** Do it now. If you wait until a run to start thinking about sipping, then it's too late. How much water do you need? Great question. You are the best judge. Look at your urine. If it is dark yellow, drink more. If it is clear, drink less. If it looks like pale lemonade, you are good to go.

◆ **Schedule.** Pay attention to the weather forecast and avoid mid-day workouts. Run really early (yes 5 a.m. is early, but the sun isn't out), or really late (it's cooler when the

sun gets lower in the sky).

◆ **Location.** Get off the blacktop roads and tracks. Find a shady greenway or trail.

◆ **Attire.** Ditch the cotton. Get lightweight (light colored too) moisture wicking materials.

◆ **Adjust Expectations.** Shift your attention to your Perceived Exertion. For example, run at Tempo effort rather than Tempo pace.

<https://runknox.trainingtiltapp.com>

We encourage you to safely continue your summer grind toward that perfect fall race morning. However, if you find yourself in a rut rather than a groove, we'd love the chance to help you out. As always, you can send a note to runknox@gmail.com, hit us up through social media channels, or through ktc.org. And in the meantime, y'all stay cool!

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



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

Treadin' Trodden Trails

Michael deLisle
KTC Trail Series Director

Norris Rocks

During a recent Thursday-Friday rainstorm, the Knoxville area was deluged with nearly four inches of rain. That much rain would turn pretty much any respectable trail into a quagmire of shoe-sucking, slip'n'sliding, fall on yer ass mud. Even with the help of gravity pulling it all downhill on its way to the Gulf of Mexico, it generally takes a while for particularly low-lying trails adjacent to streams and creeks to settle down and allow the indefatigable trail runner a measure of ease (not to mention dry ground) upon which to tread.



Not so for the wonderfully soft and porous trails in the Norris area. Blessed with beautiful and alluring terrain not found anywhere closer than the Smokies, somehow the Norris area and its hilly winding pathways contrive to drain with such excellence that within a day of the torrential rainfall with which we were deluged, the footing was so good that even a middle-aged slogger like myself managed to stay vertical for an extended period less than forty-eight hours after the cessation of precipitation.

One of my preferred routes is a loop beginning at the Lenoir Museum along Route 441 just south of Norris Dam itself. There is always ample parking there or at an auxiliary parking lot just across the road closer to the river. Brilliant sunshine with just a few fleecy clouds graced the beginning of my run, although the forecast held a strong possibility of thundershowers adding to the mix as the day wore on. So it was with

an element of haste that I tightened the laces on my trail shoes, sucked down a GU and began my run.

Within just fifty yards of the trailhead I was greeted by a flock of blue phlox waving in the light breeze astride the trail, accompanied by numerous stands of our state flower, the Blue Flag Iris. These two were ubiquitous

throughout my journey through the low lying regions of the day's run, and the phlox, adaptable as it is to varied exposures and moisture levels, profligated throughout.

The only modification of my planned route came early, as, less than a mile in, Lower Clear Creek had overflowed its banks and blocked a short stretch of trail. At that point it was easy to circumnavigate the broad pool by using perhaps a tenth of a mile of pavement (sacrilege, I know!) and rejoining the trail at the base of High Point Trail.

Recent trips up High Point have found this old codger huffing and puffing inordinately, even early in the climb, so I instead chose to make my way up on Ridgecrest Trail. What madness overtook me I know not, as that particular singletrack trail, as delightful as the scenery is, climbs so much more steeply in its mile of ascent that I was forced to stop and catch my breath twice, lest my eyeballs pop out of my head and my lungs burst in their vain attempt to acquire enough oxygen to make the



upgrade manageable.

I finally reached the Freeway Trail, but even that short connector was steeper than I remembered, and it was slow going en route to reconnecting with High Point.

In fact, once on High Point, the grade continued to climb mightily, and an onlooker might have wondered whether I was running or walking had they chanced on my ponderously slow approach to the next trail junction.

Fortunately that crossroads was with the upper reach of White Pine Trail, which leads singularly downhill toward its confluence with Raccoon Run. The footing is always excellent, even in the first quarter mile, which is often marred by deep and inerasable horse hoofprints. But once past these slight impediments, the going is smooth, undulating playfully downhill.

Just as I reached the bottom and turned back uphill on the upper stretch of Raccoon Run, I saw disappearing down Lower White Pine a group of horseback riders, and, while watching their departure, I managed to run right through an impressive pile of fresh horse biscuits. Now I've lived with horses before and find their droppings relatively inoffensive, but if I had a choice between dry ground and fresh horse poop, I gotta admit I'd choose the former every time.

As I worked my way up the rocky steep slope toward Red Hill, I rounded a sharp bend and saw yet another equestrian making her way downhill toward me. As I was greeted courteously, I was told that I was about to get wet. Not knowing whether she meant that her horse was likely to pee on me or what, I edged further off the trail to let her pass, turning my head back to the west as I did so. Then I realized to what she was referring, as I saw the mass of grey clouds that had assembled close over our heads.

*** continued on page 13 ***

2021 TRAIL RACE SCHEDULE

BIG SOUTH FORK TRAIL RACE — Saturday, September 25, 2021, 8:30 am. 17.5 mile or 10k. Bandy Creek Campground, Big South Fork NRR, Oneida.

FORT DICKERSON FROLIC — Sunday, October 17, 2021, 9:00 am. 10k and 5k, PLUS Kids Trail Mile*. Fort Dickerson Park, Knoxville.

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.

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



**** continued from page 12 ****

I bid the horsewoman farewell and bent to finish the climb. Upon arriving at the junction with the Red Hill Trail I turned left, which had been my plan all along, but, as I made my way north, I glanced repeatedly at the cloud formation, wondering if its appearance foreboded a wet conclusion to my run, which was approaching its half-way point.

Taking stock, I stopped and swallowed a GU at the junction with the High Point Trail and noticed I was being followed by a cyclist. He waved and stopped, and I realized it was a fellow who used to work next door to me at the Bike Zoo when I was at Runners Market. We chatted a bit, then we went our separate ways.

From Red Hill to High Point involved nothing but uphill, so I bent my back to my task, and, probably owing to the rest and the GU, the climb was less difficult than usual, and I soon found myself atop the highest point in the park. My trail there bent northward into the state park, and the gradual steady downhill made for easy trekking. Before long I neared the cabins and made my way downhill toward the lake

**** continued on page 31 ****

Running From Summer

**** continued from page 6 ****

on the KTC schedule. The Big South Fork 17.5 Mile and 10k event is September 25, 2021. Fort Dickerson Frolic features 10k and 5k options just outside of downtown Knoxville on October 17. November 6 is the date for the Knoxville Track Club's longest race, the Norris Ultra Dam Hard 50k. In addition, there are options for 25k and 5k. The Dirty South Trail Half Marathon and 10k will wind up the trail series for the year on November 28.

The road race series also has four events left. The Townsend 15k and 10k will be September 12. The 15k features the traditional course through the rolling hills of Townsend. The 10k option, introduced in 2020, is a loop on the Townsend greenway. The Covenant Health Knoxville Marathon weekend is October 2-3, and has all the traditional events. The Regal Turkey Trot runs through downtown Knoxville on Thanksgiving Day on a mostly flat course that includes crossing both the Henley Street and Gay Street bridges. We

return to the foothills of the Smoky Mountains December 11 for the Pigeon Forge Half Marathon, 5k & Relays.

Throughout the 2021 racing season we have seen many course records and various state age group records established at many events. As the temperatures cool down, we expect this trend to continue. Now is a great time to pencil in your race schedule for the remainder of 2021. Registration is open for all of these events.

Another exciting event for this fall is the 2021 Knoxville Track Club Hall of Fame induction Dinner. There is a great class of inductees who will be honored November 4th. Like so many of the Olympians, these inductees have great stories as well. I encourage you to join us for this special evening as we celebrate some people who are very special to the Knoxville Track Club.

We are all writing our stories on this journey. Where are you in your story? Telling stories often helps both the storyteller and the listener. I would love to hear some of your stories. If you don't mind sharing, please email me about your struggles, successes, experiences, why you run, etc. I want us to encourage as many people as possible with our stories and help them develop their own.

Class of 2021

*** continued from page 7 ***

the Ginny Canfield Award.

Brent Bueche

Brent Bueche is a superior athlete who represents the KTC with his outstanding performances. He competes regularly across the state in constant pursuit of state age group records. As of June 2021, Brent held the following 18 records:



- 3k – 1 (age 57)
- 2 mile – 2 (ages 55, 57)
- 5k – 2 (ages 56, 57)
- 4 mile – 1 (age 57)
- 8k – 1 (age 56)
- 10k – 3 (ages 56, 57, 58)
- 15k – 2 (ages 56, 59)
- 10 mile – 2 (ages 57, 59)
- Half Marathon – 2 (ages 57, 58)
- 30k – 2 (ages 57, 58)

Brent has finished in the top five of the KTC Grand Prix every year since 2009, including winning the overall Grand Prix titles in 2016 and 2020. He is outgoing, very engaging with experienced athletes, and welcoming those new to the club at our races. Brent is an outstanding ambassador for the Knoxville Track Club and for the sport of running in general.

