

Jul/Aug 2024

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



Hall of Fame Banquet recap - pg 5

All hail the vibrant Neontino - pg 17

KTC summer fun ahead - pg 6

Road, trail race recaps - pp 25-30



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

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



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

BUSINESS HOURS

Monday - Thursday 10am - 8pm

Friday - Saturday 10 am - 9 pm

Sunday 12:30 pm - 6 pm



FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL
RUNNING COMMUNITY



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FOOTNOTES

Footnotes volume 124 issue 3. A bimonthly publication of the Knoxville Track and Field Club, PO Box 52266, Knoxville TN 37950-2266. The views, information, or opinions expressed in Footnotes Magazine are solely those of the individual authors, have not been independently verified, and do not necessarily represent those of the Knoxville Track and Field Club, Inc. or its Board of Directors. Anyone wishing to write or submit photos pertinent to the running community are invited to send copy, photos, and letters by email to mdelisle@comcast.net to the editor, Michael deLisle. Copy and art deadlines are the 15th day of each even numbered month. Publication is bimonthly, beginning with the January issue. Contents © 2024 Knoxville Track Club.

ROAD RACE INFO
888-217-5635

TRAIL RACE INFO
865-548-4718

WEBSITE
www.ktc.org

ON THE COVER

A furiously fast field blasts off down Cherokee Boulevard at the Hard Knox Pizza Dogwood Classic 5k

cover photo © Todd Temple Photography
entire contents © 2024 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



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Keith Jackson, Jennifer Moore

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Altman, Giulio Rancadore, C. John
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Baker, Hannah Foust, Karla Gander,
Chris George, Jessica Mead, Chris
Meadows, Suzanne Oliver, Muna
Rodriguez, Dana Rohloff, Andee
Swann

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Rebert, Glenn Richters, Sharon
Rivers, Alicia Teubert, and Eric
Weatherbee

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Rebecca Holder, Danielle Quintanar,
Troy Rebert

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ver, Donnie Graham

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Johnson, Adam Kolatorowicz,
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Tony Owens, Kathy Smith, John
Storey, Alex Walker, Eric
Weatherbee, Brian Williams



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * July/August 2024 edition



A Message from our Club President

Christina Adkins, KTC President

Continuing the Legacy



In 2021, I was awarded the Allan Morgan service award, which is given to club members who have an exemplary influence and effect on the community at large, particularly in the area of road racing. I first met Allan at the 2021 Hall of Fame Banquet where he confused me for a Hilton Banquet server despite receiving several emails from me leading up to the banquet.



This style of leadership was a group effort, so he'd train others how to effectively spread his vision and share the load of responsibility with those around him.

During his 18 years as KTC's first paid Executive Director, Allan instilled into his volunteers the vital importance of volunteering. He encouraged everyone to run 3 and work 1. He also recruited and trained all of the race directors, making sure they were confident in their roles and self-sufficient. He grew the club from a couple hundred members to 2000+ through various marketing ploys like collaborating with the news outlets, creating high quality shirt graphics, and expanding the road races in the area while making sure they were fun and top quality. He modeled every single character trait he wanted to see in others by clearly communicating his vision, volunteering at KTC events, training the next generation, and competing in KTC and local races. He didn't absorb everyone's job responsibilities when they failed to accomplish the tasks he had in mind. He simply got better at training them. When it came time to justify why he should become a paid volunteer as the club's first executive director while everyone else was also volunteering, he made sure the sponsorships he acquired for the club covered his salary and then some.

As HOF emcee Michael deLisle shared his interactions with Allan, he

spoke of taking on the roles of Footnotes editor and Springfest (Dogwood predecessor) race director because of Allan's encouragement. Pam Haggard served as the Townsend 15k race director for 20+ years after training under Allan. Bobby Glenn has served as the Big South Fork Race Director for 30+ years. Several of KTC's races that were created under Allan's leadership, including but not limited to Turkey Trot, CrossKnox, and Dogwood 5k, are still active today. That legacy is all thanks to Allan's intentional impact on everyone he met.

In closing, I think we can all learn a thing or two from Allan.

- ◆ If you want to see change in your community, BE the change.
- ◆ If you want to impact your community, volunteer.
- ◆ If you want to see more road races or charity events, serve as a race director.
- ◆ If you want to see the club grow, serve as a board member.
- ◆ If you want to see local track meets run more efficiently with high-level competition, get certified as a USATF Official.

KTC has an incredible running community full of volunteers who will support you every step of the way in whatever role you wish to participate

In 2024, I knew I had to have him as our guest speaker since he was not only KTC's first Executive Director, but because he served the club for just shy of 20 years. We met up for lunch to prepare him for the event and help him with his speech. After learning more about his contributions to the club, it got me thinking about legacy leadership.

How can we learn from our club founders and previous leaders? What legacy did they leave behind? How can we continue that legacy?

When I researched legacy leadership, it was defined as a process of intentional influence that takes place in the context of a relationship. What comes to mind when you see the word intentional? In the context of leadership, the word intentional indicates the purpose behind a leader's behaviors. What was the purpose of Allan's encouraging behavior as our Executive Director? To train the next generation of volunteers and leave a lasting impact that would outlast decades of change.



Summer Fun Ahead, Don't Miss Out

**Eric Weatherbee,
KTC Executive Director**



The calendar moves faster and faster. As we get older, it feels like we roll right along with the days, months, and seasons. We blink, and before we know it, we've packed away our multiple running layers and we're trying to time our walks/runs for the coolest parts of the day. It's a cycle that happens every year: we complain about the cold, long for warmer days; it warms up, we shed layers; then it gets hot, and we complain about the heat.

This year, we've had it all. Snow, ice, frigid cold, wind, rain, heat, storms... and remember, it's only June. As the track club turns the page to summer, we take a couple of intentional steps as well:

- ◆ Shorter distances – gone are the half-marathons, 30ks, and marathon weekend; we're throwing caution

into the summer wind and shortening to 5k/8k/10k.

- ◆ Adjusted start times – we know, yes – Fireball is always hot. But imagine speeding down Neyland Drive under the sun!

- ◆ Safety – we adjust, slightly, our approach to keeping participants safe and healthy in the hotter conditions.

We've got some great sponsors to support the club this summer. Mountain Home Outfitters has stepped up to sponsor our Summer Race Series. Planning to run all three of our summer races? Check out the discounted entry options available on Runsignup for the 5k/10k/8k and 5k/5k/8k. Quest Health & Performance will join us for the Fireball Classic and the Midnight 8k. Liberated

Beauty Studio and Harper Auto Wash have signed on for this year's Springbrook Splash. And Old Forge Distillery will again be supplying us with delicious age group awards for the midnight 8k.

We're still rolling with our long-term sponsors, too! Bib pickup for Fireball will be hosted by our friends at Runners Market; bib pickup for Springbrook at Dicks House of Sport; post-race stretching at Springbrook with Tennessee Sports Medicine Group; award pickup at Eddie's Health Shoppe; and continued support from Pilot Travel Centers. The support of our sponsors, race-to-race and year-round, help us offset the costs of our events and bring the running community into the business community. Consider supporting our supporters this summer!

KTC SUMMER SCHEDULE

Jul 3	Pilot Fireball Moonlight classic 5k and Kids Run
Jul 13	Haw Ridge Trail Race and Kids Trail Mile
Jul 20	Springbrook Splash 10k/5k/Kids Mile
Aug 4	The Trail That Can't Be Concord and Kids Trail Mile
Aug 10	Pigeon Forge Midnight 8k
Sep 7	Panther Creek Challenge 10M/5M/Kids Trail Mile
Sep 15	Townsend 15k/7k



MUSINGS FROM THE EDITOR'S DESK

Michael deLisle - Footnotes Editor



Not Crying Ankle

To be perfectly clear, my right ankle is a mess. Started with a bad sprain during a drunken high school escapade more than fifty years ago. I went on to tweak and sprain it countless times over the years playing baseball and basketball, hiking and running, both trail and road. In short, I have not taken good care of it, even though it's taken remarkably good care of me, all things considered.

In the summer of 2022 I visited Chris Testerman, a superb physician whom I'd met and fitted for shoes a dozen times or more. She X-rayed it and gave me the bad news: it was significantly degraded, lots of degenerative changes and arthritis. Bottom line, it needed replacing. Total ankle replacement.

