

Apr/May 2024

# FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



***KTC Hall of Fame  
Banquet May 9 - pg 2***

***Beer Series up and  
running - pg 11***



***Current road, trail  
GP points - pp 13, 25***

***Hall of Fame Class  
of '24 bios - pp 18-22***



# KTC HALL OF FAME CLASS OF 2024 INDUCTION BANQUET

The Knoxville Track Club cordially invites you to join us for dinner and drinks at The Lighthouse Knoxville for our Hall of Fame Class of 2024 Induction on Thursday, May 9th from 6:00-9:00 pm at The Lighthouse Knoxville in Bearden. Our Master of Ceremonies, Michael deLisle, will be introducing the 2024 class of Knoxville Track Club Hall of Famers in honor of their significant contributions to the club and distinctions in athletic endeavors.

The Class of 2024 inductees will be Jason Altman, Keith Gemeinhart, Kathy Nash, Todd Williams, BE Sharp, Copley Vickers, and Charles Lobetti Sr.

This year's selection committee included Christina Adkins (Committee Chair), Alan Horton (HOF Class of 2019), Greg Johnson (HOF Class of 2014), Michael deLisle (HOF Class of 2014), C John Chavis, Jennifer Moore, Eric Weatherbee, and David Hinkle.

The night will include a special presentation by Keynote speaker Allan Morgan, long-time Executive Director of the Club and member of the Inaugural KTC Hall of Fame Class of 2009. Limited tickets are available for this red carpet event. The cost per ticket is \$50. Dress is business casual with jackets required and ties optional. Dinner will be buffet style and a cash bar will be available.

Program: 6:00 pm doors open. 6:30 Welcome & Special Recognition. 6:40 pm Invocation & dinner. 7:35 Introduction of Emcee. 7:50 pm Keynote Speaker Introduction. 7:55-8:15 Keynote Speech. 8:15 pm HOF Induction. 8:55 Closing & Adjourn.

Parking: Complimentary parking will be available in front of the Lighthouse venue. Handicap-parking spots are available near the entrance ramps.

Dinner will be buffet style with a menu that includes the following items: House Salad & bread, Seared pork tenderloin with cranberry pecan chutney or Moroccan Chicken, roasted garlic mashed potatoes, and sauteed fresh green beans.

Beverages: water, tea, and a cash bar

We'd like to thank our current sponsors--Covenant Health Knoxville Marathon--Jason Altman, Race Director; Eddie's Health Shoppe--Bridgette and Eddie Reymond, Proprietors; Runner's Market--Sam and Kevin Pack, Owners; Back of the Pack Elite, 865 Running, Todd Temple Photography; and The Lighthouse Knoxville.

You can purchase your tickets here: <https://runsignup.com/TicketEvent/KTCHallofFame>

Sponsorship Tables are still available. Contact Christina Adkins at [president@ktc.org](mailto:president@ktc.org) for more details.

We hope to see you there!

# FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL  
RUNNING COMMUNITY



## INSIDE THE APR/MAY ISSUE

### The Starting Line

- Christina Adkins, A Message from our Club President ... 5
- Michael deLisle, Musings from the Editor's Desk ..... 7

### Feature Columns

- Kathy Nash, Your KTC Membership ..... 8
- Michael deLisle, Treadin' Trodden Trails ..... 15
- Christina Adkins, KTC Officials ..... 19
- Dr. Bert Solomon, The Art of Trail Running ..... 21

### Guest Column

- Lauren Chiles, KTC Beer Series Returns ..... 11

### Special Feature

- Hall of Fame Class of 2024 Bios ..... 18-22

### Other Features

- List of Officers and Board Members ..... 4
- Your KTC Membership ..... 8
- Saluting New and Renewing KTC Members ..... 9
- 2024 KTC Trail Race Grand Prix Standings ..... 13
- 2024 Treadin' Trodden Trails Trail Race Schedule ..... 13
- Board of Directors Meeting Minutes ..... 23-25
- 2024 KTC Road Race Grand Prix Standings ..... 25

### Race Writeups

- New Year's Day 5k ..... 27
- Dark Hollow Wallow Trail Races ..... 28
- Whitstone 30k/ 12k/ 30k Relay ..... 29

### Event Calendar ..... 30

## FOOTNOTES

Footnotes volume 124 issue 2. A bimonthly publication of the Knoxville Track and Field Club, PO Box 52266, Knoxville TN 37950-2266. The views, information, or opinions expressed in Footnotes Magazine are solely those of the individual authors, have not been independently verified, and do not necessarily represent those of the Knoxville Track and Field Club, Inc. or its Board of Directors. Anyone wishing to write or submit photos pertinent to the running community are invited to send copy, photos, and letters by email to [mdelisle@comcast.net](mailto:mdelisle@comcast.net) to the editor, Michael deLisle. Copy and art deadlines are the 15th day of each even numbered month. Publication is bimonthly, beginning with the January issue. Contents © 2024 Knoxville Track Club.

### ROAD RACE INFO

888-217-5635

### TRAIL RACE INFO

865-548-4718

### WEBSITE

[www.ktc.org](http://www.ktc.org)

## ON THE COVER

Top masters competitors Lindsey Parks and Sharon Shumaker make it look easy in the Oak Ridge 10-Miler.

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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



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## Board of Directors

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Karla Gander, Vice President  
Keith Jackson, Treasurer  
Jennifer Moore, Secretary  
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C. John Chavis, Jr.  
Zane Hagy  
David Hinkle  
Adam Kolatorowicz  
Kunle Lawson  
Chris Meadows  
Emily Miller  
Angel Norman  
Matt Stegall  
Jason Wise

## 2024 KTC Officers

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TREASURER  
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SECRETARY  
Jennifer Moore  
secretary@ktc.org



## Volunteer Coordinators

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865-982-1268

VOLUNTEERS  
Teresa Williams  
865-640-5667

SOCIAL CHAIR  
Position Vacant

## Committees

**EXECUTIVE COMMITTEE:**  
Christina Adkins, Karla Gander,  
Keith Jackson, Jennifer Moore

**ROAD RACE COMMITTEE:**  
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Adkins, Dave Alderman, Jason  
Altman, Giulio Rancadore, C. John  
Chavis, Jennifer Moore, Allison  
Baker, Hannah Foust, Karla Gander,  
Chris George, Pam Haggard, Jessica  
Mead, Chris Meadows, Suzanne  
Oliver, Muna Rodriguez, Dana  
Rohloff, Andee Swann

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Bobby Glenn, Zane Hagy, Keith  
Jackson, Tim Monroe, Troy  
Rebert, Glenn Richters, Sharon  
Rivers, Alicia Teubert, and Eric  
Weatherbee

**TIMING COMMITTEE:** Tony  
Owens (chair), Michael deLisle,  
Rebecca Holder, Danielle Quintanar,  
Troy Rebert

**TRACK AND FIELD COMMIT-  
TEE:** Kunie Lawson, Christina  
Adkins, Steve Luper, Chris  
Meadows, Chris Kane, Bryan  
Brown, Don Madgett, Chad Cul-  
ver, Donnie Graham

**TRAIL COMMITTEE:** Michael  
deLisle—chair, Pete Crowley,  
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Hagstom, Tim Hill, Doug Holder,  
Rebecca Holder, Stephanie  
Johnson, Adam Kolatorowicz,  
Ken Lonseth, Alondra Moody,  
Tony Owens, Kathy Smith, John  
Storey, Alex Walker, Eric  
Weatherbee, Brian Williams



# THE STARTING LINE

Knoxville Track Club \* FOOTNOTES \* April/May 2024 edition



## A Message from our Club President

*Christina Adkins, KTC President*

## Ten Great Tips



Once you complete your first race, that adrenaline kicks in and you feel like you can conquer anything once your feet pass that finish line. Then, the goals change and that 5K becomes a 10K, half, a full marathon, or even a back yard ultra. Next thing you know, you've signed up for all the things!

Those races add up \$ \$ \$, but I'd like to let you in on a little secret...

You don't have to go broke trying to run in Knoxville!

Here are my tips for running on a budget in Knoxville:



**1. Join Knoxville Track Club**—The cost is \$35 per year for individuals and \$45 for families. Members receive—A one-time use \$20 coupon code that can be used in any race except the Knoxville Marathon and Pigeon Forge Half. \$5.00 discount on their entry fee to all KTC road races and a \$10 discount to the Covenant Health Knoxville Marathon (CHKM). Members also get discounts at several running/health shops in the area. We literally pay you to run with us. It's a win-win. If you run more than 2 races with us each year, you're missing out on the discounts!

**2. Volunteer at a Knoxville Track Club event.**Volunteers receive—\$5 to \$10 in KTC Race Coupon codes for each road event they volunteer at. Volunteers can also earn even MORE shirts

at the Holiday Party. Volunteers can earn points towards the RoadGrand Prix. Grand Prix Winners earn a free pair of shoes!CHKM volunteers also have a Volunteer Appreciation Party with food and raffle prizes!You'll never have to buy a t-shirt again if you run and volunteer with KTC.