Wilbur Hawkins

A 1969 graduate of Fulton High School in Knoxville, Wilbur was an interscholastic track star, winning a state championship in the 880 yard run (1:55.3), setting a school record in the process. That summer he also went to the AAU Junior Olympics and placed third in the 880 (1:53.5).

While attending the University of Tennessee, Knoxville, he was a member of the 1972 Two-Mile Relay team that finished second at the

NCAA Indoor Championships and won the Penn Relays. He also qualified for the 1972 Olympic Trials at 800 Meters. In 1973, he was on the Mile Relay team that claimed 4th Place at NCAAs, again earning him All America status.

In 1973 Wilbur was President of the Black Students Association and was a member of the UTK Chancellor Selection Committee.

He became involved the following year in helping Harold Ford get elected to Congress and in 1975 served as National Competition Meet Director for the AAU Junior Olympics in Memphis.

Over the next decade Wilbur worked for TVA and as an active civil servant performed a wide range of activities effecting positive change in the midwest and southeast, and later worked on the Clinton-Gore Presidential Committee, in addition to serving as Deputy Assistant Secretary for Economic Development in the United States Department of Commerce.

He also served on the Governor's Council on Physical Fitness and Sports focusing on sponsoring statewide games to engage the state population in healthy living, served as chair of games held in Memphis, and participated in activities and briefings to encourage fitness and health.

In 2008, Wilbur returned to Knoxville as caregiver for aging parents. While doing that, he also led efforts with area elementary and middle schools to create the KTC Youth Athletics after school running program and served as volunteer coach for KTC Youth Athletics after school running program from 2014-2017.

Bill Kabasenche

Bill Kabasenche was one of the dominant runners in the region during his relatively short tenure as a KTC long distance runner. He

still hold four Tennessee State age records at distances from 5k through 10 Mile and Half Marathon. He qualified for and competed in the 2004 Olympic marathon trials and was overall KTC Grand Prix winner in 2002. At one point Bill held the KTC course records for the Calhoun's 10-miler, Dogwood Classic 5k, and Strawberry Plains Half Marathon.

He's now a professor of philosophy at Washington State University in Pullman, WA, teaching biomedical ethics to undergrads, graduate students in the sciences, and medical students. One of WSU's most famous running alums is Bernard Lagat, and Bill occasionally runs what he mentioned in an interview was Lagat's favorite running route in Pullman. He



still runs each morning, a bit slower and shorter now. But as proof that the apple doesn't far fall from the tree, Bill's kids both took up running and between

them earned five state championships in cross country and track.

When not teaching, Bill likes to mountain bike and backpack in the amazing wilderness areas out in the Pacific Northwest.

He had pretty much retired from competitive racing when he left Knoxville in 2006, but one of his last competitive outings was as part of a Knoxville Track Club team that competed in the Hood to Coast in Oregon in 2009. The club team, organized by Bobby Holcombe, got third overall behind two teams of professional runners from Brooks and Nike.

Bill has so many fond memories of running races in and around Knoxville. His first race in the area was the 1999 Gazebo Run where he met KTC

*** continued on page 15 ***

Class of 2021

AAA continued from page 14 AAA

Hall of Fame member Michael deLisle and got to know the Runners Market store. Eventually HOF member Bobby Holcombe got him connected with the Runners Market Racing Team, and he had lots of great races and memories running in red. Bill paced Bobby to a 5k PR the morning his daughter was born. Another Hall of Fame member, Alan Horton, is one of the folks he remembers dueling with the most. At one Pigeon Forge 8k, he remembers Alan on his tail the whole race and finishing within a second or two of one another.

Cherishing lots of wonderful memories, Bill is grateful to the KTC and the whole Knoxville running scene for so many great running and racing opportunities.

Kevin and Samantha Pack



Runners Market owners Kevin and Samantha Pack are the longest continuous sponsors of KTC events. Their support to the Knoxville running community through that store is immeasurable. They made a statement by committing to a cash sponsorship for the Wears Valley 15k before even opening the doors to the shop for the first time in September 1995.

◆ They've sold countless shoes and gear to members of our club over the last 26 years at a KTC discount. They keep a knowledgeable staff on hand that helps everyone from first-time runners to world class athletes.

◆ Runners Market has sponsored too many KTC events to count, including

providing financial support and prizes when the club needed it most during lean years.

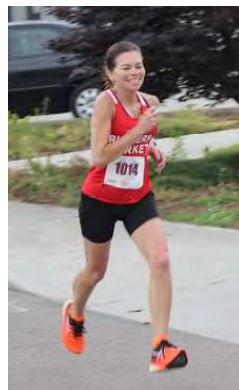
◆ Since the 2004 inception of the KTC Team Competition, the Runners Market Racing Team has won 12 out of 17 years!

◆ Runners Market is a hotbed for previous KTC Hall of Fame inductees. Kevin and Sam's support to these individuals certainly contributed to their recognition in selection to the HOF, including former store managers Michael deLisle and Bobby Holcombe, and Runners Market Racing Team Members Valerie Bachmann, Ethan Coffey, Stewart Ellington, Alan Horton, Greg Johnson, Jasmin Keller, Mike Marchant, Marsha Morton, Gina Rouse, and Kathy Wolski.

◆ Kevin and Sam and their family also personally volunteered at numerous KTC events over the years, giving back to the community they love.

Andee Swann

Andee is one of the most consistently excellent, personable, and recognizable athletes in the KTC, her famous cheerful grin always on display even in the heat of competition. She is a regular overall and category winner at club races at all distances. She has finished in the Top Ten in the road racing Grand Prix seven times, including two overall Grand Prix victories.



Andee started with KTC early as a member of our competitive team as a teenager during her successful high school career in Morristown and hasn't slowed down since.

She excels both as an accomplished athlete and as a role model in the running community. She has mentored other runners by being an example of what it means to love the sport of running. Not only does she encourage others through acts of kindness, but she also exhibits humility. Andee may never tell anyone of her state records or how many races she has won or how many miles she has logged, but everyone should know of her running achievements.

- 2006 Knoxville Marathon Overall Winner
- 2 Mile state age record holder (33)
- 10 mile state age record holder (41)
- KTC overall wins in 2006, 2010, 2012, 2016, 2018
- Placed in top 3 overall at KTC races every year since 2005
- Completed races in 27 states
- Won races in 11 states
- Placed 2nd overall or higher in 14 states
- Runners Market team member
- EBS previous team member
- Served as KTC race director

Andee's personal records include:

- 1 mile 5:13
- 2 mile 12:28
- 5k 18:40
- 8k 30:34
- 10k 38:41
- 15k 58:50
- 10 mile 1:04
- 13.1 1:25
- Marathon 3:04

Summary

So there you have it. What an array of accomplished individuals who make us proud to be members of our august organization. Distinguished athletes who have attained superior achievements on the road, trails, and track, as well as given of themselves to serve our marvelous running community.

Please join the KTC in honoring these fine folks at the Hall of Fame Induction Banquet on November 4. Details appear on page 2 of this issue.

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Kinesiology Tape: Real or Fake News?

by Dr. Matt Campbell, DC
Sports Chiropractor at Knoxville Spine and Sports

I was at a trail ultra marathon this past weekend, one of those grueling lap races where you see how far you can go in an allotted time. Everyone had all of their supporting accoutrements, braces, compression sleeves and a number had adorned various body parts in KT Tape. The race kicked off and for the first few hours, despite the heat, everyone seemed to be bumping along pretty good without too much obvious pain or difficulty. As the race continued though, that nice smooth gait began to devolve more into the ultra marathon shuffle that is so common in these races.

Towards the end of the 6 hour portion I repeatedly saw a gal furiously swapping out her KT tape at each lap and re-applying it in the classic IT Band protocol fashion as dictated by their website. After this went on for a few laps, I eventually went and talked to her husband/support crew about it. They said that she has been experiencing the classic pain symptoms if ITBS and they're doing what they can to mitigate it as she came closer to the end of her race. I asked if the tape was helping. They replied "not really". So then, if it doesn't work, why do so many people in the running and athletic community go through the trouble of using the stuff?

There are a lot of varying schools of thought around kinesiology tape. Each brand seemingly has come out with their own hypotheses and applications for their product. Kinesiology tape was first put on the map by Kenzo Kase, a Japanese chiropractor and researcher. It's been extensively used by various athletes and therapists to do anything from decreasing pain, increasing joint range of

motion, increasing muscle strength/activation, inhibiting muscle function, the list goes on. Companies like KT Tape and RockTape have heavily marketed these products and put out easy one size fits all videos on how to tape for things like IT Band syndrome, Plantar Fasciitis, and general shoulder pain. But the real question is: Does it really work?