I'll be honest. I didn't know they could do such a thing. Sure, I know about total knees - been there, done that. And I know folks who have had hip replacement, Jesse's mom for one. And those procedures have been done and replicated thousands of times, tens of thousands, more. But a total ankle. Not a known commodity, to me, at least.

I then asked Dr. Testerman who she'd recommend and she said that one of her KOC partners, Adam Short, could do the deed. I made note of that, talked to her a bit more about alternate approaches (of which there are few, none of which were likely to do much more than forestall the inevitable.) I left her office in a somber mood.

But the ankle behaved rather well for weeks and months after that, pushing the thought of ankle surgery into my subconscious, something to consider

"someday." And, over those many weeks and months, occasionally the ankle would scream at me, but rarely very loudly, and always very briefly. It was still something I could live with.

But it worried me knowing that it would inarguably continue to deteriorate. I began balancing that inevitability with the logic that delaying surgery for a year or more would allow for further refinements in surgical techniques, improvements in hardware, software, and robotics, and ensure that surgeons would get more practice. On other people.



Last summer I began asking around as to who would be the best doctor to see in the eventuality that I would have the surgery. One of my doctor friends has a brother, a surgeon in Roanoke, to whom he reached out and asked who he'd recommend. Without hesitation he said Mark Easley at Duke Medical.

Okay, now I knew who was The Man. But the idea of going to Durham NC for surgery, and even more, staying in Durham for postop, was daunting and would require clever logistical planning. Still, I made the appointment.

In the meantime, I visited Dr. Adam Short here in Knoxville. I'd assembled a lengthy list of questions for him and told him up front that I already planned to see Dr. Easley for surgery. His reply was, "Oh, yeah. Mark. He's great. He's the one who trained me."

Ka-ching. Right answer. And Dr. Short continued to have right answers. He had lots of experience, including with

folks much older than me (!), and with very few complications. Best, he was not in any hurry to do this, especially given my answers to his questions.

He asked how bad it hurt and how often. I told him not bad, always brief, and not very often. He nodded and asked what I was unable to do in my current condition. I said it limits the distance and duration of hikes but that I'm still able to shoot basketball, ride a bicycle, and go for moderate hikes without much trouble. I then asked him if he thought I should go ahead. He shook his head and said, "You'll know."

This spring I saw him again and told him that it hadn't gotten appreciably worse but that I thought I ought to go forward. Thus we made an appointment for June 25 here in Knoxville.

But as the date approached, my doubts once again began to grow. So I consulted with Jacob Treadway at TSMG, who had helped me decide against shoulder surgery years ago, and who was invaluable during my rehab from knee replacement. After I explained my thought process about delaying the ankle surgery yet again, Jacob asked the same questions as Dr. Short. Given that my assessment hadn't changed, he agreed with me. It's not yet time. I'll know when.

And truly I believe it's a "when" question, not an "if" one, (although it sure would suck if I got the new ankle, went through six months of rehab, and then got hit by a bus the day I get released.) Oh, well. I'll tough it out. I won't cry uncle. Or ankle.

YOUR KTC MEMBERSHIP

Kathy Nash, KTC Membership Chairperson



When 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>

Holly's Gourmets Market

<https://gourmetsmarketandcafe.com>

Knoxville Acupuncture & Chinese Medicine

<https://knoxvilleacupuncture.com/>

KTC Races and Events

<https://ktc.org/events/>

New Balance Knoxville

<https://stores.newbalance.com/knoxville>

Personal Best Racing

<https://personalbestracing.com>

RunKNOX

<https://runknox.trainingtiltapp.com/>

Runners Market

<http://www.runnersmarket.com>

Swim and Tri

<https://www.swimandtri.com>

The Long Run

<https://thelongrun865.com>

This Little Scissor

<https://thislittlescissor.com>

ATTENTION! If you have moved, please send to me an update for our database. Also, be sure to add your apartment number to your address. A number of KTC member letters are returned due to insufficient address. Have you registered for a family KTC membership, but need help adding your family members? I can help you.

Please contact the KTC Membership Chairperson, Kathy Nash

Reach out to me at
knoxtrackmembership@gmail.com

WELCOME KTC MEMBERS

We want to welcome all new (and renewing) members to the Knoxville Track Club (2/16-5/15)

Adkins Family	Matt Butler	Connie Foster	Amanda Jernigan	Laura Owens	Ken St. Germain
Victor Hugo Agreda	John Byrd	Julia Gause	Haley Jones	Matthew Paskov	Debi Stafford
Yousef Al-Khelaifi	Miss Cecil Callihan	Will Giebert	Jones Family	Nicholas Penn	Stephen Stewart
Candice Allgood	Ben Campbell	Jonathan Gonzalez	Rio Kira	Platt Family	Stokes Family
Robin Anderson	Celeste Carruthers	Gorman Family	Dakota Landrie	Andy Puckett	Strand Family
Jesus Arias	Richard Carter	Erica Green	Latham Family	Jon Rea	Kelly Su
Ashburn Family	CarverTarantinoFamily	Lisa Greenwood	Nick Lavrik	William Richmond	Andee Swann
Leonard Awasum	Clay Family	Grindstaff Family	Lebby III Family	Matthew Rooney	Swanner Family
Greg Babbit	Lawrence Clements	Rachael Guarnieri	Samuel Lee	Rosenberg Family	Natalie Trelease
Emily Bailey	Stacy Clower	Handlin Family	Wayne Lotoza	Rosenbush Family	Kelly Trott
Evan Baker	Collier Family	Scott Harold	Macias deAndaFamily	Tina Ross	Austin Turner
Baker Family	Lindsey Conley	Jennifer Harper	Kyle Mack	Rouse Family	Rosa Uribe
Andy Baksa	Blayr Corazzini	Becky Harsson	Ronald Manis	Joel Sanner	Van Horn Family
Richelle Ballenger	Daniel Corrigan	David Hartzler	Dani Manley Hood	Scalf Family	Joseph A Vrba
Megan Bell	Grace Costa	Ethan Hathcock	Edward McCall	Cameille Schubert	Hunter Watson
Michael Bell	David Crossley	Robin Hicks	McCrary Family	Schwinn Family	Weatherbee Family
Berge Family	Michael David	Dan Holbrook	John Mccusker, Jr.	Orora Sezenias	Dale Webb
Bible Family	Jack Davidson	Jane Holly	Jennifer McKelvey	Sheah Family	Christopher Wells
Biggerstaff Family	Davis Family	Reagan Homan	SandraMerrittWeston	Justin Shelton	Doug White
Thomas Booker	Debuty Family	Malinda Honkus	Ron Merryman	Pegah Shirazi	Bekah White
Michelle Borja	Matt DeGraff	Niki Hudson	Steven Miller	Gustovich	Cynthia White
Boyer Family	Emily Denton	Humphrys Family	Monroe Family	Alexandra Sielaff	Nicole Wilbur
Tammy Bracewell	Abbey Edwards	Hundley Family	Brooke Nowak	Michael Simmons	Bradley Wilkinson
David Bradshaw	Dusty Elliott	Huskey Family	Elizabeth Nute	Zachary Slabaugh	Williams Family
Randy Brewton	Kathryn Evans	Brittany Ivey	Stephen Osborne	Robert Smalley	Albert Wolff
					Womack Family

As a member of KTC, you receive a variety of perks to include coupons for one free member shirt worth \$5, and a \$20 discount code for road races for each year of membership (individual or family). The 2024 member shirt is royal blue with the club's logo on the front. Each year, the color of the shirt will change.

I am at most KTC races, usually helping with registration. Nearby is a duffel bag filled with member shirts. Turn in a red card or pay \$5 to obtain a member shirt. Special Family Discount – Five member shirts for \$20.

You can always contact me to verify that I will be at your next race to pick up your KTC member shirt. I can be reached at knoxtrackmembership@gmail.com We are excited about the member shirts as a method of marketing for our great club. I look forward to seeing you at the races!

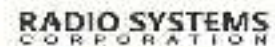




Covenant Health
Knoxville Marathon



THANK YOU SPONSORS!