**3. Join a race team.**If you create/join a team of 4 or more people, you get an extra discount along with your KTC \$5 discount! That's \$ back in your pocket (for select races)

**4. Register for a road or race series!** Race series offer a package discount to save you extra money for multiple events!

**5. Register early!**You can save yourself extra money just by registering during early bird pricing! Does your family run a Turkey Trot 5K every year? If you register during early bird pricing, are a KTC member, AND use a \$10 volunteer coupon, you'll only pay \$10 for the event. If you saved the \$20 KTC membership coupon until this event, signed up during early bird pricing, and you're a current member, the event would be free! How wild is that?!

**6. Train with a group.** There is a free group run 6 days a week somewhere in town with trail, track and road options, early morning or evenings, and for all paces. If you're trying to PR at your next race, consider joining RunKNOX who

will give you an individualized training plan with weekly group workouts to hold you accountable. They have one of the cheapest memberships in town.

**7. Opt out of the race swag.** If your dresser is overflowing with race shirts and you can'tpossibly fit another in there, opt out of a shirt. You'll save \$5 for opting out of race swag.

**8. Shop the sales.** Several of KTCs sponsors offer HUGE discounts at their anniversary, CHKM training runs, and end-of-the-season sales! Wait to buy gear until the end of that season. For example, if you need leggings, purchase them at the end of winter or the beginning of summer. Don't forget to mention your KTC membership for your discount too!

**9. Become a KTC race director.** KTC race directors get to race for free at KTC events (except the CHKM). We'll be holding a race director training session on February 9<sup>th</sup>for anyone interested!

**10. Become an ambassador for your favorite brands.** Several companies will offer their ambassadors discounts and even free products in exchange for sharing the brand on your social media pages. If you find yourself spending hours snapping and posting pictures of your favorite furry friendsor running memes, consider posting the brands you love on your social media.



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**





# MUSINGS FROM THE EDITOR'S DESK

Michael deLisle - Footnotes Editor



## An Upcoming KTC Gala

This has been a crazy issue to try to put together. For one thing, it's a month late. But that's actually on purpose, as we decided to use the mid-April publication date as a more effective promotional vehicle for the upcoming KTC Hall of Fame Banquet on May 9. An issue arriving in early or mid-May would have been useless in terms of heightening interest in the event. Thus this unusual April/May issue.

But it's resulted in a bit of a mish-mash in terms of race reporting, as we offer New Year's Day 5k and Dark Hollow recaps but no writeups for many of the more recent events. I'll make a concerted effort to get caught up by next issue. As for the date on that one—whether we continue publishing in odd-numbered months or revert to our traditional schedule—that I'm not quite sure of yet.

Featured in this issue of the bios and accompanying photos of the illustrious Class of 2024 being inducted into the Knoxville Track Club Hall of Fame on May 9 at The Lighthouse in West Knox-

ville. Long overdue is the recognition finally being bestowed upon three of the founders of our great club, but sadly, this recognition is being given posthumously to two of them, Charles Lobetti and B.E.Sharp.

The bios of our exceptional class of inductees appear on pages 18-22 of this issue and were edited skillfully by KTC President and Hall of Fame Banquet Chair Christina Adkins. Take the time to read them. You'll be amazed at the accomplishments of this marvelous group of individuals, and hopefully it will inspire you to attend the banquet.

The Lighthouse off Baum Drive is a delightful venue, a scenic wonderland hidden in the middle of West Knoxville.

It is the home of Baum Pond, a pretty little lake at which Jesse and I have viewed ducks, geese, great blue herons, osprey, and egrets, as well as the typical turtles, fish, muskrats, and water snakes that one would normally expect to see in and on the surfaces of an East Tennessee body of water.

Anyway, please come support the club and those who have made it great by attending the Hall of Fame Banquet on May 9 at The Lighthouse in West Knoxville. Longtime KTC Executive Director Allan Morgan will be the guest speaker and some anonymous long-haired musician type will serve as master of ceremonies.

It will be a memorable and enjoyable evening, a true KTC gala. Be there!

**REACH OUT TO KTC STAFF**

**ERIC WEATHERBEE**  
EXECUTIVE DIRECTOR:  
eric@ktc.org

**JESSICA MEAD**  
EVENT MANAGER  
EventManager@ktc.org

**MICHAEL DELISLE**  
TRAIL RACE SERIES DIRECTOR  
mdelisle@comcast.net

**KTC VOLUNTEERS NEEDED**

<b>Apr 14</b>	<b>I.C. King of Trails Race and Kids Trail Mile</b>
<b>Apr 27</b>	<b>Hard Knox Pizza Dogwood Classic 5k Run/Walk</b>
<b>May 11</b>	<b>Hann Jivin' in the Dark Trail Race and Kids Trail Mile</b>
<b>May 25</b>	<b>Expo 10k, 5k, and Kids Mile</b>
<b>Jun 8</b>	<b>Sharps Ridge Scramble Trail Race and Kids Trail Mile</b>

# YOUR KTC MEMBERSHIP

*Kathy Nash, KTC Membership Chairperson*



**W**hen you register or renew your KTC membership, I will send you a letter. Your letter will include a car decal, a \$20 off coupon for each year of membership (individual/family), a membership card to use for discounts at various local businesses, and a red card to turn into me for a free member shirt. You can also purchase additional member shirts for \$5 each.

I am at most KTC events and races. I am usually helping with registration with a duffel bag of member shirts nearby. You can always contact me to verify that I will be there to pick up your KTC member shirt. The color of the shirts changes each year -- red for 2022, green for 2023, and royal blue for 2024.



## DISCOUNTS AT:

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

**ATTENTION!** Please add your apartment number to your address. A number of member letters have been returned.

Do you know a member of the club not getting emails?

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

Reach out to me at  
[knoxtrackmembership@gmail.com](mailto:knoxtrackmembership@gmail.com)



# WELCOME KTC MEMBERS

We want to welcome all new (and renewing) members to the Knoxville Track Club (12/16-2/15)

Dave Alderman	Carmicle Family	Gina Dotson	Justin Harshman	Taie Li	Amy Owens	Slater Family
Anders Family	Brandi Carr	Brynn Downing	John Hassett	Buffy Lloyd-Krejci	Cindy Pack	Charlotte Sorensen
Neal Anderson	Ken Cassell	Stewart Ellington	Terri Hatfield	Tom Loud	Jamel Patterson	Rob Speas
Bailiff-Noe	Coleen Castle	Daniel Ellis	Penny Hensley	Kara Loveday	Natalie Pinzon	Ray Stephens
Family	Danielle Ceccarelli	Louise Evans	Hayes Hickman	Antonio Lugo	Sam Plemons	Molly Strange
Presley Ball	Garrett Chandler	Matthew Fansler	David Hinkle	Madgett Family	Price Family	Emily Summers
Greg Bauer	Johnny Chavis	Robert Fehr III	Mandy Hipshire	Steve Mallett	Lydia Pritchett	April Talley
Suzanne Becker	Childers Family	Foster Family	Amanda Hobson	Mike Mann	Zachary Prytula	C. Taylor Family
Jason Beddingfield	Rebecca Clabough	Nicole Foulk	Anna Hoekstra	Marks Family	Marianela Ramsdell	D. Taylor Family
Alan Beddingfield	Clune Family	Foust Family	Holder Family	Christopher Martin	Todd Randles	Wimberly
Bibee Family	Ethan Coffey	Fox Family	Ryan Howerton	Kate McCormick	Taylor Riden	Thompson
Jennifer Bilbo	Herbert Collins	Fuller Family	Pam Howerton	John McGuffin	Teresa Robbins	Robin Turner
Greg Blackmon	Kris Corbitt	Kim Gage	Eifion Hughes	Chris McNeer	Rodriguez Family	Joshua Vajda
Michael Bowling	Anthony Costanzo	Patty Gentry	David Huntsinger	Millan Family	Whit Ross	Vanessa Villarreal
Box Family	Kimberly Coward	Guy Giles	Chuck Imboden	Miller Family	Doug Ross	Walker Family
Bradshaw Family	Crowley Family	Glei Family	Kensuke Ishii	Sydney Mollica	Deb Ross	Brent Waugh
Billy Bridges	Elizabeth Curran	Goade Family	Rebekah James	Stephanie Morse	Carli Ross	Elizabeth
Megan Brooks	Gayla Cutler	Lorena Gonzalez	Matt Johnson	Mullins Family	Rowlette Family	Whelpley
Bill Broome	Sebastian De Pascuale	Keith Gray	Kanipe Family	Marl Murphy	Ryerson Family	White Family
Kathy Browning	Kirby Deal	Greear Family	Leanne Kersey	Hope Myers	Bill Schmitt	Ned Willard
Bruce Family	deLisle Family	Sean Hagstrom	Alyssa Koster	Maria Nia	Andrew Self	Wills Family
Burl Family	Michael Denney	Jerry Hall	Wayne Lambert	Zachary Noftz	Jeremy Sexton	Travis Wilson
Emily Burrer	Michelle Derenski	Bryan Harmon	Lampkin Family	Daniel O'Leary	Shelly Family	Wilson Family
Leanna Butler	Dodson Family	Joshua Harrell	Happy Lee	Jackson Oakes	Ken Shelton	York Family
Juan Cabrera	Jeremy Donahue	Harris Family	Marti Lewis	Owen Family	Thomas Skibinski	Chang-Hong Yu