THE THEORIES

Pain reduction

Pain can be reduced through decreasing nociception (Pain sensation) by way of the pain gate theory. The pain gate theory states that only so many sensory signals can be transmitted to the brain simultaneously. If an area hurts, and you rub the skin vigorously overtop of the area, your brain becomes more aware of the rubbing sensation and not as much the nociceptive (pain) stimulus. While rubbing the skin, you open the skin sensation gate and close the pain gate. Stop rubbing the skin and that gate closes, allowing the pain gate to open and transmit those signals to the brain. When you put the tape on, you are creating a perpetual stimulus to the skin overlying the painful area, thus muffling some of the nociceptive stimulus as you become more aware of the pulling sensation of the tape.



Another theory behind pain reduction involves the lifting of the skin that the tape provides. Pain sensation (nociception) is largely picked up by the

free nerve endings that lie very superficially to the skin surface. These nerve endings then transmit the signal to the brain that something is causing damage to the tissue and thus, we perceive pain. Due to the lifting nature of the tape on the skin, it is hypothesized that pressure is then taken off of these free nerve endings thus decreasing the intensity of the pain signal to the brain.

The tape also can help to decrease inflammation in a joint or tissue, again, by way of the mechanical lift that it provides to the skin. There are specific types of taping protocols used specifically on an inflamed tissue to aid in the reduction of swelling by way of increasing circulation to the area. The more inflammation is reduced, the less pressure will be put on these pain interpreting neurons, and thus pain too will decrease

Enhanced joint range of motion



Range of motion (ROM) can be limited for a number of reasons. In the case of an injury, ROM typically decreases due to pain that is experienced as the joint is actively moved. In a painful joint, the tape may help to increase ROM largely due to the same mechanisms

as above. If the action of the tape is sufficient to decrease the level of pain that is perceived, likely you will be able to take that joint through a larger, less restricted ROM.

The theory behind tape causing improved ROM in a non-injured area lies in it's increased sensory input of the area. The brain won't move a joint through a motion that it doesn't know exists. By this I mean that if there is an area of decreased movement for prolonged periods of time (i.e the hips with prolonged sitting, the feet and ankles in rigid shoes, the neck and shoulders with prolonged desk work) the brains acuity of the area will decrease and it won't

**** continued on page 18****

KT Tape

*** continued from page 17 ***

come back until you move these joints actively and intentionally through it's full ROM again. The tape can speed up this process via its pulling sensation on this area. As you move with the tape on you can't help but be incredibly aware of the area as it pulls on your skin. This is very helpful to the brain and acts as a direct connection highlighting the area that has been down regulated and allowing it to come back online quicker.

Increased Strength

When the tape is applied with stretch over the entire length of a muscle or small group of similar muscles, the two ends of the tape will approximate, albeit marginally. This mimics the contractile action of the muscle. It has been theorized that this contractile pull on the fascia may also slightly pull on the contractile elements of the underlying muscle moving them into a closer position and allowing more to be recruited.

The other theory is similar to that of the increased ROM. The body can't move what it doesn't know is there. The increased sensory awareness to the area that the tape causes can also be beneficial in creating a better connection between the brain and the area in question.

SO, REAL OR FAKE NEWS?

Like everything else, the effectiveness of Kinesiology tape is situational.

Though there certainly are are a few unarguable points:

- ◆ The tape absolutely does provide a certain level of lift to the skin which in turn will increase circulation to the area. There have been multiple cases of badly sprained ankles, you know, the colorful ones, where the bruising is much less apparent, if present at all, in the area underlying where the tape was.

- ◆ The tape absolutely does make you hyper aware of the area that it has been applied to. This certainly can have some neurological implications in the form of increased proprioceptive input which can be very beneficial in cueing you to move certain areas of your body.

- ◆ It makes you feel pretty cool. At least it does if you go into it with the right attitude. And I don't say that jokingly. From a real, bonafide physiological standpoint, anything that changes your mental or emotional outlook on the physical task that you are performing can be just as significant to your performance as any supplement that you could take. Some call this a placebo effect, but ask yourself if it changed anything. If you hurt less, moved more, felt better, whatever, don't complicate it. Better is better no matter what caused it.

The tape will certainly not:

- ◆ It will not structurally support a joint. The tape is way too stretchy to have any significant stabilizing effect to a joint. Frankly I hate the general knee pain KT Tape video as it has the

tape encircling the patella and allegedly giving you increased support. It may very well be doing any number of the other things that we talked about above but physically stabilizing, it is not.

- ◆ It alone is not going to fix your injury. If used properly it may help to activate certain muscles that are not firing properly and it may also help to reduce local inflammation but it alone will not fix your IT Band issue. For any injury, you have to break down the movement mechanics to see what is faulty and causing the issue. Once you've done this, apply kinesiology tape in concert with the other specific treatment for your issue.

FINAL THOUGHTS

Personally, I like the stuff. I think that there are certain things that it is great for (activating the vastus medialis oblique muscle in a patellar tracking issue, bringing awareness to shoulder external rotators, etc.) and certain applications that make a real difference in getting someone better. Does it really pull the contractile elements of a muscle closer together to allow for a greater contraction, thus increasing strength? Honestly, seems like a bit of a stretch (no pun intended), and the research shows that. Does it do something, though, that could make you perform better in the moment and feel stronger, absolutely. So, is it a true, measurable, physiology altering tool, or more like your lucky pair of underwear? In certain instances, it's tough to say. But in my experience, it has almost never made something worse. And therefore, I use the heck out of it.

Wednesday KTC Group Runs

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



TRI-BAL KNOWLEDGE

SwimRun Casco Bay Island to Island Fun

by Larry Brede



It's another issue of Footnotes and another opportunity to skip writing about triathlon and highlight the incredible fun in the sport of SwimRun. We recently competed in SwimRun Casco Bay, a true inter-island race in the ocean off Portland, Maine. A group of four of us (two 2-person teams) traveled to Maine to race.

None of us had been to Maine in the past. As a sidenote, the area around Portland is fantastic! The people are friendly, the town is wonderful, and there is a lot to see and do. We all tried lobster rolls for the first time, did a lighthouse visit, and hit the beaches in the days before the race. On race morning we carpooled down to the ferry launch where all the athletes hopped on for a short ride to Peaks Island in Casco Bay. With a prompt 6:45 start we were all off to enjoy the next hours traversing 13 runs and 12 swims across and between 10 different islands in Casco Bay.

Rather than give a blow-by-blow of the race, here are a few observations.

◆ This would be the first (and hopefully last) race where we received a “shark warning” email. The night prior to the race the organizers sent a note to competitors saying an 11’ great white was spotted near the course. Only one of us – not me – actually saw the email pre-race and decided not to share that detail with the other three until

after we were done. Personally, I appreciate the fact that I wasn't thinking “shark” while swimming!

◆ SwimRun athletes tend to be a very open and engaging group. From joint ferry rides to interaction on the course, people are encouraging and happy to cheer each other.



◆ There is a significant summer population on the islands in Casco Bay. I think every single one of them who lived on the course was out there cheering for us. It was pretty cool popping out of single-track trail onto the roads (mostly dirt/gravel) and finding a group of spectators sitting in front of their homes shouting encouragement.

◆ Casco Bay is also home to countless former coastal artillery batteries. Running through the woods and finding you're suddenly next to one is surprising and neat. We even ran right up the gut of two of those old concrete emplacements. Really cool!

◆ A couple of the islands are really just a series of boulder fields. While many of the teams were able to traverse this terrain easily, our team...not so much. One minor hand injury, but really we all made it through (slowly) without any significant problems.

◆ Foggy goggles make swimming a bear! I have some goggles that I love,

and some that aren't quite my favorite. I don't know if that made the difference, but at about the third swim my goggles started fogging to where I could barely see ten yards in front, let alone the exit flags on the beach. Extremely frustrating.

◆ Despite not being able to see, ocean swimming is the best! Fortunately, the waves were minimal and not a huge factor. There's something about dealing with currents, kelp beds that occasionally grow to the surface to create a “jungle”, cross-channel boat traffic (except for their diesel spills floating on the surface – yuck!), and colder temperature that adds some “spice” to open water swimming.

◆ Cold water is definitely a factor. While the entire field wore wetsuits, the 60°-Fahrenheit temperature played

AAA continued on page 27 AAA





Does Running Cause Imbalanced Hormones in Women?

by Whitney Heins

A couple years ago I was in a doctor's office getting blood test results when the nurse practitioner looked at me and said, "You'll always battle imbalanced hormones as long as you're running as much as you do. A human is not meant to run like that."

I was miffed. Yet, another health professional who blamed a health issue on running. But was she right?

Hormones play a major role in running and if you don't fuel and recover well (which can be very difficult in a rigorous marathon training cycle), they can become imbalanced.

In other words, **yes, running can mess with your hormones.**

To understand the role of hormones and how we can support balanced hormones when running through nutrition, I connected with Amy Stephens, a certified sports dietitian for elite runners. Fresh back from counseling her athletes at the Olympic Trials, Amy had some eye-opening revelations about how diet can help balance hormones in runners.

The function of hormones in athletes

The role of hormones, especially for female athletes, is critical for growth to match a training cycle, explains Amy.