CITY OF KNOXVILLE – RUNNERS MARKET – KELLOGG'S - TVA
MAYFIELD DAIRY – NEWSTALK 98.7 – IMAGE MATTERS – GARZA LAW FIRM
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COMMERCIAL METALS COMPANY - 99.1 WNML – CALHOUN'S – T2 GRAPHIC DESIGN

COVENANT HEALTH KNOXVILLE MARATHON

REFLECTING ON THE 2024 CHKM AND PREPARING FOR THE 2025 EDITION

Jason Altman, Director, Covenant Health Knoxville Marathon

Now that a couple of months have passed since the 2024 Covenant Health Knoxville Marathon, I've had time to reflect and appreciate what a great event it was. This was the first year that I can remember that we had PERFECT weather on both Saturday and Sunday. (Maybe Des brought the weather?) Typically, we are blessed with a good day on just one of the weekend days, but this year it was perfection on both. I can still vividly recall seeing a couple thousand people congregating on the Festival Lawn at World's Fair Park on both the Saturday after the Covenant Kids Run and 5k, and on Sunday after the marathon, half marathon, and relay. They were hugging, cheering, celebrating, and congratulating each other on their respective accomplishments.

While the obsessive-compulsive side of me wants to see us put on the "perfect race", seeing the smiling faces throughout the weekend lets me know that the experience was top-notch for our participants.

Speaking of top-notch, it was an honor to have Des Linden as our special guest for the weekend. She was so gracious with her time, joining us for the RunKNOXshakeout run on Saturday morning, spending two hours at the VIP

booth signing autographs and taking pictures, and answering questions on stage for an hour at the Expo on Saturday afternoon. All of this just a week before she raced the Boston Marathon!



From a competition standpoint, this is one that I will always remember. In the men's half marathon, two-time defending champion Alan Carreno pushed the pace from the beginning and pulled away halfway through the race to make it a three-peat. Alan hails from Las Vegas but has made it a priority to race in Knoxville every year. He's already signed up for 2025!

On the women's side, I was so happy to see Elizabeth Herndon win the half marathon! She has finished runner-up at the CHKM several times, so seeing her get to break the tape was a special moment for her and for us.

In the men's marathon, Bryan Morseman was looking to secure his third win at CHKM, tying Ethan Coffey's men's record. Bryan, who visits us every year from Bath NY, kept Adam Chase in his sights for most of the race but lost contact in the final miles to finish second. Adam, a first-time marathoner from Greenville, SC, ran a smart race to secure the win.

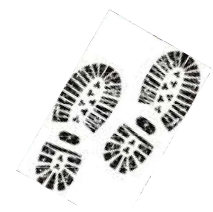
The women's race was less dramatic, but perhaps more impressive. Back story.... I ran into Coach Bobby Holcombe on Thursday of race week at the West High School track. He asked about the women's marathon field, and if I thought Peighton Meske could win it if she jumped in to make it her long run. Peighton, who raced the U.S. Olympic Marathon Trials in February, is such an elite athlete that I thought that she would. After talking it through with Peighton, she signed up for the marathon on Saturday and cruised to the women's championship on Sunday!

A huge thank you goes out to our staff, our Marathon Organizing Committee, and the more than 1,000 volunteers that help us to execute race weekend. I've often said that we punch above our weight class. KTC puts on a world-class event here in a smaller market, but none of that would be possible without the scores of folks volunteering behind the scenes.

Although we are putting our finishing touches on the 2024 CHKM, we have already begun work on the 2025 event. Online registration is already open for the weekend of April 5-6, 2025, and we are looking forward to creating another amazing experience for all of our participants at the 21st Annual Covenant Health Knoxville Marathon! Hope to see you there!



Treadin' Trodden Trails



Michael deLisle
KTC Trail Series Director

In the Dark of the Night

On the evening of May 11, a skeleton crew of the Treadin' Trodden Trails committee gathered in South Knoxville with a few superb volunteers to stage our somewhat annual Hann Jivin' in the Dark night trail race. We've staged this event here, as well as at Baker Creek Preserve, and really enjoy offering the Knoxville community a taste of a unique running experience.



Night trail races are delightful, mixed with a small measure of risk. It goes without saying (or at least it should) that everyone running trails at night should have a dependable headlamp or lightweight but sturdy handheld flashlight. Even with that, the undulation and the unpredictability of East Tennessee trails can conspire to trip up even the most stalwart trailster. We were pleased that no serious injuries occurred during this year's running of the race.



I had planned on timing this one again but KTC's recent decision to chip time all road and trail races sent me to the sidelines. It also opened up a realm of possibility. At most TTT events, I'm at the finish line but this combination of a small turnout of committee members and my desire to get out into the woods led Race Director Alex Walker to assign me a post at a potentially tricky trail junction that was a short easy hike from a road access.

Thus, moments after the cry of "Go!" echoed in the gathering dusk, I hopped into the Prius with son Jesse and zipped southward to find my position, which was near the aid station that was manned by Pete and Ruth Crowley. When we got there, Jesse decided he'd rather hang with Pete, so off into the woods I went, flashlight in hand and phone in my pocket, both of which would come in handy as the evening matured.

When I reached my post, it had grown fully dark and, after a few minutes assessing the lay of the land, I decided to see exactly how dark dark was. So I switched off the flashlight.

Yup. Dark. What's the old saying, dark as a welldigger's, uh, backside? Well, I don't know any welldiggers, but it was pretty dang dark, especially the first few minutes I stood there. But as they always do, eyes adjusted and a modicum of light slowly grew. Clearly not enough to wander around aimlessly without running into a tree, but definitely not pitch black.

As I stood watching and listening for signs of the first runner approaching, my ears (which amazingly still work quite well, even after years of playing loud music in bands) seemed to increase their sensitivity, seeking not only sounds of runners but of other things that go

bump in the night. I became aware of a myriad of birdsong, at times sparse, at times almost raucous. It was during one of those quiet moments that a piercing cry arose in the tree directly above me. Startled, I listened for repeat, but it did not. I stood rapt, wondering if and when I'd hear it again. Instead I heard footsteps approaching from the north. The first runner was almost upon me

I called out, probably unnecessarily, "Down here!" and a moment later light flickered through the trees and began to grow closer. Half a minute later, the lead runner thundered down the hill and successfully negotiated the sharp left turn and whizzed past, barely acknowledging my, "Nice job!"

Two more runners followed rather closely, then disappeared down the trail. A few quiet minutes ensued. Then, as a group of three closely spaced runners approached and passed, the piercing cry - now almost a scream - erupted above us. This time I had the presence of mind to whip out my phone and open the Merlin app - a nifty download that identifies birds from their songs - and identified the denizen of the treetop as a Great Horned Owl, apparently resentful of our proximity. Once the threesome had passed, though, I didn't hear the owl again. I would have liked to.

The evening wore on pleasantly. The previous night I had witnessed an astonishing display of Northern Lights and hoped to see more this night, but

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

2024 TRAIL RACE SCHEDULE

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 Hann Jivin'



Sean Hagstrom, keeper of the points

OPEN MALE		OPEN FEMALE		MASTERS MALE		MASTERS FEMALE	
Tim Hill	280	Anna Bornhoeft	310	Jeremy Donahue	400	Irina Popova	230
Sho Gray	270	Sarah Solovey	250	Jason Stephens	370	Connie McCormick	200
Matthew Brahle	250	Emily Bailey	200	David McLennan	250	Kelly Novarro	200
Sean Hagstrom	210	Elizabeth Neely Box	180	Jason Cathey	230	Angela Sellers	180
Daniel Corrigan	160	Kassandra Klemens	150	Alex Zirkparvar	230	Jen Shaffer	180
Keith Crouch	160	Madeline Shelly	140	Tim Rutherford	170	Jennifer Parker	180
Connor Klein	140	Christy Martin	130	Andrey Prokopenko	150	Jill McNeal	160
Chase Krivo	140	Beth Rudisille	120	Jesse Jensen	110	Crystal Thomas	160
Blake Wahlert	130	Rachel Guarnieri	100	Todd Montgomery	110	Kathy Smith	150
Seth Giles	130	Kenda Hurt	100	Ben White	110	Michelle Hillard	100
Ronnie Cross	100	Emily Mazeau	100	Dusty Jameson	100	Sonja Hurt	100
Blaine Metcalf	100	Melissa Keck	100	Chad Ridner	90	Alondra Moody	100
Mael Millardet	100	Trinity Douglass	100	Jeremy Steeves	90	Pegah Shirazi Gustovich	100
Chandler Campbell	100	Jessica Stiles	90	Brent Bueche	80	Malinda Honkus	100
Costanzo/Runyan	90	Sarah Crowley	90	Joe Pawlish	80	Honeycutt/Steeves	90
Ayers/Turner/Slagle	90	B Price/K Ghos	90	Josh Welsh	80	Borisov/Aaron/Donnell	90

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 Bryan Brown at bryan.brown@knoxschools.org





new balance

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Suburban Plaza
Knoxville TN
865.539.1100

The New Balance logo is a large, stylized white "NB" on a red background. Below it, the words "new balance" are written in a white, lowercase, sans-serif font. At the bottom, the address and phone number are listed in a smaller white font.