Please send membership queries and updates to [knoxtrackmembership@gmail.com](mailto:knoxtrackmembership@gmail.com)



**Knoxville Track Club**  
**Offers valid 1/1/2024 - 12/31/2024**

Knoxville Track Club  
 Valid 1/1/2024 - 12/31/2024

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**A PAIR OF ATHLETIC FOOTWEAR OR CLEATS \$59.99 OR MORE**

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**YOUR PURCHASE OF \$50 OR MORE**

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 Valid 1/1/2024 - 12/31/2024

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# KTC BEER SERIES RETURNS FOR 2024



*Lauren Chiles, former KTC Social Director*

The KTC 6-Pack Series is put on by a committee of volunteers, along with the KTC leadership. We try to plan an event that pairs the joy of running with the laid-back atmosphere of the brewery scene.

The beer series was created for a couple reasons. It seemed like a wonderful way to show off our local brewery scene. We also wanted to provide a place for all runners to get a little exercise in a low-stakes environment. As soon as we began planning this series, we realized we could make a difference in our community with the funds raised.

Knoxville has a thriving craft brewery scene. We get to enjoy its contribution to the Knoxville community and the

easygoing atmosphere that the breweries have brought here. Plus, their beverages, which include beers, ciders, seltzers and an increasing number of non-alcoholic options, are creative and delicious.



During my time as social director, I realized that we have many KTC members that want to share their hobby and quest for health with others. Most of us will never win a race. But many of us simply enjoy the camaraderie that running a few miles with others can bring. The beer run series allows us to experience the fun of race day without the added pressure of being in a race. It doesn't matter where you finish because a delicious beverage awaits everyone.

We have given earnings from this

KTC endeavor to local nonprofits and charities since the start of the series. To date we've donated over \$10,000.

Our selected nonprofit for 2024 is the Change Center. The Change Center is a nonprofit in Knoxville that provides teens and young adults with a place to play and learn job skills. The Change Center promotes healthy activities such as roller skating and rock climbing. We are excited to support their efforts for kids and teens in the community.

If you've joined us before, welcome back. If you're joining us for the first time, we can't wait for you to join the fun at the runs and appreciate your support for the Change Center.

Sign up to join us here: <https://runsignup.com/Race/TN/Knoxville/SundayBeerRunKTCSixPackRunningSeries>

## **The 2024 KTC 6-Pack Series Beer Run Schedule:**

**4/28: Xü! Beer Co. 5<sup>th</sup> Ave**

**5/5: Clinch River Brewing**

**5/19: Elst Brewing Company**

People who sign up for the entire six pack will have access to a special bonus event at Knox Brew Hub on June 2. All events begin at 3 pm and include an untimed 2-4 mile run and lots of fun door prizes.



# Treadin' Trodden Trails



*Michael deLisle*  
*KTC Trail Series Director*

## Race Day Routine

**H**uh...? What's that? Oh, yeah. Alarm on my phone. Man, 5:30 came awfully early. But no matter. Gotta get moving.

Race day. I.C. King of Trails Race. Wonder how many times we've staged a race at ICK. At least twenty, that's for sure, probably more. Sure glad Knox County built that new park and entrance off Maryville Pike instead of that semi-suicidal exit and entrance on Alcoa Highway. Man, I don't know how we managed to avoid somebody getting hit or hurt there.

Okay, finally moving. A little slowly, a little stiffly, but not too bad. Got to hit the john, chug a big glass of water. Ah, that's better. Somehow that wakes me up as well or better than the inevitable big dose of highly caffeinated tea that follows it. Actually, they both work, and work well.

Time for my workout, a little magic known as Z-Health, a marvelous combination of stretching and bodyweight strength work that turns me from a stooped, hobbling septuagenarian into a semblance of my old self. Thirty minutes of Z and I'm raring to go. At least I'll be able to heft that heavy box of bananas without worrying about my spine shattering into a million shards of bone.

Enough time to knosh a big bowl of cereal and granola topped with four kinds

of berries, before one last look at the checklist.

Okay, let's see. Indeed, that forty-pound box of bananas hasn't loaded itself. Still staring defiantly at me from where I left it yesterday. Wish they weren't so green. I requested them several days ago but they didn't actually get ordered till Thursday. Oh, well. Better than rotten ones covered with freckles and fruit flies.

What else? Swag from Runners Market. Already in the car. Sponsor list to read before the race. Also in the car. The little black PA, all charged up, and the microphone, both in the back of the Prius. Hall of Fame plaques, not for the race but on the list. Check. That's it, isn't it?

No, wait. The AED. It's in the car already. Better check again. Yup, it's there. What a trip trying to get that thing this week. First on Monday when we loaded most of the equipment into the Cool-Ass truck from the storage unit. AED wasn't there, but come to find out it's in the trailer and that hasn't been returned to the old storage site yet. Took a couple trips to the trailer but finally snagged it.

Okay, everything ready to go. Time to take a determined, if still a bit groggy, first step outside. Wow. What a morning. Just getting light out, delightfully cool, birds singing. Man, gonna be a great day.

After an easy drive to the park - not many folks on the roads at 6:30 on a Sunday - I pull in and see that several of the TTT folks are already on hand, scurrying around getting set up. Unloading the car goes quickly and putting everything in its place takes is done just in time for the first couple registrants to check in and grab their bibs and shirts.

Time flies by and soon we're calling the kiddos to the start line at the base of the hill. Count them a couple times. Count 'em again. Definitely fourteen kids lined up to race, along with a couple dads escorting their wee ones. RD Brian blows the air horn and the young'uns blast off up the hill. Gotta wonder who designed a course that both starts and finishes uphill, anyway?

That process repeats itself half an hour later when more than a hundred trailsters take off on the four-mile and 10k races. By then, it's on autopilot. Course monitors out in the woods, aid station in place, Rebecca skillfully logging and timing the finishers.

By 11:30, everything is packed up and everyone is headed home, another day of Treadin' Trodden Trails hijinks in the books. A good day in the woods, for sure.



**DON'T MISS IT...**  
Saturday, May 11, 9:00 pm  
**HANN JIVIN' IN THE DARK 6 MILER and KIDS TRAIL MILE.** Be a part of East Tennessee's best trail running series. Sign up online!

# 2024 TRAIL RACE SCHEDULE

**I.C. KING OF TRAILS RACE** — Sunday, April 14, 2024, 9:00 am. 10k and 4M PLUS Kids Trail Mile\*. I.C. King Park, Knoxville.

**HANN JIVIN' IN THE DARK** - Saturday, May 11, 2024, 9:00 pm. 6 miles PLUS Kids Trail Mile. Anderson School Head Start, Prospect Rd, Knoxville

**SHARPS RIDGE SCRAMBLE** - Saturday, June 8, 2024, 8:00 am. 7 miles and 4 miles PLUS Kids Trail Mile. Sharps Ridge Memorial Park, Knoxville.

**HAW RIDGE TRAIL RACE** — Saturday, July 13, 2024, 8:00 am. 8 miles PLUS Kids Trail Mile\*. Haw Ridge Life Development Center, Oak Ridge.

**THE TRAILS THAT CAN'T BE CONCORD** — Sunday, August 4, 2024, 8:00 am. 5 miles PLUS Kids Trail Mile\*. Concord Park near The Cove, Farragut

**PANTHER CREEK CHALLENGE** — Saturday, September 7, 2024, 9:00 am. 10 miles and 5 miles PLUS Kids Trail Mile\*. Panther Creek State Park, Morristown. **PLEASE NOTE REVISED DATE**

**BIG SOUTH FORK TRAIL RACE** — Saturday, September 28, 2024, 8:30 am. 17.5 miles and 10k. Bandy Creek Campground, Big South Fork NRR, Oneida.