Hormones have many vital functions that include:

- ◆ muscle and bone growth
- ◆ recovery from workouts
- ◆ regulation of all body systems like heart rate, digestion, menstruation and blood pressure
- ◆ controlling hunger

- ◆ building up stored energy
- ◆ and building and repairing muscles after a hard workout so you can get stronger for the next one.

A few important hormones are:

- ◆ Insulin
- ◆ Testosterone
- ◆ Estrogen
- ◆ Ghrelin
- ◆ Leptin
- ◆ growth hormone
- ◆ Thyroid Stimulating Hormone

There are many more hormones that keep our body healthy, but these are the ones most impacted by low calories and can have the biggest impact on performance and health.

Common hormone imbalances in female runners

Running can mess with hormones if recovery is not prioritized. That's because running causes a stress response from the body and results in a cascading effect of your hormones. If it doesn't have time to level out, the hormone imbalance becomes greater and greater.

According to hormone health company Eve Wellness, which does at-home hormone tests, there are three main hormone imbalances seen in female runners:

Low progesterone—Progesterone helps us sleep, support a calm mood, and use fat for energy. Progesterone and cortisol are made from the same precursor hormone; pregnenolone.

When you run intensely, your body prioritizes survival over reproduction and thus prioritizes cortisol, which helps it deal with stress.

Low estrogen—Estrogen is produced in our ovaries, fat cells, and adrenal glands. When a woman's body fat level falls below 19%, she is at an increased risk of low estrogen and may even lose her period, also known as amenorrhea.

Again, your body prioritizes survival over reproduction. Your body essentially believes it may not have the energy requirements to perform regular functions, thus it knows it cannot support a baby.

High androgen—Androgens are a group of hormones that include Testosterone, DHEA, etiocholanolone, and androstenedione. Half of androgens are made by the adrenal glands and the other half is made by our ovaries and fat cells.

When our bodies become stressed, including during running, our adrenal glands increase production of cortisol AND androgens. After a while, this can interfere with ovulation and our menstrual cycles.

The role of hormones in running

When you run, your hormones fluctuate to deal with the stress you're putting on your body.

Amy explains how: Stress from exercise predominantly uses the hormones cortisol and growth hormone. These hormones are released as a result of adrenaline during exercise which in turn release glucose into the bloodstream to supply energy and increase the heart rate so you can power through a tough workout.

Once you stop exercising, the hormone levels begin to shift into repairing and restocking the energy used. During the restocking process, your body is smart and will restock even more energy and make muscles stronger for the next session. Thus, **the most beneficial time to have food is within an hour or so after a workout.**

*** continued on page 21 ***

Hormones

*** continued from page 20 ***

“Eating a snack will increase levels of insulin which is a hormone that signals the body to absorb and repair tissue. Food immediately after a workout will maximize the restocking of nutrients,” she advises.

How imbalanced hormones impact running performance

When a female runner doesn't fuel before or immediately after a run, her body goes into low-power mode.

“The resetting metabolic rate is down-regulated to conserve energy. Since there is less energy available during the workout, less energy will be restocked after the workout is completed,” explains Amy.

This hurts performance because in this low power mode, the body will not dive as deep into the energy stores because it is holding on to calories as a safety precaution and conserving energy. Energy that would have been used to supply muscles and repair tissues is not available. This deficit sets a runner up for injury which will most certainly impact performance.

How a hormone imbalance can cause a running injury

Hormones are created and will function properly if there is adequate energy to fuel the body. When the exercise levels increase, such as in a training cycle, but the calories don't increase, the body goes into low-power mode.

“Similar to a cell phone in low-power mode, your body will prioritize exercise and use all available energy to supply muscles but conserve energy from other important functions like creating hormones. As these hormone levels drop, over time many other important functions will be affected,” explains Amy.

These functions include:

- ◆ digesting food
- ◆ building new bones
- ◆ menstruation
- ◆ energy production
- ◆ tissue repair, and many more

“Typically, I'll see an athlete cut back on calories and lose their period. This is an indicator that the body doesn't have enough calories to function properly, and low-power mode is likely to start affecting other vital areas of the body,” Amy said.

Workouts might initially be unaffected, or even improve, but as time goes on, the low-calorie levels interfere with bone remodeling, adds Amy. This can lead to bone injuries because when bones are stressed during a workout or run, the outer layer is remodeled by osteoclasts and osteoblasts. During a training block, our bones slowly build over time, as our training load increases. Low power mode prevents the remodeling process and our bones are more susceptible to injury. It can also interfere with muscle mass, connective tissue, and strength rebuilding and gains.

That is because, you guessed it—this process is regulated by estrogen and thyroid hormones. “So, if there's insufficient estrogen available, remodeling might occur at a slower rate and the new bone is not as strong as the initial structure,” explained Amy.

Even five days of low-calorie intake can interfere with new bone formation and soft tissue remodeling.

How to balance hormones in female runners

The most important way to balance hormones in female runners is to EAT. This means female runners SHOULD NOT: cut carbs, run depleted-state runs, do fasted runs, do intermittent fasting, or delay refueling.

Here is why:

- ◆ Not eating carbs before a run robs your body of the signal for insulin to store energy and increase muscle

growth and repair.

- ◆ Running on empty causes your blood sugar and insulin levels to drop which hurts performance and halts the repair process.

- ◆ Not eating every three-to-four hours (intermittent fasting) delays your body's signal to keep restocking energy.

- ◆ Not refueling after a workout misses the opportunity to restock the energy used and increase stores for the next workout.

Foods to eat to balance hormones in female runners

Amy says complex carbs and fruits are the best foods to restore hormone levels.

Eating carbohydrates stimulate the pancreas to release insulin and the body reacts to insulin by storing energy. This kickstarts the repair process and signals to the body that there is adequate food to make more hormones.

Fats provide adequate calories so the body can use the carbohydrates for energy restoration. Fats are also a key nutrient for hormone restoration because hormones are made from fatty acid molecules.

Some foods to eat for balanced hormones include:

- ◆ Potatoes
- ◆ Beans
- ◆ Lentils
- ◆ Brown rice
- ◆ Oatmeal
- ◆ Fruits such as bananas, apples, pears, berries, and pineapples
- ◆ Fats such as avocados, nuts, seeds, and olive oil

How to help maintain balanced hormones in runners

Eat a carb-dense snack of 200-300 calories about two hours before your run.

It can take about two hours for the

*** continued on page 27 ***



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





Biking With Bob

by Bob Godwin



Shank's Mare

20 July 1969. Granddad and I sat transfixed in front of his black and white Crosley television and watched as Neil Armstrong descended the Eagle's ladder and hopped onto **THE MOON**. Then came those memorable words, "One small step..."

Granddad and Grandmother, my mother's parents, came to live with us after Grandmother's stroke. I will never forget her words as we helped her into our home. "Well, I guess it won't be too long..." It was 20 years!

Both he and she were born in 1876; Granddad, February in Knoxville, Tennessee, Grandmother seven months later, November, in Gallipolis, Ohio. When they were born, transportation was by foot (shank's mare), horse, and rail. And bicycles. Long-time readers will recall Granddad's two-wheeled trek from Knoxville to the Townsend area in the late 1890's where he ate some green apples and suffered stomach cramps during the long ride home in the rain and mud.

As Granddad and I watched the miracle unfold before us, I could not help marveling at the difference 93 years had wrought during his life. Some days later I overheard a friend ask him, "What do think of that space travel?" Granddad, always thoughtful and mild, responded, "I think if we can, we should go to the moon. And elsewhere."



July 2021. I thought of those distant 1969 days as I watched Richard Branson launch his Virgin Galactica, Jeff Bezos his Blue Origin, Elon Musk his SpaceX. The United States marks the edge of space at 80km (50 miles). Blue Origin reached 107km (66 miles).

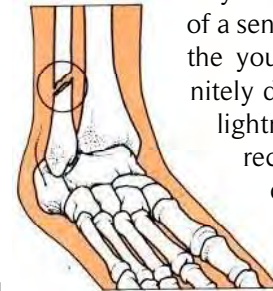
There's not a fence up there, and not all scientists use the same dividing line. Space flight tickets are for sale. And all these adventurers are private individuals, not governments.

At the moment I, clumsy oaf that I am, have a "walking boot" on my left leg, thanks to a devilish rock in my own driveway which laughingly turned my ankle so hard that it broke, and I landed on my back amongst other rocks. Karen, just a couple of steps to the rear breathlessly asked, "Are you OK?" I considered my response for a second before yelling, "Hell, no!" It was Sunday evening and I really wanted to utter even more colorful terms, but...

I saw the doctor Tuesday evening. "Yep, it's got a crack right along here (indicating). You've got a lot of damaged soft tissue, too. What have you done for it the two days since you fell?"

"Treating it with rest, elevation, and ice. Of course, I pour Bourbon over the ice first." He gave me the courtesy of a hearty laugh.