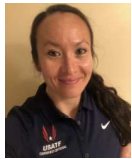
VOLUNTEERS!

SIGN UP TO HELP
WITH CLUB EVENTS



**Sign up on
Runsignup.com**

The graphic has a dark blue background. At the top, the word "VOLUNTEERS!" is written in large, bold, green letters. Below it, the text "SIGN UP TO HELP WITH CLUB EVENTS" is written in smaller green letters. In the center, there is a cartoon illustration of a diverse group of people of various ages and ethnicities holding a large sign that says "VOLUNTEERS". Below that is another cartoon illustration of two people participating in a cleanup activity; one is holding a brown bag and the other is holding a trash can. At the bottom, the text "Sign up on Runsignup.com" is written in green, with "Runsignup.com" in a larger, bold font.



LET'S MAKE IT OFFICIAL BECOME A TRACK OFFICIAL



by Christina Adkins, KTC President, member KTC Officials Association

The Volunteer Track Classic is KTC's only high school track meet and is one of the premier outdoor track meets in East Tennessee with Don Madgett serving as our meet director. 72 teams from Virginia, Tennessee, North Carolina, Texas, and Colorado joined the competition. I served as the volunteer coordinator and was a horizontal official. Horizontals have become my specialty with 30+ meets under my belt and the dream team by my side: Larry Cotton, Taylor Weatherbee, Steve Luper, Mary Sparr, BJ Drewery, and Ray Wasson. Taylor is the only official in the area who knows how to set up the laser pointer we use for measurement, so I made sure to arrive when he did so I could get trained on how to calibrate the device for standard measurements using our minimum marks for scoring. It was also my chance to catch up since we hadn't seen each



other since last year's UTK track meet. Taylor likes to spend his free time clearing trees and debris along the AT. Knowing that fun tidbit is always a humble reminder that retirees don't stay still. They stay active and continue making an impact on their communities.

This was my 2nd Vol Track Classic Meet where I served as a track official instead of a regular volunteer. The days were long, and the competition left little time for breaks, but we pushed

through despite the grueling weather. It was cold and rainy the first part of Saturday, but quickly switched to humid as the day went on. Thanks to the University of Tennessee's ServeUTK and GivePulse platforms, we had all 100+ volunteer shifts covered well in advance. Because the events are on a rolling schedule, some shifts ended earlier than anticipated, but the volunteers

were flexible and stayed to help us out.

We were able to celebrate the retirement of our local Official's Coordinator Steve Luper who served as our fearless leader for 19 consecutive years taking over when Stanley Underwood retired. He'll still be around as a track official, but is passing on his leadership role to Bryan Brown who is the current athletic director for Knox County Schools. This was a hard surprise to keep without letting Steve become too suspicious of his celebration. Don Madgett designed the plaque and titled it as the Director's Award for Extraordinary Service as a Track and Field Official. As our horizontal events wrapped up, I tried nonchalantly chatting up Steve while we packed up our equipment into storage. I let the other officials know Don and I were celebrating Steve after the final relay wrapped up. They sat near the start line again trying not to act too suspicious and spoil the surprise.

Every time I thought Steve was heading out, I'd stop him and ask him if he was working any other meets nearby. After the 4th or 5th time of me doing this, he became suspicious. Don texted me it was go time and I rounded up Steve and walked him to the start line. Steve's job as our coordinator was not easy. He was constantly compared to Stanley and had to be our liaison between the state's certification chair, college and high school coaches, and local meet directors. His service to our USATF community is much MUCH appreciated.

If you're interested in becoming a USATF Official or want to get involved in local track meets, please contact bryan.brown@knoxschools.org

In the Dark

44 continued from page 12 44

none appeared. Still, standing in the woods in full dark for maybe ninety minutes, interrupted only briefly as each individual runner or grouping passed cheerfully, I grew aware of a calm equanimity that only being in the woods alone can provide. When the final participant slowly meandered by, I waited a while, then texted around to other compadres in the woods, trying to determine if, indeed, the race was essentially over for us. And it was.

We each made our way back to the finish line, satisfied that a job worth doing well had indeed been done well. And after returning to the staging area to cheer on the last finishers, then to clean up, load up, and drive away, I held fast to the peace that the woodland solitude had blessed me with. There's nothing like being in the woods at any time, and being out there by yourself and turning off the flashlight allows the inner dialogue to cease, the calm tranquility of the woods to seep in, and the beauty of nature to take over. I highly recommend it. See you on the trails.



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ALL HAIL THE NEONTINO

by *Dr. Bert Solomon*

Chiropractic Sports Physician — Knoxville Spine & Sports

Ah, the Neontino. They walk among us! The word rolls off the tongue with an air of playful sophistication, like the name of an overpriced alcoholic beverage calling from the richest of venues to come and taste its goodness. If you've recently taken up the noble art of long-distance running or have been in the sport as long as you can remember, chances are you've encountered a Neontino. You see glimpses of these haloed creatures, like shadows of unicorns and Care Bears, as you run the trails. What in the world is a Neontino you might ask? Why it's a competitor clad from head to toe in neon shining bright as a glow stick at a 80's rave party. These brilliantly colored participants exude promises of vibrant good vibes, energy for days, and positivity ripe for the picking. These magic creatures are perfect for a sport that's been around since ancient Greece, right?

The Neontino running through the long-distance course catches your eye and immediately transports your mind from your "Pain Cave" to a place of bewilderment and disorientation. You at once no longer think about the burning pain of fatigue crawling on your back and instead are overwhelmed in thought of this mystic creature known as the Neontino. You race to catch another glimpse just to keep from reentering the ominous

"Pain Cave" and are locked in on the creature like a bird dog on a covey of quail. These athletes, of all levels, sport neon-colored gear (hence the name), from headbands to shoelaces, ensuring that they're visible from space—because nothing says dedication like being seen by passing satellites. They are the zen monks of the running world, finding enlighten-

ment in the steady, rhythmic pounding of their feet against the trail, all while managing to look like they've just stepped out of a high-fashion runners' catalog with no expiration date.

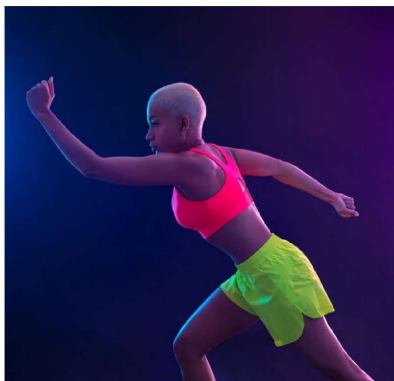
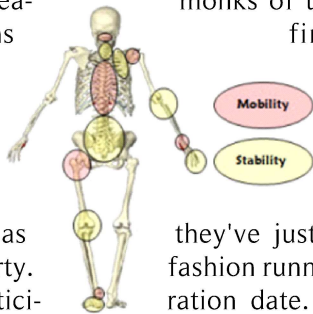
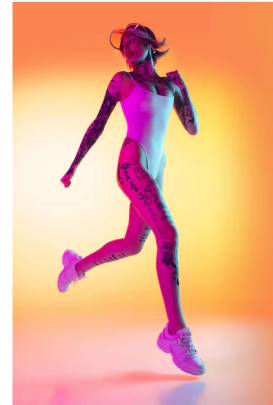
Now, let's address the snarky elephant in the room. While Neontinos might be easy to mock (and oh, do they make it easy), there's something undeniably admirable about their dedication. The Neontinos of the running world are timeless and are welcomed by all. They help us to re-engage our brain and ground us to the value of fun, fashion, and freedom to come as you are.