**NORRIS ULTRA DAM HARD TRAIL RACE** — Saturday, November 2, 2024, 8:00 am. 50k and 25k. Norris Dam State Park, Norris.

**DIRTY SOUTH TRAIL HALF MARATHON** — Sunday, December 1, 2024, 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*



## 2024 Trail Series Grand Prix Standings Total Points through Dark Hollow



**Sean Hagstrom, keeper of the points**

OPEN MALE		OPEN FEMALE		MASTERS MALE		MASTERS FEMALE	
Sean Hagstrom	140	Elizabeth Neely Box	180	Jeremy Donahue	200	Irina Popova	140
Matthew Brahle	120	Kassandra Klemens	150	Jason Stephens	190	Angela Sellers	100
Tim Hill	100	Emily Bailey	100	David McLennan	160	Jill McNeal	100
Ronnie Cross	100	Kenda Hurt	100	Jason Cathey	90	Connie McCormick	100
Chandler Campbell	100	Emily Mazeau	100	Alex Zirkparvar	90	Jen Shaffer	100
John Runyan	90	Anna Bornhoeft	90	Brent Bueche	80	Sonja Hurt	100
Jackson Slagle	90	Becky Price	90	Todd Montgomery	80	Rachel Honeycutt	90
Keith Crouch	90	Sarah Solovey	80	Joe Pawlish	80	Angelina Borisov	90
Daniel Corrigan	80	Lorena Gonzalez	80	Tim Rutherford	70	Kelly Novarro	80
Sho Gray	80	Madeline Shelly	70	John Fox	60	Kathy Smith	80
Connor Klein	70	Anya Tollefsen	70	Jason Fitzpatrick	60	Sara Whitt	80
Jamel Patterson	70	Kelly Fox	60	Brandon Johnson	60	Rebecca Evans	70
Steven Moore	60	Christy Martin	60	Jonathan Addington	50	Crystal Thomas	60
Ethan Watson	60	Rachel Guarnieri	50	Jason Walker	50	Stephanie Johnson	50
Finn Tollefsen	50	Karrie Murphy	50	Greg Bauer	50	Abby Williamson	40
Chase Krivo/Micah Morgan	50	2 women tied with	40	3 men tied with	40	Keri Lattimore	30

# GET INVOLVED WITH KTC TRACK AND FIELD

Track and Field activities will be ramping up again going into 2024. We can always use new volunteers to help at the meets. Here are some of the benefits of becoming an official, taken from Stanley Underwood's 2006 Footnotes article. By becoming a KTC Track and Field Official, you can:

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



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

**More info? Want to volunteer?**  
**Contact Steve Luper at [stevluper74@gmail.com](mailto:stevluper74@gmail.com)**



## VOLUNTEERS!

SIGN UP TO HELP  
WITH CLUB EVENTS

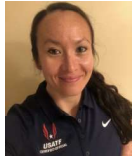


Sign up on  
[Runsignup.com](http://Runsignup.com)



**new balance**

8027 Kingston Pike  
Suburban Plaza  
Knoxville TN  
865.539.1100



# LET'S MAKE IT OFFICIAL BECOME A TRACK OFFICIAL



*by Christina Adkins, KTC President, member KTC Officials Association*

One name you'll hear frequently amongst USATF officials will be Stanley Underwood. He was a legend in the world of track officials. Originally when you were interested in joining USATF here in Tennessee, the number you dialed would go straight to Stanley. Although Stanley has passed on, his legacy continues with his nephew Conley.

Conley Underwood became a track official when he was invited by his uncle Stanley. Since then, Conley's been officiating for 25 years. His mentors include his Uncle Stanley, Bill Pratt, Taylor Weatherbee, and Bob Neff. In fact, Conley and Bill Pratt were the inaugural winners of KTC's Robert Neff Service Award, which is a high achievement for local officials.

His favorite discipline is the long

jump. Long jump, you have an athlete running from around 100 feet behind a blackboard. Once they reach about an inch or two from their toes hitting the board, they must jump off from one foot and land in the sand. Whatever body part is closest to the jump board is the distance measured for scoring. If an athlete's foot touches the board, they foul. It's my favorite event to judge and watch during competition because the leg power to do this event is so impressive.



Some favorite memories of Stanley's include working SEC Championships, having calls video reviewed several times, and being right every time in his judgment. He's loved working at NCAA Regional in Louisville since the track is right next to the University of Louisville Football Stadium. At one point in time, they had a Kenny

Chesney concert going on at the same time as a track meet! (Imagine the traffic and crowds!) At that meet, he got to work a high-level collegiate meet AND listen to a concert at the same time. Obviously, that made the University of Louisville his favorite location to officiate. He's also worked track meets in North Carolina, Tennessee, and Kentucky.

When I asked what he'd do differently, he shared that he wishes he had traveled to more meets in different areas. As his daughters got older, he needed to spend more time with their extra-curricular activities which included golf, softball, and marching band.

His advice to folks too scared to join the USATF Official Community: There is no reason to be scared at all.

As one of his mentors, Bill Pratt, always said in his instructions to the athletes: "World Peace does not depend on the outcome of this event. Compete hard, but have fun!"

## THE 56<sup>TH</sup> VOLUNTEER TRACK CLASSIC

FRIDAY, APRIL 19<sup>TH</sup>-SATURDAY, APRIL 20<sup>TH</sup>:

**The 56<sup>th</sup> Volunteer Track Classic will be held at Tom Black Track on the University of Tennessee campus. We need LOTS of volunteers!!! Register at:**

**[Knoxville Track Club: Volunteer Track Classic VOLUNTEERS \(signugenius.com\)](https://www.signugenius.com)**

**For more information, contact KTC Track Official Coordinator Steve Luper at [stveluper74@gmail.com](mailto:stveluper74@gmail.com).**



# KNOXVILLE Spine & Sports

Our goal at Knoxville Spine & Sports is not just to treat injuries, but to understand the athlete's story. Every athlete is unique, and so are their challenges.

By addressing the root causes and providing tailored treatments, we empower athletes to perform stronger, longer.

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Knoxville, TN 37919

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# PEREGRINATOR

(pronounced: puh-ruh-gruh-nay-ter)



by *Dr. Bert Solomon*

*Sports Chiropractor—Knoxville Spine and Sports*

One amusing \$5 word to refer to long distance runners. Peregrinator has a playful tone and is a great choice to describe those who traverse long distances on foot. Sometimes we as runners can take ourselves too seriously, which takes all the fun out of the experience. Trail running is a lifestyle and not an event. Making trail running playful and not too serious keeps the heart of trail running focused on the joys of running. It often evokes a



sense of playfulness in the heart because it reconnects us with the natural world in a way that's both exhilarating and freeing. The experience of trail running can be grounding and full of emotion. We love the experiences gained on the trail and what we learn about ourselves along the way.

What words come to mind when you think of long-distance runners/travelers? This has sent me down a rabbit whole of words that come to my mind. The

following words are why I love this subgroup of beautiful human beings. Feel free to add to the list. Have fun with it!

- ◆ Tenacious, Gritty
- ◆ Steadfast, Relentless
- ◆ Enduring, Resilient
- ◆ Persistent, Determined

Go live life on the trail and make a memory. Have fun, go explore, try a new trail with a friend.

Maybe I'll see you out there,

## Join KTC Group Runs

**MONDAYS 6:30 pm**  
**Barrelhouse by Gypsy Circus**  
**621 Lamar St**  
**Downtown Knoxville**  
**3, 5 mile runs**

**WEDNESDAYS 6:00 pm**  
**Runners Market**  
**4443 Kingston Pike**  
**Western Plaza**  
**Postrun fun Hard Knox Pizza**

### SATURDAYS

**Seasonal get-togethers occur during the leadup to the Covenant Health Knoxville Marathon/Half Marathon. The rest of the year, our Saturday morning group runs locations vary. For the latest info on the location and routes, check out our social media! @KnoxvilleTrackClub on Facebook and Instagram.**

### OCCASIONAL

**Periodically club members will meet in Smoky Mountains National Park to run Cades Cove Loop Road. At other times, runners will meet downtown or elsewhere for runs, often followed by festive post-run celebrations. Check the event calendar or <https://www.facebook.com/groups/351677454866113/> for upcoming events.**

# KNOXVILLE TRACK CLUB HALL OF FAME

## INDUCTION OF THE CLASS OF 2024 - MAY 9, 2024

The Knoxville Track Club is eminently proud of the group of individuals whose boundless time and energy has contributed to the success of the KTC. In accordance, the club established in 2009 the Knoxville Track Club Hall of Fame to honor those individuals whose efforts were paramount to the creation and growth of our club.

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

### PRESENTING THE CLASS OF 2024

#### Jason Altman

Jason has done wonders developing the Covenant Health Knoxville Marathon into a major regional event. Taking over as Race Director in 2006 ahead of its third year, the event has nearly tripled in participant size. He's actively pursued sponsors, media coverage, and promoted the event all across the southeast. He leads the Marathon Organizing Committee and the supporting tasks associated with 18 years of staging the event including the venue, budget, course (and numerous adjustments), pre-race preparations, local vol-



unteer and police support, and the myriad of other tasks involved in putting on the marathon. His demonstrated flexibility to changed conditions (moving the event finish from Neyland Stadium to World's Fair Park, separating the Kids Mile/5k and Marathon/Half-Marathon to different days), and pivoting to a virtual event in 2020 keeps improving the event. His efforts with the Covenant Health Knoxville Marathon are one of the main reasons the KTC remains out of debt every year.