I can't bicycle for 6-8 weeks while in the boot. I wonder if it will really take that long. I have introduced calcium and Vitamin D3, which enhances absorption, into my diet. I take the boot off at night and wiggle my foot cautiously, per instructions, to keep from having it turn to concrete. I complain and gripe religiously, (remember it happened on a Sunday), and look forward to the ice treatment when I return home in the evenings.



You know my admiration for the bicycle: light yet sturdy, provider of a sense of freedom treasured by the young and the old, the infinitely diverse solutions balancing lightness and strength. Please recall that the scientist and designers of the Mars explorer drew inspiration from our lowly bicycle wheels. We ride a miracle every time we mount our trusty steed.

I'm trying to figure out how I can safely hobble to the pool encased in pounds of protective gear anchoring my left leg, shedding it, REALLY hobbling to the pool, swimming a few laps ever cautious not to push off with the left foot. A dear friend suffered the same injury several years back and warned me, "Don't get that thing wet. It stinks to high heaven and so will you!" Yet another peril!

I leave you with this bit of advice: do not follow Igor's command in *Young Frankenstein* to, "Walk this way." Nay, gentle readers, walk with great caution!



KTC BOARD OF DIRECTORS

Minutes of June 2021 Meeting

JUNE 28, 2021

The meeting was called to order by Tim Monroe at 6:06pm. In attendance were Christina Adkins, Gabrielle Cline, Bobby Glenn, Tim Hill, David Hinkle, Brian Huskey, Keith Jackson, P. Mark Taylor and Jason Wise. David Black, Jason Altman, Stephanie Bailey and Kathy Nash attended as guests.

Minutes – Amended to include start time of May’s meeting and to include that Michael deLisle was in attendance. P. Mark moved to approve; Christina 2nd. Approval was unanimous.

Consent Agenda

Executive Director Report – Road runners are slowly increasing participation; trail runs continue to break records. There was discussion about why the trail races do so well – Bobby noted that part of the equation is that people purchase a whole package of races so can be counted even if not everyone shows up on the day of the race. It has been difficult to do this for road races this year due to delays in getting approvals for races. Recommended that the Road Race Committee look at packaging and promoting race bundles.

Treasurer’s Report – no additional questions.

Marathon Director’s Report – Jason brought printed materials that promote the marathon. David noted that we fall in the window (9/1-11/12) when people can qualify for both 2022 and 2023 Boston marathons.

Event Manager Report (Youth

Development) – nothing to add to written report.

Trail Committee/Footnotes/Website Report – Zane sent an update on the website. Progress has been made on transferring past race results to the new site.

Brian moved to approve the consent agenda. P. Mark provided a second. Approval was unanimous.

Community Investment Committee Update

David Hinkle reported that there have been initial discussions about doing a small project and a larger project. David has done some research about how Legacy Parks and AMBC have engaged the community. P. Mark noted that we also need to include Visit Knoxville in our plans to become a destination venue for events.

Sponsorship Request – Blue Ridge Relay – Hal Biven presented about their team’s plan to set the Masters’ record at the Blue Ridge Relay. Chris Davis is the team captain; they are a team of 12, all from Knoxville and they will all be members of KTC. The request is for the entry fee of \$1380. David has already been in discussion with Chris about KTC branding on the vehicle, volunteering in non-running spots, a post-race write-up for Footnotes, and handing out CHKM materials at the post race party. Brian moved to approve; Keith seconded. Approval was unanimous.

Roundtable

Stephanie noted that when she was out in Utah for the ultra, she met someone who recognized the club

from her KTC gear.

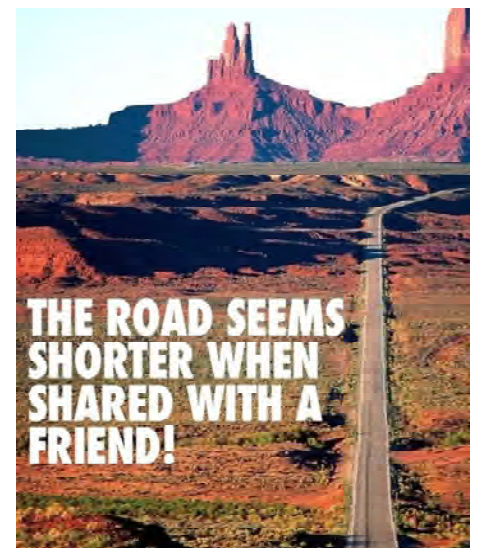
Bobby noted that we need to nail down some things related to the Hall of Fame. We still need a venue and a date. We need a way to communicate to the membership that nominations are open. Tentative date is November. The date will depend a great deal on the venues that are available.

David Black noted that we have had some issues with timing. We have some more user-friendly software. If any board members know people who are interested in timing, please direct them to David or Stephanie.

Jason A. noted that the Boys and Girls club Sports Hall of Fame is Aug 24th at 5:30pm at the Convention Center.

P. Mark moved to adjourn; Christina provided a second. The meeting adjourned at 6:58 pm.

Next Board Meeting will be held on July 26, 2021.





KTC BOARD OF DIRECTORS

Minutes of July 2021 Meeting

JULY 26, 2021

The meeting was called to order by Tim Monroe at 6:00pm. In attendance were Christina Adkins, Summer Jo Brooks (via Zoom), Gabrielle Cline, Bobby Glenn, Tim Gregory, Pam Haggard, Zane Hagy, Tim Hill, Brian Huskey, Suzanne Oliver, Alicia Teubert, and Jason Wise. Jason Altman and Stephanie Bailey attended as guests.

Minutes –Tim M. presented the June minutes. There was no discussion. Brian moved to approve; Christina provided a second. The board approved the minutes unanimously.

Regular Reports

Executive Director Report – David is on vacation. Tim M. asked for questions regarding David’s written report; there were none. Bobby had a question on the RunKnox report. The participation numbers were not clear. Suzanne noted that numbers appear to be reported based on Runsignup, annual memberships, and Training Tilt. Tim noted that there are about 40 participants. Tim will provide feedback that a total number of participants would be helpful.

Treasurer’s Report–No additions to written report and no questions.

Marathon Director’s Report – Jason reported that we are a little behind on registrations currently. Jason anticipates that corporate sign-ups will increase as momentum builds within the companies. He also anticipates that people will sign up after school restarts

because people will be thinking about fall plans. Tim M. asked if Jason has heard anything regarding the potential for the event to get pushed to a virtual event. The City is no longer able to shut things down without approval from the Governor, so it doesn’t seem likely. Jason reviewed some new and returning sponsors. Zoo kickoff kids’ run is Saturday, August 28. Marathon Organizing Committee positions are almost full.

There was discussion around how to make sure people understand that the 2022 event is back to March.



Event Manager Report (Youth Development)

– All races except Turkey Trot are open. We are in need of an RD for Pigeon Forge half. Stephanie noted that for the PF 8K, there will be enough parking, but there is not a venue for the postrace party. Stephanie noted that we will make plans to book for 2022 now so that we don’t run into this again. The Road Race Committee voted for the 15k option for CrossKnox. Brian noted that he would recommend having 5 year age groups for this race. Alicia asked about busing for CrossKnox given that the buses are normally crowded; busing will happen as normal.

Trail Committee/Footnotes/Website Report – No additions to the written report.

Hall of Fame Event Update

There has been discussion that October is really busy for the event. Bobby noted that his understanding was that the event would be pushed to November. Bobby stated that they have nominations for candidates lined up. We will need a

venue and an emcee for the event. Summer Jo spoke to Embassy Suites on Parkside and several downtown venues; renting venues in the fall is expensive as well. Summer Jo asked for available Thursday and Tuesday dates from all of the venues she reached out to. She noted that she cannot take on planning the event. Suzanne has a contact for Mill and Mine and will reach out to them. Others mentioned contacts at Bridgewater Event Center, Bearden Banquet Hall, and the Airport Hilton and will reach out. Tim asked if anyone is able to chair the Hall of Fame event. Suzanne and Christina will co-chair.

Roundtable

Tim M. noted that P. Mark went to Ames, IA and competed in some track and field events.

Christina noted that the new website dropped and looks great. Zane noted that the majority of people accessing the site are on a phone (and those skew highly to iPhones). Zane noted that there will continue to be tune ups along the way.

Pam said her kids who volunteered at Springbrook really enjoyed the event.

Bobby noted that he went to the Eureka Rail Trail in Athens and it is a great location (flat and shaded). He will mention it to David as a possible site for an event.

Brian moved to adjourn Brian and Suzanne provided a second. Meeting adjourned at 6:52.

Next Board Meeting will be held on August 23, 2021.



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Our Daily Trainer has everything you need to stay healthy long-term and spend more time training. It's designed to be taken every day, to allow long term success

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

02 MAGNESIUM

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

03 POTASSIUM

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

04 TAURINE

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

05 TURMERIC

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

06 N-ACETYL L-CYSTEINE

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



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SwimRun

AAA continued from page 19 AAA

a factor, particularly on the longer swims with very short runs in between. Many of us dealt with cramps and couldn't wait to get out of the water. In fact, my teammate who normally swims right with me got so miserably cold a couple of times that she picked up speed to the point I couldn't really keep up. I guess cold can be a motivator!