We, in the running community give our respect and pay homage to the Neontino's of the world. To the Neontinos we salute you.

The next time you see one of these

glowing creatures of good vibes run up to them and simply whisper "Thank you". If you spot a neon-clad figure sprinting past you with the grace of a gazelle and the determination of a caffeinated squirrel, give them a nod of respect. They are the Neontinos, the vanguards of long-distance running, the heralds of a future where fitness and

fashion collide in a blaze of neon glory. And who knows? Maybe one day, we'll all be Neontinos, glowing brightly in the pursuit of our personal bests, or at the very least, enjoying the ride from the sidelines with a wry smile and a heartfelt cheer.



DON'T FORGET...

April 5-6, 2025-The 21st Annual Covenant Health Knoxville Marathon, Half Marathon, Relays, 5k, and Kids Mile. Kids race and 5k Saturday evening, Marathon and Half Marathon Sunday morning. Be there !!



KTC HALL OF FAME INDUCTION DINNER

Christina Adkins, KTC President and HOF Banquet Coordinator

The 7th triennial Knoxville Track Club Hall of Fame Class of 2024 Induction Dinner took place on Thursday, May 9th at 6pm at a new location: The Lighthouse Knoxville in Bearden. Despite having a similar attendance to our 2021 event with 106 total guests, we had the most Hall of Fame honorees (13!) in attendance. This was the first year we comped all Hall of Fame inductee entries to honor current and past classes. This year, we inducted KTCs remaining 3 club founders, which was a goal I had when I first joined the KTC board 6 years ago. Copley Vickers is our last living club founder.

This was my first year heading the selection committee. Fellow selection committee members included Alan Horton (Class of 2019), Greg Johnson (Class of 2014), Michael deLisle (Class of 2014), C John Chavis, Jennifer Moore, David Hinkle, and Eric Weatherbee. We received 17 quality candidates. Three of which were our 3 remaining club founders who were automatically selected. We are capped at 8 inductees per class, so we settled on 7 quality candidates. The KTC Hall of Fame Class of 2024 included Jason Altman, Keith Gemeinhart, Kathy Nash, Todd Williams, B.E. Sharp, Copley Vickers, and Charles Lobetti Sr.

Every year I'm in charge of this event, I hit a few snags in planning. This year was no different. I struggled finding contacts for our 2 deceased induct-



ees, lost 4 sponsors, had low numbers, and no printer for the booklet. This was the first time we inducted honorees posthumously: B.E. Sharp and Charles Lobetti Sr. Both gentlemen passed away just a few years after the club's founding. Finding relatives and/or athletes still living and who remembered them was a chal-

lenge because these guys passed away in the 1960s. It was an endless maze of contacts I had to go through. I reached out to an old sportswriter for The News Sentinel who was active decades ago, messaged the schools they coached at, but no one had a record of them. Everywhere I turned and everyone I asked told me the same thing "they should have been recognized when they were still alive."

Finally, I found a few athletes who are now in their late 70s and early 80s who ran under Coach Sharp. They were phenomenal in sending me pictures of their scrapbooks & news articles, talking for hours on the phone, and helping me write the personal account for Coach Sharp's Bio. Through Donnie Graham I was able to get in touch with Coach Sharp's daughter Betty who sent me copies of all her dad's old news clippings to finalize Coach Sharp's bio.

Captain Lobetti was a different story.

His son and grandson all carry the same moniker: Charles Lobetti. Junior and Senior had similar athletic background and coaching histories, not to mention they look almost exactly alike! Several articles I pulled from the news archives were labeled as Senior when they were really about Junior. I was crushed! Luckily, Donnie Graham saved the day once again by getting me in touch with Cap-



Guest Speaker Allan Morgan

tain Lobetti's grandchildren: Gina and Charley. Gina was so so kind to meet me for lunch after I ran the CHKM Half. I didn't even shower and went straight to meet her after my race. I smelled... bad, but she sat with me for hours and hours as we went through all the scrap books about her granddad to write on his track stats, coaching experience, and civil servant accolades. I sent what I had to Michael deLisle and we worked on draft after draft until two weeks out from the banquet.

With the biographies finalized, I then moved on to printing. That was another snag. I relied heavily on Larry Brede who had comped our printing in years past. This year, I had to find a printer on my own and time was creeping closer and closer. We were LITERALLY 2 weeks out from the event because it took me so long to track down the Lobetti and Sharp families and finalize all the biographies. I made a post on my socials asking (begging) for local printer referrals who would work with

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

15 tips from the RRCA **RUNNING SAFETY**

me and not break the bank. Printing Image was our saving grace. I sent my final draft over to Ivy at Printing Image on April 25th and all 50 books were printed and bound by April 30th!!!! I picked them up the next day and did a photo op next door at the Lighthouse, which was so convenient.

The event turned out to be a fun night and it was great seeing our running community NOT wearing running clothes. Although, we did keep our running watches on. We enjoyed a gluten-free, high vegetable buffet: seared pork tenderloin with cranberry pecan chutney and Moroccan Chicken, roasted garlic mashed potatoes, and sauteed fresh green beans. The bartender kept up with our drink orders. Todd Temple took amazing photos, everyone laughed at Allan and Michael's quips, we all cheered for the attendees and clapped even louder when their speeches were shorter than Jason's. Our emcee Michael deLisle and guest speaker, Allan Morgan were an absolute HOOT sharing tales from KTCs past. Allan described KTC's early beginnings and the big changes he oversaw as our club's first paid executive director. He faced quite a bit of backlash with the growth of road races and volunteer training, but all of that hard work paid off and is still visible today as several of the races he began are still being run today.

Despite several planning hiccups and delays, we did it. This year's Hall of Fame was a success, and a great night was had by all! I want to thank Michael deLisle for helping to lighten the load by taking on extra tasks when asked. Thank you to Covenant Health Knoxville Marathon, Runner's Market, Eddie's Health Shoppe, Back of the Pack Elite, 865 Running, and the Ferguson Family who sponsored the event. Thank you to everyone who forked out the \$50 to come celebrate our inductees! We could not have this event without your support! We hope to see you back in 2½ years :)

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.



VOLUNTEERS!

**SIGN UP TO HELP
WITH CLUB EVENTS**



Sign up on Runsignup.com



Six Months on the Job

Jessica Mead
KTC Event Manager



What in the world have I signed up for?!" That's what I said to my husband as I fell on the couch after the New Year's Day 5k. It was my first event as KTC staff, and my body felt like I had just run a marathon!

Having been a member of KTC for over 13 years, I have run in almost every road and trail race on the calendar, but nothing prepared me for what goes on behind the scenes of a race. For starters, race day now starts before the sun comes up, as op-



posed to right before the gun goes off like I'm accustomed to. There's no skipping my strength workouts because there's always something heavy to carry on and off the trailer. And when the race starts in the cold, it's only going to get colder standing at the finish line.

I also wasn't prepared for getting to meet so many incredible people that volunteer at every race, watching runners cross the finish line and seeing the looks on their faces when they crush a goal, meeting some-

one new at every event and hearing their story, and working closely with a small (but mighty) crew that almost instantly felt like my close friends.

Much like how I mentally frame all of my runs, I GET to do this! I GET to wake up before the sun comes up, and set everything up with the incredible



volunteers and staff. I GET to stand at the finish line watching until the very last runner crosses. I GET to work behind the scenes at all of my favorite races surrounded by people doing what they love.

Yes, that first race left me on the couch for a few days and my first run of 2024 happened much later than I anticipated, but I also had an answer to my question...I have signed up for something truly amazing!



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.

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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.



KTC BOARD OF DIRECTORS

Minutes of March 2024 Meeting

MARCH 25, 2024

The meeting was called to order by Christina Adkins at 6:06 pm. In attendance were: Christina Adkins, C. John Chavis, David Hinkle, Adam Kolatorowicz, Kunle Lawson, Jennifer Moore, Angel Norman, Matt Stegall, and Jason Wise. Alicia Teubert, Michael deLisle, and Eric Weatherbee attended as guests.