Athletically, Jason is a tremendous ambassador for the KTC. He has won many KTC races including the Strawberry Plains 10k twice, Summer Solstice 8k twice, KTC EXPO 5k, and the inaugural Farragut 5k. Outside of KTC races, he has won four half marathons (7-Bridges Half Marathon, Chickamauga Battlefield Half Marathon, Asheville Half Marathon, and State to State Half Marathon in Ohio and Indiana) and has won five marathons. He is the only athlete to have won the Chickamauga Battlefield Marathon 4 times and claimed victory at the Kiawah Island Marathon in 2016,

all while wearing KTC gear. He's also represented KTC five times at the Hood to Coast Relay, helping the team to top 3 finishes each time including winning 1<sup>st</sup> place overall in 2011 and a Masters Championship in 2023. Finally, he set state age group records for the 2-mile distance and 8-mile distance.

#### Keith Gemeinhart

Keith Gemeinhart's contributions to the KTC are almost too numerous to count. His tenure in the club included both significant athletic achievement and tremendous volunteerism that helped grow the club over his two decades of membership.

Athletically, he won multiple road races throughout his time in the KTC, including the Strawberry Plains 10k and Millhouse 15k. Keith finished in the Grand Prix top 10 multiple times and won the Masters Division of the Blount County Triple Crown several times, as well as being a Boston Marathon Qualifier.

Keith's service to the KTC really stands out. He served as the KTC's Tuesday Night Track workout coach, mentor, advisor, ambassador from January 2006 through January

2015. He served as Race Director for



Jason Altman

\*\*\* continued on page 19 \*\*\*

# HALL OF FAME

AAA continued from page 18 AAA

the Calhoun's 10-miler, and served on the Long Distance Committee (now the Road Race Committee) for many years. Keith was Team Runners Market Team Captain and served on the Team Competition Committee, as well as volunteering for countless KTC races over a period of several years.

Keith led committees to oversee the KTC website redesign in 2007 and 2012. On these committees he served as club technical lead for the website implementation, collaborating with Michael deLisle to create the website pages. Keith also supported Michael (in Michael's webmaster role) as a technical advisor from 2007-2015. The KTC website was selected as the Top Large Club Site for 2009 by the Road Runners Club of America.

Additionally, though it is no longer operational, Keith designed, implemented, and maintained the KTC's interactive web-based race results database that linked runners, races, and results. Before the widespread use of Runsignup.com, this was the go-to site for all race results. an active friend to countless members of the KTC.

Keith was always out on the Saturday morning group runs, leading a posse of fellow runners on the streets around Knoxville. An early advocate of GPS technology, Keith had runners doing a final lap around parking lots to make sure we got just the right mileage back in the days when "it was close enough."



**Keith Gemeinhart**



## Kathy Nash

Kathy Nash moved to Tennessee in 2010 and made it her mission to become involved in the community. Among her many qualifications for the 2024 KTC Hall of Fame:

- ◆ Certified Track Official (National Level) for USATF
- ◆ Member of the Foot-hills Striders and Running Chair from 2012 to 2014, served on the their Scholarship Committee from 2012 to 2015, and was chair of the their Scholarship Committee from 2016 to Present
- ◆ Member of the 900-Miler Club (Hiked every trail in the Smoky Mountains 3x/Reverse)
- ◆ Member of the Half Fanatics
- ◆ Member of the 100 Half Marathons Club
- ◆ Received the Allan Morgan Service Award in 2020.
- ◆ Received the Ginny Canfield Memorial Service Award in 2022
- ◆ Frequent volunteer at local running and track events.
- ◆ Member of the American Volkssport Association (AVA) and the East Tennessee Wanderers (ETW)
- ◆ Webmaster for ETW from 2011 to Present
- ◆ Website won the first place award at the 2015 AVA Convention.
- ◆ Website won second place at the 2017 AVA Convention.
- ◆ Photo won third place at the 2021 AVA Convention.
- ◆ Photo used for the cover of the

AVA's Starting Point Book in 2023.  
◆ Placed in the top 5 at the National Senior Games for the 1500 meter racewalk event in 2017.

Kathy is a top volunteer, encourager, and constant presence at all the races. She is a ray of sunshine to anyone new who is trying to become a runner. She serves countless hours at early morning registrations and is a friend to everyone in the running community. She is very dedicated to promoting KTC! At the 2023 Covenant Health Knoxville Marathon, she waited for the last runner to cross the finish line, even though the race was officially closed down. This is typical Kathy Nash. She didn't draw attention to herself, she just wanted to be a friendly face to congratulate those last runners who had met their goals.

In addition to accumulating dozens of service hours she has given to local races, she is an accomplished athlete in her own right. She places in her age division almost every race and runs a variety of short and long distances. Kathy has completed 150 half marathons, 10 marathons, a 50k, and more 5k and 10k races than she can keep count of, often placing in her age group.



**Kathy Nash**

Kathy's service to KTC is unmatched. She volunteers at all races, promotes the membership benefits, and is a walking bulletin board for KTC to anyone she meets. She is a true example of a member who serves our community. Kathy is willing to do anything and everything to make the club successful, and we are better because of her. She might not have a lot of money

AAA continued on page 20 AAA

# Class of 2024

AAA continued from page 19 AAA

to give, but since she retired she does have time to give, and so she does just that.

## Coach B.E. Sharp

**B**.E. Sharp was the founder of the Webb School and Fulton Athletics Programs in the 1950s and established both their football and track teams. He was also a founder of the Knoxville Track Club. In 1958, he was the East Tennessee representative to the state track committee. In 1960, he served as the Knoxville Interscholastic League President. In the mid 1940s, he patented the Decathlon Meter to “correct the inaccurate measures of gymnastic exercises, and to give a common unit of measure (foot or foot-pound) to many events.” The first pentathlon measured with the Decathlon Meter was in April 1947.

For over 30 years, Coach Sharp was a beloved math teacher, head football coach, athletic director, and track coach for several area schools. As a teacher, he always insisted that his students “learn something new every day.” He began his teaching and coaching career in the 1920s at Tellico Plains High School while still a student at East Tennessee State College. He later taught math and coached football and track at Knoxville High School from 1936 to 1951, Fulton High School from 1951 to 1958, and Webb School from 1958-1969 when he was forced to retire at the age of 70. Within just 2 years at Webb School, he produced an “A” Division Champion Football team and a KIL Champion track team. Through strong leadership, perseverance, and personal guidance, Coach Sharp transformed inexperienced

boys into skilled athletes.

Coach Sharp had the original tracks built at Fulton and Webb School during his tenure. He was so proud of the cinder track he built at Fulton High. Back then, all-weather tracks were unheard of. Coach Sharp had fresh cinders placed on the Fulton track before every season and sent a roller out to pack them down. To him, it was the best track in the state, and treated it as such. When all the teachers and students were away from school for Spring Break, Coach Sharp would invite his teams to



Coach B.E. Sharp

stick around and help maintain the track with him. This was not just a time for team building. Coach Sharp would roll up his sleeves, assign tasks, and start working on the track’s tedious maintenance. Those who chose to work over their Spring Break never felt it was mandatory to be there; his boys just wanted to be around him.

During his coaching career, he led a dozen championship track and football teams. He was a key figure on the football coaching staff when his Knoxville High School football team won the state championships in back-to-back seasons from 1942-1944. The 1950 Knoxville High School track team won the state championship, defeating Whitehaven High School of Memphis who were long-time state champions. His boys’ track team won the mile and 880 relays for their state title. During KHS’s regular season, KHS defeated top schools like Oak Ridge and Chattanooga High winning the Knoxville relays and East Tennessee meets. From 1955-1957, Webb’s track team

placed in the top 4 in the state meets. In 1968, his Webb track team was runner-up for the Midsouth Championships in 1968. Upon retirement, he began teaching and coaching again at Knoxville Catholic High. He did not make it to the regular season of track while coaching at Knoxville Catholic High before his passing in the fall of 1969 while attending the South-Doyle vs. Fulton football game at Fulton. With only a half-minute left before the game was over, he passed away doing what he had done most of his life: watching his beloved high school athletes compete.

After almost 70 years, his track athletes still speak fondly of Coach Sharp and will always remember their post-season invitations to Coach Sharp’s home on Adair Drive for strawberry shortcake. His daughter Betty will always remember him as the best daddy ever. Up until 1992, KTC recognized the Boys Track Coach of the Year with the B.E. Sharp Award memorializing Coach Sharp’s long-time legacy.