◆ On the opposite side of that coin, wearing a wetsuit while running gets hot. Overall, the runs were short enough to maintain a decent core temperature and then cool down again in the next swim. However, one run was over 5-miles long and toward the end of the race. After we'd already gone a mile past the claimed distance, my teammate shared the sentiment I'm sure everyone felt: "where's the frickin' water???"

◆ Finally, we have learned one lesson that carried forward into this race. After finishing the final run we all needed to take a boat back into Portland, a delay of about two hours from finishing to getting back to the car. In anticipation of this delay, we brought a bottle of Prosecco for the finish. Many of our fellow racers looked on with envy while the four of us enjoyed some post-race refreshment.

The final race tally included a little over 18 miles of running and nearly 5 miles swimming. There was also a lot of fun and adventure, enjoying a beautiful course surrounded by happy participants. For anyone up for the challenge, SwimRun Casco Bay is a perfect race.



Hormones

AAA continued from page 21 AAA

body to digest and release carbs into the bloodstream. At that time, insulin levels increase to help keep the blood sugar stable. The presence of insulin in the bloodstream signals the body to store energy and increase muscle growth and repair.

Eat every three to four hours

This signals the body to keep re-stocking energy. Calories are essential and ideally distributed evenly throughout the day so your body has a chance to stock every ounce of nutrition.

Eat carbs and protein within 30 minutes after running

Your muscles are primed and able to better absorb glucose to maximize glycogen stores and rebuild muscle so you recover faster for your next run or workout.

Eat a full meal 2 to 3 hours after your run

If you had a hard or long run, you want to have a balanced meal with carbs, protein, and fat. This continues to be an optimal time for your muscles to rebuild and replenish glycogen stores.

Consider getting your hormone levels tested regularly

I don't think I would have ever known I had imbalanced hormones had I not been tested. My imbalanced hormones put me at risk for health dangers such as breast cancer in addition to poor running performance. I would have accepted that feeling fatigued and cranky most of the time was my new norm as a mother runner of two.

Thus, I urge all women to get regular blood panels. You can do this through your regular primary care doctor, OB-gyn, or a company like Eve Wellness.

PRESIDENT

AAA continued from page 5 AAA

the situation. Thanks for reading.

Lots of opportunities to participate in local events are coming up in the next few months with the biggest one being the Covenant Health Marathon Weekend series of events (kids run, 5k, half marathon, full marathon, and relays). 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 like/love/thumbs up.

See you soon out on the roads, trails, and the starting line!

www.ktc.org
Complete race results
Event photo galleries
Race calendar
Online registration links
Trail series information
Grand Prix standings
Social events and parties
Links to running sites
Marathon updates
...And much, much more!



A WELCOME RETURN TO NEYLAND FOR FIREBALL MOONLIGHT CLASSIC

Hannah Foust, race director

Neyland Drive welcomed us back with open arms for the 38th Annual Fireball 5k and Firecracker Kids Mile on July 3rd.

The Independence Day eve festivities began at 8pm with 40 kids running out-and-back on Neyland Dr. to finish the Firecracker Kids Mile. The Knoxville Fire Department raised the jumbo American flag high above the start/finish area as Addison Bradley sang the "The Star Spangled Banner" before over 600 Fireball 5k runners sprinted east along the river for an out-and-back trip to Thompson Boling Arena.

With temperatures in the mid 70s and low humidity we saw fast times



and lots of new PRs. Andrew Cross took the overall win with a time of 16:04. Just behind him was Gavin

Jones (16:05), and coming in third was Cian Bell, who ran 16:15. On the female

side, Whitney Elliott took the overall win, running 18:09. Not far back in

second place, was Andie Jones (18:36.)

In third was Lea Mulligan, who covered the 3.1 miles in 18:49.

In the Masters category, the top male was Seth Crum (16:31), while top female was Lindsay Parks

(19:59). Michael Nahom (17:11) and Michelle Nahom (22:53) were first

place male and female Grandmasters. Male and female Senior Grandmasters were Jeff Colfer (22:07)

and Debbie Allen (23:11). Devon Babjac won the Clydesdale category, running the 5k distance in 20:26 and Jill Thompson took the Athena category win with a time of 22:26.

Special thanks to all of our sponsors: title sponsor, Pilot Company, and other sponsors: New Balance Knoxville, VeraWella, Runners Market, WBIR-TV, RunKnox, Covenant Health Knoxville Marathon, and Threds.



A big thank you to the University of Tennessee for the use of its facilities, and to the City of Knoxville, the Knoxville Police Department, and the Knoxville Fire Department for keeping us safe on the course and for bringing out the American flag. Last but not least, a VERY special thanks to all the volunteers who worked so hard before, during, and after Fireball to make it a success! I hope to see everyone again for Fireball 2022! Happy running!



RECORD SIGNUPS FOR HAW RIDGE TRAIL RACE



Pete Crowley, race director

In keeping with strong numbers for the Treadin' Trodden Trails series in 2021, the Haw Ridge Runner race drew 377 registrations between the Virtual run, Kids Trail Mile, and the in-person race.

As with other TTT races in 2021, the trail committee had the course marked the week prior to the in-person event so that those virtual participants would have the chance to run the course and submit a time if they chose to do so. Of those virtual runners, Prentice Elliott submitted a time of 1:28:31 and Pam Haggard submitted a 1:46:27 for the fastest male and female, respectively.

With July 10th early morning temps in the 70's and humidity levels 20 points higher, the Kids race took off at the early hour of 7:30am. The course was a sweet out and back that was, perhaps, a little longer than 1 mile but that proved to be no challenge for the 29 kids and

assorted parents who energetically completed the run. The group was led by Ben Greear who completed the run in 8:46 for the boys win and Brannon Tatum who blazed in in 10:12 for the girls win.

At 8:00am the long race started with 170 ridge runners anxiously entering the Haw Ridge trail system from the Life Development Center on Old Edgemoor Road. After an appreciable climb in the first two miles of the course, the trails flattened out along the lake edge for the balance of the 7++ mile circuit. Glistening runners generally had smiles at the finish line and all seemed to enjoy the morning jaunt over the hills and peaks of Haw Ridge Park.

On the men's side, Justin Weinmeister ran a stout 58:47 on the course for the overall and open male division wins with Louis Chavez in second overall and in the open male division. Will Templeton finished third in the open male division and finished 4th overall, just behind Ron Wireman, who was third overall and first for the male masters division in 1:04:52. Michael Grindstaff and Josh Jackson rounded out the masters male division top three.

Grace Weber, who was also our vol-

unteer "rabbit" for the kids race, was the first overall female and female open division winner with a time of 1:12:37. Jessica Tucker was the second overall and open division female. As with the men's race, the third overall female was the first female masters division winner. Julie Jones earned that honor in a time of 1:29:05. Laura Morse was third in the open female division while Erin Lamb and Beverly Brower completed the top three in the masters female division.

Many thanks go out to our series sponsors and the race-specific sponsor of this edition of the Haw Ridge Runner race, Orange Hat Brewing Company. OHB provided some great awards for the top overall runners and all participants could stop by the brewery on race day for a free refreshing beverage!

None of our races are possible without volunteers and the Haw Ridge Runner race was no exception. Particular shoutouts to those who volunteered for parking and timing duty for this race. While registration numbers escalated in the build-up to this race, parking became a key concern and the volunteers who took on the challenge of squeezing maximum cars into minimum space did an outstanding job!

The timing team and on-the-spot volunteers managed some hiccups in the timing system and quickly developed a creative, team approach to accurately and efficiently recording results. I'm appreciative of all of the volunteers and committee members who produce these monthly jaunts through the hills and valleys of East Tennessee!

We'll see you all at the next race!





KTC MAKES A SPLASH AT NEW LOCATION IN ALCOA

Allison Slater, race director

The Knoxville Track Club certainly made a splash in the City of Alcoa at Springbrook Pool on a mild summer morning in East Tennessee! Runners took their marks near the pool entrance to enjoy views of the Alcoa Duck Pond and followed the Maryville-Alcoa Greenway along Little River toward Clayton-Bradley Academy and back again. This riverside terrain created a flat, fast course - winning the hearts of all who ran the race!

Speaking of winning, these top finishers brought the heat to finish first: 10k Male Overall Winners: First place was Cian Bell, who covered the course in 34:34. He was followed by Seth Crum (35:14), and Andrew Cross (35:19.) The top female runner was Hannah Rosen in a time of 39:49. Next was Elizabeth Herndon (40:14), and Katie Taylor (40:46.) Masters winners were William Hicks and Stacy Clower, while 10k Grandmasters winners were Paul

Horton and Amy Hudson. The Senior Grandmasters winners were Jeff Colfer and Jennifer Singh. Congratulations to these winners and to all our race participants!