Minutes—The February minutes were presented. Matt Stegall made a motion to approve the minutes. Jason Wise 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—Christina asked if we have actual dates for volunteer shifts on RunSignUp. Dates on the website are not clear, having dates from the 1970s. Michael will follow up.

C. John Chavis moved to approve the consent agenda. Jason Wise seconded. Motion was approved.

Agenda Items

Contractor vs. employee model
Alicia Teubert was present at Eric’s

request to explain the legal distinction between employees and contractors. She assists the club with contracts and has served as a board member, president, and race director. She clarified operational and financial aspects of designating personnel as either an employee or a contractor. Current employees are Executive Director Eric Weatherbee, Trail Series Director and Footnotes editor Michael deLisle, Events Manager Jessica Mead, and Marathon Director Jason Altman. Contractors are timing person Danielle Quintanar, Run Knox Director Scott Schmidt, and the bookkeeper. Alicia explained that the IRS, Department of Labor, and state of Tennessee all have definitions that are relevant to this discussion.

Clarity on the distinction between contractor and employee is important because the Fair Labor Standards Act, civil liability, overtime, penalties for non-compliance can come into play if not handled per laws and guidelines. This could represent significant financial liability for the club. The equipment manager position will be changed from a contractor to an employee.

David H asked about changes this might require for insurance. Eric noted that it will only change workman’s compensation insurance.

Jason Wise asked if this might result in a request for other personnel to ask to change from one category to another.

Angel N. asked if it would result in change in pay for any employee.

Michael asked how it works for timers who may be hired in the future. The fee structure will be included in their respective contracts, in compliance with minimum wage and overtime laws. Timers may work extra hours during marathon week. That will not be a factor this year but will be reviewed next year.

The board thanked Alicia for a clear and relevant explanation of this complicated legal issue.

Christina noted that this discussion clarifies which category each person falls into. Eric has consulted with the IRS to ensure that we are in compliance with the extent of our liability. The personnel changes discussed represent procedural FYI, not a matter for board approval.

Non-Binary implementation plan update/approval

Christina stated that the board previously approved the policy and stated that clarification on grand prix and prize money language has been included as requested by the board. Eric noted that language was added to clarify that anyone assigned male at birth cannot compete as female, thus preserving the competitiveness of the female category.

Michael provided clarification on when the policy will go into effect for trail races, since the open division is already an option in Runsignup for trail races.

Cross Knox is likely the first road

**** continued on page 29 ****

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KTC BOARD OF DIRECTORS

Minutes of April 2024 Meeting

APRIL 22, 2024

The meeting was called to order by Christina Adkins at 6:07 PM. In attendance were Christina Adkins, Allison Baker, C John Chavis, Adam Kolatorowicz, Karla Gander, Zane Hagy, David Hinkle, Kunle Lawson, Chris Meadows, Jennifer Moore, and Angel Norman. KTC staff members Jason Altman, Jessica Mead, Kathy Nash, Eric Weatherbee, and members of the UT Running Club attended as guests.

Tennessee Running Club update — Members of the Tennessee running club and their coach Scott Greves updated the board on their goals and accomplishments since their last funding request.

The club's goal is to reach full sustainability while growing the club in both participation and competitiveness. They will host a meet in the fall at Cherokee Farms in conjunction with Knoxville Endurance. The club has used the funds KTC allotted for scholarships for team members who are unable to pay the participation fee and to offset travel costs for runners who compete regionally.

The club earned five medals in national competition. Scott Greves won the 1600, and the 4X800 team placed third. At regionals, they posted a best-ever finish with third place overall and many PRs. Team members have volunteered at several KTC events this year, including Whitestone and Straw Plains.

ED Weatherbee recommended that the club support Tennessee Running Club with \$4000, including \$3000 for general expenses plus funds for scholarships and home meet hosting. This represents a \$500 increase over last year's

funding amount.

C. John Chavis moved to approve this funding, and Angel Norman seconded. The motion passed unanimously.

Consent Agenda Reports — Kunle Lawson moved to approve consent agenda items. C. John Chavis seconded. Motion approved unanimously.

Regular Reports Jason reported that CHKM participation numbers were down slightly overall, with an increase in adult participation but a decrease in participation in the Kids' Run. Jason has been in contact with community partners at Boys and Girls Club, where athletes have participated in the kids' race marathon mileage but did not necessarily participate in the kids' run on marathon weekend. Discussions are underway to roll that program into a summer initiative.

As always, the marathon included both anticipated and unforeseen challenges. The post race atmosphere and socialmedia impressions were overwhelmingly positive.

KTC has had 41,000 social media impressions in the last two weeks, primarily driven by CHKM.

Registration numbers for the Dogwood Classic have already surpassed last year. Hard Knox Pizzeria is still the title sponsor, and they have created a new menu item, the Dogwood Pizza.

Eric reported that the December race previously held in Pigeon Forge will move to Alcoa, following the half marathon route from the Foothills Half,

an out and back beginning at Springbrook Pool then heading back at Louisville Road.

April Footnotes will be pushed out to membership later this week.

A new AED has been purchased for the Trail Series.

A new equipment hauler has not been hired as of this date. The job will be posted and will provide transportation only.

Zane Hagy moved to approve the reports. Karla Gander seconded the motion, and it was unanimously approved.

Roundtable

Angel asked for comparative data for marathon merch sales over last year. Jason will check on the totals.

Dogwood Classic is still in need of volunteers.

The Volunteer Track Classic (which KTC supports) was ranked second in outdoor track meets in the nation.

Hall of Fame Induction Ceremony is May 9; tickets are still available. Christina encouraged board members to attend.

David Hinkle moved to adjourn the meeting, and Karla Gander seconded the motion, which was approved unanimously. The meeting was adjourned at 6:55 pm.

The next KTC Board meeting will be held on Monday, May 20 instead of 27 due to the Memorial Day holiday.



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





ANOTHER GREAT DAY IN THE WOODS



Brian Williams, race director

The 2024 I.C. King (ICK) of Trails race was contested by 110 runners on Sunday, April 14th. The weather was fair with mostly dry trails upon which to explore this great park.



For the race, we stuck with many of the older trails associated with the park's main features, the lake and the HILLS.

The 4 miler and 10k both followed easy trails to the lakeshore with plenty of lake (or lakebed) views.

8:09, while the fastest girl was Grace Elliot, who was timed in 9:50.

The four-mile race was won by Sho Gray, who blazed around the course in 30:18. Michelle Hillard won the Female four-mile, running 41:48.

ICK is a jewel in the Knoxville trail running community due its large trail network, which includes both pleasant shoreline flats and a set of three back-to-back challenging hills. ICK's isolated location also means it's a great spot to escape the crowds in the Urban Wilderness. The park was named after I.C. King, a prominent South Knoxville businessman and politician. For some time, he ran a grocery out of the building which is now Alliance Brewing. His descendents also opened Ye Olde Steakhouse!



All runners crossed the bridge to the south side of the park for some hill work. The 4 milers completed one hill,

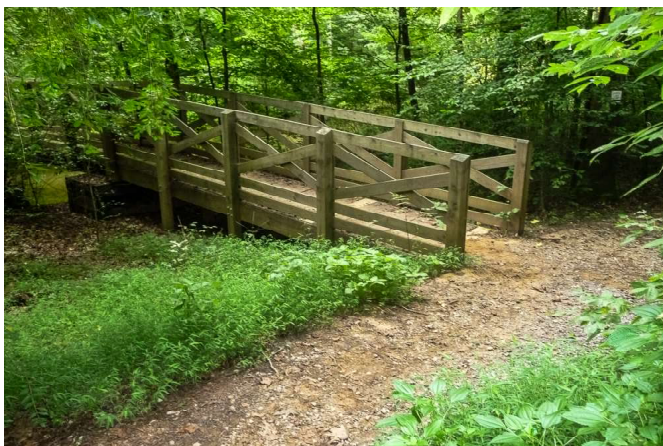
while 10k runners did all three before heading to the finish. The Kid's Mile was unique in that we were able to layout a loop course rather than an out-and-back.