## Coppley Vickers

**C**oppley was one of the original 1960 KTC AAU Track runners and is now KTCs last living founder.



Coppley Vickers

Coach Chuck Rohe (KTC Hall of Fame Class of 2009) recruited Coppley to Furman University. Then, Coach Rohe invited Coppley and several other Fulton High track men to compete in an AAU Olympic Development meet he was sponsoring at Furman University. Coach Rohe told them they had to run for an AAU club team, so under the guidance of Knoxville News Sentinel Sports Editor Tom Siler, they formed the Knoxville Track Club. Coppley transferred from Furman to the University of Ten-

AAA continued on page 21 AAA

# Class of 2024

AAA continued from page 20 AAA

nessee when Coach Rohe left Furman University to coach at UT. Due to NCAA transfer rules, Copley was ruled ineligible and had to sit out his first year at UT. To maintain his competitive edge, he competed for the KTC at major Indoor track meets in the United States.

In Copley's first high school track event, the mile at Baylor University, he beat the mid-south mile champion with a time of 4:36 which was 2 seconds off from the state record. His senior year at Fulton High, he led the Fulton track team to a 2<sup>nd</sup> place finish at the State Track Meet. He was barely edged out in the last ten yards in the Winnipeg Invitational mile by the Canadian National Champion.

Copley was named captain of the 1965 University of Tennessee track & field team and earned All-SEC honors five times. His fastest mile time at UT was 4:09 and he set the SEC indoor 2-mile record at 9:00.2.

Copley credits Coach Jerry Wrinkle (KTC Hall of Fame Class of 2011) for encouraging him to run track during his final year of high school. During his junior year, he'd had the 2<sup>nd</sup> fastest mile time in the state, but at the regional meet went up against the fastest guy. Copley's coach was the football coach, who often told him to get out front and stay there. During that regional meet, Copley went out at a :58 (1:56 half-mile pace) and pulled way ahead, coming through the 880 in 2:07. Faulkner caught him on the third lap and they raced stride for stride and came through the third lap in 3:06 (60-second third lap). On the last lap, Faulkner passed Vickers on the back straightaway, but collapsed and fell off the track in the last curve. Copley fell 10 yards out from the finish line and crawled across the finish line in last place. They took Copley to the hospital in an ambulance, fearing he'd collapsed a lung. He swore he'd never run again. Coach Wrinkle came to the hospital and said

"Copley, you need to learn how to pace. I'll teach you how if you come back out for track." Wrinkle became his track coach his senior year and hammered pace into him, convincing Copley to stick with track. Pace stayed with Copley, and he owes all his track success to two KTC Hall of Fame coaches, Jerry Wrinkle and Chuck Rohe.

Copley signed up a year and a half in advance for the Marine Corps after watching Native American runner Billy Mills, who won the 10k at the 1964 Olympic Games. He planned to train for the 1968 Olympics with the U.S. Marine team at Quantico. Unfortunately, Copley was deployed to Vietnam in September of 1966. When he returned from Vietnam, he still wanted to run track and compete in the Olympic Trials. After speaking to Senator John Duncan, the senator personally contacted commanding officers at the Marine Corps requesting that Copley be assigned to Quantico to train for the 1968 Olympics. Two weeks after that, Copley was chewed out by his Commanding Officer, who told him he was not going to Quantico. His dreams were crushed. But just a week later, Copley got orders to go to Quantico to train for the Olympic Trials. Unfortunately, he placed third in the all-service meet, at a time when athletes had to place first or second to qualify for the Trials. The two finishers who beat him made the Olympic team.

## Todd Williams

Todd attended UT from 1988-1992. He was All-American and part of UT's Outdoor Track National Championship Team. After graduation he went on and trained for both the 1992 and 1996 Olympic teams in Knoxville under Coaches Doug Brown and George Watts. While here in Knoxville, Todd was a guest speaker for

several KTC Youth programs, as well as at numerous adult running seminars. He was also at the official opening of the iconic Knoxville Runners Market.

Todd won the 1995 KTC EXPO 10k and still owns the course record almost thirty years later. At the time, Expo was one of the premier road running events in the southeast and drew competitors from all over. Todd stayed in Knoxville until the early 2000s, serving in the late 90s for a short time on the KTC Board of Directors.

Coming out of college, however, he was not recognized as the next great postcollegiate star.

Though he logged a 28:18 10k and 13:41 5k, he never did win an individual NCAA title. He burst onto the professional scene by winning the US national cross-country title in 1991 and used that to springboard himself to the sport's top. Williams was the premier 10,000 meter runner in the United States for nearly a decade.

His professional accolades include:

- ◆ Four US 10,000 meter titles (including two Olympic Trial victories)
- ◆ Four US #1 rankings at 10,000m;
- ◆ 10th, 7th and 9th place finishes at the 1992 Olympics, 1993 World Championships, and 1995 World Championships respectively at 10,000m;
- ◆ Two US cross country championships
- ◆ A 2:11:17 marathon debut
- ◆ A still standing US record for 15k (42:22) at the Gate River Run
- ◆ A ninth place finish at the 1995 World XC Championship when all the studs in the world raced each other in one race.
- ◆ Seventh place 10k finish (28:30) at World Championships in Germany 1999
- ◆ National Champion Half Marathon

AAA continued on page 22 AAA



Todd Williams

# Class of 2024

AAA continued from page 21 AAA

(1:04.24) 1999

- ◆ National Champion 10k (28:46) 1996
- ◆ National Indoor Champion 3000 meters short track 7:50.49 1997
- ◆ Personal Best in 1500M 3:42.18

## Charles Lobetti

Charles Burns Lobetti Sr (1909-1962) was a beloved coach, record-breaking high school track star, founder of the Knoxville Track Club with his good friend Charlie Durham, and Knoxville Police Department Homicide Captain. He was a 1928 graduate of the Knoxville High School Trojans and captain of their track team. In 1935, he joined the Knoxville police force and soon advanced to traffic sergeant. He was a city detective before becoming the homicide captain. He retired from the force in 1960 but rejoined active duty to become the chief deputy sheriff until his passing in 1962.



Charles Lobetti

He was the oldest of 10 children and brother to Pete Lobetti who owned the White Star Bus Lines that transported General Neyland and the UT Vols to their games. The Lobetti Landing community and Lobetti Road off of the Schaad Road extension are named after his family and their Lobetti Vineyards. Lobetti's mother was awarded for sending the most children (8) to the Great War.

Captain Lobetti was the head track coach at East High School (now known as Austin-East) from 1955-1958 and helped his son Charles "Buddy" Lobetti Jr. achieve a 2<sup>nd</sup> place finish on a 2-man team as a decathlon all-star at the state

track meet. Son Buddy followed in his dad's footsteps, excelled in the high jump, and coached track at Halls High and the KTC Youth Series for several years. Captain Lobetti never let anyone pay him. He wouldn't even consider it. He said, "I didn't pay anybody and I won't take any money." Until he passed away at the young age of 53, Captain Lobetti helped with local track programs. He participated in the management of area high school and college meets. He also was the track official for the high jump at the Southeastern Invitational Meet at Evans-Collins Field.

As a high school athlete, he used his 6'3 "man-sized Joe Friday" frame to his advantage in the high jump and broke the Southern Conference High School Record with a height of 6'2 1/10". Lobetti jumped as high as 6-5 in practice at KHS and consistently reached 6-2. However, his records are not recognized by TSSAA, which wasn't organized until after his graduation in 1928. He was invited to the Olympic Trials in Atlanta in June of 1928 with Coach Britton, University of Tennessee Track Coach at the time, but a logistical error failed to get him there. His high school high jump record stood for 30 years until his son Buddy swept up all his state records for high schoolers.

Some highlights of his career:

On May 5, 1928, at the 13<sup>th</sup> Annual Ander Path Classic by the University of Tennessee at the Shields Watkins Field Stats, he accomplished the following:

- ◆ High Jump 6'2 1/10" (New Southern Record)
- ◆ Broad Jump 20'7"
- ◆ Discus 103'6"
- ◆ 2<sup>nd</sup> place 12-pound shot put.
- ◆ 2<sup>nd</sup> place 120 high hurdles

He earned 21 points at that meet, the High Point Man of the Meet

His Knoxville High Track Team won the 1927 9-A State Track Meet

That same year, he led the Knox High Track & Field team to win the Southern Prep Championship and the Annual UT Interscholastic Meet after winning the Sewanee Meet held the week prior.

In June 1928, he placed 2<sup>nd</sup> in the high jump with a 6'5 jump at the National Interscholastic Meet in Chicago.

In 1963, KTC established the Charles Lobetti Sr. Memorial Trophy honoring the late coach. This award was given to the outstanding field event athlete in East Tennessee each year at the KTC Track & Field Awards Banquet. That honor unfortunately stopped being awarded in the mid-1990s. Although the award is no longer recognized, his legacy lives on as a dedicated coach, civil servant, and beloved father.