A new addition in Springbrook included a Kids Mile, where 14 kiddos ran a one mile out-and-back route. For about half of these young runners, this was their very first race! Providing an opportunity for youngsters and their families to run a race together helps fulfill KTC's mission to promote healthy living in Knoxville and the surrounding communities we serve. We can't wait for these kiddos and their families to join us again next year! All of the participants in the Kids Mile received a KTC Beach Ball to use in the swimming pool. Congratulations to each young athlete for participating!



thanks to the City of Alcoa, Alcoa City Schools, Blount County Parks & Recreation, and Alcoa First United Methodist Church for their support of this race. And no race would be possible without the ongoing support and commitment of our sponsors and partners. These included Tennessee Sports Medicine Group, Verawella, Pilot, Threds, The Island in Pigeon Forge, RunKnox, and U.S. Navy Recruiter, Petty Officer Luther Cruikshanks, who provided support to our runners at the finish line with water bottles. Thank you all for your support in Alcoa this year!

The Springbrook Splash Kids Mile and 10k race began as a vision to grow the event for more parking after reaching capacity at Carter Mill Pool, and to bring a KTC race into the Maryville-Alcoa community while also highlighting the new Greenway extension. KTC spent most of 2020 adapting to new ways of conducting races under COVID guidelines, many times even in new cities with completely new races. This ability to adapt is a strength of both the KTC and our runner members - with each of us carrying that strength to new places and new roads. From such strength brings a vision to see a growth opportunity and *seizing* it! Congratulations to all of our KTC staff, members, and race participants for embracing this new and exciting race destination!

Thank you so much to every volunteer who helped make this a successful race. Many volunteers pulled double-duty and volunteered before or after the race AND ran the race. Wow, these are dedicated, hard-working runners that truly represent the heart of a KTC member! Thank you! A very special thanks also goes to the Alcoa High School Cross Country team, who provided many volunteers in every area of need for this race, from water stop to course monitors to food prep. This group of young people did a fantastic job, and we wish them a very successful cross-country season this year!

KTC would like to extend a special

We look forward to this fun race next year, so if you missed out, be sure and mark your calendar for 2022! Plans are already in the works to expand this race again for a Kids Mile, 5k, and 10k! Stay tuned!





RUNNING THE STRIP: PIGEON FORGE MIDNIGHT 8k

Justin Emert, race director

This year's Pigeon Forge Midnight 8k Road Race was held on August 8, returning to the main strip through the brightly lit city. On this very humid night, we had 141 participants take part in the race, a longstanding tradition of the KTC. Even though some of the event logistics were challenging overall, it was a very great night for this grand race.



On the men's side of the ledger, Cameron Cook was the overall winner, speeding to a 27:17 finish. He was followed by runnerup Cian Bell and Hal Bibee in

third. The Masters winner was Chris Davis, who was timed in 29:20. Grandmasters champion was Brent Bueche (31:27) while Senior Grandmasters winner was Christopher Martin (35:45.) Top Clydesdale runner was Billy Wilson, who finished in 37:28.

For the females, Amy Hudson was overall titlist, clocking 36:20, followed by Debbie Allen and Emma Hamilton. The Masters winner was Kyoko Yamamoto with a time of 38:23. Grandmasters

honors were earned by Janet Easterday (41:04) and Senior Grandmasters by Jennifer Moore (41:29.) The Athena winner was Tracy Caldwell, who ran a very strong 37:28.

In addition we had three push rim competitors. They were led by Michael Sprouse, who finished in an eye-opening 12:26.



Thanks to all the sponsors and volunteers. Without the willing and cheerful assistance of both of these groups, none of our races would be possible. We look forward to seeing you all at next year's Pigeon Forge Midnight 8k.

Norris Rocks

AAA continued from page 13 AAA

and one of the most delightful trails in the area.

The Tall Timbers Trail is true singletrack that swoops gently along the side of a long rolling hill that slides insistently toward the cold waters of Norris Lake. The trail is soft underfoot with few impediments and the fastest running of the day ensues. Prancing lightly on fallen leaves and velvety smooth forest topsoil, my breathing lightened and my footfalls became brisk and playful, dancing easily over the few rocks and roots that extended up toward me. The only thing less than perfect about that section of trail is that it ends far too soon, leading the exhilarated runner abruptly back to a taste of civilization at the top of the dam itself.

But this was quickly solved by crossing the road and dipping down across a grassy meadow, where, with a bit of trial and error, I found my way to the road at the bottom of the hill, crossed it and ran slowly over to the river.

From there, I jogged slowly along the paved Songbird Trail, a flat and easy pathway beside the river. Traversing imperceptibly downhill, it is a suitable way to end a run now overlong, given my lack of conditioning. A mile later, not huffing and puffing as much as staggering on dead legs, I finally drew to a grateful halt just short of the road near the museum where I'd started my journey quite some time ago.

As I recovered with the help of cold, sweet well water, courtesy of an old fashioned pump outside of the museum, I gazed up at the sky, which, contrary to its appearance some time ago, now was

largely blue, with many cumulus clouds floating by. The day was mellow, and so was I. Stretching gently next to my car, I nodded to friendly folks who were arriving at the museum for the Sunday afternoon bluegrass jam. Giving brief consideration to attending the music myself, I instead chose to make the short drive back to Knoxville and luxuriate alone, accompanied only by a substantial endorphin buzz and surprisingly few aches and pains.

Yes, Norris rocks. Always has. Always will. If you haven't been there, you need to go. And if you wonder how in the world a retired 71-year old trail runner managed to accomplish this run, most of this article was adapted from a story I wrote in 2006. I've changed since then, but the trails at Norris have not. They're still thoroughly awesome, and you should get in the car right now and go there. Do it. Lace 'em up and go.

AND THE TRAILS WERE FINALLY CONCORD



Stephanie Johnson, race director

After last year's virtual race, the KTC's Treadin' Trodden Trails crew was more than happy to be able to offer the challenging Trails That Can't Be Concord race as an in person event on August 15 while still giving runners the option of running it virtually. This year's events included a 5½ mile race, a 5k and a Kids Trail Mile.



We marked the courses Thursday before the actual live race on Sunday to allow the virtual runners to run with a marked course prior to the day of race. We also sent GPS maps out to the virtual runners who would not be able to run while it was marked, thus allowing the virtual runners to run the entire following week and submit their times upon completion.

On race day, the fastest Open Male finisher in the 5½ mile distance was Ryan Kulke, who sped around the course in 42:56, followed by Michael Morrell

(who doubled as Kids Trail Mile Rabbit), who ran it in 44:58, and Robert Taylor, Jr., who was only five seconds back in 45:03.

The fastest female in the long race was Jodi Anderson, whose time of 54:25 was almost four minutes faster than runner-up (and top Masters Female finisher) Betsy Swartzentruber, who finished in 57:17. Jessica Sheah (1:01:42) earned third place. Masters Male titlist was Michael Grindstaff (48:25.)

In the 5k event, Scott Larrick outran the field, clocking a strong 27:59 to get the "W". He was chased across the finish line by Jason Cathey (30:13) and 10-year old Pierce Ward, who turned in a stout time of 36:12.

The women outshined the men in the 5k top ten, with four of the top six crossing the line representing the dis-

taff side. Kaelin Porter (32:52) got the top spot, followed by Alden Larrick (33:53) and Female Masters winner Debbie Allen (34:45.) The Male Masters crown went to Zac Ward (36:37.)

As always, the Kids Trail Mile proved to be exciting, even though a few of the speedsters were inadvertently led the wrong way. It's always exciting to see these youngsters out there tearing up the trails! In a sprint to the finisher, the top three boys were Nolan Faugot (8:24), Emmett Daniels (8:26), and Foster Ward (8:26.)

The top three girls to cross the line were Darby Miser (10:45), Abigail Morrell (12:20), and Cirabella McLennan (12:24.)

Congratulations to all the runners and a big thank you to all the volunteers! We could not do this without each and every one of you!



KTC VOLUNTEERS NEEDED

- Sep 12 Townsend 15k / 10k
- Sep 25 Big South Fork Trail Races 17.5 Mile and 10k Trail Races
- Oct 2 Covenant Kids Run and Knoxville 5k
- Oct 3 Covenant Health Knoxville Marathon and Half Marathon
- Oct 17 Fort Dickerson Frantic Frolic 5k, 10k, Kids Trail Mile
- Nov 6 Norris Ultra Dam Hard Trail Races 50k, 25k, and 5k
- Nov 25 Regal Knoxville Turkey Trot 5k and Little Gobblers Run

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**



THE WELCOME RETURN OF CROSSKNOX

Christina Adkins, race director

The year 2020 took several races off our KTC schedule including our beloved CrossKnox 15k event.

For 2021, we not only brought it back, but added a 30k option to align with our fall marathon training schedule. The morning started off with a slight breeze and turned into a furnace straight from the pits of hell as runners cruised into the finish line. The 15k started from Morningside Park and finished at Bearden Elementary. Runners were bused from the Bearden elementary finish line to the start line at Morningside Park from 5:45am until 6:30am. If they didn't catch that 6:30am bus, they had to seek other means of transportation. The 30k runners got to skip the bus by running from Bearden Elementary to Morningside Park and back to Bearden Elementary.