The Kids Trail Mile boys winner was Avery Elliot, who covered the mile in

Stalwart Treadin' Trodden Trails committee member Alondra Moody won the Female 10k in one hour, with the overall Male winner Blaine Metcalf taking the overall crown by running a strong 45:59.

Afterwards, we were delighted to have runners stick around for refreshments and to enjoy the beautiful weather. We hope to see everyone return for our next great race at I.C. King Park.



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



PIZZA, TOMATOES, AND SUNSHINE HIGHLIGHT HARD KNOX DOGWOOD 5k

Karla Gander, race director

The Hard Knox Pizza Dogwood Classic 5k on April 27 was a picture-perfect morning following a week of gloom and rain. The sun was shining, the birds were singing, and the runners were ready to take on The Boulevard.

Whether it was the rain knocking the pollen out of the air, or just the joy of a clear morning, paces were blazing fast! We had a record number of kids run the mile race with Lola Rosser leading the way and a finish time of 6:25! Paces were lightning in the 5k as well, with Preston Ruth taking first overall male with a time of 15:45. Peighton Meske made quick work of the rolling hills and came in first overall female with a time of 16:31.

Runners really are a different sort of folk. Not many people would spend

the morning of their wedding running a 5K with their soon to be spouse and wedding party, but that's exactly what Rachel Heckle and Carter Hall did! Thank you for spending the morning of your special day kicking asphalt and running with us! I hope the rest of the day went off without issue and we hope to see you next year to celebrate your one-year anniversary!

A huge thank you goes out to our title sponsor, Hard Knox Pizza! They hosted an amazing post-race party, and if you didn't try their special Dogwood Pizza, you missed out! It had pepperoni, jalapenos, and the perfect hot honey drizzle to top it off. They also opened early, rocked some Dogwood 5K shirts, and made delicious

breakfast pizza as well!

Stanley's Greenhouse once again donated their beautiful tomato plants as the age group awards. They are the perfect award for this springtime race! If there wasn't already a competitive air around this fast course, the tomato plants really up the ante! Runners will go all out for a chance to take home of these top-notch plants!

Tennessee Sports Medicine Group was onsite post-race for injury assessment and postrun stretching, and I know lots of runners took advantage of having them there.

And thank you to the rest of our great sponsors: RunnersMarket, Eddie's Health Shop, Pilot Travel Centers, RunKnox, and Covenant Health Knoxville Marathon. A huge thank you and shout out to C. John Chavis for singing the National Anthem so beautifully to start the race off right! The University of Tennessee Running Club provided lots of volunteers and lots of energy! Our finish line was a party thanks to them!

Races are not possible without a host of volunteers, and the Knoxville running community has some of the absolute best. Everyone who showed up early, stayed late, jumped in, cheered, directed, and kept runners safe: THANK YOU! I am so so grateful for all of you!

It's an honor to direct this race, and I look forward to seeing what next year brings! See you there!





MORE, MORE, MORE HANN JIVIN'

Alex Walker, race director



More, more, more was clearly the theme of the second annual, reanimated trial by fire known as the night race. This iteration of Hann Jivin' in the Dark hailed more runners, more miles, more flags, and (hopefully) more fun than last year's festivities.



startling kids finish, everyone else gathered and hit the dirt at 9pm for what was easily a 7 mile journey of Lost Chromosome and the Helix trails illuminated only by headlamps and handheld flashlights.

mum, and Knox Spine and Sport did their part in keeping our runners flexible.

The fastest Kids Trail Mile of all time (*editors note: see Loyston from a few years ago*) kicked off and ended right around dusk, with the majority of finishers crossing the line inside five minutes due to a minor miscommunication. Cirabella McLennan, Declan Addington, and Rebecca Bailey blazed across the finish line within one second of each other, with Cirabella claiming the "W." Interestingly, in addition to two of the top three being female, five of the fastest seven kiddos were girls, continuing a trend we've seen at a number of our 2024 trail races.



While Friday night's spectacular display of the aurora borealis danced in our memories, Saturday's sky was painted with stars. Competing with the likes of The Dirty Guv'nahs and Old Crow Medicine Show is never easy,



After battling throughout with a couple of close competitors, Jeremy Donahue emerged as the top male competitor, finishing with a blistering time of 54:11. We'll have to wait until next year to see if he can come back and defend that title once more for the three-peat. He was chased to the finish by Mael Millardet and Sho Gray, both of whom finished

but Knoxville's dedicated trail aficionados passed on the Southern Skies Music & Whiskey Festival in favor of mud and fear. Irreverent Warriors also hosted their annual Silkies Hike the same day.

within a minute of Jeremy. Pegah Shirazi Gustovich finished as the first overall female with a time of 1:17:51, also about a minute ahead of runner up Jessica Tezak and third place finisher Sarah Crowley.



We only hope that this race continues to grow so more people can experience the joy and wonder of trail running after dark. Only real drawback is that it's just about impossible to get any good race photos except for some dusky ones of the kiddos.

Regardless, please come join us next year at the Treadin' Trodden Trails night race to find out for yourself just how awesome trail running in the dark can be! See you on the trails !!!

When the dust had settled from that serious injuries were kept to a mini-

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LOTTA SHARP DRESSED RUNNERS



Michael deLisle, race director

For the ninth time, KTC's Treadin' Trodden Trails race cadre gathered at Sharps Ridge Memorial Park for the Sharps Ridge trail race, which has been known as the Scuttle, the Runner, and now the Rambler. Regardless of its moniker, it's a great race and this year the weather was probably the best we've ever had for this event, with cool morning sunshine the rule of the day.



Twenty four kiddos kicked off the days' festivities, blasting off into the woods on command of skilled time-master Tony Owens. The two dozen young entrants were trying to outrun TTT speedstress Alondra Moody on the trek toward the turnaround, where Kathy Smith would nudge them back toward the finish. The fastest of the fast returned less than nine minutes later to the cheers of an enthusiastic crowd that gathered at the trailhead. Boys winner was Bode Norman (8:46), followed closely by Garron Wirtz (8:51), while the girls were led by Aletta Wirtz (9:43) and Kavannah Addington (11:03).



Thirty minutes later, the main event took the stage, as well over a hundred trailsters buckled up and hunkered down to run 1/3 of a mile of paved uphill leading into the relief of the shady woods of the Lincoln Trail. We offered both four mile and 10k distance options, with the majority of the entrants opting for the long race. The two courses ran together until the aid station roughly halfway into the four miler, where trail Boss Pete Crowley sent the four milers

back down Sharp Shin trail, while encouraging the long racers to continue on ahead to where Sean Hagstrom showed them the new Independence Connector. The connector led runners to the long, winding, and highly scenic downhill that worked its way down the north flank of the ridge, toured a quick little loop at the bottom, and led back up around the nose of the ridge where the field eventually rejoined the four mile course for the final stretch through the rolling woods and out onto Hanover Street for the fast and furious downhill paved finish.

Sho Gray truly scorched the 10k course, returning to the start/finish in 44:08. Not far behind were Jeremy Donahue (46:45) and Matt Paskov (48:06). Ashley Zimmerman was the most fleet of the females, clocking a swift 53:30, chased home by Sarah Hopkins (54:19) and Emily Bailey (1:02:05).

In the four mile race, the overall champ was Scott Cousino, who dominated the field, winning by more than five minutes (32:56). Runner up was Blake Denny (38:07), while third place went to Jacob Brady (38:24). In the women's competition,

Lauren Roach (42:15) took the title, edging Niki Hudson (42:43) and Melissa Siler (43:12).



As always, we want to thank our sponsors. It does not go without saying that we could not provide such a first class trail racing experience without the support of the many contributors who make it possible. Specific thanks goes to Pilot, Knoxville Spine and Sport (and Dr. Conner Sharp, who was onsite helping stretch runners' tight and tired muscles posttrace), AMBC, CVTA, Cool Beans/Flats'n'Taps/SoKnoTaco, JM Addington Technology, Baker Marketing Labs, Knoxville Endurance, John H Hildreth LLC, Runners Market, Fanatic Brewing, BK Graphics, and Regal Entertainment.