# KTC BOARD OF DIRECTORS

## Minutes of January 2024 Meeting

**JANUARY 22, 2024**

The meeting was called to order by Christina Adkins at 6:02 PM. In attendance were Christina Adkins, Alison Baker, Kunle Lawson, Keith Jackson, Matt Stegall, Adam, Jennifer Moore, Karla Gander, Angel Norman, Adam K, Emily Miller, David Hinkle. Guests present included KTC Staff Members Jessica Mead, Eric Weatherbee, and Justin Emert

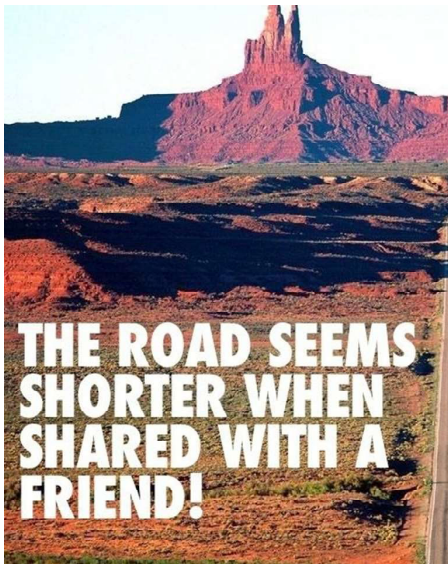
**Minutes:** The November minutes were presented. Matt Stegall made a motion to approve the minutes. Karla Gander seconded. The minutes were approved.

### Regular Reports Consent Agenda

**Executive Director Report –**  
No further discussion

**Treasurer’s Report –** no further discussion

**Marathon Director’s Report -**



CHKM race director Jason Altman said that the marathon advisory meeting scheduled for this Sunday at Mortgage Investors Group will be rescheduled due to the rescheduling of the Wanderers Trail Race at Maryville College. Jason will communicate with members once the details are finalized.

**Event Manager’s Report (Youth Development)** - Jessica expressed that participation had increased at the New Year’s Day 5k and she hoped to see that improvement continue in future races.



**Trail Committee/Footnotes -** Wanderers Trail race was rescheduled for 1/27/24 due to weather concerns. Dark Hollow Wallow and Whitestone are coming up in Feb. and March respectively.

Angel Norman moved to approve reports as is. Matt Stegall seconded. Reports were approved.

**Electronic Communication Consent/Conflict of Interest Paperwork** - These will be signed by board members in person at the February meeting. This is an annual requirement. There were no questions regarding this requirement.

### Track, RRC, Event/Equipment Manager Updates

**Track –** Eric confirmed the date for the Volunteer Track Classic, April 19-20. The website is up and accepting registrations. \$7000 use fee will be required for Tom Black Track on the UT campus. The track has been reserved. Christina asked about the

increase in cost. Eric is looking at sponsorships, possibly Academy Sports or a footwear sponsor. Event director Don Madgett says the meet entry fee has not been raised in several years but that an increase may be considered for next year. 1200-1500 athletes will participate in the event.

**Road Race Committee –** Race director training/refresh will be held February 9 to get current race directors on the same page and to help them understand the new event manager’s role. Eric hopes to align expectations

and clarify support. This event also represents an opportunity to recruit new race directors. Graphics are getting ready to go on social media to invite people who might be interested in becoming a race director. They will be able to meet with and learn from with current RDs. There are currently two open spots for race directors An event will be created and disseminated through all customary communication channels. Christina asked Eric how we are advertising the need for timers to grow that area. One new timer has been added and has worked the last two races. Word of mouth has accomplished this, and the goal is to reduce the burden on the current timing contractors.

**Non-Binary Implementation Plan Approval** Tabled until February meeting.

### Roundtable

Jason Altman suggested that those who want to run outdoors run on UT

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



# KTC BOARD OF DIRECTORS

## Minutes of February 2024 Meeting

**FEBRUARY 26, 2024**

The meeting was called to order by Christina Adkins at 6:02 PM on Feb. 26, 2024. In attendance were Christina Adkins, Allison Baker, Karla Gander, Zane Hagy, David Hinkle, Adam Kolatorowicz, Kunle Lawson, Jennifer Moore, Angel Norman, Matt Stegall, Eric Weatherbee, Kathy Nash, Jessica Mead, and Jason Altman attended as guests.

**Minutes** - The January minutes were presented. Karla Gander made a motion to approve the minutes. Matt Stegall seconded. The minutes were approved.

### Regular Reports Consent Agenda

**Executive Director Report** – No further discussion

**Treasurer’s Report** – no further discussion

**Marathon Director’s Report** - No further discussion

**Event Manager’s Report (Youth Development)** - No further discussion

**Trail Committee/Footnotes** - No further discussion

**Conflict of Interest/Board Documents** - Christina reported on conflict of interest documents required from each board member and provided a board binder covering bylaws, history, awards, staff job descriptions and other pertinent documents. Forms were signed by all members present.

**Staff update** - CPA Kelsey Kendall has been handling accounting for the

club since November.

**Storage Update** - Moving everything from the present storage unit will save \$5000 per year. KTC will vacate the current unit as soon as the contract has expired. The new unit is less than a mile and half away, and is significantly less expensive. Recent work on stored items includes sorting and disposing of food, paper goods, shirts, signs, etc. Storage unit at the new location is 10X30 and will allow for better boundaries between material related to CHKM, timing, and other KTC equipment and supplies. When asked who is responsible for inventory, Eric indicated that the spreadsheet had not been updated since 2017.



**Hall of Fame** - Seventeen candidates were nominated for the hall of fame, including the three remaining founders. The hall of fame committee chose seven inductees. The HOF induction ceremony will be held on May 9.

**Discussion of including a non-binary division** - The club has been advised by legal counsel to create a division with participants directed to the executive director with any questions or concerns. The language is based on other clubs that have a non binary policy. Karla asked how awards will be handled. With a division, it would be the same as other categories (top 3 regardless of age.) David H stated that equity is going to be a primary concern in terms of awards and prize money. Jason mentioned that information presented at the road racing conference in Orlando including how other clubs handle prize money. Proposed policy can be amended and resubmitted for legal review. In addition to KTC coun-

sel, the policy has been vetted by an attorney with specific experience in this arena. Angel asked Coach Lawson about the collegiate level. They use the same policy as IAAF. Karla mentioned that she’d prefer more clarity on how the Grand Prix will be handled. The written description of Grand Prix accounts for winners in all divisions. David asked for clarification on the evolution of the specific policy. The board had previously voted to enact the policy, this discussion is to determine specific support for the policy as defined in this draft, with the key distinction being a non-binary division rather than a category as previously discussed. Coach Lawson asked when it would go into effect, which would be upcoming races. David urged respect for all athletes involved. It would only affect events that are already open for registration. Zane moved to table the discussion until a PR statement can be prepared. David seconded and urged consideration of adding language regarding prize money. Angel asked for clarification about prize money in CHKM. David suggested revising to include this division as well. Marathon is the only race that awards prize money. Board members were urged to mail Eric with additions or questions, and he will include suggested revisions. Zane withdrew his motion, and the policy will be addressed next month. Karla moved to approve the policy pending revisions and subsequent discussion. Coach Lawson seconded. Motion was approved by a 6-5 vote.

### Roundtable

Angel mentioned Strawberry Plains

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



# KTC BOARD

\*\*\* continued from page 23 \*\*\*

campus, which is currently safer than other options due to continued snow and ice. Greenways are still not safe. Dick's House of Sport Event for CHKM will be held Feb 10. Volunteers are needed and should contact Jason.

Keith Jackson moved to adjourn. Angel welcomed new board members. Karla seconded the motion to adjourn, and the meeting was adjourned at 6:38.

Executive Session was held.

Next board meeting will take place on Monday, February 26, at the Legacy Parks office at Volunteer Landing.



# KTC BOARD

\*\*\* continued from page 24 \*\*\*

10k and half marathons, very successful events.

Eric urged runners to remove any leftover marking material they might see on roads or trails. Every effort is made to leave courses clean, but other races are leaving trash or debris. This could impact our ability to use greenways or other areas.

David mentioned the addition of shorter distances such as 5 miler at Oak Ridge and 12K at Whitestone. Additional options can attract more participants.

Coach Lawson mentioned that Maryville College can always use certified track officials.

Adam K. mentioned that as a new board member he was heartened to see the board taking on difficult issues.

Karla asked about the most efficient way to reach the executive director.

Allie Baker is the race director of the Springbrook Splash. She mentioned that plans are underway to expand and enhance this event.

Jason A introduced himself to new board members as marathon director and encouraged participation on subcommittees, marathon advisory, track and field, etc. He appreciates being named to the KTC Hall of Fame.

Jennifer asked about new additions to the race calendar, which are still being determined.

Christina reminded the board about Vol Track Classic volunteer opportunities. Lots of posts are needed.

Karla asked about the status of handling equipment.

Matt Stegall moved to adjourn, Karla seconded. Meeting adjourned at 7:21 PM

Next board meeting will be held March 25, 2024 at Legacy Parks.

An executive session was held regarding the board policy binders.