Pilot Company, a longtime partner and supporter of Knoxville Track Club events was our title sponsor this year along with Threds, Tennessee Sports Medicine Group, New Balance Knoxville, City of Knoxville, The Island, WBIR, RunKNOX, Knoxville Track Club, and Covenant Health Knoxville Marathon.

Our 30k event was originally scheduled to start at 6:30am and the 15k was to begin at 7:00am. However, due to lower numbers this year, we had both races start simultaneously at 7am, which allowed a little bit more spacing along the start line. One major change on the course was navigating runners around the detour along Neyland by the water treatment plant. We tried to alleviate

the change by doubling up volunteers along the course, having two different colored arrows for 30k and 15k runners, AND sending out Garmin maps for both distances. Unfortunately, we had a handful who ran past the turns and got onto greenway connectors. They all made it back to the finish though!

Our 2019 event had 274 registrants. For 2021, we finished just under that with 240 registered. We had 163 in the 15k, 71 runners in the 30k, 6 runners in the 15k Virtual, with no signups for the 30k relay or 30k Virtual. For this year's age-group awards, we gave away cowbells that could be used to cheer on friends at future races or call the family to the dinner table.

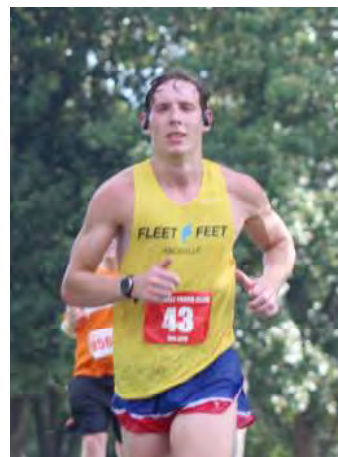
Our overall male 15k finisher was Cian Bell crossing the finish line at 54:39. The second and third place male finishers were Andy Jones (55:31) and Aaron Harris (56:30). Overall female 15k finisher was Megan Kleeschulte with a time of 54:39. The second and third place overall female finishers were Alicia Teubert (1:06:34) and Lindsay Parks (1:08:58).

Our overall male 30k winner was Jack Hillenbrand, who finished with quite the lead

at 1:52:17. Second and third place men were Andrew Nack (2:14:03) and Alex Douglass (2:14:35). Top 30k overall female runners were Jennifer Weston (2:30:01), Kate West (2:44:18), and Ayshalynn Perez (2:45:21).

Grand Prix points were awarded differently for this year's CrossKnox event. Points were awarded to only 15k finishers rather than the longer 30k distance, due to the 15k being the original event distance. Participants were notified of this change prior to the event in case they needed to switch their event to qualify for team or individual Grand Prix points.

We had two gentlemen who would have placed in their age groups. However, a biker not affiliated with our event took a nasty fall along the course. Those two men helped the man back up and stayed with him until help arrived. They were thanked after crossing the finish line and deserve recognition in the race write-up too.



Knoxville Track Club thanks

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



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

10847 Hardin Valley Rd
Knoxville 37932
865-896-3760

**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**





The Arc.
Knox County



**Pawsitively Spooky
5K**

10.15.2021

Putting Paws Back on the Ground

**Runsignup.com/Race/TN/
Knoxville/
PawsitivelyTacky5K**





OAK RIDGE FALL CLASS C

BOOtacular

5K



SATURDAY

10.30.21

AT 9:00 a.m.

235 Jackson Square

Registration & Entry Fee \$25.00
Registrants will receive a free t-shirt.

To volunteer or register
visit runsignup.com/oakridge5k
or contact Michael Yates, Race Director
yatesmj@ridgeview.com 865.719.7221



Secret City 5K for Haiti

A charity event to bring desperately needed medicine to the people of Haiti

7:30 AM Saturday April 13, 2019

The Secret City 5K for Haiti in Oak Ridge, TN scheduled for October 23rd, will now be a virtual race with NO in-person event. Please see the website for updated information as race day approaches.

<https://runsignup.com/Race/TN/OakRidge/SC5K4H>

PROMOTIONAL OPPORTUNITIES WITH THE KNOXVILLE TRACK CLUB

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

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

KTC AD OPPORTUNITIES AND RATES

Footnotes ads are available as follows:

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

Multi-issue packages at volume discount rates are available

KTC SPONSORSHIP OPPORTUNITIES

* Race Sponsorships

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

* General KTC Sponsorships

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

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



Secret City Half Marathon & 5k



November 20, 2021
Oak Ridge, TN

 Secret City Half Marathon

 @secretcityhalfmarathon

secretcityhalfmarathon.com



*Use code KTC10 for 10% off
registration!*



KTC Membership

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

Evan Alderson	Carruth Family	Bethany Gleason	Jones Family	Andrey Prokopenko	Allison Slater
Alley Family	Chaffins Family	Linda Graham	Will Jorgensen	Rakes Family	John Smith
Babbit Family	C. John Chavis	Liza Graves	Angie Kirby	Giulio Rancadore	Rachel Smith
Walter Baird	Heather Clark	Mark Hall	Adam Kolatorowicz	Danny Renfro	Kathy Smith
Ball Family	Chris Clay	Harris Family	Christal Lane	Rooney Family	Stephen Spidell
Patti Barnes	Stacy Clower	Harrison Family	Keri Lattimore	Rick Roop	Dana Stafford
Gary Beeler	Wesley Crane	William Hicks	Laurie Litkowski	Joshua Rosenberg	Strand Family
Wally Birchfiel	Seth Crum	James Hicks	Thomas Looney	Anna Sandelli	Elsa Taube
Boles Family	Betsy Cunningham	Hillenbrand Family	Kyle Mack	Maureen Saygers	Robert Taylor, Jr.
Amy Bollinger	DeBord Family	Jonas Holdeman, Jr.	Marsha Marion	Scott Schimmel	David Thayer
Brock Family	Tammy DeBow	Holmes Family	Suzanne McGaha	Hannah Schmidt	Tidwell Family
Bueche Family	Michael Deel	Paul Honebrink	Sandra McLeod	Kyla Schwarten	Tue Family
Matt Butler	Terry Depp	Kate Honebrink	Mallory Nischan	Jen Shaffer	Teresa Vest
Amanda Cagle	Ely Family	Hunter Hoskins	Michael Ogle	Shivji Family	Daniel Walker
Steven Campbell	Kyle Finchum	Barry Hurst	Nancy Owens	Sickles Family	Justin Weinmeister
Brittney Cannon	Mary Forrester	Ickowitz Family	Melina Pahigianis	Singh Family	Bob Weismueller
Carmichel Family	Franklin Family	Alahna Jansen	Gregory Palmer	Kenneth Sirois	Aaron West
Carmicle Family	Gamber Family	Judi Jensen	Jonathan Palmer	Shirley Sirois	Wolf Family
Lindy Carroll	Caitlin Gilmore	Jobe Family	Ashley Parks	Will Skelton	Zirkle Family
		Jay Johns	Konstantin Pieper		

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	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
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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, USA Triathlon, 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

Sep - Dec 2021

SEPTEMBER

- 4 Loudon - TBA. Tomahawk Sprint and Super Sprint Triathlons
- 5 Knoxville - Virtual Run. Run with HOPE 5k and 10k Virtual Run
- 11 Knoxville - 8:30 am. Zombies Like Brains 8k
- 12 Townsend - 8:00 am. **TOWNSEND 15k and 10k**
- 25 Oneida - 8:30 am. **BIG SOUTH FORK TRAIL RACES 17.5 MILE and 10k**
- 25 Knoxville - 9:00 am. Run 4 H2O 5k
- 25 Knoxville - 9:00 am. The Walk/5k Run for Parkinson's
- 25 Maryville - 8:00 pm. Moonlight Mile

OCTOBER

- 2 Knoxville - 4:30 pm. **COVENANT KIDS RUN**
- 2 Knoxville - 6:00 pm. **COVENANT HEALTH KNOXVILLE 5k**
- 3 Knoxville - 7:30 am. **COVENANT HEALTH KNOXVILLE MARATHON AND HALF MARATHON**
- 15 Knoxville - TBA. Pawsitively Spooky 5k
- 16 Oneida - 9:00 am. O&W Rails to Trails 5k and 15k for the Boys and Girls Club of the Cumberland
- 17 Knoxville - 9:00 am. **FORT DICKERSON FRANTIC FROLIC 10k, 5k and Kids Trail Mile**
- 23 Oak Ridge - Virtual Run. Secret City 5k Virtual Run for Haiti
- 23 Harriman - 8:00 am. Harriman 5k and 10k
- 23 Maryville - 9:00 am. Mudder's Day Madness Mud Run 5k
- 30 Corryton - 8:00 am. Corryton Possum Chase 8 Mile and 2 Mile
- 30 Oak Ridge - 9:00 am. Oak Ridge Halloween Classic 5k

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

DECEMBER

- 5 Knoxville - 9:00 am. **DIRTY SOUTH TRAIL HALF MARATHON and 10k**
- 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

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