Our huge crew of volunteers made my job pretty darn easy, led by Alex Walker, who did not just double duty, but triple duty, skillfully directing drivers into appropriate parking places (with topnotch help from Brett Humphreys), then heading out onto the course to first guide all runners up onto the steep Push Line Trail, then a bit later to turn the returning four-milers down toward the trail junction with Lincoln and the beginning of the roly poly trail toward the last junction, where Adam Kolatorowicz (another double-duty dude) sent them down toward the paved straightaway finish. Yet another who undertook

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**** continued on page 29 ****

KTC BOARD

*** continued from page 21 ***

race where the open division will be an option at signup. No further suggestions for changes were made at this point, and there were no objections to the amendments, so the previously approved policy now stands as amended.

C. John Chavis asked to confirm that the prize money question relates only to CHKM. Eric added that prize amount is commensurate with the size of the field. Jason Wise asked if a vision or hearing impaired runner fit in this division? Eric stated that anyone can register in the open division.

Adam K noted inconsistencies in race registration from one event to another regarding gender and sex designations, with some using the terms male/female and some referring to men/women. He stated that the terminology needs to be correct in race communication and signup. Eric stated that this will be reviewed and corrected.

Roundtable

Eric W. — CHKM is going to be a

big week and asked board members to be present and involved. He expects the shakeout run with Des Linden to be a large event. The meet and greet sold out in 24 hours, and Des will speak at the expo at 1 pm Saturday, April 6.

Matt Stegall — Mentioned that he would like to see an updated logo change for the marathon. Eric stated that the 20th anniversary logo was designed and that redesign may be pursued for the future. Retro designs for all 2025 races are being investigated.

Michael — mentioned the upcoming hall of fame banquet, and the board clarified providing comped meals for existing HOF members. Christina will adjust the signup process.

Kunle — asked how track and field could be further integrated into the track club. Eric explained that this summer the club will sponsor four adult track meets at 4 different area high schools with events varying between the meets. Jumping and throwing events could be considered. Coach Lawson is willing to help if his schedule allows,

and he asked about a summer clinic where people could be trained to become track officials.

Jason W — mentioned that he would love to see the club get back into community events focusing on children. Eric mentioned that one of the goals for this year's Hal Canfield mile race is to increase participation in the kids' race.

Adam — stated that his ligament tear has become a more long-term injury. He will be volunteering rather than running at CHKM.

Christina — reminded board members of the Vol Track Classic on April 19-20. Minimums have been met for volunteers. Athletes from seven states will be competing in this KTC-sponsored event. Officials are needed. The KTC Hall of Fame induction ceremony/dinner will be held May 9, 2024.

Kunle Lawson moved to adjourn; Matt Stegall seconded. Motion carried. The meeting was adjourned at 7:07 pm. The next meeting will be held Monday, April 22, 2024 at Legacy Parks.



SHARPS RIDGE

*** continued from page 28 ***

multiple tasks was Pete Crowley, who singlehandedly manned the lone aid station while separating four milers from 10kers, then followed that up by hauling all the equipment back to storage once the race was done. Even more double-duty slight-of-hand was displayed by Tony Owens, who after timing the Kids Trail Mile, zipped around the ridge and manned the slightly tricky Independence/Lincoln trail junction, heading 10k runners around the nose of Sharps Ridge to where Doug Holder would guide them toward the point at which the 10k and four mile courses rejoined. Main race timing was handled with skill and aplomb by Rebecca Holder. Our ace registration

crew included KTC Prez Christina Adkins, David "MacAttack" McLennan, Jen Shaffer, and Liz Neely-Box.

Special thanks to Brian Williams, who filled the coolers and hauled all the needed equipment from the KTC storage unit to the race, then swept both the four mile and 10k courses. Also a big thanks to Tim Hill, who did the lion's share of course marking the day before the race. And a big nod of appreciation to Matt Kellogg of AMBC, who on short notice grabbed his chainsaw and cleared the Sharp Shin trail of a small but potentially threatening pine tree that had chosen to fall across the

trail the day before the race. A slew of excellent race photos were taken and posted, not only by the skilled and experienced Todd Temple but also by Joshua Moody.



Though we try to change schedules, races, and venues around at least a little bit every year, this particular one would be tough to dislodge. All three courses are fun, a little bit challenging, and highly rewarding. Thus, it's probably safe to say that we'll welcome everyone back here next year in early June. Not sure what it'll be called, but I can guarantee it'll be big fun. See you on the trails !!!



NEW COURSE GREETSS SPEEDSTERS AT CANFIELD MILEFEST

Andee Swann, race director

KTC's Hal Canfield Memorial Milefest was run on June 13, 2024, with a new course along Schaad Road. Despite the evening's heat, the event drew 107 participants. The new course was an out and back route with a nice downhill finish.



In the men's race Canaan Anderson led the way, crossing the line with a blazing fast time of 4:16. Runner-up Christian Brewer was timed in 4:36, while third place overall finisher Maël Millardet ran a strong 4:43.

Men's Masters division winner was Seth Crum, who ran a swift 4:44 mile. Ethan Coffey finished not far back in 4:47, and Jeremy Donahue was third, running 5:09.

In the Grandmasters division, Brent Bueche (5:32) led the way, with Brian

Huskey (5:37), and Mark Carver (5:56) rounding out the top three spots.

The Senior Masters category was led by David Hinkle's 6:32. He was followed closely by Greg Johnson (6:36) and Doug Singh (6:37).

In the women's race Gina Rouse dominated, flying across the finish line with a splendid time of 5:14. Elizabeth Herndon (5:37) and Ashley Zimmerman (5:42) battled it out for second place, with Beth topping Ashley at the end.

The top three Masters Female milers were Andee Swann (6:05), Erin Potterton (6:22), and Kyoko Yamamoto (6:49).

The Grandmasters division was topped by Marsha Morton, who ran 7:02. Lorrie Johnson was a minute back

in 8:02, while Kelly Davis ran 8:29 to claim third.

Senior Masters was led by Kris Corbitt, who was chip-timed in 8:03. She was trailed by Maria Prado (8:19) and Jennifer Moore (8:37).

There were just under a dozen kids that braved the mile as well. Carlie Rouse ran a very impressive 6:43, out classing the field. Avery Elliot finished in 9:27 to lead the boys.

It was so nice to see so many runners come out on a Thursday night to run a race. I always enjoy seeing the camaraderie, encouragement and good fellowship amongst the runners and fans. Big thanks to KTC for putting on another great race, Leah Hart for taking pictures, T-shirts from Jonathan Benfield with BK Graphics, all the wonderful volunteers, and the many sponsors of this race.

KTC VOLUNTEERS NEEDED

- Jul 3 Pilot Fireball Moonlight classic 5k and Kids Run
- Jul 13 Haw Ridge Trail Race and Kids Trail Mile
- Jul 20 Springbrook Splash 10k / 5k / Kids Mile
- Aug 4 The Trail That Can't Be Concord and Kids Trail Mile
- Aug 10 Pigeon Forge Midnight 8k
- Sep 7 Panther Creek Challenge 10M / 5M / Kids Trail Mile
- Sep 15 Townsend 15k / 7k

Event Schedule

July-Sept

JULY

- 3 Knoxville - 9:00 pm. PILOT FIREBALL CLASSIC 5K and FIRECRACKER KIDS RUN
- 13 Oak Ridge - 8:00 am. HAW RIDGE TRAIL RACE and KIDS TRAIL MILE
- 20 Alcoa - 7:00 am. SPRINGBROOK SPLASH 10k/5k

AUGUST

- 4 Farragut - 8:00 am. THE TRAIL THAT CAN'T BE CONCORD and KIDS TRAIL MILE
- 10 Pigeon Forge - 11:59 pm. MIDNIGHT 8k ROAD RACE

SEPTEMBER

- 7 Morristown - 9:00 am. PANTHER CREEK CHALLENGE 10M/5M and KIDS TRAIL MILE
- 15 Townsend - 8:00 am. TOWNSEND 15K/7K
- 28 Oneida - 8:30 am. BIG SOUTH FORK TRAIL RACES 17.5M/10K

SAVE THE DATE.....

April 5-6, 2025 — 21st Annual Covenant Health Knoxville Marathon, Half Marathon, Relays, 5k, and Kids Mile. Kids race and 5k Saturday evening, Marathon and Half Marathon Sunday morning.