## KTC Road Race Grand Prix \* presented by Patdome Promotions

### Point totals through Whitestone

#### MALE

Brent Bueche	23
Brian Huskey	18
Wesley Crane	17
David Johnson	17
Paul Schleyer	16
Doug Singh	16
Ron Watzke	16
John Byrd	15
Darren Driscoll	15
Doug Ross	15
Jake Houston	14.5
Ran Jandro	14
Larry Brede	13
Christian Curry	13
5 men tied with	12

#### TEAMS

Team Tennessee Pre	346.5
Team Runners Market	301
C. John Run	134.5
RunKNOX	61.5
The Long Run	59.5
Personal Best Racing	32
Team Really	30
Y-12	27



\*note: Space limitations prevent us from printing all team scores. For those, please see [www.ktc.org](http://www.ktc.org)

#### FEMALE

Jennifer Singh	24
Marsha Morton	22
Kyoko Yamamoto	20
Kris Corbitt	17
Michelle Derenski	16
Jennifer Moore	16
Amy Hudson	14
Lauren Kieffer	13
Jennifer McKelvey	13
Ashley Zimmerman	13
Shirley Sirois	12.5
Danielle Bohn	12
Angelina Borisov	12
Cheryl Horn	12
Jen Shaffer	12
Elizabeth Whelpley	11.5

# Knoxville Track Club thanks

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

10847 Hardin Valley Rd  
Knoxville 37932  
865-896-3760



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

for its generous sponsorship of  
**The Hard Knox Pizza Dogwood Classic 5k**

<https://hardknoxpizza.com>

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

Thank you for shopping local and supporting us!



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





## KTC KICKS OFF 2024 WITH 5k RACE AND KIDS MILE

*Suzanne Oliver, race director*

Happy New Year 2024! Our first race of the year was a terrific kickoff with 625 total registrations which included 579 5km registrants, 13 virtual 5km'ers, and 33 kid mile runners. We had 510 finishers for the 5km and all 33 kids did a great job logging their first mile for the year. We appreciate Tennessee Sports Management Group (TSMG) for their sponsorship and willingness to open their facility to allow us to complete our check-in, after race activities and awards announcements inside in a warm space. Several runners enjoyed the stretching provided by their staff following the race too.

As is part of our tradition with this race, the first 100 male and first 100 female runners received a glass with our race logo imprinted on it. Our logo this year was created by the design team from z21 communications – we love the Year of the Dragon design and look for-

ward to future logos from this company. We were able to use the fun logo on our race giveaway beanie hats too.



The top male and top female finishers received a BOCO backpack while the 2<sup>nd</sup> place finishers received a BOCO hat purchased at The Long Run, one of race sponsors. Our top male was Blaine Metcalf and top female was Mary Alex Gary. The second-place finishers were Darren Driscoll and Elizabeth Herndon respectively.

Another tradition for this race is to acknowledge our oldest and youngest finishers with the oldest receiving a bottle of champagne and the youngest earning a bottle of sparkling cider. Ed Smith And Eli Miller earned these annual awards this year.

Please watch for race photos provided by Todd Temple and Michael deLisle. We appreciate the time and

skill they brought to the morning activities. It is always fun to find your race photo after putting in the work to train and participate in races.

As race director, I also want to thank the Knoxville Police and Fire Departments for their presence on the road and greenway. Safety for our participants is a priority and having their support for our community is appreciated.

KTC races could not be completed successfully without our KTC staff, Executive Director Eric Weatherbee and Events Manager Jessica Mead. They were amazingly organized and supportive before and during the event. In addition, KTC

members, friends, and volunteers were key to the overall success for the morning – from registration, set-up/breakdown of the course, start and finish lines, water stop assistance and other necessary race activities – it truly takes a team effort!





# LUCKY 13 FOR DARK HOLLOW

*Bobby Glenn, race director*



This is year thirteen for this race and we had another fantastic day in the woods up at Big Ridge State Park on February 18. Despite scheduling the race several weeks earlier to a February day, the weather cooperated and we had a beautiful day. The trails were in great shape. As usual, Keith Montgomery and his crew did a great job clearing blowdown, making way for everybody to enjoy a super day on the trails.



a scant 6 seconds over Jeremy Donahue of Knoxville. Our own David McClellan took the final podium spot not far back. Emily Mazeau of Powell got the women's top spot ahead of Knoxville's Becky Price and Powell's Sonja Hurt.

Neely Box in second place and Jen Shaffer in third.

Our crew of volunteers was fantastic this year. Thank you Alondra Moody, Tony Owens, Kathy Smith, Kathy Nash, Stephanie Johnson, Neela Baker, Betesu Williams, Sarah Beth King, Michael deLisle, Rebecca Holder, David McClellan, Brian Williams (kids run rabbit) and Chris George (water hauler extraordinaire).



In the five mile race we had another barn burner, as 17 year old Ronnie Cross of Knoxville literally outleaned Keith Crouch as both were under the old course record in 39:34. Sho Gray filled out the podium in 3<sup>rd</sup>. Kenda Hurt took the women's crown followed closely by Elizabeth



The trails at Big Ridge are fantastic and it's surprising how many folks haven't explored them so check them out when you can (more trails are on the horizon—or so we hear). Big thanks to Keith Montgomery, Ethan Sane and the staff there for hosting us again.

Out on the race course we had one of the closest finishes ever in the men's eleven-miler with Chandler Campbell of Oak Ridge taking the win

**RUN WITH KTC'S TREADIN' TRODDEN TRAILS!  
BE PART OF THE SOUTHEAST'S MOST EXCITING TRAIL SERIES!**

## HEY TRAIL RUNNERS! TAKE ADVANTAGE OF THE BEST TRAIL RACING DEALS AROUND!

This year we again offer 9-race and 12-race bundles, as well as kids 9-race packages, all of which save you big bucks and keep you accountable getting to as many trail races as you want. Register for the series or individual races on [Runsignup.com](https://Runsignup.com). All races are open now!



*Please note that because the bundled pricing is already discounted, additional coupon codes and discounts do not apply.*



## 12k RACE ADDS TO FUN ON ROADS AT WHITESTONE

*Chris George, race director*

The 2024 Whitestone Weekend is now in the rearview mirror. A big shout out to all of the volunteers who, as always, made this year's race possible. Thank you so much to Karen Lacey who coordinated all of the volunteers by checking them in and instructing them on their assignments. And a great big shout out to the UT Running Club. Week in and week out, your consistent support with an army of volunteers helps the KTC race directors pull off great events for all KTC race participants.



This year there were 72 race finish-

ers for the 30k, led by 2024 winner Wesley Crane, who covered the 30 hilly kilometers in a finish time of one hour and fifty six minutes.

Wesley was followed by runner up Scott Trama and third place finisher Jake Houston.

Danielle Bohn was our first place female with a finish time of two

hours and twenty six minutes. Rounding out the top three spots for the ladies were Cassidy Gupton (2:28:31) and, barely six seconds back, third place Michell Derenski.

New to this year's Whitestone Weekend was the addition of a 12k road race. There were 33 finishers in the 12k, with Cian Bell taking the overall win coming in just over 43 minutes. Sam Plemons and Kyle Weiss rounded out the top three.



For the ladies, Zhen Li took the top spot in just over an hour and ten minutes, with Kris Corbitt and Doris Windsand rounding out the top three. Team Victorious Secrets, comprised of Bill Wilkinson, Corey LaRue and Janey LaRue, took the top spot in the 30k Relay, finishing in just over three hours.

### DON'T MISS IT...

## KTC HALL OF FAME CLASS OF 2024 INDUCTION BANQUET



THURSDAY, MAY 9, 2024

DETAILS ON PAGE 2

# Event Schedule

April - June

## APRIL

- 6 Knoxville - 5:30 pm COVENANT KIDS RUN
- 6 Knoxville - 7:00 pm COVENANT HEALTH KNOXVILLE 5k
- 7 Knoxville - 7:27 am COVENANT HEALTH KNOXVILLE MARATHON, HALF, and RELAY — 2024 RRCA Tennessee State Marathon Championship
- 14 Knoxville - 7:30 am. I.C. KING OF TRAILS 10k, 5k and KIDS TRAIL MILE
- 27 Knoxville - 7:30 am. HARD KNOX PIZZA DOGWOOD CLASSIC 5k and KIDS MILE

## MAY

- 9 Knoxville - 6:00 pm. KTC HALL OF FAME INDUCTION BANQUET
- 11 Knoxville - 8:30 pm. HANN JIVIN' IN THE DARK TRAIL RACE and KIDS TRAIL MILE
- 25 Knoxville - 7:00 am EXPO 10k, 5k, and KIDS MILE

## JUNE

- 8 Knoxville - 7:30 am. SHARPS RIDGE SCRAMBLE and KIDS TRAIL MILE
- 13 Knoxville - 7:00 pm. HAL CANFIELD MEMORIAL SOUTHSIDE MILEFEST